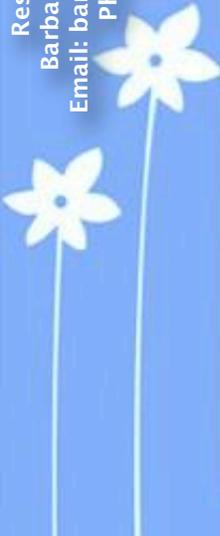


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Recipe from our CIHR Project Team!

## Strawberry Juice

### Ingredients:

- 2 cups strawberries (about 18-20)
- 1 tsp. lemon juice
- 2 Tbsp. sugar (or substitute)
- 2 cups cold water

### Directions:

Wash the strawberries and remove the stems. Chop the strawberries into small pieces. Blend with the lemon juice and sugar or sugar substitute until it is a smooth puree. Then add water and blend again. Pour into glasses and serve immediately.

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## Recipe from Carrier Sekani, BC Salmon Soup Wet'suwet'en

### You will need:

- 4 cups (1L) fish stock or water
- ¼ lb. (125g) salmon roe
- 1 lb. (500g) fresh salmon, cubed
- 1/ lb. (250g) potato, diced
- 1 stalk celery, diced
- 1 medium onion, diced
- Sea salt and pepper to taste
- Pinch curry powder
- 1 bay leaf
- Dry seaweed for garnish

### Directions:

In a large soup pot, bring stock to a simmer. Heat salmon roe in a small saucepan and add to soup stock. Add salmon, potato, celery, onion, salt, pepper, curry powder and bay leaf. Bring to boil. Simmer over low heat until potatoes are just tender. Discard bay leaf. Ladle into soup bowls and sprinkle with dry seaweed. Serve with hot bannock.

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Recipe from Wolastoqewiyik Healing Lodge, NB

### Tatawnyha's Cream of Fiddlehead Soup (Makes a Large Pot)

#### Ingredients:

- 2 – 900ml of chicken broth
- 4 cups of water
- 2 or more chicken bouillon cubes
- 1 Tbsp of celery salt
- 1 Tbsp of garlic powder
- 1 Tbsp of cayenne pepper
- 2 bay leaves
- 1 Tbsp of thyme
- 1 Tbsp of ground rosemary
- 1 Tbsp of onion salt
- Salt and pepper to taste
- 4 – 6 new potatoes, washed, cubed
- 4 carrots, washed, peeled, sliced
- 2 stalks of celery, washed, sliced
- Bunch of green onions (shallots or chives, if possible)
- 4 leeks (white part only), washed, sliced
- 1 large onion, chopped
- 2 Tbsp of chopped garlic
- Becel, margarine, or butter
- 2 – 500ml whipping cream (or milk)
- 1 pound of fiddleheads (cut into bite-sized pieces)

#### Preparation:

In a large pot, start warming up the chicken broth, water, and bouillon cubes. Add the spices and seasonings to the broth. In a separate medium pot, put washed and cut-up potatoes and carrots in water to boil. Boil until a fork goes through them but they are still firm. Drain, then add to broth mixture. In a large frying pan, sauté in Becel the green onions, leeks, celery, onion, and garlic. Once the celery is softened (because it takes the longest to cook), add to the pot of chicken broth. Add the fiddleheads. Taste the broth and adjust seasonings as desired, then add the cream. Make sure that the water is not boiling or bubbling when you add the cream, or else it will curdle.

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## Recipes from Leading Thunderbird Lodge, SK

### Moose Meat Balls

- 2 lbs ground moose
- ½ c day old frybread (diced - soak in water for 10 min - not too mushy)
- 1 onion (minced)
- 5 garlic cloves (minced)
- 1 Tbsp dried parsley
- 1 egg
- Salt & pepper to taste

Mix moose meat and all other ingredients together using your hands, mix well. Form into bite sized balls. Cover with a damp cloth to let meatballs mellow in the fridge for several hours. Sauté meat balls in 3 tbsp of olive oil. Remove meat balls from pan and set aside. Serve with wild rice.

### Saskatoon Rhubarb Crisp

- 3 c saskatoons
- 1 ½ c rhubarb (medium diced)
- ¼ c honey
- ½ c brown sugar
- ½ c flour
- ½ c rolled oats
- ¼ c margarine

Place saskatoons and cut rhubarb in 8x8 inch baking pan and drizzle with honey. Combine brown sugar, flour, rolled oats and margarine until mixture is crumbly. Spread over fruit. Bake at 375° in oven for 45 minutes or until golden brown. Serve with spiced cream.

### Spiced Cream

- 1 c whipping cream
- 2 Tbsp liquid honey
- ½ tsp cinnamon

Whip all ingredients until soft peaks form.

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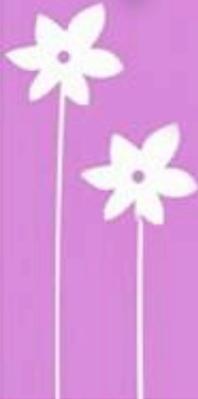
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## Recipe from White Buffalo Treatment Centre, SK Labrador Tea



**Ingredients:** Labrador tea leaves, water

**Preparation:**

Boil water. Remove water from heat and let sit 1 minute. Pour water over a pinch of tea leaves and let steep. Remove leaves after 2 minutes. Flavour with honey or lemon as desired.

Potential health benefits of Labrador tea may include antioxidant, anti-inflammatory and anticancer activities. It may be used to aid digestion or alleviate a cold, cough, sore throat, congestion, flu, or upset stomach.

Precautions: Do not let steep too long, as a high concentration of Labrador tea may have adverse effects. Do not consume while pregnant or breastfeeding.

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## Recipes from Tsow-Tun Le Lum Society, BC

### Clam Fritters



#### **Ingredients:**

- 4 cups clams, chopped (juice included)
- 1 diced onion
- 2 eggs, beaten
- 3 tablespoons melted butter
- Salt & Pepper
- 1 1/2 cups flour
- 3 1/2 teaspoons baking powder
- Milk

#### **Instructions:**

Mix all together. Add enough milk to make thick batter. Fry like pancakes.

### Clam Chowder

#### **Ingredients:**

- 4 slices chopped bacon
- 6 cups chopped clams & juice
- 1 diced onion
- 2 ribs diced celery
- 2 diced potatoes
- Salt & Pepper
- 1 bay leaf
- 1/4 teaspoon thyme
- Clam nectar or water
- Cream & flour

#### **Instructions:**

Fry bacon. Add onion, celery, and potato. Add liquid, salt, pepper, bay leaf, thyme, & clams. Thicken with cream & flour.

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## Recipe from Rising Sun Treatment Centre, NB **BBQ Salmon with Fiddleheads**

### Ingredients:

- Fresh salmon
- Onions
- Breadcrumbs
- Potatoes
- Lemon wedges
- Fiddleheads
- Water
- Salt (1 Tbsp)
- Butter
- Vinegar



### Preparation:

Make sure the salmon is properly cleaned. Remove the tail, fins, and head. Stuff with your choice of onions, breadcrumbs, and potatoes. Wrap in newspaper and aluminum foil. Barbecue for up to 30 minutes on each side. Unwrap and place on platter with lemon wedges if desired.

Blanch and clean fiddleheads. Place in pot of water with salt and boil for about 20-25 minutes. Drain and add butter and vinegar to taste.

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## Nimkee's Granola Recipe (Courtesy of Vydel Sands, Nimkee Chef)

### Step 1 - Dry Ingredients

2 cups of rolled oats  
1 cup of sliced/slivered almonds  
Add a dash of salt, mix together and set aside

### Step 2 - Wet Ingredients

Take a medium sized pot and add:  
¼ cup of your favorite oil (canola works fine)  
¼ of brown sugar  
¼ honey  
One teaspoon of cinnamon

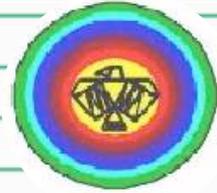
Mix together and place on low to medium heat to dissolve.  
Once dissolved, take off heat and add teaspoon of vanilla.

### Step 3 - Mixing Dry and Wet Ingredients

Add wet to dry ingredients and mix together until it has a crumble consistency.

### Step 4 - Baking and Final Storage

Spread out on baking sheet and put in preheated oven at 350 degrees for 20 minutes. Allow to cool, break into small pieces, and store in airtight containers. Good on its own, with yogurt, or just as a general topping.



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## Recipes from Ekweskeet Healing Lodge, SK **Blueberry-Coconut Baked Steel Cut Oatmeal**

### **Oatmeal**

- 1 1/2 cups steel cut Irish oats
- 1/2 tsp ground ginger
- 1/2 tsp fine sea salt
- 1 tsp baking powder
- 4 cups unsweetened vanilla almond milk
- 2 cups light unsweetened coconut milk
- 1 1/2 cups fresh or frozen blueberries
- 1/4 cup unsweetened dried blueberries
- 1/2 cup unsweetened coconut flakes
- vanilla stevia drops or your favourite natural sweetener to taste

### **Blueberry Sauce**

- 2 cups fresh or frozen blueberries

### **Optional Toppings**

- toasted nuts
- coconut flakes
- whipped cream
- extra dried or fresh blueberries

Prep Time: 5 minutes

Cook Time: 60 minutes

Yield: 8-10 servings

### **Oatmeal**

Preheat oven to 350°F. Lightly coat a 9x13" baking dish with cooking spray. Combine all ingredients in large bowl, adding blueberries and coconut last. Sweeten to taste. Bake for about one hour. The oatmeal will not appear done when you take it out of the oven. Remove from the oven and let it cool to room temperature. Then put it in your refrigerator to thicken overnight for best results.

### **Blueberry Sauce**

Heat the blueberries with a splash of water over medium high heat. When you hear them sizzle, reduce heat to medium and cook for about 5 minutes until saucy. Mash the blueberries against the side of the pot with a spatula. Serve oatmeal with some almond or coconut milk, blueberry sauce, and optional toppings.

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## Recipe from Nenqayni Wellness Centre, BC Quick Simple Bannock (Fried Bread)

### You will need:

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 - 1 ½ cups water
- ½ cup cooking oil
- Optional: berries of your choice

### Directions:

Mix the dry ingredients in a large mixing bowl. Start with the all-purpose flour, then add in 1 teaspoon each of baking powder, sugar and salt. Whisk together to combine. To that, whisk in 1 cup of water to make a pasty batter. Add up to a ½ cup more if it's not enough. You want your batter to be like paste and hang off a spoon. At this point, you can add raisins, dried cranberries or Saskatoon berries for some variation.

Heat up ½ cup of cooking oil in a cast iron skillet on medium heat until the oil starts to shimmer. You can drop in a little piece of batter to test the heat, it should have small bubbles all around. When the oil is ready, drop in the batter with a serving spoon or large spoon one at a time and fry until golden brown. Flip over and continue frying until done. Carefully take out of the pan and drain on paper towels to remove excess oil.

Fresh bannock goes well with just about anything, especially butter and your favorite jam, honey, or in place of shells for tacos. You can also dress this up like a scone with whip cream and fresh berries. It's up to you!

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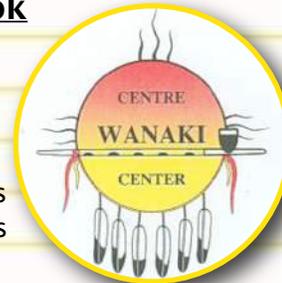


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## Recipe from Wanaki Treatment Centre, QC Lentil Moose Meat Shepherd's Sweet Potato Pie by Wanaki Centre's Cook

### Ingredients:

- 4 to 6 Sweet Potatoes
- 1 chopped onion
- 1 tbsp Margarine (Becel)
- 1 can diced tomatoes
- Salt and pepper
- 1 can lentils
- 1 lb moose meat
- 2 chopped celery sticks
- Olive oil
- 2 chopped carrot sticks
- ½ cup of tea
- 1 chopped red pepper
- 1 chopped green pepper



### Preparation:

Heat oven to 350° F. Boil sweet potatoes until soft, purée with a masher, and add margarine. Fry the moose meat in olive oil with the onions. The moose meat can be ground or cut in steak strips. Once cooked add the tea and let it simmer for 10 minutes. In another frying pan, combine the chopped celery, carrots, red pepper and green peppers with a little bit of olive oil. Add salt and pepper to taste. Fry until the vegetables are cooked. Once cooked add the washed lentils and diced tomatoes. Spread the mixture of moose meat in an oven-ready dish and spread the vegetable mixture on top. Cover with the sweet potatoes. Bake in oven about 25 to 30 minutes or until the liquids are dried in the ingredients. Enjoy, with bannock 😊

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## Recipe from Saulteaux Healing & Wellness Centre, SK **Meat Stew by Delphine Whitehawk**

- 3 cups flour, salt and pepper and other seasoning
- 8 pounds meat – cubed (Deer, Moose, Elk or Beef)
- 2 cups carrots – sliced
- 1 large turnip – cubed
- 2 cups potatoes – cubed
- 2 cups celery – sliced
- 1 large onion – diced
- 1 liter beef stock
- 1/2 cup ketchup



In a large bowl mix flour, salt, pepper, and whatever other seasoning you want to use. Flour the cubed meat, then brown in cooking oil in a frying pan. Transfer the meat to a roast pan and add in carrots, turnips, and potatoes. Bake at 350 for 1 hour. You may need to add a little cooking oil, if desired. Then, add in celery, onions, beef stock, and ketchup and bake for another 1/2 hour. Serve and enjoy.

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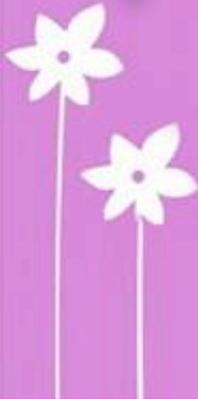
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## Recipes from Nelson House, MB

### Ham Pasta Casserole

- 3 and 1/2 chopped onions
- 12 cups macaroni
- 4 and 1/2 cups grated low fat cheddar cheese
- 4 and 1/2 cups lean cooked ham (cubed)
- 12 medium tomatoes (diced)
- 6 x 10 oz. cream of chicken soup
- 3 cups skim milk
- 6 tsp. mustard

Cook onions and macaroni in boiling water. Whisk soup, milk, and mustard together in baking dish. Add ham and tomato to baking dish. Add cooked onions and macaroni to baking dish and stir to combine all ingredients. Top with grated cheese. Bake uncovered in 350° oven for 20 minutes and enjoy!

### Chicken Salad

- 1 1/2 cups chicken, cooked and diced
- 2 potatoes, cooked and diced
- 1/2 small cucumber, peeled and diced
- 2 scallions, thinly sliced
- 2 stalks celery, chopped
- 1/2 cup French dressing
- 1 clove garlic, crushed
- 1 tsp paprika
- 1 small head of lettuce
- 4 hard boiled eggs
- 2 Tbsp mayonnaise
- 2 Tbsp ketchup

Put chicken, potatoes, cucumber, scallions, and celery in bowl. Combine French dressing, garlic, and paprika. Pour over the chicken mixture. Wash and dry the lettuce leaves and arrange them on a large, flat serving dish. Pile the salad in the center. Halve the eggs lengthwise and arrange them around the salad. Mix the mayonnaise and ketchup together and spoon over the eggs. Chill for at least 30 minutes before serving.

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