Nellie’s Recipes
An Alaska Native Traditional Food Cookbook
For Assisted Living Homes
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Acknowledgements

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Teresa Hicks for her efforts in advocating that the cookbook be used as a tool in promoting health and disease prevention among Alaska Natives living in assisted living homes.

Jennifer Johnson for contributing to the nutritional information found in the cookbook.

Margaret Hoffman for providing some of the recipes indicated in this cookbook and for formatting the book.

Ella Gonzalez for her technical and programming assistance.

Without your help Nellie’s Recipes would not be possible. Thank you for volunteering your time to help with the formatting and construction of this cookbook.

Photo credits: Alstrom family, Olin family, Urban Divaq, Alaska Digital Archives, Alaska Native Tribal Health Consortium collection
**Blueberry Bread**

Serves: 20 (1 loaf)

- 2 cups self-rising flour
- 1 cup milk
- 1 egg
- 1 teaspoon vanilla extract
- 1 cup sugar *option: sugar substitute*
- 2 cups blueberries
- 1 stick of butter

Mix eggs, butter and sugar together in medium to large bowl. Add flour, milk, and vanilla. Then add berries to mixture. Put in baking pan and bake in over at 350 degrees for approximately 40 minutes or until done.

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**Rhubarb Crunch**

Serves: 9

- 6 cups rhubarb, diced *option: 4 cups rhubarb and 2 cups raspberries*
- 1/2 to 1 cup sugar *option: sugar substitute*
- 4 tablespoons flour

Topping:
- 1/2 to 1 cup brown sugar *option: sugar substitute*
- 1 cup oatmeal
- 1/2 cup butter or shortening

Toss rhubarb, sugar, and flour together. Place in 6 x 8 or 9 x 10 baking dish. Mix brown sugar, oatmeal, and flour. Cut in the butter or shortening, then sprinkle over rhubarb. Bake at 350° for 45 minutes.

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**Dedication**

This cookbook is dedicated to my grandmother, Nellie Virginia Alstrom. The quality and scope of this cookbook is indicative of my grandmother’s many and valued contributions to serving Alaska Native foods and teaching and practicing Alaska Native traditional lifestyles.

Most of the recipes indicated in the cookbook were given to me by my late grandmother, Nellie Alstrom.

Nellie had a passion for cooking Alaska Native traditional foods and she spent much of her life doing it. She was a cook for the Alakanuk School, working for the Bureau of Indian Affairs, and later the Lower Yukon School district.

Nellie retired after 29 years of service. Even after retirement, my grandmother would still be found in her kitchen, cooking and baking.

You are dearly missed, and always loved.

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**Purpose of Nellie’s Recipes**

Nellie’s Recipes serves as a tool to help incorporate Alaska Native foods into assisted living homes in the Anchorage area.

Alaska Native Elders that live in assisted living homes have to give up a lot. Some Elders have to give up everything that is familiar to them: their village, their culture, time with their family and friends and not to mention their traditional foods.

With your help, we can bring back a taste of their culture.

Please help contribute to the health and social welfare of your Alaska Native clientele by providing them a meal from this cookbook.

— Aleta C. Alstrom
Nutritionist’s Corner

The Role of Native Foods in a Healthy Diet

Alaska Natives have been nourished by foods from the land, air, and water for thousands of years. They have had a lifelong association with these foods, seeking them, harvesting them, cleaning them, preparing them to be eaten or stored, keeping the foods safe from loss of spoilage, and enjoying them as foods.

People take great comfort from eating the foods they’ve grown up with. These foods can be very comfortable to eat in times of illness and healing, and are very rich in the nutrients necessary for good health.

Native foods tend to be very good sources of nutrients like protein, iron, Vitamins A, D and E, and low in saturated fats and sugars.

Native foods are the heart of culture and health. They provide close ties to the land and the seasons and the environment. Participating in harvesting, preparing, sharing and eating the foods along with others contributes to spiritual well being.

— Jennifer Johnson, MPH, RD, LD

Akutaq (Eskimo Ice Cream)

Serves: 25

1 cup Crisco (or substitute fat-free plain yogurt for lower fat and added calcium)
1/4 cup water
1/2 cup sugar (or sugar substitute)
5 pounds baked salmon (or whitefish), deboned
4 cups salmon berries, blueberries, raspberries or strawberries

In a bowl, whip the Crisco and water until smooth and creamy. Add sugar and mix well until it dissolves. Add berries and fish. Chill before serving.

Original

Without fish; with yogurt

Nutrition Facts

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Frozen Berry Snack

Mix bowl of frozen berries with canned milk (or any kind of milk, can be fat-free) and sugar (or sugar substitute), and serve.
Traditional Russian Tea

Serves: 4

- 6 tea bags black tea (Russian blend, or caravan if available)
- 4 cups boiling water
- 1/2 cup berry jam option: sugar-free
- 4 thin slices lemon
- 4 sugar cubes (or teaspoons) option: sugar substitute

Steep tea bags in hot water for 5 minutes. Pour into 4 tea cups. Into each cup, mix 1 Tbsp jam, 1 sugar cube, and 1 slice of lemon.

(From “Arctic Home Cooking,” by Maniilaq Association Employees)

A Great Native Food Snack

Serves: 1

- 2 salmon strips (which can be bought at Costco)
- 1 Sailor Boy brand pilot bread cracker
- 1 cup of tea

Baked Salmon or Halibut

Cut fillets into serving pieces. Salt and pepper to taste. Place sliced onion on top of each piece and a layer of mayonnaise on them. Sprinkle with dill weed. Bake at 350° for 45 minutes.

(From “The Alaska Grub-Box,” by Sis Laroux)

Seaweed and Rice

Serves: 4-6

- 2 cups dried seaweed
- 1 cup rice
- 1 tablespoon ooligan grease (optional)

Combine seaweed with water to consistency of soup. Add rice. Bring to boil, add grease, and simmer until rice is tender.

Variations: Seaweed can be cooked in the same manner; omit rice and add fish eggs.

Seaweed: Boil about 2 cups water. Add dried seaweed, and grease to taste. You can eat this dish as is, or you may eat it with salmon eggs, canned salmon or with rice.

(From Metlakatla)

Nutrition Facts

<table>
<thead>
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<th>Traditional Russian Tea</th>
<th>Baked Salmon or Halibut</th>
<th>Seaweed and Rice</th>
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<tr>
<td>Serves: 4</td>
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<tr>
<td>2 salmon strips</td>
<td>6 tea bags black tea</td>
<td>2 cups dried seaweed</td>
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<tr>
<td>(which can be bought at Costco)</td>
<td>(Russian blend, or caravan if available)</td>
<td>1 cup rice</td>
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<tr>
<td>1 Sailor Boy brand pilot bread cracker</td>
<td>4 cups boiling water</td>
<td>1 tablespoon ooligan grease (optional)</td>
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<tr>
<td>1 cup of tea</td>
<td>1/2 cup berry jam option: sugar-free</td>
<td>Combine seaweed with water to consistency of soup. Add rice. Bring to boil, add grease, and simmer until rice is tender.</td>
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<tr>
<td>(option: sugar substitute)</td>
<td>4 thin slices lemon</td>
<td>Variations: Seaweed can be cooked in the same manner; omit rice and add fish eggs.</td>
</tr>
<tr>
<td>Steep tea bags in hot water for 5 minutes. Pour into 4 tea cups. Into each cup, mix 1 Tbsp jam, 1 sugar cube, and 1 slice of lemon.</td>
<td>(From “Arctic Home Cooking,” by Maniilaq Association Employees)</td>
<td>(From Metlakatla)</td>
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Nellie’s Special Salmon Loaf
Serves: 5

1 6 oz. can salmon
4 eggs, lightly beaten
4 tablespoons butter, melted
1/2 cup fine bread crumbs
Salt and pepper to taste option: salt-free seasoning such as Mrs. Dash

In a medium to large bowl combine salmon, eggs, butter and bread crumbs. Season with salt and pepper. Mix ingredients together then pour into a bread pan. Place tin foil over the bread pan (foil must not touch loaf). Bake at 350-400 degrees for 80-90 minutes. During the last five minutes of cooking, remove foil from top.

Easy Fish Pie (Perok)
Serves: 12

1/4 pound cabbage, shredded
1 large carrot, chopped
1 large onion, chopped
1 pound cooked or canned fish (halibut or salmon)
1 cup cooked rice option: use brown rice, or half brown and half white rice for added fiber

Pie crust

Simmer vegetables in equal amounts of oil and butter until tender. Salt and pepper to taste. Line the bottom of a 9 x 13-inch pan with pie crust. Leave some dough for the top. Place half the rice on the bottom crust, then half of the cooked veggies, then add fish, the rest of the veggies, the remainder of the rice, and the top crust. Bake at 350° for 45 minutes.

(From “The Alaska Grub-Box,” by Sis Laroux)

Easy Salmon Spread
Serves: 8

1 6-ounce can smoked salmon option: if using plain salmon (unsmoked), season with onion and Worcestershire sauce
1 8-ounce container cream cheese option: use half cream cheese and half mayonnaise

Blend together until smooth. Cover and chill.
Serve with crackers and/or vegetables.

Clam Dip
Serves: 9

1 8-ounce container cream cheese, softened
1/4 cup sour cream
1 6-ounce can chopped clams
1 tablespoon chopped or dried parsley
1 minced garlic clove
1/4 teaspoon Worcestershire sauce
Dash of Tabasco sauce

Blend together until smooth. Cover and chill.
Trapline Beans

Serves: 20

3 pounds dry beans
8 slices of bacon
1 large onion
2 cloves garlic
1 16-ounce can of stewed tomatoes
Bay leaf (optional)
Salt and pepper to taste option: use salt-free seasoning such as Mrs. Dash

Soak beans overnight in cold water. Drain the next day and put in fresh water. Add remaining ingredients. Bring to a boil and simmer all day. Can be served with cornbread.

Lower Yukon Fried Bread

Serves: 20

6 cups flour, more or less, divided option: use half wheat flour for added fiber
1 tablespoon sugar
2 1/2 teaspoons salt
1 envelope active dry yeast
2 cups very warm water, about 120 degrees
2 tablespoons softened butter
3 cups vegetable oil

In a large mixing bowl combine 2 cups flour, sugar, salt, and yeast. Beat at low speed, then add water and butter. Beat at high speed 3 minutes. Add 1/2 cup flour and beat 4 minutes. Knead for 8-10 minutes on a lightly floured surface. Put dough in a clean bowl. Cover with a clean towel and let rise for about 1 hour. Take a handful of dough and press, forming a "pancake" shape at least 1/2 inch thick. Put the formed dough on a plate and repeat until the dough is finished. Add 3 cups vegetable oil into a medium to large stovetop kettle. Heat on low until oil begins to boil. Using a fork gently put in one prepared dough piece. Once the dough is brown on both sides take it out of the pan and repeat this step with water. Add fish and season. Boil 15 minutes then add celery soup, pepper and butter.

Yukon Beef Soup

(a substitute for moose or caribou stew)

Serves: 6

4 cups water
2 pounds cubed beef
Soup bone, if available
1 envelope Lipton brand beefy onion soup mix
1 cup rice option: use brown rice, or half brown and half white rice for added fiber
1 cup elbow macaroni option: use whole-wheat macaroni for added fiber
Any vegetables, such as onions, carrots, potatoes, celery, can of tomatoes, can of mixed vegetables

Boil 4 cups water. Add beef. When the beef turns grayish/brown, add the onion soup mix, combine the contents, then add rice and macaroni (and any vegetables). Let boil for half an hour or until the rice and macaroni are soft in texture.