

## Muskrat is Good for Us!

The muskrat is appreciated by the Dene as an animal that restores the land after a flood and keeps the rivers and lakes flowing. It is important to pass down knowledge and skills need to hunt, trap, and cook muskrat. The hide is used for clothing and the fur trim for slippers and mitts.

## Did you know?



Muskrat meat is an excellent source of B Vitamins. B vitamins, such as niacin, riboflavin and thiamine, help our bodies use energy from foods. B vitamins are important for growth and healthy skin, hair, nerves, & muscles.

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

Muskrat 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.

Muskrat is a fair source of Vitamin C, which keeps our gums, teeth and skin healthy.

The total amount of fat in muskrat meat is low (17%) compared to beef, pork and chicken (35-55%). Traditional animal fats are healthier for us.

**Fun Fact:** Muskrats mainly eat plants so the flesh is sweet and palatable. Muskrat meat is similar to rabbit, with darker meat!

**Preparation:** Muskrat can be boiled, baked, roasted or smoked. Muskrat tail is smoked to singe off the outer skin. The tender meat found inside is considered a delicacy. Smoking or drying helps preserve the meat and increases the amount of nutrients due

to moisture loss during the drying process. Smoked or dried meat is good to take travelling and for snacks.

## Baked Muskrat

### Ingredients:

- 3-4 Muskrats, skinned & gutted
- 1/2 onion
- salt & pepper to taste
- garlic powder to taste
- butter

**Instructions:** Place the cleaned muskrat in a baking pan lined with tin foil. Pat with butter, salt, pepper and garlic to taste. Add onion chunks. Bake uncovered until browned and crispy at 350 degrees for 30 minutes to an hour depending on your stove. Serve with baked potatoes and or carrots. They taste like Springtime!



