



Neq'rkat
The Wild Foods
Cookbook

Alutiiq Museum & Archaeological Repository



The Wild Foods Cookbook

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

Recipe courtesy 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.

Recipe courtesy Chickie Wegdahl.



Kasaakam Caayua *Russian Tea*

◀ *Linda Mullen, Port Wakefield, 1960s (AM589:42), courtesy 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

Recipe courtesy 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 ¼” 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 ½ days.

Recipe courtesy 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.

Recipe courtesy 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.

Recipe courtesy 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!

Recipe courtesy 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.

Recipe courtesy 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.

Recipe courtesy 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 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.

Cillqaq
Fireweed

*Recipe courtesy
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.

Recipe courtesy 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)

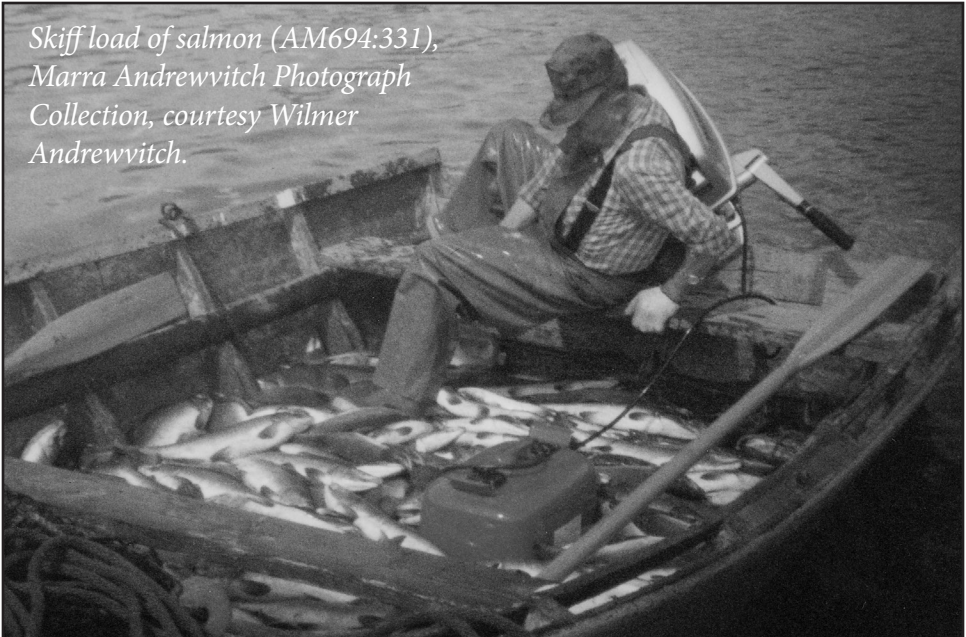
Tip: Harvest carefully so that bubbles remain intact.

Instructions

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

Recipe courtesy 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.

Recipe courtesy 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.

Recipe courtesy 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
Worcestershire 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.

Recipe courtesy 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

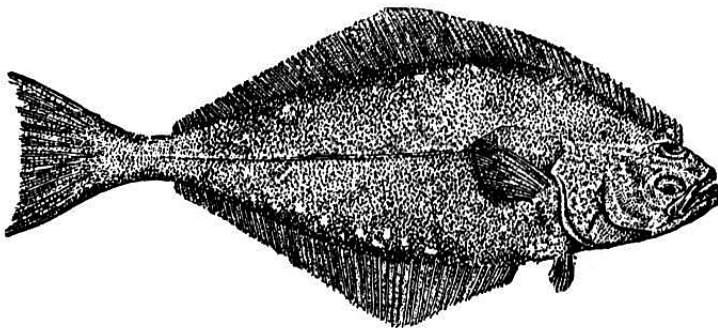
Ingredients

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 tbsps 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.

Recipe courtesy 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.

Recipe courtesy 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!



Recipe courtesy 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

Recipe courtesy Danielle Ringer.

Cod Liver Poke

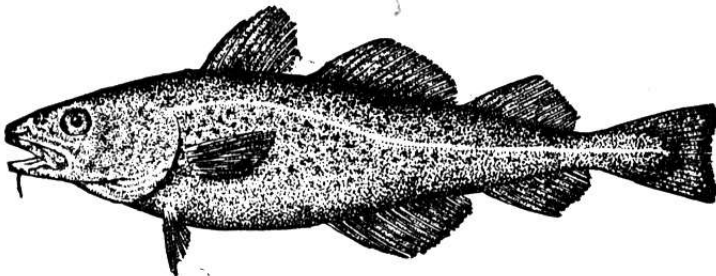
Ingredients

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 the stomach for about 10-15 minutes.
3. Remove it from the boiling water and put it on a plate and slice it into pieces.

Recipe courtesy 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 Larry Evans*

Bidarki Chowder

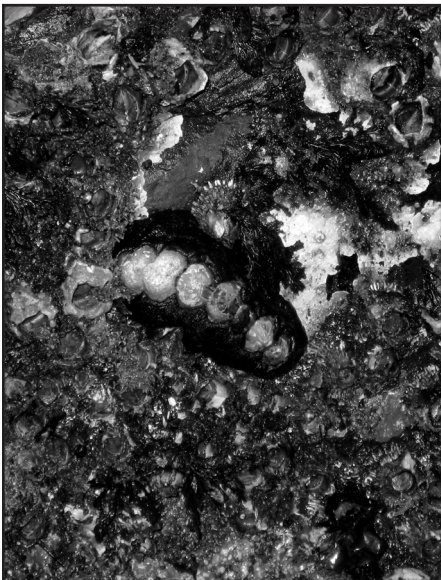
Ingredients

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.

*Recipe courtesy 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.

*Recipe courtesy Gayla Pedersen,
from Herman Squartsoff.*



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!

*Recipe courtesy 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.

Recipe courtesy 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

Recipe courtesy 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.

Recipe courtesy Jerry Laktonen.

Piruuq piturnirtuuq!
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.

Recipe courtesy 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.

*Recipe courtesy 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.

*Recipe courtesy
Andrew Christofferson.*



◀ *Octopus in
Larsen Bay,
courtesy
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.

Recipe courtesy 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 mined 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!

Recipe courtesy 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.

Recipe courtesy 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. 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.

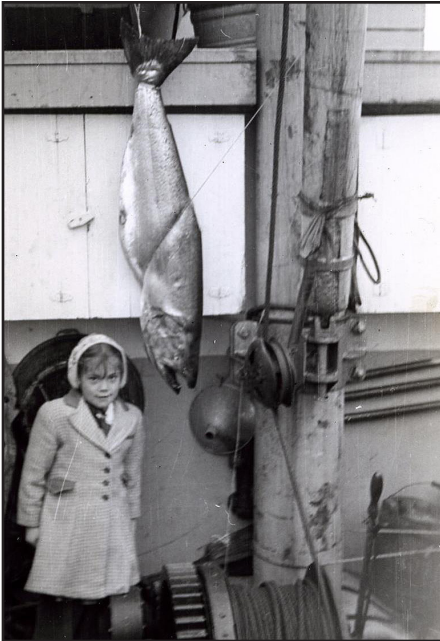
Greek-Inspired Salmon

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.



*Recipe courtesy
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.

Recipe courtesy 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.

Recipe courtesy 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.

Recipe courtesy Nancy Jones.

Ingredients

seal intestine

seal blubber

*Braided Seal Gut at
Dig Afognak. ▶*

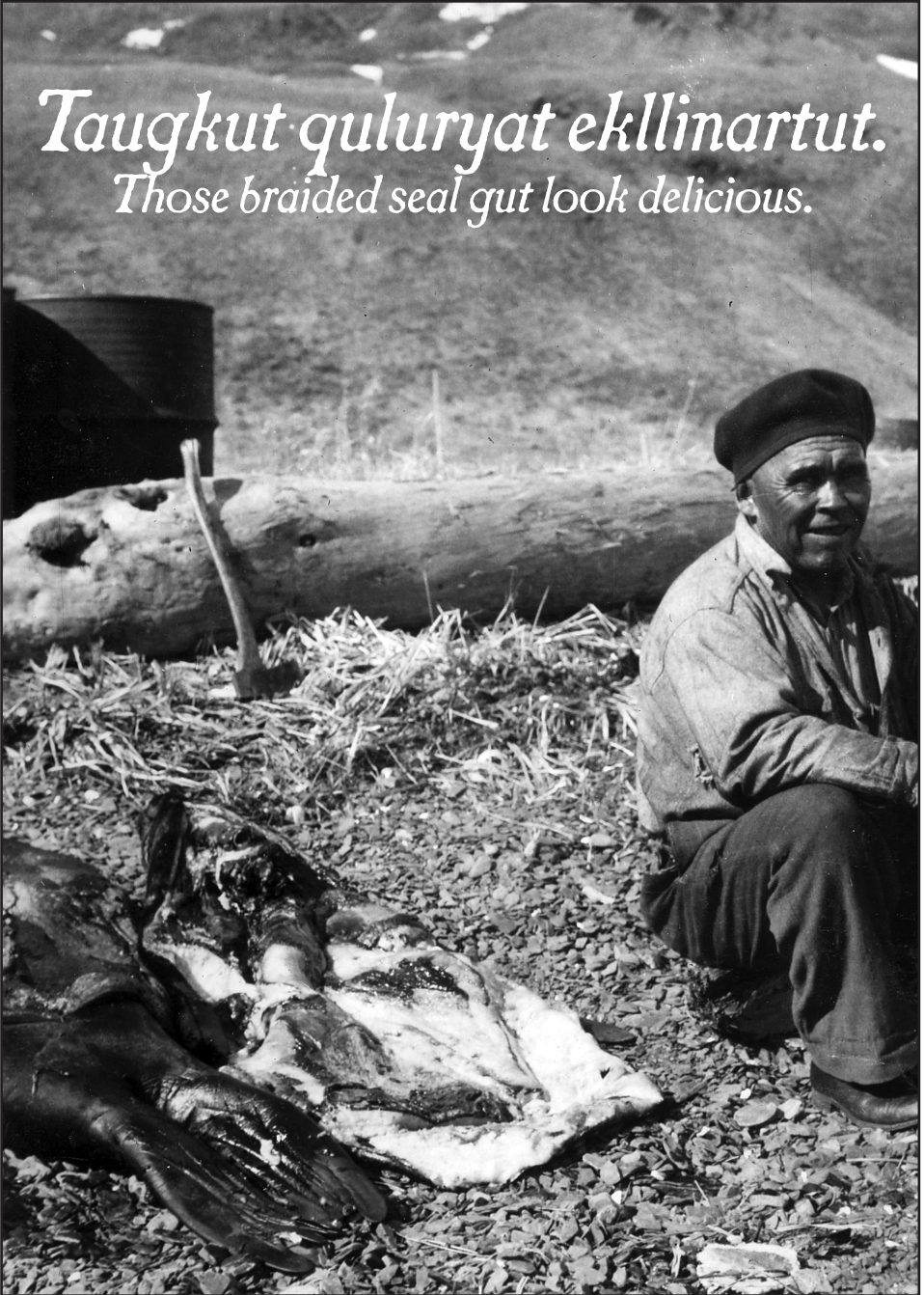
Instructions

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.

Recipe courtesy 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!



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!



Recipe courtesy 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!

Recipe courtesy 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
(lambs 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.

Recipe courtesy 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.



◀ *Nettles.*

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.

Recipe courtesy Gayla Pedersen.

*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 Kodiak Area Native Association. ►

Desserts

Ciitaq (Cheeduk)

Ingredients

1 gallon salmonberries
¾ 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.)

*Recipe courtesy
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

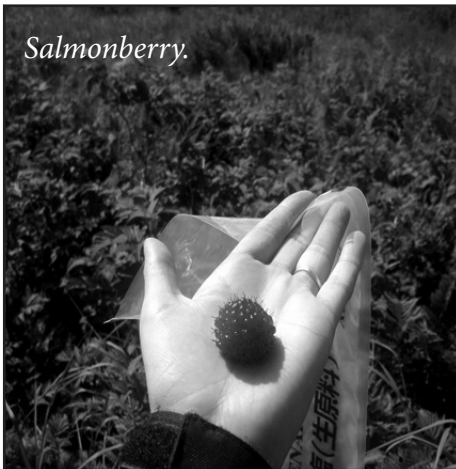
(Short crust Pastry)

- 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

Recipe courtesy 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.)

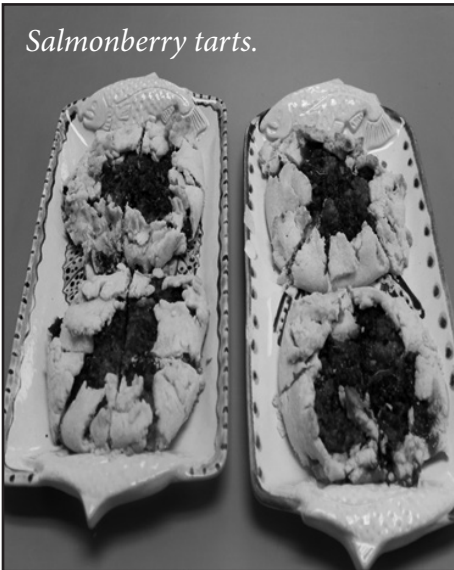
Recipe adapted from:

<http://www.joyofbaking.com/BerryTart.html>

Filling Instructions

- 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.
- 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.
- 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!



Recipe courtesy Gayla Pedersen.

Cuawak *Blueberry*

◀ *Blueberries.*

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

Old Fashioned Salmonberry Jam

Ingredients

salmonberries
sugar

Recipe courtesy Teresa Carlson, 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.

*Recipe courtesy
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

Recipe courtesy 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

½ cup butter
2 tbsp flour
1 cup brown sugar
3 cups corn flakes
½ cup sugar
2 tbsp cornstarch
¼ 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

Recipe courtesy 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. on size of cans. When dough is done remove from pan and butter the crust. Place on baking rack to cool.
7. Bake in a 350 degree oven. Baking time will vary depending **Note:** You may substitute almond or lemon extract for cardamom.

Recipe courtesy 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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