

## ~Fresh trout flour soup~

Recipe by, Ethel Geffe of Family Crisis Center.

Passed on by Vernetta Nay Moberly/Inupiat Illitquasiat

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This time of the year the trout are passing by, they are fat and best for 'goaq'. However, to make the flour soup; as you visit different families the soup is made differently. Some make the flour broth nice and thick and some folks like it in a thinner texture. You can remove the already boiled fish steaks out of the pot, debone and put the fish back into the pot. The fish will break but that is okay. Today the KSCCC Elders and the Kotzebue Elders who are meals on wheels clients will have enjoyed trout flour soup for lunch. Thanks to Cyrus Harris the Subsistence Coordinator, he came in with a tub full of 8 whole trout yesterday.

- \* 1 trout, gutted, cleaned, and cut into chunks (do not cut the head, leave whole/optional).
- \* Onion, cut up.
- \* Add salt and pepper to taste.
- \* 1 tsp. Curry if desired.

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Boil fish chunks (and head) with onion, salt, and pepper for 35 to 45 minutes. (Remove the floating 'foam' stuff.) Mix about 2 to 4 full table spoons flour and ½ cup cold water to make flour base; should be smooth. Pour flour base into boiling trout. Add curry if desired. Simmer an additional 10 to 15 minutes.

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**Remember trout soup will sour fast, so put away from warm surface.**  
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To make the 'TiNaulik'; boil livers 10-20 minutes-not mushy. Mash cold cooked livers thoroughly, add some remaining broth to a mustard consistency then fold in ripe black berries. Tom Cods and mud shark livers are made the same way when the trout run is over.

For argiq/roast: Whole, gutted. Cross slash the top; add dried onions, salt, pepper - any seasons you enjoy. You may trim with quartered potatoes and carrots. Bake in 500 degree oven for about 20 minutes. Fresh trout gets soft easily: freeze, cook or cut similar as salmon and hang on fish racks for few days. Hang skin side on rack the 1<sup>st</sup> day, turn over when the meat side surface dry; keep turning=free of moisture. Do not wash because trout meat will fall apart; trout is clean when cut, you can scrape the remaining slime off the meat and skin side before and after cutting and hang; made into half dried 'goaq', and or for ½ dried, 'argiq'/roast-very delicious. Cannot completely dry well due the trout is too fat. 'TiNaulik': I am boiling the livers for the Elders and they will enjoy for their 8p.m. snack.