

TUKTU STEW

As made by Rhoda Katsak



Mittimatalik, May 2023



TUKTU STEW

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

Ingredients

- Caribou
- Barley (handful)
- Potatoes
- Celery & Onion (small amount)
- Mixed vegetables (frozen)
- One packet minestrone soup mix
- Water (4-5 cups)
- Pepper

Tools

- Knife or Ulu
- Cutting board
- Measuring cup
- Cooking pot
- Big spoon



Step One

Preparation

1. Dice onions, cut celery into chunks
2. Measure frozen vegetables (1 cup)
3. Peel potatoes and cut into cubes (portions: 1 potato per person).
4. Cut up caribou, trim membranes and remove. Dice meat into cube sized pieces.



Step Two

Cooking

1. Put 4 cups of water in the pot
2. Put meat, vegetables and potatoes into large metal cooking pot on the stove.
3. Add cup of frozen vegetables, 4 cups of water, a handful of barley and good shake of pepper.
4. Mix together with spoon.
5. Later add packet minestrone soup with a cup of water. Boil for 15 minutes, until meat is cooked.
6. Turn heat down. Simmer further until potatoes are soft.



Rhoda mentions

Tenderloin meat is preferred because it does not have much fat
and is good for you

Adding celery makes the stew taste zeste!

Any kind of frozen vegetables can be used.

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

