# Elders – Words of Wisdom – Moose Meatballs Transcript

## Thomas Moore (Host):

Welcome to another episode of Elders – Words of Wisdom from the National Resource Center for Alaska Native Elders at UAA. Today, we’re again talking to Chef Flora Deacon. This time about her Greek-style moose meatballs recipe.

Moose are everywhere in Alaska, so it’s no surprise that they’re an important piece the of subsistence lifestyle of various Alaska Native communities. Chef Flora talked to me about what growing up eating moose was like. Quick note, some of the recordings of Flora have an occasional audio interference. So, if you hear something, it’s that.

## Flora Deacon:

My father took us out hunting when we were toddlers. I still remember going through the slew, I’m sure it was the Innoko river and my father pointing out the moose to me and I could just barely remember anything else but him pointing it out to me. The next thing I remember is he already had made up fire on the small little beach and he was roasting some moose meat for us.

## Thomas Moore (Host):

For the purpose of this recipe, moose is being used as a substitute for beef which is often used in meatball recipes. Flora told me a little bit about the differences between the two meats.

## Flora Deacon:

Beef has a lot of saturated fat and it’s marbled into the meat. Whereas moose, they do have fat, but it’s on the outside of the muscle.

## Thomas Moore (Host):

She also noted that the quality of moose meat versus beef various because of the lifestyle of each animal.

## Flora Deacon:

They have a different diet; they go out in the woods versus cows. They eat corn, which is not the natural food and they have to be given low doses of antibiotics just to keep from getting sick from eating corn.

## Thomas Moore (Host):

Of course, with all food, everyone has their preference and Flora is no different.

## Flora Deacon:

Some people will say the moose is very strong tasting, wild tasting. I’ve never noticed anything. I don’t know, it just tastes like home to me. It’s comforting. I mean you know it’s healthy because you don’t have all this fat that’s included in there if you eat beef. I do notice beef is different for me, to me beef is very bland and those are the differences I see.

## Thomas Moore (Host):

Keeping with the theme of New Ways to Prepare Traditional Foods, Flora wanted to combine a traditional Alaskan ingredient and a Mediterranean style of preparation.

## Flora Deacon:

They say Mediterranean diets are extremely health, which they are. This recipe has a load of dried herbs and so you don’t have these sodium rich additives, like soy sauce or Worcestershire sauce or ketchup. It’s just herbs, lemon juice, yogurt, and it’s dairy free by the way. There’s some salt but it’s pretty minimal.

## Thomas Moore (Host):

You might be wondering, where can I get some moose to try this recipe out? Well, it hasn’t yet been USDA approved so as of now you can either hunt it yourself or get it from a family member or friend.

That’s it for this episode. Speaking as someone who had only tried moose once as a kid and didn’t remember liking it, I have to say that I think this has been my favorite recipe so far. It tasted great, thanks to Floras excellent preparation and it actually went really well with the pickled fireweed, too. For more information on how to make this recipe head to our website and follow along to our video or print out a helpful infographic. Be sure to follow us on Facebook for NRCANE news.