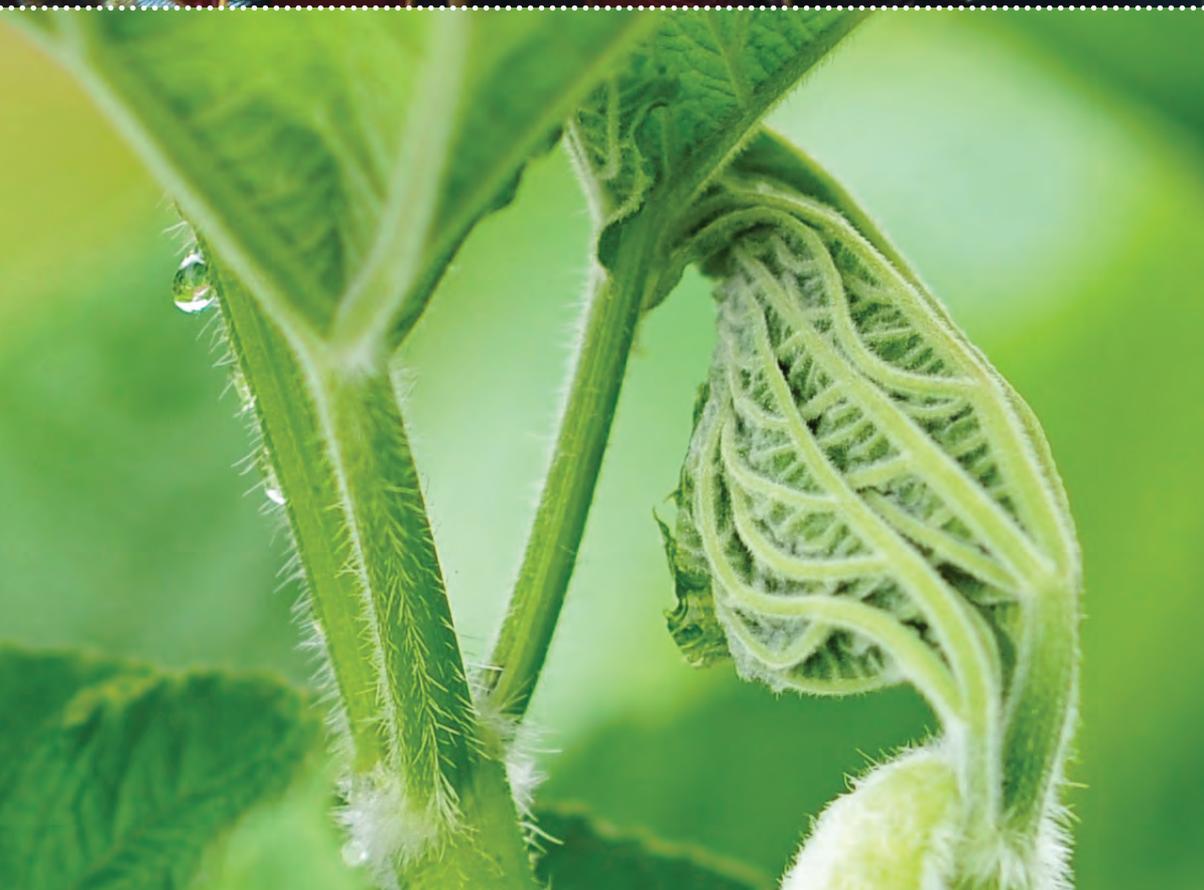


# The Wild Foods Cookbook

Alutiiq Museum & Archaeological Repository

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The Wild Foods Cookbook

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*Ila Bircher holding alpine blueberries, Akhiok, 1990 (AM4:154).  
Kodiak Alutiiq Plantlore Collection,  
courtesy of Kodiak Area  
Native Association.*



Beverages

# Elderberry Blossom Soda

## Ingredients

- 1 kilogram sugar
- 10 liters water
- 250 milliliters white vinegar
- 15 clusters elderberry blossoms
- 2 lemons

## Instructions

1. Melt sugar and water over low heat to make a simple syrup.
2. Add vinegar, blossoms, and lemons.
3. Let sit for a full 24 hours.
4. Bottle it and seal it, and in 10 days you have homemade soda!



**Caution:** Make sure to only use blossoms, as the berries that elderberry plants produce are tricky. The flesh is edible but the seeds are poisonous!

*courtesy of Gayla Pedersen*

**Tuuciik**  
*Elderberry*

◀ *Gayla near elderberry blossoms.*

# Russian Tea

## Ingredients

- 4 qt boiling water
- 2-3 sticks cinnamon
- 12 whole cloves
- 1 ½ cups sugar
- 3 tbsp tea
- 4 oranges
- 2 lemons

## Instructions

1. Boil 1 quart water, cinnamon, cloves and sugar for about 15 minutes.
2. Add tea and let steep until desired.
3. Strain and then add juice from oranges and lemons.
4. Add 3 qts. boiling water and let sit overnight.
5. Boil for about 15 minutes.

*courtesy of Chickie Wegdahl*



## Kasaakam Caayua Russian Tea

◀ *Linda Mullen, Port Wakefield, 1960s (AM589:42), courtesy of Pat Mullen, Jr.*

# Instant Russian Tea

## Ingredients

- 1 18 oz Tang
- $\frac{3}{4}$  cup instant lemon tea
- $\frac{3}{4}$  tbsp cinnamon
- $\frac{3}{4}$  tbsp cloves
- 1 cup sugar

## Instructions

1. Mix all ingredients together in large bowl and transfer to jar.
2. Add 3 heaping teaspoons to 1 cup water for a single serving.



◀ Gift jar of Kasaakam Caayua.

Appetizers

# Halibut Cerviche

## Ingredients

lemons  
limes  
red onion  
tomatoes  
cilantro  
halibut or octopus  
(skinned and cut thin)

or

lemons  
limes  
shrimp  
cucumber  
jalapenos

*courtesy of Herman Squartsoff*

**Sagiq**  
*Halibut*



*Marya Halvorsen with fresh halibut.*

## Instructions

1. Add to large bowl thin  $\frac{1}{4}$ " x 1" cubes of uncooked halibut. Squeeze juice from equal parts lemon and lime, enough to cover the fish.
2. Add thinly sliced onion, diced tomatoes, and chopped cilantro.
3. Stir mixture and make sure the juice covers it completely. Cover and let sit for at least 4-6 hours.

Serve cold with homemade tortilla chips!

# Octopus Cerviche

## Ingredients

lemons  
limes  
octopus (sliced thinly)  
cucumber  
jalapenos

## Instructions

1. Add to large bowl thin  $\frac{1}{4}$ " x 1" cubes of uncooked octopus. Squeeze juice from equal parts lemon and lime, enough to cover the meat.
2. Add thinly sliced cucumber and diced jalapenos to taste.
3. Stir mixture and make sure the juice covers it completely. Cover and let sit for at least 1  $\frac{1}{2}$  days.

*courtesy of Herman Squartsoff*



**Amikuq (N);  
Utguiq (S)**  
*Octopus*

◀ *Octopus in a pot.*

# Watermelon Salsa for Halibut

## Ingredients

- 2 cups watermelon, diced and seeded
- 2 tbsp green onion, thinly sliced
- 1 tbsp fresh cilantro, chopped
- 1 tbsp fresh ginger, chopped
- 2 tsp mirin (sweet rice wine)
- 1 tsp lime juice, fresh
- 1/8 tsp salt
- 1 jalapeno pepper, seeded and minced

## Instructions

1. Combine all ingredients in a large bowl.
2. Stir, cover and chill until halibut is ready to serve.

*courtesy of Larry Crozier*



# Kelp Chips

## Ingredients

ribbon kelp  
rice vinegar  
sesame oil  
furikake seasoning  
sesame seeds

**Tip:** Snip off ribbons with scissors when collecting to avoid pulling plant up.

*courtesy of Patrick Saltonstall*

## Instructions

1. Pick the smallest ribbons of kelp that lack the rib down the middle. I also snipped them off the plant rather than pulling the whole plant up.
2. Soak the fronds in freshwater for about 45 minutes and change the water once. At the end of the 45 minutes, take out and spread on a rack.
3. Let the fronds air dry for an hour at room temperature and then cut them up into thin strips. Save time here by layering a bunch of fronds on top of each other and cut them all at once.
4. Put all the strips into a non-reactive bowl and cover them with rice vinegar, just enough to cover. Put in the fridge for 3 hours.
5. Pour off all the vinegar and coat seaweed strips with sesame oil. I used a tablespoon or so — a good hefty dose anyway. Add a tablespoon of 'Aji Nori Furikake', which is a mix of ground up seaweed, salt, sugar, bonito extract, and sesame seeds. Add sesame seeds to taste.
6. Stir together and serve!

◀ *Kelp on the beach at Fort Abercrombie State Historical Park.*

Sides

# Seal Oil



*Julie Kaiser making seal oil in Old Harbor.*

## Instructions

1. Over low to medium heat cut the seal fat into small chunks and render down.
2. Skim off the oil as it renders out.
3. Pour into jars to give to the elders.
4. Once done eat the remaining cuts like skittles. Keeps you very warm!

*courtesy of Julie Kaiser*

## Ingredients

seal blubber  
jars

## Isuwim Uqua *Seal Oil*



# Dandelion Salad

## Salad Ingredients

4 pieces of cooked bacon  
2 cups chopped new  
dandelion leaves  
2 hardboiled eggs, sliced or  
chopped  
2 tbsp chopped onion

## Vinaigrette Ingredients

½ cup extra virgin olive oil  
3 tbsp red wine vinegar  
½ tsp dry mustard  
1 large garlic clove, peeled and  
smashed  
freshly ground pepper

*Makes approx. ⅔ cup*

## Instructions

1. Toss together chopped dandelion, chopped onion and fried bacon pieces. Toss in vinaigrette and add boiled eggs.
2. Put all ingredients into a jar with tight fitting lid. Shake well and set aside for at least an hour before use.
3. Keep in the refrigerator up to a week. Bring to room temperature before using.

*courtesy of Sara Squartsoff*

**Saalalraq**  
*Dandelion*

◀ *Seal swimming.*

# Cabbage & Seaweed

## Ingredients

1 head cabbage  
1 onion  
2 celery sticks  
2 medium size carrots  
6 slices thick bacon  
¼ cup black seaweed (crumbled)  
salt and pepper

## Instructions

1. In a deep frying pan, sauté chopped bacon, onion, celery and carrots until bacon is lightly brown then add chopped cabbage.
2. Sauté until cabbage has wilted then sprinkle with crumbled black sea weed and salt and pepper.
3. Serve with steamed rice and your favorite baked fish.

*courtesy of June Pardue*



# Pickled Bull Kelp

## Ingredients

4 cup rings or rectangles cut from stem of fresh bull kelp  
¾ cup white vinegar  
2 ½ cups sugar  
1 tbsp mixed pickling spice  
1 tsp whole cloves

## Instructions

1. Remove outer skin of kelp with peeler and slice into rings or rectangles. Soak the kelp in fresh water for three days, changing the water several times to remove the salt.
2. Enclose the spices in a cheesecloth bag and place in simmering vinegar and sugar for five minutes.
3. Remove spices and pour the hot syrup over the kelp. Let stand overnight.
4. Next day, drain off syrup, heat to boiling, and pour over kelp again. Let stand overnight.

**Nasqulut**  
*Bull Kelp*

**Nasqulut tak'ut!**  
*The bull kelp are long!*

◀ *Charlie and Mike Pestrokoff and George Inga processing fish, 1953. (AM507 OH-127), Violet Abel Slides, courtesy of Village of Old Harbor.*

# Fiddlehead & Fireweed Salad

## Ingredients

½ cup fireweed shoots  
1 cup fiddleheads  
½ cup finely chopped sweet onion,  
such as a Vidalia onion  
½ head lettuce  
favorite Ranch style dressing  
pepper to taste

## Instructions

1. Gather about ½ cup of fireweed shoots and 1 cup or more newly emerged fiddleheads. Rinse well and drain.
2. Fiddleheads and fireweed should be about bite size, but can be cut smaller if desired.
3. Chop sweet onion very small. If a sweet onion is not available, use finely chopped green onions instead.
4. Toss in lettuce with Ranch dressing and add pepper as desired.

**Note:** This salad can only be made in the spring when fiddleheads are just popping up and fireweed shoots are still very tiny.

**Cillqag**  
*Fireweed*

*courtesy of April G. L. Counciller*

# Sautéed Fiddlehead Ferns

## Ingredients

2 tbsp butter  
1 tbsp soy sauce  
1 tbsp balsamic  
vinegar  
fiddlehead ferns

## Instructions

1. Brown butter and add soy sauce and balsamic vinegar.
2. Reduce until sticky and add cleaned, fiddleheads to pan until coated and soft.

*courtesy of Gayla Pedersen*

**Tip:** Fiddleheads are best when tightly cured early in the season. Clean off brown parts before cooking.

**Qataqutaq**  
*Fiddlehead Fern*

*Fiddlehead fern.* ►



# Bladderwack Pops

## Ingredients

bladderwack, or pop weed kelp  
sesame oil  
sesame seeds  
popcorn (optional)

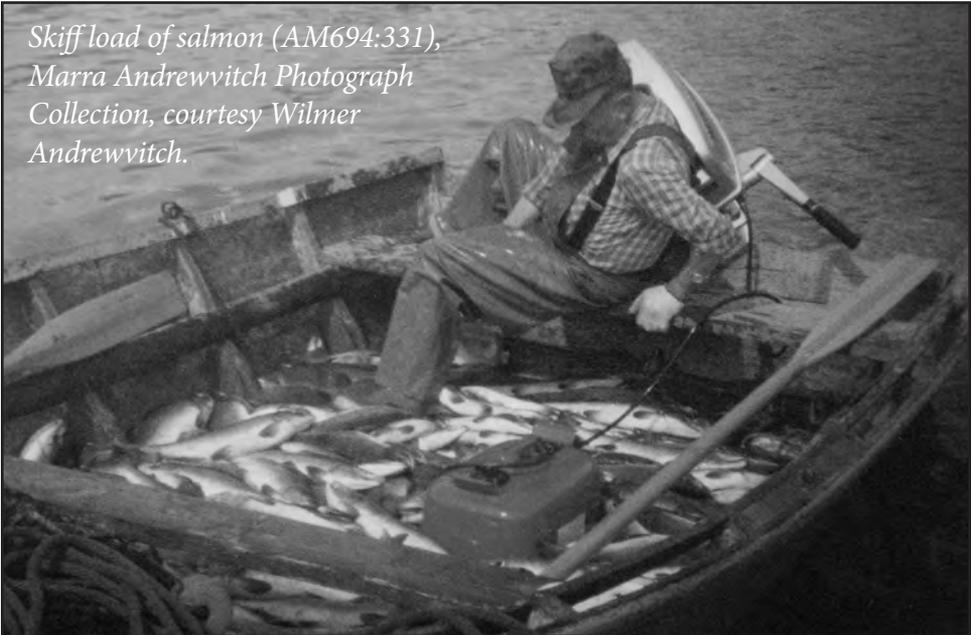
## Instructions

1. Toss 2 cups with several drops of sesame oil and sprinkle with sesame seeds.
2. Dehydrate until crispy.  
Excellent mixed with popcorn!

**Tip:** Harvest carefully so that bubbles remain intact.

*courtesy of Gayla Pedersen*

*Skiff load of salmon (AM694:331),  
Marra Andrewvitch Photograph  
Collection, courtesy Wilmer  
Andrewvitch.*



Main Courses

# Halibut Salmon Sandwich

## Ingredients

- ¼ cup chopped onion
- ¼ cup chopped celery
- 1 tsp garlic, minced
- 2 tbsp butter
- ½ lb cooked salmon (flaked)
- ¼ cup dry breadcrumbs
- ½ tsp dill or 2 sprigs, if fresh
- 1 tsp grated lemon peel
- 1 tsp lemon juice
- 1 tsp salt
- pepper to taste
- 2 halibut fillets

## Sauce Ingredients

- ⅛ tsp paprika
- 2 tbsp butter
- 1 ½ tbsp flour
- ¼ tsp salt
- dash pepper & paprika
- ¾ cup half & half
- ¼ cup white wine or water

## Instructions

1. Sauté onion, celery and garlic in butter on medium heat until onions are transparent and celery is slightly tender. Stir in remainder ingredients. Gently fold for about 3-5 minutes. Remove from heat and let cool.
2. Place one of the halibut fillets in a buttered baking dish. If using halibut steaks, fill in the empty spaces with bread. Sprinkle it with salt and Spanish (or regular) paprika then spread the salmon stuffing evenly on top. Place the other halibut fillet on top of the salmon stuffing and butter the top of the fillet. Cover and bake at 425°F for 20-25 minutes.
3. In a small saucepan, melt butter, and then stir in flour, pepper, paprika, half & half, and white wine or water. Stir until thickened.
4. Enjoy with herbed wild rice and salad.

*courtesy of Shel Ma Belle*

# Sautéed Halibut

## Ingredients

halibut cut into serving sizes

Progresso bread crumbs

toasted sesame seeds

salt and pepper

flour

1 egg and 1 tbsp milk (or if using more fish use 2 eggs, 2 tbsp milk)

green onion

lemon

## Instructions

1. Drain halibut pieces, dry and sprinkle with S&P and dust lightly with flour.
2. Dip in egg/milk mixture, turning to coat both sides. Lay in bread crumb/sesame seed mixture, covering both sides
3. Sauté in butter and olive oil until golden. Serve with lemon and green onion sliced thin.

*courtesy of Mary Jane Longrich*



◀ *Halibut painting by Bruce Nelson (AM654).*

# Easy Fish Soup

## Ingredients

1 fillet halibut – cubed  
1 large can clams – chopped  
carrots – chopped  
celery – chopped  
onions – diced  
minced garlic  
worshteshire sauce  
bell pepper – chopped  
red potatoes – diced  
parsley flakes  
Italian seasoning  
fresh rosemary  
fresh flat leaf parsley  
bacon  
salt and paper to taste

## Instructions

1. Add garlic and bacon to large pot over heat and let crisp.
2. Add carrots, celery, onions, bell pepper until soft and then add potatoes.
3. Add halibut and clams with sauce, let sit for about 5 minutes then add enough water to cover all ingredients.
4. Let simmer for 1 hour or until fish is cooked.
5. Add spices as you ago, according to your taste.

*courtesy of Nina Gronn*

*Clams (AM529:22), Mary Ellen McFadden Photograph Collection, Ouzinkie, 1946.*



# Fish Head Soup

## Ingredients

For every 1 ½ lbs of fish heads, tail bones, and trimmings:

3 carrots

3-4 stalks of celery

1 large onion

bay leaves, thyme,

parsley, peppercorns, and cloves to taste

juice and rind of one lemon

## Instructions

1. Put all ingredients into large pot and bring to simmer.
2. Simmer 15-20 minutes, or until the fish falls off the bones.
3. Strain the broth and use for soup base or sauce.
4. Take everything that didn't go through the strainer and give to the dogs!

**Tip:** This soup is a favorite that can be made many ways with the fish eyes considered the best part!



# Artichoke Parmesan Baked Halibut

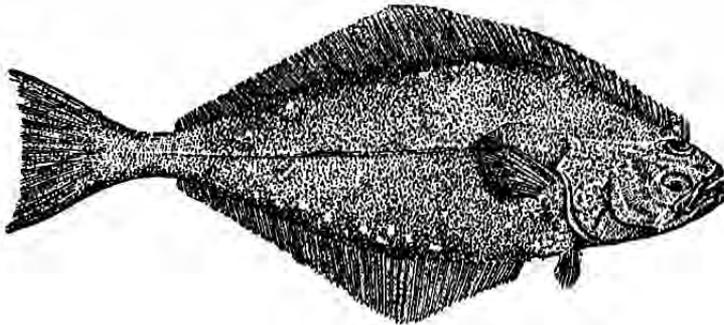
## Ingredients

2-3 lbs skinned halibut  
1 jar marinated artichoke hearts  
8 oz cream cheese  
½ cup sour cream  
¼ cup mayo  
¼ cup minced onion  
3 tbsp chopped parsley  
Parmesan cheese

## Instructions

1. Place halibut in a baking pan. Season with salt and pepper.
2. Chop artichoke hearts, onion and parsley. Mix in bowl. Add cream cheese, sour cream and mayo. Mix well.
3. Spread over halibut and top with parmesan cheese. Bake at 350 for 30-40 minutes, or until halibut is cooked through.

*courtesy of Nina Gronn*



◀ *Cod heads.*

# Baked Halibut

## Ingredients

2 halibut fillets  
sour cream  
grated cheddar cheese  
bacon bits

## Instructions

1. Preheat oven to 350. Wash and dry halibut and place in baking pan.
2. Spread sour cream over fillets and top with cheese and bacon bits.
3. Bake about 20 minutes until fish is flaky.

*courtesy of Ruth Dawson*

*Historic halibut hook (AM615).*



# Sweet & Sour Fried Halibut

## Ingredients

- 3 skinned fillets halibut  
(small to medium)
- 1 box cornstarch
- vegetable oil  
(enough to fill deep fryer)
- 1 medium onion
- 1 green pepper
- 1-2 cans pineapple chunks  
(depending on how much you like it)
- 3 bottles sweet and sour sauce

## Instructions

1. Heat oil in deep fryer.
2. Wash and dry halibut, then cut into cubes.
3. Add sliced pepper, diced onion, and pineapple chunks to medium saucepan. Pour in bottles of sweet and sour sauce and heat over medium-low, stirring often.
4. Coat halibut chunks with cornstarch in zip lock bag. Carefully place in hot oil in deep fryer and cook until golden, about two minutes. The cornstarch gives the fish a nice outer texture and keeps it from getting soggy once mixed with the sauce.
5. Place deep fried halibut in dish and pour hot sweet and sour sauce on top to serve! Enjoy!



*courtesy of Kathy Druckrey*

◀ *Sweet & Sour Fried Halibut.*

# Bacon Wrapped Cod

## Ingredients

2 cod fillets, skinned  
8 slices bacon  
olive oil  
salt and pepper to taste

## Instructions

1. Cook bacon in frying pan over medium heat until half way cooked.
2. Season the fish fillets lightly with salt and ground pepper.
3. Lay 4 slices of the partially cooked bacon on a cutting board and put a seasoned cod fillet on top. Wrap the slices around the fillet. Repeat with second fillet.
4. In a large frying pan over a medium to low heat, add a splash of olive oil and place bacon wrapped fillets pretty side up. Cook covered for 15 to 20 minutes until fish is flaky and not transparent.
5. Serve next to greens like asparagus or green beans and enjoy.

**Amutaq**  
*Cod*

*courtesy of Danielle Ringer*

# Cod Liver Poke

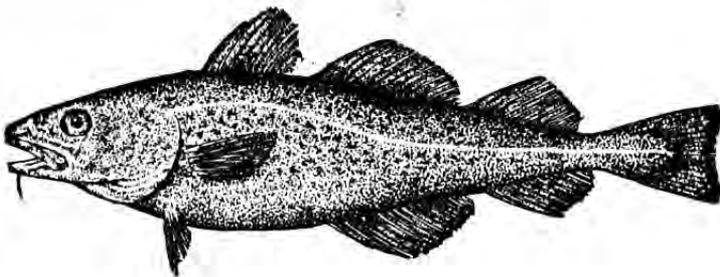
## Ingredients

1 or more cod  
water

## Instructions

1. To make a nutritious, tasty meal when you have one or more codfish, clean the stomach of its contents and put the liver from cod into the stomach.
2. Boil for about 10-15 minutes.
3. Remove it from the boiling water and put it on a plate and slice it into pieces.

*courtesy of Nancy Jones*



# Smoked Black Cod Perok

## Ingredients

1 large cabbage  
4 carrots  
1 medium size onion  
butter  
garlic  
lemon pepper  
season salt (No MSG)  
2 cup cooked rice  
2 fillets Smoked Black Cod  
(cut into strips and de-boned)  
4 boiled eggs  
piecrust

## Instructions

1. Cook rice and cool over night so that you can crumble it into the perok so it doesn't ball up.
2. Sauté vegetables together with butter and season to taste.
3. Prepare your piecrust. Any crust will work. Larry uses fresh lard, and avoids rolling his pastry out with flour, as this can produce a dry crust.
4. Line a 9"x13" pan with piecrust. Layer with cabbage, rice, fish, cabbage, sliced boiled eggs and top with remaining crust.
5. Cut slits in crust and bake at 350 degrees for 45 minutes to one hour or until golden brown.

*Perok-luk Winning Recipe,  
courtesy of Larry Evans*

# Bidarki Chowder

## Ingredients

clean bidarkis, grind/chop  
¼ cup barley  
1 medium onion – chopped  
½ cup chopped  
celery

## Instructions

1. Bring water to boil. Add 4 medium diced potatoes and ½ diced rutabaga and cook until tender. Add bidarkis.
2. Warm 6 tbsp flour until caramel brown. Add salt and pepper to taste. Add limpet caps also for extra flavor.

*courtesy of Barbara Hochmuth,  
recipe from Grandma Clyda  
Christiansen*



## Uriitaq Chiton

◀ *Uriitaq on a rock.*

# Chiton à la carte

## Ingredients

chitons on rocks at low tide  
butter knife

## Instructions

1. Use butter knife to gently leverage chitons off of rocks on beach at low tide.
2. Cut out the orange meat and pop in mouth. Salty, sweet and fresh!

**Uriitat neptaartut yaamanun**  
*Chitons are always stuck to the rocks.*



*Chiton harvesters  
at Mill Bay Beach.*

# Chitons with Soy Sauce & Wasabi

## Ingredients

chitons  
water  
soy sauce  
wasabi

## Instructions

1. Boil water. Put in cleaned chitons and simmer for about 10 minutes.
2. Drain, chop and mix with soy sauce and wasabi to taste.

*courtesy of Gayla Pedersen, from  
Herman Squartsoff.*



*Bucket of Chitons.*

# Fish Soup

## Ingredients

3 fish heads – cleaned  
fish bone/fin – cleaned  
water  
3 medium carrots – cut  
2 celery stalks – cut  
1 medium onion – diced  
1 bunch petrushki – whole  
1 stalk puchki  
cow parsnip – whole

## Instructions

1. Bring water to boil with onion and veggies. When firm add fish and bring to boil.
2. Serve with jam and fresh bread.
3. Enjoy!

*courtesy of Teresa Carlson, from her mother Barbara Hochmuth and her grandma Katie Melcolie.*

**Ugyuutet\*** piturnirtaartut.  
*Cow parsnip always tastes good.*

*\*also Ugsuutet*

# Fish Patties

## Ingredients

pink salmon – use meat off back bone, nothing to waste.

2 cups cooked rice (can use oatmeal, saltines, or ritz crackers)

3 eggs

1/3 cup Krusteaz Mix

1/4 cup petrushki AKA beach lovage. Can substitute parsley or celery if no petrushki available.

1/3 cup green onion

small yellow onion

optional green pepper

1/2 tsp Old Bay seasoning

1 tsp Johnny seafood seasoning  
AKA lemon dill seasoning

1 tsp granulated garlic

or for more traditional recipe, just use salt and pepper

Serves 4

## Instructions

1. Mash up the fish with hands and make sure to break up the larger pieces.
2. Mix seasonings and eggs into fish, mixing very well. Add petrushki and onions. Add rice and Krusteaz. Mix until mixture holds together.
3. Wet hands to form patties more easily.
4. Heat olive oil in frying pan and coat patties in Krusteaz before cooking. Keep a bowl of water close for hands in between patties.
5. Cook about 4 minutes per side and flip back to original side for a little longer.

*courtesy of Herman Squartsoff*



**Amartuq**  
*Pink Salmon*

# Red Salmon Pasta

## Ingredients

1 red onion  
1/3 of red cabbage  
peanut oil  
Old Bay seasoning  
garlic paste  
bowtie pasta  
fillet of red salmon  
Manchago cheese  
Baby Bell cheese  
heavy whipping cream  
nettles (optional)

## Instructions

1. Cut and fry up a red onion and 1/3 of a red cabbage in plenty of peanut oil. Add Old Bay seasoning and a squirt of garlic from a tube.
2. After onions and cabbage have browned and reduced, add box of bowtie pasta. Pour boiling water up to just below the top of the pasta. Put skinned fish on top of pasta and cover it with slices of manchago and baby bell cheese. You can also sprinkle on some nettles.
3. Put a tightly sealed lid on top and put the whole dish on wood stove. Once boiling, lower heat.
4. After 20 minutes check that both pasta and salmon are cooked. Add some heavy whipping cream and served the pasta and fish.

**Niklliq**  
*Red Salmon*

*courtesy of Patrick Saltonstall*

# Bachelor's Perok

## Ingredients

1 salmon fillet,  
or as much as you have

1 package premade pie crust (rolls)

1 package precooked rice  
(frozen, shelf stable, or deli Chinese  
food counter)

1 package cole slaw mix  
(produce section)

salt, pepper, butter/margarine  
to taste

## Instructions

1. Heat oven to 350 degrees. Lay pie crust on a cookie sheet.
2. On one half lay out a layer of rice, top with salmon and sprinkle with salt and pepper.
3. Cook a cup or so of the cole slaw in microwave with salt, pepper and margarine until softened.
4. Cover the salmon with cooked cole slaw and fold over the pie crust. Press and seal it like a calzone.
5. Bake in oven for about 30 minutes or more if thick until golden and crusty.

*courtesy of Jerry Laktonen*

**PiRUq piturnirtuq!**  
*Perok tastes good!*

# Perok

## Filling Ingredients

- 2 cups calrose rice (cooked)
- veggies – (steam with salt and pepper to taste)
- 6 carrots (peeled and shredded)
- 1 large rutabaga (peeled and shredded)
- 1 large onion (chopped)
- 1 head of cabbage (chopped)
- 2 filets of salmon (salt and pepper)

## Pie Crust Ingredients

- ¾ cup cold water
- 1 ½ cup butter
- 3 cup flour

## Instructions

1. You can layer it however you want, but this is my way! Use a 9" x 13" pan.
  - Pie crust
  - Rice
  - Veggies
  - Fish
  - Veggies
  - Rice
  - Pie crust
2. Bake at 400 for 15 minutes. Turn down to 385 for about 40 minutes or until crust is golden brown.

*courtesy of Amanda Miles*



◀ Perok.

# Alutiiq Mexican Octopus

## Ingredients

- 1 cup octopus
- 1 cup favorite salsa

## Instructions

1. Boil octopus tentacles in salted water for 20 minutes. Remove skin, including the base layer, which can stick to the meat.
2. Chop into small chunks. Mix with your favorite salsa.
3. Can be served with chips or in tacos.

*courtesy of Herman Squartsoff,  
adapted from Sven Haakanson, Sr.*

**Amikuq\* piturnirtuq.**  
*The octopus tastes good.*

*\*also Utguiq*



# Pickled Octopus

## Ingredients

1 cup apple cider  
vinegar  
2 cups water  
1 cup soy sauce  
3 tsp red chilli pepper paste or  
sauce  
onion/garlic sliced (to taste)  
1 large leg of cooked octopus, sliced

## Instructions

1. Combine ingredients in jar and seal.
2. Let sit for at least three days before serving.

*courtesy of Andrew Christofferson*



◀ Octopus in  
Larsen Bay,  
courtesy of  
Carolyn Nore.

# Saucy Ribs

## Ingredients

deer ribs  
salt and pepper  
Old Bay Seasoning  
garlic  
onion  
2 cans tomato sauce  
32 oz bottle ketchup  
1 ½ cup cider vinegar  
1 ½ cup brown sugar  
15 oz crushed  
pineapple

## Instructions

1. Place deer ribs in baking dish and season with salt, pepper, Old Bay, and garlic, sprinkle with diced onion.
2. Keep a little water in the bottom of the pan. Cover with foil.
3. Bake ribs about 1 ½ - 2 hours at 350 to 375 degrees.
4. Add all sauce ingredients and bring to boil on stove. Boil for about 5 minutes. Drain water off of ribs and put sauce on top.
5. Put back into oven and cook uncovered for 20-30 minutes. Rice goes well with this meal.

*courtesy of Herman Squartsoff*

**Tuntuq**  
*Deer*

# Deer Stew

## Ingredients

2 lbs chopped deer  
6 medium potatoes  
5 large carrots  
6 stalks of celery  
½ onion  
1 tbsp minced garlic  
5 cup beef broth  
½ cup cream or milk  
flour  
salt & pepper  
Italian seasoning  
Montreal steak  
seasoning

## Instructions

1. Season the deer meat with salt and the steak seasoning. Roll meat in flour and fry it in a hot pan, cooking just enough to sear the meat.
2. Put the meat in a pot and add the beef broth and garlic. Bring the stew to a boil and cook for 35 minutes. Chop potatoes, carrots, celery, and onion. Add to stew.
3. Bring to a boil and cook approximately 30 minutes. Mix 3 tablespoons of flour with cream and add to boiling stew.
4. Season with Italian seasoning, salt and pepper to taste. Enjoy!

*courtesy of Sara Squartsoff*

# Deer Ceviche

## Ingredients

- 1 deer backstrap
- 3 large pinches of kosher salt
- 1 tbsp sesame oil
- 1 tbsp grated ginger
- 1 cup lemon juice
- 3 tbsp soy sauce
- 1 ½ tbsp sugar
- 2 tsp nori komi furikake rice seasoning
- 1 tsp sesame seeds.
- 1 small onion VERY thinly sliced
- 1 peeled kiwi (optional)

## Instructions

1. Coat deer meat in salt and sear in sesame oil in a cast iron skillet that is almost smoking hot. Add grated ginger to the pan just before I added the meat. Sear meat very quickly – just long enough to create a brown crust. Maybe 30 seconds a side.
2. Remove meat and set aside on plate to cool. Coat the meat with rice seasoning
3. In a bowl mix up lemon juice, soy sauce and sugar, extra grated ginger and sesame seeds.
4. Slice onion as thinly as possible and add to marinade in bowl.
5. Let meat cool and slice as thinly as possible, add to marinade. Make sure marinade covers onions and meat completely. You may need to add extra lemon juice or rice vinegar.

*courtesy of Patrick Saltonstall*

# Deer Shank Stew

## Ingredients

1-2 deer shanks (about lbs of meat)  
1 tsp dried thyme  
1 tsp rosemary  
¼ tsp pepper  
½ tsp salt (more to taste)  
3 tbsp oil  
3 cloves garlic  
2 cup cubed parsnips  
2 cup cut carrots  
1 medium onion cut into large chunks  
6 cup beef or other broth (or just enough to cover vegetables and meat)

## Instructions

1. Cut deer shank meat into chunks. In a Dutch oven or large skillet, brown meat and spices in oil.
2. Remove meat and sauté veggies and garlic until soft and slightly caramelized.
3. Deglaze pan with broth (or wine/sherry), scraping up bits from the bottom.
4. Put meat back in, and add broth. Simmer for several hours.
5. If using a Crockpot, transfer stew and cook for 5-8 hours.

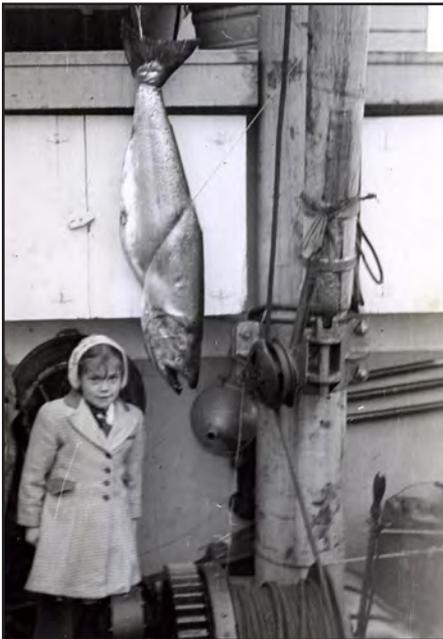
# Greek-Inspired Salmon

## Ingredients

one fresh red salmon fillet  
(or another fresh or previously  
frozen local fish)  
1 tomato, chopped  
½ purple onion, cut into rings  
salt and pepper, to taste  
½ cup chopped feta cheese  
4 tbsp lemon juice  
1 tbsp dried dill weed

## Instructions

1. In a baking dish, sprinkle salmon fillet with salt, pepper, and dill.
2. Top with chopped tomato and sliced onion, then with chopped feta cheese.
3. Drizzle lemon juice over everything. Bake in a 350 degree oven for 25 minutes or until fillet is fully cooked.



*courtesy of April G. L. Counciller*

◀ *Girl and salmon, Ouzinkie  
1940s (AM540), courtesy Tim and  
Norman Smith.*

# Creamed Salmon

## Ingredients

1 red salmon filet  
salt and pepper  
2 bunches chopped green onions  
12 oz sour cream  
1 pint whipping cream

## Instructions

1. Pour ingredients over fish and bake at 300 degrees for about one hour or until fish flakes.
2. Serve with boiled red potatoes and a tart cole slaw and enjoy!
3. You can also use a hunk of king salmon or halibut.

*courtesy of Chickie Wegdahl*



*Salmon (AM670:56), Nick Nekeferoff Slides,  
courtesy Robert Erickson.*

# First Fish of the Year Soup

## Ingredients

2-4 potatoes – chopped to a size you like  
 1 onion – chopped to a size you like  
 1 fish  
 ½ – 1 cup flour  
 salt and pepper to taste

**Optional:** add several stalks of pushki – if you have any from previous year. You can also start with petrushki stalks. Tie them tightly together, boil them with your potatoes, then take them out. Or you can add these later with your soup if you like.

*courtesy of Mary Haakanson*

## Suupaq Soup

## Instructions

1. Add potatoes and onions together, in a large pot, and bring to a boil using fresh water. The amount depends on how watery you want your soup to be, so add at least two or more cups. Bring to a boil.
2. Remember to stir it at least once or more so you don't burn the water. I jokes! Add that first caught salmon, diced up into sizes you like. Hopefully you have deboned it.
3. For a thickening sauce take one half cup of flour, put this into a bowl, and add small amounts of water while stirring it to make a paste.
4. Stir it into your fish soup and let it boil up. Pay attention not to over cook the fish, as it will fall apart as it is boiling. So stir, stir, stir. Serve up with a pinch of salt and pepper.
5. This recipe can be used with halibut and other fish you catch throughout the year. Enjoy! This goes great with fresh bread, crackers covered in butter, and Tabasco sauce.

# Braided Seal Gut & Blubber

One Alutiiq delicacy is braided seal gut, a Native version of sausage. Women prepare this dish from fresh intestines. They begin by washing long pink tubes of gut, using fresh or saltwater to thoroughly remove the contents. This is a time-consuming job and the intestine can be stuffed with heart, liver or fat. Then the guts are braided and women work with three or more strands at a time to create a loaf three to four feet long and about three inches thick. Some braid long strips of seal fat with the gut.

The final step is to cook the braid, which may be fried, baked or boiled and shrinks in the process. The resulting savory dish tastes of the intestines stuffing and seasoning.

*courtesy of Nancy Jones*

## Ingredients

seal intestine  
seal blubber

*Braided Seal Gut at  
Dig Afognak. ►*

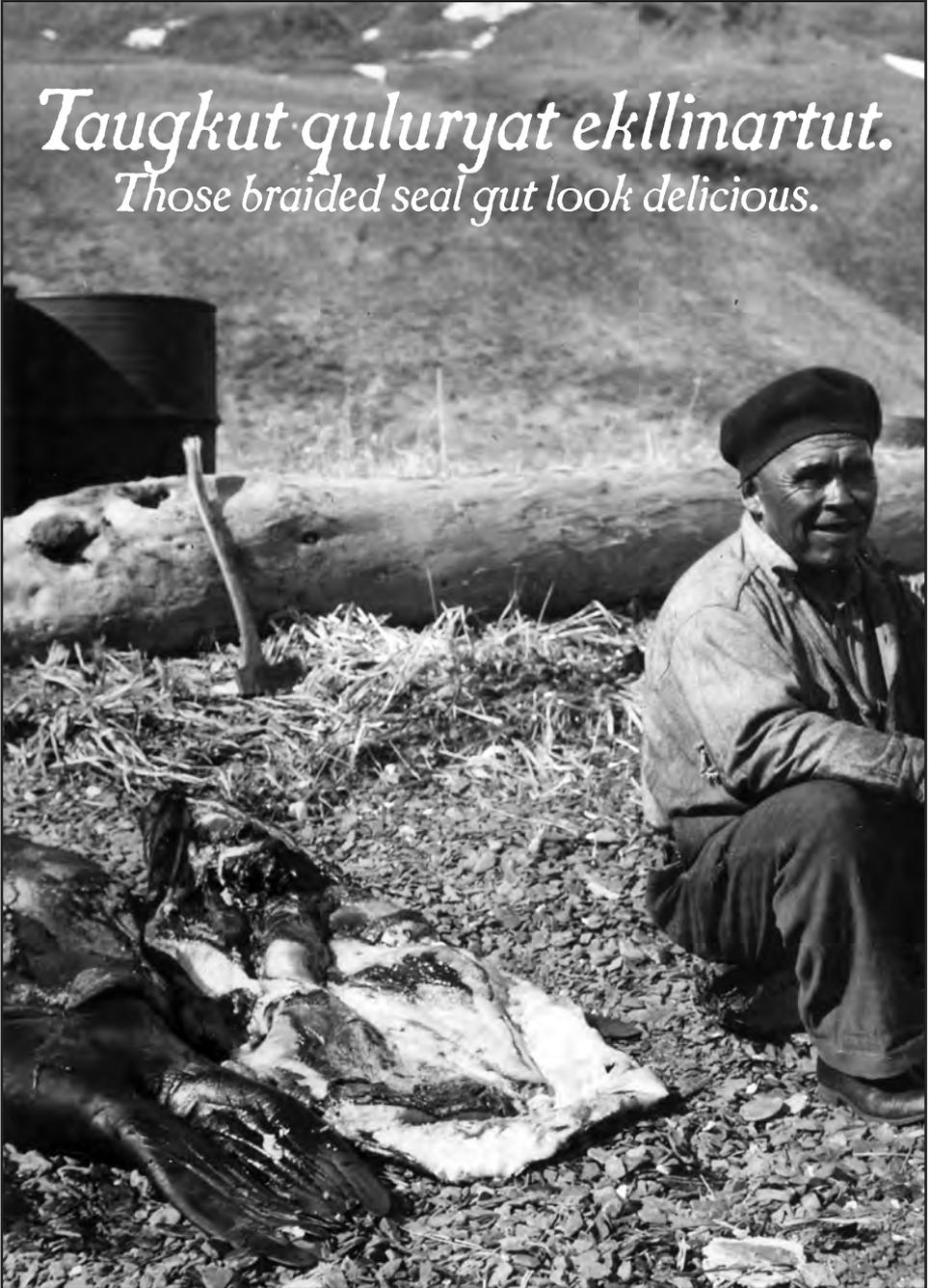
## Instructions

1. Clean a length of seal intestine and cut it into four equal pieces.
2. Braid the four pieces around a piece of seal blubber down the center of the braid.
3. Boil this in a pot of water until done and slice in pieces to serve.

## *Quluryat; Oiluryaq Braided Seal Gut*



*Taugkut quluryat ekllinartut.  
Those braided seal gut look delicious.*



*Skinning seal, Old Harbor, 1947 (AM694:90). Photographs taken by Fred and Marie Bailey, courtesy Wilmer Andrewvitch.*

# Duck Soup



*Duck soup.*

## Ingredients

2-4 ducks cleaned and cut  
1 tbsp minced garlic  
1 cup long grain rice  
1 handful spaghetti noodles  
4 potatoes, peeled and chopped  
1 rutabaga, peeled and chopped  
1 onion, chopped  
salt to taste

## Instructions

1. Fill pot half full with water. Add ducks, salt, garlic and onion. Bring to a boil.
2. Reduce heat and let cook for one hour. The longer the soup simmers the more tender the ducks will be.
3. Add rice, noodles, potatoes and onion. Bring to a boil. Reduce heat and let cook until all ingredients are done.
4. Remember to salt the soup to taste. Our family prefers sea ducks for the soup. We often use Common Scoters, locally known as whistlers.

*courtesy of Sara Squartsoff*

*Saqul'aaq*  
*Duck*

# Stinky Duck

## Ingredients

1 duck  
warm place

**Tip:** There are many ways to prepare ducks. Feathers can be plucked off or burnt off with a blow torch and then store birds in freezers until use.

## Instructions

1. Hang the duck to ripen in a warm place, such as near a kitchen stove or in an attic.
2. When the feathers easily wipe off, the duck has aged enough for cooking.
3. Prepare in your favorite way and enjoy!



*Singeing fine  
feathers off a duck.*

# Orange Glazed Duck

## Ingredients

ducks

2 cans frozen orange juice concentrate

½ cup of brown sugar

pinch of ginger

1 cup of mandarin oranges

**Tip:** If ducks are extremely fishy, trim fat and parboil in tomato juice or place a carrot and onion in cavity and parboil for 10 minutes. Discard vegetables. Another method is to soak the ducks in tomato juice overnight in refrigerator. Use a covered dish and discard juice after.

## Instructions

1. Roast ducks slowly and cut into serving pieces.
2. Mix frozen orange juice, brown sugar, and a pinch of powdered ginger.
3. Drain mandarins and place in a large shallow pan.
4. Cover with duck pieces.
5. Pour sauce over and bake in a 300 degree oven.
6. Baste occasionally.

# Beach Greens with Pork

## Ingredients

bacon, sausage or ham (3-4 pieces)  
chopped onions (optional)  
2 tbsp vinegar  
1 tbsp soy sauce  
chopped walnuts

## Instructions

1. Crisp choice of pork in a cast iron skillet.
2. Add sauce, walnuts and onions.
3. Throw in trimmed, washed beach greens at end. Wilt until soft and color brightens.
4. Be careful to not overcook.

**Tip:** Beach greens are best picked before flowering, as they come very bitter after!



*courtesy of Gayla Pedersen*

◀ *Beach greens.*

# Ptarmigan with Wild Berry Jelly



◀ *Ptarmigan in winter.*

## Ingredients

- 6 ptarmigan breasts (3 birds)
- 2-3 tbsp berry jelly  
(preferably high bush cranberry)
- 3 cloves crushed garlic
- ½ tsp dried or fresh thyme
- 1 tbsp vegetable oil
- 1 tbsp butter
- 1 cup flour (seasoned with salt and pepper as desired)
- ½ cup sherry or chicken stock

Serves 3

## Instructions

1. Remove each breast then carefully cut each in half to form 2 thin pieces. Pound fillets flat, with a rolling pin or mallet under a sheet of cellophane.
2. Roll patties in flour. Heat oil and butter in a cast iron skillet until almost smoking – then add garlic, thyme and ptarmigan patties.
3. Cook about one minute per side, do not overcook! Place the cooked patties in a dish.
4. Deglaze the frying pan with sherry or stock and add the jelly. Stir up the bits and pieces from the bottom of the skillet to create a sauce.
5. Let the sauce thicken for a few minutes. Pour the sauce over the patties and enjoy!

**Variations:** This recipe also works well with snowshoe hare or duck, and any type of berry jelly.

*Qategyuk*  
*Ptarmigan*

# Ptarmigan Jerky

## Ingredients

1 tsp bay leaves  
1 cup brown sugar  
¼ cup salt  
1 tsp garlic powder  
½ tbsp dry mustard  
⅓ tbsp black pepper  
ptarmigan breasts

## Instructions

1. Sprinkle over meat and coat fully.
2. Let set overnight. Dehydrate in oven or dehydrator.

This recipe is also great with rabbit!

*courtesy of Katie St. John*



*Ptarmigan jerky.*

# Wild Spinach Quiche

## Ingredients

6 kittiwake or sea gull eggs  
2 cups milk  
1 cup swiss cheese  
½ cup smoked salmon  
pie crust  
cleaned wild spinach  
(lamb's quarter)

## Instructions

1. Heat oven to 375° F. Fit crust into a 9-inch pie dish. Place on a baking sheet.
2. In a large bowl, whisk together the eggs, milk, cheese, smoked salmon and wild spinach.
3. Pour the egg mixture into the crust.
4. Bake until a knife inserted in the center comes out clean, 35 to 40 minutes. Let sit for 5 minutes before serving.

*courtesy of Gayla Pedersen*

*Manigsurciqukut.  
We're going to look for eggs.*

# Nettles & Spam

## Ingredients

1 can Spam  
4 cups of freshly picked,  
young nettles  
2 tbsp oil  
water

**Tip:** Be careful! Wear gloves when you harvest. Even small nettle plants can sting. Cooking nettles, however, takes away this irritating quality and makes them safe to eat.



## Instructions

1. Cut the slab of spam into 8 equal slices and fry them in a skillet, turning to brown both sides.
2. Remove the spam from the pan and add 2 tbsp of cooking oil to the drippings. Stir in the fresh nettles, coating them with the oil. Allow the nettles to wilt in the oil, then add a small amount of water to the pan to create steam.
3. Steam the nettles for about 5 minutes, till they are tender. You may need to add more water during this process. When the nettles are tender, serve them with the fried slices of spam and enjoy.

*courtesy of Gayla Pedersen*

◀ *Nettles.*

*Uqaayanat angtaartut.  
Nettles are big.*

# Crispy Liver

## Ingredients

1 lb liver  
1 fresh egg  
1 tbsp water  
1 tbsp lemon juice  
1 tsp salt  
¼ tbsp pepper  
1 cup cracker crumbs  
2 tbsp bacon drippings

## Instructions

1. Beat egg and blend with water, lemon juice, salt and pepper.
2. Dip slices of liver in crumbs, then in egg mixture. Dip again in crumbs.
3. Brown for five minutes on each side. Serve with cranberry or tomato sauce.

**Tip:** Soak wild game liver for 2 hours in 1 quart of water with 3 tbsp of vinegar. Remove from water and wipe dry. Slice, cutting away gristle and skin.

*Marie Sugak crushing berries, Karluk, 1990 (AM4:196), Kodiak Alutiiq Plantlore Collection, courtesy of Kodiak Area Native Association. ►*

Desserts

# Ciitaq (Cheeduk)

## Ingredients

1 gallon salmonberries

$\frac{3}{4}$  cup sugar (adjust this amount to your own taste)

evaporated milk (if desired – it wasn't true cheeduk to my Dad if it didn't have evaporated milk in it.)

*courtesy of Patricia Mullan Kozak*

## Instructions

1. Using a potato masher, mash the berries until they are well crushed and you have a lot of liquid (berry juice).
2. Add sugar and stir until dissolved. Use a soup ladle to put into individual bowl.
3. Add milk if desired. Enjoy!



# Salmonberry Tarts

## Pate Brisee Ingredients

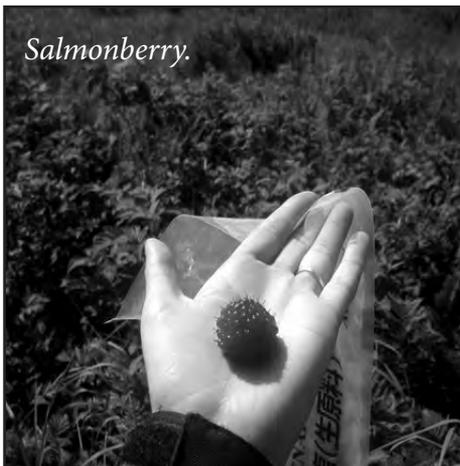
### (Short crust Pastry)

- 1 ¼ cups all-purpose flour
- ½ tsp salt
- 1 tbsp granulated white sugar
- ½ cup (1 stick) unsalted butter, chilled, and cut into 1 inch pieces
- ⅛ to ¼ cup ice water

*courtesy of Candace Branson*

## Pate Brisee Instructions

1. In a food processor, place the flour, salt, and sugar and process until combined. Add butter and process until the mixture resembles coarse meal (about 15 seconds).
2. Pour ⅛ cup water in a slow, steady stream until the dough just holds together when pinched. Add remaining water, if necessary. Do not process more than 30 seconds.
3. Turn the dough out onto your work surface and gather it into a ball. Cover with plastic wrap, and refrigerate for about an one hour before using.
4. While the pastry is chilling, line a baking sheet with parchment paper. Divide pastry into four equal portions. On a lightly floured surface, roll each portion of pastry into a 7-inch circle. Place onto prepared baking sheet and cover with plastic wrap. Place in the refrigerator to firm up the pastry while you make the filling.



## Filling Ingredients

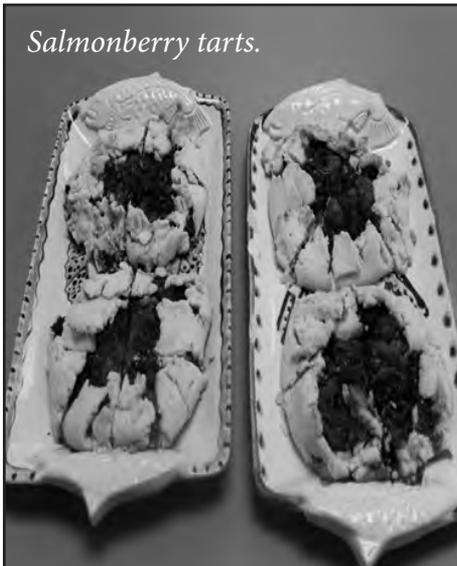
1 lb salmonberries  
¼ cup granulated white sugar,  
or to taste zest of 1 lemon  
1-2 tbsp all-purpose flour

Makes 4 individual tarts.  
(Can double the recipe to make 8 tarts.)

Recipe adapted from:  
<http://www.joyofbaking.com/BerryTart.html>

## Filling Instructions

5. In a large bowl, combine the berries, sugar, lemon zest (if using), and flour. Remove the pastry from the refrigerator and divide the filling between the four pastry circles, leaving about a 1-inch border around the outside edges of the pastry.
6. Gently fold the edges of the pastry up and over the filling, leaving the center of the tart open. Press the edges gently so the pastry sticks together. Once all the tarts are assembled, cover and return to the refrigerator for about 15-30 minutes to chill.
7. Meanwhile, preheat the oven to 400. Remove the unbaked assembled tarts from the refrigerator and bake for 25-30 minutes or until the crust is golden brown and the juices are bubbling. Remove from oven and place on a wire rack to cool before serving. Serve with softly whipped cream or vanilla ice cream. Cover and refrigerate any leftovers.



*Salmonberry tarts.*

# Superior Blueberry Dessert

## Ingredients

- 2 cups blueberries
- 1 dark chocolate bar
- 1 tsp butter

## Instructions

1. In double boiler melt 1 dark chocolate bar.
2. Add 1 tsp butter until all melted. Mix well. Add blueberries and stir.
3. Drop onto wax paper in clusters. Let cool!
4. Tangy, delicious and melts in your mouth!



*courtesy of Gayla Pedersen*

## *Cuawak* *Blueberry*

◀ *Blueberries.*

*Salmonberries (AM4:97), Kodiak Alutiiq Plantlore Collection, courtesy of Kodiak Area Native Association. ▶*

# Old Fashioned Salmonberry Jam

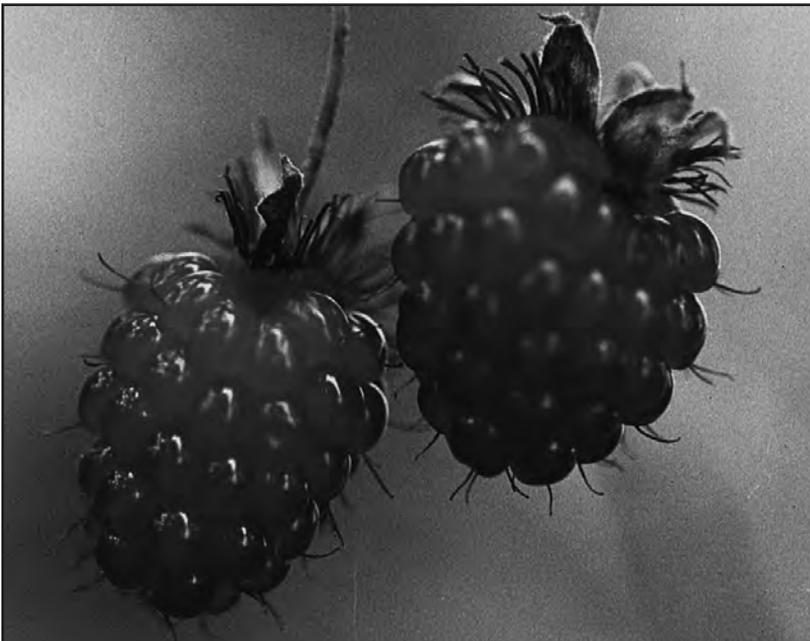
## Ingredients

salmonberries  
sugar

*courtesy of Teresa Carlson. Recipe from her great grandmother Katie Melcolie, passed down to her mom Barbara Hockmuth.*

## Instructions

1. Put salmonberries in a pot on stove over medium heat.
2. Add sugar after brought to boil and continue to reduce.
3. DO NOT stir, let it reduce until you see it thicken.
4. Put in a bowl and use on favorite bread!



# Salmonberry Pie

## Ingredients

1 cup boiling water  
¼ cup water  
3 tbsp or 1 pkg strawberry jelly  
3 tbsp cornstarch  
1 cup sugar  
baked pie shell

### Optional cream layer:

4 oz cream cheese  
4 oz sour cream  
⅓ cup sugar

## Instructions

1. Add jello to boiling water and stir until dissolved. Add cornstarch mixed with water.
2. Add sugar, stir until dissolved.
3. Remove from heat and cool.
4. Pour over berries in a baked pie shell.

### Optional cream layer:

5. Blend and layer in baked pie shell before adding the berries.

*courtesy of The Halvorsen Family*



# Berry Delicious Ice Cream

## Ingredients

- 2 qt heavy cream
- 2 vanilla beans – scrape seeds out
- 1 cup granulated sugar (or less if desired)
- 1/3 cup salmonberry juice reduction

*courtesy of Ted Panamarioff*

## Instructions

1. Heat cream over low heat and add vanilla beans. Let sit for a day or 2 in fridge to infuse flavor.
2. Simmer salmonberries to get juice out. Simmer juice to reduce until dark grape colored and syrupy.
3. Reheat cream, add sugar. When warm add salmonberry syrup to taste.
4. Chill 1 day in fridge (12-14 hours). If you don't have an ice cream maker, freeze in kitchen aid mixer, mix/beat over a day.
5. Eat fast! Since it has no chemicals to keep it frozen.

◀ *Salmonberry bush blossom.*

# Blueberry Crisp

## Ingredients

1/3 cup butter  
2 tbsp flour  
1 cup brown sugar  
3 cups corn flakes  
1/3 cup sugar  
2 tbsp cornstarch  
1/4 tsp salt  
pinch nutmeg  
1 tbsp lemon juice  
1 cup blueberry juice  
4 cups blueberries

Serves 8

## Instructions

1. Melt butter in heavy saucepan.
2. Combine brown sugar and flour, add butter.
3. Cook, stirring constantly over low heat until sugar is dissolved.
4. Add corn flakes, mixing quickly until coated with syrup. Set aside.
5. Combine sugar, cornstarch, salt and spices in medium-sized saucepan.
6. Add lemon and blueberry juice.
7. Sprinkle evenly with corn flake topping.
8. Bake in oven at 400 degrees for about 40 minutes.
9. Serve warm with ice cream.

*Fireweed jelly jars.* ►

# Fireweed Jelly

## Ingredients

8 cups fireweed  
blossoms (flower part only!!)  
¼ cup lemon juice  
4 ½ cups water  
2 packages Sure-Jell  
(or powdered pectin)  
5 cups sugar

*courtesy of Danielle Ringer*

## Instructions

1. Pick, wash, and measure 8 cups of fireweed blossoms.
2. Add lemon juice and water.
3. Boil 10 minutes and strain. The longer you boil, the stronger the flavor.
4. Take the strained juice and heat to lukewarm. Add pectin and bring to boil.
5. Add sugar and bring to full boil.
6. Boil hard for 1 minute.
7. Pour into hot clean jars and seal.
8. Process in boiling water bath for 10 minutes.



# Kulich Easter Bread

## Ingredients

2 pkg rapid rise yeast  
 ¾ cup lukewarm water  
 4 cups evaporated milk (do not dilute use straight from the can)  
 1 cup sugar  
 4 cups flour  
 \*1 tbsp ground cardamom  
 1 ½ cups butter  
 3 cups sugar  
 2 tbsp salt  
 1 tbsp vanilla  
 1 tbsp grated orange peel  
 1 tbsp grated lemon peel  
 9 eggs  
 12 cups flour  
 3 cups raisins (white or dark)  
 1 cup chopped walnuts

## Instructions

1. Dissolve yeast in the lukewarm water. Set aside. Scald and cool to lukewarm the 4 cups milk.
2. Add yeast and the 1 cup sugar, 4 cups of the flour and the cardamom to the lukewarm milk. Mix into a smooth sponge and set in a warm place for approximately 2 hours. When sponge is done resting, melt and warm the butter.
3. Stir the sugar, salt, vanilla and zest into the butter and add to the sponge. Gradually work in the flour until the dough is smooth and elastic.
4. Knead for 5 minutes. Add nuts and raisins and knead another 5 minutes.
5. Place in greased bowl and oil or butte dough to prevent crust from forming. Let rise until double in bulk.

6. Roll into various sized balls and place in greased various sized metal cans you have saved. Oil the top of dough.
7. Bake in a 350 degree oven. Baking time will vary depending

on size of cans. When dough is done remove from pan and butter the crust. Place on baking rack to cool.

**Note:** You may substitute almond or lemon extract for cardamom.

*courtesy of Sarah Squartsoff*



*Easter Kulich, Larsen Bay, 1954 (AM540),  
Tim and Norman Smith Collection.*

# Acknowledgements

Quyanaa — Thank you to all who shared their knowledge and time with the Alutiiq Museum.

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*Alutiiq Museum Staff Jill Lipka and Danielle Ringer interview Herman Squartsoff in Ouzinkie, Alaska.*

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**Through *Neq'rkak: The Alutiiq Wild Foods Project* the Alutiiq Museum is exploring the knowledge of Kodiak Island's most experienced wild food harvesters and cooks to document, share, and perpetuate tribal subsistence traditions.**

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