

Boiled Seal

BY RHODA KATSAK
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Boiled Seal is made using different parts of the seal and its meat after cutting up the carcass and cooking in a pan with onions and water.

INGREDIENTS

Seal meat

Seal intestines

Seal heart

Water

Onions

2 packets of beef soup dried stock

TOOLS

Knife or ulu

Cutting board

Metal tray

Cooking pot

Big spoon





PREPARATION

1. Cut ribs away from rib cage, leaving a bit of fat
2. Squeeze intestines and discard what comes out
3. Cut away the hard part of the heart to eat another time



Rhoda Mentions

- Using an ulu helps to cut each rib from the cage and keeps some of the fat
- Use a big metal pot as seal gets bigger when cooking (unlike polar bear, which shrinks)
- The hard part of the heart is eaten raw
- Kids love to eat cut-up intestines because they look like macaroni noodles
- Rhoda loves eating Boiled Seal with HP sauce and pickled cauliflower/gherkins!

COOKING

1. Put the cooked onions, ribs, meat and the soft part of the heart into a cooking pot on the stove
2. Pour water over the meat, just enough to cover
3. Add 2 packets of dried beef soup stock
4. Stir the meat continually as it starts to boil and expand
5. Flatten down the bubbling broth with the back of a spoon to tell if it cooked; when the intestines are cooked, they become curly

SERVING

1. Lift out all of the cooked country food onto a tray
2. Use a mug to scoop out the broth to drink

