



Cooking in Kwákwala

June 25th, 2021

Elk Stew

ingredients

2 lbs elk or (store-bought meat)

4 Carrots

1 Medium Onion

1 Small Turnip

*any other Vegetable you want to add

Gravy

Flour

Water

Side Dish

10-12 Potatoes

1/4 C Milk

1/4 C Butter

Salt (to taste)



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June 25th, 2021

Elk Stew

ingredients

2 lbs tawal's aldzi
4 Medium xatam
1 Medium makwatsi
1 Small tanabas

Gravy

kwax
'wap

Side Dish

10-12 kwu'si
1/4 C mak
1/4 C Butter
damsxi (to taste)