



**TUNDRA  
TO TABLE  
COOKBOOK**

CELEBRATING OUR CULINARY  
TRADITIONS & CULTURES



**BERING  
STRAITS**  
Native Corporation



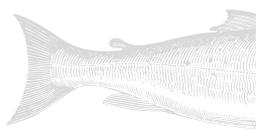
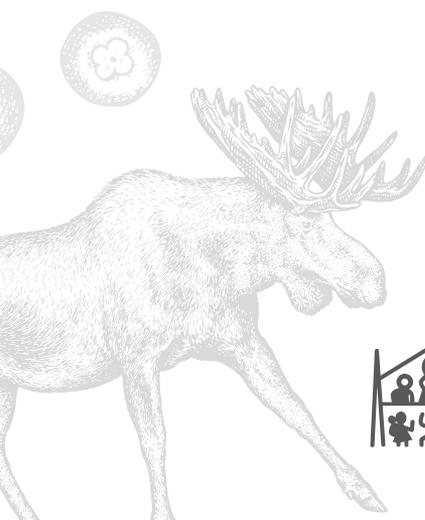
# INTRODUCTION

*For millennia, our Alaska Native ancestors have lived in harmony with the land. Today, our spiritual connection with the land and its abundance continues to be a part of our cultural identity.*

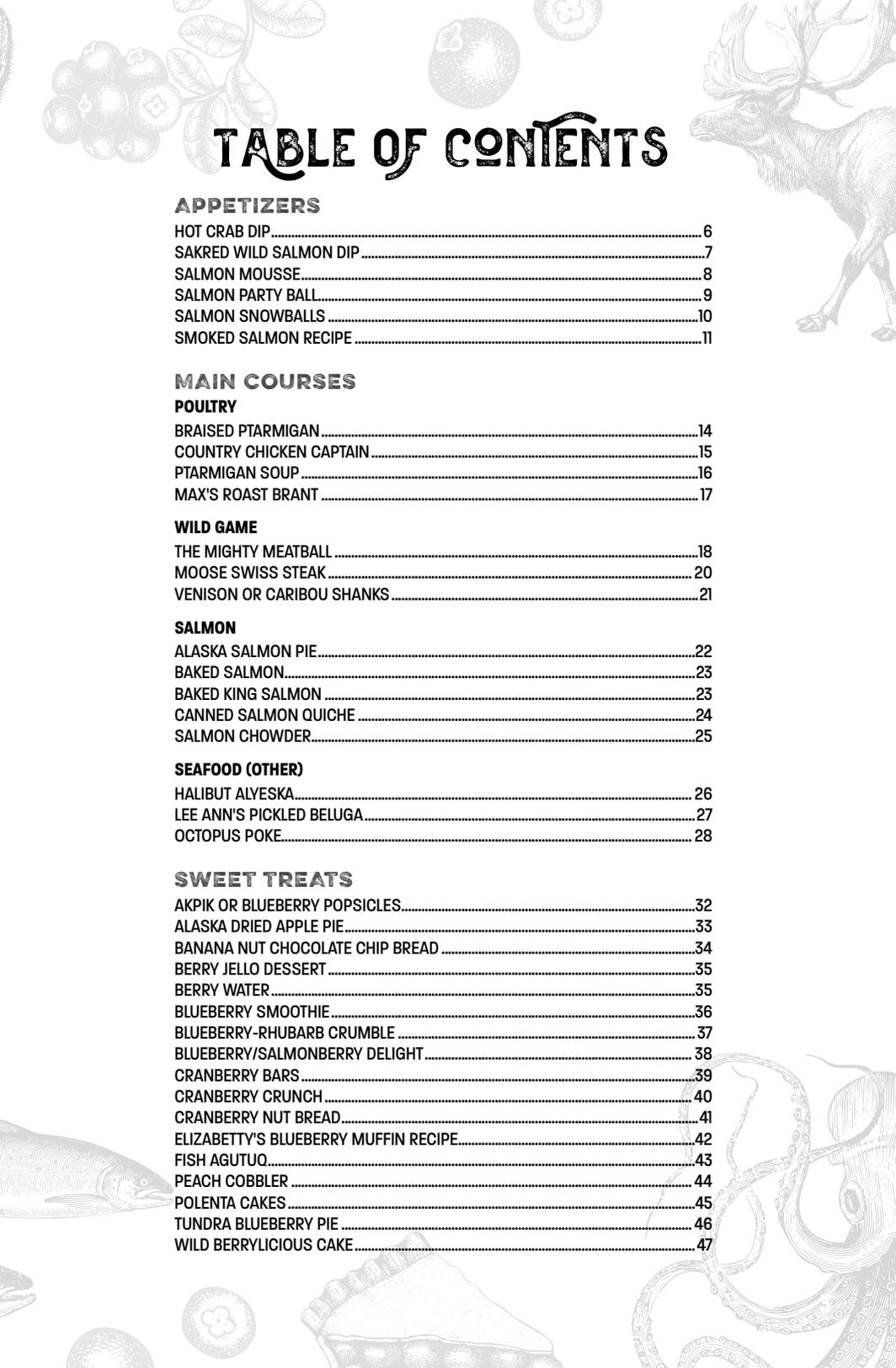
*This is the first edition of the Tundra to Table Cookbook. This cookbook celebrates the culinary traditions of our shareholders and descendants, who are Iñupiaq, Siberian Yup'ik and Central Yupik.*

*Many of these recipes have been passed down through the generations and are, now, being shared with you. This cookbook honors you, our shareholders and descendants. These recipes connect us to our ancestors, to the land and to each other.*

*From the tundra to the table, we celebrate our culinary traditions and cultures. We thank everyone who shared their recipes.*



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# HOT CRAB DIP

SUBMITTED BY SARAH RINGSTAD

## INGREDIENTS

1 (8-ounce) package cream cheese, softened  
1 (6.5-ounce) can crab meat or fresh crab (well-drained)  
2 teaspoons onion, minced  
2 tablespoons milk  
1 teaspoon horseradish sauce  
¼ teaspoon salt  
⅛ teaspoon pepper  
Toasted slivered almonds

## DIRECTIONS

1. Combine all ingredients, except almonds, in medium bowl. Heat saucepan over low heat until cooked throughout. Mix well.
2. Place mixture in a small bowl. Smooth dip with spatula and sprinkle with slivered almonds.



# SAKRED WILD SALMON DIP

SUBMITTED BY LISA RODGERS

## DIRECTIONS

1. Prepare your salmon. If using frozen fish, defrost your salmon and bake or grill. If baking, bake at 350 degrees for 10 minutes per inch (thickness) of salmon. OR if using canned fish - drain the liquid. I leave the skin and bones from canned salmon as it blends in well and offers added nutrients.
2. Once your salmon is prepared, flake the salmon, and combine with cream cheese and remaining ingredients. Mix well together. Chill mixture in refrigerator for several hours to allow the ingredients to meld together.
3. Finally, top with capers/fresh dill/flaked smoked salmon.
4. Serve with your favorite crackers or baguette bread.

## INGREDIENTS

- 1 pound canned or cooked salmon
- 1 (8-ounce) package cream cheese
- 2 tablespoons red onion, finely chopped
- ¼ teaspoon salt (or garlic salt)
- 1 tablespoon lemon juice
- A few good shakes out of your Tabasco bottle
- 1 capful of liquid smoke
- 1 teaspoon horseradish OR a good squeeze out of your horseradish container
- A few good shakes of Worcestershire

### OPTIONAL

- Dill pickles, chopped
- 2 sticks of smoked salmon

*"I am a shareholder and 4th generation Iñupiat. My family is from Wales, AK.*

*One of my family's favorite salmon recipes to share is our sAKred Wild Salmon Dip. There are so many variations, but my kids keep begging me to stick to the old, tried, and true salmon dip recipe. Perhaps it is because it has more of the basic ingredients that do not take away from the authentic flavor of our salmon.*

*This recipe came from my old girlfriend that used to commercial fish with me when we were teenagers. We would make it down at Fish Camp along Tikatnu (Dena'ina — Cook Inlet). Even then we had a taste for a good salmon dip, and since then it has been passed down throughout the years and is highly requested. I love to use this recipe with leftover grilled salmon we had the night before. You can use canned salmon or even pull out a fillet from your freezer and cook it up to use.*

*I do not usually measure ingredients, so these measurements are estimates on how to make this delicious dip that will be gone in minutes!"*



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# SALMON MOUSSE

SUBMITTED BY CHERYL MCKAY

## INGREDIENTS

- 1 can salmon
- 1 envelope unflavored gelatin
- 2 teaspoon lemon juice
- ½ cup boiling water
- 1 medium onion, chopped
- 1 cup mayonnaise
- ½ cup sour cream (or plain yogurt)
- 1 heaping teaspoon dill
- ½ teaspoon paprika (regular or smoked)

## DIRECTIONS

1. Soften gelatin in lemon juice. Dissolve in boiling water, according to packaging instructions.
2. Place in blender or food processor for 30 seconds.
3. Add salmon, mayonnaise, sour cream (or yogurt), chopped onion, dill and paprika. Blend or mix well. Place in greased mold or bowl(s).
4. Chill several hours or overnight. Remove from mold or bowl(s) before serving.
5. Serve with Pilot Bread, crackers, cucumbers, lettuce cups – whatever you like.



*"It is great for gatherings and holidays, or for just enjoying with Pilot Bread. This recipe was handed down to me and is easily customizable. I use canned salmon. You can also mix it with smoked or fresh baked salmon. If you do not have a fish mold, you can use any bowl or dish that you use for dips. The recipe calls for a blender, but I use a food processor."*

# SALMON PARTY BALL

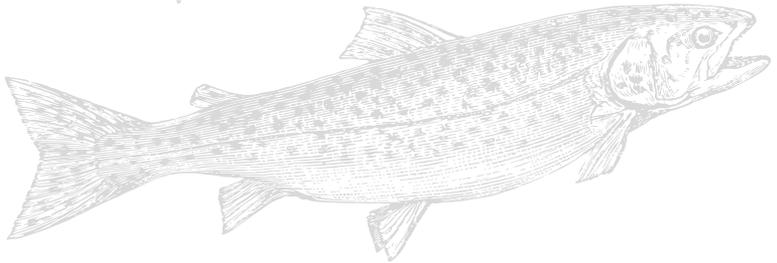
SUBMITTED BY SARAH RINGSTAD

## INGREDIENTS

1 can (no. 2) sockeye salmon  
1 (8-ounce) package cream  
cheese  
1 tablespoon lemon juice  
2 teaspoons onion, grated  
1 teaspoon prepared  
horseradish  
1/4 teaspoon salt  
3 tablespoons parsley, fresh  
chopped  
1/2 cup chopped pecans

## DIRECTIONS

1. Combine all ingredients, except parsley and pecans, and mix well. Shape into a ball or fish shape. Place in refrigerator to chill.
2. Once chilled, roll ball in fresh chopped parsley and pecans.
3. Serve the salmon party ball in the center of a large plate surrounded by a variety of crackers.



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# SALMON SNOWBALLS

SUBMITTED BY CHAILLE YASUDA

## INGREDIENTS

Salmon

2-3 eggs

Spices of choice:

- Curry
- Turmeric
- Cayenne
- Whatever you like

### OPTIONAL

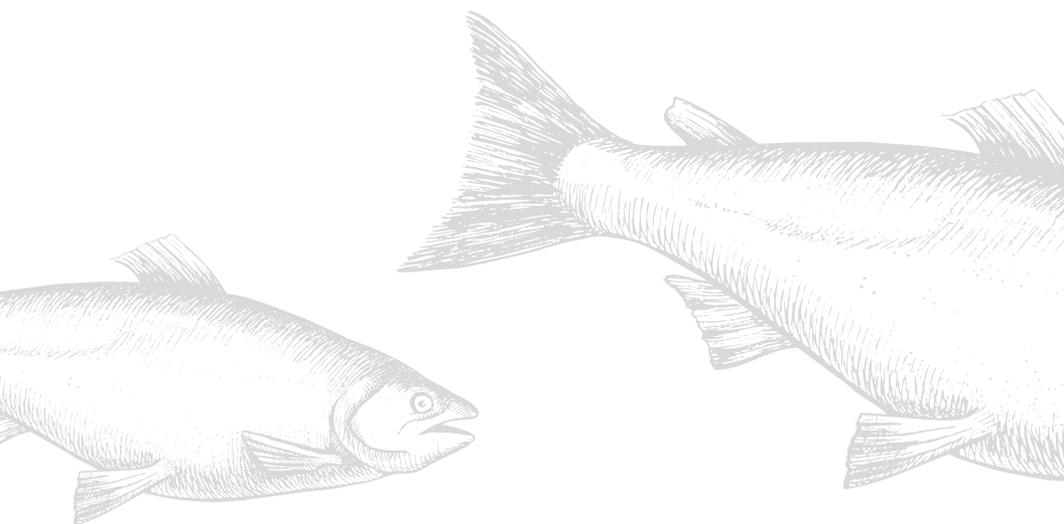
Onion, diced

Scallions

Corn

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Bake salmon. Flake salmon.
3. In a bowl, add flaked salmon, 2-3 eggs, salt and pepper.
4. Add spices of choice, such as curry, turmeric, cayenne, pepper flakes, etc.
5. Add diced onions, scallions, corn, etc. Stir.
6. Form into SNOWBALLS!! Distribute into ungreased muffin tins. Bake for 30-40 minutes, depending on your oven.



# SMOKED SALMON RECIPE

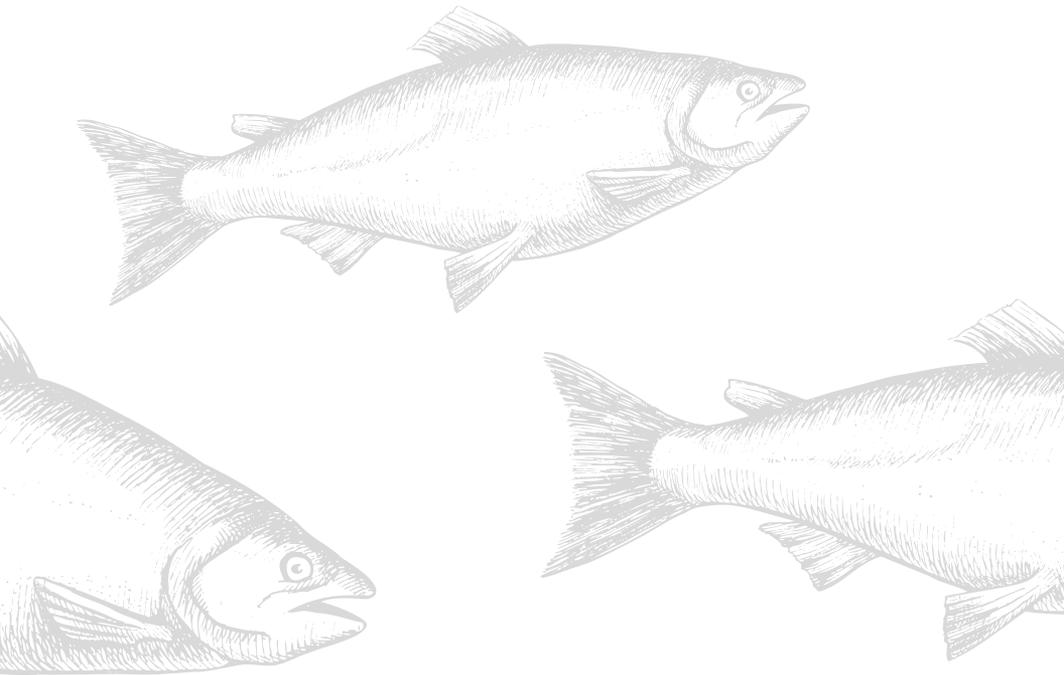
SUBMITTED BY GAIL SCHUBERT

## INGREDIENTS

Salmon  
1 cup rock salt  
1 gallon water (1 quart  
hot to dissolve)

## DIRECTIONS

1. Heat up the water, add salt, then let it cool before you put the salmon in.
2. Brine salmon for 20 minutes.
3. Hang salmon until crust forms.
4. Proceed to smoke the fish for 12-16 hours.
5. Hang until dry.





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# BRAISED PTARMIGAN

SUBMITTED BY IRENE MERCHANT

## INGREDIENTS

Ptarmigan, cleaned and cut into pieces

Flour

1 teaspoon salt

1 teaspoon pepper

1 onion, sliced

2 tablespoons Lea & Perrins Worcestershire Sauce

1/3 cup catsup

2 teaspoons mustard

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Heat a Dutch oven on the stove over medium-low heat.
3. Combine salt, pepper, and flour. Roll ptarmigan pieces in the flour mixture. Brown the pieces in a hot Dutch oven.
4. When all is browned, add about 1 1/2 cups of water to the pan and stir to deglaze the Dutch oven. Add onion, Worcestershire sauce, catsup and mustard. Stir to combine well.
5. Replace the lid of the Dutch oven and put in the oven for about 1.5 hours, until ptarmigan is tender.
6. Check and stir occasionally to make sure there is enough liquid. If looking dry, add about 1/2 cup water and stir. There should be enough sauce for a gravy consistency.

**\*OPTIONAL:** Before putting in the oven, add cut up potatoes and carrots for a one pot meal. This meal can be prepared and put in a Crockpot on low for 6-8 hours, instead of a Dutch oven.



# COUNTRY CHICKEN CAPTAIN

SUBMITTED BY E. INGERSOL

## INGREDIENTS

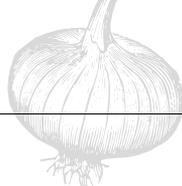
8 chicken thighs  
1 stick of butter  
1 large yellow onion, diced  
1 green bell pepper, sliced  
thinly and cut in half  
5 garlic cloves, finely chopped  
2 (15-ounce) cans diced  
tomatoes, undrained  
2 tablespoons curry powder  
1 teaspoon nutmeg  
1 tablespoon sugar  
¼ cup raisins  
¼ cup sliced almonds  
Additional salt, pepper, and  
garlic

## DIRECTIONS

1. In a large deep skillet, brown the chicken thighs in butter. Season well with salt, black pepper and garlic powder. Cook until chicken is semi-cooked (about 10 minutes). Set aside.
2. In same pan, add more butter if needed. Add onion, green bell pepper and garlic. Cook for 5 minutes. Add diced tomatoes, curry powder, nutmeg and sugar. Add salt and pepper to taste. Mix well and return chicken to tomato mixture.
3. Simmer for 30 minutes then add raisins and almonds. Continue to simmer for another 15-20 minutes until chicken is cooked through. Serve over white rice. Enjoy!



# PTARMIGAN SOUP



SUBMITTED BY IRENE MERCHANT

## INGREDIENTS

Ptarmigan, cleaned and cut into pieces  
 1/2 onion, chopped  
 3-4 celery sticks, chopped  
 1/2 teaspoon Italian seasoning  
 Salt and pepper to taste (about 1 teaspoon each)  
 3-4 tablespoons Lea & Perrins Worcestershire Sauce  
 2 packages Lipton Onion Soup Mix  
 1 cup cooked rice



## DIRECTIONS

1. Put cleaned and chopped ptarmigan meat in a large pot and cover with water. Boil on medium heat for 3-5 minutes. Water will be foamy from the blood, so drain and rinse off the blood (I do this step to remove unwanted blood from the soup) before continuing to step 2.
2. Return the ptarmigan to a clean pot, fill with hot water, and bring to a boil again. Add onion, celery, Italian seasoning, salt, pepper, Worcestershire sauce and onion soup mix. Simmer for 1 to 1.5 hours or until the ptarmigan is tender.
3. Add the rice. The soup is ready to serve when the rice is hot. If using uncooked rice, reduce to about 1/3 to 1/2 cup of rice and add with the other ingredients. The amount of rice varies depending on how thick you like the soup.



# MAX'S ROAST BRANT

SUBMITTED BY SUSAN GRAY

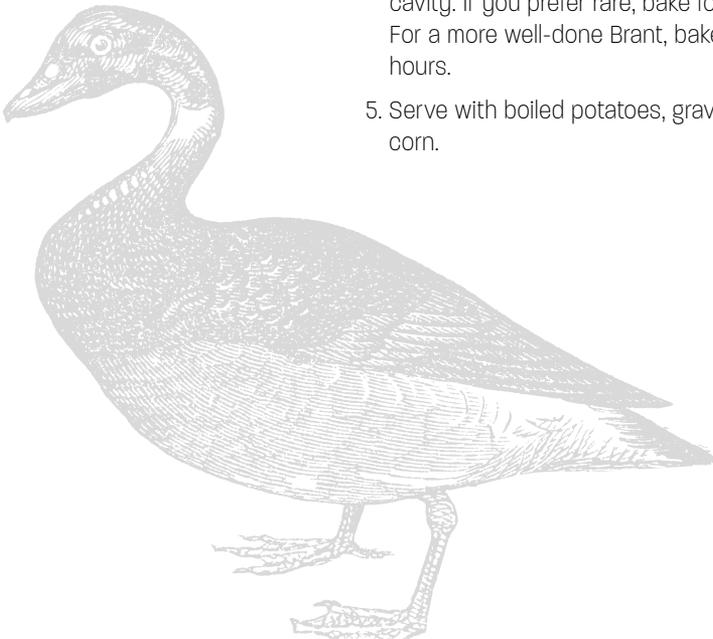
## INGREDIENTS

1 frozen Brant (not gutted)  
1/3 onion, diced  
Sage  
Garlic salt  
1/2 box stuffing with  
seasoning mix



## DIRECTIONS

1. Let Brant thaw for one day. When ready to cook, preheat oven to 300 degrees. Gut the Brant and save the liver, heart and gizzard. Cut the tough gizzard skin off.
2. Slowly brown gizzard, liver and heart in oil. Add onion, sage and garlic salt to taste. Continue to brown. Do not drain the liquid.
3. Remove from heat and mix with 1/2 box stuffing and seasoning mix.
4. Rinse and dry Brant cavity. Stuff bird loosely. Sew or use toothpicks to close cavity. If you prefer rare, bake for 1 hour. For a more well-done Brant, bake for 1.25 hours.
5. Serve with boiled potatoes, gravy and corn.



# THE MIGHTY MEATBALL

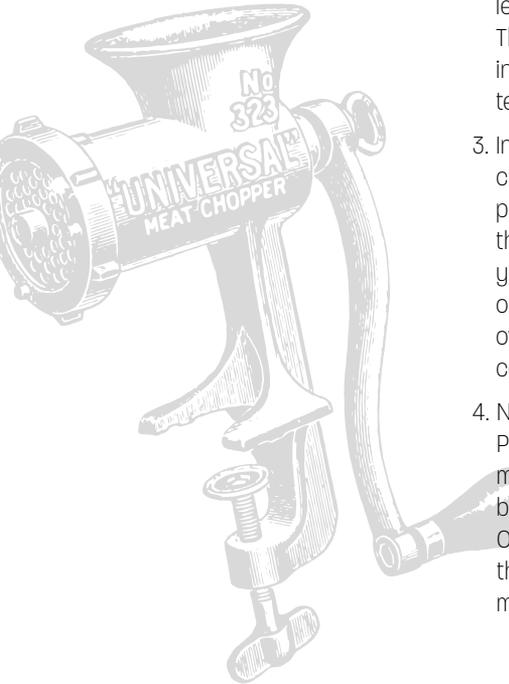
SUBMITTED BY HOLLY F. REIMER

## INGREDIENTS

- 1 pound ground moose, caribou or ground beef
- 2 slices white bread
- 2-3 tablespoons milk
- 1 small onion, finely diced
- 1 small carrot, finely diced
- 1 rib celery, finely diced
- 2 tablespoons beef stock paste or a smashed bouillon cube
- 1 large egg
- Salt and pepper
- Butter, olive oil or other fat

## DIRECTIONS

1. Tear the bread into tiny pieces and place them in a bowl. Add 2-3 tablespoons milk. Stir and let it sit about 10 minutes. Then, smash into a smooth paste that is wet but does not have standing liquid (this is the panade). Set aside.
2. In a separate bowl, mix onion, carrot and celery (this is your mirepoix). Saut  mirepoix with butter over medium heat until soft, about 7-10 minutes. Remove from heat and let cool, adding the beef paste after cooling. The saut ed mirepoix can also be smashed into a paste if you want a smoother meatball texture.
3. In a large bowl, add the ground meat of your choice. Add panade, mirepoix, egg, salt and pepper. Mix thoroughly using your hands—they work best. At this point you can add your own flavors. (Ideas: Italian seasoning or thyme. Add meatballs to curry and serve over rice. Make them BBQ sauce style for a cocktail meatball. You get the idea.)
4. Now, make uniform balls with the mixture. Place each on a large platter until all the mixture is used. (I use a melon baller because I enjoy small, uniform meatballs. Of course, there is nothing more impressive than serving them extra-large. Giant meatballs are my brothers' favorite!)





5. Heat a little olive oil over medium-high heat in a small frying pan. Fry the meatballs in batches, so that each meatball has enough space to cook. Cook about 5 minutes per side, depending on size. Use two forks to turn them over. Repeat the frying process until all your meatballs are cooked. Have fun and be creative!



*My paternal folk are from the Teller area and my maternal folk are from the Golovin area.*

*Good recipes are like coveted members of my family, each fiercely guarded from one generation to the next. My great-great-grandmother procured ingredients from the meagerly stocked shelves in stores from tiny villages around our region. These women were smart and creative, making good use of the limited and common goods of their day. These store-bought ingredients were to supplant what was hunted and gathered. Despite having to use mostly canned and dry ingredients, they were able to put together delicious dishes to please their family's hungry appetites. Although I am certain ingredients were altered through the passage of time, personal tastes, and availability of the world market, we all learned how to cook in the same way. Through the generations we stood side-by-side with a parent or grandparent. We learned these recipes together, as a family, with love.*



# MOOSE SWISS STEAK

SUBMITTED BY IRENE MERCHANT

## INGREDIENTS

1-2 pounds of moose cut into small, thin steaks

Seasoning salt

Flour

1 can stewed tomatoes  
(original or Italian flavor)

1/3 cup catsup

1 to 1 1/2 teaspoons chili powder, depending on how much zing you want

1/4 teaspoon salt (approx.)

1 onion, sliced

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Tenderize small moose steaks using a meat mallet. Sprinkle lightly with seasoning salt.
3. Roll steaks in flour. Brown steaks on both sides on medium-high heat in a Dutch oven. Remove steaks and set aside.
4. Add about a cup of water to deglaze the pan. Add the stewed tomatoes, catsup, chili powder salt and onion. Stir to mix well.
5. Return steaks to Dutch oven, cover with lid and put in oven until meat is tender, about 1 or 1.5 hours.
6. Check a couple times to make sure there is enough liquid. There should be enough sauce for a gravy consistency. If too dry, add more water as necessary.
7. Serve over rice.

**\*NOTE:** Can be prepared and put in the crockpot instead of Dutch oven. Brown in frying pan and put all ingredients in a crockpot for 6-8 hours on low.





# VENISON OR CARIBOU SHANKS

SUBMITTED BY DEBRA WEDIN

## INGREDIENTS

Venison or caribou  
(one shank per person)  
1 quart broth of choice  
Garlic cloves, whole  
Onion, sliced  
Rosemary, fresh or dried

## DIRECTIONS

1. Preheat oven to 250 degrees.
  2. In a frying pan, brown venison or caribou shanks on all sides.
  3. Place shanks in a Dutch oven with ½-inch of broth. Add garlic cloves, onion and rosemary leaves to broth as you would like.
  4. Replace lid and bake for at least 4-5 hours. Check shanks at 2-2.5 hours.
  5. Eat hearty!
- 



# ALASKA SALMON PIE

SUBMITTED BY SARAH RINGSTAD

## INGREDIENTS

1 salmon fillet, thinly sliced  
(preferably Alaskan)  
2 cups rice, steamed  
3 tablespoons butter  
1 medium onion, chopped  
2 carrots, chopped  
½ head of green cabbage  
1 medium rutabaga, thinly sliced  
(optional)  
2 pie crusts, homemade or  
ready-made  
1 egg, beaten  
Salt and pepper to taste

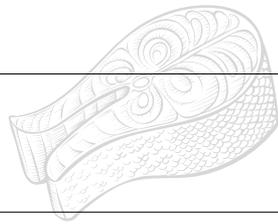


## DIRECTIONS

1. Preheat oven to 375 degrees.
2. Prepare rice on stovetop or in rice cooker.
3. Melt butter in a large frying pan. Add chopped onion and sauté until tender and fragrant. Add carrots, cabbage and rutabaga. Cover and steam for 4 minutes. Toss and cook for 3 more minutes. Season with salt and pepper to taste. Set aside.
4. Skin and debone the salmon. Cut into small pieces.
5. Line a 9-inch pie pan with pie crust, setting aside remaining crust. Spread the steamed rice on the bottom. Drizzle with beaten egg. Layer salmon pieces on top.
6. Spoon the vegetable mixture over the top of the salmon pieces, and cover with the remaining pie crust. Flute the edges with a fork. Brush the crust with egg wash (beaten egg with a little bit of water).
7. Bake until golden brown, approximately 60 minutes depending on your oven.



# BAKED SALMON



SUBMITTED BY CHERYL RICHARDS

## INGREDIENTS

Salmon fillet  
Ranch dressing  
Salt  
Lemon pepper  
Sliced onion

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Smother salmon fillet in ranch dressing. Add salt and lemon pepper. Then, top it off with sliced onions.
3. Bake for 30 minutes or until thoroughly cooked.

# CANNED SALMON QUICHE

SUBMITTED BY SARAH RINGSTAD

## INGREDIENTS

1 large can salmon,  
skinned and deboned  
3 eggs  
 $\frac{3}{4}$  cup evaporated milk  
 $\frac{1}{4}$  cup water  
2 cups cheddar cheese, grated  
Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Flake salmon into a bowl. Set aside.
3. In a separate bowl, beat eggs, milk and water. Add grated cheese, salt and pepper and flaked salmon.
4. Pour mixture into 9-inch pie pan. Bake for 45 minutes. Enjoy!

# BAKED KING SALMON

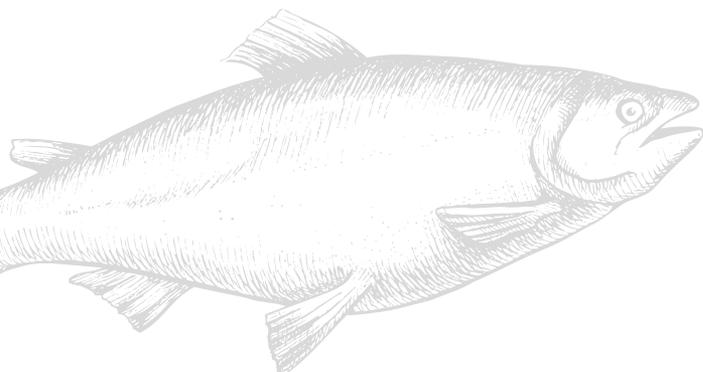
SUBMITTED BY JEAN MARIE KOUTCHAK

## INGREDIENTS

1 (6-ounce) king salmon fillet  
Bacon, diced  
Dried bell pepper  
Onion  
1 cup mayonnaise  
Minced garlic  
2 tablespoons milk  
Garlic salt  
Pepper  
French Fried Onion Rings

## DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Gently pat fillets with a paper towel. Dice bacon and fry until crispy. Remove bacon from pan, without removing bacon grease. Drain remaining grease from fried bacon.
3. Add dried bell peppers and onion to the pan. Once fragrant, drain grease and set aside.
4. Add 2 tablespoons milk to mayonnaise. Whisk to combine. Add fresh minced garlic to mayonnaise mixture, if desired.
5. Sprinkle fillets with garlic salt and pepper. Spread mayonnaise mixture evenly over tops of fillets. Top with bacon and peppers and onion. Bake for 35 minutes total (or less for thinner fillets), adding French Fried Onion Rings 10 minutes before removing from oven.



# SALMON CHOWDER

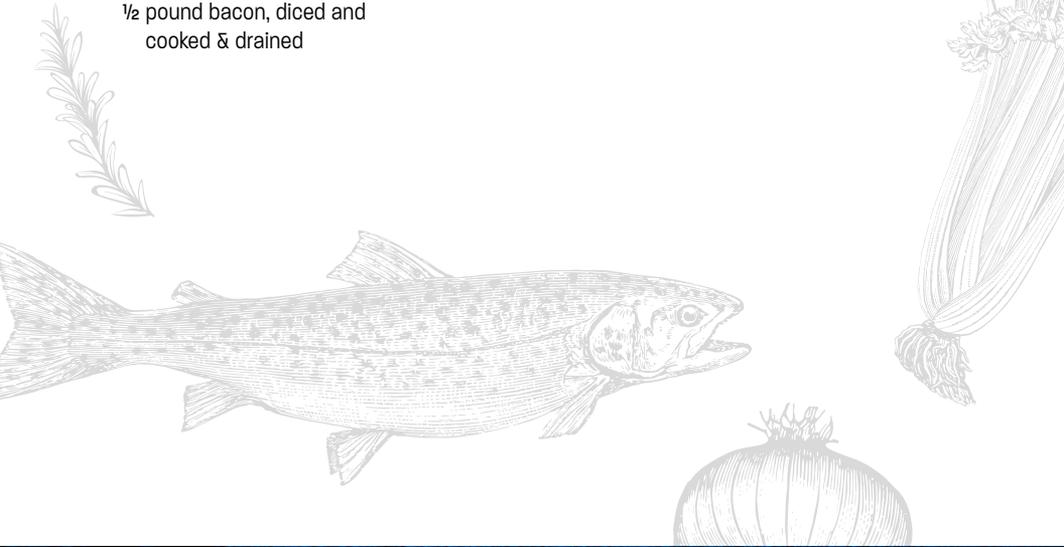
SUBMITTED BY LAURA LAGSTROM

## INGREDIENTS

- 2 (16-ounce) jars  
canned salmon
- 1 (12-ounce) can  
evaporated milk
- 1 (15-ounce) can creamed corn
- 3 tablespoons butter
- 1 cup onion, diced
- ½ cup celery, chopped
- 1 teaspoon garlic powder
- 2 cups potatoes, diced
- 2 carrots, diced
- 2 cups chicken broth
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dried dill weed
- ½ pound cheddar cheese,  
shredded
- ½ pound bacon, diced and  
cooked & drained

## DIRECTIONS

1. Melt butter in a large pot over medium-low heat. Once butter is melted, add onion, celery and garlic powder. Cook until onions are tender.
2. Stir in potatoes, carrots, broth, salt, pepper, and dill. Bring to boil and reduce heat. Cover and simmer on low heat for 20 minutes.
3. Stir in salmon, evaporated milk, corn and cheese. Cook until heated through.
4. Sprinkle bacon bits over and serve. Enjoy!



# HALIBUT ALYESKA

SUBMITTED BY SARAH RINGSTAD

## INGREDIENTS

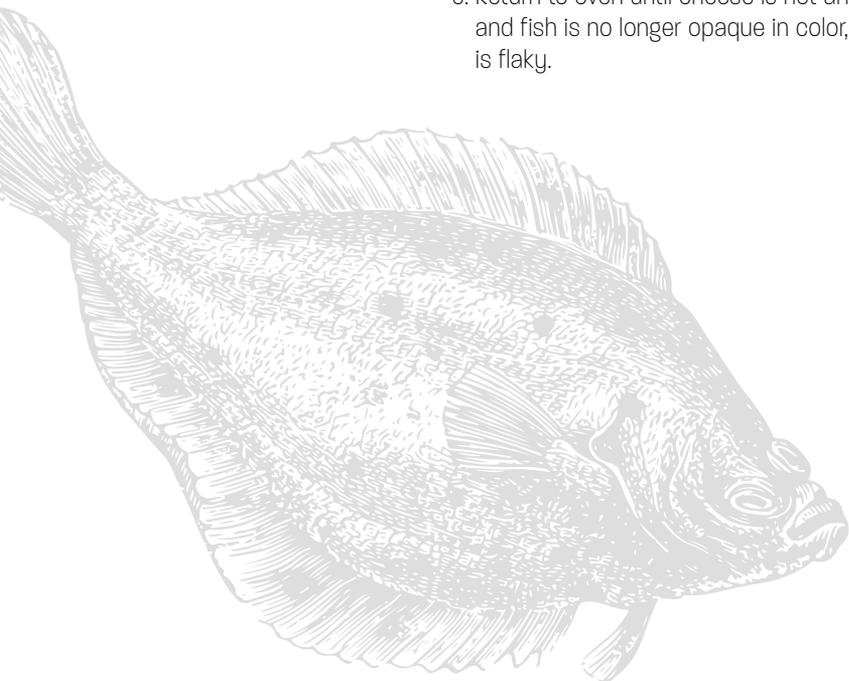
2 pounds halibut fillets  
1 cup sour cream  
1 cup mayonnaise  
1 tablespoon lemon juice  
2 green onions, diced  
1 cup cheddar cheese, grated

### OPTIONAL

Cayenne or regular pepper  
Dill weed

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Spray baking dish with non-stick spray. Lay halibut pieces in dish and bake for 7 minutes.
3. Meanwhile, mix sour cream, mayonnaise and lemon juice to create sauce. Add pepper and dill weed, if desired.
4. Take fish out of the oven and pour the sauce over the fish. Top with green onions and cheese.
5. Return to oven until cheese is hot and bubbly, and fish is no longer opaque in color, or fish is flaky.



# LEE ANN'S PICKLED BELUGA

SUBMITTED BY LEE ANN GREEN

## INGREDIENTS

Beluga muktuk, cooked  
Onions  
Carrots  
Jalapeños  
Cauliflower  
Green peppers  
Red peppers  
Apples  
Orange rind, sliced  
Brine: 70% water,  
30% vinegar  
½ to 1 cup sugar  
Allspice  
Pickling spices  
Bay leaves

## DIRECTIONS

1. Bring a ½ pot of water to a boil, add the pieces of muktuk. After about 10 minutes, stab the muktuk with a fork to test if it is cooked. If the fork goes through the muktuk, it is done. NOTE: You do not want to overcook the muktuk! Overcooked muktuk becomes mushy and does not have a firm texture when pickled.
2. Drain and cool off the muktuk.
3. Cut up onions, carrots, jalapeños, cauliflower, green/red peppers, apples and orange rind.
4. Make the brine by using the above water-to-vinegar ratio depending how much solution you need. Add the sugar, allspice, pickling spice, and bay leaves. Then, bring mixture to a simmer until sugar is dissolved.
5. Remove from the stove and cool. Add all ingredients to your jars and refrigerate.



# OCTOPUS POKE

SUBMITTED BY DEBRA WEDIN

## INGREDIENTS

Octopus' leg  
 ½ cup shoyu (soy) sauce  
 ½ cup extra virgin olive oil  
 Dash sesame oil  
 Dash rice wine vinegar  
 ¼ cup honey  
 ½ teaspoon grated ginger (or more to taste)  
 ½ teaspoon garlic (or more to taste)  
 ¼ teaspoon black pepper (or more to taste)  
 ¼ teaspoon dry mustard (or more to taste)  
 Green onion, cut in long diagonals

\*Amounts may vary depending on preference and the size of the octopus' leg.

## DIRECTIONS

1. Place octopus' leg in a pot and cover completely with water. Bring to a boil then turn down to a simmer. Simmer for 45-50 minutes.
2. Drain leg, let cool and slide the skin off. Make sure to peel darker skin off the suction cups. Slice octopus into bite-size pieces.
3. To make the sauce, mix shoyu, oil, vinegar, honey, ginger, garlic, black pepper, dry mustard and green onions. Pour over cooked octopus pieces and mix to combine.
4. Serve over rice, if desired.





**THANK YOU TO ALL THE SHAREHOLDERS AND  
DESCENDANTS WHO SHARED RECIPES WITH US. THESE  
CULTURAL TREASURES WILL CONTINUE TO TEACH OUR  
TRADITIONS FOR GENERATIONS TO COME.**

PHOTO BY DESCENDANT PHOTOGRAPHER TAYLOR BOOTH





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# AKPIK POPSICLES

SUBMITTED BY MIRIAM AARONS

## INGREDIENTS

2 cups frozen Akpiks or  
blueberries  
2 bananas  
1 cup Greek yogurt  
½ cup coconut milk  
¼ cup apple juice  
½ cup sugar

## DIRECTIONS

1. Blend the ingredients in a food processor until a smoothie-like consistency.
2. Carefully pour the mixture into a popsicle mold.
3. Add popsicle sticks and freeze overnight or 12 hours.
4. To enjoy, run popsicle mold briefly under warm water for easy removal.



# ALASKA DRIED APPLE PIE

SUBMITTED BY SUSAN RINGSTAD

## INGREDIENTS

$\frac{3}{4}$  pound dried apples  
1 quart apple cider  
 $\frac{1}{2}$  cup sugar  
3 tablespoons corn starch  
or flour  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{2}$  teaspoon cinnamon  
Pastry dough for 9-inch pie  
2 tablespoons butter

### OPTIONAL:

Vanilla ice cream



## DIRECTIONS

1. Combine apples and apple cider in a large pan. Simmer for 30 minutes on stove until apples are soft, but not mushy.
2. Drain apples, reserving  $\frac{1}{4}$  cup apple cider. Let cool.
3. Preheat the oven to 425 degrees.
4. In a large bowl, combine sugar, cornstarch or flour and spices. Add apples and toss gently. Add reserved  $\frac{1}{4}$  cup cider and toss again.
5. Place apple mixture in a 9-inch pan lined with pastry. Dot apple mixture with butter and cover top with pastry.
6. Bake on bottom rack for 15 minutes. Reduce heat to 350 degrees and bake for 30 minutes longer. Serve with vanilla ice cream, if desired.



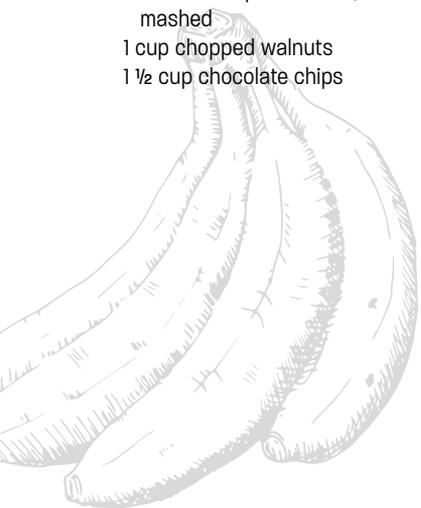
*This makes a good apple pie in Bush Alaska where fresh apples are scarce.*

# BANANA NUT CHOCOLATE CHIP BREAD

SUBMITTED BY ANNABELLE RYAN

## INGREDIENTS

2 cups flour  
1 teaspoon baking soda  
½ teaspoon salt  
1 cup sugar  
½ cup butter  
1 teaspoon vanilla extract  
2 eggs  
3 or 4 small ripe bananas,  
mashed  
1 cup chopped walnuts  
1 ½ cup chocolate chips



## DIRECTIONS

1. Preheat oven 350 degrees.  
Grease bread pan.
2. In a small bowl, mix the dry ingredients: flour, baking soda and salt.
3. In mixer bowl, cream sugar, butter and vanilla extract. Add in eggs and mashed bananas.
4. Gradually add the dry ingredients to the mixer bowl with wet ingredients.
5. Add the walnuts and chocolate chips. For easy chopping, put walnuts in a Ziploc bag and mash until bits and pieces.
6. Pour mix into pan and bake for 1 hour or until done. Check on bread after 45-50 minutes and bake until toothpick in the center comes out clean.
7. Remove from pan or let sit for 5 minutes and then place on cooling rack. Enjoy!

*This recipe is from the Unalakleet Headstart Cookbook, only we add chocolate chips! – Arlene and Harriet Soxie of Unalakleet, year 1981/82.*





# BERRY JELLO DESSERT

SUBMITTED BY GAIL SCHUBERT

## INGREDIENTS

1 large package of Jello  
(lemon, cherry, or orange)  
2 cups boiling water  
2 cups ice cream  
Berries of choice

## DIRECTIONS

1. Stir jello and boiling water together until dissolved (about 2 minutes), then stir in ice cream.
2. Add berries (akpiks). Chill until ready to serve.



# BERRY WATER

SUBMITTED BY HOLLY REIMER

## INGREDIENTS

2 quarts cold water  
2 cups raspberries or your  
favorite berry or fruit

## DIRECTIONS

1. In a medium bowl, smash berries with the back of a spoon.
2. Add smashed berries and all the juices to two quarts of cold water and mix.
3. Chill for 1-2 hours, then pour into your favorite glass and enjoy.



*This is full of antioxidants and flavor. It is very thirst quenching and refreshing.*

# BLUEBERRY SMOOTHIE

SUBMITTED BY ANNIE CORRINE (PEDERSON) BAILEY

## INGREDIENTS

2 cups ripe blueberries (fresh and/or frozen)  
4 bananas  
1 cup coconut milk  
1 cup plain yogurt

## DIRECTIONS

1. Place all ingredients into a 1.5-liter (6.34 cups) blender.
2. Place the blender cover over the top and start the blender. Blend together all ingredients into a smooth liquid.
3. Remove the blender cover and pour the Blueberry Smoothie into your favorite container for consumption.



# BLUEBERRY RHUBARB CRUMBLE

SUBMITTED BY HOLLY REIMER

## INGREDIENTS

### FILLING

2 cups rhubarb, chopped  
2 cups whole blueberries  
¾ cup sugar  
¼ cup flour  
½ teaspoon ground cinnamon  
¼ teaspoon ground cloves  
¼ teaspoon ground dry ginger  
¼ teaspoon vanilla

### TOPPING

½ cup packed  
light brown sugar  
½ cup all-purpose flour  
½ teaspoon ground cinnamon  
4 tablespoons butter,  
softened  
½ cup pecans, coarsely  
chopped

## DIRECTIONS

1. Preheat the oven to 350 degrees. Lightly grease a 9x9 baking dish.
2. To make the filling: In a large bowl, add rhubarb, blueberries, sugar, flour, cinnamon, cloves, dry ginger and vanilla. Mix thoroughly. Pour mixture in prepared baking dish.
3. To make the topping: In a separate bowl, mix brown sugar, flour, cinnamon and butter together until it resembles coarse crumbs. I use a regular fork. Toss in the pecans and evenly sprinkle on top of your fruit filling.
4. Bake until golden brown, about 35 to 40 minutes.



# BLUEBERRY SALMONBERRY DELIGHT



SUBMITTED BY ANNABELLE RYAN

## INGREDIENTS

### CRUST

- 1 ¼ cup Keebler Graham Cracker Crumbs
- ¼ cup sugar
- ⅓ cup melted butter

### CREAM CHEESE FILLING

- 1 (8-ounce) package cream cheese
- 1 cup powdered sugar
- 1 (8-ounce) tub Cool Whip

### BLUEBERRY / SALMONBERRY FILLING

- 1 cup sugar
- 3 tablespoons cornstarch
- 1 cup hot water
- 3 tablespoons raspberry jello (orange jello if using salmonberries)
- 1 quart blueberries or salmonberries

### OPTIONAL:

Cool Whip or whipped cream

## DIRECTIONS

### CRUST:

1. Preheat oven to 375 degrees.
2. In a small bowl, stir crumbs and sugar together. Add in melted butter. Mix until combined.
3. Press evenly in 13x9 or 9x9 pan to desired thickness.
4. Bake 6 to 8 minutes and cool.

### CREAM CHEESE FILLING:

1. Mix cream cheese and powdered sugar with a mixer bowl, until light and fluffy.
2. Add in Cool Whip; mix until combined
3. Spread evenly on crust and refrigerate.

### BERRY FILLING:

1. In a saucepan, mix sugar and cornstarch.
2. Add water to pan and cook over medium heat. Stir constantly until mix becomes clear and thick.
3. Add jello. Stir until dissolved.
4. Remove from heat and add berries. Stir until mixed and let mixture cool.
5. Pour/spoon over the cream cheese layer. Spread evenly and refrigerate.

**\*OPTIONAL:** spread Cool Whip over top, or simply top with whipped cream and enjoy!



*The crust recipe is from the Keebler Graham Cracker Crumbs box. I usually double the below ingredients for just about two 13x9 pans! The other part of the dessert recipe comes from the Unalakleet Headstart Cookbook, Agnes Baptiste and Angie, of Anchorage, AK, year 1975/76.*

# CRANBERRY BARS

SUBMITTED BY LAURA LAGSTOM

## INGREDIENTS

### CRANBERRY SAUCE

3 cups low-bush cranberries  
1 cup water  
1 cup sugar  
Zest of one orange (optional)

### CRUST

1 cup butter, softened  
1 cup brown sugar  
2 ½ cups old-fashioned  
oatmeal  
1 cup all-purpose flour

### TOPPING INGREDIENTS

¼ cup butter, melted  
½ cup brown sugar  
½ cup walnuts or pecans

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Combine all cranberry sauce ingredients in a saucepan and cook over medium heat until sugar is dissolved. Bring to simmer and cook for about 10 minutes. Remove from the heat and cool.
3. In a separate bowl, cream butter and brown sugar until well mixed. Combine oatmeal and flour before adding to butter and sugar. Mix until crumbly.
4. Press mixture into a 13x9 baking pan. Spread cranberry sauce over the top and sprinkle on the topping.
5. Bake for 25-30 minutes.



# CRANBERRY CRUNCH

SUBMITTED BY GAIL SCHUBERT

## INGREDIENTS

### CRUNCH

2 cups flour  
1 ½ cups oatmeal  
1 cup butter, softened

### CRANBERRY FILLING

4 cups cranberries  
1 cup rhubarb  
2 cups sugar  
1 teaspoon vanilla  
1 cup water  
2 heaping teaspoons flour

## DIRECTIONS

1. Preheat the oven to 375 degrees.
2. Mix flour, oatmeal and butter.
3. Pat half of the mixture in the bottom of a 9x13 pan.
4. In a separate pan, cook cranberries, rhubarb, 1 cup sugar, vanilla and water until thick. Then add 1 cup sugar and flour.
5. Pour fruit mixture over oatmeal mixture in pan. Put the remaining oatmeal mixture on top.
6. Bake for 45 minutes.

# CRANBERRY NUT BREAD

SUBMITTED BY DEBRA WEDIN

## INGREDIENTS

2 cups Alaskan cranberries  
(commercial can be used but  
should be cut in half)  
¾ cups chopped nuts  
1 teaspoon orange rind, grated

### EGG MIXTURE

1 egg  
¼ cup water  
⅓ cup orange juice  
2 tablespoons butter, melted

### DRY INGREDIENTS

2 cups flour, sifted  
1 cup plus two tablespoons  
white sugar  
1 ¾ teaspoons baking powder  
½ teaspoon baking soda  
1 teaspoon salt

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Make egg mixture by combining egg, water, orange juice and butter.
3. In a separate bowl, combine dry ingredients: flour, sugar, baking powder, baking soda and salt. Make a well in the center of the dry ingredients and add egg mixture. Stir to combine.
4. Fold in cranberries, nuts and grated orange rind. Put in greased bread pan and bake 70 minutes.\* Let cool in pan 10 minutes or more before serving.

**\*NOTE:** If you use 2 small bread pans, bake for 35 minutes.

# ELIZABETTY'S BLUEBERRY MUFFIN RECIPE

SUBMITTED BY SARAH AARONS

## INGREDIENTS

- 5 tablespoons unsalted butter
- $\frac{2}{3}$  cup sugar
- Zest from  $\frac{1}{2}$  a lemon, finely grated
- $\frac{3}{4}$  cup plain unsweetened yogurt or sour cream (I think sour cream works best!)
- 1 large egg
- $1\frac{1}{2}$  teaspoons baking powder
- $\frac{1}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon fine sea salt or table salt
- 1  $\frac{1}{2}$  cups all-purpose flour
- 1  $\frac{1}{2}$  cups blueberries, fresh or frozen (Alaska blueberries are the best!)
- 3 tablespoons Turbinado sugar (large, sugar in the raw)

*I find that coating the berries in the flour beforehand helps to keep the blueberries from running in the batter. (Step 3)*

## DIRECTIONS

1. Preheat the oven to 375°F.
2. Line muffin tin with paper liners or spray each cup with a non-stick spray. (Alternatively, you can use a 9x9 baking pan to bake this recipe. Make sure you spray with a non-stick spray or use melted butter.)
3. Melt butter in the bottom of a large bowl and whisk in sugar, zest, yogurt and egg until the batter is smooth. Whisk in baking powder, baking soda and salt until fully combined, then lightly fold in flour and berries. The batter will be very thick, like a cookie dough.
4. Divide between prepared muffin cups (or in the large 9x9 pan) and sprinkle with 1 teaspoon coarse sugar per muffin. This will form the most perfect crunchy lid at the end. Bake for 25 to 30 minutes (or 40-50 minutes, if using the 9x9 pan), until tops are golden, and a tester inserted into the center of muffins (or cake) comes out clean. There will be some blueberry goo, but you want to make sure that the batter is not raw and sticking to the tester or the blade of a knife.
5. Let the muffins or cake cool in pan for 10 minutes before diving in!

# FISH AGUTUQ

SUBMITTED BY JOANNE SWANSON

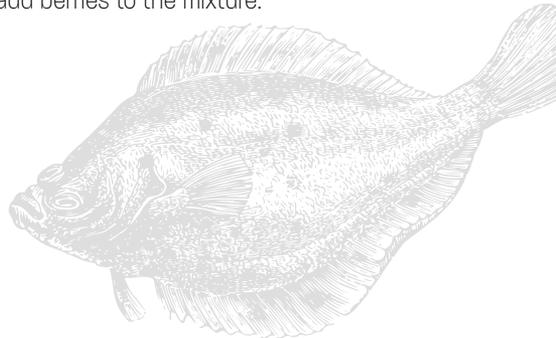
## INGREDIENTS

White fish of choice  
Shortening  
Vegetable oil  
Choice of berries

*The ratio for the amount of fish to shortening is about 2 to 1. For every cup of shortening, you use in the agutuq, you add two cups of boiled and deboned fish. White fish, grayling, sheefish and halibut are just some fish you may use.*

## DIRECTIONS

1. Remove the head and stomach contents of the fish. Cut in 4-inch pieces and wash in water.
2. Using a large pot, add fish and cold water and place on stove with low heat. After 5 minutes, increase the heat to low-medium. Once the water begins to boil, set a timer and boil for 12 minutes. For larger fish, add 5 more minutes to boiling time. Remove from heat and allow water to cool down. Drain water.
3. Using two forks, carefully begin removing the skin and bones from the fish meat. Squeeze the fish juices and remove bones at the same time. Set aside.
4. In a separate container measure a cup of shortening and a couple tablespoons of vegetable oil. Add fish pieces and begin mixing by hand or a kitchen aid mixer. Add more fish and oil until all the fish is mixed to your liking. Mix until light and fluffy. Eat plain or add berries to the mixture.



# PEACH COBBLER

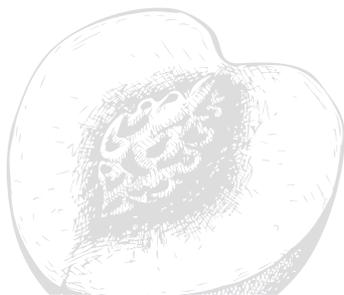
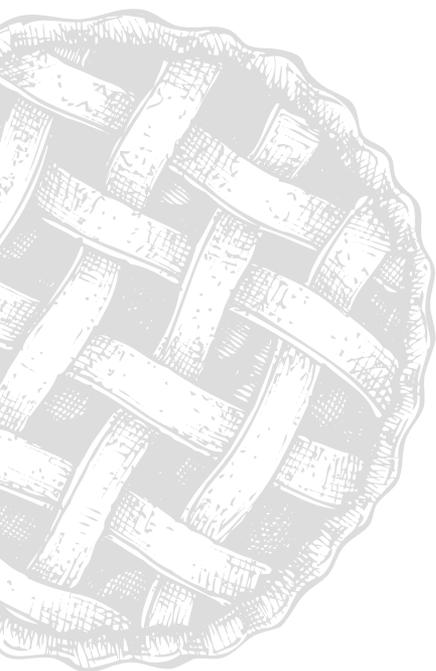
SUBMITTED BY HOLLY REIMER

## INGREDIENTS

1 stick butter, melted  
1 cup flour  
1 cup sugar  
1 cup evaporated milk  
½ teaspoon baking powder  
½ teaspoon baking soda  
1 can peaches, drained

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. If you are using a glass baking dish, you can melt the butter in the microwave directly in the dish you are using.
3. Mix flour, sugar, milk, baking powder and baking soda in a medium bowl. Be sure to scrape the bottom and sides with a spatula. Stir in the drained peaches to the mixture. Then pour mixture into the dish or baking pan with the melted butter.
4. Bake until golden brown, about 45-50 minutes.



# POLENTA CAKES

SUBMITTED BY THERESA PEDERSON-SZAFRAN

## INGREDIENTS

½ cup butter (or bacon drippings)  
1 cup flour  
1 cup corn meal/polenta  
1 tablespoon sugar  
2 teaspoons baking powder  
½ teaspoon baking soda  
½ teaspoon salt  
1 ½ cup milk

## DIRECTIONS

1. Preheat the oven to 400 degrees.
2. Mix butter, flour, corn meal or polenta, sugar, baking powder, baking soda, salt and milk. Pour into a greased muffin mold.
3. Bake until done, until a toothpick comes out clean, approximately 20 minutes.
4. Upon removing muffins, set on serving plates to cool. Once cooled, ice with cranberry, blueberry, lagoon berry, salmon berry icing.
5. Cut cakes in half (along the waist, so as to maintain circular form) and add ½ inch of frozen flavored berry cream cheese, well-iced for even frozen content. Ice the top with your choosing.
6. Garnish with mint leaves, tea leaves, nasturtiums, mint, violet, pansies, rain drops or any topping of your choice.



*Growing up in Council/Nome Alaska, it was always the end of the gold mining season that my parents, Steve and Kitty Pederson, would make bulk grocery orders for delivery in Nome by barge. They would always ask our opinion about what to include. Besides packaged/canned goods, one of the many 100, 50, 25-pound orders included yellow corn meal. We made all kinds of dishes with the polenta. My favorite corresponded with berry season.*

# TUNDRA BLUEBERRY PIE

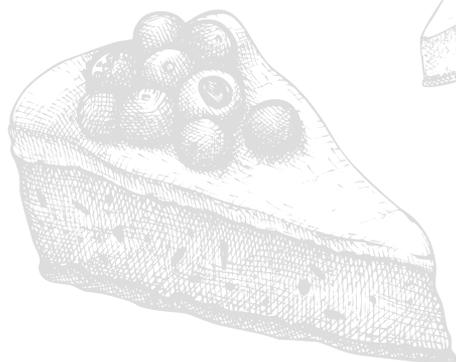
SUBMITTED BY SUSAN RINGSTAD

## INGREDIENTS

2 (9-inch) pie crusts  
1 can sweet evaporated milk  
4 cups tundra blueberries,  
cleaned  
4 tablespoons flour  
1 tablespoon lemon  
 $\frac{3}{4}$  cup sugar  
Pinch salt

## DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Combine all ingredients (except pie crust) in medium bowl. Carefully toss until coated.
3. Place one crust on the bottom of pie pan and pour the filling in. Dot with butter.
4. Place the remaining crust on top and flute or use fork to seal. Cut vents on top and brush top with evaporated milk.
5. Bake for 15 minutes. Reduce heat to 350 degrees and continue to bake for another 30-40 minutes, until the crust is golden brown. Cool and then serve.





# WILD BERRYLICIOUS CAKE

SUBMITTED BY JOANNE SWANSON

## INGREDIENTS

Box cake or homemade cake of choice

Berries of choice (blueberries, salmon berries, mixed berries, etc.)

1 teaspoon vanilla extract

½ cup butter, softened

1 (8-ounce) package cream cheese, softened

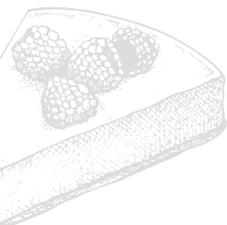
3 cups confectioners' sugar

1 cup sugar

## DIRECTIONS

1. Bake a cake mix of your choice in a 13 x 9 pan. Set aside to cool.
2. With a sharp pointed knife, poke deep holes the size of a pea into the cake. Place 1 ½-2 cups blueberries, salmon berries or mixed berries in a saucepan over low heat. Add sugar and ½ teaspoon of vanilla extract. Stir the sauce, smashing berries as you stir. Boil for only 2-3 minutes. Pour the berry sauce over the cake.
3. In a glass bowl, put butter, cream cheese, confectioners' sugar and vanilla extract. Stir vigorously until soft and fluffy. Spread frosting over cake.

**\*NOTE:** Try making this a lemon cake by adding a few drops of lemon oil or ½ teaspoon of lemon extract. Add same into the frosting.









**TUNDRA**  
TO TABLE

CELEBRATING OUR CULINARY  
TRADITIONS & CULTURES

