**Suvalik recipes**

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|   | **Seal grease**  | **Crisco Oil**  |
| **Ingredients**  | 1 tablespoon of fish eggs ¼ cup of liquid seal grease3 cups of berries (blueberries, redberries, crowberries, cloudberries, etc.)  | 1 tablespoon of fish eggs ¼ cup Crisco oil3 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.*   |