

Caribou Stew

BY RHODA KATSAK
MITTIMATALIK,
MAY 2023

Caribou Stew can be made in various ways. In this recipe, Rhoda Katsak adds minestrone soup mix, vegetables, barley, and potatoes.

INGREDIENTS

Caribou (tenderloin preferred)

Handful of barley

1 potato per person

Small amount of celery & onion

1 cup of frozen mixed vegetables

1 packet of minestrone soup mix

4 - 5 cups of water

Pepper

TOOLS

Knife or ulu

Cutting board

Measuring cup

Cooking pot

Big spoon





PREPARATION

1. Dice onions and cut celery into chunks
2. Measure 1 cup of frozen vegetables
3. Peel and cube potatoes
4. Cut up caribou, trim membranes and remove
5. Dice meat into small cubed pieces



Rhoda Mentions

- Tenderloin meat is preferred because it does not have much fat and is good for you.
- Adding celery makes the stew taste zesty!
- Any kind of frozen vegetables can be used.

COOKING

1. Pour 4-5 cups of water in a pot
2. Add meat, vegetables, and potatoes
3. Add a handful of barley and a good shake of pepper
4. Mix with a spoon
5. Add 1 packet of minestrone soup with 1 cup of water and boil for 15 minutes, until meat is cooked
6. Turn heat down to simmer further until potatoes are soft

