Iñupiaq Matching

Draw a line from the Iñupiaq name to the English name for Cooking Terms

Akut  →  Cook or Chef
Akutchi →  Cooking Pot
Igapiaq →  Meat Grinder
Igarriq →  Stove
Igari →  To Boil Meat
Igariġvik →  To Come to Boil
Iggeriq →  To Cook Well Done
Immiq →  To Cook Rare
Niglaqsiaq →  To Cool Down after Boiling
Qalauylak →  To Fill with Water
Qalutaq →  To Make Eskimo Ice Cream
Tagġirriq →  To Mix in or Stir in
Takuuti →  To put Meat in Pot
Uipasulaaq →  To put Salt In
Uutqiksii →  To Scoop Out

Note: Iñupiaq name spellings vary between regions.

Food Facts

Did you know that?

Eating nigpiag (traditional food) helps provide the energy and nutrients needed to maintain good health and avoid disease, such as diabetes and heart disease.

Marine mammal meat and blubber provide healthy unsaturated fat, protein, essential elements like zinc, calcium, selenium, iron, and Vitamins A, D and E.

Caribou meat is lower in fat than beef, pork or poultry, which makes it healthier for your heart.

You would have to eat 25 hot dogs to get the same amount of iron as in one serving of caribou.

Eating whale skin, seal liver and caribou liver can provide Vitamin C which is needed for healthy skin and teeth. Plants like aŋpiŋ and qunulug also provide Vitamin C. And, smokers need more Vitamin C than non-smokers!


Akutuq
How to make Akutuq or Eskimo Ice Cream

You need: 3-4 lbs tuttu fat, cut into small pieces
1 pot boiled tuttu meat, ground and shredded
1 cup warm tuttu broth
Optional: 1 cup seal oil, 2-4 cups of berries

Step 1:
Boil and simmer tuttu fat in pot until all is melted or melt in oven. Keep warm. Pour melted fat through cheesecloth and then into large metal bowls.

Step 2:
Begin stirring; be prepared to stir non-stop for 2-3 hours. Stir fat with a spoon until it is cool enough to use your whole arm. Keep stirring without stopping. It will begin turning white and thicken. Add the warm broth and keep stirring until mixed in.

Step 3:
After an hour or so, it will feel fluffy like whipped cream, then begin adding tuttu meat, 1 cup at a time. Keep stirring. Add 1/3 cup seal oil between cups of meat, if desired. Add berries, if desired. Keep stirring until mixed well.

Step 4:
Spread evenly on tray, about an inch or less deep. Chill, then freeze. Cut into serving sizes. Enjoy!

Did you know that?

Eating nigpiag (traditional food) helps provide the energy and nutrients needed to maintain good health and avoid disease, such as diabetes and heart disease.

Marine mammal meat and blubber provide healthy unsaturated fat, protein, essential elements like zinc, calcium, selenium, iron, and Vitamins A, D and E.

Caribou meat is lower in fat than beef, pork or poultry, which makes it healthier for your heart.

You would have to eat 25 hot dogs to get the same amount of iron as in one serving of caribou.

Eating whale skin, seal liver and caribou liver can provide Vitamin C which is needed for healthy skin and teeth. Plants like aŋpiŋ and qunulug also provide Vitamin C. And, smokers need more Vitamin C than non-smokers!


Check our website for the correct answers! Go to www.north-slope.org/departments/wildlife-management/dwm_newsletters