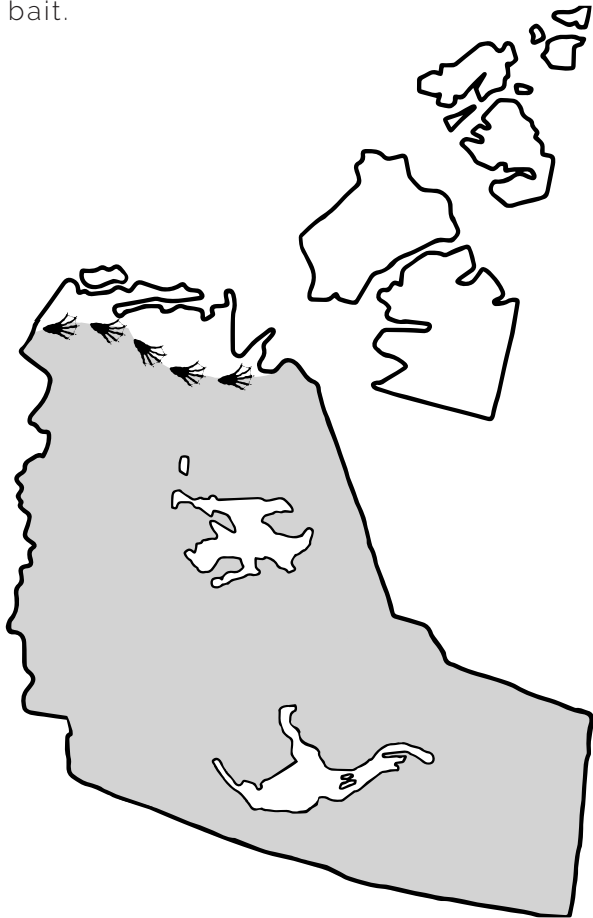


Beaver is Good for Us!

The beaver is valued because it has the gift of intelligence. It is the Beaver who taught the Dene how to store and ration food. Beaver provides us with many important nutrients such as protein and iron. The hide and bones are used for footwear, mitts, jackets and traditional tools. The beaver is valued for medicinal purposes and used for bait.



Did you know?

Beaver meat from the shoulder is very tough because of the large logs the beaver carries. Tails are singed or smoked under dry willows and used for snacks, especially when travelling. Smoking or drying helps preserve the meat and increases the amount of nutrients due to moisture loss during the drying process.

Beaver meat is an excellent source of protein. We need protein to build and repair muscles, skin and blood. Protein keeps us healthy.

Beaver liver is an excellent source of Vitamin A. One serving provides all of the Vitamin A we need in a day to stay healthy. Vitamin A is needed for healthy skin, bones and eyes.

Beaver liver is an excellent source of iron and provides twice as much iron as we need in a day. Iron helps to make healthy blood that flows through our bodies, giving us energy to be active and to go strong.

Beaver meat is very low in fat (10%) when compared to beef, pork and chicken (33-55% fat) but the feet and tail contain a lot of fat. Traditional fats are healthier for us.

Preparation: Beaver can be roasted,

fried, boiled, dried, or fermented. Its meat is dark red, fine grained, moist and tender, and when properly prepared, it can taste like pork.

Fun Fact: "Beaver tail is excellent! We have it at potlucks. When I go home, I can't get enough of it. Its texture is chewy, rubbery with a good taste, and it is softer than moose nose. To prepare, boil, cool, and peel off the skin after boiling."

- Audrey Armstrong

Beaver Beef Stew

- 3 cups cubed beaver meat from legs
- flour
- salt & pepper
- 1 medium onion, chopped
- 1 cup celery, chopped
- 2 bay leaves, crushed | 1/4 tsp savory
- carrots, diced | turnip, cubed
- potatoes, cubed | cabbage

Directions: In a bowl, season some flour to taste with salt and pepper. Roll the meat in the flour and fry in a little oil in a skilled until browned. Remove meat. Add meat to a large stew pot or crockpot. Add onion celery, bay leaves and savory. Add the veggies in quantities to suit your taste. Add enough water to cover. Cook on low for 5 hours or until veggies are tender. Thicken with corn starch if desired. Serve with bannock.

