



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

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

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.

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.

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 350° for 45 minutes.
(from The Alaska Grub-Box by Sis Laroux)

Baked Salmon

Nutrition Facts	
Serving Size 6 ounces	
Amount Per Serving	
Calories 450	Calories from Fat 275
%Daily Value*	
Total Fat 30 g	47%
Saturated Fat 6 g	30%
Cholesterol 136 mg	45%
Sodium 863 mg	36%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0.3 g	1%
Protein 40 g	79%
Vitamin A 6%	Vitamin C 3%
Calcium 14%	Iron 15%
Vitamin D 138%	Selenium 114%
Potassium 22%	Phosphorus 53%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

Baked Halibut

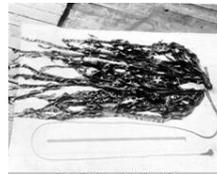
Nutrition Facts	
Serving Size 6 ounces	
Amount Per Serving	
Calories 304	Calories from Fat 121
%Daily Value*	
Total Fat 13 g	21%
Saturated Fat 2 g	11%
Cholesterol 121 mg	40%
Sodium 846 mg	35%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0.3 g	1%
Protein 42 g	83%
Vitamin A 3%	Vitamin C 1%
Calcium 5%	Iron 5%
Vitamin D 86%	Selenium 142%
Phosphorus 50%	Magnesium 26%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



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)

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 150	Calories from Fat 23
%Daily Value*	
Total Fat 3 g	4%
Saturated Fat 1 g	4%
Cholesterol 16 mg	5%
Sodium 44 mg	2%
Total Carbohydrate 29 g	10%
Sugars 0 g	
Dietary Fiber 3 g	10%
Protein 4 g	8%
Vitamin A 32%	Vitamin C 1%
Calcium 3%	Iron 12%
Vitamin B12 23%	Manganese 38%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



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 ingredience 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,

Nutrition Facts	
Serving Size 1/5 of recipe	
Amount Per Serving	
Calories 249	Calories from Fat 151
%Daily Value*	
Total Fat 17 g	26%
Saturated Fat 8 g	40%
Cholesterol 219 mg	73%
Sodium 445 mg	19%
Total Carbohydrate 8 g	3%
Sugars 1 g	
Dietary Fiber 0.5 g	2%
Protein 16 g	31%
Vitamin A 11%	Vitamin C 0%
Calcium 14%	Iron 8%
Vitamin D 78%	Selenium 43%
	Phosphorus 24%

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



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 350° for 45 minutes.
 (from The Alaska Grub-Box by Sis Laroux)

Nutrition Facts	
Serving Size 1/12 of recipe	
Amount Per Serving	
Calories 457	Calories from Fat 249
%Daily Value*	
Total Fat 28 g	43%
Saturated Fat 8 g	39%
Cholesterol 27 mg	9%
Sodium 762 mg	32%
Total Carbohydrate 39 g	13%
Sugars 1 g	
Dietary Fiber 2 g	6%
Protein 12 g	25%
Vitamin A 21%	Vitamin C 4%
Calcium 10%	Iron 13%
Vitamin D 59%	Selenium 38%
Vitamin K 20%	Manganese 24%

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

Yukon Salmon Soup

Serves: 20
 3 16 oz. cans of canned salmon
 3 med. potatoes, cubed
 1 med. onion, chopped
 1 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.

Nutrition Facts	
Serving Size 1.5 cups	
Amount Per Serving	
Calories 152	Calories from Fat 57
%Daily Value*	
Total Fat 6 g	10%
Saturated Fat 2 g	10%
Cholesterol 41 mg	14%
Sodium 602 mg	25%
Total Carbohydrate 9 g	3%
Sugars 1 g	
Dietary Fiber 1 g	3%
Protein 14 g	29%
Vitamin A 3%	Vitamin C 4%
Calcium 16%	Iron 5%
Vitamin D 106% Selenium 34% Phosphorus 25%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



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.

Nutrition Facts		
Serving Size 1.5 cup		
Amount Per Serving		
Calories 557	Calories from Fat 354	
%Daily Value*		
Total Fat 39 g	60%	
Saturated Fat 15 g	77%	
Cholesterol 109 mg	36%	
Sodium 1143 mg	48%	
Total Carbohydrate 17 g	6%	
Sugars 2 g		
Dietary Fiber 1 g	3%	
Protein 36 g	72%	
Vitamin A 0%	Vitamin C 3%	
Calcium 3%	Iron 27%	
Zinc 44%	Selenium 52%	Phosphorus 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.		

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 243	Calories from Fat 27
%Daily Value*	
Total Fat 3 g	5%
Saturated Fat 1 g	4%
Cholesterol 5 mg	2%
Sodium 190 mg	8%
Total Carbohydrate 40 g	13%
Sugars 3 g	
Dietary Fiber 11 g	43%
Protein 16 g	32%
Vitamin A 0%	Vitamin C 7%
Calcium 7%	Iron 21%
Folic Acid 53%	Phosphorus 26%
Manganese 37%	Potassium 21%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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 1/2 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 1/2 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 bowl.
 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 93	Calories from Fat 50
%Daily Value*	
Total Fat 6 g	9%
Saturated Fat 1 g	6%
Cholesterol 7 mg	2%
Sodium 104 mg	4%
Total Carbohydrate 9 g	3%
Sugars 1 g	
Dietary Fiber 0.4 g	1%
Protein 1 g	3%
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 3%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

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

Nutrition Facts	
Serving Size 2 oz.	
Amount Per Serving	
Calories 138	Calories from Fat 104
%Daily Value*	
Total Fat 12 g	18%
Saturated Fat 7 g	33%
Cholesterol 47 mg	16%
Sodium 241 mg	10%
Total Carbohydrate 1 g	0%
Sugars 0.5 g	
Dietary Fiber 0 g	0%
Protein 8 g	16%
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 3%
Vitamin D 45%	Vitamin B ₁₂ 23%

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



Clam Dip

Serves: 9

1 8 oz. cream cheese, softened

1/4 c. sour cream

1 6 oz. can chopped clams

1 Tbsp. chopped or dried parsley

1 minced garlic clove

1/4 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)

Nutrition Facts	
Serving Size 2 ounces	
Amount Per Serving	
Calories 139	Calories from Fat 95
%Daily Value*	
Total Fat 11 g	16%
Saturated Fat 6 g	32%
Cholesterol 49 mg	16%
Sodium 108 mg	5%
Total Carbohydrate 2 g	1%
Sugars 1 g	
Dietary Fiber 0 g	0%
Protein 9 g	17%
Vitamin A 11%	Vitamin C 10%
Calcium 5%	Iron 42%

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



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

Nutrition Facts	
Serving Size 2 strips (3 oz.), 1 cracker	
Amount Per Serving	
Calories 444	Calories from Fat 240
%Daily Value*	
Total Fat 27 g	41%
Saturated Fat 6 g	31%
Cholesterol 91 mg	30%
Sodium 706 mg	29%
Total Carbohydrate 15 g	5%
Sugars 0.2 g	
Dietary Fiber 3 g	10%
Protein 36 g	72%
Vitamin A 9%	Vitamin C 0%
Calcium 3%	Iron 26%
Vitamin D 169%	Selenium 88%
Vitamin E 23%	Phosphorus 42%
Copper 31%	Manganese 41%
	Potassium 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	



Traditional Russian Tea

Serves: 4
 6 tea bags black tea (Russian blend, or caravan if available)
 4c. boiling water
 1/2 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 1Tbsp jam, 1 sugar cube, and 1 slice of lemon
 (Recipe from Arctic Home Cooking compiled by Maniilaq Association Employees)

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 69	Calories from Fat 0
%Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 14 mg	1%
Total Carbohydrate 17 g	6%
Sugars 12 g	
Dietary Fiber 0.4 g	2%
Protein 0.2 g	0%
Vitamin A 0%	Vitamin C 9%
Calcium 1%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.	

Akutaq, (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.

Original

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 242	Calories from Fat 126
%Daily Value*	
Total Fat 14 g	21%
Saturated Fat 4 g	18%
Cholesterol 66 mg	22%
Sodium 70 mg	3%
Total Carbohydrate 6 g	2%
Sugars 4 g	
Dietary Fiber 2 g	1%
Protein 22 g	43%
Vitamin A 3%	Vitamin C 3%
Calcium 2%	Iron 5%
Vitamin D 79%	Selenium 52%
	Phosphorus 23%

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

Without fish, and With Yogurt

Nutrition Facts	
Serving Size 1/2 cup	
Amount Per Serving	
Calories 65	Calories from Fat 1
%Daily Value*	
Total Fat 0.1 g	0%
Saturated Fat 0 g	0%
Cholesterol 0.8 mg	0%
Sodium 26 mg	1%
Total Carbohydrate 15 g	5%
Sugars 9 g	
Dietary Fiber 1 g	4%
Protein 2 g	3%
Vitamin A 2%	Vitamin C 1%
Calcium 5%	Iron 2%

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



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.



Nutrition Facts	
Serving Size 1 1/2 cup	
Amount Per Serving	
Calories 153	Calories from Fat 36
%Daily Value*	
Total Fat 4 g	6%
Saturated Fat 2 g	11%
Cholesterol 12 mg	4%
Sodium 52 mg	2%
Total Carbohydrate 25 g	8%
Sugars 11 g	
Dietary Fiber 4 g	16%
Protein 2 g	10%
Vitamin A 7%	Vitamin C 5%
Calcium 16%	Iron 5%
Riboflavin 22%	Manganese 102%

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

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 cup 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.

Nutrition Facts	
Serving Size 1/20 of loaf	
Amount Per Serving	
Calories 147	Calories from Fat 49
%Daily Value*	
Total Fat 5 g	8%
Saturated Fat 3 g	16%
Cholesterol 24 mg	8%
Sodium 199 mg	8%
Total Carbohydrate 23 g	8%
Sugars 13 g	
Dietary Fiber 1 g	4%
Protein 2 g	4%
Vitamin A 4%	Vitamin C 4%
Calcium 7%	Iron 4%

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



Rhubarb Crunch

Serves: 9

- 6 cups rhubarb, diced
- option: 4 cups rhubarb and 2 cups raspberries*
- 1/2 to 1 cup sugar *option: sugar substitute*
- 4 tablespoons flour
- Topping:
- 1/2 to 1 cup brown sugar
- option: sugar substitute*
- 1 cup oatmeal
- 1/2 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° for 45 minutes

Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 259	Calories from Fat 99
%Daily Value*	
Total Fat 11 g	17%
Saturated Fat 7 g	33%
Cholesterol 27 mg	9%
Sodium 80 mg	3%
Total Carbohydrate 41 g	13%
Sugars 30 g	
Dietary Fiber 3 g	13%
Protein 3 g	7%
Vitamin A 10%	Vitamin C 13%
Calcium 33%	Iron 7%
Vitamin K 55%	Manganese 44%

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

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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