

AREA: Fall Foods

TOPIC: Moose *wldzii*

CONCEPTS

1. A moose is a large animal with specific biological characteristics.

2. Moose was/is hunted by the men of Port Simpson in the fall around the Skeena River area.

3.
 - a) In the past the men used spears and snares to hunt the moose.
 - b) Today the men hunt moose with rifles.

4.
 - a) In the past the women would go out hunting with the men so they could help skin and cut up the moose.
 - b) Today the men hunt and skin the moose.

5.
 - a) In the past the fresh meat was barbecued or boiled with the hot rock method.
 - b) Today moose meat is boiled, stewed, roasted, fried or barbecued.

6.
 - a) In the past the women would preserve the meat by cutting it into thin strips and hanging it up to be dried and smoked to preserve it.
 - b) The strips of preserved moose meat could be eaten dry or boiled for a few minutes then eaten.
 - c) Today women preserve moose meat by salting, freezing, jarring or canning it.

INTENDED LEARNINGS

Students will be able to:

- 1.1 Describe the biological characteristics of a moose.
- 1.2 Given pictures of a number of animals, the student will be able to identify a moose.

- 2.1 State when and where moose was/is hunted.

- 3.1 Compare how moose was hunted in the past and the present.

- 4.1 Explain why women went out hunting with the men.

- 5.1 Describe how moose meat was cooked in the past and the present.

- 6.1 Compare how moose meat was preserved in the past and the present.
- 6.2 Plan a meal with moose meat as the main dish.
- 6.3 Prepare or preserve some moose meat.

PORT SIMPSON RECIPESROAST MOOSE MEAT

Soak overnight a 4 or 5 pound piece of moose meat in a large pot with water and 2 tablespoons of brown sugar.

Drain when ready for use, wipe dry. Sprinkle the roast with salt and pepper and a little garlic powder.

Place meat into a pan with 2 tablespoons oil and 1 cup of water.

Roast for 3 hours with the oven on 350.

GRAVY

Remove roast from pan and keep in a warm place.

Measure 1/4 cup pan drippings.

Blend in 1/4 cup flour and 1 teaspoon salt.

Gradually stir in 2 cups water or vegetable stock.

Stir briskly until gravy boils and is smooth and thick.

This makes about 2 cups of gravy.

CURRIED MOOSE MEAT

Soak the meat overnight just like for the Roast Meat.

When the meat is ready to cook, cut it into bite size pieces.

Fry them in a pan with 2 tablespoons oil.

Cut one medium onion into thin slices, add to the meat and brown.

Mix together: 1/4 cup flour
 2 cups water
 1 or 2 tablespoons of curry powder

Stir this mixture until smooth.

Then stir it into the pan of meat.

Keep stirring until it thickens.

Pauline Dudoward

PORT SIMPSON RECIPESMOOSE STEW

Cut one pound of moose meat into one inch square pieces. Flour pieces of meat in 1/4 cup flour. Heat large pot with 3 tablespoons oil, place meat into pan and fry until browned.

Add: 1/2 cup chopped onions
1 cup tomato juice
1 teaspoon salt
1/4 teaspoon garlic powder.

Stir to blend evenly.

Add: 1 cup diced potatoes
1 cup sliced carrots
1 cup sliced celery

If you like you may add 1 teaspoon dried parsley flakes.
1 cup water (more or less if necessary)

Cover pan and simmer slowly for 2 1/2 hours, stirring occasionally.

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