



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

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Nellie's Recipes

An Alaska Native Traditional Food Cookbook
For Assisted Living Homes



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Notes

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

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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.

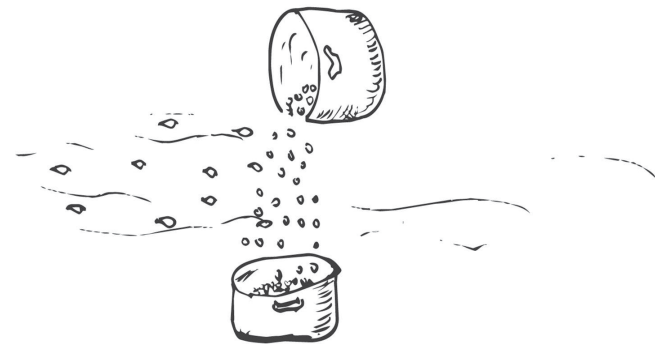


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Blueberry Bread

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.



Nutrition Facts	
Serving Size 1/20 of loaf	
Amount Per Serving	Calories from Fat 49
Calories 147	
%Daily Value*	
Total Fat 5 g	8%
Saturated Fat 3 g	16%
Cholesterol 24 mg	8%
Sodium 199 mg	8%
Total Carbohydrate 23 g	8%
Sugars 13 g	
Dietary Fiber 1 g	4%
Protein 2 g	4%
Vitamin A 4%	Vitamin C 4%
Calcium 7%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.

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.

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	Calories from Fat 99
Calories 259	
%Daily Value*	
Total Fat 11 g	17%
Saturated Fat 7 g	33%
Cholesterol 27 mg	9%
Sodium 80 mg	3%
Total Carbohydrate 41 g	13%
Sugars 30 g	
Dietary Fiber 3 g	13%
Protein 3 g	7%
Vitamin A 10%	Vitamin C 13%
Calcium 33%	Iron 7%
Vitamin K 55%	Manganese 44%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.



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.

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 plants, berries, fish, animals, seals and whales eaten in Alaska vary widely depending on where people live. These foods have many health-giving properties. The recipes in this book contain some of these foods. They are easy to make with foods that you can buy at the store. And they will make Alaska Native elders feel closer to home. The nutrition label is included to show that these foods are an important part of healthy eating.

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

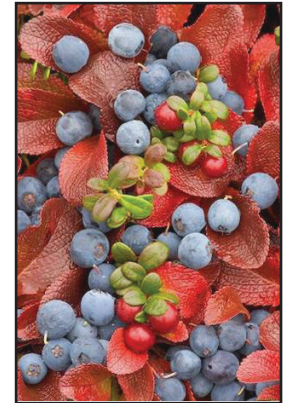
In a bowl, whip the Crisco and water until smooth and creamy. Add sugar and mix well until it dissolves. Add berries and fish. Chill before serving.

Original

Nutrition Facts	
Serving Size ½ cup	
Amount Per Serving	Calories from Fat 126
Calories 242	
%Daily Value*	
Total Fat 14 g	21%
Saturated Fat 4 g	18%
Cholesterol 66 mg	22%
Sodium 70 mg	3%
Total Carbohydrate 6 g	2%
Sugars 4 g	
Dietary Fiber .2 g	1%
Protein 22 g	43%
Vitamin A 3%	Vitamin C 3%
Calcium 2%	Iron 5%
Vitamin D 79%	Selenium 53%
Phosphorus 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

Without fish; with yogurt

Nutrition Facts	
Serving Size ½ cup	
Amount Per Serving	Calories from Fat 1
Calories 65	
%Daily Value*	
Total Fat 0.1 g	0%
Saturated Fat 0 g	0%
Cholesterol 0.8 mg	0%
Sodium 26 mg	1%
Total Carbohydrate 15 g	5%
Sugars 9 g	
Dietary Fiber 1 g	4%
Protein 2 g	3%
Vitamin A 2%	Vitamin C 1%
Calcium 5%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



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.



Nutrition Facts	
Serving Size 1 ½ cup	
Amount Per Serving	Calories from Fat 36
Calories 153	
%Daily Value*	
Total Fat 4 g	6%
Saturated Fat 2 g	11%
Cholesterol 12 mg	4%
Sodium 52 mg	2%
Total Carbohydrate 25 g	8%
Sugars 11 g	
Dietary Fiber 4 g	16%
Protein 5 g	10%
Vitamin A 7%	Vitamin C 5%
Calcium 16%	Iron 9%
Riboflavin 22%	Manganese 102%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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

Nutrition Facts	
Serving Size 2 strips (3 oz.), 1 cracker	
Amount Per Serving	
Calories 444	Calories from Fat 240
%Daily Value*	
Total Fat 27 g	41%
Saturated Fat 6 g	31%
Cholesterol 91 mg	30%
Sodium 706 mg	29%
Total Carbohydrate 15 g	5%
Sugars 0.2 g	
Dietary Fiber 3 g	10%
Protein 36 g	72%
Vitamin A 9%	Vitamin C 0%
Calcium 3%	Iron 26%
Vitamin D 169%	Selenium 88%
Vitamin E 23%	Phosphorus 42%
Copper 31%	Manganese 41%
	Potassium 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.



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

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 69	Calories from Fat 0
%Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 14 mg	1%
Total Carbohydrate 17 g	6%
Sugars 12 g	
Dietary Fiber 0.4 g	2%
Protein 0.2 g	0%
Vitamin A 0%	Vitamin C 9%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.

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

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)

Salmon

Nutrition Facts	
Serving Size 6 ounces	
Amount Per Serving	
Calories 450	Calories from Fat 275
%Daily Value*	
Total Fat 30 g	47%
Saturated Fat 6 g	30%
Cholesterol 136 mg	45%
Sodium 863 mg	36%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0.3 g	1%
Protein 40 g	79%
Vitamin A 6%	Vitamin C 3%
Calcium 14%	Iron 15%
Vitamin D 138%	Selenium 114%
Potassium 22%	Phosphorus 53%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.

Halibut

Nutrition Facts	
Serving Size 6 ounces	
Amount Per Serving	
Calories 304	Calories from Fat 121
%Daily Value*	
Total Fat 13 g	21%
Saturated Fat 2 g	11%
Cholesterol 121 mg	40%
Sodium 846 mg	35%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0.3 g	1%
Protein 42 g	83%
Vitamin A 3%	Vitamin C 1%
Calcium 5%	Iron 5%
Vitamin D 86%	Selenium 142%
Phosphorus 50%	Magnesium 26%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.



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	
Serving Size 2 strips (3 oz.), 1 cracker	
Amount Per Serving	
Calories 444	Calories from Fat 240
%Daily Value*	
Total Fat 27 g	41%
Saturated Fat 6 g	31%
Cholesterol 91 mg	30%
Sodium 706 mg	29%
Total Carbohydrate 15 g	5%
Sugars 0.2 g	
Dietary Fiber 3 g	10%
Protein 36 g	72%
Vitamin A 9%	Vitamin C 0%
Calcium 3%	Iron 26%
Vitamin D 169%	Selenium 88%
Vitamin E 23%	Phosphorus 42%
Copper 31%	Manganese 41%
	Potassium 20%

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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.

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 242	Calories from Fat 126
%Daily Value*	
Total Fat 14 g	21%
Saturated Fat 4 g	18%
Cholesterol 66 mg	22%
Sodium 70 mg	3%
Total Carbohydrate 6 g	2%
Sugars 4 g	
Dietary Fiber .2 g	1%
Protein 22 g	43%
Vitamin A 3%	Vitamin C 3%
Calcium 2%	Iron 5%
Vitamin D 79%	Selenium 53%
	Phosphorus 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



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.

Nutrition Facts	
Serving Size 1/12 of recipe	
Amount Per Serving	
Calories 457	Calories from Fat 249
%Daily Value*	
Total Fat 28 g	43%
Saturated Fat 8 g	39%
Cholesterol 27 mg	9%
Sodium 762 mg	32%
Total Carbohydrate 39 g	13%
Sugars 1 g	
Dietary Fiber 2 g	6%
Protein 12 g	25%
Vitamin A 21%	Vitamin C 4%
Calcium 10%	Iron 13%
Vitamin D 59%	Selenium 38%
Vitamin K 20%	Manganese 24%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

(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.

Nutrition Facts	
Serving Size 2 oz.	
Amount Per Serving	
Calories 138	Calories from Fat 104
%Daily Value*	
Total Fat 12 g	18%
Saturated Fat 7 g	33%
Cholesterol 47 mg	16%
Sodium 241 mg	10%
Total Carbohydrate 1 g	0%
Sugars 0.5 g	
Dietary Fiber 0 g	0%
Protein 8 g	16%
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 3%
Vitamin D 45%	Vitamin B12 23%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

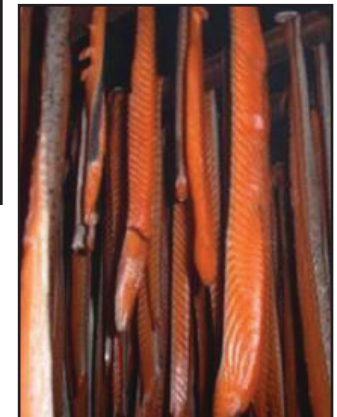


Clam Dip

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.



Nutrition Facts	
Serving Size 2 ounces	
Amount Per Serving	
Calories 139	Calories from Fat 95
%Daily Value*	
Total Fat 11 g	16%
Saturated Fat 6 g	32%
Cholesterol 49 mg	16%
Sodium 108 mg	5%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0 g	0%
Protein 9 g	17%
Vitamin A 11%	Vitamin C 10%
Calcium 5%	Iron 42%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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.

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 243	Calories from Fat 27
%Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	4%
Cholesterol 5 mg	2%
Sodium 190 mg	8%
Total Carbohydrate 40 g	13%
Sugars 3 g	
Dietary Fiber 11 g	43%
Protein 16 g	32%
Vitamin A 0%	Vitamin C 7%
Calcium 7%	Iron 21%
Folic Acid 53%	Phosphorus 26%
Manganese 37%	Potassium 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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



Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 243	Calories from Fat 27
%Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	4%
Cholesterol 5 mg	2%
Sodium 190 mg	8%
Total Carbohydrate 40 g	13%
Sugars 3 g	
Dietary Fiber 11 g	43%
Protein 16 g	32%
Vitamin A 0%	Vitamin C 7%
Calcium 7%	Iron 21%
Folic Acid 53%	Phosphorus 26%
Manganese 37%	Potassium 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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 another piece of dough.

Yukon Salmon Soup

Serves: 20

- 3 16-ounce cans of salmon
- 3 medium potatoes, cubed
- 1 medium onion, chopped
- 1 16-ounce can cream of celery soup *option: reduced sodium version*
- 1 cup rice *option: use brown rice, or half brown and half white rice for added fiber*
- 1 tablespoon butter

Put potatoes, rice and onions in kettle. Cover



with water. Add fish and season. Boil 15 minutes then add celery soup, pepper and butter.

Nutrition Facts	
Serving Size 1.5 cups	
Amount Per Serving	
Calories 152	Calories from Fat 57
%Daily Value*	
Total Fat 6 g	10%
Saturated Fat 2 g	10%
Cholesterol 41 mg	14%
Sodium 602 mg	25%
Total Carbohydrate 9 g	3%
Sugars 1 g	
Dietary Fiber 1 g	3%
Protein 14 g	29%
Vitamin A 3%	Vitamin C 4%
Calcium 16%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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.