

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:

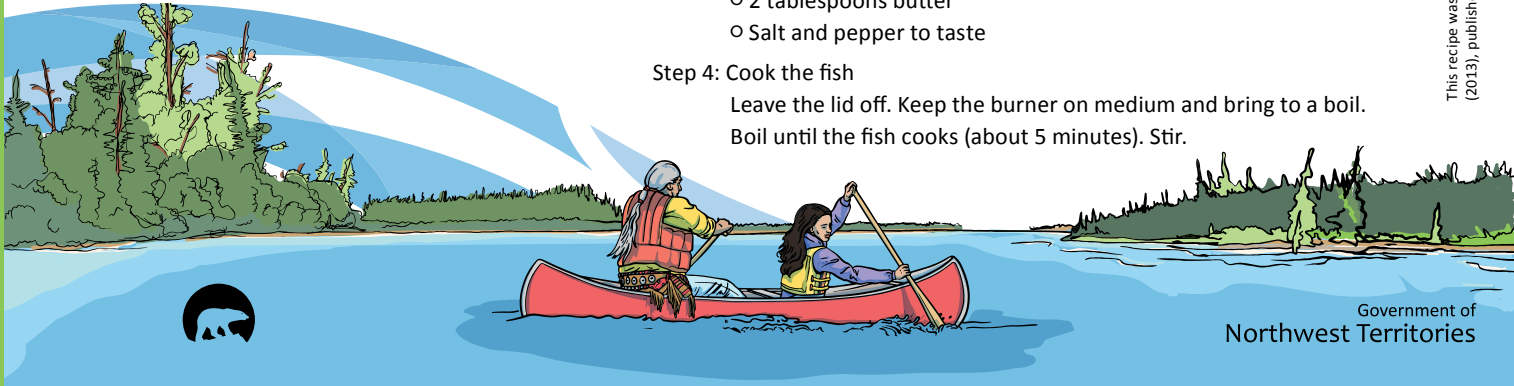
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

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 Inuinnaqtun.



IQALUK SUU

Una igauyaarut iganiqaqtuq 45 minutesimik, inkaagniq atauhiq naatdjuqituq | 6sinut inungnungut naamayuq.

Igauyaarutikhat

- Ainakmik autauhingmik, avguyaqhimayumik
- Hitamanik Patiitanik, avguyaqhimayumik
- Pingahunik Carrotsnik, avguqhimayunik
- Hitamanik qalutininik tingmiap imigaanik
- Malrungnik – pingahunik iqalungmik avguqhimayumik
- Atauhingmik havigalik kuviyaaqtumik milukmik
- Malrungnik aluutiryuangnik battamik
- Taryuqmik pappamiklu

Himmautikhat atuqtaaqtatit

Nutaaq miluk unaluuniit akutakhaq miluk himauhiqtigitaagtatit kuviyaaqtumut.

Ukuat ilalugit corn, celery, peppers, garlic, inaluuniit mushrooms.

Ukuat ilalugit parsley, thyme, alatlu avut mamaqutit.

Hivulliq:

Avguuyarlugit mamaqutikhat

Ainak atauhiq, hitamatlu patiitat avguyaqhimayut. Pingahut carrotsit avguyaqhimayut.

Mamaqutit tamaita angiyumut qattarmungarlugit hitamanik qalutiknit tingmiap imigaarnik kuvirilugu.

Tuglia:

Mamaqutit igalugit iqiglipkarlugit

Qattaq ingnirvingmungalugu, matulingmik. Ingniqtuhihlu ingnirvik igalugu. Purriqtitlugu.

Purriliqpait, ingnirvik inikhilugu. Purriqtitlugu. Ingnikitunuami igalugu mamaqutit aqiglipkarlugit, ikangniup napaanik igalugu.

Pingahuat:

Igayukhat aipait ilalugit

Qattaq ingnirvingmi qimaklugu. Matuirlugu. Inikhilaaqlugu akun'nganut uunaqtilaga.

Qattaq ukuninga illirilugu:

- Malrungik – pingahunikluunit qalutininik
 - iqalungmik avguyaqhimayumik
 - Atauhingmik havigalingmik milungmik kuviyaaqtumik
 - Malrungnik allutiryuanik battamik
- Taryungmik pappamiklu

Hitamaat:

Iqaluk igalugu

Iqaluk purriqtitlugu, uupkarlugu (5 minutesnaatlugu).

Ingutaaqtitpaklugu.

