

Mariah's Smoked Fish

KITIGAN ZIBI ANISHINABEG



The Offering



*A First Nations
Recipe Booklet*



Mariah's Smoked Fish

A RECIPE BY MARIAH MIIGWANS (LEATHER FEATHER) SMITH
CHABOT

Ingredients

Smoked Fish

- 2 Trout or Walleye Filets
- 2 cups apple wood chips (soaked in water)

Instructions

Start a large fire and let it burn down to coals. Spread the hot coals around to reduce heat and encourage smoking. Drain the apple wood chips and sprinkle in some between the coals. Place the grill 10-14 inches above the coals. Clean the trout and butterfly it.

Once the coals cool down enough and emit a comfortable steady heat, it's time to smoke the fish. Place your butterflied trout skin side down directly on the grill, no oil needed. Poke at the coals or add a chip or two occasionally if it stops smoking. Cooking time will vary from 2-3 hours.

You can speed up the cooking process after smoking the fish for at least 30 minutes by wrapping it in foil and laying it on the grill with direct heat from the coals. Make sure you flip it over every 10 minutes until the fish is cooked through but not flaky and falling apart. You'll also notice that we smoked our fish in the video skin-side up to speed up the smoking process.

[CLICK HERE TO WATCH EPISODE 2 ON HOW TO PREPARE MARIAH'S SMOKED FISH RECIPE ON OUR FACEBOOK PAGE](#)



Mariah's Smoked Fish

A RECIPE BY MARIAH MIIGWANS (LEATHER FEATHER) SMITH
CHABOT

Ingredients

Wild Rice

- 1 ½ cups Wild Rice
- 4 ½ cups Water
- ¼ cup Awazibi
- ¼ cup Wild Blueberries

Green Salad with Berries

- 2 cups Fresh Baby Spinach
- ½ cup Wild Blueberries
- ½ cup Strawberries
- ½ cup Raspberries

Instructions

Wild Rice

In a medium saucepan, combine the wild rice with the water and bring them to a boil on high heat. Reduce heat to medium or low and simmer/cook the rice for about 45 minutes, covered. Cook until the rice is soft but not mushy. Once you notice that most of the grains have popped, you'll know the rice is ready. Once the rice cools down, add the wild blueberries and Awazibi and fold them in gently with the rice.

Green Salad with Berries

Slice the strawberries into quarters. Place the spinach in a bowl and top them with the berries.

[CLICK HERE TO WATCH EPISODE 2 ON HOW TO PREPARE MARIAH'S
SMOKED FISH RECIPE ON OUR FACEBOOK PAGE](#)



Food Safety

HOW TO SAFELY COOK YOUR FISH!

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 if possible by inserting the food thermometer in the thickest part of the food to check if it is cooked. For fish the internal temperature should be 70°C (158°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.

FISHING

Fish and shellfish are low in saturated fats and cholesterol, and provide a good source of protein and essential nutrients. While they are an excellent source of nutrition, some fish and shellfish can be contaminated by toxins and harmful microorganisms found in the waters.

Here are a few tips to make sure that the fish and shellfish you eat are safe:

- *Eat smaller and younger fish.*
- *Make sure fish and shellfish have not been harvested in a known contaminated area.*
- *Refrigerate or freeze fish and shellfish until they are ready to be cooked.*

Visit the [Environment Canada website](#) or talk to your Environmental Health Officer to find out what types of fish and shellfish are safe for you to eat.

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

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

The Offering



OFFERED TO YOU BY
JUSTINE COOKS
&
REBELS IN THE KITCHEN

WATCH OUR VIDEO
SERIES
@THEOFFERING.FN



SPECIAL THANKS

TOMMY "GUNZY" LABELLE FOR THE FISH TRADE / SAMANTHA TENASCO FOR THE WILD RICE TRADE / AARON COMMANDO, DWAYNE CHABOT, AND TALOR DIABO FOR HELPING WITH THE FILMING SET CONSTRUCTION / SHAWNESIA OTTAWA FOR WEAVING THE WILLOW FISH GRILL / 'SMITH' FAMILY FOR ALL-AROUND SUPPORT / MARIAH MIIGWANS SMITH CHABOT FOR HER WELCOME SONG, GENEROUS HOSPITALITY, HOOP DANCE, AND RECIPE.

PHOTOS BY: DONALD CHARETTE (REBELS IN THE KITCHEN)

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

DISCLAIMER:

THE INFORMATION AND OPINIONS EXPRESSED IN THIS PUBLICATION ARE THOSE OF THE AUTHORS AND DO NOT NECESSARILY REFLECT THE OFFICIAL VIEWS OF THE DEPARTMENT OF INDIGENOUS SERVICES CANADA, GOVERNMENT OF CANADA.