

SEAL

BOILED & FRIED

As made by Regilee Ootova



Mittimatalik, May 2023



SEAL BOILED

is made from certain parts of the seal that will soften when boiled in water. In this recipe, Regilee slow cooks the seal meat.

Ingredients

- Seal
- Potato (2)
- Celery (2)
- Onion (2)
- Carrot (2)
- Water
- Tomato Vegetable soup mix (one packet)
- Salt

Tools

- Water can
- Spoon (large)
- Measuring cup
- Two pots
- Large Bowl
- Fork (for roast)
- Freezer bags
- Baking tray



Steps

Preparation



1. Peel carrots and celery. Cut into chunks.
2. Peel potatoes and cut into chunks of about the same size.
3. Peel onion, cut into slices.
4. When butchering the seal meat for boiling, remove all the joints first.
5. Put aside any thin slices from the shoulder blade for frying later.

Steps

Cooking

1. Put thicker cuts of seal into metal pot.
2. Add jug of water to the pot.
3. Add tomato and vegetable soup mix.
4. Bring to boil.
5. Add carrots, celery and sliced onions with a tablespoon of salt into boiling pot.
6. Boil slowly over a medium heat as this cooks the seal better and thickens the liquid.
7. Stir pot occasionally until the seal meat is well cooked and the vegetables are soft.



SEAL FRIED

In this recipe, Regilee fries the meat with her special spice mix.

Ingredients

- Seal
- Onion (1)
- Crisco oil
- Regilee's spice mix

Regilee's SPICE MIX

- Garlic Powder (1 tablespoon)
- Paprika (1 tablespoon)
- Pepper (1 tablespoon)
- Salt (4 tablespoon)
- Jalapeno peppers optional

Tools

- Knife and Ulu
- Frying pan with lid
- Cutting board or carboard
- Large plate with curved edges
- Bowl and Empty spice sprinkle shaker
- Large metal fork/spoon



Steps

Preparation



1. When cutting defrosted seal meat, remove all the joints first.
2. Put aside thin slices from shoulder blade area and liver to fry.
3. Place onto deep big plate to stop blood spilling over from defrosted seal meat
4. Cut up and slice onion. Mix together in a bowl all the spices for Regilee's Spice Mix.

Steps

Frying

1. Heat up Crisco oil into frying pan
2. Add thin cuts of seal meat
3. Add sliced onions.
4. Sprinkle over a spoonful of Regilee Spice Mix.
5. Cover with a lid to cook.
6. Use large metal fork to turn the meat over to fry on both sides from time to time.
7. Once onions soften and meat cooks.
8. Remove from frying pan and put onto plate with fork.
9. Pour over gravy with onions from frying pan.



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