**Interviews on Suvalik**

**28 years old Arpil Karvik was interviewed on November 26th, 2019 by Kativik Ilisarniliriniq culture department.**

**Who taught you to make suvalik and when?**

*My cousin Debbie Kavik showed me how to make Suvavlik about 5 years ago and who teached her to make Suvalik is her mother.  Debbie and her mother are from Sanikiluak Nunavut.*

**What are the ingredients you use to make suvalik?**

*I use Crisco Oil along with 2% milk and fish eggs:*

**What type of fish eggs do you use?**

*I use arctic char eggs; river trout eggs and lake trout eggs but I tried with a white fish eggs but I couldn't make it, it was too difficult so I have never tried again.*

**How much of these ingredients do you use to make suvalik?**

*I use about 1 inch square of fish eggs but usually I start with small amount, I crush the first few eggs then I add very small portion of Crisco oil and start to mix it with my hands.   I make a circle and crush the eggs and oil on the wall of my bowl until it starts to get a bit more solid so I add milk to make more liquid again.  I do this for about ½ hour and come up with good amount of suvalik base that smell like fish eggs and has a consistency of yogurt we from store.  I use the whole smaller bottle of Crisco oil to make my suvalik.  But only use about ¼ of cup of 2% milk.*

**Then what do you do?**

*Then I add berries.  Sometimes I use wild black berries or blue berries and even sometimes I use Arpik cloud berries when I have some.  Most of the times I use store bought frozen berries.  Now these days I put grapes, raspberries, banana and so forth any kind of berries is good and healthy.*

**How long it takes for you to make suvalik?**

*It doesn't take very long, normally only about ½ hour*

**How many peoples can you feed with your suvalik?**

*When I'm done usually its about 20 Styrofoam cups of 8 oz, which is a lot for such a small amount of fish eggs, imagine if I use the whole fish eggs?*

**How often do you make suvalik?**

*Usually I make suvalik every two weeks sometimes more or less that is for sure depending if I have all my ingredients.*

**How do you store your suvaks (caviar)?**

*I simply use them fresh or put them in the freezer.  Sometimes, when I keep the suvak in the freezer for too long it gets freezer burn an doesn’t have a same taste anymore in that case I just throw them away*

**Have you used or taste suvalik made with seal fat?**

*No I never tried yet but I know a young lady who makes suvalik with seal fat.  She often go through Facebook selling her suvalik, I don’t know where she learned it but she is not old at all.  She is from Umiujaq and her name is Maggie Tuktoo.*

**Do you know if anyone else uses different type of oil to make suvalik?**

*I watched a lady from Nunavut not too long ago who was making suvalik with caribou fat,  I have very little information but I was amazed.*

*I don’t know if we can use beluga fat or bearded seal fat but I suppose we can also use them to make suvalik, maybe we can experiment*

**When and why do you eat suvalik**

*Sometimes we have it as a main meal and other times we just have it for desert.  It is healthy and natural. Berries, vegetables, fish eggs and fat is healthy*

*I prefer Crisco oil with green lit instead of blue lit because the oil with blue lit tasted very different from the green lit*

**End of the interview**

**70 years old Annie Kokiapik was interviewed on November 26th, 2019 by Kativiki Ilisarniliriniq culture department.**

**Who taught you to make suvalik and when?**

*I learn how to make suvalik not too long ago,  I don’t make it anymore but I use to love making some.   I don’t remember if my grandmother or my mother made suvalik but in the 1990’s Suvalik's making came back, I recall ladies from Ungava side use to make some.*

**What are the ingredients you use to make suvalik?**

*I use Crisco Oil, water and fish eggs:*

**What type of fish eggs do you use?**

*I use arctic char eggs; river trout eggs and lake trout eggs and white fish eggs*

**How much of these ingredients do you use to make suvalik?**

*Basically I start with fish eggs and a bit of oil.  Mix them with my hands and start to shake them and add water when I have to.  When I use white fish caviar, I don’t crush them or pop them first I simply incorporate them with oil, since they are very small I didn’t need to pop them before.  But when I use lake trout caviar, I have to pop them because they are much bigger then the white fish eggs.  Normally I only use very small amount of caviar since once you start to make suvalik it grows.  I put wild berries when I have some but most of the times I put store bought berries.*

**How long it takes to make suvalik?**

*Usually about ½ hr*

**How many peoples can you feed with your suvalik?**

*When I used to make suvalik I used to feed about five of us.*

**How often do you make suvalik?**

*When we had the ingredients, we use to make suvalik amongst ladies, it used to be our hobby and social and cultural activity.*

  **How do you store your suvak (caviar)?**

*I use it fresh or freeze them like most ladies these days.  Sometimes we don’t use all caviar we got from hunters and we can freeze them these days. I remember in the old days; they use to dry the fish caviar so store it for later use.  They use to simply crush the dried eggs with rocks and use them as normal fresh eggs.*

**Have you used or taste suvalik made with seal fat?**

*No i only use Crisco oil like most ladies.  But I know some ladies still use seal fat and other animal fat.  But I personally don’t have experience or knowledge to use seal fat but I know it is simply the same method as if we would use Crisco oil.*

**How do you make suvalik?**

*In my days we use to make suvalilk with our hands but some ladies are more modern updated cooks so I know some ladies uses electric mixer that we usually use when we make cake and miracle whip.  Some ladies experiment all sort of modern tools like in sewing and cooking.*

**End of the interview**