

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

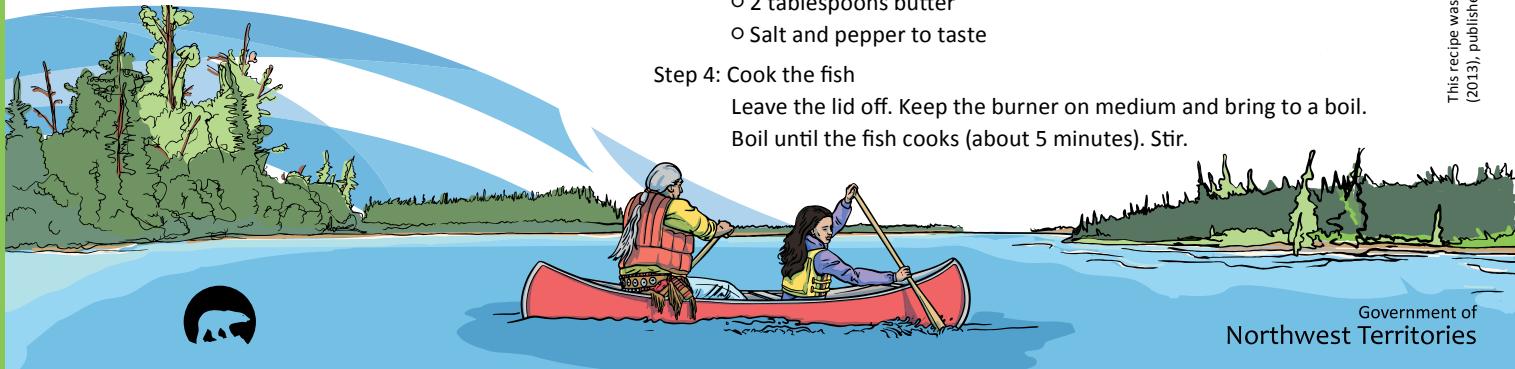
Leave the pot on the stove. Take the lid off. Turn the burner to medium.
Add to the pot:

- 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 Inuvialuktun.



IQALUNGMIK HUUTULIUQTAQ

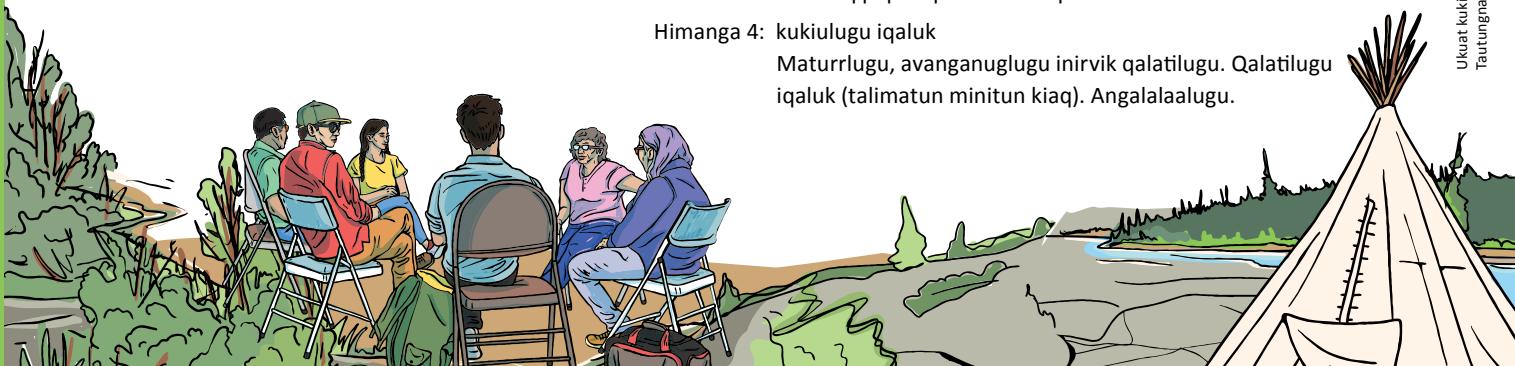
Una iqaliuqtaq 45minnimi kukiularuaq | Una kukiuniq itchakratun niripkailaruq.

Matkuning ilauraq

- Atauhiq onion, avuqtamik
- Hihamat patatumik, avuraqtamik
- Pingahut karit, avuqtaq
- Hihamat alugauranik chikin imiranganik
- Malruk-pingahut iqaluviniirnik
- Atauhiq qatauchikaq miluk 354ml nagaluuuniin 1.5qalunmik
- Malruk aluutaqpaaengnik para
- Tariuq pappa

Atlaniklu ilaulegian

- Nutaamik atlarutin milungmik qatauchkangilaamin.
Ilaurlugu nauruanik nunamin, saalri, papa, kaalik, nagaluunihivuliq.
Ilaurlugu akutuqpangnik, tipigkhautinik niqinun, uuktuarukarnik.



Hivuliq 1: avuguqtat naurat nunamin

Avuqtaq ainaq hihamat pataatu. Avguurarlugi karrit. Kukiulugi nauruat nunamin arinaqhipkarlugi.

Tuglia 2: kukiulugi naurat nunamin arinaqhilarataqtilugi

Utkuhik qanganun innirvingmuglugu, matulugu. Huamahilugu ingnirvik. Qalatilugu. Qalanagutikpan, hukaililugu. Qalatinnguraarlugunaurat nunamin arinaqhilarataqtilugi 30minitmi.

Pingayua 3: iluqaiha ilaugutikrat

Utkuhik ingnirvingmin piirnagu. Matuirlugu. Unmuglugu ingnirvikhukaililugu.

Utkuhingmun ilaurlugi:

- Malruk-pingahut qalugauraq iqalungmik
 - mikuruuranik ilaurlugu
 - Atauhimik qatauchkamik milungmik
 - Malrungnik aluutaqpaaengnik paramik
- Tariuq pappa ilipkun iluarirapkun

Himanga 4: kukiulugu iqaluk

Maturrlugu, avanganuglugu inirvik qalatilugu. Qalatilugu iqaluk (talimatun minitun kiaq). Angalalaalugu.