

kistepiw nîya asci Cook with Me

kahkiyaw awîyak ka ohci
opikit tansi ka isipiskkwehk pîsim 2021
wasakam eta askehk kistepiw masinahikanis

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.

miyawâtamowin kahkiyaw awîyak ka ohci opikit tansi ka isipikiskwehk pîsim 2021!

kahkiyaw awîyak ka ohci opikit ka isipikiskwehk pîsim (ILM) eyoko ôma tahtawaw peyakosk pîsim môcikihtawin nema kakeh ispayik Mikisewipîsim etâ ôma Northwest Territories. eyoko mîna kanapayihk ohci NWT owikiwak mîna môcikihtawinb ôma wiyotisiwin isipimâtisiwin ôma nakatâmatow ohci ôma kapisikihtaskiwik kikâmitâtaht kihcihtwewin awîyak ka ohci opikit ka isipikiskwehk. ôma itwewina ohci ômah askîya môcikihtawin eyoko ôma "kistepiw nîya asci".

mîciwin mîna kistepiwin askomhcikan etâ kayâs ohci, mamitoneyicikana, mîna nihtâmawâyâwin. eyoko mîna ayiman mâmitoneyihcikewin peyakoskan môcikihtawin, ayowepew kîsikâw, ahpo poko kîkway kotak otôtemihtowin mâcihitowina ekâ ka ayâhk kîkway ôma ayiwâkes ohci mîciwin! mîciwin mîna pesowewak ayisiyinowak ohci pitos isipimâtisiwin mîmawi, pakitinowewin nîyanân ka kiskinohamâkosik nânitâw ayisiyinowak ohci pitos tânsi ka kehispayik pecitahk. mîciwin ôma pahki ohci nîyanân peyakoskan kayâs acimowina mîna etâ kohkiskeyihtakosihk. nitasomekinan nîyanân isipimâtisiwin nakatamâtowin espîh nîyanân asewimekinan mîciwin asci kotakak. itwewin "kistepiw nîya asci" ete kiyanâw peyakoskan mîna nitotemak eyoko mîna wisawetamowin ka maskawsehk nîyanân nihtâmawâyâwin, isipimâtisiwin mîna nakatamâtowin.

ôma kahkiyaw awîyak etâ ka ohci opikit ka isipikiskwehk pîsim 2021 wasakam etâ askehk ewako ôma ka osihcikehk ohci ôma 2019 wihcâsin mîna ka miyomahcihohk wikowin kistepiw masinahikanis mawinehtowin ohci ôma piskihapowin ohci miyomahcihowin mîna nesohkamâkewin (HSS). eyoko ôma sapo ka wicewwâkanihtohk asci HSS mîna piskihapowin ohci isihcikewinihk ohci kiskinohamâkewin, isipimâtisiwin mîna atoskahiwwin (ECE), eyoko ôma kistepiw masinahikanis kakeh osehtahk kîkway ka pakoseyimohk.

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!



ôma masinahikan nanatohkanakwan kistepiw masinahikanis ohci ka pahpeyakohk mîna peyakoskan asawi kahkiyaw ôma wasakam etâ askehk ohci ôma Northwest Territories:

Beaufort Delta Region –

Irma Cardinal's ka pakâhisohk sipisis namekos (Inuvik)

Sahtu Region –

Tulita Batch piminawasiw Club's pahkahahkwan mîna kiscikânisa mîcimâpoy

Dehcho Region –

Deborah Stipdonk's Golo nanâtohk wâpohkewin (Fort Simpson)

Tłicho Region –

Joy Mantla's Shrimp pemehk ka kistepohk itehikewin (Behchoko)

Fort Smith Region –

Priscilla Lepine's mîcimâpoy ohci nanatohk kîkwaya

Hay River Region –

Lisa Smith's peyakoskan Chili

Yellowknife Region –

Carter Stirling's peyakoskan ka sikopotek wîyas mîcimâpoy & Sophie Maksimowski's nawacîwin kiscikânisa mîna nanatohkisi kistikân oyakan

môcikihtawin kahkiyaw awîyak ka ohci opikit tansi ka isipikiskwehk pîsim ôma apacihtawin mîna kistepiw masinahikanis peyakwan isihcikewin ka kiskino hamâkosihk ôma NWT kahkiyaw awîyak ka ohci opikit tansi ka isipikiskwehk ôma kistepiwin etâ ôma tansi ka isipikiskwehk ohci kîya mîmawâyâwin!

**mîcisow kwayask
mîna meyawâtamowin!**

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's kayâsohci isitwanihk kapakâsoht kihci kewetinohk sipisis namekos (Inuvik)

Irma itwew eyoko mîna kistepiw masinahikanis ôma miyo tôtakewin ewako ohci ayawin ayîwak nahiyikohk ohci omega nisto wiyinowin ohci ôma kamiyomahcihohk mêtsowin ka nakateyihtamihk mîna eyoko mîna kayâsohci isitwanihk (ohci ôma askîy). wîya miweyihtam kapateskwew ôma micinowin asci nîpîy kohtek asparagus, ka pakahtekwaw lapatakwaw pahkwesikan.

Irma mîna miweyihtamn kayaht ômah mîciwin asci kayâs ohci isitwanihk maskekopak (lite muskeg) ohci ôma ka miyomahcihohk wihcitowin mîna ôma kaskihtawin kakeh môsahkinamihk pokeyispiy.

kistepiw tipahikan:
nîyânanosâp -
nistaw cipahikanis

**kapataskwew
taniyikohk ispehcak:**
newo



ka mîmawinamihk:
newo – nîyânan peyak kohcipaycikan
sipisis namekos
peyak mehkwan garlic tohtôsâpowipime
peyak mîna apihtaw minihkwacikan nîpîy ahpo
mawaciwapiy

- kiskinowahikewina:**
1. kisâpisk awa apitaw iyikohk seseskihwan tahkoc apihtaw iyikohk kisâpisk asci tohtôsâpowipime mîna nîpîy mîna pehiw esko ôma espayiw mîna kekâc ka ohtek (kaya ohtehk).
 2. asta pahkihikwaya ohci kinosew pihci ôma pahpeyak ka pimâstan – kaya tahkoc asta pihci seseskihwan. nekina nawâc kisâpickisow ôma kekâc ka ohtek. kâya kotew.
 3. kisisa nanitaw mitatataht cipahikanis kaya akwanaha. ohpin ka kisisoht kinosew ohci ôma seseskihwan. asci ôma watis mehkwan ahpo spatula.

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



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.



Cook time:
2 hours



Serving size:
8-12



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.

Tulita Batch kistepiw Club's ka moscôsehtahk pahkahahkwan, lentis mîna kiscikanis mîcimâpoy

ôma kistepiw masinahikanis mîna kihci kîkway etâ ôma kanâmawyahtihk ewako mîna metoni nanâtohk ka etahinamihk. nîyanân nitastanan lentis, peswimin, tofo ahpo pahkahahkwan etâ ôma kistepiw masinahikanis. espîh nîyanân ka kiscikesihk mîna opikinaw, nîsanan ôma bok choy, kîya kakeh astan poko kîkway nitaweyihtaman kakeh osihtan ka miyamahcihohk. nîyanân club kisissam mîciwin ka asomekihik.

kistepiw tipahikan:
nîso tipahikan



**kapateskwew
taniyekohk kisepehcak:**
ayinanew – nîsosâp



ka mîmawinamihk:

ayinânnew minihkwacikan nîpîy ahpo mawaciwapiy peyak apisâsik otehipak ka manisamihk nîsominihkwacikan celery ka manisamihk nîso wihcekaskosiy – wâpiskak ahpo osâwak ka manisamihk nîso minihkwacikan oskâtâskwak poyakinkasohkaw mîna ka manisamihk nîso askihtakwâkaw bell peppers kisepekinamihk mîna ayisaweyaw nîso garlic cloves kasikosawatamihk nîso nistanaw ayinânnewosâp peyakkehcipaycikan piwâpiskkos ayisaweyaw okiniyak nîso emihkwanis ka pâstek oregano nîso emihkwanis ka pâstek kîkway katakwastahk kestepowinihk peyak emihkwanis mihkwak pepper flakes siwihtakan, kahkominakâk, cayenne peppers ka mistospicikewin
asta mîna:
nîso minihkwacikan ekâ kistehk wîyas/pahkahahkwan ahpo nîso apisâsikwaw waweyakwaw tofu nîso apisâsik piwapiskos peswemin ahpo lentils

kiskinowahikewina:

1. eta misikitiht pakahaikewasihk, asta nipiy ahpo nawaciwapiy eta, oma ohtek asta kahkiyaw ohi kiscikanisa, maskihkewahtik mîna kehawenikana.
2. asta wiyâs ahpo pahkahahkwan peswimin ahpo lentis. kispin kitapacihtan tofu, asta pihci mekwâc iskwâyac mitâtaht cipahikanis ohci kistepiwin.
3. kekac ka ohtek ohci nânitâw kikam kikamitâhtomitaw cipahikanis esko kahkiyaw ôma kiscikanisa mîna yoskawaw mîna wiyâs mîna kistek.

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 nanatohkwapahkewin (Fort Simpson)

Deb itew "ômah mîna peyak ohi nîya itoteh-etâ kistepiw masinahikanis ewako ôma mistahiwekasin, wihcasin ka osihtahk mîna wihtakihtew! nakeh meskotascikan pitos kiscikanisa nema eyoko mîna mameskotaskewina ahpo mîna atowakaniwan. nakeh astan ôma ka mîmawinamihk etâ nîya iyikcikâwihkasikan âpihtâkisikan micisowin, mîna kesitawin ohci otâkwanimitisowin. miyotehwin asakewin mîna kîpiwtatayihaw asci miyomacihowin micowin. kîpin nîya nitasakan asci tohtôsâpoy, kahkiyaw ôma mîciwin ka mîmawiyatihk eyoko mîna ahkwaniyaw. nîya peyakoskan miweyihaw ka kitânawitaw ôma eskwayâc keskwascikehk asci moscôsehcikewin pahkwesikanimin."

kistepiw tipahikan:
newo tipahikan



**kapateskwew
taniyekohk kispehcak:**
ayinânaw nîsosap



ka mîmawinamihk:

peyak mîna âpihtaw kosikwan môsowiyâs peyak âpihtaw wihcekaskosiy ka manisamihk nîso misikitaw oskaskwak poyakinkasowitaw âpihtaw lapatawaw kaskhaman eka poyakina ka manisamihk peyak-nîso minihkwacikan ohtek nîpîy âpihtaw ka manisamihk ahpo kikisepamîcowin siwihawkan kanistospicikwan



kiskinowahikewina:

1. kahkiyaw ohi ka mîmawinamihk pihci ôma iyikicikawihkaskikan mîna itehikewin mîmawinikan.
2. nekina ôma capasis ohci newo tipahikan.

Joy Mantla's Shrimp Stir Fry (Behchokò)



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



Cook time:
15 minutes



Serving size:
2

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

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.



Joy Mantla's shrimp itehikewin pimehk (Behchoko)

tânehki Joy ka miweyihthak kistepiwit wîya
kistepiw masinahikanis? wîya soskwâc papeyahtik
itwew, "ôma kâwi kasik kîkway!"

kistapiw tipahikan:
nîyânanosâp cipahikanis



**kapasteskwew
taniyekohk kispehcak:**
nîso



ka mâmawinamihk:

nîso mihkwacikan kisowitaw wapayominak
nîso minihkwacikan ahkwatin Asian
ahpo mamawi astahk kiscikanisa kestikwaw
nîyânanomitanaw grams (peyak apisasik maskimot)
poyakiniht shrimp, ahwacitaw, tihisiwoht
peyak mihkwaw tohtôsâpopime



kiskinowahikewina:

1. pihci ôma sesesikihwan, kisisaw shrimp mîna
nânitâw apihtaw minihkwacikan ohci nîpîy.
ka kisisaw esko awa shrimp wâpikwaniwinâkosiw
sekopatina ôma nîpîy.
2. asta tohtôsâpopime mîna kisisa kiscikanisa
etâ awa kesesikikan.
3. asta wapayominak mîna itehikewin
kahkiyaw kikwaya.

Priscilla Lepine's Soup from Scraps (Fort Smith)



Priscilla Lepine's micimâpoy ohci nanatohk kahkiyaw kîkwaya (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.

Priscilla miweyihtam micimâpoya. wîya itwew nema wîya miyawâtam ôma kistepiw masinahikanis ewako mîna kîkway ka âpacihtahk ôma kiscikanisa nema kwayask kwesâwnihk ka wepinamihk etâ ôma nanâtohk kîkway ahpo ôma ekâ apatahk kîkway ohi kiscikanisa ka wepinamihk osehitawin. mawâci wihkasin micimâpoy nawaciwâpoy. eyoko mîna nanâtohkkeshinahkehk! kîya kakeh astan wîyas ohci kîya poko kîkway wiyapacihitayin mîna kakeh ayan pitos micimâpoy tahtwaw nitaweyihtaman. mîna kakeh osehtan etâ iyikicikâwikasikan ahpo Dutch nawâcew kotawanapisk.



Cook time:
16 hours



Serving size:
8



kistepiw tipahikan:
nikotwasosap tipahikan



**apasteskwew
taniyekohk kespehcak:**
ayinânew



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 tsp. 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!

ka mâmawinamihk:

peyak misak ka ahkwacikehk sawastewekin kiscikanis nanatohk kîhkwaya (poyakinikana etâ ka iskipayik, ka pisakiki miscikos) peyak kosikwan wiyâs (mostowiyâs, môsowiyâs, atihkowiyâs), pahkahahkwan ahpo onawakotew ka mainisaw apisasikwaw taniyihkohk ispihahkwaw pahki peyak minihkwacikan oskataskwak pahwesawata peyak minihkwacikan otisihkanak pahkwesawata peyak minihkwacikan celery pahkwesawata peyak minihkwacikan wihcekaskosiy pahkwesawata peyak mehkwan pastek kîkway katakwastak kestepowinihk peyak bay nîpiy siwihtakan mîna kâkominakak ka nîstospicikewin

kiskinowahikewina:

1. osehta ôma kiscikanis nawaciwâpiy ômah astawin manâcikewina nanatohk kihkwaya pihci misak iyikicikâwihkasikan mîna asta ohtek nîpiy ketisk nahiyophk ka ka ahkwanamihkôma nanatohk kihkwaya. kisisa eta nawâc capasis ohci ayinânew – nîsosâp. ayîwak kinwes ka kistek, ôma wiyotisimakan ôma nawaciwâpoy.
2. sekopatinamihk nawaciwapiy etâ misak oyakan, wepina kiscikanisa, mîna kanaci iyikicikâwihkasikan ka pihtastahk kîkway.
3. kawi asta sekopatinamihk nawaciwapiy etâ iyihcikâwihkasikan. asta wiyâs, kiscikanisa, bay nîpiy mîna kîkway katakwastahk kestepowinihk.
4. asta nîpiy, kanapewah ka mâmawinamihk kîspin nitaweyihtaman. ksisa nawâc capasis ohci ayinânew tipahikan ahpo ispihahk ohci newo tipahikan.
5. kiyikawehkasikan asci siwihtakan mîna kahkominahk mîna meyawâtamowin!

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 peyakoskan Chili (Hay River)

ômah Smith's peyakoskan miyo tôtakewin otâkwanimitisowin. eyoko ôma wihcâsin mina kisiskâc ka osehtak poni atoskewin ahpo kakeh nakatin etâ mîkisiyâkan ka kekâc ka ohtek kapekisik. eyoko mîna kihci kîkway keskwascikehk mîna kakeh tahkonamihk ohci kiskinohamâtowikamik âpihtâkîsikan mîcisowin. Kahjiyaw awîyak miweyihtam ôma miyo tôtakewin, asci mihcet ohci kekawenikana mîna kiscikanisa.

kestepiw tipahikan:

newomitanaw – nikotwasikomitaw
cipahikanis

kapateskwew

taniyekohk kipehcak:
newo – nikotwasik



ka māmawinamihk:

peyak nîyânan kosikwan kasikopotahk wiyâs (mostosowiyâs ahpo mîsowiyâs)
peyak mehkwan canola pimiy
peyak apihtaw osâwâk wihcekaskosiy ayisawatihk
nîso cloves garlic osawatamihk
nîso – nisto mihkwan chili ka pikinak
nîso – nisto mihkwan ka pastek oregano
nîso emihkwânis ground cumin
peyak emihkwânis ground coriander
nîso 540 ml piwâpiskos otihtekosew pesweimina
peyak 796 ml piwâpiskos ayisawatihk okiniyak
(nawasona âstamihk sodium takeh
nawasonamihk kîkway)
peyak bell pepper ka manisamihk (poko ketasinastek)
peyak apisasik piwâpiskos pîkwatehtmicîwin sekopatina
ahpo nikotwasik – ayinânew ka oskâyak kîkway
pîkwatehtmicîwin ka manisamihk
peyak ospikay celery ayisawatihk
peyak – nîso mehkwan wâpiskak sewapoy
siwihtahkan ka nistospicikewin

kiskinowahikewina:

1. pihci ôma ka misak oyakan apihtaw iyikohk kisâpiskih, osâwnakwak ôma mostosowiyâs mîsowiyâs etâ ôma pimiy asci ôma wihcekaskosiy mîna garlic.
2. mekwâc kistehki, asta kahkiyaw mîna kekawenikana. peyakwaw ôma wiyâs ka osâwnakwak ahpo ayiwâkes kisitehk, asta ôma peswîmin æ ewakomîna siwinihkwewin; okiniyak mîna kahkiyaw kiscikanisa.
3. eyoko mîna osow mîna kekâc ka ohtek ohci nanitaw nistanaw cipahikanis, ciki ôma iskwayâc ohci kistepiw tipahikan, asta ôma siwepina ôma wâpiskak sewapoy mîna iteha.
4. siwihtâhkan ka nistospicikewin.

takeh nawasonamihk: kapastekewin asci wapayominak.

Carter Stirling's Family Hamburger Soup (Yellowknife)



Carter Stirling's peyakoskan ka sikopotek wîyâs micimapoy (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.

Carter itew eyoko mîna kistepiw masinahikanis omâmâwaw osehtawa tapitawi mîna ôma otâkwanimitisowin miyotehi mîna mistahiwekasin. metoni mîwasin etâ ôma tahlâyak pipon kîsikaki. eyoko ôma misaw pahkwesikanihkewin kistepiw masinahikanis – kistepiw peyakwaw mîna kapateskwew mîna nanitaw niswâw.



Cook time:
2.5 hours



Serving size:
20



kistepiw tipahikan:
nîso nîyânan tipahikn



**kapateskwew
taniyekohk kispehcak:**
nistânaw



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



ka māmawinamihk:
nisto kisokwan ka papakâsik ka sikopotek,
mostosowiyâs atihkowiya, môsowiyâs, pahkahahkwan
ahpo onawakotew
nîso âpihtaw wihcekaskosiy pahkwekawew
nîso peyak kohcipayihcikan piwâpiskos
kamisiweyak okiniyak (astamihk sodium ahpo
siwihtakan nimakîkway)
newo minihkwacikan nîpîy
nîso apisasikwaw piwâpiskosa okiniy micimapoy
(apisasikaw piwâpiskosa)
nikotwasik minihkwacikan nawaciwapiy –
mostosowiyâs ahpo kiscikanisa (apisis siwihtakan ahpo
kaya asta siwihtakan)
nikotwasik piwâpiskos consommé
ayinânew oskâtaskwak poyakinasowitaw mîna pisik ka
manisamihk
nîso bay nîpiya
nîso ospikayak celery pisik ka manisamihk
peyak mehkwan pastekwaw ohpikécikana
peyak emihkwaniis pastek thyme
peyak mihkwacikan pakâhcikewaskihk ekâ kisisowoht
kâkominakahk ka nistospicikewan

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.

kiskinowahikewina:
1. etâ awa misikitiht pakâhcikewaskihk, osâwasa wiyâs mîna wihcekaskosiy sekopatina kwayâsk kîpin kitapahcihtan ka sikopotek mostosowiyâs.
2. māmawi asta kahkiyaw ka māmawinamihk. eyoko mîna osow, ekwa nîkina kîsâpiskisiw mîna kekâc ka ohtek akwanâpowah ohci mîna âstamihk nîso tipahikan. kistepiw masinahikanis kakeh osehtan etâ ôma iyikicikâwihkasikan.
omasinahikeses ka itsamamatohk masinahikanisa:
asta âhkwatihk māmawinikewin kicikanisa, kale ahpo kistekan ohci nepeya ka mecihk ohci ayîwak vitamins mîna fiber.

Sophie Maksimowski's Roasted Vegetable and Grain Bowl

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.



Cook time:
1.5 hours



Serving size:
4

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.



Sophie Maksimowski's misiwekasikan kiscikanisa mîna nanatohkisi kistikân oyakan

ôma miyo tôtakewin kistepiw masinahikan ohci Sophie's eyoko ohci ekâ kayimahk mîna wihecâsin. ewako mîna vegan mîna gluten nimakîkway, mîna kakeh micin takâyak. kispin kîya kitayan kotak kiscikanisa ôma micimikota ahpo meskotôna ôma tôtakewin profile ohci apacihtawin pitos aspahcikan ahpo protein.

kistepiw tipahikan:
peyak nîyânan tipahikan



kapateskwew taniyekohk kispehcak:
newo



ka mîmawinamihk:

nîso mihkoskataskwak
nistanaw brussels ka osk isakikihk kiscikânisa
nîso mehkwan pimiy – pimemina ahpo kotek pimiy
peyak mîna âpihtaw minihkwacikan askitihkwaw
kistikana – quinoa, iskwesishkân, farro
peyak mihkwacikan nîpîy ahpo kiscikanis stock
siwihtâkan mîna kâkominahk ka nistospicikewin

aspahcikan:

nîso mehkwan tahini – sesame paste
nîso mehkwan osâwâpoy
nîso emihkwanis sesipâskwat lamlas
nîso emihkwanis soy aspahcikan
nîso emihkwanis sewiminapoy wâpiskaksewapoy
Sriracha aspahcikan ka nistospicikewin – takeh
nawasonamihk kîkway



wawesetaw mecowin:

hummus, menis kesopwenohk ohci nânitâw, mihkominis okiniy, pâkânak meyoskowin ohpayihcikan, ka oskâyak ka manisamihk opicecikana ahpo kotak maskihkewahtika.





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.

kiskinowahikewina:

1. kisisa nawâcew kotawanapisk esko 450 ka kisisoht fahrenheit asci nawâcew ascikan etâ ôma metoni âpihtâw ohci ôma nawâcew kotawanapisk. kîya kanitaweyihti nîso oyakan mîna nîso misiwekasikanak

2. kisipekina mihkoskataskwak mîna brussels ka osk isakihk kiscikanis (namoya wekâc nipoyakinawak mihkoskataskwak, maka kîya kakeh tôteyin). manisawata ôma etâ ka peskikit miscikos ôma brussels ka osk isakihk kiscikanis mîna manisawata nehi âpihtâw. pimicayihk asta etâ oyakanihk mîna isiwekina asci apisis pimemina, siwihtahkan mîna kâkominakahk. manisawata mihkoskataskwak waweyakwaw – isiwekina etâ ôma kotak oyakan asci pimemina, siwihtahkan mîna kâkominakahk. asta kotaka kekawenikan etâ kîya kiscikanisa mîna kîkway nitaweyihtamana nimewiyihtin astayan apisis caraway ahpo nepeya ka mecihk kiscikakanisa mîna mihkoskataskwak ahpo atiht chili ohci brussels ka osk isakihk kiscikanis.

3. ka nawacihk wiyâs ohci nanitaw nistanaw cipahikanis ahpo esko yoskah.

4. eta apisisit pakâhcikewaskihk, kisis nanatohkisi kistikân etâ nîpîy ahpo stock esko yoskah. nânitâw nistanaw cipahikanis.

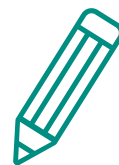
5. etâ apisasik moteyapisk ahpo oyakan, mîmawinikewin/koskopayihka ka mîmawinamihk ohci aspacikan.

6. ka mîmawi astan ôma oyakana, asta nanatohkisi kistikana mîna kiscikanisa mîna isiwekina etâ aspacikan. asta kîkway ka nitaweyihtaman kiskinowahikewin.





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If you would like this information in another official language, call us.

English

Si vous voulez ces informations dans une autre langue officielle, contactez-nous.

French

kīspin ki nitawihtīn ē nīhīyawihk ōma ācimōwin, tipwāsinān.

Cree

Thichọ yati k'èè. Dị wegodị newọ dè, gots'o gonede.

Tłuchó

ʔerihʔl'is Dëne Sułné yatı t'a huts'elkër xa beyáyatı theʔa ʔat'e, nuwe ts'en yóltı.

Chipewyan

Edi gondi dehghá got'je zhatié k'éé edatl'éh enahddhë nide naxets'é edahlí.

South Slavery

K'áhshó got'íne xədə k'é hederı zedıhtl'é yerınıwé nídé dúle.

North Slavey

Jii gwandak izhii ginijlk vat'atr'ijahch'uu zhit yinohtan jì', diits'àt ginohkhìi.

Gwich'in

Uvanittuag ilitchurisukupku Inuvialuktun, guquagluta.

Inuvialuktun

Հիմա ՈՌԿԵԾԸ ԼԵՂԱՌԸ ԴՅՈՋԸ՝ԿԼՈՒ, ԾԵՈՒԾ ԾԵՆԷՎՁԵՆՈՒՑ:

Inuktitut

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Indigenous Languages:

867-767-9346, ext. 71037

French:

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Communicative phrases

English – nehiyawewin

“Come in and have
a seat.”



“pehtikwe mîna
ayâpi.”

“Mix the ingredients
together.”



“itehikewin ohi kîkway
kastahk mâmawi.”

“Careful,
the food is hot.”



“peyahtik, ôma miciwin
kisitew.”

“Let’s eat now.”



“mati micisowitan ekwa.”

“Enjoy your meal.”



“miyowata kîya
micisowin.”

“The food is delicious.”



“ôma miciwin
mistahiwekasin.”

“Time for you to wash
the dishes!”



“ekwa ispayiw ohci kîya
kasipekan oyakaneyin!”