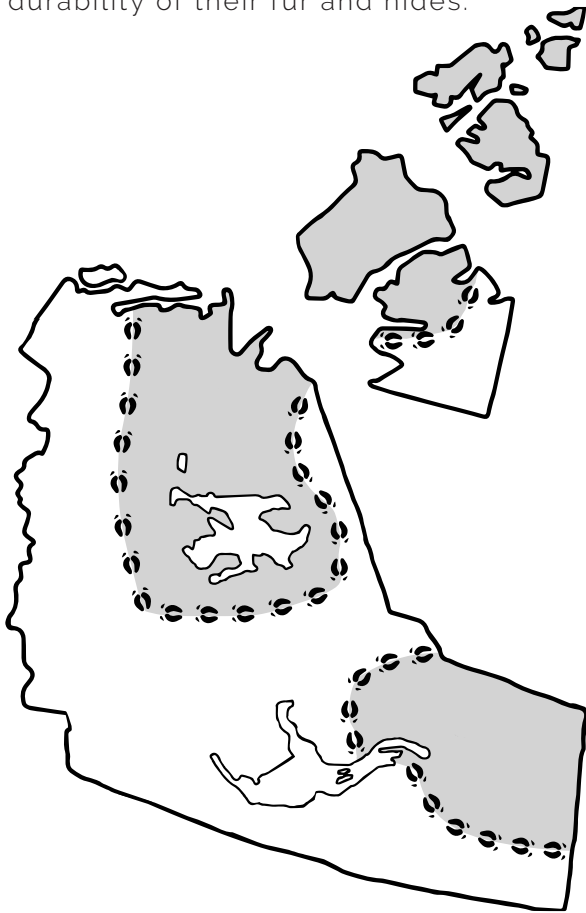


Muskox is Good for Us!

Muskox have roamed the Canadian Arctic for thousands of years. As survivors of the last ice age, they are perfectly adapted to life in the harsh climates of the Canadian North. Known to the Inuit as "Umingmak" or bearded one, they have been part of the traditional lifestyle for centuries and are prized for their nutritious meat as well as the warmth and durability of their fur and hides.



Muskox are found on Arctic coasts and islands with sightings in the Sahtu and Mackenzie Delta regions. There have been sightings of Muskox as far south as Yellowknife area. Muskox are harvested by a quota system to protect the number of animals. People hunt muskox for food and to use the thick hides for blankets and rugs. The inner wool of qiviut of the muskox is used for weaving and knitting. These woven goods bring high prices because the wool is very soft and warm.

Did you know?

The deep purple meat from muskox is a gourmet's delight and is a naturally 'organic' alternative to beef. Used for centuries in traditional Inuit cooking, muskox is prized for its lean yet well-marbled meat. Muskox roam free in the Canadian North feeding on natural lichen, grasses and sedges during summer and woody plants during winter. It is their natural diet and pristine habitat that makes them a truly natural food source. Their diet and habitat contributes to the leanness of the meat, the tender texture and the deep, rich flavour.

The parts of a Muskox eaten the most are the meat, fat, bone marrow, tongue, and heart.

Muskox meat is low in fat (17%) compared to beef, pork, or chicken

(35-55%). Traditional animal fats are healthier for us.

Muskox meat is an excellent source of protein. Protein keeps us healthy by building and repairing our muscles, skin and blood.

Muskox meat is an excellent source of iron. 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.

Muskox meat is an excellent source of B Vitamins. B vitamins are important for growth and healthy skin, hair, nerves and muscles.

Muskox meat is a good source of Vitamin D. Vitamin D helps keep our bones and teeth healthy.

Preparation: Muskox can be prepared much like moose: roasted, fried, grilled, boiled, and used in casserole dishes.

Cooking Instructions: For steak, roast and loin cuts cook to medium-rare at to preserve the tender texture. Over-cooking can result in tough and chewy meat. For other cuts such as legs and shoulders, braise in liquid either on the stove or in the oven at a low temperature for a long period of time to break down the meat into meltingly tender mouthfuls.

