BIDARKI CASSEROLE

Heat the oven to 375°F. Fill a large pot with water and bring to a boil. Add the bidarkis and boil until tender, about 30-45 minutes. Remove bidarkis and let cool. Peel off black skin and remove guts; discard. Dice or shred meat. In a mixing bowl, combine bidarkis with cooked rice and mayonnaise. Place mixture into a baking dish. Sprinkle corn flakes on top and bake for 15-20 minutes.

Recipe adapted from Tessie Moonin by “Alexandrovsk: English Bay in its Traditional Way,” Kenai Peninsula Borough School District

Traditional language
Tessie Moonin-rem egaalarai cali urriitat casseroole-iaqlluki, egaarrarluki urriitat taumi’ perrirarluki taumi miiluki taumi akul’ulluki kelup’aamen, ilaluki mayonnaise-mek akul’al-luki, ekluki markilingurmen cukunanem, qain-gatnun taumi cornflakes-nek pilirluki iterralkuki pelit’aam iluanun.
Taumi egaaluki qula talliman gwall’u suinaq minutat.

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.
CHITIN/BIDARKI/GUMBOOT URRTAQ URRTAT

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.

### BIDARKI CHOWDER

- ½ cup uncooked rice
- 2 medium potatoes,
- Some onions, chopped
- Salt and pepper to taste
- ½ stick of butter
- ½ cup milk (canned)
- Some bidarkis, cleaned and chopped

Fill a soup pot with water. Add rice, potatoes, onions, salt and pepper and butter. Bring to a boil and simmer until rice and potatoes are tender, about 20 minutes. Remove from heat. Stir in bidarkis and ½ cup of milk (canned).

*Recipe from Becky Kvasnikoff, Natalie Kvasnikoff, Tessie Moonin, Pauline Moonin and Juanita Melsheimer*

Traditional language

Caskam qupiinek kilup’aamek mal’ugnek kaltuugagneg qupurlukek ggwal’u neaten piugciyu.  
Casham qupiinek lugmek (qupurluku) Tar’ir-luku taumi pila’iruku neaten piugciyu.  
Qupiinek maaslam, pila’iruku ilaluku caca-nek allane. Naurlaat asirlartut cali.  
Qallagkwarluki mermi (8-12) casket, uskaki taumi cuquinaq agwarluku pelit’aamek urrit-taten.

**ENGLISH**

Chitin/Bidarki/Gumboot

**LOWER COOK INLET**

Urritaq

**PRINCE WILLIAM SOUND**

Urritat

**GUMBOOT**

<table>
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<th>NUTRITION INFORMATION</th>
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<td>Vitamin C</td>
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*Not Tested

Traditional Food Guide for the Alaska Native People, ANTHC Cancer Program, 2015
**BIDARKI WITH GRAVY**

In a large frying pan, heat the bacon grease over medium. Add the bidarkis and onions and cook until bidarkis are browned. Whisk in the flour, curry powder and garlic powder and cook for one minute. Pour in water and whisk till combined. Simmer until gravy is thickened. If gravy is too thick, add more water until it’s the right consistency. Serve over rice.

Store leftover bidarkis in a zip-close bag. Fill bag with water, seal and freeze.

*Adapted from recipe from Becky Kvasnikoff, Natalie Kvasnikoff, Tessie Moonin, Pauline Moonin and Juanita Melsheimer*

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**ENGLISH**

- 15-20 bidarkis, sliced
- 4-5 tablespoons bacon grease or vegetable oil
- ½ cup sliced onions
- 3 tablespoons flour
- 1 teaspoon curry powder
- ½ teaspoon garlic powder (or 2 garlic cloves, minced)

**LOWER COOK INLET**

- Chitin/Bidarki/Gumboot

**PRINCE WILLIAM SOUND**

- Urritaq

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**MIDNIGHT SUN**

- Urritat

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**GUMBOOT**

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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**GUMBOOT**

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**NUTRITION INFORMATION**

- Per serving (3 oz)
  - Calories: 71
  - Protein: 15 g
  - Carbohydrate: 0 g
  - Fat: 1 g
  - Calories from fat: 13 %
  - Saturated fat: NT*
  - Dietary Fiber: NT*
  - Cholesterol: NT*
  - Sodium: NT*
  - Vitamin A: 1402 IU
  - Vitamin C: 0
  - Iron: 14 mg

*Not Tested*
SMOKED BIDARKIS (URRITAQ)

In a large bowl, combine the bidarkis, oil, liquid smoke, garlic, onion and soy sauce. Cover the bowl and shake to thoroughly coat bidarkis.

Variation: Add sliced octopus, herring eggs, and seaweed.

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

30 cleaned, cooked, and sliced bidarkis
¾ cup vegetable oil or seal oil
1 teaspoon of liquid smoke (adding too much can be bitter)
1 clove of fresh garlic, minced
¼ onion, minced
4-5 tablespoons soy sauce
Dash of garlic salt

In a large bowl, combine the bidarkis, oil, liquid smoke, garlic, onion and soy sauce. Cover the bowl and shake to thoroughly coat bidarkis.

Variation: Add sliced octopus, herring eggs, and seaweed.

Recipe adapted from Donna Malchoff, in 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.
Clam Burgers

Grind clams. In a mixing bowl, combine clams, eggs, salt, pepper and a little bit of flour. Form mixture into a patty.

Heat oil for deep frying. Fry burgers until browned. Serve with all your favorite burger fixings.

Recipe from Irene Tanape, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

Ingredients:
- Clams
- 2 eggs
- Salt and pepper to taste
- Flour
- Oil for deep frying
- Burger fixings

Instructions:
1. Grind clams.
2. In a mixing bowl, combine clams, eggs, salt, pepper and a little bit of flour.
3. Form mixture into a patty.
5. Fry burgers until browned.
6. Serve with all your favorite burger fixings.

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.
CLAM CHOWDER

4 slices bacon, chopped
1 onion, chopped
1-2 potatoes, diced
¼ cup cooked rice
Salt and pepper to taste
5-6 big clams, cleaned and finely chopped
1 can evaporated milk

In a saucepan, bring 1 quart of water to a boil. Meanwhile, fry the bacon and onion in a pan until fat dissolves from bacon and onions are soft. Add bacon, onion and potatoes to boiling water. Simmer until potatoes are just tender. Add rice, salt and pepper. Skim off any foam the builds on top of the chowder. Add clams. Remove from heat when clams are done. Add evaporated milk and serve immediately.


CLAM OR MUSSEL CHOWDER

1 pound fresh clams or mussels, cleaned and shells removed
½ pound bacon, chopped
3 celery stalks, chopped
1 onion, chopped
2 cups water
1 can of evaporated milk
2-3 medium potatoes, peeled and cubed
Salt to taste
Garlic cloves, minced, to taste
Butter to taste

Place the bacon, celery and onion in a heavy-duty soup pot and heat over medium-high. Cook until bacon is crispy and vegetables are soft, about 7 minutes. Add water, evaporated milk and potatoes to pot. Bring to a boil and simmer until potatoes are cooked through. Season with salt, garlic and butter. Add clams or mussels and simmer until clams are cooked through but not tough.

Recipe from Irene Tanape, 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.
CLAM FRITTERS

Oil or grease for frying
1-2 quarts ground clams
2 eggs, lightly beaten
1 sleeve saltine crackers, crushed
Salt and pepper to taste

In a mixing bowl, combine clams, eggs, crushed saltines and salt and pepper. Heat 1 inch of grease or oil in a skillet. Form clam mixture into small patties. When oil is hot, fry patties until browned on both sides. Be careful not to get burned by flying crackers and clams!


FRIED CLAMS

Fresh clams, cleaned
2-4 eggs, lightly beaten
¼ cup oil, for frying
Cornmeal
Flour
Cooked rice for serving

In a heavy-duty skillet, heat 1 inch of oil over medium-high. Prepare three shallow dishes – one with eggs, one with cornmeal and one with flour. Dip each clam in egg, then roll it in cornmeal and then flour. Repeat with remaining clams. When oil is hot, fry clams until they are browned to your liking on all sides. Serve with rice.

Variation: Chop the clams into 1-inch pieces. Put these pieces into the skillet and slowly simmer it in a little bit of water. Remove clams and make a milk or brown gravy with pan liquid. Pour over clams.


ENGLISH
Butter Clam/Steamer

LOWER COOK INLET
Salat/Salanguasagat

PRINCE WILLIAM SOUND
Salat/Sitalik

CLAMS

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.
STEAMER CLAMS

Fresh butter clams
Fresh garlic, minced, to taste
Onion, minced, to taste

In a large sauté pan, add 1 inch of water. Bring water to a boil and add the garlic and onion. Add clams, cover, and simmer until the clams open. Remove from heat and serve.

Adapted from recipe by Ephim Moonin, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

STUFFED CLAMS

Fresh clams, grind up, shells reserved
Seasoned bread crumbs to taste
Seasonings of your choice
Grated cheese such as cheddar or Monterey jack.

Heat the broiler to high. In a mixing bowl, combine clams, bread crumbs and seasonings. Place stuffing on half a clam shell. Top with cheese. Repeat with remaining shells and stuffing. Place on a baking pan. Broil until cheese is melted and contents are cooked.

Recipe from Nina Kvasnikoff, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

ENGLISH
Butter Clam/Steamer

LOWER COOK INLET
Salat/Salanguasagat

PRINCE WILLIAM SOUND
Salat/Sitalik

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.
BOILED CRAB

Fresh crab legs
1 whole bulb garlic, cut in half
Butter, melted, to taste

Fill a large stock pot with water and add the garlic bulb halves. Bring to a boil. Add the crab legs and cook until done. Serve with melted butter for dipping.

Recipe from Pauline Demas

BACON-WRAPPED SHRIMP

24 uncooked large shrimp
8 slices bacon, cut into thirds
Cocktail or tartar sauce for serving

Heat the oven to 425 F. Wrap a piece of bacon around a shrimp and secure with a toothpick. Repeat with remaining shrimp and bacon. Place shrimp on a baking sheet and place in oven. Bake until bacon is crispy. Serve with cocktail sauce or tartar sauce.

Adapted from recipe by Penny Connealy

ENGLISH
Crab/King/Dungeness

EYAK
kusdlalaLehdg/qiiyi’ah/qiiyAdAch’an’k’

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SEAFood CHOWDER

4 strips bacon, chopped
1 onion, chopped
Garlic cloves, minced, to taste
2 celery stalks, chopped
3 carrots, chopped
Salt to taste
½ teaspoon celery seed
Worcestershire sauce, to taste
½ teaspoon dried thyme
2 large potatoes, cut into ½-inch cubes
Water and/or canned milk (about 5 cups)
2 pounds clams
½ pound scallops
½ pound imitation crab
½ pound shrimp
1 pound halibut, cut into chunks
1 pound salmon, cut into chunks

In a large, heavy-duty soup pot, fry bacon with the onions over medium. When bacon is cooked (not crispy) and onions are translucent, add the garlic and cook until fragrant, about 30 seconds. Add the celery, carrots, salt, celery seed, Worcestershire sauce, mixed veggies, thyme and potatoes. Fill pot halfway with water and/or canned milk. Bring to a boil, turn down heat and simmer until potatoes are tender.

Add the clams, scallops, imitation crab, shrimp, halibut and salmon. Simmer until seafood is just done. Serve immediately.

Adapted from recipe by Nina Kvasnikoff, courtesy of Nanwalek School, Nanwalek Community Recipes Sea Week 2007

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