

Literacy This Week



Yukon Literacy
Coalition

We are a society of people dedicated to improving the quality of life of all Yukoners. We do this by building the foundational skills required for lifelong learning; acknowledging that we are all adapting to an everchanging world.



Traditional Newfoundland Recipes

Jiggs' Dinner is arguably the most traditional Newfoundland recipe. Some families have Jiggs' Dinner on special occasions, while some have it every Sunday! Salt meat – or salt beef (which is cured beef purchased in a bucket), cabbage, potato, carrot, turnip, and yellow split peas are all boiled together in a single pot. Some families add meat, such as a turkey or roast beef. Ingredients include:

- Salt beef
- Cabbage (halved or quartered)
- Turnip (peeled and cut into chunks)
- Carrots (peeled)
- Potatoes (peeled)
- Yellow split peas
- A pudding bag or cheese cloth
- Optional – turkey (or another meat)

Dump the peas into the pudding bag, tie it tightly and soak in a bowl of cold water overnight. If you prefer less salt, soak the salt beef in cold water in a pot as well. **About** 3 hours before you want to serve the meal, drain the water off the salt beef and half fill the pot with water. **Bring** the water to a boil. **Place** your peas into the boiling water (tie the string to the handle so you don't have to fish for it later). **Simmer** your pot for about 2 hours, then add turnip, cabbage, and carrot. **Continue** to simmer for 25 minutes, then add potatoes. **Cook** until all the vegetables are tender. **To serve**, take the peas out of the pot and empty into a bowl. **Mash** the peas with 1 tbsp of butter and ½ tsp of black pepper until smooth and creamy – this is called "pease pudding". **Using** a slotted spoon, take all vegetables and salt beef out of the pot. If you're adding meat to your Jiggs' Dinner, use the drippings from it to make gravy. Keep the drippings in the dish the meat was cooked in. **Place** on the stove on medium heat. **Add** 2 cups of stock from the vegetable pot. **In** a separate container, mix 2 tbsp flour with 1 cup of cold water and add to the gravy once it starts to boil. **Whisk** continuously until gravy thickens.

Toutons are another fan favorite in Newfoundland. A touton is simply fried bread dough. Whenever someone makes homemade bread, some bread dough was always put aside to make toutons. Ingredients include:

- Bread dough
- Oil or butter for frying

First, roll your dough into small balls. **Flatten** balls into a disc, cover, and let them rise a little for 20 minutes. **Add** some butter or oil to a pan and warm through. **Add** toutons and cook on med to low heat. **Once** golden on one side, flip and cook for an equal amount of time on the other side.

You can cut them in half or leave it as is. Traditionally, they are served with molasses or maple syrup.



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