Nellie’s Recipes
An Alaska Native Traditional Food Cookbook
for Assisted Living Homes
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Dedication

This cookbook is dedicated to my grandmother Nellie Virginia Alstrom. The quality and scope of this cookbook is indicative of my grandmothers many and valued contributions to serving Alaska Native foods and teaching and practicing Alaska Native traditional life styles.

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 twenty-nine 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 had to give up a lot. Some Elders had to give up everything that was familiar to them; their village, their culture, being away from 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

Alaska Native Tribal Health Consortium
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.

Nutritionists' Corner by Jennifer Johnson, MPH, RD, LD

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.
Baked Salmon or Halibut
Cut filets 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 350º for 45 minutes.
(from The Alaska Grub-Box by Sis Laroux)

Baked Salmon

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Baked Halibut

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Seaweed and Rice
Serves: 4-6
2 c dried seaweed
1 c rice
1 Tbsp 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: Bring water to boil, about 2 cups. Add dried seaweed, and grease to taste. You can eat this dish as it, or you may eat it with salmon eggs, canned salmon or with rice.
(Recipe from Metlakatla)

Seaweed and Rice

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<td>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</td>
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Nellie’s’ Special Salmon Loaf
Serves: 5
1 6 oz. can salmon
4 eggs, beaten
4 tablespoons butter, melted
1/2 cup bread crumbs
salt and pepper to taste option: can use
salt free seasoning such as Mrs. Dash
In a medium to large bowl add one small can salmon, four eggs beaten light; four tablespoons melted butter
one half cup fine bread crumbs. Then
season with salt and pepper. Next add bread crumbs and one can of fish. 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.

Easy Fish Pie (Perok)
Serves: 12
1/4lb cabbage, shredded
1 large carrot, chopped
1 large onion, chopped
1lb cooked or canned fish
(halibut or salmon)
1c. 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.
In a 9x13in-inch pan, line the bottom of pan
with crust. Leave some dough for the top.
Place half the rice on the bottom crust, then
half of the cooked veggies, then add fish, add
the rest of the veggies, the remainder rice,
and the top crust.
Bake at 350º for 45 minutes.
(from The Alaska Grub-Box by Sis Laroux)
Yukon Salmon Soup
Serves: 20
3 16 oz. cans of canned salmon
3 med. potatoes, cubed
1 med. onion, chopped
16 oz. can cream of celery soup
option: reduced sodium version
1 cup of rice option: can use brown rice, or half brown and half white rice for added fiber
1 tbsp. 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.

Yukon Beef Soup
(as a substitute for moose or caribou stew)
Serves: 6
4 cups water
2 pounds cubed beef
Can add soup bone if available
1 envelope Lipton brand beefy onion soup mix
1 cup rice option: can use brown rice, or half brown and half white rice for added fiber
1 cup elbow macaroni option: can use whole-wheat macaroni for added fiber
Can add 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 color, add the onion soup mix, mix the contents together then add rice and macaroni (and vegetables). Let boil for half-an-hour or until the rice and macaroni is soft in texture.
Trapline Beans
Serves: 20
3 lbs of beans
8 slices of bacon
1 large onion
2 cloves garlic
1 16 oz. can of stewed tomatoes
Bay leaf optional
Salt and pepper to taste option: can 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 245
Calories from Fat 7

Nutritional Value
Total Fat 1 g
Saturated Fat 1 g
Cholesterol 0 mg
Sodium 88 mg
Total Carbohydrate 44 g
Dietary Fiber 11 g
Protein 8 g

Vitamin A 0%  Vitamin C 0%
Calcium 1%  Iron 1%

Lower Yukon Fried Bread
Serves: 20
6 cups flour, more or less, divided option: can use half wheat flour to add more fiber
1 tablespoon sugar
2 ½ teaspoons salt
1 envelope active dry yeast
2 cups very warm water, about 120 degrees hot
2 tablespoons softened butter
3 cups vegetable oil

In a large mixing bowl combine 2 cups flour, sugar, salt, and yeast. Beat at low speed, then add the water and butter.
Continue beating at high speed for 3 minutes. Add 1/2 cup flour and beat 4 minutes longer.
Turn out onto a lightly floured surface. Knead for about 8 to 10 minutes. Then put dough in a clean bowl. Cover the bowl with a clean towel and let dough rise for about 1 hour.
When ready take a handful of dough and press the dough between your hands. The dough should take on a “pancake” form and be at least a ½ inch thick on all sides. Put the newly formed dough on a plate and repeat this step, until the dough is finished.
Next, add 3 cups of vegetable oil into a medium to large stove top 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.

Nutrition Facts
Serving Size 1 piece
Amount Per Serving Calories 94
Calories from Fat 0

Nutritional Value
Total Fat 0 g
Saturated Fat 0 g
Cholesterol 0 mg
Sodium 0 mg
Total Carbohydrate 8 g
Dietary Fiber 0 g
Protein 1 g

Vitamin A 1%  Vitamin C 0%
Calcium 1%  Iron 1%

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Easy Salmon Spread
Serves: 8
1 6 oz. can smoked salmon
option: if using plain salmon (unsmoked), can season with onion & Worcestershire sauce
1 8 oz. container of cream cheese
option: can use half cream cheese and half mayonnaise
Blend together until smooth. Cover and chill. Serve with crackers and/or vegetables.

Clam Dip
Serves: 9
1 8 oz. cream cheese, softened
¼ c. sour cream
1 6 oz. can chopped clams
1 Tbsp. chopped or dried parsley
1 minced garlic clove
¼ tsp. Worcestershire sauce
Dash of Tabasco sauce
Blend together until smooth. Cover and chill. Serve with crackers and/or vegetables.
(from The Alaska Grub-Box by Sis Laroux)
A Great Native Food Snack
Serves: 1
2 Salmon Stripes
(which can be bought at Costco Wholesale)
1 Sailor Boy brand, Pilot Bread cracker
1 cup of tea

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

Traditional Russian Tea
Serves: 4
6 tea bags black tea (Russian blend, or caravan if available)
4 c. boiling water
½ c. berry jam, option: sugar free
4 thin slices lemon
4 sugar cubes (or teaspoons), option: or sugar substitute
Steep tea bags in hot water for 5 minutes
Pour into 4 tea cups
Into each cup mix in 1 Tbsp jam, 1 sugar cube, and 1 slice of lemon
(Recipe from Arctic Home Cooking compiled by Maniilaq Association Employees)
Akutag, (Eskimo Ice cream)
Serves: 25
1 cup Crisco option: can substitute fat free plain yogurt for lower fat
(and added calcium)
1/4 cup water
1/2 cup sugar option: or sugar substitute
5 pounds baked salmon or whitefish optional
4 cups berries

In a bowl, whip the Crisco and water until smooth and creamy. Add sugar and mix well until it dissolves. Then add berries and salmon together. Make sure that the fish does not contain any small bones. Chill before serving. Salmon berries, blueberries, raspberries or strawberries may be used.

Frozen Berry Snack
Mix bowl of frozen berries with a canned milk (or any kind of milk, can be fat free) and sugar (or sugar substitute), and serve.
Blueberry Bread
Serves: 20
1 loaf
2 cup self-rising flour
1 cup milk
1 egg
1 tsp. vanilla extract
1 cup sugar option: or sugar substitute
2 cups berries (blue berries)
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.

Rhubarb Crunch
Serves: 9
6 cups rhubarb, diced
option: 4 cups rhubarb and 2 cups raspberries
½ to 1 cup sugar option: sugar substitute
4 tablespoons flour
Topping:
½ to 1 cup brown sugar
option: sugar substitute
1 cup oatmeal
½ cup butter or shortening
Toss rhubarb, sugar, and flour together. Place in 6x8 or 9x10 baking dish. Mix brown sugar, oatmeal, and flour. Cut in the butter or shortening, then sprinkle over rhubarb. Bake at 350 °C for 45 minutes.

Blueberry Bread Nutrition Facts
Serving Size 1/20 of loaf
Amount Per Serving
Calories 127
Percent Daily Values are based on a 2,000 calorie diet.

Nutrient
Calories from Fat 98
Fat 3 g
Saturated Fat 1 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 0 mg
Total Carbohydrate 11 g
Dietary Fiber 1 g
Sugars 2 g
Protein 2 g

Vitamins
Vitamin A 4%  
Vitamin C 4%  
Calcium 7%  
Iron 4%

Rhubarb Crunch Nutrition Facts
Serving Size 1/9 of dish
Amount Per Serving
Calories 270
Percent Daily Values are based on a 2,000 calorie diet.

Nutrient
Calories from Fat 59
Fat 11 g
Saturated Fat 2 g
Trans Fat 0 g
Cholesterol 9 mg
Sodium 0 mg
Total Carbohydrate 41 g
Dietary Fiber 9 g
Sugars 0 g
Protein 3 g

Vitamins
Vitamin A 17%  
Vitamin C 17%  
Calcium 17%  
Iron 7%

Vitamin E 27%  
Magnesium 44%

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Acknowledgements

I would like to thank the following people for their individual efforts in making Nellie’s Recipes a possible:

My Supervisor, Kay Branch for advocating for the development of this cookbook and for her support through connecting me with the following individuals.

Kjersti Langnes for her contribution to state level recognition of the cookbook and its purpose.

Teresa Hicks for her efforts in advocating that the cookbook be used as a tool in promoting health and disease prevention among Alaska Natives living in assisted living homes.

Jennifer Johnson for contributing to the nutritional information found in the cookbook.

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

Ella Gonzalez for her technical and programming assistance

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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