

## **Diet**

The traditional Inuit diet was limited by what they could fish, hunt, and gather in their environment. The diet was mostly meat and fish (whale, walrus, seal, polar bear, cod, lake trout, caribou, char, and bird). They also gathered eggs and berries (such as crowberry and the very delicious cloudberry). They had few prepared dishes. One exception is bannock, a flatbread made by pounding maize, roots, or tree saps into flour and adding water, fat, and a leavening agent, and then baking over an open fire.

## **Healthy recipe**

### **Bannock with cloudberry jam (serves 4-8)**

#### *Ingredients*

3 cups flour

2 tbsp. baking powder

¼ cup healthy vegetable oil

1 ½ cups water

1 jar cloudberry jelly (cloudberryes are very difficult to access, but cloudberry jellies can be purchased at specialty stores or on internet sites such as E-bay)

#### *Directions*

1. Preheat oven to 400 degrees F.
2. In a large bowl, mix together the flour, baking powder, salt, water and oil. Knead on a lightly floured surface for about 10 minutes. Let stand for a minute, then spread out onto a cookie sheet to 1 inch thickness. Poke holes in the dough using a fork.
3. Bake for 15 to 20 minutes in the preheated oven, until the bottom is golden when you lift up the bread.
4. Cut the bread into wedges and cover with cloudberry jam. Serve with broiled trout.