

2021

# Nunavut Day Cookbook







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## Foreword

This cookbook was put together to showcase the love of food in the North, using recipes by individual home cooks all over Nunavut. Individuals across Nunavut submitted their favourite northern recipes to be judged, tried, and rated by three professional northern chefs. Individuals who submitted recipes for this contest were not allowed to have any professional cooking experience. This cooking contest was and is about the love of food in the North and how important it is to the Inuit culture.

The idea for this cookbook and contest originated because of the COVID-19 pandemic which forced us all to find new ways to celebrate Nunavut Day virtually. The first year this contest was run was 2020, and it had such an incredible turnout it was repeated in 2021. We believe that long after this pandemic is behind us, this contest will continue.

In each of the three regions (Kivalliq, Kitikmeot and Qikiqtani), prizes were awarded for the top three recipes. Recipes were judged with a specific number of points for five different categories: originality, inclusion of country food, presentation, nutritional value, and affordability. Contestants had to provide a list of ingredients, their method of preparation, and a photo of the completed dish. The recipes were also split into three age categories: youth 12 and under, teen 13 – 19, and adults 20+.

The three judges went through and read all the recipes submitted by the chosen deadline and chose their favourites. Once favourites were picked, the judges recreated each dish specifically according to the method of preparation provided by the contestants. Only then were 1<sup>st</sup> place, 2<sup>nd</sup> place, and 3<sup>rd</sup> place winners chosen for each category.

The popularity of this contest was way above and beyond anything expected, and we thought it necessary to commemorate all these great recipes and showcase the culinary talent that lies in Inuit homes across Nunavut.



## Message from the President

### **Ik&ingnaq! I love food!**

I love food, it satisfies the feelings of hunger and nourishes our bodies, and equally important, the sharing of food is an effective vehicle to strengthen ilagiingniq. I know that I cannot be the only Inuk that thinks food tastes better when it is shared.

There are many ways in which we take pride in being Inuk. Food preparation and food consumption are practical and fun ways to celebrate our culture. During NTI's Nunavut Day Home Cook Challenge 2020-2021, we encouraged Inuit to use ingredients readily available from our lands, waters, and ice. I am so pleased to share this publication of recipes, featuring winning Inuit cuisine.

May you enjoy these recipes, continue to take pride in the bounty that our lands, waters, and ice provide while continuing to strengthen our kinship systems through the sharing of food.

My deepfelt appreciation to all the participants and congratulations for all the winning recipes.

Aluki Kotierk

President, Nunavut Tunngavik

# Biographies of our Judges

**Name:** Tasha Tologanak  
**Community:** Cambridge Bay  
**Position:** Graduate from NAIT

Tasha Tologanak and her family are originally from Cambridge Bay, Nunavut. With a passion for food, cooking, and traditional Inuit culture, Tasha decided to attend the NAIT culinary institute in Alberta. She was able to introduce traditional Inuit dishes to her classrooms including Arctic char, bison stew and bannock. Tasha was also invited to be on CTV Edmonton's morning show where she made tartar with a northern twist – fresh caribou from Cambridge Bay.



**Name:** Sheila Flaherty  
**Community:** Iqaluit  
**Position:** Chef/Owner of Sijjakkut Inc.

With a love of cuisine that originated in Ottawa, Sheila brings to the table authentic inuksuit cuisine (Inuit food). Sheila is committed to sharing her love of traditional inuksuit cuisine while including an innovative and modern twist. Sheila's culinary experience is extensive and includes competing on *MasterChef Canada*, cooking for the 2017 Royals' visit in Iqaluit, designing menus for Inuit Tapiriit Kanatami's, *A Taste of the Arctic* festival and *The Canada Goose* event in Toronto and New York. Most recently, Sheila was a Chef in Residence at the National Arts Centre in Ottawa in September 2020.



**Name:** Chadd Burrill  
**Community:** Rankin Inlet  
**Position:** Owner/Operator of the Slap Shot Canteen

Chadd Burrill was born in Fort Simpson, Northwest Territories, and moved to Rankin Inlet in 1997. When he was 16, he became a supervisor at the local KFC. Chadd says, "Cooking has always been a hobby, and I never knew I would be so lucky to own and operate the Slap Shot Canteen." Chadd was also featured in 2020 in the *Globe and Mail's* "Canada's Kitchen", where one local cook was picked in each province and territory to create a local dish.



## Breakfasts and Snacks



**Ilaija Cooper-Peter**  
**Iqaluit**  
**Youth – Winner**





Submitted by:

**Ilaija Cooper-Peter**  
Iqaluit  
Youth

## Easy Microwave Paungak Jam

This recipe is so easy and quick anyone can make it, and everyone will enjoy it!

### Ingredients:

2 ½ cups fresh or frozen paungaks (crowberries)  
1 cup granulated sugar  
Juice of ½ a lemon  
1 tablespoon unflavoured gelatin

### Directions:

Combine all ingredients in a microwave-safe dish and mix, slightly mashing the berries.

Microwave on high for 4 minutes (5 minutes if berries are frozen). Stir well and microwave for 3 more minutes. Stir again. Microwave for the last 2 minutes, stir, then stir in gelatin and place in jars while still hot. Allow to cool at room temperature overnight.

**Note:** The jam will be runny, but once cooked it thickens. Keep in a cool, dark place. Once opened, keep in refrigerator. Lasts up to 6 months.

Serve on your favourite bannock, bread, French toast, muffins, and enjoy!



Submitted by:

**Elise Pedersen**  
Cambridge Bay  
Youth



## Oatmeal Banana Nutella Muffins

### Ingredients:

2 cups flour  
1 cup old fashioned oats (large oats)  
¼ cup white sugar  
½ cup brown sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
½ teaspoon salt  
1 goose egg (if in season; 1 chicken egg will work also)  
½ cup milk  
¼ cup vegetable oil  
1 teaspoon vanilla extract  
3 ripe bananas, mashed  
1 medium-sized tub of Nutella  
1 bag of semi-sweet chocolate chips (optional)



### Directions:

Preheat oven to 375° F.

In a medium bowl, combine flour, oats, white sugar, brown sugar, baking powder, baking soda, salt and chocolate chips. Stir until ingredients are well combined.

In a large bowl, beat egg. Add milk, oil, vanilla and mashed bananas. Stir to mix ingredients until well combined.

Add flour mixture to the banana mixture and stir until ingredients are incorporated; do not over stir.

Line a 12-muffin pan with 12 muffin tins or spray muffin pan generously with cooking spray.

Divide batter evenly among the 12 muffin tins; do not overfill or the muffins will overflow when baking.

Add a teaspoon of Nutella to the top of each muffin and gently swirl the Nutella into the batter with a toothpick.

Bake at 375° F for 17 – 20 minutes or until tops of the muffins are golden brown.



Submitted by:

Taylor Rose Lindell  
Iqaluit  
Youth

## Paungaq Muffins with Tuktu Tunnuaq Icing

### Ingredients:

2 cups of paungaq (crowberries)  
2 eggs  
2 teaspoons baking powder  
2 cups of flour  
1 cup granulated sugar  
¾ teaspoon salt  
2 teaspoons vanilla extract  
½ cup butter  
½ cup milk  
2 cups grated tuktu tunnuaq  
½ cup oil  
¼ cup water  
¼ cup sugar or honey  
1 cup of paungaq and aqpiit each for topping

### Directions:

Preheat oven to 325° F.

In a bowl add all dry ingredients (flour, baking powder, salt) and mix. Set aside.

In a mixer add sugar, eggs, vanilla and butter and let ingredients mix. Slowly add milk and dry ingredients.

Once the thick mixture is together, stop mixing. Add paungaq and fold in with a wooden spoon. Add to muffin pan and bake for 25 minutes.

#### Icing

In a mixing bowl add grated tunnuaq and slowly add water and oil, alternating between the two. Let whip for 15 minutes on high until the mixture is fluffy and mixed and looks like Cool Whip. Slowly add sugar and whip for another 10 minutes and it should look smooth and easy to spread.

Once the muffins are cooked completely, add the tunnuaq icing and sprinkle some aqpiit and paungaq on top. Enjoy!



Submitted by:

Jamesie Peter  
Iqaluit  
Adult

## Smoked Char and Duck Eggs Benedict

### Ingredients:

#### Hollandaise Sauce

½ cup unsalted butter  
2 duck egg yolks  
2 tsp lemon juice  
Pinch of salt

#### Eggs Benedict

Your favourite smoked char  
English muffins  
Poached duck eggs  
2 teaspoons white vinegar

### Directions:

Melt butter in a pot.

In blender, mix egg yolks and lemon juice for 30 seconds.

Turn blender on high and very slowly add melted butter and salt. Allow to blend well for 1 minute. Set aside.

To poach duck eggs – fill a pot half full with water, add white vinegar and bring water to a light simmer. Carefully place eggs in water, remove from heat, cover and let set for 5 – 6 minutes. Use a slotted spoon to remove.

Toast English muffins, slice smoked char and lay overtop of muffins followed by poached duck eggs. Pour hollandaise sauce over eggs and serve.







Submitted by:

**Eva Cooper-Peter**  
Iqaluit  
Youth



Submitted by:

**Jaime Fortier**  
Iqaluit  
Youth

## Eva's Favourite Lemon Berry Muffins

### Ingredients:

2 cups all-purpose flour  
½ cup granulated or brown sugar  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
2 eggs  
¾ cup of milk or oat milk  
2 tablespoons vegetable oil or melted butter  
Zest and juice of 1 lemon  
½ cup fresh or frozen blackberries, whole  
½ cup fresh or frozen strawberries, chopped

### Directions:

Preheat oven to 400° F. Grease a 12-cup muffin tray.

Mix together all dry ingredients: flour, sugar, baking powder, baking soda and salt.

In a separate bowl, combine all wet ingredients.

Add dry ingredients to the wet ingredients and mix together. Add berries.  
Pour batter into a muffin tray filling each cup ½ to ¾ full.

Bake 15 – 18 minutes until golden brown. Enjoy!

Makes 12 to 15 muffins.

## Scotch Eggs

### Ingredients:

4 mitiq eggs  
1 tablespoon fresh or dry sage  
⅓ cup bread crumbs  
2 eggs, beaten  
Frying oil  
1 pound ground muskox meat  
2 teaspoons salt  
⅓ cup milk  
⅓ cup flour  
4 bacon slices, finely chopped  
¼ teaspoon grated nutmeg  
1 cup bread crumbs



### Directions:

Soft boil 4 mitiq eggs: bring water to boil, add eggs slowly and boil for 8 minutes. Cool eggs and then peel.

Cook 1 pound of ground meat, (we used muskox this time, but ground tuktu or nirliq could also be used). Add bacon, sage, salt, nutmeg, ⅓ cup bread crumbs, and milk to the meat and mix well.

Make 4 balls of meat and flatten balls until they are ¼ inch thick. Wrap each egg in meat mixture until fully wrapped and sealed.

Prepare 3 bowls: 1 bowl with flour, 1 bowl with 2 beaten eggs, 1 bowl with 1 cup bread crumbs.

Dip meat/egg ball into flour to coat well, then dip the ball into the eggs to coat well. Dip the ball into the bread crumb mixture. Repeat for all 4 balls.

With adult supervision, heat oil to 315° F.

Cook one meatball at a time in the oil, about 9 minutes each. Allow to drain on a wire rack.

Scotch eggs are best served warm, sliced in half. We served this with a fresh salad with locally grown greens.





Submitted by:

Peecee Pearl  
Nakoolak  
Coral Harbour  
Youth



## Fried Goose Egg

### Ingredients:

1 goose egg  
1 tablespoon of butter  
Pinch of salt and pepper  
Bread for toasting  
Ketchup

### Directions:

Heat up pan with butter.

Crack egg into pan.

Cook both sides of the egg.

Toast bread, butter and add fried egg to plate.

Top with salt and pepper and/or ketchup.

Enjoy!



## Meats

Kaylee Cooper  
Iqaluit  
Teen – Winner





Submitted by:

Shaun Horner  
Cambridge Bay  
Adult



## Ptarmigan Stew

### Ingredients:

6 Ptarmigan breasts (3 birds), cut into 1" cubes	6 cups water
2 cloves of garlic, minced	2 bay leaves
1 large yellow onion, sliced	2 tablespoons Italian seasoning
1 pint cherry tomatoes, halved	2 teaspoons pepper
3 stalks of celery, chopped	2+ teaspoons salt
3 cups carrots, diced	2 teaspoons paprika
1 cup frozen peas	1 egg
2 Knorr chicken bouillon cubes	1 cup flour
¾ cup rice (I use converted) + water to prepare	4 tablespoons oil (canola or similar)

### Directions:

In a mixing bowl, combine flour, salt, pepper, and paprika. Dip ptarmigan breasts in beaten egg, and coat with flour mixture.

In a large pot, brown ptarmigan breast cubes over medium-high heat in 2 tablespoons oil. Remove.

Sauté onion in remaining oil for about 5 minutes, until translucent. Add garlic until fragrant, about 1 minute.

Add ptarmigan cubes back into pot and add all other ingredients except rice. Bring to a boil.

Turn heat down and simmer for about 1.5 hours. Stir occasionally.

While simmering, prepare rice according to instructions.

\* approximate: rinse rice, add 1.5 cups water, bring to boil, cover and leave on low heat for 18 – 25 minutes. Let rest for 5 minutes, fluff with fork.

When ptarmigan and vegetables are tender, add prepared rice.

Serve hot with fresh bannock or buns.

This dish uses freshly caught country food, is robust and healthy with lean meat and green/orange/red vegetables, and uses very affordable ingredients.



Submitted by:

Cody Jancke  
Cambridge Bay  
Adult

## Roasted Goose Breast

### Ingredients:

2 deboned and skinned specklebelly geese  
¼ cup rendered goose fat  
¼ teaspoon of each seasoning: savory, garlic salt, parsley flakes, poultry seasoning, salt, pepper  
1 onion

### Directions:

Lay out skinned goose in a baking pan.

Melt rendered goose fat and mix in savory, garlic salt, parsley flakes, poultry seasoning, salt, and pepper. Baste on the goose after mixing together.

Chop onion in thick slices and place on top of goose.

Cook goose for 1 hour in oven preheated to 350° F.







Submitted by:

**Dettrick Hakanak**  
**Kugluktuk**  
**Adult**



Submitted by:

**Joanna Qammaniq**  
**Sanirajak**  
**Adult**

## Breaded Boneless Goose

### Ingredients:

Goose breast and leg muscles  
 1 cup flour  
 2 eggs  
 1 Shake n' Bake bag  
 1 bag (for flour)

### Directions:

Preheat oven to 375° F.

Cut goose into bite-sized pieces and cook in pot on low temperature 2 on stove-top burner for about ½ hour.

Drain water from goose, put goose into a bag with flour, shake it well, discard leftover flour.

Stir eggs in bowl. Mix goose in eggs, then transfer goose into Shake 'n Bake bag, shake well.

Put goose into oven and cook to desired crispness, 15 minutes minimum.

**Tip:** for thick and crispy coating of Shake 'n Bake, repeat step 4 with another bag.

## Pork with Roasted Vegetables

### Ingredients:

3 – 4 small potatoes  
 1 medium sweet potato  
 2 medium carrots  
 Pork – or any kind of meat  
 1 small onion  
 1 teaspoon salt  
 1 teaspoon garlic salt  
 ¼ tablespoon oil  
 ½ cup Parmesan cheese

### Directions:

Cut vegetables into cubes and toss in a bowl to coat with oil and all the spices and Parmesan cheese.

Cook at 350° F for 1 hour, tossing every 20 minutes to ensure all sides are cooked.

When the vegetables are halfway done, cook the meat in a frying pan and add spices.

Serves 5 people.







Submitted by:

Janne Nakoolak  
Coral Harbour  
Teen



Submitted by:

Amanda Nakoolak  
Baker Lake  
Adult



## Klik Pasta Salad

### Ingredients:

900-gram bag of macaroni pasta  
Green and red peppers  
200 grams marble cheese  
340-gram can of Klik  
2 cups mayonnaise  
4 tablespoons Crisco oil  
1 cucumber  
5 apples

### Directions:

Boil macaroni pasta for 15 minutes, drain water and cool.

Cut apples, cucumbers, cheese, peppers and Klik into cubes.

Mix all ingredients into a salad bowl. Add mayonnaise, mix through and add 4 tablespoons of Crisco oil for moisture.

Ready to snack!



## Caribou Pockets

### Ingredients:

#### Dough

4 cups flour  
2 tablespoons quick rise yeast  
1 teaspoon sugar  
Dash of salt  
2 eggs  
1 ½ cups warm water  
⅓ cup oil

#### Filling

Diced caribou – enough to fill 14 pockets  
1 cup frozen mixed vegetables  
Butter for frying  
Cheese slices, cut in half (I use Black Diamond)

### Directions:

Combine all dough ingredients. Let dough rise for about 30 minutes or until doubled in size.

Fill a small frying pan with diced caribou and about a cup of frozen mixed vegetables. Fry in butter.

Flatten out dough and cut into squares. Use the tuktu stir-fry filling to stuff the buns and add sliced cheese on top of mixture. Close off and place folded side down in bottom of baking pan. Put buns into oven at 350° F for 30 min or until light brown. Cool and enjoy.

Recipe usually makes about 14 caribou pockets.





Submitted by:

**Joan Atuat Tunguaq**  
Baker Lake  
Adult



Submitted by:

**Nancy Gordon**  
Rankin Inlet  
Adult



## Caribou Soup

### Ingredients:

½ bag baby carrots  
3 red, skin-on potatoes, diced  
2 pouches Lipton beef vegetable soup  
Chunk of caribou meat, diced  
Parkay margarine  
6 ½ cups cold water

### Directions:

Place caribou meat and carrots in pot. Add cold water and soup mix and bring to a boil, stirring occasionally on high heat. When boiling, turn heat down to low simmer for 1 hour, stirring occasionally.

Add the diced (with skin on) potatoes and slowly add a dollop of margarine. Simmer on low for about an hour, stirring occasionally.

When done, let rest for 10 minutes. Serve with bannock or homemade dinner rolls.



## Ground Caribou Beef Stew

### Ingredients:

1 tablespoon olive oil  
1 pound ground caribou or ground beef  
1 medium onion, chopped  
3 medium carrots, sliced  
2 medium celery stalks, sliced  
3 garlic cloves, minced  
1 28 oz can crushed tomatoes  
1 28 oz can diced Italian spice tomatoes  
3 ¼ cups chicken broth  
2 teaspoons sugar  
1 teaspoon basil  
1 teaspoon oregano  
¾ teaspoon thyme  
½ teaspoon marjoram  
½ teaspoon pepper  
1 teaspoon salt  
Parsley, for garnish  
½ box star pasta or 1 cup macaroni



### Directions:

In a pot, fry ground caribou or beef, drain, and set aside.

In a separate pan over medium heat, add olive oil with onions, celery and carrots. Fry until onions are soft. Add minced garlic and stir fry for 1 minute.

Add canned tomatoes, chicken stock, and stir. Add caribou or beef, sugar and spices, stir and bring to a boil. Simmer covered for 15 minutes.

While stew is simmering, cook ½ box star pasta or 1 cup of macaroni according to instructions. Once cooked and drained, add pasta to stew. Stir and simmer on low heat uncovered for ½ hour.

In a bowl, garnish stew with parsley and serve with bread, buns or bannock. Enjoy with family and friends.





Submitted by:

Noah Cooper  
Iqaluit  
Youth

## Pulled Caribou Sandwich with Coleslaw

### Ingredients:

#### Pulled Caribou

2 to 3 pounds caribou roast  
2 - 3 tablespoons Clubhouse Smouldering Smoked Applewood seasoning  
1 cup of water  
1 ½ - 2 cups of your favourite barbecue sauce

#### Coleslaw

½ cup of mayonnaise  
2 tablespoons sugar  
1 ½ tablespoons lemon juice  
1 tablespoon vinegar  
½ teaspoon pepper  
½ teaspoon salt  
Coleslaw mix

### Directions:

Preheat oven to 225° F.

Cut caribou roast in quarter chunks and place in roasting pan. Sprinkle all sides with smoked applewood seasoning and pour water on the bottom of the pan. Let it slow roast for 5 – 7 hours.

To prepare the coleslaw dressing, combine all ingredients and mix well. Add dressing to coleslaw mix when you are ready to eat, or mix it 1 hour before eating as it will have time to soak in the dressing.

Once caribou is cooked, drain most of the liquid from the pan, leaving about ¼ cup of the dripping in with the roast. Take two forks and shred the meat, then add your favourite barbecue sauce. Set oven to 350° F. Place pulled caribou back in the oven to heat and glaze barbecue sauce for about 20 – 30 minutes.

Serve pulled caribou on a bun. Put coleslaw on top of the caribou for an added crunch, or serve as a side dish. Enjoy!

Makes 6 – 8 servings.



Submitted by:

Kaylee Cooper  
Iqaluit  
Teen



## Easy Tuktuk Chili

With any chili recipe there is always room to play; add any vegetables you like or have a simple meaty chili made mild or spicy. Tuktuk is a very lean meat so I use half and half ground tuktuk and pork mixture to add a bit of fat. Here is how I like to prepare my chili.

### Ingredients:

½ pound ground tuktuk  
½ pound ground pork  
1 package taco seasoning  
2 cloves garlic, minced  
1 yellow onion, diced  
1- 540 ml can six-bean mix, drained and rinsed  
1- 540 ml can red kidney beans, drained and rinsed  
1- 540 ml can diced tomatoes  
1- 680 ml can tomato sauce  
1- 156 ml can tomato paste  
¼ of a green, red and yellow pepper, diced (optional)  
2 medium carrots, diced (optional)  
2 celery stalks, sliced (optional)  
1 tablespoon chili powder or more (optional)  
1 – 2 tablespoons olive or vegetable oil  
Salt and pepper to taste

### Directions:

On medium heat, add oil in a pot and fry onion and garlic for a few minutes. Add ground tuktuk and pork to pot and season with salt. Cook meat through, then add taco seasoning and water according to package directions and simmer until liquid is reduced.

Add all desired vegetables to meat. Continue to cook for 5 minutes, then add beans, canned tomatoes, tomato sauce, tomato paste, chili powder, and salt and pepper to taste.

Allow to simmer, cooking for 30 – 40 minutes, until beans have softened. Add your favourite topping and serve!

Makes 6 – 8 servings.





Submitted by:

**Appolina Makkigak**  
**Rankin Inlet**  
**Adult**



## Katagaq Burgers

### Ingredients:

#### Burger patty

2 pounds ground tuktu (or ground beef)  
 2 eggs  
 ½ cup oats  
 3 teaspoons garlic, minced  
 1 tablespoon onion powder  
 1 teaspoon salt  
 Black pepper to taste  
 1 tablespoon steak spice

#### Toppings

Sliced marble cheese  
 Bacon  
 Mayonnaise  
 Barbecue sauce (I use Kraft Original)  
 Southwest heat salad (comes in a bag ready to assemble)  
 Thinly sliced red onion (optional)

#### Bannock

2 cups all-purpose flour  
 2 tablespoons baking powder  
 1 teaspoon salt  
 1 cup water  
 Canola oil (or lard) for frying

#### Sides

Mini cucumbers  
 Home-fried potato fries  
 Pickled beets

Continued...



### Directions:

#### Burger patty

In a bowl, mix together ground tuktu (or ground beef), eggs, oats, minced garlic, onion powder, salt, pepper, and steak spice.

Heat frying pan (no oil) at about 8 on the stove. Fry first side of patty for a minimum of 4 minutes, flip and fry second side for a minimum of 3 minutes. Set aside finished patties and add sliced cheese right after removing from heat.

#### Bannock

In a bowl, mix well the flour, baking powder and salt. Add water and fold until combined (do not over mix).

Warm frying pan with enough oil to cover the whole bottom (heat at about 7 – 8 on the stove).

Add bannock mixture in small oval sizes. Fry on first side until edges are dry and top starts to dry (you could check to see how the bottom looks). Flip and fry until golden brown.

#### Salad

Mix all ingredients from salad bag, set aside.

#### Assemble Katagaq Burger

Slice cooled bannock in half, add equal parts mayonnaise and barbecue sauce (about 1 teaspoon or less each) to the bottom half of the bannock. Place patty on top of the bannock, put bacon on top of the patty and add red onion if using.

On the other half of the bannock, add a heaping tablespoon of the southwest heat salad.

Put the bannock slices together and enjoy with your choice of side!





Submitted by:

Laquisha Makkigak  
Rankin Inlet  
Teen

## Inuit Style Tacos

### Ingredients:

#### Taco meat

1.5 pounds ground tuktu (or ground beef)  
1 yellow onion, diced  
1 bell pepper, diced  
1 package taco seasoning  
½ cup water

#### Toppings

2 green onions  
1 cup shredded cheese  
250 ml sour cream  
551 ml cherry tomatoes  
1 avocado  
2 lettuce leaves  
2 tablespoons olive oil  
Salt and pepper to taste

#### Bannock

2 cups all-purpose flour  
2 tablespoons baking powder  
1 teaspoon salt  
1 cup water  
Canola oil (or lard) for frying

Continued...



### Directions:

#### Meaty part of taco

In a frying pan, fry ground tuktu, diced onion and diced pepper until brown. Drain and add taco seasoning and water. Fry until water is gone.

#### Sauce

Preheat oven to 400° F.

In a bowl, add cherry tomatoes, olive oil, salt and pepper to taste and mix. Pour cherry tomatoes onto baking sheet and bake for 10 minutes.

Slice green onions and cut in half the cooled cherry tomatoes.

Mix green onions, cherry tomatoes, shredded cheese, and sour cream in the bowl until well combined.

Dice avocado and set aside.

Slice lettuce and set aside.

#### Bannock

In a bowl, mix well the flour, baking powder and salt.

Add water and fold until combined (do not over mix).

Warm frying pan with enough oil to cover the whole bottom (heat at about 7 – 8 on the stove).

Add bannock mixture – small oval sizes – fry on first side until edges are dry and top starts to dry (you could check to see how the bottom looks). Flip and fry until golden brown.

#### Assemble taco

Slice cooled bannock in half (but not cutting it completely through). Add ground tuktu mixture, top with sour cream sauce, add some diced avocado and lettuce. Enjoy!





Submitted by:

**Martha Paniyuk**  
Rankin Inlet  
Youth



## Stuffed Tuktu Buns

### Ingredients:

#### Buns

2 cups of warm water  
1 teaspoon of sugar  
– Stir until sugar has dissolved

2 packets of yeast  
– Let sit for 10 minutes

1 egg  
½ cup of vegetable oil  
4 cups of flour of your preference  
– Stir and let rise for ½ hour – 1 hour.  
– Put in the oven for 45 minutes – 1 hour.

#### Tuktu

Cut tuktu into cubes  
Fry the tuktu, after browning the tuktu add in:  
Carrots  
Celery  
Onions

Season with:  
Chili powder  
Salt and Pepper  
Mrs. Dash seasoning  
Shredded cheese (optional)

### Directions:

After frying tuktu and vegetables, flatten dough and add the tuktu stir-fry to stuff the buns. Close off.

Put buns into oven at 350° F for 1 hour or until light brown. Cool and enjoy.



Submitted by:

**Daniel Kuluguqtuq**  
Pangnirtung  
Adult

## Caribou Broccoli Stir-Fry

### Ingredients:

1 broccoli head, cut to bite size  
2 cups caribou, thinly sliced  
1 medium onion, diced  
1 carrot, thinly sliced  
½ cup brown sugar  
2 tablespoons cornstarch  
¼ cup soya sauce  
1 tablespoon cooking oil  
3 cups cooked rice  
1 teaspoon garlic powder  
½ cup water  
1 pot boiling water for broccoli



### Directions:

Cut caribou meat into thin bite-size pieces and set aside.

Mix together ½ cup water, soya sauce, cornstarch, garlic powder and brown sugar in medium bowl. Add caribou meat and let marinate for 30 minutes.

Cut broccoli, onion and carrot. Boil water in pot and add broccoli. Boil for 5 minutes, drain and set aside.

In a large nonstick pot add 1 tablespoon oil. Add onion and carrots and cook on medium-high heat for 5 minutes. Add caribou meat with sauce, lower heat to medium and cook for 10 to 15 minutes, stirring frequently.

Add drained broccoli and lower heat to medium-low heat and cook until sauce thickens. Accompany with a side dish of rice.





Submitted by:

**KV Lindell**  
**Iqaluit**  
**Adult**

## Caribou Roast

### Ingredients:

Caribou Roast  
 1 Kitsaut to wrap (fat of stomach lining)  
 Vegetables (carrots, potato, onion, celery)  
 Garlic powder  
 Back Eddy's seasoning  
 Montreal seasoning  
 Butter and oil

### Directions:

In a cast iron pan, sear the caribou roast until brown.

Heat oven to 350° F.

Once seared, add caribou to the bottom of a pan with a bit of water. Wrap the semi-slow cooked caribou with the kitsuat. Add vegetables and seasonings. Place in the oven for 1 ½ hours or until crispy.



Submitted by:

**Nicole Camphaug**  
**Iqaluit**  
**Adult**

## Tuktú/Caribou Chili – Fast & Easy

Prep time: 5 mins

Cook time: 25 mins

Total time: 30 mins

### Ingredients:

1 tablespoon olive oil	½ teaspoon ground black pepper
1 medium onion (yellow or white), diced	¼ teaspoon ground cayenne pepper
1 pound ground tuktú/caribou	(*optional if you want it spicy)
2 ½ tablespoons chili powder	1 ½ cups soup broth (chicken, veggie or beef)
2 tablespoons ground cumin	1 (15 oz) can petite diced tomatoes
2 tablespoons granulated sugar	1 (16 oz) can red kidney beans, drained and rinsed
2 tablespoons tomato paste	1 (8 oz) can tomato sauce
1 tablespoon garlic powder	1 (4 oz) can of kernel corn or ¾ cup frozen corn
1 ½ teaspoons salt	

### Directions:

Add olive oil to a large soup pot and place over medium-high heat for two minutes.

Add onion. Cook for 5 minutes, stirring occasionally.

Add the ground caribou to the pot and break apart. Cook for 6 – 7 minutes, until the meat is browned, stirring occasionally.

Add the chili powder, cumin, sugar, tomato paste, garlic powder, salt, pepper, and optional cayenne. Stir until well combined.

Add the broth, diced tomatoes (with their juice), drained beans, tomato sauce and corn. Stir well.

Bring the liquid to a low boil, then reduce the heat (low to medium-low) to gently simmer the chili, uncovered, for 20 – 25 minutes, stirring occasionally.

Remove pot from the heat. Let chili rest for 5 – 10 minutes before serving.

\*I typically skip the cayenne pepper because I have a young child.



Submitted by:

Vicky Qaqqasiq  
Pangnirtung  
Adult



Submitted by:

Ida Jane Kapakatoak  
Kugluktuk  
Adult

## Peppered Caribou Stir-Fry

### Ingredients:

1 ½ pounds caribou meat  
2 onions  
3 carrots  
1 head of broccoli  
1 red bell pepper  
2 tablespoons baking soda  
1 tablespoon water  
1 tablespoon cornstarch  
1 teaspoon ginger  
1 teaspoon black pepper  
½ tablespoon oyster sauce  
3 tablespoons soya sauce  
Pinch of salt  
Vegetable oil for deep frying

### Directions:

Thinly slice caribou meat.

Add baking soda, cornstarch and water. Mix well and set aside.

Cut fresh vegetables into chunks.

Heat oil then deep fry the meat until cooked. Set aside.

Fry the onions for a few minutes and add the rest of the vegetables, along with the meat. Add the oyster sauce, soya sauce, salt and black pepper and cook for another 5 minutes. Enjoy!

## Caribou Stew

### Ingredients:

#### Barley

4 cups of water  
1 cup of barley  
1 package of vegetable soup mix

#### Meat and Vegetables

1 pound caribou meat  
4 tablespoons bacon oil/fat  
1 cooking onion  
1 bunch green onions  
4 mushrooms  
1 cup peeled and chopped carrots  
3 potatoes  
¼ package of onion soup mix

#### Gravy and Seasonings

1 package of gravy mix  
½ cup of flour  
1 cup of water  
1 teaspoon dried onions  
1 teaspoon black pepper  
Table salt to taste  
2 cups of water as needed

Continued...







Submitted by:

Michelle Angoo  
Whale Cove  
Adult

**Directions:**

Barley

Put 4 cups of water in a large pot with 1 cup of barley. Bring to a boil then simmer for 45 minutes. Add the package of vegetable soup mix. Stir and simmer for 15 minutes.

Meat and Vegetables

Dice caribou meat.

Heat bacon oil/fat in a large frying pan and add caribou meat. When meat is cooked, add onions, mushrooms, cooking onion, green onions, carrots and potatoes.

Sprinkle on the onion soup mix and cook for another 15 to 30 minutes.

Add the caribou and vegetables to the barley.

Gravy

Mix the package of gravy, the flour, and 1 cup of water in a mixing bowl. To the barley, caribou and vegetables, add 2 more cups of water (as needed) along with the dried onions, pepper and salt.

Caribou Heads

**Ingredients:**

- Caribou heads
- Caribou shoulder blade
- Caribou chest
- Caribou ribs

**Directions:**

Butcher caribou heads into two pieces.

Cut up the ribs, chest and shoulder blade.

Cut the spine into four pieces.

Boil for 5 hours.

Let stand a few minutes to cool down and enjoy with family and friends.





Submitted by:

**Miranda Paniyuk**  
Rankin Inlet  
Adult



Submitted by:

**Natasha Tapatai**  
Baker Lake  
Adult

## Pulled Tuktuk on a Homemade Bun with Sautéed Onions and Carrots

### Ingredients:

#### Tuktuk

Buns  
2 cups warm water  
½ cup of sugar  
2 packets of yeast  
1 egg  
½ cup of vegetable oil  
4 cups of flour of your preference

#### Sauce

½ cup of ketchup  
½ cup of mustard  
½ cup of barbecue sauce  
⅓ cup of vinegar or pickle juice  
⅓ cup of beef broth  
⅓ cup of soya sauce

### Directions:

Combine the warm water and sugar until sugar has dissolved. Add two packets of yeast and let sit for 10 minutes.

In separate bowl, mix egg, vegetable oil, and flour.

Stir together yeast mixture and flour mixture. Let rise for ½ hour – 1 hour.  
Bake in 350° F oven for 35 minutes – 45 minutes.

Slow cook tuktuk in the oven at 120° F for 2 hours and / or in the slow cooker on low for 4 – 6 hours.

Mix sauce ingredients and add to the slow cooker with the tuktuk. Sauté vegetables of your choice. I used carrots and onions because of my family's preference.

With the leftover cooking liquid add more to your meat and bun to your liking.



## Homemade Chili and Homemade Bread

### Homemade white bread

### Ingredients:

3 cups warm water  
½ cup sugar  
3 teaspoons salt  
7 to 8 cups of flour

3 tablespoons quick rise yeast  
4 tablespoons melted butter  
Cooking oil

### Directions:

In a large bowl combine water, sugar, yeast and salt. Melt butter and add to the mixture. Gradually add flour and mix until the texture is good. Knead dough for 5 minutes and shape into a ball. Dab cooking oil on top of dough and cover with lightly dampened towel for about 1 hour until dough has risen.

Place dough on a floured surface and cut into 3 equal parts. Cut each part in half and place into greased bread pans. Let rise for 1 hour. Heat oven to 350° F and bake for 25 minutes. Once finished, butter the top of the breads and let them cool.

### Homemade beef chili

### Ingredients:

1 family size pack lean ground beef  
2 cans diced tomatoes  
1 can kidney beans, drained and rinsed

1 yellow onion  
2 tablespoons chili powder  
½ can of corn, niblets

### Directions:

Sauté onion in skillet and add ground beef. Cook until browned. Place cooked ground beef into pot and add diced tomatoes, kidney beans, corn and chili powder. Simmer on low for about half an hour and keep mixing until done.





Submitted by:

Qattalik Simik  
Rankin Inlet  
Teen



Submitted by:

Cecile Gibbons  
Arviat  
Adult



## Caribou Stomach Pocket - Papquti

### Ingredients:

Caribou stomach  
Deboned caribou bone marrow

### Directions:

Caribou stomach – qisaruaq

Add bone marrow – patiq, and tie with a string.

Make holes around the qisaruaq and hang it outside for about 3 to 7 days and enjoy with mikpu by dipping or cut into pieces.



## Baked Caribou Casserole

### Ingredients:

5 small potatoes, peeled  
2 small onions  
200 grams mozzarella cheese  
2 teaspoons olive oil  
1 pound caribou meat  
1 teaspoon paprika  
1 teaspoon butter  
1 teaspoon salt  
1 teaspoon pepper

### Directions:

Peel the potatoes and cut into small bite-sized pieces.

Cut onion and caribou into bite-sized pieces.

Put 2 teaspoons of olive oil in pan. Add 1 teaspoon of each of the following: salt, paprika, pepper, butter.

Cover the cooking pan with aluminum foil and cook for 1 hour at 390° F.

Cover with mozzarella and bake for 15 minutes more.





Submitted by:

Anningni-Marie  
Cooper-Higgins  
Iqaluit  
Youth



## French Onion Soup with Caribou

### Ingredients:

6 – 7 Spanish/white onions, thinly sliced  
1 pound caribou cut into small cubes  
8 cups stock, beef broth or homemade caribou broth  
4 tablespoons oil  
2 tablespoons butter  
2 cloves garlic, minced  
1 bay leaf  
1 teaspoon sugar  
1 tablespoon thyme leaves  
8 – 10 slices of French bread or baguette, about 1 inch thick  
1 ½ cups grated Swiss Gruyère (replace with mozzarella if preferred)  
Sprinkling of Parmesan cheese and salt and pepper to taste



### Directions:

In a pot, add 1 tablespoon of oil and brown the caribou meat. Add half the broth to meat and let boil (set aside remaining broth for onion mixture). Allow meat to boil/tenderize while you prepare onions in another pot.

Add 3 tablespoons of oil in a separate pot on medium heat and add onions, stirring often until onions are soft (about 15 – 20 minutes). Increase heat to medium-high, add butter and stir often until the onions start to brown (about 15 minutes). Add sugar and a pinch of salt – this will help the onions caramelize. Continue to cook for 10 minutes and the onions should be well browned. Add garlic and cook for 1 more minute.

To your onions, add half the broth that was set aside and scrape the brown bits on the bottom and sides of the pot. Stir in meat and all the remaining broth. Add bay leaf and thyme and bring to a simmer. Lower the heat and continue to simmer for about 30 minutes. Sprinkle with salt and pepper to taste.

While soup is simmering, toast bread slices in oven at 450° F for about 5 – 7 minutes.

To serve, ladle soup into individual bowls, top with bread and smother with a generous amount of cheese. Put back in oven until cheese is lightly browned, or you can serve in your pot, adding bread and cheese over your oven safe pot and enjoy. Makes 5 – 6 servings.



Submitted by:

Ella Estey  
Iqaluit  
Teen



## Vietnamese Caribou Pho

### Ingredients:

#### Broth

Pot of cold water  
Caribou bone  
1 large yellow onion  
1 large whole piece of ginger  
5 cloves  
5 star anise  
3 cardamom pods  
1/3 cup coriander seeds  
1 cinnamon stick  
1/4 cup fish sauce  
1 ½ tablespoons brown sugar  
1 teaspoon sriracha

#### Steak Marinade

Soya sauce  
Worcestershire sauce  
Garlic and onion powder

#### Bowl

Cooked udon noodles  
Sliced medium-rare caribou steak  
Soft-boiled egg  
Slices of green onion  
Cilantro

### Directions:

Remove excess meat from caribou bone. Place in preheated oven at 425° F to char the caribou bone for ½ hour.

Place all broth ingredients (except sriracha) in pot of water with the bone. Boil for two hours. Drain in shifter drainer (a sieve or fine mesh strainer) to remove tiny spices. Place in fridge for two days for more flavour.

Two days later, boil broth water and add about a teaspoon of sriracha for a kick. Add noodles (any vermicelli rice noodles, but prefer udon as shown).

Pan sear marinated caribou steaks medium rare in soya sauce, Worcestershire sauce, garlic and onion powder.

Soft boil egg for 6 minutes.

Cut green onions (use only the green part of the onion).

Remove a few cilantro leaves (omit if you do not like cilantro). Place noodles and broth in bowl, and add half a soft-boiled egg. Cut up medium-rare caribou steak into small strips and place 3 to 4 slices or more on top.

Add green onions and cilantro and enjoy.





Submitted by:

Martina Ningark  
Kugaaruk  
Adult

## Stir-Fry Maktaaq and Caribou

### Ingredients:

12" x 12" Maktaaq, diced  
2 cups rice, cooked  
1 cup fresh mushrooms  
1 large onion  
2 cups frozen Asian blend vegetables  
½ teaspoon salt  
½ teaspoon pepper  
½ teaspoon seasoning salt  
Garlic powder  
1 teaspoon sugar  
2 tablespoons soya sauce, or amount to taste  
Handful all-purpose flour  
2 tablespoons lard (Crisco)  
3 tablespoons butter (unsalted)  
2 pounds caribou, diced (optional)

### Directions:

Heat 2 tablespoons lard and 3 tablespoons butter. Add onion and mushrooms until onion is clear (translucent). Add maktaaq, caribou meat (optional), salt, pepper, seasoning salt, garlic powder, sugar, and stir. Sprinkle on flour and stir. Add cooked rice and frozen vegetables, then add soya sauce.

Cover for 10 – 15 minutes. Set aside to cool then serve.

Serves 8.

**Note:** I did not have caribou meat at this time, but it's extremely delicious with caribou meat.



## Seafood



Carly Angohiatok  
Cambridge Bay  
Teen – Winner





Submitted by:

Michael Jancke  
Cambridge Bay  
Adult

## Batter Fried Char

### Ingredients:

#### Fish

1 fresh char fillet  
Onion powder  
Garlic powder  
Salt  
Lemon juice  
Pancake mix  
Water  
Cooking oil or lard

#### Dressing

2 tablespoons relish  
4 tablespoons mayonnaise  
1 teaspoon lemon juice

### Directions:

Drizzle lemon juice over char and rub it in lightly over both sides of fish. Sprinkle salt over fish fillet.

Sprinkle on light coat of onion powder and garlic powder.

Cut fillet into single portion pieces.

Add pancake mix to a bag, shake fish in the bag and coat every piece of fish evenly. Let sit for 5 – 10 minutes. Heat cooking oil or lard in a cast iron pan on medium heat, about ½ inch deep.

Coat fish evenly again in the pancake mix (after sitting, the pancake mix will be a little moist) until the outside of the fish looks dry.

Mix 1 ½ cups of water with 2 cups of pancake batter. Dip fish in pancake batter and coat both sides of the fish evenly.

Put fish in oil or lard which is preheated to a medium heat and cook fish until the sides are golden brown. Flip and cook the same on the other side.

Mix together dressing ingredients. Add dressing on top of the fish when fish is done cooking and enjoy.



Submitted by:

Ivy Kavanna  
Cambridge Bay  
Adult

## Arctic Char Chowder

### Ingredients:

1 can corn  
4 potatoes, peeled and diced  
1 cup each carrots and celery, diced  
1 onion, diced  
1 side fillet Arctic char, diced  
1 can mushroom soup  
1 can cream  
Salt and pepper  
4 cups water

### Directions:

Brown onion, carrots, and celery in a pot.

Add water, mushroom soup, and canned cream and bring to a boil.

Add potatoes, corn and char.

Cook until potatoes are soft.







Submitted by:

Salome Avva  
Iqaluit  
Adult



Submitted by:

Raigelee Alorut  
Iqaluit  
Adult

## Char Wellington

### Ingredients:

Two fillets of char  
1 Pillsbury croissant roll, separated into two and all the cut lines gathered to seal

#### Spinach Filling

2 tablespoons butter  
½ onion cut into tiny pieces  
2 cloves garlic, minced  
3 to 5 cubes of frozen spinach, thawed and completely drained of any excess water, squeezed out if needed  
Salt and pepper to taste

⅓ cup bread crumbs  
4 oz cream cheese  
¼ cup Parmesan cheese  
1 teaspoon tarragon  
1 egg wash

### Directions:

Place butter, onion, and garlic in a frying pan and cook for about 3 to 5 minutes. Add spinach, salt and pepper.

Add bread crumbs, cheeses, and tarragon until all cheese is melted. Put aside.

#### Assemble

Place one fillet of char onto one piece of dough. Place half the spinach onto the char. Seal the dough around the char and spinach mixture. Place the completed dough pouch – spinach at bottom and char on top – on baking sheet and brush egg wash on dough. Score the dough in X's and then repeat with the second fillet.

Bake in preheated oven at 375° F for about 20 – 25 minutes.  
Let rest for about 10 minutes before serving.

## Baked Stuffed Arctic Char

### Ingredients:

Large Arctic char  
2 tablespoons butter  
Medium onion, sliced  
7 mushrooms, sliced  
150 grams croutons, garlic and herb  
1 cup boiled water  
2 teaspoons parsley  
Salt and pepper to taste  
Lemon, sliced  
1 cup water  
½ cup garlic butter, sliced  
Baked potatoes  
Batch asparagus  
Ketchup/tartar sauce/mayonnaise

### Directions:

Clean fish and remove guts.

In a medium saucepan, melt butter and fry onion and mushrooms. Put aside.

Boil 1 cup of water and pour in a large bowl. Add the cooked onions and mushrooms with the bag of croutons and parsley, then mix together. Add salt and pepper.

Set the oven at 350° F. Bake potatoes and boil the asparagus until done.

Put the stuffing mix into the cavity of the fish and sew the cavity with needle and thread, not too tight.

In large cooking oven pan, put sliced lemon on top of fish and add the sliced garlic butter under the fish. Add 1 cup of water in cooking pan. Cover the cooking pan with tin foil and cook for 1 hour. After ½ hour of cooking, baste the fish with the water and garlic butter. Repeat again in 15 minutes.

Serve with ketchup, tartar sauce or mayonnaise, baked potatoes and asparagus.



Submitted by:

Carly Angohiatok  
Cambridge Bay  
Teen

## Arctic Char Sushi

### Ingredients:

Sushi nori  
1 cup sushi rice  
1 teaspoon sushi vinegar  
½ cup of water

#### Sushi

Arctic char  
Avocado slices  
Carrots, thinly sliced  
Cucumber, thinly sliced  
Celery, thinly sliced  
Cream cheese  
Red pepper, thinly sliced

#### Dip

Spicy light mayonnaise (with sriracha); soya sauce; wasabi.

### Directions:

Combine ½ cup of water, 1 cup of rice, and 1 teaspoon of vinegar.  
Cover and cook rice.

Roll a thin layer of rice onto a sushi nori, then add Arctic char, avocado and the other ingredients.

Roll and cut into pieces and enjoy Arctic char sushi.

Use soya sauce and/or wasabi and spicy mayonnaise to your liking.



Submitted by:

Ella Finkelstein  
Iqaluit  
Adult

## Arctic Char Fish Cakes with Wild Berry Dipping Sauce

### Ingredients:

#### Char Fish Cakes

¼ cup small white onion, diced  
2 cups cooked Arctic char  
2 eggs  
¼ cup bread crumbs  
¼ teaspoon each of salt and pepper, paprika, dried parsley, garlic powder  
(chili flakes optional)

#### Wild Berry Sauce

½ cup wild local berries  
Splash of lemon  
Salt and pepper  
⅓ cup water

### Directions:

Add cooked char, eggs, bread crumbs, onions, and prepared seasonings into a bowl.

Mix to combine.

Shape patties in a ¼ cup measuring cup to form a mould.

Heat pan with shallow oil on medium heat and add patties to hot pan.

Fry patties until golden brown on each side, approximately 3 – 4 minutes per side.

#### Berry Sauce

Bring berries, water, splash of lemon juice and a dash of salt and pepper to a boil in a pot.

Let water reduce and sauce thicken. Once sauce is thick, serve alongside fish cakes.





Submitted by:

Ellen Ittunga  
Taloyoak  
Adult



## Arctic Char with Dill and Tomatoes

### Ingredients:

Filletted Arctic char cut into steaks  
1 small onion  
2 – 3 celery stalks, diced  
½ of red, green, orange peppers  
1 tablespoon butter  
Olive oil  
1 to 2 cloves of minced garlic  
Salt and pepper  
Dill weed  
Dried basil  
1 can tomatoes

### Directions:

Preheat the oven to 400° F.

Rub olive oil on the fish steaks and place evenly in a pan.  
Season with salt, pepper, dill weed and dried basil.

Sauté the onions with butter and olive oil until translucent. Add minced garlic, celery, and peppers. Sauté for about 3 minutes, then pour over the fish. Add the canned tomatoes, including the juice. Cook in the oven for about 25 minutes.

\* If using frozen filleted fish you can cook a little longer.

This recipe is also good with white fish or trout. You can also pan sear the fish skin before placing the dish into the oven.



Submitted by:

Parniga Akeeagok  
Iqaluit  
Adult



## Arctic Char Tartare

### Ingredients:

1 cup of raw char, diced  
2 green onions, chopped  
1 tablespoon capers (optional)  
2 tablespoons soya sauce  
1 clove of garlic (optional)  
1 tablespoon oil  
1 teaspoon lime juice  
1 mango, diced (optional)  
1 avocado, diced  
Dash of salt

### Garnish

Qunguli (Arctic sorrel) collected from our nuna, (optional for garnish)  
Paungaq (berries) collected from our nuna, (optional for garnish)

### Directions:

Combine char with green onions, capers, oil, soya sauce and garlic, and mix.  
Let sit for 30 minutes.

In a small bowl, mix avocado with lime juice and salt and set aside.

In a small ramekin dish, cover bottom with char mixture then layer it with avocado mixture and top with mango. Flip ramekin upside down on plate and remove the ramekin. Garnish with some qunguli (Arctic sorrel) and paungaq (berries).

Time to enjoy.





Submitted by:

Jennifer Lindell  
Iqaluit  
Adult



## Arctic Berry Glazed Pan Seared Char

### Ingredients:

#### Paungaq (Crowberry) Reduction

2 tablespoons sugar  
3 tablespoons balsamic vinegar  
½ cup paungaq

#### Arctic Char

4 Arctic char fillets  
2 garlic cloves  
Pinch of salt and pepper  
2+ tablespoons butter  
Olive oil

#### Topping

Aqpiit (cloudberry)  
Paungaq  
Sliced green onion  
1 sliced radish  
Qunguliit sweet leaves  
(mountain sorrel)

### Directions:

In a saucepan on medium heat, add paungaq and bring to a slow boil. Add sugar and let it simmer for 5 – 10 minutes, stirring constantly. Once cool, strain in a fine strainer. Add balsamic vinegar. Stir and set aside.

In a medium-sized frying pan, heat to medium. Let the pan warm up with some olive oil and add butter once the oil is hot to prevent butter from burning. Once the butter is melted add the char to the pan. Add chopped garlic cloves, salt and pepper.

As the char is cooking, spread butter over the char until char is golden brown on the outside.

To plate the dish, add the paungaq balsamic reduction to the plate and then add the char. Garnish the char with green onions, radish, aqpiit, paungaq and qunguliit and drizzle on some more reduction.

#### ***Asparagus makes a great side dish***

Steam asparagus with butter, salt, pepper and lemon.

Enjoy.



Submitted by:

Allysha Tologanak  
Rankin Inlet  
Adult

## Arctic Char Sandwich on Focaccia Bread with a Side of Potato Chips

### Ingredients:

1 – 2 cups cooked or leftover Arctic char  
Mayonnaise (to your liking)  
Salt and pepper  
Fresh cilantro  
Focaccia bread  
Potatoes with seasoning (paprika, garlic powder, salt and pepper)  
Olive oil

### Directions:

Prepare Focaccia bread or use bread of your choice.

In a small bowl combine shredded char, mayonnaise, seasoning and cilantro.

Slice potatoes thin, drizzle with olive oil and season. Add to a baking sheet and bake for 15 minutes.

Prepare sandwich and enjoy with your potato chips.





Submitted by:

April Taqtu  
Arctic Bay  
Adult

## Maktaaq Chowder

### Ingredients:

2 cans of cream of mushroom soup  
4 peeled potatoes, diced  
Half a bag of baby carrots, diced  
5 celery stalks, diced  
1 can of corn niblets  
1 cup of Minute Rice  
3 cups of bite-sized maktaaq  
Pinch of salt and pepper  
Dash of Montreal steak spice  
1 bag of seafood medley  
3 cups of water  
2 cups of milk

### Directions:

In a large pot, heat the cans of mushroom soup with water and milk. Add in the vegetables, except the potatoes. Add the seafood medley. Finally add the potatoes and maktaaq along with the rice and spices.

Cover and simmer for about 30 minutes, stirring occasionally.

Serve with stove-top bannock or deep-fried bannock.

My family loves this!



Submitted by:

Martha Lawlor  
Iqaluit  
Adult

## Fried Maktaaq

### Ingredients:

1 pound maktaaq  
3 cloves garlic  
3 mushrooms  
1 large onion  
3 tablespoons soya sauce  
3 tablespoons Worcestershire sauce  
1/3 cup of brown sugar

### Directions:

Fry maktaaq and garlic, then add mushrooms until brown.

Add onions and fry for 3 minutes.

Add soya sauce, Worcestershire sauce and brown sugar until mixed.

Plate, then add garnishing.







Submitted by:

Joel Fortier  
Iqaluit  
Adult

## Shrimp and Goose Dumplings

### Ingredients:

1 pound ground goose  
1 teaspoon salt  
1 tablespoon mirin  
1 cup Baffin Bay shrimp  
1 teaspoon sugar  
1 tablespoon garlic, minced  
1 cup mushrooms, diced  
2 teaspoons soy sauce  
2 teaspoons ginger, minced  
Wonton wraps  
Shrimp roe  
Green onion, finely sliced

### Directions:

To make filling, mix together well: ground goose, shrimp, mushrooms, salt, sugar, mirin, soy sauce, garlic and ginger.

Place a small amount of filling (approximately 1 tablespoon) in a moistened wonton wrap. Top with shrimp roe and green onion. Surround the filling with the wrap so that a little ball is formed. Repeat until all the filling is used.

Boil water and using a steam basket, steam dumplings for approximately 8 minutes each.

Enjoy with your favourite dipping sauce such as a sweetened soy sauce.



## Desserts



Presley Taylor  
Cambridge Bay  
Adult – Winner





Submitted by:

**Presley Taylor  
Cambridge Bay  
Adult**

## Macarons

### Ingredients:

#### Paste

190 grams almond flour  
205 grams powdered sugar  
72 grams geese egg whites, at room temperature (about 1.5 geese egg whites)  
Gel food colouring (optional)

#### Sugar Syrup and Italian Meringue

190 grams granulated sugar  
60 ml water  
72 grams geese egg whites, at room temperature (about 1.5 geese egg whites)

#### Filling

Aqik jam (or apricot jam if aqik jam isn't available)  
Cream cheese frosting

### Directions:

1. Line baking sheets with parchment paper or silicone mat.
2. Weigh all ingredients: almond flour, powdered sugar, sugar, and egg whites.
3. Divide egg whites into two bowls.
4. Sift almond flour into a large bowl, then sift in the powdered sugar and whisk until just combined. Discard any large almond bits!
5. Add half the egg whites (72 grams) into the dry mixture using a rubber/silicone spatula to form a paste. This is the stage where food colouring can be added. Cover with cling film and set aside.
6. In a small saucepan, combine sugar and water – don't stir it. Using a sugar thermometer, bring the syrup to 112° C on medium-high heat.
7. Once the syrup has reached 112° C, mix the remaining egg whites in a stand mixer, fitted with the whisk attachment. Continue heating the sugar syrup until it reaches 118° C (soft-ball stage).

8. Take the syrup off the heat and with mixer on medium-high speed, pour syrup in the meringue in a steady and slow motion, on the sides of the bowl, not on the whisk attachment.
9. Continue mixing the meringue until it comes to room temperature and forms stiff and glossy peaks.
10. Using a rubber spatula, fold meringue into the almond paste until batter is smooth and lava-like. When you lift up your spatula, your batter should take at least 30 seconds to fall off the spoon!
11. Place the batter in a piping bag fitted with a round nozzle.
12. Pipe the macarons on your prepared baking sheets. When all your macarons are piped, drop the baking sheet on the counter at least 3 times to get rid of any air bubbles. Leave at room temperature to dry and form a skin before baking (30 minutes).
13. Once a skin has formed, bake in preheated oven at 320° F for 12 minutes. Open the oven door twice while they are baking.
14. Leave macarons to cool completely before trying to pull them off the baking paper.
15. Fill with the cream cheese frosting and aqik jam (or a jam of choice; apricot jam preferred). Allow to set in the fridge for 4 – 24 hours and enjoy!





Submitted by:

Miki-Jaq  
Iqaluit  
Youth

## Crowberry Tarts

### Ingredients:

12 Tenderflake mini tart shells  
4 cups paungaq (crowberries)  
 $\frac{3}{4}$  cup sugar  
3 tablespoons cornstarch  
1 cup water

### Directions:

Follow directions on box to bake shells.

Combine sugar, cornstarch and water in a pot.

Cook and stir over medium heat about 10 minutes and turn off burner.

Pour paungaq (crowberries) in the pot and mix.

Pour into shell.

Ready to enjoy.



Submitted by:

Elaina Cooper  
Iqaluit  
Adult

## Duck Egg Sponge Cake Roll with Paungak and Whipped Cream

### Ingredients:

4 duck eggs  
 $\frac{1}{2}$  cup granulated sugar  
 $\frac{1}{2}$  teaspoon vanilla  
 $\frac{1}{2}$  cup all-purpose flour  
 $\frac{1}{4}$  cup paungak  
Whipped cream  
Icing sugar for dusting

### Directions:

Preheat oven to 350° F. Grease 9" x 13" tray with butter and line with parchment paper. Separate egg yolks and whites. In a large bowl beat egg whites with an electric mixer until soft peaks form and set aside.

In a small bowl beat egg yolks, sugar and vanilla with an electric mixer until ribbon trails form. Fold the yolks into the whites and sift in the flour until combined. Pour into tray and bake for 15 minutes or until toothpick inserted in the middle comes out clean.

Remove from tray and cover cake with parchment paper and damp towel for 30 minutes. Remove towel and parchment paper and dust with icing sugar. Place cooked cake on top of sugar, layer whipped cream onto cake and then add paungak. Roll up the cake using the paper as a guide. Wrap cake in paper and allow to chill in fridge seam side down to set.

Dust with icing sugar, cut into slices and serve.





**Submitted by:**

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## Pavlova

### Ingredients:

6 egg whites at room temperature  
1 ½ cups castor sugar (sugar blended to superfine)  
1 teaspoon cream of tartar  
2 teaspoons cornstarch  
1½ + ½ teaspoon vanilla extract  
1 cups whipping cream  
1 tablespoon granulated sugar  
Strawberries, kiwi, blueberries, chocolate, lemon, cherries

### Directions:

Preheat oven to 350° F.

Using stand mixer, beat egg whites until soft peaks form.

Add half of the castor sugar, beat for 30 seconds.

Add remaining sugar and beat until stiff peaks form. Add vanilla and beat for one more minute. Fold in cream of tartar and cornstarch.

Place meringue in piping bag. Pipe into 3 to 3 ½ inches wide nests onto the parchment paper. Indent the centre with a spoon to allow room for cream.

Place the cookie sheet into the middle rack of the oven and immediately turn down the temperature to 200° F. Bake at this temperature for 90 minutes (do not open the oven during this time).

Let pavlovas rest in the warm oven 30 minutes before removing from the oven to ensure the exterior dries appropriately.

Whip the heavy cream and sugar. Fill merigues with cream and decorate with sliced berries.

Makes 8 – 10 meringues.