

KAA T'EIX'S
COOK BOOK



Kaa T'eix
Mary Howard Pelayo

Indian Food recipes are uncommon to the cook book world. With the contribution of all the recipes by Mary Pelayo, Nona Riste compiled and typed up this book. For advice about roots of young trees and from beaches, Mary consulted Esther Littlefield, Nick Pelayo and Pete Nielson.

Sketches were done by Maria Thiemeyer, Tlingit specialist.

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DEDICATION

To our mothers, grandmothers and ancestors who passed these recipes on from generation to generation. We hope an appreciation for the Tlingit way of food preparation will be realized. With the appreciation by the younger generation hopefully they will collect recipes for themselves. This is a beginning only in helping to retain a part of our culture in our Native food preparation.

A bit about the author.....

KAA T'EIX

Kaa T' eix (Mary Howard Pelayo) was born and raised in Sitka. Her Moiety is Eagle and her clan is Killerwhale. She has raised 5 children, who are all married. Her husband, Nick Pelayo, was born in the Phillipine Islands. He has been a cook for many years.

Mary has worked for the Public Health Service as a kitchen helper. She has worked in the restaurant business for twenty years, both in Sitka and Juneau. She has also been involved in the catering business as well.

When Kaa T'eix was eight years old she started helping her parents at camp with the cooking. They camped at Poison Cove from September to November. They did their food preparation during these months. They prepared fish, meat, and berries. They ate mostly seal, venison, grouse, crab, and fish. Fish was part of the daily diet. In the morning they usually ate half-dried fish with seal oil and berries. They made yeast bread and baked it on charcoal in a Dutch oven. They also cooked Indian fried bread.

The end of the day was story-telling time around the campfire. Legends were told and these stories have special meanings to them.

They always got up early in the morning to catch fish with gaff hooks at low tide. They gaffed humpy, coho and dog salmon.

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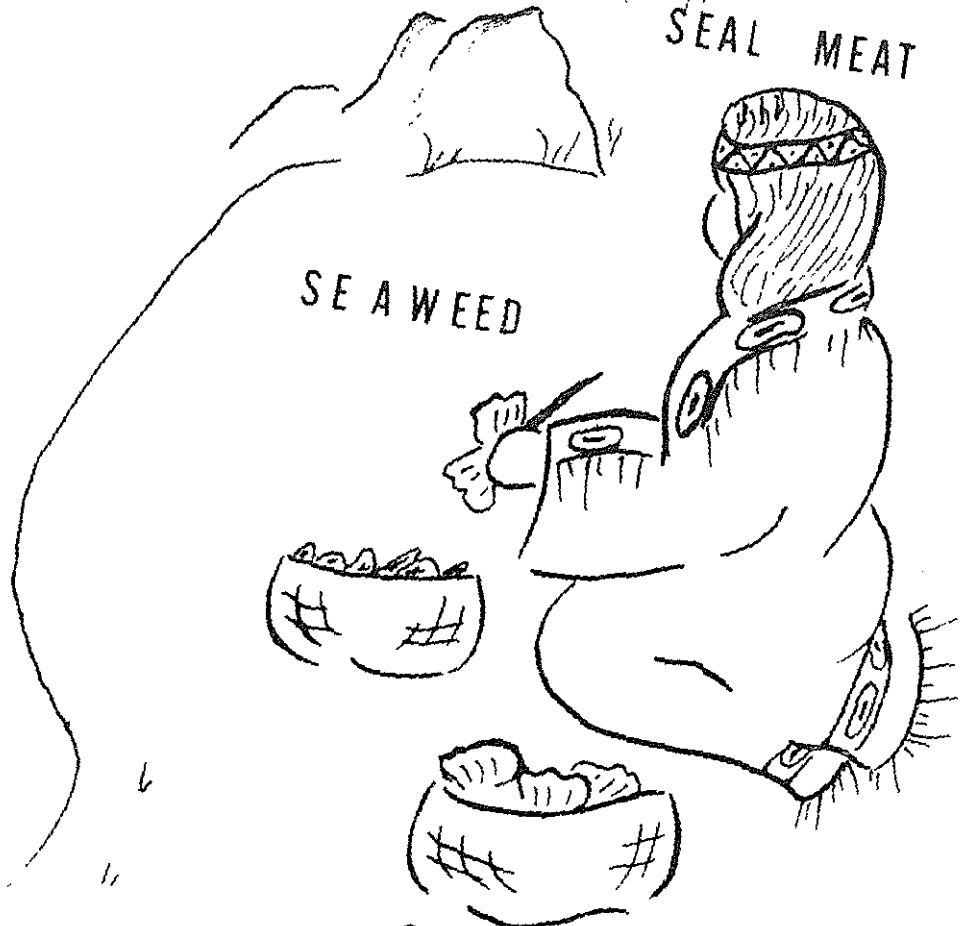
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SURVIVAL FOODS

SEAL MEAT

SEAWEED

SEAFOODS



SEAL MEAT

LECTURE ON THE USE OF SEAL MEAT, OIL AND SKIN

The hair seal is one of the sea mammals that the Tlingit people hunted. The liver is the best of the wild animals that are edible. The liver must be cooked fresh. The seal meat and liver do not taste fishy at all. They have a taste all their own. If you cook it with the right seasoning, it is very good.

The rendered seal oil has many uses. The older generation never went without seal oil for cooking. They used it to add flavor to the salmon, seaweed with salmon eggs or diced clams, dried cockles, and sea ribbons. They even added the oil to desserts like mixed berries. It is especially used with dried fish. Dried fish is what you call a finger food nowadays. You take the roasted dried fish and hold it in your two fingers and dip it into seal oil. This is good eating.

The seal oil was also used for preserving dried venison meat as well as dried seal meat. When it was time to eat the meat, it was taken out of the five-gallon can that was used to hold the seal oil and meat, and drained of oil. It was then served with boiled potatoes.

It was probably because the Tlingits dried so many of their edible foods that they usually served seal oil with it. It was easier to eat the food that way and much tastier. Can you imagine running out of cooking oil in your home nowadays? I guess the same was true for the Tlingit Indians when they ran out of seal oil on their tables. The people that did not have it had to go out and buy it from people that had it. Even though it was quite a chore to render seal oil, it was very inexpensive. They sometimes traded for whatever the other party did not have.

Nowadays the younger generation doesn't have the pleasure of enjoying most of our Tlingit Indian food. They simply don't have the taste for it because the parents never had it. All the foods that were our lifeline disappeared with the coming of freezers. Even the dried fish we depended upon for our winter supply is no longer a necessity. So, nowadays, whenever we have a chance to get some real smoke-dried fish, it is really a treat and really expensive.

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LECTURE ON THE USE OF SEAL MEAT, OIL AND SKIN (Continued).

The electric smoker took the place of a smokehouse; and smoked salmon that is processed by this method is very expensive, but very delicious. I have the recipe under the salmon recipes for brine-smoked salmon.

The seal's small intestines processed by smoking and drying were one of the favorites of the Natives. It was prepared by first making sure that the intestine was cleaned out through the whole length of the intestine. It was then weaved around the fingers on one hand. When this weaving was done, it looked like a crochet piece of art work. It came out round and in different lengths depending on the difference in lengths of the intestine. Then, a piece of fat from the seal with a little meat left on the fat was inserted into the woven case. This was dropped into boiling water that was seasoned with salt and pepper. The boiling water shrinks the intestine tightly around the piece of fat and meat. After it was done boiling, it was hung up somewhere in the smokehouse to give it that extra flavor of alder wood smoke. After all this preparation of the seal intestine and seal fat when it is sliced for eating, it comes out real fancy with all the weaving around the fat and meat. And, what a snack!

The seal skin was and still is used for clothing and moccasins, fancy things like wallets, purses, pin cushions, hats, fur coats, and even weather boots. For many years there was a bounty paid on seal noses because they figured too many salmon were consumed by the hair seal. Anyway, during that time the Tlingit women had enough seal skins on hand to make a lot of moccasins to sell. And, their husbands received the bounty money to boot. The bounties on seal stopped when the skins were sold for commercial use. Seal skin was in style for coats, parkas, short car coats, etc. Its skin was also used for rugs by the beds or a favorite chair. The very young pup seal skin is also used for fur trimming on moose-skin moccasins and deerskins and sealskins. Sometimes you were lucky and got a mother seal, then you had the unborn sealskin also.

RENDERED SEAL OIL

The blubber has to be cut into strips about three inches long and cooked on top of the stove or in the oven. As the oil comes to the top of the fat, ladle it out until the fat is close to being crisp. The oil stays fresh if you keep it in a nice cool place and if you put some of the cooked fat in a jar with oil in it. It makes a good side dish with smoked salmon or dried fish. It is really good with boiled salmon.

BRAISED SEAL MEAT

5 lb. seal meat	3 celery stalks (chopped)
3 cloves garlic (diced)	2 potatoes (med.; diced)
3 T. oil	1 lg. onion (chopped)
Salt <u>and</u> pepper (to taste)	2 carrots (diced)
1/2 tsp. thyme	3 T. flour
1 T. Ac'cent	1/4 c. oil

Cut the meat into small pieces. Add garlic, 3 tablespoons oil, and seasoning. Cook until meat is tender. Add potatoes, carrots, celery and onion. When the potatoes are done, mix 3 tablespoons flour with 1/4 cup oil and add for thickening. Bring to boil.

BOILED SEAL MEAT

Cut up 5 pounds of seal meat and drop the pieces into boiling water. Let it boil for about 15 minutes, then change the water. This time you season the meat with salt, pepper, seafood seasoning and Ac'cent to taste. Add 2 chopped onions and let this cook for about 2 hours on low heat.

SEAL MEAT ADOBO

Cut up 5 pounds of seal meat to about the size of stew meat. Add 3 tablespoons of salad oil with 3 cloves of fresh garlic. Fry together until browned. Add 2 cups of water and let cook on low heat. Add the following spices.

1 T. pickling spice	2 T. paprika
4 bay leaves (crushed)	1/3 c. vinegar
1 T. Ac'cent	

Do not let the water run dry. When the meat is nice and tender, sprinkle 2 tablespoons flour on top and stir into the meat. This will make gravy.

SEAL FLIPPERS

The flippers are really a treat when they are cooked in an open fire. You just drop them in hot charcoals and leave them there until they are cooked or they can be taken out of the fire when the fur is burned off and boiled with seasoning of salt and pepper. This dish reminds me of pickled pigs feet - has about the same texture too.

SEAL LIVER

Slice the liver into small pieces, season with salt, pepper, Ac'cent and seafood seasoning. Fry in butter. Chop up one medium onion and dice some bacon. Add and cook together.

FRIED SEAL LIVER

Slice the seal liver for steaks. Season with salt, pepper, Ac'cent and caraway seed. Let it set for awhile. Then dip the sliced liver into Krusteaz mix and dry. Serve with fried bacon or fried onions.

HOME-DRIED SEAL MEAT

Slice the meaty part of 3 pounds of seal meat into strips about 5 or 6 inches long. Slice them thin. Mix a solution of 1/3 cup soya sauce, 2 tablespoons vinegar, salt and pepper, to taste and 2 diced cloves of fresh garlic. Place the solution in a flat pan and put in the sliced seal meat. Leave overnight. Then remove from pan and let drain on a rack until it stops dripping. Now you can hang it on hangers over a stove or furnace. Open up hanger and insert meat on one end, then close the hanger again. You can also use this same method for venison meat. If you would like to make a larger amount, just double the recipe.

SEAWEED

TO HARVEST SEAWEED

Here in Southeastern Alaska we have three growths of seaweed. There is also the fake seaweed. It looks like seaweed, but it does not taste like seaweed. The first growth is called the herring spawn seaweed and it is harvested in the second week in May. This is considered the best for harvesting because it grows long and is abundant. The second growth is just a month later and is called the budding of the bush seaweed in Tlingit. This seaweed is good for about three weeks only. After that, it starts turning gray. The third growth comes in February and is called the winter seaweed. This is short, but real tasty. The best time to pick this black seaweed is when the tide is out and the wind and sun have dried the seaweed a bit on top. It is rolled off the rocks by hand. Take the one end of the growth and try to form a roll and the seaweed will pull off the rocks.

DRYING SEAWEED

To proceed with the drying, you do not have to wash it off. It is best to start drying as soon as possible. If it is raining outside, you can spread a tablecloth or sheets in your furnace room. It will dry, but it will take longer than drying in the sun and wind. When it is half dried, season the seaweed with fresh clam juice. You may also grind the clams and add them to the seaweed. You may also add salt to the clam juice to make it more tasty. Sugar is also a good seasoning. You may add the seasoning after the seaweed is ground. Continue drying, rolling the seaweed so that the seaweed will dry on all sides. If it is not dry all the way through, the seaweed will mold in storage. Before the white man introduced the meat grinder, the Tlingits used the pressing method. The seaweed was pressed into squares by placing it in cans like the modern five gallon can and a square board was placed over it with weights on top. It was dried that way in the sun. Before it was used, it had to be cut into pieces with a knife. When it was ready for storage, pine branches were placed between the blocks of black seaweed.

RED SEA RIBBONS

The red seaweed ribbons are dried in the same method as above, but because the ribbons are a little thicker than the black seaweed they retain the salt flavor and do not need to be seasoned. Where the black seaweed is almost transparent when dried, the red sea ribbons have a white powder like substance on them because of the dried salt. The sea ribbons can be eaten as is, or can be roasted in the oven. When roasted, they are crispy and just like Cracker Jacks, you can't stop eating the delicious snack.

In the seafood section there are two recipes for using dried seaweed - Salmon Eggs with Seaweed and Diced Clams with Seaweed.

We judge ourselves by what we feel capable of doing,
While others judge us by what we have already done.

SEAFOOD

SEASONING OF FISH

You will notice that my basic seasoning for all fish consists of salt, pepper and seafood seasoning. If you are on a low-sodium diet, substitute garlic powder for salt. You may have to regulate the seasoning according to your taste. In any cook book you have to adjust the menu to your own taste. Add your own favorite spices, if desired.

The recipes that I have included are for simple family cooking.

PREPARATION OF SALMON

There are several ways to prepare salmon - any kind of salmon such as coho, king, dog and humpy. The old camp-fire roasting was one of the most famous ways in the old days when families used to move out to camp to prepare the winter's supply of food which consisted of dried fish, dried venison meat, different kinds of berries, half dried fish preserved in jars, seal oil, dried seal meat, dried cockles and many more. The following are some examples of what can be done with salmon.

SALMON ROASTED OVER ON OPEN FIRE

Clean salmon and cut through. Leave head on. Open salmon and stick two alder wood sticks through the salmon. Season with salt, pepper and seafood seasoning. Shove the sticks into the ground close to the fire. Turn the fish and sticks over when one side is done. When the skin looks burned and is bubbled, the fish is done. Ac'cent can be added for seasoning.

BOILED SALMON

Clean a 6 to 10 pound salmon leaving the head and back bone. Cut the salmon in line with the bones to the back bone, about 4 inches apart. When you get through cutting, all the salmon is still intact with the back bone. Boil water with salt, pepper, Ac'cent, seafood seasoning and one sliced onion. When the water is fully boiling add 1/2 cup seal oil. Then add your fish. The fish will turn milky when it's done. This is usually good with river salmon or salt water fish. Use the head and tail also.

SALMON CHOWDER

Boil a 10 pound salmon, which has been cut into big chunks with seasoning. When it's cooked, let it drain and cool. Remove all bones, then break it up into little pieces. Brown 2 coarsely chopped onions with 4 pieces of chopped bacon. Now start your base for the chowder. Boil water with salt, pepper, seafood seasoning (all to taste), 4 diced celery stalks and 1 quart diced potatoes. Add bacon and onions. Cook together until potatoes are almost done. Add cooked salmon. For the thickening, mix 1/3 cup flour with 1/4 cup salad oil. Add to chowder and bring to a boil. Add 1/2 cup condensed milk after pot is removed from heat. Ac'cent can be added.

BAKED SALMON

Clean a 12 to 14 pound salmon. Leave head on, if desired. Cut through the side of the back bone, open salmon and season well inside and out. Rub in the seasoning (salt, pepper, seafood seasoning, Ac'cent and 3 dashes Tabasco) with salad oil. Cut slits on the skin side of the fish about four or five inches apart and insert 1 sliced lemon and 2 sliced onions. Bake in oven at 350° for 45 to 60 minutes according to size.

FRIED RICE STUFFING

Dice 1/2 pound of sliced bacon, not too small. Cook in frypan on low heat. When halfway cooked, add 1 diced onion, 1 diced green pepper, and 2 diced cloves of fresh garlic. Cook together until done. Add four to six cups cooked rice. Add soya sauce, salt and Ac'cent, all to taste. Mix well, stuff salmon and bake following the recipe above.

BRINE-SMOKED SALMON

Any kind of salmon can be used for brine-smoked salmon. Make brine for 10 to 14 pounds salmon with one cup of table salt, three cups of sugar and 1 1/2 gallons of water. Dissolve salt and sugar well. Cut salmon to desired size and remove back bone. Put your cleaned salmon in brine for four hours. After this, remove from brine and rinse in cold water. Place the pieces of salmon on a rack and let stand overnight. Towel dry the salmon pieces. Place them in a smokehouse and let it smoke for about 10 to 12 hours depending on how many chips you use for smoking. Use one piece for testing. Do not smoke the fish too dry.

INDIAN BAKED SALMON
CHARCOAL BAKED IN SKUNK CABBAGE

Season cleaned fish, inside and outside, with salt, pepper, seafood seasoning, Ac'cent and lemon (optional). Wrap in three or four skunk cabbage leaves. Build a nice fire outdoors and let the fire burn down to charcoal. Separate the charcoal and lay the fish in it. Cover the fish with the rest of the charcoal. Cook for one hour or more according to the size of the fish.

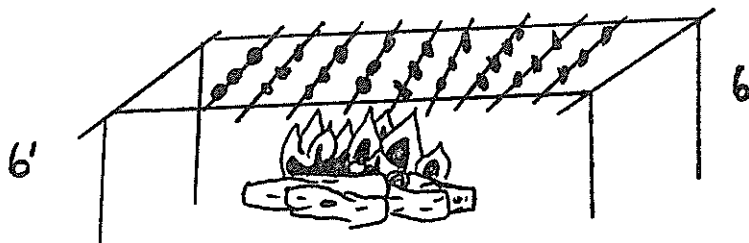
INDIAN DRIED FISH

This Indian style of drying fish takes about six days to a week to process. The best fish for drying is the dog, silver, humpy, or sockeye. The first step is to cut the head and tail off and clean the fish. Wash off any blood that may be left inside. Now it is ready to hang on the frame rack that is built with four posts and racks about five to six feet from the open fire. Alder wood gives it a good flavor. The wind and sun also help dry the fish. Cut fish on the side of the back bone all the way to the skin. Leave the fish on the racks for 24 hours or until firm with low heat. Slice open from the back to the stomach on both sides, as thin as possible on the boney side. Now you are ready to take what we call fish strips, which are the best part of dried fish because there are no bones. Take the strips about four inches in width according to the size of fish from the skin side as thin as possible. If the fish is not firm enough the strips will fall apart. If they fall apart, dry the fish a little bit more. You can take as many as two to three strips from each side of the fish as long as you leave enough meat on the skin. Now you hang this open fish back on the first rack and smoke on low heat for two days. High heat will cook the meat before it's dried. It is firm enough to move up on the second level racks, which is way up close to the ceiling. You use high heat for this stage. Beginning from fresh fish to this stage you keep the fire going 24 hours a day. Stack the open fish in a pile about 20 high, cover with canvas or other material and put a heavy object on the whole pile. This will straighten the fish out flat. This is the last stage. You insert the fish opened on the stick that makes the racks. Insert it on the back bone side of as many fish as possible about six inches apart so the heat can get between. Dry for three to four days. If not completely dry, leave for another twelve hours. For storage, find a nice cool, dry place. When ready to eat, roast in oven and eat with seal oil.

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INDIAN DRIED FISH (Continued).

You may use a rock salt brine for the fish before drying. If desired, use 1 tablespoon rock salt to 2 cups of water and let set 30 to 45 minutes.



DRYING THE STRIPS

Hang a rack in mid-air by ropes about 5 to 11 feet away from an open fire. Hang the strips on the rack. Let the strips dry until firm. Stack the strips 10 high, cover with a cloth and press down to make them flat. Insert strips on thin sticks or rods and put back on the rack about two or three feet higher than the first stage. The heat is hotter towards the ceiling. Leave until completely dry.

ROE (SALMON EGGS) AND FISH HEADS

Like the deer or venison, most parts of the fish are used by Indian people. Salmon eggs are a delicacy by themselves and are prepared in many ways. Dog salmon eggs are the best to eat, they can be cooked plain with 1 teaspoon salt and 1 quart of water and eaten as a snack. Believe me, they are quite filling and a bulk food.

The fish head was considered best when it was fermented in a hole on the beach where the tide came up. Mind you, this was in the camp grounds. The heads were laid in layers with the gut spread between and well covered with skunk cabbage. The inside of the hole in the sand was also covered with skunk cabbage, then covered with one foot of sand. This was ready in one week. It was a great day when the parents said, "Okay, children, open up our gink." Gink is the Tlingit word for it. From three to four families in one camp would get together around the camp fire with a large bucket of clear water. The heads were rinsed in the water before eating. The skin was peeled off the nose part and the nose part was eaten.

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ROE (SALMON EGGS) AND FISH HEADS (Continued).

Then the cheek part was roasted. This was a big feast and well enjoyed. Of course, you have to grow up with this kind of food to enjoy it.

The eggs were prepared the same way without the guts. The Indian people believed this cleaned out your whole system and was especially good for children with stomach or tape worms. Some people still prepare this rare food, and they share it with friends. It is hard to come by now, since the canneries sell the roe to oriental firms.

SALMON EGGS WITH SEAWEED

Clean the salmon eggs by putting the whole bulk in preboiled water. Let it simmer and keep stirring the eggs to separate them from the membrane. When the eggs are loose, remove from stove, and wash all the membrane away by changing the water about 4 or 5 times. Now it is ready to cook with the seaweed. Let the eggs cook for about 15 minutes. Test the eggs. If the eggs are not runny inside, but firm, they are ready to add the dried seaweed. Use about a handful of seaweed to 2 cups of eggs. Add salt, to taste, and 2 tablespoons of seal oil. In this modern day, I find that it is tastier to add 1 teaspoon of seafood seasoning, 1 teaspoon Ac'cent, and if you don't care for seal oil, use salad oil.

SMOKE CURED EGGS - INDIAN CHEESE

This method of preparing cheese is very interesting. You take the pink balloon or sack from the salmon and clean it, making sure you don't put a hole in it. Tie one end with a string, then put fresh loosened eggs in the open end. Fill the sack to the top and tie this end with another string. Leave enough string to hang the sack or bag to the side of the fire. Smoke and heat from the fire will dry and cure it. It takes about four days. When it is done, it is firm and dried on the inside and outside. It looks like sausage and is sliced like sausage. You can eat this with crackers or pilot bread.

CANNED SALMON EGGS

Clean the salmon eggs of membrane by the same procedure as for the eggs with seaweed. Bring the water almost to a boil and drain the water when the eggs are loose. Wash about 4 to 5 times with hot water or until the eggs are clean of white particles. The eggs

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CANNED SALMON EGGS (Continued).

should be about half done. Put the eggs in cans or jars with hot water and 1 teaspoon of salt to a No. 1 can or pint jar. Seal the jars tightly and use the water-bath system. Since the cans or jars are hot, it should start boiling in a short time. Let it boil for 15 minutes and remove from heat. Tighten the lids again and place them upside down to cool and the jars are well sealed.

FERMENTED EGGS

Clean off the eggs with cold water, kind of squeeze the whole eggs one by one through your fingers gently so they are not broken. After this first bath in cold water, let the eggs drain. Now the second half, with the same amount of eggs is cooked by boiling until done. Test eggs to be sure that they are not overcooked. They should be tender. Too much boiling will harden the eggs, and they will be hard to chew. Mix these with the fresh eggs and place in clean gallon jars to ferment. This is mostly used as an appetizer and is in the same category as the famous caviar. This will keep for a long time if stored in a cool place. Like the heads, this is good for what ails your stomach. You have to acquire the taste for this in your childhood.

You can also leave the eggs in one piece (do not separate) and let ferment after washing.

SALMON PATTIES

This recipe is for a quick lunch on a bun. It is like a fish burger, and very delicious with a green salad. You can make a dinner out of it with vegetables, potatoes or rice, with cream sauce. When I make sauce, I like to put fresh frozen peas right in the sauce and pour it over the salmon patties. Use your home-canned salmon or precook fresh salmon with a seasoning of salt and pepper, to taste, and 1 1/2 teaspoons seafood seasoning.

Mix the following together and form into patties.

1 (No.1) can salmon	1 tsp. seafood seasoning
(crumbled)	2 T. flour
3/4 tsp. salt	1/4 c. onion (diced)
1/2 tsp. pepper	1 egg
1/2 tsp. Ac'cent	

Fry the patties in 2 tablespoons oil in skillet. Brown on both sides over medium heat. For a fish burger, put mayonnaise or catsup on your bun with lettuce. Will serve 4 people.

WHITE SAUCE

4 T. butter or margarine 1 1/2 T. parsley flakes
 4 T. flour 2 c. water
 Salt and pepper (to taste) 1/2 c. evaporated milk

Melt butter and blend in flour. Add water, cook for about ten minutes, stirring constantly until smooth. Remove from stove and add the milk. Sprinkle with parsley. Serve over patties.

CANNED SALMON LOAF

Mix the following together:

2 (No. 1) cans salmon	1 T. lemon juice
(flaked)	1 c. milk
1 1/2 c. bread crumbs	1 T. pimiento (minced)
1/2 tsp. baking powder	1 T. green pepper (minced)
2/3 c. celery (chopped)	Salt <u>and</u> pepper (to taste)
1/3 c. onions (chopped)	

Pack into a loaf pan. Bake in a moderate oven (350°) until browned and firm - about 20 minutes. Serve with your favorite fish sauce and potatoes or rice. Will serve 8 people.

PEROKRUSSIAN SALMON PIE

This is my own version of Perok.

Cook the following ingredients:

4 large potatoes, boiled. 5 cups steamed rice. 4 onions, peeled and sliced from top to bottom. Fry 4 strips of diced bacon and saute' the onions in the grease. Season with garlic salt, to taste. Do not separate bacon from onions.

Peel the boiled potatoes, cut into halves and slice the halves. Flake two No. 1 cans of salmon.

Line the pan with pie crust. Pour in the steamed rice and press evenly, but lightly in the pan. Cover with the fried onions and bacon bits spreading evenly. Pour the flaked salmon over the onions and spread. Between each layer of ingredients season with salt, pepper, seafood seasoning and Ac'cent to taste. If you have steamed rice leftover, cover the salmon with it. Now close with the top pie crust. To glaze the pie crust, use one egg, 2 tablespoons of salad oil and a few drops of evaporated milk. Mix well with a fork and spread the mixture over the crust. This pie will serve 8.

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PEROK RUSSIAN SALMON PIE (Continued).

PIE CRUST:

I use the 2 to 1 method of making pie crust. You can make any amount of pies you want to this way. Mix 1 cup of shortening into 2 cups flour with 1 teaspoon of salt. Work the mixture until the shortening is cut into the flour well. Add cold water. Use enough water so the dough can be rolled easily. Do not knead the dough.

CANNED SALMON DISH

This recipe is great for a quick lunch. In any case, it's nice to have your own home-canned fish or venison meat. If you can't think of anything else to cook, you can just open a can and have a meal in a few minutes.

1 (No. 1) can salmon	1 med. onion (diced)
2 or 3 potatoes (cut in halves and sliced)	Salt <u>and</u> pepper (to taste)
	1 tsp. Ac'cent

Fry the potatoes in a skillet with butter or oil like American fries. Add onions while cooking and the seasoning. When the potatoes are done, add the flaked canned salmon. You can use any leftover fish-halibut, coho, etc. - instead of salmon, if desired. Serve with vegetables or a salad.

PICKLED SALMON

Use either king, coho, or pinks. Scale and clean the salmon. If the salmon is large when it is split in two, slice down the middle again so that you have four whole pieces of salmon instead of two sides. Slice these into pieces about 1 1/2 inch squares. Cure salmon by salting down with brine salt for four days. Then wash off the salt.

Boil 1/4 cup pickling spice together with 1 tablespoon mustard seeds and 3 whole bay leaves. Add 2 cups of vinegar, 3 cloves of garlic, 2 cups water and 1/4 cup brown sugar. Boil together for about 10 minutes. Cool overnight. Add 1/3 cup salad oil and stir well. This is ready for the cured salmon. You may use any size container you wish as long as the brine covers the salmon. Do not use tin. Age about a month before eating.

PICKLED HERRING

To pickle fresh herring, clean off the scales by holding on to the tail and using a small knife scrape off the scales from tail to head on both sides. Split open and clean out the insides or if the herring is large, split it in two and cut in pieces about 1 1/2 inches wide. Proceed as for Pickled Salmon.

HOME--DRIED FRESH HERRING

For home drying fresh herring, you can remove the guts, head and tail. Wash off the remaining blood, then put the herring in the same solution used for home-dried seal meat. Leave in the solution for about four hours. Let them drain, then insert the herring on hangers. The herring has to be split open on the side of the back bone. When the herring is dry, you can preserve it by freezing. The dried herring is just as good as dried Hooligan. They can be roasted in the oven to eat or just eat the plain dried herring - either way it is a delicious snack.

HALIBUT AND LING COD

Halibut is one of the bottom fish that is really good for home use. When it is dried, the taste is the same as ling cod. A person is wasting good eating if he throws a ling cod back into the ocean. It may look ugly, but it is good eating especially for fish and chips. When we were in the restaurant business, people often asked if we were serving halibut fish and chips, when we used ling cod. The same recipes work for two different fish.

HALIBUT CHOWDER

Boil 3 pounds of halibut fillets, which have been cut into 3x3 inch chunks with the following:

1 1/2 T. salt	1 T. seafood seasoning
1 tsp. white pepper	1 T. Ac'cent

Cook at full boil for about 15 minutes and then remove from stove. Drain, reserving the liquid. Cool and remove skin and remaining bones. In reserved stock place the following:

2 lg. potatoes (quartered)	2 med. onions (chopped)
3 or 4 stalks celery (sliced)	Salt <u>and</u> pepper (to taste)

When the potatoes are almost cooked, add thickening made of 1/4 cup salad oil and 3 to 4 tablespoons of flour to the soup stock.

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HALIBUT CHOWDER (Continued).

The thickening should be mixed thoroughly before adding. Let simmer until thickening is cooked. Add halibut to the mixture. Remove from heat after a few minutes and add 1/4 cup evaporated milk. Garnish with dried parsley. Will serve 6.

FISH AND CHIPS

Fillet the halibut by cutting right down the middle of the fish lengthwise. Notice there is a line on both sides of the halibut. Cut on this line to the back bone and cut along the bones that spread out on both sides. If the halibut is a large one, cut it into chunks. Lay each chunk on the cutting board, skin side down, and insert your knife between the skin and the meat. Keep cutting, holding the meat away from the skin. Some people just pull it off, but if you can't do that, use your knife. Cut the halibut in strips about 3 1/2 inches long. Do not cut the strips too thick.

BATTER:

1/2 tsp. baking powder	1 T. seafood seasoning
2 c. flour	1 1/2 tsp. Ac'cent
1 tsp. salt	1 1/2 tsp. paprika
A dash of white pepper	1 (or more) c. water

This batter will cover about 3 pounds of fish. Mix the ingredients until smooth. Dip the strips into the batter and drop into your deep fryer. The oil in the fryer should be preheated to 375° and should cover the pieces of fish.

Use this same recipe for ling cod. You can also use a batter of Krusteaz or Tempura mix. Add a little seasoning.

HALIBUT FILLETS

You will enjoy this delicious meal. The advantage of this recipe is that you can make a big meal out of a small chunk of meat. Slice the halibut into small pieces about 3 1/2 inches square and less than a half in. thick. Mix 1 1/2 cups flour with the following:

1 1/2 tsp. salt	1 1/2 tsp. Ac'cent
3/4 tsp. white pepper	1 1/2 T. paprika
1 T. seafood seasoning	2 eggs (beaten)

In a separate bowl, beat the eggs. Roll the fish in the flour mix, and then dip into the egg mix. Fry in butter or oil in a skillet over medium heat. If the fish is not too thick, they will cook faster. Just brown on both sides.

BOILED HALIBUT

One of the favorite foods of the Indians of Alaska is boiled fish. It is simply made, too. There is nothing fancy about this dish. The back bone is the best for boiling. Like beef, the meat is tastier around the bones. Just boil your water with seasoning of salt, pepper and seafood seasoning to taste. Never go without seafood seasoning when you are preparing seafood or shellfish nor monosodium glutamate. This adds flavor to both fish and meat. Add the following to the boiling water:

3 stalks celery (sliced) 1 potato (cut in chunks)
1 lg. onion (sliced)

Add about 2 pounds of halibut fillets which have been cut into 3 inch square pieces. Cook until the potatoes are done. You may add thickening by mixing a little flour with salad oil.

HALIBUT STEAKS

Chicken halibut is very good for halibut steaks. Slice the steaks to about the size of your forefinger. If you hit the back bone right between the cartilage, you will have an easy time of slicing the rest of the halibut. Season the steaks well with salt, lemon pepper and seafood seasoning. Roll in flour or Krusteaz mixed half and half with flour. Fry in butter or oil over medium heat. Brown both sides. Serve with lemon slices and tartar sauce.

HALIBUT OR SALMON HEAD
BAKED OR BOILED

The head of a halibut or salmon is very rich. Both are very good eating either baked or boiled. They are especially good roasted over an open fire, which gives them a smoked flavor.

For boiling or baking a salmon head, remove the teeth by cutting along the jaw line. Remove the eyes and then cut the head in half from the nose down. If you place the nose up on your chopping board, it is not too hard to split the head.

Halibut heads may be chopped into big chunks for boiling. Split in half for baking.

To boil, season water with the following:

1 T. seafood seasoning 3 celery stalks (sliced)
1 T. Ac'cent Salt and pepper (to taste)
1 onion (sliced)

Let it boil for at least one hour.

Continued Next Page.

HALIBUT OR SALMON HEAD - BAKED OR BOILED (Continued).

To bake, rub salt, pepper and seafood seasoning on both sides of the fish. Try lemon pepper in place of regular pepper. Place in pan lined with foil. Bake at 375° for 1 hour. If it becomes too dry, brush with salad oil.

HALIBUT STEW

Halibut stew is a very delicious meal. Cut 3 pounds of halibut fillets into chunks large enough to give two or three for each serving.

To 1 quart of water, add the following:

1 T. seafood seasoning	Salt <u>and</u> pepper (to taste)
1 T. Ac'cent	1 lemon (add juice <u>and</u> 1/2 of rind, chopped)

Bring water to boil and add the following:

1 onion (sliced)	Any vegetables that are in season -
3 celery stalks (sliced)	broccoli, zucchini, carrots,
2 potatoes (cut in chunks)	rutabagas, eggplant, spinach or romaine

If using spinach or romaine, do not add until the last minute, just to steam. When the potatoes and carrots are halfway cooked, add the chunks of fish.

BARBECUED HALIBUT STICKS

3 lb. halibut fillets	1 or 2 garlic cloves (chopped fine)
1/2 c. salad oil	1 c. American cheese (grated)
1 tsp. salt	1 c. dry bread crumbs (crushed)
1 T. seafood seasoning	

Remove the skin from the halibut fillets and cut the pieces into strips. Combine oil, salt, seafood seasoning and garlic. Place fish in oil mixture for a minute or two. Remove and drain. Roll in cheese, then crumbs and place in a greased pan. Bake in hot oven (450°) until brown. You can also freeze this after cooking and defrost as needed. Ziplock bags are best for freezing.

FISHWICH

A fishwich is a very delicious sandwich which even kids love. It's as easy to make as a burger on a bun. Use halibut fillets with the skin removed. Cut the fish into squares large enough to fit on a bun. Sprinkle the squares with salt and seafood seasoning. Roll in Krusteaz. Either deep fry or panfry. Continued Next Page.

FISHWICH (Continued).

Place chopped or sliced onions, lettuce and mayonnaise on the bun with the fish. Serve with tossed salad or French fries.

BAKED HALIBUT WITH TOMATO SAUCE

Five pounds of any kind of white meated fish may be used for this recipe - king or coho salmon, cod, or red snapper. Fillet bottom fish. Cut other fish into steaks. Poll the fish in flour which has been seasoned with salt, pepper, Ac'cent and seafood seasoning to taste. Fry in a skillet with butter or oil, browning them on both sides. Lay them side by side in a baking pan and cover with tomato sauce. You may also use fried rice stuffing. Lay the fish on top of the fried rice and cover with tomato sauce. Bake in a moderate oven (350°), for at least 45 minutes.

TOMATO SAUCE:

2 cloves fresh garlic (minced)	Salt <u>and</u> pepper (to taste)
2 T. oil	2 whole bay leaves
1 lg. onion (chopped)	1 (28 oz.) can tomatoes (crushed)
1 lg. green pepper (chopped coarsely)	3 drops Tabasco sauce
	1 lemon

Saute' the garlic in the oil. Add salt, pepper, onion and green pepper. Cook just a few minutes - long enough to let the garlic flavor go through the oil and vegetables. Add the bay leaves, tomatoes, Tabasco sauce, juice of the lemon and half of the lemon rind, chopped.

HALIBUT POACHED IN SAUCE

You can also use salmon for this recipe. Make a sauce by boiling together the following:

1 med. onion (chopped)	1 tsp. seafood seasoning
1/2 green pepper (chopped)	1 T. soya sauce <u>or</u>
2 celery stalks (chopped)	Worcestershire sauce
Salt <u>and</u> pepper (to taste)	

Use enough water to cover the vegetables and bring to a boil in a covered frying pan. Place 3 pounds halibut fillets, which have been cut into 3x3 inch chunks, on top of the vegetables. When the fish is just about done, remove from the pan and keep warm. Thicken the remainder with a little flour mixed with salad oil. Add 1/4 cup milk. Pour over the halibut.

DRIED HALIBUT

Most of the dried halibut I saw my parents dry was during the summer, when the sun was hot and my sisters and I would rather play on the beach than help put the halibut on the racks for drying. They did not put much smoke in it. It was much better to sun dry the fish. It made the meat nice and white, soft and flaky.

The halibut that has been sliced for drying was taken down from the long sticks that we used for racks and piled on top of each other about six high. They were then covered with cloth or canvas. A lot of pressure was needed to press the long slabs of halibut, so we would get on top of the pile and press the pile down. This made the fish soft and tender.

After the tenderizing, the fish was put on the top rack in a smokehouse to give it a little taste of smoke. The heat from the open fire finished the drying.

Like salmon drying, the fresh halibut has to be dried overnight before it is sliced into strips. The taste is better if you salt brine the halibut first. Halibut is easy to dry. You can dry strips of halibut over a hot furnace. Brush the strips with liwuid smoke, and it tastes like honest-to-goodness smoked fish. I tried this method on ling cod and to my surprise it tasted just like halibut. It is great for cooking as a substitute for halibut.

COD FISH AND BLACK COD

Cod fish are always thrown back into the ocean, but you will be surprised how good the white meat is. It can be cooked as fillits, French fried, or made into a chowder. The only problem is to clean and cut the fish into fillets. Clean them the same way you would red snapper.

COD FILLETS

Season to taste with salt, seafood seasoning and Ac'cent. Roll in flour and dip into beaten eggs. Cook over low heat on a grill. Can be served with steamed rice.

COD FISH AND CHIPS

2 c. flour	3/4 tsp. baking powder
1 1/2 tsp. salt	1 1/2 tsp. tapioca
1 tsp. seafood seasoning	Water
1 tsp. Ac'cent	

Mix your ingredients together. Add water starting with 1 cup. If the mixture is too thick, stir in more water. The batter should be of the same consistency as waffle batter. Now cut 3 pounds fish into strips, not too thin and dip into the batter, deep fry in oil that has been preheated to 375°. The oil should cover the fish. After the fish comes to the surface, leave in for about 1 more minute. If the batter browns too fast, lower the heat.

BOILED ROCK COD

1 1/2 c. water	1 tsp. lemon juice (opt.)
1 T. Worcestershire sauce	1 onion (diced)
1 tsp. salt	1 celery stalk (diced)
1/2 tsp. pepper	1 med. rock cod
1 tsp. seafood seasoning	
1 tsp. Ac'cent	

Add seasoning and lemon juice to water. Bring to a boil and add the onions and celery. Slice the fish into pieces desired and add. Let it simmer for about 20 minutes in a covered pan.

PREPARATION OF CLAMS AND COCKLES

Many years ago the Indian people cooked their clams just by steaming. Clean off all sand before steaming in the shells. Never add water as the clams produce their own nectar, which is very delicious. Nowadays you dunk your clams in melted butter. Some people feed their fresh clams yellow corn meal before cooking. This helps clean the sand out.

To take the meat out of the shell you insert a paring knife in the only opening in the shell. You cut the muscle that is attached to the shell on both sides and the meat falls out. Cut off the neck with the black tip. Wash the meat to clean off the remaining sand. Nowadays there are many ways to cook clams with modern seasonings, herbs and spices.

MARY'S CLAM CHOWDER

Prepare your ingredients before you start cooking. For a quart of clams you can make 2 gallons of clam chowder. For less clams, you can reduce the ingredients.

1 qt. clams	1 T. seafood seasoning
1 1/2 c. onions (diced)	1 c. all-purpose flour
6 slices bacon (diced)	3/4 c. salad oil
3 potatoes (peeled)	1/2 c. condensed milk
1 1/2 c. celery (diced)	Parsley (minced)
1 T. salt	3/4 cube butter
1 T. pepper	
1 T. Ac'cent	
1 tsp. garlic salt	

Brown bacon and onions together. Dice the potatoes in 1/2 inch squares. Put potatoes, bacon, onions, celery and clams into a large pot and cover with water. You can cut up the clams to any size you desire. Three pieces out of one clam is good. Before this starts boiling, add garlic salt, salt, pepper, seafood seasoning, salt and Ac'cent. Cook over medium heat after bringing to a boil until the potatoes are cooked. Add your thickening - mix flour and salad oil together well. Pour this into the clam mixture very slowly and keep stirring. You can make the chowder thicker by adding more flour to salad oil. Remove from stove. After it stops boiling, add your condensed milk and garnish with dried parsley. Add butter. Adjust your spices according to your own taste and according to how many clams you have to work with.

ROASTED CLAMS

Leave the clams in the shells. Clean sand off as much as possible, and place the clams in hot charcoals. When the shells open, the clams are done and ready to eat. The salt water and the smoke from the smoldering alder wood charcoals give them a good flavor.

PICKLED CLAMS

You can use this as an appetizer.

Small onions (diced)	1 drop Tabasco
1 lemon	1/2 tsp. salt
2 T. vinegar	1/2 tsp. pepper

Clean the clams of sand and cut off the necks. Slice the fresh clams and place in a bowl. Add diced onions and cut up the lemon

Continued Next Page.

PICKLED CLAMS (Continued).

after you squeeze the juice in with the clams. Add spices, a drop of Tabasco and vinegar. Let it set for at least four hours. The vinegar will cure the clams. They are already to eat with saltines.

FRIED CLAMS

1 c. flour	1 1/2 tsp. seafood seasoning
1 tsp. salt	1 tsp. Ac'cent
1 tsp. paprika	3 to 4 eggs

Prepare your dip. Mix flour, salt, paprika, seafood seasoning and Ac'cent. Beat 3 or 4 eggs. After you coat the clams in the flour mixture, dip in eggs and fry on medium heat. Check to see if it's well done inside. It should cook in 12 to 15 minutes. When it's cooked, it's firm and not runny.

CLAM DIP

1 can razor clams (minced)	1 (4 oz.) pkg. cream cheese
1 can cream (whipped)	Salt, pepper, onion (grated)

Drain the minced clams. Combine all ingredients. Chill in a bowl and it is ready to serve.

CLAM FRITTERS

2 c. flour	1 egg
2 tsp. baking powder	2/3 c. condensed milk
1/2 tsp. salt	2 c. clams (minced)

A sprinkle of seafood seasoning

Mix flour with baking powder, salt and seafood seasoning. Beat the egg with the condensed milk. Stir in the minced clams. Drop into hot grease or deep fryer by tablespoons. When cooked it will float and be easy to turn over.

The best way to preserve clams is to freeze them right in the shells. They're just like fresh when defrosted.

RAZOR CLAMS

Razor clams are one of the tastiest clams. The shiny brown shell does not cover the body of white meat. A person has to dig fast to catch this species as it is able to move itself down into the wet sand very rapidly. You can prepare these clams the same as you would butter clams. Leave clams overnight in sea water and corn meal. This will clean them. Cut out the meat by inserting

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RAZOR CLAMS (Continued).

a knife and cutting the muscles on both sides. Cut off the neck like the butter clam. Now it is ready to fry or deep fry. For fried razor clams you use the same procedure as for the butter clams. If you want to deep fry, make a batter out of the following.

2 c. flour	1 tsp. seafood seasoning
1 tsp. salt	1/2 tsp. baking powder
2 tsp. paprika	1 c. water
1 tsp. Ac'cent	

Mix the seasoning and baking powder into the flour. Add water and mix until batter is nice and smooth. If batter is too thick, add more water. The batter should be able to cover the meat easily when you dip the clam. If the texture is too heavy, the clams will stay on top of the batter and it will be hard to coat the clams.

DICED CLAMS WITH SEAWEED

1 tsp. salt	1 c. clams
1 tsp. seafood seasoning	2 handfuls dried seaweed
1 tsp. Ac'cent	
2 T. seal oil, Hooligan oil	
<u>or</u> salad oil	

Dice the clams in small pieces. Use the whole clam including the strips that are around the clam, except the neck. Cut the neck off. Cook the clams in a saucepan. Add all ingredients with clams and cook for about 15 minutes.

COCKLES

The cockle or heart shell looks like a heart when viewing from the side. It is identified by the evenly spaced ridges on the outside shell. In the old days I remember my parents used to smoke dry them. They were strung up on a fishing line and hung in a warm place by an open fire until completely dry. They were then put away in large canisters. They were nice and chewy and good for snacks.

STEAMED COCKLES

Wash and clean cockles. Like clams, you steam the cockles right in the shells until the shells open up and the meat falls out. You can also dip this in butter. Add whatever spices to your butter dip you like.

FRIED COCKLES

1 c. flour	2 eggs (well beaten)
3/4 tsp. salt	Cockles (split in half -
3/4 tsp. paprika	butterfly style)
1 tsp. seafood seasoning	

Mix seasoning with flour. Dip the cockles in the flour and cover well. Dip in the eggs and fry on medium heat. Serve with rice or tossed salad.

ALASKA SHRIMP OR CRAB

Shrimp is the shell fish which is considered the delicacy of Alaskan sea foods. It can be prepared into many beautiful dishes or eaten plain. For some reason the older Indians of Southeast Alaska did not relish the idea of eating shrimp. The reason is unknown to me. On the other hand, crab was one of their favorite sea foods. The Alaskan shrimp is the best that I have ever tasted. It is far superior to the shrimp that is shipped up here.

SHRIMP OR CRAB CREOLE

1 lb. shrimp or crab	1/3 tsp. chili powder
1 med. onion (chopped)	2 bay leaves (crushed)
2 celery stalks (chopped)	1 tsp. Worcestershire sauce
1 green pepper (cut in strips)	1/2 tsp. Ac'cent
2 T. oil	1 (No.2) can tomatoes (crushed)
Salt and pepper (to taste)	1 sm. can tomato puree'
3 drops Tabasco sauce	

Saute' the onions, celery and green pepper in 2 tablespoons oil. Stir in seasoning. When vegetables are half done, add tomatoes and tomato puree'. Simmer until vegetables are cooked. To thicken, mix 2 tablespoons corn starch with a little cold water and add to mixture. Add prepared shrimp or crab and let the mixture simmer a little longer. Serve with steamed rice. Will serve about 5 people.

FRENCH FRIED SHRIMP

Homemade batter for French fried shrimp is very simple, but you can use the ready made Tempura following the directions on the box, adding a little salt and seafood seasoning. The best batter I have used is Krusteaz and Tempura, mixed half and half with salt and seafood seasoning.

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FRENCH FRIED SHRIMP (Continued).

HOMEMADE BATTER:

1 1/2 c. flour	3/4 to 1 c. water
1 tsp. paprika	1 tsp. seafood seasoning
1 tsp. Ac'cent	1/4 tsp. baking powder

Mix dry ingredients together. Add water and blend well. Deep fry at 400°. When the shrimp float in the oil, they are done. This amount of batter will cover about 2 pounds of shrimp.

SHRIMP CHOP SUEY

8 to 12 lg. fresh shrimp	6 celery stalks
2 cloves fresh garlic	1 med. green pepper
2 T. oil	1 reg. can bean sprouts
Salt <u>and</u> pepper (to taste)	1 sm. can water chestnuts
1 tsp. seafood seasoning	1 sm. can mushrooms
1 tsp. Ac'cent	1 sm. can bamboo shoots
1 lg. onion	1/4 c. soya sauce

If you use jumbo shrimp, after shelling them, rinse in cold water, slice the shrimp in half and slice the halves in thirds or any desired sized pieces.

Saute' shrimp together with garlic and seasonings in oil. When the shrimp turns white, add chopped vegetables and cover the pan letting the vegetables cook for a few minutes. Add the canned ingredients and soya sauce. Let it simmer until comes to a boil. Add a mixture of corn starch with cold water for thickening, stirring constantly. The heat of the boiling pot should cook the starch very quickly. Serve with steamed rice or fried rice. Will serve six.

GUM BOOTS

I really don't know where the name gum boots came from. They are also called chitons or sea cradles. Gum boots can be found almost anywhere in the world. In the same category is the Chinese slipper, which is a giant chiton. They live on reefs and rocks, preferably on the underside of rocks. They attach themselves under the rocks and you have to dislodge them quickly on the first try; otherwise, it clings on harder. Use a thin knife and pry them away from the rock quickly. There are only a few times out of the year you can pick gum boots because it has to be a minus tide. Unlike the clams, gum boots are good at any time of the year. Once they are out of the water, they deteriorate rapidly so it is best to eat them, steam

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GUM BOOTS (Continued).

and store them, or freeze them within a day.

I remember when I was a young girl after we were through picking them, we would build a bonfire on the beach. Roots were place around the fire. We place the gum boots on the hot rocks and cooked until tender. The shells, which line the back, slip off easily with your thumb nail. The dark parts from the inside were cleaned off, and the rest was eaten with seal oil. Another way to prepare them is to steam them in a heavy skillet with their own juice for a few minutes. They get hard and rubbery.

There is also the method of eating them raw. The Tlingits of Southeastern Alaska never ate raw fish as the movies indicate. All I know is they did eat gum boots raw after they had been soaked in fresh water, sometimes overnight. The meat turns tender and the shells come off easy. They were eaten with seal oil, too.

The white man just recently introduced some modern preparation of this product. The meat may be ground and used in any good recipe for chowder or patties that call for fish. The meat may also be pounded like abalone to tenderize, sprinkle with seafood seasoning, dip in beaten eggs and cracker crumbs. Fry quickly in hot oil. For fritters, you may use cornflakes with fresh eggs. For 1 cup of ground gum boots, add 2 cups of cornflakes and 2 beaten eggs. Season with seafood seasoning, monosodium glutamate and pepper. Mix well in a bowl. Drop in a medium heated pan of oil and deep fry by the spoonful. Let cook for a few minutes or until the eggs are cooked.

SURVIVAL FOODS

SURVIVAL FOODS

There are a wide variety of edible vegetation and roots that grow in Alaska. Like everything else, the using of these Indian foods is unknown to the younger generation, but it should be known for survival purposes. If you are lost in the winter or summer, you can survive with just what you can get in the forest. The vegetation and roots are high in nutrition and some are bulk foods so you need never go hungry.

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SURVIVAL FOODS (Continued).

Fern roots are a bulk food. These roots are bunched together and have black husks. To roast, bury the roots in the ground and build a fire over them. Let the fire burn until only charcoals remain. Peel off the husk. The portion that is eaten is the root inside which resembles a sweet potato. If you sprinkle it with sugar, it will taste like a sweet potato. The older generation ate it with seal oil.

In the early spring the salmonberry bushes bear a sprout that is good to eat. It has to be picked when it is young and tender. Peel before eating. This was also eaten with seal oil.

Hemlock sap is also good to eat. The best time to get the sap substance is in the spring after the tree is cut down. Remove the bark and scrape off the substance that is white in color with anything that is sharp. This pulls off in ribbons and can be used for survival food. It can also be dried. When dried it is a brownish color. It can be preserved in jars packed with sugar although it is already naturally sweet. If dried, sprinkle with sweet water when you are ready to eat it. It can also be eaten with seal oil.

Sweet roots also resemble sweet potatoes. They grow in flat land. These have to be harvested in early spring. They have yellow blossoms. Take hold of the stems and you can pull them right out of the ground. Wash off the dirt and they can be eaten as is. They can also be sun dried or smoked. Like the fern roots, they have a sweetish taste. If you dry them for preserving, soak the roots and steam them before eating. The Indians ate these wild roots with seal oil and also added a little sugar.

If you fall into exhaustion or fatigue during a hunting trip, the best thing for recovery is to cut open the throat of a deer and catch the fresh blood that will squirt from the veins and drink it. It may sound nauseous, but then it may save your life, too.

Many more different leaves and roots are edible. All you have to do is taste them to know if you can eat them. If the root is sour, look for another. There is hardly anything in the forest or on the mountains that is not edible. The Hudson Bay tea is so hardy, it can survive in the snow and cold. The only problem is carrying a container to boil the leaves in.

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SURVIVAL FOODS (Continued).

For warmth you can use swamp moss or the moss that grows under the trees. This will hold your body heat. During the freezing weather it is better to keep moving to stay warm. If you have a companion, take some bushes and whip each other lightly with them. This will help keep the blood circulating so you can keep warm.

* * * * *

BREADS
& DESSERTS



Keep in a covered gallon jar to use whenever needed. Store at room temperature. As you run low on supply, add more water and flour.

Take 1 cup of sourdough mix and add 2 unbeaten eggs, 1 tablespoon sugar, 1 teaspoon baking soda, 1 teaspoon salt and 1 tablespoon oil or melted butter. Beat with a hand beater. If too thick, add a little milk. If the portion is not enough, add more flour. Mix and use on the same day.

Sift together 1 cup of all-purpose flour, 1 teaspoon baking soda, 1 teaspoon salt and 1/4 cup sugar. To 2 cups of sourdough mix add 2 eggs and 1/3 cup oil. Mix well. Add flour mixture. If it is too thick, add a little water. Bake in greased muffin tins at 400° for 15 to 20 minutes. This is mixed the same day you intend on using it.

Mix together 1 cup of sourdough, 1 teaspoon salt, 1 tablespoon molasses and 2 tablespoons oil. Mix well. Add 2 cups of coarse graham flour or enough to make a stiff dough. Knead lightly until the dough does not stick to your hands. Place in a bread tin, butter top of loaf and place it in a warm place for about an hour. When it is ready, bake at 375° until browned, about 40 minutes.

Follow the above recipe substituting white flour for graham flour and do not use the molasses.

SOURDOUGH PANCAKES

To 1 cup of sourdough starter add 2 eggs, 1/4 cup melted bacon drippings, 1 tablespoon sugar, 1/2 teaspoon salt and 1 teaspoon baking soda, which has been dissolved in 1 tablespoon of hot water. Stir and watch to see that it doesn't go over the edge of the bowl. Add a little flour to make the texture just right for pancakes. Cook in greased hot skillet.

FERMENTED YEAST STARTER

When fresh yeast is not available, a yeast ferment may be started with dry yeast foam or granulated yeast. You can keep this yeast starter going for years without buying new yeast. A yeast ferment started the day before the bread is to be baked gives results as good as those of fresh yeast. One cup of starter is equal to one cake of fresh yeast. Always be sure to save one cup starter to use for the next batch of bread. Keep it cool until the day before the bread is to be baked. If you do not keep your starter refrigerated, bake bread at least twice a week in warm weather to keep the starter sweet.

You may use this starter as you would sourdough starter in the sourdough recipes, except the yeast starter must be started the day before.

To prepare starter, cook 1 large potato in water. Remove the potato and mash it. Add the potato water and 1 tablespoon sugar. Cool to lukewarm. Add 1 package or 1 cake of yeast. Add enough water to make 1 quart of starter. Mix well with hand whip. Put in a jar, cover loosely and place in a warm place until the next day. For the starter to do its work at its best, bring it to room temperature the day before the bread is made. Add 1 tablespoon sugar, 1 mashed potato and enough warm potato water to make 1 quart, as when setting the first starter. Keep in a warm place overnight.

YEAST FERMENTED BREAD

Prepare the yeast starter from the recipe above. The next day the yeast starter should be bubbly. If it seems cold, set it in a pan of warm (not hot) water until lukewarm. Sift about ten cups of flour with 4 teaspoons of salt into a mixing bowl. Dissolve 1/4 cup sugar in the yeast starter. Reserve one cup of the starter for the next batch of bread. Add the remaining starter to the flour

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YEAST FERMENTED BREAD (Continued).

mixture and blend. Add 4 tablespoons melted shortening. Mix together well in the bowl, then place on floured board and knead. Grease your hands before kneading. If dough is sticky, add a little more flour, a little at a time. After kneading all the flour in, shape into round loaf. Grease the top and bottom and place in a large bowl. Put in a warm place free from drafts. When it has doubled in size, knead lightly and shape into loaves. Grease the pans and the top of the dough again. When it comes up to desired size, place in oven which has been preheated to 400°. Bake for ten minutes, then reduce heat to 350° and bake for about 45 minutes or until done.

INDIAN FRIED BREAD

4 c. all-purpose flour	2 tsp. salt
1 c. non-fat powdered milk	2 c. warm water
8 tsp. baking powder	

Sift all dried ingredients together. Add the warm water gradually. Mix and knead dough lightly until dough is soft, but not sticky. Shape into balls about 2 inches in diameter. Flatten by pressing between thumb and forefinger. If too sticky, work in a little more flour. Fry in deep fryer about 375° until nicely browned.

KULICH OR EASTER BREAD

1 c. butter	2 pkg. yeast (softened in 1/4 cup warm water)
2 c. sugar	
6 eggs (well beaten)	1 container candied fruit mix
1 pt. scalded, lukewarm milk	1/2 box raisins
1/2 tsp. salt	1 c. mixed nuts (chopped)
1 T. vanilla	Flour

Cream the butter until soft. Add sugar and blend. Add beaten eggs, warm scalded milk, salt and vanilla. Mix together with the yeast mixture. Mix all the fruits and nuts into the mixture of butter and eggs. Begin adding flour, blending with a wooden spoon first. When it gets too stiff to turn the dough, work flour in with your hands until it forms a soft dough and does not stick to the side of the pan. Dough is made in the evening and left overnight in a warm place. Punch it down early in the morning and let it rise again. This time place the dough in greased two-pound coffee tins. This should make about 6 loaves. While the bread is rising, brush the top with oil. Bake at 350° for 45 to 60 minutes.

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KULICH OR EASTER BREAD (Continued).

FROSTING:

Cream 1/2 cup butter or shortening. Add confectioners' sugar, using about 2 pounds of sugar. Add 1 teaspoon vanilla and about 1 cup milk. Beat until the batter is nice and smooth. If texture is too hard to spread easily, add a little more milk carefully, until frosting is proper consistency.

BLUEBERRY PIE

3 or 4 c. blueberries (cleaned)	4 T. tapioca (heaping)
1 1/2 c. sugar	A sprinkle of salt
1 T. lemon juice	Couple patties of butter

Mix the blueberries with the dry ingredients. Work the sugar and tapioca into the berries and add lemon juice. Chop the sliced butter and scatter on top of the berry mix. Use the recipe under Russian Salmon Pie for the crust.

BLUEBERRY MUFFINS

If you have frozen blueberries, thaw the package out completely and drain off all juice. If you preserved the blueberries in a jar, drain the juice off.

1/3 c. shortening	5 tsp. baking powder
3/4 c. sugar	1/2 tsp. salt
2 1/2 c. flour	1 1/4 c. milk
1 egg (beaten)	1 c. blueberries

Cream the shortening in a bowl large enough to hold all ingredients. Add sugar and beaten egg. Mix well. Then add the sifted dry ingredients, alternating the dry ingredients with the milk. Stir until well blended. Fold in blueberries. Fill greased muffin tins about 3/4 full and bake for 20 to 25 minutes at 350°.

A SIMPLE BLUEBERRY CAKE

1 3/4 c. flour	1 c. sugar
2 tsp. baking powder	1 egg
1/2 tsp. salt	3/4 c. milk
3 T. margarine	1 1/2 c. blueberries

Sift flour, baking powder and salt together. Work the softened butter into the sugar in a large bowl. When butter and sugar are well blended, beat the egg lightly with a hand beater and add to

Continued Next Page.

A SIMPLE BLUEBERRY CAKE (Continued).

the butter and sugar mixture. Add milk and flour mixture alternately until it is all mixed. Fold in the blueberries. Bake about 40 minutes at 350°.

BLUEBERRY CAKE

1 c. all-purpose flour (sifted)	3/4 c. sugar
1 tsp. baking powder	2 T. water
1/2 tsp. salt	1 tsp. vanilla
4 eggs (separated)	1/2 c. margarine (melted)
	1 c. blueberries

Sift flour, baking powder and salt together. Beat egg yolks in a small bowl at high speed until light. Add the sugar a little at a time, and beat after each addition. Continue to beat until mixture becomes thick. Blend in water and vanilla. Fold in the sifted ingredients and margarine, mixing well, using a hand whip. Beat egg whites at high speed until they form peaks. Gently fold into the cake mixture. Fold in the blueberries. Pour batter into cake pan or bread tin. Bake at 350° for 25 to 30 minutes.

BLUEBERRY TOPPING

1 1/2 c. blueberries	1/2 c. water
1 1/2 c. sugar	2 T. butter
1 T. tapioca	A few drops lemon juice

Mix all ingredients and bring to a boil for about 5 minutes. Serve warm or cooled on either cake.

MARY'S SPECIAL

(My Favorite Open Sesame Pie)

This chiffon pie is one of the most delicious pies I have ever made. It seems like a complicated recipe, but if you try it once and have all your ingredients handy you will find that it is easy to make. It is most appropriate for special holidays. You will need the following:

4 T. sesame seeds	1/3 c. shortening
1 c. all-purpose flour	3 to 4 T. cold water
1/2 tsp. salt	

Toast the sesame seeds in a hot oven (425°) for 2 minutes or until brown. Sift flour and salt together and add toasted sesame seeds. Mix shortening into the mix either with table knives or by

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MARY'S SPECIAL (Continued).

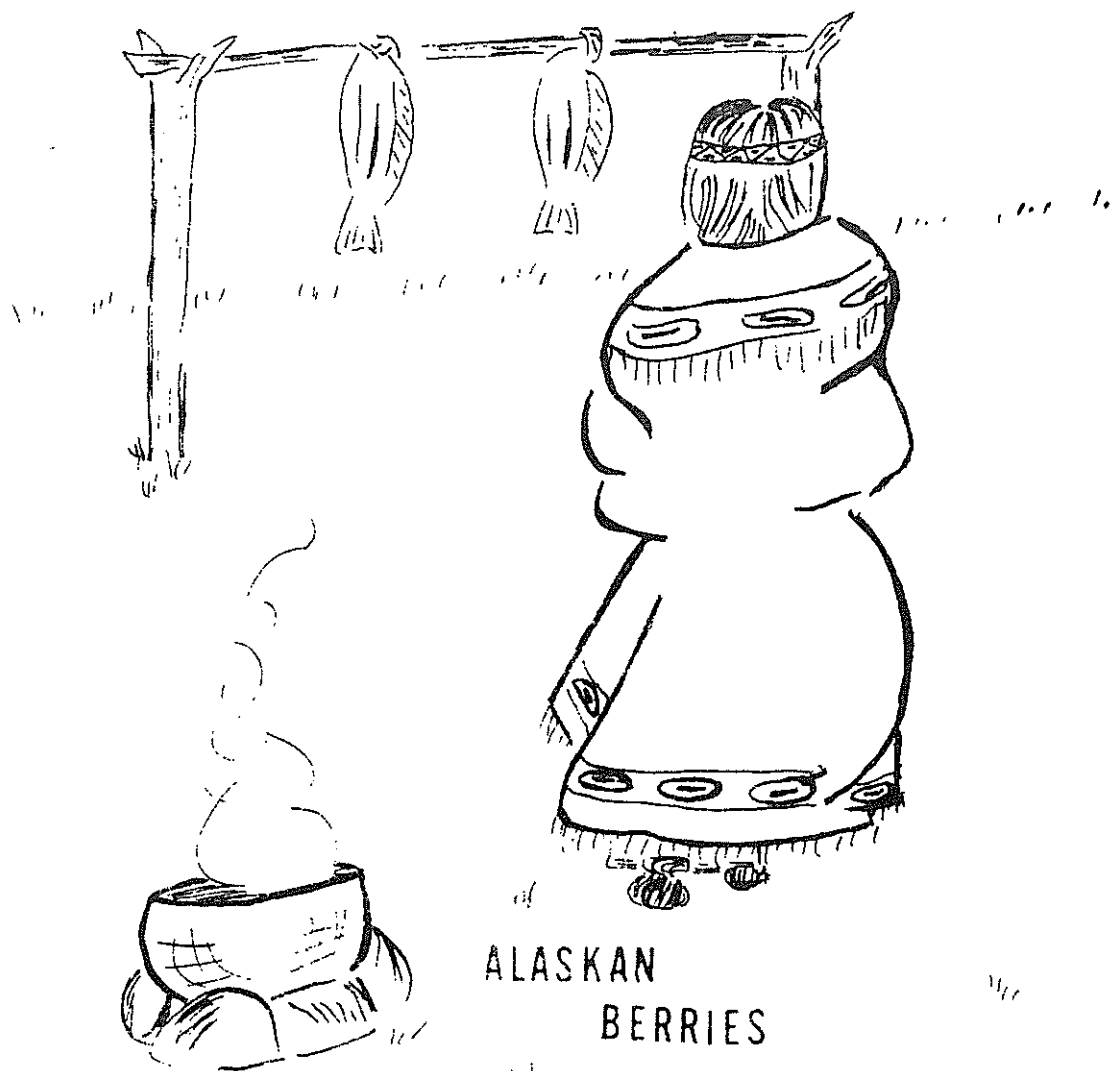
hand until particles are the size of peas. Sprinkle with 3 to 4 tablespoons of cold water and work it into a ball. Roll out on a floured board. Put into a 9 inch pie plate. Bake at 375° for approximately 15 minutes or until it is real light brown.

FILLING:

1 env. plain gelatin	1 tsp. vanilla
1/4 c. cold water	1 c. dates (chopped)
1 c. milk	3/4 c. whipping cream
2 egg yolks	2 egg whites
1/4 c. sugar	2 T. sugar
1/4 tsp. salt	Nutmeg

Soften gelatin in cold water. Beat together milk, egg yolks, sugar and salt in top of double boiler until well blended. Cook over hot water, stirring constantly until mixture coats the spoon. Add the softened gelatin, stirring until well dissolved. Chill, stirring occasionally until thickened and partially set. Stir in vanilla and dates. Fold in whipping cream, which has been beaten very thick. Beat egg whites until they form a peak and add the 2 tablespoons of sugar. Beat until glossy peaks form when beater is lifted. Fold gently into date mix. Spoon into the baked and cooled pie shell, heaping into fluffy mounds. Chill until firm - at least an hour. Sprinkle with nutmeg before serving, if desired.

* * * * *



ALASKAN
BERRIES

ALASKAN BERRIES

ALASKAN BERRIES

Blueberries are one of many berries most popular in Alaska. We have the low-bush berries which are smaller than the high-bush berries. They are very sweet. Mixed with other berries the flavor of the low-bush berries will enhance the flavor of the others. This particular berry grows in swampy areas.

We also have the blue-blackberries that grow closer to the mountains. They ripen later than the frosted blueberries. In the same variety of blueberries, we have the huckleberries. If you pick both together, they can be preserved together.

All these berries can be used for preserves, jams, jellies, pies, muffins, cakes, syrup, sauces and conserves.

Salmonberries are plentiful in Southeastern Alaska. The yellow and red berries can be mixed together.

Wild strawberries and nagoon berries are grown wild around Icy Straits. They are the sweetest variety of wild berries. The nagoon berries look like the domestic grown blackberries and make the best jams, jellies and conserves. The same recipes can be used for these as the domestic grown strawberries.

Alaskan thimbleberries are very good for jellies. You can also follow the same recipe as for strawberry jam or jelly.

The gray currants which grow in abundance here along the streams and up the mountains are easy to pick because of the long stems. You can pick a bucket full in no time.

These berries are good for preserving by freezing, with or without sugar, or sealing in jars with syrup. They make delicious jams and jellies.

JAMS - JELLIES

BLUEBERRY JAM

Blueberry jam is simple to make. The taste will be much greater if you mix in a cup of low-bush swamp blueberries.

Clean your berries by pouring into a pan of water. The leaves will float and just scoop them off. Drain the water and remove the stems that are left on the berries. Crush the berries thoroughly. For 2 quarts of blueberries, use 7 1/2 cups of sugar, 2 bottles of Certo and the juice of 1 lemon. Mix crushed berries, lemon juice and sugar thoroughly and place pan over high heat. Let it come to a full boil. Add Certo and boil hard for one minute. Remove from heat and keep stirring. Skim off the white foam. Ladle into jars and cover with hot paraffin as soon as possible.

BLUEBERRY JELLY

Wash and clean berries as for jam above. Put cleaned berries in a pan. Start cooking them on low heat and bring to a boil. Remove from heat and drain the juice through a cheesecloth. Mix 4 cups of juice, 7 cups of sugar, 2 tablespoons of lemon juice and a tablespoon of butter. Cook over high heat, stirring constantly. Bring to a boil. Add 1 bottle of Certo. Stirring constantly, boil for 1 more minute. Remove from heat and skim off foam. Pour into jars quickly and cover with paraffin wax.

HUCKLEBERRY JAM

Clean and wash berries. Mash berries with a potato masher. For 5 cups of berries, you will need 8 cups of sugar, 2 bottles of Certo and 1 1/2 tablespoons of lemon juice. Mix berries, sugar and lemon juice thoroughly. Stirring constantly, place on heat and boil for one minute. Add Certo, and boil hard for 1 more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

HUCKLEBERRY JELLY

Wash and clean berries. Crush berries. Add 1/2 cup water and bring to a boil. Simmer, covered, 10 minutes. Place in cheesecloth and squeeze out juice. Place your juice in the refrigerator - the

Continued Next Page.

HUCKLEBERRY JELLY (Continued).

remaining fibers will settle to the bottom in a couple of days. The lemon juice should also be extracted. For 4 cups of juice, use 8 1/2 cups of sugar, 1 tablespoon lemon juice and 1 bottle of Certo. Mix berry juice, lemon and sugar thoroughly. Place over high heat and bring to a boil stirring constantly. Boil for 1 minute. Add Certo and boil for 1 more minute, stirring constantly. Skim off foam and pour into glasses. Cover with paraffin.

CANNED BLUEBERRIES AND HUCKLEBERRIES

To jar the berries, make a syrup with water and sugar to your taste. Place the cleaned berries in jars and pour the syrup over them. Tighten lids and cook in hot-water bath. The hot syrup will bring the water to a boil in a hurry. Let boil long enough to seal the jars, about 10 minutes. Since huckleberries are higher in acid, they will need more sugar than the blueberries.

STRAWBERRY JAM

For 6 cups of strawberries you will need 11 cups of sugar and 1 bottle of Certo. To prepare the fruit, chop the strawberries fine and mix in the sugar thoroughly. Place over high heat and bring to a full boil for 1 minute, stirring constantly. Add Certo and boil 1 more minute, stirring constantly. Skim off foam and pour into glasses. Cover with paraffin.

STRAWBERRY JELLY

Crush or mash the berries. Ripe berries are best. Place in cheese-cloth and squeeze out the juice. Mix 4 cups of juice with 7 1/2 cups of sugar thoroughly. Place over high heat and bring to a boil, stirring constantly. Boil 1 minute. Add 1 bottle of Certo and boil 1 minute more, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

SALMONBERRY JAM

Clean and crush berries. For the best taste, you can add a cup of strawberries to 5 cups of salmonberries. Mix berries thoroughly with 7 1/2 cups of sugar. Place in large pan and bring to a boil for 1 minute. Add 2 bottles of Certo. Boil for 1 more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

SALMONBERRY JELLY

If your salmonberries are too ripe, they will be perfect for jelly. This jelly is famous throughout Alaska. Clean and crush the berries. Place in a cheesecloth and squeeze out all the juice. They will produce more juice than other berries. For 4 cups of juice, add 7 1/2 cups of sugar and mix thoroughly. Place over high heat and bring to a boil, stirring constantly. Boil 1 minute. Add 1 bottle of Certo and boil 1 minute more, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

CANNED SALMONBERRIES

Use firm berries. Clean them. Make a syrup by mixing 1 cup water to 1 cup sugar. Stir thoroughly and place on high heat. Bring to a boil. Remove from heat when sugar is thoroughly dissolved. Place the berries in heated jars and cover with the syrup. Place in hot-water bath - a pot large enough so that the jars are covered with water. Bring to a boil. Boil just long enough to seal the jars - about 15 minutes.

FREEZING SALMONBERRIES

For freezing, I found it is really good to crush the salmonberries with blueberries and/or huckleberries. After they are crushed, add sugar, to taste. Mix thoroughly, place in containers and freeze. You can use this mixture for shortcakes.

GRAY CURRANT JAM

First prepare your fruit by removing the long stems. Wash. Crush the berries with a potato masher or with your hands. For 4 cups of berries, you need 7 cups of sugar, 1 tablespoon of lemon juice, 1 bottle of Certo and just a dab of butter.

Add sugar and lemon juice to the berries and stir thoroughly. Place over high heat and bring to a boil for 1 minute, stirring constantly. Add Certo and butter. Boil for 1 more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

GRAY CURRANT JELLY

Use fully ripe berries. Remove stems and wash. Crush the berries with a masher. Heat slowly until the juice starts to form. Keep simmering with the pot covered for about 15 minutes. Remove from

Continued Next Page.

GRAY CURRANT JELLY (Continued).

heat and use a cheesecloth to drain and squeeze out the juice. For 6 cups of juice, use 3/4 cup lemon juice and 6 pounds of sugar (about 14 cups). Mix juices and sugar thoroughly. Bring to boil over high heat, stirring constantly. Boil 1 minute. Add 2 bottles of Certo, and boil 1 more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

RHUBARB JAM

For 3 cups of prepared fruit, you will need 6 cups of sugar and 1 bottle of Certo. Slice the rhubarb thin. The rhubarb does not have to be peeled. Add 1 cup of water and simmer with the pan covered. Cook until soft. Add sugar and Certo. Bring to a full boil and boil for 1 minute. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

RHUBARB JELLY

For about 3 or 4 pounds of rhubarb, you will need 7 to 7 1/2 pounds of sugar and 1 to 1 1/2 bottles of Certo. Use 2 bottles, if you like firm textured jelly.

Do not peel rhubarb. Cut into small pieces using a grinder. Simmer covered, 5 minutes. Place in cheesecloth and squeeze out juice. For 3 1/2 cups of juice add the 7 cups of sugar and stir thoroughly. Place over high heat and boil 1 minute, stirring constantly. Add Certo, and boil 1 more minute, stirring constantly. Remove from heat and skim off the foam. Pour into glasses and cover with paraffin. If you like, you may add a cup of strawberries to the rhubarb. You will love the difference in the taste.

CRAB APPLE JELLY

For about 4 pounds of crab apples, you will need about 7 cups of sugar, 1 bottle of Certo, 6 1/2 cups of water and a pinch of cinnamon and allspice.

Clean apples and cut in small pieces. Do not peel or core. Place crab apples with water in pan over high heat and bring to a boil. Cover and let simmer for ten minutes. Crush the apples with a potato masher. Cover and let simmer 10 minutes longer. Pour contents of pan into a large sieve that has been lined with cheesecloth and let the juice drain into pot placed under the sieve. You

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CRAB APPLE JELLY (Continued).

should have about 5 cups of juice. Mix the juice with sugar and spices. Place over high heat and bring to a boil, stirring constantly. Add Certo and boil one more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

If you have other kinds of apples on hand, you can use this recipe for them too.

HIGH-BUSH CRANBERRIES

High-bush cranberries do not look like cranberries at all. They look almost like huckleberries and they grow only on the mainland. They have one seed and are a waxy red in color. The flavor is different from any other berry. The bush is scraggly and grows up to eight to ten feet tall. The leaves are shaped like maple leaves. They ripen in the early fall, but for the best flavor and higher acid content, they should be picked just before they are fully ripe and before the first frost. These berries can be used with huckleberries, rhubarb, currants and raspberries. They make a very nice jelly, but because of the large seed, they are not suitable for jams. They may also be used for wine.

CRANBERRY JELLY

Clean and crush berries. For 5 cups of berries, add 1 cup of water and bring to a boil. Simmer for 10 minutes with the pan covered. Remove from heat. Place in cheesecloth and squeeze out all the juice. For 5 cups of juice, add 7 cups of sugar and mix thoroughly. Bring to a boil and boil for 1 minute, stirring constantly. Add 1 bottle of Certo and boil 1 minute more, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

CRANBERRY MARMALADE

It is best to use ripe berries for this. Clean and crush berries. Remove rind and seeds from 2 oranges and 1 lemon. Cut oranges and lemon into small pieces. Add enough crushed cranberries so you have 5 cups of the fruit mixture. Add 2 cups of water, 1/8 teaspoon baking soda and 6 1/2 cups of sugar. Mix thoroughly and place over high heat. Bring to boil and boil for 1 minute, stirring constantly. Add 1 bottle of Certo. Boil 1 more minute, stirring constantly. Remove from heat and skim off foam. Pour into glasses and cover with paraffin.

ALASKA INDIAN CRANBERRY SAUCE
FOR YOUR TURKEY

This low-bush cranberry is better picked when it is almost ripe and then spread out on a tablecloth until fully ripened. For 4 cups of berries, you will need 2 cups of sugar and 1 cup of water. Place together in a saucepan after cleaning the berries. Boil 20 minutes. Taste. If you prefer a sweeter sauce, add more sugar. Store in a cool place. This sauce may be canned, if desired.

PRESERVING CRANBERRIES

The usual way to prepare cranberries for preserving is to blanch the berries, pour them into a large container half-filled with Hooligan oil and store in a cool place.

Another method is to blanch the berries and mix with wild field rice that has been removed from the pulp and cooked. This is mashed together and preserved with Hooligan oil.

A third method is to blanch the berries, mash them with cooked salmon roe, and preserve with Hooligan oil.

SUGARLESS JAM

You can make sugarless jam for a person that is diabetic. The ingredients come in powder form, and the brand name is Slim Jim. The directions are on the box.

NO-COOK JELLIES

For no-cook jellies, prepare your fruit by crushing it thoroughly. Use fully ripe fruits. Squeeze the juice out in a cheesecloth. For 2 cups of juice add 4 1/2 cups of sugar, lemon juice for fruits that need it and 1 bottle of Certo. Mix thoroughly and let stand for 15 minutes. Place in jars with lids and let set overnight. Store in freezer. Remove from freezer a day before using. Keep refrigerated.

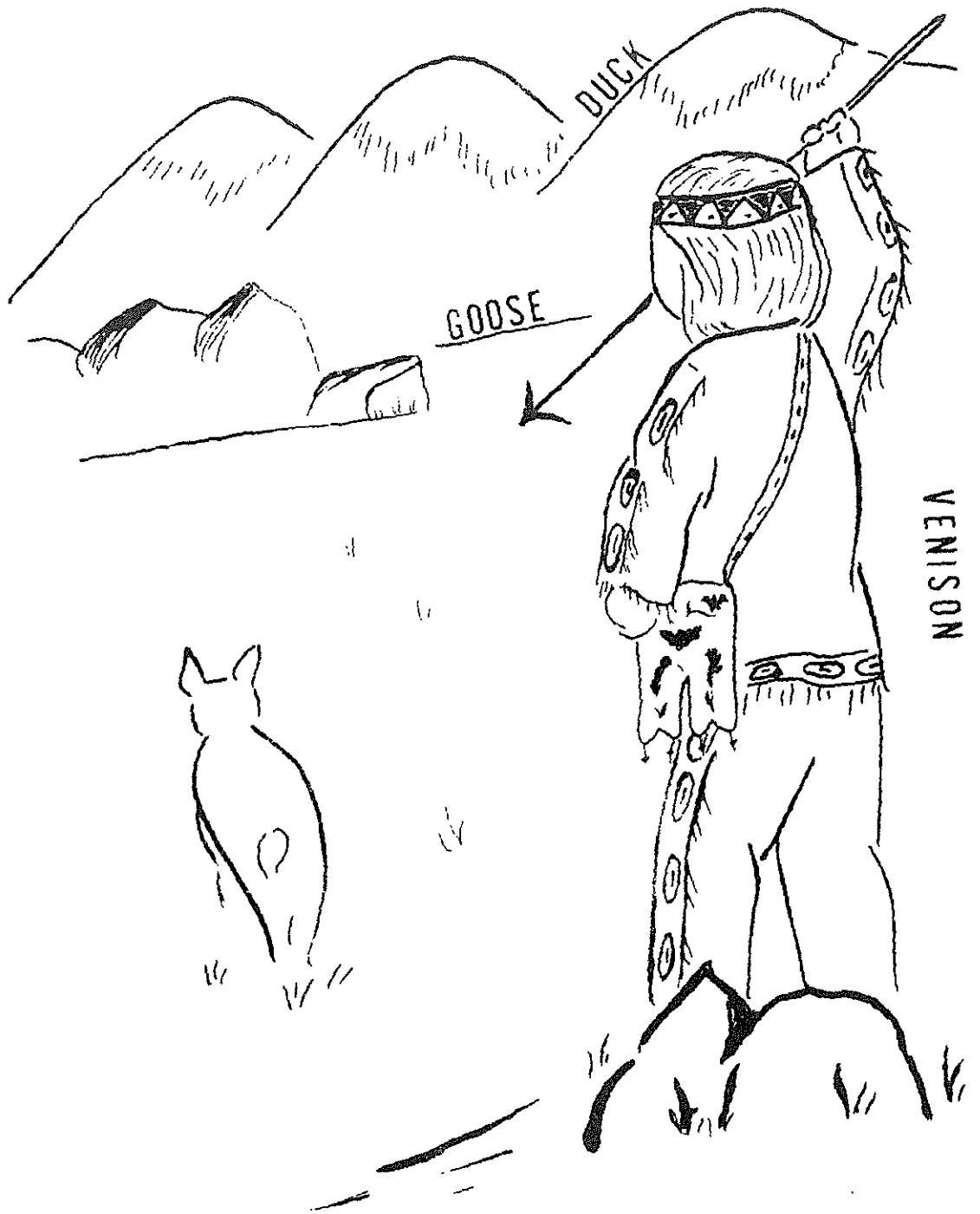
JACOB BERRIES

The Jacob berries grow in a cluster with four leaves around them, which make them look like a bouquet. They are good only when mixed with other berries like blueberries, huckleberries, or mixed fruits. They won't preserve like other berries. They grow wild here in Southeastern Alaska.

SOAP BERRIES

This particular berry grows around Icy Straits. They are called soap berries because when you start whipping them by hand they produce a suds-like substance which gradually turns into a foam and then whipped cream. The Native people used large stock pots to make soap berry dessert. Half a cup of berries will produce about five gallons of soap berry dessert. The more water you add, the more it will produce. The more water you use, the more the tangy taste will disappear. Then you add sugar, to taste. For extra pleasure, add diced apples or sliced bananas. You have to keep on beating this as long as your guests are eating or it will dissolve into water. The old timers used to say that you should pop it in and out of your mouth. It was to let the air come in and out of the foam. It always turned out to be fun when everyone had had enough and started playing with the foamy substance. For example, they would try to throw it at one another, but it is weightless, and wouldn't go very far. To preserve it you can seal it in jars with only water. It will stay fresh indefinitely.

* * * * *



VENISON - DUCK - GOOSE

PREPARATION OF VENISON MEAT

Deer meat is a main dish on the table for Indians. The Indian culture of preserving this food is practically nil because the modern equipment (freezers, canning and jarring) is easier for the modern day generation.

I remember when there was no such equipment. Well, then our Indians preserved by smoking and drying. Venison meat was dried something like the beef jerky you buy now, only the meat was sliced thicker and cut in large pieces. Nothing was added to the sliced meat. It was smoked and dried on the second floor rack in the smokehouse, where the heat was higher than the first rack. It was left there until completely dried. The smoke of the alder wood gave it a good flavor. If you wanted to preserve this, you cut the meat up into the size that you would use at the table and placed the meat in rendered seal oil. When ready to eat, you ate it as it was or boiled it with potatoes. The Indians used to grow their own potatoes, too. The reason for preserving it in seal oil was to prevent mold. The tallow that remained on the meat was rich in cholesterol, so the fat was trimmed off the meat. There is a membrane like a web nest in the inside of the venison that has a lot of fat on it. This was rendered to make tallow. The oil was placed in a bowl and it hardened as it cooled. This was used for cooking and frying. It was stored in a nice cool place.

This next item will seem kind of odd to you, but in the old days this was the best method for keeping your skin nice and moist and soft; otherwise, when you were outdoors in the wind and sun your skin would get dried and wrinkled. The way to prepare this was to pour some of the oil in a cup, preferably a round bottom cup. The oil was mixed with face powder, which made it smell good. It was left until it molded, and then it was ready to use.

Most of the deer carcass was used. The heart is very delicious dried for breakfast with eggs. We were lucky if we had eggs during the old days, or even fresh milk. The liver is a delicacy fried. The tripe, which was called the towel and the skin were used for many purposes. The skin was put in a barrel for many

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PREPARATION OF VENISON MEAT (Continued).

days. The odor was not pleasant, but the fur came off real easy. Then all the fat was scraped off before drying. The skin was tacked on the outdoor wall of a camp house. After it dried, it was folded up until ready to process or make into clothing, moccasins, Indian dance dresses, ropes, etc. If the skin was to be used for a rug or a sleeping mat, the hair was left on, and it was dried in the same way as above or on a square frame. The wind and sun dried it. The hoofs were also used for four-legged hand bags or tote bags. The were beautiful.

Many people have adapted recipes from different nationalities. Since we have so many fresh vegetables on the market, they have been adapted mostly from the Chinese, Filipino, Mexican, etc. About half a century ago, we did not have vegetables to go with these kinds of gourmet dishes. The Natives grew their own vegetables - simple things like potatoes, carrots, rutabagas and turnips. These are the vegetables they used to cook with. Turnips and rutabagas were boiled and eaten with seal oil for snacks. Nowadays, you can buy almost any kind of fresh vegetables that are needed.

For a side dish, the Natives picked field rice. You can find this on almost all the islands around here. The blooms on the rice are a deep purple. This is preserved by boiling in salt to taste and then mixed with seal oil or mashed berries (blueberries, salmonberries, or huckleberries). The rice grain is removed from the pulp for this purpose. This sort of fruit dish does not exist anymore.

INDIAN STYLE ROAST VENISON

Take any part of the meat. The ribs were used mostly for open-fire roasting. Nowadays it's called barbecue. Like the salmon, you insert sticks long enough so that the meat is not right in the flames. Season with salt and pepper. That was the basic seasoning in the old days. Let the ribs roast and turn the other side to the fire. When it is nice and tender and can be easily removed from the bone, it is ready to eat. Ever since the Russians first fed the Indians rice, it has been traditional to eat rice with meats and fish along with their own Alaskan grown potatoes.

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INDIAN STYLE ROAST VENISON (Continued).

In this modern age, the best seasonings are salt, pepper, fresh or powdered garlic, Johnny seasoning and Ac'cent or any kind of monosodium glutamate. You can mix all these ingredients with a half cup of salad oil and rub on the meat you are going to roast. Use about 2 teaspoons of salt, one teaspoon of pepper and 1/2 teaspoon of the rest of the ingredients. Any of the seasoning can be omitted if it is not desired.

INDIAN BOILED VENISON MEAT

The neck bone and the back bone are the best parts to use for boiling. Of course, any part of the carcass can be used. Cut or chop the back bone into small pieces. Boil about 45 minutes with salt and pepper, to taste. Add as many onions as desired. If the onions are small, cut in quarters; if large, cut in eighths. Cook until tender. This can also be cooked with potatoes. Add the number of potatoes desired when the meat is half cooked. Leave the jackets on the potatoes. Scrub good and leave whole. If the potatoes are extra large, cut in half.

OVEN ROASTED VENISON MEAT

The best part of the meat to roast is the hind quarter. Cut the thigh off. Clean off any hair that may be on the meat. If the deer is hit in certain parts of the body, it will leave a blood clot. Remove this part by cutting it off. Wash the meat and dry with a paper towel.

1 T. salt	1 tsp. Ac'cent
1 1/2 tsp. pepper	1/2 tsp. garlic salt
3 cloves garlic	3/4 c. salad oil
1 T. season all	

Mix all ingredients with the salad oil and rub this mixture on the meat. Place in an oven pan and brown on all sides. After it is browned, add about three cups water and cover. Cook at 375° to 400° for 3 to 4 hours depending on the size of the meat. Poke a long fork into the roast and if no blood comes out, it is ready. Deer meat has to be well done no matter how it is cooked.

VENISON STEW

The front quarter is good for stew meat. Cut up the meat as you would beef. Also use any parts of the bones with meat left on them. The meat closer to the bone is tenderer and tastier. Season to taste, but start with what is listed below.

2 lb. venison meat	2 onions (diced)
Salad oil	3 stalks celery (sliced)
2 cloves garlic (diced)	2 rutabagas (cubed)
1 T. salt	3 med. potatoes (quartered)
1 1/2 tsp. pepper	3 carrots (sliced)
1 tsp. garlic salt	2 fresh tomatoes <u>or</u>
1 T. Johnny Seasoning <u>or</u>	tomato paste
season all	

Saute' the cut-up meat in salad oil and cloves. Add all the seasoning. Keep turning the meat until it is seared on all sides. Be careful not to burn it. When it is browned, add enough water to cover the meat. Let the meat boil for about an hour. If the chunks of meat are large, cook for 30 more minutes. Add the vegetables. You may add the onions, celery, and carrots after boiling one hour. This gives it more flavor, and the carrots take longer to cook than potatoes and the rest of the vegetables. The vegetables should also be covered with water. You may add the tomatoes or tomato paste after everything is done. Let it simmer for a few minutes. You may also add thickening by mixing half a cup of flour with 3 tablespoons of salad oil. Mix until smooth. If it is not easy to pour, add a little more salad oil. Pour slowly into the stew while stirring and bring to a boil.

BRAISED VENISON

Any part of the deer meat will do for this sort of cooking. Slice the meat into thin pieces about 1 1/2 inches long, like you would for chop suey. Three pounds of sliced meat will feed four to six people.

3 lb. venison meat	2 lg. potatoes
Salad oil	1 green pepper
3 cloves garlic (diced)	1 tsp. Kitchen Bouquet
2 med. onions	4 T. salad oil
3 stalks celery	1/2 c. flour
1 lg. carrot	
Salt, pepper, Johnny Seasoning,	
Ac'cent <u>and</u> garlic salt	
(to taste)	

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BRAISED VENISON (Continued).

Saute' the sliced meat in salad oil, diced garlic and other seasonings. Keep turning the meat until it is browned. The meat will produce its own juice. When the juice runs dry, add a cup of water. Let simmer until the water runs dry. Test the meat to see if it is halfway tender. This is tender enough to add vegetables. Add more water, carrots sliced in small pieces and potatoes diced into squares. Cook for about 15 minutes. Slice the onions, celery and green pepper like you would for chop suey and add. Keep simmering until the vegetables are cooked. Add thickening and bring to a boil, stirring constantly.

VENISON POT ROAST

The hind quarter is the best for pot roast. You will find that if you get your venison after a snowfall and hang the carcass for three or four days that the wild taste will be gone. When you hang the carcass, take about 2 sticks and insert them in the venison crosswise to keep the stomach area open. The air will dry the inside. Be sure to save the liver and heart, along with the tripe, as they are very good.

1 T. Johnny seasoning	1/2 c. salad oil
1 T. salt	2 lg. onions
1 1/2 tsp. pepper	4 stalks celery
1 1/2 tsp. Ac'cent	4 potatoes
1 tsp. garlic salt	2 rutabagas

Mix the seasoning with the salad oil and rub into the meat. Brown the meat on all sides. After it is browned, add 2 cups of water. Let this cook for about an hour, then add your vegetables. If your onions are medium size, they should be cut in half. Cut the celery into 4 inch pieces and the potatoes and rutabagas in halves. You may omit the rutabagas. Cook in 375° oven for 2 to 2 1/2 hours. Insert fork and if no blood comes out, it is done.

VENISON STEAK

Steaks are cut from the hind quarter. Slice the meat to the desired thickness. Cut the steaks from around the bone - that means cutting with the grain so they will be tender. You can also use the chops for steaks or the back strap, which is the tenderest. The back strap is by the backbone. Cut a piece about 2 inches thick and split this in half. Open like a butterfly. Season the steaks with season all, salt, pepper and Ac'cent. You may also use meat tenderizer. Fry in hot pan until well cooked.

CANNED VENISON

Cut meat to size you would use for stew. Remove all bone from the meat. If your jars are quart size, add 2 teaspoons of salt. Boil for 4 hours, if pot boiling. Cook 90 minutes at 10 pounds pressure, if using a pressure cooker.

BARBECUED VENISON MEAT

Cut the meat to the size of a small tenderloin. Sprinkle meat with salt, pepper, garlic salt and Season All. Then cover the steaks with your favorite barbecue sauce and cook over hot charcoals on a rack. Really great for picnics.

VENISON BURGERS

Take the hind quarter and all scrap pieces, add a little fat and grind together. Pork sausage may be added. If you are going to freeze it, put enough meat for one meal in Ziplock bags. It will never freezer burn. Cook like you would hamburger steak. Sprinkle with Johnny Seasoning salt.

VENISON MEAT LOAF

2 lb. ground venison meat	1 med. onion (diced)
1 tsp. (or more) salt	2 stalks celery (diced)
1/2 tsp. (or more) pepper	1 green pepper (diced)
1 tsp. Johnny Seasoning	1 c. dried bread <u>or</u>
Salt <u>or</u> Season All	soda crackers (crushed)
1 tsp. Ac'cent	1 c. evaporated milk
2 tsp. parsley flakes	2 eggs
1 tsp. garlic salt	

Mix the seasoning into the ground meat. Stir onions, celery, green pepper and bread or crackers into the meat mixture. Add eggs to the milk and beat with egg beater. Mix together well and form a loaf in a pan lined with foil or spray pan with Pam. Cook at 375° for 1 hour or more.

VENISON PINUGBIT

With this recipe, you can use any kind of fresh vegetables. This is a Filipino version of Sukiyaki, which is very delicious. Beef pinugbit is what I cook; we don't get much venison. A person can do wonders with any kind of vegetable on the market. You can substitute venison for beef.

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VENISON PINUGBIT (Continued).

2 lb. venison <u>or</u> beef	1 head broccoli (if in season)
2 T. salad oil <u>or</u>	1 lg. onion
shortening	1 lg. fresh zucchini
3 to 4 cloves fresh garlic	3 stalks celery
Salt <u>and</u> pepper (to taste)	1 med. eggplant
1 tsp. Ac'cent	1/4 c. soya sauce
1 1/2 tsp. Johnny Seasoning	1 to 2 tomatoes

Cut the meat against the grain, slice thin, about an inch and a quarter long. The meat is more tender when you slice it this way. Saute' in oil with the diced garlic and brown the meat on all sides. Add seasoning. If the meat does not produce its own juice, add a cup of hot water. After this runs dry, add another cup of hot water. After this runs dry, if the meat is tender, add the sliced vegetables. Do not slice the vegetables too small. Remove the stem from broccoli and separate the head into pieces. Cut the zucchini lengthwise into halves, then slice the halves into pieces about 3/8 inch thick. Cut the eggplant into one-inch squares and the onions and celery like for chop suey. Cut the tomatoes into eighths. These will be added last. Stir the vegetables with the meat, add the soya sauce and mix again. Lay the tomatoes on top of the mixture and let it steam for a few minutes.

VENISON CHOP SUEY

1 to 1 1/2 lb. venison meat	2 onions
3/4 tsp. garlic salt	1 sm. can bamboo shoots
Salt <u>and</u> pepper (to taste)	4 to 6 stalks celery
1 tsp. Ac'cent	1 can bean sprouts
3 cloves garlic (diced)	1 sm. can mushrooms
1/4 c. soya sauce	

Slice the meat into small pieces against the grain. Let the meat brown in a skillet large enough to hold all ingredients. Add garlic salt, salt, pepper, Ac'cent, diced garlic and soya sauce. Let the meat cook until tender. Add water so the meat won't burn. The vegetables take only a few minutes to cook, so wait until the meat is cooked before you add the vegetables to the mixture. Do not overcook vegetables. Add the bean sprouts, bamboo shoots and mushrooms. Mix enough corn starch with water for the thickening - about 1/2 cup cold water and 2 to 3 tablespoons corn starch. Add thickening to mixture, stirring constantly and bring to a boil.

GROUND VENISON LUNCH

This is also a good meal for supper.

2 lb. ground venison meat	1 tsp. Schillings broiled
Onions (as desired)	steak seasoning
Green pepper (as desired)	1 can tomato paste <u>or</u>
Celery (as desired)	3 T. catsup
1 1/2 tsp. salt	3 cloves garlic (crushed)
1 tsp. Johnny Seasoning	
Salt	

Brown the meat in oil and garlic. Add seasoning and tomato paste or catsup. Let it simmer. If too dry, add 1/2 cup of water. Let it simmer until almost cooked, then add your diced fresh vegetables. Keep simmering until vegetables are done. Serve over steamed rice or egg noodles.

VENISON SWEET AND SOUR RIBS

A whole side of venison ribs may be used. Cut the ribs into pieces 3 inches long, like pork spareribs. Season with salt, pepper, Ac'cent and garlic salt, to taste. Mix 1 part soya sauce, 2 parts tomato sauce - enough to cover the ribs. Mix the sauce into the ribs. Cover the ribs with the sauce sparingly. Now put in oven for about 1 1/2 hours. If they get too dry before they are cooked, add 1 cup of water.

SWEET AND SOUR SAUCE:

2 qt. water	3/4 c. corn starch
1/2 to 3/4 lb. brown sugar	1/2 c. water
1/4 to 1/2 c. vinegar	

Boil the water. Add brown sugar and vinegar. Bring to a boil. Mix corn starch with water until smooth. If it does not pour easily, add a little more water. Reduce heat on the first mixture and then add the corn starch mixture by pouring slowly while stirring. Add the Sweet and Sour Sauce to the ribs.

VENISON LIVER

The liver of venison is just as delicious as that of beef. So is the heart and tripe. You can use the liver or heart in place of bacon for breakfast with eggs. You will be surprised how good this is. You can cook all three organs together for a variety that will please everyone. If you are cooking just the liver, you can use Shake 'n Bake to roll it in, Krusteaz, or just plain flour mixed

Continued Next Page.

VENISON LIVER (Continued).

with a seasoning of salt, pepper, Ac'cent and paprika. You can dip the liver in eggs, if desired, before you roll in flour mix. Be sure to cook well in butter. The heart can be cooked the same way. To slice the liver and heart, slice it crosswise and not lengthwise. Cook a pan of sliced onions in butter for a side dish. Sprinkle the onions with salt, pepper and Ac'cent.

LIVER SA SHARDO (Cross Culture)

This dish I adopted from the Filipino recipe which is very delightful if you like spicy foods. In fact, as I went along through years of cooking at home, my style of cooking the American dishes was influenced more by the Filipino culture of cooking; and to my surprise, all my friends loved my cooking, too. The transition was so gradual that I didn't realize I was cooking more of the Filipino style of cooking. Like the Japanese, they tend to use lots of vegetables. Any kind of vegetable is healthy as were the roots and wild greens that the Tlingit Indians used to eat when they were in season. There are also greens that grow along the tidelands that are edible, like the goose tongue. You can use this for a side dish. Wash, drain, steam or fry a few minutes in butter, and add a sprinkle of soya sauce. Now back to the Sa Shardo -

2 lb. liver	1 1/2 tsp. paprika
2 cloves fresh garlic	1 tsp. pickling spice
2 T. salad oil	2 stalks celery (diced)
2 T. vinegar	1 onion (diced)
Salt <u>and</u> pepper (to taste)	Sprinkle of soya sauce
1 tsp. Ac'cent	

Clean the liver on the outside and drain. Cut the liver into pieces, not too small. Saute' diced garlic and other seasoning with the salad oil in a skillet for a few minutes. Add liver, celery and onions. Cook until the liver is done. Add a sprinkle of soya sauce.

HEART, LIVER AND TOWEL

The venison heart, liver and stomach which the Indians call towel because it looks like terry cloth, is very good cooked together. Clean the stomach inside and out, remove all membrane, and keep cleaning in warm water until the remains from the stomach are

Continued Next Page.

HEART, LIVER AND TOWEL (Continued).

removed. Slice the cleaned stomach in pieces about 1 1/2 inch square. Boil this with salt, pepper and Johnny Seasoning - all to taste. Boil about 45 minutes. Remove from water and let drain. Now you slice the heart and liver into smaller pieces than the stomach. Fry the towel or stomach in a skillet until browned. Add the sliced heart and liver and fry together with seasoning listed below.

Salt <u>and</u> pepper (to taste)	1 tsp. Ac'cent
3 cloves fresh garlic	1 tsp. pickling spice
1/4 c. vinegar	1 T. paprika

Let it fry together for about 15 minutes more. The liver and heart should be done by now. If you want gravy, sprinkle 1 table-spoon flour over mixture and mix well until the flour disappears, then add some cold water and let simmer a few minutes. If you don't care for stomach, it may be excluded.

KAA T'EIX
MARY'S STEAK DELIGHT

This dish is very delicious. Even if you haven't tried cooking with ginger, you will love the flavor. I tried this dish at a Mongolian restaurant. I liked it so well, I did a survey on the ingredients. When we came back home from our vacation, I tried it. Of course, it was very easy for me to put together because the meat and the vegetables are cooked in the open, but to figure out the seasoning was something else. But both my husband and I do try many new dishes, and when a cook goes into a swank place of eating, he tries things he hasn't tried before. A person can learn different styles of cooking this way. For this dish, you use your favorite steak. From deer meat you can use the hind quarter or back strap.

Steak	4 stalks celery (diced)
4 T. salad oil	1 green pepper (diced)
3 cloves fresh garlic	1/2 tsp. garlic salt
Small piece fresh ginger	Salt <u>and</u> pepper (to taste)
1 onion (diced)	1 tsp. Ac'cent

Cut the steak into very thin slices 1 1/4 inches long. Saute' in 2 tablespoons oil and crushed garlic. Dice the ginger into small pieces and add to the meat. Two slivers of ginger is enough to flavor the meat. In a different pan saute' the diced vegetables in 2 tablespoons oil. Add garlic salt, Ac'cent and salt and pepper to taste. Do not overcook the vegetables; they should be firm and

Continued Next Page.

KAA T'EIX - MARY'S STEAK DELIGHT (Continued).

not too soft. To serve place a full serving spoonful of vegetables on each plate and cover with the cooked meat. Serve with a side dish of steamed rice. Cook venison meat longer than beef. To cook longer, add water and let steam. Cook until tender and let the meat brown.

SUKIYAKI

This recipe I adapted from a Japanese place. The food was cooked right in the middle of your round table. The Japanese cooks are so expert at cutting, chopping and slicing that it was impossible for the human eye to follow their hands and fingers, but you could see the pile of vegetables that was immediately slid onto the grill. They kept turning the cut-up meat and everything they did was in rhythm. Even when they sprinkled seasoning, they clapped the containers together in rhythm.

1 lb. meat	1 lg. zucchini
3 cloves fresh garlic (minced)	1/2 eggplant
1 T. Ac'cent	1 can bean sprouts
Salt and pepper (to taste)	1 can bamboo shoots
1 lg. onion	3 fresh mushrooms <u>or</u>
3 stalks celery	1 small can
	1/4 c. (or more) soya sauce

Prepare your venison meat by cutting the meat against the grain into slices. Cut them thin, like for chop suey only the meat should be sliced longer crosswise. Use a skillet or electric frying pan. Saute' the meat and minced garlic together 2 table-spoons oil. Add Ac'cent, salt and pepper and brown the meat. After it is browned, add a cup of water. Let it simmer until the meat is tender. If it runs dry, add more water. Let it simmer until the water runs dry again. Cut the onions, celery, zucchini and eggplant into pieces 3 inches long and 1/2 inch wide. Add these vegetables to the cooked meat. Also, add the bean sprouts, bamboo shoots, mushrooms and soya sauce. Simmer until vegetables are cooked. Do not overcook. It is best to have the vegetables nice and firm.

No matter where I serve my guests,
It seems they like my kitchen best.

MINCEMEAT

Venison or beef can be used for this recipe. This recipe came from the "New Alaskan" Pictorial Magazine. I can say it is an excellent mincemeat recipe. Makes 2 quarts.

1 qt. apple cider	2 tsp. salt
2 c. seedless raisins	2 tsp. cinnamon
1 c. dried, cooked currants	2 tsp. ginger
3 tart apples (peeled, cored, and chopped)	1 tsp. cloves
1 c. suet	1 tsp. nutmeg
2 lb. ground venison	1/2 tsp. allspice

Mix cider, raisins, currants, apples and suet in a large heavy skillet. Cover and simmer for 2 hours. Stir in remaining ingredients and simmer uncovered for 2 more hours, stirring occasionally. For pies, use pie dough recipe under Russian Salmon Pie.

DUCK OR GOOSE

Bleed the birds by pushing a knife down the throat to cut the main artery. Hang the bird with the head down until there is no more bleeding. Remove all insides as soon as possible, otherwise the flavor will not be good.

To remove the feathers, dip the duck or goose in hot (not boiling) water. Pluck most of the feathers out. If you cannot pluck all the feathers out, remove with the skin. Freeze the bird in a Ziplock bag. I find this keeps frozen foods from being freezer burned.

ROAST DUCK OR GOOSE

Roast in a slow oven (300° to 325°). Season with salt, pepper, Accent and wild game seasoning - all to taste. Roast for 2 to 2 1/2 hours. basting with oil or butter frequently.

For dressing, you may use fried rice dressing or fruit dressing of soaked dried prunes and dried apples. This is just for flavor.

WILD DUCK IN WINE

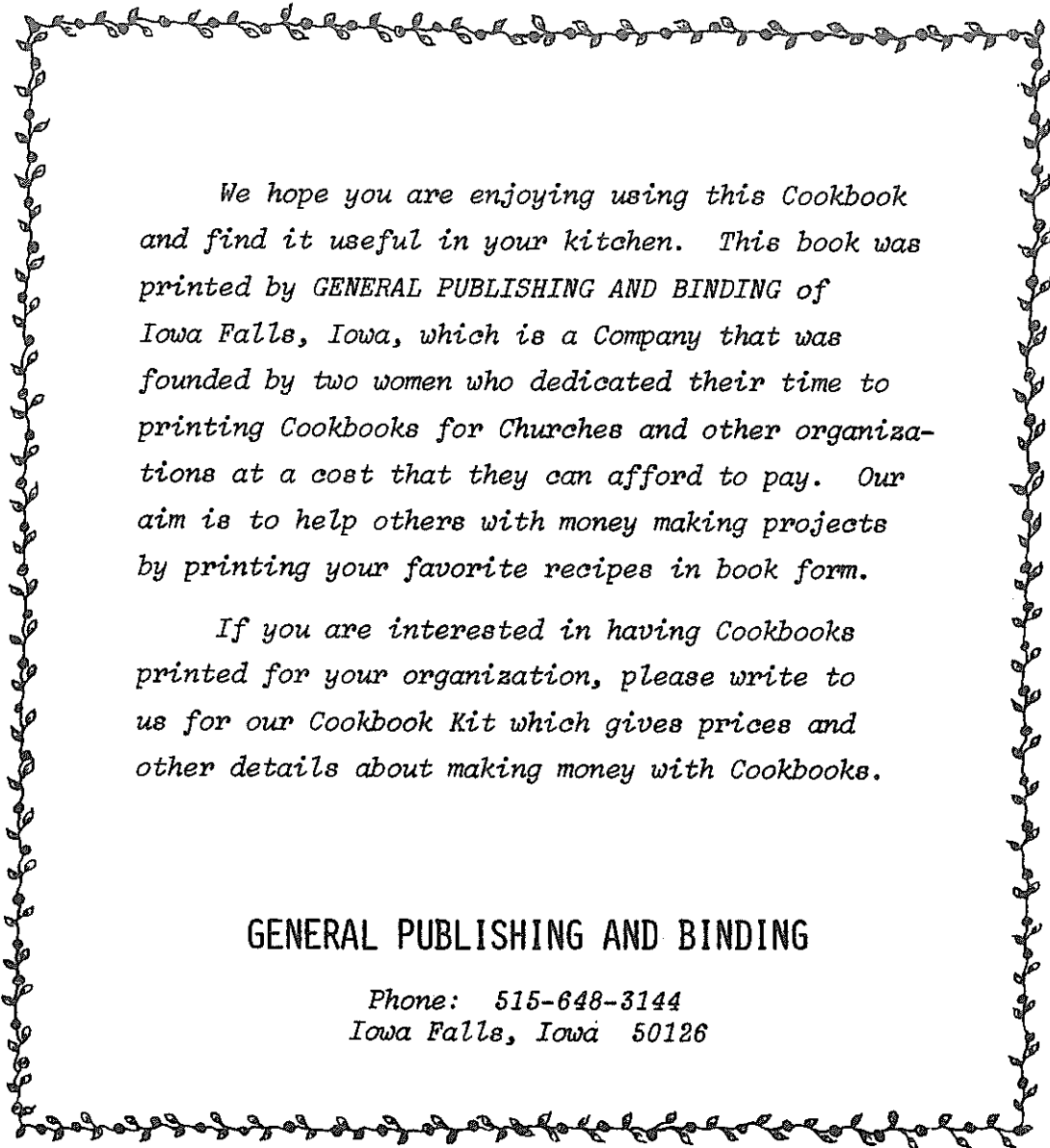
Dress and clean the duck inside and out. Split down the backbone, the soak or marinate the duck in burgundy wine for 2 hours, using one pint of wine for each duck. Turn the duck over so that all the duck is marinated. After 2 hours, remove from wine, and season

Continued Next Page.

WILD DUCK IN WINE (Continued).

well with salt, pepper and wild game seasoning, to taste. Stuff the inside with an apple and onions, and tie or sew up the cavity. Place in a Dutch oven. Pour reserved marinade over it. Cover and bake in a 400° oven until done, basting frequently. To brown the meat, remove the cover for the last 15 to 20 minutes of cooking time.

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