

Inuinnaqtun – English

Igaqatigin'nga Cook with Me

Nanminiit Uqauhiita Tatqiahiuta 2021
Nunaaptingni Igauyaangnikkut Taiguaq

Indigenous Languages Month 2021
Regional Recipe Book



Government of
Northwest Territories

Happy Indigenous Languages Month 2021!

Indigenous Languages Month (ILM) is an annual celebration that takes place in February in the Northwest Territories. It is an opportunity for NWT residents to celebrate the rich culture and heritage of the territory's nine official Indigenous languages. The theme for this year's celebration is "Cook with Me".

Food and cooking are linked to traditions, memories, and togetherness. It is hard to imagine family celebrations, holidays, or any other social gatherings without the addition of food! Food also brings people from different cultures together, allowing us to learn about people from different backgrounds. Food is part of our family histories and identities. We share our cultural heritage when we share food with others. Saying "Cook with Me" to our families and friends is an invitation to strengthen our togetherness, culture and heritage.

The Indigenous Languages Month 2021 Regional Recipe Book has been developed from the 2019 Easy and Healthy Home Cooking Recipe Contest by the Department of Health and Social Services (HSS). It is through a collaboration with HSS and the Department of Education, Culture and Employment (ECE), that this recipe book was made possible.

Quvahugitti Nanminiit Uqauhiit Tatqiqhiutaan'ni 2021!

Nanminiit Uqauhiit Tatqiqhiunmi uvani Ilitariyaunig
Quviahuta Naliutivaktuq Qiqaunikhaaq
Tatqiqhiutani Nunatiangmi. Quviahuutvingmi uvani
naliutigaangat inuutait Nunatiangmi pitquhiqtik,
inuuniarutitik qaralungnitat quviahuutigiyumaplugit
uqauhiini ukunanini tatlimat hitamanik avatqutigit
uqauhiiniangiqtahimayunik Nunatiangmi. Ukiumi
uvani quviahuuta una: "Igaqatigin'nga."

Niqilu igauyaangniqlu aulaniqangmatta
pitquhinut, qangaaruluklu inuuniarutaita
tautuktuuyangnginanut, atautimiuniqlu,
havagilaklunilu unaguiqhiviq, aalatlu
atautimiulukaarniit niqaitumik pilimainmata. Niqit
inungnik humiliqaaq atautimiulukaaqtitpaktait
niriqatigiikangamik. Inuit aalatlu pitquhitik
avanmut atuqhugit aliahuutigiplugit. Ilapta
itdjuhiinik naunaitkutigiyaait pitquhiinilu. Pitquhivut
inuuniarutivutlu inungnut aalanut aituqpaktavut
niriqatigiikangapta. Imailigaangapta "Igaqatigin'nga"
ilaptingnut ilanaptingnut atautimiuniq pitquhitlu,
inuuniarutitlu hakugikhiyumvivaktut.

Nanminiit Uqauhiit Tatqiqhiutaat 2021 una
atuqhugu, 2019 Igauyaangniq Taiguaq Ayungniattug
Inuuhiringnikkut Igauyaangniqatigiingnik
Uuktuutaani ukuat piliuqhimayaat 2019mi
Inuuhiringnikkut Ikayungniaqtitkut Havaktut ukuat
iligiikhutik HSS unalu Ilihangnikkut Pitquhiitlu,
Havaakhaqhiuqtitlu Havaktut, igauyaangnikkut
taigualiuhutik.

Eat well and enjoy!

This book features recipes from individuals and families across all the regions of the Northwest Territories:

Beaufort Delta Region –

Irma Cardinal's Poached Char (Inuvik)

Sahtu Region –

Tulita Batch Cooking Club's Chicken and Vegetable Soup

Dehcho Region –

Deborah Stipdonk's Golo Stew (Fort Simpson)

Tłıchǫ Region –

Joy Mantla's Shrimp Stir Fry (Behchokǫ)

Fort Smith Region –

Priscilla Lepine's Soup from Scraps

Hay River Region –

Lisa Smith's Family Chili

Yellowknife Region –

Carter Stirling's Family Hamburger Soup & Sophie Maksimowski's Roasted Vegetable and Grain Bowl

Celebrate Indigenous Languages Month by using this recipe book as a resource to learn a NWT Indigenous language by cooking in the language of your community!

Una taiguaq igauyaarutiniq piqaqtuq iluani inungnit ilagiinitlu Nunanatiap nunalanginit:

Ualiningmiut Nunataarvianni –

Irma Cardinal Igauyaanga Iqaluktpik (Inuvik)

Sahtu Nunataarvianni –

Tuliitami Igauyaaqagtigiit Chikinmik Nuunamitlu Nuahimiyut Suuliuqhimayaat

Dehcho Nunataarvianni –

Deborah Stipdonk Golo Suunga (Fort Simpson)

Tłıcho Nunataarvianni –

Joy Mantlap Igauyaanga Shrimp (Behchoko)

Fort Smith Nunataarvianni –

Priscilla Lepine Suuliuqhimaya Ilakunit

Hay River Nunataarvianni –

Lisa Smith Igauyaanga Chilimik Ataiqaq

Yellowknife Nunataarvianni –

Carter Stirling Hamburger Suuliuqhimayaa, unalu Sophie Maksimowshiplu Nunamit Nauhimayut Niqit Suuliuqhimayaa Unalu Akutimayut Niqihag

Quviahhutigilu Nanminiit Uqauhiit Tatqiqhiutaat una Igauyaut Taigualiuqhimayut aturlugu Nunatiami uaquhiq ilaharlugu igauyaurnikkut nunagiyangni!



Irma Cardinal's Traditional Poached Arctic Char (Inuvik)

Irma says that this recipe is a favourite because it has a high amount of omega 3 fats for a healthy diet and it is traditional (from the land). She likes to serve this dish with steamed asparagus, boiled potatoes and bannock.

Irma also likes to have this dish with traditional Muskeg Tea (Lidii muskeg) for its health benefits and its ability to be picked year-round.



Cook time:
15-20 minutes



Serving size:
4

Ingredients:

4-5 oz. char
1 tbsp. garlic butter
1 ½ cups water or broth

Directions:

1. Heat a medium sized fry pan over medium heat with butter and water and wait until it comes to a simmer (not boiling).
2. Add pieces of fish in a single layer – do not pile into pan. Keep the heat at simmer. Do not boil.
3. Cook about 10 minutes uncovered.

Lift cooked fish from the pan with a slotted spoon or spatula.



Irma Cardinal Igauyaanga Iqaluktpik (Inuvik)

Irma imailihimayuq, Una igauyangnariya hakugingniqangmat uqhuvalungmik uminga omega 3mik inuuhiringningmut timimut nakuuniquahuni, Nanminiuplunilu (Nunamiutaupluni). Iqaluliuraangami hapkun'ninga avayuktaa Asparagas nunami nauttiaq puriqhimayuq, potaatalu, muqpauyarlu.

Irma tiinariya igayangminut ilagiplugu una nunamit nautiaq tiiliuqhimayuq (Lidii Muskeg) timimut nakuungniqangmat imaalu ukiuraaluk puktukaangmat.

Igavikhaata hivitunia:
15-20 minutes naatlugu



Namayuq inungnut:
Hatamanut



Igatdjutikhat:

4-5 oz. iqalukpik
1 tbsp. taruiqtiqhimayuq patta
1 ½ cups imarlunniit imirarlunniit

Hanaiautit:

1. Hakatitdjut angiyaaqtuq uunakhirlugu, batalirlugu imirlugulu imarmik hihaiqtilugu (puriqtitaililugu).
2. Iqalungmik autahilaanik ilirilugi qaligiikhimaitumik – hiqatilvingmut qaligiiktailigugit. Purriqtitailugu.
3. Igalugu 10 minutes naatlugu matuitumik. Iqaluk qalatpat aalluttaryuangmut putulimut piinginarialik haatuliaqniqiltidjutmutluuniit.



Tulita Batch Cooking Club's Homemade Chicken, Lentil and Vegetable Soup



Tuliitami Tuliitamiut Igauyaaqatigiita Chikiliurutaat nautiat nauhimayut suulihimayaat

This recipe is special to the group because it is very flexible. We add lentils, beans, tofu or chicken to the recipe. When our gardens are growing, we add in bok choy. You can add whatever you want to make it healthy. Our club cooks food to share.

Una igauyaarutaat nukugitqiyagiyaat ima igaagangamitku igauhia aalanguqatakhugu iguyaaqaramikku. Nautait, niakiatuq unaluuniit sikin iliiritaagtavut igauyaraangapta. Nautiiviptingni nautavut naugaangatta nuatiangnik igayavut ilauqpaktavut. Hunamikliqaaq ilataaqtat igauyaqtat.



Cook time:
2 hours



Serving size:
8-12



Igavikhata hivitunia:
Ikaangniik malruk



Namayuq inungnut:
8nut – 12mut



Ingredients:

8 cups water or broth
1 small cabbage chopped
2 cups celery chopped
2 onions – white or yellow chopped
2 cups carrots peeled and chopped
2 green bell pepper washed and diced
2 garlic cloves minced
2 28 oz. cans diced tomatoes
2 tsp. dried oregano
2 tsp. dried basil
1 tsp. red pepper flakes
Salt, pepper, cayenne pepper to taste

Add in:

2 cups uncooked meat/chicken or 2 small blocks tofu
1 small can beans or lentils

Directions:

1. In a large pot, bring water or broth to a boil. Add all the vegetables, herbs and spices.
2. Add in meat or chicken, beans or lentils. If using tofu, add in during last 10 minutes of cooking.
3. Simmer for about 90 minutes until all the vegetables are tender and meat is cooked.

Igatdjutikhat:

8nik qalutikunik imarmik imirangmikluuniit
Ataungmik mikiyumik cabbagemik avguuyaqhimayumik
Malrungik qalutunik celerymik avguuyaqhimayumik
Malrungik onionik – qaquqtamik
quryiqtamikluuniit avguuyaqhimayumik
Malrungik qalutunik carrotsinik
amiiyaqhimayumik avguuyaqhimayumik
Malrungik hungayaaqtumik papamik
uaqhimayumik avguuyaqhimayumik
Malrungik garlic cloves avguuyattiaqhimayumik
Malrungik 28 oz. aktilanganik havigalingmiitumik
tomatoesnik
Malrungik auluutangnik paniqhimayumik oreganomik
Malrungik auluutangnik paniqhimayumik basilmik
Atauningmik aluutamik aupayaaqtumik pepper
flakesmik

Tariuq, papa, alalu iptilik papa ilingni nakugiyangnik

Ilagugu:

Malgurnik qalutunik sikinmik igahimaitumik
unaluuniit Malrungnik mikiyunik nikaituq
Havigalinnuamik atauhingmik beensnik lentilsnikluuniit

Hanaiyautit:

1. Qatarmi angiyumi, imar imirarlunit puriqhirlugu. Nunamit nauhimayut ililugit, iptiqangnirutikhatlu.
2. Niqi sikinluuniit ililugu, beeanlu, lentilslu. Niqaitmik atungniaruvit, 10 minuts igavikha alaiqpat ilinarailik.
3. 90 minutesmi hihaitumik igalugu, nahimayut nunamit aqiglikpata niqilu uutpat.

Deborah Stipdonk's Golo Stew (Fort Simpson)



Deb says: "This is one of my go-to recipes because it is delicious, easy to make and cheap! I can substitute different vegetables that are in season or on sale. I can put the ingredients in my slow cooker at lunch, and it is ready for supper. This is a hearty meal and keeps bellies full with healthy food. If I serve it with milk, all the food groups are covered. My family loves to mop up the last bits with homemade whole wheat bread."



Cook time:
4 hours



Serving size:
8-12

Ingredients:

1 ½ lbs. moose meat
1 medium onion chopped
2 large carrots peeled and chopped
3 medium potato scrubbed,
unpeeled, chopped
1-2 cups boiling water
1/2 cup steel cut or rolled oats
Salt to taste



Directions:

1. Pop all these ingredients into the slow cooker and stir to mix.
2. Set on low for 4 hours.

Deborah Stipdonk's Golo Suulianga (Fort Simpson)

Deb ilihyuq: "Una igauyaarut igauyaangniriyara mamarmat, ayungnianmat, akikimatlu! Nunami nauhimayut himiqtaarliqtatka aalatqiivalungnik igauyaarutigilugit naunivikhat naliutigaangata imaalunniit akikhilaaqpata. Igauyaaqrumayatka uvunga hihaitmik igauyarunmut ilitaaqtatka qitiquangat, hanaiqpangtuq igauyaaqtara supanaqhirangat. Una igauyaaqtara aqaitungnaqtuq, imaalu timimut nalaumapluni. Itungmik nuiqaqhamik nuiqaqharumat tamaita niriyaqhat timimut nalaumaniqtuq. Ilatka muqpauyaliamnut mikhuktaqhugu nirinariyaat."

Igavikhaata hivitunia:
Hitamat ikaangniit



Namayuq inungnut: 8nut
12mut namayuq



Igatdjutikhat:

1 ½ pounds uqumaitilaaqaqluni tuktuvangmik
Atauhingmik Inakmik avguuyaaqhimayumik
Malrungnik angiyunik nunami nauhimayuq
quryingayuq
Pingahunik angiyaaqtunik pataatanik
1-2 cups qalutip napaanik imarmik puriqhimayumik
1/2 cup qalutip napaangik uulumik
Taruirugu ihuariyangnik



Hanaiyautit:

1. Tamaita igauyangnahuaqtatit hihaitumut igauyaunmut ililugit akutlugu.
2. Hihaitumik igalugu hitamani ikaangni.

Joy Mantla's Shrimp Stir Fry (Behchokò)



Joy Mantlap shrimik igauyaanga (Behchoko)

Why does Joy like cooking her recipe?
She simply says, "it's yummy!"

Huuq Joy igauyautini nakuugivauk?
Imialiyuq "Mamangmat!"



Cook time:
15 minutes

Igavikhaata hivitunia:
15 minutes



Serving size:
2

Namayuq inungnut:
Malrungnut



Ingredients:

2 cups cooked rice
2 cups frozen Asian or mixed
vegetables cooked
500 gm (1 small bag) peeled shrimps,
frozen, thawed
1 tbsp. butter



Igatdjutikhat:

Qalutiniq malrungik igahimayumik
haviquuyangmik
Malrungnik qalutiniq nunamit nauhimayunik
qiqitihimayumik
Aukhiqhimayut amiiyaqhimayut
kinguk 500 gm (puuq mikiyuq)
Atauhimik aluutiryuaqmik patamik



Directions:

1. In a frying pan, cook shrimp in about
½ cup of water. Cook until the shrimp turns pink.
Drain the water.
2. Add butter and cooked vegetables to the pan.
3. Add rice and mix everything together.

Hanaiyautit:

1. Hiqatitvingmi, kinguit igalugit qalutip napanik
imarmi. Kinguit aupayangaaliqpata Uutut.
Imaa kuvilugu.
2. Buttalunamin nauhimayut ilalugit hiqatitvingmut.
3. Haviquuyaq ilalugu igayat akutlugu.

Priscilla Lepine's Soup from Scraps (Fort Smith)



Priscilla loves soups. She says that she enjoys this recipe because it utilizes the vegetables that normally get thrown in the compost or the trash. These vegetable scraps make the best tasting soup broth. It's so versatile! You can add meats of your choice, veggies of your choice and have a different soup every time. It can also be made in a slow cooker or Dutch oven.



Cook time:
16 hours



Serving size:
8

Ingredients:

1 large freezer bag vegetable scraps (peelings, ends, stems)
1 lbs. any meat (beef, moose, caribou), chicken or turkey cut into bite sized pieces
1 cup carrots chopped
1 cup turnips chopped
1 cup celery chopped
1 cup onion chopped
1 tbsp. dried basil
1 bay leaf
Salt and pepper to taste



Directions:

1. Make a vegetable broth by placing the saved scraps into a large slow cooker and add boiling water just enough to cover the scraps. Cook on low for 8-12 hrs. The longer it cooks, the richer the broth.
2. Strain broth into large bowl, discard vegetables, and clean slow cooker insert.
3. Return strained broth to slow cooker. Add meat, vegetables, bay leaf and basil.
4. Add water, to cover ingredients, if necessary. Cook on low for 8 hours or high for 4 hours.
5. Season with salt & pepper & enjoy!



Priscilla Lepine's Suulinga (Fort Smith)

Priscilla suup mamariyaa. Igaayarut ihuariyaaguug tahakuat nunamit nauhimayut ilakut iqakuut, imaaluuniit nautiaminut atuqtakhani atauqpakamagit. Ukuat Nunamit nauhimayut ilakut marmaqpiaqtimik imiraliuqpaktuq. Igayaami ayungniatptuq! Niqimik igayumayangniq ilainarialik, nunamitlu nauhimayunik ilataaqtat, suuliurangavit aalangurlugu suuliuqtaartat.

Igavikhaata hivitunia:
16nik ikaangnit



Namayuq inugnut:
8 nik



Igatdjutikhat:

Atauhiq angiyuq niqinut puuq nunamit nauhimayut (amiiyarnikkut, nuvuit, nakaitlu)
1 lbs. niqi aturumayuut (beef, tuktuvaq, tuktu) sakin turkyluunit avguyaqtaaqtat tamuruminaqhilugit
Qalut atahiq nunamit nauhimayut quryingayut avguuyaqhimayut
Qakut atahiq nunami nauhimayuq aupayaqtuq avguuyaqhimayumik
Qalut atahiq celerymik avguuyaqhimayumik
Qalut atahiq ainakmik avguyaqhimayumik
Aluutaryuaq atahiq paniqhimayuq mamaqqut
1 Atauhingmik paniqhimayuq atungauyaq
Taruirlug pappalugulu nakuugiyangniq

Hanaiyautit:

1. Nunamit nauhimayut ililugit hihaitumut igayuarunmut, imirlugu imarmik puriqhimayumik, imiqpalaahimaitumik iganahatat qaliqtiinarlugu. Hihaitumik igalugu 8 – 12mun ikangnini igalugu. Igaraapakhimayut imaatut imirait iptiqaqpiaqpektut.
2. Imara urvikyuangmut imaiyarlugu, nunamit nauhimayut piiyarlugit, hihaituq igatdjutit ilua halumaqtirlugu.
3. Imiraaliuqtat iliffarlugu hiatumut igatdjutmut. Niqimik ilirilugu, nunamitlu nauhimayunik, bay leafmiklu basilmiklu.
4. Imarmik ilalugu, iganahuaqtatit imailiupatta.
5. Tariurlu pappalugulu nakuugiyangniq.

Lisa Smith's Family Chili (Hay River)



This is the Smith family's favourite weeknight supper. It is easy and quick to make after work or can be left in a crock pot to simmer all day. It is a great leftover and can be packed for school lunches. Everyone loves the flavour, with lots of spices and vegetables.



Cook time:
40-60 minutes



Serving size:
4-6

Ingredients:

1.5 lbs. ground meat (beef or moose)
1 tbsp. canola oil
1 medium yellow onion diced
2 cloves garlic minced
2-3 tbsp. chili powder
2-3 tbsp. dried oregano
2 tsp. ground cumin
1 tsp. ground coriander
2 540 ml cans kidney beans
1 796 ml can diced tomatoes
(choose less sodium option)
1 bell pepper chopped (any color)
1 small can mushrooms drained
or 6-8 fresh mushrooms sliced
1 rib celery diced
1-2 tbsp. white vinegar
Salt to taste



Directions:

1. In a large pan over medium high heat, brown the beef or moose in the oil with the onion and garlic.
2. As it is cooking, add all the spices. Once the meat is browned or mostly cooked, add the beans (including juice), tomatoes and all the vegetables.
3. Bring to a boil and simmer for at least 20 minutes. Near the end of cooking time, add the splash of vinegar and mix.
4. Salt to taste.

Optional: Serve with rice.

Lisa Smith's Ilaminut Chiliuhimaya (Hay River)

Una Smithkunni havangniaraangat nirinariiyaa. Igayami ayungniattuq, imaaluniit hihaitumut igauyarunmut ubluumaat hihaitumik igattaaqtat. Ilakugalu niriyaami mamaqtuq, nutaqangnutlu ilhaqtunut niqautigitaagtat puurlugu.

Igavikhaata hivitunia:
40-60 minutes



Namayuq inungnut:
4-6 nik



Igatdjutikhat:

1.5 lbs. niqi avguuyaaqhimayuq
(beefluuniit tuktuvakluuniit)
Atauhingmik aluutangmik canola oil uqhungmik
Atauhingmik angiyaaqtumik quryiqtangmik ainakmik
Malguringnik ataitilutit garlicmik avguuyaaqhimayumik
Malrungik pingahunikluuniit auluutiryumik
chilimut mamaqut
Malrungik pingahunikluuniit auluutiryuanik
paniqhimayumik atungauyaq
Malrungik auluutinuunik ahiruuyaaqhimayuq mamaqut
Atauhingmik aluutinuarmik ahiruuyaaqhimayuq mamaqut
2 540 ml malrungik havigalingnik 540ml apaayaaqtut
hungauyaqyuatut itut
1 796 ml havigalingmik avguyaaqhimayut tumata
(taruitumik aturumaguvit atuqtaqtutit)
1 atauhingmik pappamik avguyaaqhimayumik
(kalaqaaqtuq qanututliqaak)
atauhingmik havigalinuamik uqhuuyanik imaiyaqhimayumik
unaluuniit 6-8 Uqhuuyaq nutaat avguuyaaqhimayut
1 rib ataugnmik igluanik celerymik avguuyaaqhimayumik
1-2 tbsp.atauhingmik malrungnikluunit aluutaryuangmik
quviyaaqtuq sauwaqhimayuq mamaqutmik
Tariurlugu nakuugiyangnik

Hanaiautit:

1. Uqhurlugu Haqaitilvingmi angiyumi niqi beefluuniit tuktuvakluuniit ainaklu garliclu hiqatilugu ingnikkivyaktumik.
2. Igatilugu, iptiliurutikhat ilalugit. Niqi igatilugu, aupayaaqtuk haungauyaryuatut itit (imiraalu) ililugu, tumatlu tamaitalu nunamit nauhimayut.
3. Puriqtilugu, puriqpat ingnikhilugu igaguuk 20 minutes naatlugu. Igayat uutduqilipaq mikiyumik vinegarmik ilirilugu akutaaqtat.
4. Tariurlugu nakuugiyangnik.

Unu ilagitaagtat ilagiyumagungni: Haviquramik nirditjutikqaqtaagtat.

Carter Stirling's Family Hamburger Soup (Yellowknife)



Carter says that this is a recipe his mom makes all the time and is super hearty and delicious. It's perfect on a cold winter's day. This is a big batch recipe – cook once and serve at least twice.



Cook time:
2.5 hours



Serving size:
20

Ingredients:

3 lbs. lean ground beef, caribou,
moose, chicken or turkey
2 medium onion chopped
2 28 oz. cans whole tomatoes (less sodium or salt free)
4 cups water
2 small cans tomato soup (2 small cans)
6 cups broth – beef or vegetable
(lower salt or no added salt) or 6 cans consommé
8 carrots peeled and finely chopped
2 bay leaves
6 ribs celery finely chopped
1 tbsp. dried parsley
1 tsp. dried thyme
1 cup pot barley uncooked
Pepper to taste



Directions:

1. In a large pot, brown meat and onions. Drain well if using lean beef.
2. Combine all ingredients. Bring to a boil, then reduce heat to simmer covered, for at least 2 hours. Recipe can be made in a slow cooker.

Editor's note: Add in frozen mixed vegetables, kale or spinach for more vitamins and fiber.

Carter Stirling's Ilaminut Hamburger Suulianga (Yellowknife)

Carter imialiyuq una igauyaarut maammata igagayuktaa aquatunaghunilu mamaqhunilu. Hilaguuk ukiumi itdjiruraangat nakuuqpiatuq. Unaguuk igauyaarut angiyuq - atauhialruguguq igalugu malruiqturlugu nirivigitaagtat.

Igavikhaata Ikaangnit:
Malruk ikaangniit napaaniklu



Inungnut namayuq:
20



Igatdjutikhat:

3 lbs. Pingahut lbs. niqi avyuyaaqhimayuq, tuktu, tuktuvaq, chicken beef, tuktu, chicken turkeyluuniit avguuyaaqhimayuq
Malruk angiyaaqtuk onion avguuyaaqhimayuq
Malruk 28 oz. havigallak avguqhimaitut tomatoes (tarua ikitqiyaaq taruiturluuniit)
Hitamanik qalutiniq imarnik
Malruk mikiyuk havigallak tomato suup (malruk mikiyuk havigallak)
6si qalutit imiraq – niqimit nunamit nauhimayunikluuniit (tariuqtat mikhilaarlugu imaaluuniit taruitumik) imaaluuniit 6sinik havigalinik consommé
8nik nunamit nauhimayut quryingayut amiiyaqhimayunik avguuyaaqhimayuniklu
Malrungnik atungauyat paniqhimayut
6nik celerynik avguuyaaqhimayunik
Atauhingmik aluutarmik paniqhimayumik parsleymik
Atauhingmik aluutangmik paniqhimayumik atungauyat
Atauhingmik qalunmik barleymik uuhimaitumik
Papalugu nakugiyangnik



Hanaiyautit:

1. Qatarmi angiyumi, niqilu onionlu igalugit, uquiyarlu niqa uquuqaqpat.
 2. Tamaita igayakhat ililugit. Puriqtilugu, puriqpat ingnikhilaalugu matulugu malruni ikangnini igalugu. Una igataagtat hihaitumut igatdjutmun.
- Titiraqtip titiraqhimaya:** Nunamit nauhimayut qiqitihimayut ilagitaagtatit, kale, spinishlu hauningnut timingnut ikayuutauyut.

Sophie Maksimowski's Roasted Vegetable and Grain Bowl



Sophie Maksimowski's algiqtihi mayut nunami nauhimayut atautimut

This is a favourite recipe of Sophie's because it's so simple and easy. It is vegan and gluten free, and it can be eaten cold. You can easily change up the ingredients if you have other vegetables on hand or switch the flavor profile by using a different dressing or protein.

Sophip una iagyauringnariyaa ayungnianmat igayaraiami. Niqaitunilu glutenqangitunilu, niglaumayumiklu niritangmat. Aalamik ilagumagungni ilanarialik piyumayangnik, nunamit nauhimayunik aalatqivalungnik piqaruvit, iptialu aalanguqtaaqtat aalatqivalungnik ilalugu, niqiniklu aalanik.



Cook time:
1.5 hours



Serving size:
4



Igavikhaata Ikaangnit:
Atauhiq ikaangniit napaaniklu



Inungnut namayuq:
Hitamanut



Ingredients:

2 large beets
20 brussels sprouts
2 tbsp. oil – olive or other oil
1 ½ cups raw grains – quinoa, barley, farro
1 cup water or vegetable stock
Salt and pepper to taste

Dressing:

2 tbsp. tahini – sesame paste
2 tbsp. lemon juice
2 tsp. maple syrup
2 tsp. soy sauce
2 tsp. apple cider vinegar
Sriracha sauce to taste – optional



Garnishes:

Hummus, avocado, arugula, cherry tomato, nuts, nutritional yeast, fresh chopped parsley or other herbs.

Igatdjutikhat:
Malrungnik angiyunik apayaaqtut hungauyaqyuqtut itut Inuk atauhiq brussels sprouts Malrungnik aluutiryuangnik uqhungmik Qalut atauhiq napaaniklu nunamit nauhimayut mamaqqutit Qalut atauhiq imarmik imaaluuniit Nuatainit imaraliuqhimayumik imirangmikluuniit Tariurlugu pappalugulu nakuugiyangnik



Mamarutaa:
Malrungnik aluutiryuangnik tahini – akutimayuq mamaqqutikhaq Malrungnik aluutiryuangnik hingnaqtuq qiryiqtaq juusi Malrungnik aluutiryuangnik kuviyaaqtuq mamaqqaut Malrungnik aluutiryuangnik quangmut mihuraaq qablunaaqtaq Malrungnik aluutiryuangnik sauwahimayutut kiviyaqtuq mamaqqut Sriracha sauce nakugiyangnik – piyumagungni

Ilakhat mamaqtut:
Nunamit nauhimayut mamaqqutit aalatqivaluuty aturumayatit, avguuyaqhimayut ilagiinarialgit mamaqqutikhat.





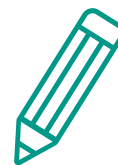
Directions:

1. Preheat oven to 450 degrees Fahrenheit with rack set to the middle of the oven. You will need two bowls and two roasting pans.
2. Wash beets and brussels sprouts (I never peel beets, but you can). Cut off the stems on the brussels sprouts and cut them in half. Set aside in bowl and toss with some olive oil, salt and pepper. Cut beets into cubes - toss in the other bowl with olive oil, salt and pepper. Add other spices to your veggies as desired; I like to add a little caraway or fennel seed to beets or some chili for brussels sprouts.
3. Roast for approximately 20 minutes or until tender.
4. In a small pot, cook grains in water or stock until tender. About 30 minutes.
5. In a small jar or bowl, mix/shake ingredients for dressing.
6. To assemble the bowl, place grains and vegetables and toss in dressing. Add desired garnishes.

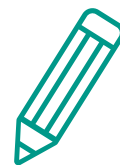
Hanaiyautit:

1. Ingnirvit uunakhirlugu 450 Uunaqtilanganut, igavia qitqanutlu. Malrungnik urvingnik atungniaqtutut, malrungniklu algiqhiitdjutunik.
2. Nunamit nauhimayut uarlugit (beetsinik amiyaiyuitunga, kihimi ilvit amiiyaqtaartatit). Nunamit nauhimayut nakait kipilugit napangurlugitlu avgurlugit. Uqhurmik kuvirilugu, taruirlugulu papalugulu uvatagu atuqtakhat. Alavalungmik maqautikhanik nunamit nauhimayut ilataaqtatit. Ukaut ilatyaami mamariyatka Nunamit nauhimayu, chilimiktauq nunami nauhimayut hungayaaqtunuat.
3. Algiqhirlugit 20 minutes naatlugu, iqigitirlugit.
4. Utkuhimi mikiyumi grains imarmi iriangmiluuniit igalugit aqiqlitirlugit.
5. Mikiyumi puunuarmi urvingmiluunit maqutikhat akulugit.
6. Urvingmii tamaita nunami nauhimayut alatlu maqutmut akutlugit, ukautlu ilagiyumagupkit ilataartatit.





A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend from the left margin to the right margin.



A series of horizontal lines for writing, spanning the width of the page. The lines are evenly spaced and extend across the main body of the page, providing a guide for text entry.

English

French

Cree

Tłuchó

Chipewyan

South Slavey

North Slavey

Gwich'in

Inuvialuktun

Inuktitut

Inuinnaqtun

867-767-9346, ext. 71037

866-561-1664 Toll Free

Communicative phrases

English – Inuinnaqtun

“Come in and have
a seat.”



“Itirlutit inginnaqtuq.”

“Mix the ingredients
together.”



“Igatdjutikhat akulugit.”

“Careful,
the food is hot.”



“Umaak uutiqtailutit,
niqit uunaqtut.”

“Let’s eat now.”



“Taki niritaa.”

“Enjoy your meal.”



“Niritailavut.”

“The food is delicious.”



“Niqi martuq.”

“Time for you to wash
the dishes!”



“Niritinik
uaqhinaqhiyaatin!”