

FISH CHOWDER

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

This information has been translated into Inuktitut.

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.

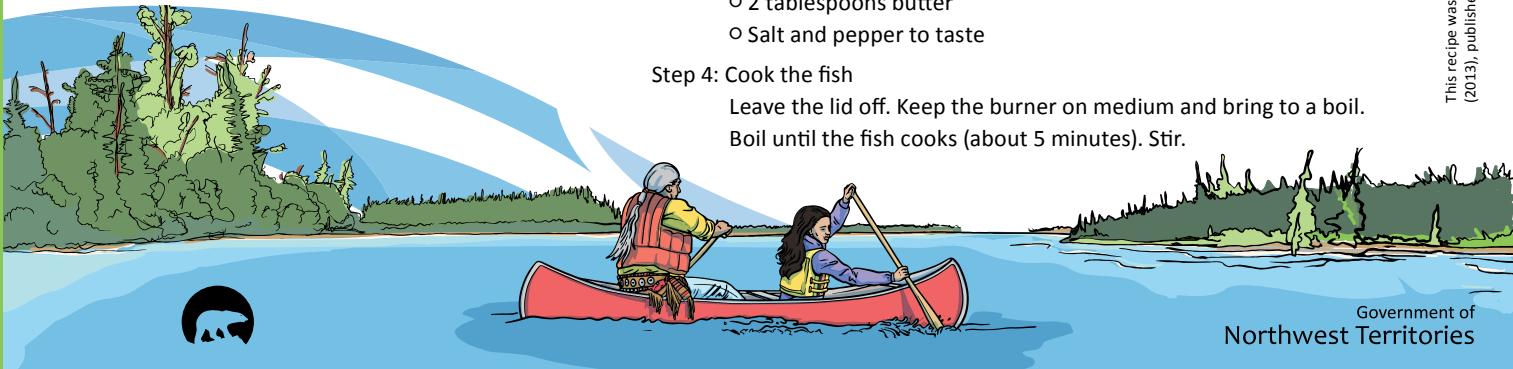
Step 3: Add other ingredients

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.



IQALUNGMIK QAJULIURNIQ

Ukua nirijaksaliurutiit t akuniutigivaktut 45 minitsinik qajuliurnirmik | Taanna nirijaksaliurutiit pingasuujutunik 6-nik nirijaujunnaqtunik.

Illulingit

- 1 annian, pilakturlugit mikijunaarlugit
- 4 pattaattuit, pilakturlugit mikijunaarlugit
- 3 kiuratsiit, kipaariktunaarlugit
- 4 tiitutiit aqiggirjuarmik qajuq
- 2-3 tiitutiit iqaluit pilaktuqsimajut
- 1 ipuittuq kuvijuq immuk (anginilingmik 354 ml milugulaamik uvvaluunniit 1.5 tiitutiilingmik)
- 2 aluutirjuak batta
- Tariuq amma Piappa

Atuqtaungaunnarmijut

- Aturluti nutaanik uvvaluuniit paniktumik
immuksajarmi, kuvijumiungittuq immungmik.

Ilajunnaqtait kuanmik, salurimik, taqsallingnik iviujarnik,
gaalikmik, Ikkutinik-massruumnik.

Ilajunnaqtait paaslimik, taimmik assinginiglu
paniqtitaujunik pirutuvinirnik ilaksaliariausimajunik,
pijumaguvit.

Aturlugu 1: Pilakturlugit mikijunaarlugit piroqtuut

Pilakturlugit mikijunaarlugit 1 annian ammalu 4 pattaattuit. 3-nik pingasunik kippaariktuliurlugit kiuratsiit.

Ililugit piroqtuut angijualungmut uujiulurvingmut ammalu 4 tiitutinik aqiggirjuap qajuanik ilalugu.

Aturlugu 2: Ullugit piroqtuut aqiglillitugit

Uujiulurviit kiaksaummuarlugu, matulugu. Ikillugu uuttivik qutiktumut. Qalaatqillugu.

Qalaalituaqpak, attiksigiarlugu sangininga. Qalaatqilirlugu. Ullugit piroqtuut aqililutik, tamaaniqai 30 minitsinik.

Aturlugu 3: Ilalugit asingit

Uujiulurviit kiaksaummiiilugu. Matua piirlugu. Uunarninga akunniqsuqtumut ililiugu.

Ililugit uujiulurvingmut makua:

- 2-3 tiitutiit iqaluit pilaktuqsimajut
- 1 ipuittuq kuvijuq immuk
- 2 aluutirjuak batta
- Tariuq amma Piappa

Aturlugu 4: Ullugu iqaluk

Mattuingatillugu. Uunarninga akunniqsuqtumut ililiugu ammalu qalaatqilligu. Qalaatqillugu kisiani iqaluk uuraanikpat (tamaaniqai 5 minitsinik). Akullugu.