



Arctic Development
Library

***Northern Food Recipes For The Government
Of The Nwt***

Type of Study: Processing/manufacturing

Arctic Foods, Health Nutrition

Date of Report: 1988

Author: Madame Dee's Ltd

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**ARCTIC FOODS
HEALTH NUTRITION**

2-5 CS

Number Range:

2-5-1 KP

IC FOODS

1

*Northern
Food
Recipes
for
The Government
N.W.T.
By:*

**MADAME DEE'S LTD.
Box 453
Fort Smith, N.W.T.
XOE 0P0
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To: M
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Compliments in your Dept. by

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XOE-0P0

Mr. Sigal Kerwan
Director Natural Resources
Dept. of Economic Development
Government of N.W.T.
Yellowknife
N.W.T.

attention: Mr. Sigal Kerwan.

Here is your Cook-Book!

We are still in search of the
graph-bars & as soon as we find
some I'll send you a complete set.
They were made in 1983 which isn't

so many years ago. Mr. Thomas head
critician kids Ottawa should have some
& he'll try & help too. So is Mrs. Lize Scott
of National Health & Welfare in Yellowknife.
She's presently on maternity leave. So -!

Like wise for the forward of this book,
with your coming to Yellowknife
occasionally, it will give us the
opportunity to leave the materials
anticipated for, at your office.

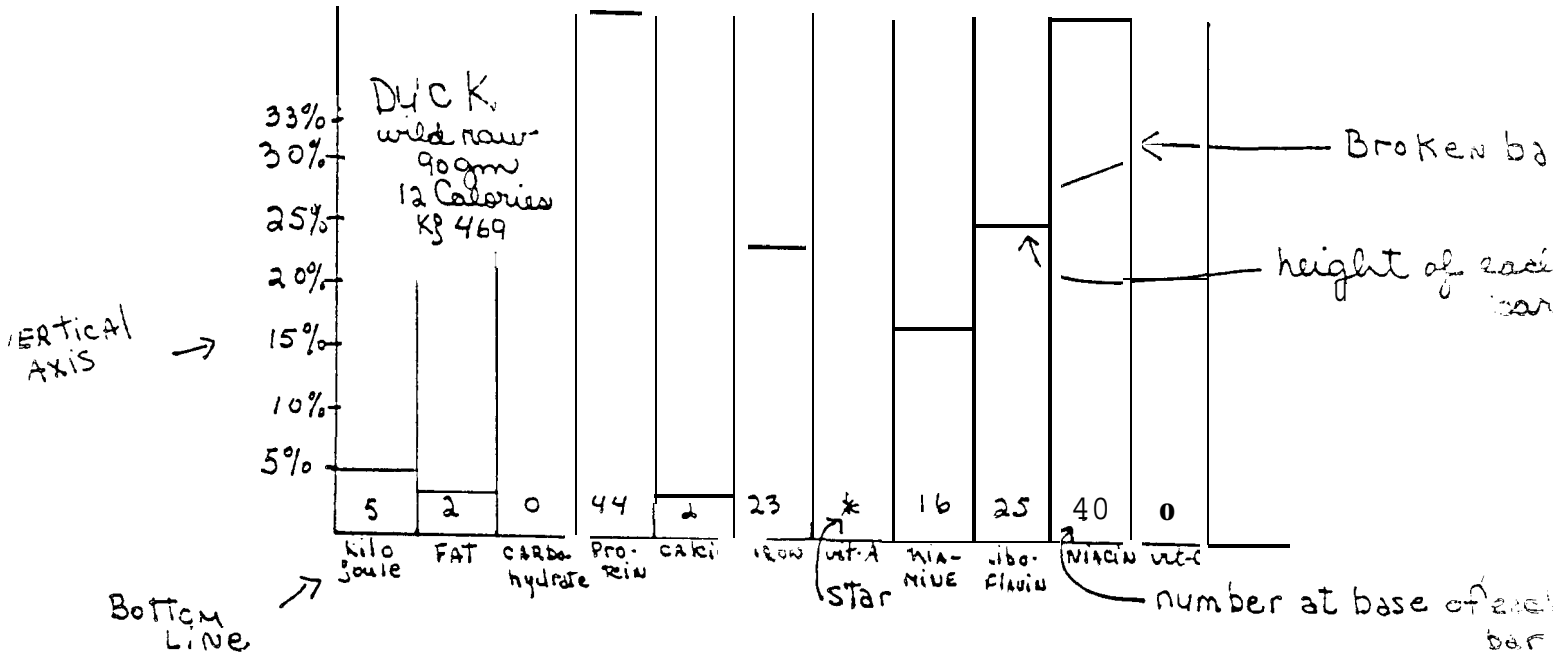
Thanking you.

Sincerely
Jeanne Dubé

"Meanwhile"
"Enclosed are a few Bars that might
interest you"

HOW TO READ THE NUTRIENT BAR GRAPHS

FIRST look at the duck bar graph, from the meat section and refer to the diagram below to follow explanations.



Contribution to Recommended Nutrient Intake... teenager R.N.I. for
Canada 1983. (age 13 - 15 Female)

THEN GO THROUGH THE FOLLOWING EXPLANATIONS:

- Reading across the bottom line (Horizontal axis) you will find listed energy (kilojoules) and 10 essential nutrients each represented by a bar of different colour. (role of nutrients were sent in previous mailing.)

The left hand side (vertical axis) of the graph gives the percentage from 0 to 33 of the Recommended Nutrient Intake (R.N.I.) for a girl age 13 to 15 years.

The height of each bar indicates the percentage contribution of each nutrient to the R.N.I.

The number at the base of each bar gives the actual percentage contribution for each nutrient.

If a food contributes more than 33% of the R.N.I. this is represented by a broken bar.

For example: The Duck card shows that 90 gm of wild raw duck provides 44% of a teenage girl's requirement for protein - indicated by the red bar - but only 2% of her requirement in calcium - indicated by the green bar.

It also indicates that duck is a good source of iron, thiamine, riboflavin, niacin but provides no vitamin C or carbohydrate!

(over)

SOME WAYS THAT YOU MIGHT USE THE BAR GRAPHS

1. "Show and Tell"

If you are giving a talk on nutrition, you could use the Bar Graphs to explain visually what's in food.

Choose foods to show that each food group provides different nutrients.

The Milk Products and milk substitutes group is important mostly for calcium and protein.

e.g. bones in Salmon sockeye canned
bones in fish head soup

The Meats, Fish and Fowl group is important mostly for protein and iron.,

e.g. black bear
dried caribou

The Berries and Wild Vegetables is important mostly for Vitamin A and Vitamin C.

e.g. currants
blueberries
seaweeds
fireweeds

The Bannock and Cereal Products is mostly important for carbohydrates, iron and B - vitamins (thiamin, riboflavin, niacin equivalent).

e.g. bannock
oatmeal

2. With the Native Food Guide Poster*

Demonstrate why foods are classified into four food groups.

Explain how Foods are divided into the Four Food groups on the basis of their nutrient content.

Each food group provides many nutrients but is especially important for key or leader nutrients.

Leader nutrients are those nutrients for which a food group is an important source. Foods that provide the same leader nutrients in significant amounts are grouped together.

3. PUPPET SHOW - "CHIEF NUTRITION AND THE FOOD BAND"
(suggested script included)

TEACHING PLAN: (grades to be determined by teacher)

Concept: Food is made up of different nutrients. All the leader nutrients are required for energy, growth and body function.

Objective: The participants will be able to name the leader nutrients .

Pretest: Ask participants to name six nutrients or more and to describe the role of each nutrient.

Activity Conduct the Puppet Show: - "Chief Nutrition and The Food Band"
-the script can be adapted to each community
i.e. hamlet instead of band
mayor instead of chief etc.

Post-test: Ask participants to name six nutrients or more and to describe the role of each nutrient.

Material: Puppets have to be made.
The bodies of the puppets should be of the following colours:
1 Carbohydrate - orange
2 Fat - dark blue
3 Vitamin - yellow, blue, green, purple, pink
4 Protein - red
5 Water - white
6 Mineral - light green and brown
7 Chief Nutrition - combination of all colours mentioned above

4. The following film illustrates well nutrients and their role:

"Journey Through Nutrition Land"
-animated movie, colour
-available from : 0. Schaefer Health Resource Centre
Department of Health
Precambrian Building
Yellowknife, N.W.T
X1A 2L9

Carbohydrate :

Hello boys and girls. I am carbohydrate. I am chairman of the work committee. My job is to give you energy for work and play. Bannock, breads, cereals, vegetables, berries, fruits, milk are all members of my work committee. My very good friend Fat is on the work committee too. This is nutrient, Fat.

Fat : How do you do, boys and girls. I am Fat. I am just as important as the other Nutrients. People sometimes call me bad names because they think I make them fat. I give you energy, just like Carbohydrate does. Meats, milk, cheese , animal fat, lard, eggs are members of the work committee and provide you with fat for energy. Please meet my friend, nutrient Protein.

Protein:

Thank you. I am Protein. I am chairman. of the building committee. All plants and animals, including people, depend on me for building blocks to grow and keep body parts in good repair. Meats , fish, eggs, cheese, milk all are members of the building committee. This is a very busy committee.

Chief : Yes, protein, I know you are busy, - but there are other Nutrients to meet too. Boys and girls, this is Vitamin.

Vitamin:

I am so glad to be here today to tell you about the work that I do for the Food Band. I am Vitamin. I have several brothers and sisters. Some are called vitamin, like vitamin A, vitamin D. Others have different names like folic acid, and thiamine. There are many of us. We all are members of the Maintenance committee. We keep things running. We work with Carbohydrate and Fat on the energy committee, and we work with Protein on the building committee. They need us to get their job done. Berries,

help me remember what they do. (Line up all nutrients.
The chief walks behind each.)

Chief: This is carbohydrate - and what does he do? (pause)
- provides energy. Right.

Fat - works with carbohydrate - to do what? (pause)
- provide energy.

Protein - is chairman of the (pause) - building
committee - yes - he helps us to grow.

Vitamin - what do the vitamins do? (pause) - work with
carbohydrate, fat, and protein to provide energy, and
help us grow.

Minerals - work with carbohydrate, fat, and protein -
and they help - what? - (pause) provide energy, and
help us to grow. That's right. And Water - (pause) -
carries the other nutrients around in the body. Yes.
(pause)

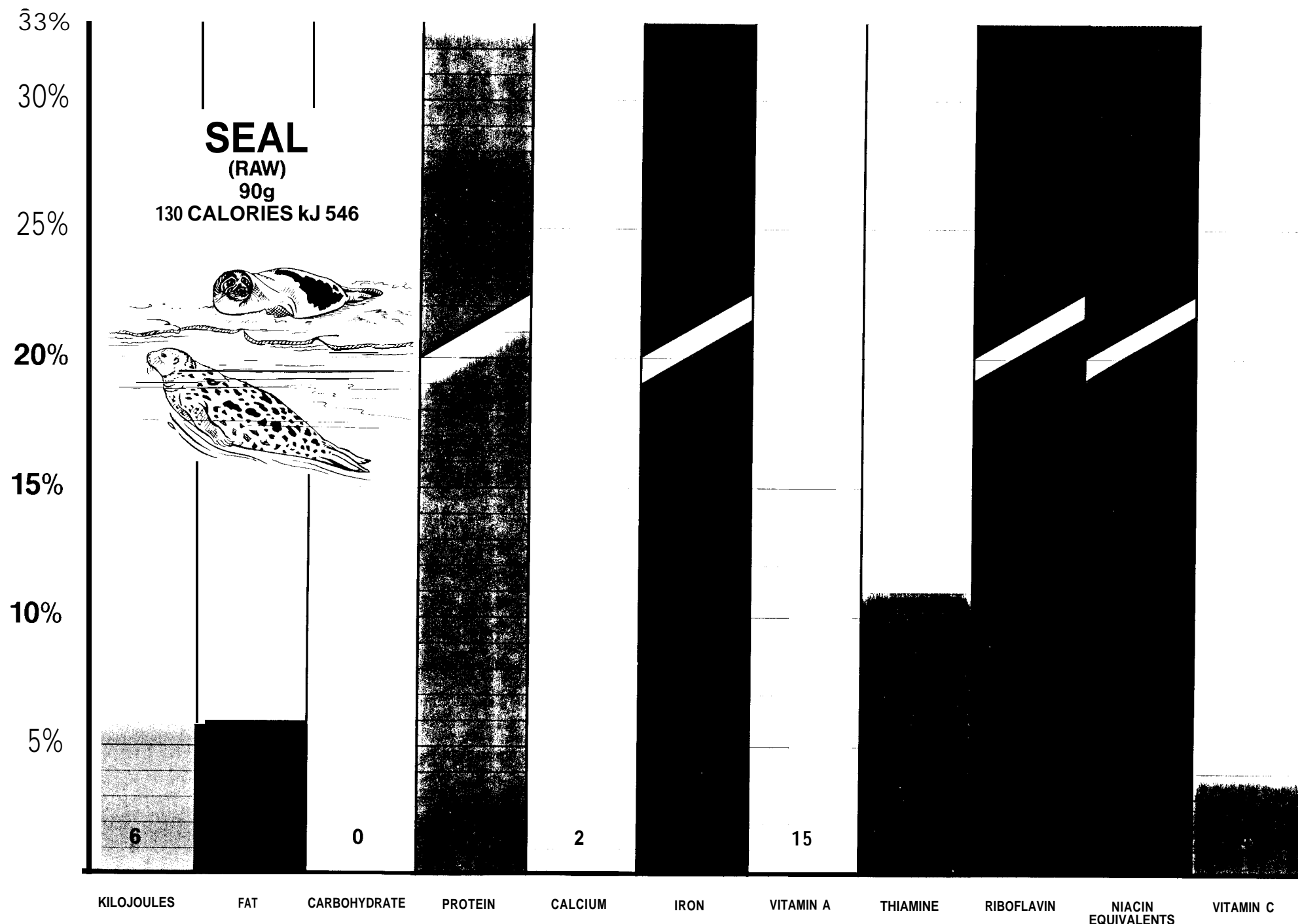
Boys and girls, I, Chief Nutrition, and the councillors,
the Leader Nutrients, thank you for listening so care-
fully to what we had to tell you. Remember, the
nutrients are what makes food nourish the body. Learn
to choose the foods that contain the leader nutrients.

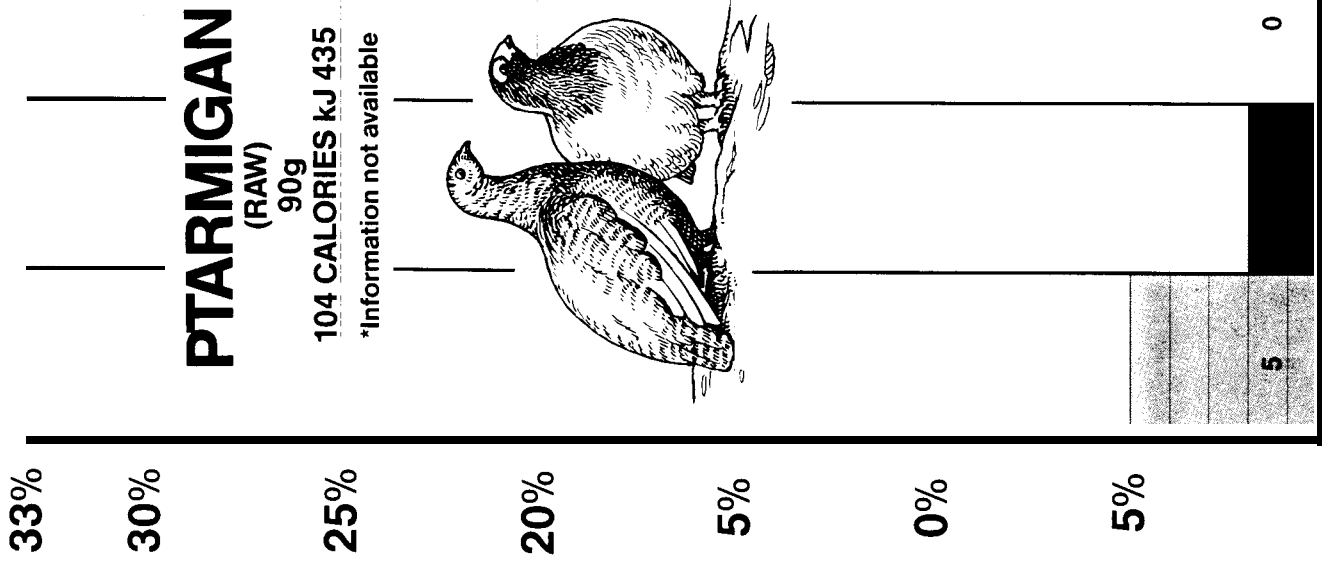
Leader : Thank you, Chief Nutrition and Leader Nutrients for
taking the time to visit us. (applause)

FISH CHOWDER

1 cup salt pork or bacon
2 cups hot water
salt & pepper
2 cups whole milk
3/4 cup chopped onion
1 cup diced potatoes
1/2 cup chopped celery
1/2 cup diced carrots
1-1/2 lbs fillets
butter

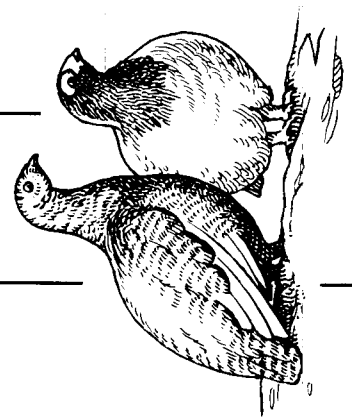
Fry pork in skillet til browned. Add onions and saute gently. Add potatoes, vegetables and hot water and cook for a few minutes til partly done. Then add fish fillets and cook til fillets flake easily with a fork. Season to taste with salt and pepper. Add milk and heat thoroughly. Serve in bowls, topping with butter.





PTARMIGAN
(RAW)
90g

104 CALORIES kJ 435
*Information not available



33%

30%

25%

20%

15%

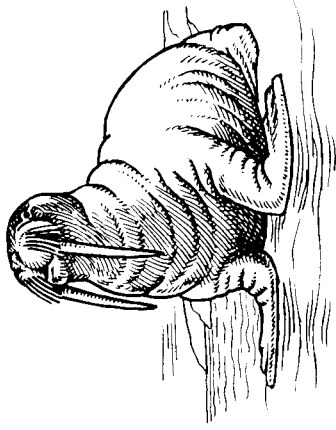
10%

5%

WALRUS (COOKED)

90g

187 CALORIES kJ 782



9

0

2

6

0

KILOJOULES

FAT

PROTEIN

CALCIUM

IRON

VITAMIN^{B6}

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

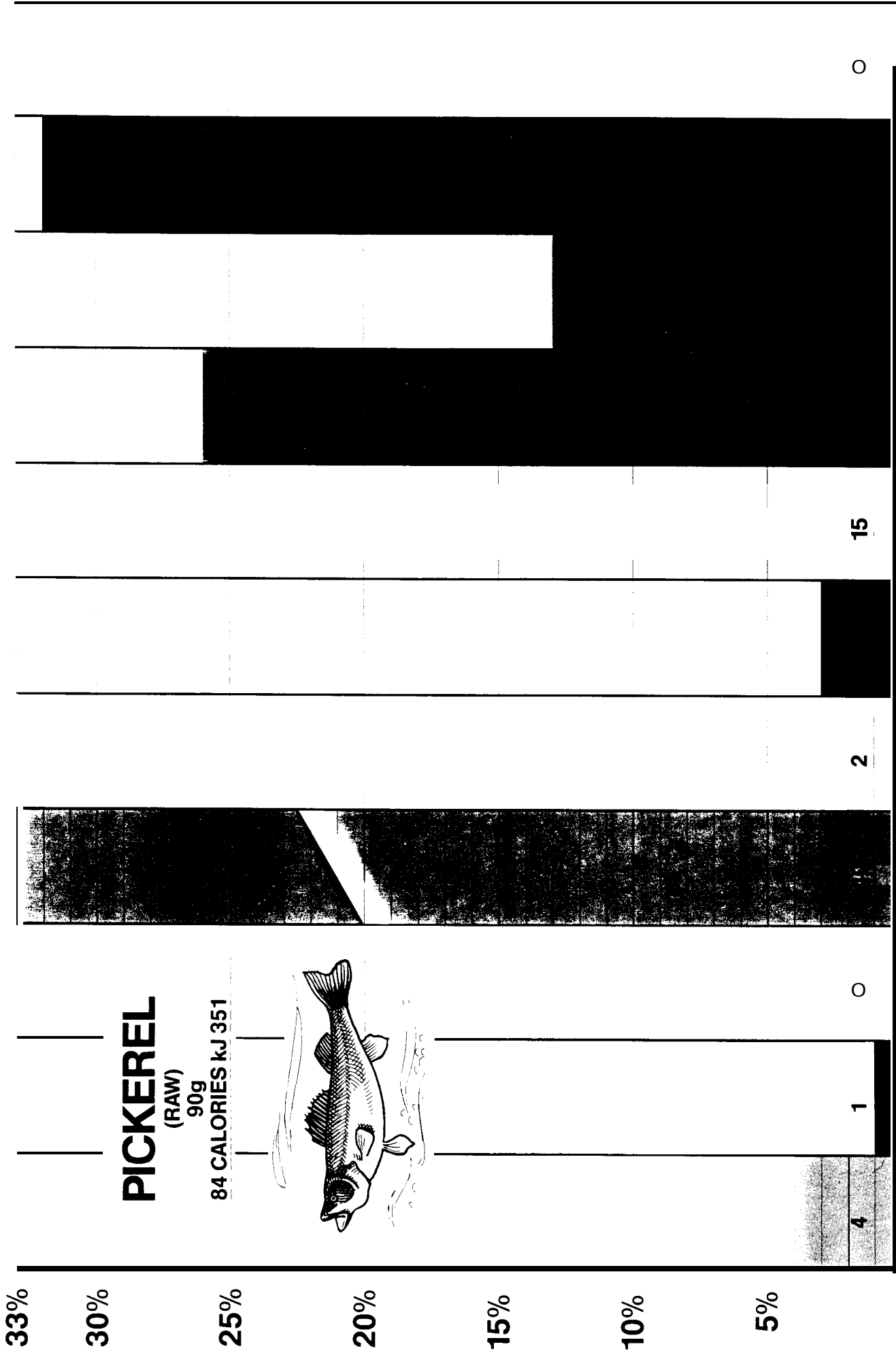
Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

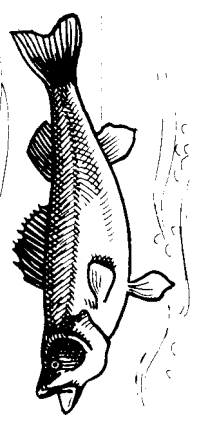
Recommended Nutrient
Intake for Canada 1983

Canada



PICKEREL
(RAW)

90g
84 CALORIES kJ 351



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C

Health and Welfare Canada
Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE. .TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

33%

30%

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15%

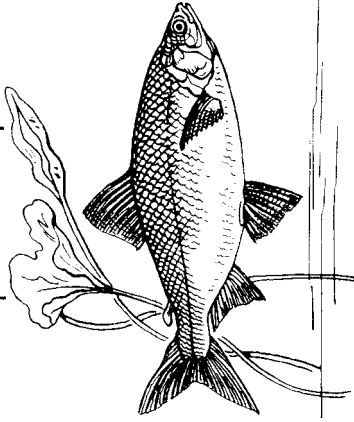
10%

5%

WHITEFISH (BROILED)

90g

176 CALORIES kJ 738



8

0.15

4

12

0

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

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15%

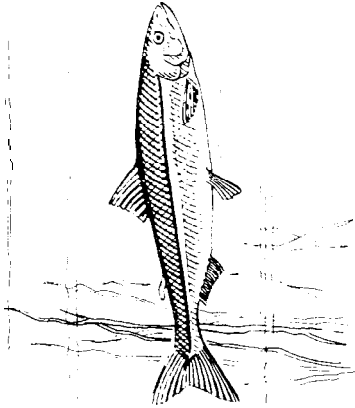
0%

5%

OOLIGAN^N EULACHON^N (FRESH)

90g

106 CALORIES kJ 444



5

0

30

6

0

1

2

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN B₆

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

Health
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Canada

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Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

25%

20%

15%

0%

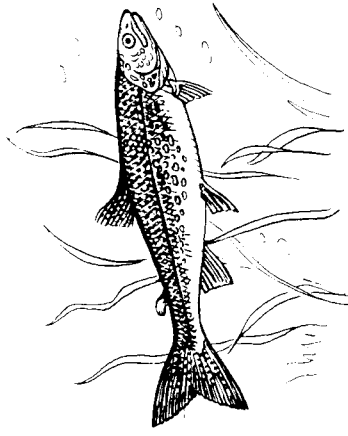
5%

LAKE TROUT

(BROILED OR BAKED)

90g

194 CALORIES kJ 812



9

0

49

6

11

KILOJOULES

FAT

CALCIUM

ROⁿ

VITAMIN ^p

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

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Canada

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Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

.TEENAGER

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

25%

20%

5%

0%

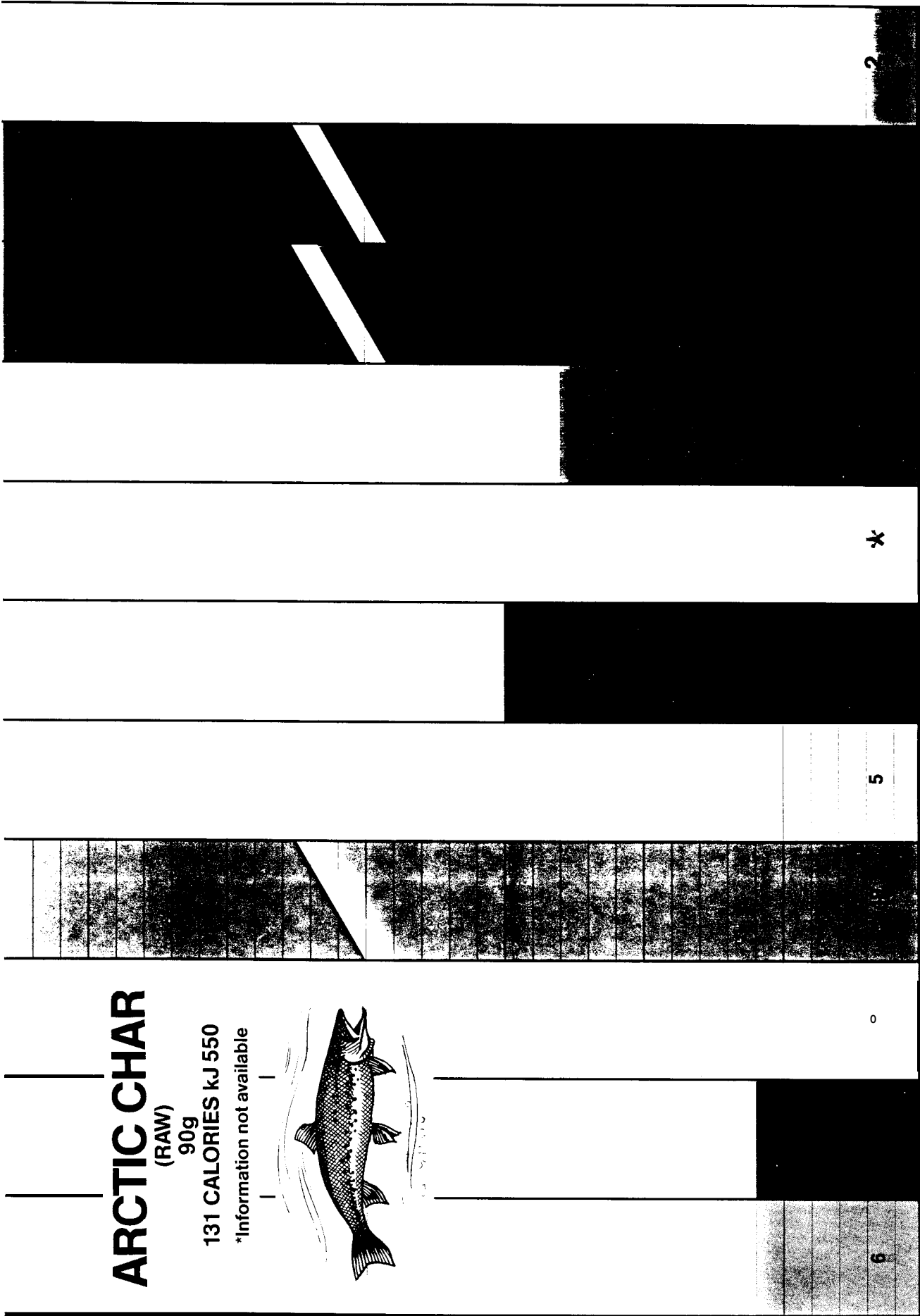
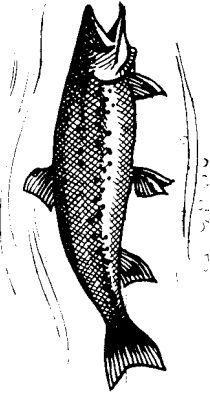
5%

ARCTIC CHAR (RAW)

90g

131 CALORIES kJ 550

*Information not available



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Carla

BAKED STUFFED CARIBOU HEART

r

1 heart

flour

1 tspn salt

1/2 tspn pepper

3 tblspn bacon fat

boiling water

stuffing (see stuffing recipe]

Remove fat, veins, and arteries from heart. Wash heart thoroughly under cold running water. Drain and fill cavity with stuffing. Skewer edges together with small metal skewers and tie with string.

Start oven at slow (275f).

Mix flour, salt, pepper. Dredge stuffed heart. Melt bacon fat in flameproof casserole or baking pan. Brown heart on all sides. Add boiling water to the depth of 1". Cover casserole or pan.

Bake about 2 hrs. or until tender. Remove strings and skewers. Serve on heated platter. Carve in thin slices. Any sauce suggested for smoked beef tongue goes well with baked heart. Makes 4 to 6 servings.

CARIBOU WILLINGTON

Using your favorite pie pastry, add 1 tspn baking powder for the quantity of four pies (lay aside, do not roll yet)

FILLING:

Using left over roast of caribou (the lower leg parts usually & neck), grind cooked meat & season with 1/8 tspn celery seed, 1/8 tspn garlic salt, 1 tspn soya sauce, pepper to taste, 2 diced large onions.

Add pan juices, just to make a moist filling.

Roll dough in a long oblong approx. 6" wide.

Spoon filling in middle lengthwise on pastry. Moistened edges & overlap & seal well. Place seam side down in a long cake pan lined with oiled tinfoil.

Glaze top with two well beaten eggs. Decorate with pastry cut outs & glaze again.

Make perforated holes on the top of the loaf for air to escape.

Bake at 400f. for approx. 35-40 min.

Slice when cold or serve hot with preferred sauce.

CARIBOU SWEET & SOUR MEAT LOAF

Heat oven: 350f. For large recipe, multiply to your needs.

Grease a shallow baking pan about 30x20x5 cm

Mix a can 16 oz **tomatoe** sauce

1/4 cup brown sugar

1/4 cup white vinegar

1 **tblspn** prepared mustard

2 eggs

2 large onions (chopped)

1/2 cup crushed soda crackers or bread crumbs.

Mix well & keep aside.

In a large bowl, mix:

1-1/2 **lbs** ground raw caribou

1/2 tspn salt

1/4 tspn pepper

onions, cracker crumbs, salt, pepper, tomatoe sauce mixture-

Mix lightly with fork to blend well.

Turn into prepared pan & shape into a slightly flattened loaf.

Pour remaining tomato sauce mixture over meat. Bake 1 hr. 15

min. , basting often with sauce in bottom of pan.

Serves 6 to 8

JERKY-OVEN-DRIED

Slice Caribou very thin on the wrong side of the grain.

In strips approx. 2 " wide & 6" long.

In a low oven (175f), spread meat strips on rack (lay tinfoil at bottom of oven).

Sprinkle meat with garlic salt (very lightly) & steak spice.

Brush with 1 part soya sauce to 2 parts water.

Leave in oven for 4 hrs. An occasional look will help you succeed.

CARIBOU STEW

For approx. 12 lbs meat.

In a large pan, **sautee** caribou cubes of about 1-1/2 to 2" squares. Sprinkle with a small amount of flour, salt, pepper. Stir occasionally, when evenly browned, add water to the pan & transfer all in a large kettle on burner.

Add 3 cut up large onions,

3 stalks celery,

10 cups cubed potatoes,

6 cups carrots,

4 cups turnips.

Cabbage wedges may be added.

When all is tender, thicken broth if necessary.

Serves about 8

CARIBOU STEAK EN PAPPLOTTE

This is for one serving

1 square piece of tinfoil approx. 8x10" surface & oil with vegetable oil.

Place one or two pieces of round steak or tenderloin of caribou on tinfoil, season with 1/4 tspn Madame Dee's formula A.

Cover slices of meat with one large slice of onions, & 1/4 cup cut up canned mushrooms.

Wrap package drug store wrap which will be illustrated at workshop. Bake on a cookie sheet at 375f. for 10 to 15 minutes.

CARIBOU SWISS STEAK

2 lbs. round steak
3/4 cup flour
2 cups sliced onions
1/2 cup fat
2 tsp salt
1/2 tsp pepper
1 clove garlic chopped fine
1/2 cup water
1 tbsp dry mustard
1 cup chili sauce or cooked tomatoes

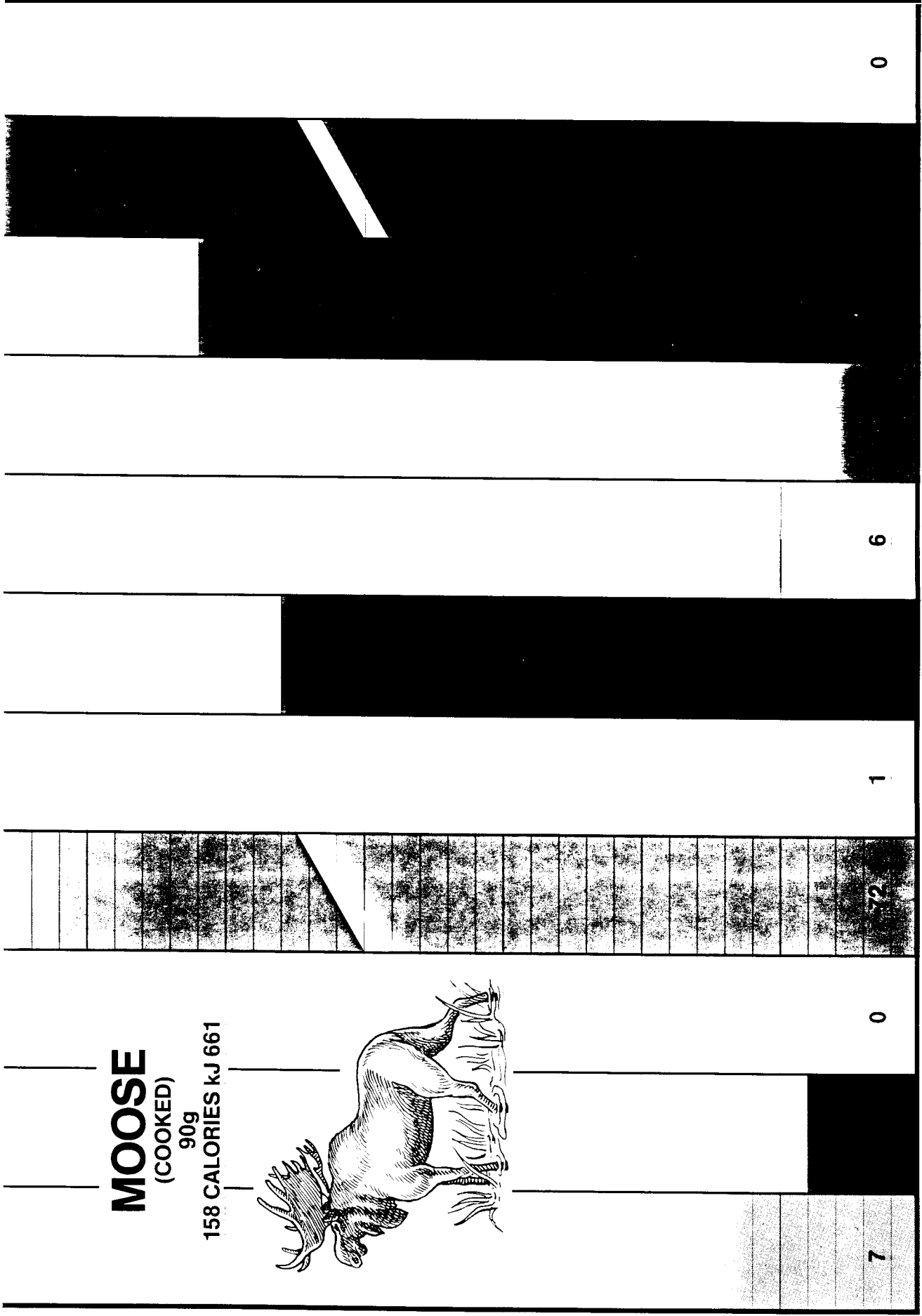
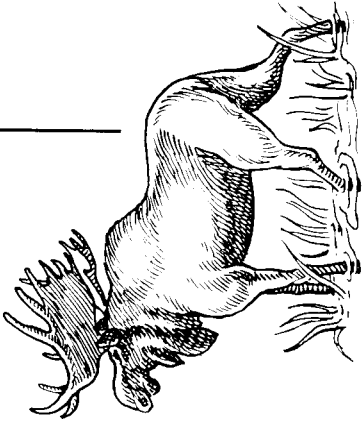
Pound flour into steaks, fry onions in fat. Remove onions. Brown steak on both sides. Cover with **onions**, add mustard, salt, pepper, garlic, water and chili sauce or tomatoes.

Cover and cook over low heat or bake at 350°F for 2-2½ hours.

33%
30%
25%
20%
15%
10%
5%

MOOSE
(COOKED)

90g
158 CALORIES kJ 661



Health and Welfare Canada
Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

TEENAGER

Recommended Nutrient Intake for Canada 1983



DELICIOUS MEAT BALLS

5 lbs ground moose or caribou
1 cup 14 oz bread crumbs (fine)
1 cup 5 oz onions finely chopped
4 eggs slightly beaten
2 tblspn worcestershire sauce & a bit of soya sauce
1 can 48 oz condensed cream of celery soup
2-1/2 cups water
1/2 cup prepared mustard
2 tspn prepared horseradish
1/2 cup chopped parsley fine

Combine beef, crumbs, onions, eggs, worcestershire and half cup of soup mixer using flat paddle. Beat only long enough to mix ingredients do not overheat. Shape into meatballs, using large end of the melon spoon. Brown meat balls in preheated pan.

FLANK STEAK WITH VEGETABLE

1-1/2 to 2 pounds flank steak
2 **tblspn** flour
1 tspn beef fat or shortening
4 potatoes, scrubbed, pared, sliced.
1 large onion, peeled and sliced
1 green pepper, sliced
1 tspn salt
1/4 tspn pepper
1 (1 pound 3-oz) can tomatoes chopped

Start oven at moderate (325f).

Make shallow cuts in surface of steak diagonally across grain. Mix flour and salt together. Rub into both sides of steak. Melt fat in heavy flameproof casserole. Brown steak well on both sides, over high heat. Heap potatoes, onion & pepper on top of steak. Season with salt and pepper. Pour tomatoes over all. Cover casserole.

Bake 2 hrs. or until vegetables are cooked and tender. Makes 4 servings.

ROUND STEAK ITALIANO

2 lbs of round steak of moose cut 1/2 " thick
1 bay leaf (small)
1 tblspn salt
pepper to taste
1 tspn steak spice
1 tspn garlic salt
flour
vegetable oil

Roll pieces of meat in flour and season with spices mentioned above, and fry in vegetable oil until medium.

Pour pieces of meat in a casserole and cover with:

1 can tomato juice
1 can tomato soup
1 envelope spaghetti sauce mix & add bay leaf and
1 chopped medium onion.

Bake in oven 350f. for 1/2 hr.

PRIZE MEAT LOAF

1 tspn each of chopped onion, parsley and celery
1 tspn salt
1/4 tspn pepper
2 tspn worcestershire sauce
1 cup stale bread crumbs
4 cups minced cooked meat(moose or caribou or left-over roast)
1 egg, well beaten
2 tblspn melted butter
left-over gravy stock or milk

Mix ingredients in order given. Add stock or milk to make mixture moist enough to hold together. Bake in a well-greased bread pan at 340f. to 350f. for about 45 minutes. Baste with a mixture of butter or dripping and hot water. Serve with tomato, creole or spanish sauce.

MOOSE OR CARIBOU STROGANOFF

1-1/2 lbs caribou or moose steak (cut in
long thin strings)
2 tblspn minced onion
1 tblspn parsley flakes
1/4 tspn garlic powder
1 tspn salt
1/2 tspn pepper
2/3 cup drained mushrooms
1/2 cup milk
1/2 cup sour cream

Brown meat with onion, parsley, and garlic powder. Stir in salt, pepper, mushrooms and simmer 5 minutes. Blend in sour cream and milk. Heat thoroughly. May be eaten as is, or may be placed in a baking dish and kept in 325f. oven until ready to serve.

MACKENZIE MOOSE MEATBALLS

1 large loaf fresh bread	½ teaspoon pepper
1½ cups milk (approximate)	1 teaspoon Kitchen Bouquet or Worcestershire sauce
1 pound moose, ground	¼ cup water
1 pound pork, ground	¾ cup bread crumbs
1 pound rabbit, ground	3 tablespoons butter or margarine
4 eggs	1½ cups commercial sour cream
1 tablespoon finely cut fresh dill	
1½ teaspoons salt	

Remove crust from bread. Break bread coarsely. Moisten with milk and let stand until very soft. Combine meats, mixing thoroughly with the hands. Beat 2 eggs lightly and work into meats.

Add dill, salt, pepper, and Kitchen Bouquet or Worcestershire to the softened bread and combine with meat mixture. Form loose balls the size of a small orange. Beat remaining 2 eggs lightly. Mix with about ¼ cup water. Dip meat balls into egg. Then into crumbs. Saute in butter or margarine in a metal-base casserole on moderate heat 10 minutes. Turn meat balls and brown 10 minutes longer.

Start oven at moderate (375° F.). When **meat balls are lightly** browned, pour sour cream over them. Cover casserole.

Bake 45 minutes. Makes 6 to 8 servings.

MIISK-OX RUMP ROAST

3 lbs boned rump or chuck
2 tspn salt
1/2 tspn pepper
2 tblspn sugar
2 bay leaves
6 whole cloves
4 peppercorns
2 onions, peeled and sliced
1 quart cider vinegar
2 cups water
2 tblspn drippings
3 stalks celery, sliced
6 small carrots, quartered
1/2 tspn salt
2 peppercorns
2 cloves
1/4 cup sugar
6 gingersnaps, crumbled
1/2 cup commercial sour cream
NOTE : 1 pint red wine if desired

4 days before use

Rinse meat and pat dry with paper towel. Rub salt and pepper into meat thoroughly. Place in deep earthen dish or crock. Sprinkle with sugar, bay leaves, cloves, peppercorns, and onions. Combine vinegar, water, & wine and pour over meat. Add more liquid if necessary, since meat must be covered. Cover dish or crock. Let stand in refrigerator 3 or 4 days. Turn meat occasionally and stir vinegar marinade over and around it.

On the day to be cooked, drain meat; save vinegar marinade. Brown meat quickly on all sides in drippings in Dutch oven or heavy kettle, about 20 minutes. Add onions from marinade, celery, carrots, salt, peppercorns, cloves, and about 1-1/2 cups of the marinade. Cover kettle. Cook 3-1/2 hours or longer, until meat is thoroughly tender. Add more marinade from time to time if necessary.

Remove meat to hot platter, slicing some of it. Keep platter hot in open oven. Strain dripping. Skim off fat. Stir 1/4 cup sugar into the hot kettle. Let sugar melt and begin to brown. Stir in 2 cups strained drippings. Add gingersnaps crumbs. Stir and heat until thickened. Stir in cream. Heat but do not boil. Pour a little hot sauce over the roast. Serve remaining sauce in gravy bowl. Makes 6 or more servings.

MUSK-OX CHILI CON CARNE

Melt: 2 tablespoons bacon drippings

Sauté: in the fat, 1 medium size onion (chopped) and $\frac{1}{4}$ cloves of garlic.

Add : 2 lbs. ground Caribou, Moose or Musk-ox.

Stir and sauté until the meat is well done.

Add : $1\frac{1}{4}$ cups canned tomatoes

4 cups canned kidney beans,

$\frac{3}{4}$ teaspoons salt (or more)

pepper to taste

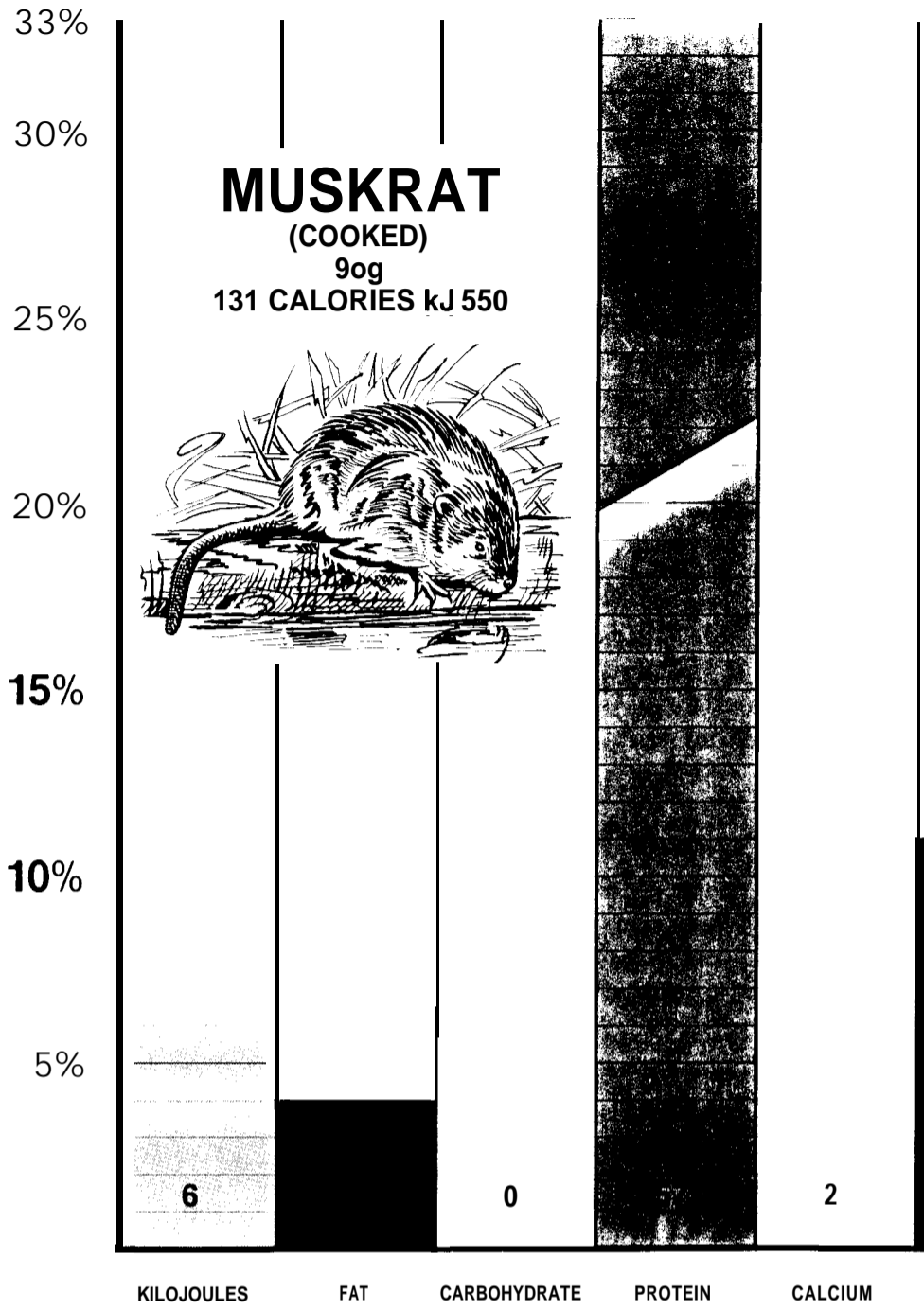
1 bay leaf

1 teaspoon sugar

2 tablespoons chili (or more) depending on taste.

Cover and cook slowly for about 1 hour.

Serve with French bread and a tossed Salad.



Health and Welfare Canada / Santé et Bien-être social Canada

CONTRIBUTION TO REQUIREMENTS
(AGE 1 YEAR)

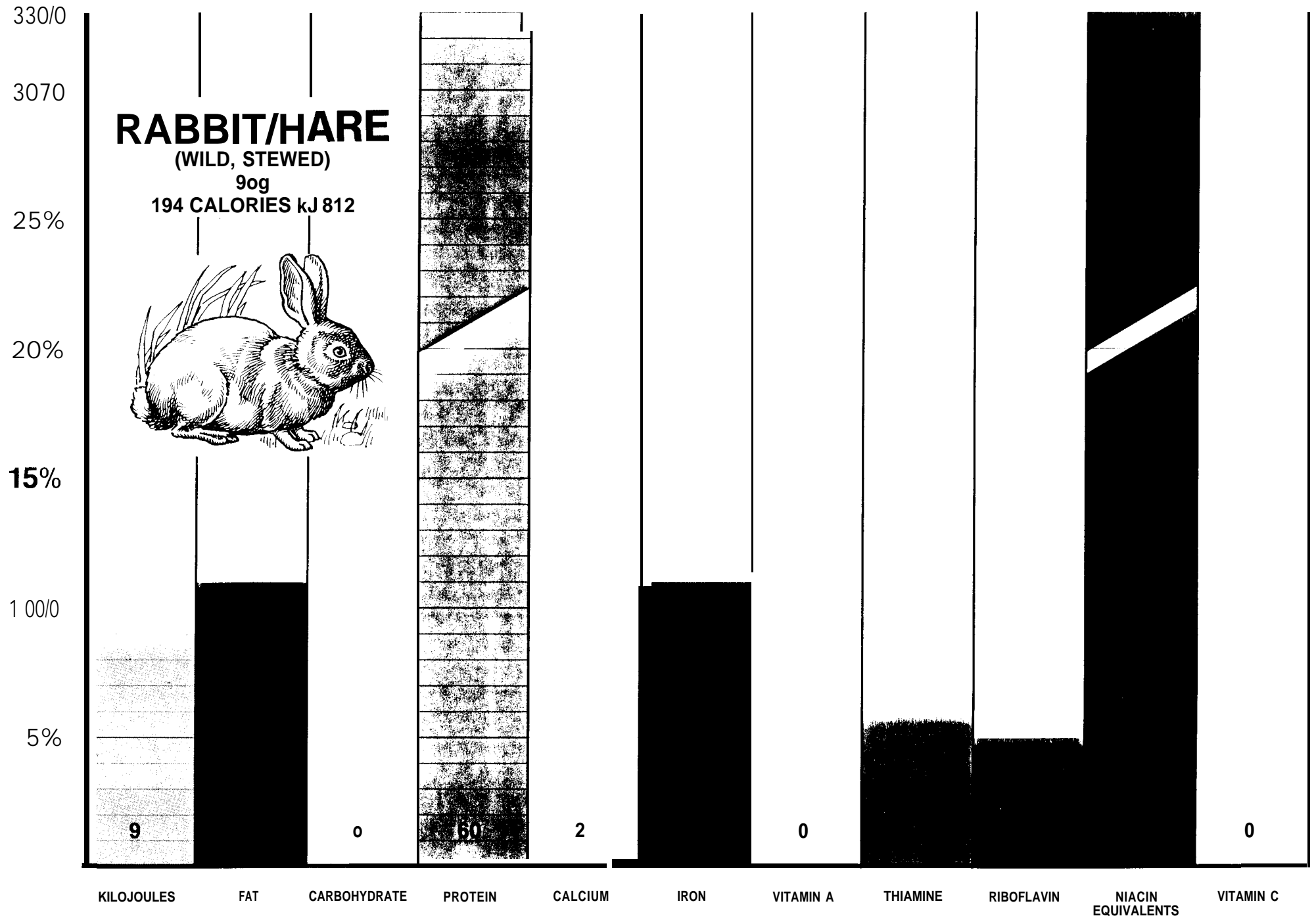
MUSKRAT RAGOUT

2 muskrats
1 large onion
margarine or vegetable oil
1 teaspoon garlic salt
1 teaspoon steak spice
1/8 teaspoon chili powder
4 medium size potatoes
4 medium size carrots
1/2 cup chopped celery
salt & pepper
flour

Method:

Clean muskrat thoroughly leaving absolutely no fat (soak in salted water overnight). Coat pieces of meat in flour and fry on both sides. Place in a large kettle and add remaining ingredients. Simmer for 3 hours, or until meat is tender, in enough water to cover thoroughly.

Before serving, thicken with diluted cornstarch to desired consistency.



HARE, PROVENÇAL STYLE

Large hare, cleaned and ready to cook
1 lb salt pork
24 shallots peeled & chopped
2 tspn salt
1 tspn black pepper
1 pint dry white wine
1/2 tspn savory
1/2 tspn worcestershire sauce

Ask meat dealer to tie the hare's head to the hind legs, forming a circle. Cut pork fine. Cook in large heavy skillet or clutch oven until browning. Sear hare in hot pork, turning to brown all sides. Lower heat. Add shallots, salt, pepper, and wine. Cover skillet or pot. Simmer 1-1/2 hrs or until tender and thoroughly cooked. Add more wine with a little hot water or consomme if liquid cooks away.

When cooked, remove string and place hare on hot serving dish. Skim fat off gravy in pot. Stir Worcestershire. Taste, and correct seasoning as desired. Bring sauce to a boil. Pour over hare. Makes 4 to 6 servings.

RABBIT CACCIATORE

6 rabbits cut in pieces

2 Large Onions

2 cans mushrooms

1 cup chopped celery

3 Large cans tomatoes

6 tablespoons diluted cornstarch

6 tablespoons vegetable oil

Brown rabbit in Oil and stir in onions.

In thick saucepan bring tomatoes to a boil, thicken with diluted cornstarch, add mushrooms and chopped celery.

Place rabbit pieces in large casserole.

Pour sauce over and Bake in 325°F oven for 30 minutes.

Serve with rice.

RED COATED SEAL

4 lbs. **seal meat** (trim fat off)
10 tablespoons flour
2 teaspoons salt
1 teaspoon Lemon Pepper
3 cans tomatoes
2 cans water
9 tablespoons butter
1 Large onion (chopped)

Method:

Cut meat into 2" cubes and dredge in seasoned flour.
In melted butter; sautee onion and brown meat.
Place in a Casserole and pour the tomatoes and water over.
Bake covered in oven at 325°F for 2 hours

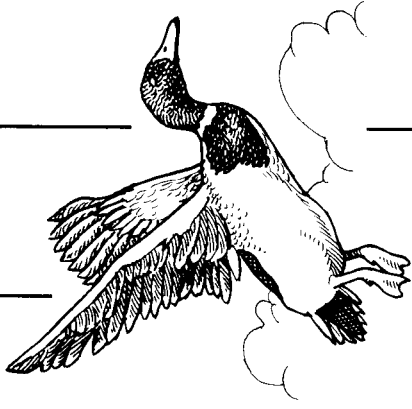
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DUCK
(WILD, RAW)

90g

112 CALORIES kJ 469

*Information not available



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KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



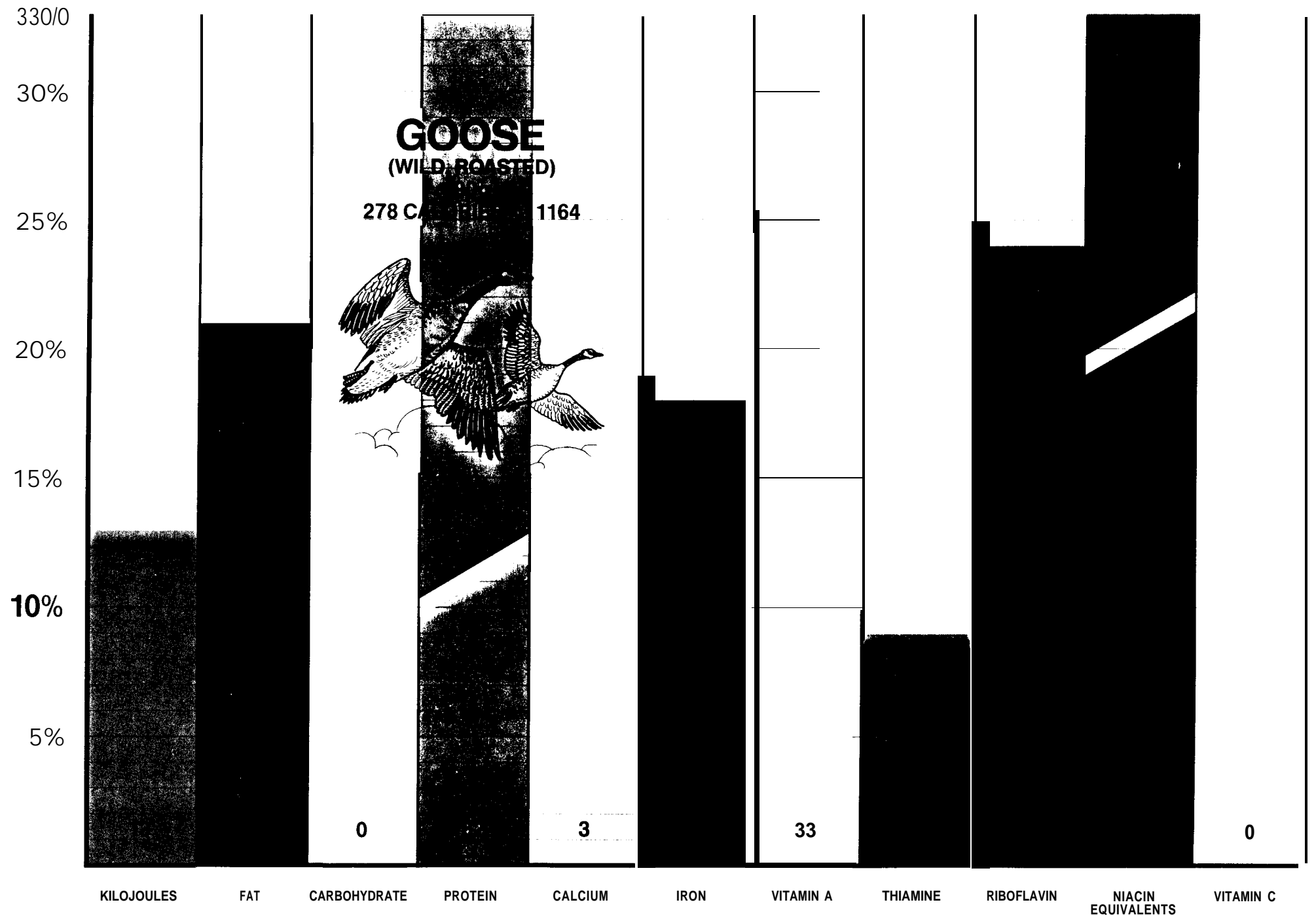
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CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

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SOYA SAUCE ROAST DUCK

Marinate duck in:

2 cups soya sauce

1 clove garlic (crushed)

2 tblspn sugar

1/4 tspn, five spice powder(chinese
spice called Lui fun)

dash pepper

Place on rotisserie & roast at 450f. for 10 minutes & then, reduce
heat to 325f. & roast 30 minutes per pound.

Baste often.

DUCK SOUP

1 **large or** 2 small ducks (cut in small pieces)
8 cups water
2 stalks celery with leaves, chopped
1 large onion diced
2 tbsp chicken base or 6 chicken bouillon cubes
1 cup long grain rice

Place in large pot. Simmer gently for 2-3 hours. If too thick add
1 cup water.

BREAD STIFFED GOOSE

2 large goose
1-1/2 cups onions, chopped
1-1/2 cups celery, diced
1/2 lb butter or other fat
1-1/2 tblspn salt
1-1/2tblspn tarragon, thyme or savoury
2 quarts bread crumbs, soft

Cook onions and celery in butter until tender .

Combine all ingredients and mix well.

If too dry, a small amount of water or stock may be added

Fill gouse cavity.

Bake at 375f. (as for turkey)

Makes 25 servings.

FRUIT STUFFED GOOSE

1/2 lb prunes, dried
1 lb apples, medium
2 - 6lbs to 8 lbs goose
salt & pepper to taste
nutmeg to taste
allspice to taste
mirepoix as needed

Cook prunes for 5 minutes. Cool. Remove stones.

Peel and dice apples, mix with prunes.

Season the inside of the goose with salt, pepper nutmeg and allspice.

Fill the goose cavity with the apple and prune mixture and tie securely with string. Season outside of goose.

Roast at 350f. with the mirepoix until done.

Serve with pan gravy made from the drippings.

GOURMET PARTRIDGE

3 small partridges ready for cooking
1/2 cup milk
salt
Quick grind black pepper
2 apples, pared, cored, sliced
2 thin slices peeled onion
3 tblspn butter
3 cups commercial sour cream
4 slices toast
Water cress

Start oven at moderate (375f.)

Brush birds inside and out with milk. Season inside and out with salt and pepper. Stuff cavity with apple slices.

Saute onion lightly in butter in deep flameproof casserole. Brown birds in this fat. Pour sour cream over birds and season lightly with salt and pepper. Cover casserole.

Cook in oven 1 hour. Baste birds with sauce in casserole every 15 minutes. Serve hot from casserole onto toast. Garnish with parsley. Serve with a salad & green peas.

Makes 3 to 6 servings.

SWEET & SOUR PARTRIDGE

- 2½ lbs. of clean breast of Partridge
- 1 cup rice -- 2 cups water
- 1 teaspoon salt
- Soya Sauce (add to taste when all
cooked ingredients are together)
- ½ lb. diced bacon
- 2 medium size onions (chopped)
vegetable oil to sautee vegetables etc.
- ½ head of medium size cabbage (shredded)
- 1 can Chop Suey vegetables
- 1 can cut up mushrooms
- 2 leeks -- white part cut like coins
-- green part to boil & use for garnish
- ½ green pepper (cut a la Julienne)
approx. 1 cup flour
- 1 can pineapple chunks

Method:

Sautee bacon until crisp and drain. Coat pieces of breast in flour and fry until golden colour. Sautee onions and mushrooms. -- set aside.

Sautee coin of leeks and chop suey vegetables. Fry shredded cabbage. Boil rice according to directions on package. Meanwhile boil leeks 5 minutes and set aside. Open can of pineapple chunks and keep juice for sweet for sweet and sour sauce.

Combine -- rice, vegetables, bacon, cabbage; combine thoroughly, add Soya Sauce to taste and warm in oven for 10-15 minutes.

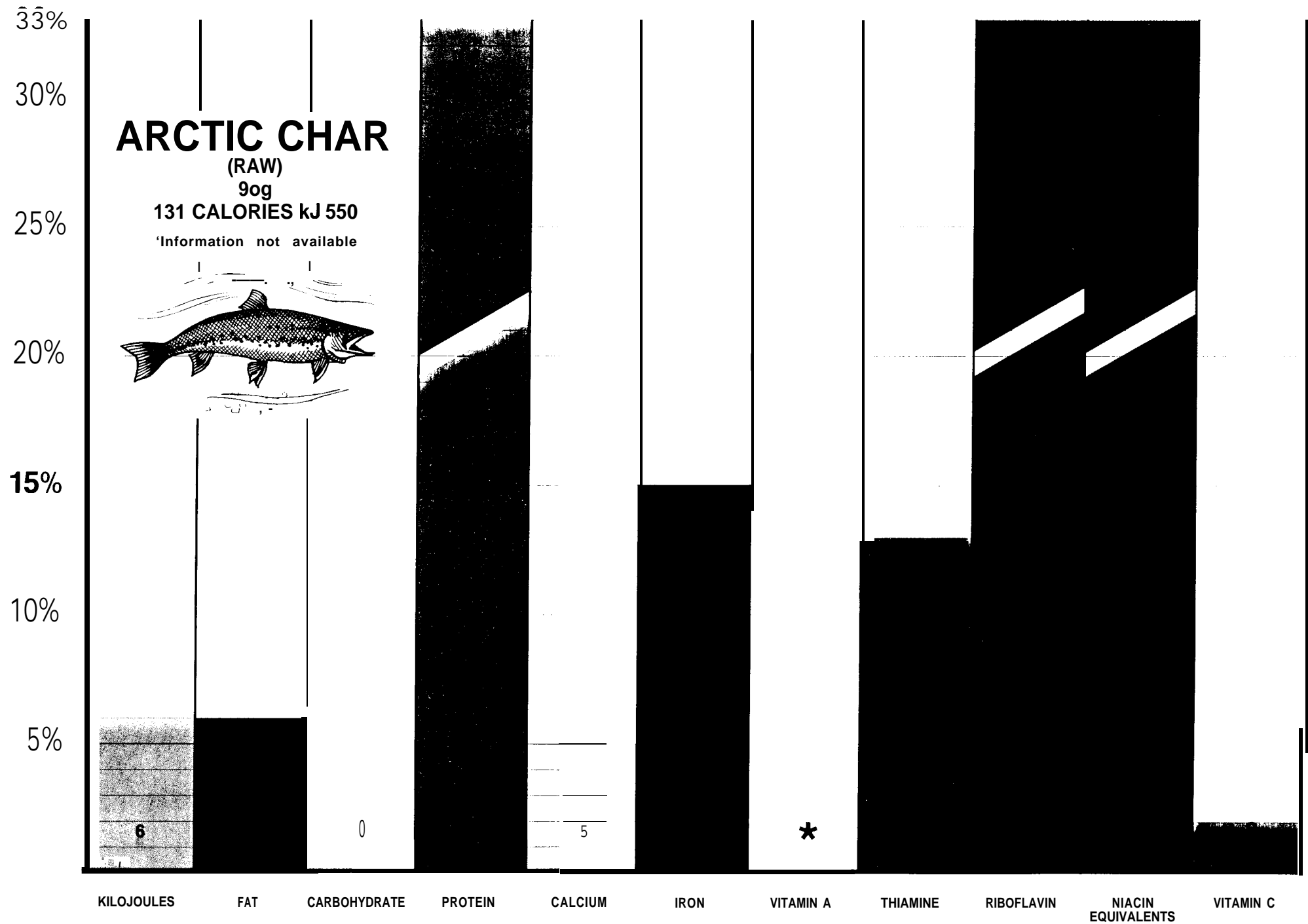
Spread your dish on a large platter and garnish with the following sauce:

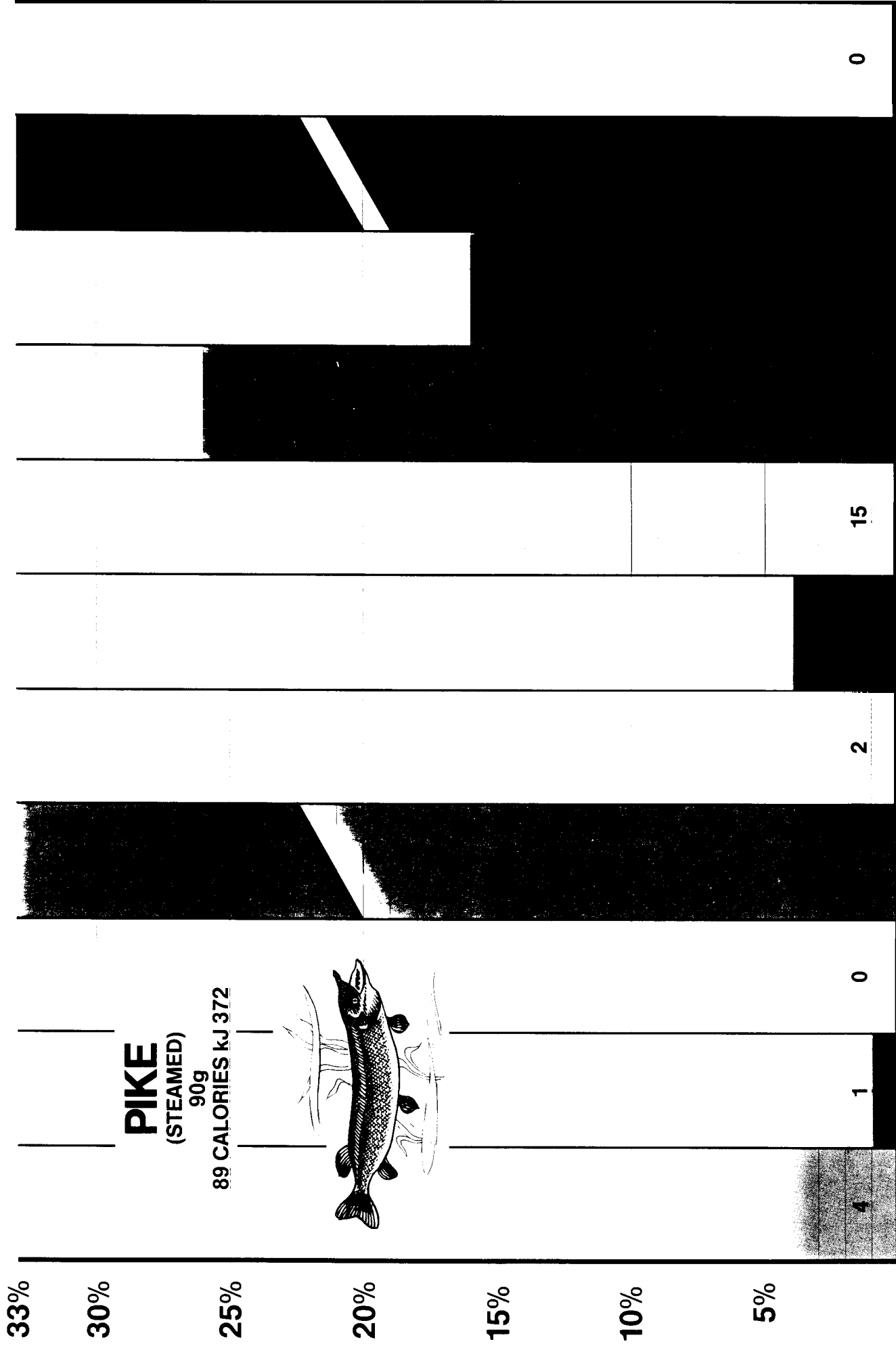
SWEET & SOUR SAUCE

- 1 cup water or better the pineapple juice
- 1 small ½ cup of vineger (meaning a little less)
- 1 cup brown sugar
- ½ cup ketchup
- 1 tablespoon Soya Sauce

Simmer in saucepan and thicken with diluted cornstarch according to consistency desired.

Pour over dish and garnish with boiled leek stems, green peppers & pineapple chunks.

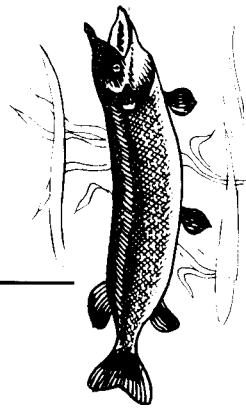




PIKE
(STEAMED)

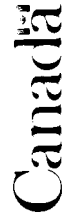
90g

89 CALORIES kJ 372



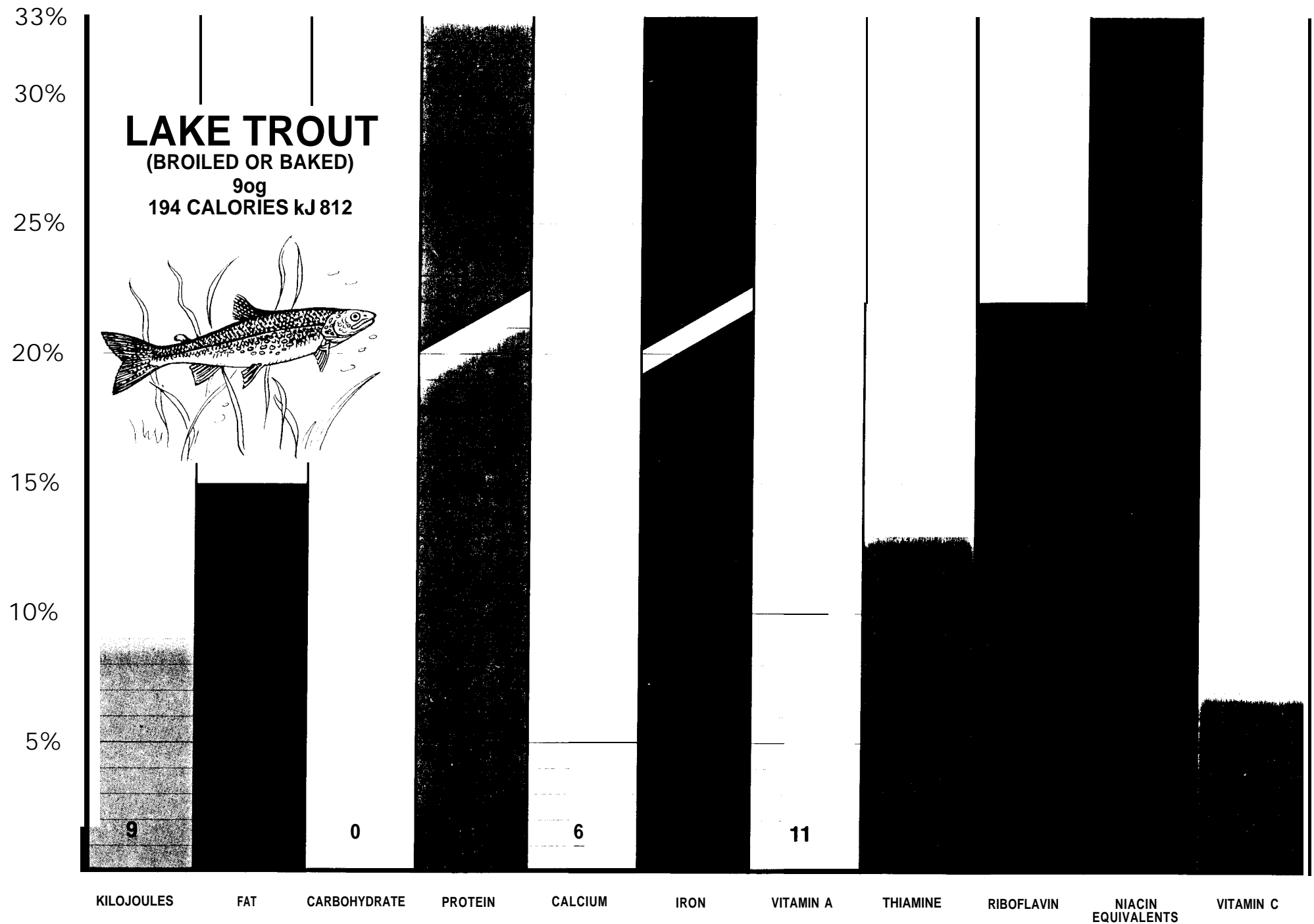
CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

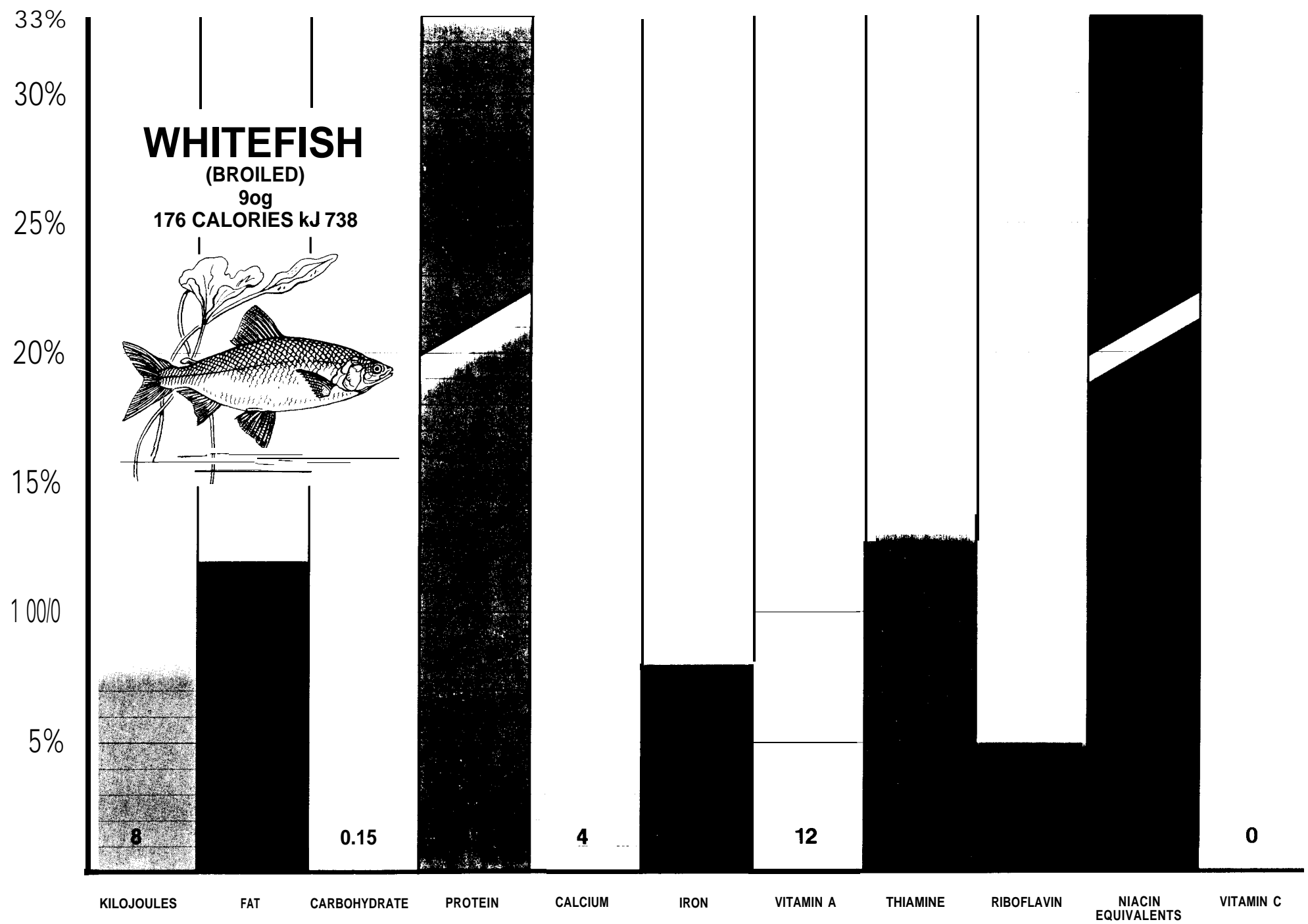
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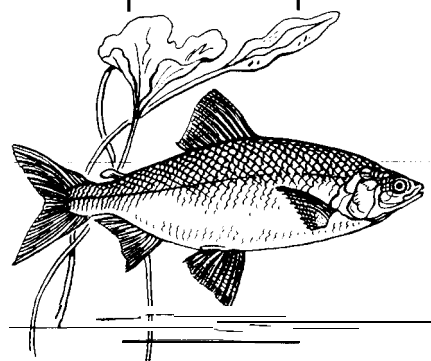
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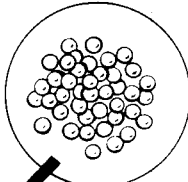


WHITEFISH
(BROILED)
9g
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CONTRIBUTION TO RECOMMENDED INTAKE

.TEENAGER

Recommended Nutrient
Intake for Canada 1983

(AGE 13-15 FEMALE)

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SOUR CREAM ARCTIC CHAR STEAKS

(Serves 50)

25 lbs. Arctic Char Steaks

Salt & Lemon Pepper

6 Large Onions (chopped)

3½ Pints Sour Cream

(please note - half mayonaise may be used)

Method:

1. Place Steaks in greased baking pan.
 2. Salt & Pepper
 3. Bake in hot oven (450°F) for 8 minutes.
 4. Top with onions and cream and "finish" baking about 10 minutes.
-

PIQUANT ROYAL FILETS

10 Lbs fish
1/4 cup vinegar
1/4 cup Worcestershire sauce
1/4 cup lemon juice
2 cups butter or other fat, melted
2 tblspn prepared mustard
2 tblspn salt
1 tspn pepper
3 eggs
5 cups dry bread crumbs
paprika

Cut fish into serving-sized pieces if desired
Mix next 8 ingredients together and blend into a smooth sauce.

Cover shallow greased baking pan with half the bread crumbs.
Place fish **ON crumbs and top with remaining crumbs. Pour sauce over all.**

Garnish with paprika and bake in a hot oven. (450f), allowing about 10 minutes cooking time for each inch thickness of fresh fish and 20 minutes cooking time for each inch thicknes of frozen fish

Makes 30 servings

FISH IN BATTER

1 cup flour
1 **tspn** baking powder
1 **tspn** salt
2 **beaten eggs**
2/3 cup milk
1 **tblspn** vegetable oil

Stir until all ingredients are well blended. Cut 1-1/2 lbs fish fillets (I prefer pickerel) into pieces which are about 2" squares. Dry the fish thoroughly on paper towel and dust with flour. Dip floured fish in batter, drain off excess. Fry in pre-heated deep fat at 375f. for about 5-7 minutes, **turning** frequently for browning. Drain on absorbent paper.
'Yields 6-8 servings.

FISH CHOWDER

1 cup salt pork or bacon
2 cups hot water
salt & pepper
2 cups whole milk
3/4 cup chopped onion
1 cup diced potatoes
1/2 cup chopped celery
1/2 cup diced carrots
1-1/2 lbs fillets
butter

Fry pork in skillet til browned. Add onions and saute gently. Add potatoes, vegetables and hot water and cook for a few minutes til partly done. Then add fish fillets and cook til fillets flake easily with a fork. Season to taste with salt and pepper. Add milk and heat thoroughly. Serve in bowls, topping with butter.

BAKED WHITEFISH

2 1-1/2 lb whitefish or lake herrings cleaned, boned & left whole.

1/2 cup finely chopped carrots
1/2 cup finely chopped onions
1/2 cup finely chopped leeks
1/2 cup finely chopped mushrooms
1 cup breadcrumbs
1tblspn parsley
1/2 tspn thyme
1 egg yolk
1 tspn salt
1 tspn pepper
stock or water to add to stuffing
2 tblspn butter or margarine
1 onion sliced
6 tblspn oil

Saute vegetables in butter or margarine. When limp, add breadcrumbs, salt and pepper. Beat egg yolk. Off heat, stir into breadcrumbs mixture. Add parsley and thyme. Add stock or water to mixture until it has the consistency of mashed potatoes. Stuff into the fish. Skewer the fish closed. Place in ovenproof dish on bed of onions. Pour over oil. Bake at 425f. for 25 minutes
Serve 4

BROILED TROUT

Oil cookie sheet and spread clean pieces of trout
Oil top of fish also and **sprinkle the following seasonings:**

salt & **pepper**

2 tspn of "fresh fish marinade" (Madame Dee's formula C)

Bake **until** tender. Approximately 15 to 20 minutes.

PICKERAL FILLETS IN LEMON SAUCE

4 large fillets
1 cup mayonnaise
1/2 cup flour
3 cups milk
1/4 cup lemon juice
1 tblspn lemon rind, grated
1 tspn salt
1/4 cup parsley, chopped

Blend mayonnaise with flour

Add milk gradually. Cook and stir over low heat until thickened.

Add lemon juice slowly. stir in grated lemon rind, salt and parsley.

Makes 4 cups.

STUFFED ARCTIC CHAR

Use whole clean fish, rub inside with salt and lemon juice, fill with the following dressing and sew up with thread.

4 tblspn butter
2 cups bread crumbs
2 tspn minced onion
1/4 cup celery
1tblspn lemon juice
2 eggs
1/2 tspn salt
dash pepper
enough water to moisten
1/2 tspn Madame Dee's formula C

Place bacon strips on top of fish.

Place fish on tinfoil in roasting pan at 375f. allowing 10 minutes per lb. of fish. Cover

MUSTARD B.B.Q SAUCE

2 tblspn white wine vinegar
1 tblspn vegetable oil
1 tblspn ketchup
1 tblspn worcetershire sauce
2 tspn prepared mustard
1 tspn brown sugar
1 tspn cornstarch

In a small saucepan, combine vinegar, oil, ketchup, Worcestershire sauce & mustard. Mix together brown sugar and cornstarch and add to pan. Heat to boiling over medium heat, stirring constantly until sauce thickens.

Makes about 1/3 cup.

CHILI B. B.Q. SAUCE

1/3 cup ketchup
2 tblspn vegetable oil
1 tspn chili powder
1/8 tspn garlic powder
1/8 tspn salt

Mix ingredients together until well blended.
Makes about 1/2 cup

MARINATING MAGIC

Transform less expensive cuts of beef into tender, delicious dishes by marinating. Marinades contain acid (fruit juice, vinegar, wine), which softens the connective tissues in the meat. Here are some hints for the best marinating results:

Pierce meat with a fork in several places to allow marinade to penetrate.

The larger or less tender the piece of meat, the longer it needs to be marinated. Cubes or strips of beef for kabobs require 3 to 6 hours. Steaks need to be marinated overnight while roasts require at least 24 hours. Less tender cuts, such as short ribs and flank, also require long marinating - 12 to 24 hours.

Meat must be refrigerated while marinating and can be kept in the marinade for 2 or 3 days. If meat is marinated a long time, however, it may become too highly flavored - particularly if strong-tasting ingredients are used.

BARBECUE SAUCE

3 tablespoons melted butter
1 medium onion, chopped
1 teaspoon salt
 $\frac{1}{2}$ teaspoon garlic salt
 $\frac{1}{4}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon **tobasco**
 $\frac{1}{4}$ teaspoon mustard (from jar)
 $\frac{1}{4}$ cup ketchup
3 tablespoons Worcestershire sauce
3 tablespoons cider vinegar
1 tablespoon celery flakes
 $\frac{1}{8}$ teaspoon thyme
 $\frac{1}{4}$ teaspoon marjoram

Mix first 10 ingredients. Pour over meat, over this scatter celery flakes, thyme, marjoram.

BANNOCK (FRYING PAN METHOD)

"FOR CAMPING"

2½ cups flour
¼ cup skim milk powder
2 tablespoons egg powder
or 1 egg
½ teaspoon salt
3 teaspoons baking powder
¾ cup water
1 tablespoon melted fat

* Raisins may be added & if preferred, you may work in shortening as for pastry, using ½ cup shortening.

1. Sift dry ingredients. Mix well.
 2. Add water and fat.
 3. Knead lightly.
 4. Shape into mounds. Place in greased frying pan.
 5. Cook until golden brown.
-

SPICED FRESH TONGUE

Cook a fresh tongue in water for 2 hours, remove skin, and rub with a mixture of 2 tspn each of salt, ground mace and nutmeg. Return to kettle; add :

1 cup of dark brown sugar

1 tspn each of peppercorn, allspice, berries

1/2 cup raisins

1/2 cup vinegar

Simmer slowly for an hour, cool in liquid, serve cold in thin slices.

MADAME DEE'S MARINATED STEAKS

Direction for 2 lbs of meat (caribou or musk-ox)

Mix together:

1 tspn of "game meat marinade Madame Dee's formula"
1/2 cup vegetable oil

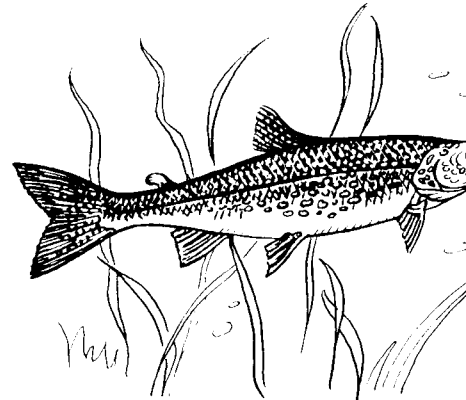
Place steaks in a casserole or a secured plastic bag (easy to turn over) and cover with above mixture. Refrigerate for at least 3-4 hrs. , turning over occasionally. Coat steaks with flour on both sides and fry or broil your favorite way.

NUTRIENT B

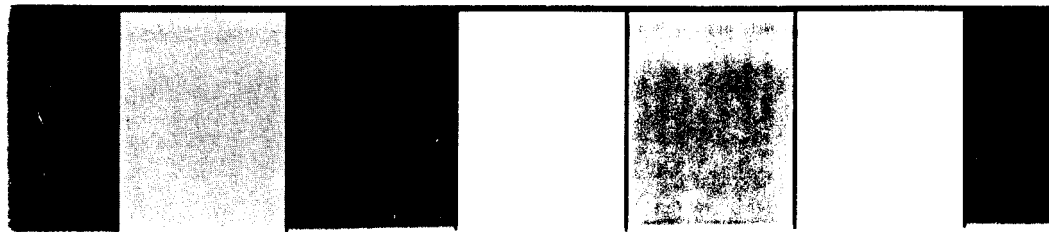
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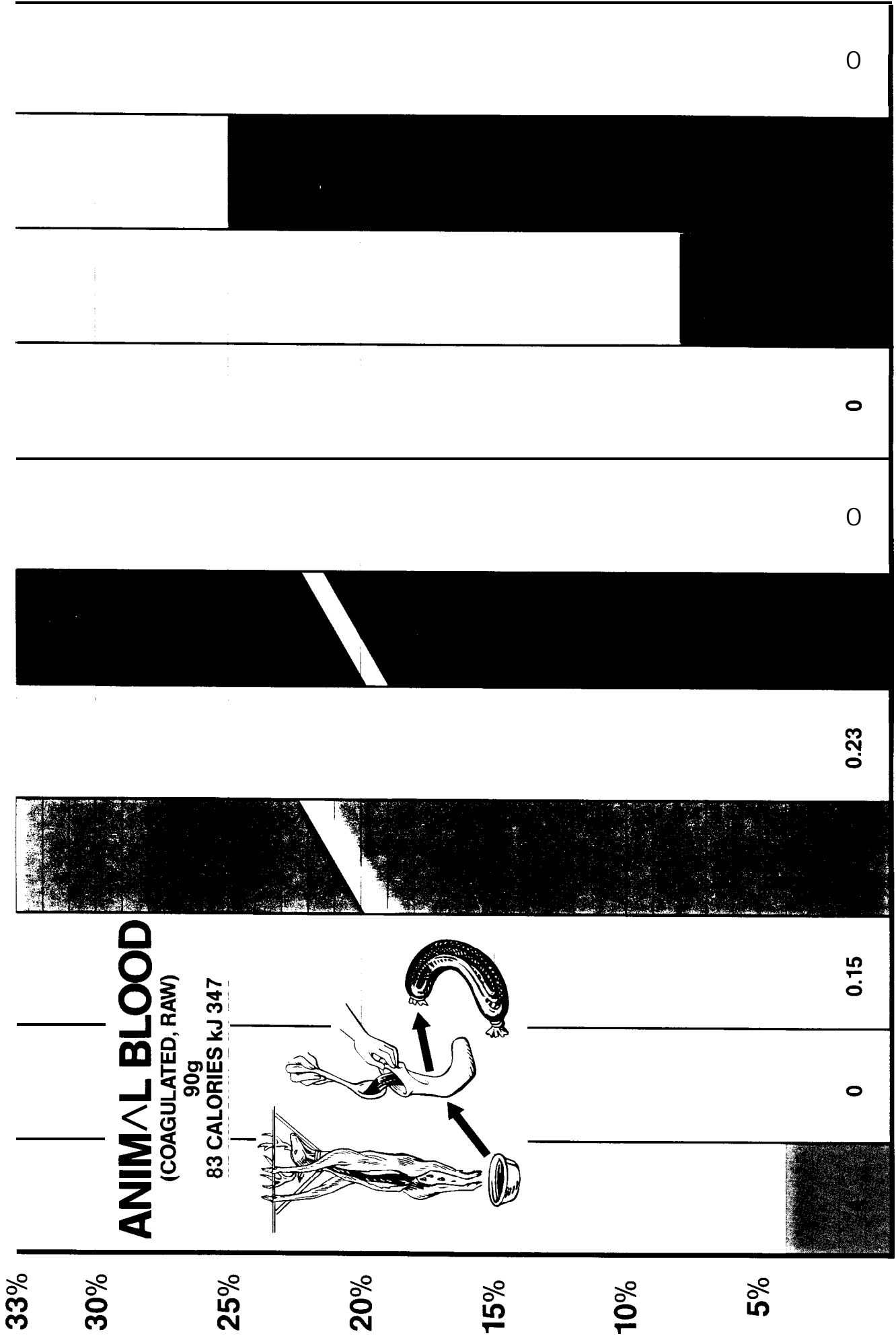
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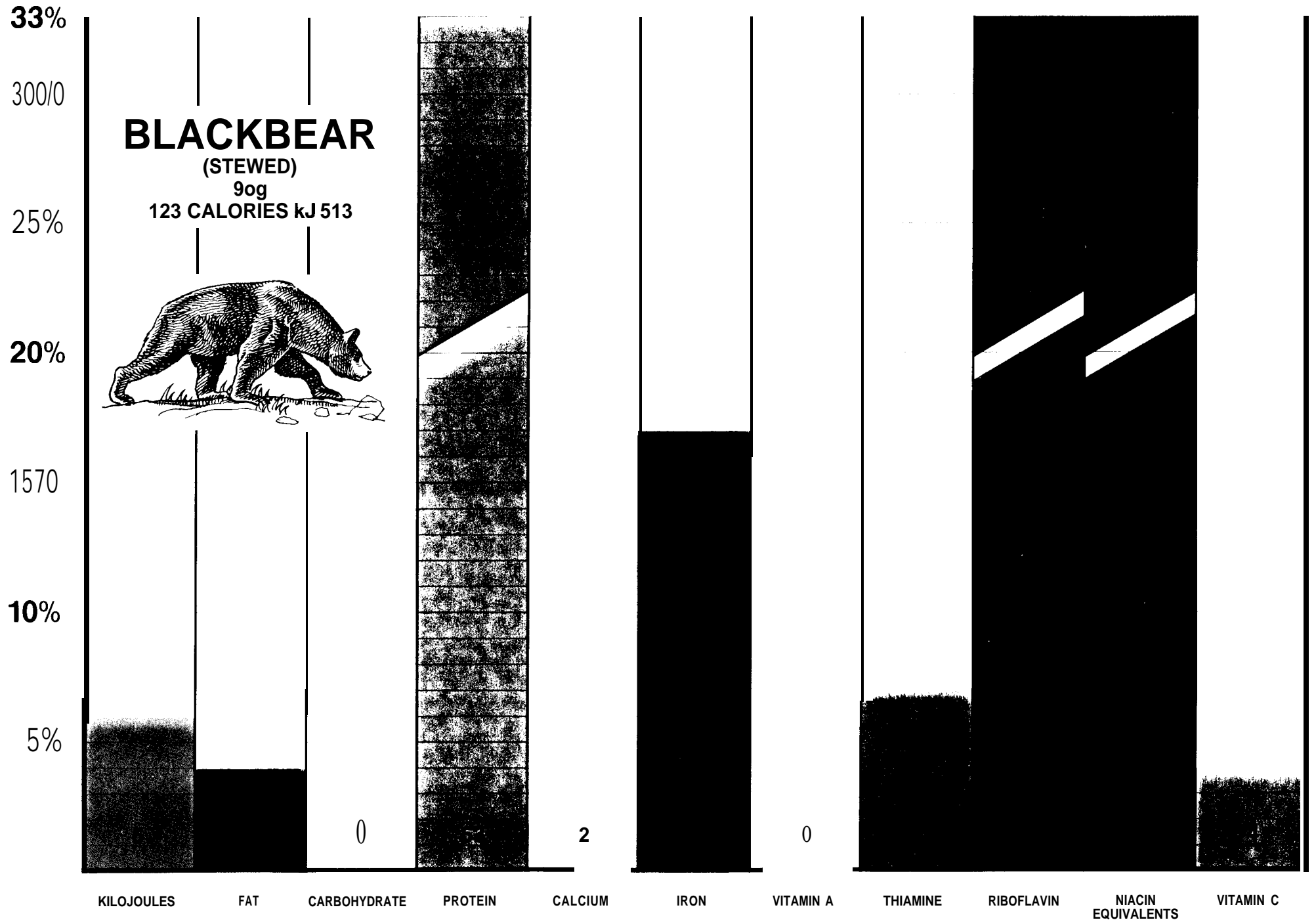
KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE NIACIN EQUIVALENTS VITAMIN C

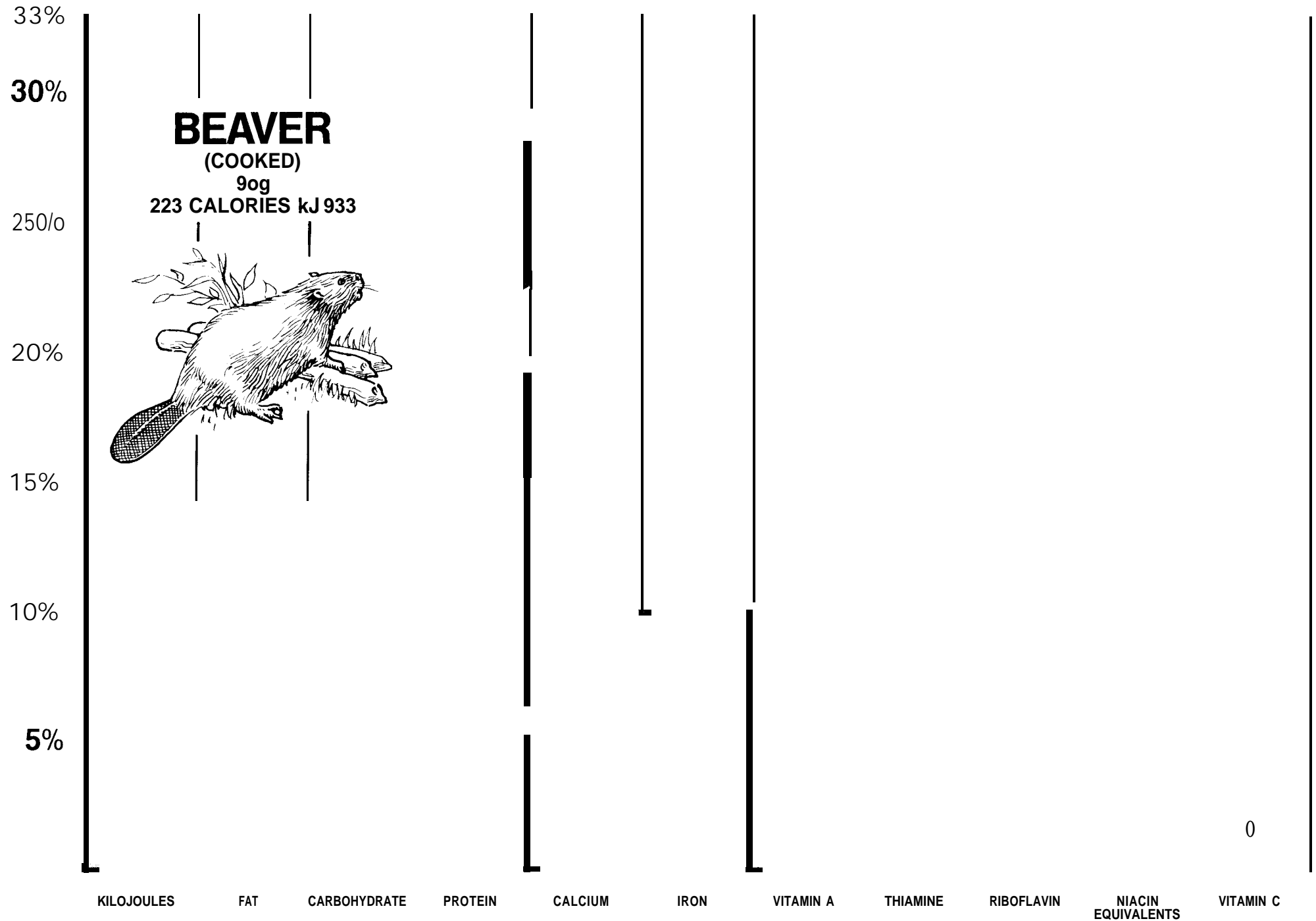
Recommended Nutrient Intake for Canada 1983

CONTRIBUTION TO RECOMMENDED INTAKE . . . TEENAGER
(AGE 13-15 FEMALE)

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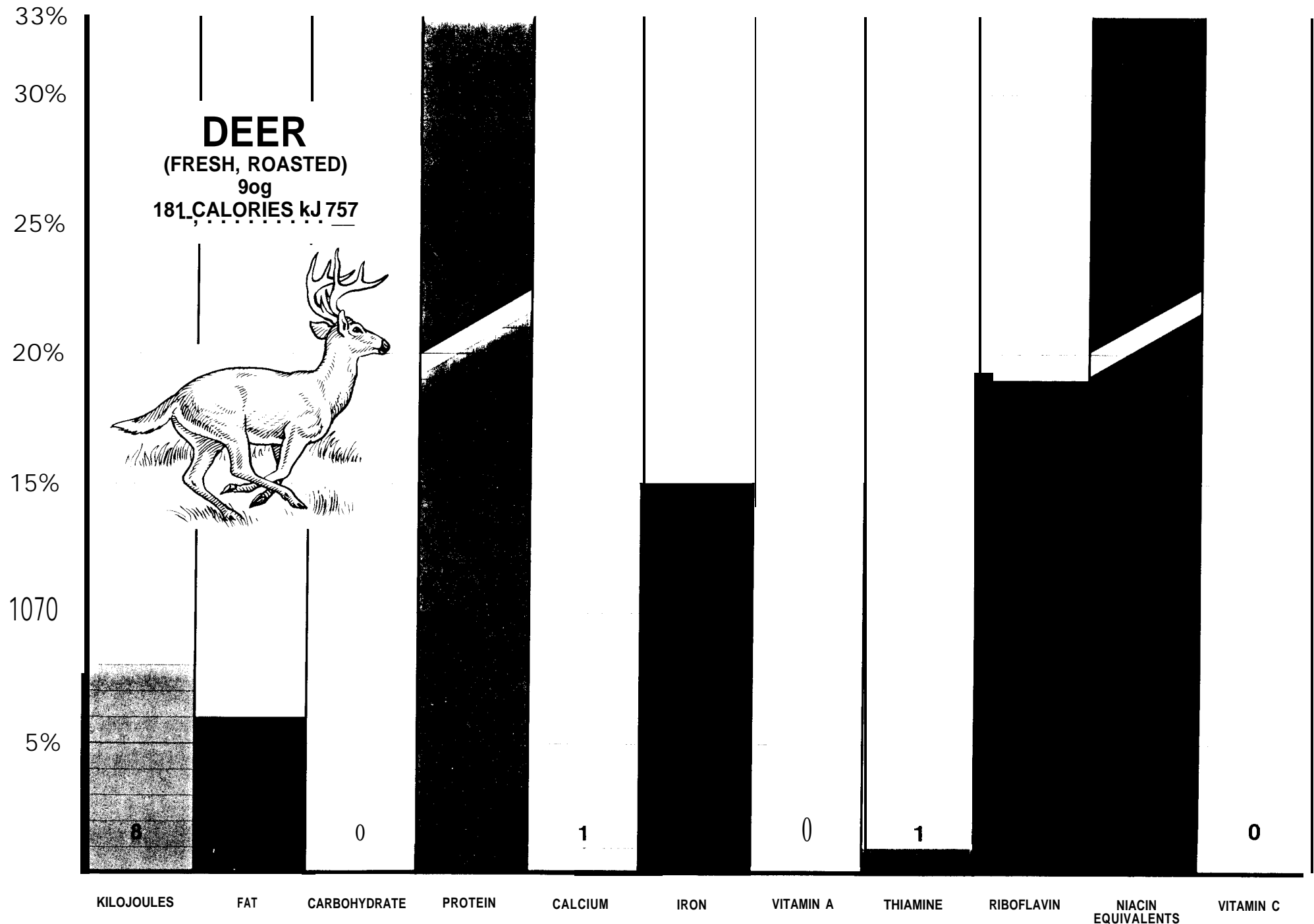
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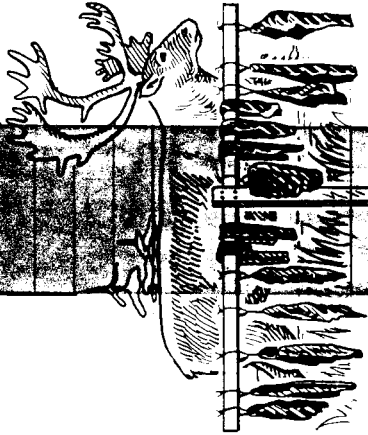
BEAVER
 (COOKED)
 9g
 223 CALORIES kJ 933





CARIBOU

(DRIED)
90g
410 CALORIES 1715



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CARBOHYDRATE

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CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER

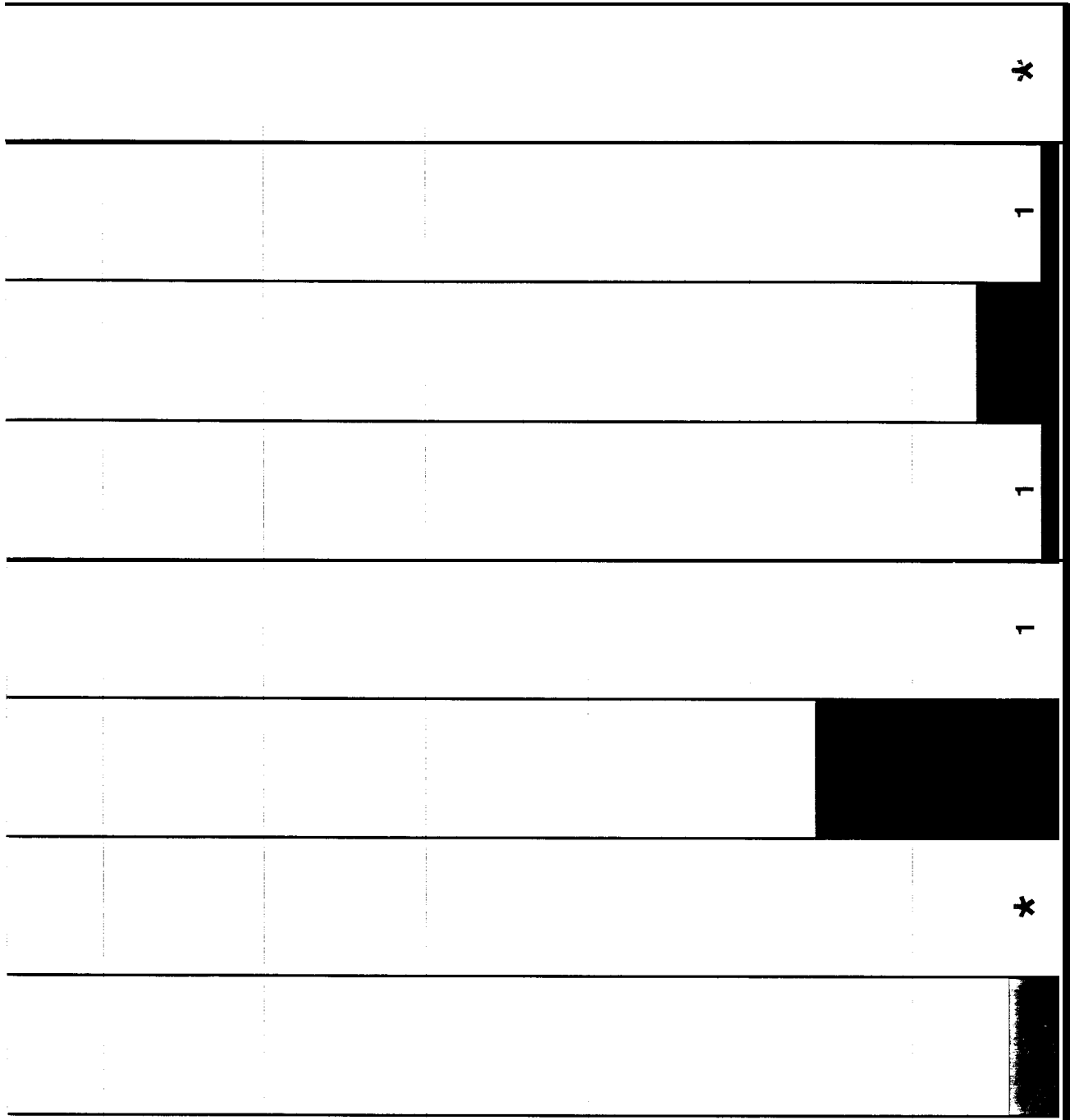
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Recommended Nutrient
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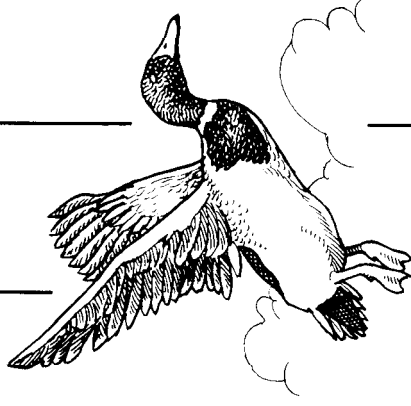
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DUCK
(WILD, RAW)

90g

112 CALORIES KJ 469

*Information not available



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KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

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(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

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GOOSE

(WILD-ROASTED)

90g

278 CALORIES 1164



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KILOJOULES

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CALCIUM

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VITAMIN^a

THIAMINE

RIBOFLAVIN

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EQUIVALENTS

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CONTRIBUTION TO RECOMMENDED INTAKE
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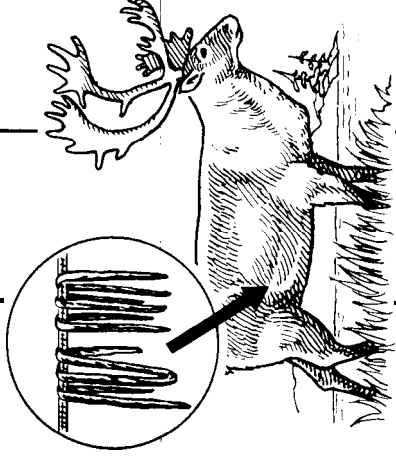
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INTESTINES (COOKED)

90g

275 CALORIES KJ 1148



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KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

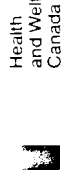
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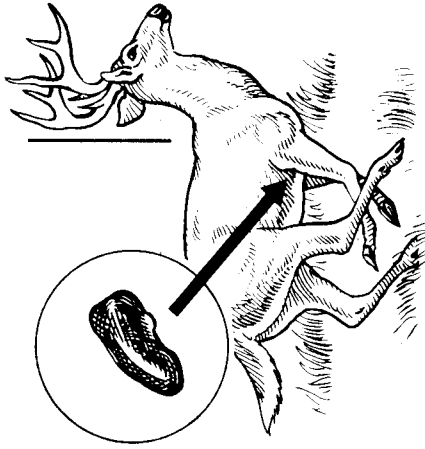
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(AGE 13-15 FEMALE)

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LIVER
(DEER, COOKED)
90g
206 CALORIES kJ 862



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KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN VITAMIN C

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CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

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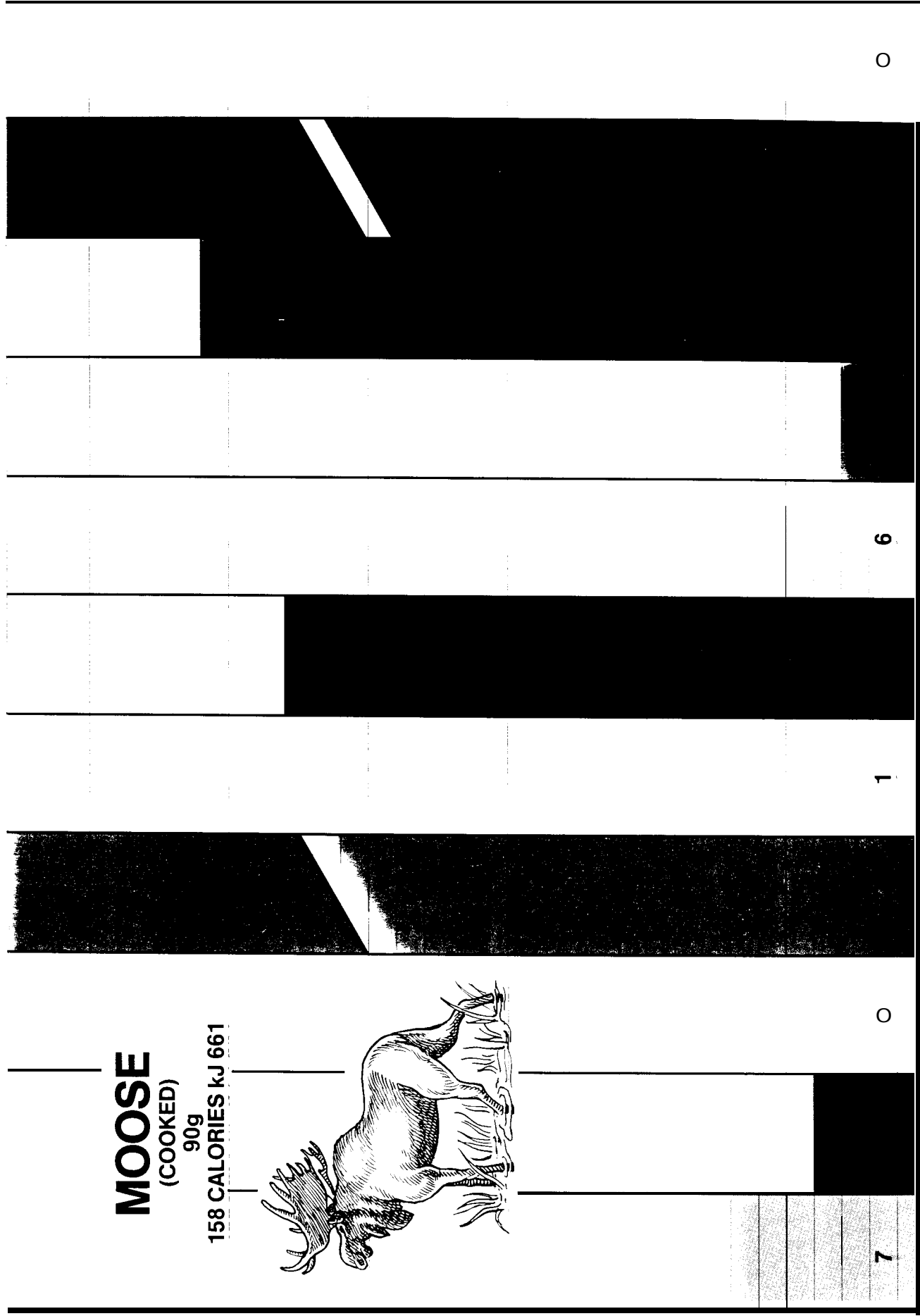
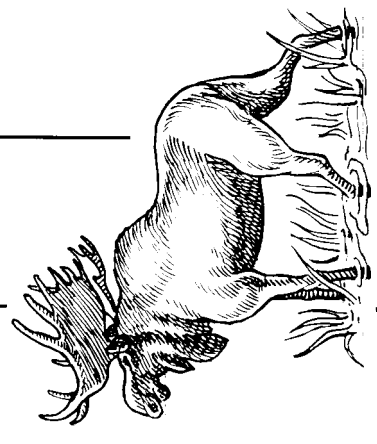
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MOOSE (COOKED)

90g
158 CALORIES kJ 661



KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN EQUIVALENTS

VITAMIN C



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CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983



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5%

MUSKRAT (COOKED)

90g

131 CALORIES kJ 550



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KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

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EQUIVALENTS

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Canada

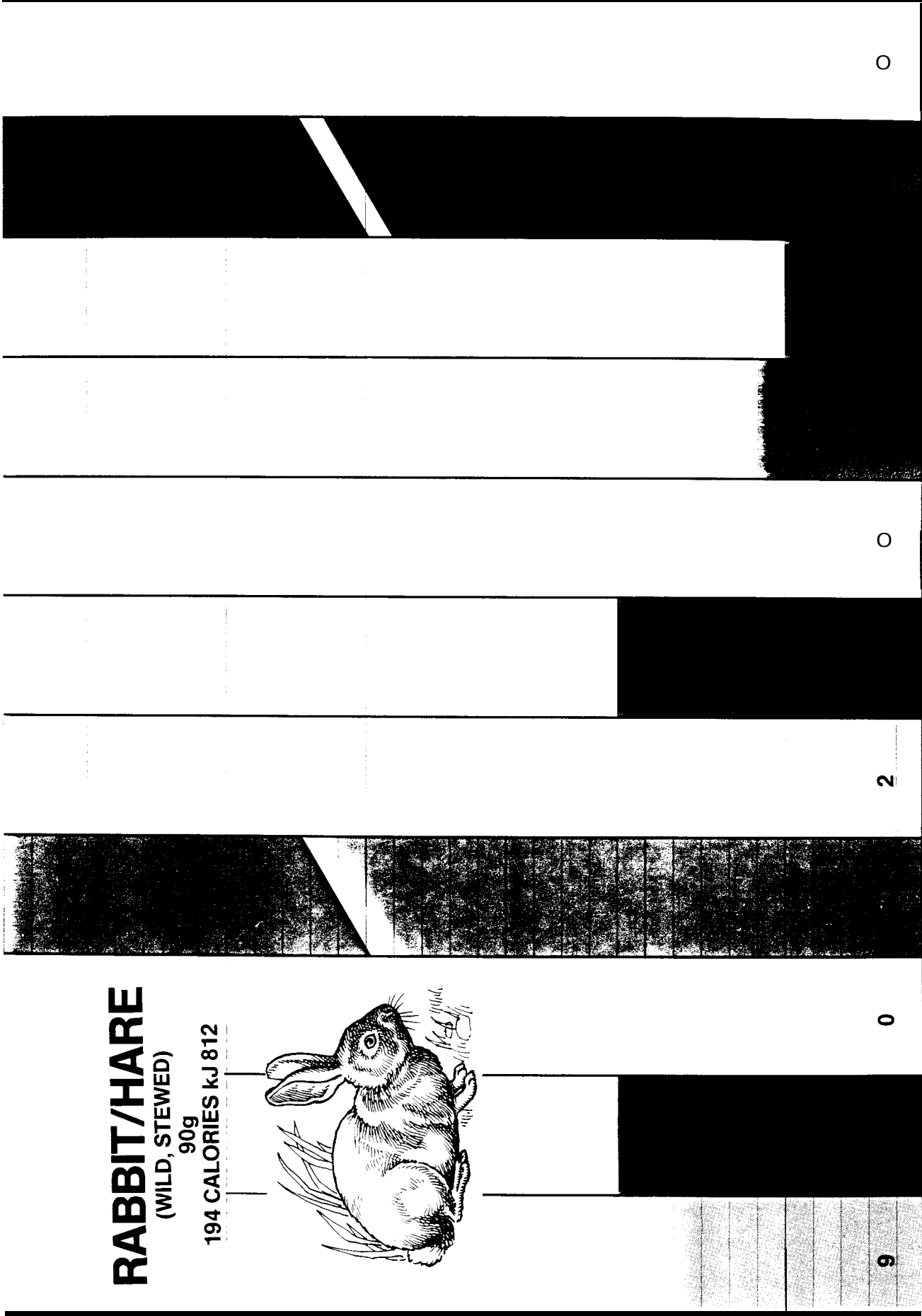
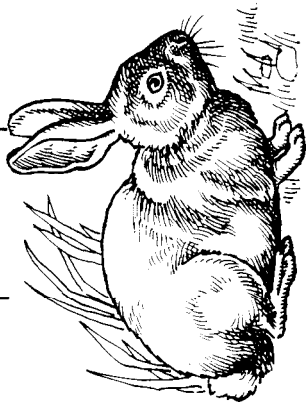
CONTRIBUTION TO RECOMMENDED INTAKE ...TEENAGER
(AGE 13-15 FEMALE)

Canada

33%
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25%
20%
15%
10%
5%

RABBIT/HARE
(WILD, STEWED)

90g
194 CALORIES kJ 812

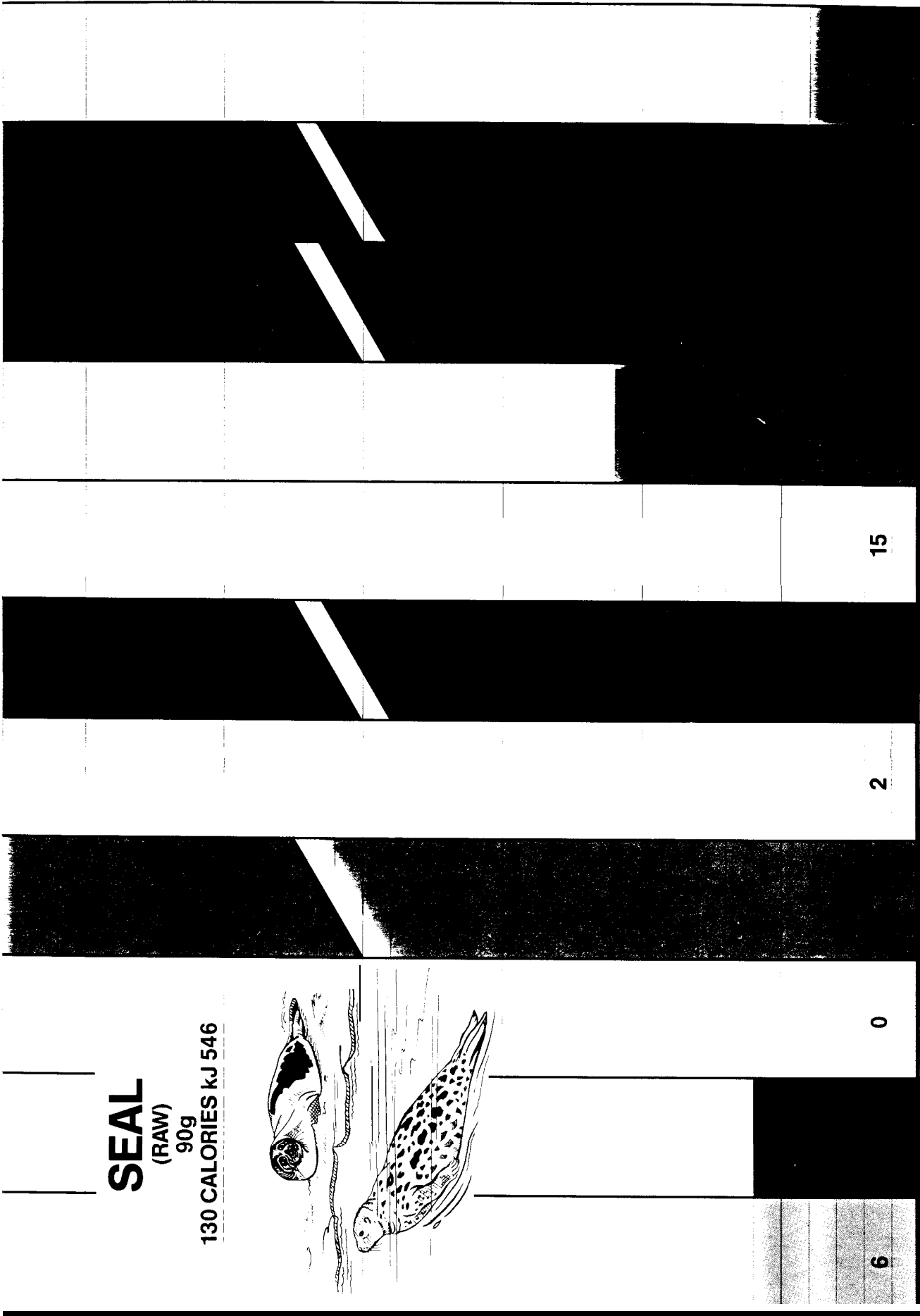
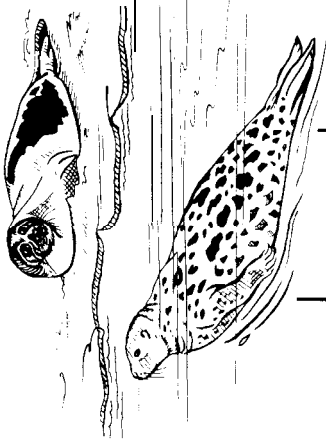


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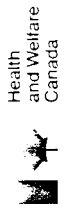
SEAL
(RAW)

90g

130 CALORIES kJ 546



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983



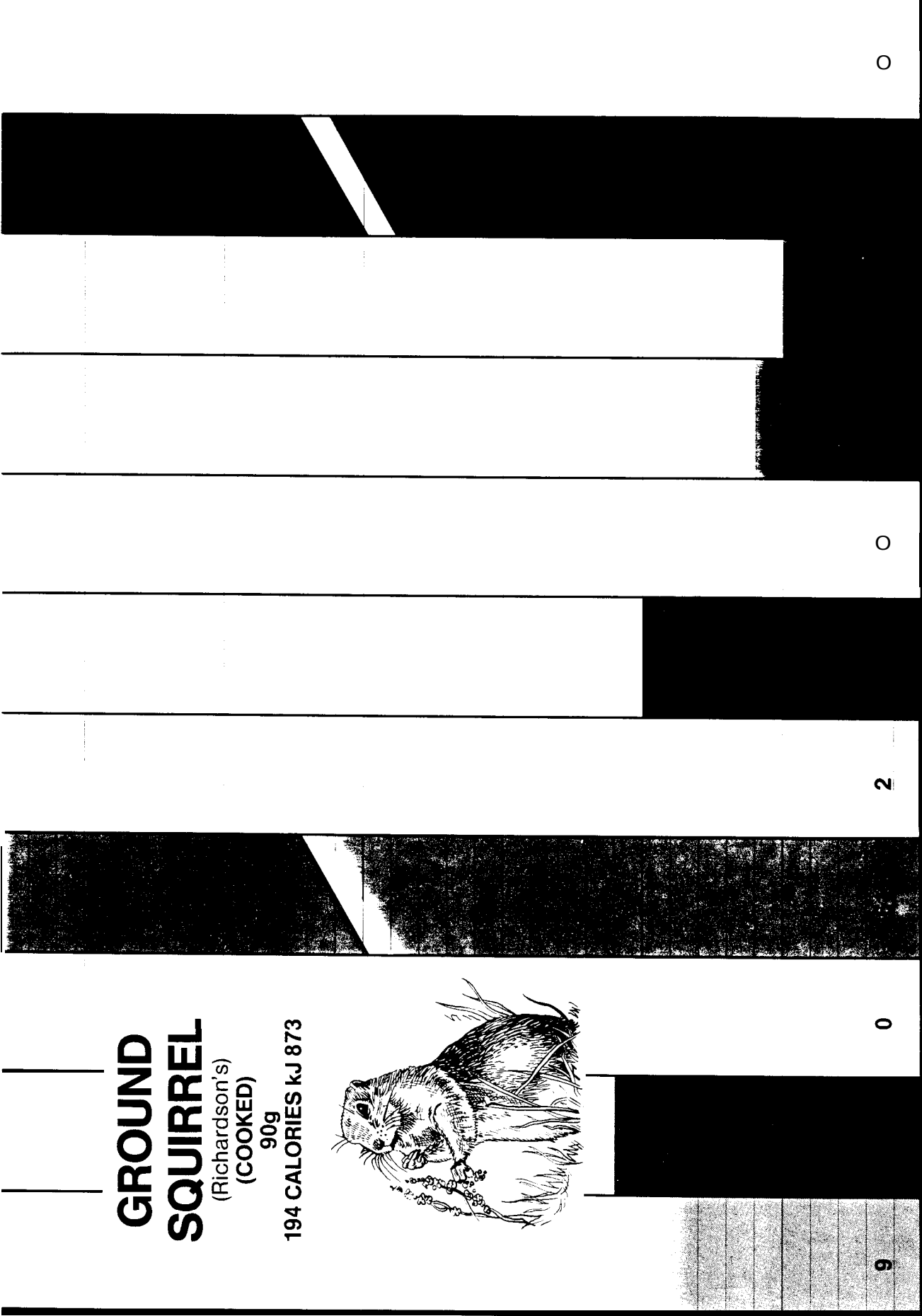
33%
30%
25%
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15%
10%
5%

GROUND SQUIRREL

(Richardson's)
(COOKED)

90g

194 CALORIES kJ 873



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C

Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983



33%
300/0
250/0
20%
150/0
10%
5%

WALRUS
(COOKED)
90g
187 CALORIES kJ 782



KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

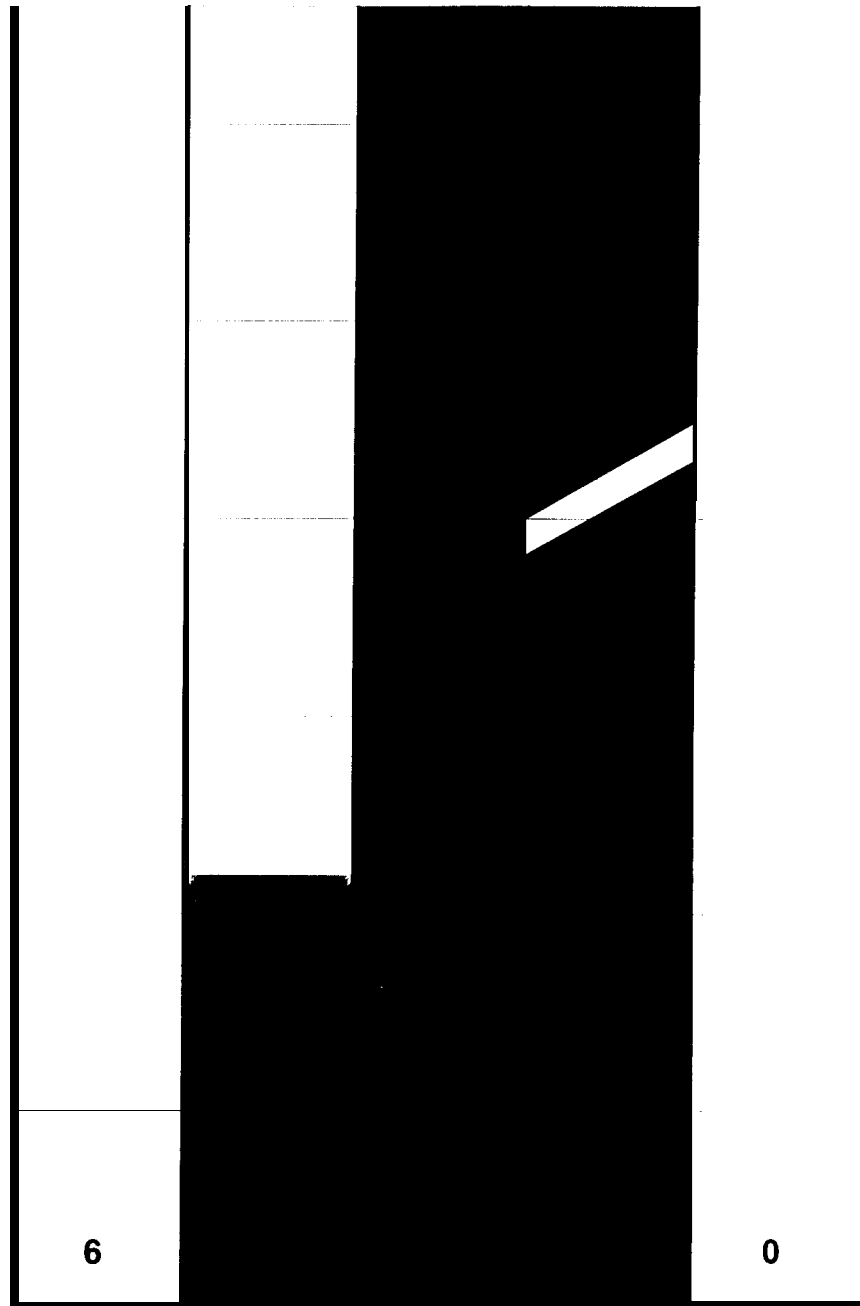
VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



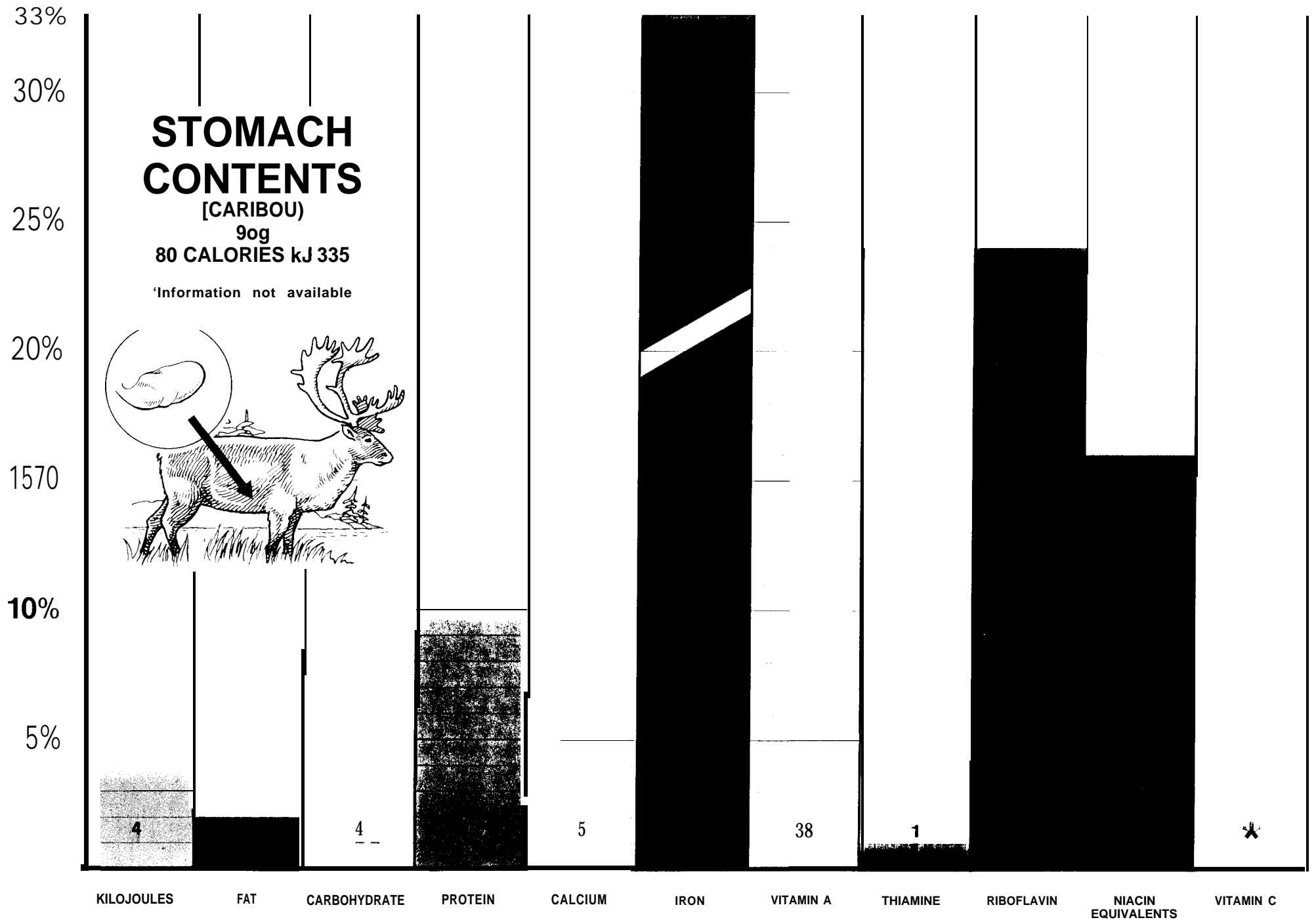
Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983





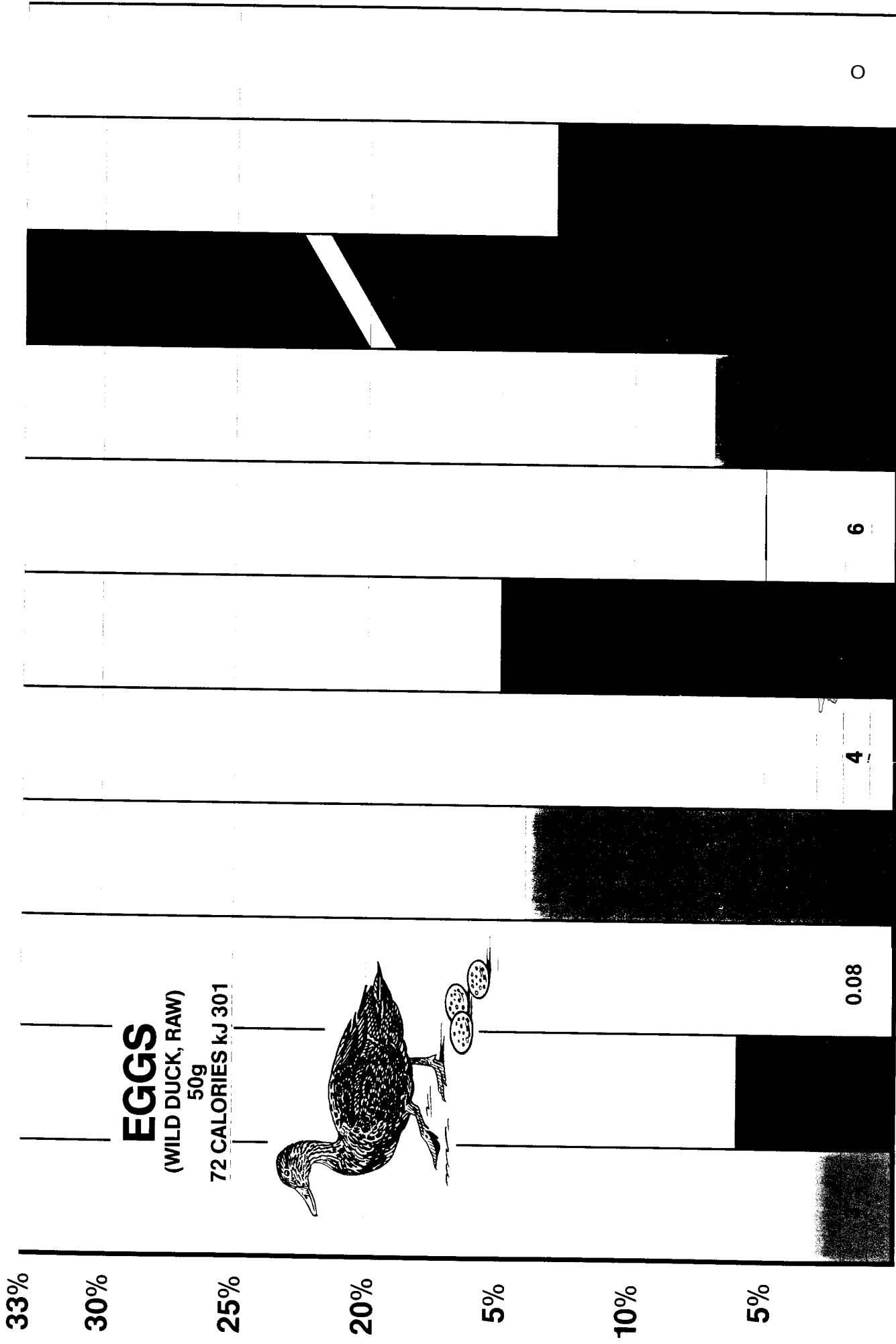
Health and Welfare Canada

Santé et Bien-être Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983





KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C

Health and Welfare Canada
Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

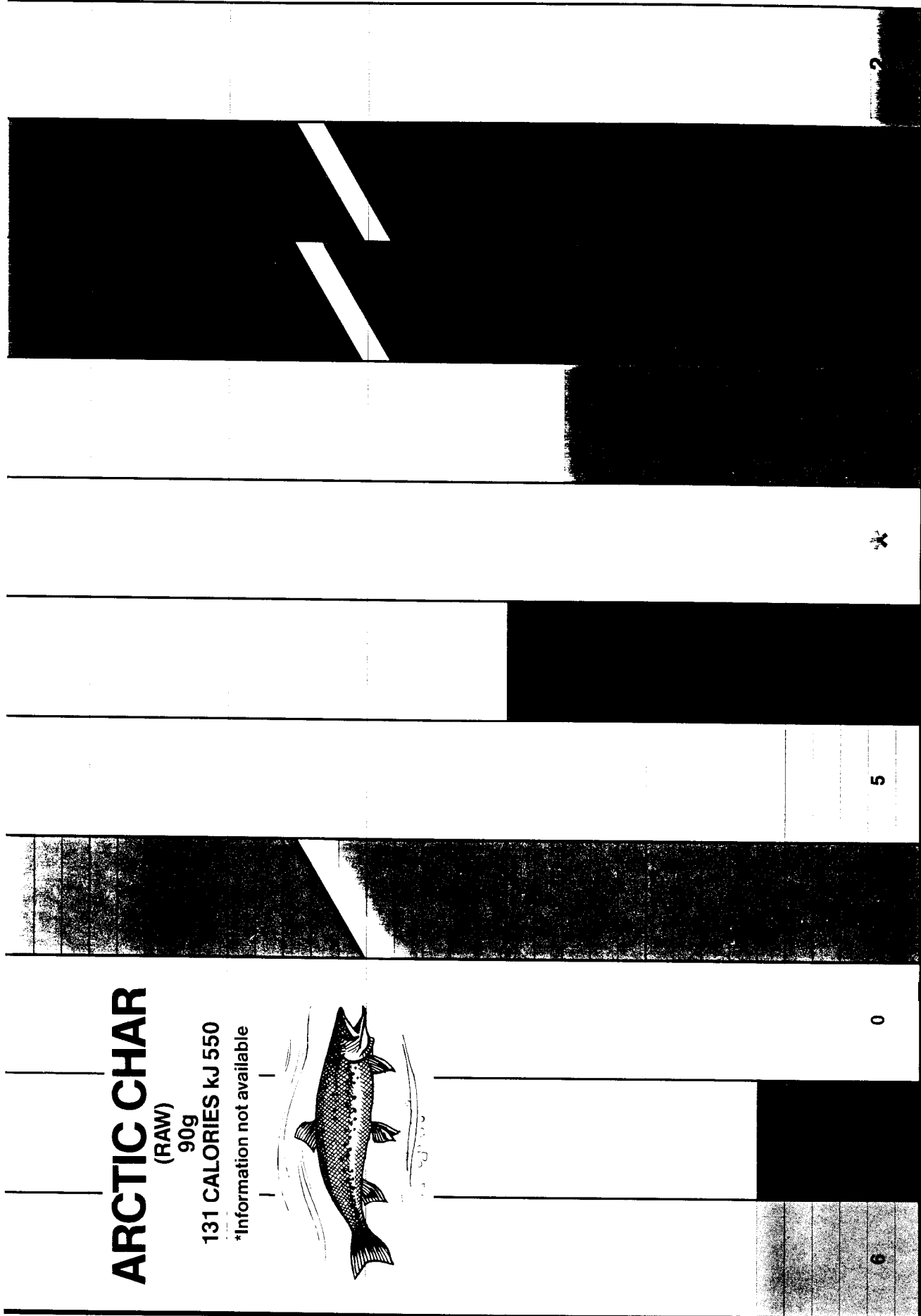
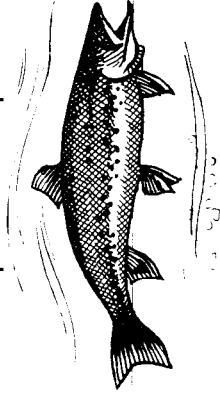
ARCTIC CHAR

(RAW)

90g

131 CALORIES kJ 550

*Information not available



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C

Health and Welfare Canada
Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

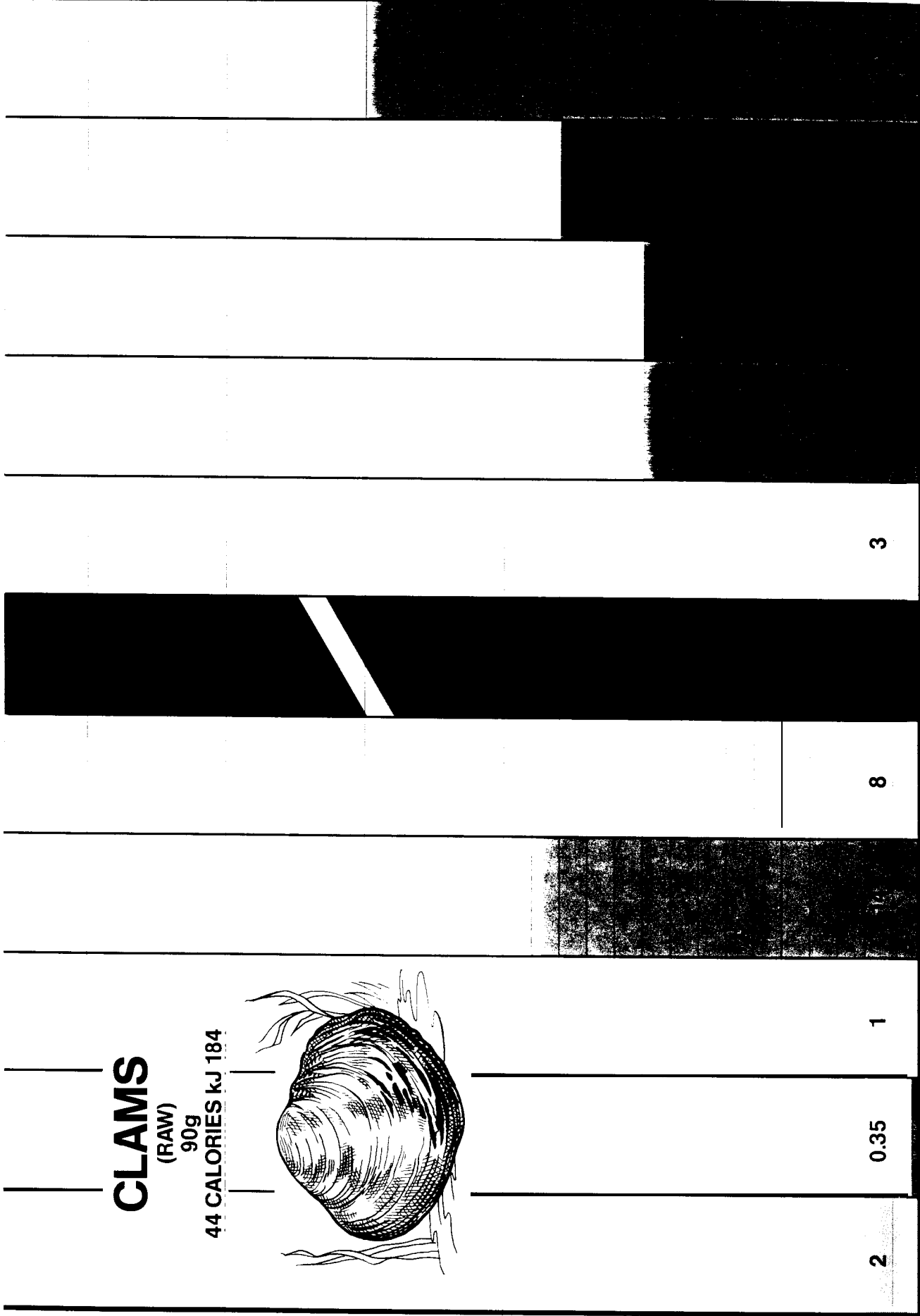
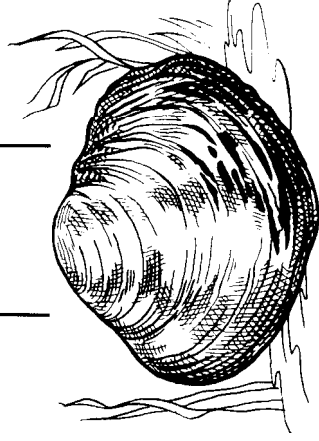
Canada

33%
30%
25%
20%
15%
0%
5%

CLAMS

(RAW)
90g

44 CALORIES kJ 184



Health and Welfare Canada
Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983



33%

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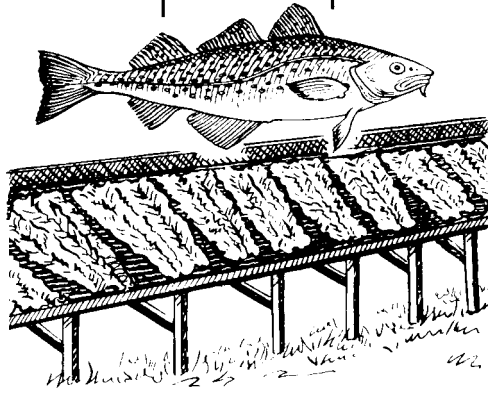
5%

COD

(DRIED, SALTED)

90g

117 CALORIES kJ 490



5

1

0

50

25

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

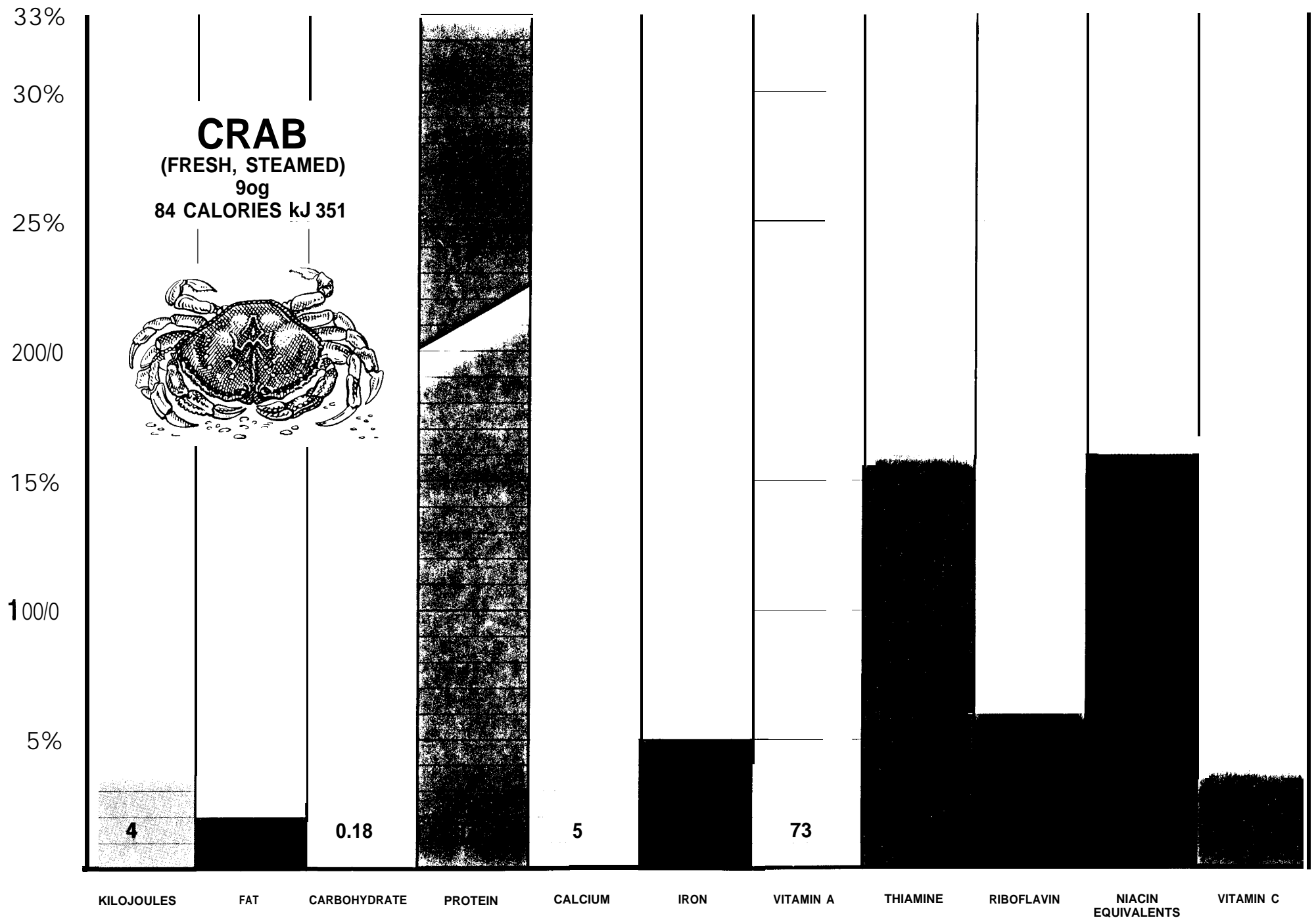
CALCIUM



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED DAILY ALLOWANCE (AGE 14-18)



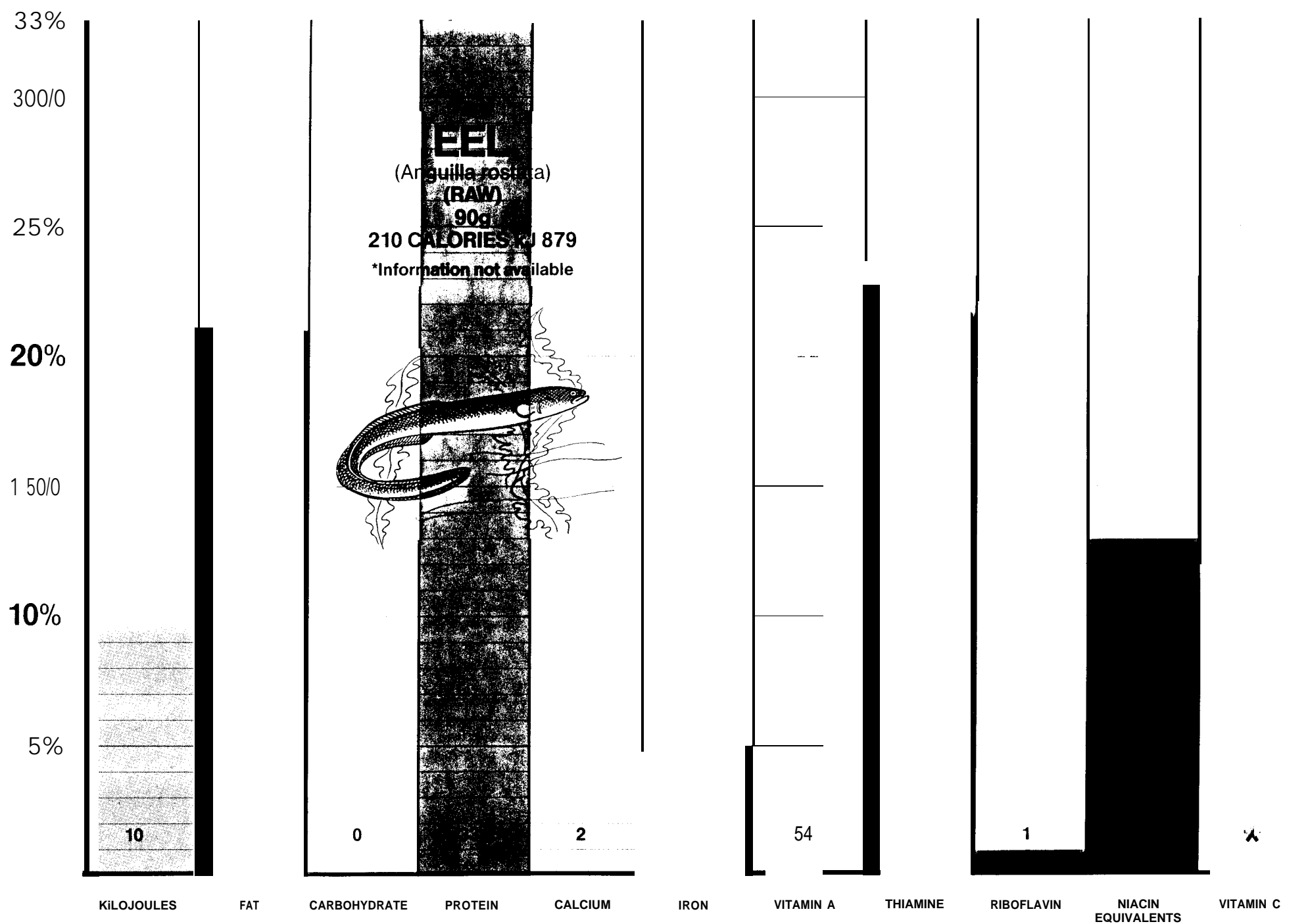
Health and Welfare Canada

Santé et Bien-être social Canada

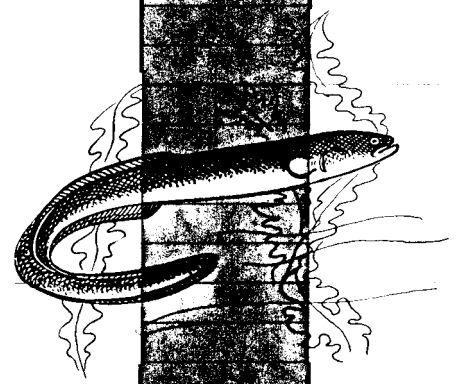
CONTRIBUTION TO RECOMMENDED INTAKE... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada



EEL
 (Anguilla rostrata)
(RAW)
90g
210 CALORIES (kJ 879)
 *Information not available



33%

30%

25%

20%

5%

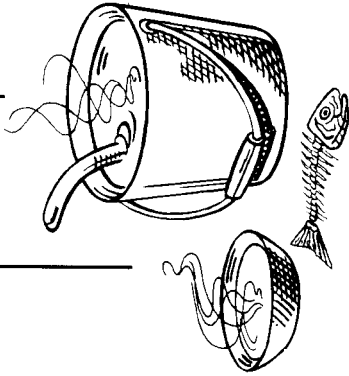
10%

5%

FISH HEAD

SOUP

240g/236mL
182 CALORIES kJ 783



8

4

18

7

0

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED IN*
(AGE 13-15 FEMALE)

..TEENAGER

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

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15%

0%

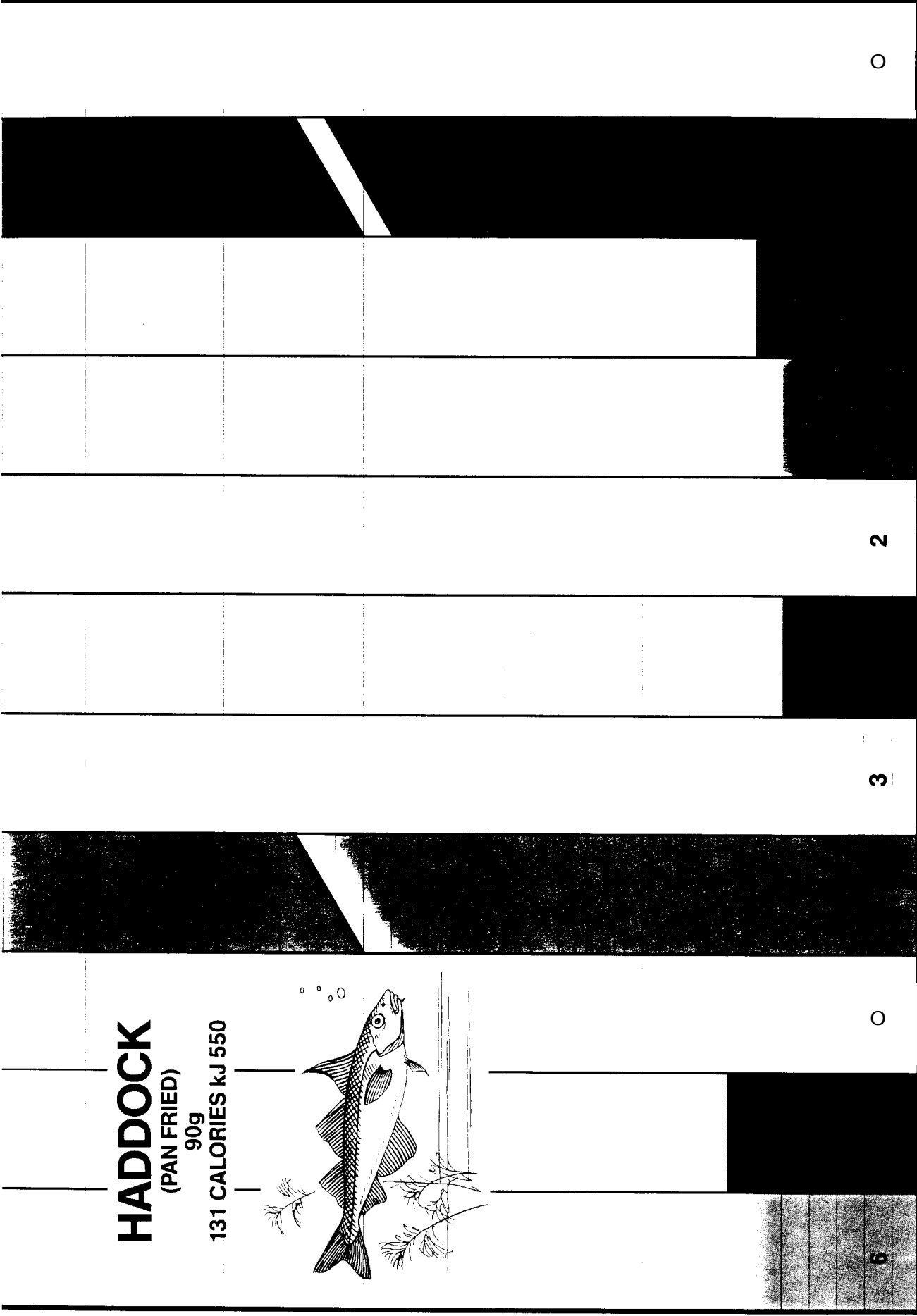
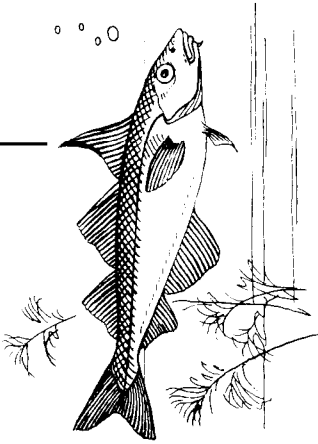
5%

HADDOCK

(PAN FRIED)

90g

131 CALORIES kJ 550



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

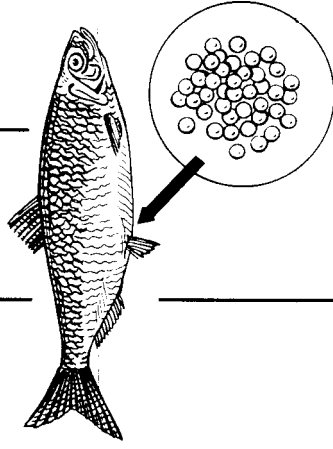
Recommended Nutrient Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

FISH EGGS
(CARR, COD, HADDOCK
HERRING, PIKE, SHAD)
(RAW)
90g

117 CALORIES kJ 490



5

0.5

3

0

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



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and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGE
(AGE 13-15 FEMALE)

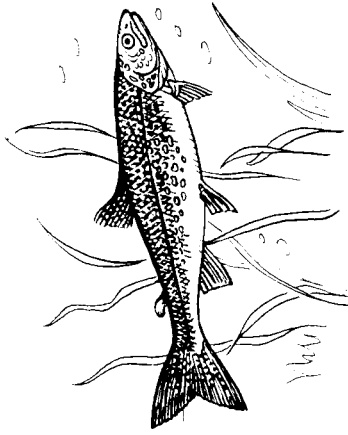
Recommended Nutrient
Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

LAKE TROUT
(BROILED OR BAKED)

90g
194 CALORIES KJ 812



9

0

6

11

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED IN*
(AGE 13- 5 FEMALE)

..TEENAGER

Recommended Nutrient
Intake for Canada 1983

Ca lac a

33%

30%

25%

20%

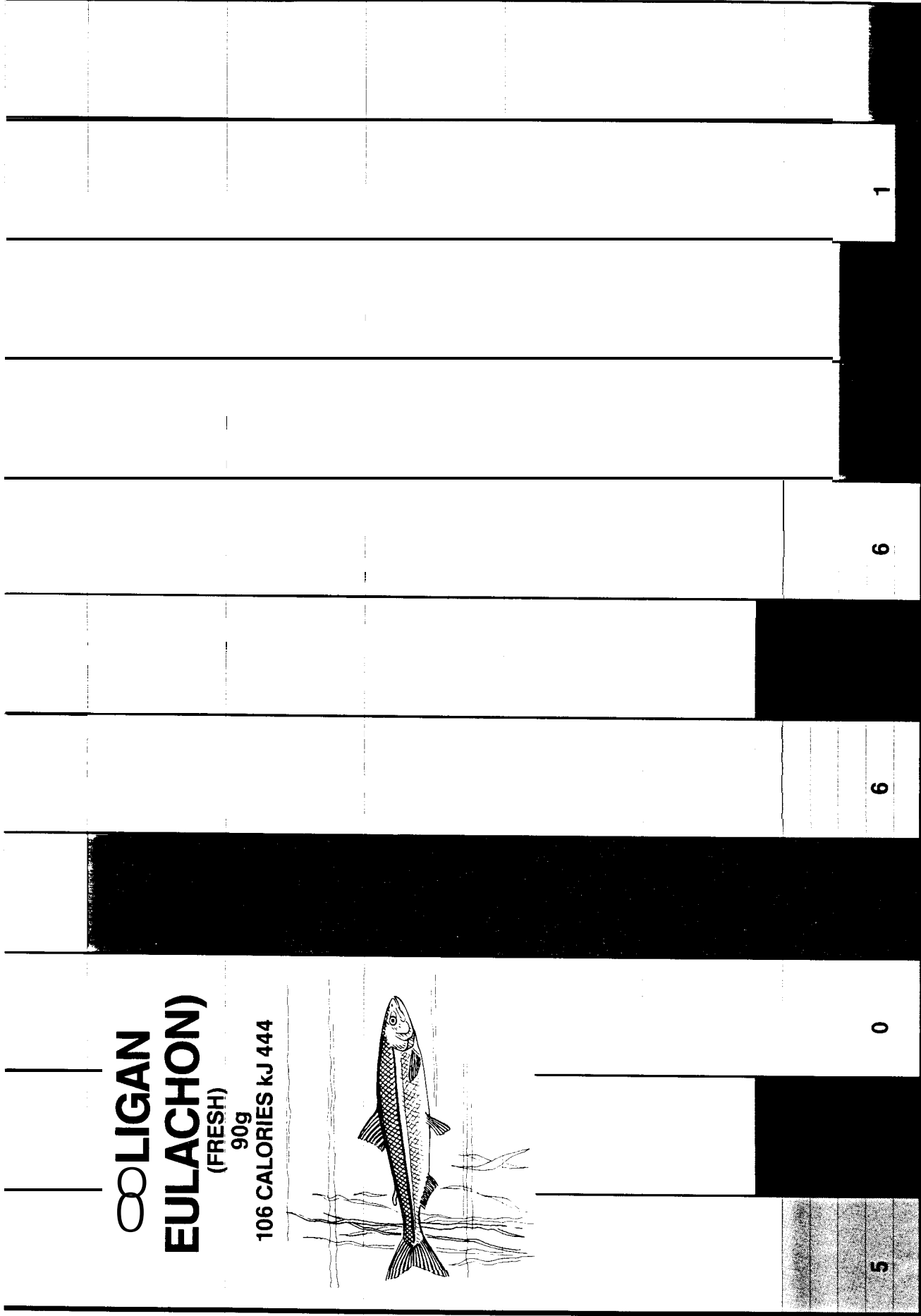
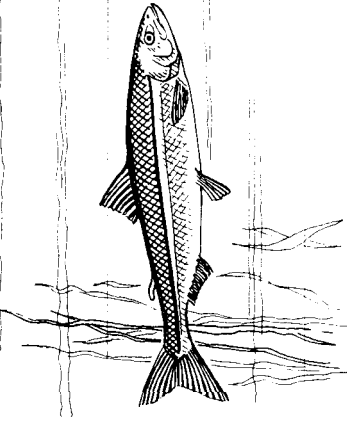
15%

10%

5%

COLIGAN EULACHON) (FRESH)

90g
106 CALORIES kJ 444



Health
and Welfare
Canada

Santé et
Bien-être
Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

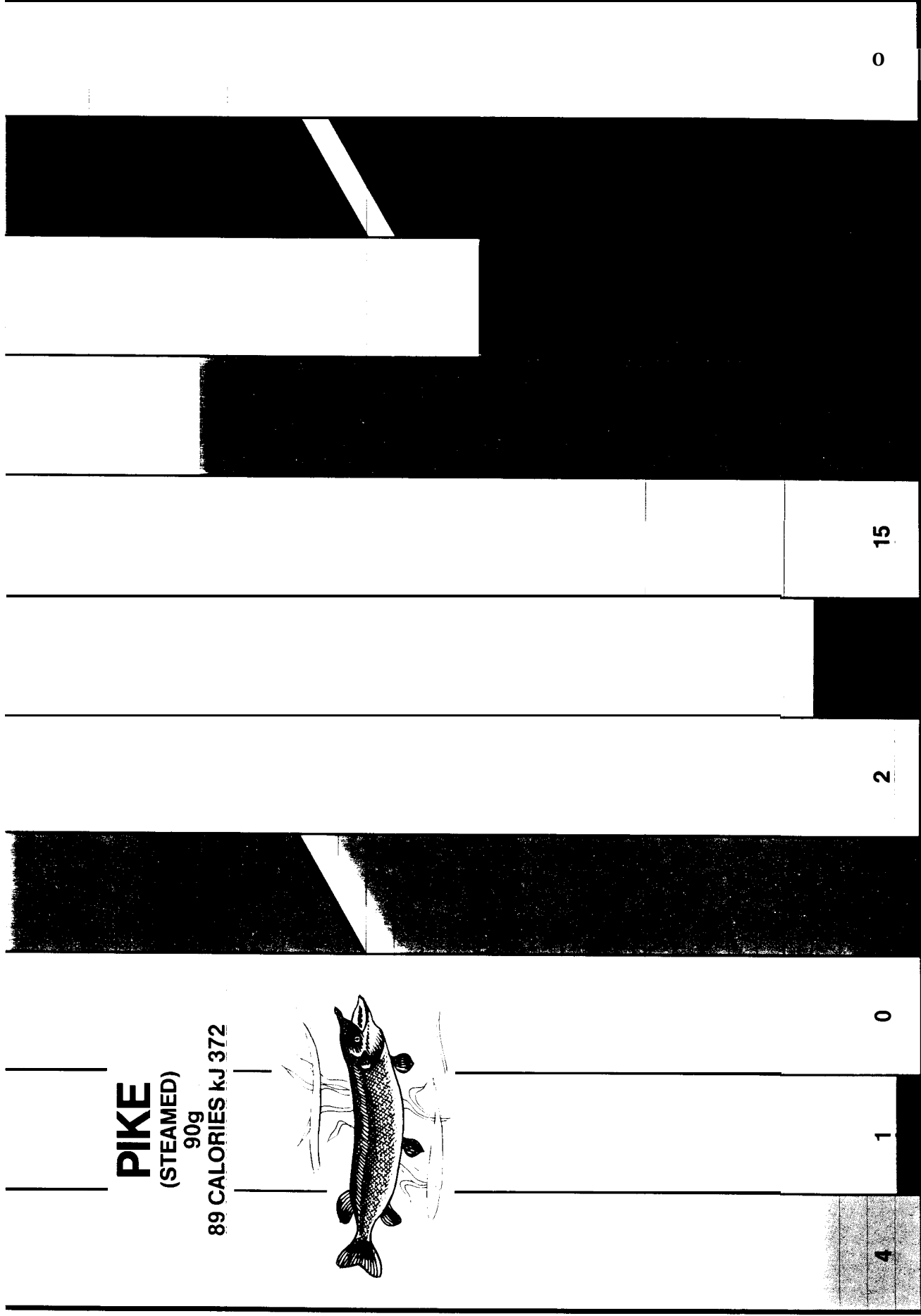
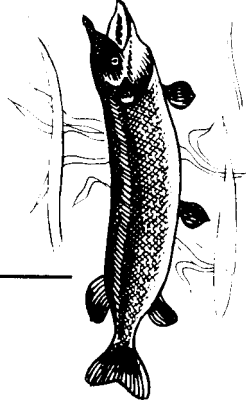
Canada

33%
30%
25%
20%
15%
10%
5%

PIKE
(STEAMED)

90g

89 CALORIES kJ 372



Santé et
Bien-être social
Canada

Health
and Welfare
Canada

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

25%

20%

5%

10%

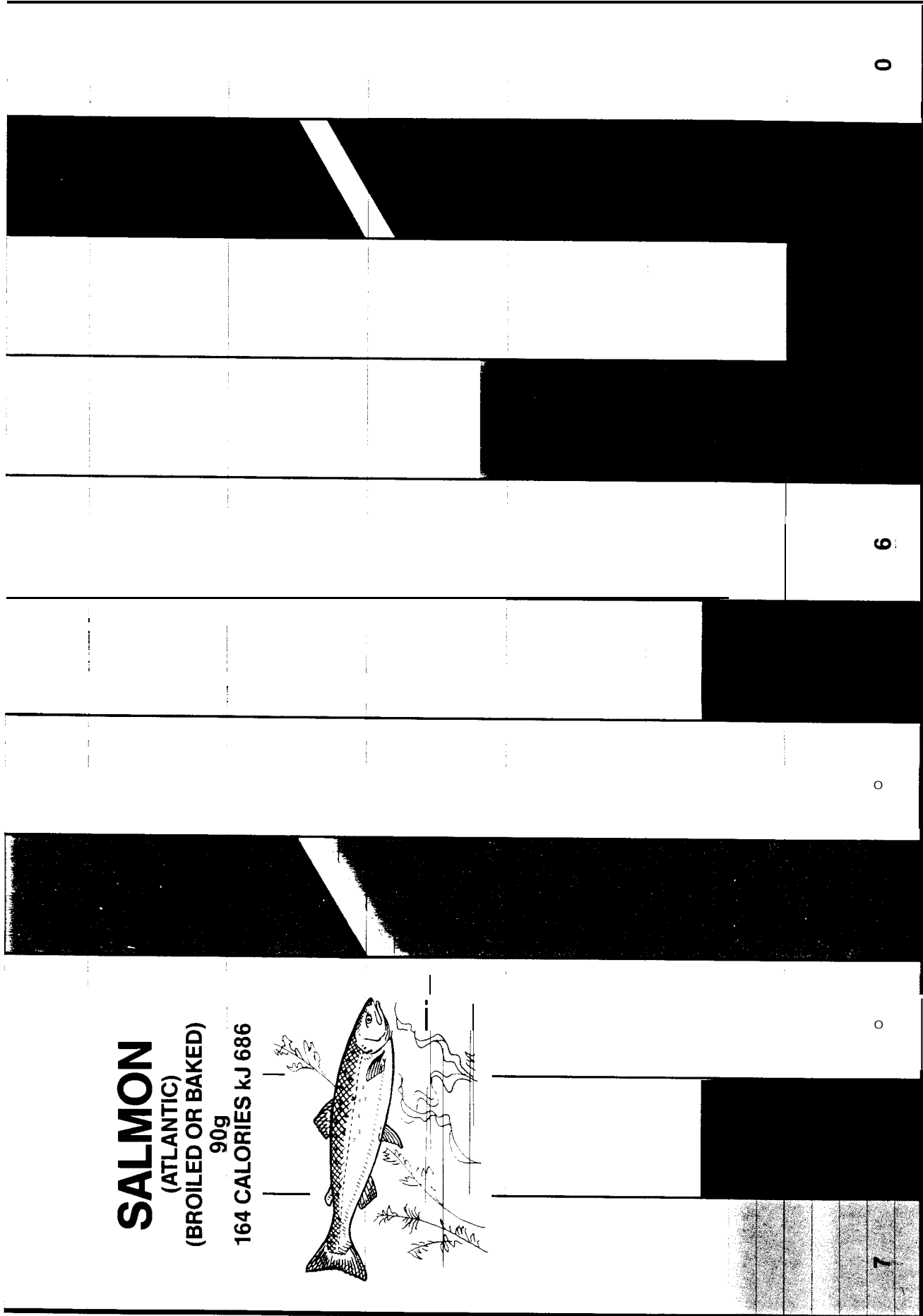
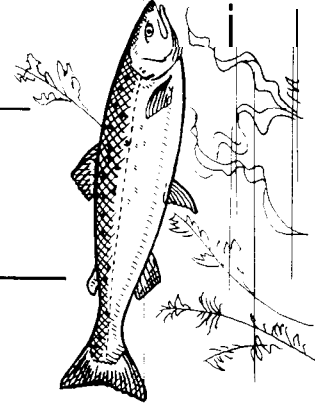
5%

SALMON

(ATLANTIC)
(BROILED OR BAKED)

90g

164 CALORIES kJ 686



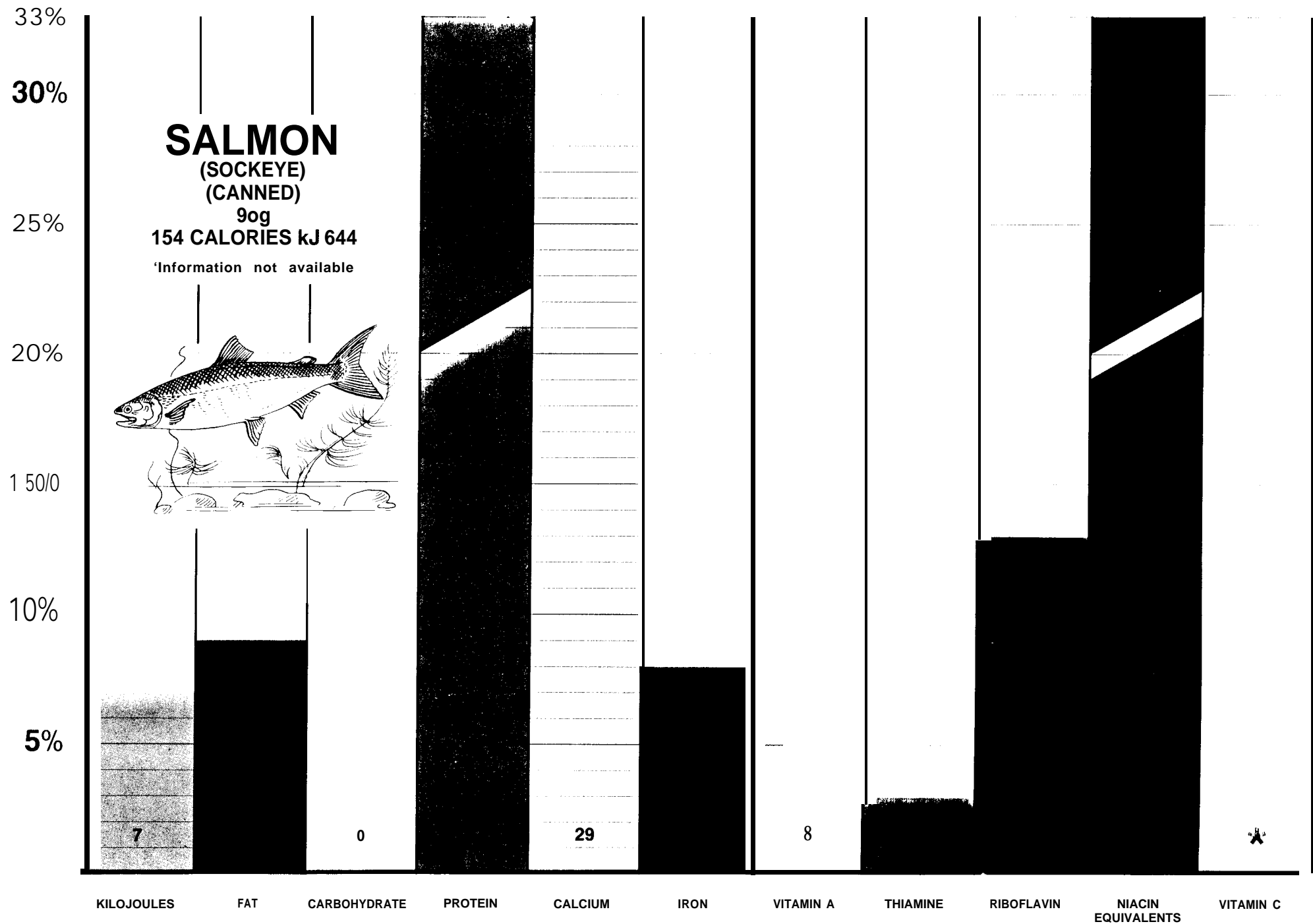
Health and Welfare
Canada

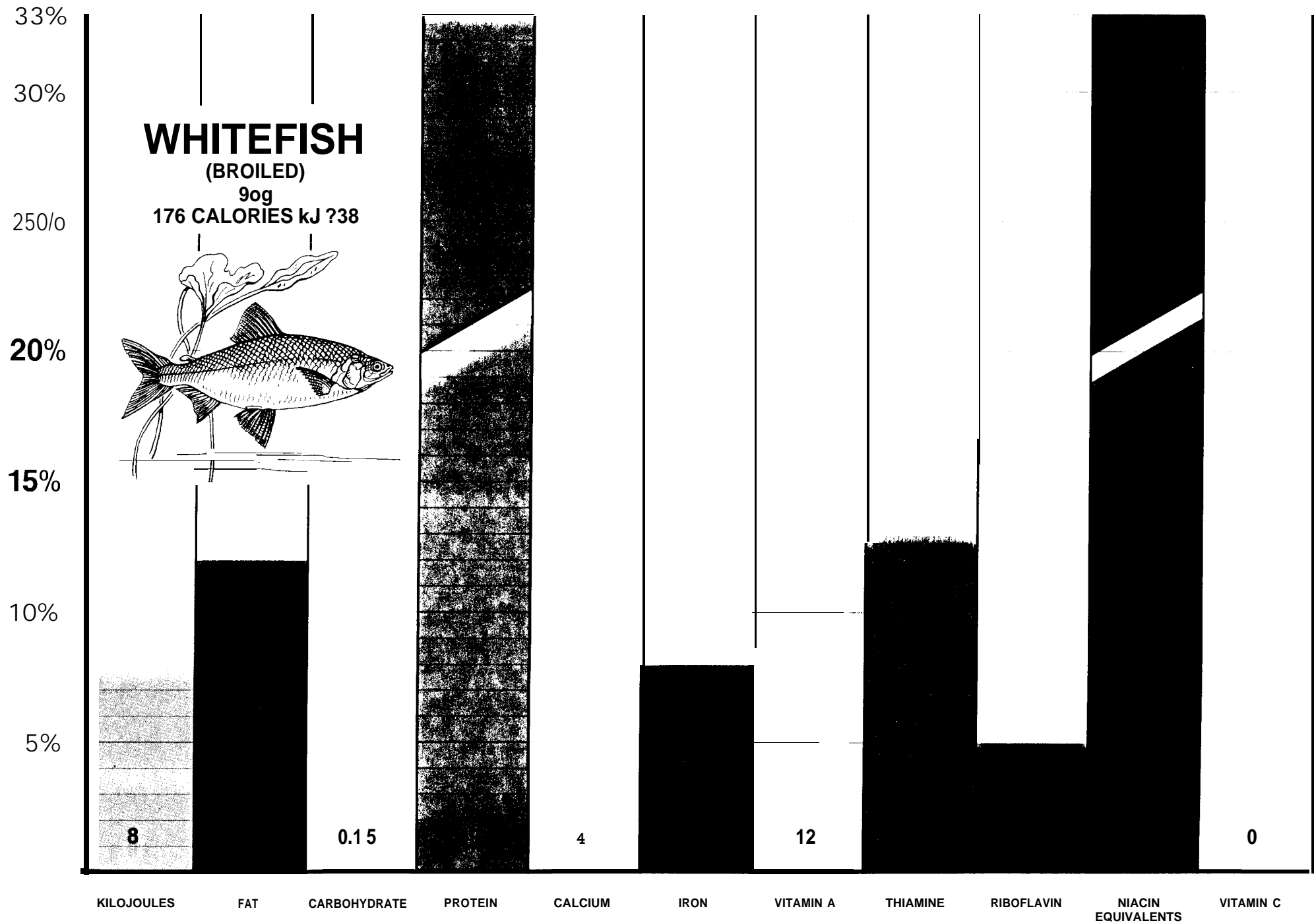
Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

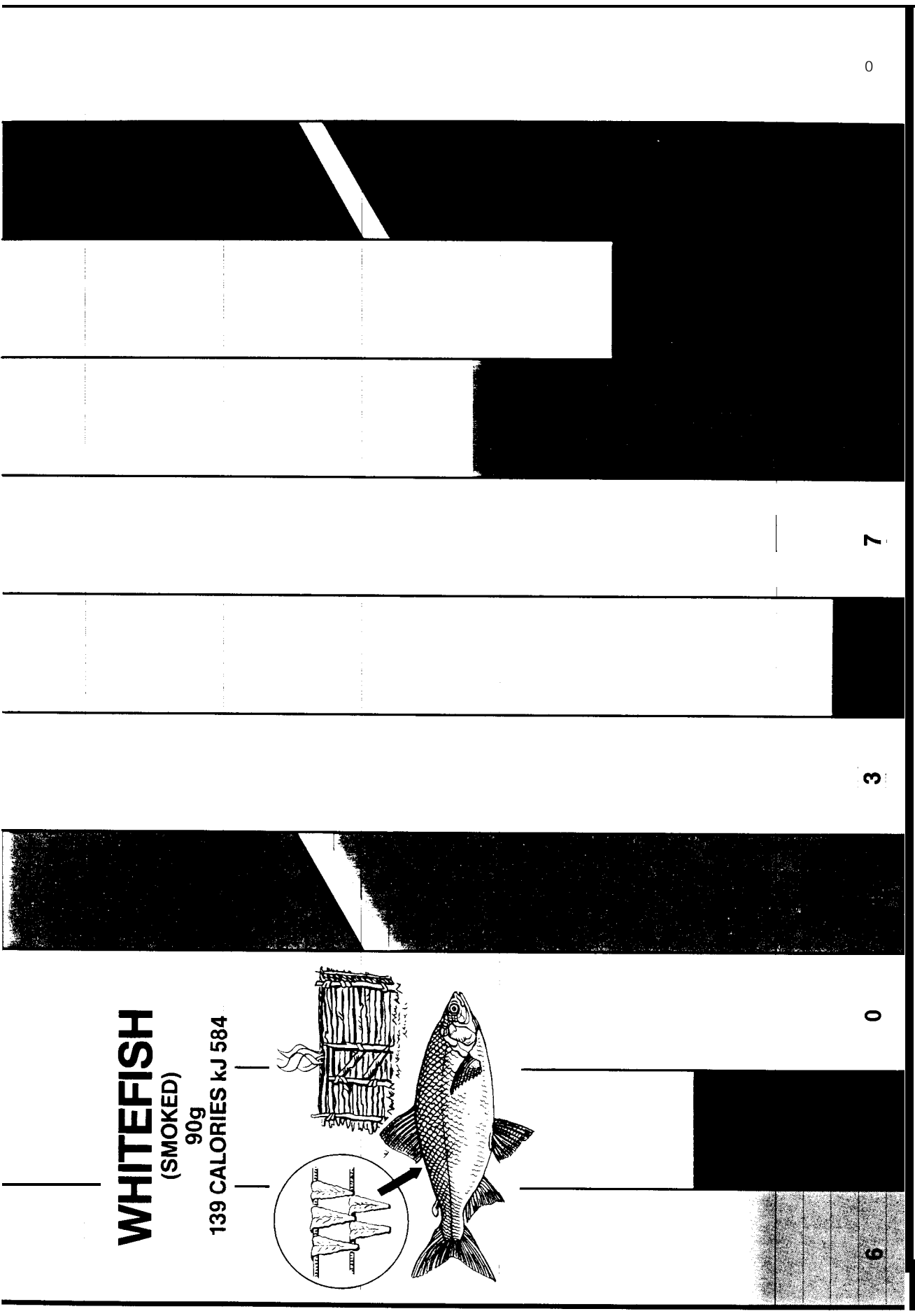
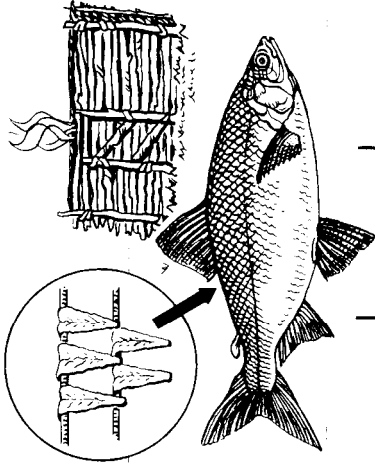




33%
30%
25%
20%
15%
10%
5%

WHITEFISH
(SMOKED)

90g
139 CALORIES KJ 584



KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

HIAMINE

RIBOFLAVIN

NIACIN EQUIVALENTS

VITAMIN C



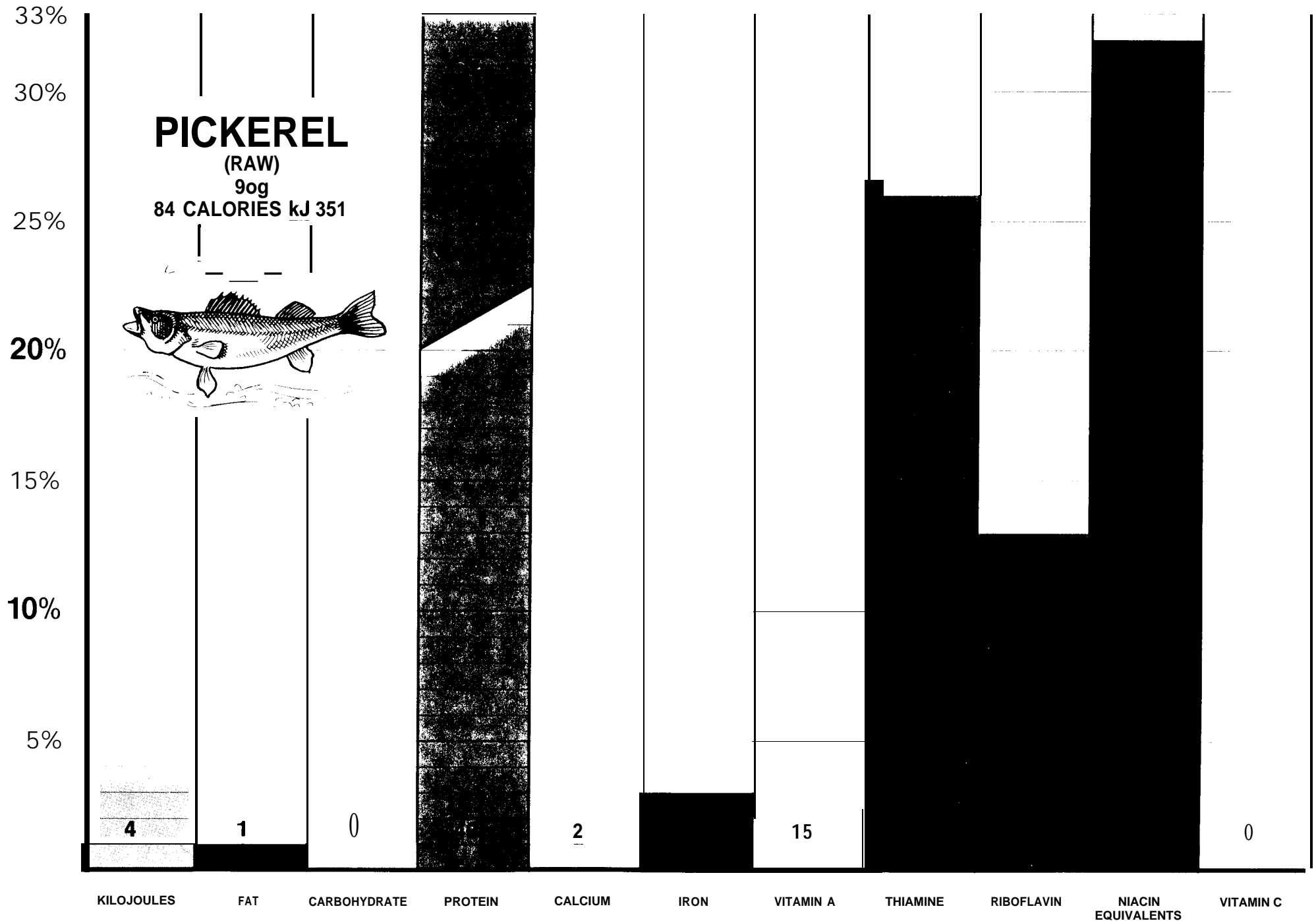
Health and Welfare Canada

Santé et Bien-être social Canada

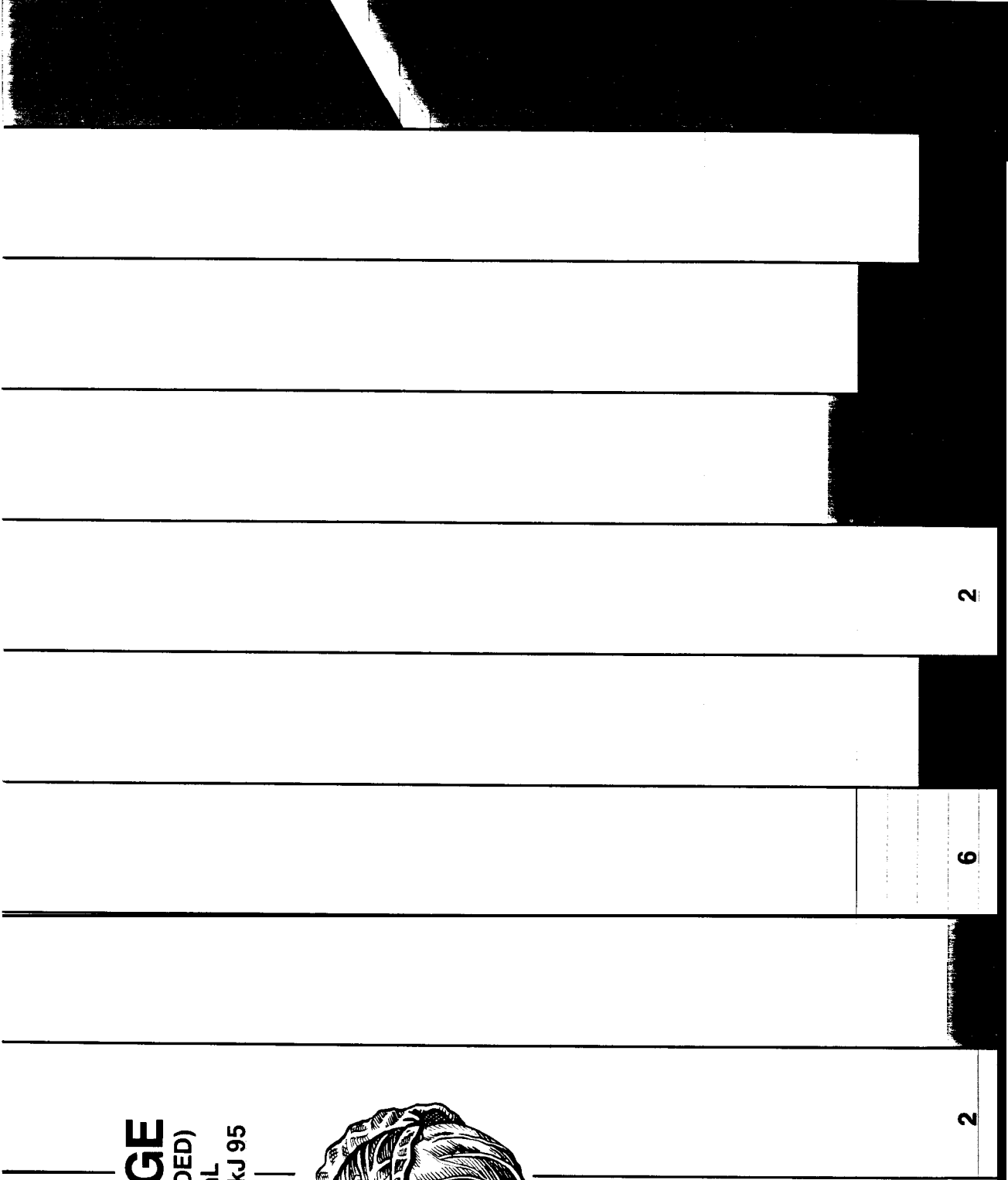
CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada



AGE
ADDED)
60mL
ES kJ 95



2

6

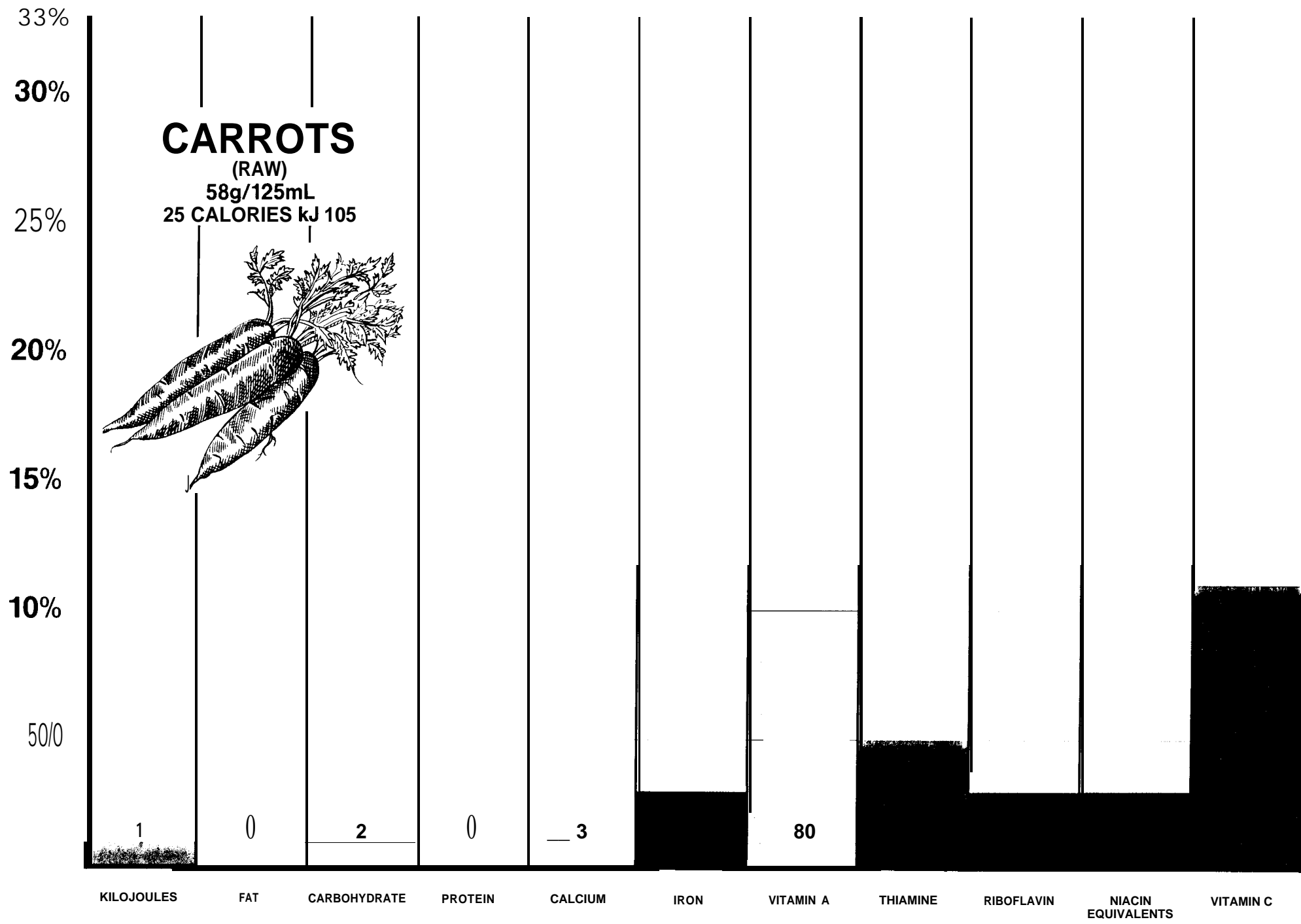
2

CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN VITAMIN C
EQUIVALENTS

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Ca rada



CARROTS
 (RAW)
 58g/125mL
 25 CALORIES kJ 105



ION
NS

mL
kJ 63



2

14

102

0

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

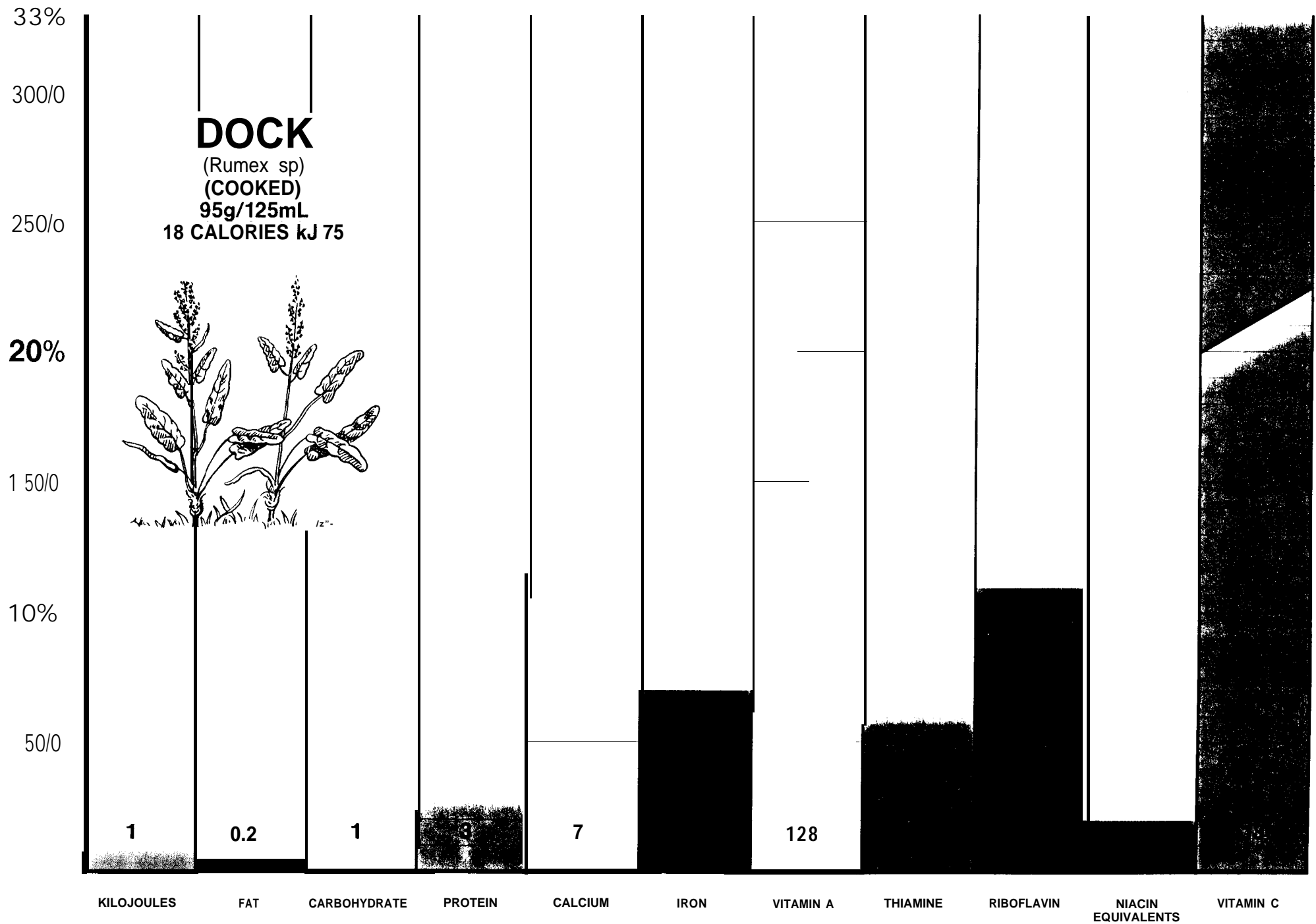
NIACIN
EQUIVALENTS

VITAMIN C

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada



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Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE.. .TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

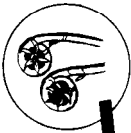
HEADS

(with thiopteris)
COOKED)

100 mL

S kJ 69

|



1

1

0.2

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

social

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER

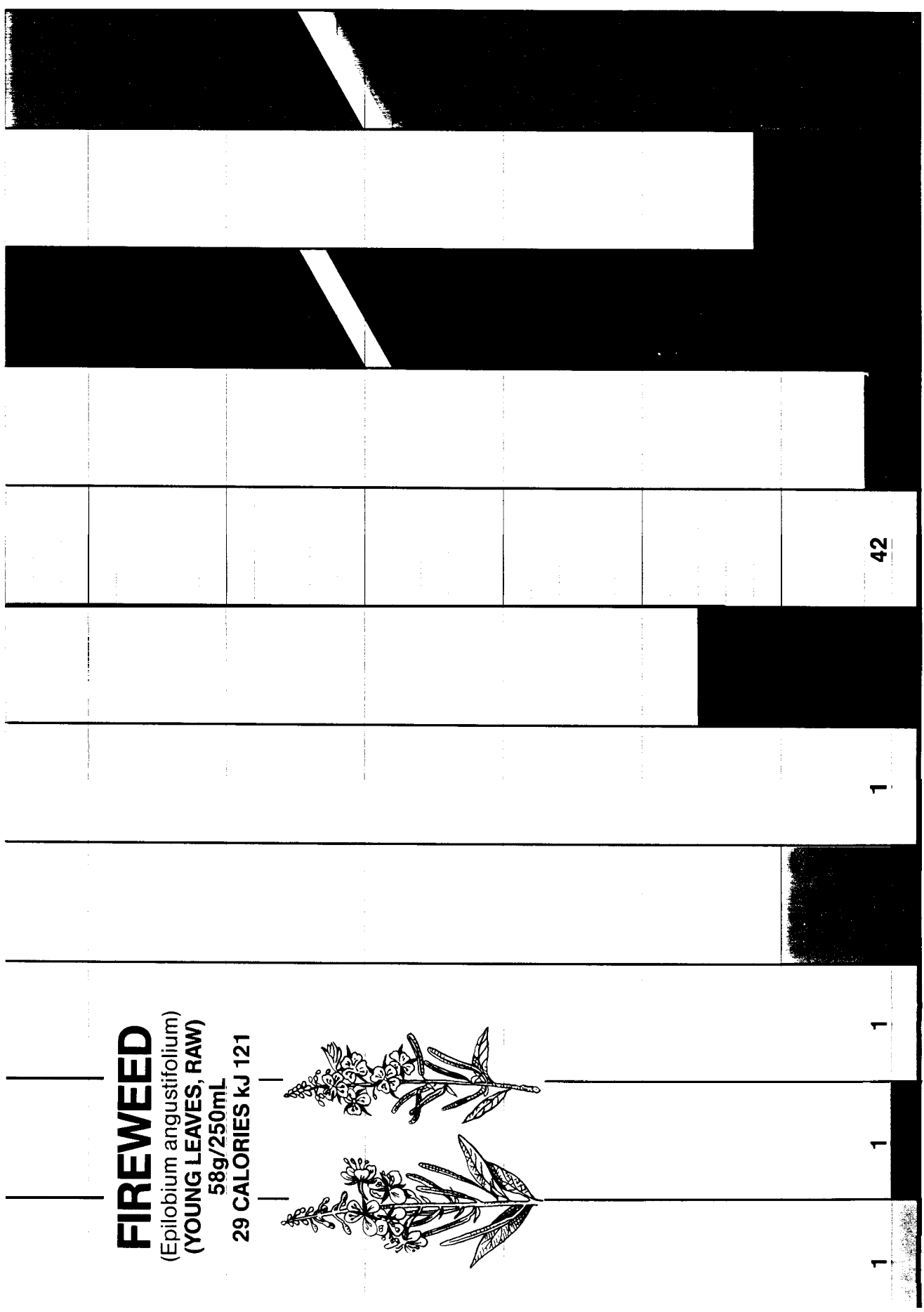
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

FIREWEED
(*Epilobium angustifolium*)
(YOUNG LEAVES, RAW)
58g/250mL
29 CALORIES KJ 121



33%

30%

25%

20%

15%

-0%

5%

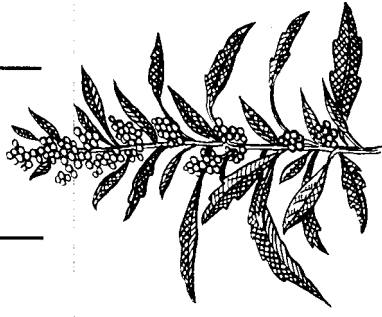
LAMB'S QUARTERS

(Chenopodium album)

(COOKED)

82g/125mL

26 CALORIES kJ 109



33%

30%

25%

20%

15%

10%

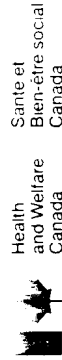
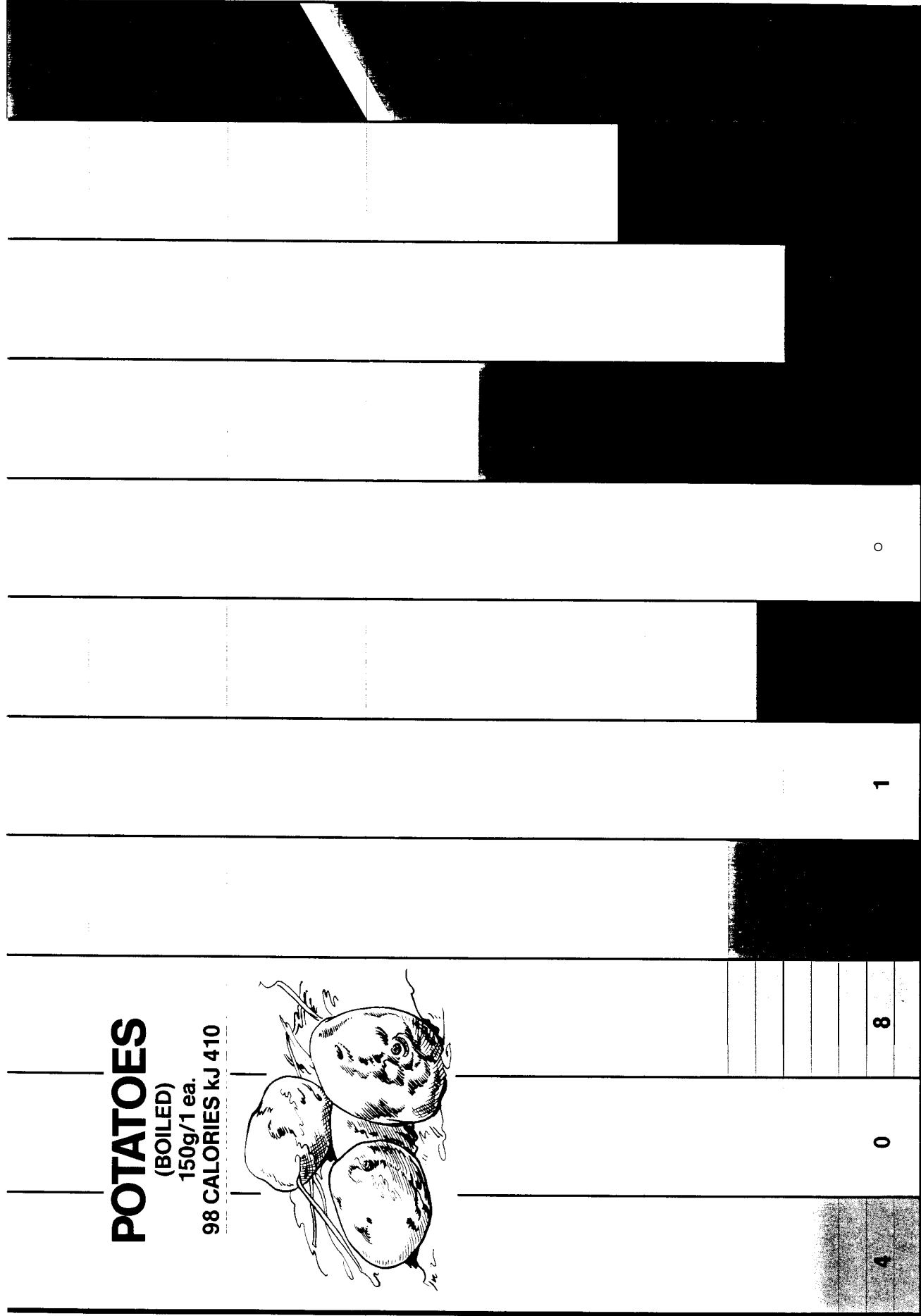
5%

POTATOES

(BOILED)

150g/1 ea.

98 CALORIES kJ 410



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Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

SEAWEED

(Porphyra sp.)
(DRIED)
100g

300 CALORIES KJ 1255



14

1

16

21

329

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

C



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

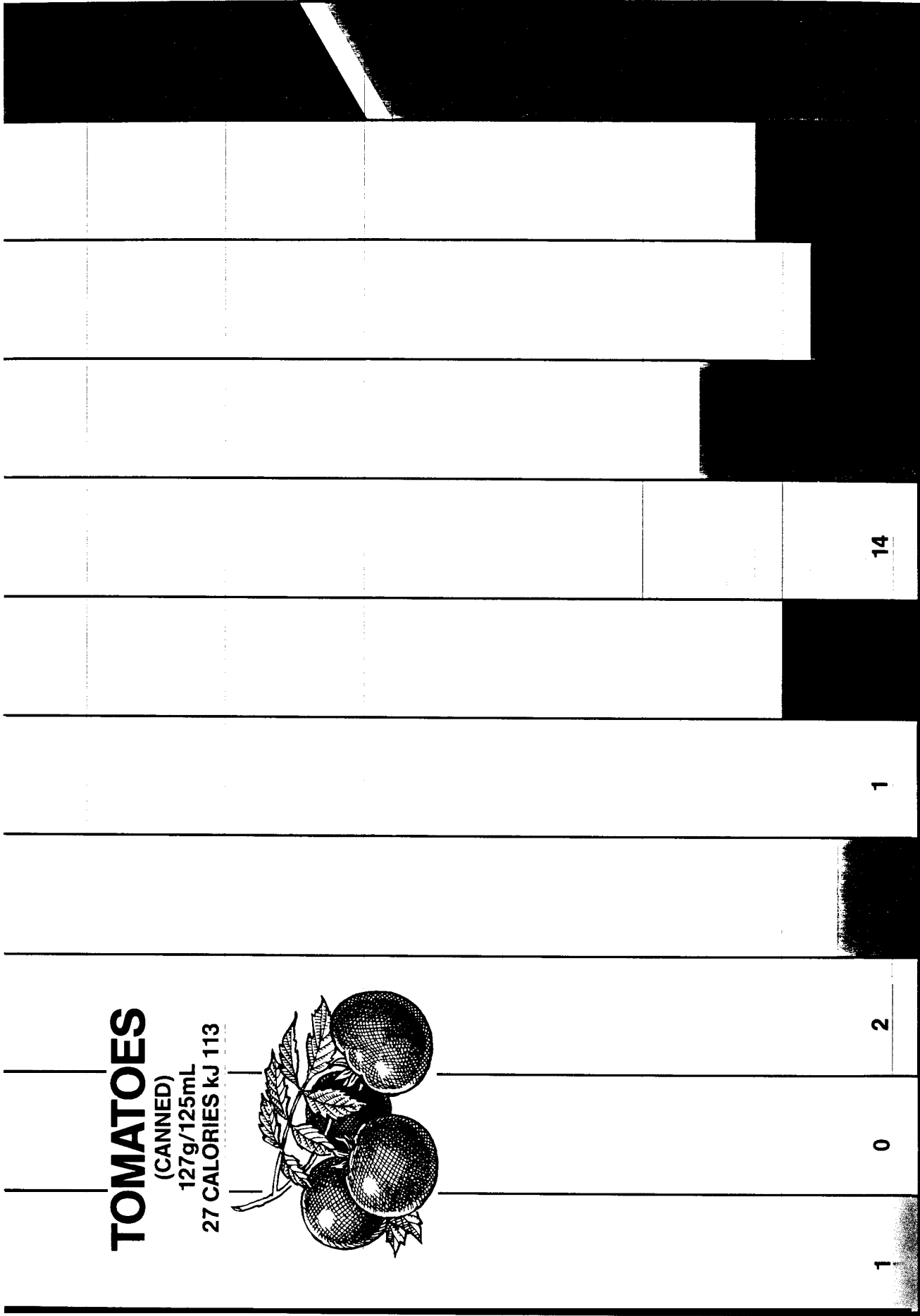
.TEENAGER

Recommended Nutrient
Intake for Canada 1983

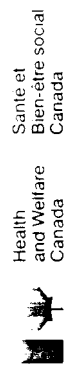
Canada

33%
30%
25%
20%
15%
10%
5%

TOMATOES
(CANNED)
127g/125mL
27 CALORIES KJ 113



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C



CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canac

Intake for this nutrient

33%

30%

25%

20%

15%

10%

5%

TURNIP

(COOKED)
90g/125mL

32 CALORIES kJ 134



1

0

3

2

7

6

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

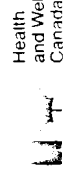
VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



Health
and Welfare
Canada

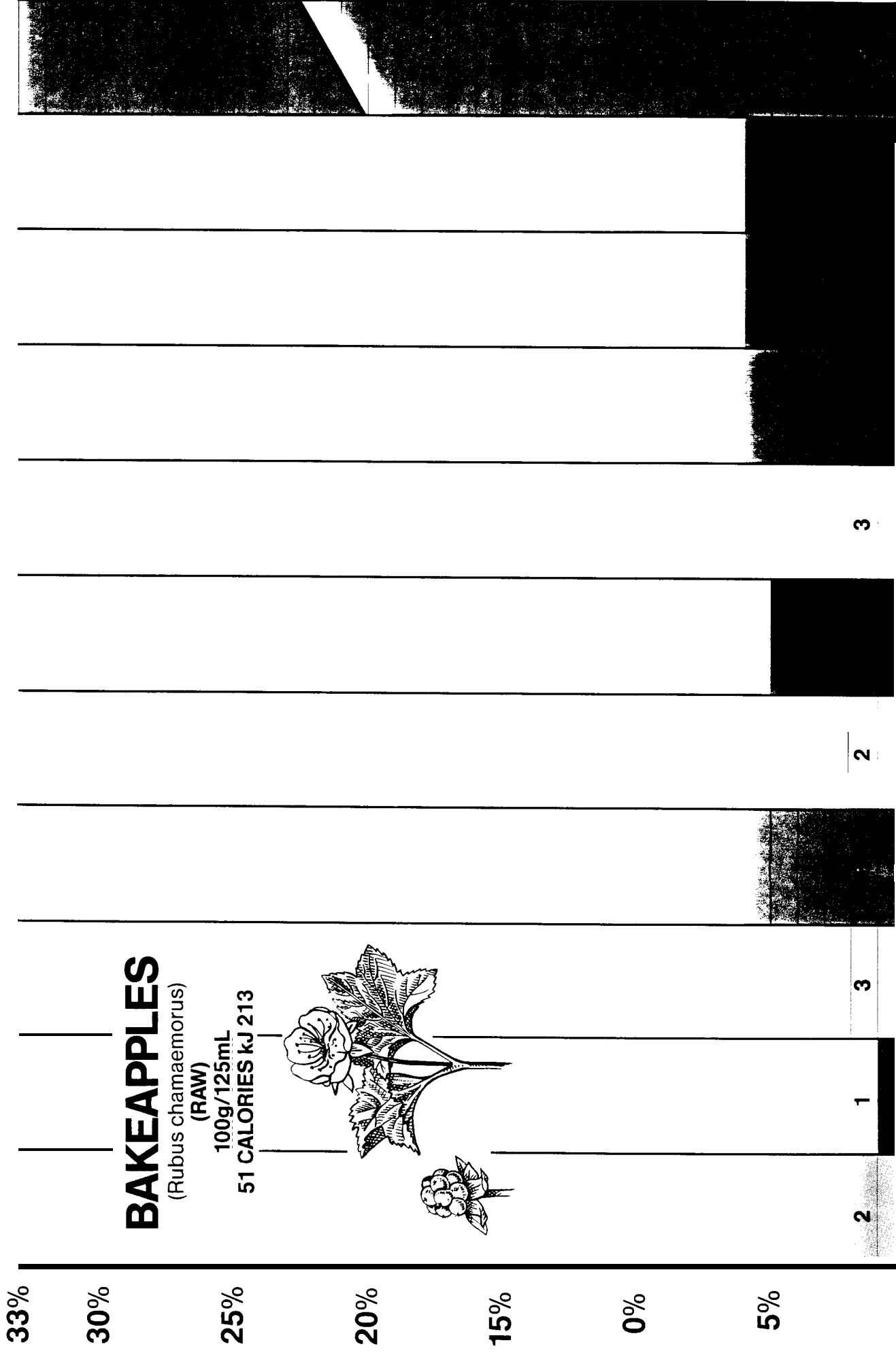
Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE . . . TEENAGER

Recommended Nutrient
Intake for Canada 1983

(AGE 12-17 FEMALE)

Canada



Recommended Nutrient Intake for Canada 1983

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

Santé et Bien-être social Canada



33%

30%

25%

20%

5%

10%

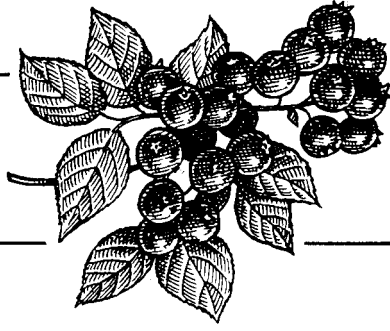
5%

BLUEBERRIES

(RAW)

77g/125mL

48 CALORIES kJ 201



2

0

4

1

2

1

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



Health
and Welfare
Canada

Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE
(AGE 13-15 FEMALE)

TEENAGER

Recommended Nutrient
Intake for Canada 1983

Canada

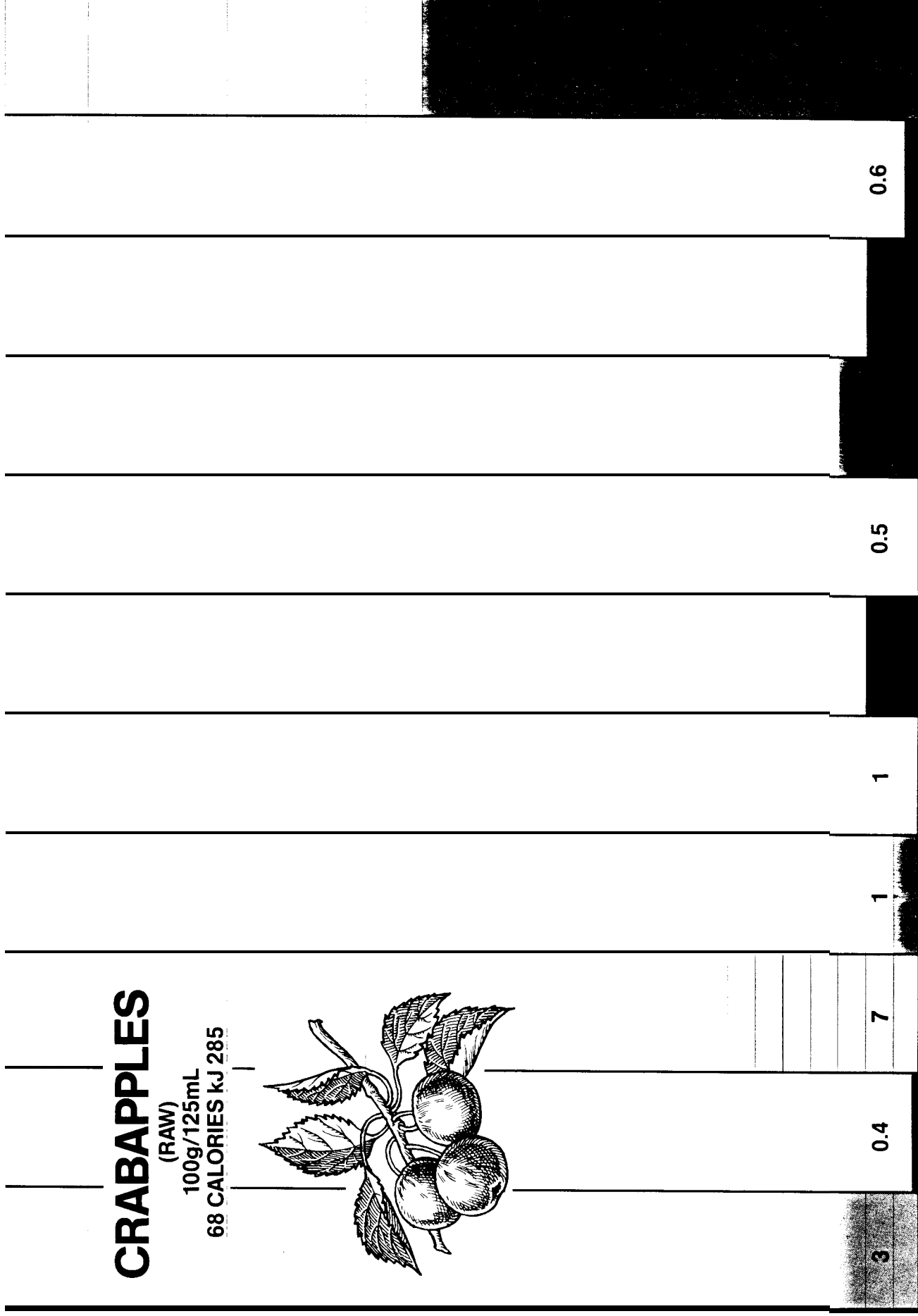
33%
30%
25%
20%
15%
10%
5%

CRABAPPLES

(RAW)

100g/125mL

68 CALORIES kJ 285



KILO-JOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

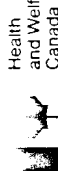
VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN EQUIVALENTS

VITAMIN C



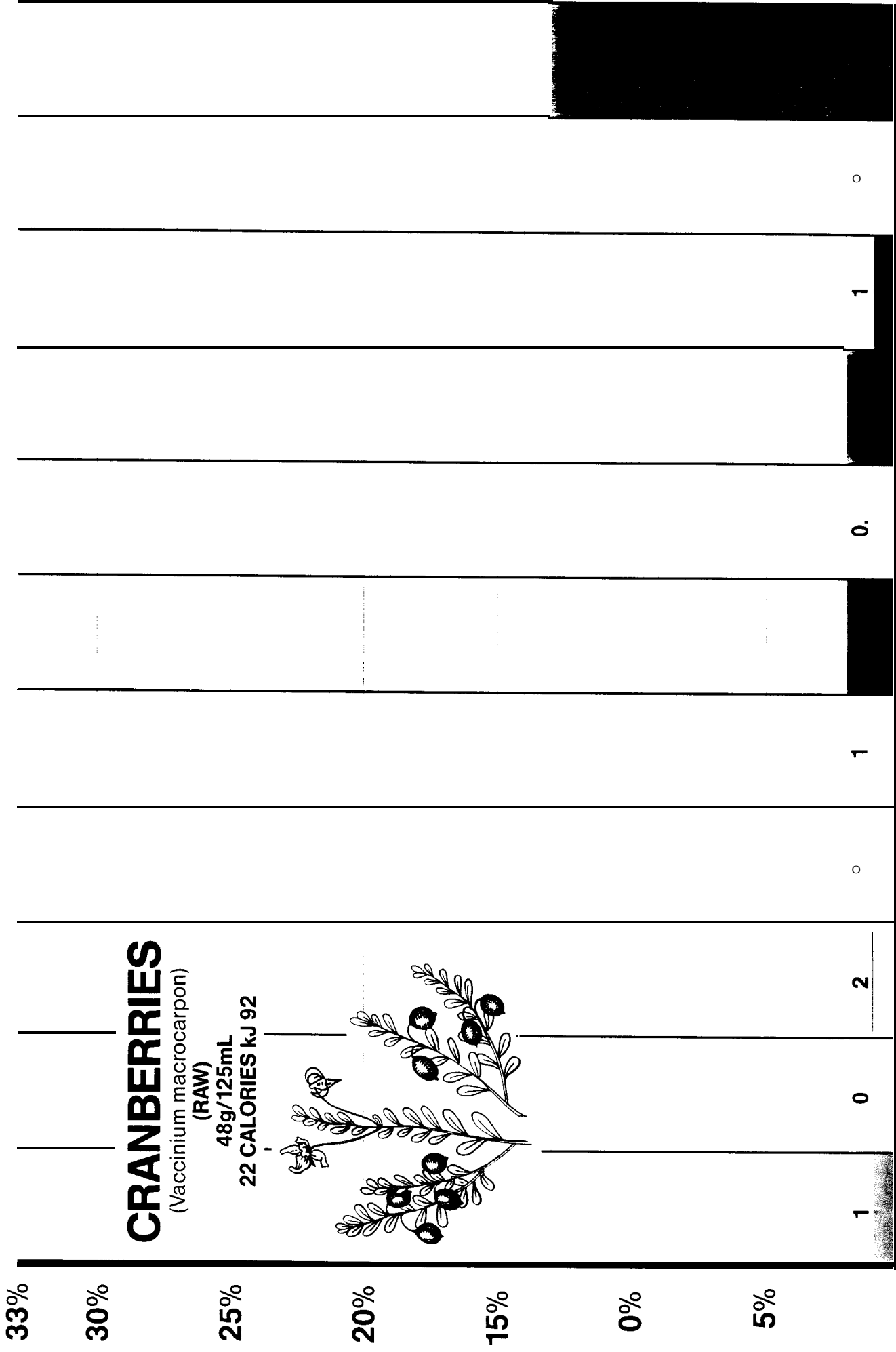
Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

B

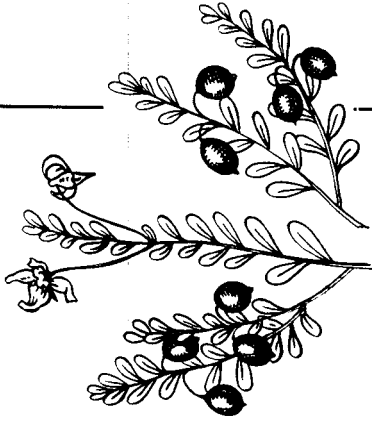


CRANBERRIES
(Vaccinium macrocarpon)

(RAW)

48g/125mL

22 CALORIES kJ 92



Health and Welfare Canada

Santé et Bien-être social Canada

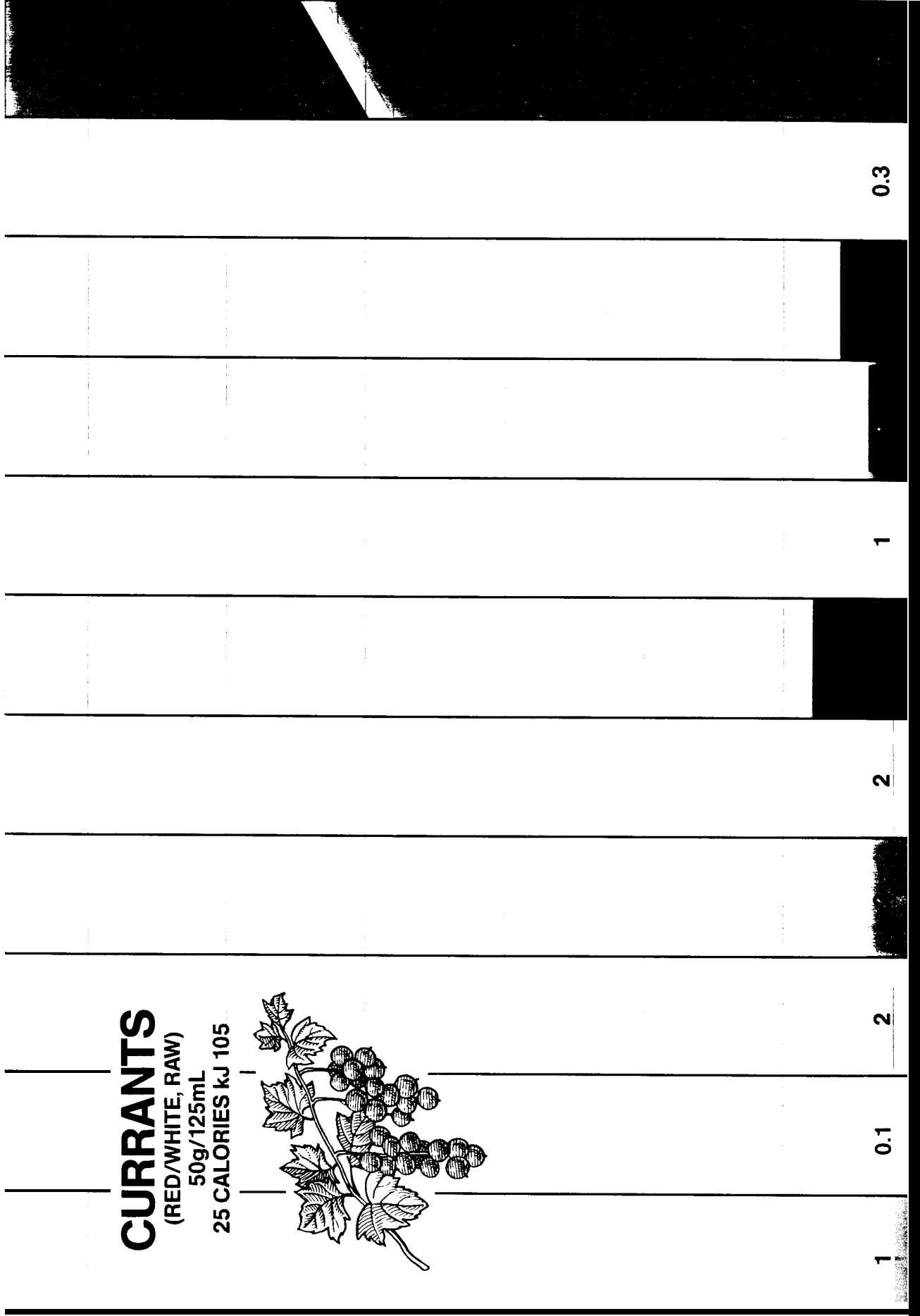
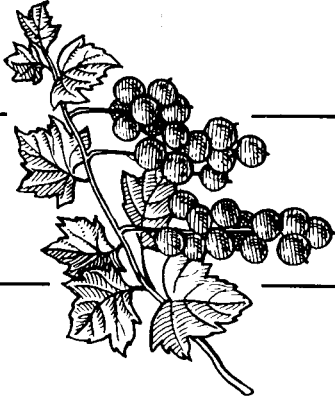
CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

33%
30%
25%
20%
15%
10%
5%

CURRANTS
(RED/WHITE, RAW)
50g/125mL
25 CALORIES KJ 105



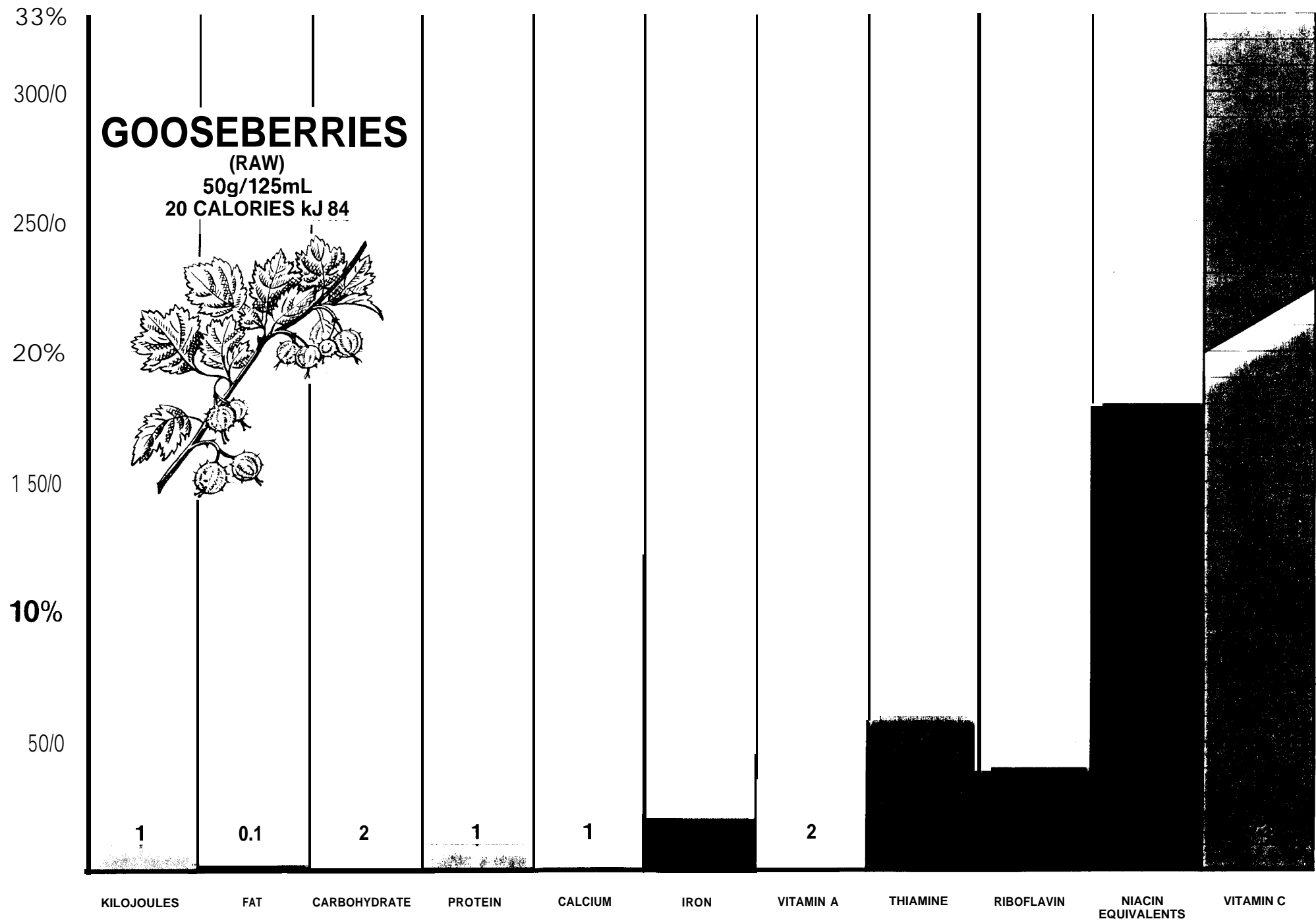
CONTRIBUTION TO RECOMMENDED INTAKE... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983



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CONTRIBUTION TO RECOMMENDED INTAKE . . . TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

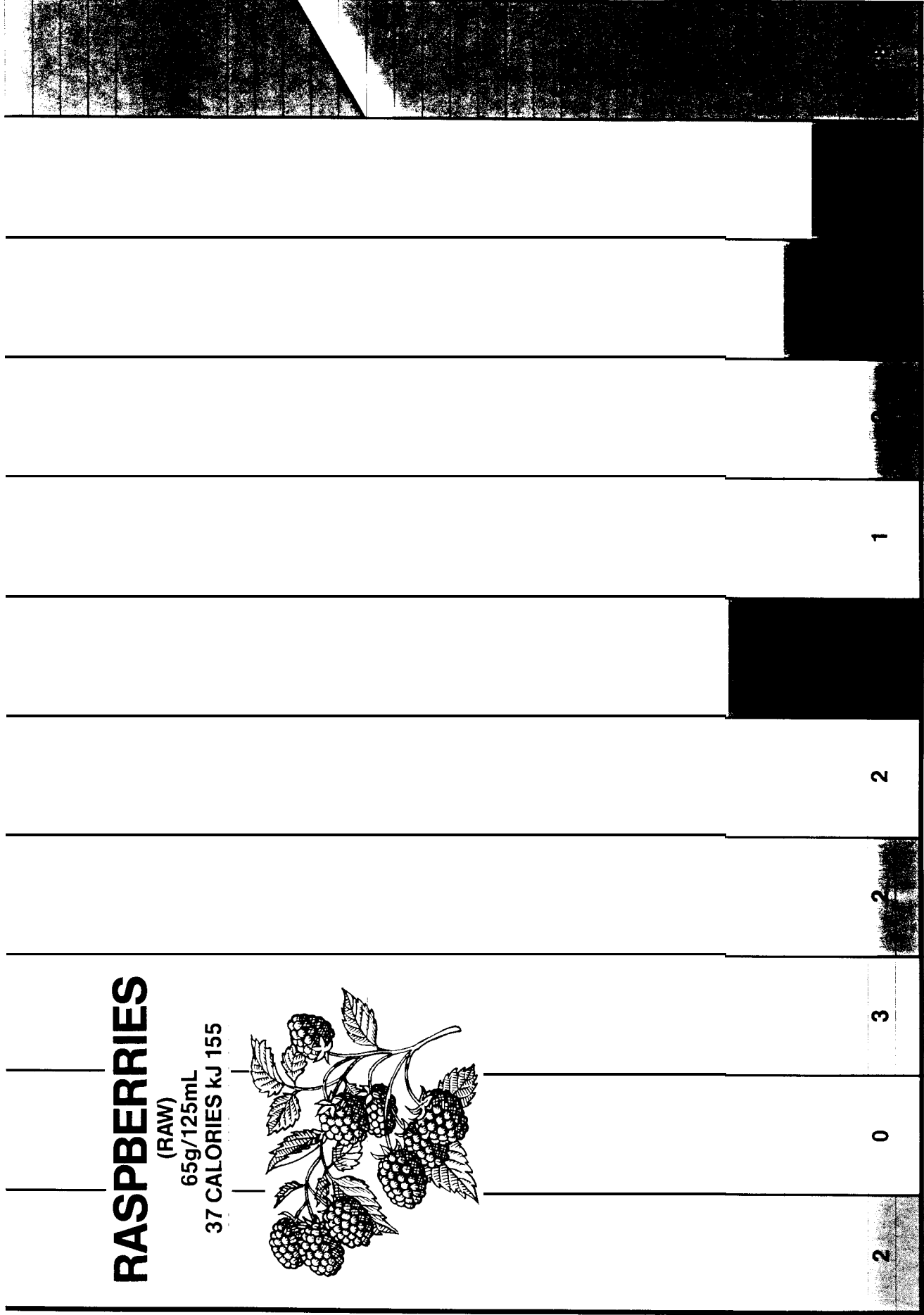


33%
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20%
15%
10%
5%

RASPBERRIES

(RAW)

65g/125mL
37 CALORIES kJ 155



Health and Welfare Canada

Santé et Bien-être Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

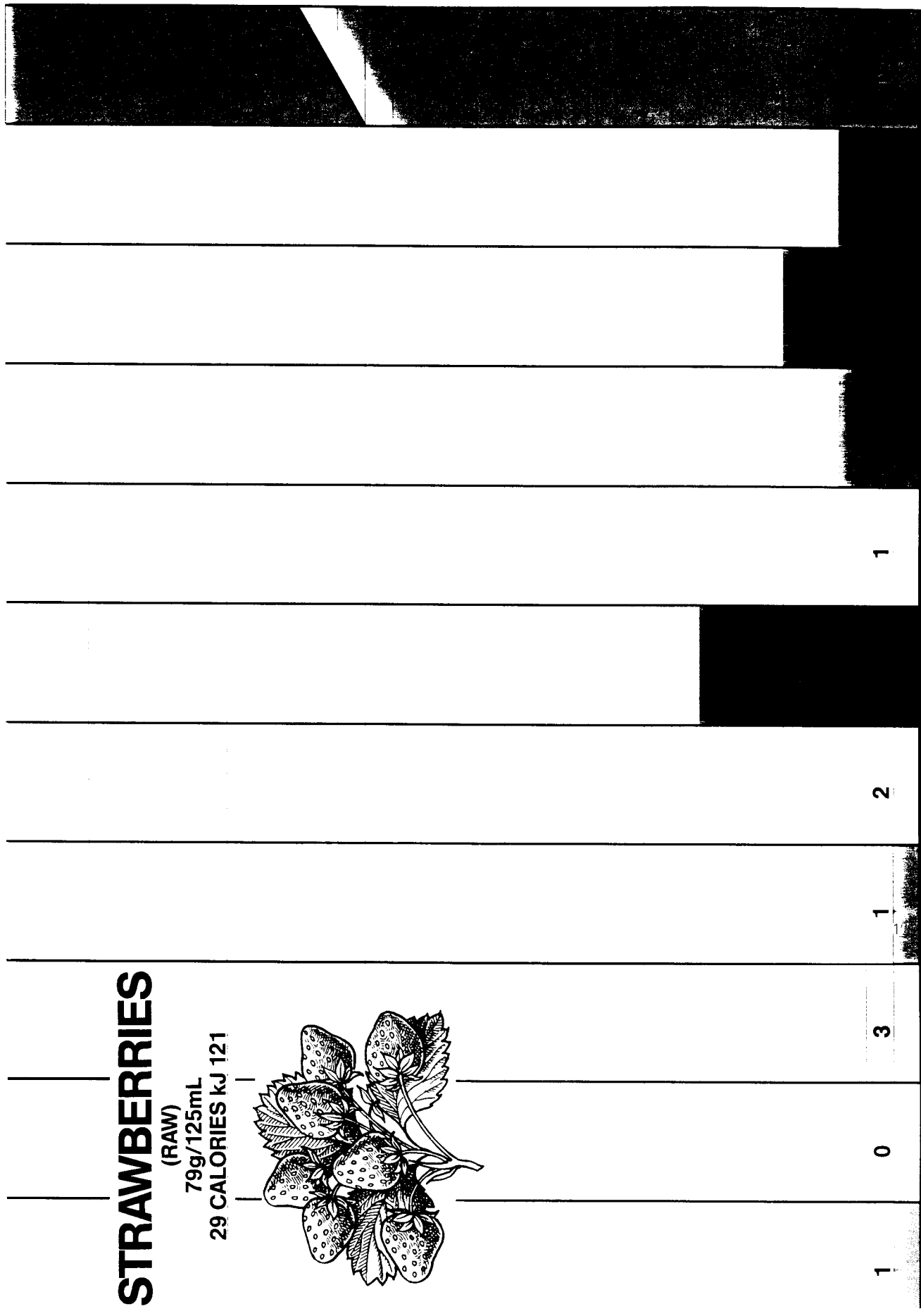
Canada

33%
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25%
20%
15%
10%
5%

STRAWBERRIES

(RAW)

79g/125mL
29 CALORIES kJ 121

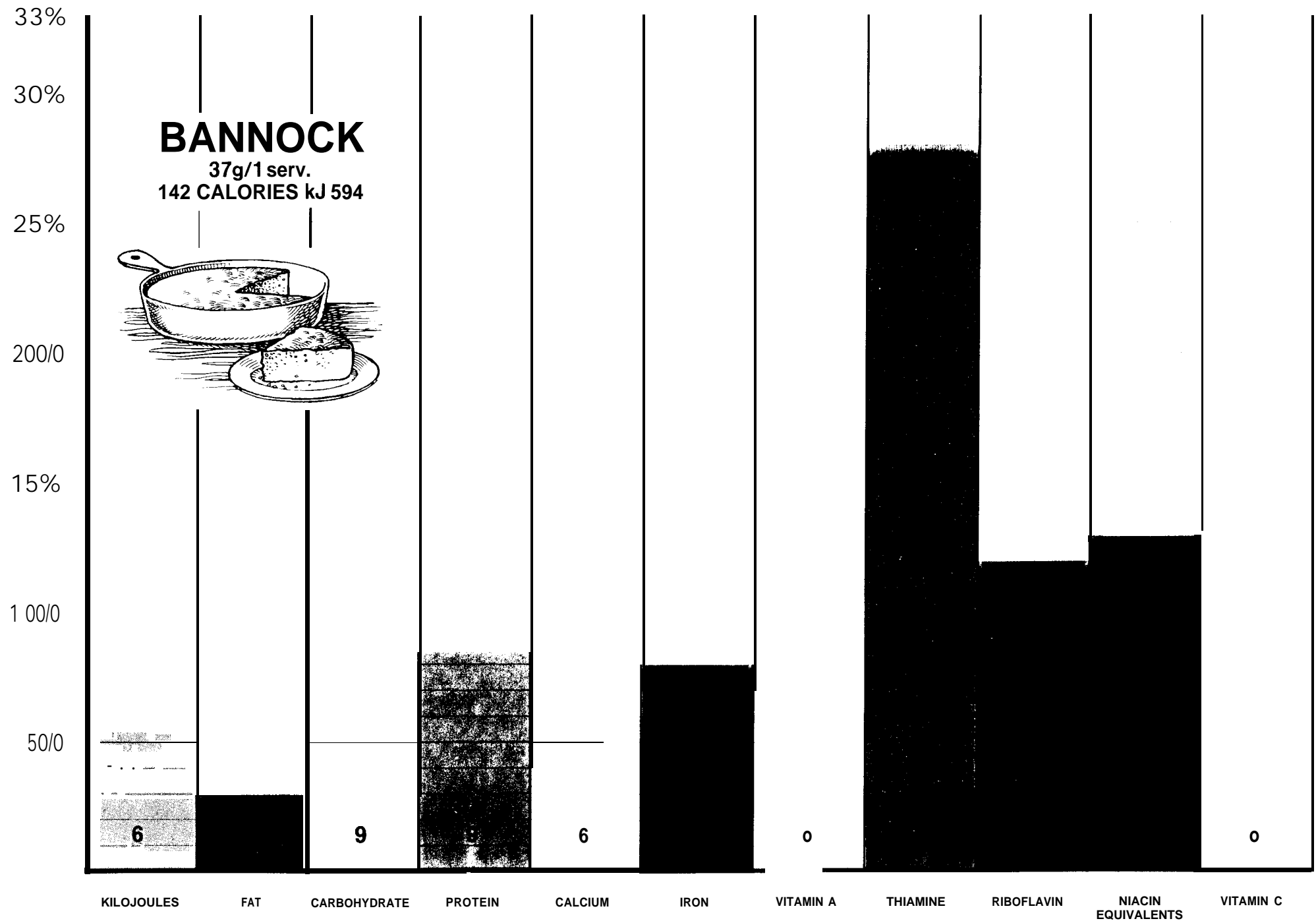


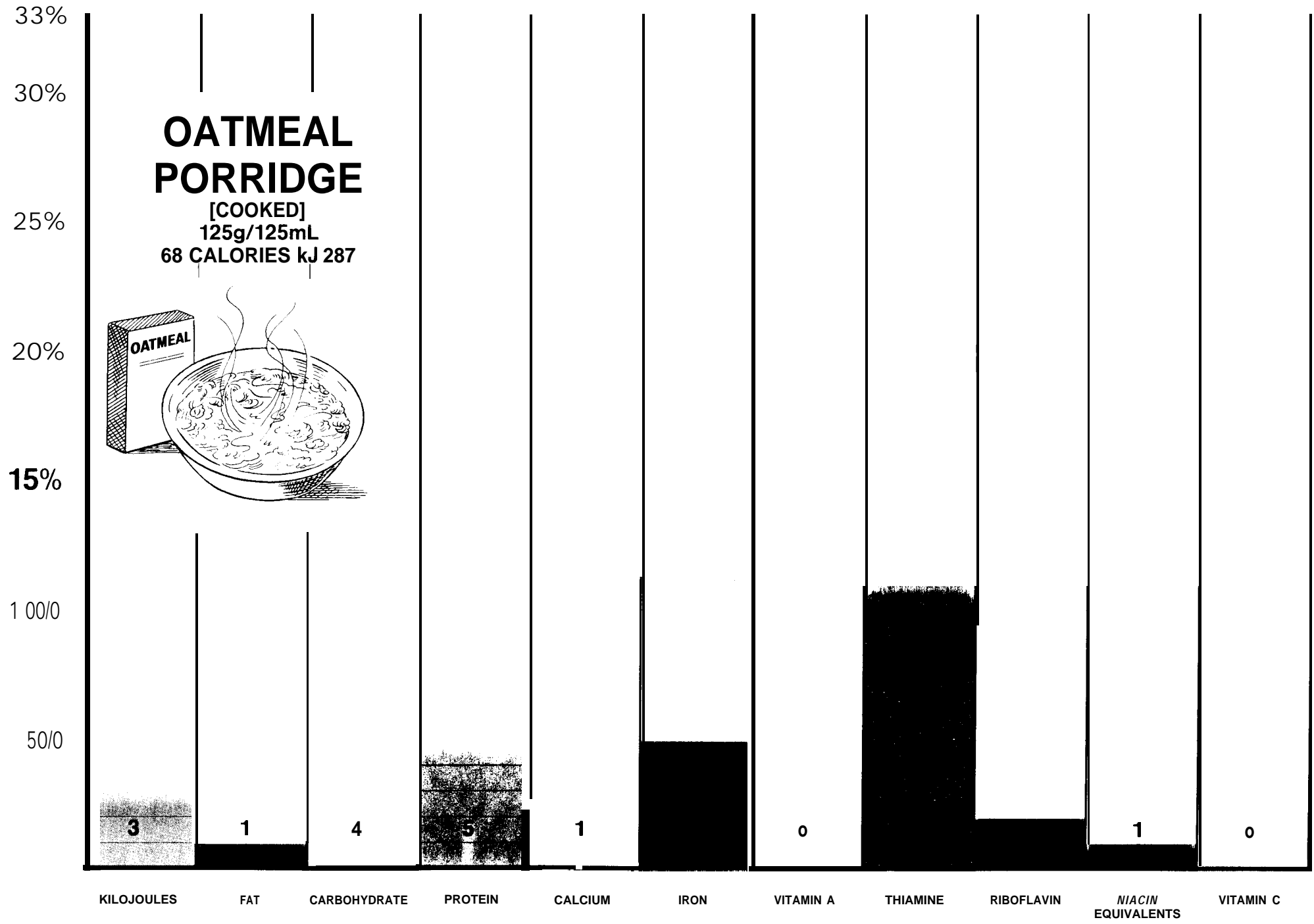
Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE .TEENAGER
(AGE 13-15 FEMALE)

Canada





RONI

(ED)

(ED)

IML

S KJ 343



6

1

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0

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

25%

20%

5%

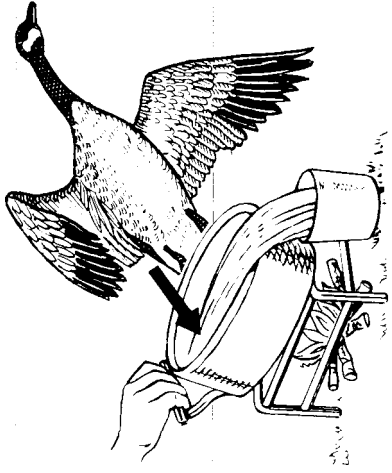
10%

5%

GOOSE FAT

13g/15mL

120 CALORIES kJ 502



5

0

0

0

0

0

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0

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0

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN
EQUIVALENTS

VITAMIN C



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and Welfare
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Santé et
Bien-être social
Canada

CONTRIBUTION TO RECOMMENDED INTAKE ... TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient
Intake for Canada 1983

Canada

33%

30%

25%

20%

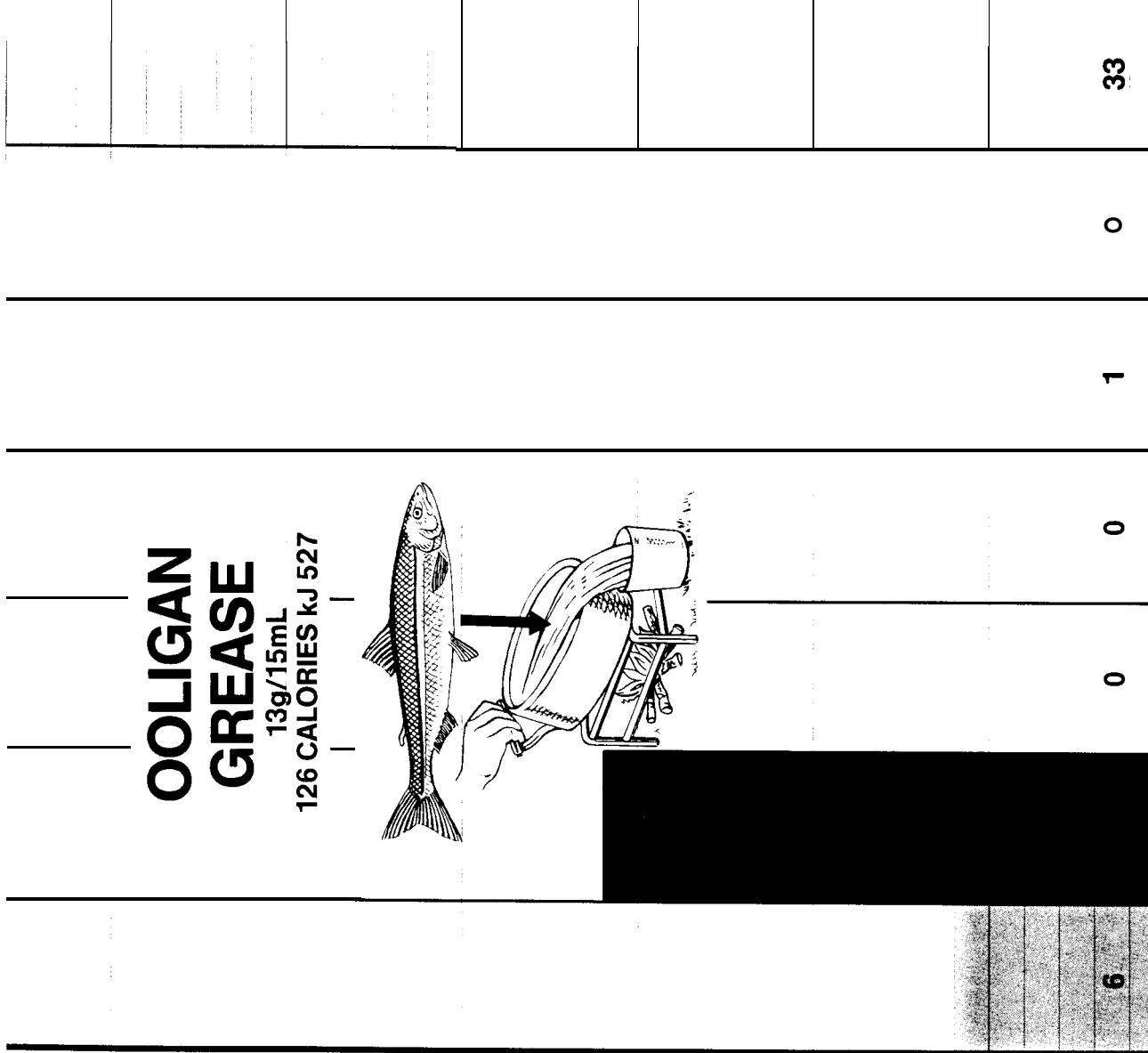
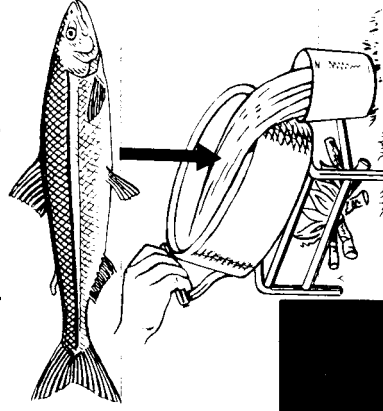
15%

10%

5%

OOLIGAN GREASE

13g/15mL
126 CALORIES kJ 527



KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN EQUIVALENTS

VITAMIN C



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER
(AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

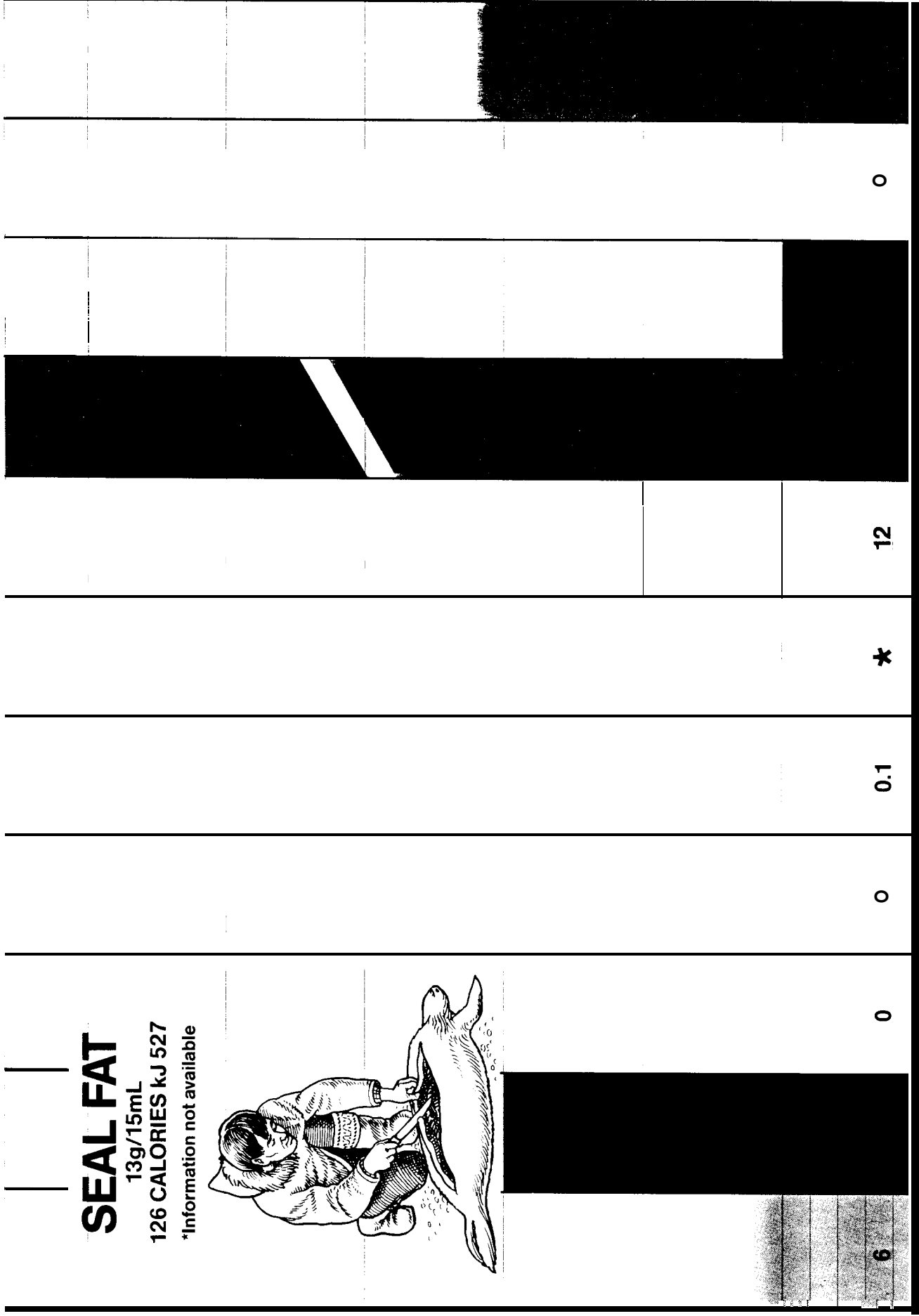
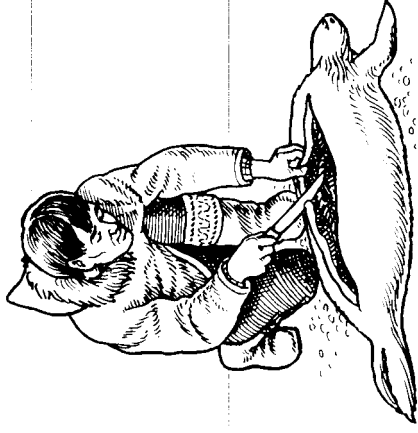
Canada

33%
30%
25%
20%
15%
10%
5%

SEAL FAT

13g/15mL
126 CALORIES kJ 527

*Information not available



KILOJOULES FAT CARBOHYDRATE PROTEIN CALCIUM IRON VITAMIN A THIAMINE RIBOFLAVIN NIACIN EQUIVALENTS VITAMIN C

33%

30%

25%

20%

10%

5%

SPINDELION GREENS

(RAW)

58g/250mL

15 CALORIES kJ 63



1

0.5

2

14

102

0

KILOJOULES

FAT

CARBOHYDRATE

PROTEIN

CALCIUM

IRON

VITAMIN A

THIAMINE

RIBOFLAVIN

NIACIN EQUIVALENTS

VITAMIN C



Health and Welfare Canada

Santé et Bien-être social Canada

CONTRIBUTION TO RECOMMENDED INTAKE...TEENAGER (AGE 13-15 FEMALE)

Recommended Nutrient Intake for Canada 1983

Canada

DESCRIPTION	SOUVENIR GARMET				
Unit Cost	12.00	20.00			
Unit Cost Retail	30.00	50.00			
T-Shirt	5,000.00				
Sweat Shirt		5,000.00			
	150,000.00	250,000.00			
Total Cost		160,000.00			
Total Revenue		400,000.00			

ECONOMIC DEVELOPMENT EXPO '98

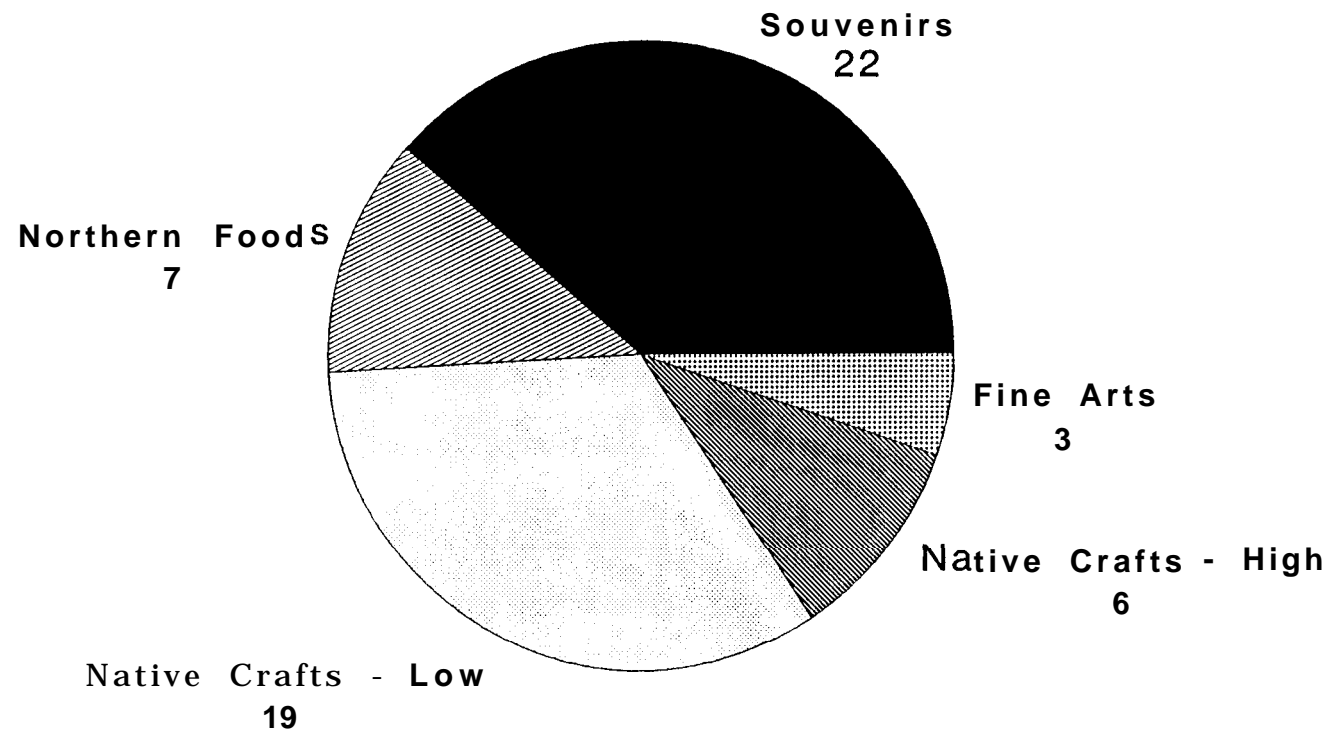
Product Categories

Souvenirs
85.6

Total of 199,13

ECONOMIC DEVELOPMENT & TOURISM EXPO '92 Products

Expo Products by Category



Total of 57 Different Products.

DESCRIPTION	NATIVE CRAFT (HIGH END)				
Unit Cost	40.00	60.00	80.00	120.00	200.00
Unit Cost Retail	100.00	150.00	200.00	300.00	500.00
Birchbark Baskets	200.00	150.00	100.00	75.00	
Carvings		200.00	100.00	100.00	100.00
Ltd. Edition Prints		200.00	150.00		
Tanned Fox Skin Hat		125.00			
	20,000.00	101,250.00	70,000.00	52,500.00	50,000.00
Total Cost		117,500.00			
Total Revenue		293,750.00			

DESCRIPTION	NATIVE CRAFT (GARMENTS LOW END)				
Unit Cost	16.00	30.00	40.00	60.00	
Unit Cost Retail	40.00	75.00	100.00	150.00	
Crocheted Hats Necklace	48.00				
Moosehide moccasins slippers		72.00	72.00	72.00	
	1,920.00	5,400.00	7,200.00	10,800.00	
Total Cost		10,128.00			
Total Revenue		25,320.00			

DESCRIPTION	NORTHERN FOOD				
Unit Cost	2.00	6.00	6.00		
Unit Cost Retail	5.00	15.00	15.00		
Bottle of Arctic water	3,000.00				
Smoked Arctic Char (Vat. Pat)		5,000.00	5,000.00		
Smoked Arctic Char (Can)					
	15,000.00	75,000.00	75,000.00		
Total Cost		66,000.00			
Total Revenue		165,000.00			

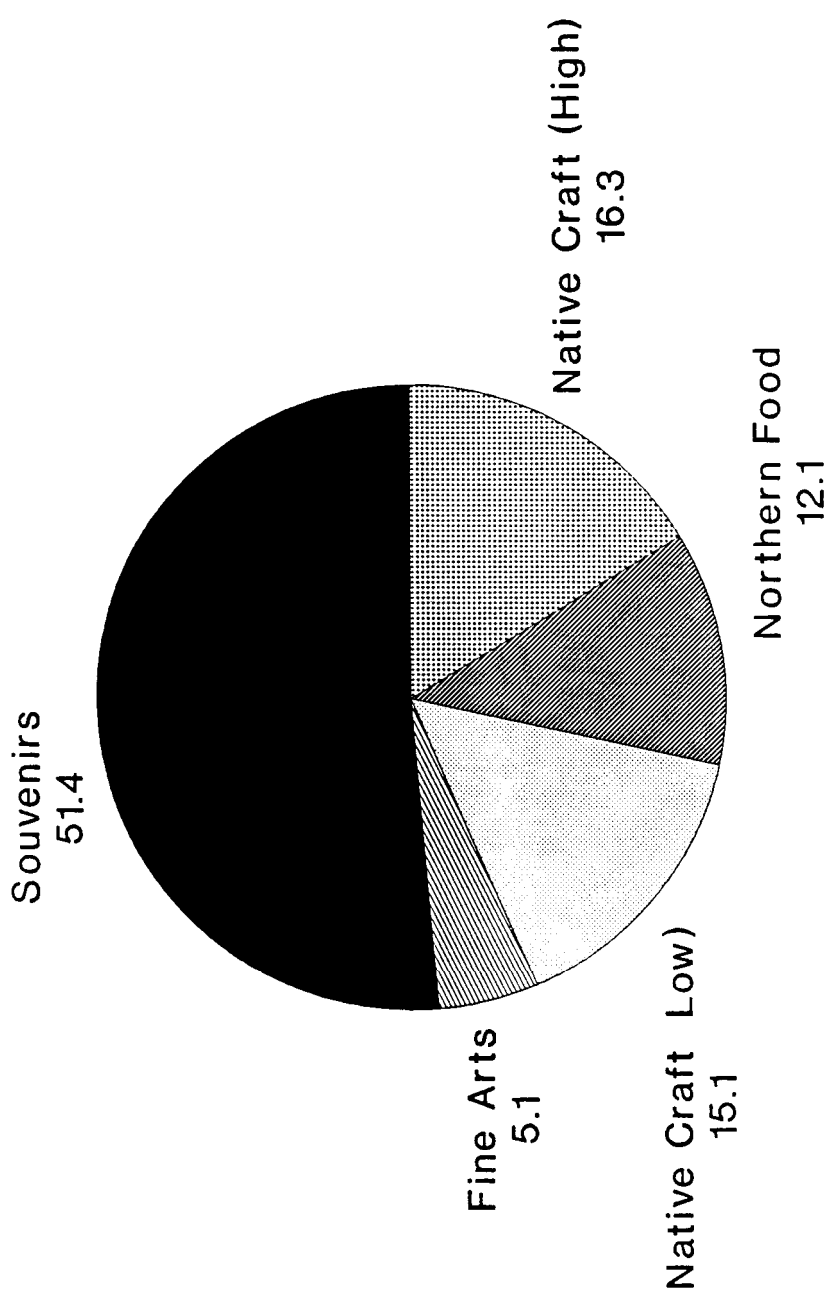
DESCRIPTION	NATIVE CRAFT (Low End)				
Unit Cost	6.00	10.00	14.00	20.00	30.00
Unit Cost Retail	15.00	25.00	35.00	50.00	75.00
Porcupine Quill Earrings		500.00	300.00		
Kunyak Doll	600.00				
Beaded Earrings		500.00	300.00		
Beaded Checkers			300.00	200.00	
Beaded Necklaces			300.00	200.00	
Beaded Hair (Pins, ties, clasps)		500.00	300.00	200.00	
Porcupine Quill Necklaces		500.00	300.00		
Moosehair tufting hair ties, clasps			300.00	250.00	200.00
Moosehair tufting pins, broaches			300.00	250.00	200.00
Antler & Bone Broaches, earrings		500.00	300.00	150.00	
Antler & Bone Carving on Sinew Rope			300.00	200.00	100.00
Silver Earrings, Broaches, pendants				300.00	100.00
	9,000.00	62,500.00	105,000.00	87,500.00	45,000.00
Total Cost		123,600.00			
Total Revenue		309,000.00			

DESCRIPTION	NATIVE CRAFT (LOW END CRAFT FASHION JEWELERY)				
Unit Cost	40.00	60.00			
Unit Cost Retail	100.00	150.00			
Antler & Bone Necklace	36.00	36.00			
Silver	36.00	36.00			
Gold Nugget	36.00	36.00			
	10,800.00	16,200.00			
Total Cost		10,800.00			
Total Revenue		27,000.00			

ECONOMIC DEVELOPMENT & TOURISM

EXPO '92 Products

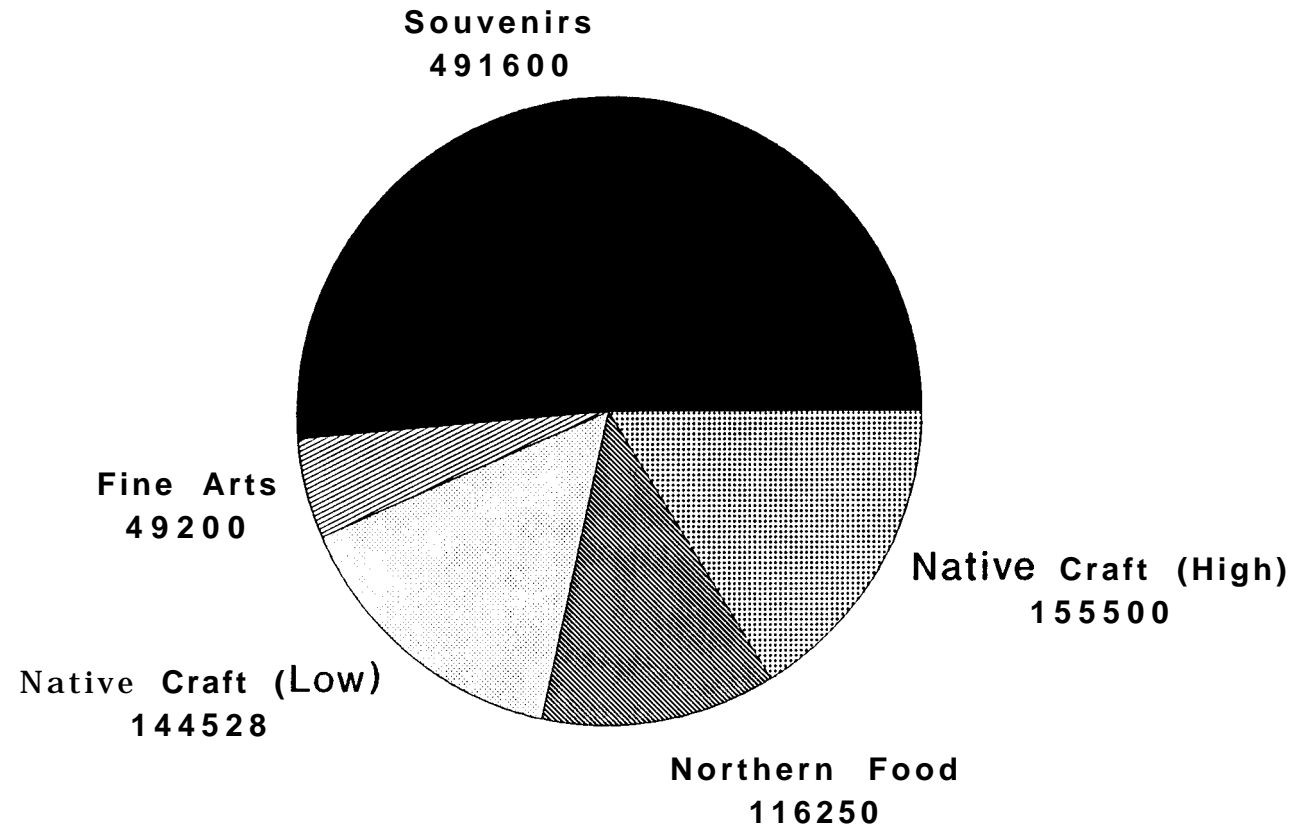
Product Categories - % of Wholesale



Total Wholesale Value = \$957,078

ECONOMIC DEVELOPMENT & TOURISM EXPO '92 Products

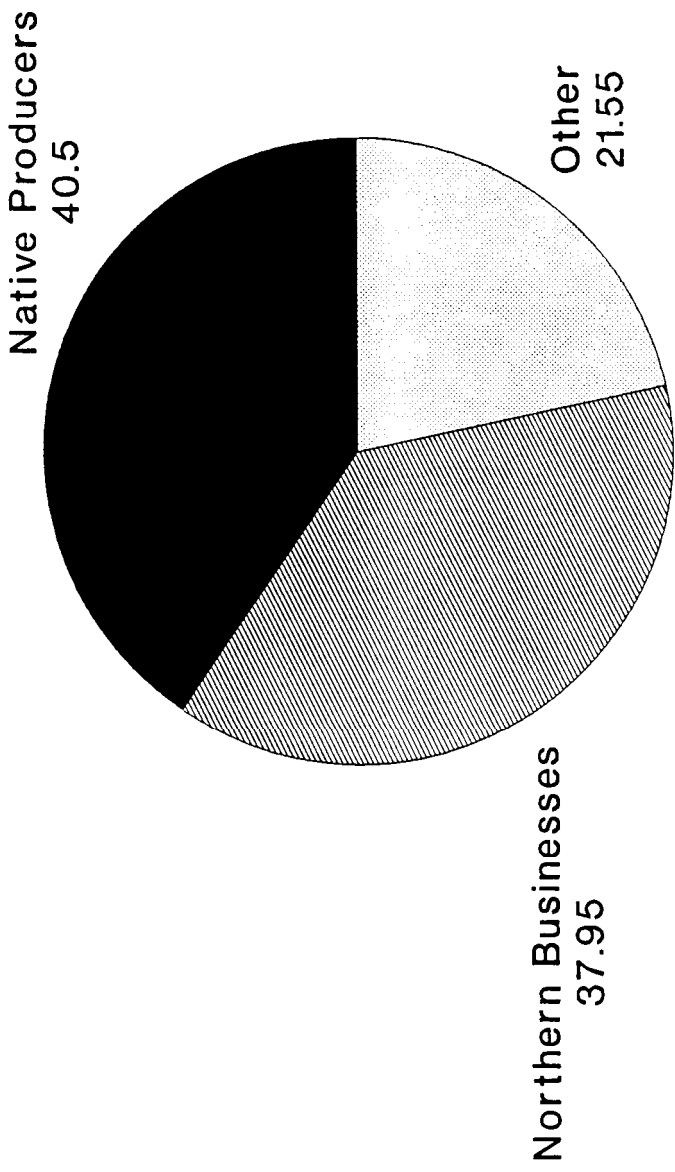
Product Categories by Wholesale Value



Total Wholesale Value = \$957,078

ECONOMIC DEVELOPMENT & TOURISM EXPO '92 Products

Distribution of Wholesale Dollars (%)



Total Wholesale Value = \$957,078