

# Arctic Recipes: Make Your Own Mock-Pemmican!

**Pemmican** is a nutrient-rich food invented hundreds of years ago by Indigenous people in North America. Traditionally composed of dried meat, melted fat, and berries, pemmican was later adopted by fur traders, trappers, and explorers for its portability and high nutritional content.

Arctic explorer Robert E. Peary took two kinds of pemmican on his Arctic expeditions, one for humans and the other for sled dogs. Captain Robert A. Bartlett had this to say about eating pemmican while on the Canadian Arctic Expedition in 1913:

*“I have lived for a hundred and twenty days on pemmican, biscuit and tea and found it amply sufficient. We had two kinds of pemmican; one for ourselves, consisting of beef, raisins, sugar and suet, all cooked together and pressed, was packed in blue tins; the other, for the dogs, without the raisins and sugar, in red tins.”*



Photographer unknown, *Pantry shelves*, Northwest Greenland, 1/11/1914. Gift of Margaret Tanquary Corwin.

## Now You Try!

### Mock-Pemmican (vegetarian, gluten free)

Ingredients by volume:

- 2 parts oat flour: make by blending, grinding, or finely chopping uncooked rolled oats (oatmeal)
- 1 part chopped nuts
- 1 part chopped dried fruit
- 1 part coconut oil & honey (substitute honey for coconut oil to create desired sweetness—a nice amount is 5-10% honey)

Mix dry ingredients. Melt and stir together coconut oil and honey. Add oil-honey mixture to dry ingredients and stir well. Press into pan and freeze for 30 minutes to 1 hour. Cut into bars and serve cold.

Recipe by Graham Edwards, Class of 2014