

MÉTIS TRADITIONAL FOODS

MICHIF COOKING TERMS TEACHER CARD

Michif	English
La gaalet (la gallet)	Bannock
La faarinn	Flour
La gress	Lard
La poodr a paat	Baking powder
Li sel (l' sel)	Salt
Li pwayvr (l' pwâf)	Pepper
Di loo	Water
Li seuk (sucre)	Sugar
Miseur de bol	Measuring cup
Miseur di chooyayr	Measuring spoon
Enn boll	Bowl
Aen pwel	Stove
La pwel aan foondr	Cast iron pan
Lii pwayr (le pooair, lis pwaer)	Saskatoon berry
Li beur	Butter
Aasyet	Plate
Aen kootoo	Knife
Koonficheur	Jam
Zway	Goose
Dilet	Milk