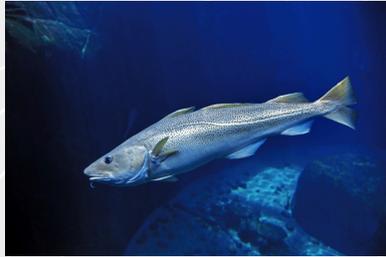


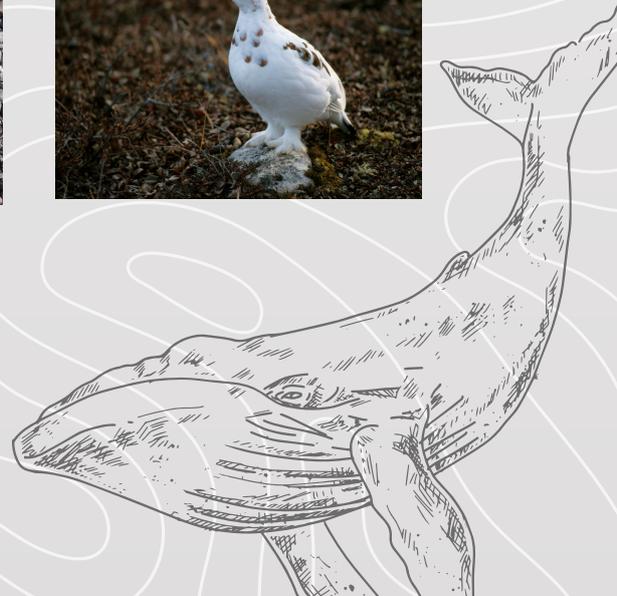


Kujataa

INUIT FOOD



English



INUIT FOOD

Text: Karen Marie Kingo Jørgensen, Nina-Vivi Andersen, Sara Lundgaard Jensen, Erik Kielsen, Miki Jensen, Arnaq Bjege

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inuit food

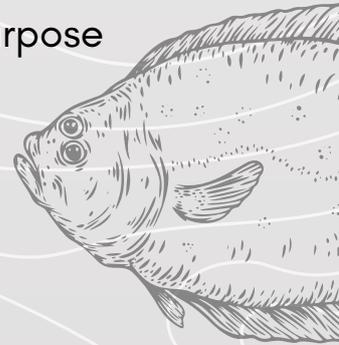


PREFACE

South Greenland is Greenland's pantry. The region includes, among other things, sheep farming, reindeer husbandry, fishing and hunting, as well as a slaughterhouse, brewery, fish processing plants, and the country's food education school.

Today, a wide range of food products is produced, and there are opportunities to increase self-sufficiency. The mild summer climate and the necessary basic infrastructure are in place. In the region, we work to strengthen self-sufficiency throughout the country and to bring more locally produced food products to the shops. Greenlandic food products are characterized by high quality and benefit consumers. At the same time, increased self-sufficiency contributes positively to the climate, the environment, and employment, and reduces dependence on imported goods.

The path towards greater self-sufficiency also requires information and a shared understanding of what Greenlandic food products are and how they are used. This is the purpose of this publication.



INNOVATION
SOUTH GREENLAND

inuit food

EIDER



AAGOOQ

[AA-GHOOR-QR]

The Eider is a common sea diving duck that lives in most parts of Greenland. The Eider becomes 60-70 cm long and it eats mussels, crabs and worms. In the kitchen, the eider duck is often roasted with cream and served with potatoes and sauce.

SEASON

Autumn/ winter / spring (1. Oct. - 31. May.)



inuit food

WHITE-BEAKED DOLPHIN



AARLUARSUK

[AAR-DLUAR-SSHUK]

The white-beaked dolphin is a large dolphin species that lives on northern degrees of latitude (40-70 g.). In Greenland, there are around 12.000 white-beaked dolphins that live in groups consisting of around 5 dolphins. In the kitchen, dolphin meat is used in stews served with potatoes and onions. The blubber from the dolphin is eaten raw as mattak with soy and spices.



SEASON

All year



inuit food

ONE-SIDED DOLPHIN



AARLUARSUK

[AAR-DLUAR-SSHUK]

The one-sided dolphin is a short beaked dolphin that lives in large herds with up to 60 animals in the areas around New Foundland and the Labrador Sea. The one-sided dolphin eats smaller fish such as mackerel, herring and squid. In the kitchen, dolphin meat is used in stews and served with potatoes and onions. The blubber from the whale is eaten raw as mattak with soy and spices.

SEASON

All year

inuit food

HARP SEAL



AATAAQ

[AA-DAARQ]

The harp seal is a medium-sized seal, that on average is around 170 cm. in length. The seal population is relatively stable, and in 2019 the population was measured to be about 4,7 million seals. Seal meat is a popular dish in Greenland, and it is commonly used in the traditional stew called Suaasat.

SEASON

All year



inuit food



WALRUS



AAVEQ

[AA-VERQ]

The Greenlandic walrus is a specific subspecies that lives on shallow waters. But the walrus is capable of diving to depths of up to 500 meters. The walrus is almost endangered, and the species is considered vulnerable, therefore there are quotas for the hunting of walrus.

SEASON

All year



inuit food

ATLANTIC HERRING



AMMASSASSUAQ [AMMA-SSA-SSU-VAR-QR]

The Atlantic herring lives on the surface of the ocean in huge schools of up to 1 million fish. The herring rarely becomes more than 35 cm. long. The herring can be eaten fried with ryebread.

SEASON

All year





inuit food

CARPELIN



AMMASSAAT

[A-MMAS-SAAT]

The capelin is a small fish that is 10–20 cm long. The small fish is the favorite food of the cod and seals, and they live in large shoals. In Greenland the capelin is also a favorite food among the Greenlanders, and it is often eaten as dried fish.

SEASON

Spring / Summer (May, Jun., Jul.)



inuit food

THICK-BILLED MURRE



APPAT

[AP-PAT]

The thick-billed murre live in large colonies on bird rocks consisting of steep cliffs towards the ocean. The thick-billed murre dives for its food which is small fish and crustacean. In the kitchen, the thick-billed murre is often roasted with cream and served with potatoes and sauce.

SEASON

Winter (1. Nov.- 15. Dec.)

inuit food

ROCK PTARMIGAN



AQISSIT

[AR-QRI-SSIT]

Fjeldrypen er en hønsefugl som lever i hele Grønland. Fuglen skifter fjerpragt i løbet af året, om sommeren er fuglens fjer brune, mens de er hvide om vinteren. Bestanden kan svinge meget og år med mange ryper kaldes for rypeår. I køkkenet steges fjeldrypen ofte sammen med fløde, og serveres med kartofler og sauce.



SEASON

Autumn / winter / spring (1. Sept.- 30. April)

inuit food

SNOW CRAB



ASSAGIARSUIT

[A-SSA-GIARS-SUIT]

Snow crab is a large long-legged crab, that can reach a weight of 1,5 kg. The crab typically lives on the seabed, preferably with a sea depth between 70 and 280 meters. In the Greenlandic kitchen the snow crab is boiled and served with bread on the side.



SEASON

Autumn / winter (Sept.- Dec.)

inuit food

ARCTIC CHAR



EQALIK

[ER-QRA-LIK]

The arctic char is a salmon-type fish, that is found in the entire arctic region. The arctic char lives in the ocean, but during the late summer they migrate to elves and streams to spawn. The arctic char is a tasty edible fish, that can be cooked in many ways. Smoked arctic char is a delicacy.



SEASON

Summer (15. June - 25. Sept.)

inuit food

COD



SAARULLIK

[SAAR-U-DLIK]

Polar cod lives in the arctic ocean. It is a slender fish, which grows up to 150 cm in length. The polar cod is an important food source for birds, fish, seals and whales. In the Greenlandic kitchen, the polar cod is boiled and served with potatoes.



SEASON

All year



inuit food

SEA URCHIN



EQQISAQ

[ER-QRI-SAR-QR]

The sea urchin lives near the coast on the seabed, and the small animal feeds on algae. The roe from the sea urchin is a very exquisite delicacy in many countries and that applies to Greenland as well. The roe can be eaten in the same manner as caviar.

SEASON

Spring / summer (May-Sept.)



inuit food

SHORTHORN SCULPIN



KANAJOQ

[KA-NA-YOR-QR]

The shorthorn sculpin lives on the seabed in most of Greenland and the fish is almost omnivorous. In Greenland the shorthorn is used for fish soup.

SEASON

All year

inuit food

SNOW GOOSE



KANGOQ

[KA-NGOR-QR]



The Snow goose has two subspecies, the small and the large snow goose, both species can occur in Greenland. We've seen a rising number of the small snow goose even though it formerly has been considered rare. The bird is most common in northern Greenland. In the kitchen, the goose is boiled with onions and root vegetables and is served with rice.

SEASON

Autumn (1. Sept. - 15. Oct.)



inuit food

ATLANTIC SALMON



KAPISILIK

[KA-PI-SI-LIK]

The Atlantic salmon can reach a length up to 160 cm and weight up to 50 kg. But it is rare that you'll see a salmon which weighs more than 25 kg. In the Greenlandic kitchen the salmon is eaten boiled with rice and curry sauce, furthermore the salmon is also eaten smoked or salted.

SEASON

Summer / Autumn (Aug.-Sept.)



inuit food

POTATOES



KARTOFFILIT

[KAR-TORF-FI-LIT]

Potatoes are often grown in South Greenlandic gardens by local and farmers. The south Greenlandic climate is mild and has a lot of sunlight hours, therefore the weather is beneficial for the production of potatoes. In the Greenlandic kitchen, the potatoes is often used as a side dish.

SEASON

Summer



inuit food

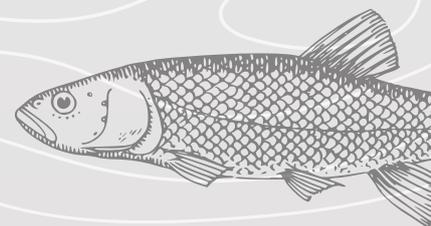
BLUE BERRIES



KIGITAARNAT

[KI-GHI-DAAR-NAT]

During August the Greenlandic highlands are filled with blueberries from north to south. The blueberries can be eaten fresh or used in cakes or desserts.



SEASON

Summer / autumn (Aug.-Sept.)

inuit food



WOLF FISH



KIGITILIK

[KI-GHI-TI-LIK]

There are three subspecies of the wolffish in the Greenlandic ocean, a blue, a spotted and a striped wolffish. The wolffish eats sea urchin, starfish and crabs. In the Greenlandic kitchen is wolffish often used for fishsoup.

SEASON

All year



RHUBARBS



KUANNIISAT

[KUAN-NII-SAT]

Rhubarbs are plants characterized by its long red rods. It is often grown in local vegetable gardens or in the farmers' vegetable garden. In the kitchen, it is often used in cakes or for sweet drinks.



SEASON

Summer

inuit food



ANGELICA



KUAANNIT

[KUAN-NIT]

Angelica is found in most of Greenland. The plant is easy to recognize by its large umbels and height of 150 cm. The Vikings used angelica for medical purposes and for cooking. Today angelica is used for jam, compote and licour. But it can also be eaten raw as candy. The root of the angelica can be boiled and used in similar ways as parsnip.

SEASON

Summer



inuit food

SEAGULL EGGS



NAAJAT MANNII

[NAA-YAT MAN-NII]

In Greenland seagull eggs are a delicacy. Seagull eggs are collected during spring, and they are eaten in similar ways as hen eggs. You aren't allowed to collect eggs from the arctic tern, because it is protected by law. Additionally it is a demand that you have a hunting permission to collect seagull eggs.

SEASON

Spring (1. April - 15. June)



DRIED PLANTS



Photo: Visit Greenland

NAASUT PANERTITAT [NAA-SUT PAN-NER-TSI-DAT]

In Greenland, there are many edible flowers and plants in nature. Fx. Greenlandic bluebell and arctic thyme. Flowers and plants are used for both tea, cake and salad. Remember always to check if the plant is edible before you eat anything collected in nature.

SEASON

Summer



inuit food



POLAR BEAR



NANOQ

[NA-NOR-QR]

The polar bear is to be found in most of Greenland, but very few Greenlanders have seen a wild polar bear. The polar bear lives on and by the sea ice, where it finds its food which consist of seal and fish. The polar bear hunt is strictly regulated and there are quotas for how many polar bears can be shot to protect the species. In the kitchen, the polar bear meat must be boiled for many hours, afterwards it is served with potatoes or curry sauce and rice.

SEASON

Autumn / Winter / spring (1. Sept. - 30. Jun.)

inuit food

ATLANTIC HALIBUT



NATAARNAQ

[NA-DAARN-NAR-QR]

The Atlantic halibut is the largest flatfish of them all, and can have a length of 2 m. Halibut is considered by many to be the best fish to eat in the world. Therefore, halibut is at great export product in Greenland. In the Greenlandic kitchen halibut is boiled and eaten with potatoes or used in fish soup.

SEASON

All year



inuit food



RINGED SEAL



NATSEQ

[NA-TSER-QR]



The ringed seal is the smallest seal that is found in the Greenlandic ocean, and it can reach a weight of 100 kg. Ringed seals mostly live in North- and East Greenland. In the Greenlandic kitchen, seal is used for the traditional dish Suaasat, where the seal meat is boiled with onions and root vegetables and rice.

SEASON

All year



inuit food



HOODED SEAL



NATERSUAQ

[NA-TSER-SU-AR-QR]

The hooded seal is a large seal that eats large fish such as Atlantic halibut, redfish and cod. In the kitchen, hooded seal is boiled and served with potatoes. Hooded seal is also often eaten died.



SEASON

All year



inuit food

CANADA GOOSE



NERLEQ SIGGUKITSOQ [NER-DLER-QR SIG-GHU-KI-TSOR-QR]

Canada goose is most commonly found in the area between Sisimiut and Upernavik. Earlier the goose was rarely found in Greenland but today it is a common bird in Greenland. In the Greenlandic kitchen geese is often cooked as roasted goose.

SEASON

Summer / autumn (Aug., Sept., Oct., Nov.)



inuit food

BARNACLE GOOSE



NERLERNARNAQ [NER-DLERN-NARN-NAR-QR]

Barnacle goose is a small and compact looking goose. In the Greenlandic population of barnacle goose there is about 45.000 birds. The barnacle goose is most common in North- and East Greenland. In the Greenlandic kitchen geese is often cooked as roasted goose.



SEASON

Autumn / winter / spring (1. Sept. - 30. Apr.)

inuit food

HARBOUR PORPOISE



NIISA

[NII-SA]

Harbour porpoise is the smallest toothed whale and only reaches a length of 1,6 m. The harbour porpoise eats primarily squids and crabs, and they live in small groups of 2-7 animals. In the Greenlandic kitchen is the meat from harbour porpoise often eaten as steaks, while the blubber is eaten as mattak: raw with soy and spices.

SEASON

All year



inuit food



LUMPFISH



NIPISAK

[NI-PI-SAK]

The lumpfish has a short and robust body. The lumpfish is found in most of Greenland, and it prefers to live on hard and rocky ocean beds. In the Greenlandic kitchen we eat lumpfish meat raw and lumpfish roe is very desirable, and it is eaten as caviar.

SEASON

Spring (Mar., Apr., Maj)



inuit food

CROWBERRIES



PAARNAT

[PAARN-NAT]

Crowberries grow on small bushes on the Greenlandic mountains. The berries are black and they taste sweet but a little bit bitter. In the Greenlandic kitchen, crowberries are used in cakes such as cupcakes or Greenlandic farmers cake consisting of crowberries, sour cream and Danish biscuits.

SEASON

Summer (Jul. - Oct.)

inuit food

MUSHROOMS



PUPIIT

[PU-PIIT]

There are many edible mushrooms in Greenland, but it is a relatively new tradition to collect mushrooms. Remember always to check if the mushroom is edible before you eat anything collected in nature.

SEASON

Summer / autumn (Aug.-Sept.)

inuit food



HALIBUT



QALERALIK

[QRA-LER-RA-LIK]

Halibut is a flat fish that lives both in the Greenlandic ocean and fjords. The halibut is a predatory fish and has sharp teeth. In the Greenlandic kitchen the halibut is often used for fish soup.



SEASON

All year



inuit food



MALLARD



QEERLUTOOQ

[QREER-DLU-DOOR-QR]

The mallard is very common, especially in West Greenland. The mallard lives in the mountains, by the coast, on the sea and in the cities. In the kitchen the mallard is roasted and served with potatoes.

SEASON

Winter / spring (1. Sept. - 29. Feb.)



inuit food



SEAWEED



QEQQUSSAT

[QER-QRUS-SAT]

Along the Greenlandic coasts, there are many different species of seaweed, many of these are edible and contains good proteins and vitamins.

SEASON

Spring / summer / autumn



inuit food



BELUGA WHALE



QILALUGAQ QAQERTAQ [QRI-LA-LU-GAR-QR QAR-QRER-DAR-QR]

The beluga whale is in family with the narwhale and can reach a length of 5 m. Beluga whales are very social beings and swim in groups. The beluga whale is a vulnerable species, and there are quotas for how many whales can be caught each year in Greenland. In the Greenlandic kitchen is the whale meat is eaten dried, smoked, in stews or as steaks. The blubber from the whale is eaten raw as mattak with soy and spices.

SEASON

All year



inuit food



NARWHALE



QILALUGAQ QERNERTAQ [QRI-LA-LU-GAR-QR QER-NER-DAR-QR]

The narwhale's body can reach a length of 4-5 m., while the characteristic tooth can reach a length of 3 m. The tooth grows though out the narwhale's life, and by the length of the tooth you can estimate the age of the whale. The narwhale is mostly found in the northern parts of Greenland. The narwhale is a vulnerable species, and there are quotas for the hunting. In the Greenlandic kitchen is the whale meat eaten dried, smoked, in stews or as steaks. The blubber from the whale is eaten raw as mattak with soy and spices.

SEASON

All year





inuit food



HUMPBACK WHALE



QIPOQQAQ

[QRI-POR-QRAR-QR]

The Humpback whale can reach a length of 12-15 m. Most of the whales come to Greenland during summer to find food. The humpback whales are protected in Nuuk fjord, but the whale is still hunted in other parts of Greenland, the hunting is regulated by quotas so the hunt is sustainable, and the population is protected. In the Greenlandic kitchen, the whale meat is eaten dried, smoked, in stews or as steaks. The blubber from the whale is eaten raw as mattak with soy and spices.

SEASON

All year



inuit food



SHRIMPS



RAAJAT

[RAA-YAT]

The Greenlandic shrimp is also known as cold-water shrimps. They are characterized by their firm texture, sweet flavors and being very tasty, therefore they are a great delicacy. In the cold water the shrimps grow slowly, which contributes to the texture and the flavor of the shrimps.



SEASON

All year

inuit food



TURNIPS



RUUAT

[RUU-VAT]

Turnips is a root vegetable, which descends from wild kale species. Both the turnips' root and leaves are used in soup, while the root can be cooked as creamed turnips or pickled turnips. Turnips are grown by many local farmers as well in locals gardens.



SEASON

Summer





inuit food

SALAD



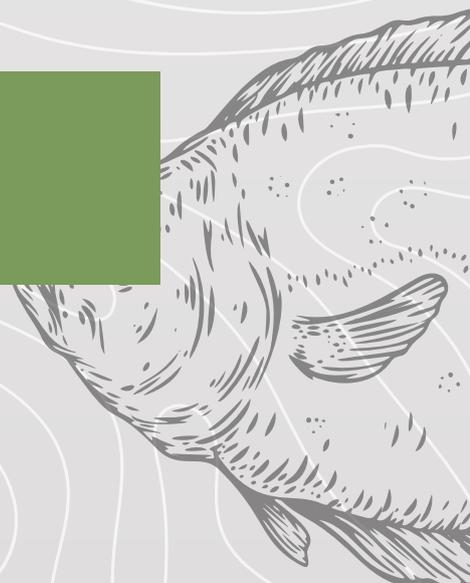
SALATIT

[SAA-LAA-TIT]

In many local Greenlandic gardens you'll find salad. Furthermore, it is possible to use certain wildflowers and plants as salad in the kitchen f.x. Alpine Lady's Mantle (in Greenlandic: Kuanniusaaraq).

SEASON

Summer (Jul.,- Aug.)





inuit food

SHEEP



SAVA

[SA-VA]

The Greenlandic sheep breed is a mix of nine Faroese sheep that arrived in Greenland in 1906 and 175 sheep that came from Iceland in 1915. Over time, they have adapted to Greenlandic conditions and developed into a distinct breed of their own. Sheep farming is today a strong and vibrant culture. Lamb from South Greenland is known for its high meat quality, which is due to the animals roaming freely in the mountains from spring to autumn, feeding exclusively on nature's wild vegetation. In Greenlandic kitchens, lamb is used in many different dishes – from classic rolled cold cuts to juicy lamb chops.

SEASON

All year



inuit food

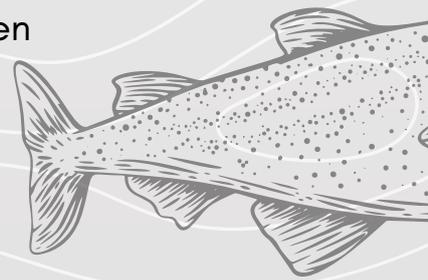
BLACK GUILLERMOT



SERFAQ

[SER-FAR-QR]

The black guillemot is a talented swimmer, and it can dive down to 8 meters depth, which is necessary to catch food, since the black guillemot primarily eats crabs and seaweed. In the kitchen, the black guillemot is often roasted with cream and served with potatoes and sauce.



SEASON

Autumn / winter / spring (Sept.- 31. Mar.)

inuit food

RED FISH



SULUPPAAGAQ [SU-LUP-PAA-GAR-QR]

The redfish lives in most of Greenland. The fish inhabits depths of 100-1.000 meters and feeds on smaller fish and crustaceans. In the Greenlandic cuisine, redfish can be eaten boiled with potatoes or as dried fish. Additionally, many people use redfish in Asian-inspired dishes.

SEASON

All year





inuit food

RIDER BLACK-LEGGED



TAATERAAQ

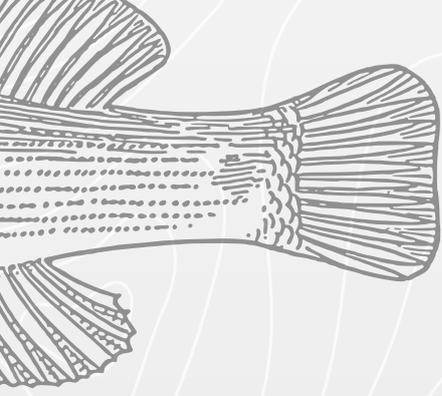
[DAA-TSER-RAAR-QR]

The black-legged rider is a migratory bird that can usually be seen in Greenland from March to August, where it breeds in large colonies on bird cliffs along the coasts and inside fjords on steep cliffsides. It mainly lives on Greenland's west coast. In Greenlandic cuisine, the rider is usually boiled to make a soup.

SEASON

Autumn / Winter / spring (1. Sept.-31. Mar.)





inuit food

POLAR FOX



TERIANNIAQ

[TSER-RIAR-NIAR-QR]

There are two species of arctic foxes: the blue fox and the white fox. The blue fox lives along the ice-free coasts in the intertidal zone, while the white arctic fox lives on the tundra and mountains inland. The white arctic fox mainly feeds on birds and carrion. The blue polar fox's diet consists of fish, crustaceans, snails, worms, shellfish, birds and bird eggs, insects, and snow hares.

SEASON

All year (South Greenland)





inuit food



MINKE WHALE



TIKAAGULLIK

[TIKAA-GHU-DLIK]

The minke whale is the most common baleen whale in Greenland. The Greenlandic population of minke whales is estimated to be around 16,000. The minke whale can grow up to 10 meters long and weigh up to 10 tons. The minke whale is more frequently seen along the southwestern part of the Greenlandic coast. It feeds on plankton, crustaceans, and schooling fish. In the kitchen, whale steaks are usually made from the meat and served with soft onions, potatoes, and brown sauce.

SEASON

All year



inuit food

FIN WHALE



TIKAAGULLIK

[TIKAA-GHU-DLIK]

The fin whale is common in the Greenlandic oceans from May and until winter in the northern parts by Uummanaq. The fin whale live in small groups. They are able to reach a length of 17-27 meters and a weight up till 100 kg. The fin whale eats fish, squids and crabs.



SEASON

All year



inuit food

CUSK



TINGUTTOOQ

[TI-NGU-DDOOR-QR]

The cusk is a white fish that is very similar to the cod. The cusk is most common around Iceland and the Faroe Islands. But it is also seen in the oceans around Southern Greenland. In the kitchen the cusk is used in similar ways to the cod for example as dried fish.



SEASON

All year



inuit food



REINDEER



TUTTU

[DU-DDU]

Reindeer live in most of Greenland. The animals are known for their grand antlers, which the reindeer replace every year. Therefore some might be lucky to find antlers in nature. In the Greenlandic cuisine, reindeer is often prepared as soup or roast, and the dishes are served at the traditional kaffemik. The fat is also used in coffee, which some consider a delicacy.

SEASON

Autumn (Sept.-Oct.)





inuit food

FJORD COD



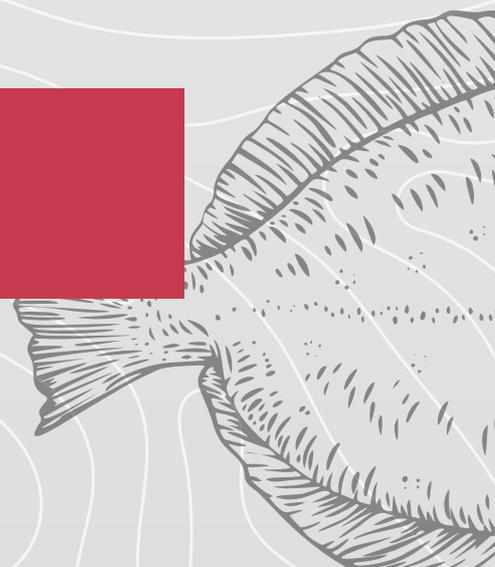
UUGAQ

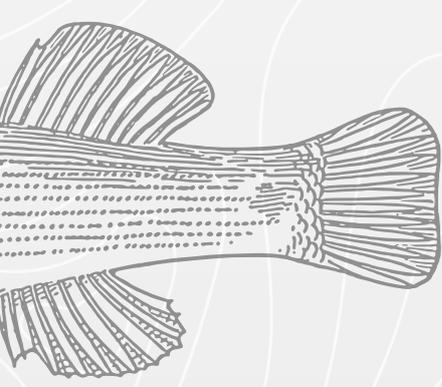
[UU-GHAR-QR]

The fjord cod mostly lives inside the fjord and is eaten by other larger animals, such as seals and whales. It can grow to about 75 cm in length. In the picture, the fjord cod is at the bottom, while the cod is at the top, and the difference between the two can clearly be seen. Fjord cod is especially good for fish cakes, but it can also be prepared boiled with potatoes.

SEASON

All year





inuit food



BLUE MUSSEL



UILLUT

[UVI-DLUT]

There are many blue mussels along the Greenlandic coasts. They live on the sandy and rocky bottom of the ocean. Therefore, you can harvest blue mussels by many beaches and by low waters from boats. The Greenlandic mussels has a great quality due to the low water temperature, which also minimizes the risk of toxic algae. In the Greenlandic kitchen, the blue mussels are boiled or eaten raw.

SEASON

Spring



inuit food

MOUNTAIN HARE



UKALEQ

[UKA-LER-QR]

The mountain hare is a protected specie in Northern Greenland, but it is hunted in other regions. The mountain hare often lives in large groups with up to 100 animals. During summer the mountain hare eats grass, leaves, and roots. During winter the mountain hare uses its great ability to smell and digs in the snow after plant based food. In the Greenlandic kitchen, the mountain hare is used in stews such as mount hare ragout.

SEASON

Autumn / winter / spring (1. Aug.- 30. Apr.)



inuit food



MUSK OXEN



UMIMMAK

[UMIM-MAK]

The musk oxen is only 150 cm tall, but it can reach a weight up to 320 kg. The musk oxen have a large horn which it keeps throughout its life. Earlier the musk oxen was almost extinct in Greenland and the oxen lived mostly in Northern Greenland. But today the population of musk oxen is regulated by quotas and musk oxen lives in many areas of Greenland, because people have moved the animals, and in that way introduced them to new areas. In the Greenlandic kitchen musk oxen is eaten as steaks, in burgers or in stews.

SÆSON

South Greenland: Autumn (15. Oct. – 15. Dec.)

