

Teetlit Gwich'in Vaka'a'hch'uu Idinehtł'e (Cook Book)

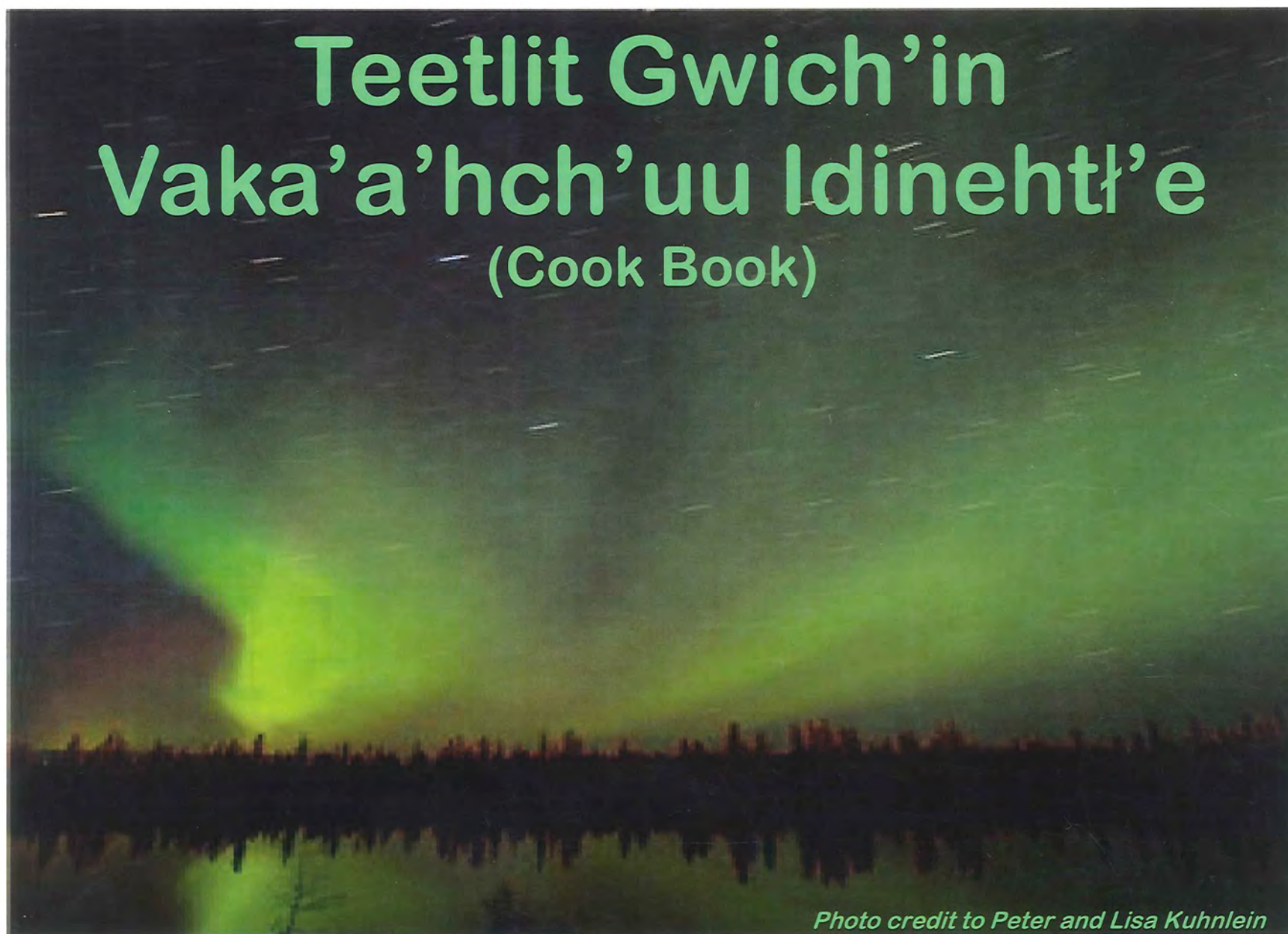


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Caribou Recipes

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SKIN THE CARIBOU

-Jane Charlie Sr.

1. Skin the caribou
2. Don't gut the caribou yet
3. Skin one side
4. Turn over and skin the other side
5. Skin from the neck and pull the skin right off
6. Cut the arm off and the same time cut the sinew off
7. Do the same on the other side cut the sinew off

Now you would cut the stomach and open the stomach slowly. Cut the heart out and pull the etrick and spill out. Cut the joints of the brisket. Open up the 2 ribs and cut down the backbone and push the ribs apart. Don't use an axe because it breaks the bones too much. With rubber gloves rub the etrick all over the meat and turn it back inside. The etrick bag keeps the meat fresh when the meat is stored in it

Cook the brisket full of etrick.

Boil it long until it is soft and put rice in the broth (don't put any soup mix in)

Do the same with backbone and again boil it a long time

The broth alone is excellent to drink too

The young bulls in the fall are the caribou we take the etrick bag from. When we add marrow and fat to the etrick, I would also add a little pemmican too.

Etrick #1

-Mary Snowshoe

"My auntie Edith Kaye made this recipe and it is very good for you"

There are three bags of etrick bags in a caribou.

The smallest bag was used.

-Cook marrow fat

-Mix it up with the etrick bag and let sit for a few days

-When ready add a little bit of sugar for taste

-Very delicious

Etrick is caribou food. The caribou eats the lichen is good for cancer and in turn we eat the caribou. So it is very good for us.

ETRICK #2

-Amos Francis

One time a doctor had seen how healthy our people were and he wanted to know why?

He had seen people eating etrick so he studied the caribou food and found out salt was

in the etrick. There is a river above Rock River and during the fall when the ice levels the caribou would lick the ice which would be salt. There is another place above Caribou River and the place is called Rock River too. Below the bottom of the hill is mud and in that mud is salt also. Even in the winter time the mud is sticky and this is where the caribou and moose would eat this salt.

Barbequed Caribou Ribs

3 lb ribs, cut into pieces

Barbeque sauce:

1 cup ketchup
2 tbsp. vinegar
2 tbsp. brown sugar
1 tsp. salt
1 tbsp. prepared mustard
2 tbsp. lemon juice
1 onion, chopped
¼ tsp. pepper

Brown ribs, place in casserole and cover with barbeque sauce.
Bake at 325° for 2 ½ hours. Paste sauce over the ribs frequently.
Delicious served with rice.

Easy Ground Caribou Meal

Fry 1 lb ground caribou.
Sprinkle onion salt and garlic salt on top.
Pour in 1 can of vegetable soup.
Cook ½ cup macaroni, drain out the water and add macaroni to meat.
Simmer for 10 minutes.

Caribou Liver and Onions

1 lb of fresh caribou liver
1 medium onion
Flour
2 tbsp. lard
6 slices

Coat liver in flour. Melt lard in hot frying pan and lightly sauté onions. Remove from pan. Add bacon slices, fry until crisp, remove from pan. Reduce heat and add liver. Cook liver 2 minutes on each side and remove from heat. Serve with bacon and onions.

Caribou Head Stew with Dumplings

-Gwich'in language Centre

This includes all meat on caribou head, tongue, eyes, nose (single hairs off caribou nose)
Cut all meat into small pieces Take meat removed from head and put into 4 portions use one portion for stew. Freeze or give away the remaining 3 portions.
Heat to boiling, then simmer for 1-2 hours.
When nearly done, add cubed potatoes and 1 diced onion

Caribou Head

Skin the caribou head and take all the glands off the head.
Put in a roasting pan with a little water.
Roast at 350° for about 2 hours (this is for a small head)

Caribou Meat balls – Itsuh

16 cups	ground cooked caribou meat
¾ cup	sugar
2 cups	grease or bone grease

Pound or grind caribou meat.
Pour in hot grease or bone grease.
Mix well. Add sugar. Form into balls.

Gwich'in Goulash

-Wanda Pascal

3 cup diced caribou meat
1 sliced onion
2 sliced potatoes

Fry all ingredients together for about 15 minutes.

Caribou

2 or 3 cups of diced caribou.
Brown the meat.

Mix:

1 cup water
1 cup ketchup
½ cup vinegar
½ cup brown sugar
1 tsp. worchestire sauce
1 tsp salt
1 onion chopped

Add all of the above ingredients to the meat and simmer for about ½ hour and serve over a bed of rice.

Also you can add diced carrots and green pepper.

Sauce can also be used for meat balls.

Caribou Stew

-Olive Itsi

Cut and dice 1 ½ lb. caribou meat
4 potatoes diced
5 or 6 carrots cut up
1 medium onion chopped
5 sticks celery
1 an tomato soup
3 tbs. gravy mix

Put everything into a slow cooker at 12 noon, you will have it ready for supper with fresh bannock.

Caribou Potato Burger

½ lb. ground meat
1 medium raw potato, grated
Or 1 cup cooked instant mashed potatoes
Salt and pepper to taste
Herbs of your choice

1. mix all the ingredients together. Shape into patties.
2. Fry or bake the patties. If baking, place patties in a 350° for 15 minutes.

Special Caribou Burgers

1 lb ground caribou meat
2 tsp. dry mustard
1 ½ tsp Worcestershire sauce
3 tsp. ketchup
1 small onion, chopped
½ cup fine bread crumbs
¼ cup carnation milk.

1. Mix all the ingredients
2. Shape the meat mixture in patties about 2" round and ¾" thick.
3. Fry the patties or bake in 350° oven for 15 minutes

Caribou Short Ribs

6 pieces caribou short ribs (cut in 3" lengths)
3 tbsp. flour
1 tsp. salt
¼ tsp. pepper
¼ tsp. garlic powder
¼ tsp. paprika
2 tbsp. cooking oil
1 onion, finely chopped
2 tbsp. brown sugar
1 cup water
1/ tsp, dry mustard
½ cup diced celery
¼ cup vinegar
2 tbsp. Worcestershire sauce

Combine flour, salt, pepper, garlic powder and paprika; Coat short ribs with seasoned flour. Brown ribs in hot oil; lift ribs into casserole. To oil in pan add chopped onion; stir until tender, about 1 ½ to 2 hours.

The incidence of Type 2 Diabetes among aboriginal youth is reaching epidemic proportions. The costs to individuals, families and our communities are enormous. The good news is that balanced eating and physical activities are key factors in reducing the risk of Type 2 diabetes. It is important to reach children at an early age and educate them about this disease.

Pineapple Sweet and Sour Caribou Ribs

Cut up about 2 pounds of caribou ribs. Bake covered in the oven for 1 hour.

Sauce:

2 tbsp. cornstarch

½ cup water

2 tbsp. soy sauce

Melt 2 tbsp. butter in a saucepan

Add 1 can of diced pineapple

1 cup vinegar

¾ cup brown sugar

½ tsp. salt

¾ cup diced green pepper (optional)

Add cornstarch paste, stirring constantly until thickens. Pour over the ribs and bake in 350° oven for another hour.

Serve with rice.

TRADITIONAL FOOD

Always a good choice.

Protein to build and repair body tissues

Iron to build red blood cells

Vitamin A for healthy skin, good night vision and fighting illness

Vitamin C to keep gums, teeth and bones healthy

Caribou Stew

1 pkg. stewing caribou meat

1 small can tomato soup

3 carrots, cut up

3 potatoes, cut up

½ cup onion

½ cup celery

2 tbsp. bisto

2 tbsp. flour and ½ cup cold water (mixed together)

4 pkg. OXO

Salt and pepper

Seasoning salt if you want

Mix all of the above together

Add enough water to caver meat.

Put in oven at 250° for 4 hours

Or 275° for 3 hours.

KEEP YOUR FOOD SAFE

Food that goes bad can make you sick. This is called food poisoning.

Sometimes when people think they have the "flu" or a "stomach bug" they really have food poisoning.

WHAT MAKES FOOD GO BAD---GERMS

They get on foods and grow. You cannot see germs on food.

You cannot always smell or taste them.

SO BE SAFE.

ALWAYS WASH YOUR HANDS

Bone Grease

-Dorothy Frost

Ingredient:

Caribou bones from arm or ham

Ice or snow

Gather the necessary tools, large flat rock, small axe, clean cloth and your large enamel pot. Start a roaring hot fire in your wood stove or use a cook top range on high heat. This may take a few hours (2-3) not including the time it takes to pound the bones.

Step 1: Gather the caribou bones. Break into manageable pieces. (Important note: remove the round joint bone that attaches the ham bone to the rump bone, otherwise it will soak up the grease)

Step 2: On a clean cloth, pound the bones to small pieces no longer than 5 inches.

Step 3: Place all bones in a heavy duty enamel pot, add 2 inches of water and bring to a rapid boil.

Step 4: Slowly add either ice or snow and bring back to a rapid boil, repeat this process until the pot is full and grease begins to rise to the top. Boil 2-3 hours.

Step 5: Spoon out the grease carefully and filter through a cloth to ensure all small bits of bone are filtered out.

Step 6: Cool off

Serve as a condiment with dry meat, or boiled meat. This is a delectable dish to share with friends and special guests.

Caribou Stew

1 tsp. Oil

1 ½ pounds caribou meat

1 large onion, chopped

2 stalks of celery, chopped

½ cup turnip, chopped

3 small carrots chopped

3 cups water

1 can tomato or cream of mushroom soup

2 tbsp flour or cornstarch

½ cup cold water

Salt and pepper to taste

1. Cut the meat into small chunks.

2. Pour oil into a pot and place on the stove on medium heat. Add the chunks of meat. Cook until brown, stirring occasionally. Add more oil at any time, If necessary.

3. Add onions to the pot and fry until golden brown.

4. Add celery, turnip, carrots, potatoes, water, and soup.

5. Cover the pot and turn up the heat until the stew begins to boil. Turn the heat down to low and let simmer for 1-2 hours. Stir occasionally. Add more water at any time if necessary.

6. Mix the flour or cornstarch with the cold water. Make sure there are no lumps add this mixture slowly to the stew and stir well until the stew is thick. Add salt and pepper to taste.

7. If desired, make dumplings and cook them on top of the stew.

Caribou Meat Stir Fry

-Shawna Nerysoo

Diced up caribou meat
Vegetables (fresh or frozen)
Minute Rice

Cook your meat and vegetables with cooking oil, cover and let cook, stir occasionally. When you can tell the meat and veggies are done, sprinkle with pepper. While cooking boil your water for 1 ½ cup of rice. Add ½ cup of white or brown sugar and ½ cup of Heinz Ketchup into your meat and veggies; turn your burner down on low heat. When rice is done mix it up with Soya sauce and add into your stir fry. This stir fry will taste even yummier with hot bannock.

Caribou Pot Roast

-Alice Hunter's North Country Cookbook

4 lbs. of caribou rump roast
Salt
Pepper
1 medium onion, chopped
1 tbsp. lard
1 cup water

Pour water into roasting pan. Place the rump roast in the pan and spread lard over top of roast. Sprinkle onions, salt and pepper over roast. Cover. Cook for 2 hours at 325°.

Ch'itsuh (Pemmican)

-Mary Jane Moses

5-10 lbs. Caribou meat from the hindquarter sections, the sinew section, the rump section, or from the arms
½-1 lbs. Caribou fat sliced off from the hindquarter sections or you can also use lace fat from the stomach area or bone marrow
1-2 tsp. salt (optional)

You begin the process by taking as much sinew and gristle(ch'at) off of caribou meat parts, then you put whatever part you are using into a roasting pan and place in a 350° oven. Roast the meat pieces for about 2 hours. Let the meat cool off as you prepare the caribou fat.

Chop or dice up the caribou fat and place into a frying pan and melt the fat down. While the caribou fat is melting, take your roasted meat pieces and begin the process of pounding it. On a clean tablecloth on the floor, place a round, clean rock that will withstand pounding. Sit down on the floor and begin pounding the pieces of meat with the clean blunt end of a small axe. By pounding the meat, this flattens the meat fibers out and the meat falls apart. Keep pounding away until you have small sized meat pieces.

Once all your meat is pounded and grounded up, take your hot caribou fat of the stove and pour into your meat mixture. With clean hands mix up the meat and melted caribou fat and form into meatballs. You can add salt flavor if you wish. Lay the meatball pemmican on a clean tray, cover and freeze overnight. Thaw out slightly and enjoy.

Boiled Caribou Leg

-Rosalie Abel

3-6 pieces	Caribou leg bones
1 tsp.	salt
1 cup	rice, uncooked
4	large carrots
2	large potatoes
1 cup	elbow macaroni
2 pkg.	Lipton tomato vegetable soup mix
1 can	tomato soup
1 can	vegetable soup

Remove meat from the leg leaving 2-3 inches of meat attaché. Separate the leg at the knee into two pieces. With small axe divide the upper portion of only the top portion of the lower half. You will now have 3 bone pieces from which to make the Ch'agwat. With a knife, score the meat at 1 inch intervals down to the bone.

Clean and place leg bones in a large pot and add enough water to cover the bones. Add salt and boil 1-2 hours on medium-low heat.

Dice carrots and potatoes. Add rice, carrots, potatoes, macaroni, lipton vegetable soup mix, tomato soup, and vegetable soup to the pot. Boil on medium heat until vegetables are tender.

Serve vegetables and broth in a bowl with the meat bone on a side dish. The bone meat mixed with the marrow is delicious.

Retrieve marrow from the bone with the handle end of a spoon.

Caribou Roast with Gravy

5 lb	Caribou roast from rump or ham
4	large pieces (strips) of caribou rump fat
2 cloves	fresh garlic
	Salt
	Pepper
2 tbsp.	flour
2 cup	water

Pre-heat oven to 250°. Clean caribou roast and liberally cover all sides of the meat with salt and pepper.

Place in a roasting pan and place the 2 whole cloves of garlic on top of the roast. Do not add water. Cover and bake 3-4 hours. 1 hour before cooking time is complete lay the strips of rump fat on the roast, cover and continue to bake for another hour.

When done remove the caribou meat and strips of fat from the roaster. Place the roaster on top of the stove and turn burner to medium high. Boil and stir until all drippings and small bits are mixed well. Add 1 cup of water to the roaster stirring to mix well. In 1 cup of cold water add the 2 tbsp. of flour. Mix well and add to the roaster. Stir continuously until boiling gravy thickens. Remove from heat.

Carve caribou roast and cut strips of rump fat into 1 inch pieces. Serve meat slices with 1 or 2 pieces of rump fat, cover with gravy and serve with your favorite vegetable.

Stuffed Caribou Heart

-Dorothy Rispin

1	Caribou heart
¾ cup	Rice, cooked
1 cup	dried vegetables
½ cup	Onions, chopped
1 tsp.	salt
½ tsp.	pepper
½ tsp.	thyme
½ tsp.	oregano
3 tbsp.	water
2 tbsp.	butter
½ cup	canned mushrooms (optional)

Pre-heat oven to 350°. Clean caribou heart under running water, removing any blood clots. Set aside.

In a bowl, mix together cooked rice, salt, pepper, thyme, oregano, chopped onions, dried vegetables, and canned mushrooms. Add enough water to moisten. Fold in softened butter.

Stuff mixture into heart pockets and place in roasting pan. Bake covered at 350° until brown, approximately 2-3 hours.

Caribou Goulash

-Rosemary Koe

1 ½ lbs.	Caribou meat
¼ cup	flour
2 tbsp.	caribou fat
1 cup	fat
2 strips	bacon, chopped
2 cup	chopped onions
¼ tsp.	garlic powder
2 tbsp.	brown sugar
1 tbsp.	paprika
1 tbsp.	Worcestershire
½ tsp.	vinegar
2 tsp.	salt
¼ tsp.	pepper
A dash of cayenne	
¼ tsp.	mustard
1 can	tomatoes
5 cup	cooked rice

Roll meat in flour. Heat fat in heavy pot and brown the meat.

Add 1 cup of water and simmer for 1 hour.

Fry bacon and add onion, brown slightly. Stir in remaining ingredients to the meat. Cover and cook slowly for 1 hour.

Caribou Chili

-Rosemary Koe

1 lb.	grounded caribou meat
½ tsp.	salt
¼ tsp.	pepper
1 tbsp.	flour
½ cup	chopped onion
1 tbsp.	Worcestershire sauce
4 cup	Canned tomatoes
1 can	mushrooms bits and pieces (drained)
1 tbsp.	chili powder
1 can	red kidney beans
4 tbsp	caribou fat

1. Sprinkle meat with flour, salt and pepper.
2. Melt fat in heavy frying pan.
3. Combine meat with onion, and brown in hot fat.
4. Add remaining ingredients, reduce heat and simmer until meat is tender (approximately 45 minutes).
5. Serve hot with bannock or garlic toast.

Start the day with a healthy breakfast, eating breakfast will jump start your bodies furnace and give you energy to start your day. Skipping breakfast can increase our appetite and lead to overeating later in the day.

Fried Caribou Meat

-Shawna Nerysoo

Fry diced caribou meat and onions.
While your meat is cooking, start your macaroni.
When macaroni is done mix it up with cheese whiz.
Mix up flour and water shake it up and add into your meat and onions. Put your stove on low heat and keep stirring until it thickens. When done eat with macaroni and some hot bannock and enjoy!

Fry up caribou meat with barbeque sauce and rice really delicious. You'll really love it.

Cabbage Rolls

-Mary Ross

2 lb.	Caribou meat
1 cup	boiled rice
¼ cup	onion
¼ cup	celery
¼ cup	ketchup
Seasoning salt of your choice	

Mix above together

Freeze or boil 1 large cabbage remove leaves.
Add above mixture to leaves and roll up, put in a roaster.
Cover with 1 pkg. of bacon.
Spread 1 large can of Tomato soup over the rolls.
Cook at 350° for 1 hour and 15 minutes.

Jambalaya

1 ½ lb. diced caribou meat
 1 cup cooked rice
 1 ½ cup cooked tomatoes
 1 large onion, chopped
 ½ green pepper, chopped
 ½ cup chopped celery
 1 tsp. salt
 1/8 tsp. pepper
 Buttered crumbs

Combine meat, rice and tomatoes and cook for 10 minutes. Add onion, green pepper, celery and seasoning. Turn into baking dish and cover with buttered crumbs. Bake in 350° oven for 1 hour.

MAIN HEALTH CONCERNS TODAY RELATED TO FOOD

People of all ages are becoming overweight, with diabetes and related diseases are creeping in quickly. Children and adults are not active enough for the calories they eat, which mainly come from food they buy. Market food is very expensive and people buy many calories based in carbohydrates and fat.

Caribou Chili

-Winnie Greenland

1 lb. ground caribou
 1 large onion, sliced
 2 cloves garlic
 2 carrots, grated or chopped
 1 stalk of celery, chopped fine
 1 can of kidney beans
 1 can of chopped tomatoes
 3 tbsp. olive oil
 2 tbsp. chili powder
 ½ tsp. salt
 Lots of ground pepper (as you like)

Cook onions and garlic in olive oil. Add the caribou and cook until brown. Add the tomatoes, kidney beans and spices and turn on low heat. Stir frequently, not to burn the bottom and let cook for another hour or so. Tastes great over rice or with bannock accompanied by green salad.

Potassium helps keep blood pressure low. Bananas, oranges and tomatoes are all rich in potassium.

Respect is honoring our food, animals, land, air, ourselves and each other.

Using Caribou Hoofs

The Dene had uses for all parts of the Caribou.

Hoofs can be kept for a year and eaten if hung outside. You would have to boil them until they are very soft.

The bones of the hoofs can be used to make a necklace.

Empty hoofs can be used for rattles. They would have to be cleaned and dried out. The rattle is used for calling caribou or as a doorbell.

CARIBOU HEAD

Has 6 glands in the neck and throat area and must be removed before you cook the head, or the head will taste and wont cook good.

CARIBOU BLOOD

-Woody Elias

Gives us Strength and Warmth.

It keeps you from getting hungry for along time.

A KITCHEN PRAYER

~ACW Cookbook

*God Bless My Little Kitchen
I Love Its Every Nook
God Bless Me As I Do My Work
Wash Pots and Pans and Cook
And May the Meals That I Prepare
Be Seasoned From Above
With Thy Great Blessing and Thy Grace
But Most of All Thy Love
As We Partake Of Earthly Food
The Tables for Us Spread
We'll Not Forget To Thank Thee Lord*

YOU CAN DO IT

Quitting is hard, but don't give up. Some smokers try a number of times before they quit for good. Studies show that each time you try to quit, the more likely you will be to eventually succeed. With each try, you are better able to know what helps and what hurts. Any attempt to quit is a step in a healthier direction.



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Porcupine River Sausage

-Darius Elias

Moose intestine
Caribou meat
Potatoes
Carrots
Onions
Turnips
Salt
Pepper
River water

My uncles and I harvested a moose and some caribou in the fall of 1999 along the Porcupine River near Salmon Cache and I remembered a recipe that my dad showed me one time.

I took the intestine from the rump of the moose. It's about 2.5 feet long and is like sausage casings. I then cleaned it out real good in the river and turned it inside out so fat was on the inside. To do this I slid a willow through the intestine, tied the end of the willow to the end of the intestine, and pulled it through. Then I cut the intestines in half because it ended up being too long to make just one. I then tied one end of each of the two moose intestines with twine.

I then cut up small pieces of potatoes, carrots, onions, turnips and stuffed the vegetables and meat inside the two intestines pieces. I added some river water and then tied the ends off.

We were going to go further up river to look for more caribou so I wrapped both of the stuffed moose intestines in tin foil and buried them under our campfire a couple inches under the soil. I then placed lots of coals on top. When we came back some hours later I dug up the tin foil wraps and they were still hot. I was careful not to get dirt on the stuffed intestine. It was cooked perfect.

I cut up some on my plate with salt and some HP sauce for dipping. Sure hit the spot after a long days hunt!

If you do this recipe in your own kitchen at home you could use fancier vegetables and seasoning, but if you're on the banks of the porcupine hunting you can't take all that fancy ingredients or your uncles are going to say "Hey we got too much stuff!"

BABY TEETH ARE IMPORTANT

Baby teeth are important because they hold the place for permanent teeth and help guide them into correct position. Also baby teeth play an important role in the development of speech and chewing.

Moose Cabbage Rolls

1 onion chopped and grated
1 lb. ground moose meat
Salt and pepper to taste
½ cup of cooked rice
2 cups of canned crushed tomatoes
2 tsp. of vinegar
2 tbsp. of sugar
¼ tsp. Chilly powder
8 large cabbage leaves

Soften cabbage leaves in boiling water. Brown meat and onions in a pan. Season with salt and pepper. Add the cooked rice, mix well. Place a large spoonful on cabbage leaf. Roll. Place them in a pot with rolled edge down or fasten with a toothpick. Add remaining ingredients and a little water. Simmer or bake at 350° for 1 ½ - 2 hours.

Good Nutrition and exercise work together for fit, healthy bodies.

In the past people usually had to work hard gathering food, building houses and moving camp, and they were fit and strong. Now more and more people do not have to work at active jobs, and so poor physical fitness is a problem for many people.

Moose Meatballs

1 ½ lb ground moose meat
½ lb beef hamburger
1 medium onion, chopped
1 medium carrot, chopped
1 stalk celery, diced
1 egg
1 tsp. salt
1 tsp. pepper
2 tsp. soy sauce
¼ cup ketchup
Dash of garlic salt
1 cup of Quaker oats.

Mix moose meat and hamburger together in a bowl and add chopped onions, carrot and celery. Beat egg, add to mixture. Mix remaining ingredients into meat mixture. Form into meat balls and fry. Serve with gravy made from dripping.

The amount of sugar in most recipes can be reduced by up to half.

Substitute whole wheat flour for all purpose flour or use half whole wheat and half all purpose.

Moose Meat Loaf

1 medium onion, chopped (fine)
3 lb. Ground moose meat
2 cup bread crumbs
1 cup tomato juice
1 tsp. paprika
1 tsp. pepper
1 tsp. salt
Canola or vegetable oil

Simmer onion in cooking oil. Mix together all ingredients and place in a loaf pan. Pour $\frac{1}{4}$ cup of tomato juice over meat loaf while in the pan. Spread evenly on top.

Bake at 350° for an hour

Moose meat and Rice

2 pounds moose meat
2 cups boiled rice
 $\frac{1}{2}$ cup flour to thicken

Mix altogether.

Fry with grease on medium heat until done.

Moose Swiss Steak

Trim all fat from 1 $\frac{1}{2}$ pound moose steak and wipe with a damp cloth. Cut into serving size pieces.

Mix together:

1 $\frac{1}{4}$ cup of flour

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. pepper

Coat the meat in flour mixture. Melt lard in heavy frying pan and brown the steak on both sides.

Remove the steak and keep warm.

Add:

3 tbsp. chopped onions

1 tsp. celery seed

2 cups canned tomatoes

2 tbsp. Worcestershire sauce

to the frying pan and stir until it is well mixed with the drippings from the steak. Add the cooked steak. Cover and simmer until the steak is tender – about 1 $\frac{1}{2}$ hours.

Thicken the sauce with a mixture of

3 tbsp. flour

$\frac{1}{2}$ cup of cold water

Stir constantly while adding the flour mixture to prevent lumping.

There is no such thing as a bad day, some are just more glorious than others.

One Dish Meal for You

1/2 cup	Chopped onion
1 tsp.	garlic powder
2 tsp.	salt
1 tsp.	pepper
1 lb.	ground moose
6 oz.	can tomato paste
1 cup	undiluted evaporated milk
1 cup	string beans, drained
1 cup	uncooked macaroni

Cook macaroni in lightly salted water. Drain and blanch. Brown onion, meat and garlic in heavy skillet. Add tomato paste, Worcestershire sauce and milk, then string beans, salt and pepper. Pour meat mixture over cooked macaroni in buttered Dutch oven. Put on the fire for 30 minutes. If using a camp stove, bake for 30 minutes at 350°.

REMEMBER

-Northern Cookbook

*Have fun when you are cooking up a storm
Or your regular meals
Put on your favorite music
Get organized with your product
Clean as you go and
you will feel great*

PRESERVING OUR CHOICE CHILDREN

Northern Cookbook

*Take a large grass field, 1/2 dozen children, 2 or 3 small dogs a pinch of brooks and some pebbles
Mix children and dogs together well and put them in a field stirring constantly. Pour the brook over the pebbles
Sprinkle the field with flowers. Spread over all, a deep blue sky and bake in the hot sun~~
When thoroughly brown, remove and set away to cool in a Bathtub or a pool~~~WOW!*

There's more to improving cholesterol than taking medication. Lifestyle factors such as weight, smoking, alcohol use, exercise, and diet can significantly influence your blood cholesterol. Controlling these risks can improve your cholesterol levels and may even eliminate your need for drug therapy.

Wash hands with soap and warm water before and after handling food, and after using the bathroom, changing diapers and handling pets.



Fish Recipes

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Roasted Coney Head
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Baked Salmon, Whitefish or Coney Dressing (stuffing)

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Fish Soup
Fish Chowder

Roasted Coney Head

Cut off head.
Cut out gills.
Split open.
Place in a toaster.
Put to open fire.
Roast for ½ hour until brown on each side.
Very Delicious!

Loche Liver

Cook liver on low heat. Take out all the skin from eggs. When cooked strain all the oil from liver and eggs then sprinkle flour and cook on low heat. Add sugar and you can add cranberries and freeze it in a pan. Eat with bannock and tea.
Enjoy!

Loche Liver and Eggs

Put liver and eggs into a pan. Mash it all up.
Take skin and veins out. Cook slowly. Remove the Grease.
Add sugar and cranberries.
Put into pan and freeze.
Good with bannock or crackers.

Loche

Clean the loche.
Cut it up.
Cook in water and lard on medium heat for 20 minutes or until done.

Loche Liver Recipe

Put some loche liver into pan. Mash it all up by hand. Take skins and veins out of it. Cook on the stove all afternoon. Cook it slowly. Take it off the stove and put all the liver on one side of the frying pan and let the grease drain. Put the cooked liver into a pan and freeze it or add cranberries and sugar too it. Eat it or freeze it for later.

Roast Fish to Fire

Clean 1 fish.
Put in toaster. Cook to fire.
!5 minutes on each side or until done.

Mayonnaise Fish

-Christine Hager

1 fresh or smoked, cleaned fish.
Salt and pepper.
1 cup of mayonnaise.
Spread on top of the fish and cook for 1 hour at 350°.

Roast Fish

-Rebecca Francis

Tie fish around the tail with string on willow and hang beside the fire.

The fish can be whole or split and cleaned.

Place a pan underneath the fish to catch drippings.

Keep the fish turning until done. About 2 hours.

The drippings can then be eaten with the fish.

Pounded Fish Strips

-Judy Lafferty

Cook fish guts in roast pan.

Stain the oil from the fish guts.

Pound fish strips and add grease and sugar. Then add blueberries or cranberries.

Enjoy with your tea!

Cooked Rhubarb

Connie Stewart

Boil 4 pieces of fish, remove fish from juice.

Add 4 handfuls of rhubarb in fish juice.

Boil rhubarb until soft.

Mix flour and water then add to rhubarb and fish juice.

Boil and add sugar or custard.

Boiled Fish

-Rebecca Francis

After boiling fish, take all the bones out.

Add cranberries and sugar to the fish and enjoy!

Any kind of berries will do....

Fish Patties

-Mary Ross

2 cups of fish (more or less)

10 crackers

1 egg

½ cup milk

¼ cup onions or dry onions

¼ cup celery

Seasoning salt, garlic, onion, ect.

Mix well and make patties.

Mix pancake batter coat patties with batter.

Deep fry until done.

Fish eggs can be used.

It is time for us as a nation to start making some changes. Let's change the way we eat, the way we live and the way we treat each other.

Fish Dip – Sandwich Spread

-Mary Ross

This can be done with roast fish or left over fish.

Debone the fish
Mash the fish up

Add onions, celery, seasoning salt and enough mayonnaise to hold together.

Mix all together.
Keep in the fridge.
Excellent with Wheat Thins or can be used as a sandwich spread.

Fish Raw and Oatmeal

-Bernice Francis

1-2 cups	Fish eggs
2 cup	Oatmeal
4 cup	Water

Boil the fish eggs for 15 minutes.
Put in oatmeal.
Cool off.
Ready to eat.
Fast to prepare

Fish Patties

-Bernice Francis

1 Fish (boiled or roasted)
1 whole medium onion cut up
1 pkg. onion soup mix
4 tbsp. grease

Batter
4-5tbsp. Pancake mix or flour mix
½ cup water for pancake or flour mix

Debone the fish. Mix together onion and onion soup mix. Mix the batter and melt the grease in frying pan. Make patties and dip into grease for 2-3 minutes.

Stuffed Fish

-Mary Ross

Split your white fish down the centre and clean out the guts. With onions, potatoes, your basic bread stuffing place in the fish. Next place bacon over the fish. Bake at 350° for about 1 ½ hour.

Over time too much pop and fruit juices can cause Type 2 diabetes.

Roast Fish

-Liz Colin

1. Cut the fish open
2. Gut the fish
3. Cut the head off
4. Clean
5. Split the fish open
6. Put foil at the bottom of pan
7. You can apply shake n bake or mayonnaise to the fish
8. Turn oven to 500 cook on top burn for 20 min

The shake n bake keeps the juice inside.

Frying Fish

Turn stove to medium heat and warm the pan.

Don't scale the fish or remove the skin.

Split it downwards and cut into meal sizes.

Add the oil.

Add the fish.

Turn once, doesn't take long to cook

Whitefish Desert

Fish eggs

Liver, take the bag off

Cut into small pieces

Fry

Add cranberries or blueberries

Add a little sugar and enjoy!

Fish cooked on coals

-James Andre

Fillet fish, spread ketchup on both sides of the fish.

Place on foil.

Cut into small pieces onions and potatoes.

Put in with fish.

Wrap up.

Place in coals and cook 1 hour or until done.

Stuffing for Fish

-Olive Itsi

Fry up:	¼ cup onions
	¼ cup chopped celery
	1 tbsp. Butter
Add:	½ tsp. dill weed
	½ tsp. paprika
Then add:	1 cup of oats
	1 cup soft bread crumbs
	1tsp salt
	1 egg
	¼ cup water

Mix up well and stuff fish and bake for 1 hour at 350°

Baked Salmon, Whitefish or Coney Dressing (stuffing)

1 cup butter
 ¾ cup chopped onion
 ½ cup chopped bacon
 9 cups bread cubes
 2 tsp. celery salt
 ¾ tsp. poultry seasoning
 ¾ tsp. salt
 1/8 tsp. pepper

Prepare stuffing and stuff your fish. Bake at 375° for 1 hour.

NOT HER CUP OF TEA ACW Cookbook

*They tried to give their MOM the best
 She just turned ninety one.
 They found a nursing home for her
 and thought it would be fine.
 When asked she said
 the food is all right
 and yes of course, I get good care.
 But I just won't stay another day.
 Too many old folks living there.*

Fish Soup

2 lbs filleted fish
 2 tbsp. Margarine
 2 tbsp. vegetable oil
 1 onion, minced (1/2 cup)
 1 carrot, grated (1/4 cup)
 2 tomatoes, peeled and sliced
 ¼ tsp thyme
 ¼ tsp savory
 ½ tsp pepper
 2 quarts boiling water
 1 cup uncooked macaroni

1. Cut fish into serving pieces.
2. Put margarine, oil, carrots, onions, and tomatoes in a large pan and simmer for ten minutes.
3. Add water and macaroni and bring to boil. Reduce heat.
4. Add thyme, savory and pepper. Carefully add fish and simmer for 20 minutes.

Ginger Ale, Sprite	9 tsp. of sugar
Fruit Punch	12 tsp. of sugar
Kool Aid	9 tsp. of sugar

Fish Chowder

Sautee together in fry pan:

½ lb bacon

1 chopped onion

½ chopped celery

Cook separate:

2 cups water

Any kind of cubed fish

2 handfuls mixed frozen vegetables (carrots, peas, corn)

Add:

2 lt. 2% milk

1 can baby clams

1 can cambells medium mushroom soup

2 can New England Clam Chowder

Season with garlic pepper

Add bacon, onion, and celery.

Cook ½ hour on medium heat.

Fitness is for everyone. People exercise and keep fit in many different ways. Some people have active jobs which keep them fit. Other people keep fit by playing sports, by walking, biking, hiking, jogging or going to fitness classes, even people who heavy physical work need a fitness program to loosen sore muscles and to keep other parts of their bodies in shape.

8 STEPS TO CHOLESTEROL CONTROL

1. Slimming down helps lower total cholesterol and raises HDL levels.
2. Cut saturated fat and trans fat.
3. Regular aerobic exercise.
4. Add soluble fibre daily.
5. Include at least 2 servings of fatty fish each week.
6. Get help for addictions
7. Know the other factors that may affect cholesterol.
8. Watch your numbers. You should be tested every 5 years if Your cholesterol levels are normal.

HEART DISEASE

Nine risk factors.....

1. Cigarette smoking
 2. Abnormal blood lipids
 3. High Blood pressure
 4. Diabetes
 5. Abdominal obesity
 6. Stress
 7. Not enough fruit
 8. Not enough vegetables
 9. Lack of daily exercise
-but you can make changes that could save your heart.*
- LOVE YOUR HEART**



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*Duck Soup
Fried Ducks with Rice
Roast Wild Duck*

Page 24

*Meals on Wheels
Black Duck Soup*

Page 25

Ducks

Duck Recipes

Pages 23 – 25

Duck Soup

In a soup pot, combine:

Duck bone and scraps

1 large onion, quartered

3 chopped carrots

¼ tsp. thyme

1 stalk of celery with leaves, chopped

¼ tsp. parsley

Cover with cold water and slowly bring to a boil.

Simmer for 1 hour then remove bones.

Add wild rice and season to taste with salt and pepper.

Simmer for 1 hour.

Fried Ducks with Rice

2 whole duck breasts, cut in half

1 tbsp. oil

1 ½ cups steamed rice

4 celery stalks

½ cup barbeque sauce

Wash and dry ducks. Heat oil in a large frying pan, add celery stalks and cook until soft. Remove celery and set aside. Brown duck breasts on both sides (for ½ hour over medium heat). Brush breasts with barbeque sauce. Mix steamed rice with remainder of barbeque sauce, and cooked celery. Cover the ducks with rice mixture. Cook for another ½ hours over low heat.

Roast Wild Duck

2 wild ducks, dressed

2 tbsp. vegetable oil

¼ cup minced onion

2 tbsp. brown sugar

½ cup tomato paste

¼ tsp. paprika

2 tbsp. lemon juice

¼ cup of cider vinegar

4 tbsp. Worcestershire sauce

Place both ducks in a roasting pan, and pour the oil over them. Mix remaining ingredients and brush ducks with half the mixture. Cover roasting pan (with self cover or foil wrap) and bake at 325° for 1 hour. Remove cover and brush on remaining mixture. Return uncovered to the oven for 1 hour, or until skin is golden brown.

Type 2 diabetes and many of its complications are manageable and preventable with knowledge, proper health care and moderate living.

In type 1 diabetes the body can't produce insulin. It requires daily insulin injections.

In type 2 diabetes insulin is produced but blood cells resist its action,

Resulting in high blood glucose levels. This can cause frequent thirst and urination, blurred vision, fatigue and other symptoms that need evaluation if they persist.

Meals on Wheels

-Lorraine Francis

1 duck
Potatoes
Onions
Butter/Margarine
Onion Soup Mix
White flour
Pepper
Salt
Minute Rice

To clean, pluck the feathers and then singe the duck over a fire. Mix the potatoes and onions and add the onion soup mix and place in the duck. Mix the gravy with flour and water add on top of the duck. Sprinkle pepper, salt over the gravy. Cover with foil and cook in the oven at 350° until done. Prepare your minute rice according to package.

Healthy eating and exercise have been proven to reduce your risk of heart attack or stroke.

Families who eat together grow stronger, happier and healthier.

Black Duck Soup

-Fanny Charlie

1 or 2	Black Ducks
1 tsp.	Salt
1 cup	Rice, uncooked
4	carrots
3	potatoes
1 cup	Elbow macaroni
2 pkg.	Lipton tomato vegetable soup mix
1 can	tomato soup
1 can	vegetable soup

Pluck and remove innards from the duck pieces in a large pot and add enough water to cover. Add salt and boil 1-2 hours on medium-low heat.

Dice carrots and potatoes. Add rice, carrots, potatoes, and macaroni. Lipton vegetable soup mix, tomato soup, and vegetable soup to the pot. Boil on medium heat until vegetables are tender.

Serve in a bowl with bannock.

Don't smoke around children. Second hand smoke increases the chance of catching a cold or flu, worsens or prolongs systems, or leads to worse conditions, such as bronchitis and pneumonia

Ducks

After the duck is singed, cut off the feet and tips of the wings. Cut down the centre of the stomach and remove all the guts. Cut the gizzard in half and clean the inside. Cut off the legs at the joints and the neck with the head still attached. Cut below the ribs and break apart.

How to cook ducks-

Roast whole.

You can boil them and make soup.

A duck cut in half can be barbecued in a toaster or with sticks over a fire.

Because breast milk is easy to digest, breastfed babies have less constipation, diarrhea and gas.

Breastfeeding encourages better jaw and tooth development than formula feeding.

Breastfeeding helps protect your baby from respiratory illnesses such as asthma.

Breastfeeding may help protect your child against obesity.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons = 1 tablespoon

2 tablespoons = 1 ounce

16 liquid tablespoons = 1 cup

12 dry tablespoons = 1 cup

2 cups butter = 1 pound

4 cups flour = 1 pound

2 cups liquid = 1 pint

4 cups liquid = 1 quart

1 cup flour = 4 ounces

Butter, size of an egg = 2 ounces

Butter, size of walnut = 1 ounce

2 cups brown sugar = 12 ounces

2 cups white sugar = 16 ounces

12 medium eggs = 16 ounces, 1 pound

Give a man a fish you feed him for the day.

Teach a man to fish you feed him for life.



Page 26

*Beaver Tails
Beaver Tail
Roast Beaver*

Beaver Recipes

Page 26

Beaver Tails

Singe or boil over hot coals for a few minutes (or in a hot oven). The rough scaly hide on the tail will blister and peel off easily, leaving the tail clean, white and solid. Then boil or roast until tender. This is considered very strengthening food.

Use only young beavers.

Beaver Tail

Roast beaver tail over campfire, cut it open and pull the skin off (This makes a very rich meat.

Roast Beaver

Clean beaver, and strip off all fat, including scent glands. Soak in water to cover with $\frac{1}{4}$ cup vinegar, overnight.

Wash meat; pat dry, and place on rack in roasting pan; add $\frac{1}{4}$ cup water. Brush roast with butter; cover, and bake in a moderate oven.

THREE THINGS YOUR BACK LOVES

Regular exercise

Stretching

Shifting Positions

THREE THINGS YOUR BACK HATES

Excess weight

Heavy loads

Prolonged sitting

BREAST IS BEST

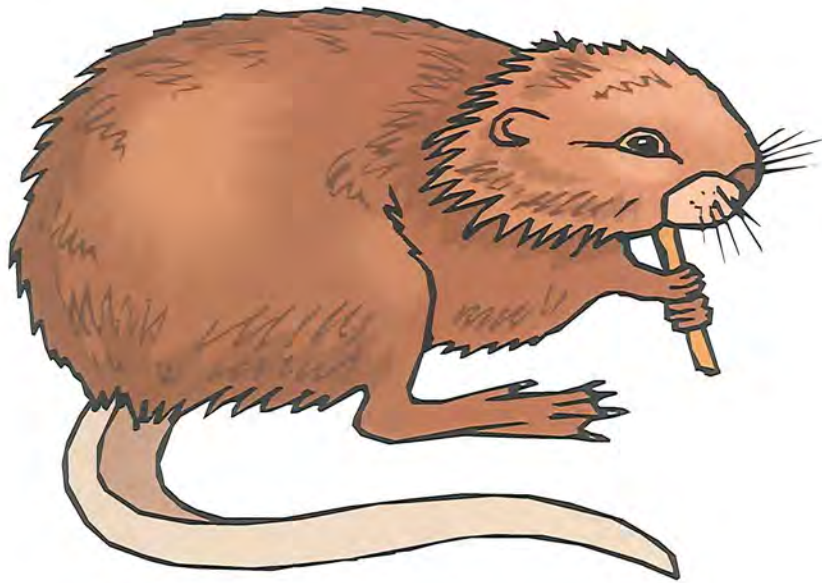
Besides providing perfect infant nutrition and many other benefits for

Baby, breastfeeding provides benefits for mothers, employers and the environment.

You become successful by helping others become successful.

Remember if at first you don't succeed try, try again.

Health is a state of complete physical, mental and social well being.



Page 27

Stuffed muskrat
Boiled Muskrat
Muskrat Tails
Muskrat – Open fire
Campfire Muskrat
Dried Muskrat
Roasted Muskrat
Boiled Muskrat
Clean the muskrat
Muskrat Tails

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Muskrat Recipes

Pages 27 – 28

Stuffed Muskrat

Chop into bite-sized pieces whatever vegetables desired: carrots, onions, potatoes, even green peppers- they make good flavoring. Add salt, seasoned salt or pepper to taste, Stuff muskrat.

Roast at 350-350° for 15 minutes, turn oven down to 250°, and roast for 2 ½ - 3 hours. Or roast at 350° for 1 hour or longer; baking at low temperature for long hours makes it tenderer. Add a little water, about ½ cup, to make it moist. It's best to leave the fat on while cooking; cut it off before serving if you don't like to eat fat.

Boiled Muskrat

Clean and wash the Muskrats. Cover with cold water and add salt. Boil for an hour or until they are soft and will fall apart easily. HP sauce is good to eat with this.

Muskrat Tails

Cut off the tails and dip them into very hot water. Pull off the fur. One can either cook them on the top of the stove, turning them after a few minutes or boil them. This is the same method as for beaver tails. Both tails are very sticky to eat.

Muskrat – Open Fire

Get a “Y” shaped stick and put the rat on it and roast slowly over open fire. This is the best lunch when one is out shooting muskrats – tea and roasted muskrat.

Campfire Muskrat

Another way of cooking muskrats on the open fire is to leave the cleaned rats on the charcoals of an open fire for a few minutes. Take out and finish cooking by boiling in an open pot on the fire. This has a good smoked taste to it.

Dried Muskrats

Clean the muskrats well and take out all the bones. Cut it up in thin pieces so it will dry easily. Put it to dry in a smoke house. Keep turning every day so it will dry thoroughly.

*Breakfast is the most important meal of the day. It gives us the energy to
Make it through the day.*

Roasted Muskrat

-John Joe Kyikavichik

1 or 2 Muskrats

Pre-heat oven to 250°. Skin the muskrat. Remove and discard the glands from inside the hind legs, from under the throat skin, and from under the front arms. Remove all guts and liver and wash good. Place the muskrat tail inside the body cavity and wrap the muskrat in tin foil. Place in a roasting oven (no water) and bake 2 hours.

Variations: Skewer muskrat with a willow and roast over camp fire or wrap with tin foil and place under the wood stove for about 4 hours.

Limit your intake of salt, alcohol and caffeine. Taste food before adding salt and drink beverages with alcohol and caffeine in moderation.

Remember to drink lots of water. Water quenches your thirst And keeps you hydrated.

Soften Brown Sugar by storing in an airtight container with a slice of bread, potato peels or apple slices.

Boiled Muskrat

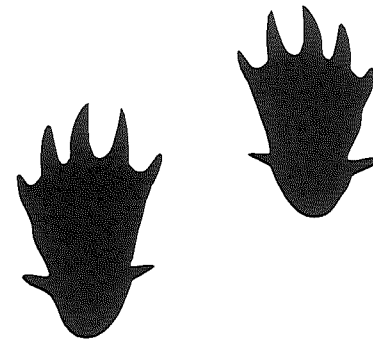
Muskrat can be boiled with etrick or dry onions; this gives the meat a good flavor.

Clean the muskrats well and take out all the bones. Cut into very thin pieces so it will dry easily. Hang to dry in the smokehouse. Keep turning every day until dry.

Muskrat Tails

Cut the tails off and dip them into very hot water. Pull off the outer skin. You can cook them on the top of the stove, turning them after a few minutes, or boil them.

This is the same method used for beaver tails. Both tails are very sticky and tasty.





Porcupine Recipes

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Page 29

Boiled Porcupines
Porcupine Stew
Stewed Porcupine

Boiled Porcupine

Make a fire outside and put porcupine in the fire to burn off the quills. Wash and clean well. Cut up and boil until done.

Porcupine Stew

2 lbs. porcupine meat, preferably thigh and leg
1 small onion
2 medium carrots
2 large potatoes
1 28oz can stewed tomatoes
2 tbsp. flour
2 tsp. oil
1 stalk celery

Wash porcupine meat and cut into cubes. In a deep pan, use hot oil to brown meat on all sides. Add vegetables, canned tomatoes and water to cover. Cook at high heat until potatoes are tender. Thicken with flour, add salt and pepper to taste.

Stewed porcupine

Put porcupine into a good fire to burn off the quills. Scrape then peel the skin off, clean, then boil the porcupine in water. Change the water and boil with seasoning to taste, until tender





Rabbit Recipes

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Rabbit

Rabbit Stew

Fried Rabbit

Stewed Rabbit with Bannock Dumplings

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Rabbit Pie

Cleaning and Cutting Rabbit

Steamed Rabbit with Potatoes and Carrots

Rabbit

-Olive Itsi

Cut all the meat of the rabbit.

Cut into chunks for soup.

Once the meat boils, add rice, macaroni and soup mix.

Measure by the pot used.

Rabbit Stew

Skin, clean and cut up the rabbit. Cut up bacon into small pieces. Use 4 strips of bacon for each rabbit you are cooking. Cook the rabbit and the bacon in water on high heat until the water boils, and then simmer it for ½ hour. Some rabbits are tough and may need to cook longer. Add enough rolled oats to thicken the broth a little bit – keep it thin. Cook for 5 minutes.

Fried Rabbit

Method 1.

Cut rabbit in half, or in section. Roll in a little flour and fry slowly in fat on all sides. Drain and serve.

Method 2.

Clean rabbit; wash rabbit again the next morning, then put into a pot with enough water to cover, ¼ bay leaf, and the juice of ½ lemon; boil gently until tender.

Drain rabbit on paper toweling.

In a pan mix flour and salt. Roll rabbit in flour; fry in hot fat until golden brown.

Stewed Rabbit with Bannock Dumplings

1 rabbit, cleaned and cut into serving sized portions

1 ¾ cups water

¾ teaspoon salt

1 small onion, in thin slices

1 carrot, sliced

2 stalks celery, sliced

3 tbsp. flour

½ cup water, broth or 1 cup sour cream

Pinch dried sage

Paprika

Bannock dough

Put rabbit, water, salt, onion, carrot and celery into pot; simmer 1 hour or longer, until meat is tender. If you wish, you may then remove the meat from the bone and return it to the pot.

*Reach for an apple a day. Apples have 3 grams of fibre each.
An apple
a day keeps the doctor away.*

*Breast milk is all your baby needs for the first 6 months. After
6 months you can continue to breastfeed and begin feeding your
baby other foods.*

Rabbit Pie

-Brenda Frost

2 Rabbits
¼ cup Olive oil
3 Potatoes
3 Carrots
1 Onion
1 tsp. Salt
½ tsp. Pepper

Preheat oven to 350°. Skin and cut up rabbit. Wash and place in roasting pan with the olive oil. Cover and bake for approximately 1 hour until meat is tender. Add cut up vegetables, sprinkle with salt and pepper, cover and continue baking until veggies are done, approx. 45 minutes.

In the meantime, for the crust, mix bannock dough according to your own recipe. I use flour, baking powder, sugar, lard, milk and eggs, and enough water to make a soft dough. Roll out on counter top to the size of the roasting pan. Carefully place dough on top of rabbit and vegetables and bake until golden brown. ENJOY!

Each can of pop contain about 150 calories. If you drink 1 pop every day, you can loose 2 pounds a month just by not drinking your daily can of pop from your diet.

Cleaning and Cutting Rabbit

Cut down the centre of the stomach and gut the rabbit. Cut of the head and legs at the joints; cut below the ribs and break off. Cut backbone in half. Wash the rabbit.

How rabbit can be cooked.

Boil and make soup.

Fry in fat.

Bake at 350° for one hour

Barbeque

Hang beside wood stove if you have no oven. Put a pan beneath rabbit to catch dripping.

Steamed Rabbit with Potatoes and Carrots

Clean rabbit well, cut in large pieces. Add rabbit to frying pan with 1 tbsp. lard and 2 tbsp. water. Cover pan tightly and steam rabbit until tender (30-45 minute). To check if done, cut leg and see if meat is still pink when finished remove from pan. Use drippings to make gravy, add flour paste (2tbsp. flour in 2 1/2 cup water) stir well. Best served with potatoes and carrots.

Traditional foods are not just for feasts. Eat traditional foods whenever you can in place of processed modern foods. Traditional foods have been shown to help control type 2 diabetes.



Ptarmigan Recipes

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Stuffed Ptarmigan

Roast Ptarmigan

Page 33

Stuffing for Ptarmigan

Ptarmigan

Breaded Breast of Ptarmigan

Stuffed Ptarmigan

-Vickie Josie

2	Ptarmigans
2 strips	Bacon
2 cups	Bread crumbs
2-3 tsp.	Apple sauce
Dash	Poultry seasoning
Dash	Sage seasoning
¼ cup	Onion (optional)
¼ cup	Celery
¼ cup	Carrots (shredded)

Preheat oven to 350°. Pluck and remove innards from the 2 ptarmigans. Chop the gizzard, heart, and bacon strips and fry in oil. In a bowl mix the fried innards with the bread crumbs, apple sauce, poultry seasoning, sage, onion, celery, and carrots. Spoon stuffing in ptarmigan and bake covered in a roasting pan until the little drumsticks are loose.

Diabetes is a disease you wouldn't want to have. To prevent having diabetes is to eat healthy follow The Canada Food Guide, be active,

Do lots of walking and drink lots of water

To prevent diabetes is to get tested at the Health Center every year.

Diabetes affects your eyes, kidneys, feet and heart.

STRESS can cause stroke and heart attack.

Smoking cigarettes cause many health problems.

~Olive Itsi

Roast Ptarmigan

1	Ptarmigan
1 tsp.	salt
4 slices	bacon
½ cup	boiling water
¼ cup	cooking oil
2 tbsp.	Flour

1. Pluck and draw ptarmigan, wash thoroughly, pat dry.
2. Rub cavity and outside with salt and fill with stuffing.
3. Do not sew opening together. Place slices of bacon on top of the bird, fasten with toothpicks and place on rack in roasting pan.
4. Pour boiling water into pan and bake in hot oven, 450° and bake for 15 minutes, then reduce heat to 325° and bake 25 – 30 minutes longer, or until bird is tender.
5. Remove the bacon, brush the surface of the bird with cooking oil, dredge lightly with flour and bake 15 minutes longer, or until brown.

RECIPE FOR A HAPPY DAY

~Northern Cookbook

1 cup of friendly words

4 tsp. Of time and patience

Heaping dash of humor

2 cups of understanding

1 large pinch of warm personality

Stuffing for Ptarmigan

1 ½ cups	dry bread crumbs
½ tsp.	salt
¼ tsp.	pepper
1 tsp.	poultry seasoning
1	onion, minced
¼ cup	butter, melted

1. Mix bread crumbs, seasonings and onion.
 2. Melt the butter slowly, add to the bread crumb mixture and toss lightly with a fork.
-

Ptarmigan

Tear off skin.

Gut it.

Cut up, put in a pot and boil add rice or oats.

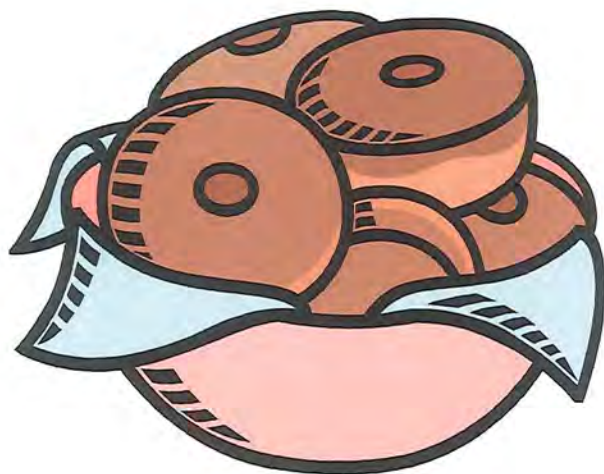
Makes good soup and good broth.

The breast part of the Ptarmigan can be fried.

Breaded Breast of Ptarmigan

12	Ptarmigan breasts
2	Eggs, beaten
½ cup	Butter
½ cup	Fine bread crumbs
1 cup	Milk
1 medium	Onion
1 can	Cream of chicken or Mushroom soup
½ tsp.	Salt
¼ tsp.	Pepper

1. Slit skin over breast of ptarmigan and remove the breast sections with a sharp knife. Wash and pat dry.
2. Dip breasts in beaten eggs, then in fine bread crumbs.
3. Melt ½ cup butter in a heavy fry pan; add the ptarmigan breasts and sauté until golden brown. As each breast is browned, transfer it to a buttered casserole.
4. When all breasts are browned, add the cup of milk to the drippings in the fry pan, heat and stir until all bits from frying are loosened.
5. Slice the onion thinly and spread over the browned ptarmigan breasts in the casserole.
6. Add the milk and drippings from the fry pan, cover and bake 1 hour at 325°.
7. Add the undiluted soup and continue baking another half hour, or until fork- tender.



Doughnut Recipes

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*Raised Doughnuts
Doughnuts*

Page 35

*Icing for Doughnuts
Bea's Doughnuts
Raised Doughnuts
Doughnut Glaze*

Page 36

*Cake Doughnuts
Aunt Sue's Potato Doughnuts
Glaze*

Page 37

*Best Ever Doughnuts
Doughnuts
Donuts*

Raised Doughnuts

½ cup lukewarm water
2 teaspoons sugar
2 envelopes granular yeast
2 tablespoons milk powder
½ cup water
½ cup sugar
1 ½ teaspoons salt
4 tbsp. shortening
1 tbsp. powdered egg
4 cups sifted flour
Fat for deep frying
1 cup granulated sugar

1. Measure water and sugar into a bowl and stir until sugar is dissolved.
2. Sprinkle yeast on top of water, cover and let stand 10 minutes, then stir well.
3. Mix milk powder with water, then bring to a boil. Remove from heat immediately.
4. Pour scalded milk over sugar, salt and shortening in a bowl. Cool to lukewarm.
5. Add yeast mixture
6. Combine powdered egg with sifted flour, then add to yeast and milk mixture and beat until smooth, not sticky.
7. Sprinkle lightly with flour, cover with a clean cloth and let rise in a warm place free from drafts until double in bulk.
8. Turn out onto a floured board and roll out to 1 inch thickness with a rolling pin, handling as little as possible.

9. Cut with doughnut cutter and let rise until light, about 30 minutes.

10. Fry in deep fat at 365°, raised side down until golden brown.

11. Turn over and cook other side until golden brown.

12. Drain on absorbent paper. Shake in a bag with granulated sugar. Makes about 2 dozen.

Doughnuts

1 qt.	milk, minus ¼ cup
1 pkg.	yeast
1 cup	shortening
¼ cup	warm water
½ cup	sugar
1 tsp.	baking soda
1 tsp.	salt

Dissolve yeast in ¼ cup warm water. Heat milk to lukewarm, add sugar, salt and shortening and baking soda to milk, then add yeast that has been dissolved. Mix thoroughly with enough flour to make soft dough, work to elastic.

Put in jar or pan to rise. When double in bulk, roll and cut with dough cutter, let rise. Fry in hot fat; the fat should be hot enough to brown a cube of bread in one minute or 370°.

Icing for Doughnuts

1 box powdered sugar
1 tsp. vanilla
¼ cup warm milk
Pinch of salt

Dissolve sugar in milk, add vanilla and salt. Dip doughnuts in icing: put on wax paper to dry.

Bea's Doughnuts

1 tsp. baking soda
1 tsp. nutmeg
Dash of salt
2 cup sugar

Mix and add:
2 well beaten eggs
2 tbsp. melted shortening

Add enough flour to make a soft dough,. Chill. Turn onto lightly floured cloth and roll out. Cut with doughnut cutter.

Fry in hot deep shortening until lightly browned. Drain on brown paper. Sprinkle with sugar. Can season sugar with a little cinnamon.

Raised Doughnuts

Scald ¼ cup milk and cool to lukewarm.

Add 1 cup mashed potatoes and 1 pkg. yeast
Stir until dissolved.

Add 1 ½ cups flour and beat well to make a sponge. Cover and let stand 1 hour or until light.

Cream ¾ cup sugar

Add ½ tsp. nutmeg and tsp. salt

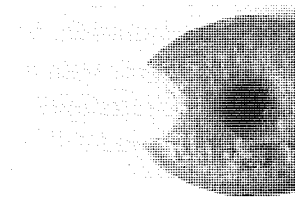
Beat well. Add to yeast mixture with about 3 cups flour to make soft dough to handle on the board. Let rise. Roll out to ½ to ¾ inch and cut with doughnut cutter. Let rise on slightly oiled sheet. Fry in hot (375°) oil. Drain. While still warm, dip in glaze or roll in granulated sugar.

Doughnut Glaze

5 ½ tbsp. water
1/3 tsp. gelatin

Soak for a few minutes. Heat to 140° to dissolve.

Mix ½ cup boiling water, pinch of salt and 3 tsp. vanilla
Vanilla or lemon extract to taste.



Cake Doughnuts

Vegetable oil, for frying
3 1/3 all purpose flour
1 cup sugar
3 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
2 tbsp. shortening
2 eggs
3/4 cup milk

Heat oil (2-3 inches) in deep-fat fryer or heavy kettle to 375°. Beat 1 1/2 cups of the flour and the remaining ingredients in a large mixture bowl on low speed, scraping bowl constantly, 30 seconds. Beat on medium speed, scraping occasionally, 2 minutes. Stir in remaining flour.

Turn dough onto well-floured cloth-covered board; roll around lightly to coat with flour. Roll gently 3/8 inch thick. Cut with floured doughnut cutter. Slide doughnuts into hot oil with wide spatula. Turn doughnuts as they rise to surface. Fry until golden brown, 1 to 1 1/2 minutes on each side.

Remove from oil; do not prick doughnuts. Drain on paper towels.

Serve plain, sugared or frosted.

Aunt Sue's Potato Doughnuts

1 pkg. active dry yeast
1/4 cup warm water
1 cup calded milk
1/4 cup shortening
1/4 cup sugar
1 tsp. salt
3/4 cup mashed potatoes (instant may be used)
2 beaten eggs
5-6 cups flour

Dissolve yeast in warm water. Add shortening, sugar and salt to scalded milk. Cool to lukewarm. Add to yeast mixture. Then add potatoes and eggs. Gradually add enough flour to make a soft dough, turn onto floured board and knead until smooth. Cover and let rise until doubled. Roll to 1/2 inch thick. Cut out. Let rise 30 minutes. Fry in 375° fat; drain.

Glaze

1 tbsp. corn starch
1 lb. powdered sugar
6 tbsp. water
1 tbsp. vanilla

Dip hot doughnuts into glaze.

Best Ever Doughnuts

4 ¼ cup	sifted flour
1 ¼ tsp.	nutmeg
2	egg, well beaten
2 tbsp.	melted butter
1 tsp.	vanilla
4 tsp.	baking powder
½ tsp.	salt
1 cup	sugar
1 cup	milk

Sift together dry ingredients. Beat together eggs and sugar until light. Stir in butter, milk and vanilla. Add dry ingredients, stirring until smooth. Knead dough lightly on floured surface. Roll out to 3/8 inch thickness. Cut with floured doughnut cutter. Fry in hot oil, 375° turning once. Drain on paper towels. Roll in sugar. Makes 24.

RECIPE FOR FRIENDSHIP

~Northern Cookbook

2 heaping cups of patience

1 heart full of love

2 handfuls of generosity

A dash of laughter

1 full cup of understanding

2 cups of loyalty

Doughnuts

1cup sugar
¼ cup butter
3 eggs
2 cups milk
4 ½ tsp. baking powder
5 cups flour
1 tsp. vanilla
1tsp. nutmeg
½ tsp. salt

Cream sugar and butter together. Add eggs, one at a time. Add sifted dry ingredients alternately with milk. Add vanilla and nutmeg. Fry in deep fat.

Donuts

When baking bread, save some of the dough. Make into small rolls; make a hole in the centre with your finger. Cook in hot oil.



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Banana Pancakes

Wild Blueberry Pancakes
Pancakes

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Basic Pancake

White Bread

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Sourdough Bread

Buns

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Hot Cross Buns

Air Buns

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Sad Passing of Doughboy

Pancake, Bread and Buns Recipes

Pages 38 – 42

Banana Pancakes

Stir together

- 1 cup of flour
- 2 tsp. sugar
- 2 tsp. sugar
- 2 tsp. baking powder
- ½ tsp. salt

Beat together

- 1 egg
- 1 small banana, mashed
- 2 tbsp. cooking oil
- ¾ cup milk

Add the flour mixture and stir together. Pour ¼ cup of batter onto a hot frying pan. Cook until the edges start to dry and bubbles break on the surface. Turn over and cook until golden brown. Do not turn more than once or this will toughen the pancake.

There is absolutely no reason to stop breastfeeding if mother has a cold. In fact, it's healthiest for the baby if she continues to breastfeed.

The mother's immune system is busy making antibodies to help her fight the infection. These antibodies also get secreted into her milk so the baby gets these important infection fighting substances by breastfeeding.

If the baby gets these antibodies, they will help prevent the baby from getting sick or help the baby get better faster.

Wild Blueberry Pancakes

-Jennifer Kaye

- 2 cups pancake mix
- 2 cups milk
- 1 egg, beaten
- 2 tbsp. Butter, melted
- 1 cup blueberries
- Cinnamon
- Sugar

Add milk, egg and melted butter to the pancake mix and stir gently. Fold in blueberries. Bake on hot greased frying pan. Turn cakes once to brown evenly on each side. Serve with cinnamon and sugar mixture or with butter and syrup.

Pancakes

Mix together until just moistened

- 1 ¼ cup flour
- 2 tbsp. sugar
- 2 tsp. baking powder
- ¾ tsp. salt
- 3 tbsp. oil
- 1 1/3 cup milk
- 1 egg

Drop by spoon onto hot, oiled griddle. Turn over when bubbles form on top and edges are lightly browned. Do not turn more than once or this will toughen the pancake.

Basic Pancakes

1 ¼ cup sifted flour
2 tsp. baking powder
¾ tsp. salt
3 tbs. sugar
1 egg
1 ¼ cup milk
3 tbs. melted butter

1. Sift flour and measure.
- 2 Measure and sift dry ingredients into a bowl.
3. Beat egg, add the milk and melted butter.
4. Add the liquids to the dry ingredients, stirring as little as possible.
5. Heat griddle or heavy fry pan until a drop of water will dance on it.
6. Pour the batter onto the hot pan to form cakes about 3 inches in diameter.
7. Cook until air bubbles appear on top.
8. Turn pancake over and cook other side till golden brown.

White Bread

2 tbsp.	Yeast
1 cup	lukewarm water
2 tsp.	Sugar
2	Eggs
1/3 cup	Sugar
4 tbsp.	Salt
½ cup	Oil
5 cups	Milk
5 cups	Water
Flour	

Dissolve yeast in water; add sugar. Let stand 10 minutes. In a large bowl, mix eggs, sugar, salt, oil, milk and water. When yeast is ready, add to egg mixture. Slowly add flour to make firm dough. Knead well. Cover; let rise 1 ½ hours. Punch down. Make into loaves or buns. Let rise. Bake at 350° for 30-40 minutes. Makes 10 loaves.

Sourdough bread

1 qt sourdough
1 qt lukewarm water
1 cup sugar
2 tbsp. salt
6 Tbsp. melted shortening
12 cups flour

Mix in order given, adding flour last, using enough of the flour to make dough that can be handled. Knead until smooth and elastic. Place in a greased bowl and let rise. It will bake longer than yeast bread. Knead it down and let rise again. Mold into loaves and let rise and bake like ordinary bread. It is not a real light bread but good for a change. Makes 4 loaves.

Risk Factors for Heart Disease and Stroke

Uncontrollable Risks

-family history

-age

-gender

-ethnicity

Controlled Risk factors

-poor eating habit

-high blood pressure

-elevated blood cholesterol

-lack of exercise

-excess weight or obesity

-diabetes

-smoking

Buns

2 pkg.	Yeast
2 tsp.	sugar
1 cup	lukewarm water
2 cups	milk
1/3 cup	sugar
3/4 cup	butter or margarine
1 1/2 tsp.	salt
3	eggs, beaten
8-9 cups	flour

1. Dissolve yeast and 2 tsp. sugar in 1 cup lukewarm water. Let stand for 10 minutes.
2. Scald the milk, and then add butter, sugar, salt and butter or margarine.
3. Cool till lukewarm then add beaten eggs.
4. Stir dissolved yeast.
5. Add flour gradually then knead the dough until smooth.
6. Shape the dough into a round, then brush top of dough lightly with grease. Cover and let rise until double in bulk.
7. Shape into rolls and place on a greased cookie sheet or in muffin tins. Cover and let rise 1-1 1/2 hours
8. Bake in a 375° oven for 10-15 minutes.

Hot Cross Buns

½ cup	lukewarm water
2 tsp.	Sugar
2 pkg.	Dry yeast
½ cup	sugar
½ cup	soft butter
2	eggs, beaten
½ cup	lukewarm milk
¾ cup	mashed potatoes
4 cups	sifted all-purpose flour
1 tsp.	cinnamon
½ tsp.	nutmeg
1 tsp.	salt
1 cup	currants

1. Dissolve the yeast and 2 tsp. sugar in ½ cup lukewarm water. Let stand for 10 minutes.
2. Cream ½ cup sugar and soft butter together, then add beaten eggs, blending thoroughly.
3. Add ½ cup lukewarm milk and ¾ cup mashed potatoes to creamed mixture. Add yeast mixture.
4. Stir together half the flour, with the cinnamon. Nutmeg and salt, and fold in 1 cup currants.
- 5 Add dry ingredients to the creamed mixture and mix until smooth. . Add enough of the remaining flour to make dough easy to handle.
6. Turn out on lightly floured board and knead until smooth. Let rise in a warm place until double in bulk 9about 1 hour)
7. Punch the dough down and divide into about 30 pieces, shaping each piece into a round bun. (*continued*)

8. Place on a greased cookie sheet, 2 inches apart, and let rise until double in size.
9. Brush top of buns with glaze made of 1 egg yolk and 2 tbsp. cold water, well beaten.
10. Bake in hot oven 375° for 20-25 minutes. Make a cross top of the buns with quick icing made of 1 cup icing sugar and 1 ½ tablespoons cream blended together.

Air Buns

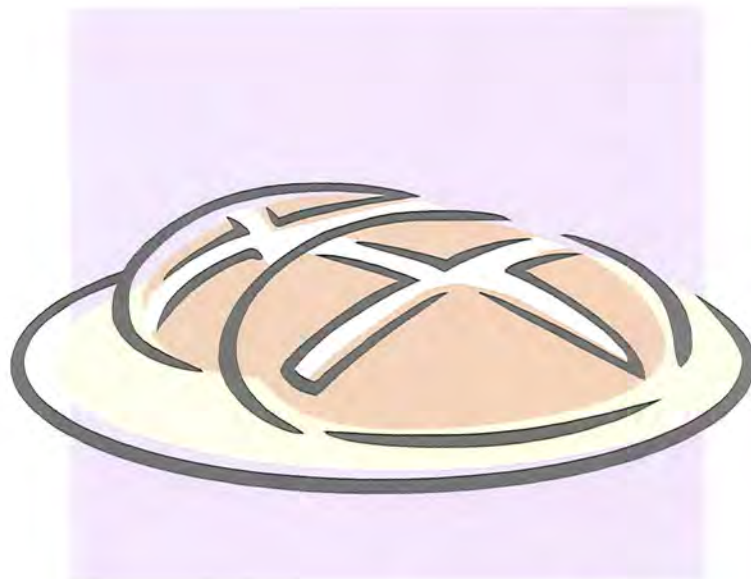
2 pkg. yeast
¼ cup lukewarm water
2 cups milk
½ cup butter
½ cup white sugar
1 ½ teaspoons salt
2 eggs, beaten
5 cups sifted flour

1. Dissolve 2 pkg. of yeast in ¼ cup lukewarm water.
2. Scald the milk, then add butter, sugar, salt and beaten eggs.
3. Blend well, and then set aside to cool to lukewarm.
4. Add the dissolved yeast to lukewarm milk mixture, stirring well until blended.
5. Gradually add the sifted flour until a soft dough is formed.
6. Cover and let rise until double in bulk.
7. Stir down, and then put by spoonfuls into greased muffin tins (half full).
8. Let rise again until double in bulk.
9. Bake at 400° for about 20 minutes.

SAD PASSING OF DOUGHBOY

It is with a sad heart that I pass on the following:
Please join me in remembering a great icon the veteran Pillsbury Spokesman, the Pillsbury Doughboy died yesterday of a yeast infection and complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, The California Raisins, Betty Crocker, the hostess Twinkies and Captain Crunch. The gravesite was piled high with flours, as a longtime friend, Aunt Jemima delivered the eulogy, describing Doughboy as a man who never knew how much he was kneaded Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very "smart" cookie, wasting much of his dough on half baked schemes. Despite being a little flaky at times, he even still, as a crusty old man was considered a roll model for millions. Toward the end it was thought he would never rise again, but alas, he was no tart. Doughboy is survived by his wife, Play Dough, two children, John Dough and Jane Dough plus they have one in the oven. He is also survived by his Elderly father Pop Tart. The funeral was held at 3:50 for about 20 minutes.





Bannock Recipes

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Bannock

Cheese Bannock

Native Bannock (Fry Pan Bannock)

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Kathy's Fat and Sugar-free Oven Biscuits

Oatmeal Bannock

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Rosalie's Oven Bannock

Grease Bannock

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Pizza Bannock

Bannock with Fish Eggs

Bannock
-Dorothy Alexie

Step 1.

In a big bowl
7 ½ cup Flour
2 tbsp. Baking Powder
1 tsp. Salt

Step 2

Stir top ingredients and add
3 tbsp. Butter/Margarine
3 tbsp. Lard
With CLEAN hands mix ingredients together

Step 3

In a small bowl
2 tbsp Rogers Syrup
1 Egg
½ cup Milk

Stir the top 3 ingredients and add to the flour mixture. Add enough cold water to form the dough. The dough will be a bit sticky.

Grease bottom of pan with Becel Oil.

Work quickly with the dough, form small ball of bannock onto the pan. Be sure to cook all the bannock dough right away. If any left over place on tin foil beside the pan.

Cook at 350° for 10–15 min.

Cheese Bannock

6 cup	flour
3 tbsp.	Baking powder
2 tsp	salt
½ cup	melted lard
½ cup	grated cheese
2 cup	water

Roll dough to 1" thick and cut into circles.

Bake on a cookie sheet for 8-10 minutes in the oven at 400°.

Turn the bannock over and bake for another 8-10 minutes.

Native Bannock (Fry Pan Bannock)

4 cups	flour
¼ cup	sugar
2 ¾ cup	water
1 tsp	salt
½ cup	oil
3 tbsp.	baking powder

Mix all dry ingredients together. Scoop out a hollow in the center of the dry mix and add water and melted fat.

Stirring with a fork, add more flour as required. Roll out on floured board into 1 inch thickness, and place in frying pan to cover the bottom.

Cook over low heat, checking frequently until bottom is browned. Turn over and continue until bannock is brown on both sides.

Kathy's Fat and Sugar-free Oven Biscuits

-Kathie Nukon

5-5 1/2	Robin Hood All Purpose Flour
1/2 cup	Whole Wheat Flour
6 tsp.	Baking Powder
2 tsp	Salt
2	Eggs, beaten
2 cups	Skim milk, warmed
17 tbsp.	Canola oil

Pre-heat oven to 450°. Mix dry ingredients. Make a well in the middle. Pour in skim milk, oil and eggs and mix well with a large spoon. Knead 15 times. Bowl should come clean after kneading dough. Make 12 biscuits and place in ungreased pan. Bake at 450 degrees for twenty minutes.

Oatmeal Bannock

5 cups	Flour
2 1/2 cups	Oatmeal
3 tbsp	Baking Powder
3/4 cup	Powdered Milk
3/4 cup	vegetable oil
2 cups	water

Mix together flour, oatmeal, baking powder and powdered milk.

Blend in vegetable oil until mixture looks crumbly.

Add water. Stir until evenly blended.

Pour into pan. Bake in 400° oven for 25 minutes.

Hudson Bay Bannock

-Fanny Charlie

10 cups	Robin Hood All Purpose Flour
1tsb.	Salt
4 tbsp.	Sugar
	Water

Preheat 1/2 to 1 cup vegetable oil in a frying pan. In a large bowl mix together the flour, salt, and sugar. Add enough water to make a sticky dough.

With a large spoon drop portions of the dough into the hot vegetable oil. Fry until golden brown and turn to fry other side.

Bannock

-Metis Cookbook

3 cups flour
1 tbsp. baking powder
1 1/2 tsp salt
1 1/2 cup water
1 cup blueberries

Mix flour, baking powder and salt. Add water and blueberries. Mix quickly.

Bake at 425° for 20 minutes.

Rosalie's Oven Bannock

-Rosalie Abel

10 cups	Robin Hood All Purpose Flour
2 tbsp	Baking Powder
1 tsp.	Salt
4 tbsp.	Sugar
½ cup	Skim milk powder
3	Eggs
2/3 cup	Shortening
	Water
	Vegetable oil

Preheat oven to 400°. In a large bowl mix together the flour, baking powder, salt, sugar, and skim milk powder. Add beaten eggs, melted shortening (cooled), and enough water to make a dry dough. Not Sticky.

Liberally grease a 9x12 pan with vegetable oil. With your hands make 3 inch diameter balls of dough and place in the pan close to each other. Press down slightly on each ball and roll to cover the dough with oil. Bake until golden brown.

Always wash your hands before you touch food

Fresh fruit and vegetables need to be washed before you eat or cook them. They can have germs or pesticides.

Grease Bannock

-Fanny Charlie

6 Cups	Robin Hood Al Purpose Flour
2 tbsp.	Baking Powder
1 tsp.	Salt
4 tbsp.	Sugar
Dash	Cinnamon
½ cup	Skim milk powder
3	Eggs
	Water
	Vegetable oil

Preheat ½ to 1 cup vegetable oil in a frying pan. In a large bowl ix together the flour, baking powder, salt sugar, cinnamon and skim milk powder. Add beaten eggs and enough water to make soft dough.

With a large spoon drop portions of the dough into the hot vegetable oil. Fry until golden brown and turn to fry other side.

If you think food might be bad do not taste it

Remember this: When you don't know throw it out

Pizza Bannock

4 cups flour
1 tsp. salt
4tsp. baking powder
4tbsp. oil

Add enough water to achieve a bred dough consistency. Mix ingredients well and knead for approximately 10 minutes. Form the dough into a flat circle pancake about ½ inch thick. Place on a greased cookie sheet and bake in the oven for approximately 20-30 minutes at 375°.

Test weather or not the bannock is ready by inserting a clean toothpick into the loaf. If it comes out clean, the bannock is ready to eat.

Baking options: Roll the dough into a long ribbon, no wider than an inch. Wind this around a preheated green hardwood stick and cook over a fire, turning occasionally, until the bannock is cooked.

Toppings:

¾ cup tomato or pizza sauce

¾ cup grated mozzarella cheese

Your favorite pizza toppings: green peppers mushrooms, tomatoes, pineapple, ham, onions, anchovies, etc.

Instructions:

Cut the bannock crossway (like a bun)

Spread the sauce over each half

Sprinkle with toppings then grated cheese

Bake at 375° until the cheese is melted.

Bannock with Fish Eggs

-Rebecca Francis

The fish eggs are white in the fall and summer. Mix your regular bannock dough then add the fish eggs. Cook at your regular heat and enjoy!

-
- Caribou or moose fat
 - Dried fruit
 - Raisins
 - Cheese
 - Cranberries, yellow berries, blueberries, ect.

Can also be added to bannock.

In order for your bannock to cook properly:

- don't knead your bannock too much
- Don't form the bannock to big
- Don't open oven door (this releases the heat)

Wash your hands well with soap and hot water after:

-going to the bathroom

-smoking

-changing diapers

-petting animals

-preparing food

-eating

-and any other time your hands may become dirty.



Desserts

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<i>Page 47</i>	<i>Berries are good for us</i> <i>Cooked Cranberries</i> <i>Cranberry Sauce</i> <i>Porridge with Cranberries</i> <i>Cranberry Fruit Crisp</i>
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<i>Page 54</i>	<i>Luscious Fruit Cream Salad</i> <i>Fast and Fabulous Fruit Cake</i>
<i>Page 55</i>	<i>Boiled Raisin Cake</i> <i>Christmas or New Year's Pudding</i>

BERRIES ARE GOOD FOR US!

Berries provide an excellent source of vitamin C to help our bodies resist infection and give us healthy teeth and gums. They also give us fibre which helps protect us against some diseases. Berries provide us with a fair source of energy in the form of carbohydrate. Picking berries is an activity the whole family can enjoy from summer to fall.

Cooked Cranberries

3 cups of cranberries
2 whole fresh apples
4 tbsp. of custard
2 cups of water

Boil cranberries for 15 minutes. Cut up apples unpeeled. Put into the berries, put on medium heat for about 10 minutes. Put custard into 2 cups of water before adding to the berries. Can be eaten with bannock.

Cranberry Sauce

-Olive Itsi

5 cups cranberries
1 ½ cup sugar
½ cup water

Boil for 10 minutes.
Let cool completely.
Pour into jars, enjoy with your favorite meal.

Porridge with Cranberries

-Wanda Pascal

Boil 4 cups of water with ½ cup cranberries.
Add ½ cup of oats and boil for about 5 minutes.

Cranberry Sauce – Natl'at tloo

1 cup cranberries
2 tbsp. margarine
½ cup sugar

Put margarine, cranberries and sugar into a pot. Keep stirring, as soon as it turns into sauce pour in a little cream. Mix in 1 tbsp. of custard and a little water to thicken.

Cranberry Fruit Crisp

1/3 cup flour
¾ cup rolled oats
1/3 cup brown sugar
½ tsp. Cinnamon

Mix ¼ cup of margarine into dry ingredients until crumbly. Put mixture into a greased 8x8 pan. Mix together 2 cup of cranberries and ¼ cup of sugar. Put on top of mixture in pan. Bake for 30 to 40 minutes at 350°. Save some crumbly mixture for on top of cranberries. Serve with whipped cream or ice cream.

Cranberry Cake with Butter Sauce

-Winnie Gruben

3 cups	flour
½ tsp.	salt
1 ½ cup	sugar
1 ½ cup	milk
4 tsp.	baking powder
1 tbsp. b	butter/margarine
1 ½ tsp.	vanilla
3 cups	cranberries

1. Mix the flour, baking powder, salt and set aside.
2. Cream together the butter, sugar and vanilla.
3. Add the flour mixture to the creamed mixture alternately with milk. Mix just until it is mixed.
4. Stir in the cranberries.
5. Spread the batter in a greased 9x13 pan. Bake at 400° for 30-40 minutes until golden brown and the top springs back when lightly touched.

Butter Sauce

¾ cup butter or margarine
1 ½ cup sugar
¾ cup evaporated milk or cream

Combine the sauce ingredients in a sauce pan and bring to a boil over medium heat, stirring constantly. Simmer for 2 minutes and remove from heat. A wire whisk is very useful to keep the sauce smooth.

Cranberry Sweet Bread

-Community Cookbook Kid

Blend together

2 cup	flour
¾ cup	brown sugar
2 tsp.	baking powder
1 tsp.	baking soda
1 tsp.	salt
½ tsp.	nutmeg

Mix together in a separate bowl

1	egg, beaten
1/3 cup	milk
1 tbsp.	vinegar
3 tbsp.	oil

Add wet ingredients to dry ingredients and mix well.

Stir in 1 cup of cranberries.

Put into greased loaf pan.

Bake in preheated oven at 350° for 50-60 minutes.

Remove from pan and cool on wire rack.

Healthy eating and exercise have been proven to reduce your risk of heart attack or stroke, developing diabetes or ailments associated with obesity

Wild Blueberry Cookies

-Community Cookbook Kid

Cream ½ cup of shortening until soft.

Gradually beat in:

1 cup	sugar
1 ½ tsp.	grated lemon rind
1	egg
¼ cup	milk

Add flour mixture below and beat until smooth.

2 cups	flour
2 tsp.	baking powder
½ tsp	salt
¾ cup	wild blueberries

Drop by spoonfuls onto a greased baking pan and bake at 375° for 8-12 minutes.

Cranberry Salad

Cook 2 cups of cranberries in 1 cup of boiling water until skin pops. Add ½ cup of white sugar and ½ tbsp. of salt. Cook 5 minutes longer. Dissolve 1 tsp. gelatin mixture and chill. When partially set, fold in 2/3 cup of diced celery, ½ cup of chopped nuts and 1 cup of drained crushed pineapples. Place in mould. Chill until firmly set.

Cranberry Nut Bread

2 cups	flour
1-1 ½ tsp.	baking powder
1 tsp.	salt
¾ cup	orange juice
1	egg
½ cup	chopped nuts
1 cup	sugar
½ tsp.	baking soda
¼ cup	oil
1 tsp.	orange rind
½ cup	cranberries

Mix all dry ingredients in one bowl, all liquids in another. Mix both bake at 300° for ½ hour to 45 minutes.

Cranberry Pudding

1/3 cup	sugar
½ cup	uncooked cream of wheat
3 cup	fresh or canned cranberry juice

In a saucepan over medium heat, bring cranberry juice to a boil. Add sugar stirring constantly. Add cream of wheat, a little at a time, stirring briskly. Reduce heat and simmer for 10 minutes uncovered until mixture thickens. Transfer it in a large bowl. Using a rotary beater, beat mixture until light and fluffy and doubled in volume. Pour into individual bowls and serve.

Cranberry Nut Muffin

¾ cup	miracle whip
2	eggs (beaten)
2 cup	flour
¾ cup	sugar
½ cup	chopped nuts
2 tsp.	grated orange rind
2 tsp.	baking powder
2 tsp.	baking soda
2 cup	cranberries
¼ cup	orange juice

Combine miracle whip, orange juice, eggs, and cranberries. In separate bowl, combine remaining ingredients. Stir wet mixture into dry ingredients. Fill greased muffin tin. Bake at 350° for 20-25 minutes. Let stand for 10 minutes. Remove from pan.

Cholesterol fat and calcium in the blood can build up on the walls of the arteries. This can make the blood slow down and even stop flowing, causing a heart attack or stroke if a piece of the build up breaks off and blocks blood from flowing

Blueberry Buckle

-Olive Itsi

½ cup	shortening
¾ cup	sugar
1	egg
2 cup	flour
2 ½ tsp.	baking powder
¼ tsp.	salt
½ cup	milk
2 cups	berries (blueberries/cranberries)
½ cup	sugar
½ cup	flour
½ tsp.	cinnamon
¼ cup	margarine

Pre-heat oven to 350°

Mix shortening, sugar, egg and milk.

Add flour, baking powder, and salt.

Put in Pan.

Mix sugar, flour cinnamon, margarine, and berries together.

Put on top of cake.

Bake at 350° for 50-60 minutes until toothpick comes out clean.

Blueberry Coffee Cake

½ cup	margarine
1 ¼ cup	sugar, divided
1 tsp.	vanilla
3	eggs
2 cup	flour
2 tsp.	baking powder
½ tsp.	baking soda
½ tsp.	salt
1 ¼ cup	sour cream
2 cups	blueberries

Topping

¼ cup	brown sugar
2 tbsp.	nuts
1 tbsp.	margarine
½ tsp.	cinnamon

Cream thoroughly margarine, 1 cup of sugar and vanilla in a large bowl with electric mixer. Add eggs, one at a time, beating until light and fluffy. Combine flour, baking powder, baking soda and salt. Add flour mixture and sour cream alternately to creamed mixture, ending with flour (batter will be fairly thick) combine blueberries with remaining ¼ cup of sugar. Spread half the batter in greased 10 inch pan; sprinkle with blueberries; top with remaining batter. Combine topping ingredients; sprinkle over batter. Bake at 350° for 50-55 minutes. Serve warm or cold.

Blueberry Peach Crisp

4 medium	peaches (peeled and sliced)
2 tbsp	flour
1 tsp.	cinnamon
1 tbsp.	lemon juice
1 ½ cup	blueberries
½ cup	oatmeal
1/3 cup	flour
½ tsp.	cinnamon
¼ cup	margarine
1/3 cup	sugar

In a large bowl combine peaches, blueberries, and lemon juice. Combine flour and cinnamon and mix into blueberry mixture. Pour into 1 and ½ quart baking dish. Blend together topping ingredients until crumbly. Spoon topping ingredients over filling. Bake at 375° for 30 minutes or until bubbling.

Ways to control high blood pressure

- control your weight*
- cut back on alcohol*
- cut back on salt*
- cut back on salt*
- quit smoking*
- be active*
- take time to relax, which reduces stress*

Favorite Blueberry Pie

3 cup blueberries
3 tbsp. minute tapioca
1 ½ cup sugar
1 tbsp. butter
Pastry mix (2 crust)

Roll out pastry dough to form two pie crusts for a nine inch pie plate. Line the plate with lower crust. Mix all ingredients and spoon into pie crust. Do it with butter. Place remaining pie crust over berries and crimp edges. Pierce top in several places with fork. Bake at 450° for ten minutes then reduce heat to 250° for another 30 minutes.

Trifle # 1

1 angel food cake mix
1 large vanilla instant pudding
2 envelopes of dream whip
Berries

Bake angel food cake, break up and spread into large baking pan.

Pour Jell-o (half set) over cake and let set.

Spread with prepared pudding.

Top with berries of your choice,

Top with dream whip.

Trifle #2

Angel food cake
Jell-o (any flavor)
Nakal and blueberries
Dream whip

Break angel food cake into small pieces.

Pour jell-o over cake.

Pour the cooked berries over the mixture (cook the berries and thicken with custard)

Top with dream whip.

Trifle #3

White cake
1 can fruit cocktail, reserve cherries
1 pkg jell-o, any flavor
Juice from fruit cocktail and enough water to make liquid for the jell-o
1-3 cup vanilla instant pudding
Whipped cream

Cut up cake to fill bowl ½ full. Drain fruit cocktail reserving juice. Sprinkle fruit over cake in bowl. Make jell-o using reserved juice from fruit cocktail as part of liquid. Mix the vanilla pudding and pour over cake mixture. When set, cover with whipped cream and garnish with cherries.

Rice Pudding#1

2/3 cup cooked long grain rice
3 cups milk
1/2 cup raisins
2 eggs beaten
1/2 cup sugar
1 tsp. vanilla
1/2 tsp. nutmeg

Mix all together, put into a baking dish, cover and bake @ 350°
for 1/2 hour.

Rice Pudding # 2

-Bella Peter

1/2 cup boiled rice
2 eggs
3 cups milk
1 tsp. vanilla
1/2 cup sugar
1/2 cup raisins

Mix above ingredients together.
Bake at 350° for 45 minutes.

Gwich'in Cheesecake

-Lorraine Greenland

400 gr. Cream cheese
1 cup of sugar (more if needed)
Beat above together
Add 1 tub of cool whip and whip for several minutes.

Prepare
2 1/2 cups cranberries
1/2 tsp lemon juice
3/4 cup sugar

In a blender puree the cranberries.
Add lemon juice.
Move to a deep sauce pan and bring to boil, stirring constantly.
Add sugar and cook for approximately 5 minutes.

Cool

Mix together cream cheeses and cranberries.
Pour into 3 graham pie crusts
Cool for 3 hours or longer.

Luscious Fruit Cream Salad

2 cans pineapple tidbits, drained
2 cans peach slices, drained
1 can mandarin oranges, drained
3 bananas, sliced
½ honeydew or cantaloupe. Chopped
1 or 2 chopped apples, optional
1 pkg. instant vanilla pudding
1 ½ cups milk
¾ cup frozen orange juice
½ pkg miniature marshmallows
Coconut, optional

Combine drained fruit in large bowl. Combine pudding powder, milk and orange juice in small bowl. Beat till blended. Beat in sour cream. Fold into fruit mixture. Cover and chill. Fresh fruits can be used in season

Diabetes during pregnancy can be controlled 95% of the time by healthy eating and, if required, insulin. Blood sugar levels usually return to normal after the baby is born, but a woman with gestational diabetes has a 50% chance of developing type 2 diabetes later on.

Fast and Fabulous Fruit Cake

1 jar mincemeat
1 can condensed milk

2 eggs
1 cup nuts
2 cups fruit
2 tsp. baking soda
2 ½ cups flour

Mix mincemeat and condensed milk together.
Add eggs.
Add fruit and nut.

Mix flour and baking soda together
Add to mincemeat mixture.

Spray an angel food cake pan with pam.
Bake at 325° for 1 hour.
Check with tooth pick.

Gestational diabetes occurs during pregnancy, between the 24th and 25th week. When pregnant, there are many hormones being made and the body can't use its insulin effectively. Sugar is not taken into the cells, which means high levels of sugar is left in the blood stream

Boiled Raisin Cake.

2 cups sugar
½ lb. butter or margarine
1 pkg. raisins

2 tsp. cinnamon
2 tsp. cloves
2 tsp. all spice
2 cups boiling water.

Boil all of the above ingredients for 5 minutes and let cool.

Add: 3 ½ cups of flour
2 tsp. baking soda

Put into greased loaf pans or sprayed with PAM and bake at 275° for 1 hour and 20 minutes.

Or

Angel food cake pans for 3 hours.
Check with tooth pick.

When we eat extra fat that our body does not need for fuel, the excess gets converted to body fat and is stored in fat cells, which may result in obesity.

Christmas or New Year's Pudding

½ cup ground suet (caribou or moose fat can be used also)
2 cups raisins
1 cup all purpose flour
½ cup sugar (brown or white)
½ tsp. nutmeg
½ tsp. cloves
¼ tsp. salt
1 tbsp. baking powder
1 cup warm milk

Mix together in a bowl suet (caribou or moose fat) and raisins and rest of ingredients except baking soda. Stir baking soda into warm milk adding to bowl. Batter will be very thin. Pour into well-greased pudding pan and steam it for 2 hours.

In the old days people used whatever was available they added more flour to make a thick batter and tied it in a heavy cloth bag and boiled it till cooked.

Make sweet sauce laced with brandy and pour over pudding. Custard can also be used.

*The pectin and gums in foods high in soluble fiber help to lower LDL (bad) cholesterol.
Apples, oatmeal, beans and peas are all great sources of this type of fiber.*



Jam

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Rose Hip and Rhubarb Jam

Rose Hip Jam

Wild Raspberry Jam

Heavenly Jam

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Rhubarb Jam

Three Fruit Jam

Christmas Jam

Salmon Berry Jam

Rose Hip and Rhubarb Jam

Use 1 cup slightly under-ripe rose hips.

Cut the rose hips in half and remove the seeds with the point of a knife.

Mix together

Prepared rose hips

4 cups dices rhubarb

1 cup water

¼ tsp. salt

Boil on high heat for 1 minute.

Add 2 cups sugar

1 tbsp. grated lemon rind

Boil on high heat for 1 minute.

Seal in sterilized jars.

Rose Hip Jam

2 lbs. of rose hips

2 lemons

6 cups of sugar

Simmer 2 lbs. of rose hips in 6 cups of boiling water for 30 minutes. Press through a sieve to make a puree and remove seeds and skins.

Squeeze the juice from 2 lemons and set aside.

Grate the rind from the two lemons and cook in a small amount of water for 11 minute.

Add the puree, the lemon juice and 6 cups of sugar.

Cook the mixture until it is thick and clear. Spoon it into sterilized jars.

Wild Raspberry Jam

2 quarts wild raspberry

½ tsp. of butter

7 cups of sugar

1 box of pectin crystals.

Thoroughly crush fully ripe wild berries. Sieve half the pulp to remove some of the seeds. Mix pectin with the berry pulp and juices. Place in large saucepan over high heat, stirring constantly. Add butter to reduce foaming. Remove from heat and skim of foam. Continue stirring for 5 minutes to cool. Pour into sterilized jars and paraffin seal.

Heavenly Jam

-Northern Cook Book

5 cups rhubarb uncooked

5 cups sugar

1 can crushed pineapple

2 large pkg. strawberry jell-o

Boil rhubarb, sugar and pineapple together for 20 minutes.

Remove from heat and add jell-o. Stir well. Set 5 minutes then bottle.

Rhubarb Jam

-ACW Cook Book

5 cups rhubarb
4 cups white sugar
1-20 oz can crushed pineapple
2 small pkg. strawberry jell-o powder
Put rhubarb, sugar and pineapple into glass bowl and let stand overnight. Bring the mixture to a boil, boil 20 minutes and add the jell-o powder. Seal while hot.

Three Fruit Jam

4 cups blueberries
4 cups rhubarb
2 cups cranberries
9 cups sugar

1. Chop rhubarbs into small pieces and then combine with blueberries, cranberries and sugar in a large pot. Bring to a full, rolling boil, stirring frequently.
2. Boil until the berry mixture begins to thicken, stirring frequently to avoid scorching.
3. Pour the jam into hot sterilized jars and seal.

Christmas Jam

1 cup fresh cranberries
1-16 oz. pkg. frozen strawberries, thawed
2 cups sugar

Put cranberries in blender or food processor. Cover and chop by pulsing. Empty into a sauce pan; add strawberries (can slice if needed)

Add sugar and boil until thickened. Pour into hot, sterilized jelly glasses and seal.

Salmon Berry Jam

1 cup salmon berries
2 cups diced rhubarb
3 cups sugar

1. Combine in large kettle
2. Stir and boil rapidly until the mixture reaches the thickness you desire
3. Pour into sterilized jars.
4. Seal with paraffin.



Miscellaneous

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Traditional Recipe
Cough Medicine
Juicy Willows
Spruce gum Ointment
Lilly Pads
Gwich'in seeds
Rhubarbs



Traditional Recipe

-Fred Koe

My mom an elder once told me a story about how they use to prepare food when they were traveling by dog team in the mountains. One of the animals that she told me how to prepare was the ground squirrel, which is a rodent that lives in the mountains. There are a lot of animals wherever you go in the mountains.

The first things you have to do are either snare or shoot these small animals. Once that has been done, you take only the chest or rump portion. You cut the animal in two pieces and put them in a pot of boiling water. It is up to you to know when it's cooked or you learn from experience how long to cook the meat. After you have taken the pot off the open fire, you have to decide whether to eat it warm or cold, with some bannock and some hot tea.

I don't think any meal in this world would compare to what you will be eating if land when you try this old traditional recipe.

Cough Medicine

Simmer spruce needles for 20 – 30 minutes, strain and mix with honey.

Juicy Willows

In the spring the end of the willows can be eaten the rest of the willow can be sucked, very juicy. This is called juicy willow.

Spruce Gum Ointment

Yellow and white spruce gum

Melt on low heat, add olive oil.

Strain through a J-Cloth. Put in a clean jar.

Can be used for infections, cuts, arthritis, etc.

Lilly Pads

-Rebecca Francis

Pick the top of the lily pad on the lake shore during the week of July 1.

In a pan melt 2 tbsp. of butter.

Add seeds to the pan.

Put lid on.

Shake the pan.

When done add salt and enjoy.

Gwich'in seeds

-Rebecca Francis

After the ice moves away, you will find little black nuts along the shore. Break it open and eat the inside. It is very sweet and juicy

Rhubarbs

Must be picked as soon as they grow about 1 foot because they grow fast. Wash and cut up. Freeze in baggies.



Photo credit to Peter and Lisa Kuhnlein

DRINKS

Sugar and calories per serving:

Drinks/Juices-Non Carbonated:			Carbonated Beverages:		
(8 fluid ounce serving)			(12 fluid ounce serving)		
	<u>Tsp Sugar</u>	<u>Calories</u>		<u>Tsp Sugar</u>	<u>Calories</u>
Alpine Spiced Cider	5	80	Blue Sky Cola	10-1/2	170
Apple Juice			Citrus Blast - Hansen's	10-3/4	170
Martinelli's			Cherry Coke	10-1/2	150
Tree Top	7-3/4	140	Citra	9	140
Big Pouch Mtn Cooler (11.25 oz)	6-3/4	120	Coca-Cola Classic	9-3/4	140
Brisk - Lemon	9-1/2	150	Cream Soda - A&W	11-1/2	180
Capri Sun (6-3/4 oz serving)	8-1/4	120	Crush- Orange	12-1/2	180
Fruit Punch	6-1/2	100	Dr Pepper	10	150
Wild Cherry	7-1/2	110	Fanta Strawberry	12	180
Strawberry	6-1/4	90	Fanta Pineapple	12	180
Country Time Strawberry Lemonade	5	80	Ginger Ale - Canada Dry	8-3/4	140
Frappuccino (3 grams fat)			Mello Yellow	11-3/4	170
Coffee (9.5 fl. oz.)	7-3/4	210	Minute Maid Fruit Soda	11-3/4	180
Caramel (9.5 fl. oz)	7-3/4	200	Mountain Dew	11-1/2	170
Vanilla (9.5 fl. oz.)	7-3/4	200	Mountain Dew Red	11-1/4	170
Fruitopia- Strawberry Passion	7-1/4	110	Pibb Xxta	9-3/4	140
Gatorade - High Tide	3-1/2	50	Pepsi	10-1/4	150
Gatorade - Glacier Freeze	3-1/2	50	Pepsi - Wild Cherry	10-3/4	160
Hawaiian Punch	7	120	Red Fusion	10-3/4	150
Hershey's Chocolate	6-1/2	200	Root Beer - A&W	11-1/2	170
Hershey's Strawberry	7	180	Root Beer - Barq's	11-1/4	160
Hi C-Smashin' Wild (6.75 oz)	6-1/2	100	Root Beer - Kempers	9-1/2	160
Juicy Juice			Root Beer - Mug	10-3/4	160
Grape (4.23 ounces)	3-1/2	70	7-Up	9-3/4	140
Punch (4.23 ounces)	3-1/4	60	Spritzer Red Raspberry	10-1/2	170
Kool Aid - Grape	4	60	Sierra Mist	9-3/4	140
Minute Maid (6.75 fl. oz.)			Slice - Orange	12-1/2	190
Berry Punch	6-1/2	100	Sprite	9-1/2	140
Clear Cherry	7	110	Squirt	9-1/4	140
Pink Lemonade	6-1/2	100	Squirt - Ruby Red	11-1/2	170
Nesquick Strawberry Milk	7-1/2	230	Sunkist	13	190
Nesquick Vanilla Milk	7	220	Vanilla Coke	10-1/2	150
Snapple- Cranberry Raspberry	6-3/4	120	Cocoa Products:		
Snapple- Snapicot Orange	7	130	(8 fluid ounce serving)		
SoBe Liz Blizz	6-3/4	110	<u>Tsp Sugar</u> <u>Calories</u>		
SoBe Tsunami	6-3/4	110	Carnation Rich Chocolate	5-1/2	120
Sunny Delight	7-1/2	130	Carnation Smores	5	130
Tang	5-3/4	90	Hershey's Chocolate Rasp.	4-1/2	150
Yoplait nouriche Raspberry (11 oz)	11-1/2	290	Nesquik- Nestle - (2 Tbsp)	4-1/2	90
Yoplait Nouriche Peach (11 oz)	11-1/2	290	Ovaltine Rich Choc (4 Tbsp)	4-1/2	80
White Grape Juice Welch's	10	170	Swiss Miss- Milk Chocolate	5-1/2	140
			Swiss Miss-Choc. Sensation	5-1/4	150

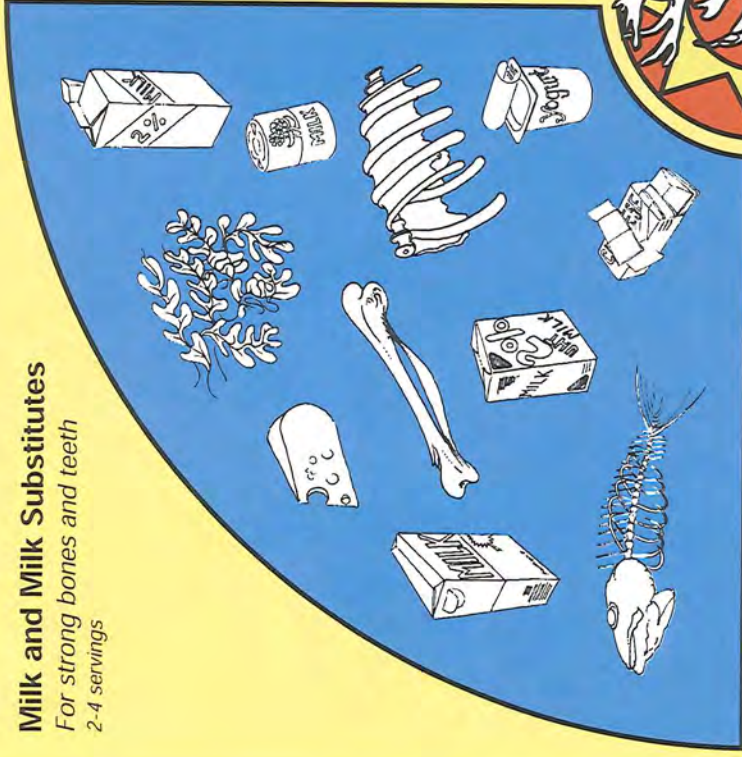
To find the teaspoons of sugar in 1 serving: Look at Nutrition Facts label for "Sugars" in grams. Divide this number by 4. **EXAMPLE:** Mountain Dew 46 grams sugar = 11-1/2 teaspoons sugar

NWT Food Guide

Eat foods from each group every day for health

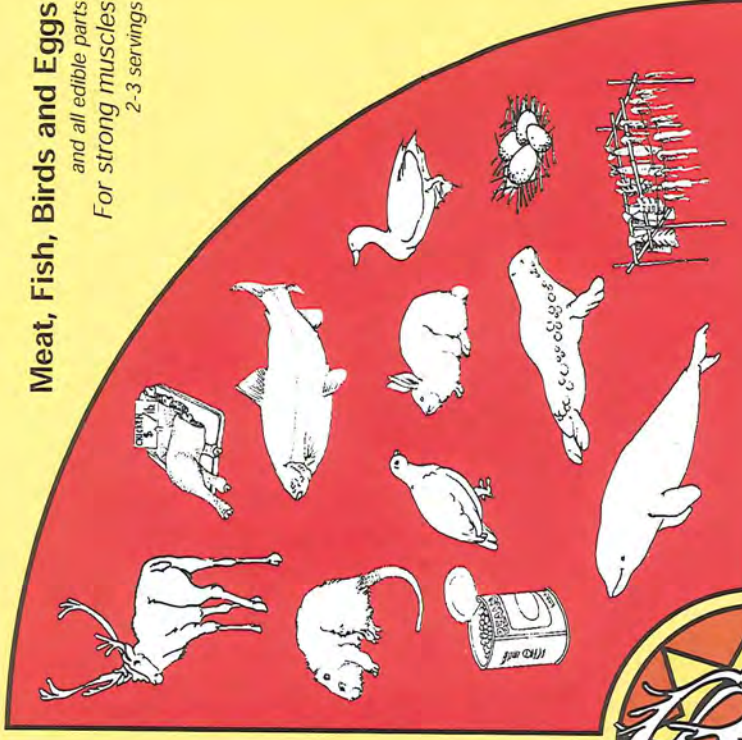
Milk and Milk Substitutes

For strong bones and teeth
2-4 servings



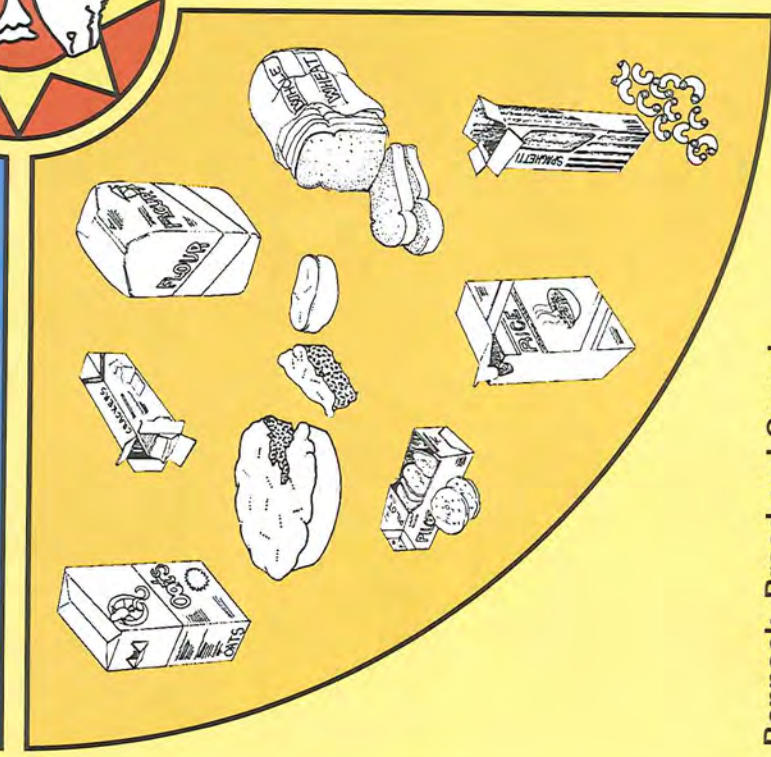
Meat, Fish, Birds and Eggs

and all edible parts
For strong muscles
2-3 servings



Bannock, Bread and Cereal

For energy
5-12 servings



Fruit and Vegetables

For good eyes and skin and less infection
5-10 servings



NWT Food Guide

Eat a *VARIETY* of foods from each food group and drink plenty of water every day for health

Milk and Milk Substitutes

Children up to 11 years: 2-3 servings
Adolescents: 3-4 servings

Adults: 2 servings

Pregnant and Nursing Mothers: 3-4 servings

One serving could be:

- Milk
 - 1 cup (250 ml)
 - whole, 2%, skim

Yoghurt

- 3/4 cup (175 ml)

Cheese

- 1 1/2 ounces (50 g)
- cheddar, processed cheese

Other calcium-rich foods to eat regularly:

- soft animal bones
- seaweed
- fish heads and bones



Meat, Fish, Birds and Eggs and all edible parts

2-3 servings every day

One serving could be:

- Meat/Bird/Fish
 - 2-3 ounces (50-100 g)
 - caribou, duck, chicken, canned salmon, chicken

Dried Fish/Meat

- 1-2 ounces (30-60 g)

Organ Meat

- 2-3 ounces (60-90 g)
- liver, heart

Eggs

- All eggs 1-2
- duck, chicken

Beans/Seeds/Nuts

- 1/2-1 cup (125-250 ml) baked beans
- 1/2 cup (125 ml) nuts and seeds
- 2 tablespoons (30 ml) peanut butter



Bannock, Bread and Cereal

5-12 servings every day

One serving could be:

- Bannock
 - 1 piece (37 g)

Bread

- 1 slice (30 g) whole wheat, white enriched

Cooked Macaroni/Noodles/Rice

- 1/2 cup (125 ml)

Cooked Cereal — 1/2-3/4 cup (125-175 ml)

- oatmeal

Unsweetened Ready to Eat Cereal

- 3/4-1 cup (175-250 ml)

High Fiber Wholegrain Cereal

- 1/2-1 cup (125-250 ml)

Granola

- 1/3 cup (85 ml)

Other Foods to Eat for Energy:

- pilot biscuits/crackers
- pancakes
- muffins



Fruit and Vegetables

5-10 servings every day

One serving could be:

Berries/Wild Greens

- 1/2 cup (125 ml) cranberries, wild rhubarb

Fruit

- fresh, frozen, canned
- 1/2 cup (125 ml) apple, orange, banana

Vegetables

- fresh frozen, canned
- 1/2 cup (125 ml)
- carrots, peas, beans
- 1 medium potato
- 1 cup (250 ml) Salad

Juice

- unsweetened
- 1/2 cup (125 ml) orange, apple, tomato



These are not real juice
- they contain too
much sugar.



REMEMBER:

To control weight, **BALANCE** food energy eaten with physical activity.
Try to **LIMIT** foods containing a lot of sugar, salt and fat.