ARCTIC FAJITAS

1-2 pounds moose, caribou, reindeer, or musk ox meat
Cooking oil
Salt and pepper to taste
2-3 cloves garlic, crushed
Dash of soy sauce
Additional spices as desired
1 green bell pepper, sliced
Fresh flour tortillas or whole wheat flour tortillas
1 medium tomato
1 medium onion, sliced
Sour cream (substitute plain yogurt)

Slice meat into the thinnest strips possible (partially frozen meat makes this easier).
In a skillet, heat oil over medium-high. Add meat and fry till browned. Add salt, pepper, garlic, and soy sauce. Add any additional spices you like. Add bell pepper and cook until peppers are half cooked. Serve in tortillas with tomatoes, onions and sour cream.

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

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.

ENGLISH
Caribou

EYAK
XAyaanih, GAyaanih
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.

**BEAR ROAST**

Bear roast
Garlic cloves, whole, to taste (substitute with chunks of onion)
Salt and pepper to taste
Garlic powder to taste
Worcestershire sauce to taste

Heat the oven to 375 F. Cut slits all over the roast and stuff with garlic or onion. Place roast in a roasting pan. Season with salt, pepper, garlic powder and Worcestershire sauce. Place in oven and cook for 4-5 hours.

*Recipe by Nina Kvasnikoff*

**BARBECUE BEAR RIBS**

Rack of bear ribs
Salt and pepper to taste
1 onion, chopped
Garlic to taste
Worcestershire sauce to taste

*Nina’s “Empty the Fridge” barbecue sauce:
Ketchup
Mustard
Garlic Pepper
Vinegar
Brown sugar
Various flavors of jam or jelly
Onion
Worcestershire sauce

Cut ribs to the size you want. In a large pot, cover the ribs with water and add salt, pepper, onion, garlic and Worcestershire sauce. Bring to a boil and simmer until meat pulls from bone.

Meanwhile, make the barbecue sauce by combining a little bit of each ingredient in a bowl until it’s the way you like it.

Heat the grill to roughly 325 F. Remove ribs from pot and place on a rimmed baking sheet. Coat ribs with sauce, place on grill and cook until meat has a slight burn or tan from grill.

*Recipe from Wally Kvasnikoff*
BEAVER POT ROAST

1 beaver
Flour
Cooking oil
2 small onions
2 bay leaves
Salt and pepper to taste

Cut small beaver hindquarters into pieces. Coat the bottom of a dutch oven with oil and heat over medium-high. Coat beaver pieces in flour and add to dutch oven, browning on all sides. Add onions, bay leaves and salt and pepper. Turn down heat. Add enough water to cover meat. Put lid on pot and let cook until fork tender.

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

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.
CARIBOU HAND PIES WITH CREAMY HORSERADISH SAUCE

For the filling:
2 teaspoons olive oil
1 pound ground caribou (sub chicken)
1 cup diced onions
2 cups diced sweet potato
1 cup dark beer or broth
1 cup shredded cabbage
1 teaspoon salt
½ teaspoon pepper
For the sauce:
1 cup sour cream
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
¼ cup horseradish sauce
1 teaspoon minced chives
salt and pepper to taste
For the crust:
2 ½ cups flour
1 teaspoon salt
8 tablespoons butter
½ cup ice water
1 egg
1 teaspoon vinegar

For the filling: In a pan, heat olive oil over medium. Add the ground caribou and onions and cook for 8-10 minutes, until onions are soft. Add sweet potatoes and beer. Cook until liquid is gone. Remove from heat and set aside.

For the sauce: In a mixing bowl, combine the sour cream, Worcestershire sauce, Dijon, horseradish, chives, salt and pepper. Refrigerate until ready to use.

For the crust: In a mixing bowl, combine the flour and salt. Cut in the butter. Add the ice water, egg and vinegar and mix until just combined. Cut into 6 equal pieces. Wrap in plastic wrap and refrigerate.

Heat the oven to 350 F. Place one piece of dough on a lightly floured surface and roll into a flat round. Place ¾ cup filling in center of the dough. Fold in half and pinch the edges closed; wrap with foil. Repeat with remaining dough and filling. Bake 12-15 minutes.

Serve hand pies with horseradish sauce.

Start to finish: 1 hour, 15 minutes
Servings: 6
Recipe from Chef Amy Foote

ENGLISH E YAK
Caribou XAyaanih, GAyaanih

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.
GRILLED CARIBOU OR MOOSE MARINADE

Caribou or moose steaks
⅔ cup soy sauce
¼ cup olive oil
6 garlic cloves, chopped or minced
2 teaspoons ground ginger
2 teaspoons dry mustard
2 tablespoons molasses
Bacon

In a mixing bowl, combine soy sauce, olive oil, garlic, ginger, mustard, and molasses. Pour into a baking dish. Place thick bacon around the steak and hold in place with toothpicks. Add steak to the baking dish and marinate in the fridge for 1 hour or overnight. Remove from marinade and grill.

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

ENGLISH
Caribou

EYAK
XAyaaniih, GAYaaniih

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.
EGG ROLLS
WITH GROUND GOAT

In a skillet, add the goat meat, onion, garlic and carrot and heat pan to medium. Cook until goat meat is cooked through and vegetables are soft. Season mixture to your taste. Remove pan from heat.

Let mixture cool slightly and add the cabbage. Place 2-3 tablespoons of mixture in the middle of a lumpia wrapper and roll up tightly into a cigar shape. Continue with remaining mixture and wrappers.

Heat a heavy skillet over medium heat, add oil to ½-inch depth, and heat until oil is hot, about 5 minutes. Fry egg rolls in batches until golden brown on all sides. Serve with Yoshida or soy sauce.

Store any uncooked rolls in the freezer for up to three months. To cook, deep fry while still frozen, but cook them a little longer than fresh.

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

Ground goat meat
Onion, finely chopped
Garlic, minced
Carrot, grated
4-5 cups finely chopped cabbage
1 package egg roll or lumpia wrappers
Oil for frying

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.

GOAT

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
<th>Per serving - 340 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>486</td>
</tr>
<tr>
<td>Protein</td>
<td>92.1 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>10.3 g</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>92.9</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>255 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>292 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0</td>
</tr>
<tr>
<td>Iron</td>
<td>12.7 mg</td>
</tr>
</tbody>
</table>
GOAT BURGERS

Servings: 4

1 1/2 pounds ground goat

Seasonings of your choice, such as Worcestershire sauce, garlic powder, salt and pepper, Johnny's seasoning salt, etc.

In a mixing bowl, combine the ground goat with your favorite seasonings. Mix well and form into four patties. Cook patties on the stove or over a grill.

Recipe from Nancy Yeaton, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

POT ROAST GOAT

2-3 pounds goat meat, chopped into bite-sized pieces (reserve back bones for flavor)
3 tablespoons cooking oil
1 onion, chopped
Garlic cloves to taste
4 celery ribs, chopped
2 large potatoes, diced
Worcestershire sauce to taste
Soy sauce to taste
Fresh ginger to taste, grated
Cooked rice

In a heavy-duty soup pot, heat oil over medium. Add the goat, garlic, onion and celery. Cook until meat is browned all over and vegetables are soft. Add potatoes and continue to cook.

This will form a sauce. Add Worcestershire sauce, soy sauce and ginger. Simmer for 1-1 1/2 hours, until meat is tender. Serve over rice.

Recipe from Nancy Yeaton, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

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.

GOAT

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
<th>Per serving - 340 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>486</td>
</tr>
<tr>
<td>Protein</td>
<td>92.1 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>10.3 g</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>92.9</td>
</tr>
<tr>
<td>Dietary fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>255 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>292 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0</td>
</tr>
<tr>
<td>Iron</td>
<td>12.7 mg</td>
</tr>
</tbody>
</table>

SHARE YOUR SKILLS. SHARE YOUR KNOWLEDGE. SHARE YOUR FOOD.
KURTIS’ UPHILL MOOSE

1-2 pounds moose meat, cut into bite-sized pieces
3 tablespoons cooking oil
1 onion, sliced
1 can of corn
One 10.5-ounce can condensed cream of mushroom soup
Cooked rice for serving

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.

In a heavy-duty soup pot, heat oil over medium. When oil is hot, add the moose and brown it on all sides. Add the onions, corn and cream of mushroom soup. Fill the empty can halfway with water and pour into the pot. Simmer for 30 minutes and serve over rice.

Adapted from recipe from Kurtis Evans, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

MOOSE

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
<th>Per serving - 3 oz. cooked</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>114</td>
</tr>
<tr>
<td>Protein</td>
<td>25 g</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>0 g</td>
</tr>
<tr>
<td>Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Calories from fat</td>
<td>8 %</td>
</tr>
<tr>
<td>Saturated fat</td>
<td>0 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>66 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>59 mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>4 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>4 mg</td>
</tr>
</tbody>
</table>

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

Sea lion meat
Salt and pepper to taste
Garlic powder to taste
Flour
Bacon grease
Blueberry jam to taste

With a meat mallet or rolling pin, tenderize the sea lion meat. In a small bowl, combine the salt, pepper, garlic powder and flour. Season the meat all over with the spice mixture.

In a large skillet, heat the bacon grease over medium. Add the meat and cook until it's browned on all sides. Serve with blueberry jam.

Recipe by Pauline Demas, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

SEAL INNARDS

Seal intestines
Seal fat, cut into ¼-½-inch strips

Take the intestines out of the seal and cut slits about every 6 inches. Squeeze the stuff that's inside them out and after you do that a few times, rinse them off in cold water to get the outside part clean.

Begin braiding the intestines around the seal fat. Take a Popsicle stick and poke it in the intestine and in the fat to hook them together. Start braiding them around the fat. First you make loops in the intestine and each loop goes around each finger (you can use either 4 or 5 fingers, whichever is more comfortable for you). Then you keep looping the intestines through each loop and back on the finger; it is almost like crocheting.

Hang braided innards in your smokehouse for a little while. Smoke them for 1 day and let some of the fat drip off.

Then after it has aged and smoked you take it out of the smoker (it will be much smaller than it was before), boil it, slice it, and eat it.

SEAL WITH RICE

Seal meat, washed well and cut into bite-sized pieces
Salt and pepper to taste
2 large potatoes, cut into chunks
3 carrots, sliced
2 celery stalks, chopped
1 onion, chopped
Worcestershire sauce, to taste
Soy sauce to taste
Cooked rice for serving

Heat the oven to 375 F. Season the meat with salt and pepper and roll it in your hands. Place seal into an ovenproof baking dish. Add potatoes, carrots, celery, garlic, onion, Worcestershire sauce, and soy sauce. Add a little bit of water. Bake for 1-1½ hours. If there’s water left at the end of baking, you can make a gravy. Serve with rice.

Recipe from Pauline Demas, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

STUFFED SEAL LUNG

One pair of seal lungs with a 6-inch long windpipe
3 potatoes, quartered and thinly sliced
Seal fat, liver, heart and kidney, chopped
Onion and garlic, chopped
Cooked rice for serving

Heat the oven to 350 F. With one lung, blow into the windpipe until it expands to three times its size. At one end, cut a hole into the lung big enough to stuff it. Move the knife back and forth inside the lung to fillet the inside without cutting the walls. Repeat with other lung.

In a mixing bowl, combine the potatoes, seal fat, liver heart and kidney, onion and garlic. Stuff mixture into the lungs. Place lungs in an ovenproof baking dish. Bake for a couple of hours until potatoes are cooked through. Cooking time may vary depending on the size of the lungs. Slice diagonally and serve with rice.

Recipe from Nancy Yeaton, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

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.
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.

**ROASTED SEAL**

From start to finish: 2 hours  
Servings: 6-10  
½ yellow onion, chopped  
Worcestershire sauce  
Salt and pepper to taste  
Garlic cloves, to taste, minced  
2 pounds seal, cut into 1-inch cubes  
½ cup bacon grease or vegetable oil

Heat the oven to 375 F. In a bowl, Place seal in a 13-by-9-inch baking pan and set aside. In a mixing bowl, combine the grease or oil, onion, salt, pepper, and garlic. Sprinkle spice mixture over seal. Cook in the oven for 1 hour and 30 minutes.

*Recipe from Pauline Demas, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007*

**ENGLISH**  
Harbor seal

**EYAK**  
geeltaag, keeltag

**SEAL**

<table>
<thead>
<tr>
<th>NUTRITION INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per serving - 3 oz. raw</td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Carbohydrate</td>
</tr>
<tr>
<td>Fat</td>
</tr>
<tr>
<td>Calories from fat</td>
</tr>
<tr>
<td>Saturated fat</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Vitamin A</td>
</tr>
<tr>
<td>Vitamin C</td>
</tr>
<tr>
<td>Iron</td>
</tr>
</tbody>
</table>

*Not tested*

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

**SHARE YOUR SKILLS. SHARE YOUR KNOWLEDGE. SHARE YOUR FOOD.**