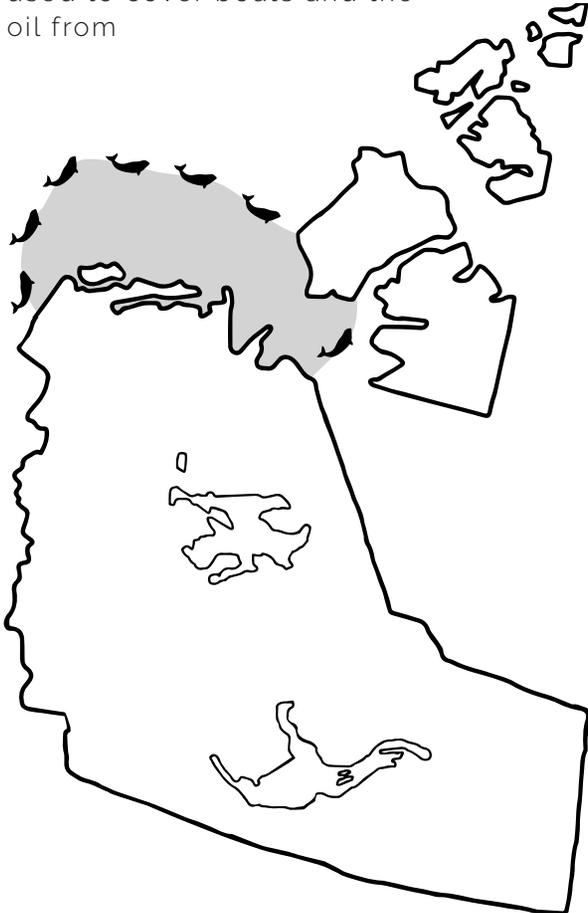


Beluga & Bowhead Whale is Good for Us!

In Northern cultures food is shared. When a whale is killed the community enjoys a bounty of healthy food from a single animal. Beluga meat, blubber and skin are prepared and eaten in many ways. Aging food is a traditional practice used to develop a desirable flavor. In the past, whale skin was used to cover boats and the oil from



whale blubber was used for fueling lamps.

Did you Know?

Whale skin, meat, and blubber are eaten raw, aged, dried, cooked or boiled in soups and stews. Many people like the skin – maktaaq or muktuk – best. The skin can be eaten raw, aged or cooked and is also a favorite, as are the cartilage and bones near the flipper. A large beluga can provide up to 44 pounds of meat, 110 pounds of maktaaq and 66 gallons of oil.

Except for the blubber, whale is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin and blood.

Dried whale meat is an excellent source of iron, providing all of the iron we need in one day from one serving. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

Whale liver, skin and blubber are excellent sources of vitamin A. One serving provides more than seven times the amount our bodies need. Vitamin A keeps our skin, bones, and eyes healthy.

We can get important amounts of

vitamin A, C, B and protein from the skin of maktaaq.

Preparation: Whale meat can be prepared by pan-broiling the square steaks and serving them sizzling hot. Whale meat is also excellent for soup stock, stews, roasts, and curries. Another way to enjoy whale is to eat the muktuk (the outer covering of the whale), which is traditionally eaten raw or cooked.

Finest Pickled Muktuk

Boil muktuk for thirty minutes. Rinse well in hot water twice. Use plenty of salt and pepper while boiling.

Make Brine (4 pints):

- 2 cups white vinegar
- 1 $\frac{3}{4}$ cups sugar
- 4 bay leaves
- 5 cloves
- 2 teaspoons mustard seed

Let it stand in the refrigerator for one week. Then store in cool place.

- 1 teaspoon black pepper
- 1 teaspoon allspice
- 1 teaspoon pickling spice

Instructions: Bring to a boil for ten minutes, let is cool. Put Muktuk in jars with slices of onion, lemon and orange. Pour brine over the muktuk.

