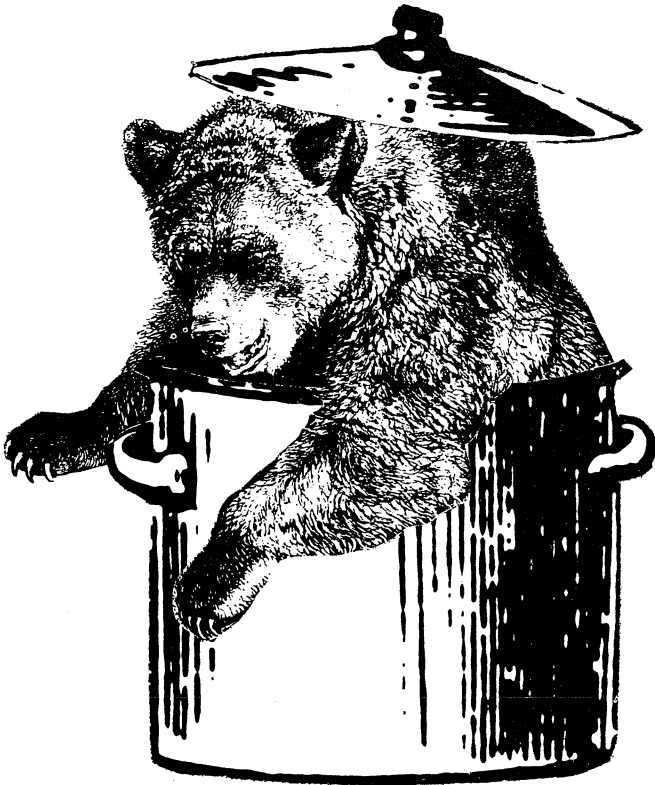


BEAR SOUP
&
SALMON
MOUSSE



A Cookbook of the
Alaska Department of
Fish & Game



THANK YOU

Over the past several years, many of you have written, called, or stopped by and asked for a cookbook. Now, thanks to many employees of the Alaska Department of Fish and Game, their families, and friends, we have a cookbook, *Bear Soup and Salmon Mousse*. It has been a long time in the making; we hope the wait has been worthwhile. We like to think that the best of Alaska eating is included in these pages.

Most of the recipes in our book have been shared by department staff, past and present. Unfortunately, space did not allow credit to be given to all those who deserve it. The list of contributors would be very long, but we would like to say thank you to all who have been so generous in sharing recipes and suggestions. Without the cooperation of many, there would still be no cookbook.

Those recipes which were provided by the Cooperative Extension Service, University of Alaska, are credited. We appreciate the generous assistance of the agency's staff and are grateful to them.

We are happy to be able to offer you our cache of recipes. From Alaska's hearth we wish you good eating.

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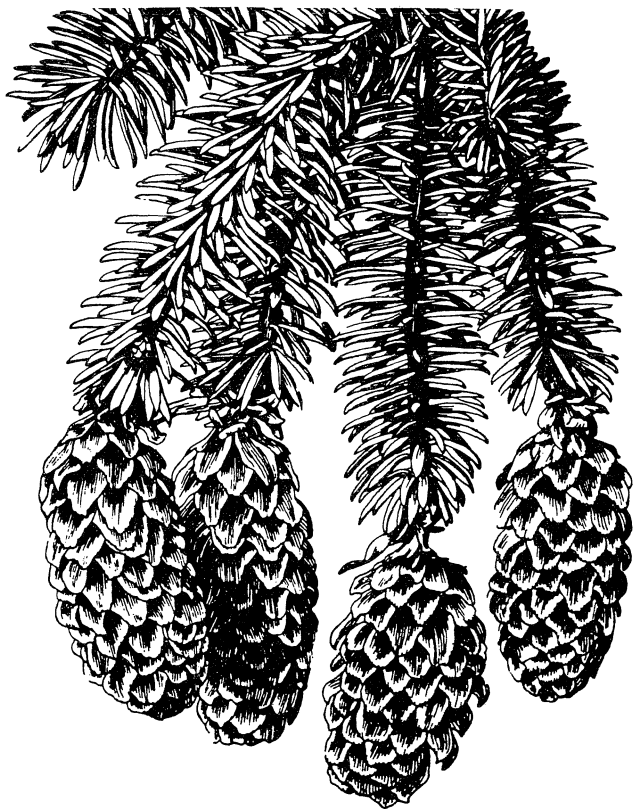
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ROSE HIP TEA

Cut rose hips from bush and remove seeds. Dry quickly in a slightly warm oven. Add to cereal, fruit, or pulverize for tea.

2 t. of pulverized rose hips, 3 C. boiling water.
Make in a teapot.

From: Cooperative Extension Service, University of Alaska



RUSSIAN TEA

$\frac{1}{2}$ C. sugar
 $\frac{2}{3}$ C. instant tea
dash of ginger, allspice, nutmeg
1 T. cinnamon
 $\frac{3}{4}$ T. cloves
2 C. Tang

Combine all ingredients. Store in jar or tin. Add 1 heaping teaspoon to cup of boiling water as needed.

CRANBERRY OR BLUEBERRY LIQUEUR

3 lbs. cranberries or blueberries (about 12 C.)
6 C. sugar
3 C. water
1 fifth of Everclear or other 190 proof alcohol

First day: Crush berries and let stand 24 hours.

Second day: Add Everclear to berries and let stand 24 hours.

Third day: Boil sugar and water for 5 minutes. Let cool. Add to strained berry juice. Strain again through cheese cloth, then bottle. Age 2 to 3 weeks. Yield: 3 fifths

The end product is a beautiful rich color and most adaptable. It may be sipped, served on-the-rocks, or poured over ice cream.

CRANBERRY-RHUBARB ADE

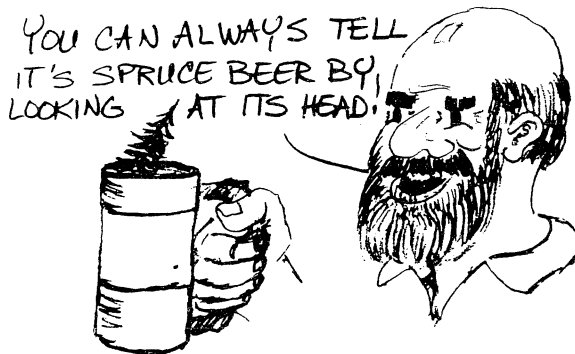
1 qt. cranberries
1 qt. finely cut rhubarb
3 C. water
sugar to taste

Simmer and mash together the cranberries, rhubarb, and water. Strain the juice through a wet jelly bag. Return the juice to the preserving kettle and add 1 C. sugar to each quart of juice or to taste. Reheat to 170°, which is the pasteurization point, or simmer just below the boiling point if you have no thermometer. Maintain this temperature for 2 minutes. Pour into sterilized bottles and cap. Cook quickly and store in a cool, dark place until needed.

SPRUCE BEER

5 gal. of pure water
3-6 lbs. of un sulphured molasses
1 pkg. of yeast
1 qt. Sitka or white spruce needles or tips

Boil about one gal. of water for at least 30 minutes, then steep the needles or tips for about half an hour. Drain out the needles and add 3-6 lbs. of un sulphured molasses to the spruce-flavored water, depending on taste. (Optional: Adding 3 lbs. of Blue Ribbon hop flavored malt at this point will improve the taste, but is not part of the original recipe.) Add water to make 5 gal. Cook the mixture to about 70° and add yeast. Keep the mixture at about 70° for several days, then move it to a cooler spot (about 50°) until fermentation stops. The process will take 10-14 days, sometimes longer. When fermentation ceases, the beer is ready to bottle or drink, but will improve if it is allowed to age in the bottle. NOTE: The alcohol content varies between 6 and 9 percent, depending on the amount of molasses.



NOTES

BROILED OYSTERS ON THE HALF SHELL

36 oysters or clams

salt and pepper

½ C. dry bread crumbs mixed with 2 T. butter

Shuck and drain oysters. Scrub shells (to save shells, scrub and put in dishwasher through 1 cycle). Place oyster on shells. Salt and pepper and add crumb mixture. Broil (3 inches from heat source) about 5 minutes or less (until brown).

Serves 6.



CHAFING DISH CRAB

3 cans Alaskan king crab

2 T. powdered sugar

dash garlic salt

2 t. prepared mustard

3 8-oz. pkg. cream cheese

½ C. mayonnaise

1 T. onion juice

½ C. sauterne, dash seasoned salt

Melt cream cheese in double boiler, add all other ingredients. Place in chafing dish and serve warm with assorted crackers for dipping.

SUPER VEGETABLE DIP

1½ C. mayonnaise
1½ C. sour cream
2 T. dillweed
1 t. beaumont
1 t. garlic powder
2 T. parsley
2 t. onion flakes
pepper to taste

Mix; chill; serve with vegetables or crackers.

SNACKTIME CRAB DIP

1 (7½ oz.) can Alaska king crab
½ C. chili sauce
½ C. mayonnaise
1 small clove garlic, minced
1 t. dry mustard
1 T. prepared horseradish
juice of 1 lemon
1 T. Worcestershire sauce
dash of tabasco
½ t. salt
2 hard-cooked eggs, chopped fine

Drain crab and slice fine. Combine all ingredients, blending well. Refrigerate several hours before serving. Serve with chips or crackers. Makes approximately 2 C.

KING CRAB AVOCADO DIP

- 1 pkg. (6 to 8 oz.) frozen Alaska king crab meat
- 1 large avocado
- 1 T. lemon juice
- 1 T. grated onion
- 1 t. Worcestershire sauce
- $\frac{1}{4}$ t. salt
- 1 pkg. (8 oz.) cream cheese, softened
- $\frac{1}{4}$ C. dairy sour cream

Thaw, drain, and slice crab. In blender container combine avocado, lemon juice, onion, Worcestershire sauce, and salt; blend until smooth. Add cream cheese and sour cream; blend well. Fold in crab. Cover and chill. Serve with crisp vegetables or potato chips. Makes 2 C. dip.

CRABMEAT DIP

- 1 clove garlic, cut in half
- 1 8-oz. pkg. cream cheese
- 1 T. milk
- $1\frac{1}{2}$ C. or a $6\frac{1}{2}$ oz. can flaked crabmeat
- 2 t. lemon juice
- dash salt
- dash tabasco sauce

Rub mixing bowl with garlic, combine cream cheese and milk, mix well. Add remaining ingredients and mix well.

SOUR CREAM SAUCE

$\frac{1}{2}$ C. sour cream
1 t. lemon juice
 $\frac{1}{2}$ t. dill
1 T. parsley
white pepper

Cook at low power (simmer) in a 2 C. container
3-4 min. until hot.



HORSERADISH SAUCE

$\frac{1}{2}$ C. heavy cream
 $\frac{1}{2}$ t. salt
Dash cayenne pepper
3 T. prepared horseradish
1 T. vinegar

Beat cream until stiff. Fold in remaining ingredients. (Makes about $\frac{3}{4}$ C.)

DILL SAUCE

- 1 C. mayonnaise
- ½ t. dry dillweed
- 1 T. lemon juice
- 3 T. butter
- 2 T. chopped or dried parsley

Heat and stir until smooth.

QUICK TARTAR SAUCE

Combine 1 C. mayonnaise with ½ C. undrained sweet pickle relish. Chill. (Use finely chopped dill pickle if preferred.)

TARTAR SAUCE

- 1 C. mayonnaise
- 1 T. each, minced dill pickles, onion, parsley (may add minced capers and chopped olives)
- pinch dill
- 1 T. pickle juice

Combine and chill 1 hour before serving.

LEMON BUTTER

- ¼ C. melted butter
- 1 t. lemon juice
- pinch of white pepper

Combine and heat through.

SHRIMP DIP

(For large crowds: Approximately 30 lbs. of fresh shrimp needed to serve 4 oz. cocktails to 100 people.)

- 1 lb. cooked Petersburg shrimp or large shrimp cut into pieces
- 1 pt. mayonnaise
- 1/2 C. minced onion
- 1/2 t. dry mustard
- 1 t. celery seed
- dash tabasco
- 1 C. small curd cottage cheese
- 1/2 t. garlic salt
- 1 T. chili sauce
- 1 T. sherry

Mix all ingredients and chill well. Serve at room temperature. Good with crackers, chips, or vegetables.

SPICY SHRIMP HORS D'OEUVRES

In a glass container place 2 lbs. of shrimp which have been cooked, shelled, and deveined. Add 2 jars of capers and juice along with 2 thinly sliced red onions. Marinate for 6-8 hours. Just before serving add 1 8-oz. carton of sour cream.

CLAM DIP

Mix:

1 can chopped clams (or equivalent fresh)
8 oz. sour cream
1 T. grated onion or chives
2 oz. softened cream cheese
1 T. parsley
salt and pepper

Makes 1 pt.

SPICY CRAB DIP

1 can crab meat
 $\frac{1}{2}$ can chili sauce
 $\frac{1}{2}$ C. mayonnaise
1 t. dry mustard
1 t. horseradish
1 clove garlic (minced)
1 T. Worcestershire sauce
pinch of salt
2 chopped (fine) hard-cooked eggs

Combine all ingredients. Blend. Refrigerate for several hours.

Did you know that...

A little instant coffee will work wonders on your furniture. Make a thick paste of coffee and water, rub it into the nicks and scratches on your dark wood furniture.

HOT CRAB DIP

8 oz. cream cheese
1 T. milk
¼ t. salt
dash pepper
1 can crab
2 T. minced onion
½ t. horseradish

Mix well and put into baking dish. Cover with toasted almonds or macadamia nuts. Bake 15 minutes at 375°.

CREAMY CRAB DIP

1 can crab
1 3 oz. pkg. cream cheese
1 C. sour cream
1 t. horseradish
2 t. lemon juice
½ t. salt
dash tabasco

Drain crab. Mix sour cream into soft cream cheese. Add remaining ingredients. Chill. Good with artichoke hearts.

Did you know that...

Vinegar can remove spots caused by tomatoes. Soak spot with vinegar and wash as usual.

CRANBERRY KETCHUP

Excellent with moose!

4 C. of berry pulp (Use highbush wild cranberries)

Combine pulp with:

1 t. cinnamon

1 t. cloves

1 t. allspice

1 t. pepper

2 C. sugar

1/2 t. salt

1 C. vinegar

dash of cayenne

Boil rapidly until thickened. Pour into glasses and seal with paraffin.

Did you know that...

When cooking in glass pans, reduce oven temperature by 25°.

To prevent scorching of scalded milk, first rinse the pan in hot water.

Using milk in breads gives a finer texture; water leaves bread with a coarser texture.

When bread is baking, a small dish of water in the oven will help keep the crust from getting too hard.

NOTES





SALMON

There are five species of salmon in Alaska. All are excellent for various types of dishes. King salmon is rich in oils, flakes easily, and is especially good in salads. Chum salmon is lighter and coarser and especially good for casseroles. Pink salmon has the finest texture and is favored for its distinctive flavor. Sockeye is rich in oils, deep red, with firm texture, and barbecues well. Silver salmon (coho) has large flakes, nice red color and is good for any type dish.



PINK



SILVER



SOCKEYE



CHUM



KING

CANNED SALMON

Clean and wash fish thoroughly; scrape off scales and slime. Remove head, viscera, fins, tail, and all traces of blood and other waste material.

Cut the cleaned fish in can-height pieces.

After the cans have been washed and drained, add salt to the empty containers (approx. $\frac{1}{2}$ t. to a $\frac{1}{2}$ lb. flat can or 1 t. to a lb. can or pt. jar). Fill the containers, packing solidly, being careful not to crush the fish.

Process:

If using glass jars: Follow directions for use of pressure cooker. Seal and process pt. jars in pressure cooker for 110 minutes at 240° (10 lb. pressure).

If using tin cans: Put on lids loosely and steam in pressure cooker 10 minutes at 212° . Remove immediately and seal. Follow the directions for use of pressure cooker. Return to cooker and process as follows:

No. 1 tall or $\frac{1}{2}$ lb. cans; 90 minutes at 240° (10 lb. pressure).

Note: 25 lbs. of fish, round weight, will fill approximately 12 pt. jars.

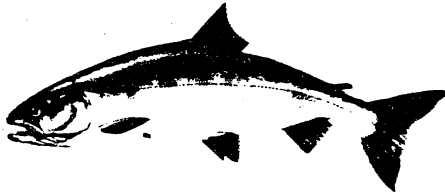
SMOKED FISH

SECRET SALMON BRINE

1/4 C. rock salt
3 C. soy sauce
6 C. water
1 medium white onion, sliced
1 T. black pepper
1 t. garlic powder

Make sure fish to be smoked is covered with brine. Soak for 8-12 hours, longer if fish is very thick. Rinse well and dry.

Smoke with a sweet wood, like apple.



RECOMMENDED METHOD FOR FREEZING FRESH FISH

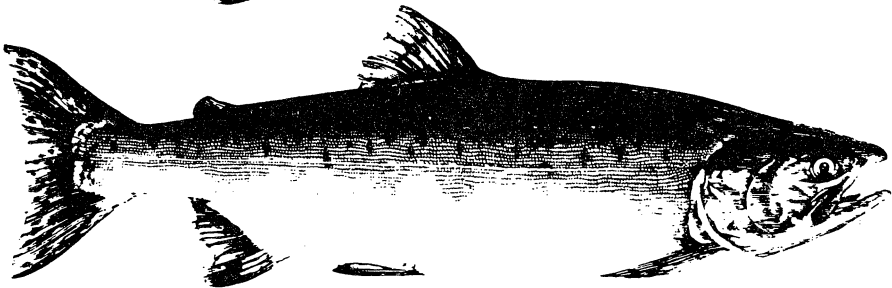
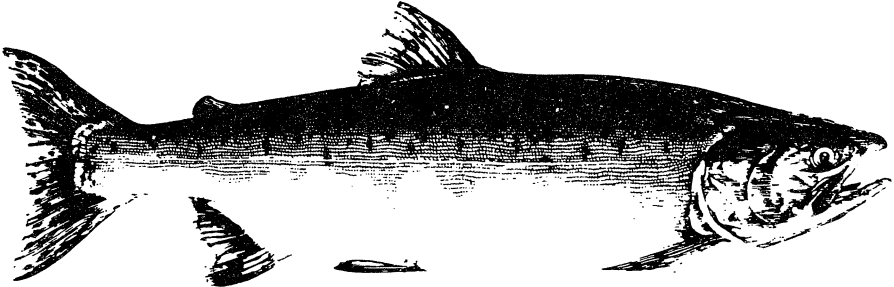
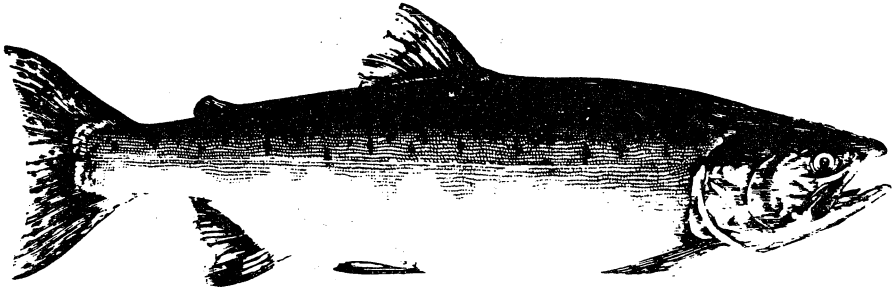
To retain the freshness in fish, it is recommended that the fish be frozen in a 5% salt water solution: 1 T. salt per 1 qt. water. Mark and date packages when freezing.

This is recommended for halibut, sea perch, salmon, crab, shrimp and clams.

GRILLED SALMON

one salmon
bacon strips
onion slices
lemon slices

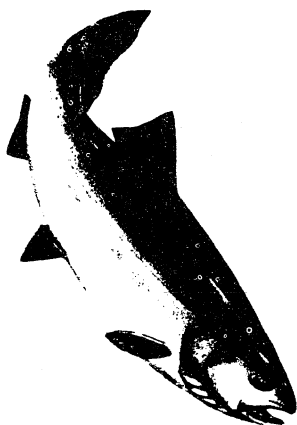
Clean and dry salmon. Lay bacon strips, onion and lemon slices in cavity and strips of bacon on outside. Wrap in 3 layers of heavy foil. Lay on grill over charcoal. When fish flakes easily it is done. A 35 lb. king takes only 2 hours.



BAKED STUFFED SALMON

¼ C. butter
1 C. finely chopped celery
½ C. finely chopped onion
salt
rosemary
thyme
2 T. parsley
1 C. chopped black olives
2-3 C. cooked rice
fish

Melt the butter and saute celery, onion salt, rosemary, thyme and parsley. Add olives and rice. Stuff fish, add excess to outside. Bake at 350° approximately 1 hour depending on size of fish. Serve with your favorite sauce.



SAUTEED SALMON WITH CURRY SAUCE

½ C. finely chopped onions
6 T. butter
4 salmon steaks or fillets
flour
2 T. curry powder
salt and pepper
1 C. sour cream

Saute the chopped onion in 2 T. butter until soft. Remove from pan and add the remaining butter to the pan. Dust the salmon with the flour mixed with pepper. Saute the steaks quickly until they flake. Remove to a hot platter. Return the onion to the pan and reheat. Add the curry powder and blend well. Gradually stir in the sour cream and heat but do not boil. Check seasoning, pour sauce over salmon and serve with rice.

ROASTED SALMON

4-5 lbs. salmon
¼ lb. butter
juice of 1 lemon

Melt butter and mix with lemon. Baste every 15 minutes. Cook over charcoal 1 hour. Turn fish once. Serve with hollandaise sauce.

SALMON ROLL

1 can salmon or 8 oz. fresh cooked and boned
1 lg. pkg. cream cheese
2 t. horseradish
1 t. lemon juice
 $\frac{1}{4}$ t. salt
dash liquid smoke
 $\frac{1}{4}$ C. macadamia nut bits
3 T. chopped parsley

Drain and flake salmon and combine with soft cheese. Mix rest of ingredients except parsley and nuts. Roll salmon and cheese and chill 1 hour. Mix nuts and parsley and roll salmon in mixture.

LEMON CREAM BAKED SALMON

Arrange 3-4 salmon steaks (2 lbs.) in a buttered baking dish.

Mix 1 C. heavy cream, 5 t. lemon juice, 1 T. minced onion, dash of salt and pour over steaks, bake uncovered 25 minutes at 400° (or until fish flakes easily). Spoon sauce over each serving. Garnish with fresh parsley.

Did you know that...

Vegetables grown above ground should be cooked without a cover. Underground vegetables need a cover.



SALMON À LA DISHWASHER

It's odorless, requires no ovens, pots or pans, and works well for preparing Alaska's favorite fish. What can it be? Dishwasher cookery! If you think it's a joke, try it and laugh for joy.

How do you do it? Take one small salmon--or a

piece of salmon (under 10 lbs. works best) wrap it well with aluminum foil (use at least 2 sheets), find a suitable rack in your dishwasher, insert, close door, and start. Though detergent isn't necessary, there is no reason you can't wash your dishes and cook the salmon at the same time. Just be sure the salmon is tightly wrapped.

What happens? Depending on the model of your dishwasher and the parts of its cycles, the salmon is boiled, steamed, and baked.

The results? One moist and tender salmon ready for eating. Simply remove from dishwasher and, opening foil carefully, place on platter. There will be no cooking odors at all.

Note: Much depends on the strength of your dishwasher and what cycle(s) you use, as well as the size of fish you insert. A certain amount of experimenting is probably necessary. If one full cycle is not enough, simply run it through again, or part(s) of a cycle. Also, cheesecloth can be used instead of foil, and vegetables can be cooked separately at the same time.

And of course, you can use all your favorite touches, enclosing fish with various herbs, such as dill or thyme, thin-sliced vegetables, lemon slices, special sauces, etc. Salmon cooked in foil with fresh apricots, or oranges and grapes, is excellent. The true secret, as with all foil cookery, is to make sure that the fish is wrapped tightly enough that it does not leak! And, of course it takes a certain faith--like the first time you baked a turkey in a brown paper bag.

POACHED SALMON

(Serve with your favorite sauce)

If you do not have a fish poaching pan use a large broiler pan or other baking pan...or a dishwasher.

Basic poaching liquid:

1 qt. water

1 onion sliced

6 whole black peppercorns

2 whole allspice

1 bay leaf

3 T. lemon juice

1 t. salt

½ C. dry white wine

Simmer 30-60 min. Strain. Double this recipe for a large fish.

Top of the range method: Wrap fish in cheesecloth and lower into boiling liquid. Reduce heat and simmer (never boil). Cook 6-8 min. per lb. Fish should flake easily.

Oven method: Wrap in cheese cloth and place in baking pan; pour boiling liquid over. Cover and place in 400° oven. Cook until fish flakes easily.

Lift fish out carefully and arrange on platter, garnish with parsley and lemon. Serve with shrimp, hollandaise, horseradish or sour cream sauce.

SALMON BALLS

1 lb. canned or fresh salmon (cooked, filleted)
¼ lb. sharp cheese
½ t. each of salt and celery salt
1 t. steak sauce
1 T. each butter, grated onion, parsley flakes
1 beaten egg
½ C. mashed potato
1 C. bread crumbs

Mix everything together except crumbs and cheese. Shape into balls 1½-inch in diameter. Poke a small cube of cheese inside and close up. Roll in crumbs. Fry 3-4 minutes in deep fat. Serve hot. May be served plain or with sauce.

SALMON SANDWICH FILLING

1 lb. salmon, canned or fresh cooked
1 T. chopped parsley
1 T. chopped onion
1 T. French dressing (if desired)
salt
lemon juice
mayonnaise
dill pickle (finely chopped)

Excellent on long loaf of French bread, regular white, or pumpernickel; add lettuce if desired. Also good in stuffed tomatoes.

POACHED KING SALMON OR HALIBUT

In large iron skillet bring to boil water to which has been added salt, dill, whole peppercorns, whole ginger root, small sliced onion. Add fish cut into steak or smaller size pieces and bring to boil again. There should be enough water to cover fish. Turn down fire to keep liquid barely simmering and cook 6-8 minutes until fish is done. Remove from liquid, place on serving dish and add generous amount of melted butter.

Your favorite spices may be added to or substituted for those given. Important not to overcook.

SALMON STANDBY

1/2 lb. fresh or canned salmon
6 oz. pkg. egg noodles
1 can sliced mushrooms
1 C. creamy cottage cheese
1/4 t. dill
1/4 C. sour cream
3 T. chopped onion
cheddar cheese, grated

Mix all ingredients with cooked noodles, cover with cheddar cheese. Bake 350° 20-25 minutes.
Serves 4

BARBECUED SALMON

salmon steaks
brown sugar
dry mustard
soy sauce
lemon juice

Mix all ingredients together and cover salmon steaks with the mixture. Place on wire grills (top and bottom grill like a large hot dog grill). Broil over charcoal or fire.

DEEP FRIED FISH

1 egg
1 C. milk
1 C. flour
1 t. melted fat or oil
½ t. salt

Beat egg slightly, add milk and melted fat. Combine with flour and salt.

Wipe fish, cut into serving pieces and rub with salt (1½ t. per lb. of fish). Dip fish into batter and fry in deep fat, 4 minutes at 350°. Drain on brown paper.

Serves 6-8.

Try deep frying salmon pieces. It comes out nice and moist.

SHRIMP STUFFED SNAPPER

1 whole red snapper sprinkled with salt and pepper inside and out.

Stuff with following stuffing:

$\frac{1}{4}$ C. butter, melted

3 T. minced onion, browned

$\frac{1}{2}$ t. basil

1 T. flour

1 T. parsley flakes

salt and pepper

Mix ingredients together and add $\frac{1}{2}$ C. milk and stir to a thick sauce.

Add the following ingredients to sauce and blend.

$\frac{1}{2}$ lb. cooked small shrimp (chopped large shrimp)

1 C. cooked rice

3 T. lemon juice

Stuff fish and lace closed. Place in foil and cook in preheated oven 400° 50-70 minutes. Pour butter over fish and baste.



TROUT SHISH KABOB

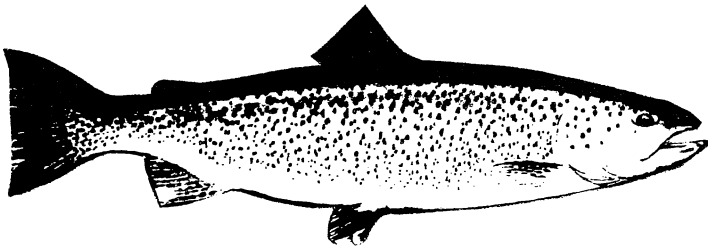
Marinade:

red wine

lemon juice

$\frac{1}{4}$ cup soy sauce

Marinate 2 lbs. cubed trout ($1\frac{1}{2}$ to 2 inch pieces) in marinade for at least 2 hours. Place on skewers and broil over hot coals.



BEER BATTER TROUT

trout fillets

pancake flour

1 can stale (open 6-8 hours) beer

1 T. sugar

salt

Dry fillets. Make thin batter (it thickens on standing). Dip fillets and fry quickly in 1 inch hot oil. Turn, drain, serve immediately with lemon.

HALIBUT

Cooking for Crowds

Approximately 120 lbs. of halibut (in the round) provides about 70 lbs of fish to serve 100 people.

BREADED HALIBUT

Dip ($\frac{1}{2}$ inch thick) halibut pieces in melted butter then in bread crumbs. Bake 15 minutes at 450° .

BAKED ALASKA HALIBUT

$1\frac{1}{2}$ or 2 lbs. fresh or frozen halibut fillets or steaks

Place in a baking dish (single layer), salt and pepper as desired.

Mix

$\frac{1}{2}$ to $\frac{3}{4}$ C. of real mayonnaise

$\frac{3}{4}$ C. grated cheddar cheese (sharp or medium)

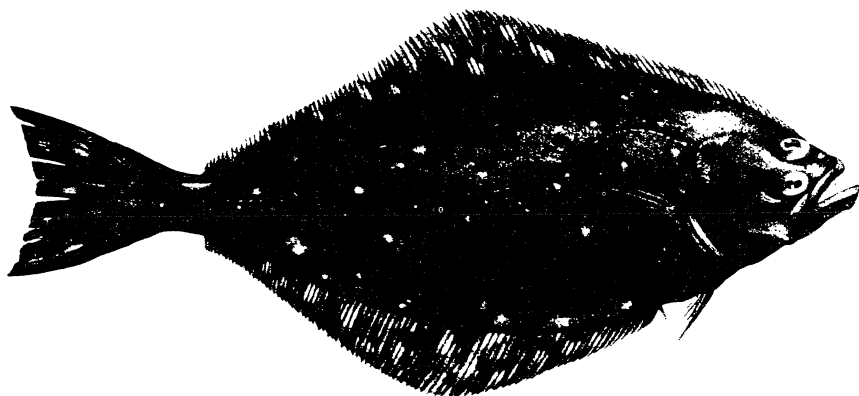
Spread cheese/mayonnaise mixture over fish. Cover with foil. Bake 350° or 370° about 45 minutes. Remove foil last 5 minutes so it browns a bit. If you smell fish cooking you know it's ready to serve!

HALIBUT STEAKS BRAZILIAN

2 lbs. halibut steaks
2 T. instant coffee
2 T. lemon juice
1 t. salt
1 t. onion salt
chopped parsley
 $\frac{1}{2}$ C. melted shortening or salad oil

Place fish in shallow baking dish. Dissolve coffee in lemon juice. Add remaining ingredients, except parsley, and mix thoroughly. Pour sauce over fish and let stand for 30 minutes, turning once.

Remove fish, reserving sauce. Place fish on a well-greased broiler pan and brush with sauce. Broil carefully and brush with remaining sauce, 4 to 5 minutes per side for thick steaks or until fish flakes easily when tested with a fork. Garnish with chopped parsley. Serves 6.



SMOTHERED HALIBUT OR FISH CASSEROLE

- 1-2 lbs. halibut or whitefish fillets
- 2-4 C. king crab or shrimp, cooked
- 1 medium onion, diced
- 2 C. sliced mushrooms (optional)
- 1-2 cans mushroom soup
- 1 C. Zesty Italian or Golden Caesar salad dressing

Remove any bones and cut fish into serving portions. Roll in flour and brown lightly in frying pan. Saute onion and mushrooms in butter or oil. Combine mushroom soup and half of the milk or water called for on the soup can with salad dressing, onion, mushrooms, and crab and/or shrimp. Place fish in deep baking dish or pan. Cover with remaining ingredients. If there is not enough liquid to cover, stir in a little milk or water. Bake in oven about 30-35 minutes at 325-350° until sauce is hot and fish is just cooked through. White wine can be substituted for the liquid.

CHEESY HALIBUT

Broil halibut dotted with butter for 12-15 minutes until it barely flakes with a fork. Place in a buttered baking dish. Make a thick white sauce with lots of cheddar cheese. Pour sauce over fish. Top with parmesan cheese and another ½ C. grated cheddar cheese. Bake at 350° for 20 minutes.

BAKED HALIBUT

halibut steaks

sour cream

mayonnaise

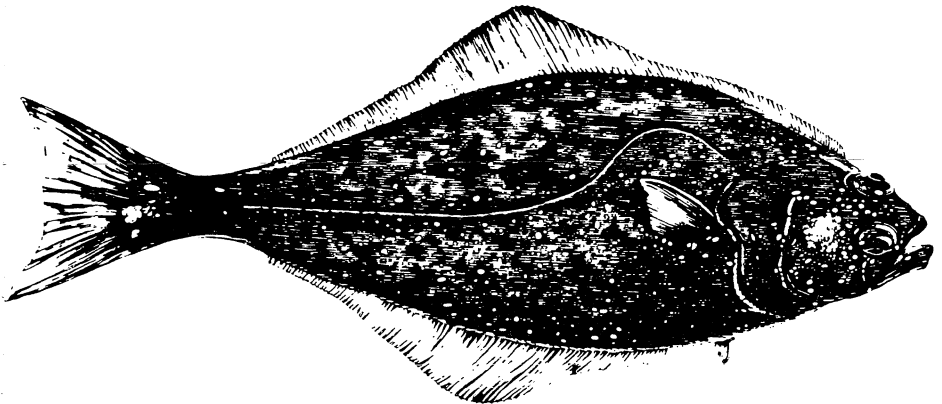
dill

salt

pepper

grated cheddar cheese or Havarti cheese

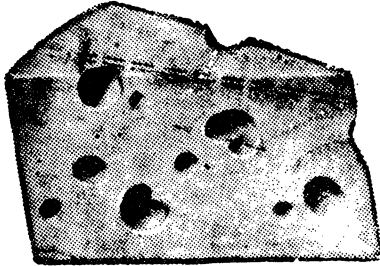
Lay halibut steaks in shallow, buttered, baking dish. Cover with equal parts sour cream (dieters can use half yogurt, half sour cream) and mayonnaise. Sprinkle with dill, small amount salt and pepper. Bake 15 minutes in 400° oven, remove and sprinkle with grated cheddar or Havarti cheese, return to oven and bake 5-10 minutes more until cheese is bubbly and fish is done.



HALIBUT AU GRATIN

- 6 halibut fillets
- 4 C. boiling water
- 1 T. lemon juice
- 1 stalk celery

Add lemon juice and celery to water. Add halibut and simmer 12 minutes (do not boil). Remove from water and place in a shallow casserole or baking dish. Cover with cheese sauce and bake 20 minutes at 350°.



CHEESE SAUCE FOR HALIBUT AU GRATIN

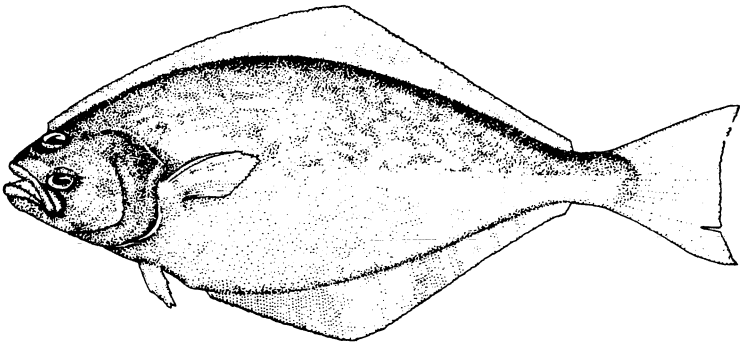
- 1½ C. milk
- 3 T. flour
- 3 T. butter
- ½ t. salt
- 1 C. grated cheese

Combine as for white sauce. Add half of the cheese to sauce and sprinkle over with grated cheese.

HALIBUT AU GRATIN 2

2 lbs. halibut steaks
2 T. butter
2 T. flour
1½ t. salt
½ t. pepper
1 C. hot milk
½ C. celery, minced
2 C. cheese, grated
½ C. buttered crumbs

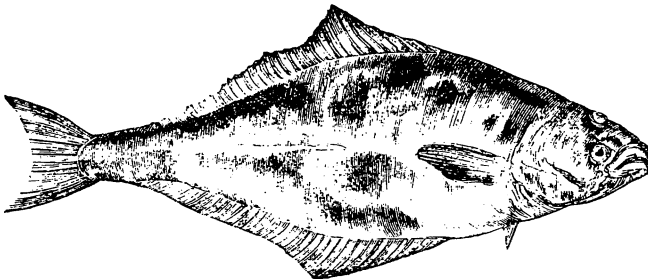
Melt butter in saucepan; blend in flour, salt, and pepper. Stir in milk gradually. Cook until thick; add celery. In a buttered baking dish, layer fish, sauce, and cheese until all are used; top with crumbs. Bake at 350° for 1 hour. Serves 8.



CHINESE-STYLE FRIED HALIBUT

2 lbs. halibut steaks
¼ C. flour
1 t. salt
fat
½ C. vinegar
1 C. sugar
3 chicken bouillon cubes
1 large green pepper cut into strips
1 C. drained pineapple chunks
3 T. cornstarch
1½ t. soy sauce
water

Cut halibut steaks into serving-sized pieces. Mix flour with salt; roll steaks in seasoned flour. Melt enough fat to make skim of fat in fry pan. Brown fish in hot fat on each side, turning carefully. Drain on absorbent paper. Combine vinegar, sugar, 1⅓ C. water, bouillon cubes, green pepper, and pineapple; simmer for 10 minutes. Mix cornstarch, 1½ T. water and soy sauce to thin paste; add gradually to pineapple mixture. Cook until thick, stirring constantly. Serve over fish. Serves 6.



SPICY CRAB BURGERS

- 1 (7½ oz.) can or ½ lb. frozen Alaska king crab
- 2 T. lemon juice
- 2 T. chopped onion
- 1 T. chopped green pepper
- 2 T. sliced stuffed olives
- 1 C. shredded American cheese
- ½ C. catsup
- ½ t. salt
- ¼ t. Worcestershire sauce
- 4 hamburger buns, buttered and toasted

Drain and finely slice crab. Sprinkle with lemon juice. Combine with onion, green pepper, olives, cheese, catsup, salt, and Worcestershire sauce. Spread bottom half of buns with crab mixture. Broil until cheese melts and filling is thoroughly heated. Place top halves on buns. Serve with pickles and potato chips. Makes 4 burgers.

HALIBUT BURGERS

- 1 lb. fresh halibut
- 1 egg
- 2 slices of bread
- 1 t. lemon
- ½ t. salt
- ¼ t. pepper
- ¼ C. onion
- A few sprigs of fresh dill or parsley

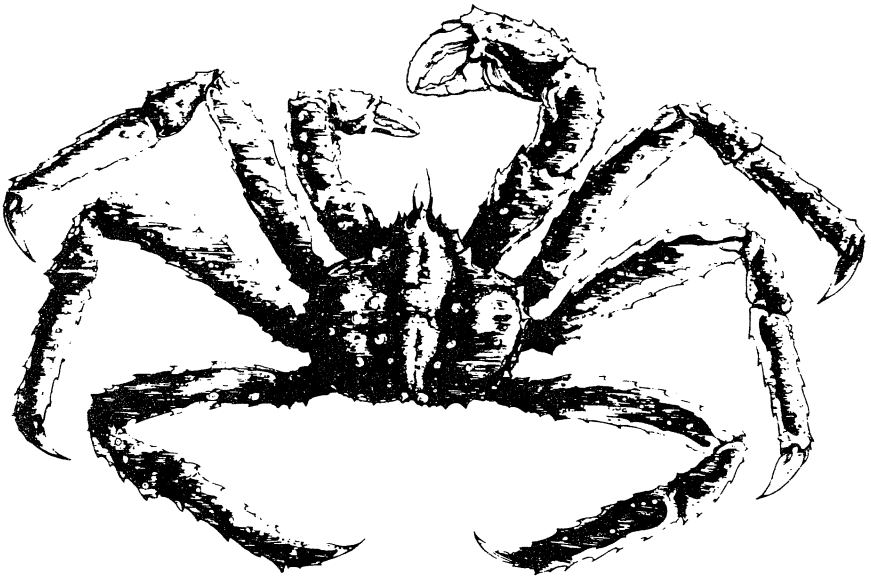
Put everything into a food processor and mix. Make into patties and fry in buttered skillet. Serve on toasted buns with lettuce and tarter sauce.

BAKED SEAFOOD SUPREME

- 1 C. cooked shrimp
- 1 C. crab meat
- 2 cans cream mushroom soup
- 1 can cream of celery soup
- 4 T. sherry
- 1 small jar pimento
- ½ C. sliced fresh mushrooms
- 1 C. buttered bread crumbs
- 2 pkgs. cooked, drained broccoli or
- 2 pkgs. frozen peas.

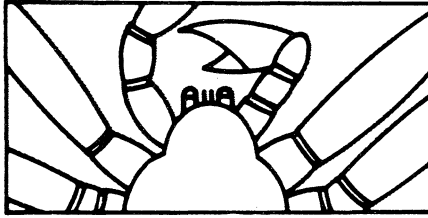
Mix soup and sherry. Layer vegetables with seafood. Top with mushrooms and pimento. Add soup mixture, top with bread crumbs. Garnish with paprika and parsley.

Bake at 325° for 30 minutes.



CRAB DISHES

Make your favorite spaghetti sauce but substitute equal amounts of king crab, tanner, or Dungeness crab for meat. Add more green peppers than you normally would and cut them larger. Add 1 small can chunk style pineapple (cut sections in half). Add crab and pineapple last. Serve over spaghetti. (Shrimp or clams may be added or substituted).



FRIED KING CRAB

Put pieces of crab in bowl, cover with cream for 15 minutes. Drain, roll in flour. Brown in butter on all sides. Put on warm platter. Cover with sauce or dip in melted butter if desired.

Sauce:

4 T. butter

2 T. parsley

2 T. capers, chopped

½ lemon (peeled and chopped)

Brown butter, add parsley, lemon, and capers. Pour over crab and serve hot.

INDIVIDUAL CRAB OMELETS

1 (7- $\frac{1}{2}$ oz.) can or $\frac{1}{2}$ lb. frozen Alaska king crab
1 (10 oz.) pkg. frozen peas, cooked
1 (10 oz.) can white sauce
9 eggs
 $\frac{1}{2}$ C. water
1 t. salt
 $\frac{1}{4}$ t. pepper
butter

Drain and slice crab. Combine with cooked peas and white sauce. Heat slowly. To prepare omelets, beat eggs, water, and seasonings until light and foamy. Preheat griddle to 300-325°. Brush entire surface with butter. Slowly pour $\frac{1}{4}$ C. of egg mixture on the griddle for each omelet, allowing it to spread. When omelets are set and lightly browned on bottom, place 3-4 T. of hot crab filling in center of each omelet. Fold over with narrow spatula. Makes 12 omelets or 6 servings.

PICKLED CRAB TAILS

Cook pickling juice as follows:

2 C. vinegar
1 $\frac{1}{2}$ C. sugar
2 t. pickling spice

Boil 5 minutes. Cool. Cut slices of cooked crab tails, and sliced onions. Alternately layer crab and slices of onion in jar and add cooled pickling juice to cover crab and onions.

KING CRAB PAELLA

1 pkg. (10 to 12 oz.) frozen Alaska king crab split legs
1 clove garlic, minced
1/2 C. chopped onion
2 T. olive oil
1 lb. chicken breasts, skinned and boned, cut into chunks
1/4 lb. bulk sausage
1 C. rice
1 t. salt
1/2 t. oregano
1/4 t. pepper
pinch of saffron, crushed
2 C. chicken broth
1 tomato, peeled, seeded, and diced
3/4 C. fresh or frozen peas
2 T. pimento, sliced
1/4 C. chopped parsley

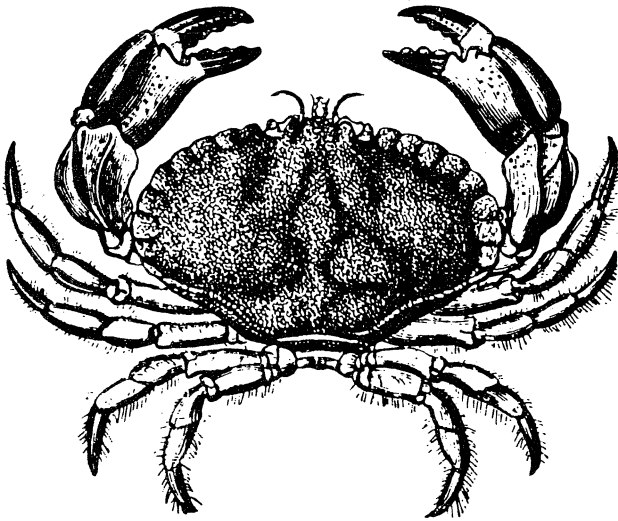
Thaw crab legs. In large skillet, saute garlic and onion in oil; push to one side of pan. Add chicken and brown well; remove from pan. Crumble sausage into pan; add rice. Cook and stir over high heat until rice is lightly toasted. Return chicken to cooked mixture with seasonings and chicken broth. Bring to boil; simmer, covered, 20 minutes or until rice is tender. Carefully fold in crab, tomato, peas, and pimento; simmer, covered, 15 minutes longer.

Remove cover from skillet and cook until all moisture is absorbed. Sprinkle with parsley. Makes 4 servings.

CRAB CURRY

3 C. crab meat
2 egg yolks, slightly beaten
1 pt. light cream
 $\frac{1}{4}$ C. onion
 $\frac{1}{2}$ clove minced garlic
 $\frac{1}{4}$ C. butter
4 C. cooked steamed rice

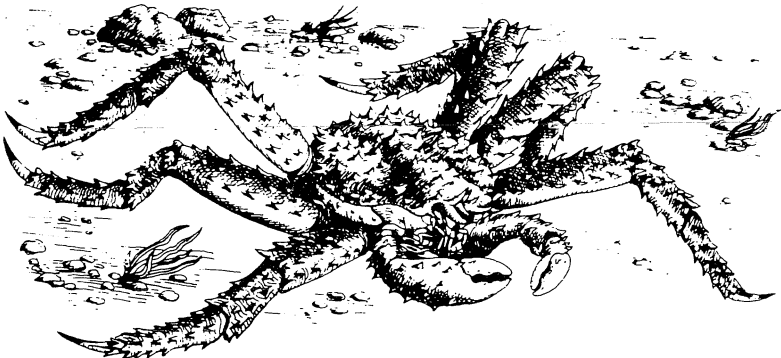
Saute onion and garlic in butter, add 2 t. curry powder. Cook over low heat for 10 minutes. Blend in 2 T. flour. Gradually add light cream. Stir constantly until thick. Place mixture in double boiler over boiling water and add crab and spices. Heat through and then stir egg yolks into sauce. Heat and spoon over steamed rice. Serve with small dishes of condiments such as: crisp bacon, salted peanuts, sweet pickles, chopped hard-cooked eggs, or chopped green onions.



KING CRAB FRITTATA

1 pkg. (6 to 8 oz.) Alaska king crab meat
1 small zucchini
 $\frac{3}{4}$ C. sliced mushrooms
 $\frac{1}{4}$ C. finely chopped onion
 $1\frac{1}{2}$ T. olive oil
4 eggs
 $\frac{3}{4}$ t. salt
pinch of pepper
pinch of basil
pinch of oregano
1 T. chopped parsley
grated parmesan cheese

Thaw, drain and slice crab. Slice zucchini; cut slices in half. Saute zucchini, mushrooms and onion in oil in 9-inch skillet. Add crab and heat through. Beat eggs; blend in seasonings. Pour eggs over crab mixture; sprinkle with parsley. Cook over low heat, lifting the edges to allow the uncooked portion to run underneath. When set, sprinkle with cheese and place under hot broiler until top is delicately browned. Cut into wedges and serve at once. Makes 2 to 3 servings.



QUICK KING CRAB FONDUE

- 1½ lbs. frozen or 3 (7-½ oz.) cans Alaska king crab
- 1 clove garlic
- 2 (10-¾ oz.) cans condensed cheddar cheese soup
- ½ C. sour cream
- ¼ C. dry white wine

Defrost and drain frozen crab, slicing into pieces large enough for dunking; or chill, drain, and slice canned crab. Rub chafing dish or electric skillet with cut clove of garlic. Pour in soup and sour cream. Heat, stirring, until smooth; gradually add wine. Heat, but do not boil. Keep fondue hot while serving. Serve with pieces of Alaska king crab for dunking. Makes 6 to 8 servings.

Second-day treat: Add small pieces of crab to any remaining fondue and serve over toast points.

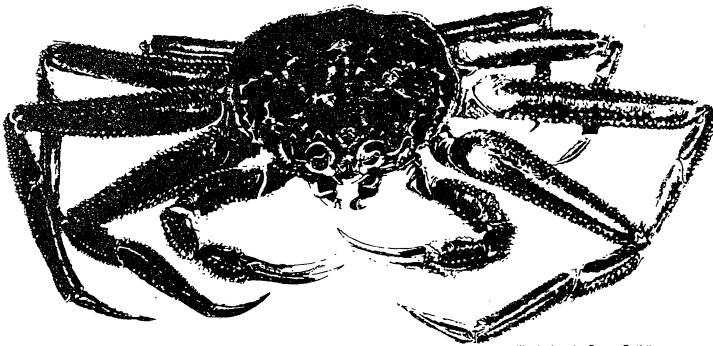


Illustration by Susan R. Kikka

CRAB ST. JACQUES

1 pkg. (6 to 8 oz.) frozen Alaska king crab meat
1/2 C. sliced fresh mushrooms
2 green onions, sliced
1 T. butter
2 t. cornstarch
1/2 C. heavy cream
1 T. each dry white wine and lemon juice
1/4 t. each salt and thyme
pinch of white pepper
1 T. each fine dry bread crumbs, grated
parmesan cheese and melted butter

Thaw, drain and slice crab. Saute mushrooms and green onions in butter. Add crab and heat through. Blend in cornstarch. Add cream, wine, and lemon juice. Cook, stirring constantly, until thickened and smooth. Blend in seasonings. Divide between 2 scallop serving shells or individual au gratin dishes. Combine bread crumbs, parmesan cheese and melted butter; sprinkle over casseroles. Broil 3 to 5 inches from heat, 3 to 4 minutes or until lightly browned. Makes 2 servings.

Did you know that...

It is a good idea to spray your barbecue grill with vegetable oil to prevent sticking.

BROILED CRAB LEGS

1 pkg. (10 to 12 oz.) frozen Alaska king crab split legs

melted butter

1 T. lemon juice

$\frac{1}{4}$ t. grated lemon peel

Thaw crab legs. Combine $\frac{1}{4}$ C. butter with remaining ingredients; blend well. Place crab legs on broiler rack; brush with butter sauce. Broil 3 to 5 inches from heat 3 to 4 minutes; brush once with sauce. Serve with additional butter, if desired. Makes 2 main dish servings.

For a variation omit lemon juice and peel; add 1 clove minced garlic, 1 T. brandy or dry white wine and 1 t. minced parsley to melted butter.



Illustration by A. W. Higgins

FRUITED CRAB COMPOTE

1 pkg. (6 to 8 oz.) frozen Alaska king crab meat
½ cantaloupe, cut into bite-size chunks
1 can (8 oz.) pineapple chunks, drained
1½ C. seedless green grapes
sour cream dressing

Thaw, drain and slice crab. Layer fruits and crab in individual stemmed cocktail glasses. Serve with sour cream dressing. Makes 3 luncheon or 6 appetizer salads.

Sour Cream Dressing

Combine 1 C. dairy sour cream, 2 T. finely chopped chutney, 1 T. lime juice and ½ t. curry powder. Cover; refrigerate several hours. Makes about 1 C. dressing.

SCAMPI—ALASKA STYLE

Marinate 3 lbs. of whole shrimp in the following sauce:

½ lb. melted butter
¼ C. white wine
1 t. Worcestershire sauce
½ t. chili powder
3 cloves garlic, pressed
1 t. mustard
salt and pepper
1 thinly sliced lemon
chopped parsley

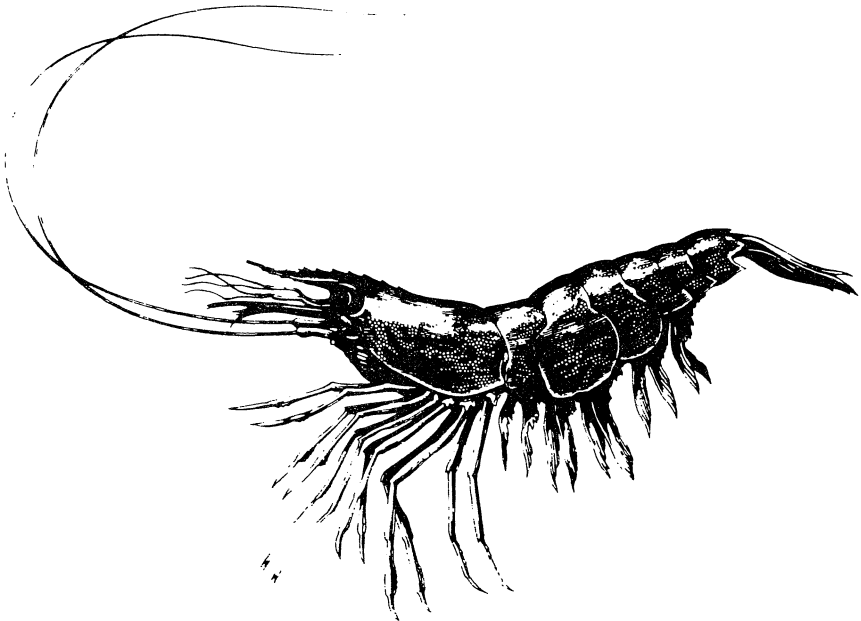
Pour sauce over shrimp in baking pan. Marinate 24 hours. Bake at 350° 15 to 20 minutes. Baste.

SHRIMP TEMPURA

Use tempura batter mix. Add ice water and whisk quickly. Ignore small lumps and don't overstir.

Flour shrimp (or scallops) and slide gently into 2 inches hot oil (350-375°). Fry small portions and allow oil to come back to temperature before adding more. Drain. Serve with tempura sauce. (Kikkoman is good.)

Dip sweet potatoes, zucchini, green peppers, onions and mushrooms in tempura batter for good accompaniments.



STUFFED SHRIMP

- 16-20 large shrimp (pickled with tails on)
- 1 clove garlic
- 1 t. salt
- 2 C. croutons
- 1 C. flaked crab
- $\frac{1}{4}$ C. chopped parsley
- $\frac{1}{2}$ C. butter
- $\frac{1}{4}$ C. water
- $\frac{1}{4}$ C. dry white wine

Wash shrimp, devein and cut almost through.
Stand shrimp up in 4 individual casseroles.

Mash garlic and salt; add other ingredients and stuff each shrimp. Sprinkle with parsley and bake 20 minutes at 400° until lightly browned.

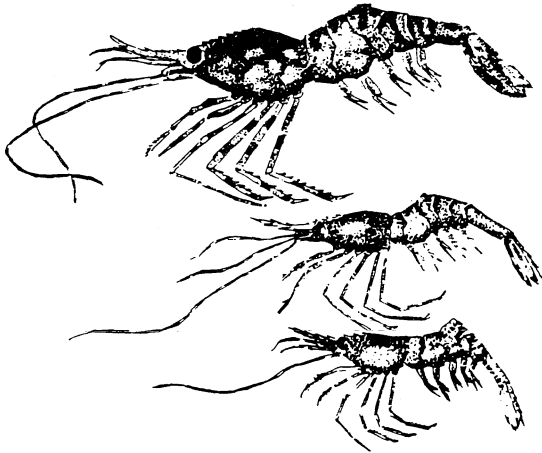


Illustration by Richard Carstensen

SCALLOPS— AUNT LOUISE STYLE

3 lbs. scallops
2 T. lemon juice
1½ C. dry white wine
¾ lb. mushrooms
½ lb. butter
1 C. Swiss cheese
1 C. sour cream or whipped cream
1 small jar pimento
chopped or dry parsley
½ t. salt
dash of white pepper
4 T. flour
½ C. grated romano or parmesan cheese

Wash and drain fresh scallops. Bring lemon juice and dry white wine almost to a boil. Add scallops, fresh mushrooms (peel if they smell musty, otherwise wash and dry mushrooms well), pimento, and parsley. Simmer slowly 7-8 minutes.

Melt butter. Add salt and white pepper. Blend flour very gradually (until it bubbles). Slowly add liquid from scallops and wine and cook until thick. Add grated Swiss cheese (blend on low heat). Remove from heat. Add sour cream or whipped cream. Top with grated romano or parmesan and paprika. Broil until cheese browns. Serves 6 to 8.

CLAM FRITTERS

1 pt. clams
1 C. sifted flour
1 t. salt
1¹/₂ t. baking powder
²/₃ C. clam liquor and milk
2 eggs, well beaten

Drain clams, add liquid and eggs. Put in blender. Mix well with dry ingredients. Drop by table-spoonfuls into hot deep fat. (¹/₄ inch). Brown, turn, and drain. Serve plain or with sauce. Serves 6.



CLAM FRITTERS

Cockles, butter clams, or other types of clams or shellfish. Grind or chop very fine. (In a pinch buy canned chopped or minced clams.) Drain and mix clams with beaten egg, cracker crumbs and finely chopped onion. Season to taste. Form into patties and deep fry (400°) until golden brown.

DEEP FRIED RAZOR CLAMS

Batter:

flour

paprika

salt

pepper

½ can beer (optional)

water

Get approximately 50 large razor clams. Place in a large bucket of fresh water for about 3-5 hours. This will open up the shells for easy cleaning. After removing the clams from their shells, cut off the diggers and the necks. This will leave only the body. Place the diggers and necks in a separate pan for chowder. Take the bodies which are left, butterfly them and thoroughly remove the waste. Wash with fresh water. Prepare batter. A half can of beer may also be added. Place the butterflied clams in the batter and coat thoroughly. Place in a medium to large frying pan, with about ½ inch of fresh oil, on a high burner. When the oil is hot place the battered clams in the frying pan and cook for 30 seconds on one side, turn over and cook for 25 seconds on the other side and immediately remove from the frying pan. Eat while hot. This recipe is enough for about 4 to 5 persons.

SPAGHETTI WITH CLAM SAUCE VERDE

For this recipe you can use fresh clams. You can also use razors, or use canned, minced clams. The amount depends on how many people you are feeding.

2 medium onions
1 green pepper
2 cloves garlic
4 T. butter
2 T. olive oil
¼ t. oregano
1 t. parsley flakes
¼ t. chives
½ stalk celery
1 lb. clam meat, minced
1 C. dry white wine
½ lb. thin spaghetti
romano or parmesan cheese

Finely chop onions, garlic, pepper, and celery. Heat 2 T. butter and oil. Add garlic and saute until foam subsides; add onions, pepper, and celery. Saute until onions are golden. Add clam meat and cook until tender. Add wine, butter, oregano, parsley, and chives. Simmer until sauce is at the consistency you want. Salt and pepper to taste. Cook spaghetti until "al dente." Serve sauce over spaghetti with choice of cheese.

ALASKA DELICACIES

Oriental dishes are very appropriate for use with Alaskan seafoods. Among our favorites

SUSHI

4 C. short-grain rice

water

sugar

Japanese white rice vinegar

salt

12 large, raw, unshelled shrimp or crab, octopus, or squid pieces

Wasabi horseradish paste or hot mustard, (optional)

pickled red ginger, shredded (optional)

The rice mixture: Put 4 C. short-grain rice into a large, heavy pan. Add 4 C. cold water and 4 t. sugar; soak about 2 hours. Cover and bring to a boil on high heat until the water begins to spew out from the lid. Turn heat immediately to low. Cook for 12 minutes on low heat; remove from heat and let stand 10 minutes, all without lifting the lid.

Meanwhile, combine in a small pan $\frac{1}{2}$ C. white rice vinegar, 6 T. sugar, and 4 t. salt. Heat just until sugar is dissolved.

To prevent the rice from becoming soggy, cool quickly with a fan or hair dryer as someone folds in the vinegar mixture carefully.

A bamboo mat makes rolling Sushi easier. Lay a

piece of commercially processed seaweed on mat and spread with rice mixture. Lay a row (down the center) of horseradish sauce and prawns, salmon, crab or cucumber and roll tightly and slice. Use a sharp moistened knife to slice.

SUSHI WITH PRAWNS

Run a bamboo skewer lengthwise through each unshelled large, raw shrimp (prawn), to keep it from curling as it cooks.

Marinade:

1/2 C. white vinegar

2 T. sugar

1/2 t. salt

Drop the shrimp into boiling, salted water and cook about 5 minutes; cool. Remove the skewers and shell and devein, leaving on tails. Butterfly each by splitting lengthwise on underside almost to the back. Marinate the shrimp for about 30 minutes. Drain and lay them flat on a plate. Dab a very small amount of horseradish paste or hot mustard inside each shrimp.

With moistened hands, take up a little of the rice mixture (about size of a walnut) and press into each split shrimp. Serve ginger, thinly sliced, on the side. You might also serve these Sushi with a small cup of soy sauce for dipping. Makes 12 Sushi. Also may use other fish or vegetables.

CHARCOAL BROILED OCTOPUS

2 lbs. octopus
1 C. dry sherry
2 T. olive oil

Cut into pieces 1 inch long and $\frac{1}{2}$ inch thick.
Marinate overnight in sherry and oil. Grill about
10-15 minutes.

GLAZED SQUID OR OCTOPUS

12 small squid
3 T. sake (rice wine)
1 T. sherry
1 t. salt
2 $\frac{1}{2}$ t. sugar

Wash squid thoroughly. Remove ink and save.
Make shallow cuts on each squid. Mix sake,
sherry, salt, and sugar; bring to a boil. Add ink
and bring to a boil again. Add squid. Reduce
heat and simmer until tender. Remove squid. Boil
liquid until thick. Brush on squid. Broil until crisp
and brown.

SMOKED SALMON

Use good quality fish—fish should be dressed immediately when caught and kept in a cool shaded area. Fillet fish and cut into not larger than 2 inch chunks or cut in strips approximately 1½ or 2 inches wide. It is okay to freeze fish before processing. Strips should be cut lengthwise of fillet. To kipper is to cook with smoke and this process takes 8 to 14 hours.

Brine: This salt water solution will float a raw egg.
5 lb. salt to 6 gal. water or
1 lb. salt to every 5 qt. water

Mix salt and water until salt is dissipated.
Add: 1 lb. brown sugar to this 6 gal. solution, stir until sugar is dissolved. Brine should be kept at room temperature.

Salmon: Fish should be wiped dry and placed in the brine. Leave approximately 8 hours. Fish should be agitated at least 2 or 3 times during this period. Remove brine and rinse fish lightly with fresh water. Wipe dry and lay on wire trays, skin down. (It is important to coat the skin with vegetable oil, etc., or apply a coat of oil on the wire tray to keep salmon from fusing with tray during smoking process.)

Smoking: Use partially green alderwood with bark removed. Never use green alder with bark on it. Cool smoke is used at the beginning so fish will dry and form glaze, then the heat can be increased. After 6 hours smoking, salmon should be tested;

check every hour thereafter. (To test, open piece with a fork. Fish will look done.)

Fish will remain in good condition for two or three weeks in the refrigerator. To keep longer, paint the surface with melted butter which provides a seal and prevents molding. Kippered salmon can be frozen satisfactorily.

KIPPERED SALMON

Kippered salmon is dried in cool smoke, then cooked in warm smoke for several hours.

Halve salmon lengthwise and cut into chunks. Soak pieces in a brine solution (2½ C. salt dissolved in 2 qt. of water), ½ to 2 hours, according to thickness, being sure they are well covered. Rinse the pieces thoroughly in running water and lay out on a rack to air-dry for 1-2 hours. A breeze and 70° temperature are ideal. If flies are present, protect fish with a covering of cheese cloth or a light smudge of smoke. When the fish has dried sufficiently, the surface will be shiny and dry to the touch.

Start fire and let it burn down to coals; smoke temperature should be about 80-90°. Smoke fish about 12-15 hours until a good glossy skin has formed. Smoke 2 hours more, when temperature is increased (up to 150°), decrease smoking time to 40—60 minutes.

SMOKED CURED SALMON

Use same brine as for smoked salmon. Cut fish in strips so it can be hung in the smoke house. Use only cool dry smoke which requires considerable distance between the smoke and the fire. This process takes from 4 days to one week. It's a dehydration rather than a cooking process. When done, the finished product will be firm and have a glazed surface. The smoke cured salmon will last an indefinite period.

This is the process used by the Indians and Eskimos for their winter supply and for dog food.

Tip: If your smoked salmon is too moist, or not completely done, it can be placed in the oven until cooked.

SUGGESTIONS FOR USE OF SMOKED SALMON

Break smoked salmon in chunks into a cream sauce and serve over new potatoes or rice.

To barbecue fish use smoky fire. Baste with melted butter, lemon juice and add dill and thyme to taste. Don't overcook fish.

COOL SMOKED SALMON

Another method produces fish similar to commercial smoked salmon. It is translucent with a robust smoky flavor. Clean and fillet salmon. Prepare a salt mixture by combining 2 C. salt, 1 C. brown sugar, 2 T. each crushed bay leaves, all-spice, whole cloves and mace. Dredge salmon in salt mixture until it clings to the flesh. Leave for 6 to 8 hours. Rinse and scrub under running water to remove all traces of salt. (Soak salmon in running or frequently changed water 4 to 6 hours.) Dry in fresh air for 6 hours. (If the day is damp, dry 8 to 10 hours.)

Start fire, let burn down to coals and begin smoking. Temperature should not be over 90°. Smoke fish for 8 hours, then build up a dense smoke, keeping temperature below 100° by using a spray of water when necessary. Continue smoking for 16 hours. (It is best to keep fire going continuously for the 24 hours, but if you must, let fire die at night, start again in the morning). When finished, the fish is almost tender enough to spread with a knife.



PICKLED SALMON

Fillet salmon, preferably red (coho or sockeye). Cut fillets into strips approximately 1 inch x 4 inches. Take flesh from back of fish. Immerse in the following solution.

50% white vinegar

50% salt brine (recipe given for smoked salmon, OMIT sugar).

Allow to stand 3 or 4 days. Tip jar daily to keep salt solution from settling. After 4 days, drain fish and discard solution. The fish at this point has become firm, and can be sliced into tidbits. Fill glass jar by alternating a layer of fish, sliced onion, whole pickling spice, and thinly sliced lemons or oranges or both. Cover fish with fresh solution of brine and vinegar. Let stand 2 or 3 days before ready to eat. This can be kept in a sealed glass jar, refrigerated, for as long as a year.

U.S. Department of the Interior, Bureau of Commercial Fisheries

Did you know that...

You can freeze eggs: Spray ice cube trays with oil. Beat eggs and add $\frac{3}{4}$ t. sugar and $\frac{1}{4}$ t. salt for every $\frac{1}{2}$ dozen eggs. Pour into trays and freeze firm. Store in airtight containers in freezer. One cube is equal to one egg.

NOTES



BEAR ROAST

3-4 lb. roast (rib or loin)

salt

pepper

garlic salt

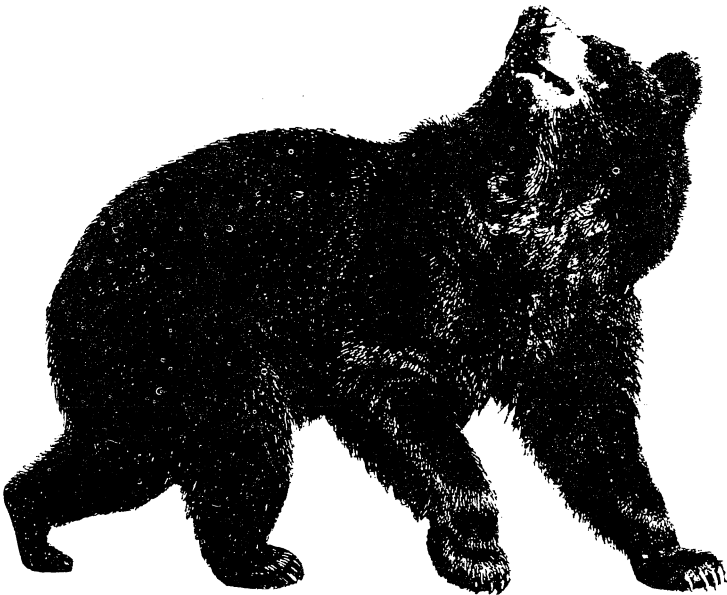
herbs

salt pork or bacon, thinly sliced.

Place meat in a roasting pan and season with salt, pepper, garlic salt, and your favorite herbs. Anchor salt pork or bacon slices on top of roast with toothpicks. Roast uncovered at 325° until tender. (Bear meat is not excessively dry.)

Serves 6-8.

Cooperative Extension Service, University of Alaska



ROAST FILLET OF BEAR

1 whole fillet of bear
4 strips salt pork
2 green peppers, seeded and cut into strips
 $\frac{1}{2}$ C. red wine vinegar
2 C. dry white wine
 $\frac{3}{4}$ C. sliced onions
1 clove garlic, minced
1 carrot, sliced
 $1\frac{1}{2}$ C. chopped celery and leaves
salt and pepper to taste
1 bay leaf
 $\frac{1}{2}$ t. dried tarragon
 $\frac{1}{2}$ t. dried sage
 $\frac{1}{2}$ C. melted butter
2 T. butter
pitted black olives
lemon slices

Prepare the fillet by pulling out the veins and nerves. Pull strips of salt pork through it crosswise, then insert the green peppers.

In a saucepan over medium heat, combine vinegar, wine, onions, garlic, carrot, celery, salt, pepper, bay leaf, sage, and tarragon to make marinade. Bring to a boil and cook over high heat for 3 minutes. Remove from heat and cool. Place meat in a glass or pottery bowl and pour the marinade over it. (Do not use metal bowls.) Cover and marinate refrigerated, for 3 days, basting and turning occasionally. Preheat oven to 450°. Drain

meat and place in a roasting pan. Roast for 20 minutes. Brush with melted butter, reduce heat to 350°, and roast for 12 minutes per pound, basting frequently with melted butter.

Melt 2 T. butter in a small skillet over low heat. Add olives and fry for 2 minutes. Transfer the meat to a hot platter and garnish with the olives and lemon slices.





BUFFALO ROAST

3-4 lb. roast (Use rib or loin.)

salt and pepper

garlic salt

Worcestershire sauce, other steak sauces

Place meat in a roasting pan and sprinkle with salt, pepper, and garlic salt. Make marinade of equal parts of Worcestershire sauce and other steak sauces. Pour over the roast. (The marinade is to enhance flavor and not to tenderize.) Do not add water. Do not cover. Roast at 350° for approximately 35 minutes per pound of roast or until desired degree of doneness. Serves 6 to 8.

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CANTONESE STYLE STEAK

1 lb. steak (Use any kind of game meat steak.)
meat tenderizer, if needed
2 T. cornstarch
3 T. sherry or cooking sherry
salt
4-6 large onions
2 T. salad oil

Cut meat into thin strips about $\frac{1}{4}$ -inch wide and 2-4 inches long. (Tough steak can be made edible by cutting across the grain.) Put strips into a bowl. Add tenderizer if needed. Add cornstarch, sherry, and a light sprinkling of salt. Mix and let stand until ready to use, at least 15 minutes.

Cut onions into slices about $\frac{1}{4}$ -inch thick. Separate into rings. Put a heavy skillet over high heat. When skillet is hot, add salad oil, then onions. Fry 2-4 minutes stirring constantly (with long-handled fork) until onions have changed in appearance but are still crisp. Remove onions to a heated platter. Put steak strips into skillet, again stirring constantly for 2-4 minutes. Add more salad oil if needed. Put onions back into skillet, again stirring constantly for 2-4 minutes. Add more salad oil if needed. Mix with steak strips, and serve at once. Serves 3.

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Did you know that...

In order to stop hot fat from splattering, sprinkle a little salt in the pan before frying.

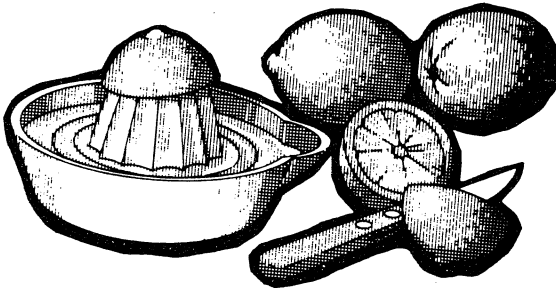
GERMAN MEATBALLS

2 C. grated potato
2 lbs. ground moose
½ lb. ground pork (if available)
¼ C. grated onion
2 eggs
2 T. lemon juice
1 T. salt
1 t. pepper

Mix all ingredients, form into balls, roll in flour, poach in stock (consomme, bouillon cubes dissolved in water, etc.) for 30 minutes; drain and keep warm while making the following sauce.

Sauce:

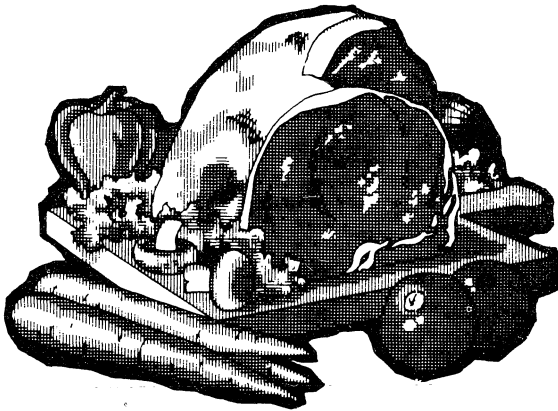
Blend 4 T. flour and 3 T. butter in pan. Add 2 C. stock in which meatballs were cooked, season with salt and pepper, cook until thick. Add 1 t. caraway seed and the meatballs. Serve with cooked red cabbage and noodles sprinkled with buttered crumbs.



BARBECUED ROLLED ROAST

- 4 lb. rolled roast (moose, venison, etc.)
- ½ C. chopped onion
- ½ C. lemon juice
- ¼ C. salad oil
- 2 cloves minced garlic
- 2 t. prepared mustard
- 1 t. rosemary
- ½ t. each salt, pepper

Wipe meat with damp cloth. Place in large bowl or pan. Combine remaining ingredients and pour over meat. Remove from refrigerator 1½ hours before starting to cook so meat will be at room temperature. Grill meat on rotisserie 1½ hours. Baste often with marinade.



Did you know that...

If meat is partially frozen it is much easier to slice into thin strips, as for stroganoff or stir-fry dishes.

BARBECUED MOOSE

Cut 1 lb. of moose flank steak, round steak, or other tender cut of moose meat into 1-inch cubes. Brown meat in 3 T. of oil.

Simmer meat for 45 minutes in:

$\frac{1}{3}$ C. vinegar

$\frac{1}{3}$ C. prepared mustard

$\frac{1}{3}$ C. molasses

1 C. ketchup

1 t. Worcestershire sauce

Thicken if necessary with 2 t. cornstarch mixed with $\frac{1}{4}$ C. water.



SLOW COOKED SWISSED MOOSE

2½-3 lbs. moose round steak (cut 1½-inch thick)
2 T. unbleached flour
½ t. marjoram
½ t. sage
2 onions sliced
1 large can tomatoes
1 can mushrooms (size optional)
1 large green pepper, sliced
1 stalk of celery, sliced

Mix flour, marjoram, sage, salt, pepper; spread half of the mixture on each side of steak; pound into steak. Repeat with other side. Brown pounded meat in a tablespoon of vegetable oil in a large electric skillet. When brown, remove steak from pan. Add onions, peppers, celery, and stir fry. Add tomatoes and mushrooms and simmer on low heat for 5 minutes. Cut steak into 4-6 equal sized pieces. Pour liquid into slow cooker. Add steak. Cook on low for 3 hours or until tender. Serve with rice, mashed potatoes, or noodles.

Did you know that...

A roast should not be cooked cold. Let the meat stand for at least an hour at room temperature. Brush with oil before and during roasting and the juices will be sealed in.

TOMATO MOOSE WITH GREEN PEPPERS

Cut 1 lb. of moose flank steak or other tender cut of moose meat into thin strips about 2 inches long.

Marinate for 20 minutes in:

¼ C. dry sherry

½ t. sugar

2 T. soy sauce

1 t. fresh ginger root, minced

1 t. cornstarch

2 T. vegetable oil

Stir-fry meat ½ lb. at a time in wok with 3 T. oil (preferably peanut oil) at medium high heat until lightly browned. Remove from wok with slotted spoon.

Add 4 T. oil to wok and stir-fry 10 green onions chopped in 1-inch lengths for about 30 seconds; add 1 green pepper chopped in 1-inch pieces, stir-fry an additional minute; add 1 tomato chopped in 1-inch pieces, stir-fry an additional minute. Add seasoning sauce:

½ C. chicken broth

1 T. cornstarch

2 T. soy sauce

1 t. sesame oil

¼ C. sugar

½ C. ketchup

Stir-fry until sauce thickens slightly, serve with rice.

ALASKAN MOOSE PEPPER STEAK

- 1 lb. moose steak, thinly sliced
- 2 T. oil
- 2 bell peppers, seeded and chopped
- 1 C. chopped onions
- 1½ C. celery, cut on diagonal
- 1 T. cornstarch
- 1½ t. ground ginger
- 4 T. soy sauce
- 2 t. lemon juice
- 1¼ C. water
- ½ C. light molasses

Heat oil in a heavy skillet or wok over medium heat. Add meat and cook only until red color disappears. Add the peppers and saute lightly. Add the onions and celery and saute for 3 minutes. Blend cornstarch and ginger with soy sauce, lemon juice, water, and molasses. Add to meat and cook, stirring constantly, until thick. Serves 4.



ROAST MOOSE AND VEGETABLES

(This recipe works well with any meat that needs slow, moist cooking.)

4-5 lb. roast

1 C. red cooking wine

½ pkg. onion soup mix

6 large potatoes

6 large carrots

12 large fresh mushrooms

flour

salt and pepper

small amount of peanut oil

rosemary

sliced medium onion

Thoroughly rinse roast. To rid meat of gamey taste, it may be soaked for an hour or two in cold water/lemon juice or vinegar mixture (1 qt. water/1 C. of lemon juice or vinegar). Afterwards, be sure to rinse the roast thoroughly and pat it dry.

Dredge roast with flour, salt, and pepper. Brown on all sides in a pan in which the peanut oil has been heated. Mix onion soup with the cooking wine. Pour over the roast. Sprinkle the rosemary over the roast, add the sliced onion. Cover and cook until tender, about three hours in a 325° oven. About an hour before you plan to serve the meal, add potatoes and carrots which have been scrubbed and cut into quarters. About ½ hour before serving time, add the whole mushrooms. Continue cooking until the vegetables are tender.

You can make gravy by using the drippings.

MOOSE WITH ASPARAGUS

Cut 1 lb. of moose flank steak or other tender cut of moose meat into thin strips about 2 inches long.

Marinate for 20 minutes in:

$\frac{1}{4}$ C. dry sherry

$\frac{1}{2}$ t. sugar

2 T. soy sauce

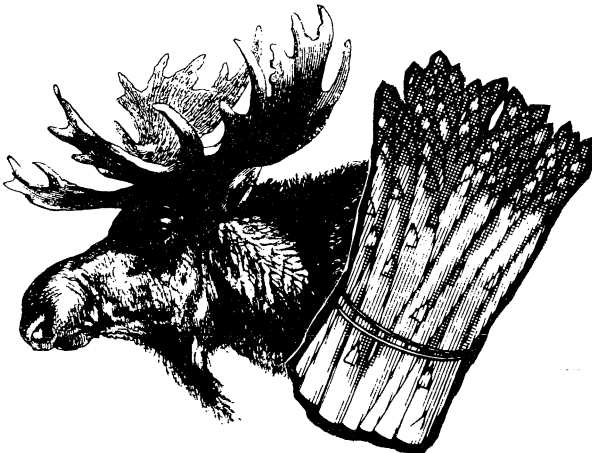
1 t. fresh ginger root

1 t. cornstarch

$\frac{1}{2}$ t. baking soda

Stir-fry meat $\frac{1}{2}$ lb. at a time in wok with 3 T. oil (preferably peanut oil) at medium high heat until lightly browned. Remove from wok with slotted spoon.

Add 4 T. oil to wok, stir-fry at high heat 1 clove crushed garlic and 10 green onions chopped in 1-inch lengths for about 30 seconds; add $\frac{1}{2}$ lb. asparagus cut in 2-inch lengths and stir-fry an additional 2 minutes. Add $\frac{1}{4}$ C. chicken broth and cooked moose and mix well. Serve with rice.



ROAST MOOSE OR VENISON SUPREME

3-4 lb. roast
½ C. red cooking wine (divided)
1 t. meat tenderizer
2 t. salt
2 t. pepper
1 t. garlic powder
6 thin slices of fresh lemon
4-6 slices salt pork

Basting Sauce:

¼ C. butter
¼ C. honey
½ C. frozen orange juice concentrate
½ t. rosemary

Soak roast in water with ½ C. vinegar overnight. Rinse and dry well. Brush with wine. Shake on tenderizer, salt, pepper, and garlic powder. Place lemon slices on top of roast. Place salt pork on top of lemon slices. Secure with toothpicks. Place in 300° oven 4-5 hours. In top of double boiler, melt butter; add honey, orange juice, remainder of wine and rosemary. Baste roast often with this mixture while baking.

Did you know that...

After cooking, small roasts should sit for 10-15 minutes before carving; a large roast should sit for 20-30 minutes.

MOOSE RIBS (or other big game)

3 to 4 lbs. moose ribs
fat salt pork
 $\frac{1}{2}$ C. water
2 or 3 sliced onions
1 T. brown sugar
pinch dry mustard

Place the ribs, bone down, in pressure cooker. Lay strips of fat salt pork over top of meat. Add water and sliced onions. Cook at medium pressure for $\frac{1}{2}$ hour. Remove ribs and place in an iron skillet. Mix brown sugar and dry mustard with fat stock from the pressure cooker, and pour it over the meat. Place in moderate oven, uncovered for $\frac{1}{2}$ hour, or until crisply browned, basting frequently with pan juices.

MOOSEBURGER PIE

Mince one medium-sized onion and put in heavy skillet with small amount of hot fat. When onion is slightly cooked, add 1 can tomato soup and simmer until onion is tender. Add 1 lb. ground moose and salt and pepper to taste. Continue to simmer, stirring frequently, until meat is cooked thoroughly. Top with baking powder biscuit dough and bake in oven until the biscuits are a deep golden brown. Serves 4.

Another variation would use mushroom soup instead of tomato and add frozen peas and carrots when the meat is added.

VENISON NOODLE SKILLET

1 lb. ground venison
3 T. shortening
1 clove garlic, crushed and chopped fine
½ C. diced onion
½ C. diced green pepper
1 C. diced celery
1 (1 lb.) can red kidney beans
2 C. broad noodles, uncooked
1 qt. tomatoes
1 (4 oz.) can mushrooms
2 t. seasoned salt
1 t. chili powder
pinch of pepper

In large skillet brown meat in shortening; saute onion, green pepper, garlic, and celery until transparent. Add remaining ingredients; mix well. Cover tightly; bring to boil. Reduce heat; simmer 20 minutes. Serves 6 to 8.

SHEPHERD'S PIE

Chop any leftover meat into cubes and moisten with leftover gravy or a can of mushroom soup, adding a bit of chopped onion if desired. Place in a greased casserole and dot with butter or bacon drippings. Cover with hot mashed potatoes (may use packaged instant potatoes) and spread the top with 1 beaten egg mixed with 2 t. cold water. Bake in hot (400°) oven until nicely browned, 20-25 minutes.

POT ROAST OF VENISON

(rump or chuck roast)

3-5 lbs. venison chuck roast
2 T. bacon fat
2 T. onion flakes
garlic powder, salt, and pepper
3-4 slices of bacon
large can of tomatoes

Heat bacon fat in Dutch oven, and brown meat well on all sides, along with onion flakes (or sliced onion). Lay slices of bacon on top of roast. Add tomatoes. Salt lightly, add pepper to taste, and garlic powder if desired. Cover, seal, and cook in deep pit.

DELIMITOS

2 lbs. venison hamburger
1 small chopped onion
1 small can chopped green chilies
1 small can of refried beans
1 jar taco sauce (1 cup or so)
1 pkg. flour tortillas
1 C. grated cheddar cheese

Fry deer hamburger with chopped onions and green chilies. Drain fat and liquid off the burger. Salt and pepper to taste. Add can of refried beans, 1/2 cup taco sauce. Fill tortillas and roll up. Put in greased baking dish and cover with remaining taco sauce and grated cheese. Bake in hot oven at 350° until cheese is melted and tortillas are hot.

THIRTY MINUTE VENISON STEAK

6 venison steaks
1/3 C. flour
1 1/2 t. salt
1/4 t. marjoram
3 T. butter
1 small onion, peeled and diced
1/2 C. celery, chopped
1 (4 oz.) can of mushrooms
1 1/2 C. beef broth

Mix flour with seasonings and rub into steaks. Heat skillet, add butter, and then brown steaks. Place steaks in pressure pan and cover with remaining ingredients. Put on pressure lid. Following instructions of your pressure cooker, cook at 10 lbs. of pressure for 25 minutes. Let pressure drop. Serve with gravy made by adding one can of mushroom soup to the remaining broth in the pan after removing steaks. Stir to prevent sticking. Heat just till hot.

The Fish and Wildlife Safeguard Program is an effort by citizens of Alaska, in cooperation with the Division of Wildlife Protection, to protect our natural resources by identifying poachers. In addition to the educational aspect, the program offers substantial awards to citizens who report wildlife violators. If you are aware of poaching activities, you can make an anonymous call to 1-800-478-3377.

VENISON STEAK IN MIREPOIX*

2 lb. steak, $\frac{1}{2}$ inch thick (Use leg steak.)
1 T. butter or margarine
 $\frac{1}{2}$ C. carrots, diced $\frac{1}{4}$ inch thick
 $\frac{1}{2}$ C. celery, diced $\frac{1}{4}$ inch thick
 $\frac{1}{2}$ C. onion, diced $\frac{1}{4}$ inch thick
 $\frac{1}{4}$ bay leaf
2 C. beef broth
salt and pepper
garlic powder
 $\frac{1}{4}$ C. flour
2 T. butter or margarine

To make mirepoix, melt 1 T. butter or margarine in a sauce pan and saute vegetables slowly until limp. Add bay leaf and beef broth. Simmer gently for 5 minutes. Trim excess fat from sides of meat. Slash sides to prevent curling. Sprinkle steak with salt, pepper, and garlic powder, then dredge in flour. Melt 2 T. butter or margarine in a heavy skillet over medium heat. Brown steak on both sides. Add mirepoix. Cover skillet tightly and simmer over low heat until tender (about $1\frac{1}{2}$ hours). Serve venison in large pieces with some sauce spooned over each piece. Serves 4 to 6.

*Mirepoix is a classic mixture of vegetables and liquid used in French cooking as a flavor enhancer. Cut vegetables exactly as directed as they form a built-in garnish.

Cooperative Extension Service, University of Alaska

BURGUNDY VENISON

2 lb. venison steak
1 garlic clove
3 medium onions
4 T. butter
salt, pepper, flour
 $\frac{1}{4}$ t. marjoram
 $\frac{1}{4}$ t. oregano
 $\frac{1}{2}$ C. burgundy wine
1 (4 oz.) can mushrooms
 $\frac{1}{2}$ pt. sour cream

Cut venison into 1-inch pieces. Tenderize and set aside. Saute garlic, onions, and butter in a skillet until soft and brown. Remove onions and garlic from pan. Brown venison slowly. Return onions and garlic to pan. Thicken with flour and water. Add salt and pepper. Simmer $1\frac{1}{2}$ hours. Add mushrooms, herbs, and wine. Simmer 15 minutes. Add sour cream and serve over wild rice. Serves 6.

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FRESH TENDERLOIN MEDALLIONS OF VENISON

1 whole tenderloin, cut into small steaks
Worcestershire sauce
butter
sliced onion
bacon slices, as many as there are tenderloin
medallions

Fry the bacon until still pliable but done. Saute the steaks in butter along with the sliced onion and Worcestershire sauce. When cooked, wrap with bacon and secure with a toothpick.

DEER MEAT AND GRAVY

Cube shank meat, round, or any odd parts you can cut into small pieces. Cover with flour, thyme, salt, and pepper. (These ingredients can all be mixed in a paper or plastic bag. Add the meat and shake until dusted.)

Brown in oil in Dutch oven, cover with 4 sliced onions. Add 4 C. water. Bring to a simmer. Add 2 cubes or pkgs. of beef bouillon. Cover and simmer until meat is fork tender. Add touch of Kitchen Bouquet for color. Add mix of equal parts of cornstarch and flour for thickening if broth is too thin. Serve over mound of rice or mashed potatoes.

VENISON POT ROAST

3-4 lb. venison roast
4 C. claret wine
1 medium onion, sliced
1 large bay leaf
3-4 peppercorns, crushed
1 t. salt
3-4 juniper berries
4 T. olive oil

Place roast in a mixture of wine, onion, bay leaf, rosemary, pepper, and juniper berries. Marinate for at least 2 hours, turning meat occasionally; remove meat and pat dry. Heat olive oil in Dutch oven; brown meat lightly; cover and bake in slow oven (300°) 30 minutes to the pound. If more baste is needed, use heated wine.

VENISON SAUSAGE

5 lbs. lean venison
2 lbs. fat salt pork
5 T. sage
4 t. salt
2 t. cayenne pepper
½ t. tabasco sauce
1 onion chopped fine
juice of 1 lemon

Grind all meat fine, mix all ingredients. Put into casings or fry as country sausage.

VENISON SAUERBRATEN

3-3½ lb. venison chuck roast
2 onions sliced
2 bay leaves
12 peppercorns
6 whole cloves
2 t. salt
1½ C. red wine vinegar
1 C. boiling water
2 T. shortening
12 gingersnaps, crushed (cookies)

Place roast in glass dish with onions, bay leaves, peppercorns, cloves, salt, vinegar, and boiling water. Cover. Marinate at least 3 days in refrigerator, turning meat twice a day using two wooden spoons. (Do not pierce meat with fork.) Drain meat, reserving marinade; brown meat on all sides in hot shortening in heavy skillet. Add marinade; cover skillet; simmer slowly for 3-3½ hours, or until meat is tender. Remove meat and onions from skillet and keep warm. Strain and measure liquid in skillet; cover and simmer 10 minutes. Stir gingersnaps into liquid. Cover and simmer gently 3 minutes. Serve meat and onions on a platter; accompany with gravy.

Did you know that...

A fork should never be stuck in meat while frying or grilling as it punctures the meat and lets the juices out. Use tongs.

VENISON SCALLOPINI

1 onion, chopped
3 T. butter or margarine
1½-2 lb. venison, cut into small pieces
⅓ C. flour
2 t. salt
¼ t. pepper
½ t. minced garlic
pinch of rosemary
1 can condensed consomme

Saute onion in skillet with butter as needed. Place in 1½ qt. casserole with onions. Drain fat from skillet. Add garlic, rosemary, and consomme. Heat to boiling in skillet. Pour over meat. Cover casserole and bake at 350° for 45 minutes. Serve over rice. Serves 4 to 5.

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BREADED VENISON CHOPS WITH BROWN SAUCE

3 venison shoulder chops
1/2 t. salt
1/4 t. pepper
1 beaten egg
1 C. fine bread crumbs

Simmer chops in small amount of water about 15 minutes. Drain and season with salt and pepper. Dip chops in beaten egg and coat with bread crumbs. Brown both sides in hot fat. Serve with brown sauce.

Brown Sauce:

2 T. butter
1 slice onion
2 T. flour
1 C. canned beef consomme
1 t. Worcestershire sauce
1/2 t. salt
1/2 t. paprika

Brown onion lightly in butter. Stir in the flour and brown. Add meat stock slowly, stirring constantly, and cook until sauce is thick and smooth. Add Worcestershire sauce, paprika, and salt. Serve over the breaded chops.

Did you know that...

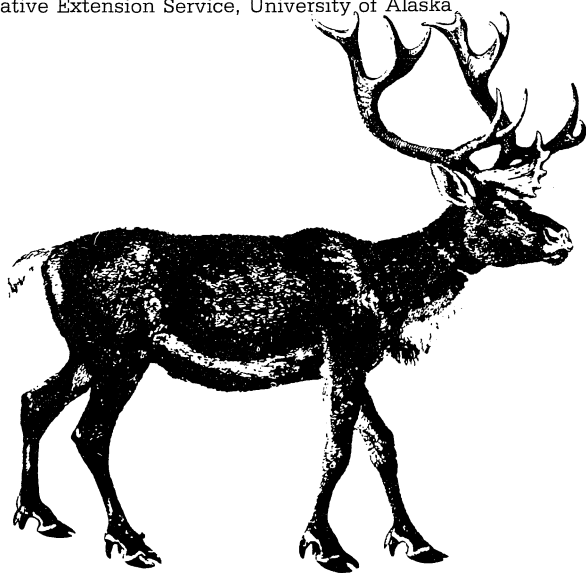
A few drops of lemon juice in potato water will whiten boiled potatoes.

REINDEER STUFFED CABBAGE ROLLS

- 1/2 lb. ground meat
- 1/3 C. chopped onion
- 1/2 t. nutmeg
- 1/2 t. salt
- 4 large cabbage leaves
- 1 C. quick brown rice
- 1 (8 oz.) can tomato sauce
- 1 C. grated cheese

Brown meat with onions, nutmeg, salt. Add 1/2 can tomato sauce. Drop cabbage in boiling water; cook 3 minutes; drain. Divide meat on leaves, fold sides over, roll up, fasten with toothpicks. In 9 inch skillet, cook rice as directed on box with other 1/2 can of tomato sauce. Arrange rolls on top, cover, simmer 20 minutes. Add cheese at serving time. Serves 4.

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REINDEER TERIYAKI

1½ lbs. sirloin steak
1 T. powdered ginger
½ clove garlic, minced
1 T. sugar
½ medium onion, minced
¼ C. soy sauce
2 T. water

Cut steak into serving pieces. Make a sauce of remaining ingredients. Pour over meat. Let stand 1-2 hours. Spread out on shallow pan and broil 3-5 minutes on each side. Serve immediately.
Serves 4.

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REINDEER CUTLETS

2-3 lbs. steak
salt and pepper
bread crumbs
½ C. fat
¼ C. currant jelly or cranberry relish

Rub meat with salt and pepper. Roll in bread crumbs. Melt fat in skillet; fry steaks until well browned on bottom sides. Place on hot platter. Make gravy using drippings in pan and add currant jelly or cranberry relish.

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SAVORY REINDEER/ CARIBOU POT ROAST

3 lbs. pot roast
¼ C. fat
2 medium onions, sliced
1 C. tomato paste or tomato meat sauce
1 C. water
¼ t. pepper
¼ t. ginger
1 T. salt
8 whole cloves
6 potatoes, halved
6 carrots, halved

Brown meat well in fat in heavy kettle or roasting pan. Slip a low rack under meat. Add onions, the tomato paste, water, and seasonings. Cover tightly. Simmer over low heat or bake in moderate oven (350°) 3 hours or until tender. Add potatoes and carrots. Cook 30 minutes longer. Place on deep platter. Serves 6.

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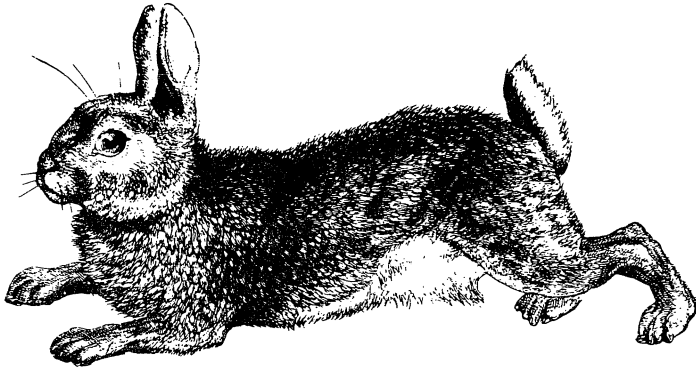


STUFFED SHEEP SHOULDER

- 4 lb. shoulder roast
- 1 C. rice
- 2 T. fat
- 2 bay leaves
- 1 onion, chopped
- 1 green pepper, chopped
- 1½ C. quartered (or canned) tomatoes
- 1 t. salt

Bone shoulder to make a pocket for the stuffing. Cook rice in boiling salted water. Melt fat in heavy pan or skillet, add bay leaves, chopped onion, and green pepper. Cook slowly until tender. Remove the bay leaves. Add tomatoes and salt, cook 5 minutes more. Mix rice and tomatoes together. Fill the pocket with rice mixture, fasten with skewers, place on rack with the fat side up and roast in a slow oven (325°) for 2½ hours. Do not cover.

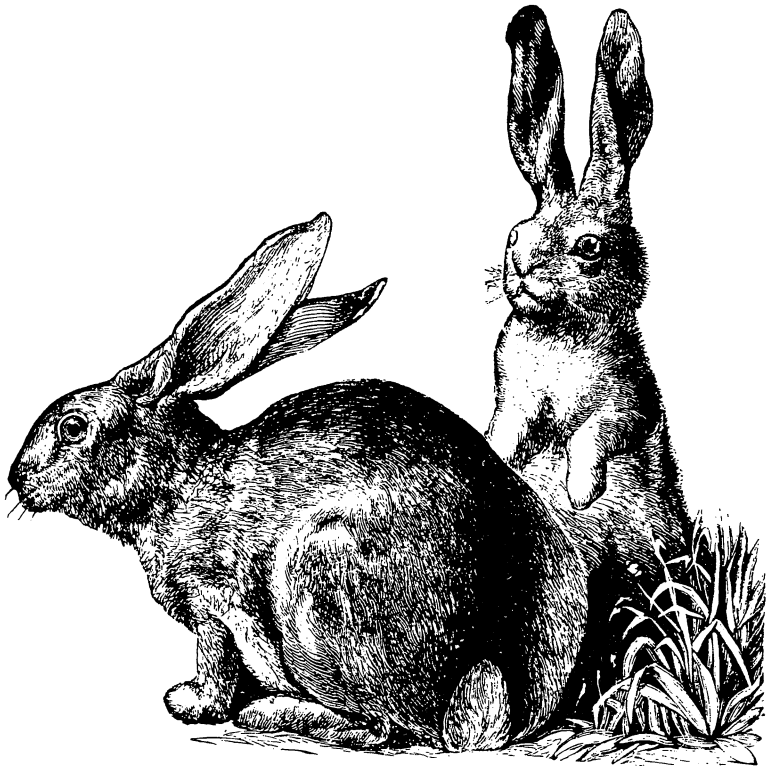




RABBIT

1 rabbit, dressed, skinned, cut in serving pieces
¼ C. diced bacon or salt pork
3 T. bacon fat
½ C. flour, seasoned with salt and pepper
1 can tomato soup
2 t. dry onion flakes
1 t. sugar
hot water

Heat the fat in Dutch oven with the salt pork or bacon. Dredge meat in seasoned flour, and sear well on all sides in the hot fat. Blend tomato soup in 4 C. hot water, and add to meat. Add onion flakes and sugar. Add water if necessary to just cover everything. Seal in Dutch oven and cook in deep pit.



HARE

Snowshoe and tundra hare are delicious if properly and promptly prepared, a process which begins in the field. Always wear gloves to gut and skin hares. If you plan to freeze the meat, dry the pieces before wrapping. Use a double layer of wrapping or two heavy-duty freezer bags to prevent punctures from bone ends which can lead to freezer-burned meat.

FRIED HARE

Fried hare is great, but special care should be taken to make sure it's not too tough. There are two ways to do this. The first method is to coat the pieces with corn meal or flour (as you would chicken), brown it lightly, then reduce heat and cover the pan, simmering until it's tender. This results in a very moist coating and takes a long time. For a crispier coating in a shorter time, first boil the hare until it's almost tender, then pat the pieces dry, roll them in corn meal or flour, and fry them as you would chicken.

HARE WITH SOUR CREAM

hare, cut in serving size pieces

salt

pepper

paprika

1-2 t. minced onion

½ C. red wine

1 can condensed cream of mushroom soup

1 C. sour cream

dash Worcestershire sauce

Sprinkle serving size pieces with salt, pepper, and paprika. In a separate container, mix red wine, cream of mushroom soup, sour cream, Worcestershire sauce, and minced onion. Put the hare in a crockpot or Dutch oven and pour the sauce over it. Cook all day at low heat.

TONGUE

To cook a fresh tongue, wash thoroughly, cover with cold water, add 1 T. salt, 1 small onion, dash of pepper, and 2 bay leaves. (Quantities are for a large tongue or two smaller ones.) Cook slowly until tender, 1½ hours per pound. Allow to cool. Peel off the skin, cut off root end. Slice and serve hot or cold.

FRIED HEART

Trim blood vessels and fat from heart. Wash thoroughly, running cool water over and through heart. Trim out cords. Wipe dry. Slice in ¼-inch thick slices. Roll in seasoned flour, then brown on both sides in hot fat. Add just enough beef consommé to cover slices, cover with lid and simmer 20-30 minutes.

STUFFED BAKED HEART

moose, caribou, venison, or beef heart
bread stuffing
flour
salt, pepper, paprika

Trim heart, wash, wipe dry, then fill cavity with favorite bread stuffing. Fasten firmly with skewers and string. Roll in flour that has been seasoned with salt, pepper, and paprika. Coat it well, then brown in hot fat. Add ½ C. hot water for one heart, ¼ C. for each additional heart. Cover and simmer until tender, or bake in a moderate oven about 2¼ hours.

PREPARING WILD GAME LIVER

Soak liver for 2 hours in 1 qt. water to which 3 T. vinegar have been added. Remove from water and wipe dry. Slice, not too thin, cutting away gristle and skin. It can then be used in any of a number of tasty recipes.

LIVER DUMPLINGS

1 lb. liver
1½ T. suet
salt and pepper to taste
1 small onion
2 cloves garlic, crushed and minced
flour
pinch of nutmeg
2 eggs
3 slices dry bread
1 t. parsley

Chop or grind liver and suet. Add salt and pepper. Soak bread in a little water, squeeze dry and add to liver along with eggs, parsley, nutmeg, salt, pepper, onion, and garlic. Add flour, enough to bind; drop by teaspoon into soup or stew, boiling very gently for about 10 minutes.

CAMP STYLE LIVER

Cook thin slices fresh liver on stick over open fire. Salt and butter.

CARIBOU HEART & LIVER WITH BACON

(also sheep or venison)

1/2-inch slices of liver
bacon
flour
salt
pepper
1/2 C. red wine
1 diced onion

Soak liver in salted water. Rinse well and dry. Fry bacon. Dredge liver slices with flour, salt, and pepper. Fry quickly over a hot fire. Do not crowd or overcook. Brown diced onion in drippings. Stir in red wine. Serve on hot liver.

CRISPY LIVER

1 lb. liver
1 fresh egg
1 T. water
1 T. lemon juice
1 t. salt
1/4 t. pepper
1 C. fine cracker crumbs
2 T. bacon drippings

Beat egg and blend with water, lemon juice, salt, and pepper. Dip slices of liver in crumbs, then in egg mixture, and dip again in crumbs. Brown for 5 minutes on each side. Serve with cranberry or tomato catsup.

LEVERPOSTEJ (DENMARK)

LIVER PATE

- 1 lb. deer or caribou liver
- ½ lb. bacon or pork fat back
- 1 onion, peeled and quartered
- 3-4 anchovies (optional)
- ¼ C. butter
- ½ C. flour
- 1½ C. milk
- 1-2 eggs, beaten
- 1 t. ground allspice
- 1 t. salt
- ¼ t. black pepper

Wash liver, remove sinews and cut into strips. Put liver, bacon, onion, and anchovies (if used) through the grinder 3 times (or use food processor until ground fine).

Make roux with butter and flour and stir in milk to make a smooth, thick white sauce. Let it cook for a few minutes, then add the liver mixture, eggs, allspice (if used) and salt and pepper.

Pour the mixture into a well-greased oblong baking pan and bake in the lower part of the oven at 350° for 45-60 minutes, covered with foil to prevent a skin from forming.

LIVER IN ONIONS

½ lb. liver
1 C. chopped celery
6 medium onions
10 slices bacon
½ t. salt

Pour boiling water over liver and leave it for 2 minutes. Pour off water, remove the thin skin and chop fine. Dice the bacon and fry until crisp. Remove outer skin of onions and as much of the inside as you can, leaving a firm shell. Chop the onion centers, mix with the bacon, liver, celery, and salt and stuff the hollowed out onions with this mixture. Place in a Dutch oven, sprinkle cracker or bread crumbs over the tops, cover Dutch oven and cook at 325° for about 1 hour.

FRIED LIVER

Dip liver slices in seasoned flour and fry quickly in bacon fat, turning as soon as the blood starts to show on the top of slice. Turn only once. Do not fry liver too hard as it becomes dry.

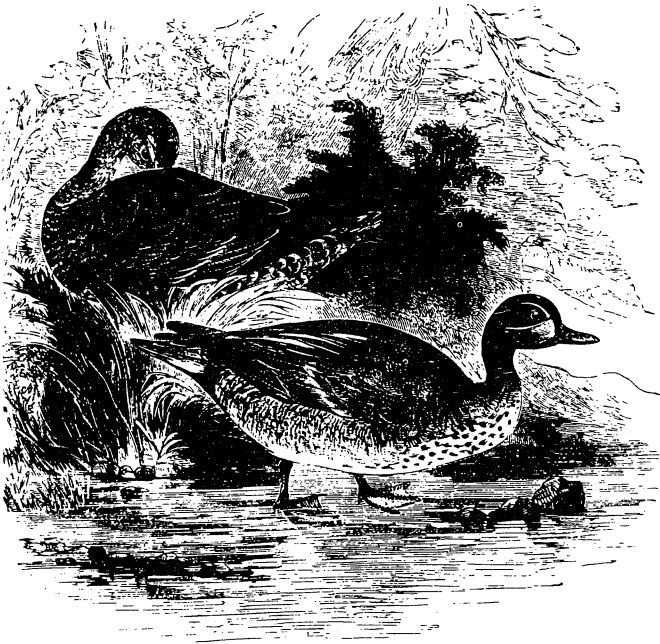
Did you know that...

Meat should be thawed in the refrigerator so valuable juices are not lost.

NOTES

WATERFOWL

If ducks are extremely fishy, trim fat and parboil in tomato juice or place a carrot and onion in cavity and parboil 10 minutes. Discard vegetables. Another method is to soak the ducks in tomato juice overnight in the refrigerator. Use a covered dish.



ROAST DUCK WITH APRICOT STUFFING

ducks

$\frac{3}{4}$ C. onion, chopped

$1\frac{1}{2}$ C. celery, diced

3 T. butter or margarine

$1\frac{1}{4}$ C. toasted bread cubes

$\frac{1}{3}$ C. dried apricots, finely chopped

1 T. brandy

$\frac{1}{2}$ t. salt

dash pepper

$\frac{3}{4}$ C. dry red wine or brandy

$\frac{1}{3}$ C. water

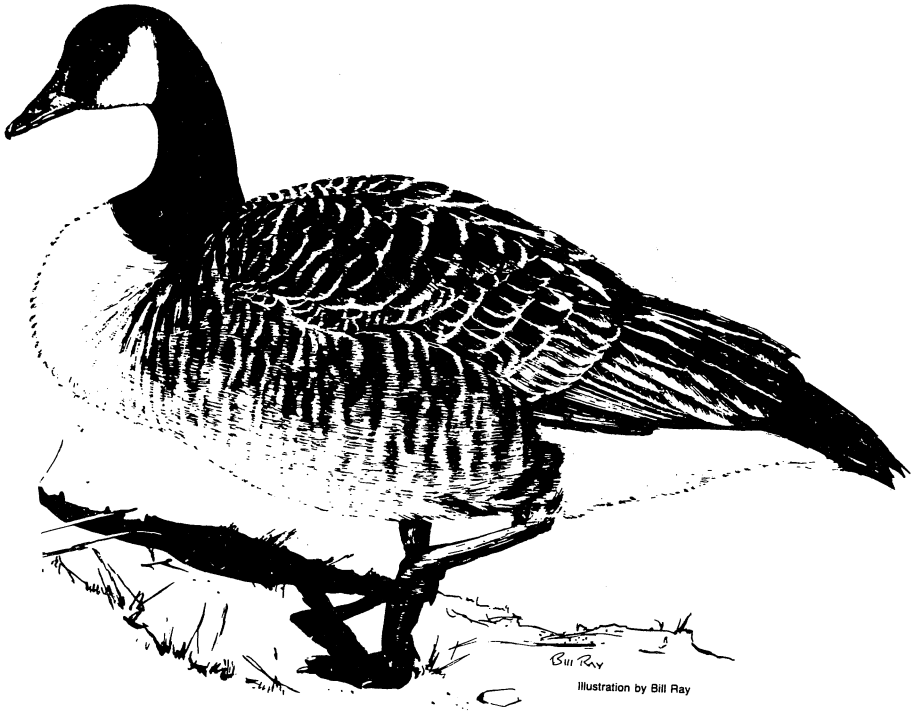
2 t. cornstarch

1 T. cold water

Heat oven to 450°. Wash and dry ducks thoroughly and salt insides. Saute onion and celery in butter for 5 minutes, combine with toasted bread cubes and apricots. Sprinkle with brandy, salt, and pepper. Mix well, fill ducks loosely with stuffing, fasten openings with skewers and lace closed. Place ducks in roasting pan. Combine wine and water and pour over ducks. Roast 30 minutes, basting frequently. Remove ducks from roaster and place on hot platter. Skim fat from pan drippings. Dissolve cornstarch in water, stir into pan drippings and cook, stirring constantly until thickened. Serve gravy with ducks.

Did you know that...

Fresh lemon juice will remove onion scent from hands.



CANADA GOOSE

THE CLEAN AND EASY WAY

- 1 nice big goose (about 6 lbs., dressed)
- 1 T. flour
- 1 C. dry red wine
- 2 T. celery seeds
- salt

Shake flour in a large oven cooking bag and put into baking pan. Pour wine into bag. Put seasoning into cavity of goose and sprinkle some on outside. Put goose into bag and slit top. Cook about 2 hours (depending on size). Skim grease before making gravy.



GOOSE WITH LOWBUSH CRANBERRIES

goose
1 C. cranberry sauce
1 C. butter
1 T. sugar
 $\frac{1}{2}$ C. sherry

Stuff goose with cranberry sauce mixed with butter and sugar.

Butter bird and place in large oven roasting bag. Place bacon strips over breast. Pour sherry over bird and roast in slow oven (300-325°) for 30-35 minutes per pound. Serve in its own sauce.

ORANGE GLAZED DUCK

ducks

2 cans frozen orange juice concentrate

½ C. brown sugar

pinch of ginger

1 can mandarin oranges

Roast ducks slowly and cut into serving pieces. Mix frozen orange juice, brown sugar and a pinch of powdered ginger. Drain mandarin oranges and place in a large shallow pan. Cover with duck pieces. Pour sauce over and bake in 300° oven. Baste occasionally.

MALLARD À LA ANDREWS

mallard breasts

honey

brown sugar

Grand Marnier

Fry or oven roast breasts; cover with a mixture of honey, brown sugar, and Grand Marnier. Bake. Flame and serve with wild rice on a large white platter.

Did you know that...

You get more flavor from poultry broth if you let the bird cool in broth after cooking. After it has cooled, debone the bird and cut it into pieces.



DUCK À LA MARY ANN

1 duck, skinned

salt

pepper

flour

garlic

water

1 can mushroom soup

3-4 potatoes, peeled and quartered

Cut duck in serving pieces; season with salt, pepper, flour, and garlic powder. Brown in skillet.

After browning, cover duck with water and place lid on skillet and cook, turning occasionally.

Water may evaporate, so be sure duck is covered with water. After 25 to 30 minutes, when duck appears tender, add mushroom soup. Add potatoes to duck and soup. Replace lid and cook until potatoes are done.

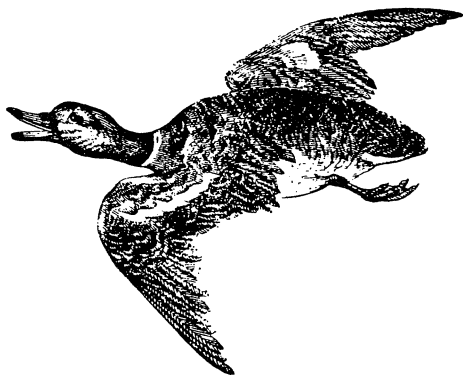
ROAST WILD DUCK

2 wild ducks
1 carrot
1 onion
6 slices bacon
3 T. parsley flakes
1 lemon, sliced
¼ C. melted butter
garlic, salt, and pepper

Season ducks inside and out. Place in roasting pan, breasts up. Cover with bacon. Roast in moderate oven until tender, approximately 15 minutes per pound. Baste frequently with white wine, butter, and orange juice or with the following sauce.

½ C. red wine
2 T. mustard
2 T. soy sauce
1 C. red currant jelly
1 T. lemon juice

Mix and heat. Baste duck frequently with butter and pour this sauce over the ducks 10 or 15 minutes before they are done.



MALLARD À LA RAUSCH

mallard breasts
sour cream
fresh mushroom sauce

Brown breasts and place in shallow pan. Cover with sour cream and fresh mushroom sauce. Bake slowly until tender.

Fresh Mushroom Sauce:

Saute 1 lb. fresh mushrooms in $\frac{1}{4}$ C. butter. Remove mushrooms; add 2 T. flour and 1 C. chicken broth, stirring constantly, till thick. Add mushrooms.

WILD DUCK

Mallard, pintail, widgeon or teal

1/2 onion

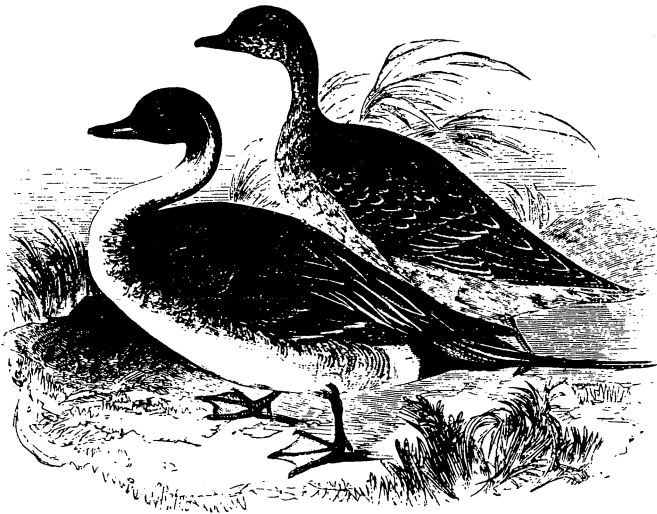
1/2 apple

Grand Marnier

Pluck birds, do not skin. Put onion and apple in cavity. Tie. Butter.

Use charcoal broiler or oven for roasting.

If using charcoal broiler, form a small catch pan from aluminum foil and place under ducks to catch drippings. Spread charcoal around catch pan and add very small alder branches. About 30 minutes before ducks are done, brush with Grand Marnier. Average cooking time is about 1 hour.



DUCK AND MUSHROOMS

ducks, quartered
4 T. butter
1 can beer
1 C. small whole mushrooms
 $\frac{1}{4}$ C. green onion, sliced
2 bay leaves
2 T. cornstarch
parsley, snipped
wild rice

Brown ducks in 2 T. butter in Dutch oven. Drain off excess fat. Stir in beer, mushrooms, green onions, bay leaves, $\frac{1}{2}$ t. salt and dash pepper. Cover and simmer over low heat $1\frac{1}{4}$ - $1\frac{1}{2}$ hours until duck is tender. Remove duck and discard bay leaves. Measure pan juices and add additional beer if necessary to make 2 C. of liquid. Melt 2 T. butter in a saucepan and stir in cornstarch. Stir in pan juices and cook and stir until thickened. Cook and stir another 1-2 minutes. Spoon some of sauce over duck and sprinkle with parsley. Place remaining sauce on table and serve ducks with wild rice.



SANDHILL CRANE

crane breasts

½ C. chopped onion

2 T. parsley

1 can cream of mushroom soup

1 can water

¼ C. sherry

fresh sliced mushrooms

Place crane breasts in slow cooker. Add chopped onion, parsley, cream of mushroom soup, and water, sherry and fresh sliced mushrooms. Slow cook until tender. Add more water as needed.

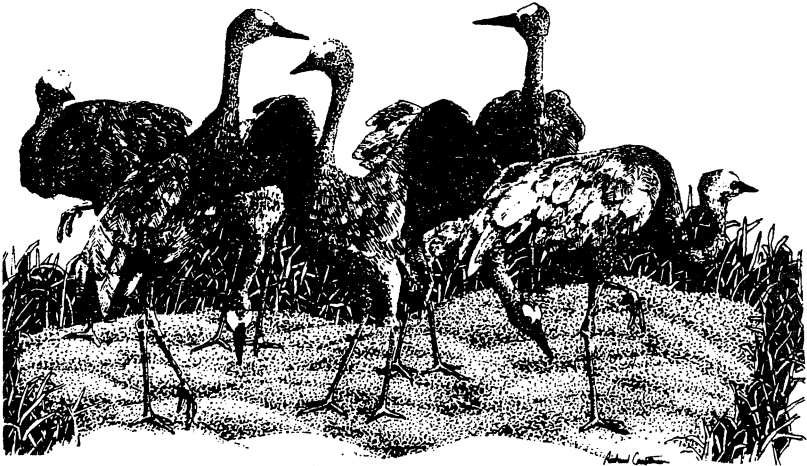
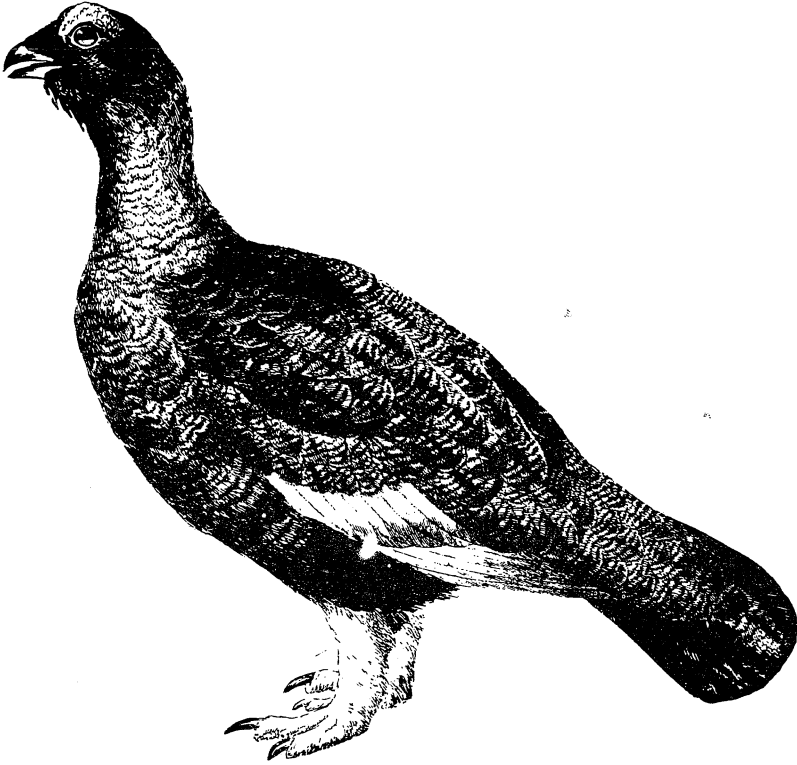


Illustration by Richard Carstensen



GROUSE IN BEER BATTER

$\frac{3}{4}$ C. beer

1 C. pancake mix (wholewheat 'n honey instant mix is good)

cooking oil

grouse meat cut in small chunks

Blend beer and pancake mix until a rather thick consistency is reached. Dunk grouse chunks into mixture and drop into hot oil. Remove and drain on paper towel for few seconds. The meat cooks quite quickly so don't leave in oil over a couple of minutes, depending on size of chunks.

BLUE GROUSE

Meat of young grouse is more tender than that of adults, making them very desirable. It isn't the meat of the adult birds which at times is tough, but rather the membrane covering each muscle bundle. This can be completely removed with the aid of a sharp knife and by peeling it off with the fingers. The method is similar to that employed when skinning an animal. Mention of only breast meat does not mean that the other meat is not good. The giblets are very tasty. The legs are full of sinewy little bones and are a bit discouraging to eat as drumsticks. However, they, along with the neck and giblets, are good when pressure cooked together for soups and stews.

BREAST OF GROUSE

2 breasts of grouse

4 T. butter

½ glass tart jelly (apple, gooseberry, etc.)

5 oz. dry sherry

salt and pepper

3-4 T. heavy cream

paprika

Saute breasts in butter until nearly tender, about 15 minutes, add jelly and wine. Salt and pepper to taste. Cook, covered, 15 to 20 minutes.

Remove breasts to a platter. Add cream and a dash of paprika to the gravy. Taste for seasoning and if necessary add salt and pepper. Pour gravy over meat. Makes 3 to 4 servings.



SNIPE AMANDINE

12 snipe, split down back
¼ C. flour
salt and pepper
4 T. butter
½ C. white table wine
2 T. lemon juice
¼ C. blanched, sliced almonds

Dust birds in flour seasoned with salt and pepper. Melt butter in a heavy skillet or electric frypan and saute birds until brown. Add wine and lemon juice. Cover and continue cooking slowly for 15 to 20 minutes. Add almonds and cook for 5 to 10 minutes longer or until birds are tender. Serve with horseradish sauce. (See sauces.)

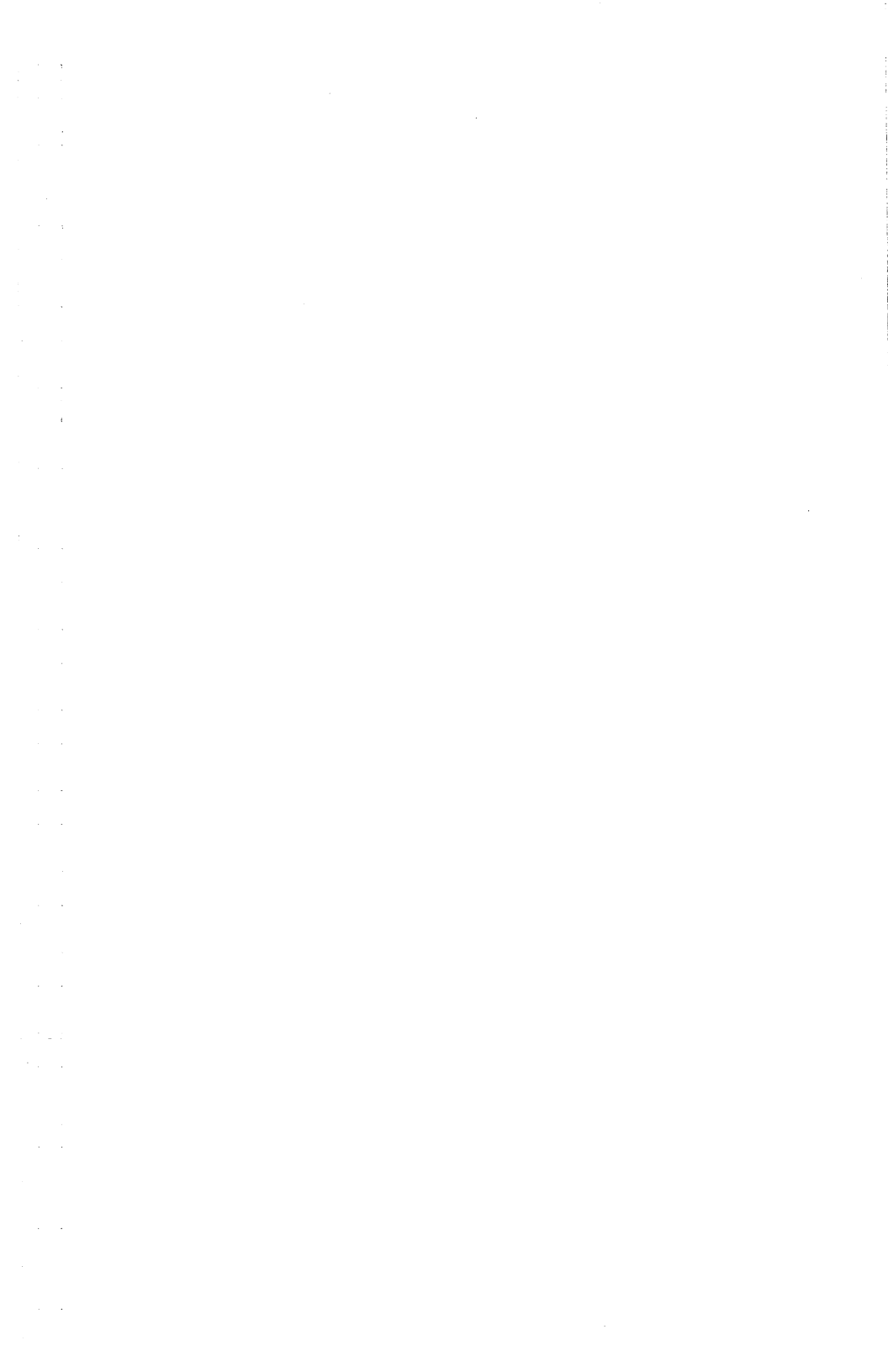
SOUSED GROUSE

grouse breasts, skinned and cleaned
butter and olive oil
mushrooms (fresh or canned)
lemon
parsley (chopped fresh or dried)
garlic
sherry wine
chicken broth

Brown the grouse in butter and olive oil. Transfer to casserole. In remaining fat, saute mushrooms and several cloves of garlic. Deglaze pan with 1 C. sherry and 1 C. chicken broth, pour over grouse breasts. Cover with the mushrooms, lemon slices, a handful of parsley; cover the casserole and bake in a 300° oven for 3 hours, adding more broth or wine if necessary.



NOTES



BEAR 'N' BEANS

Prepare bear meat ahead of time as follows: Take 1-1½ lbs. of clean meat with some bone left in. Best parts are from the hindquarter or front shoulders. Cut 1-2 inches thick. Use ½ oz. of Morton's smoke-flavored sugar cure for each lb. of bear meat. Rub cure in well and place meat in refrigerator for 1-2 weeks, depending on thickness. Remove meat from refrigerator and soak in lukewarm water for about an hour to remove excess surface salt. Pat dry and return to the refrigerator for another 2 days. At this point you can either put the meat in the beans (see below) or smoke in your smokehouse to desired taste and then put it in the beans.

Prepare beans as follows:

- 1 lb. small white beans
- 2 t. dry mustard
- 1 T. salt
- 3 medium onions, diced
- ¼ C. brown sugar
- ¼ C. molasses
- 2 T. pickle juice or vinegar with a little cinnamon and cloves
- 1-1½ lbs. bear meat prepared as above.

Soak beans overnight. Cover beans with water and mix in all the ingredients. Cook 6-8 hours at 250° with the lid on.

Did you know that...

A roast with a bone in will cook faster than a boneless roast.

NEW ENGLAND CHOWDER —ALASKA STYLE

Chowder is basically a cream sauce with the goodies right in it. When you use halibut, salmon, shrimp, or a combination, this thick soup deserves a gourmet rating.

Ingredients for four quarts:

1½ lbs. salt pork

¼ C. flour

1 medium-sized white onion

4-5 medium-sized potatoes

2 lbs. cooked fish (halibut, salmon, or cod)

fish stock

16 oz. chicken stock (do not use boullion cubes; they're too salty!)

2 t. pepper

2 bay leaves

2 T. parsley flakes

1 pinch of garlic

milk

Dice the salt pork, remove the pork rind. Fry until the salt pork is toasty brown then add chopped onion and chopped celery. Saute the mixture. In the meantime, cook fish in 4 to 6 cups of water until the fish flakes. Remove sauteed mixture from heat, stir in flour until a paste is made. Strain fish stock, saving fish. Add chicken broth and stir, then add hot fish stock. Put back on burner. Simmer until thickened. Add diced potatoes and cook until tender. Remove skin and bones from fish and break into pieces. Add fish to chowder base and stir gently, careful not to

break-up the fish too much. At this point, the chowder may be frozen in containers for later use. Always freeze the chowder before adding milk. Add milk until desired consistency is reached. When milk is added, do not simmer it, or the milk will curdle. Season the chowder. Chowder should be kept warm, or warmed up only on low. Chowder should just barely steam, but not bubble.

CATCH OF THE DAY CHOWDER

Halibut, cod, or rockfish, salmon (boned), shrimp, scallops, clams

$\frac{3}{4}$ lb. bacon, cut-up and fried

1 onion, chopped fine

4 stalks celery, chopped fine

4 T. parsley flakes

1 bay leaf

garlic salt

salt and white pepper

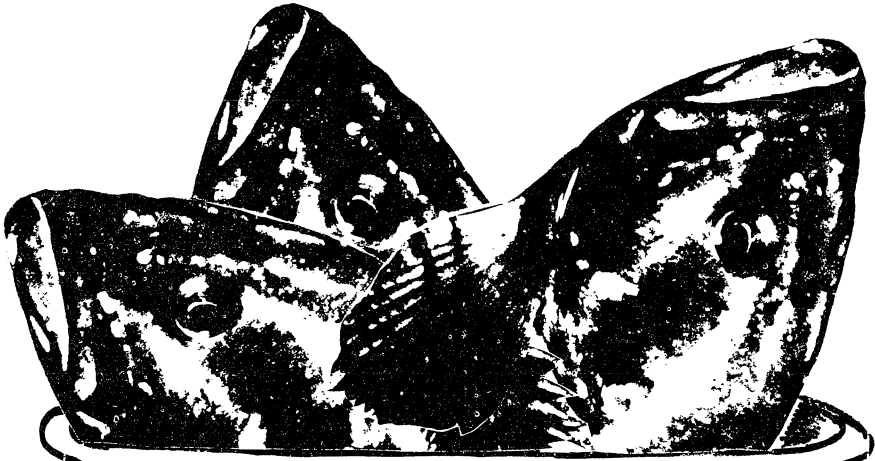
1 can chicken broth

5-8 new potatoes, cut small

milk

1-2 T. Gold Medal Wondra Flour

Saute the bacon, onion, celery, and seasonings. Add Gold Medal Wondra flour to make a thick mixture. Drop all fish but clams or shrimp into 4 cups (or more) boiling water and chicken stock. Add potatoes. Cook until fish flakes. Add seasoning mixture. Simmer 15 minutes; add clams and shrimp, simmer 3 minutes; add milk to suit and bring to serving temperature. Add butter to bowls as served. Garnish with parsley flakes.



FISH HEAD SOUP

At a potlatch, this soup is a favorite, and the fish eyes are considered the best part. Following is a variation:

For every 1½ lbs. of fish heads, tail bones and trimmings:

3 carrots

3-4 stalks of celery

1 large onion

bay leaves, thyme, parsley, peppercorns, cloves to taste

juice and rind of one lemon

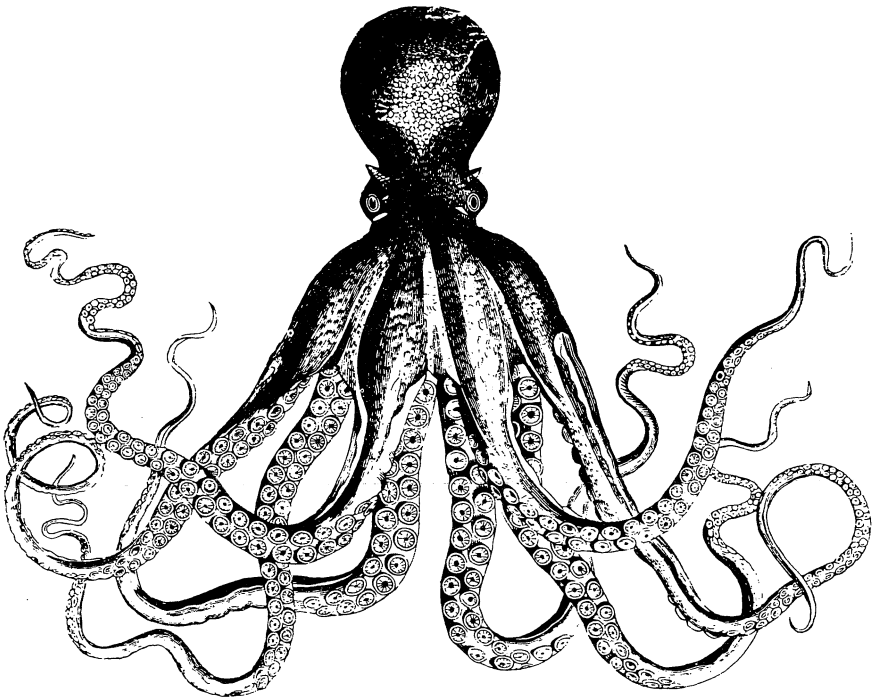
Throw all of this into a big pot and bring to a simmer. Simmer 15 to 20 minutes, or until the fish falls off the bones. Strain the broth and use for soup base, sauce or aspik.

Take everything that didn't go through the strainer and give it to the dogs.

OCTOPUS STEW

2-3 lbs. octopus meat (cut into 1 inch pieces)
3 sliced carrots
2 cans small onions
1 small can sliced black olives
 $\frac{1}{4}$ C. olive oil
2 C. sherry
2 cloves minced garlic
2 cans tomato sauce
1 can tomato bits and pieces
salt, pepper, bay leaf, cinnamon, cloves

Pound meat to soften. Add to other ingredients,
Simmer until tender, approximately 1 hour.



SEAWEED SOUP

1 small pkg. commercial dried seaweed (or home dried)
1/4 lb. ground beef
2 large green onions
2 cloves garlic, crushed
1/4 C. soy sauce
1 t. fried, crushed sesame seed
1 T. sesame seed oil
pepper
5 C. water

Soak dry seaweed overnight in water. Mash and squeeze dry. Tear apart.

Add crushed garlic and onions to ground meat. Add soy sauce and sesame seed. Add seaweed to beef mixture and fry in sesame oil. When almost fried, add remaining soy sauce and mix with soup water. Boil at least 30 minutes. Sprinkle sesame seeds on each individual serving.

SILVER SOUP

Fillet tail section of large coho. Save backbone. Chop fillets into 1-inch cubes. Place in pot with backbone. Dice 2 large peeled carrots and 3 large celery stalks. Slice 1 large onion; add small can of whole tomatoes, 1 chicken bouillon cube and 12 very small potatoes. Add salt, pepper, celery seed to taste; add one bay leaf. Fill pot 3/4 full and simmer on low heat until fish can be readily flaked from bone. Discard the bone. Serve hot with cornbread fresh out of the oven. Serves 3.

CREAMY CHIVE SOUP

- 1 C. snipped chives
- 2 C. water
- 4 t. dry chicken soup base (bouillon cubes are too salty)
- 2 T. butter or margarine
- dash of salt, pepper, and cayenne
- 2 C. milk
- 1/2-3/4 C. leftover mashed potatoes, reheated

Snip washed young and tender shoots of chive into small pieces. Cook in the water over low heat until the chives are soft. Add the chicken soup base as the chives are cooking. When the chives are tender, add milk and bring just to a boil. Add mashed potatoes. Remove from heat and allow to sit until potatoes thicken the soup. Pour into soup bowls and serve with croutons or French bread.

STEW WITH DUMPLINGS

If you have a deer, caribou, sheep, moose, etc., in camp, cut up the brisket for stew meat. Also toss the tongue in the pot along with several onions and salt. Cook until tender, remove to a warming pan and make dumplings in the broth. The broth will thicken into a rich gravy. Chunks of ribs are also good in the "pot-au-feu." Rabbits, ground squirrels, most any critter with some onions and salt can make a good stew and dumplings. (For dumplings, see Breads.)

SEA DUCK STEW

duck breasts
2 T. parsley
1 large can tomatoes
3-5 cut-up carrots
1 slice onion
2 t. salt
3 T. vinegar

Almost any sea duck will make an excellent stew. Use the breasts only. Skin them and soak overnight in a solution of 1 T. salt, 2 T. vinegar in a quart of water. This removes any fish flavor. Remove from solution, rinse and dry. Dust in flour, salt and pepper. Brown in butter.

Mix parsley, tomatoes, carrots. Add onion, salt and vinegar to a quart of boiling water. Add breasts, reduce heat and simmer 2 hours or until tender. This mixture may be doubled, depending on the number of duck breasts being served.

DUCK STEW WITH DUMPLINGS

Boil two mallard ducks with about 3-4 cut-up medium size onions and salt to taste. Cook until tender, remove the duck to a warming pan and make dumplings in the broth. The broth will thicken into a rich gravy if there is not too much of it. (For dumplings, see Breads.)

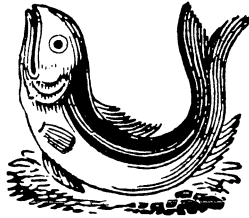
TASTY FISH SOUP —KOREAN STYLE

1 small diakon radish
¼ lb. ground beef
1 large cleaned pollock or cod
1 pkg. bean curd (tofu)
2 chopped green onions
1 handful fresh spinach (bite size)
2 T. soy sauce
5 C. water
pinch hot red pepper
1 egg

Dice radish (into 1½ inch pieces, then dice each piece again into quarters) boil with the ground beef in water.

Filet cleaned fish, add to soup and boil. (Skim off foam).

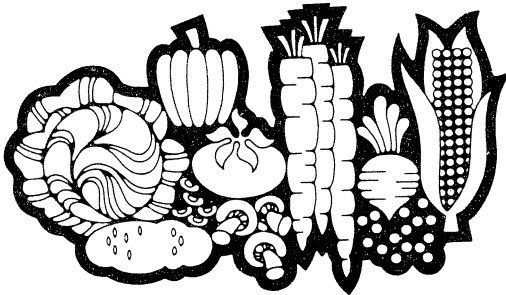
Cut soy bean curd into 1-inch squares. When fish flakes easily, remove bones, add soy bean squares, onions, spinach, soy sauce, red pepper and bring to a boil. Simmer ten minutes. Break an egg over and stir slowly. Serve immediately.



TARRAGON RED MEAT STEW

3 lbs. cubed boneless stew meat (moose, venison, etc.)
2 t. dried tarragon
 $\frac{1}{2}$ C. tarragon wine vinegar
1 C. beef bouillon
2 t. sugar
2 cans mushrooms with liquid
 $\frac{1}{4}$ C. chopped green onion
olive oil
garlic clove
salt, pepper

Heat oil in skillet. Split garlic clove and brown. Remove garlic. Dredge meat cubes in mixture of flour, salt, pepper, and crushed tarragon. Brown in hot olive oil. Add vinegar, bouillon, and sugar. Stir. Cover. Simmer $2\frac{1}{2}$ hours or until meat is tender. Add mushrooms, liquid, green onion. Cook for 10 minutes with lid off to reduce the mushroom liquid.



Did you know that...

Instant potatoes are good thickening for stews.

REINDEER OR CARIBOU BROWNEED STEW

1 lb. stew meat
1 t. salt
¼ C. flour
pinch of salt
2 T. fat
1 C. water
1 T. Worcestershire sauce
4 medium potatoes
4 medium carrots
½ C. chopped celery
½ C. diced turnips

Roll meat in blended salt, pepper, and flour to coat each piece. Brown in fat in heavy kettle. Add water and seasonings. Cover and simmer about 2 hours. Add vegetables and season (add more water if necessary). Cover and cook 30 minutes until vegetables are fork tender. Serve piping hot with pieces of meat in center of platter, vegetables around the meat, and broth served as gravy. Serves 3 to 4.

Cooperative Extension Service, University of Alaska

Did you know that...

A leaf of lettuce dropped into the soup pot absorbs the grease from the top of the soup. Remove the lettuce and throw it away as soon as it has served its purpose.

ALASKA BOUILLABAISSE

This is a flexible dish intended to make use of what the fisherman's catch provides.

2 Dungeness crabs
1 lb. shrimp or prawns
halibut and/or salmon, clams or other fish
1 large onion, sliced
1 bunch green onions (include some of tops)
2 cloves garlic, chopped
1/3 C. chopped parsley
1 green pepper, diced (if desired)
1 can tomato puree
1 can tomato sauce
1 can tomato pieces
1 C. white wine (add more if needed)
1 C. water
bay leaf
1/4 t. pepper
pinch rosemary, thyme, fennel, saffron, celery seed (saffron is expensive but great).

Saute onion, pepper and garlic in olive oil. Add parsley, all tomato sauces, wine, water, and seasonings. Bring to rapid boil, then simmer 1 hour. Add all fish but clams, simmer 2-3 minutes. Add washed clams, simmer until open. Note: Sourdough French bread and green salad are good accompaniments.

VENISON STEW

1½ lb. breast of venison cut into cubes
1 lb. diced salt pork or bacon
2 T. oil
2 or 3 T. flour
1¼ C. water
¾ C. red wine
¼ C. water
1 T. brown sugar
salt, pepper
parsley
1 bay leaf
1 clove garlic
1 can small onions
1 C. mushrooms

Heat the oil in a heavy kettle. Brown the diced pork lightly in the oil and remove the pork. Add the venison and sear until evenly colored. Sprinkle the flour lightly over the meat and leave a moment on the heat to brown the flour.

Add the water and wine. Add sugar and seasonings and return the pork to the pot.

Add onions and simmer gently until meat is almost tender. Remove the herbs and garlic when the stew is seasoned to taste. Cook about 1½ hours. Add mushrooms a few minutes before done.

MUSKOX/BARLEY SOUP

(You can also use bison, bear, moose, or beef)

- 2 lbs. meat
- 2 large onions, chopped
- 2 stalks celery, chopped
- 1 clove garlic
- ¼ C. sherry
- basil
- rosemary
- bay leaf
- 3-4 peppercorns
- 2 potatoes diced very small
- ½ C. barley

Cut meat into 1-inch cubes and brown with onions and a garlic clove in some butter or oil. When meat is browned, fill pot with water and add seasonings. Simmer for an hour or until meat is tender. Add barley and simmer. Just before barley is done, add potatoes and cook just until potatoes are done.

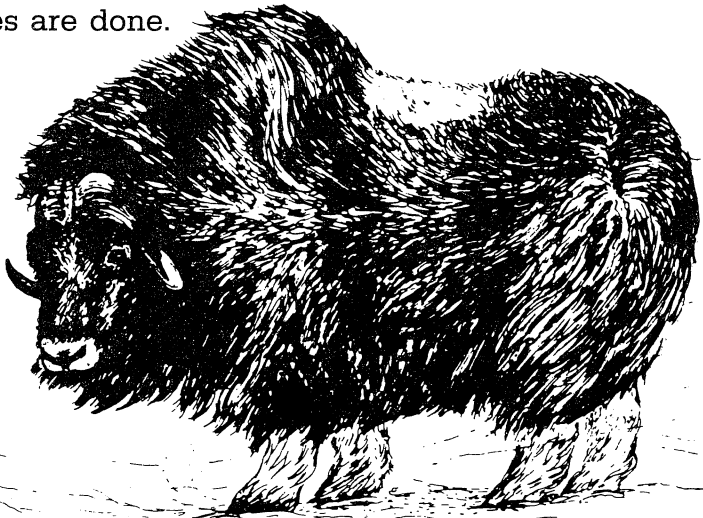


Illustration by Sue Arthur

VENISON STEWED IN CIDER

- 2 lbs. stew meat, cut into 1-inch cubes
- 3 T. flour
- 2 t. salt
- $\frac{1}{4}$ t. pepper
- $\frac{1}{4}$ t. dried thyme
- 3 T. cooking oil
- 2 C. apple cider or apple juice
- 1-2 T. lemon juice
- 3 potatoes, peeled and quartered
- 4 carrots quartered
- 2 onions sliced
- 1 stalk celery sliced

Coat meat with mixture of flour, salt, pepper, thyme. In $4\frac{1}{2}$ quart Dutch oven brown the meat, half at a time, in the hot oil. Drain off all the fat. Return all the meat to the Dutch oven. Stir in apple cider or juice and lemon and $\frac{1}{2}$ C. water, cook and stir until mixture boils. Reduce heat, cover and simmer about $1\frac{1}{4}$ hours or until meat is nearly tender. Stir in vegetables. Cook 30 minutes more or until vegetables are done.



HUNTER'S BEAR STEW

3-4 lbs. bear meat, cubed
flour
pepper
salt
sage
thyme
garlic powder
bacon grease
large onion, diced and sauteed
1½ C. barley
4-5 carrots, sliced thick
2-3 stalks celery, sliced
½ lb. mushrooms, sliced

Dredge meat in flour and seasonings. Brown in bacon grease over medium heat. Place in large Dutch oven with barley and sauteed onion and enough water to cover. Bring to a boil, cover, and reduce heat to simmer 2-2½ hours. Add vegetables along with seasonings to taste. Simmer another 45 minutes until vegetables are done.



Did you know that...

To keep meat moist and flavorful when reheating it, you can place a leaf of lettuce in the bottom of a casserole, put meat on lettuce, then cover with another leaf of lettuce. Add a little water to the bottom of the pan and heat at 350° until meat is hot.

SOURDOUGH STARTER

The easiest way to start a sourdough starter is to ask a friend for a cup of theirs. Even a little bit will get things started.

When you get the starter, put it into a jar or crock which will be used as the sourdough pot. Add 2 C. potato water, 2 C. flour, and 2 T. sugar. (Sugar is used to speed up the enzyme action and to brown the sourdoughs.)

In the event there is no sourdough starter available, just start your own.

Put into the sourdough pot:

2 C. thick potato water

2 T. sugar

2 C. flour

½ t. yeast (optional)

Boil potatoes with jackets on until they fall to pieces. Lift skins out; mash potatoes until they are a thick puree. Cool and add water to make the two cups of thick potato water. Put all ingredients into the pot. Beat until smooth and creamy. Cover. Set aside in a warm place to start fermentation. Wait at least two weeks before using.

Did you know that...

When milk is slightly soured, it can be freshened by adding a pinch of soda.

SOURDOUGH WAFFLES

2 C. sourdough starter
2 T. sugar
4 T. cooking oil
1 egg
 $\frac{1}{2}$ t. salt
1 t. soda

Add sugar, egg, oil, and salt to sourdough. Mix well. Dilute soda in warm water in a jigger glass, stirring with a wooden spoon handle. Fold soda gently into batter. DO NOT BEAT. Stir with easy rhythmic motion turning the spoon. The batter will thicken and nearly double in volume. Dip batter immediately onto a hot waffle iron.

SOURDOUGH HOTCAKES

2 C. sourdough starter
2 T. sugar
4 T. oil
1 egg
 $\frac{1}{2}$ t. salt
1 scant t. soda

Place sugar, egg and oil into sourdough. Mix well. Add soda last, after diluting it in 1 T. warm water. Fold gently into sourdough. DO NOT BEAT. Notice hollow tone as sourdough doubles in size. Bake on hot griddle. Add berries and/or nuts for variety.

FRIENDSHIP CAKE

Day 1: The day you receive the sourdough base, pour into large bowl, cover, and place on counter. Do not refrigerate.

Day 2—4: Stir each day and return to counter.

Day 5: Add 1 C. each of sugar, flour, and milk. Blend and return to counter.

Day 6—9: Stir each day and return to counter.

Day 10: Add same ingredients as day five. Stir until thoroughly mixed.

Take 3 C. of base and give 1 C. each to three friends. Add following to 1½ C. of remaining batter:

⅔ C. oil

3 eggs

2 C. flour

1 C. sugar

2 t. vanilla

½ t. salt

1 C. applesauce

½ t. cinnamon

2 t. baking powder

1½ t. baking soda

1 t. ground cloves

Beat until smooth. Fold in any or all of the following: apples, nuts, raisins. Bake in greased and floured tube pan at 350° for 40 minutes. Remove from oven and let stand 10 minutes. Invert pan to remove cake.

Topping: In small saucepan, stirring constantly, add ½ C. butter or margarine, 2 t. milk, ½ C. brown sugar. Boil 2 minutes. Spoon over warm cake. This may be topped with crushed nuts while still warm if desired.

SOURDOUGH BREAD

- 4 C. sourdough
- 2 C. warm potato water
- ½ C. sugar
- 6 T. cooking oil
- 1 t. salt
- 10 C. flour, approximately

Make soft sponge mixing the sourdough, sugar, water, and oil. Add half the flour. Set in warm place to double in bulk. Add remainder of flour to make a dough that is easy to handle, smooth, and elastic. Place in greased bowl. Cover. Let rise in warm place until double in bulk. Knead down. Let rise till double in bulk once more. Form into loaves. Let rise until double. Bake at 500° 10 minutes, then 400° for 45 minutes.



POTATO ROLLS

1 pkg. active dry yeast
1/4 C. warm water
3/4-1 C. mashed potatoes
1/4 C. shortening
1/4 C. sugar
1 1/2 t. salt
1 C. potato water to which 1/3 C. of dry milk
solids may be added
1 egg
4-4 1/2 C. flour

Soften yeast in warm water. Combine potatoes, shortening, sugar, salt and hot potato water. Cool to lukewarm.

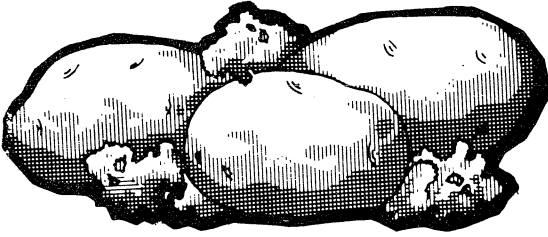
Add yeast and egg. Stir in 2 C. of the flour; beat well. Stir in remaining flour or enough to make a soft dough. Turn out and knead on lightly floured surface till smooth and elastic, 6-8 minutes.

Place in lightly greased bowl, turning once to grease surface. Cover and let rise in a warm place until double in size, about one hour. Punch down. Shape into a ball. Cover and let rest 10 minutes.

To shape rolls, cut in fourths, then cut each fourth into six wedges. Form the wedges in smooth little balls. Place the balls on greased baking sheet; leave room for rising. For leaves,

snip ball almost to center in three places. Then snip at midpoint in each leaf.

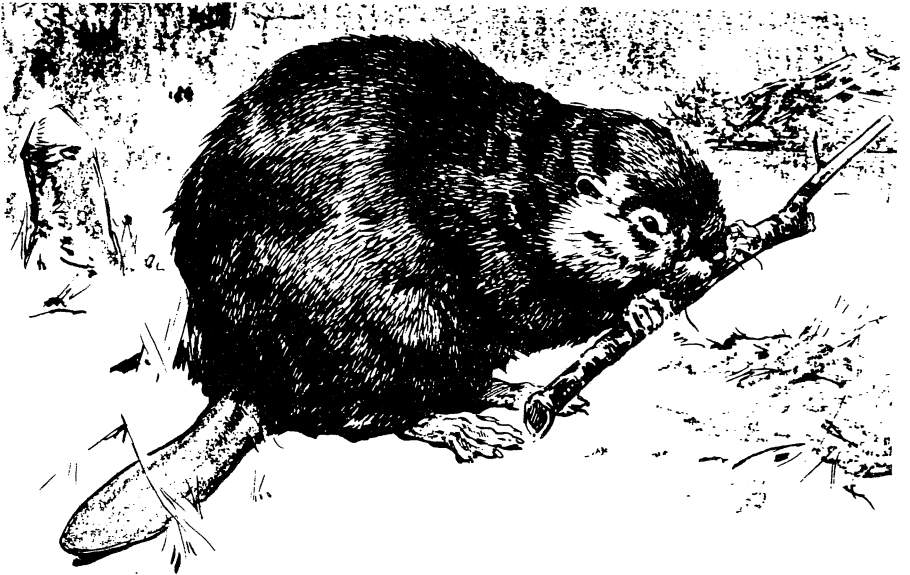
Let rolls rise on baking sheet till almost double, one hour. Bake in hot oven 400 degrees about 10-12 minutes. Makes 2 dozen rolls.



DUMPLINGS

2 C. flour
4 t. baking powder
 $\frac{1}{2}$ t. cream of tartar
 $\frac{1}{2}$ t. salt
2 T. parsley flakes
 $\frac{1}{2}$ C. shortening
1 C. milk

Mix flour, baking powder, cream of tartar, salt, and parsley. Cut in shortening until mixture has the texture of cornbread. Add milk. Stir until mixture is all moistened. Do not over stir. Drop from tablespoon into boiling broth. Lower heat and simmer, covered, about 15 minutes or until dumplings are set.

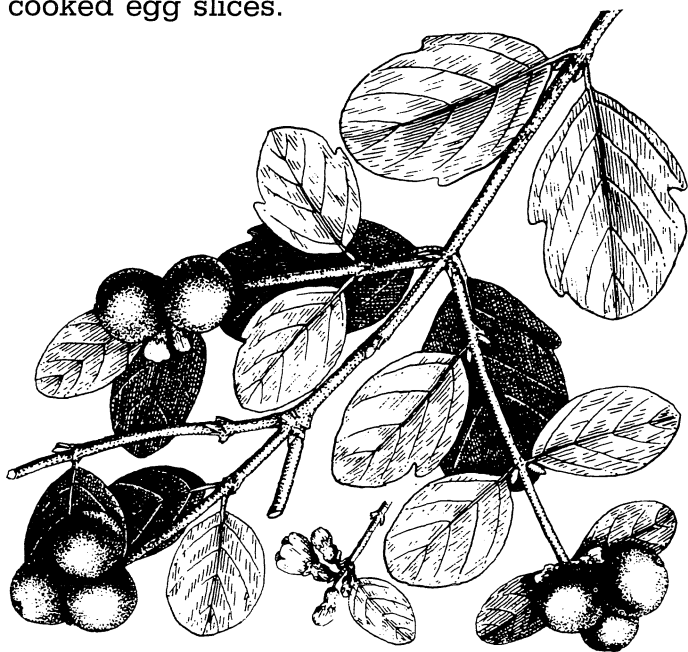


NOTES



WILTED GREENS WITH BACON DRESSING

Gather young tender greens (dandelion, goose tongue, sorrel, fireweed) or use spinach. Wash leaves thoroughly in lukewarm vinegar water ($\frac{1}{4}$ C. vinegar to 1 qt. water). Remove discolored leaves. Wash at least twice. Dry the greens by patting them dry with paper towels or tie the greens into a dish towel (the old flour sack kind are best), place in the clothes washer, spin the greens dry on the spin cycle. The greens are dry and crisp with not a leaf bruised. Fry several strips on bacon until crisp, lift out of fat, and crumble. To fat add 2 T. vinegar and 2 T. water, salt, and pepper. Bring to a boil and add the crumbled bacon. Pour over greens which have been placed in a salad bowl. Garnish with hard-cooked egg slices.



STUFFED MUSHROOMS

24 mushroom caps
1 garlic clove
1 onion, chopped
4 oz. can deviled ham
 $\frac{1}{4}$ lb. sharp cheddar cheese
 $\frac{1}{4}$ lb. romano cheese
1 C. soft crumbs
1 t. Worcestershire sauce
1 t. dry mustard
salt
pepper

Saute garlic and onion in margarine. Then add remaining ingredients with salt and pepper to taste. Fill mushroom caps and place in baking dish. Bake for 20 minutes at 350°.

STUFFED MUSHROOMS

24 large mushrooms (chop stems finely)
3 diced onions
4 T. butter
3 T. fried chopped bacon
1 C. fine bread crumbs
2 T. chopped parsley (or flakes)
salt, pepper, paprika

Saute onions. Add butter when they start to brown. Add mushroom stems. Cook slightly. Add bread crumbs, butter and seasonings. Stuff cap and broil about 5 minutes. $\frac{1}{4}$ C. sour cream in stuffing offers a nice variety.

BROCCOLI SALAD

- 1 large head broccoli broken into flowerettes
- ½ red onion, chopped
- 1 lb. bacon fried crisp, drained, cut up
- ½ C. raisins
- ½ C. cashew nuts

Dressing:

- 1 C. mayonnaise
- ½ C. sugar, or sweeten to taste
- 3 T. rice vinegar.

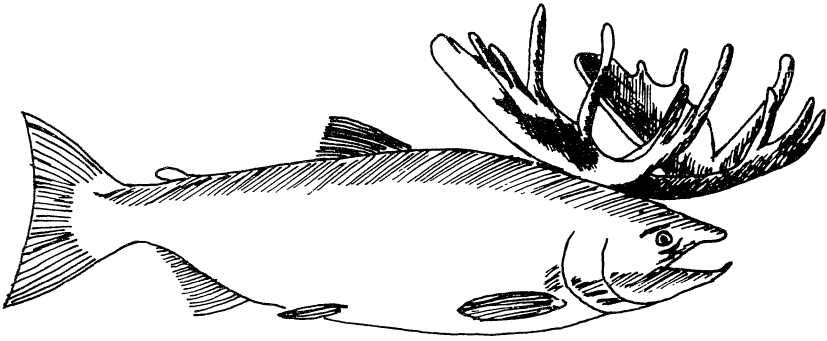
Toss together and serve.



GOOSE TONGUES

One of the most common greens utilized by the Southeast Tlingit people is a tall spiky plant that survives on tidal flats inundated by salt water at high tide.

Wash in fresh water. Discard grass, seaweed, and other trash. Put whole stalks in pot with small amount of water, add chopped bacon cubes. Steam as you would spinach. Serve with vinegar and butter.



SALMON MOUSSE

1½ lbs. canned or cooked salmon (poached or baked)

2 T. unflavored gelatin softened 5 minutes in ½ C. of water. (Use poaching water if available.)

Stir gelatin and liquid over hot water until dissolved.

Add flaked salmon to:

½ C. mayonnaise

1 T. lemon juice

1 T. minced onion

1 t. horseradish

2 T. parsley chopped

Blend with electric blender.

Whip 1 C. whipping cream and fold into mixture.

Place over aspic in salad mold.

Aspic:

Soften 1 T. gelatin in 2 T. cold water, add 1 chicken bouillon cube dissolved in 1 C. boiling water. Pour into bottom of 1½ qt. salad mold.

Chill; unmold onto lettuce-covered plate. Garnish.

Serves 6

MOLDED SALMON SALAD

1 lb. salmon, fresh cooked or canned
2 env. gelatin softened
 $\frac{1}{3}$ C. cold water
1 C. finely chopped celery
 $\frac{1}{2}$ C. finely chopped cucumber
2 T. minced onions
1 T. lemon juice
 $1\frac{1}{2}$ C. sour cream
salt and pepper

Soften gelatin and dissolve (over hot water). Mix remaining ingredients and place in oiled salad mold. Chill, garnish with lemon slices. Serves 6-8



SALMON SALAD

1 lb. cooked sockeye or silver salmon
 $\frac{1}{2}$ head lettuce—bite size
quartered tomatoes
sliced hard-cooked eggs
sliced olives
green beans, canned

Use last 5 ingredients in suitable amounts, chill. Place salmon in lettuce bed, surround with other ingredients, olives on top. Serve with French or thousand island dressing.

Serves 6-8

NOTES

ALASKA BLUEBERRY PIE

Bake your favorite 9-inch one-crust pastry shell.

Cook until thick:

1 C. sugar

2 T. cornstarch

$\frac{2}{3}$ C. cold water

$\frac{1}{2}$ C. blueberries

1 T. butter

1 T. lemon juice

1 t. grated lemon rind

Fold in $1\frac{1}{2}$ C. frozen or fresh blueberries and cool mixture. Whip 1 C. whipping cream (sweeten to taste). Spread it on the bottom of pie shell. When ready to serve, spoon the blueberries over the cream carefully leaving the cream uncovered around the edge. The pie should serve 6 adequately.

BLUEBERRY ICE CREAM

1 qt. half and half cream

$\frac{1}{2}$ C. honey

$\frac{3}{4}$ C. crushed blueberries

dash of salt

Scald cream in a pan over medium heat. Remove from stove and stir in honey and dash of salt.

Pour into ice cream container and stick in refrigerator until completely cooled. Add blueberries and then freeze according to ice cream maker's instructions. Makes about $1\frac{1}{2}$ qts.

BLUEBERRY CRISP

- 1/3 C. butter or margarine
- 2 T. flour
- 1 C. brown sugar, firmly packed
- 3 C. corn flakes

Melt butter in heavy saucepan. Combine brown sugar and flour; add to butter. Cook, stirring constantly, over low heat until sugar is dissolved. Add corn flakes, mixing quickly until well coated with syrup. Set aside.

- 1/3 C. sugar
- 2 T. cornstarch
- 1/4 t. salt
- pinch of nutmeg
- 1 T. lemon juice
- 1 C. juice drained from fruit
- 4 C. drained, sweetened blueberries

Combine sugar, cornstarch, salt and spices in medium-sized saucepan. Add lemon juice and fruit juice. Pour into buttered 11x7-inch pan. Sprinkle evenly with corn flake topping. Bake in moderately hot oven (400°) about 40 minutes. Serve warm or cold with cream, if desired. Yield: 8 servings.

RHUBARB CUSTARD PIE

Rhubarb grows almost everywhere in Alaska and is one of the first harvestable items to appear in the spring. There are variations on this pie from Ketchikan to Ft. Yukon, and you can add other berries as they become available. This one uses only rhubarb.

4 cups rhubarb cut in 1-inch pieces

2 egg yolks (save whites)

1 $\frac{1}{3}$ C. sugar

3 T. tapioca

Combine ingredients and let sit at least 15 minutes. Pour into unbaked pie shell. Bake at 450° for 15 minutes and then at 350° for 35-40 minutes. Make meringue from egg whites and $\frac{1}{4}$ C. sugar. Top pie with meringue and bake just until golden brown.

CRANBERRY DROP COOKIES

3 C. sifted flour

1 t. baking powder

$\frac{1}{4}$ t. baking soda

$\frac{1}{2}$ t. salt

$\frac{1}{2}$ C. butter

1 C. sugar

$\frac{3}{4}$ C. brown sugar

$\frac{1}{4}$ C. milk

1 egg

1 T. orange juice

1 C. chopped nuts

2 $\frac{1}{2}$ C. cranberries (frozen or fresh)

Sift flour, baking powder, soda, and salt. Beat butter and sugars till smooth. Stir in milk, orange juice and egg. Stir in flour. Beat smooth. Fold in nuts and berries. Drop on greased cookie sheet. Bake at 375° for 12 minutes.

BLUEBERRY SLUMP

Boil in a heavy saucepan:

1 qt. blueberries

½ C. water

1½ C. sugar

1 t. nutmeg

Make batter of:

1 C. flour

1 t. baking powder

1 T. sugar

¼ t. salt

1 egg

3 T. milk

2 T. fat

Drop batter by spoonfuls on boiling berries. Cover and cook 10 minutes. Serve hot with cream.

QUICK CRANBERRY COFFEE CAKE

Grease bottom of glass pie dish. Fill bottom with fresh, lowbush cranberries. Sprinkle 1 C. sugar and some cinnamon over cranberries. Mix up one batch of biscuit dough and drop by spoonfulls over the cranberries. (Don't need to cover completely). Bake at 350° for 20-30 minutes. As this bakes, the cranberries rise up through the dough.

VENISON MINCE PIE FILLING

2 lbs. venison, finely chopped or ground
4 lbs. apples, finely chopped
4 lbs. white sugar or 2 lbs. white and 2 lbs.
brown sugar
1 lb. raisins
1 pkg. currants
 $\frac{1}{2}$ lb. suet put through grinder
4 pulverized soda crackers
1 qt. less $\frac{1}{2}$ C. sweet apple cider
 $\frac{1}{2}$ C. vinegar
4 t. nutmeg
4 t. cloves
6 t. cinnamon
6 t. allspice
1 t. ginger
3 t. pepper
4 t. salt
4 t. mace

Put all together and cook until apples look done.
The mincemeat can be frozen in pie shells or it
can be processed in commercial canning jars us-
ing the time and pressure recommended for your
altitude. Makes about 12 pts.

JELLIES (Short-cook Method)

The short-cook method with added pectin requires accurate timing. Follow the directions with the pectin product for best results. Here are some interesting combinations when your refrigerator holds odds and ends of leftover juices. Use the short-cook method.

No.1

2 C. apple juice

1³/₄ C. raspberry juice

1³/₄ C. red currant juice

1 pkg. powdered pectin or 1/2 bottle liquid pectin

6 C. sugar

No.2

2 C. raspberry juice

2 C. blueberry juice

1¹/₂ C. currant juice

1 pkg. powdered pectin or 1/2 bottle liquid pectin

7 C. sugar

Long-cook Method:

For longer-cooked jellies, use a large flat-bottomed pan. Work with a small amount of juice — only 6 to 8 C. at a time.

As a rule, ³/₄ to 1 C. of sugar is added to each cup of rich pectin juice. Add the sugar to the cold juice. Stir until sugar is dissolved. Boil rapidly until the jelly stage is reached. Test a spoonful in a cold saucer to see if it "sets."

BERRY JAM

6 C. crushed berries

1 pkg. powdered pectin or 1/2 bottle liquid pectin

8 1/2 C. sugar

Method:

1. Follow pectin pkg. directions.
2. Measure crushed berries into a large kettle.
3. Place on high heat and stir constantly while it comes to a full boil.
4. Add the sugar. Continue stirring and heat again to a full rolling boil. Boil hard for exactly 1 minute, stirring constantly.
5. Remove from heat. Skim and stir alternately for 5 minutes more.
6. Spoon the jam into hot sterilized containers and seal immediately.

Short-cook Method: The short-cook method for jams uses pectin, either liquid or powdered. If powdered pectin is used, mix it with the unheated crushed fruit before cooking; if liquid pectin is used, add it to the cooked fruit and the sugar mixture immediately after it has been removed from the heat. The cooking time is 1 minute at a rolling boil for either liquid or powdered pectin. A rolling boil is reached when bubbles form over the entire surface and cannot be stirred down easily.

BERRY JAM (Long-Cook Method)

8 C. crushed berries (if berries seem exceedingly seedy, part of the pulp may be put through a sieve)

6 C. sugar

Method:

1. Heat berries thoroughly in a large kettle.
2. Add sugar to the heated berries.
3. Cook, stirring constantly until mixture has a thick, jelly-like consistency. (Some cooks do this in the oven at 300°.)
4. Pour into hot sterilized jars and seal immediately.

SPICED BLUEBERRY JAM

Spiced blueberry jam is a wonderful accompaniment to the game meat frequently served in Alaska. It goes well with a moose, caribou, or reindeer roast.

4½ C. blueberries

½ t. cinnamon

½ t. cloves

1 bottle commercial pectin

7 C. sugar

grated rind and juice of 1 lemon

Simmer berries, cinnamon, cloves, sugar, and lemon for 5 minutes. Remove from heat; add pectin. Stir and skim. Spoon into sterilized jars and seal. Makes three ½ pt. jars of jam.

STRAWBERRY JAM

- 4 C. berries
- 4 C. sugar
- ½ C. lemon juice
- 2 T. pectin
- 1 t. red food coloring (optional)

Wash and stem berries, keep firm and whole. Add sugar, toss gently with berries. Let stand overnight—use glass bowl. Next day bring to a boil slowly (use large kettle). Stir carefully to avoid burning or mashing berries. Boil 8 minutes. Add lemon juice (fresh or bottled lemon) and pectin. Boil 1½ minutes. Add red food coloring (optional). Remove from fire, skim well. Place in glass or earthen crock. let stand overnight, stirring occasionally. Seal in sterile jars.

SPRUCE HONEY

(make in the spring)

Cover tender, pale green, new growth spruce tips (in spring) with water. Boil 2 hours. Drain, strain, measure. Use equal amount of sugar. Boil until as thick as you want it depending on planned use—syrup, honey, or cough syrup.

From: Cooperative Extension Service, University of Alaska

FIREWEED HONEY

(also called homesteader's honey)

- 10 C. sugar
- 2½ C. water
- 1 t. alum
- 30 white clover blossoms
- 18 red clover blossoms
- 18 fireweed blossoms

Boil sugar, water, and alum 10 minutes. Add white and red clover blossoms, and fireweed blossoms, and let stand 10 minutes. Strain and bottle.

Yield: About 7½ pt. jars. Can add rose hips.

From: Cooperative Extension Service, University of Alaska

BIRCH SYRUP

If you live in Southcentral or the Interior, why not try your hand at making birch syrup this spring? When the sap rises, bore an upward sloping hole in the south side of a birch tree. Large trees standing alone are best. Either put in a spigot and hang a bucket or run tubing from the hole to a covered container. Bring the sap to a boil quickly, in a flat pan; stir continuously. Using a candymaking thermometer to check the temperature, boil the sap until it reaches 221°-223°F (105°-106°C). Although the raw sap is clear and tastes like fresh water, the syrup ranges from golden to brown and is a rich and flavorful treat.

HIGHBUSH CRANBERRY CATSUP

Simmer the cranberries in a small amount of water until pulp is separated from seeds (pits). Strain through a cheesecloth bag, twisting and pressing until as much pulp as possible is forced through.

For each 4 C. of cranberries, add 1 C. of vinegar and 1 C. of brown sugar. Add to taste, salt, ground cinnamon, cloves, allspice, and ginger. Add liquid hot pepper sauce if desired. Simmer in a heavy sauce pan until thickened. Pour into sterilized bottles and seal.

CRANBERRY CHUTNEY

1 lb. fresh cranberries
2 C. water
2 C. sugar
 $\frac{1}{4}$ C. vinegar
1 C. seeded raisins
2 T. firmly packed light brown sugar
 $\frac{1}{4}$ t. powdered ginger
 $\frac{1}{2}$ t. salt

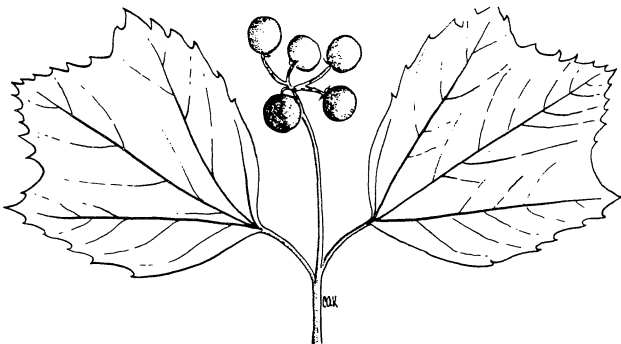
Pick over cranberries, discarding soft ones. Wash. Bring water and sugar to a boil. Add cranberries and all remaining ingredients. Simmer, stirring occasionally, until berries have popped—about 10 minutes. Cool. Serve warm or cold as a relish for roasted turkey or wild game. Makes 1 qt.

SPICED CRANBERRY SAUCE

- 12 C. fresh highbush cranberries
- 3 C. onions, chopped fine
- 1 C. water
- 2 C. vinegar
- 4 C. sugar
- 1 T. ground cloves
- 1 T. cinnamon
- 1 T. allspice
- 1 T. celery salt
- 1 T. salt
- 1 t. pepper

Cook the cranberries in the water until soft, then put through a food mill or a sieve. Add the onions, vinegar, sugar, spices, celery salt, salt, and pepper and boil until the mixture thickens and reaches the proper consistency. Pour into sterilized jars and seal. Makes about 3 pt. Serve this cranberry sauce with poultry, meat, or on baked beans. Other berries may be substituted in the above recipe, but it is one of the very best ways to use highbush cranberries when they are abundant and in season. Use as sauce or ketchup.

Cooperative Extension Service, University of Alaska.



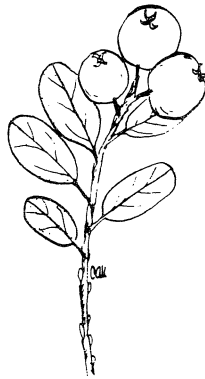
CRANBERRY SAUCE

- 4 C. cranberries
- 3 C. sugar
- ½ C. water

Place ingredients in saucepan, blend well. Bring to fast rolling boil until it jells in the bowl of a spoon, approximately 20 minutes. Without straining, pour into hot sterile jars or glasses and seal. Chill and serve with any meat dish.

Variations:

1. Reduce the sugar by ½ C. and the water by 2 T. and add ½ C. honey.
2. Stir in ½ C. slivered, blanched, toasted almonds and ¼ C. slivered, candied ginger. Chill. Serve with turkey.
3. Substitute ½ C. each citrus marmalade and corn syrup for 1 C. of sugar and reduce the water to ¼ C.
4. Stir in 1 C. candied, diced pears and ½ t. grated lemon rind.



PICCALILLI

10 lbs. green tomatoes
2 large heads of cabbage
10 big onions
2 sweet red peppers
3-4 sticks cinnamon
1 t. celery seed
1 t. cloves
3 qts. vinegar
12 C. sugar

Grind green tomatoes in a food processor. Add $\frac{1}{2}$ of cabbage and $\frac{1}{2}$ of onions, ground to make the same amount as green tomatoes. The 2 heads of cabbage and 10 onions should be just about right. Mix tomatoes, onions, and cabbage well in a very large crock or glass bowl. Add a handful of salt. Cover with water. Let stand overnight. Next day, wring out dry with hands. Put in kettle. Add red peppers, finely diced. Combine in a gauze bag sticks of cinnamon, celery seed, and cloves. Combine vinegar and sugar—liquid should cover vegetables. Simmer an hour or two. Pack into hot sterile jars and seal. Improves as it “ripens” on the shelf—the longer the better.



EQUIVALENTS

3 teaspoons	1 tablespoon
4 tablespoons	$\frac{1}{4}$ cup
3 tablespoons	$\frac{1}{3}$ cup
8 tablespoons	$\frac{1}{2}$ cup
$10\frac{2}{3}$ tablespoons	$\frac{2}{3}$ cup
12 tablespoons	$\frac{3}{4}$ cup
16 tablespoons	1 cup
$\frac{1}{2}$ cup	1 gill
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces(oz.)	1 pound (lb.)



ABBREVIATIONS

T.	tablespoon
t.	teaspoon
C.	cup
pt(s).	pint(s)
qt(s).	quart(s)
gal(s).	gallon(s)
env.	envelope(s)
pkg.	package(s)

SUBSTITUTIONS

1 C. sifted cake flour: $\frac{3}{4}$ C. plus 2 T. sifted all-purpose flour

1 C. self-rising flour: 1 C. all-purpose flour, $\frac{1}{2}$ t. salt,
1 t. baking powder

1 T. cornstarch (for thickening): 2 T. flour or 2 t. quick-
cooking tapioca

1 t. baking powder: $\frac{1}{4}$ t. baking soda plus $\frac{1}{2}$ t. cream of
tartar

1 C. powdered sugar: 1 C. granulated sugar plus 1 t. corn-
starch. Whirl in blender or processor
until powdered.

$\frac{1}{2}$ C. brown sugar: 2 T. molasses in $\frac{1}{2}$ C. granulated sugar

$1\frac{1}{3}$ C. firmly-packed brown sugar: 1 C. granulated sugar

1 C. sour milk: 1 T. lemon juice or vinegar plus sweet milk
to make 1 C.

1 C. whole milk: $\frac{1}{2}$ C. evaporated milk plus $\frac{1}{2}$ C. water or
 $\frac{1}{3}$ C. dry milk plus 1 C. water or
1 C. reconstituted dry milk plus 1 T. butter

1 C. thin cream: $\frac{3}{4}$ C. plus 2 T. milk plus 3 T. fat

1 C. heavy cream: $\frac{3}{4}$ C. milk plus $\frac{1}{3}$ C. fat

$\frac{3}{4}$ C. cracker crumbs: 1 C. bread crumbs

1 sq. chocolate (1 oz.): 4 T. cocoa plus 1 T. margarine

1 T. fresh herbs: 1 t. dried herbs

1 small fresh onion: 1 t. instant minced onion, rehydrated

1 t. dry mustard: 1 T. prepared mustard

1 C. tomato juice: $\frac{1}{2}$ C. tomato sauce plus $\frac{1}{2}$ C. water

1 C. ketchup: 1 C. tomato sauce, $\frac{1}{2}$ C. sugar, 2 T. vinegar
(for use in cooking)

1 lb. dates: $1\frac{1}{2}$ C. dates pitted and cut

3 medium bananas: 1 C. mashed

10 miniature marshmallows: 1 large marshmallow

In substituting cocoa for chocolate in cakes, the amount of
flour must be reduced.

Brown and white sugars may be used interchangeably,
measure for measure. Brown sugar must be firmly packed.

TERMS AND DEFINITIONS

Au gratin: Topped with crumbs and/or grated cheese and browned in the oven or under the broiler.

Au jus: Served in its own juices.

Baste: To pour or spoon pan drippings, marinade, or cooking juices over meats while cooking to prevent drying out and add flavor.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly; to parboil.

Boil: To heat a liquid until large bubbles break on the surface. The boiling temperature of water at sea level is 212°. A rolling boil is simply a vigorous boil. The boiling point is reached when a liquid is heated just until it begins to form bubbles.

Bone: To remove the bones from meat, poultry, or fish; to debone.

Braise: To brown meat, lightly coated in flour, over high heat in a small amount of fat, or under broiler, and then to simmer it in seasoned liquids in a covered pot.

Bread: To cover with fine dry bread crumbs before cooking.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and flour or butter and sugar are often creamed together to make a smooth paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudite's: An assortment of raw vegetables served as an hors d'oeuvre often accompanied by a dip.

Cube: To cut into cubes $\frac{1}{2}$ -inch on a side or larger. See also dice and mince.

Curdle: To clot or coagulate (particularly when speaking of milk, cream, and some cream sauces.)

Cut in: To combine solid fats and dry ingredients, especially shortening and flour, by chopping with two knives or with a pastry blender.

Degrease: To remove fat from the surface of stews, soups, or stock. Usually the latter is allowed to cool in the refrigerator, so the fat hardens and then can be easily removed.

Dice: To cut into cubes less than $\frac{1}{2}$ -inch in size. See also cube and mince.

Dredge: To coat lightly with flour, cornmeal, etc.

Drippings: Juices and browned particles that collect in the bottom of the pan in which meat or poultry has been roasted; used to enrich and flavor sauces and gravies.

Entree: The main course.

Fillet: To debone meat or fish. A fillet is the resulting tenderloin of beef or piece of fish without bones.

Fines herbes: A mixture of finely minced herb, usually parsley, tarragon, chervil, and chives. Used to flavor omelets, mayonnaise, and salad dressings.

Flake: To separate into small pieces in the direction of the grain; used particularly when speaking of fish.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top; the process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Fricassee: Braised meat or poultry. A white sauce is usually added to the cooking liquid.

Fry: Pan-fry. To cook food in hot oil or fat, usually over direct heat. The food is not stirred, but is turned.

Deep-fat fry: To cook food by immersing it completely in heated fat.

Stir-fry: A Chinese method of preparing meat or vegetables by cooking very rapidly in a frying pan or wok over high heat, stirring constantly. See also saute.

Glaze: To cover with a glossy coating, either a concentrated stock for meats or a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut meats, vegetables, fruits, or cheeses into match-shaped slivers. See also sliver.

Macerate: To soak peeled fruits in a mixture of lemon juice, sugar syrup, and wine or a liqueur. (The mixture should be placed in the refrigerator and allowed to steep for at least 2 hours.)

Marinade: Usually a strong flavored liquid, cooked or uncooked, used to make meats tastier and more tender; typically made of wine, olive oil, or a combination of the two, and seasoned with herbs, spices, vegetables, or fruits of your choice. A dry marinade is a combination of herbs and spices rubbed into meat, which is then allowed to stand before cooking. To marinate is to let food stand in marinade, either at room temperature or in the refrigerator, before cooking. Most recipes specify the length of time to marinate; recipes can vary from ½ hour to overnight to a couple of days.

Meuniere: Dredged with flour and sauteed in butter.

Mince: To chop into very small pieces. See also cube and dice.

Parboil: To boil until partially cooked; to blanch. Usually this procedure is followed by final cooking in a seasoned sauce.

Pare: To remove the outermost skin of a fruit or vegetable.

Plump: To soak dried fruit, most often raisins, in warm water before cooking or adding to batter.

Poach: To cook very gently in hot liquid kept just below the boiling point.

Puree: To mash foods until perfectly smooth by hand, by rubbing through a sieve or food mill, or by whirling in a blender or food processor.

Reduce: To boil down a liquid until the quantity has decreased to about half of its original volume; its flavor becomes more concentrated.

Refresh: To run cold water over food that has been parboiled, to stop the cooking process quickly.

Render: To obtain fat from small pieces of meat by heating until it melts. Sometimes called trying out.

Roux: Pronounced Roo. A mixture of flour and butter as the base for a sauce. White sauce roux is cooked briefly without browning to make sure the flour does not have a raw flour flavor. Brown roux is made by allowing the flour and butter mixture to brown evenly before the liquid is added.

Saute: To cook and/or brown food in a small quantity of very hot fat, stirring or turning frequently. See also fry.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Score: To cut shallow slits or lines into meat or fish, usually in a diamond pattern. As well as being decorative, scoring allows seasonings to penetrate more easily. Score the fat edge of steaks to be broiled, to keep them from curling.

Sear: To brown and seal the surface of meat quickly, in a very hot oven or in a frying pan, over high heat.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

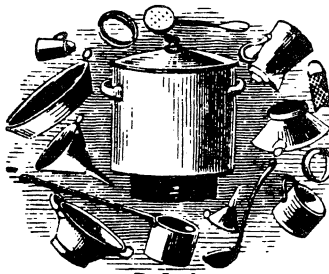
Sliver: To cut into long thin pieces. See also julienne.

Steep: To let food stand in (hot) liquid to extract or to enhance flavor, like tea, in hot water or poached fruits in sugar syrup.

Supreme: The breast of a fowl (usually boned).

Toss: To combine ingredients gently with a lifting motion.

Truss: To fasten the wings and legs of poultry, with skewers or string before cooking.



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