

FISH CHOWDER

THIS RECIPE TAKES 45 MINUTES TO MAKE | THIS RECIPE MAKES 6 SERVINGS

INGREDIENTS

- 1 onion, chopped
- 4 potatoes, chopped
- 3 carrots, diced
- 4 cups chicken broth
- 2-3 cups fish pieces
- 1 can evaporated milk (354 ml or 1.5 cups)
- 2 tablespoons butter
- Salt and pepper

Options:

- Use fresh or powdered milk instead of evaporated milk
- Add corn, celery, peppers, garlic, or mushrooms
- Add parsley, thyme, or other herbs you like.

DIRECTIONS

Step 1: Chop vegetables

Chop 1 onion and 4 potatoes. Dice 3 carrots.
Put vegetables in a large pot with 4 cups of chicken broth.

Step 2: Cook vegetables until tender

Put the pot on the stove, lid on. Turn burner to high.
Bring to a boil.
As soon as it boils, turn burner to low. Bring to a boil.
Simmer until vegetables are tender, about 30 minutes.

Step 3: Add other ingredients

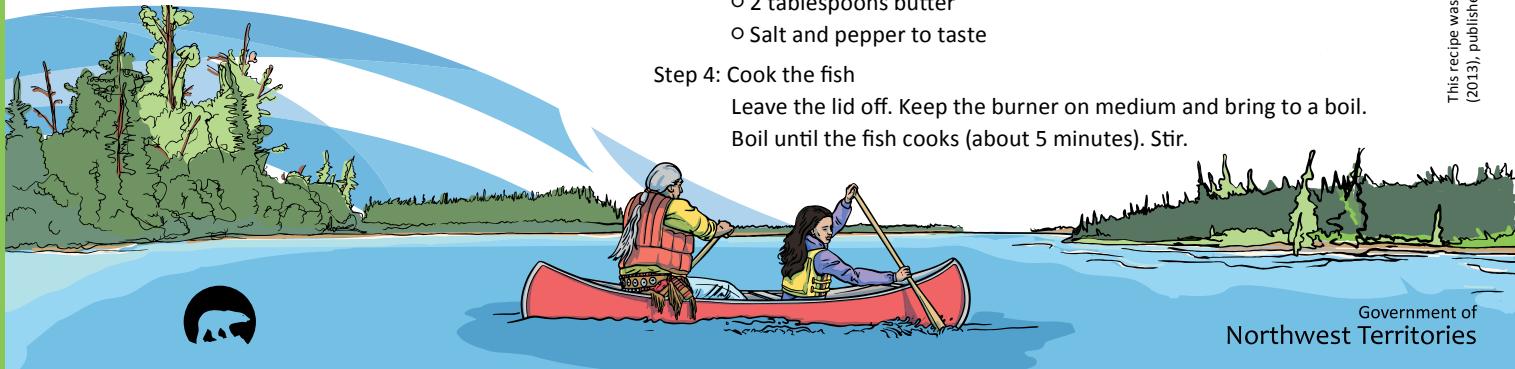
Leave the pot on the stove. Take the lid off. Turn the burner to medium.
Add to the pot:

- 2-3 cups fish pieces
- 1 can evaporated milk
- 2 tablespoons butter
- Salt and pepper to taste

Step 4: Cook the fish

Leave the lid off. Keep the burner on medium and bring to a boil.
Boil until the fish cooks (about 5 minutes). Stir.

This information has been translated into Dene Zhaté.



ŁUE TUDHE DET'OH

Kí djj hono žóó sylái go-denéhté' zoh ghá káa dúlé edj megháadé mékáet'éh enats'ít'e | Dene ehts'étai edj mégháadé mékáet'éh zoh gonet'í.

Azhíı ts'enídhe

- Tł̄l leéch'íjé tì é azhqo tats'edeckah
 - Nihshih djl̄l azhqo tats'edeckah
 - Tthah tai azhqo tats'edeckah
 - Dih tudhe djl̄l libó
 - Łue aetseliah tadat'á, qkí j̄ le énídē tai libó
 - Satsq̄ tenie t'áh ejiet'ó t̄l̄q (tíé libó ɬóq̄ taní)
 - Ejiet'ó-tl̄héh ɬuah qkí nechá
 - Denjts'í gots'eh dedhaa

Ahsí gonanée káa dúlé mét'ah ts'endih

Satsó tene t'áh ejiet'ó nets'eh le énídé káa dülé zhu kúé ts'eh ejiet'ó j le énídé ejiet'ó thego t'áh aneléh.

Ahsí ts'enehsheh detthoí, jít'o láondih, detsili, t'otsí aetseliah, jí le énidé dlóo ts'udzea.

Met’ah ahsí nezü təndíh ghá chu metah aneléh í le
énidé azhíí neghá nezü metah aneléh.



Athee ts'é: Azho ahsíí ts'enehsheh tadíhtheh

Tł'ots'i 1 taⱡ t'à eyits'o nⱡ hshe 4, whah 3 nechàlea taⱡ t'à.

Tł'oh kaɂa hazho to nechà yìaɬe wexè k'àmba wet'i weta nehtl'i.

Nàke 2: Tł'oh k'aşa hazho dezhìlea ts'ò neht'è

Tə asq'k q' k'e njige, wedaàtò xè. Nàtsø k'e whetø anele. Ehxoà anele. Ehxoà t'axqø, natsolea ts'q' njì tì. Ehxoà anele. Ts'ehwħj a nexoò, hazho whah kaža dezhilea ade ts'q', 30gèa akiyeh.

Taı 3: Asıı ɬadı weta anele

Tó wedaàtq wede asq'q k'e dawhetq anele. Asq'q tanı ts'q wheto anele.

To yìi nehtł'i:

○ Ბwekwò lìbò 2-3

° satsòto ejìet'oò 1

° echilji nechà 2 ejjet'oòtl'eh

◦ Negha nezi ts'ò dewa evits'o dihcts'ia weta anele

D1 4: ḥiwekwò neht'e

Wedaàtq wede. Asq'q tanı k'e whetq anele eyits'q ehxoò anele.

Łiwekwò et'è ts'ò nehxoò. Ets'aìj geh.

