



## Curried Caribou

- ï 1 lb caribou cut into smaller stew cubes
- ï ¼ c butter or olive oil
- ï 1 onion – diced small
- ï 1 tray button mushrooms – quartered
- ï 1 large tomato – diced
- ï 2 large cloves garlic (about 1 tbsp) – mulched or diced
- ï 1 tbsp ginger – mulched
- ï 1 package of spice mix
- ï Basmati rice
- ï Cauliflower

This recipe transfers well to chicken, lamb, beef, and pork or almost any other meat

### Cauliflower

1. Preheat oven to 375 degrees
2. Cut the cauliflower into fleurettes, toss in garlic butter mix and roast in the oven for 20-30 minutes
3. The cauliflower will still be a little crunchy if preferred, cook longer

### Basmati Rice

1. Place water and rice in saucepan;
2. Bring to simmer on medium-high without the lid;
3. When the entire surface is bubbly and foamy, place a lid on, turn down to medium-low and cook for 12 minutes
4. Remove from stove and rest 10 minutes
5. Fluff with a fork

Cook cauliflower and rice while preparing caribou



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## Curried Caribou

1. Caramelize diced onion in a frying pan on medium heat until nicely browned with about ¼ cup each of butter and olive oil. Stir regularly (will likely take about 15-20 minutes)
2. In a separate frying pan melt ¼ cup butter and brown the quartered mushrooms on medium-high heat – remove from heat and set aside
3. To the caramelized onion add diced/mulched ginger and garlic, and spice mix. Push the onion mix to the edges of the pan and brown caribou in the centre of the pan (you can choose to remove the onion mix and add it back in once you cook the caribou).
4. Once caribou is cooked, add the diced tomato to help deglaze the pan.
5. Add the browned mushrooms. Toss to mix all ingredients together.
6. Serve over rice with roasted cauliflower on the side.

*If you prefer to add “heat” you can add cayenne. I did not as I do not enjoy spicy food. Cooking is all about personal taste. You can add more or less of any of the ingredients...make it to suit you and your family’s taste.  
NIUM!!! ENJOY!!!*

Brought to you by **Trudy Metcalfe-Coe**

Originally from Nain, Nunatsiavut, the Inuit Land Claims region in Northern Labrador, Inuk Chef Trudy Metcalfe-Coe has called Ottawa home for thirty-plus years. Trudy started cooking around the age of twelve and takes pleasure in bringing comfort to family, friends and community, through her love of creating tasty dishes from Country Food (food from the Arctic such as caribou, seal, arctic char and musk ox). Trudy is a very proud Mama to two successful daughters who are strong Indigenous Leaders in their community and a loving Titi to her two precious grandchildren. Trudy is also very artistic and spends many evenings in front of her sewing machine sewing beautiful parkas based on traditional Inuit designs, with a modern twist. She also creates jewelry using seal skin and enjoys beading.



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