

AREA: Fall Foods

TOPIC: Mountain Goat *mati*

CONCEPTS

1. Mountain goats are very agile, sure-footed animals that eat lichens and moss on rocks.

2. Mountain goats were/are hunted during November and December on rocky mountains and cliffs up Work Channel and Steamer Pass, on Mount McNeil and near Union Lake. Some people hunt mountain goats along their traplines up the Skeena, Nass and Ecstall Rivers.

3.

a) In the past men and women would go out hunting mountain goat. They would set up camp in a mountainous area and stay there for weeks. The men hunted and the women worked on the mountain goat meat and skins right at the camp.

b) Today when men go out hunting mountain goat they only stay out for a few days. They bring the mountain goats back to Port Simpson where the women work on the meat.

4.

a) In the past different methods were used for hunting mountain goat.

i) the men would find a mountain goat trail and sit in hiding with their hunting dogs near a cliff or drop-off. They would wait for a mountain goat to come along and then have the dogs chase the mountain

INTENDED LEARNINGS:

Students will be able to:

1.1 Describe the biological characteristics of mountain goats.

1.2 Given pictures of a number of animals the student would be able to identify a mountain goat.

2.1 Given a map of the Port Simpson area, the student would be able to mark locations where mountain goats were/are hunted.

3.1 Compare hunting trips for mountain goat in the past and the present.

4.1 Explain how mountain goat was hunted in the past and compare that to how it is hunted in the present.

goat off the cliff. It would be killed or stunned by the fall and the hunters could finish it off.

- ii) spears.
- iii) bow and arrow

b) Today the men use a 30/30 or 303 rifle with a high projectile bullet.

5. After a mountain goat was/is killed the following steps were/are followed:

- a) cut its throat to bleed it.
- b) gut it.
- c) drag or carry it off the mountain.
- d) hang it for a week to ten days (some people do not hang it at all).
- e) skin and butcher it.

6. The mountain goat was/is cooked a number of ways.

- a) In the past the meat was:
  - i) boiled
  - ii) thin strips roasted over an open fire.
- b) Today the meat is:
  - i) boiled
  - ii) stewed
  - iii) roasted
  - iv) steaks and chops are fried
  - v) ribs are baked

c) The fat was dried and chewed like chewing gum.

7. The mountain goat meat was/is preserved a number of ways:

- a) In the past the meat was:
  - i) dried
  - ii) smoked
- b) Today the meat is:
  - i) frozen
  - ii) made into a stew and canned
  - iii) salted

5.1 List the steps involved in preparing a mountain goat after it has been killed.

5.2 Draw a mural illustrating the different steps involved in hunting mountain goats and preparing them for eating. Label the steps.

6.1 Compare the ways mountain goat meat was cooked in the past and the present.

6.2 Write out a modern recipe for cooking mountain goat.

6.3 If mountain goat meat can be obtained, prepare some, using either a traditional or modern method.

6.4 State how mountain goat fat was eaten.

6.5 Plan a meal with mountain goat as the main dish

7.1 Compare the ways mountain goat meat was preserved in the past and the present.

7.2 If mountain goat meat can be obtained, preserve some using either a traditional or modern method.

8. There were/are a number of special uses for mountain goats:

- a) the fat was melted and used as face cream.
- b) the mountain goat hair was woven into Chilkat Blankets.
- c) mountain goat hides were made into cloaks and blankets.
- d) mountain goat horns were carved into spoons, whistles, necklaces and hooks.
- e) mountain goat meat, horns and hides were a special trade item with the Haidas.

- 8.1 List three special uses the Port Simpson Indian people had for mountain goat.
- 8.2 Describe what a Chilkat Blanket looks like.
- 8.3 Given pictures of different kinds of blankets, the student would be able to recognize a Chilkat Blanket.
- 8.4 Draw and colour a mountain goat horn spoon.

PORT SIMPSON RECIPESMOUNTAIN GOAT STEW

Soak a 2 to 3 pound piece of meat overnight in a large pot with 1 tablespoon of salt added.

Drain and cut meat into one inch pieces. Put the cubes of meat into a pot with 2 tablespoons of oil. Brown the meat.

Add  $\frac{1}{2}$  cup water, salt and pepper to taste. Simmer until the meat is nearly cooked.

Add 1 cup diced carrots

1 cup diced potatoes (leave the potatoes whole if potatoes are small in size)

$\frac{1}{2}$  cup diced onions

$\frac{1}{2}$  cup diced celery

Cover with water and cook until the vegetables are tender.

Add 1 tin tomatoes.

Add water to  $\frac{1}{2}$  cup of flour, stir until smooth. Add this to the stew and stir until the gravy is smooth.

Serve and eat.

Pauline Dudoward

PORT SIMPSON RECIPESMOUNTAIN GOAT STEAKS

Soak meat overnight in a pot of water with a tablespoon of salt.

Drain and wipe dry.

Heat 2 tablespoons of oil in a frying pan.

Slice the meat into 2 inch thick pieces. Place the slices of meat into the hot oil and fry until brown. Turn over and fry until brown on the other side.

This takes about 3 to 4 minutes.

Serve with potatoes, salad and vegetables.

Use the drippings of the pan for gravy.

MOUNTAIN GOAT SOUP

Soak 1 pound of meat overnight.

Drain, then cut the meat into bite size pieces. Put them into a large pot of water. Add salt and pepper.

Add: ½ cup diced potatoes  
½ cup diced carrots  
½ cup diced onions  
1 stalk celery  
½ cup diced cabbage

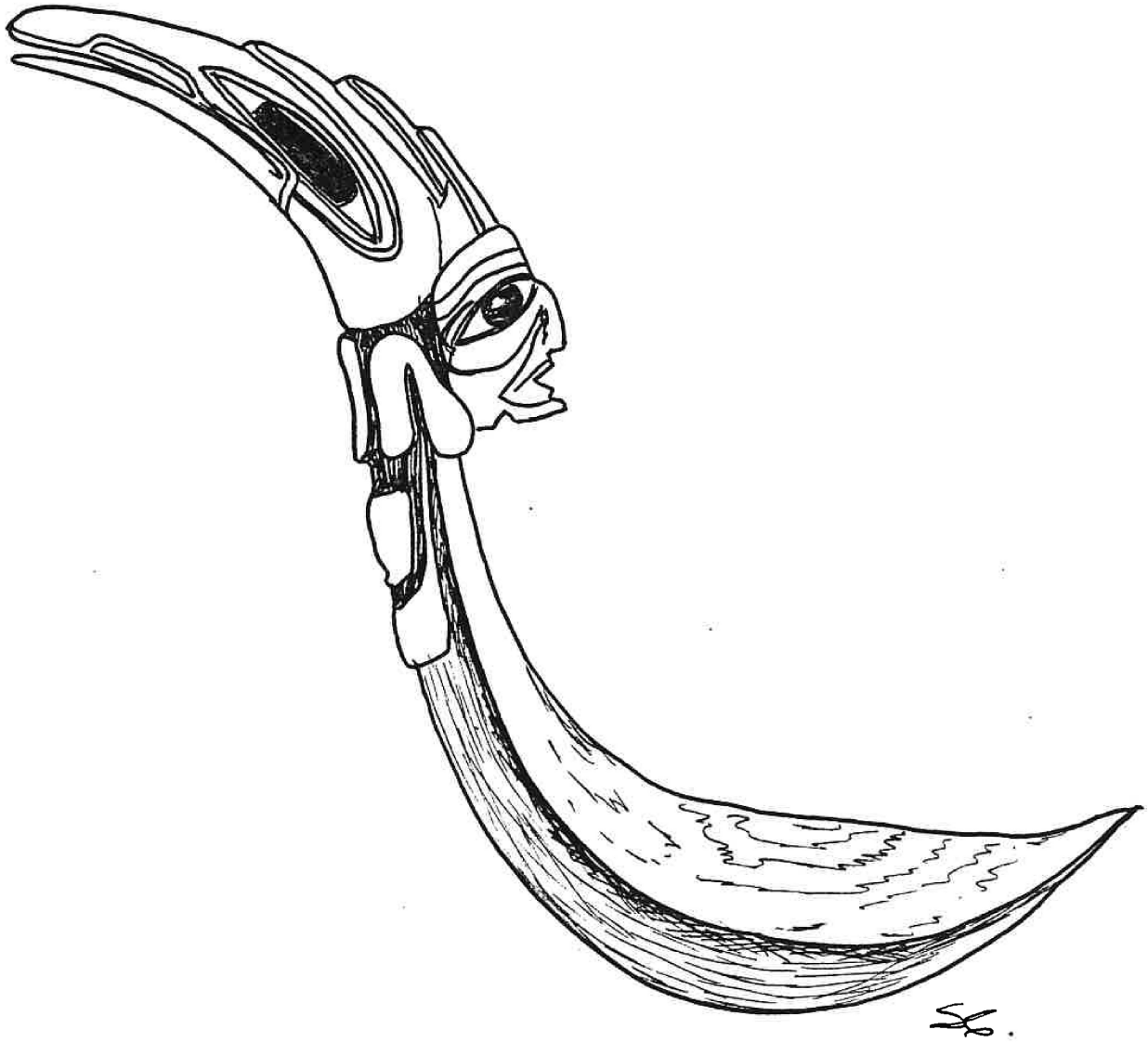
Cover with water and boil for half an hour or until the vegetables are tender.

Add 1 small can tomatoes and ½ cup macaroni.

Boil and stir until the macaroni is tender.

Serve the soup.

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MOUNTAIN GOAT HORN SPOON - hapxdawiiw