



INUXTIUTIT: INUIT FOOD SOVEREIGNTY

Recipes from Kinngait and Mittimatalik

ABOUT THIS RECIPE BOOKLET

These recipes were created as part of the Inuksiutit: Inuit Food Sovereignty in Nunavut project, which brings together an interdisciplinary team of Inuit Knowledge Holders, Elders, youth, community-based researchers, artists, and academics to advance food sovereignty in Inuit Nunangat. The project is focused on digitally documenting and sharing Inuit knowledge about country food, a central part of Inuit life which sustains the community through physical and mental health, as well as cultural connections. Each recipe represents the rich, intergenerational knowledge of Inuksiutit—country

This recipe booklet was developed as part of the Inuksiutit: Inuit Food Sovereignty in Nunavut project and produced in partnership with the Yellowhead Institute.



Polar Knowledge
Canada

Savoir polaire
Canada



PHOTOS COURTESY OF THE INUKSIUTIT:
INUIT FOOD SOVEREIGNTY COLLECTIVE

food that "makes us human." Developed with partners in the Nunavut communities of Kinngait and Mittimatalik, the recipes highlight the rich variety of foods harvested from the land and water. It also reflects the importance of passing down these traditions from one generation to the next, ensuring that younger Inuit continue to have access to and knowledge about harvesting and preparing their food sources. This project aims not only to preserve traditional knowledge but to foster community wellbeing by providing pathways to sustainable and culturally relevant food systems.

Learn more about this project and watch masterclass videos on hunting, harvesting, cooking and more:



Recipes

05

Bannock

ROSIE KADLOO

09

Beluga Misiraq

ENOOSIE OTTOKIE

13

Walrus Soup

MARTHA JAW

15

Goose Stew

OODLOORIAQ PUDLAT

19

Caribou Stew

RHODA KATSAK

23

Boiled Seal

RHODA KATSAK

27

Boiled Seal

REGILEE OOTOVA

31

Fried Seal

REGILEE OOTOVA

35

Fermented Fish Heads

ENOOSIE OTTOKIE

39

Tunnuq Alu

RHODA KATSAK





Bannock

BY ROSIE KADLOO
MITTIMATALIK,
MAY 2023

Bannock is dough fried in hot oil. In this recipe, Rosie makes bannock with a hole.

INGREDIENTS

6 big scoops of white flour

Baking powder

Salt

Crisco vegetable oil

Water

TOOLS

1.5 L water can

Large spoon

Measuring cup

2 pots

Large bowl

Large fork

Freezer bags

Baking tray





PREPARING MIX

1. Measure out 1.5 litres of water
2. Put flour in bowl
3. Add baking powder to the flour
4. Add salt to the flour
5. Mix flour, baking powder and salt with hands
6. Make a well in the mix
7. Pour Crisco oil into the dip
8. Pour water on top of the Crisco oil
9. Mix with your hands until everything sticks together into a ball



Rosie Mentions

- If needed, add a little flour to create the right consistency

FRYING BANNOCK

1. Pour oil in large pan and heat
2. From the dough, make each small bannock, pancake-like (hand size)
3. Place the bannock in the hot oil
4. Turn the bannock around once the bottom part that sits in the oil becomes golden brown
5. Wait until the bannock is golden brown on both sides
6. Lift the bannock out of the pan and place on baking tray





STORING BANNOCK

1. During or after frying the bannock, prepare to store approximately 10 pieces into a large sized freezer bag and leave to cool down
2. Once cooled, store in the freezer

Beluga Misiraq

BY ENOOSIE OTTOKIE
KINNGAIT,
MAY 2023

Beluga Misiraq can be made in various ways. In this recipe, Enosie Ottokie shows two ways, one with the skin and the other without. Beluga Misiraq is used with any type of country food.

INGREDIENTS

Beluga (skin or no skin)

TOOLS

Knife or ulu

Til foil

Cutting board

Large bowl or pot

Fork

Cutting board





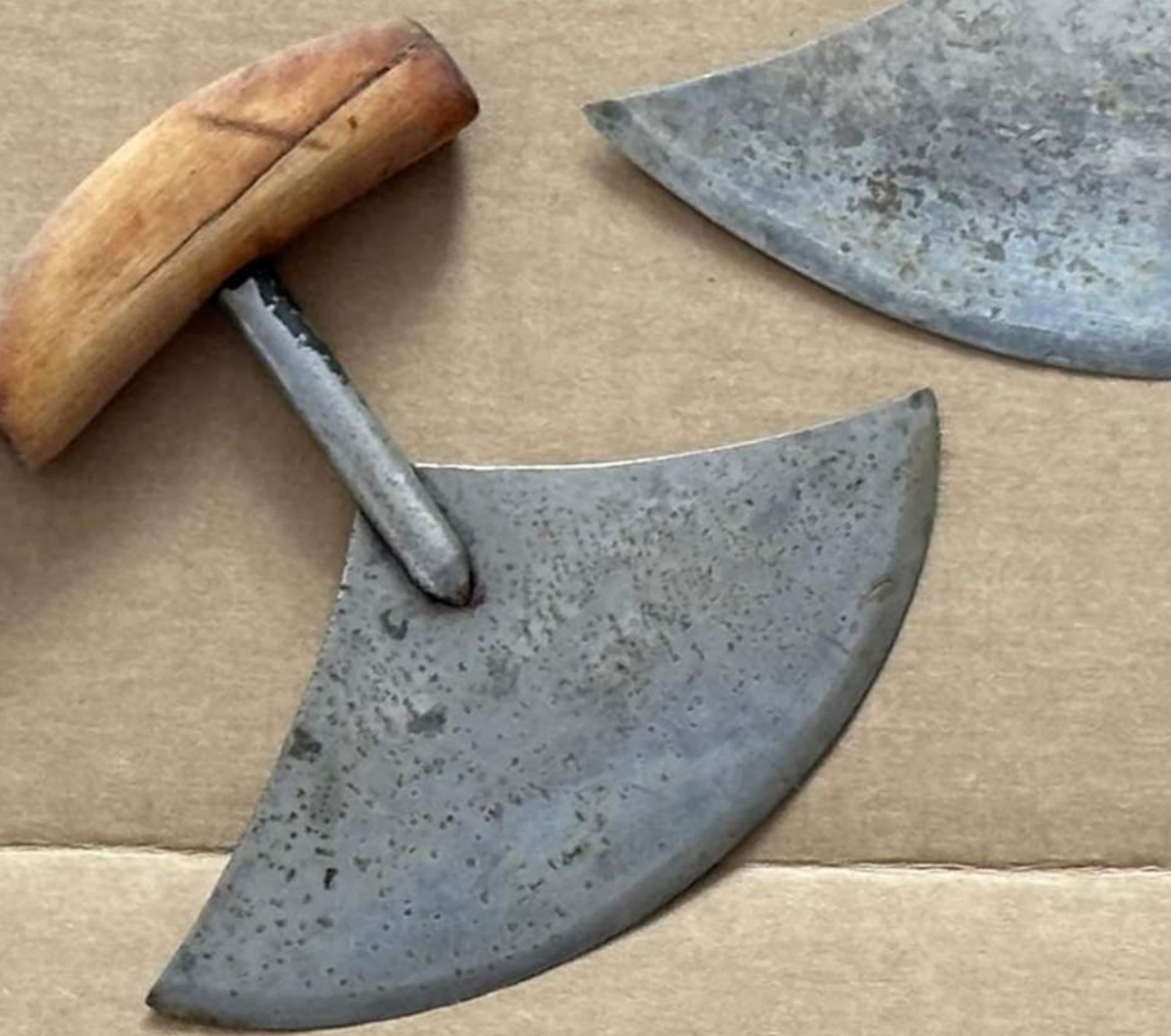
METHOD ONE - WITH SKIN

1. Cut up beluga skin into small pieces, leaving a bit of fat
2. Put pieces in a bowl
3. Cover with foil
4. Use a fork to make enough holes in the foil to let air in
5. Put in a cool, dry place (ex. cupboard under the sink, with no heating pipes)
6. Leave for up to 7 days; stir it every 2 days so it ferments evenly
7. By looking at it you can tell if it's done; do taste tests to make sure it's at the level of bitterness that you like, so it's just right

METHOD TWO - WITHOUT SKIN

1. Remove the skin and cut the fat into tiny pieces so that it's easy to break up when making the oil
2. Put thicker layers of fat on top, not underneath
3. Wait until the fat is fermented before taking out the oil
4. After fermentation, once bitterness is just right, scrape all oil from the fat into a container and place the oil in freezer
5. The oil in the container becomes a dip once it's frozen completely





Walrus Soup

BY MARTHA JAW
KINNGAIT,
MAY 2023

Walrus Soup can be made in a variety of ways. In this recipe, Martha Jaw adds vegetables and soup mix.

INGREDIENTS

Walrus
Soup mix
Peas
Carrots
Potatoes
Salt
Water

TOOLS

Knife or ulu
Pot
Cutting board
Fork





PREPARATION AND COOKING

1. Cut walrus into small pieces, leaving a bit of fat
2. Put water and meat in a pot
3. Bring to a boil
4. Add vegetables and soup mix
5. Boil until vegetables are soft and meat is cooked

Goose Stew

BY OODLOORIAQ PUDLAT
KINNGAIT,
MAY 2023

Goose stew can be cooked in different ways. In this recipe, Oodlooriaq makes one pot with only salt, pepper, and a flour mix added. In a second pot, she makes a stew with carrots, celery, and soup-mix.

INGREDIENTS

Goose	Soup mix
Water	10 potatoes
1.5 handfuls of salt	1 onion
To taste - pepper	1 celery stalk
1 tbsp of flour	1 bag of carrots

TOOLS

Knife or ulu	Cup
Large spoon	Fork
2 pots	Cutting board
Large fork	Cooking pot





PLAIN BOILED GOOSE

1. Skin one goose
2. Cut up goose into small portions ready to boil
3. Place in an iron or cast-iron pot
4. Put water in pot and bring to a boil
5. Add a handful of salt and pepper to taste
6. Reduce heat, but ensure the pot keeps boiling
7. Add one cup of water
8. Stir in flour to make a gravy-like consistency
9. Add into the pot
10. Keep stirring the meat, turning the pieces over so that they cook evenly
11. Serve once goose meat is thoroughly cooked
12. Scoop some of the fat from the pot and put in a cup for dipping

GOOSE VEGETABLE STEW

1. Skin one goose
2. Cut up vegetables (you can also fry vegetables as a side dish if you like)
3. Cut up the goose into smaller portions to boil
4. Put cut up goose portions in a iron or cast-iron pot
5. Bring water to boil in the pot
6. Add a handful of salt and pepper to taste
7. Add carrots and potatoes
8. Keep the pot boiling
9. Add in and stir the soup mix
10. Keep stirring the meat, turning the pieces over so that they cook evenly
11. Serve once goose meat is thoroughly cooked
12. Scoop some of the fat from the pot and put in a cup for dipping





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



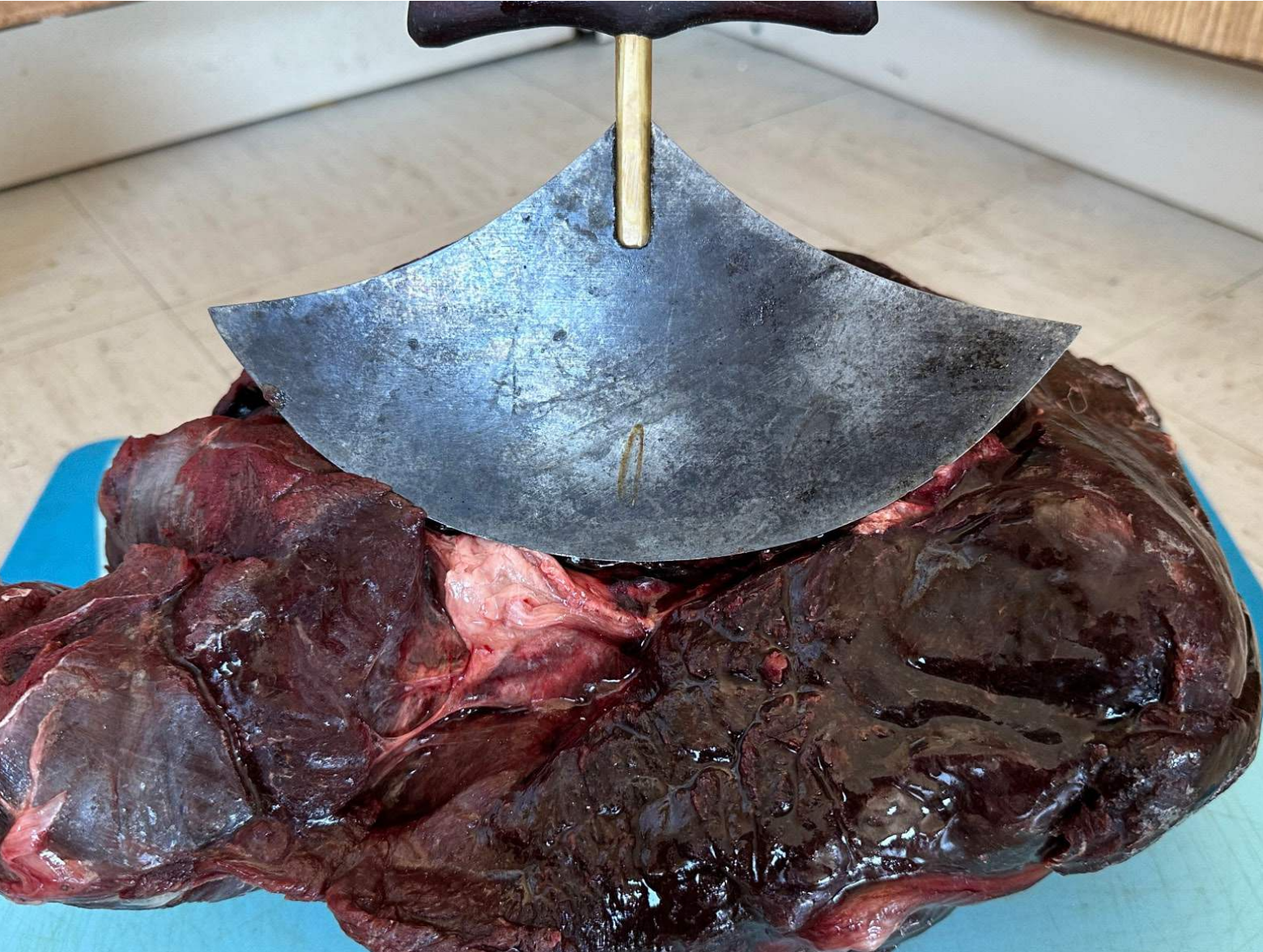
Rhoda Mentions

- 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





Boiled Seal

BY RHODA KATSAK
MITTIMATALIK,
MAY 2023

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





Boiled Seal

BY REGILEE OOTOVA
MITTIMATALIK,
MAY 2023

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





Fried Seal

BY REGILEE OOTOVA
MITTIMATALIK,
MAY 2023

In this recipe, Regilee fries the meat with her special spice mix.

INGREDIENTS

Seal

1 onion

Crisco oil

REGILEE'S SPICE MIX

1 tbsp garlic powder

1 tbsp paprika

1 tbsp pepper

4 tbsp salt

Jalapeno peppers
(optional)

TOOLS

Knife or ulu

Frying pan and lid

Cutting board
or cardboard

Large plate

Bowl

Empty spice shaker

Large metal fork

Large metal spoon





PREPARATION

1. When cutting defrosted seal meat, remove all the joints first
2. Put aside thin slices from the shoulder blade area and liver to fry
3. Place onto deep big plate to stop blood spilling over from defrosted seal meat
4. Slice onion
5. Mix together all the spices in a bowl for Regilee's Spice Mix

FRYING

1. Heat Crisco in frying pan
2. Add thin cuts of seal meat into the pan
3. Add sliced onions
4. Sprinkle a spoonful of Regilee's Spice Mix
5. Mix then cover with a lid to cook
6. Once onions soften and is meat is cooked, use a large metal fork to turn the meat over to fry on both sides from time to time

SERVING

1. Remove from the frying pan and put onto a plate
2. Pour over gravy with onions from the frying pan





Fermented Fish Heads

BY ENOOSIE OTTOKIE
KINNGAIT,
MAY 2023

Fish heads are fermented for 4-5 days. In this recipe, Enoosie uses Arctic Char and Beluga Whale blubber.

INGREDIENTS

8 Arctic Char heads with belly

4 Beluga Whale blubber slabs

TOOLS

Ulu

Fork

Large bowl

Tin foil

Cutting board or cardboard

Baking tray

Pan

Plastic bag





PREPARATION

1. Cut four slaps of beluga blubber
2. Put two of the four slaps in a metal bowl with the blubber facing down
3. Gut and fillet the fish with an ulu or knife
4. Keep fillets for drying or eating
5. Remove heads but leave some of the belly fat still attached
6. Place the fish head on top of the two slabs of beluga blubber in the metal bowl
7. Place all the fish heads next to each other
8. Unfold the two remaining beluga blubber slabs
9. "Put the fish heads to bed" by placing the beluga blubber slabs on top of the fish heads with the blubber facing upwards

STORAGE

1. Make sure all fish heads are underneath the beluga blubber
2. Cover the bowl fully and tightly with tin foil
3. Use a fork to pierce numerous holes across the tin foil; there should be plenty of these fork-sized holes to make sure air can get in
4. Store the fish in a dry and cool place for 4-5 days
5. Check after 2-3 days; the fermentation is ready when the eyes of the fish turn red



Enoosie Mentions

- Make sure the fermentation location is not too warm





Tunnuq Alu with Berries

BY RHODA KATSAK
MITTIMATALIK,
MAY 2023

Tunnuq Alu is made of a layer of caribou fat (tunnuq) often taken from the rump of the caribou, but could be from any place if the slab is thick enough. In this recipe, Rhoda Katsak includes blueberries and raspberries, but savoury variations could be with frozen bits of caribou meat or caribou stomach.

INGREDIENTS

Tunnuq
Blueberries
Raspberries
Crisco or seal oil
Water

TOOLS

Knife or ulu
Grater
Cutting board
Measuring cup
Large bowl





PREPARATION

1. Cut fat into pieces small enough to hold in one hand to grate
2. Trim meat and membranes from the fat with a knife
3. Grate caribou fat in small pieces/thin slices with a grater and add it into the large bowl with sliced caribou meat
4. Add any oil to the bowl; make sure to add a little bit at a time
5. Ensure oil is gradually and fully mixed into the fat before adding more; after mixing, add water

MIXING

1. Mix well with your hands, adding water as necessary until the fat doesn't stick to your hands
2. Add frozen raspberries to the whisked mixture
3. Add a bowl of fresh (or frozen) blueberries to the mixture
4. Mix the blueberries into the tunnuq



Rhoda Mentions

- Blueberries and raspberries are great. Savoury variations could be with frozen bits of caribou meat or caribou stomach. Any kind of frozen fruit can be used.



Learn more about the Inuksiutit Food Sovereignty project and watch masterclass videos on hunting, harvesting, cooking and more:

