

# Cooking with Grandma



This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development as readers.

Healthy students are better learners and become healthy adults. For more information, visit [www.gov.nu.ca/health](http://www.gov.nu.ca/health) and your local Health Centre.

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## **Book details**

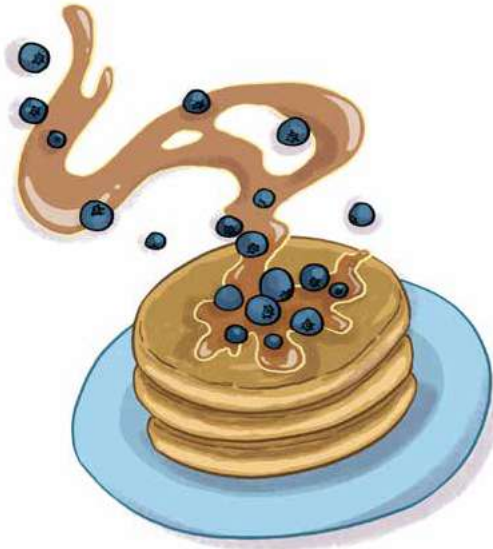
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# Cooking with Grandma



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Every day in the summer, Emma would wake up and run next door to her cousin Crystal's house. They would play out all day with the sun high in the sky.

They would ride their bikes and pick berries. Sometimes they would play soccer or tag with the other kids in town.

Their anaanatsiaq would call the girls inside to make sure they ate breakfast, lunch, and dinner. But then they would run right back outside to play.





One day, Emma woke up and ran downstairs. Anaanatsiaq was already in the kitchen. She was wearing an apron and holding a large bowl.

“Anaanatsiaq, what are you making?” Emma asked.

“Pancakes,” Anaanatsiaq said.

“Mmm,” Emma said. Pancakes were her favourite.

“Do you want to help me?” Anaanatsiaq asked.

“Well, I was going to play out with Crystal...,” Emma said, looking out the window. But then she saw Anaanatsiaq take out a bottle of maple syrup. Emma loved maple syrup, too!

“Can Crystal help too?” Emma asked.

“Atii!” Anaanatsiaq said.

Emma ran to Crystal's house. When the girls came back, Anaanatsiaq had put more ingredients on the counter. There was flour and eggs and milk and sugar and a few other things that Emma didn't recognize.

"Wow, we need all these things to make pancakes?" Emma asked.

"That's right," Anaanatsiaq said. "We are going to mix all of the dry ingredients, like flour and sugar, in this large bowl. Then we will mix the wet ingredients, like eggs and milk, in a smaller bowl. And then we'll mix everything together to make pancakes!"

Anaanatsiaq read a recipe from an old-looking piece of paper. Emma and Crystal followed her directions closely to make the pancakes.





“Anaanatsiaq, can we add the blueberries that we picked yesterday?” Crystal asked.

“Great idea, Crystal!” Anaanatsiaq said. Crystal grabbed a bowl of blueberries from the fridge and poured them into the large bowl while Emma stirred.

“Are we ready to cook them now?” Emma asked.

“Yes, but I will help you with this part,” Anaanatsiaq said. “We will cook the pancakes on the stove, so we need to be careful because the pan can get very hot.”

First, Anaanatsiaq turned on the burner and placed the pan on top. Then, she added some butter to the pan.

“I melt butter in the pan so the pancakes won’t stick to it,” she said.

Anaanatsiaq picked up a ladle and added three scoops of batter to the pan. She watched the batter closely as it started to cook. When tiny bubbles started to appear on the top of the pancakes, she flipped each one with a spatula. They were golden brown.

“Can I try?” Emma asked. Anaanatsiaq handed her the spatula. Emma and Crystal took turns flipping the pancakes until all the pancakes were ready.





“Time to eat!” Anaanatsiaq said. “I like to put some yogurt and berries on top of my pancakes. And some maple syrup.” She winked at Emma.

“Mmmm!” Emma and Crystal said as they ate.

“Anaanatsiaq, can we cook something else after breakfast?” Emma asked.

“Of course,” Anaantsiaq said. “I would love to have some help in the kitchen. What should we make next?”

“Pizza!” Crystal said.

“Hot dogs!” Emma said.

“Why don’t we make something healthy?” Anaanatsiaq said. “Your ataata brought some char home from fishing yesterday. Let’s make fish cakes!”

“Okay!” Emma and Crystal said together.

“First, I need to filet the fish and then boil it,”

Anaanatsiaq said. As Anaanatsiaq was fileting the fish, she explained to Emma and Crystal how she removed the bones and the skin. They watched closely. Eventually, she had cut up all the fish. She set it in a pot of water with some chopped potatoes, placed it on the stove, and turned the heat on the burner.

As they were waiting for the fish and potatoes to cook, they cleaned the kitchen together.





Soon, they could hear the water boiling in the pot. Anaanatsiaq took the lid off.

“When the fish is light pink and the potatoes are soft, we can drain the water,” Anaanatsiaq said. She handed Emma a fork.

“Poke one of the potatoes to test if it’s soft,” Anaanatsiaq said. Emma poked a potato with the fork. “It’s ready!” she said.

They drained the water and then mixed all the ingredients together and formed the patties.

“Now we will fry the cakes, almost like we did with the pancakes,” Anaanatsiaq said. “You girls know what to do. I’ll watch.”

Emma and Crystal put some oil in the pan and added a few patties. They watched closely as the fish cakes cooked and flipped them with a spatula.

Once all the fish cakes were cooked, Emma looked at the clock.

“It’s already lunchtime!” she said.

“We’ve been cooking all morning!” Crystal said, laughing. They had been having so much fun that they didn’t even miss playing outside.

Just then, the front door opened. Emma’s ataata came inside. He sniffed deeply.

“Smells good in here!” he said.

“We helped Anaanatsiaq make fish cakes for lunch,” Emma said.

“And we made pancakes for breakfast!” Crystal said.

“Mmm,” Ataata said. “I’ve loved fish cakes since I was a little boy. I always eat them with carrots and celery.” He found some carrots and celery in the fridge to chop up. Then he poured four big glasses of water and sat down at the table.





“Uncle Sateana gave me some of the caribou he hunted yesterday,” Ataata said as he ate.

Emma, Crystal, and Anaanatsiaq looked at each other and smiled.

“Caribou stew?” they all said together, and laughed.  
“Atii!”

After lunch, Ataata went back to work. Anaanatsiaq sighed deeply and smiled. “Girls, all this cooking is making me tired. I am going to have a rest.”

“We’ll clean the kitchen,” Emma said.

“Thank you, dear,” Anaanatsiaq said. “You can go outside to play and when you’re back, we will make stew.”

But Emma and Crystal didn't feel like playing out. When they were done cleaning the kitchen, they started reading the other recipes in Anaanatsiaq's recipe box. There were recipes for cloudberry muffins, maktaaᑕ chowder, and caribou ribs. It all sounded so delicious! But they couldn't find a recipe for caribou stew.

"I don't know how to make caribou stew," Crystal said. "But I know that Anaanatsiaq usually puts carrots and celery in it!" She grabbed them from the fridge.

"And potatoes and onions!" Emma remembered, and grabbed those from the cupboard.





When Anaanatsiaq woke up from her rest, she was so pleased to see the girls still in the kitchen.

They were chopping vegetables for the stew. They took turns chopping the onions and laughed because it made their eyes so watery!

“The vegetables are ready for the stew,” Emma said proudly.

“But we didn’t know what to do next because we couldn’t find the recipe,” Crystal said with a frown.

Anaanatsiaq raised her eyebrows. “I don’t use a recipe for caribou stew. I’ve been making it my whole life, so I know the recipe by heart. Watch me and you will learn.”

“First, you can help me prepare the caribou. I will have to remove the meat from the bones and cut it into small cubes for the stew.” She took the caribou out of the fridge and placed it on a cutting board on the counter.

She gave Emma and Crystal each a small knife and a cutting board to use. “Watch me while I remove the meat from the bones,” Anaanatsiaq said. She cut the meat away from the bone slowly and carefully, and then placed it on the girls’ cutting boards. “Now you can cut the meat up into small chunks.”





When they were done cutting the meat, they washed their hands with warm water and soap.

“Now it’s time to cook!” Anaanatsiaq said.

Anaanatsiaq took out a box of dried soup mix, pepper, garlic powder, and a small cube wrapped in tinfoil.

“What’s that?” Emma asked.

“This is low sodium chicken stock,” Anaanatsiaq said.

“I add this to my stew to give it more flavour.”

“Sodium is salt, right?” Crystal asked.

“That’s right,” Anaanatsiaq said. “This has less salt than the regular cubes. Salt can be tasty, but using too much can be unhealthy for us.”

Anaanatsiaq added all the chopped vegetables into a large pot. She sprinkled in some garlic powder and a little bit of pepper. Then she poured 8 cups of water into the pot and added the box of dried soup mix. Finally, she added the chicken stock cube.

She placed the pot on the stove and turned on the heat. Then she put all the caribou into the pot and stirred everything together.

“Now we wait for it to cook,” Anaanatsiaq said.

“That’s it?” Emma said.

“That’s it!” Anaanatsiaq said. “But you must remember that your uncle Sateana spent a day on the land hunting for this caribou. And then he skinned it and cut up the meat for us.”





Emma thought for a moment.

“Can we have Uncle Sateana over for dinner tonight?” she asked.

“Atii,” Anaanatsiaq said. “You can go to his house to invite him.”

Emma and Crystal pulled on their shoes. Before they ran out the door, Emma stopped.

“When we get back, can we make some bannock?” she asked Anaanatsiaq.

“Of course,” Anaanatsiaq said.

That night, Emma, Crystal, Anaanatsiaq, Ataata, and Uncle Sateana sat around the kitchen table and enjoyed their warm bowls of stew together.

“Mmmmm, this smells amazing,” Uncle Sateana said, sniffing deeply.

“We love cooking with you, Anaanatsiaq!” Emma and Crystal said.

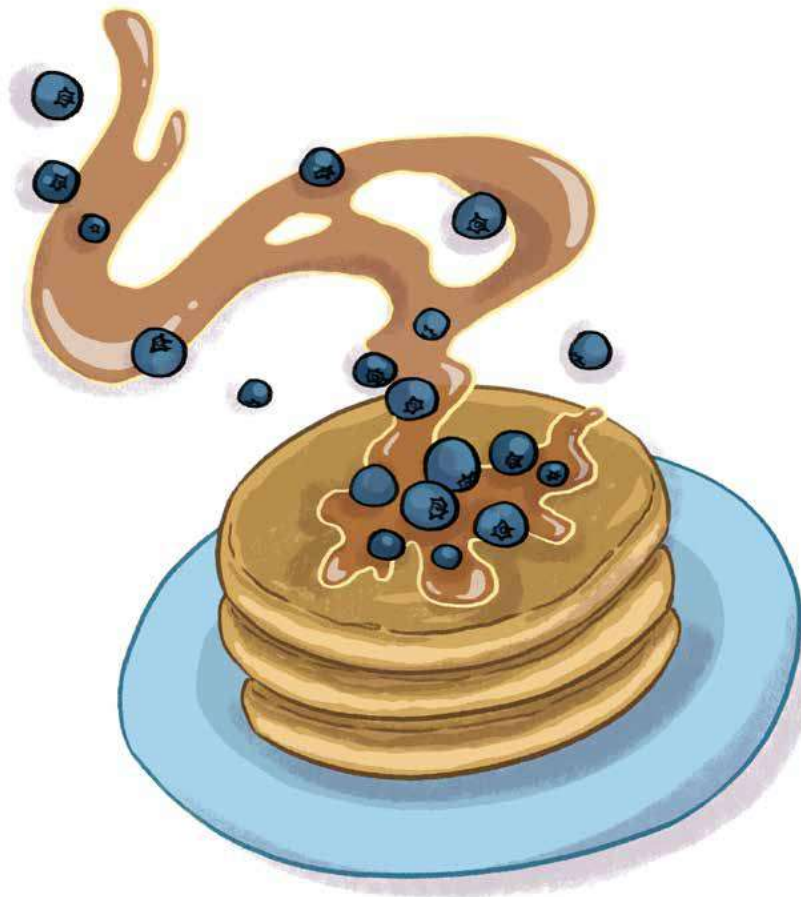
# Pancakes

## Ingredients

- $1\frac{1}{2}$  cups all-purpose flour
- $\frac{1}{2}$  cup whole wheat flour
- 2 tablespoons baking powder
- 1 teaspoon salt
- 3 tablespoons light brown sugar
- 2 eggs
- 1 teaspoon vanilla
- $1\frac{1}{2}$  cups milk
- 5 tablespoons butter, melted in the microwave
- More butter (to grease the pan)

## Directions

1. Whisk together the flour, baking powder, salt, and brown sugar in a large bowl.
2. In a smaller bowl, whisk together eggs, vanilla, and milk. Stir this mixture into the large bowl.
3. Add in the melted butter and stir everything together.
4. Warm butter in a frying pan. Add three scoops of pancake batter to the pan. Flip the pancakes over when they are golden brown on one side.



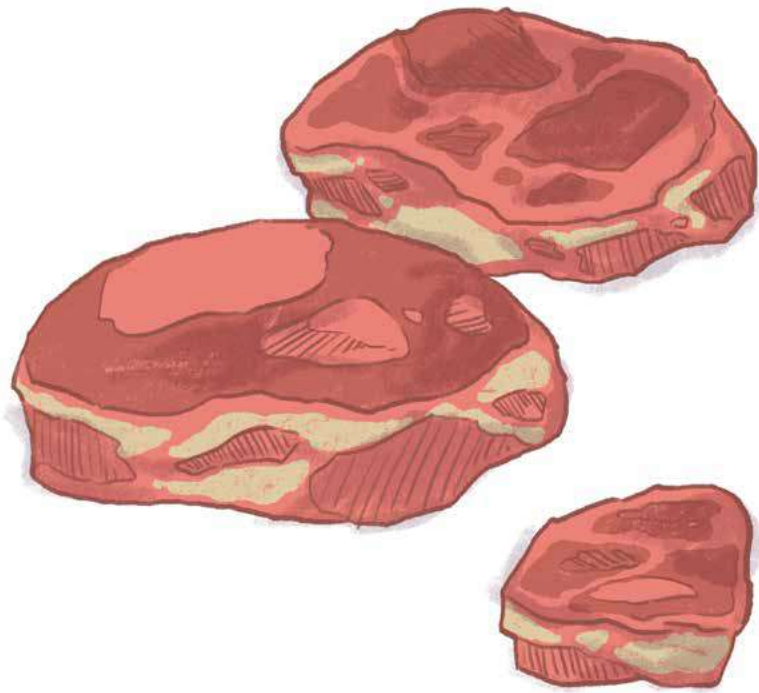
# Arctic Char Fish Cakes

## Ingredients

- 2 large potatoes
- Two filets Arctic char
- 1 onion
- 3 garlic cloves
- 1 tablespoon butter
- 1 egg
- $\frac{1}{2}$  teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon lemon juice
- 1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley
- oil (for frying)

## Directions

1. Place the potatoes in a pot of boiling water.
2. Cut up the Arctic char. Add it to the pot with the potatoes. Cook until the fish is light pink and the potatoes are soft.
3. Chop the garlic and onion into small pieces.
4. Strain the water out of the pot. Place the fish and potatoes in a large bowl. Add butter, onion, garlic, egg, salt, pepper, lemon juice, and parsley to the bowl.
5. Using your hands, mix everything together. Form the mixture into small patties, or cakes.
6. Heat the oil in a pan. Fry the patties until browned on both sides.



# **Caribou Stew**

## **Ingredients**

- Caribou meat
- 1 onion
- 3 large carrots
- 6 medium-sized potatoes
- 3 stalks celery
- 1 box low sodium dried soup mix
- 8 cups water
- 1 low sodium chicken stock cube
- 1 tablespoon garlic powder
- Salt and pepper

## **Directions**

1. Chop the caribou meat into cubes.
2. Chop all the vegetables and put them in a large pot.
3. Add the dried soup mix, water, chicken stock cube, garlic powder, salt, and pepper.
4. Place the pot on the stove and turn the burner to medium heat.
5. Stir occasionally until the meat and vegetables are cooked.
6. Enjoy with bannock! Yum!





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