BLUEBERRY AGUTAQ

1 cup Crisco
1 cup granulated sugar
2 tablespoons boiling water
2 quarts clean blueberries

In a mixing bowl, whip Crisco well with a fork. Add sugar. Stir in boiling water until the sugar is dissolved. Hand-stir in blueberries. Store in the freezer.

Carol Ann’s secret – “Lift up the bushes to find more blueberries”

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

AGUTAQ

Frozen blueberries
Frozen salmonberries
Frozen beach strawberries
Hooligan grease (you can get grease in Prince Rupert in the fall — it comes from the Knass River — or you can use seal oil)
1 can sweetened condensed milk

In a mixing bowl, combine all the ingredients.

Recipe from Mark King

Carol Ann’s secret – “Lift up the bushes to find more blueberries”

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ALASKA LOW BUSH BLUEBERRY PIE

4 cups of blueberries
One 9-inch pre-baked pie crust
½ cup sugar
¼ cup water
3 tablespoons cornstarch
¼ teaspoon butter or margarine
Whipped cream

Spread 2 of the 4 cups of blueberries in the baked pie crust. Refrigerate until well chilled. In a saucepan, simmer the remaining 2 cups of blueberries, sugar, water, cornstarch, and salt until thickened. Stir frequently (about 7 minutes). Take saucepan off heat and mix in butter. Let cool. Pour sauce mixture over blueberries in pie crust. Refrigerate until well chilled. Serve with whipped cream.

Blueberry Book By Mrs. Galusha’s and Mr. Grajewski’s Class
James Angaiak, Austin Otto, Ian Angaiak, Jordan Otto, Kenneth Bruck and Ray Cross
Chugach School District

BERRY KREM

2 cups fresh berries
Sugar to taste
1 cup water, divided
3 tablespoons cornstarch
Whipped cream (optional)

In a mixing bowl, combine berries, sugar and ¾ cup water. In a small saucepan, bring mixture to a boil. In a small bowl, combine the cornstarch and remaining water to create a slurry. Add this to the berry mixture. Cook until thick. Serve warm or cold with whipped cream.

Recipe from Patience Andersen-Faulkner

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BLUEBERRY BREAD PUDDING
WITH CARAMEL SAUCE

2 ¼ cups skim milk, divided
8 ounces egg substitute
⅔ cup sugar
1 teaspoon vanilla extract
¼ teaspoon ground cinnamon
8 slices white bread, cubed
1 cup blueberries, fresh or frozen
14 caramel candies

Heat the oven to 350 F. In large bowl, blend together 2 cups of milk, egg substitute, sugar, vanilla, and cinnamon; set aside.

Lightly grease an 8-by-8-by-2-inch baking dish. Place bread cubes in bottom of baking dish; sprinkle with blueberries. Pour egg mixture evenly over bread mixture.

Set dish in pan filled with 1 inch of hot water. Bake for 1 hour or until set.

Meanwhile, make caramel sauce by heating remaining skim milk and caramels until caramels are melted, stirring frequently. Drizzle sauce over pudding when serving.

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BLUEBERRY JAM

4 ½ cups crushed blueberries (about 2 quarts)
4 ½ cups sugar

Sort, wash, stem, and drain berries. Crush and measure.
Place in kettle or large saucepan and mix thoroughly with sugar.
Bring to a boil, stirring constantly, until sugar dissolves and gel stage is reached. Remove from heat and skim off foam.
Pour into hot, sterilized glass jars and seal immediately.
Note: gel stage is reached with most jams on a candy/jelly thermometer between 221 and 230 F. Take reading carefully. Make sure mixture is stirred thoroughly and thermometer is not touching bottom of kettle/saucepan.

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BLUEBERRY PIE

Heat the oven to 350 F. In a mixing bowl combine the blueberries, flour, sugar, and salt. Stir very gently so you don’t mush the blueberries. Pour the mixture into the pie crust. Spread 2 tablespoons of butter on top of blueberries. Put top layer of pie crust on. Cut vents in pie crust and sprinkle a little bit of cinnamon and sugar on top. Cook for 30 to 35 minutes. Then, let it cool.

Recipe from Kate McLaughlin, in “The Blueberry Book,” courtesy of Chenega Bay School

Pie dough (homemade or two 9-inch pre-made pie crusts)
4 cups blueberries
½ cup flour
1 cup sugar
Pinch of salt
2 tablespoons butter, softened

One bright sunny day Kate was out picking blueberries with Max and Porter, her dogs. She was picking in the meadow above the water dam. Max had run up the little hill and disappeared. Porter was sitting next to her. Then a bear came charging toward her and Max was on its heels. The bear and Kate saw each other at the same time. Kate cried, “NO!” but she didn’t know whom she was yelling at — the bear to scare it away or to scold Max for chasing the bear right to her. The bear’s eyes got really big and it ran in the opposite direction. Kate fell over and landed in the bushes, but she didn’t spill any blueberries. She got mad at the dogs for chasing the bear near her. Then she chuckles and made sure the bear was far away. She started picking blueberries again.

Kate says: “If you do no let it cool, it is like lava and you will lose half your taste buds! Also, you may want to put tinfoil on the bottom rack of the oven just in case the pie overflows. The tinfoil will catch the mess.”

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BLUEBERRY STREUSEL COBBLER

Servings: 8-12
1 pint fresh or frozen blueberries
One 14-ounce can sweetened condensed milk
2 teaspoons grated lemon peel
¾ cup + 2 tablespoons cold butter or margarine
2 cups biscuit baking mix, divided
½ cup firmly packed brown sugar
½ cup chopped nuts
Suggested topping: vanilla ice cream and blueberry sauce

Heat the oven to 325 F. In a bowl, combine blueberries, sweetened condensed milk, and lemon peel. In a large bowl, cut ¾ cup butter into 1 ½ cups biscuit mix until crumbly. Add blueberry mixture to biscuit mixture. Spread into 9-by-9-inch baking pan.

In a small bowl, combine remaining ½ cup of biscuit mix and sugar; cut in remaining 2 tablespoons butter until crumbly. Add nuts. Sprinkle over cobbler.

Bake for 1 hour and 10 minutes or until golden brown.

Serve warm with vanilla ice cream and blueberry sauce. Leftovers are best if refrigerated.

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FRUIT PIZZA

1 batch of sugar cookie dough  
(get oven temp. and how to make dough in different cookbook)
8 ounces cream cheese
½ cup sour cream
1 cup whipped topping (like Cool Whip)
1 cup powdered sugar
½ cup blueberries

Roll sugar cookie dough out on a large pizza pan and bake according to recipe’s instructions. Remove from oven and, set aside to cool. Beat cream cheese, sour cream, whipped topping, and powdered sugar in a bowl. Stir ¾ cups blueberries into the creamy mixture. Spread the creamy mixture on the cooled cookie. Sprinkle the ¼ cup of leftover blueberries on top of the fruit pizza. Place the fruit pizza in the refrigerator for 30 minutes. Last, enjoy.

Recipe told by Angela Clark, in “The Blueberry Book,” courtesy of Chenega Bay School

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LEMON BLUEBERRY MUFFINS

2 cups packaged biscuit mix
⅓ cup plus 1 tablespoon sugar, divided
2 tablespoons butter or margarine, softened
1 egg
The juice of one lemon, about ½ cup
⅓ cup milk
1 cup frozen whole blueberries, thawed and drained
1 tablespoon lemon peel, grated

Heat the oven to 400 F. Place 12 paper bake cups into a muffin tin and set aside. In a mixing bowl combine biscuit mix, ⅓ cup sugar, butter or margarine and egg. Combine milk and lemon juice to make ⅔ cup of liquid. Add to biscuit mixture and beat well. Fold in blueberries. Fill muffin cups two-thirds full. Bake for 25 minutes. While still warm, dip muffin tops in a little melted butter, then in remaining sugar and the lemon peel.

Blueberry Book By Mrs. Galusha's and Mr. Gnelewski's Class
James Angaiak, Austin Otto, Ian Angaiak, Jordan Otto, Kenneth Bruck and Ray Cross
Chugach School District
GOOSE TONGUES

¼ cup seal fat
Fresh garlic and onion to taste
Goose tongues, rinsed well

In a frying pan, heat seal oil and sauté the onions and garlic until soft. Add goose tongues and cook until wilted.

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.
OVEN ROASTED KELP CHIPS

Kelp strips

Heat the oven to 200 F. Place kelp strips on a baking sheet and bake 5-10 minutes, or until seaweed turns green. Remove from oven and cool. Serve immediately.

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

SEAWEED SOUP

Fresh edible seaweed
Garlic powder to taste
Soy sauce to taste
1 teaspoon seal oil

Place seaweed in a soup bowl. Add boiling water, garlic powder, soy sauce and seal oil. Enjoy!

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

ENGLISH

Seaweed

LOWER COOK INLET

Caqalqat

PRINCE WILLIAM SOUND

Caqallqarpak

EYAK

tiishiyah

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RHUBARB SOUP

4 cups chopped rhubarb stalks
4 1/2 cups water, divided
1 cup sugar
1/4 cup cornstarch
1 cup fresh strawberries (optional)

In a saucepan, combine 4 cups water and the sugar. Stir until sugar dissolves. In a small bowl, combine the cornstarch and the remaining water to create a slurry. Add to the saucepan and bring to a boil. Cook until thick. Remove from heat and let cool. Serve in cups topped with fresh strawberries.

Adapted from the recipe by Patience Andersen-Faulkner

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**MEDICINAL: COUGH**

Collect highbush cranberries and cook them into a jelly using sugar and boiling them down. It helps to relieve throat phlegm. You can also squeeze the juice from the berries and freeze it. Add sugar or another sweetener and take as needed. Cranberries have also have a high Vitamin C content.

Adapted from Elenore McMullen, Courtesy of “Home Remedies We Have Used in Fireweed Cillqaq: Life and Times in Port Graham”

**MEDICINAL: COLD/SORE THROAT**

Use the qanganaruaaq plant to help with a cold or sore throat. It’s a little furry plant. Tie a bunch of their stems together. Hang the stems up to dry. After the plant is dry you can store it and use it all winter long. You can brew the qanganaruaaq into a tea for colds and sore throats.

You can also use it as a dressing or poultice on a cut injury or bruise. It brings relief to that area.

Adapted from Elenore McMullen, Courtesy of “Home Remedies We Have Used in Fireweed Cillqaq: Life and Times in Port Graham”

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**HIGH BUSH CRANBERRIES**

**NUTRITION INFORMATION**

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