**Suvalik recipes**

|  |  |  |
| --- | --- | --- |
|  | **Seal grease** | **Crisco Oil** |
| **Ingredients** | 1 tablespoon of fish eggs  ¼ cup of liquid seal grease  3 cups of berries (blueberries, redberries, crowberries, cloudberries, etc.) | 1 tablespoon of fish eggs  ¼ cup Crisco oil  3 cups of berries (blueberries, redberries, crowberries, cloudberries, etc.) |
| **Method** | - Wash your hands  - Pour the eggs in a bold and make them burst with your hands  - Add 1 tablespoon of oil and mix vigorously with your hand in order to spin the mixture around the bowl.  - When the mixture becomes thicker, slowly add small quantities of oil as you keep mixing using the same technique.  *\*If the mixture becomes too thick or dry, a little bit of water can be added.* | |