

FISH CHOWDER

THIS RECIPE TAKES 45 MINUTES TO MAKE | THIS RECIPE MAKES 6 SERVINGS

INGREDIENTS

- 1 onion, chopped
- 4 potatoes, chopped
- 3 carrots, diced
- 4 cups chicken broth
- 2-3 cups fish pieces
- 1 can evaporated milk (354 ml or 1.5 cups)
- 2 tablespoons butter
- Salt and pepper

Options:

Use fresh or powdered milk instead of evaporated milk

Add corn, celery, peppers, garlic, or mushrooms

Add parsley, thyme, or other herbs you like.

DIRECTIONS

Step 1: Chop vegetables

Chop 1 onion and 4 potatoes. Dice 3 carrots.

Put vegetables in a large pot with 4 cups of chicken broth.

Step 2: Cook vegetables until tender

Put the pot on the stove, lid on. Turn burner to high.

Bring to a boil.

As soon as it boils, turn burner to low. Bring to a boil.

Simmer until vegetables are tender, about 30 minutes.

Step 3: Add other ingredients

Leave the pot on the stove. Take the lid off. Turn the burner to medium.

Add to the pot:

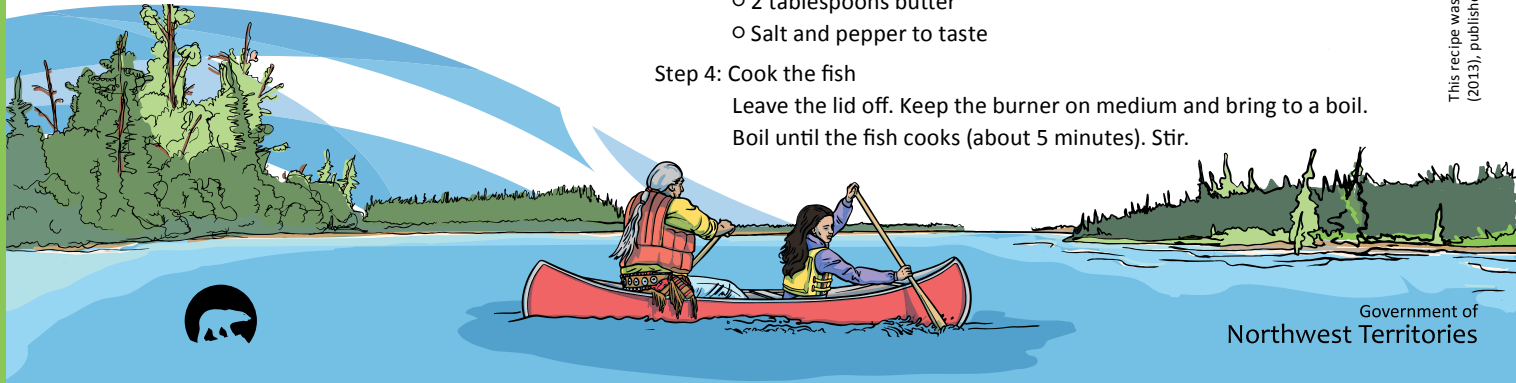
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

Step 4: Cook the fish

Leave the lid off. Keep the burner on medium and bring to a boil.

Boil until the fish cooks (about 5 minutes). Stir.

This information has been translated into Gwich'in.



ŁUK TŁOO

45 minutes gahshùk jii vikatr'ahch'uh | Nihk'ii tik ahteii kat egihee'aa geenjit agwàhchii.

Jidii Vitat Tr'ihelyaa

- T'oo drik khadineedit'uu ihłak
- Nành gwinahshii khadineedit'uu daankat
- Trih ditsik khadineedit'uu tik
- 4 cups daih vir chù'
- 2-3 cups łuk khadineedit'uu
- litsii tyah zhìt aak'ii t'ok chù' (354 ml gòo chuu tyah 1.5)
- 2 tablespoons aak'ii t'ok ghài'
- Lisel ts'at ligeevir

Gwiiniindhan jì' duuleh jii vitat tr'ihelyah

litsii tyah zhìt aak'ii t'ok chù' aii gòo' aak'ii t'ok chù' lih gòo aak'ii t'ok chù' ddhak duuleh vitat tr'ihelyah.

pers, garlic gòo mushrooms duuleh vitat t'inilih.

Parsley, thyme gòo jidii herbs at'iiniindhan duuleh vitat t'inilih.

- 1 Gwinzhìh khadindit'ih
T'oo drik ihłak ts'at nành gwinahshii daankat khadindit'ih. Trih ditsik tik khadindit'ih.
- 2 Gwinzhìh ts'at daih vir chù' chuu tyah daankat ahteii tyah choo zhìt niinjah.

Gwinzhìh jidii tłok nilii gwits'at nyahvirh
Tyah, vidiniitn vakak dha'aii, iitsii kak ninj'aih. litsii gwidhah dàk ninj'aih. Tadinadlat gwits'at.

Tadinadlat dòi' iitsii gwidhàh zhàk ninj'aih. Tadinadlat gwits'at. Gwinzhìh jidii tłok nilii gwits'at nyahvirh, duuleh 30 minutes gahshùk.
- 3 Gehghee jidii vitat tr'ihelyaa vitat t'inilih
Tyah iitsii kak ekhè' uujiinuh. Vidiniitn vits'at uuniinjih. Iitsii gwidhah teenjir danh ninj'aih.
TJii kat tyah zhìt t'inilih:
○ 2-3 cups łuk khadineedit'uu
○ Aak'ii t'ok chù' iistii tyah ihłak
○ 2 tablespoons aak'ii t'ok ghài'
○ Lisel ts'at ligeevir
- 4 Łuk vikè'nyahch'uh
Vidiniitn vakak diinch'uh kwaa ekhè' uujiinuh. Iitsii gwidhah teenjir dha'aii ekhè' uujiinuh, tadinadlat gwits'at. Łuk dhivir gwits'at nyahvirh (5 minutes gahshùk). Vah nè'niindhah.

