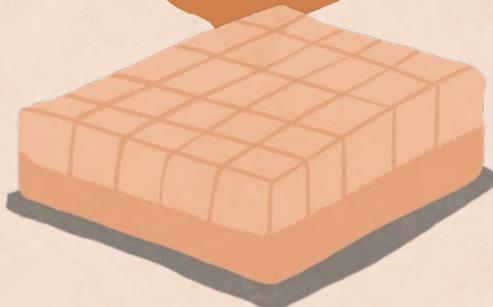
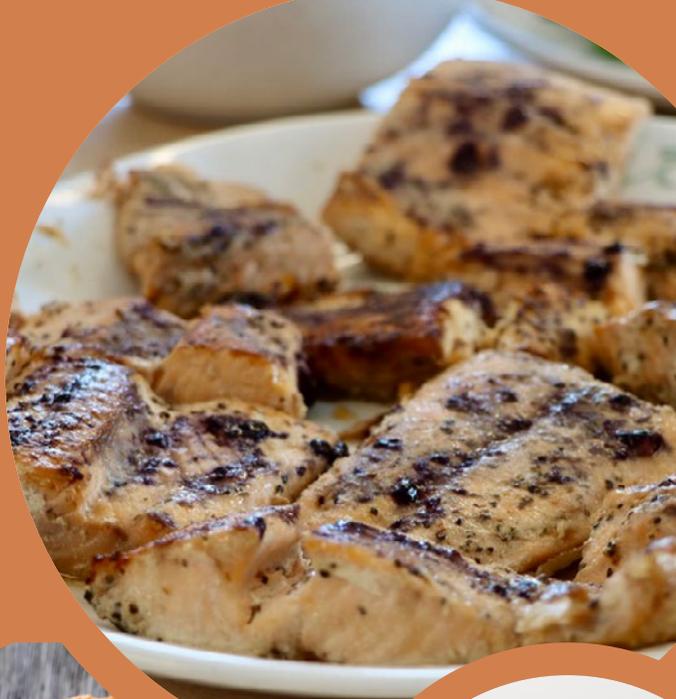


COOKING FROM THE LAND AND SEA



Thank you to everyone who shared their recipes, stories and traditions. This cooking booklet exists because of you.

Your contributions help keep Inuit cultural heritage strong for future generations. Country food plays an important role in daily life, offering both nourishment and a meaningful connection to the land.

We hope you enjoy trying these recipes, sharing them with your loved ones and creating new memories filled with good food.

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SIDE DISH AND SNACKS

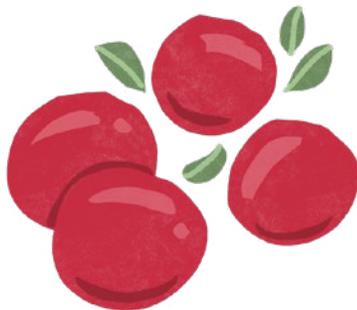
REDBERRY SALSA

BY SUSAN NULUKIE



INGREDIENTS

1 ½ cup (375 ml)	Redberries
1	Medium jalapeño, finely chopped or hot sauce to taste (optional)
½ cup (125 ml)	Onion, finely chopped
¼ cup (60 ml)	Cilantro, chopped (optional)
2	Limes, juiced or 2 tablespoons (30 ml) lime juice
2 tablespoons (30 ml)	Sugar
To serve	Tortilla chips or crackers



PREPARATION STEPS

1. In a medium bowl, add redberries, chopped jalapeño, onion and cilantro.
2. In a small bowl, mix lime juice and sugar and pour over the berry mixture. Mix well.
3. Enjoy with tortilla chips or crackers!

NOTE

Be careful not to touch your eyes when chopping the jalapeño.

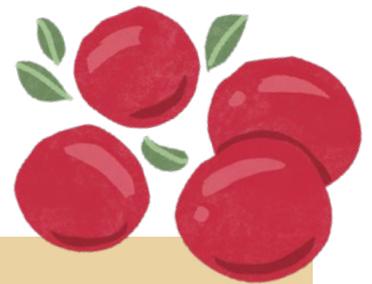
BROCCOLI AND REDBERRIES SALAD

BY ANNIE ANGNATUK

NUMBER OF SERVINGS: 8

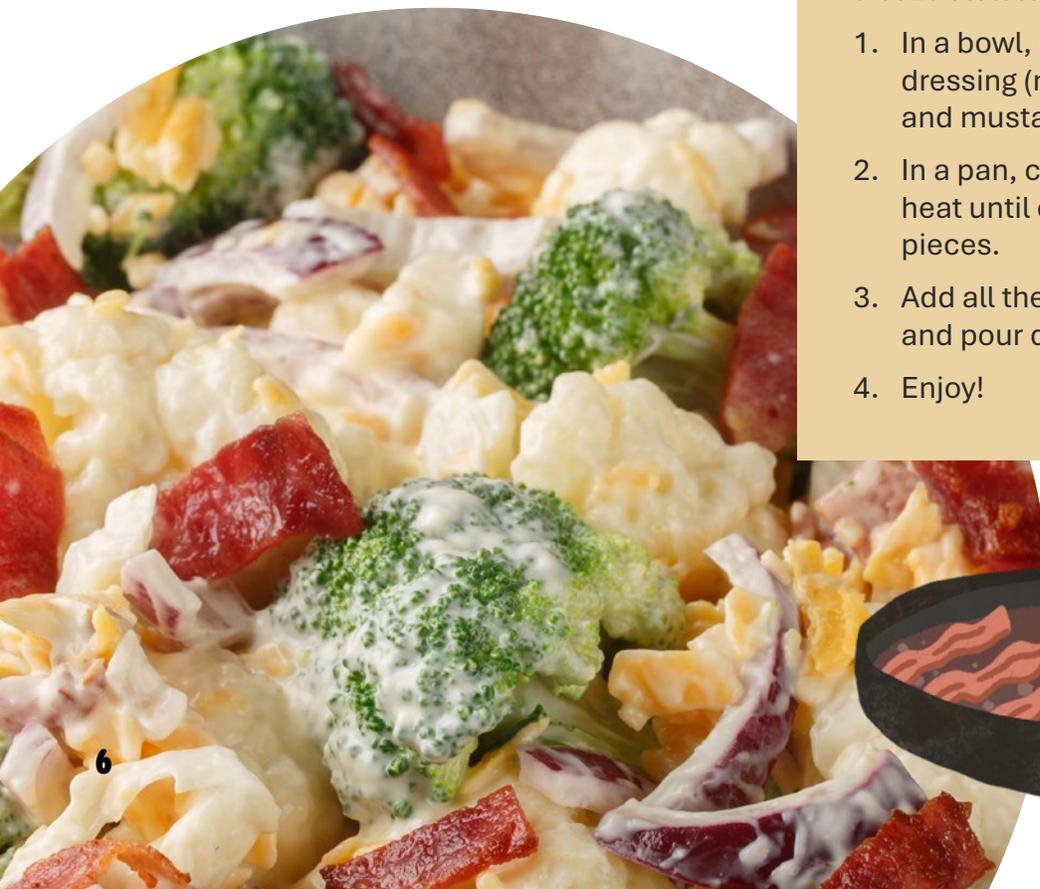
INGREDIENTS

½ cup (125 ml)	Mayonnaise
1 teaspoon (5 ml)	Relish
1 teaspoon (5 ml)	Sugar
1 teaspoon (5 ml)	Mustard
To taste	Bacon, cut in small pieces or bacon bits (optional)
1 head	Broccoli, chopped into bite size
1 head	Cauliflower, chopped into bite size
To taste	Red onion, chopped
To taste	Raisins or redberries
To taste	Parmesan, grated



PREPARATION STEPS

1. In a bowl, mix the ingredients for the dressing (mayonnaise, relish, sugar and mustard).
2. In a pan, cook bacon on medium-high heat until crispy and cut into small pieces.
3. Add all the ingredients in a large bowl and pour dressing over. Mix well.
4. Enjoy!





MAIN MEALS

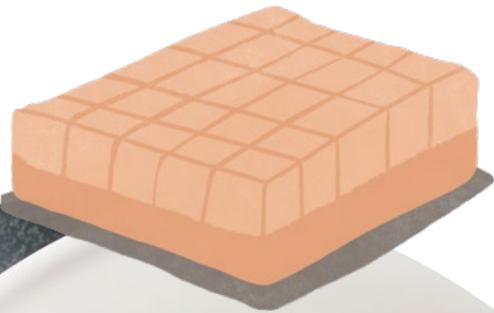
SEAFOOD PASTA

BY KITTY ILISITUK N

NUMBER OF SERVINGS: 5 TO 6

INGREDIENTS

½ lb.	Mattak, diced
1 bag of 350 g	Frozen seafood mix of your choice (shrimps, scallops, mussels, clams, etc.)
½ box of 500 g	Spaghetti
1 jar of 410 ml	Alfredo sauce
To taste	Black pepper



PREPARATION STEPS

1. In a pot, boil bite size mattak over medium heat for about 25 minutes.
2. In another pot, boil frozen seafood mix and spaghetti for 10 minutes until the pasta is cooked.
3. Drain both pots with a strainer.
4. In a large pot, combine all the ingredients with the Alfredo sauce and mix well.
5. When serving add black pepper.
6. Enjoy!



SIMPLE SMOKED FISH BAGEL

BY LINDA DAVID, IKUSIK SCHOOL, SALLUIT, UNDER THE SUPERVISION OF ARUL ET MARTIN

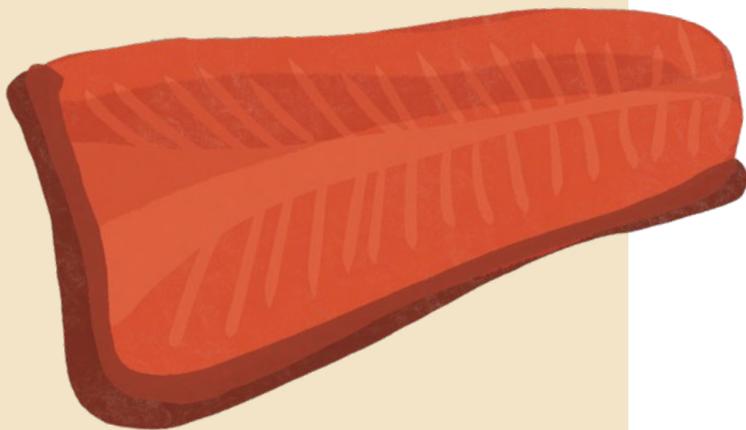
NUMBER OF SERVINGS: 1 BAGEL

INGREDIENTS

1	Bagel
Few slices	Smoked fish
2 tablespoons (30 ml)	Cream cheese
Few leaves	Lettuce
Few slices	Red onion

PREPARATION STEPS

1. Toast bagel.
2. Spread cream cheese on both sides.
3. Add lettuce, smoked fish and red onion to your sandwich.
4. Enjoy!





MATTAK CEVICHE

BY SUSAN NULUKIE

NUMBER OF SERVINGS: ABOUT 6 TO 8

INGREDIENTS

1 small bag	Raw shrimps, diced
1 hand size	Mattak (raw or boiled), diced
½	Red onion, diced
1	Cucumber, sliced and diced
3	Tomatoes, sliced and diced
1	Jalapeño, very thinly diced (optional)
½ bunch	Cilantro, finely chopped
1 ¼ cup (310 ml)	Lime juice
¼ cup (60 ml)	Worcestershire sauce
1	Lemon, juiced
To serve	Tortilla chips

PREPARATION STEPS

1. Into medium size bowl, add the chopped cucumber, onion, tomatoes, jalapeño, cilantro, shrimps and mattak.
2. Add lime juice, the juice of one lemon and Worcestershire sauce. Mix well and cover with plastic wrap or place mixture in an airtight container. Store into the refrigerator for about 30 minutes until shrimps are pink. The acidity of the lime and lemon will cook the shrimps.
3. Scoop with tortilla chips and enjoy!

NOTE

Be careful not to touch your eyes when chopping the jalapeño.



ARCTIC BERRIES GLAZED CHAR

BY STUDENTS OF IKUSIK SCHOOL, SALLUIT (PIERRE QILUQI, GRAYSON PADLAYAT AND ALEXANDER PADLAYAT) UNDER THE SUPERVISION OF ARUL ET MARTIN

NUMBER OF SERVINGS: 4



INGREDIENTS

BERRY SYRUP

2 teaspoons (10 ml)	Maple syrup
1	Lemon, juiced
½ cup (125ml)	Arctic berries

FISH

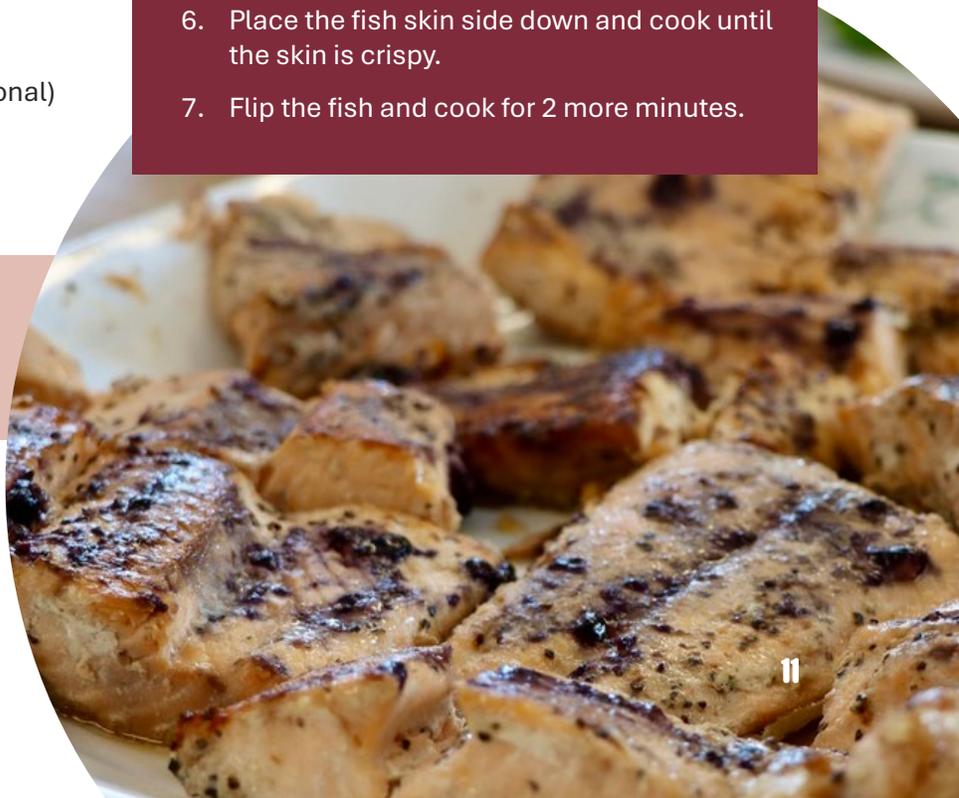
¼ cup (60 ml)	Berry syrup or jam
1½ teaspoon (7.5 ml)	Sweet chili sauce or ketchup
1½ teaspoon (7.5 ml)	Soy sauce
To taste	Salt and pepper
2 cloves	Garlic, minced
To taste	Parsley, chopped (optional)
1	Jalapeno, seeded and chopped (optional)
4 filets	Arctic char

PREPARATION STEPS

1. In a pot, on medium heat add the maple syrup, lemon juice and berries. Mix and bring to a boil while stirring. Lower heat, simmer and stir occasionally until the mixture thicken for about 15 to 20 minutes.
2. Wisk the berries syrup, sweet chili sauce, soy sauce, salt and pepper in a work until well combined. Add the chopped garlic, parsley and jalapeno.
3. Season the fish with salt and pepper.
4. Brush the glaze on top of the fish well.
5. Heat a pan to medium high heat and add oil.
6. Place the fish skin side down and cook until the skin is crispy.
7. Flip the fish and cook for 2 more minutes.

NOTE

Be careful not to touch your eyes when chopping the jalapeño.



ROASTED CARIBOU

BY ANNIE AUGIAK

NUMBER OF SERVINGS: 6

INGREDIENTS

SAUCE

¼ cup (60 ml)	Worchershire sauce
2 tablespoons (30 ml)	Brown sugar
2 cloves	Garlic, finely chopped
1	Onion, thinly sliced
3 tablespoons (45 ml)	Soya sauce
¼ cup (60 ml)	Oil

MEAT

2.5 lbs	Piece of caribou
---------	------------------

PREPARATION STEPS

1. Mix all the ingredients for the sauce in a bowl.
2. Place meat in pan and pour the sauce over.
3. Marinate for 1-2 days in the refrigerator.
4. Place meat in an oven pan and cook the roast at 250°F for 2 to 3 hours. Adjust the cooking time and the amount of sauce according to the size of your piece of meat.
5. Enjoy!



SIMPLE CARIBOU FRY

BY PAULYNA ECHALOOK

INGREDIENTS

1 lb. Caribou meat, cut up in small pieces
To taste Salt and pepper

PREPARATION STEPS

1. In a pan, add a little bit of oil and fry pieces of caribou on high heat until tender.
2. Add salt and pepper.
3. Serve with rice or mash potatoes and a vegetable of your choice.



SLOW COOKER KOREAN STYLE CARIBOU

BY SUSAN NULUKIE
NUMBER OF SERVINGS: 6

INGREDIENTS

1 kg	Caribou, cubed
1 tablespoon (15 ml)	Garlic, minced chopped finely
2 teaspoons (10 ml)	Ginger, minced chopped finely
1	Onion, diced
¼ teaspoon (1.25 ml)	Red chili flakes (optional)
½ cup (125 ml)	Beef stock
½ cup (125 ml)	Soy sauce
½ cup (125 ml)	Brown sugar
1 tablespoon (15 ml)	Rice wine vinegar
2 tablespoons (30 ml)	Sesame oil



PREPARATION STEPS

1. Add all the ingredients to a slow cooker and cook on low heat for 4 hours or until tender. If you don't have a slow cooker place everything into a roasting pot or pan and place in the oven at 325°F for 1 hour.
2. Enjoy!

SUGGESTION

Serve with rice and top off with the caribou sauce and some sesame oil.

CARIBOU OR PTARMIGAN CARNE ASADA

BY SUSAN NULUKIE

NUMBER OF SERVINGS: 6

INGREDIENTS

MARINADE

1	Orange or ½ cup (125 ml) orange juice
3 to 4	Limes or ½ cup (125 ml) lime juice
¼ cup (60 ml)	Oil
2 tablespoons (30 ml)	Soya sauce
½ cup (125 ml)	Cilantro, finely chopped (optional)
2 tablespoons (30 ml)	Brown sugar
1 tablespoon (15 ml)	Garlic, minced
1 teaspoon (5 ml)	Chili powder
1 teaspoon (5 ml)	Cumin powder
1 teaspoon (5 ml)	Oregano
3 to 4 cups or 1 Kg	Caribou or ptarmigan, cubed or sliced
1 or 2	Packages of fajitas

TOPPINGS

To taste	Corn kernels
To taste	Sour cream
To taste	Tomatoes
To taste	Cilantro



PREPARATION STEPS

1. In a bowl or a container, add orange, lime, oil, soya sauce, cilantro, brown sugar, garlic, chili powder, cumin powder, oregano and mix well.
2. Add the meat cubes to the bowl and cover. Leave in fridge for a minimum of 8 hours and up to 24 hours.
3. Once marinated, fry the meat in pan on medium-high heat until golden brown and tender.
4. Enjoy with fajitas, corn, sour cream, tomatoes and cilantro!

CARIBOU MEAT PIE

BY STUDENTS OF IKUSIK SCHOOL, SALLUIT (PIERRE QILUQI, GRAYSON PADLAYAT AND ALEXANDER PADLAYAT) UNDER THE SUPERVISION OF ARUL ET MARTIN

NUMBER OF SERVINGS: 4 TO 5

INGREDIENTS

4 cups	Flour	1 cup (250 ml)	Beef broth
1 tablespoon (15 ml)	Sugar	2	Potatoes, peeled and diced
2 teaspoons (10 ml)	Salt	1	Green or red pepper, diced
1 teaspoon (5 ml)	Baking powder	500 g	Ground caribou meat
1 cup (250 ml)	Butter, cold	1 teaspoon (5 ml)	Chili powder
3	Eggs	1 teaspoon (5 ml)	Coriander powder (optional)
¼ cup (60 ml)	Cold water	1 teaspoon (5 ml)	Cumin powder
1	Onion, chopped	½ teaspoon (2.5 ml)	Black pepper

PREPARATION STEPS

1. Preheat the oven to 350°F.
2. Mix flour, salt, sugar together. Add diced cold butter and mix well until crumbly.
3. Whisk 2 eggs with ¼ cup of cold water and mix in the flour until a dough is formed. Wrap the dough with a plastic wrap cling film and refrigerate.
4. Heat oil in a heavy bottomed skillet, add chopped onions and cook 5-6 minutes at medium heat. Add diced potatoes and bell peppers and cook for 4-5 more minutes.
5. Add the meat to the skillet, break it apart and cook until no longer pink.
6. Add the chili powder, coriander powder, cumin powder, black pepper and salt.
7. On a clean surface, sprinkle a little bit of flour and roll out about half of the pie dough using a rolling pin. Fit it in a 9 inches pie plate. Add the meat and vegetables filling in the pie plate. Roll out the rest of the pie crust and put it on the top. Seal the outline of the pie it with your fingers or a fork by pressing slightly.
8. Cook your pie for about 45 minutes until the top is golden brown.





BANNOCK

PAANIKIAK (IMAPPALUUJAK)

BY BETSY FLEMING

NUMBER OF SERVINGS: 6 TO 7

INGREDIENTS

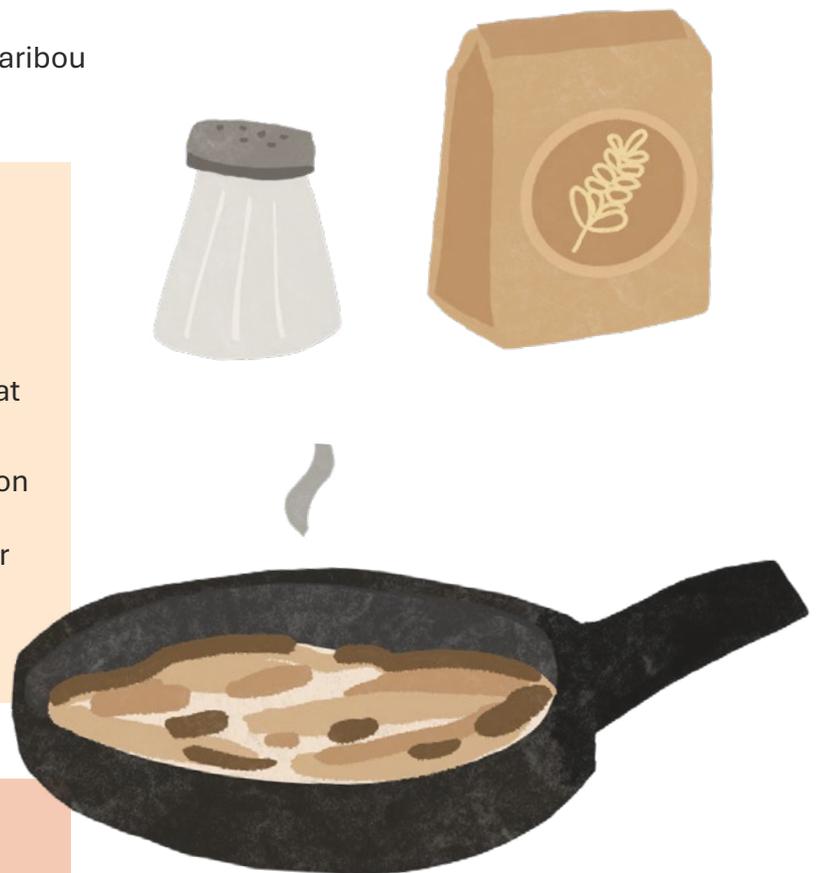
2 ½ cups (625 ml)	Flour
2 ½ cups (625 ml)	Water
A pinch	Baking powder
To taste	Salt
To fry	Vegetable oil* or lard
To taste	Any fish, ptarmigan or caribou meat, in small pieces

PREPARATION STEPS

1. Mix all the ingredients except the oil to make a dough and add the fish or meat.
2. In a pan, heat oil on the stove on high heat (8 or 9) until the oil is hot.
3. Pour in 1 cup of paanikiak and use a spoon and fork to spread it. Allow it to cook until a little bit brown and flip to the other side until golden brown. And voilà!
4. Enjoy!

NOTE

Choose vegetable oil over saturated fats like lard. Oil is high in monounsaturated and polyunsaturated fats, which are better for heart health.



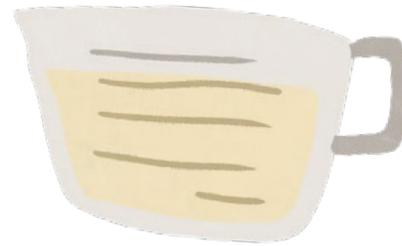
PAANIKIAQ

BY ANNIE KUMARLUK

NUMBER OF SERVINGS: 6

INGREDIENTS

3 cups (750 ml)	Flour
1 teaspoon (5 ml)	Salt
1 ⅓ cup (330 ml)	Room temperature water
½ cup to ¾ cup (125 ml to 180 ml)	Arctic char or fish of your preference, cubed in small pieces
To fry	Vegetable oil* or lard



PREPARATION STEPS

1. Mix flour, salt and butter. Add cubed fish pieces. Mix well.
2. Gradually add water until the mix is like pancake consistency, must be a bit on the thick side because it has to hold.
3. In a pan, heat oil on high heat, when hot, pour half of the batter mix and with a fork poke 3 or 4 small holes so the batter cooks evenly. Flip the paanikiaq when it is golden or crispy brown. Repeat this step with the rest of the batter.
4. Once both sides are cooked, remove the pan from the heat and put your cooked paanikiaq onto a rack or paper towels. Serve hot, warm or cooled.



NOTE

Choose vegetable oil over saturated fats like lard. Oil is high in monounsaturated and polyunsaturated fats, which are better for heart health.



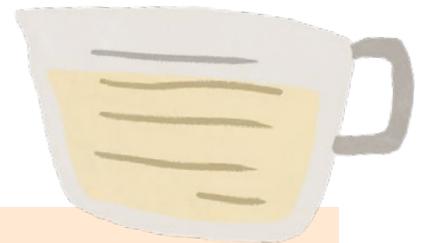
BANNOCK CUPCAKE

BY MALISSA MINA

NUMBER OF SERVINGS: 12 CUPCAKES

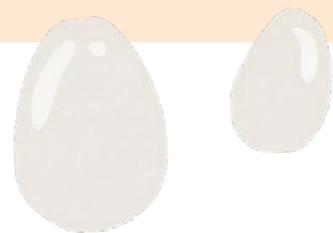
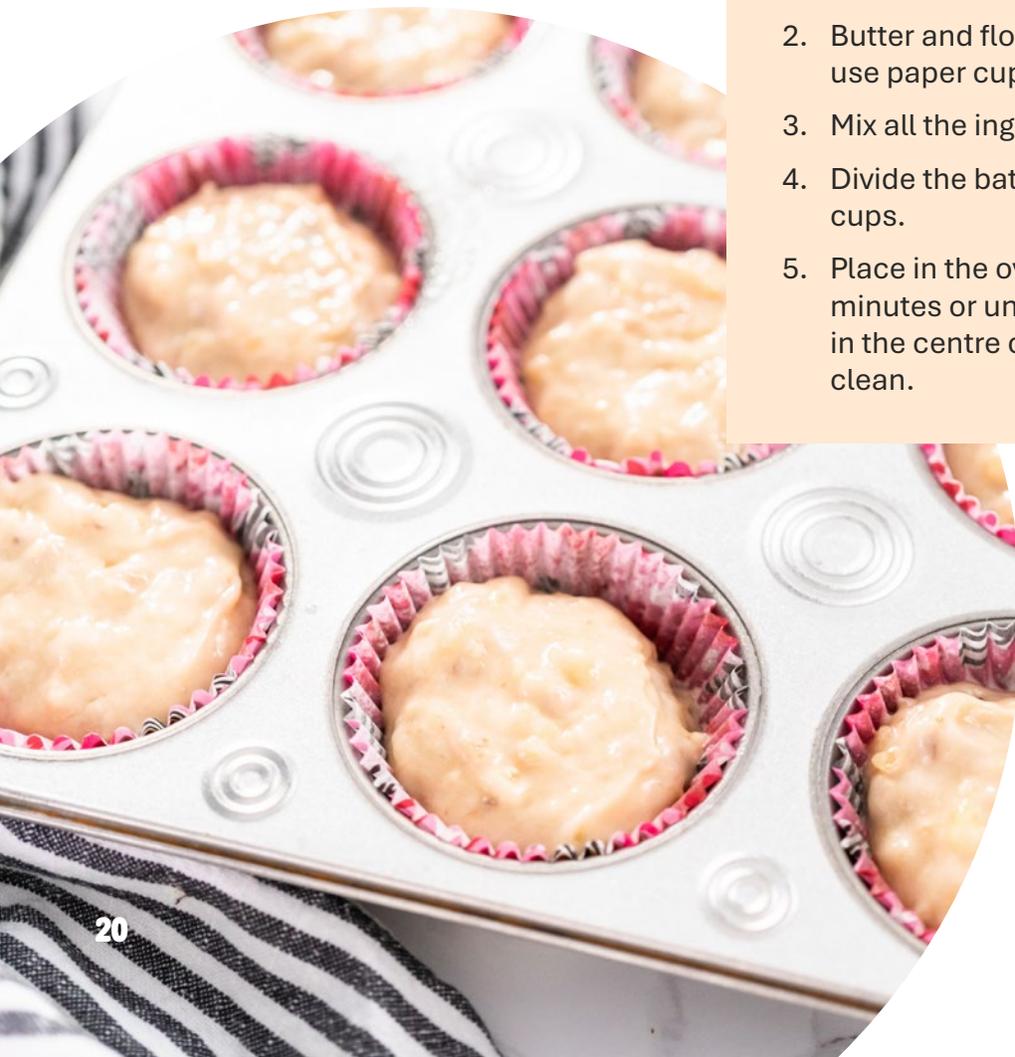
INGREDIENTS

2 cups (500 ml)	Flour
1 tablespoon (15 ml)	Baking powder
1 teaspoon (5 ml)	Salt
1	Egg
¼ cup (60 ml)	Vegetable oil
1 cup (250 ml)	Water



PREPARATION STEPS

1. Preheat the oven to 350°F.
2. Butter and flour a 12 cups muffin tin or use paper cups liners.
3. Mix all the ingredients together.
4. Divide the batter evenly among the 12 cups.
5. Place in the oven and bake for 30 minutes or until a toothpick inserted in the centre of a bannock comes out clean.



FRIED BANNOCK

BY ANNIE SEQUALUK

NUMBER OF SERVINGS: 6 TO 8

INGREDIENTS

2 cups (500 ml)	Flour
2 tablespoons (30 ml)	Baking powder
1 teaspoon (5 ml)	Salt
1 teaspoon (5 ml)	Skimmed milk powder (optional)
¾ cup (180 ml)	Vegetable oil* or lard

PREPARATION STEPS

1. In a bowl, mix all the ingredients except the oil to make a dough.
2. Add oil in a pan and cook on medium heat on the stove top.
3. Turn over the bannock when it is golden or crispy brown and cook the other side.
4. Enjoy!

NOTE

Choose vegetable oil over saturated fats like lard. Oil is high in monounsaturated and polyunsaturated fats, which are better for heart health.





JAM

WILD BLUEBERRY JAM

BY ANDREA MAKIUK ROY

NUMBER OF SERVINGS: 1 10 OZ JAR (12 SERVINGS)

INGREDIENTS

4 cups (1 L)	Wild blueberries
1 cup (250 ml)	Sugar + ½ cup (125 ml) when boiling
½ teaspoon (2.5 ml)	Salt

PREPARATION STEPS

1. In a small pot add blueberries, 1 cup of sugar and salt and bring to a boil at medium heat while stirring. Do not add water.
2. When boiling, add ½ cup of sugar. Stir when you see liquid at the bottom of the pot.
3. Lower heat, simmer and stir occasionally until the mixture thickens for about 15 to 20 minutes.



AQPIK BUTTER

BY ANNIE AUGIAK

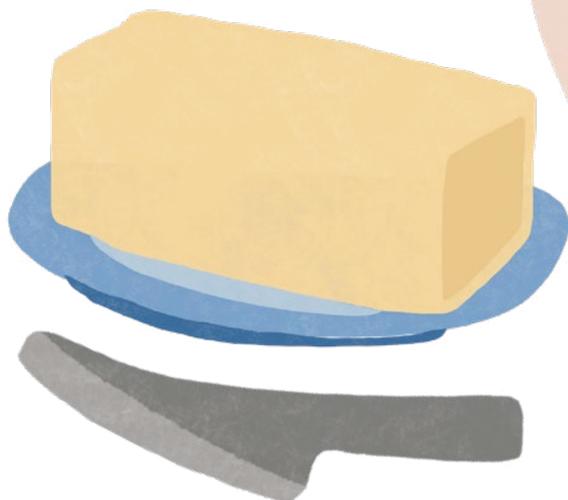
NUMBER OF SERVINGS: DEPEND ON THE AMOUNT OF FRUIT YOU HAVE

INGREDIENTS

Any amount	Aqipik
Small amount	Grapefruit juice
To taste	Sugar or brown sugar
To taste	Butter

PREPARATION STEPS

1. In a pot, heat aqipik on low heat. Lightly stir, do not melt all the aqipik.
2. Add grapefruit juice and butter, the quantities depend on how much aqipik you have. Make sure the mixture stays thick. Mix.
3. Add sugar according to your taste. Mix and remove from heat. Let the mixture cool down.
4. Enjoy on toast or bannock for breakfast or snack!



AQPIK JAM

BY ANNIE KUMARLUK

NUMBER OF SERVINGS: DEPEND ON THE AMOUNT OF FRUIT YOU HAVE

INGREDIENTS

Any amount

Aqpik

Half the quantity of fruits you have

Sugar (about half the quantity of fruits you have)

1 or 2 envelopes

Unflavoured gelatin (e.g. Knox or Certo)



PREPARATION STEPS

1. In a pot, cook aqpik on medium heat until boiling.
2. Add sugar to taste, stir and boil for one more minute.
3. Add gelatin. Stir quickly and boil for two more minutes.
4. Pour mixture into jars and refrigerate overnight.
5. Enjoy!





DESSERT WITH BERRIES

LOUISA'S AQPIK COOKIES

BY LOUISA GREY

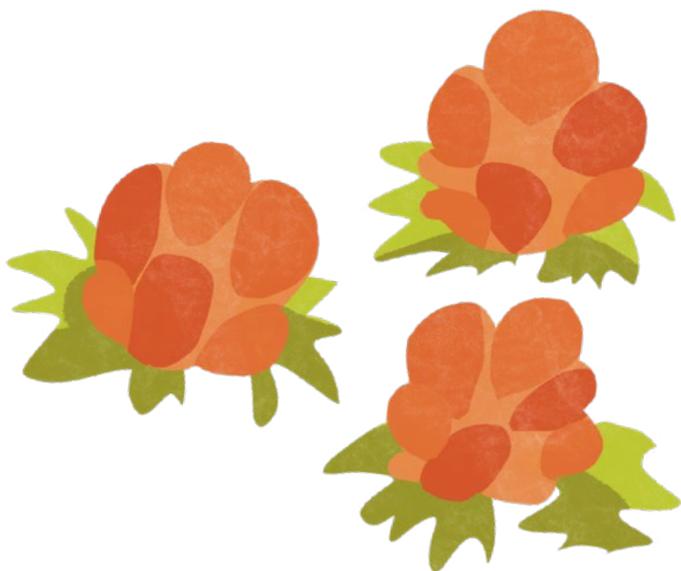
NUMBER OF SERVINGS: ABOUT 24 COOKIES

INGREDIENTS

2	Eggs
½ cup (125 ml)	Brown sugar
½ cup (125 ml)	Sugar
1 teaspoon (5 ml)	Vanilla
½ cup (125 ml)	Oil or melted butter
2 ¼ cups (560 ml)	Flour
1 teaspoon (5 ml)	Baking soda
½ cup (125 ml)	Aqpik, semi frozen

NOTE

You can replace aqpik by frozen blueberries instead.



PREPARATION STEPS

1. Preheat the oven to 350°F.
2. Grease a cookie sheet or line with parchment paper.
3. In a large bowl, mix eggs, sugar, brown sugar, vanilla and oil.
4. In another bowl, mix dry ingredients together (flour and baking soda).
5. Add the egg mixture to the dry ingredients and mix well. Then add the semi frozen aqpiqs.
6. Scoop cookie dough and place small balls on your baking sheet. Bake in the oven for about 15 to 20 minutes or until golden brown.
7. Let cool before eating.

SUVALIK

BY QULLIK CAIN

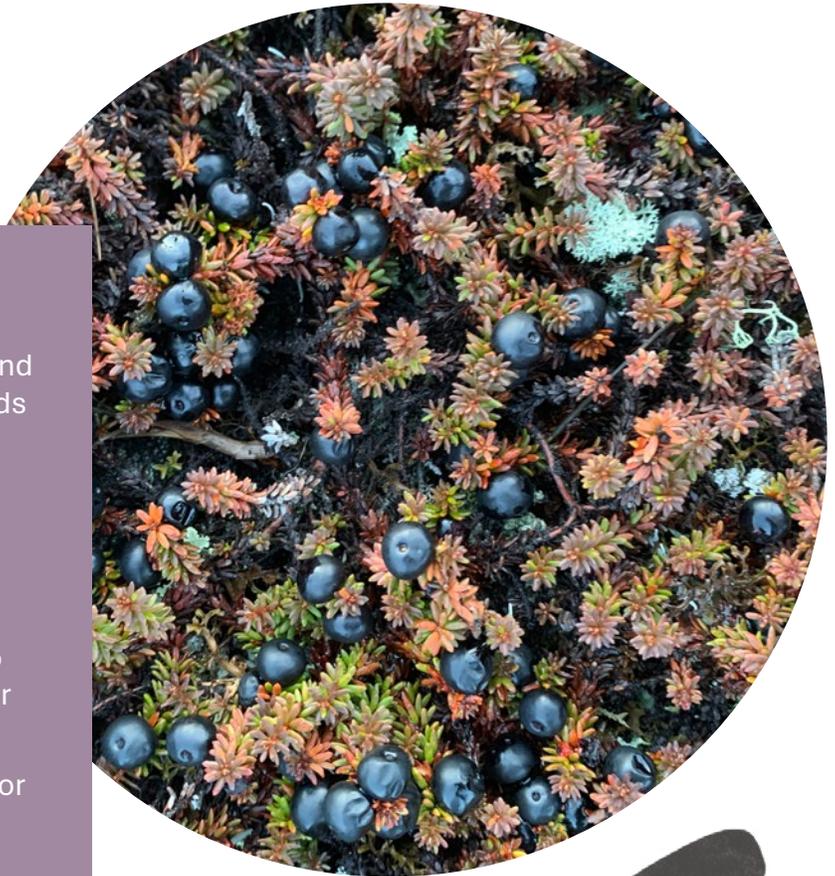
NUMBER OF SERVINGS: 4

INGREDIENTS

4 cups	Crowberry or fruits available
1 tablespoon (15 ml)	Fish roe
1 cup (250 ml)	Vegetable oil
1/3 cup (80 ml)	Water or milk

PREPARATION STEPS

1. In a large bowl, pop all the fish roe and stir with a spatula or with clean hands with gloves on if you prefer.
2. Add 1 tablespoon of oil, stir continuously and keep adding oil in between stirs until the mixture becomes thick.
3. Add 1 tablespoon of water or milk to make it fluffy or creamy, use water or milk every time it gets thick.
4. Keep using oil until desired amount or enough to mix with crowberries and finish off with water or milk.
5. Mix in the crowberries or fruits and serve.



AQPIK BANANA MUFFIN

BY CYNTHIA GAUDREAU SNOWBALL

NUMBER OF SERVINGS: 12 MUFFINS

INGREDIENTS

3	Bananas, overripe and mashed
6 tablespoons (90 ml)	Aqpiq butter, melted (for aqpiq butter recipe see page 24)
½ cup (125 ml)	Brown sugar
1	Egg
1 teaspoon (5 ml)	Vanilla
1 ½ cup (375 ml)	Flour
1 teaspoon (5 ml)	Baking powder
1 teaspoon (5 ml)	Baking soda
½ teaspoon (2.5 ml)	Salt
1 teaspoon (5 ml)	Cinnamon (optional)
¼ teaspoon (1.25 ml)	Nutmeg (optional)

PREPARATION STEPS

1. Preheat the oven to 425°F.
2. Line 12 cups muffin tin with paper cups liners.
3. In a bowl, add mashed bananas, sugar, melted butter and egg and mix until combined. Then add the rest of the ingredients and mix together.
4. Divide the batter evenly among the 12 cups.
5. Place in the oven and bake for 5 minutes. Then lower the heat to 350°F and continue to bake for 16-18 minutes or until a toothpick inserted in the centre of a muffin comes out clean.



ICE CREAM WITH BERRY TOPPING

BY PASHA LAUZON

NUMBER OF SERVINGS: 2

INGREDIENTS

1 cup (250 ml)	Berries of your choice
2 tablespoons (30 ml)	Sugar
To taste	Ice cream of your choice



PREPARATION STEPS

1. In a pot, heat berries and sugar on medium-low heat until softened. Stir occasionally to avoid sticking at the bottom.
2. Scoop ice cream into two separate bowls.
3. Pour the berry purée over the ice cream and serve.



ZUCCHINI AND BERRY MUFFINS

BY BRENDA QAUNNAALUK

NUMBER OF SERVINGS: 12 MUFFINS

INGREDIENTS

2 cups (500 ml)	Zucchini, grated	½ teaspoon (2.5 ml)	Salt
1 ½ cup (375 ml)	Flour	1 cup (250 ml)	Sugar
½ cup (125 ml)	Whole wheat flour	½ cup (125 ml)	Butter
2 teaspoons (10 ml)	Baking powder	2	Eggs
1 teaspoon (5 ml)	Baking soda	¼ (60 ml)	Plain yogurt
2 teaspoons (10 ml)	Cinnamon	½ cup (125 ml)	Berries of your choice



PREPARATION STEPS

1. Preheat the oven to 350°F.
2. Butter and flour a 12 cups muffin tin or use paper cups liners.
3. Drain the grated zucchini with your hands, pressing to remove as much water as possible.
4. In a large bowl, combine the 2 types of flour, baking powder, baking soda, cinnamon and salt.
5. In another large bowl, mix the sugar, melted butter, yogurt and eggs. Mix well with a whisk or a wooden spoon.
6. Add the drained zucchini and berries to the wet ingredients and mix gently.
7. Pour the zucchini mixture over the dry ingredients and mix just enough to moisten all the ingredients.
8. Divide the muffin batter evenly among the 12 cups.
9. Place in the oven and bake for 25 minutes or until a toothpick inserted in the centre of a muffin comes out clean.
10. Let the muffin sit for at least 30 minutes before removing from the tray.



BERRY AND BANANA BREAD

BY DALLACY SNOWBALL

NUMBER OF SERVINGS: 1 LOAF OF BREAD

INGREDIENTS

2 cups (500 ml)	Flour
1 teaspoon (5 ml)	Baking powder
1 pinch	Salt
2	Eggs
¼ (60 ml)	Butter, soften
1 cup (250 ml)	Sour cream
2 teaspoons (10 ml)	Vanilla extract
½ cup (125 ml)	Sugar
3	Bananas, mashed
1 cup (250 ml)	Berries of your choice

PREPARATION STEPS

1. Preheat the oven to 350°F.
2. In a bowl, mix dry ingredients together (flour, baking powder and salt).
3. In another bowl, combine mashed bananas, sugar, butter, eggs, sour cream and vanilla. Mix well.
4. Add dry ingredients to the banana mixture. Stir just enough to moisten all the ingredients.
5. Add berries and mix gently.
6. Pour the batter into the bread pan.
7. Place in the oven and bake for 1 hour or until a toothpick inserted in the centre comes out clean.
8. Enjoy!





