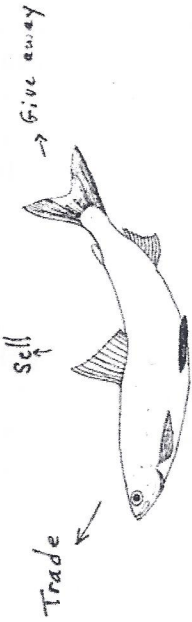


leaner fish ← **Traditional Fish Foods** → fatter fish



COOK
 Roast, Grill, Bake
 eat hot or cold
 de-bone for many recipes

SALT
 Eat Raw
 Freshen
 Eat Raw
 Cook
 Boil
 Fry
 Roast

FREEZE
 Eat frozen
 quag
 Cook while frozen
 Boil
 Roast
 Thaw and Cook
 Boil
 Bake
 Fry-all recipes
 Thaw and dry
 Half dry
 boil eat hot or cold
 Dry
 eat with oil

DRY
 Half dry iyamaaglug
 one day no crust
 two days slight crust
 three days med. crust
 four days half crust
 five days mostly hard, store frozen
 six days plus eat with oil
 Fully dried panigtug may be stored unfrozen

FERMENT
 Eat raw
 wilaag
 Freeze
 Eat frozen
 quag
 Thaw and eat
 wilaag
 Cook
 Very briefly, drain
 eat hot
 Throw broth
 Well done, drain
 eat hot or cold
 Throw broth

SOUP, FLOUR AND OR VEGETABLE
 Pickle in rhubarb or blueberries or Cranberries
 Air dry surface store in oil
 Fluff, half dry for agutug

Once cooked never ferment + salt

once fermented never dry

once frozen never ferment or salt

once dried never ferment except when stored in oil or pickle