

FISH CHOWDER

THIS RECIPE TAKES 45 MINUTES TO MAKE | THIS RECIPE MAKES 6 SERVINGS

INGREDIENTS

- 1 onion, chopped
- 4 potatoes, chopped
- 3 carrots, diced
- 4 cups chicken broth
- 2-3 cups fish pieces
- 1 can evaporated milk (354 ml or 1.5 cups)
- 2 tablespoons butter
- Salt and pepper

Options:

Use fresh or powdered milk instead of evaporated milk

Add corn, celery, peppers, garlic, or mushrooms

Add parsley, thyme, or other herbs you like.

DIRECTIONS

Step 1: Chop vegetables

Chop 1 onion and 4 potatoes. Dice 3 carrots.

Put vegetables in a large pot with 4 cups of chicken broth.

Step 2: Cook vegetables until tender

Put the pot on the stove, lid on. Turn burner to high.

Bring to a boil.

As soon as it boils, turn burner to low. Bring to a boil.

Simmer until vegetables are tender, about 30 minutes.

Step 3: Add other ingredients

Leave the pot on the stove. Take the lid off. Turn the burner to medium.

Add to the pot:

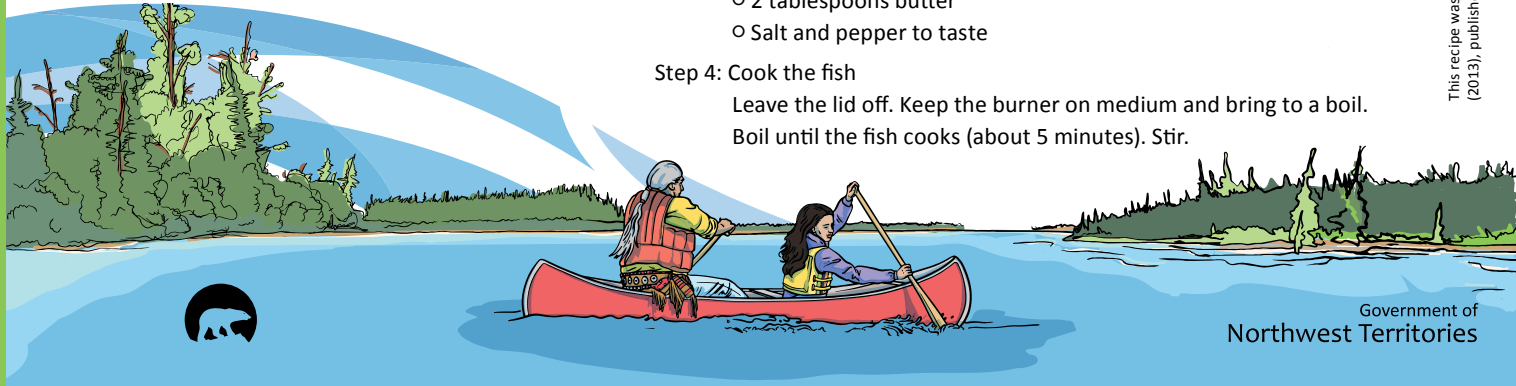
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

Step 4: Cook the fish

Leave the lid off. Keep the burner on medium and bring to a boil.

Boil until the fish cooks (about 5 minutes). Stir.

This information has been translated into Dene Kede.



ŁUE TUWELE

Diri bekáet'e 45 minutes sadzeé zq bekaet'é | Dirí dene ets'étaí heneht'e q̄t'e

Diri efeta ahle t'á hahtsi

- Tl'otsq̄ l̄əə taraká
- N̄jshe d̄l̄l taraká
- Kwah tai tárat'a
- Dih tuwele d̄l̄l libó
- Łue Nákə le ní dé tai tárat'a
- Ejiret'ó (tane l̄əə dáudí ní dé libó l̄əə ɔ́ tanni)
- Tłereko líchuyá necha náke
- Lisél hé tenjts'ih

Dule gúlú ale

Ejiret'ó le ní dé mí léyáre dáudí ní dé mí lé k'q̄ne ale.

Corn, łt'q̄ (celery), peppers, garlic, d̄l̄q̄bére (mushroom) k'ola.

Tenjts'ih parsley, thyme, (herbs) gonáq̄ ayí betaole
nenewę ní dé beta ahnele.

T'akwe l̄əə: Tl'ó tarakwí

Tl'otsq̄ l̄əə, taraká hé n̄jshe d̄l̄l. Kwah tai.

Tane ke dih tuwele d̄l̄l libó ahle gháré tl'q̄ beta ale.

Eyí k'é náke: Tl'q̄ wechá gots'é hahche

Tene satsq̄ne k'e dawaɣeh gháré bedárachu gháré satsq̄ne wekq̄
k'eheche gots'é ale.

ɣehnj̄who tl'ághq̄ ní dé satsq̄ne tanj sadzé gots'é satsq̄ne
nátsele k'eɔale.

Eyí k'é tai: Ayí k'ola beta ale

Tene satsq̄ne k'e dawatq̄. Bedágharachu. Satsq̄ne tanj
wekq̄ k'e ale.

Ayí k'ola tene keawha:

- Łue náke le ní dé tai libó tene keawha
- Ejiret'ó l̄əə k'ola beta ale
- Tłereko líchuyá nechá náke beta ale
- Lisél hé tenjts'ih

Eyí k'é d̄l̄l: Łue bekáat'é

Tene satsq̄ne k'e dawatq̄. Bedágharachu. Satsq̄ne tanj
wekq̄ k'e ale gháré hahche. Łue wechá gots'é hahche
(5 minutes gots'é sq̄q̄ni). Betarawhé.

