

TUNNUQ ALU

with berries

As made by Rhoda Katsak



Mittimatalik, May 2023



TUNNUQ ALU

is made of a layer of caribou fat (tunnuq) most often taken from the rump of the caribou, but it could be from any place as well if the slab is thick enough. In this recipe, Rhoda Katsak includes blueberries and raspberries, but savoury variations could be with frozen bits of caribou meat or caribou stomach.

Ingredients

- Tunnuq
- Blueberries
- Raspberries
- Crisco or seal oil
- Water

Tools

- Knife or Ulu
- Grater
- Cutting board
- Measuring cup
- Large Bowl



Step One

Trimming meat & membranes

Cut fat into pieces small enough to hold in one hand to grate. Trim meat and membranes from the fat with knife.



Step Two

Grate Tunnuq

Grate caribou fat in small pieces/thin slices with a grater, and add it into the large bowl with sliced up caribou meat.



Step Three

Add oil and water

Add any oil to the bowl. Make sure to add oil a little bit at a time. Ensure oil is gradually and fully mixed into to the fat before adding more. After mixing, add water.



Step Four

Mixing

With your hands mix well, adding more water as necessary until the fat doesn't stick to your hands anymore.



Step Five

Add Raspberries

Add frozen raspberries to the whisked tunnuq mixture.



Step Six

Add blueberries

Add a bowl of fresh (or frozen) blueberries to the mixture.



Step Seven

Mix

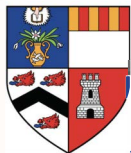
Mix the blueberries into the tunnuq .



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



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