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Tuktu Stew

Recipe by Rhoda Katsak

Mittimatalik, May 2023

Ingredients

Tuktu
Minestrone Soup mix
Celery
Peas
Carrots
Potatoes
Barley
Onions

INUKSIUTIT: Food Sovereignty in Nunavut Δρίγρης: σ'βτριαίσι Δρας σ'βτρταίσι Δρας σ'βτρταίσι Καριαίσι Καριαίσι

Inuksiutit: Inuit Food Sovereignty in Nunavut team members are working collaboratively with Inuit Nunangat communities establishing research priorities and recording knowledge about Inuit country food harvesting, country food preparation and nutrition. Our goals are to promote the health benefits of Inuit country food, better understand the richness of Inuit cuisine, and advocate locally, nationally, and internationally for resilient Inuit country food systems and food sovereignty. This research project will run from 2022-2025 and is funded by the Canada-Inuit Nunangat-United Kingdom Research Programme (CINUK).

In Mittimatalik, the Inuksiutit Project team members are: Rhoda Katsak, Dana Katsak, Damian Enoogoo, working with Nancy Wachowich, Jessica Penney and Peter Loovers.

Rhoda Katsak is the Project Lead in Mittimatalik.



