

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
Igari	Stove
Igarriq	To Boil Meat
Ignigvik	To Come to Boil
Immiq	To Cook Well Done
Niglaqsiaq	To Cook Rare
Qalaulak	To Cool Down after Boiling
Qalutaq	To Fill with Water
Taggirriq	To Make Eskimo Ice Cream
Takuuti	To Mix in or Stir in
Uipasulaaq	To put Meat in Pot
Utkusik	To put Salt In
Uutqiksii	To Scoop Out

Note: *Iñupiaq* name spellings vary between regions.
References: Aġnat Iļisimarakarġich Aġviqsuġnikun, Standards for Women in Whaling. 2005.
Compiled by Jana Harcharek for NSBSD. Iñupiatun Uqaluit Taniktun Sivunigut. 2014. Compiled by Edna Ahgeak MacLean.

Food Facts

Did you know that?

Eating *niqġpiaq* (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 *aġpik* and *qunuliq* also provide Vitamin C. And, smokers need more Vitamin C than non-smokers!

Reference: Nutrition Fact Sheet Series, Inuit Traditional Foods, Department of Health, Government of Nunavut. Revised 2013.

Akutug

How to make *Akutug* 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.



JakyLou Olemaun and Brittany Nayakik stirring melted fat. Photo: J. Olemaun

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.



Left: JakyLou Olemaun (photo credit) hand stirring the thickening fat. Right: *Tuttu* fat turning fluffy and bowls of *tuttu* meat below (photo credits: Jerica Aamodt)



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.



Left: Tray of *akutug*
Below: Serving of *akutug* with *qagqulaaq* (photo credits: Jerica Aamodt)

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

