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CARRIER SEKANI
FAMILY SERVICES



CARRIER SEKANI
FAMILY SERVICES

CARRIER

cooking & canning
traditional recipes

Welcome!

This might be the last girls' culture camp you attend... but it's not the end of your journey. We hope you'll continue to learn about your culture and traditions.

This little recipe book is our gift to you. Cooking is a big part of everyday life, so this can be a little reminder of all the things you learned at camp.

Save it, use it and enjoy the recipes!
Love and blessings from all the women
at Carrier Sekani Family Services



Mary Teegee

Director of Child & Family Services



CARRIER SEKANI
FAMILY SERVICES



MY RECIPE NOTES



MY RECIPE NOTES



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TRADITIONAL & HEALTHY!

Canning fresh food in preparation for winter used to be a necessity. Now, it's so much more! After all, who can resist a zesty, home-made dill pickle or a jar of canned peaches that's just bursting with flavor?

For many people, canning food is a tradition. Remember all those tasty things you remember your grandmother making? Now you can make the same foods for your family and friends.

For others, canning is a healthy alternative. By buying organic food or selecting vegetables from your garden by hand and canning them right away, you can have fruits and vegetables all through the winter - and they'll be just as nutritious and delicious as the fresh produce in the grocery store.



MY RECIPE NOTES



NO'WHUS ICECREAM

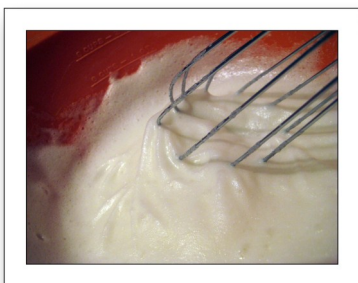
- 2 cups soapberries
- 1/2 cup white sugar

Pick soapberries in July and August when ripe. Pick as many as you like. Wash and freeze.

When you want to make No'whus take approximately 2 cups of frozen berries out of freezer and let thaw. Once they are thawed you must strain the juice from the berries into a bowl.

Whip the juice from the berries until it starts to get foamy in appearance. Once mixture is foamy start to add sugar gradually while you continue to whip. Once the peaks start to stiffen your no'whus is ready to serve. Must be served immediately.

No'whus can also be made with whole berries.



EQUIPMENT & SUPPLIES

All home canning equipment must be kept absolutely clean and should be well sterilized. If not, your fruit and vegetables will soon spoil.

Canning Jars: Wash jars well with soap and hot water. Place them, filled with water, either upright or sideways, well apart in a deep pan of cold water. Bring the water slowly to the boil. Boil for 15 minutes. Keep the jars hot until ready for use for your next home canning.

Canning Lids: Wash all canning lids in hot, soapy water. Place zinc and glass tops in very hot water for 5 minutes. Invert them to drain. Keep them hot until ready to use. Prepare lids that have a sealing composition by pouring hot water over them. Allow to stand until ready for use.

Rubber Seals: Scald the rubber seals quickly. Do not boil them as this will weaken the rubber.

Canning Utensils: Sterilize all other canning utensils that will be used in your home canning process. Wash them first in hot, soapy water, and then place them in a pan of boiling water.



ACIDIC & NON-ACIDIC FOOD

Foods for home canning fall into two groups: **acidic** and **non-acidic**.

- Acidic foods include fruit, tomatoes, pickled products, ripe pimientos, and rhubarb. They can be canned using the open kettle method, the hot water bath method, or the oven method.
- Non-acidic foods include vegetables (but not tomatoes, since they are fruit), meat, poultry, fish. They must be canned using a steam pressure canner or a pressure cooker.

If you use the open kettle method, hot water bath method, or the oven method, the food inside the canning jars will reach the boiling point, which is 100°C or 212°F. This is hot enough to kill harmful bacteria in acidic foods.

As long as you use sterilized utensils, fresh food, and the open kettle method, hot water bath method, or the oven method, your canned acidic foods will be safe to eat. Because the canning process kills harmful bacteria, they will also last a long time.



MARY'S BANNOCK

- 2 cups white flour
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 1 teaspoon salt
- 1/2 cup milk
- 1/2 cup water

Mix all the dry ingredients well in a large bowl. Make a funnel in the center of the dry ingredients; add milk and water to the mixture gradually taking flour off sides of bowl. Add water and milk until it's all mixed. Consistency will be sticky.

Take a tbsp. of mixture and place on floured board. Put flour on top of the mixture, use fingers to lightly press down. Deep fry in hot vegetable oil. Serve with jam.



MORE MOOSE RECIPES

Tripe

Shoot a moose and take out the stomach lining. Clean out most of the undigested greens, but do not over clean. Cut up into 2-inch chunks and boil in about 6 cups of water for at least an hour. Skim off the foam that comes to the top of the boiling water. Once the meat is tender, put the pieces into a frying pan with butter and cook until brown.

Stuffed Moose Heart

Cut out most of the arteries from the heart, and stuff the empty spaces with garlic and onions. Put in a baking pan with 1 inch of water on the bottom, cover with foil, and bake at 350° F for 2 hours. Serve with rice and seasonal vegetables.

Fried Moose Liver

Fry up moose liver with button and onions on medium heat, so as not to burn the butter. Cook for about 15 - 20 minutes.

In a separate pan, cook bacon until it becomes crispy. Drain the fat and add the bacon to the liver and onions. Serve with a salad and vegetables.

When it comes to canning, foods from the non-acidic category are a lot more complicated to can. They must be processed in a steam pressure canner (also known as a pressure cooker) with 10 - 15 pounds of steam.

A pressure cooker heats the food in the jars to 240°F to 250°F and kills all the harmful microorganisms and bacteria in non-acidic food. Using the open kettle method, the hot water bath method, or the oven method won't get non-acidic food hot enough to kill the bacteria.

The addition of lemon juice, vinegar or any other acidic additive does not change the acidity of the food enough to permit processing by any method other than the steam pressure canner or pressure cooker.

The only exception food pickled in a vinegar brine - like pickled cucumbers or pickled beets. These can be canned using one of the three methods for acidic foods.

Non-acidic foods should not be used in home canning if you do not have a steam pressure canner or a pressure cooker!





EQUIPMENT & SUPPLIES

Instructions for Home Canning

1. Put water in boiling-water canner: It should be 2/3 full if using pint-size jars, ½ full for quart jars. Set rack on pan rim, cover pan, and bring water to a boil over high heat (for pickles, bring water to 180°–185°).
2. Meanwhile, for all recipes except jams, wash canning jars, bands, and lids in hot, soapy water, or run jars and bands through a dishwasher and hand-wash lids; drain. If making jam, which has a short processing time, sterilize jars: When water in canner is boiling, place jars on rack, lower into water, and boil for 10 minutes (at elevations of 1,000 feet or higher, add 1 minute for each 1,000-foot increase above sea level). Reduce heat to a simmer and keep jars in water until needed.
3. Nest lids in bands, place in a 2- to 3-quart pan, and cover with water. Set over high heat and bring water to 180° (do not boil). Remove from heat and cover pan.
4. For pourable foods, such as jam or chutney, quickly ladle hot mixture through a wide funnel into jars, leaving headspace (the distance between top of jar rim and food inside) as recommended. For chunky mixtures, arrange pieces in jars with a spoon, then pour hot liquid through funnel over foods, again leaving headspace as recommended in recipe. (If the last jar isn't completely full, let cool, then serve or chill; do not process.) To release any air bubbles in chunky mixtures, run a clean plastic



MORE MOOSE RECIPES

Moose Meat With Rolled Oats

Cut up moose meat and fry it with onions. Add four cups of water, one package of Lipton's chicken noodle soup mix, and boil together until the moose meat is tender. In another pot, make oatmeal as directed on the package. Put the moose meat mixture over the oatmeal and serve.

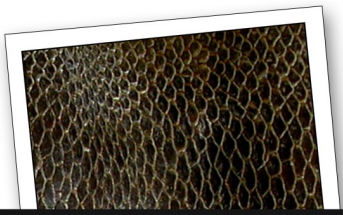
Moose Nose

Shoot a moose, then cut the nose off. Over a fire, singe the hair off the nose - don't forget the hair on the inside of the nose, too. Let the nose cool. Scrape the black singed hair off the nose and cut the nose into 2-inch pieces. Put in a pot with 6 cups of water and boil for approximately 2 hours.

Bum Guts

Shoot a moose and cut out the lower intestine. Clean and ensure all waste is removed from the intestines. Wash the intestines thoroughly. Turn the intestines inside out and cut into 1-inch pieces.

Fry the pieces until they start getting crispy. Add butter to the frying pan and continue frying until the intestines are crispy on the outside and a nice brown colour. Enjoy with steak.



BEAVER TAIL

Kill a beaver and cut the tail off at the join. Wash the tail. Preheat oven to 400°F. Place the tail on a baking sheet and bake until the outside of the tail is crisp, flipping constantly to prevent burning.

Take the tail out of the oven and remove the crispy, scaly skin. Discard the outer tail. Cut up the fatty tail into 1 inch chunks and boil for a minimum of 60 minutes. Serve with beaver meat.



knife around the inside of the jars (metal knives can damage jars). Wipe jar rims and outer threads with a clean, damp cloth.

6. With tongs, lift bands and lids from hot water. Center on jars so the red or gray sealing compound is touching jar rims. Using a hot pad, screw bands on firmly, but don't force.

7. Place jars on rack in canner and lower into water. The water should cover jars by at least 1 inch; if necessary, add more hot water.

8. Cover canner, return water to a boil (or to 180°–185° for pickles), and process for time specified in recipe; if boiling water starts spilling from canner, reduce heat slightly.

9. Using tongs and a hot pad, lift rack with jars onto edge of canner. With jar lifter, remove jars and set upright on towels on a counter. Do not tighten bands. Let jars cool completely at room temperature.

10. Press on the center of each lid — if it stays down, jar is sealed; if it pops up, chill the jar and serve within 2 to 3 weeks (see below). Remove bands. Wipe jars and lids with a clean, damp cloth. If desired, replace bands.

11. Label jars; store in a cool, dark place for up to 2 years. Once opened, chill; consume jams, chutneys, and relishes within 3 weeks, pickles within 2 months.



PICKLED BEETS

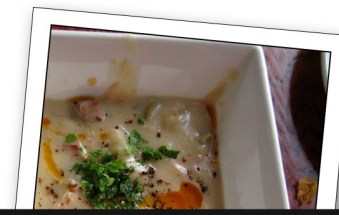
- 10 pounds small fresh beets
- Boiling water
- 4 ½ cups apple cider vinegar
- 2 cups water
- ¾ cups sugar
- 2 ½ teaspoons table salt
- 1 ¼ teaspoon. Mustard seed
- 1 ¼ teaspoon. Celery seed

Leave about 1 inch (2.5 cm) tops on beets. Cook in boiling water until tender. Drain. Pour cold water over beets. Peel or rub off skin. Cut any that seem too large. Fill hot sterilized quart jars to within 1 inch (2.5 cm) of top.

Combine vinegar, 2 cups of water, sugar and salt in large saucepan. Tie mustard and celery seed in cotton bag. Add to saucepan. Bring to a boil. Cook slowly for about 15 minutes, stirring occasionally. Remove bag.

Pour syrup over beets to within ½ inch (1 cm) of top. Place sterilized metal lids on jars and screw metal bands on securely. For added assurance against spoilage, you may choose to process in a boiling water bath for 30 minutes.

Let stand 3 weeks before using. Makes about 6 quarts.



MORE TRADITIONAL SOUPS

Rabbit & Rice Soup

Shoot a rabbit, then skin and clean it. Place rabbit in approximately 6 cups of boiling water. Add a package of Lipton tomato vegetable soup mix or a chicken noodle soup mix and bring to a boil. Turn down and simmer for about 1 hour, then add rice in the last 20 minutes of cooking.



White Grouse Soup

Kill a grouse, preferably with white meat. Add the grouse to 6 cups of boiling water. Add a package of Lipton tomato vegetable soup mix or a chicken noodle soup mix and bring to a boil. Turn down and simmer for about 1 hour, then add rice in the last 20 minutes of cooking.



MOOSE & RICE SOUP

- 2 ¼ pounds of cut up moose meat
- 4 cups of water
- Can of tomatoes
- ½ cup rice
- 1/4 cup each of chopped carrots, celery,
- 1 small onion diced
- 1 package of Lipton Tomato vegetable soup mix

Take moose meat and brown in a small amount of oil. Once brown remove from oil and add with all other ingredients in a large pot. Bring to a boil and then turn down heat and simmer for approximately 2 hours.



CANNED CARROTS

- 8 pounds fresh carrots, no wider than 1 ¼ inches
- Several cloves of garlic

Trim carrot ends and tops. Wash, peel and rewash carrots. Baby carrots can be left whole. Slice or dice regular carrots.

Add 1 sliced or crushed garlic clove to each hot jar. If desired add a pinch of salt as well. Immediately pack jars with the raw carrots leaving 1-inch headspace.

Add boiling water to each jar leaving a 1-inch space at the headspace of jar. Carefully run a non-metallic utensil down the insides of jar to release all bubbles. Wipe jar tops to remove trapped and threads clean.

Place hot lids on jars and screw bands on firmly. Process for 30 minutes or 25 minutes in a pressure cooker.





DILL PICKLES

- 1 1/2 cups water
- 1/2 cup white vinegar
- 1 1/2 tablespoons pickling salt
- 2 -3 sprigs dill seeds
- 1 -2 garlic clove (optional)
- 1 dried hot pepper (optional)
- 1 quart small fresh cucumber

Using a soft vegetable brush, thoroughly scrub the cucumbers in cool running water. Cut 1/16 inch off the blossom end. Discard any cucumbers that are bruised or damaged.

Put however many quart canning jars that you need into a canner and cover them with water; bring to a boil and boil for 10 minutes.

Make the brine with the water, vinegar and salt; put them in a pot and heat until the salt is dissolved.

Put a couple heads of dill seed into each sterilized jar. Seed heads should be well-formed but still green. Add a clove of garlic and/or a hot pepper if desired. Pack the jar with the cucumbers.



MOOSE STEW

- 2 1/2 pounds moose, cut into 1 inch cubes
- 2 tablespoons oil
- 1/4 teaspoon cracked black pepper
- 1/2 teaspoon paprika
- 1 bay leaf
- 1 teaspoon salt
- 2 (10 1/2 ounce) cans condensed beef broth
- 1 large onion, diced
- 3 carrots, sliced
- 3 stalks of chopped celery
- 12 small new potatoes, peeled and diced
- 2 tablespoons butter
- 2 tablespoons flour

Sauté moose cubes in oil until brown on all sides. Add pepper, paprika, bay leaf, salt, beef broth, onion, and carrots. Cover and simmer until meat is tender, about 2 hours. Keep adding water if it evaporates.

Add whole onions and potatoes; cover and simmer for an additional 15 minutes, or until the vegetables are barely tender. Mix butter and flour into a paste. Drop into simmering stew. Cook, stirring, until stew bubbles and thickens.



CANNED SALMON

- 8 ounces fresh salmon, with or without bones
- ½ teaspoon coarse pickling salt, per pint
- 1 teaspoon vegetable oil, per pint

Cut salmon into pieces and pack into hot sterilized pint jars to within 1 inch (2.5 cm) of top. Add salt and cooking oil.

Place sterilized metal lids on jars and screw metal bands on securely. Process in pressure canner following manufacturer's instructions for time and pressure. Adjust for altitude if necessary.

Makes as many pints as you like depending on how much salmon you have.

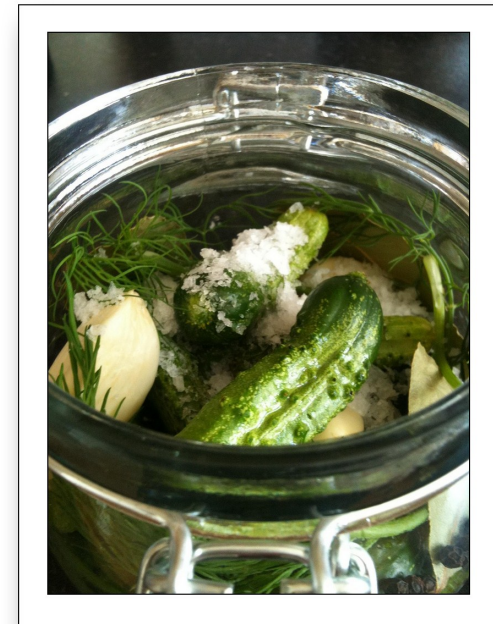


It's easiest to start with the jar on its side, laying some of the larger cucumbers along the bottom then continue stacking on top of them. Use the end of a large wooden spoon to gently push more cucumbers in once it gets snug.

Repeat with a second row of stacked cucumbers, picking ones that will fit in without sticking too far up in the jar. There may then be room to lay some tiny cucumbers sideways, on top.

Pour the hot brine over them, and cap at once with a sterilized lid. Do not hot water process.

Store jars on newspaper in case they overflow while fermenting. Can be opened in 6 weeks but much better after 6 months!





CANNED TOMATOES

- 18 pounds (8.2 kg) firm ripe tomatoes, about 4 dozen round tomatoes or 8 dozen plum tomatoes
- 2 tablespoons lemon juice , or 1/2 teaspoon citric acid for each 1 litre jar

Wash and rinse jars and bands. About 45 minutes before filling jars, fill boiling water bath canner two-thirds full of water; heat to just below boil and keep hot.

Place jars in rack set on edge of canner or in 225 F (110 C) oven to heat. A few minutes before filling jars; bring pot of water to boil; boil lids for 5 minutes. Remove from heat; leave in water until ready to use.

In large pot of boiling water, blanch tomatoes, in batches, for 30 to 60 seconds or until skins loosen. Remove and chill in cold water; drain immediately and peel. Core and trim away any green, bruised or decayed spots; cut into quarters.

In two large pots or in batches, over high heat, heat tomatoes until heated through and juices boil, about 10 minutes.

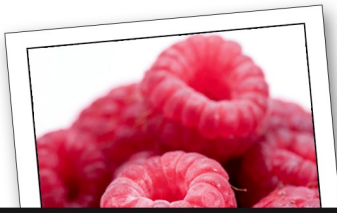
Filling one jar at a time, pack tomatoes and juice into jar,

constantly. Remove from heat. Skim off any foam with metal spoon.

LADLE immediately into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 min.

Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing





RASPBERRY JAM

- 4 cups prepared fruit (about 2 quarts raspberries)
- 6-1/2 cups sugar, measured into separate bowl
- 1/2 teaspoon butter or margarine
- 1 pouch CERTO Fruit Pectin

BRING boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.

CRUSH raspberries thoroughly, one layer at a time. (Press half of pulp through a sieve to remove some of the seeds, if desired.) Measure exactly 4 cups prepared fruit into 6- or 8-qt. saucepot.

STIR in sugar. Add butter to reduce foaming. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in pectin. Return to full rolling boil and boil exactly 1 min., stirring

leaving 1/2-inch (2 cm) headspace. For each 4-cup (1 L) jar, add 1/2 teaspoon citric acid or 2 tablespoons lemon juice.

Run spatula around inside of jar, pressing tomatoes to release any air bubbles. Add more tomatoes or juice if needed to maintain 1/2-inch (2 cm) headspace.

With clean damp cloth, wipe rim. Cover with lid; screw on band firmly without forcing (fingertip tight). Place in rack set on edge of canner. Lower filled rack into water. Pour in enough simmering water, avoiding tops of jars, to cover jars by 1 to 2 inches (2.5 to 5 cm). Cover canner and bring to full rolling boil. Boil 4-cup (1 L) jars for 45 minutes, 2-cup (500 mL) jars for 35 minutes. Turn off heat.

Lift rack to sit on edge of canner. Using jar lifter, transfer jars to towel-lined surface. Let cool completely (some separation of juice in jar is natural). Do not retighten screw bands. Check for seal to ensure lids curve inward and don't move when pressed with finger.

Refrigerate any improperly sealed jars; use within 3 days. Refrigerate after opening.





STRAWBERRY JAM

- 4 cups prepared strawberries (about 2 quarts ripe strawberries)
- 7 cups sugar, measured into separate bowl
- ½ teaspoon butter or margarine (optional)
- 1 pouch CERTO Fruit Pectin

BRING boiling-water canner, half-full with water, to simmer. Wash jars and screw bands in hot, soapy water; rinse with warm water. Pour boiling water over flat lids in saucepan off the heat. Let stand in hot water until ready to use. Drain well before filling.

STEM and crush strawberries thoroughly, one layer at a time. Measure exactly 4 cups crushed strawberries into 6- or 8-quart saucepot.

ADD sugar; stir. Add butter to reduce foaming. Bring to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in pectin. Return to full rolling boil and boil exactly 1 minute, stirring constantly. Remove from heat. Skim off any foam with metal spoon.

LADLE immediately into prepared jars, filling to within 1/8 inch of tops. Wipe jar rims and threads. Cover with 2-piece

lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner. (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary.) Cover; bring water to gentle boil. Process 10 minutes.

Remove jars and place upright on towel to cool completely. After jars cool, check seals by pressing middle of lid with finger. (If lid springs back, lid is not sealed and refrigeration is necessary.)

