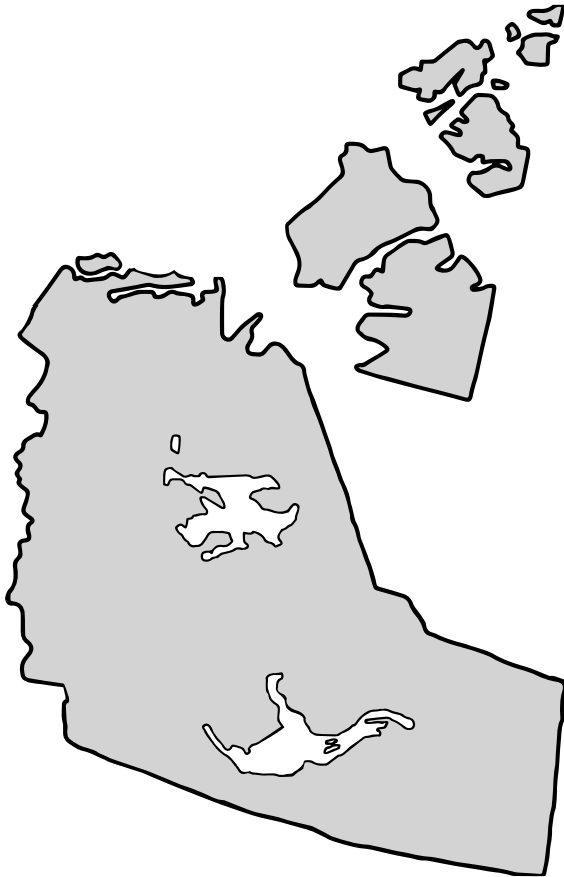


Caribou is Good for Us!

Caribou is an important part of our northern diet for Inuit and Dene cultures & has been for generations. Almost all of the parts of the caribou are eaten, including the tongue and bone marrow. A single caribou provides a remarkable array of materials used to provide tools, clothing, shelter and crafts, as well as food. There is no waste of a caribou. In some areas, caribou hunting is



managed to help herds continue to recover and increase in size. For that reason, caribou may not be as available to all northerners as in the past. Check with your local Renewable Resources Offices regarding hunting restrictions in your area.

Did you know?

Caribou meat is eaten raw, frozen, aged, roasted, dried, or made into jerky, sausage, roasts and steaks. Smoking or drying helps preserve the meat and increase the amount of nutrients due to moisture loss during the drying process. The hides are used for clothing and crafts and to sleep on when out on the land.

Caribou meat eaten raw, frozen, boiled or dried, is an excellent source of protein. Protein keeps us healthy by building and repairing muscles, skin, and blood.

Caribou liver and stomach contents supply Vitamin A. Vitamin A is needed for healthy skin, bones and teeth as well as to help fight sickness.

Most caribou parts are excellent sources of iron. Iron keeps us from getting tired by making healthy blood that flows through our bodies, giving us energy to be active and grown strong.

Caribou stomach meat is low in fat (14%) compared to store-bought meats, such as beef, pork & chicken (35-55%). The types of fats found in traditional animals are also healthier for us as they are usually lower in saturated fat.

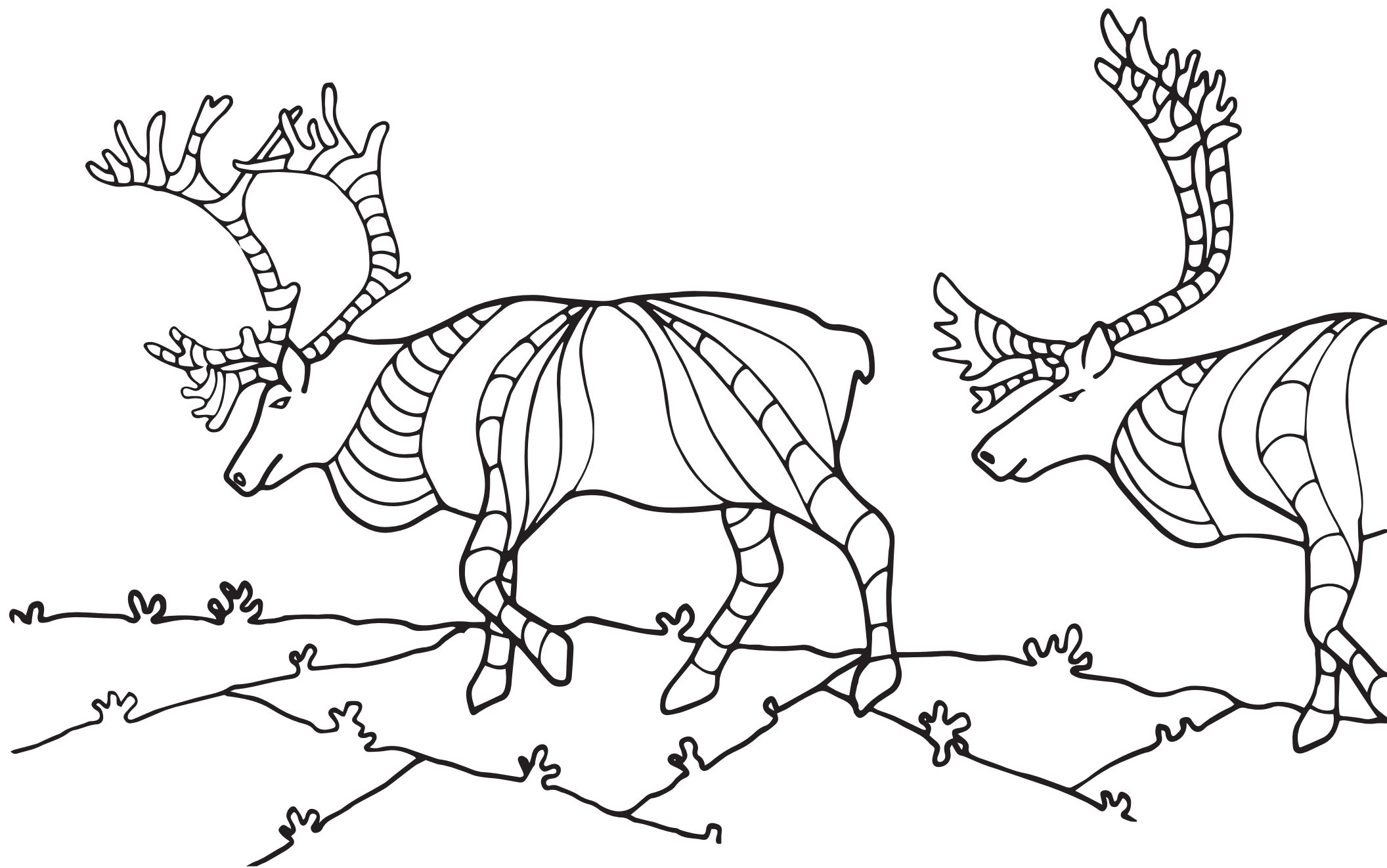
Caribou is an excellent source of B vitamins, which help our bodies use the energy from foods. B vitamins are also important for healthy skin, hair, nerves, muscles and healthy growth and development.

Fun Fact: Caribou is the only animal for which there are hunting songs, which came to the hunter as he awakened. It has been said that a caribou would "sing through" a person, either to let them know it was nearby or to reveal a taboo that had been broken.

Slow Cooker Caribou Roast

- 2 (10.75 oz) cans condensed cream of mushroom soup
- 1 (1 oz) package dry onion soup mix
- 1 1/4 cups water
- 5 1/2 pounds caribou roast

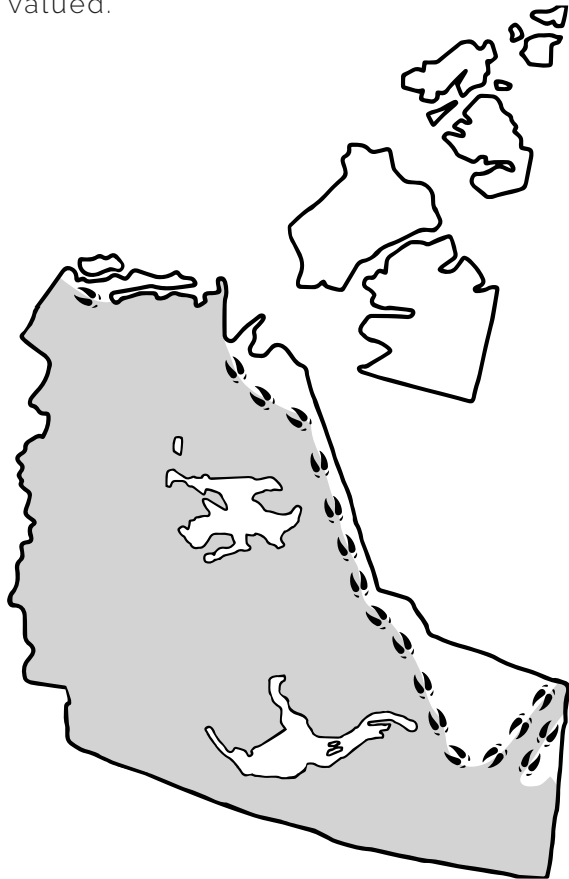
Directions: In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water. Place pot roast in slow cooker and coat with soup mixture. Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.



Moose is Good for Us!

Moose is an important food source in northern diets. Moose provides many nutrients which help build and repair body tissues in order to keep us healthy. With a single animal yielding as much as 300kg of meat, moose continues to be a staple food source for many families.

Moose hair tufting is a traditional craft that is unique and highly valued.



Moose hide tanning is the traditional way to prepare hides. Many people work together to complete the process. Brains of the animal, patience and time are required to successfully tan a moose hide.

Tanned moose hide is used to make footwear and clothing. Smoking or drying helps to preserve the animal parts and increases the nutrient content due to moisture loss during the drying process. Smoked or dried meat is great to take travelling and for snacks.

Did you know?

Moose has the least amount of fat of all local animals. The amount of fat in moose meat is low (1%) when compared to 35-55% for beef, pork or poultry.

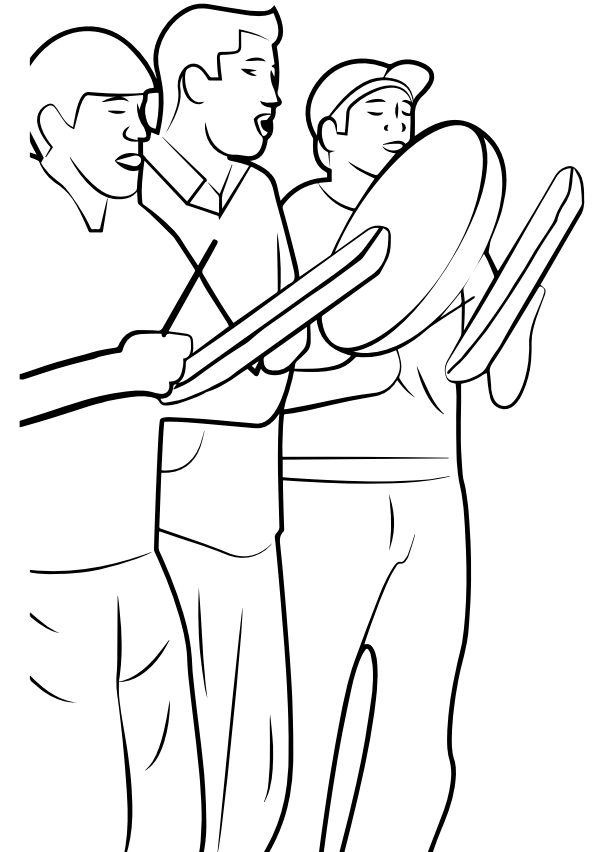
Roasted moose meat is an excellent source of B vitamins, such as niacin and riboflavin. These vitamins help our bodies use energy from foods and are important for healthy skin, hair, nerves and muscles as well as healthy growth and development.

Roast moose meat is also an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Preparation: Moose meat can be eaten raw, frozen, boiled, baked, grilled, fried, or dried.

Moose Stew Recipe

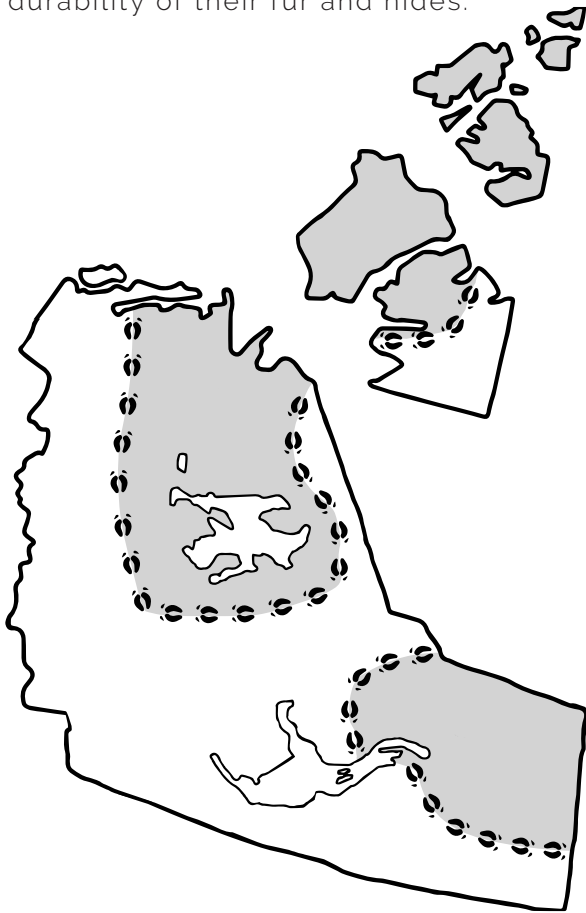
The moose parts saved for stew are the tongue, nose (shave hair off), and heart. To prepare, boil for 2-3 hours, add macaroni/rice, vegetables (potatoes/carrots, and canned tomatoes).





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 sighting 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.

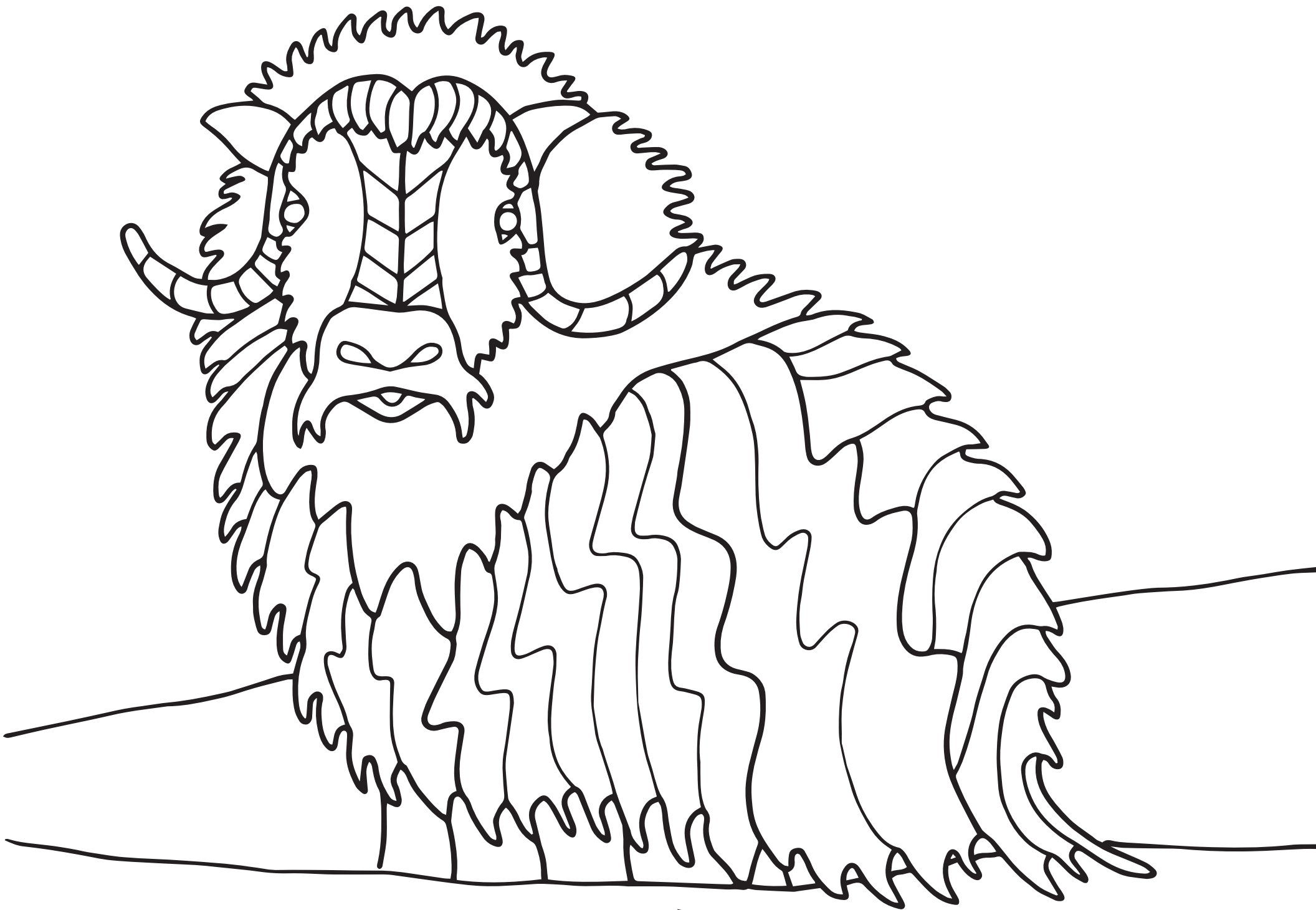
Muskox meat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and grow strong. Healthy blood keeps us from getting tired.

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.

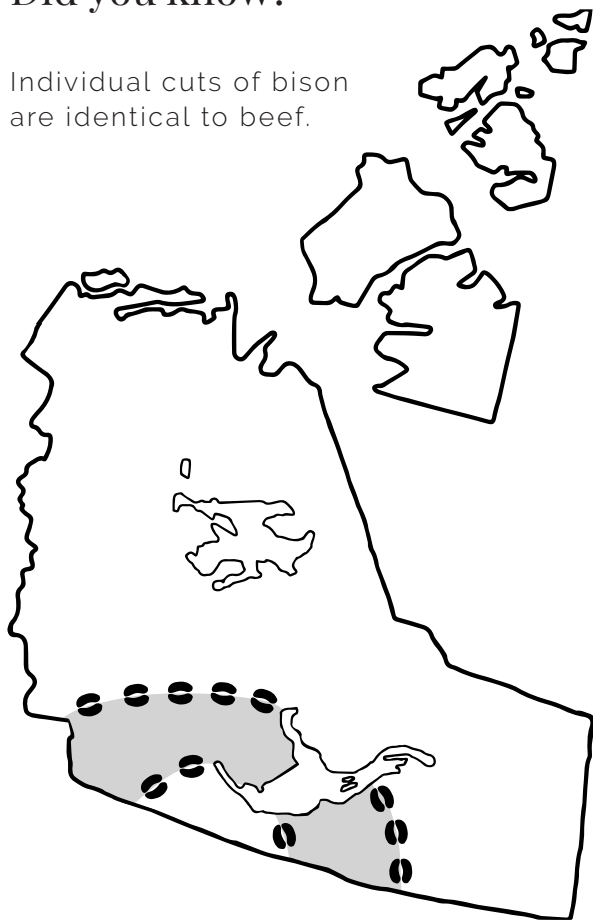


Bison is Good for Us!

Wood bison are found in three populations in the Northwest Territories: the Mackenzie, Nahanni, and the Slave River Lowlands. Bison meat is a flavourful, tender and lean red meat alternative. Bison meat is similar to fine beef with a slightly sweeter and richer taste!

Did you know?

Individual cuts of bison are identical to beef.



Bison can appear to be a deeper red due to the fact that bison has lower fat content, thus less marbling than beef.

Bison meat is a nutrient dense food because of the proportion of protein, fat, mineral, and fatty acids to its caloric value.

Bison meat is an excellent source of protein. Each serving contains about 22 grams of protein which is then used in the body to build and repair muscles, skin and blood. Protein also helps fight sickness.

Bison meat contains the "essential fatty acids", omega - 3 and omega - 6 fatty acids. Omega 3 fatty acids help protect against heart disease, prevention for cancer and have been shown to help fend off Alzheimer's disease and reduce the likelihood of heart attacks.

Bison meat is an excellent source of iron. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

Uses other than food...

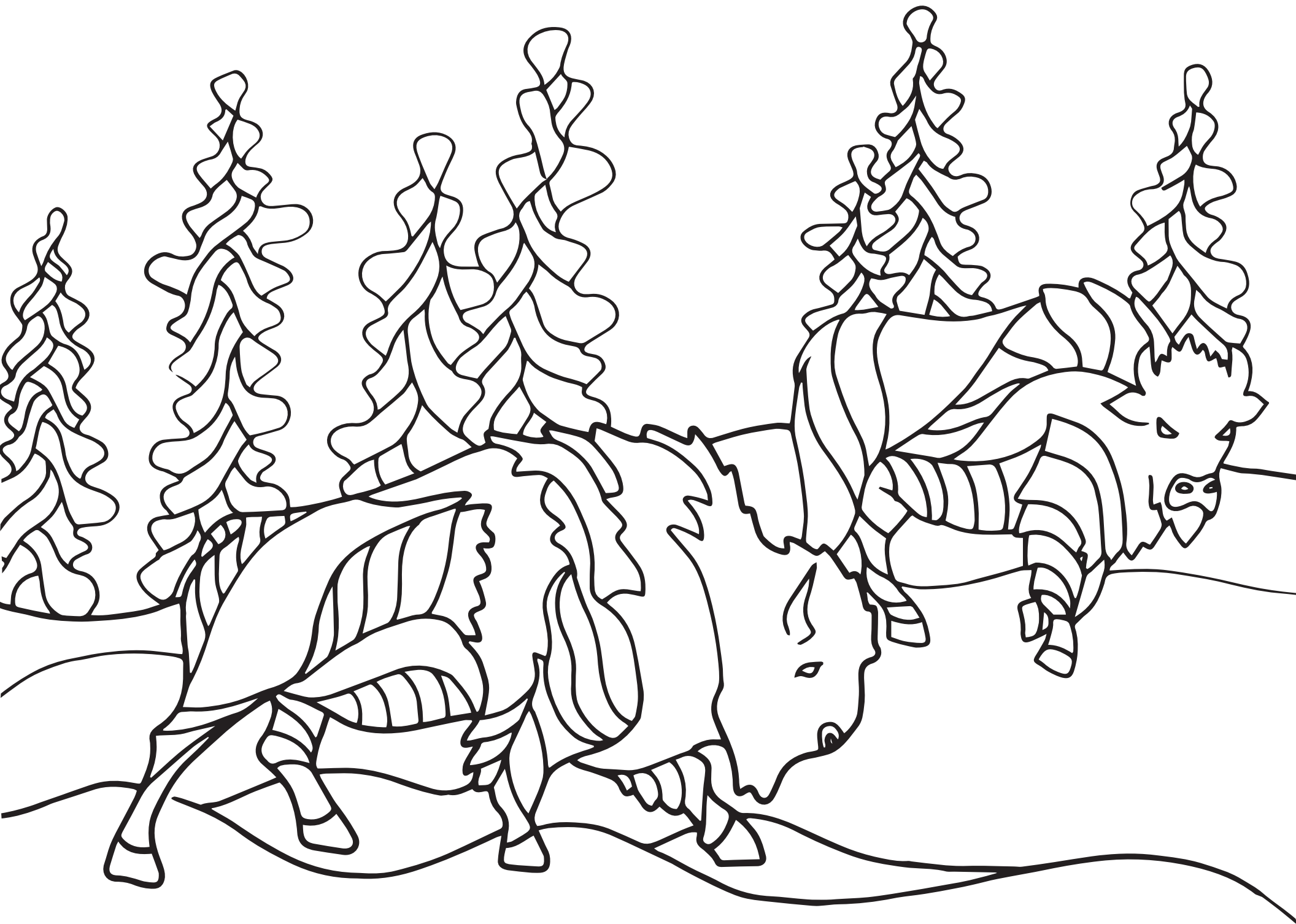
All parts of the bison are used, nothing is wasted. Horns and hoofs were used for spoons and utensils,

intestines as containers, tails as fly swatters, hair woven into ropes or used to stuff pillows, sinews as thread and bowstrings, and droppings as fuel when wood was scarce. Hides were always used to their fullest! A few uses are: tipi covers, bags to carry babies and also used to sit on, sleep on or as clothing.

Fun Fact: The woodland bison was hunted by cultures of the far North, although never in summer months because of the overwhelming mosquito population.

Bison Broth

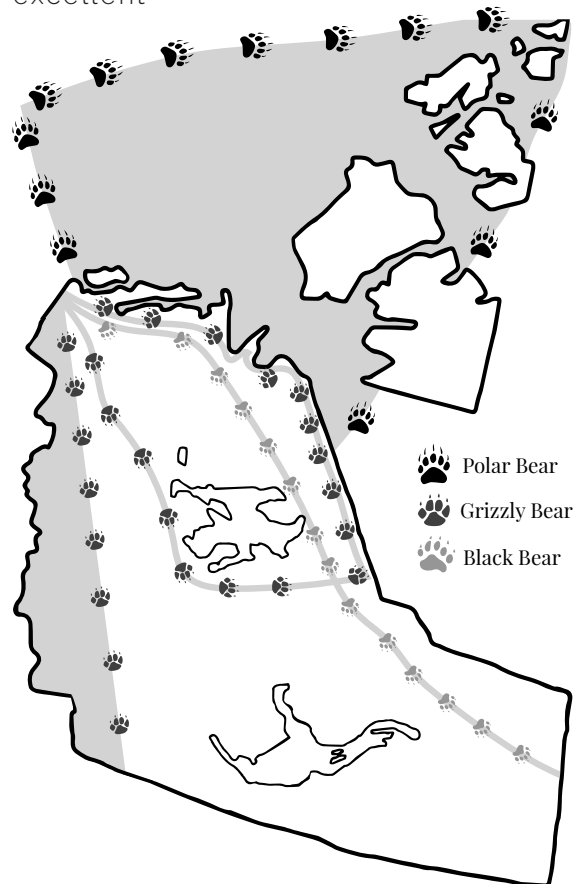
Directions: **1.** Brown bison bones in the oven for best flavor. (To do so, place the bones in a 350-degree oven, give or take, until brown.) **2.** Place bison bones in a crock pot or soup pot. **3.** Add vegetable scraps as they are available. **4.** Cover bison bones and scraps with water: Set the water level about one-inch above the bones. **5.** Add two tablespoons of apple cider vinegar or other culinary vinegar. **6.** Cover the pot and set on low (crock pot) or simmer (stove top). **7.** Keep the lid slightly ajar as the bison broth warms up to avoid boiling. (Or don't worry about it, but do make sure your liquid does not boil out or you will be left with burned bones.) **8.** Strain the bison broth about 24 hours later. **9.** Use the fresh bison broth for dinner. (Add the dinner vegetable scraps to the next batch of broth.) **10.** Add water to the bones again and make a second batch of broth. (Keep doing this until you are tired of it or your bones have disintegrated.)



Bear is Good for Us. Did you know?

Black Bear, Grizzly Bear, and Polar Bear cooked meat is an excellent source of protein. We need protein to build and repair our muscles, skin and blood. Protein also helps us fight sickness.

Black Bear, Grizzly Bear, and Polar Bear cooked meat is an excellent



source of iron. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow. Healthy blood keeps us from getting tired.

Black Bear and Grizzly cooked meat is an excellent source of B vitamins. B vitamins help our bodies use energy.

Polar Bear fat is an excellent source of vitamin A. Vitamin A is needed for healthy skin, bones and teeth. It also helps our body fight sickness.

Polar Bear fat is a good source of omega-3 fatty acids, which help protect against heart disease and may help prevent cancer.

Warning: Polar bear liver contains toxic levels of Vitamin A and should not be eaten.

Preparation: Bear meat is usually eaten baked or boiled and is never eaten raw. Bear meat should always be eaten well-cooked to avoid the disease known as trichinosis. Trichinosis is an infection caused by roundworms, found in raw or under cooked bear meat. (Aging or freezing does not destroy the worms found in bear meat).

NWT Secret

What do you get when you cross a Grizzly with a Polar Bear? No, really,

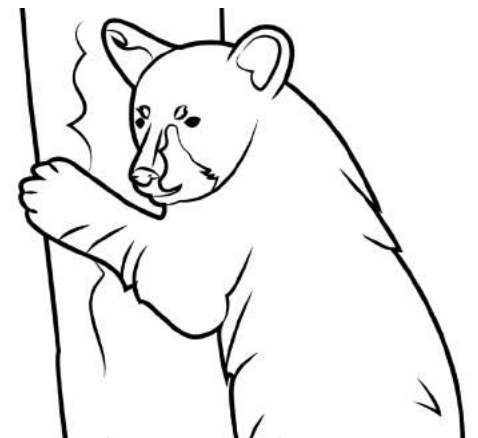
we're looking for some consensus. Whether Pizzly, Grolar, or Nanulak, the hybrid has been spotted in the wild in Sachs Harbour & Ulukhaktok. Get yourself up to the High Arctic and you might just secure the third confirmed wild sighting in the world!

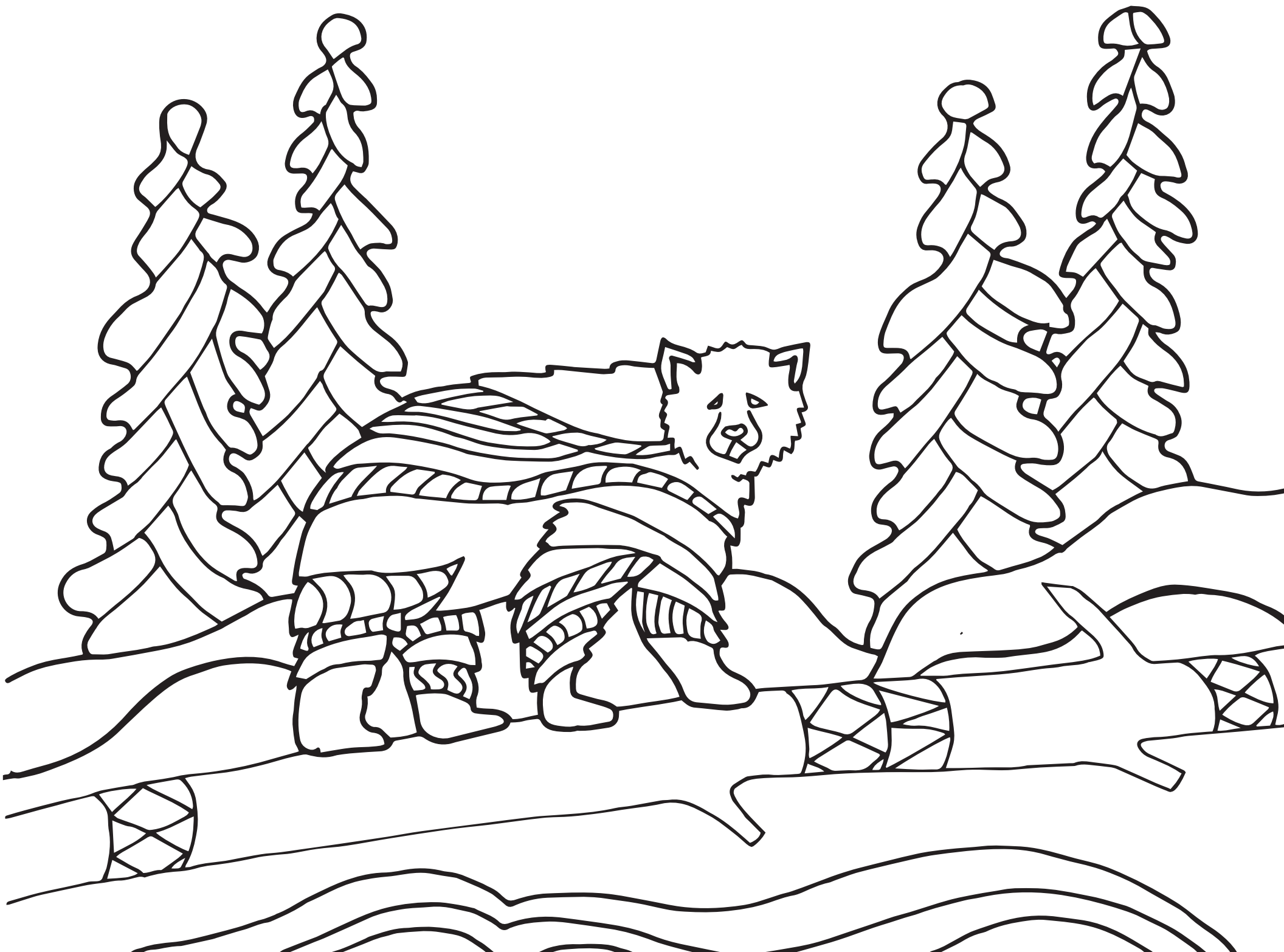
Dutch Oven Bear Steak

Ingredients: Bear steaks, approx. $\frac{3}{4}$ to 1 inch thick. Marinate overnight in soy sauce, onion and garlic.

- 1 to 2 cans tomato soup
- 1 can of water
- 1 tsp. lemon juice
- $\frac{1}{2}$ tsp. cinnamon
- 1 tbsp. wine vinegar

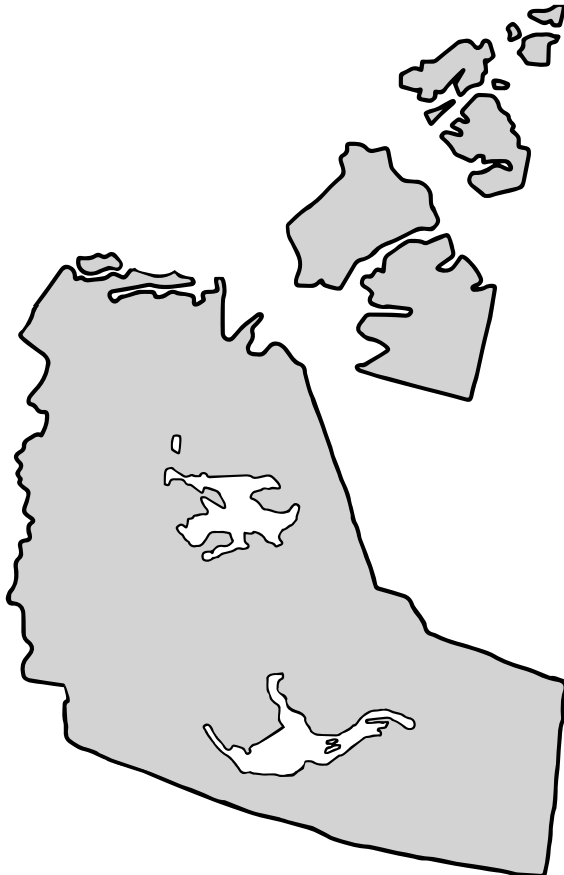
Instructions: Wipe steak dry, then put olive oil in Dutch oven and brown both sides. Add salt and pepper, $\frac{1}{2}$ tsp. cinnamon and add marinade and simmer until nice and tender.





Rabbit and Hare is Good for Us!

Rabbit is an important traditional food that can be hunted all year round. Numbers of rabbits change over a ten year cycle. People snare and freeze rabbits when there are many available. Rabbit/hare is usually baked, boiled or cooked in stews. The fur is used for clothing, trim for moccasins, mitts and for crafts.



Did you know?

The fat content in rabbit and hare meat is very low (1%) when compared to beef, pork and poultry (12-20%).

Rabbit and hare meat are excellent sources of protein. Protein also keeps us healthy by building and repairing our muscles, skin and blood.

Rabbit and hare meat are excellent sources of iron. Iron helps make healthy blood that flows through our bodies, giving us energy to be active and to grow strong. Healthy blood keeps us from getting tired.

Rabbit and hare are excellent sources of the B vitamins B12 and niacin. These vitamins help our bodies use energy from food, and are important for growth, healthy skin, hair, nerves and muscles.

Preparation: Rabbit and hare is usually baked, boiled or cooked in stews. By preparing foods in traditional ways to avoid too much added sugar, fat and salt. Try rabbit or hare stew with carrots, onions, and potatoes for a tasty meal.

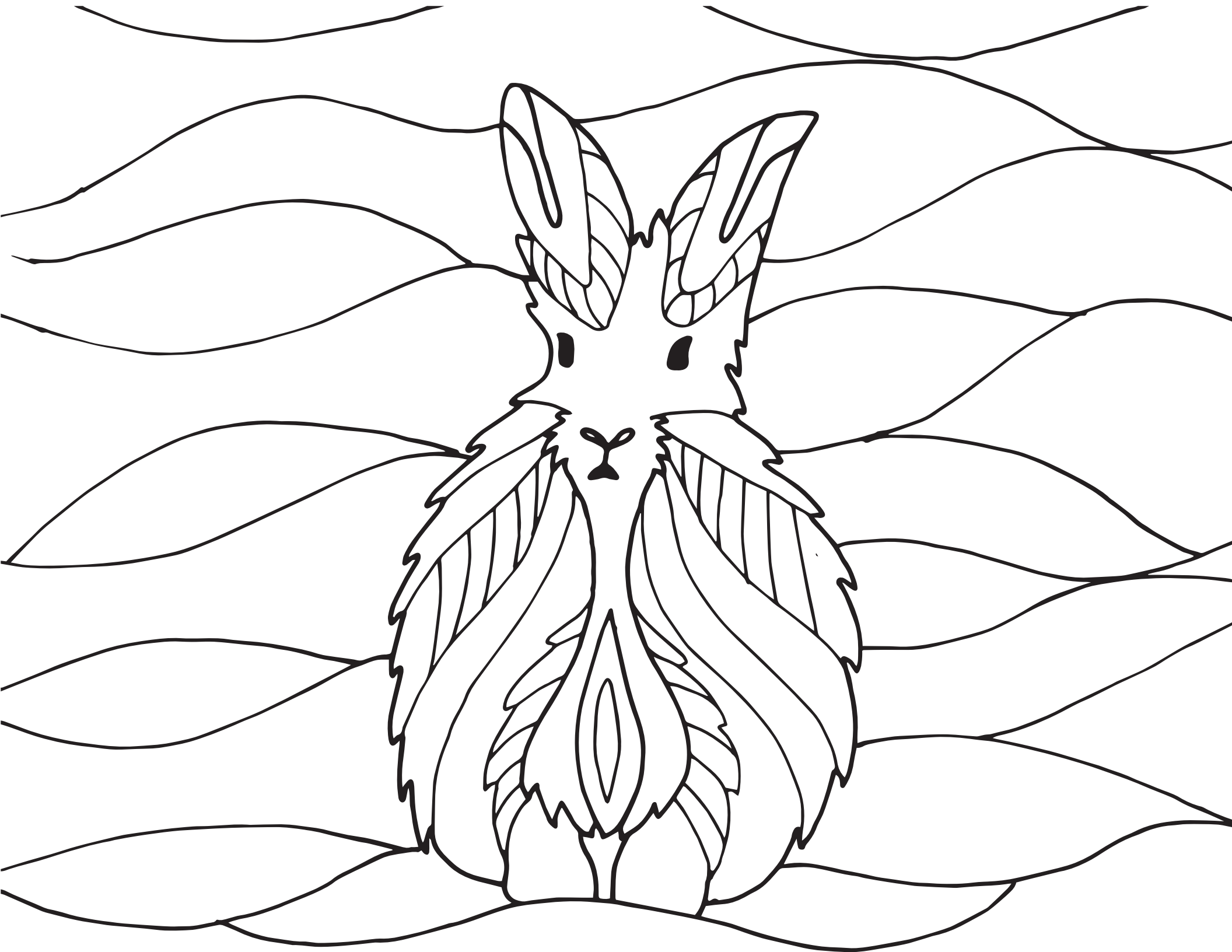
Fun Fact: "They have deep, warm fur, but their skin is very fragile and easily torn... In early days they cut the hide spirally to make long strips, which they wove into garments or blankets. The overgrown, furry feet served as

washcloths and dishrags and children also made toy dogs of them"

- Prayers to the Raven

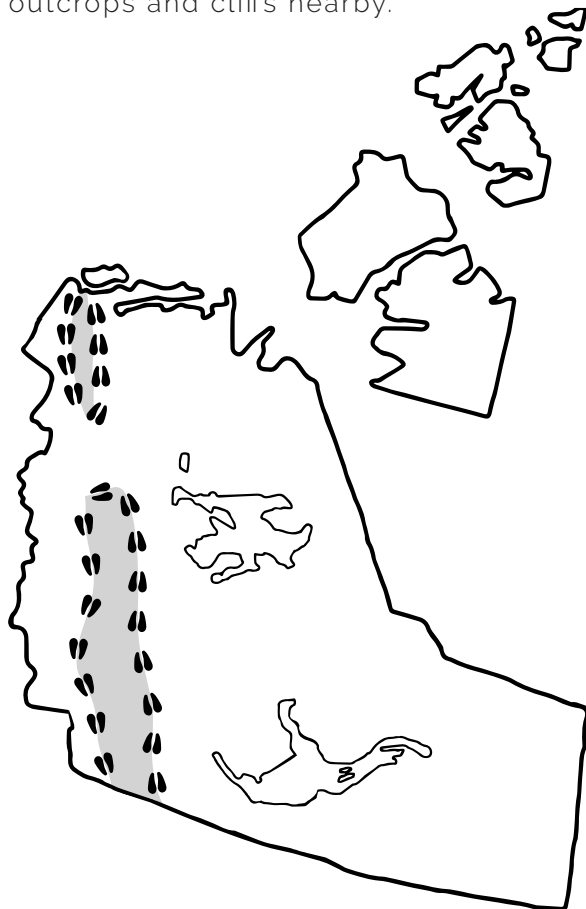
Traditional Rabbit Stew

- Cut the rabbit meat into small, bite-sized chunks. Mix together flour, rosemary, oregano, parsley, and salt. Then coat rabbit meat with flour mixture, saving any remaining flour mixture.
- Melt butter in Large stew pot, and add onion. Cook until golden brown, adding an optional pinch of sugar.
- Stir in garlic. Cook together for 2 or more minutes.
- Add floured rabbit meat, and fry until cooked.
- Add cold water and diced vegetables.
- Simmer at least 1 hour, or until vegetables are done.
- Mix 1/2 cup of hot water with remaining flour mixture and add to stew.
- Boil 2 or more minutes until desired thickness is reached..



Dall Sheep is Good for Us!

Dall sheep challenge the hunters, wildlife watchers, and photographers who pursue them. The sheep too are challenged - by the harsh environment in northwestern Canada. The sheep live mostly above timberline on ridges, dry meadows, and steep mountain slopes in the MacKenzie Mountains and Richardson Mountains. There are always rocky outcrops and cliffs nearby.



The sheep rarely venture far from this rugged terrain, using it to escape predators, including wolves, golden eagles, bears, and humans.

Their cloven hooves with rough pads help them cling to cliff edges and broken ledges. In spring and early summer, dall sheep often visit mineral licks to restore the nutrients they lost during the long winter.

Did you know?

Dall Sheep is a type of red meat, a term used for the meat of mammals, which is richer in iron than chicken or fish. Many think that there is no better meat. It will be tender and won't be strong, if you care for it properly.

The meat of young sheep, in their first year, is known as lamb, whereas mutton is a term used for the meat of adult sheep.

Being rich in high-quality protein and many vitamins and minerals, lamb can be an excellent component of a healthy diet. The protein content of lean, cooked lamb is usually 25-26%. We need protein to build and repair our muscles, skin and blood.

Lamb meat is a high-quality protein source, containing all of the essential amino acids needed for the body's growth and maintenance. Omega-3

fatty acids help protect against heart disease and may help to prevent cancer.

Lamb contains varying amounts of fat, depending on level of trimming and the animal's diet, age, gender, and feed. The fat content may range from 17-21%.

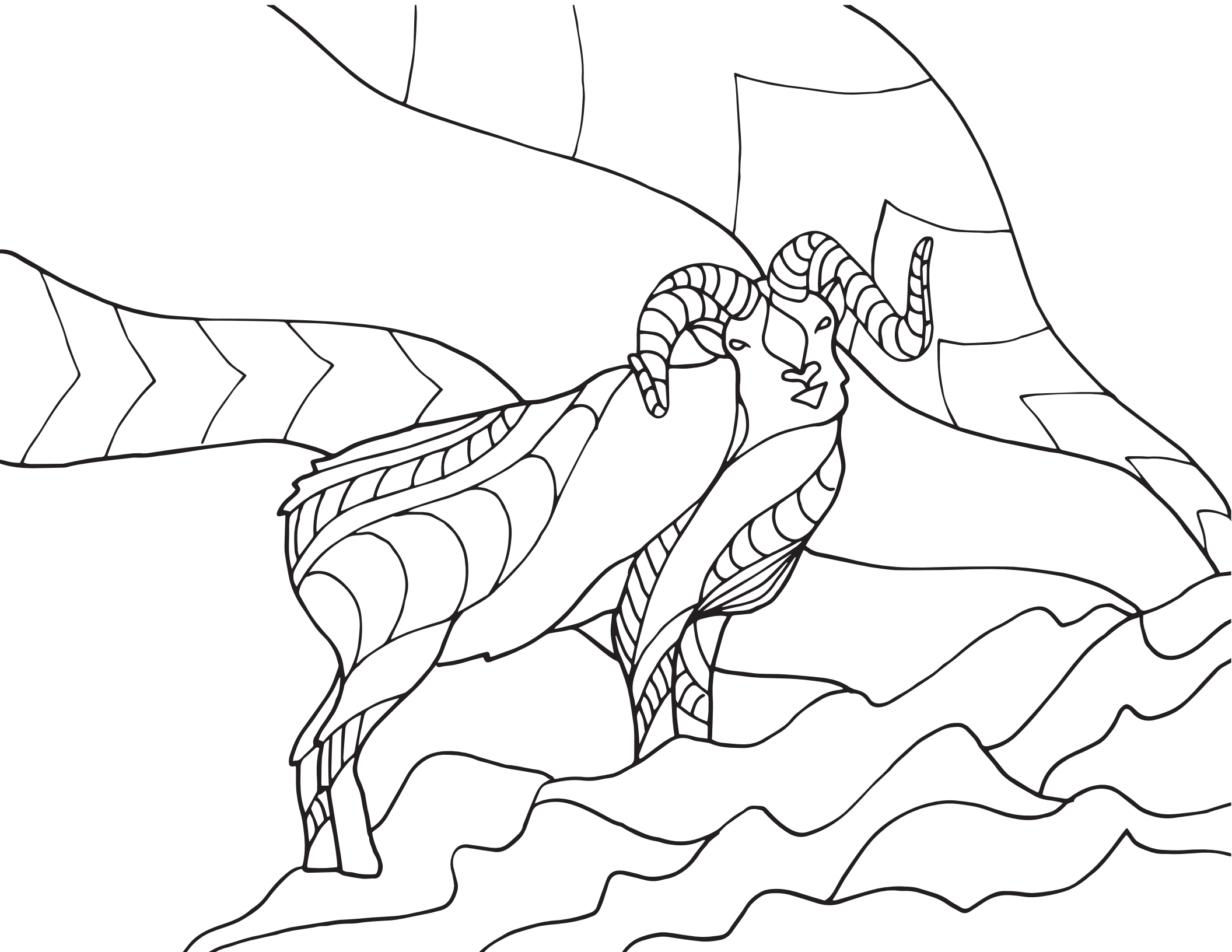
Lamb is a rich source of many vitamins and minerals, including vitamin B12, iron, and zinc.

Preparation: Cook it as you would, elk, moose, and venison. It is most often eaten unprocessed, but cured (smoked and salted).

Uses other than food: Sheep horns to make dishes and ladles, and knife handles by boiling the horns until soft and then molding and pressing them into desired shapes.

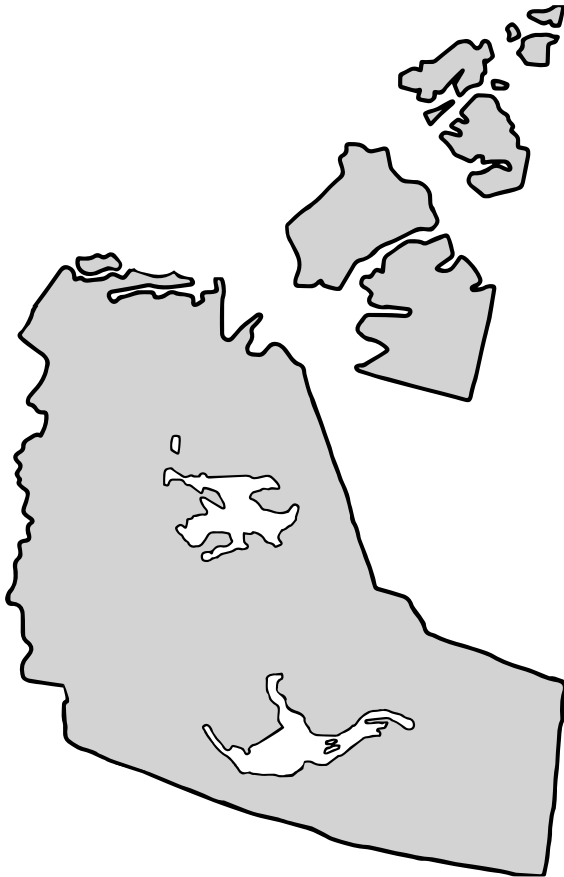
Bighorn Sheep Fun Fact: The sheep's horns can weigh up to 30 pounds per set. The sheep themselves can weigh up to 300 pounds.





Ptarmigan & Grouse is Good for Us!

Unlike duck and geese, ptarmigan and grouse live year round in the North. Their feathers change with the season – white when there is snow and darker in the summer. They are known for coming and going. They seldom stay in one area for a long



time. It is said that when a fox is around, ptarmigan move into the hills. Ptarmigan are generally an easy bird to hunt and provide nutrient-rich meat. Northerners like to store them in the freezer for year round use.

Did you know?

Ptarmigan meat is rich and dark and has much more iron than chicken meat. Ptarmigan is usually eaten baked, fried, boiled or in soups. The parts of the Ptarmigan that are eaten most are the meat, heart, gizzards and liver.

Ptarmigan and grouse meat are excellent sources of protein. Protein keeps us healthy by building and repairing our muscles, skin, and blood as well as helping us fight sickness.

Ptarmigan meat is an excellent source of iron. One serving provides 50% of the iron we need in a day. Grouse meat has less iron than ptarmigan but is still a good source. Iron helps make healthy blood that flows through our bodies giving us energy and making us grow and keeps us from getting tired.

Ptarmigan meat is fair source of Vitamin A, Vitamin A is needed for healthy skin, bones, and eyes. It also helps keep our bodies healthy.

Fun Fact: Hunters report that ptarmigans follow caribou, eating in places where caribou pawed through the snow to get to the berries and moss. Ptarmigan feathers are super absorbent and were traditionally used to clean things up, similar to how paper towels are used today!

Pan-Fried Ptarmigan

Cut the meat off the bones of a ptarmigan. Dip the meat into a beaten egg. Crush 20 or so Ritz or Club crackers in a ziplock bag. Add to the bag: ¼ teaspoon of salt ½ teaspoon of pepper 1-2 teaspoons of granulated garlic. Add the meat to the bag and shake until the meat is coated. Let the meat stand for 10-15 minutes with the coating on it. Then melt 1-2 tablespoons of butter in a frying pan and over medium heat fry the meat on both sides until the meat is cooked and the coating is golden brown. Serve with potatoes or rice and vegetables.

