

# 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:

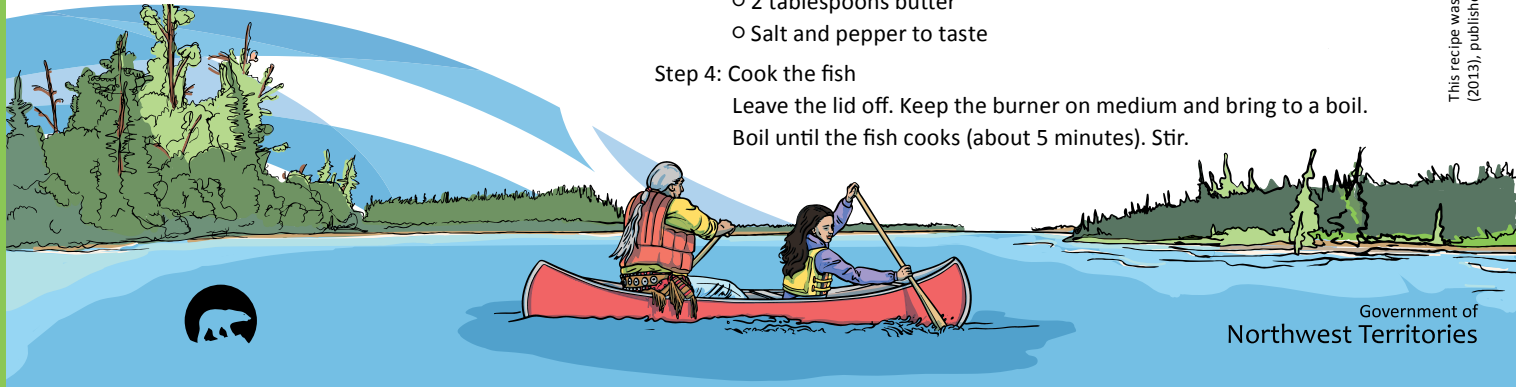
- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

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 Dēne Sųtiné.



# ŁUE THĒN XĒL HECHÁS, FISH CHOWDER HÚLYE

EDĒRI JAT'U BĒR HAT'ÉTH SÍ DJONA TS'ÉN SQLÁGHE NOGĒL HÁNÍŁTHÁ BEGHÁLADA ʔAT'E | ʔEDĒRI JAT'U HET'ÉTH SÍ, BET'Á ʔELK'ÉTAGH DĒNE BEGHÁLCHI ʔAT'E

## T'A T'Á HAT'ETH

- ʔı́łághe t'ł'ozélyane, nát'ath
- Dı́ nóshi, nat'ath
- Taghe tthay, nat'ath
- Dı́ tth'ay málay k'ásba tudhélaze
- Náke tó'tagh tó łue tthĕn nat'ath
- ʔı́łághé satsán tı́ł ʔejĕretth'ú (354 ml tó 1.5 ledı́ tth'áy tó)
- Náke łus nechá ʔejĕretth'ú tı́es
- Dedhay chu denı́ts'ı́aze chu

## ʔeyı́le dé t'a t'áat'ı́ xadúwı́le

Satsan tı́ł ʔejĕretth'ú ʔeyı́ bet'ánet'ı́le dé ʔejĕretth'ú gĕnĕ tó ʔejĕretth'ú ts'edá hát'ı́ t'ánet'ı́

ʔedĕri beta nele corn-u, celery-u, peppers-u garlic-u, mushrooms tth'ı́

Bet'á henı́ xa ʔedĕri neta nele parsley -u, thyme hulye tth'ı́-u, hat'ele dé nĕn t'a yı́dhĕn sí beta nele.

- 1 T'ası huneshe vegetables hulye náıt'áth ʔı́łághe t'ł'ozélyane chu dí nóshi chu náıt'áth. Tagh tthay nát'áth. ʔeyı́ vegetables, beyé bestı́l necha yé dı́ tth'áy málay k'ásba tudhélaze yé tánele.
- 2 ʔeyı́ vegetables deyérle ts'ĕn nı́ghus. Beyé bestı́l bekáıtan bek'e thetá-u, tsq'k'ĕn k'e níłtı́. Tsq'kĕn bedáhárı́deth, té nédhĕl għá níłdeth. Nelghus ʔane ts'ĕn nelbes. Nı́lghas dé, yuyághe náı́deth. Nelghus ʔane ts'ĕn nelbes. ʔeyı́ vegetables hulye deyérle ʔane ts'ĕn nı́ghus, tónas nogĕl hánı́łtháá húk'e ts'ĕn.
- 3 Begħáłtthĕn t'a t'á hát'ĕth beta ʔanele. ʔeyı́ beyé bestı́l hı́łchás sí hat'ı́ ts'q'kĕn k'e thetágh ʔanale. Bekáıtan hánetı́, Ts'q'kĕn yuyághe náı́dith, tanıs húk'e ts'ĕn. ʔedĕri beyé bestı́l yé nele:
  - Náke tó'tagh tó łue tthĕn nat'ath
  - ʔı́łághé satsán tı́ł ʔejĕretth'ú
  - Náke łus nechá ʔejĕretth'ú tı́es
  - Dedhay chu denets'ı́aze chu beta nele henı́ xa
- 4 Łue nelt'ĕth Bekáıtan bedı́. Ts'q'kĕn tanıs k'e níłdeth-u, níłghas ts'ĕn nı́ghus. Łue hebes ts'ĕn nı́ghus (sqlághe nogĕl húk'e xa). Benáıgĕs.



ʔedĕn ʔereht'ı́s yé begħáł t'ası hát'ĕth bek'ureht'ı́s sí 'Great food for Northern Cooks' hulye ʔereht'ı́s tsı́ ʔat'e. ʔedĕri ʔereht'ı́s beyé recipes hulye k'ureht'ı́s sí té neqı́ benuredı́-u, neqı́ bek'áth xadúwı́le, ʔeyı́ Northwest Territories Literacy Council hulye yĕrı́ t'ı́s-u yĕłtsı́ ʔat'e.