

# The Hamatla Treaty Society

## Mission Statement

To support Treaty Negotiations toward achieving a fair and just Treaty that secures the future and a better quality of life of all generations of our Member Nations.

## About the Hamatla Treaty Society

The Hamatla Treaty Society (HTS) represents its Member Nations: the We Wai Kai (Cape Mudge Band), Wei Wai Kum (Campbell River Band), Kwiakah

(Phillips Arm), K'ómoks (Comox Band), and Tlowitsis (Tlowitsis Tribe).

HTS was established in November of 1994 to represent its Member Nations and to facilitate and support their endeavours to sign a Treaty with BC and Canada through the British Columbia Treaty Negotiation process.

HTS is now engaged in facilitating the negotiation of an Agreement-in-Principle, Stage 4 of the Treaty process.

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*The Chiefs, Board of Directors, and staff of the Hamatla Treaty Society on tour of their traditional territory*

## Fish Mulligan Recipe

*Danielle Assu, Hamatla Treaty Society*

*This is a basic Fish Mulligan recipe. This always brings back fond memories because my great granny would often join us on the boat when we were canning our fish in the Summertime. She would stay with us all day sitting in the galley, telling us stories and her experiences growing up in her village at Salmon River.*

Note: any type of fish could be substituted for pink salmon.  
We always used the pinks because they are a good mulligan fish.

### Ingredients

- |   |                           |
|---|---------------------------|
| 1 freshly cleaned Pink Salmon cut into pieces       | 1 tbsp butter             |
| 1 onion, cut into chunks                            | Salt and pepper, to taste |
| 2 potatoes, cut into cubes                          | Dried seaweed (optional)  |
| 3 litres of water (approx). Use more, if necessary. | Eulachon oil (optional)   |

First, sauté onion in butter approximately 5 minutes, until the onion is slightly clear but still firm.

Chop potatoes into cubes and place into the pot of water. Bring to a gentle boil for approximately 5 minutes. Potatoes should still be slightly firm.

Cut onion and fish into pieces and add to the boiling potatoes. Let simmer for approximately 10 minutes. Remove from heat. Top with dried seaweed, if you so desire. Serves 4 to 6 people.

