

Tulalip Lushootseed Family Activity

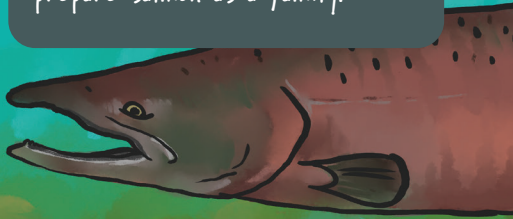
How to filet a fish
and cook seafood

Fish and Shellfish Unit

Activity Overview:

This activity is about recognizing types of salmon and learning how to clean and prepare salmon as a family.

Families will explore fish and shellfish habitats and harvesting practices.



Lushootseed

čad k^{wi} dəx^wʔəsʔatʌlils.
Where does this live?

ʔəsʔatʌlil ti ____ ʔal ti ____.
____ lives at ____.

š^wəlč – Ocean

stulək^w – River

dʒəʔix^w – Creek

yubəč – King Salmon

scəqiʔ – Sockeye Salmon

sk^wəx^{wic} – Silver (Coho)

š^xʷayʔ – Dog Salmon

həduʔ – Humpy Salmon

sʔaš^{wu}ʔ – Clams

Procedures/Instructions



Things you Need for this activity:

- filet knife
- salmon of any kind depending on season
- optional: salmon berries & Washington native ferns
- a large cutting board & kitchen
- something to cook the fish in (smoker, on fire, oven, fryer)
- access to a water (čʷəlč) front to return bones back to the salmon

- Watch the how to filet fish for smoker video (dəxʷšutxʷ) by: Thomas Williams and the traditional Method for cooking seafood video (dəxʷšutxʷ)
- After watching the videos, work together as a family to filet your salmon and then prepare the fish for smoking.
- After you have completed the preparation, be sure to return the bones to the water. You can listen to the First Salmon Ceremony story to remember why this is important.
- Enjoy the smoked fish together and share with others!

