

Fried Seal

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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

