

# Boiled Seal

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Boiled Seal is made from certain parts of the seal that will soften when boiled in water. In this recipe, Regilee slow-cooks the seal meat.

## INGREDIENTS

Seal	Water
2 potatoes	1 packet of tomato vegetable soup mix
2 stalks of celery	Salt
2 onions	
2 carrots	

## TOOLS

Water can	Large bowl
Large spoon	Large Fork
Measuring cup	Freezer bags
2 pots	Baking Tray





## PREPARATION

1. Peel carrots, celery, and potatoes and cut into chunks
2. Peel potatoes and cut into chunks of about the same size
3. Peel onion and cut into slices
4. When butchering the seal meat for boiling, remove all the joints first
5. Put aside any thin slices from the shoulder blade for frying later

## COOKING

1. Put thicker cuts of seal into a metal pot
2. Add jug of water to the pot
3. Add tomato and vegetable soup mix
4. Bring to a boil
5. Add carrots, celery and sliced onions with a tablespoon of salt into a boiling pot
6. Boil slowly over a medium heat - this cooks the seal better and thickens the liquid
7. Stir the pot occasionally until the seal meat is well cooked and the vegetables are soft

