

Kokom's Moose Recipe

KITIGAN ZIBI ANISHINABEG



The Offering



*A First Nations
Recipe Booklet*



Smoke Signals

FOOD FOR THOUGHT

Protect the Moose in La Verendrye Wildlife Reserve

In 2018, at least 19 696 moose were killed by non-indigenous hunters in Quebec, many of them just to become trophies. As part of the Anishnabe People of the land, today known as the Algonquins of Barriere Lake, we are the dwellers and stewards of the forest which has been called the Réserve Faunique de La Verendrye since 1979, under the broken promise that it would be restored back into a protected park ten years later.

The Anishnabeg of the land have lived hundreds of years migrating through these rivers and lakes to hunt and fish, living a peaceful and sustainable way of life with the forest and its animals. Living in and off this land, they keep track of moose, and care for it to flourish. Our traditional knowledge requires us to pay reverence and respect to the animals that give their life to sustain our own. For the last five years, our elders and community hunters noticed an increasingly stark decline in moose populations, witnessing more and more acts of violence and animal cruelty against them, with their heads severed and their bodies abandoned in the forest. Our elders now demand for something to be done to protect the moose.

In the 2019 hunting season, 47,20% of the 184 moose that were spotted by non-indigenous hunters - as compared with 289 which had been seen in 2017 - were slaughtered. In 2020, concerned about a decline in the moose population, the community took the matter into its own hands when hunting season opened on Sept. 14. Checkpoints were set up in the wildlife reserve, located about 300 kilometers northwest of Montreal, at junctions off Route 117 by members of Barriere Lake but also Kitigan Zibi, Lac-Simon, and Kitcisakik. The communities called on the Quebec government for a moratorium on moose hunting in the wildlife reserve of La Verendrye; to no avail.

The moose was declared an endangered species in Nova Scotia in 2003, with less than 1000 animals left, and Minnesota did the same in 2016, after the moose population declined dramatically by 60%. The Cree Trappers Association recently joined our Anishnabe Nation in demanding the government of Quebec to recognize the urgency of the situation, but the money earned from sport hunting permits seems to count more than animals. Based on a highly-questionable aerial survey done over Abitibi in 2017, the government keeps saying that everything is fine, paying no attention to what we witness on our ancestral land.

[JOIN US TO PROTECT THE FUTURE OF NATURE!](https://www.change.org/p/protect-the-moose-in-la-verendrye-wildlife-reserve)

[HTTPS://WWW.CHANGE.ORG/P/PROTECT-THE-MOOSE-IN-LA-VERENDRYE-WILDLIFE-RESERVE](https://www.change.org/p/protect-the-moose-in-la-verendrye-wildlife-reserve)



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Yet something can and must be done to save this majestic animal which our people have lived with in peace for time immemorial. Hereby we call out to all individuals and organizations concerned with wildlife sustainability to support our demands.

To the Ministère des Forêts, de la Faune et des Parcs du Québec, we reclaim:

- 1) The revocation of all moose hunting permits issued for the 2020 hunting season in the Réserve Faunique de La Verendrye.*
- 2) A moratorium on moose hunting in the Réserve Faunique de La Verendrye to take effect immediately, and until the following demands have been fulfilled.*
- 3) A formal and strict interdiction of hunting moose females (cows) and calves.*
- 4) An independent survey to be lead on moose populations in the Réserve Faunique de La Verendrye, including a study of the impacts of sport hunting, and deforestation, as well as a scientific investigation of the presence of ticks and possible lime-disease on moose, as remarked by a few hunters.*
- 5) The creation of a special committee dedicated to devise a 5 to 10-year moose population recovery plan, including joint teams of non-indigenous experts and local Anishnabe hunters and elders, which will serve as a basis for a permanent wildlife monitoring team after this period.*
- 6) The fulfillment of the 1979 promise to restore the Réserve Faunique de la Vérendrye as a Protected Park whose stewards are the Anishinabe (Algonquin) People of the Ottawa River Watershed, the Algonquins of Barrière Lake, whose land has never been ceded and who have never signed any land claim treaty.*

In return, the Algonquins of Barrière Lake commit to outline hunting regulations concerning indigenous hunters, and abide by them.

Source: <https://www.change.org/p/protect-the-moose-in-la-verendrye-wildlife-reserve>

*** If you are Anishinabe and want to voice your opinion and or concerns about the Moose Moratorium visit the [Anishinabe Call for a Moose Hunting Moratorium in La Verendrye Park Facebook Page](#).*

JOIN US TO PROTECT THE FUTURE OF NATURE!

[HTTPS://WWW.CHANGE.ORG/P/PROTECT-THE-MOOSE-IN-LA-VERENDRYE-WILDLIFE-RESERVE](https://www.change.org/p/protect-the-moose-in-la-verendrye-wildlife-reserve)



Kokom's Moose Recipe

A RECIPE BY EMMA DESCHENES

Ingredients

- 1.5 Kg Moose Flank
- 700 g Potatoes
- 375 g Yellow Onion
- 3 tbsp Sunflower Oil
- 2 cups water
- 2 black or orange pekoe tea bags
- salt (to taste)
- pepper (to taste)

Instructions

Cut the potatoes into ¼ inch. round slices and place them in a bowl. Peel and cut the onion in half, then cut it into thin strips. Set the onions aside. In a separate bowl, slice the moose meat into thin strips and preserve the liquid for later use. Preheat a cast iron dutch oven then add the sunflower oil. Add the sliced onions to the oil and saute them until they are caramelized. Once the onions are golden brown, add the moose meat along with whatever “blood” is pooled at the bottom of the bowl, it is quite essential for flavouring. Caramelize the moose meat slightly then add the potatoes, deglaze the pot with water, add the tea bags and cover with the lid and lower the heat. Allow the stew to simmer for 30 minutes. Season the moose stew with salt and pepper, and enjoy this tender hearty meal!

[CLICK HERE TO WATCH EPISODE 1 JUSTINE COOKS PREPARE HER KOKOM'S MOOSE RECIPE](#)



Food Safety

HOW TO SAFELY COOK YOUR MOOSE

COOKING

Wash your hands with warm, soapy water. Wash and sanitize surfaces before and after preparing foods. Wash raw fruits and vegetables before you prepare and eat them.

Always keep raw meat, fish and poultry separate from cooked foods, or foods that will be eaten raw like fruits and vegetables.

You cannot rely on the colour or smell of food to know when your food is thoroughly cooked. Use a thermometer by inserting the food thermometer in the thickest part of the food to check if it is cooked. For moose meat, the internal temperature should be 74 °C (165 °F).

Chilling food properly is important. Harmful bacteria can grow quickly when food is in the danger zone of 4 °C to 60 °C (40 °F to 140 °F). To reduce the chances of this happening, you should refrigerate or freeze cooked food within 2 hours.

Defrosting meat, including poultry, fish and seafood, can be done in: the refrigerator or within a sealed package under running cold water. Defrosting food on the counter at room temperature allows bacteria to grow, which could increase your chance of getting food poisoning.

HUNTING AND GATHERING

When you are hunting it is best to follow these food safety practices to avoid getting food poisoning:

After field dressing, cool the carcass by cutting it into halves, quarters, or pieces. Place the pieces in clean cloth or plastic bags and place in a cooler with ice. Keep game meat cool and covered until it is ready to be cooked, or frozen for later use.

Cook the meat thoroughly to the recommended internal cooking temperature to kill any bacteria or parasites that may be present.

These food safety tips are brought to you by the Government of Canada.

[CLICK HERE TO LEARN MORE FOOD SAFETY TIPS](#)

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&
REBELS IN THE KITCHEN

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SPECIAL THANKS

BOB COTE FOR THE MOOSE MEAT, JACQUELINE DESCHENES FOR DONATING THE BIRCH PLATE, EMMA DESCHENES FOR BEING THE ARTIST BEHIND THE BIRCH PLATE, EDGAR DESCHENES FOR HIS HOSPITALITY, AND TO VIRGINIA DESCHENES FOR HELPING WITH ANISHINABEMOWIN (ALGONQUIN LANGUAGE) TRANSLATION.

PHOTOS BY: DONALD CHARETTE (REBELS IN THE KITCHEN)

FUNDING FOR THIS PROJECT WAS PROVIDED BY THE FIRST NATIONS & INUIT HEALTH BRANCH, INDIGENOUS SERVICES CANADA.

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