

# SEAL STEW

As made by Rhoda Katsak



Mittimatalik, May 2023



# SEAL STEW

can be made in various ways. In this recipe, Rhoda Katsak adds minestrone soup mix, vegetables, barley, and potatoes.

## Ingredients

- Seal meat
- Seal intestines
- Seal heart
- Water
- Onions
- Beef soup dried stock (2 packets)

## Tools

- Knife or Ulu
- Cutting board
- Metal tray
- Cooking pot
- Big spoon



# Step One

## Preparation

1. Cut ribs with a bit of fat away from the ribcage.
2. Squeeze out and discard what comes out of the braided intestines.
3. Cut away hard part of heart to eat another time.



# Step Two

## Cooking

1. Put sliced onions, ribs, meat and soft part of the heart, into cooking pot on stove.
2. Pour water over the meat, just enough to cover.
3. Add 2 packets of dried beef soup stock.
4. Move the meat around the cooking pot constantly, as it starts to boil and expand.
5. Flatten down the bubbling broth, with the back of a spoon to tell if it cooked.
6. When the intestines are cooked, they become curly.
7. Lift out all the cooked country food onto a metal tray.
8. Use a mug to scoop out the broth to drink.



# Rhoda mentions

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Using the Ulu helps to cut each curved rib out from the ribcage, instead of cutting straight with a knife. Keep a bit of fat on each cut rib.

Use big metal pot as seal meat gets bigger when cooking (unlike polar bear that shrinks).

Usually the hard part of the heart is eaten raw.

Kids love cut up intestines as they look like macaroni noodles!

Rhoda loves eating seal with HP sauce and pickled cauliflower/gherkins!

This recipe booklet was made as part of the Inuksiutit: Inuit Food Sovereignty in Nunavut project

