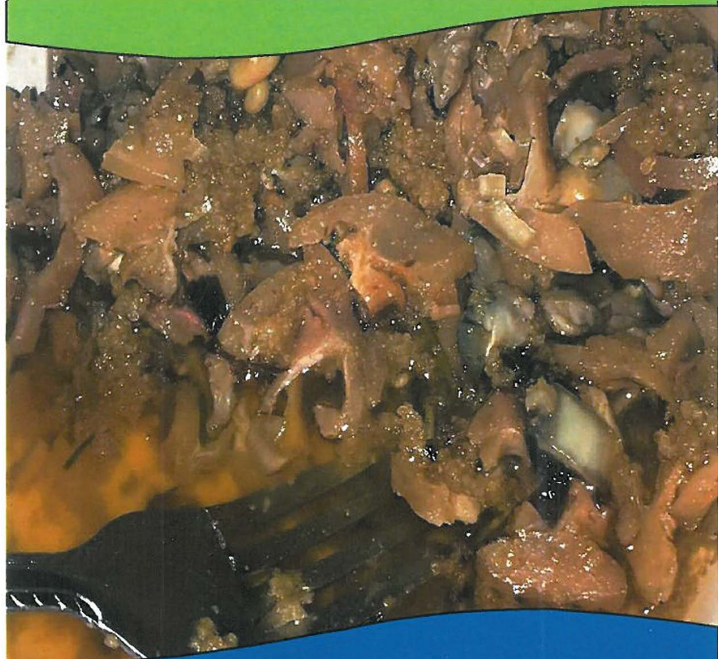


# BIDARKIS



## URRITAT

*Imarlat Neget*—Food from the Sea

# PICKLED BIDARKI STIR FRY

- Saute onions, pickled bidarkis, and herring spawn until onions are softened.

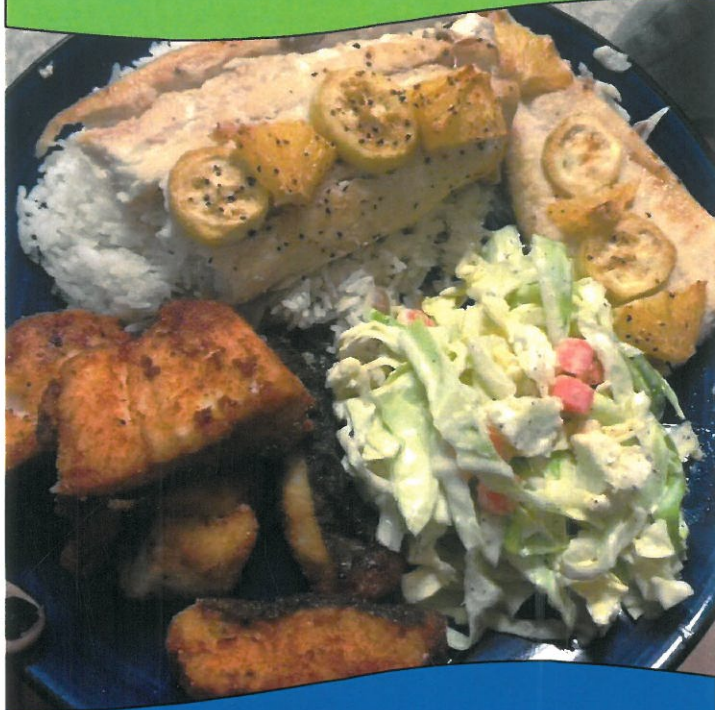
- Kimber Moonin  
Tatitlek



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# HALIBUT



## SAGIQ

*Imarlat Neqet—Food from the Sea*

# FRIED HALIBUT

- Cut halibut into fillets.
- Add salt & pepper to fillets.
- Roll fillets in flour.
- In a frying pan, heat about half an inch of oil.
- Fry the fillets in the oil until they are golden brown.
- Be sure not to cook the fish too long or it will be too dry.

We Are the Land We are the Sea

Chenega



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# HALIBUT



## SAGIQ

*Imarlat Neget*—Food from the Sea



# HALIBUT a la MAC

- Place skinned halibut in 9x13 pan & pre-heat oven to 375°.
- Lay fried bacon on top of halibut.
- In a separate bowl mix 1 cup cheddar cheese & 1 cup mayonnaise with diced onion & garlic. Season with salt, pepper, & lemon pepper.
- Smear mixture on halibut and bake uncovered for about an hour or until golden brown.

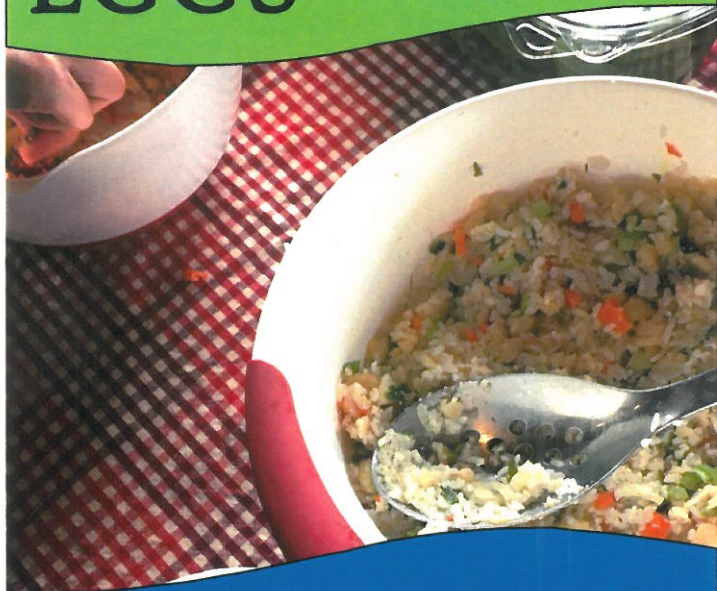
- Tim Malchoff  
Port Graham



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# HERRING EGGS



*ialuahpat qahyait*

*Imarlat Neqet—Food from the Sea*

# HERRING EGG SALAD

- Cook rice and allow to cool
- Dip herring eggs in hot water then in ice water.
- Place herring eggs on popweed in bowl and mix in by hand chopped onion, chopped celery, chopped carrots, and cooled rice.
- Add just enough mayonnaise to bind ingredients together.

- Leona Olsen  
Tatitlek & Cordova

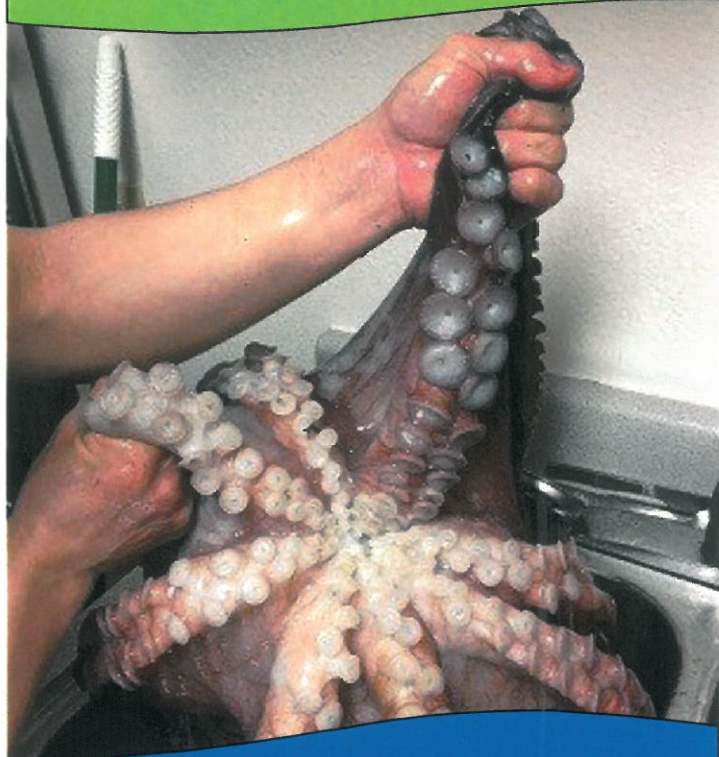


**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166



# OCTOPUS



AMIKUQ

*Imarlat Neqet—Food from the Sea*

# OCTOPUS PATTIES

- Finely chop 4 octopus tentacles (skinned & cooked) and 1 onion.
- Crumble 12 soda crackers.
- In a large bowl mix the octopus, onion, & crackers with 2 eggs & 2 tablespoons pancake mix.
- Form patties from the mixture and roll them in flour.
- Add several tablespoons of Crisco to a large pan and fry the patties until golden brown.
- Season with salt & pepper.

We Are the Land We Are the Sea  
Chenega



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# PINK SALMON



*Amartuq* (LCI); *Amarturpiaq* (PWS)

Imarlat Neqet—Food from the Sea

# PICKLED SALMON

- Soak 1/2 pound salted pink salmon in water to remove salt.
- After soaking, cut the salmon into bite-sized pieces.
- Place salmon & 1 onion (sliced) in a gallon or quart-sized container.
- Fill the container with half vinegar, half water & mix well.
- Seal & store in a cool dark place & let pickle for 5 days before eating.

*We Are the Land We Are the Sea*



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# PORPOISE



***Qaniq*** (LCI); ***Mangtak*** (PWS)

*Imarlat Neget—Food from the Sea*



# PORPOISE SKIN

- Cut porpoise skin with fat attached into small slices.
- Season to taste.

- Kimber Moonin

Tatitlek



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# SEA CUCUMBERS



## SANAUSAT

*Imarlat Neqet*—Food from the Sea

# SAUTEED SEA CUCUMBERS

- Cut off one end to drain sea water
- Cut out the five muscles and saute them in garlic and butter.
- Don't just cook them whole. You'll get sick.

- John Boone & Chung Vlasoff  
Tatitlek



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# SEA LION



## WINAQ

*Imarlat Neget*—Food from the Sea

# SEA LION STEW

- Cut sea lion ribs or joints into individual portions and rub with salt and pepper.
- Boil gently with chopped onions, carrots, & potatoes until tender.
- Season to taste.

- Kimber Moonin  
Tatitlek



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166



# SEAL



## QAIGYAQ

*Imarlat Neget*—Food from the Sea

# SEAL OIL

- Put some seal blubber (fat) in a jar and place it under the stove or in a warm place.
- Keep it under the stove until you get oil.
- Fry the rest of the fat to get more oil.

- Ephim Anahonak, Sr.  
Port Graham



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166

# SEAWEED



## CAQALLQAT

*Imarlat Neqet—Food from the Sea*

# SEAWEED & SALMON RICE

- Cut fresh black seaweed or add dried seaweed to freshly cooked rice with smoked salmon bits and salmon roe.

- Kimber Moonin  
Tatitlek



**Chugachmiut**  
HERITAGE PRESERVATION

USDEd Grant #S356A1500166