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# Organic Based Akutaq

Recipe kindly provided by  
Tacuk Cecilia Martz originally of Chevak

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## Ingredients

- 2 cups Instant Mashed Potatoes or Real Mashed Potatoes
  - 1/3 cup Organic All Vegetable Shortening
  - 1/4 cup Extra Light Olive Oil
  - 1 1/2 cups Water
  - 1/3 cup Unrefined Organic Cane Sugar - Fine Granulated
  - 3-4 cups Tundra Berries, preferably cloudberries aka salmonberries, blackberries, blueberries or low bush cranberries. You can use a combination or one berry.
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## Instructions:

1. Mix the potatoes with a little bit of hot water until it reaches a mashed potato consistency. Let cool.
  2. Add the organic vegetable shortening and mix thoroughly until there are no lumps in the mixture. It should be a smooth consistency. It is traditional to mix with your hands but you can also use a hand mixer or kitchen aid to speed up the process.
  3. Gradually add the water, olive oil and sugar. Do not dump them in all at once. Gradually add each one as you continue to mix. Keep mixing. Mix for a long time and until the mixture has a cool whip like texture.
  4. Fold in the berries. If using frozen salmon berries, let them defrost first. You can also add some of the juice from the salmonberries if you would like the added nutrients and taste. If you are using blueberries, fresh are the best. Frozen blueberries tend to make the Akutaq watery.
  5. Taste and add sugar if you would like it sweetened.
  6. Enjoy! The Akutaq can be kept in the fridge for 3-4 days or frozen for up to 6 months. Makes approximately 12 cups.
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