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ARCTIC FOODS

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Chef: Ernst Dorfler • *Arctic Char with Northern Scallops and Prawns* • Recipe: Next Page

Photo by: Con Boland, Edmonton, Alberta

The Arctic Food Industry

A special Northwest Explorer Magazine report
by Kathy Kohut



Paul Marks of Ulu Foods has brought European specialty meat expertise to Inuvik and successfully adapted it to northern fish and game meats.

Photo by Tessa Macintosh (Department of Culture and Communications, GNWT)

No longer will southerners assume that exotic specialty products come only from other countries. No longer will you have to travel to Yellowknife or Iqaluit to sample delicacies like smoked Arctic char or muskox pate. These items and many more are about to appear in restaurants, in department store gourmet counters and even on board domestic airliners.

Country foods are coming south.

They recently made a spectacular debut as Team Canada's award winning entrée at the World Culinary Arts Festival in Vancouver, where 1,000 chefs from 27 countries were introduced to the potential of northern delicacies such as Muskox with Wild Rice, Loin of Reindeer and Suckling Pig, and Banks Island Crab Timbale. Team Canada walked away with second, receiving a gold medal in cold food competition and silver in hot food.

Team Canada manager Maurice O'Flynn says the use of game meats has become quite trendy in European restaurants, partly because of the

decline in consumption of beef, but also because it's an alternative to fish and poultry on the menu. He sees a great future for the export of northern country foods. However, his brief experience with northern suppliers has revealed that there is much work to be done in the North in terms of packaging and delivering the product. With

the exception of caribou and muskox, many of the seafood items shipped to him for the show were unusable. However, he said it is all part of the learning experience of an industry that is still in its infancy. But if the industry is to take off in the south, much work must be done to raise these standards, O'Flynn said "because in a sophisticated food industry good intentions don't count when you can't deliver a product."

Country foods, synonymous with northern or Arctic foods, have always been available in the North. But it has not been until just recently that harvesters of these game meats such as muskox, reindeer and caribou, and fish such as Northern whitefish and char, have begun to realize that they have a product that has the potential of becoming a \$150 million industry.

The impetus for this broad promotio-

ARCTIC CHAR WITH NORTHERN SCALLOPS AND PRAWNS

RECIPE: (Yield: 4 servings)

INGREDIENTS:

Fish:	4 x 60 grams	Arctic Char
	12 pieces	Cumberland Sound Scallops
	8 pc.(16/20)	Northern Prawns
	1 piece	shallot, chopped
		dry white wine
		salt and pepper
Couli of Tomato:	4 tbsp	tomato juice
	2 pieces	tomato
	1/2 piece	shallots, chopped
	4 leaves	mint, chopped
	4 sprigs	thyme, chopped
	4 leaves	basil, chopped
	1/2 clove	garlic, chopped
	1/3 of lemon	lemon juice
	4 tbsp	extra virgin olive oil
		salt and fresh ground pepper

METHOD:

COULI OF TOMATO (Cold Sauce)

1. Blanch tomatoes for 10 seconds in boiling water, then rinse in very cold water.
2. Peel and seed the tomatoes.
3. Chop very fine.
4. Other ingredients to be added.
5. Season with salt and freshly ground pepper.
6. Keep aside for at least 30 minutes before serving.

POACHING FISH

1. Cook prawns in Courtboullion for 1 minute.
2. Prawns should be medium well.
3. Remove from shell, keep warm.
4. Season char and scallops and poach in white wine with shallots until medium well.
5. Serve immediately on the cold couli of tomatoes with the prawns.



nal push came from the success of the Icicles restaurant in the Northwest Territories pavilion last summer. Visitors to Expo '86 couldn't get enough of the restaurant's muskox burgers and Arctic char. In less than six months, Icicles had made \$2 million in sales and sold more than 30 tons of food.

The Expo experience "proved we had something with market potential," says George Braden who was the Commissioner of the N.W.T. Expo pavilion. But Canadians were also curious about what they were eating, where it was taken, and who was doing the harvesting.

Braden said it made government officials realize that if they could develop the food industry, it would also be a "technique to attract tourists to the North."

"While Canadians have heard of the Inuit and the Dene, most have never visited the far North. Eating muskox or reindeer gives people a feeling of closeness with this region they may never see," says Don Anderson, former manager of Icicles restaurant.

Braden's assistance in resolving some problems related to the procurement of caribou for the N.W.T. pavilion, opened his eyes to some of the problems and challenges facing the country food industry. He was always aware that any northern meat and fish to be sold at the pavilion had to be harvested and processed according to federally approved standards.

Fish posed no difficulties from this perspective. With respect to muskox, the processing facility in Inuvik did not have the necessary stamp of approval to process the carcasses for sale outside the N.W.T. Consequently, the carcasses had to be shipped to a federally approved facility in Vancouver for processing. Jobs and income were lost as a result.

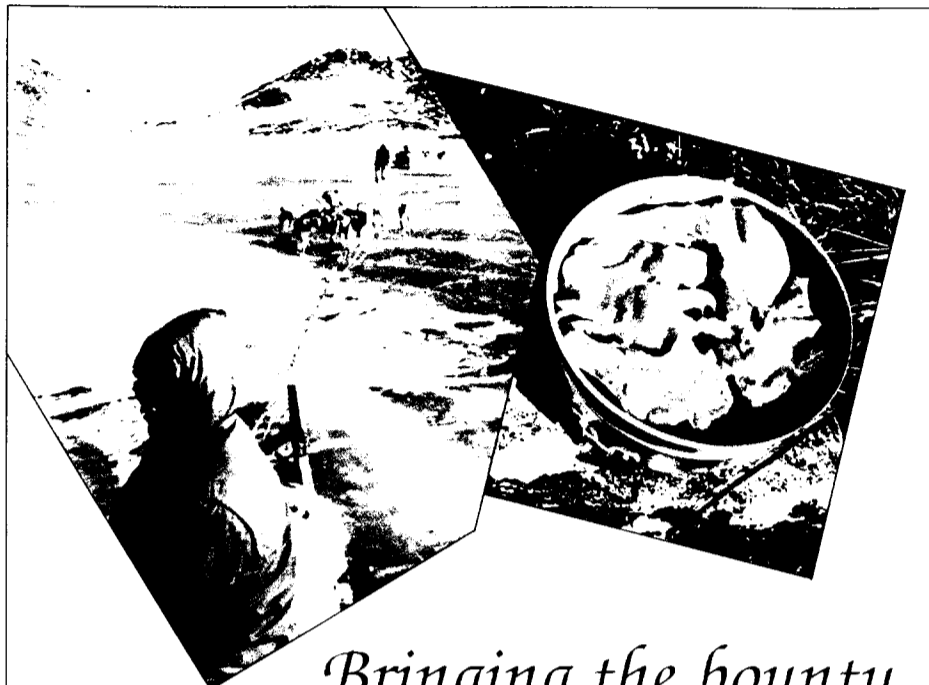
With caribou, the suppliers were not equipped with the necessary field inspection facility to inspect the animals after they had been shot. As a result, the caribou had to be dropped from the menu and replaced with reindeer harvested from the herd located near

Tuktoyaktuk.

Again, more jobs and income were lost, Braden said because the required inspection facilities were not in place in the field. And, even if they were, the carcasses could not have been processed at the Inuvik-based facility because it was not federally approved.

Recognizing these problems, but also riding high from the success of Expo, the Government of the Northwest Territories decided to host a northern food conference to examine the present and future potential of northern or 'country' foods.

It was the first of its kind and the in-



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terest it generated even surprised Don Anderson who was commissioned to organize this event. About 150 attended: everyone from civil servants concerned about regulations, to hunters and trappers interested in supplying product, that guys in three piece suits would market.

The conference seemed to drive home the point that country food is still a natural resource that is "sadly underutilized".

Despite the popularity of country foods at Expo, there is still "an element of shyness of people in the communities" about putting country foods on the table because they feel the visitors want steaks and pork chops, when they would much prefer northern food, former Deputy Minister of Economic Development Jim Britton told delegates. Availability is also a problem, Britton said, pointing out that you cannot go into many Yellowknife stores and find food products produced in the North. And it's equally hard to do that in any of the communities in the N.W.T. The irony is that it is occurring in a part of the world where local food should be used as fully as possible, considering the problems of shipping foods in from the south and the deterioration in nutritional value of imported foods, Britton said.

Statistics supplied by Renewable Resource Deputy Minister David Brackett show that the N.W.T. spends \$130 million yearly importing food from the south. Country foods being harvested now amount to about \$70 million.

Britton said it was the attitude of the producers themselves that are preventing the industry from growing. He said many producers view themselves as subsistence producers rather than exporters.

Ben Hubert, a consultant with Boreal Ecology Services, said one of the reasons it is difficult to build a country food industry "is the North itself."

After the snow and ice is melted, there is very little natural energy to spare to grow plants and animals, Hubert said. As a result, the food species are widely spaced and only for brief



periods of the year do we see large local concentrations of fish, whales, caribou or waterfowl. He said this means that efforts to kill and process these animals must be a seasonal task requiring long periods of storage for large amounts of produce.

The northern transportation system and related costs are also such that it seems uneconomical to provide fresh country foods on a daily or weekly market basis, with the exception of fish from commercial fishermen in larger centres like Yellowknife and Hay River, Hubert said. As a result it is necessary to look at larger markets to absorb larger volumes of goods so that the unit cost for transportation can be brought down.

However talk of larger volumes of game for commercial export raises concerns among game managers and local hunters and trappers, who are concerned that resources could become depleted, Hubert said.

Most of the delegates attending the conference seemed to concur that local and domestic use should be given priority over commercial production for export.

However others like Maurice O'Flynn, one of Canada's top chefs and promoter of the Canadian food industry, questions whether supplying northern

Fort Smith Chef Jeanne Dube with stuffed Northern pike, one of many delicious foods savored by delegates at the Northern Food Conference in Yellowknife.

Photo by Tessa Macintosh (Department of Culture and Communications, GNWT)

needs first is a "wise position" from a business stand point.

"The finest Scotch whiskey is not available in Scotland and they are the biggest premium dollar earners," O'Flynn said.

"No one in Yellowknife will pay a premium for country foods because they are readily available in the North." His advice is to "forget about supplying the local market," and concentrate on selling internationally to Japan and Hong Kong where northern foods are seen as a speciality, gourmet item.

O'Flynn said that would generate more money and probably offset the deficit created by importing more food than we produce.

One of the first businesses to head in that direction is Inuvik's Ulu Foods, an Inuvialuit owned processing plant, that has been supplying wild game to six



For two days some 150 delegates debated, discussed and savored northern foods at the Northern Food Conference. Don Anderson (left) organized the event and well-known northern businessman Glen Warner acted as Chairman of the conference.

Photo by Tim Tschirhart (Aurora Photographic)

native settlements as well as restaurants in Hay River and Yellowknife for the past three years.

Ulu Foods decided not to renew the contract in its present retail facility in order to move into a federally approved facility that would allow them to process northern foods on a wholesale basis for an export market. Manager Paul Marks said they hope to be in their new facility at the end of this year.

Marks said Ulu is not turning away from the northern market and will continue to supply northern retail outlets. However he would prefer to go after the premium dollar, especially on muskox where the quota is set at 2,000 animals per year.

Selling that product to a local market in the past has not generated more than a break-even situation for Ulu Foods, Marks said. Whereas Europeans, on the other hand, are willing to pay more for what they consider to be a "specialty item".

Marks believes northern needs would be best served by local native businessmen such as Don Cadieux

who plans to open a retail country food store in Yellowknife. That would leave Ulu free to "wheel and deal in other areas".

There are others like Assistant Deputy Minister of Renewable Resources Bob Wooley who take a more cautious approach.

Wooley said there is always the problem of not being able to guarantee continuity of supply due to fluctuating quotas, depending on herd size. For that reason he said it is important that consultation be carried out well in advance of any resource use decisions and these consultation efforts reflect the wishes and needs of the residents.

Wooley believes the greatest opportunities lie in improving the distribution and availability of country foods in the North especially in the tourism and hotel industry. Meeting domestic demands must continue as the first priority within the N.W.T. Wooley said, and care must be taken not to jeopardize traditions such as the practice of sharing resources. He's concerned that with more commercial availability and distribution, hunters may neglect an

important part of the cultural heritage, leaving elders to get their food elsewhere.

Britton, on the other hand, believes Northerners could be in danger of losing their "privileged position of being primary producers" if they don't act quickly. He said there is already talk in the south of domestication of wildlife and Arctic char fish farming.

Canadian Reindeer Ltd., of Tuktoyaktuk, is an example of one northern company already in danger of losing its southern market, said Don Anderson. While Canadian Reindeer remains embroiled in a legal dispute, New Zealand venison is moving in to capture that market, Anderson said.

Canadian Reindeer manager Doug Billingsley says five years ago the company, owned by Bill and Eunice Nasogaluak of Tuktoyaktuk, had been selling 4,000 animals a year out of a herd of 15,000 reindeer.

Billingsley said there is a great demand for the meat, considering their principal competition in Scandinavia is out of the picture due to the Chernobyl incident. Because of the growing demand for red meat that is low in cholesterol and no growth hormones, many markets are willing to pay a premium for this meat, Billingsley said. The last stock of reindeer was selling for \$4.70 a pound, butcher block ready in 60 pound sides.

The philosophy that local and regional needs must be met before looking at the export market is the strategy adopted by Baffin's 13 hunter and



RECIPES

From The Arctic

as presented by Team Canada
at the 1987 World Culinary Arts Festival in Vancouver.

Send for your recipe cards by writing to:

Syd Kirwan
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Yellowknife, NWT
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PAUPIETTE OF ARCTIC CHAR AND GREAT SLAVE LAKE WHITEFISH

(Yield: 4 Servings)

INGREDIENTS:

Fish Preparation:

1 piece shallots, chopped
55 ml dry white wine
4 x 70 grams Arctic Char
4 x 70 grams Whitefish
8 pieces Crayfish

Fishmousse Char:

70 grams Char fillet
boneless
30 ml cream 35%
1 egg white
salt and pepper
15 grams Gnoki
mushrooms

Fishmousse Whitefish:

70 grams Whitefish,
boneless, skinless
30 ml cream 35%
1 egg white
salt and pepper

15 grams Gnoki
mushrooms

Sauce:

1/2 cup white wine
1/2 cup cream 35%
1 cup fish stock
2 pieces shallots, chopped
1 tsp fresh dill,
chopped

Vegetables:

10 pieces baby red skin
potatoes
3 pieces carrots
1 piece white turnips
1 piece dalkon
1 piece green dalkon
1 piece yellow turnip
12 pieces asparagus
50 grams butter, unsalted



Photo by: Con Boland, Edmonton, Alberta

METHOD:

1. Poach fish in a light casserole underlined with wax paper.
2. Sprinkle with chopped shallots
3. Add white wine.
4. Place paupiettes on top.
5. Season with fresh ground pepper.
6. Cover with foil paper.
7. Oven poach until medium well.
8. Keep warm.

GRILLED BAFFIN TURBOT

(Yield: 4 Servings)

INGREDIENTS:

Fish:
 8 x 60 grams Baffin Turbot
 8 pieces Bombus skewers
 salt and cayenne
 pepper
 sunflower oil

Red Pepper Sauce:

1/2 cup fish stock
 1/2 cup dry white wine
 1/2 cup cream 35%
 2 pieces red peppers
 3 tbsp unsalted butter
 1/3 cup lemon juice

Vegetables:

15 strips spaghetti squash*
 15 strips turnip*
 15 strips carrots*
 15 strips zucchini*
 *all cut fettucini size
 12 pieces parisienne potatoes
 4 pieces baby leek, blanched

Garnish:

25 grams golden caviar



Photo by: Con Boland, Edmonton, Alberta

METHOD:

SAUCE

1. Combine the fish stock, wine and cream and reduce to half.
2. Peel, blanch and puree the 2 red peppers.
3. Add the puree to the reduction and stir in the butter gradually. Add lemon juice and strain through a cloth.

FISH

1. Rub fillets with sunflower oil and season with salt and cayenne.
2. Grill to medium-well done.

POTATOES

1. With small melonballer, scoop the caps off the parisienne potatoes.

2. Boil them in salt water.
3. Then fill potatoes with golden caviar.

VEGETABLES

1. Blanch vegetables for 30 seconds and saute in butter, curl for presentation.

LOIN OF MUSKOX WITH CANADIAN FRUIT AND NUT STUFFING

(Yield: 4 Servings)

INGREDIENTS:

Meat:
 560 grams muskox striploin (deboned, skin, fat removed)
 salt and pepper

Marinade:

1 carrot, diced
 2 stems celery, diced
 2 cloves garlic, crushed
 1/2 litre red wine

Stuffing:

230 grams ground muskox
 100 grams pork fat, ground
 50 grams pecans, chopped
 50 grams pine nuts, chopped
 10 grams thyme, chopped
 10 grams parsley, chopped

50 grams dried chopped pears, apricots, plums, peaches
 20 grams hazelnuts
 2 egg whites
 50 grams white bread crumbs
 salt and pepper to taste

Vegetables:

100 grams butter
 100 grams green beans
 8 pieces oyster mushrooms
 8 pieces morels
 24 slices white truffles
 8 pieces acron squash
 8 pieces banana squash

Sauce:

1 cup muskox glaze
 40 grams Saskatoon berries



Photo by: Con Boland, Edmonton, Alberta

METHOD:

1. Fold all stuffing ingredients into the ground muskox being careful not to break the pecans up too small.
2. Cut the loin open, then cut the flaps in half again lengthwise. Lightly flatten with steak hammer. Fill one side with stuffing, then roll tightly with string.

3. Mix the marinade and add muskox. Marinate overnight.
4. Season the meat and seal in hot pan. Roast at 350° to 375° F until medium rare. Keep warm.

5. Sauté beans, mushrooms, truffles in butter. Poach squash in salted water.
6. Slice muskox and place on top of the glaze. Sprinkle with Saskatoon berries.

REINDEER WITH WILD RICE AND LENTIL THIMBLE

(Yield: 4 Servings)

INGREDIENTS:

Meat:

4 x 120 grams Reindeer cotelettes
500 grams Reindeer loin
30 ml oil
100 ml Reindeer glace

30 ml dry white wine
3 grams fresh ground black pepper
3 grams of each chopped fresh: mint, thyme, basil
50 ml clear fresh butter seasoning

Vegetables:

10 grams shallots, chopped
150 grams assorted fresh mushrooms, cleaned and quartered

Wild Rice and Lentil Thimble:

50 grams wild rice
50 grams brown lentils
50 grams onion, chopped
10 grams fresh butter
50 grams bacon in julienne seasoning

Sauce:

2 egg yolks

METHOD: REINDEER

1. Remove nerves and fat from loin and cotelette.
2. Season meats.
3. Sear loin piece and roast in oven at 160°C to your preferred doneness.
4. Fry cotelettes in pan.
5. When cotelettes are done remove and keep hot.
6. Add shallots to fry pan and add mushrooms.

7. Season mushrooms and deglaze with red wine.
8. Slice loin and arrange on platter.
9. Add cotelettes and bouquets of mushrooms.
10. Top meats with reindeer glace.
11. Add fresh herb sabayonne onto glace on plate which will give a special sensation of two different sauces.

WILD RICE AND LENTIL THIMBLE

1. Poach wild rice.
2. Poach brown lentils.



Photo by: Con Boland, Edmonton, Alberta

3. Drain wild rice and lentils.
4. Place butter into skillet.
5. Sauté bacon and onion.
6. Add wild rice and lentils, season
7. Fill mixture into buttered thimbles pressing it tenderly.
8. Poach in Bain Marie in oven at 160°C for 30 minutes.

CARIBOU WITH WILD MUSHROOM SAUSAGE AND CEDAR GLAZE

(Yield: 4 Servings)

INGREDIENTS:

Meat:

570 grams caribou tenderloin (cleaned)
450 grams caribou striploin (fat & skin removed)
salt and pepper

60 grams chantrell mushrooms, diced
60 grams field mushroom, diced
60 grams shitake mushrooms
1/2 litre 35% cream
2 litres chicken stock
salt and pepper to taste

Marinade:

1 litre dry red wine
60 grams crushed juniper berries
10 grams fresh oregano
10 grams fresh thyme
10 grams fresh parsley

Vegetables:

200 grams fiddlehead greens
32 pieces benji potatoes (noisettes)
4 pieces whole shallots (blanched)
12 pieces pecans
100 grams butter

Sausage:

1 metre lamb casing
250 grams chicken breast (ground, pureed)
60 grams morel mushroom, diced

Sauce:

1 cup caribou glaze
28 grams shallots
pinch cedar saplings

METHOD:

1. Wash lamb casing in cold water. Mix chicken, mushrooms, and cream together; season with salt and pepper. Fill lamb casing and make four 2-inch sausages and one 10-inches long. Lightly poach sausages in chicken stock, allow to cool.

2. Using a sharp knife, pierce the centre of the striploin and cut the whole length. Fill the cavity with 10" sausage. Tie the ends of the loin. Marinate both meats overnight in all the marinade ingredients.
3. Seal off the meats and roast until medium. Remove from pan and allow to stand. Keep warm. Deglaze pan with one cup of the

marinade. Reduce, add shallots and glaze, cedar saplings. Simmer, then strain.

4. Sauté the fiddleheads, shallots, pecans in butter. Season to taste. Poach the noisettes in salted boiling water. Poach small sausages in remaining chicken stock.
5. Garnish with some sprigs of cedar.



Photo by: Con Boland, Edmonton, Alberta



Many Yellowknife restaurants now feature northern foods! Yellowknife Inn executive chef Ken McLeod has designed his own northern menu.

Photo by Jake Ootes

meat," Long said. And Iqaluit is evolving to the stage that it could become a distribution centre for the wholesale supply of meat to local merchants and out of region, much the same as Ulu Foods does in Inuvik.

Long also sees a potential for turning Pangnirtung's processing facility into a year-round fish plant operation.

Baffin Economic Development Officer Larry Simpson predicts the seafood industry could become a \$5 million business over the next five years.

A couple of million dollars was generated last year from the sale of 400 tonnes of shrimp, sold directly to the European market by the South Baffin Qiqiqaqluq Development Corporation, the corporate arm of the Baffin Regional Inuit Association. This year they have their own quota and a license to sell 1,000 metric tonnes as well as split another 1,000 metric tonnes with the Makavik Corporation of northern Quebec, Simpson said. Presently Qiqiqaqluq is chartering a foreign vessel until the one being built for them in Scandinavia is ready.

Two other major industries are Greenland turbot and Icelandic scallops.

A test fishery for scallops at Cumberland Sound, near Pangnirtung, last year produced 6,000 kg. of meat. Most of the product was sold locally, with a minimal amount in Yellowknife. This year the quota has been bumped up to 10,000 kg. Simpson said, and two local Inuit and a partner are in the process of getting a grant to purchase their own boat for the harvest.

There is an Ottawa buyer who will take all they can produce. However, until tests to assess stock and production levels are completed this year, they will not be allowed to export,

trapper committees. Spokesman Bob Long said commercial quotas are in place and 12 out of 13 communities have freezer processing plants, (the freezers were put in place through a \$1.9 million special ARDA grant).

However not all the communities are advancing at the same pace when it comes to marketing and management training. And, until that occurs, most of the sale of meat will be locally to country food outlets, or through inter-settlement trade, before exporting can occur, Long said.

In Sanikiluaq, for example, poor transportation links to the rest of the Baffin is hampering the viability of ex-

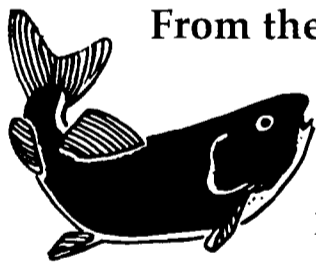
porting meat out of the settlement. Long said there is no commercial quota for polar bear, muskox or caribou in the settlement.

"At this point it is not a product for commercial use but it does satisfy local needs and leaves the community nicely self sufficient," he said.

There is an annual reindeer community harvest, but the herd is small and the meat is only distributed locally.

Long said Sanikiluaq must move at its own pace, and perhaps choose never to produce more than for its own needs.

Cape Dorset, on the other hand, is emerging as "a processor of caribou



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Simpson said.

The winter harvest of Greenland turbot, with long lines off the Cumberland Sound flow edge, has the potential of keeping Pangnirtung's fishery open in winter. Turbot are transported in containers filled with sea water, on sleds or by snowmobile to Pangnirtung for processing. In that way the fish are kept fresh and unfrozen.

A 100-metric-tonne quota has been established for this year. However international turbot prices are low and it is difficult competing with Greenland which harvests and processes a large volume on board factory ships.

Higher northern transportation costs also make it difficult to compete with international prices, Syd Kirwan, Head of Renewable Resources of the Department of Economic Development said. One solution, he said, may be to use a large factory ship for both the turbot and shrimp catch. Keeping it solely for local sale is also an alternative, but Kirwan said there may not be the demand to justify an industry.

The encouraging news is that since the food conference was held last February, the Territorial Government has wasted little time in actioning all the major recommendations put forward by delegates.

The Territorial Government now has a food strategy, authored by Economic Development Deputy Minister George Braden, based on his experiences as well as recommendations from delegates to the food conference.

Delegates also recommended capital support programs for facilities required in the inspection and processing of game meat or traditional agricultural products such as eggs and chickens.

The government has responded with a \$3 million program to begin putting the infrastructure in place and the applications are coming in.

In recent months committee approval has been given to establishing country food retail outlets in Cambridge Bay and Yellowknife, adding to the list of those already in operation in Rankin Inlet, Iqaluit (Frobisher Bay)

and Inuvik.

In the Baffin fishermen have asked for a contribution to buy a fishing boat to harvest scallops off Pangnirtung. But before things swing into full production Braden said there's a great deal of work to be done in the area of test marketing and promoting the industry.

The Territorial Economic Development Department goal over the next two years is to turn what has basically been a "subsistence industry" into a strong commercial industry that will meet northern needs as well as commanding top dollar as a high quality, gourmet "export item".

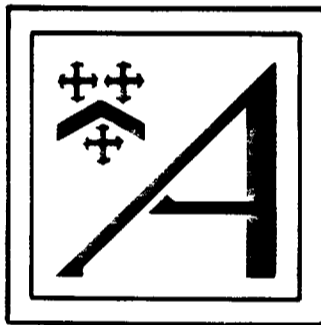
The industry is still in its infancy stage and there is much to be done in the way of establishing new processing plants in the North, as well as upgrading existing plants to meet federal standards so Northerners can ship their meat to the rest of the country.

Don Anderson has been hired on a one-year contract to generate a

demand for country foods. Armed with a \$300,000 budget, he's been taking samples to trade shows and selected restaurants are being asked to add northern foods to their menu to test customer response. Anderson hopes to have those results in by the spring of 1988, at which time a conference will be held to inform northern suppliers and entrepreneurs of those results.

Braden said it is hoped that by that time the infrastructure will be in place to take advantage of the groundwork laid by Anderson in finding out consumer demand, establishing the marketplace and high profiling of the industry.

And in order to ensure that Northerners benefit, the Territorial Government plans to have federal inspection policy in place in two years, which would allow meat to be processed in the North by Northerners for export to the south.



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Many delegates, spurred by what they heard at the conference, have also wasted no time in getting involved in some sector of the industry.

In Cambridge Bay, members of the local Hunters and Trappers Association plan to open the first processing plant in the Central Arctic sometime in November.

Central Arctic Meats, which will produce muskox and caribou jerky as well as fresh, frozen and smoked meat, is being jointly funded by private enterprise and a \$200,000 government grant. The processing plant will give the Central Arctic the opportunity to take advantage of the 95 commercial tags for both caribou and muskox which have not been utilized previously, Regional Renewable Resource Officer Maz Huda said.

Huda said local needs will be met first with any surplus being sold in the south as a gourmet item.

And in the capital city, Don Cadieux

and a silent partner hope sometime before Christmas to be opening Yellowknife's first country food outlet, with the assistance of a \$100,000 special ARDA grant. Meat will come from local suppliers and be cut and butchered in the shop. A retail outlet will sell the fresh, frozen and smoked finished product. Caribou will be one of the major meats sold at Cadieux's country food store. He's also planning to purchase some meat from the first harvest of wood bison in December. Cadieux said in the past Yellowknife has not had the population to warrant such an outlet. But Cadieux said a study has shown there is a large institutional and hospitality market for the meat.

Many Yellowknife restaurants are now featuring northern foods on their menus, but the commitment varies, depending on the chef's enthusiasm, the owner's support and local supply.

Perhaps the most enthusiastic is Yel-

lowknife Inn's executive chef Ken McLeod who has designed his own northern menu to complement northern dishes with exotic sounding names like Caribou Stroganoff "Rose Marie" and Muskox Wellington. About 35 percent of McLeod's menu now utilizes northern foods, compared with 3% previously. McLeod says if it "sounds good and is creatively prepared" the customer will eat it. He recently won three bronze medals and a silver for some of his entries in the Edmonton Culinary Salon competition, which was a warmup to the one held in Vancouver.

At the Explorer Hotel, Chef Leslie Hollel says char, of which he uses about 200 pounds a month, is selling "neck 'n neck" with beef on the menu.

Caribou and muskox still have problems competing with some of the other, more familiar items like lobster.

Office lounge owner Dan Wilde said one problem with putting country



from the Issatik Food Plant, Rankin Inlet, Northwest Territories

Beyond the treeline, the Keewatin tundra stretches like a canvas painted with the faces of thousands of clear cold lakes, the tears shed by retreating glaciers; down the trail of rivers into the waters of Hudson Bay, Arctic Char have migrated each year for centuries. For several weeks they feed furiously in the cold ocean, preparing for a long winter under the ice in the freshwater lakes in which they were spawned.

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foods on the menu is being assured of a continual supply. He was also concerned that if char keeps climbing in price, his customers may opt for trout or whitefish on the menu.

YK Super A Foods owner Newton Wong said lack of continual supply and poor packaging was one reason why he quit selling char and reindeer several years ago.

McLeod, of the Yellowknife Inn, says he's established a good working relationship with Ulu Foods and orders one week in advance to ensure having his supply.

Keewatin Country Foods

The Keewatin's first country food retail outlet is a resounding success. After its first two months in operation this spring Kal's Country Foods in Rankin Inlet had sold close to 2,000 pounds of caribou at prices ranging between \$2 per pound to \$4.75 per pound for top steak. Future sale of caribou looks even better, with the recent increase of commercial quotas for the Wager Bay herd as well as established quotas for hunters in Rankin Inlet, Whale Cove, and Eskimo Point who hunt the Kaminuriak herd. Rankin Inlet fishermen have also asked for increased char quotas, something that would be beneficial for Kaludjak's operation as well.

Kal's Country Foods is a family business owned by Paul Kaludjak and his two brothers, Joe and Harry of Rankin Inlet. The Kaludjak family put down close to \$10,000 to buy the caribou and sea mammal meat, and set up operations in the fish cannery. It is here that Paul, his two brothers, and their wives pitch in after work to store, cut and package the caribou, muktuk, seal and fish, which is later sold over the counter at Kal's Country Foods, at the other end of town.

The Kaludjaks are hoping to obtain a \$100,000 economic grant to set up a processing plant, which would include a processing area, smoker and retail space. It would employ four people full time and, if business continues the

way it has, would generate a profit, Kaludjak said.

He declined to say how much of a profit he was making. However, he did say that if they got into fancier foods and finer cuts, like grinding out hamburgers, he could see leaving his job at the airport and going into the food business full time.

One of the store's hottest selling items has been its aged muktuk which Kaludjak purchased for \$3 per pound from the Whale Cove co-op. It is considered a delicacy by the Inuit and they have been willing to pay Kaludjak \$4 a pound for the muktuk.

Marketing Fish

Assessing the success of the Fresh Water Fish Marketing Corporation in marketing N.W.T.'s fish industry depends on who you talk to.

Everyone seems in agreement that there is great potential, but there are those like N.W.T. Fishermen Federation President Don Stewart Jr. who is highly critical of the prices paid to Great Slave fishermen for their whitefish. He says the 16 to 33 cents a pound price is what they were getting 25 years ago.

Stewart says the Territorial Department of Renewable Resources has done a good job expediting the fur industry. He would like them to do the same for the fish industry.

Don Anderson and Renewable Resource Development Acting Director Syd Kirwan also question the job the FFMC has done in marketing whitefish.

At the recent Culinary Arts Festival in Vancouver many of the 513 people who filled out Anderson's questionnaire said the reason they were not eating whitefish was because it was not available.

Anderson says if the North were to process its own fish, it could do some of its own marketing without having to go through the FFMC.

One of the recommendations in a recent Senate Committee report on the fishing industry recommended that



N.W.T. fishermen be allowed to market some of its own fish.

Kirwan said his department has asked the Department of Fisheries and Oceans for support in mounting a study to find alternate markets for whitefish, as well as to examine the prices paid to fishermen. The FFMC has been

invited to participate in the study as well as two fishermen, Kirwan said.

FFMC's Assistant Field Operations Manager Bruce Popko says the future looks bright for the fish industry, considering that overall consumption in North America is up two pounds per person per year. He says new markets

have been found in Japan and they are trying to launch one in Los Angeles.

However there is now an excess supply of whitefish, Popko said. The FFMC is trying to encourage Great Slave Lake fishermen to reduce their catch by 25 per cent from last year and is offering fishermen an additional 12.5 cents a pound bonus for complying.

Popko calls it "a common sense approach to bring supply into balance with demand". Stewart fears it will set a precedent for future production, as in Lesser Slave Lake. He also says it contradicts the FFMC Act requiring them to receive all fish caught during an open season.

There is potential for expansion in the char market, Popko said. He's excited about increased production, provided the increases will come gradually so the Corporation can develop a high priced market for char at the same time.

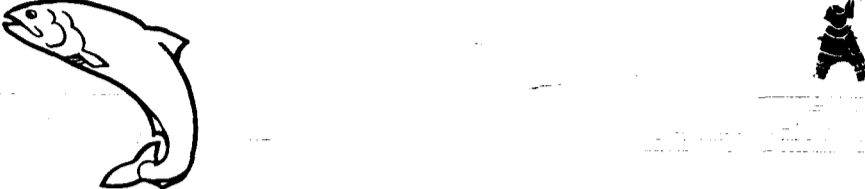
Char that is being produced now is being funnelled into a gourmet market that is very sensitive to supply. If supply increased quickly, Popko said prices would not be as good as they are now.

The price for frozen char is up 50 cents a pound this year to \$3 per pound. Fresh char prices are still at the \$4 per pound level.

Out of the approximate 140,000 pounds of char taken from the N.W.T. last year, about 90,000 to 100,000 pounds came from the Cambridge Bay region.

In the Keewatin, where production is just building, fishermen are asking for increased quotas for commercial char fishing, insulated ice houses for storing fish and a request to study the feasibility of establishing commercial fisheries.

Last year about 30,000 pounds of Arctic char were produced in the Keewatin. Popko said the FFMC is closely watching the production of the Netser freezer packer that just went into the waters off Coral Harbour. It has the potential of producing 20,000 to 30,000 pounds of char.



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Northwest Explorer

Popko said one way in which to expand the high priced market for char is by bringing it out fresh and moving it into the market.

He said there's an increasing demand and popularity for fresh fish. By moving 24,000 pounds of char out fresh, they were very successful selling it in the specialty fresh fish market and at higher prices than the frozen product.

Marketing Eggs

The N.W.T. took another step towards self-sufficiency last year when Frank Richardson established a commercial egg laying facility in Hay River.

Northern Poultry's Hay River operation is currently producing 1,200 dozen eggs per day from 17,000 hens, and according to manager Dwayne Gurski they're selling all they're producing.

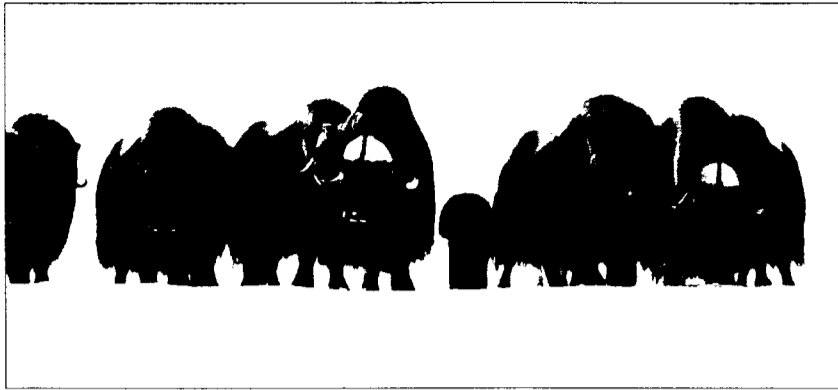
Northern eggs, identified by the polar bear emblem on the container, are now being sold to communities south of the lake and as far north as Inuvik. Soon they'll also be on shelves in communities throughout the entire N.W.T.

YK Foods owner Newton Wong says he buys all his eggs from Northern Poultry. He says Richardson's prices are 10 to 20 cents per dozen cheaper than those he brings in from Edmonton. And, the pee-wee sized ones are half the price, Wong said.

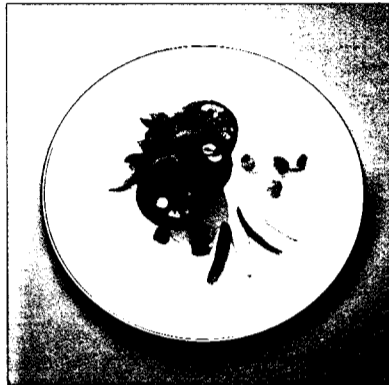
Richardson eventually hopes to produce broiler-breeders, fryers, turkeys and commercial layers, and establish a hatchery and processing plant.

These plans hinge, however, on negotiations between the Canadian Egg Marketing Agency and the Territorial Government on a quota. As of this time, Richardson can produce eggs for the North but a court injunction forbids him to transport eggs outside the N.W.T.

Kathy Kohut is a former resident of Yellowknife who worked for three years as a news reporter for News/North, the Territorial newspaper. She's now working as a news reporter in Edmonton.



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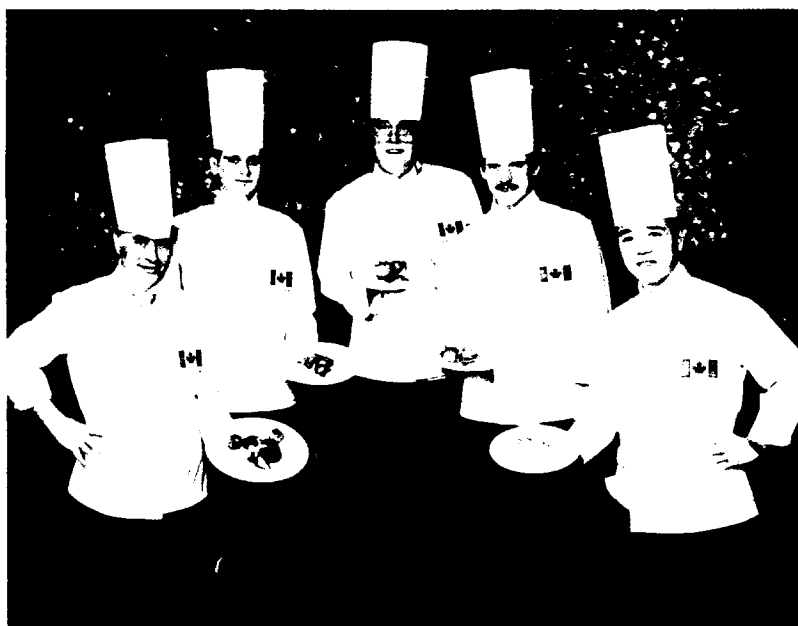


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Photo: 'Oomingmak', the bearded one as the Inuit call the muskox.

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TEAM CANADA MEMBERS (Left to right) Fred Zimmerman, Kerry Sear, Maurice O'Flynn (Manager), Ernst Dorfler and Saburo Shibamura

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