Healthy Foods, Healthy Recipes: Seal Posole

Seal is a great source of protein, iron and vitamin A.

Seal Posole

INGREDIENTS
3 tablespoons olive or canola oil
2 pounds seal meat, cut into ½-inch cubes
1 cup orange juice
2 teaspoons cumin, ground
2 teaspoons chili powder
4 cups water
1 can (15 ounces) mixed vegetables, drained
1 can (15 ounces) hominy, drained

PREPARATION
1. Heat olive or canola oil in pan over medium heat; sear cubed seal meat.
2. Add orange juice and continue heating until reduced by half.
3. Add spices; when you can smell spices, add water and simmer for one hour.
4. When seal is tender, add vegetables and hominy; stir to warm.

Seal is a delicacy among Alaska Native people who harvest it year round. Some prefer to hunt seal in the early spring when they are fattest and will render the most seal oil.

The meat of a seal is a dark, reddish-black color and can be cooked in any regular meat dish, stewed, fried or eaten plain. Almost every part of the seal is eaten.

Our vision is that Alaska Native people are the healthiest people in the world. Learn more at www.anthc.org.