ALASKAN HALIBUT LASAGNA

Servings: 8
6 tablespoons butter, divided
1½ pounds halibut steaks, bones removed and cut into 1-inch cubes
¾ teaspoons dried thyme
2 garlic cloves, minced
⅓ cup all-purpose flour
½ teaspoon salt
1½ cups chicken broth
1 cup heavy whipping cream
8 ounces lasagna noodles, cooked and drained
2 cups (8 ounces) shredded Swiss cheese

Heat the oven to 350 F. Grease a 13-by-9-inch baking dish and set aside. In a large skillet over medium heat, melt 2 tablespoons of butter. Add halibut and thyme. Cook until fish flakes easily with a fork, about 10 minutes. Add garlic and cook until fragrant, about 1 minute. Remove and set aside. Add the remaining butter to the skillet. Stir in flour and salt until smooth; cook and stir until golden brown. Gradually add broth and cream. Bring to a boil; simmer and stir for 2 minutes or until thickened. In the baking dish, layer half of the noodles, halibut, white sauce and cheese. Repeat layers. Cover and bake for 20 minutes. Uncover and bake 20 minutes longer or until bubbly. Let stand for 15 minutes before serving. Sprinkle with parsley if desired.

Recipe from “The Halibut Book,” courtesy of Chenega Bay School

This recipe can be found in the 2018 cookbook titled, “Chugach Regional Resources Commission Recipe Book Featuring Traditional Foods.” This recipe book serves as a timeless capture of traditional foods from the Chugach region. For Alaska Native communities, traditional foods are a gift that play an important role in identity, physical health, and cultural and spiritual traditions. Our traditions are carried on as we prepare and share these well loved recipes.
BEN’S BAKED HALIBUT

1 pound fresh halibut
½ stick butter, softened
Seasonings of your choice
1½ cups crushed Ritz crackers

Heat the oven to 400 F. Place halibut in a baking dish and cover with softened butter. Add seasoning of your choice. Cover the fish with crushed Ritz crackers. Bake until done, about 12-15 minutes.

Adapted from recipe by Ben Lavigne, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

PRISCILLA’S BAKED HALIBUT

Lemon pepper to taste
1 halibut fillet
Soy sauce to taste
Butter to taste
Sea salt to taste
Garlic, minced, to taste
Onion, minced, to taste
Old Bay seasoning to taste

Heat the oven to 375 F. Sprinkle lemon pepper on the bottom of an oblong pan. Cover the halibut with the soy sauce, butter, sea salt, garlic, onion and Old Bay seasoning. Cover pan with foil and bake for 15 minutes. Remove foil and broil for 10 minutes, keeping oven door ajar.

Recipe from Priscilla Evans

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HALIBUT SUPREME

Servings: 6-8
3 pounds halibut
Butter
Salt
Pepper
½ cup Parmesan cheese
4 strips of bacon
1 teaspoon lemon juice
1 cup sour cream
½ cup buttered bread crumbs
Chopped parsley

Heat the oven to 350 F. Rub halibut with butter, salt, and pepper. Lay bacon on the bottom of a baking pan and place fillets on top. In a mixing bowl, combine the sour cream, cheese, buttered bread crumbs, and lemon juice and spread over the fish. Bake halibut tender, about 20-30 minutes. Serve baked halibut sprinkled with grated cheese and parsley.

Recipe from “The Halibut Book” by Chenega Bay School

BEER BATTERED FISH

1 pound fish fillet
1 cup Bisquick
½ teaspoon salt
1 egg
6 ounces warm beer
Vegetable oil

In a mixing bowl, combine the Bisquick, salt, egg and beer. Dip fish in batter and place on a plate. In a frying pan, heat 1 inch of oil over high heat. When oil is hot, fry the fish until browned on each side.

Recipe from Vi Tiedemen

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**BROILED HALIBUT STEAKS**

2 pounds halibut steaks  
2 tablespoons orange juice  
1 tablespoon orange peel, grated  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
2 tablespoons butter

Heat the oven broiler to high. Arrange halibut on rack in broiler pan and set aside. In a small bowl, combine orange juice and peel, Worcestershire sauce and salt. Brush lightly over halibut and dot with butter. Place under broiler for 10-20 minutes or until halibut flakes when tested with a fork. Baste with remaining Worcestershire mixture. Garnish broiled halibut steaks with a sprig of fresh parsley and thinly sliced lemon wedges.

*Recipe from “The Halibut Book” by Chenega Bay School*

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**DRIED HALIBUT**

Fresh halibut fillets

Fillet the halibut with a sharp knife. Cut it in strips lengthwise – the strips should be about 1 inch wide and ½ inch thick. Slice the meat to the skin on the part that has the skin on it. Slice it sideways so the meat will hang.

Hang the strips of halibut outside on a drying rack. You can also smoke them for flavor.

To store the dried halibut, place fish in a plastic bag and put it in the freezer. When you snack on the dried halibut, dip it in seal oil or cooking oil with soy sauce.


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**HALIBUT**

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*Not Tested*

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FRIED HALIBUT

Oil for frying
Fresh halibut, cut into chunks
Salt and pepper to taste
Flour

In a large skillet, heat 1-2 inches of oil over medium-high. Meanwhile, salt and pepper the halibut chunks to your liking. Place flour in a shallow dish and coat halibut pieces in the flour, shaking off any excess. When oil is hot, fry halibut pieces in batches until golden brown or until very little juice comes out when you stick a fork in it. Do not overcook halibut.


HALIBUT CURRY

3 tablespoons yellow curry paste (such as Mae Ploy), or to taste (substitute curry powder)
2 cups coconut milk
1-2 halibut fillets, cut into cubes
2 large potatoes, diced
½-1 onion, chopped
Cooked rice for serving

In a skillet, combine the curry paste and 1 cup coconut milk over medium heat until fragrant. Add the remaining coconut milk and bring to a boil. Add the halibut and continue to cook for about 5 minutes. Add potatoes, onion, and ½ cup of water. Cook until potatoes and onion soften. Serve over rice.

Recipe from Derek Bynagle courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007
HALIBUT DEEP FRY

Oil for frying
1 cup flour
Salt and pepper to taste
2 teaspoons garlic powder
2 teaspoons onion powder
1 pound halibut fillets, cut into chunks
Heat oil in a deep fryer to 350 F.

In a zip-close bag, combine the flour, salt, pepper, garlic powder and onion powder. Add the halibut, close the bag and shake until fish is thoroughly coated.

When oil is hot, fry halibut in batches until golden brown. Let rest on a paper towel-lined plate and then serve immediately.

Adapted from recipe by Nancy Radtke

SEAWEED HALIBUT

Fresh halibut
Fresh pop seaweed

On an open fire, cook halibut until flaky. Remove the puffy part of the seaweed. Cook the flat part on a stick until it looks burnt. Sprinkle the seaweed on the halibut. It tastes awesome.

Recipe from Lea and Desra

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ENGLISH LOWER COOK INLET PRINCE WILLIAM SOUND EYAK

Halibut Sagiq Sagiq IAGtliiX

HALIBUT

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*N1: Not Tested

Traditional Food Guide for the Alaska Native People, ANTHC Cancer Program, 2015

SHARE YOUR SKILLS. SHARE YOUR KNOWLEDGE. SHARE YOUR FOOD.
CHENEGA HALIBUT TACOS

Servings: 2

½ cup sour cream
½ cup mayonnaise
½ cup cilantro, chopped
1 packet taco seasoning
1 pound halibut fillets, cut into bite-sized chunks
2 tablespoons olive oil, as needed
1 tablespoon lemon juice
½ teaspoons lime juice
2 cups cabbage, shredded
2 tomatoes, diced
1 cup pepper jack cheese, or to taste
Taco shells, hard or soft
Salsa (optional)

In a small bowl combine sour cream, mayonnaise, cilantro and 2 tablespoons of the taco seasoning. Set aside. In a zip-close bag, combine 2 tablespoons olive oil, lemon juice, lime juice and remaining taco seasoning. Add the halibut and marinate. In a large pan, heat remaining oil over medium heat. Fry halibut 4-5 minutes or until it flakes easily with a fork.

Layer remaining ingredients of your choice into taco shells and top with sour cream mixture and salsa.

Recipe from “The Halibut Book,” courtesy of Chenega Bay School.

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DEREK’S HALIBUT TACOS

Servings: about 12 tacos
Taco marinade (spices to taste):
- Salt
- Garlic powder
- Paprika
- Onion flakes
- Chili pepper flakes
- Dried oregano
- Coriander
- Allspice
- ¼ cup warm water

2 tablespoons vegetable oil
2 pounds halibut fillets, cut into ½-inch strips
1 lime
Toppings:
- Lettuce, chopped
- Tomatoes, chopped
- Onion, chopped
- Guacamole
- Sour cream
- 12 corn or flour tortillas, warmed

In a mixing bowl, combine the salt, garlic powder, paprika, onion flakes, chili pepper flakes, oregano, coriander, water and oil. In a large zip-close bag, add the halibut and oil. Close the bag and massage the fish thoroughly. Add the marinade to the bag, re-close the bag and massage the fish further.

Heat a large skillet over medium-high. Add the fish and cook until just done through. Remove from pan and squeeze lime over fish.

Serve on warmed flour or corn tortillas with your favorite toppings.

Recipe from Derek Bynagle, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007
PENNY’S HALIBUT TACOS

Oil for frying
1 pound halibut, cut into small strips
½ cup buttermilk pancake mix
1 cup Parmesan cheese
Garlic salt to taste
Onion powder to taste
Paprika to taste
Corn tortillas
Tartar sauce
Tomatoes, chopped
Onion, chopped
Fresh cilantro, chopped
Slices of lime for garnish

Pour 1 inch of oil in a heavy-duty skillet and heat over medium-high. Meanwhile, in a shallow dish or pie pan, combine the pancake mix, Parmesan, garlic salt, onion powder and paprika. Place the halibut piece in the dish and coat with spice mixture on both sides. When oil is hot, fry the halibut until browned on all sides. Serve with soft corn tortillas, tartar sauce, tomato, onion, cilantro and slices of lime.

Recipe from Penny Connealy

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HOT SAUCE HALIBUT

1 teaspoon salt
1 teaspoon pepper
1 cup flour
Onion powder to taste
Garlic powder to taste
1 pound halibut, thawed
Your favorite hot sauce

Mix salt, pepper, flour, onion powder and garlic powder in a 24-ounce sealable container. Rinse and cut halibut into ¼-inch strips 3 to 4 inches long. Put 3-4 pieces of halibut in dry mix, place lid on tightly, and shake until fish is evenly coated. Repeat until all halibut pieces are coated.

Place oil in a frying pan and heat over medium-high. When pan is hot, add the halibut and cook until golden brown on both sides. Place fish on a plate, drizzle on hot sauce to taste, and serve.

Recipe from Steve Grajewski

SWEET CHEEKS

Servings: 3-5
6-8 cups water
1 cup sugar
¼ cup salt
1 pound halibut cheeks, thawed
Melted butter for serving

In a large pot, bring water, sugar, and salt to a boil. Add halibut cheeks and boil for 3-5 minutes. Cheeks will become opaque and rise to the top of the water. Serve sweet cheeks with hot melted butter.

Halibut cheeks are taken from the head of the halibut and are about the size of a large scallop. Halibut cheeks are sweet flavored and are considered a delicacy by many.

Recipe from “The Halibut Book” courtesy of Chenega Bay School

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**AUNT MAG’S SALMON SPREAD**

3 cups cooked salmon  
3 ounces cream cheese  
Liquid smoke to taste  
½ cup minced celery and onions

In a mixing bowl, combine the salmon, cream cheese, liquid smoke, celery and onions. Serve with crackers.  
*Recipe from Maggie Totemoff*

**BOILED FISH HEADS**

1 whole salmon head  
Salt and pepper to taste  
Onion powder

Clean the salmon head and remove the gills. Bring a pot of water to boil. Place head in pot and boil until skin is easily pulled from head. Add salt, pepper and onion powder.  
*Recipe from Carol Ann Kompkoff, in “The Salmon Book,” courtesy of Chenega Bay School*

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**ENGLISH**  
Pink Salmon  

**LOWER COOK INLET**  
Amartuq  

**PRINCE WILLIAM SOUND**  
Amarturpiaq Uligtaq  

**EYAK**  
 giyah sdilahL, kaashk’

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BOILED KING SALMON

3 gallons water
5 pounds king salmon
Salt to taste

Pour water into a large stock pot and bring to a boil. Add salmon and salt; boil until done.

Recipe from Bob Heinrich

BOILED KING SALMON HEART IN GRAVY

King salmon heart, halved
Oil
Water
Chopped onion
Salt and pepper to taste
Brown gravy
Cooked rice for serving

In a skillet, add a small amount of oil and water and heat over medium. Add fish heart to skillet and simmer until tender. Add onion, salt and pepper. Prepare your favorite brown gravy recipe. Serve heart with rice and topped with gravy.

Variation: You can also use canned fish. Just open it up and add your gravy and onion, salt and pepper.

Recipe from Elenore McMullen

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CHUGACH SALMON CHOWDER

4-5 strips bacon, cut into small pieces
1 onion, finely sliced
2-4 ounces elbow macaroni, broken-up
spaghetti or uncooked rice
1-pound salmon fillet, cut into chunks
Hardtack (substitute Nabisco Crown Pilot Crackers), for serving
Electric Soup Kettle

In a heavy-duty soup pot or an electric soup kettle, fry bacon until browned. Add onion and cook until soft. Add fish and macaroni and cover with water. Bring to a simmer and add more water as the macaroni swells up. Serve with hardtack.

Recipe from Ma Tiedman, collected in “The Anthropologists’ Cookbook,” by Federica De Laguna

ENGLISH
Pink Salmon

LOWER COOK INLET
Amartuq

PRINCE WILLIAM SOUND
Amarturpiaq Uligtaq

EYAK
giyah sdilahL, kaashk’

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PINK SALMON

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**GRILLED SALMON**

1 salmon fillet  
Lemon pepper  
All season spice mix  
Crisco  
1 onion, chopped  
Garlic powder  
Onion powder  
Worcestershire sauce

In a baking dish, combine the lemon pepper, all season, Crisco, onion, garlic powder, onion powder and Worcestershire sauce. Add the salmon and marinate for 1 hour. Heat a skillet over high. Cook 10 minutes on each side until salmon is just opaque and pink inside.

*Adapted from recipe by Eloise Huntsman, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007*
FIDDLEHEAD AND SALMON CHEEKS STIR FRY

Start to finish: 35 minutes
Servings: 4-5

1 pound chocolate lily rice root (substitute one 16-ounce package Lundberg Countrywild rice)
1 smoked king salmon collar
1 cup fiddleheads (substitute devil’s club buds or chopped zucchini)
¼ cup chopped onions
3 tablespoons chopped green onions
1 tablespoon coconut oil
1 Joie stainless steel crinkle cutter
1 or 2 prep cooks (2-4 years old or older)

Start by letting your child help you in the process by collecting, pouring, setting time, etc. Cook country wild rice as directed on the bag or in the Instant Pot. Pre-heat oven to 350 degrees. Cook fish collar 15-20 mins. Set out Joie stainless steel crinkle cutter and a cutting board. Cut zucchini in half and place on cutting board. Let your child or friend cut any shape they like then guide them into the shapes you like, same goes for the onion. Let them know it might make them cry, but it’s okay.

While they cut the zucchini (or fiddleheads) and onions, you cut the green onions. This helps them understand where and how their food is processed. Place zucchini (devil’s club buds or fiddleheads), onion and green onion in a sauté pan with coconut oil and fry until you like the texture. Some pieces of zucchini will vary in size.

Recipe from Tiedeman-Lohse warehouse

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FISH PIE

Heat the oven to 400 F. Place one pie crust in a pie pan. Add a layer of rice, a layer of onion and top with pepper. Add 2 tablespoons of butter and a layer of fish. Spread the fish with mayonnaise. Add another layer of rice and dot with remaining butter. Place the pie crust on top and pinch the edges closed. Bake for 45-60 minutes.

Adapted from recipe by Natalie Kvasnikoff

2 prepared pie crusts
1-2 cups cooked rice
1 onion, finely chopped
Pepper to taste
4 tablespoons butter, cut into small pieces
6 ounces canned or raw salted fish
Mayonnaise

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KING SALMON CHOWDER

1 king salmon fillet, cleaned, skin removed and cut into 2-inch cubes
Salt to taste
¼ cup rice
2 celery stalks, chopped
3 carrots, chopped
2 medium potatoes, diced
1 large onion, chopped
Pepper to taste
½ teaspoon curry powder
Freeze-dried chives to taste (optional)
1 tablespoon freeze-dried vegetable mix (optional)

Fill a soup pot with water and bring to a boil. Add salt to taste. Add salmon and boil for 15 minutes, skimming off any foam that may collect on top of the water. Add rice, celery, carrots, potatoes, onion, pepper, and curry powder. Add freeze-dried chives and mixed vegetables. Simmer until done.


KING SALMON SIKYUK

Start to finish: 30 minutes
Servings: 5-8
Smoked king salmon (fresh king salmon that has been brined and smoked for a day and frozen for cooking), cut into bite-sized pieces
Olive oil
2-3 teaspoons vinegar
Soy sauce to taste
Cooked rice for serving

Heat the oven to 375 F. Coat an 8-by-11-inch baking dish with olive oil. Place salmon in dish. Pour vinegar and soy sauce all over fish. Bake for up to 15 minutes, depending on whether you want the skin crispy. Serve with rice.

Recipe from Fran Norman

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**WASABI MAYO SALMON**

1 tablespoon wasabi paste (or 1 tablespoon wasabi powder mixed with 1 tablespoon water)
1 cup mayonnaise
½ cup crushed plain potato chips
1 salmon fillet

Heat the oven to 400 F. In a small bowl, combine the wasabi and mayonnaise. Spread mixture all over salmon. Sprinkle crushed potato chips over fillet, lightly pressing into the salmon to keep the chips in place. Bake 20 minutes or until done.

*Recipe from Penny Connealy, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007*

**SALMON FRITTERS**

1 pound leftover cooked sockeye salmon
2 sleeves saltine crackers, finely crushed
1 can Italian style bread crumbs
1 teaspoon salt
1 teaspoon pepper
4 eggs
1 large onion, finely chopped
Cooking oil

Remove any bones or skin from the salmon. In a mixing bowl combine the salmon, crushed crackers, bread crumbs, salt and pepper. Add the eggs and onions and mix until you could make dough balls. If the mix does not want to stick, add one more egg. Form the mix into patties. In a frying pan, heat oil over medium-high. Fry patties for 2-3 minutes each side or until golden and cooked through. Eat the first cake to see if you need more salt or pepper. Good for snacking at night or on a trip.

*Recipe from Ron Trumblee, in “The Salmon Book,” courtesy of Chenega Bay School*

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**ENGLISH**

Sockeye Salmon

**LOWER COOK INLET**

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**PRINCE WILLIAM SOUND**

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**EYAK**

Cha’ch’

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**RED SALMON**

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*Traditional Food Guide for the Alaska Native People, ANTHC Cancer Program, 2015*
SALMON CHOWDER

Skin and debone the fillet. In a frying pan, cook the bacon. Place the bacon in a mixing bowl and set aside; reserve the bacon grease in the pan. Over medium heat, cook the celery until tender. Add the celery to the bacon. Sauté the onions in remaining bacon grease until translucent. Place potatoes in a pot and fill with enough water to cover. Add the bacon, celery, and onions to the potatoes. Cook over medium heat until potatoes are cooked through and can easily be pierced with a toothpick.

Place salmon in the pot. Cook the salmon until it starts to flake. Add the butter to the pot and let melt. In a small liquid measuring cup, whisk together the cornstarch and water and add to pot. Stir occasionally. Stir in the seasoning salt. Chowder should be thick. Stir frequently to prevent burning. Cook until the potatoes start to flake. Turn off the stove and stir in the evaporated milk to thin the chowder. Serve and eat with Aunt Maggie’s fried bread.

Recipe from Ron Trumblee, in “The Salmon Book,” courtesy of Chenega Bay School

This recipe can be found in the 2018 cookbook titled, “Chugach Regional Resources Commission Recipe Book Featuring Traditional Foods.” This recipe book serves as a timeless capture of traditional foods from the Chugach region. For Alaska Native communities, traditional foods are a gift that play an important role in identity, physical health, and cultural and spiritual traditions. Our traditions are carried on as we prepare and share these well loved recipes.

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**RED SALMON**

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SALMON SOUP
(MUKAIAGGWAQ)

In a large, heavy-duty soup pot, heat the bacon and onion over medium. Cook until bacon is cooked (but not crispy) and onion is translucent. Add the garlic and cook until fragrant, about 30 seconds. Add the flour and cook for 1 minute. Add the celery, potatoes, curry powder, Worcestershire sauce and salt and pepper. Fill pot with about 4 cups of water. Bring to a boil, lower heat and simmer until potatoes are tender. Add salmon and simmer until just cooked through, about 8 minutes.

Adapted from recipe by Wally, Martha and Priscilla, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

4 strips of bacon, chopped
1 onion, chopped
Garlic, minced, to taste
3 tablespoons flour
2 celery stalks, chopped
2 large potatoes, diced
Curry powder to taste
Worcestershire sauce to taste
Sea salt and pepper to taste
1 salmon fillet, skin and pin bones removed, cut into bite-sized pieces

In English:

Share your skills. Share your knowledge. Share your food.

Traditional Food Guide for the Alaska Native People, ANTHC Cancer Program, 2015

Silver Salmon
Quakiaq
Cayuuaq
AdAte’ya’

SILVER SALMON

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SMOKED SALMON

One 5-gallon bucket (food grade)
3 ¾ gallons fresh water
3 big handfuls rocksalt
Sockeye salmon fillets, cut into narrow strips.

Fill bucket with fresh water and add salt. Soak tied strips for 10-15 minutes. Arrange strips on sticks. Let glaze and hang without smoke overnight. Use freshly cut alders only for smoking. Lightly smoke for about 1 week.

Note from author: Reds are best for smoking. Silvers are best kippered and canned. Dogs are oily and can be smoked and canned. Pinks are only good for their eggs once they are in the creek.

Recipe from Wannah Zacher, in “The Salmon Book,” courtesy of Chenega Bay School

SMOKED SALMON DIP

One 8-ounce can smoked salmon
6 ounces cream cheese, softened
½ teaspoon granulated garlic
½ teaspoon onion powder
¼ teaspoon parsley
¼ teaspoon celery salt

Remove and skin or bones from salmon and set aside. In a mixing bowl, combine the cream cheese, granulated garlic, onion powder, dried parsley and celery salt. Mix in the salmon and refrigerate for 2-4 hours. Serve on bagel chips, Ritz or soda crackers.

Recipe from Carol Ann Kompkoff, in “The Salmon Book,” courtesy of Chenega Bay School

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STEAMED PINK SALMON

Start to finish: 1 hour
Servings: 4-6

2 potatoes, cut into ¼-inch slices
1 fresh pink salmon cut into about 1-inch cubes
½ onion, diced
2 garlic cloves, minced
1 tablespoon vinegar
1 tablespoon soy sauce
Salt and pepper to taste
1 teaspoon curry powder
1 teaspoon Worcestershire sauce
2 bacon slices cut into ½ inch pieces to cover fish

Line the bottom of a large soup pot with the sliced potatoes. Place fish on top of the potatoes. Layer the onions and garlic on top of the fish. Add the vinegar, soy sauce, salt, pepper, curry powder and lemon pepper. Cover everything with a layer of bacon. Set burner to high and bring to a boil. Lower heat and simmer for 45 minutes to 1 hour.

Recipe from Ephim Kamluck Sr.

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Pink Salmon
Amartuq
Amarturpiaq Uligtaq
giyah sdilahL, kaashk’

PINK SALMON

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Traditional Food Guide for the Alaska Native People, ANTHC Cancer Program, 2015
HERRING EGG SALAD

In a mixing bowl, combine the lettuce, carrots, green onions, radishes, and tomatoes. Add the herring eggs, making sure the eggs are in bite-sized portions and not large clumps.

Add mayonnaise or salad dressing if desired.

Recipe adapted from Eleanor Batchelder, in the Alaska Native Tribal Health Consortium’s “Traditional Food Guide for the Alaska Native People,” 2nd Ed.

Lettuce or baby greens, washed and dried

¼ cup carrots, grated

1½ green onions, finely sliced

¼ cup radishes, thinly sliced

1-2 tomatoes, diced

1-2 cups herring eggs, cooked and cooled

Light Canola mayonnaise or salad dressing to taste (optional)

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**HERRING EGG**

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In a saucepan, combine the sugar, vinegar, ketchup, soy sauce, ginger and cornstarch. Heat over medium and bring to a boil. Simmer until sauce thickens. Slather sauce on trout or halibut and cook fish to your liking.

Recipe from Penny Connealy, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

TROUT BARBECUE SAUCE

¾ cup white sugar
½ cup rice vinegar
¼ cup ketchup
2 tablespoons soy sauce
1 tablespoons grated fresh ginger
1 tablespoons cornstarch
2 cloves garlic, minced

In a saucepan, combine the sugar, vinegar, ketchup, soy sauce, ginger and cornstarch. Heat over medium and bring to a boil. Simmer until sauce thickens. Slather sauce on trout or halibut and cook fish to your liking.

Recipe from Penny Connealy, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

ENGLISH
Halibut

LOWER COOK INLET
Sagiq

PRINCE WILLIAM SOUND
Sagiq

EYAK
IAGtlliiX

This recipe can be found in the 2018 cookbook titled, “Chugach Regional Resources Commission Recipe Book Featuring Traditional Foods.” This recipe book serves as a timeless capture of traditional foods from the Chugach region. For Alaska Native communities, traditional foods are a gift that play an important role in identity, physical health, and cultural and spiritual traditions. Our traditions are carried on as we prepare and share these well loved recipes.