



Traditional Foods Recipes

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These recipes are provided by NSB-DWM staff and others. Quyanaq!

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For more on subsistence resources, go to

<http://www.north-slope.org/departments/wildlife-management/studies-and-research-projects>

DUCK OR GOOSE SOUP

Put water in pot, about $\frac{3}{4}$ full.

Add 2 ducks (or 1 goose) and 2 cups chopped onions.

Add some salt and pepper.

Boil for a $\frac{1}{2}$ hour and simmer until tender.

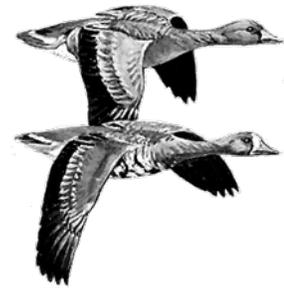
Add rice and simmer for another half hour.

Add salt and pepper to taste, if needed.

Enjoy with sailor boy crackers and butter or jam!

Optional: Curry Powder (about $\frac{1}{2}$ teaspoon or so sprinkled in)
Macaroni can be added instead of rice or with the rice
Can add other veggies, like celery, carrots, etc with the rice

Mike Pederson



PAN-FRIED PTARMIGAN

Cut the meat off the bones of a ptarmigan.

Dip the meat into a beaten egg.

Crush 20 or so Ritz or Club crackers in a ziplock bag.

Add to the bag: $\frac{1}{4}$ teaspoon of salt
 $\frac{1}{2}$ teaspoon of pepper
1-2 teaspoons of granulated garlic

Add the meat to the bag and shake until the meat is coated.

Let the meat stand for 10-15 minutes with the coating on it.

Then melt 1-2 tablespoons of butter in a frying pan and over medium heat fry the meat on both sides until the meat is cooked and the coating is golden brown.

Serve with potatoes or rice and vegetables.

Brian Person



PALAUGAAQ

Put Qaugak (duck) or Nigliq (goose) in pot and cover with water.

Boil for about a ½ hour and then reduce heat and simmer for several hours or until meat is falling off the bones. Skim, if desired.

Add onions, salt and pepper to taste. Cook for another ½ hour.

Stir a little flour into milk or water. Stir mixture into soup and continue cooking until thickened.

You can add rice with the onions if you like.

Emma Huntsman

CARIBOU SOUP

Caribou meat with bones

kosher salt and black pepper

onion

herbs and spices: bay leaf, thyme, basil, celery salt,

oregano, basil

diced tomatoes, carrots and celery

white rice and pasta

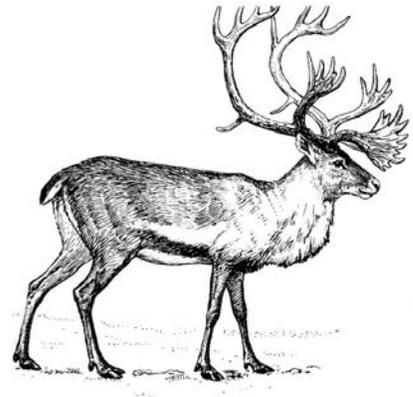
Fill a stock pot full of water and caribou meat with bones. Simmer on low for two hours with salt, pepper, onion, herbs and spices.

Then add a can of diced tomatoes, carrots and celery and simmer for another hour uncovered.

Then add white rice and pasta in the last hour to cook thoroughly.

Once completed, allow soup to sit and cool down for 20-30 minutes before serving soup. Sit and enjoy!

Natasha Itta



ALUUTTAĠAAQ

2 pounds fresh caribou

½ onion, chopped

¾ cup flour (divided)

1 cup cold water

Salt and pepper to taste

Cooking oil

Cut caribou into bite-size pieces. Season meat with salt and pepper. Coat with ¼ cup flour.

Fry in hot Crisco oil until browned.

Add onion, continue cooking till onion is soft. Cover with water or broth, simmer at least 30 minutes.

Mix remaining flour with cold water to make a heavy cream and stir into meat mixture to make gravy. Serve over potatoes or rice.

Molly Spicer

CROCK POT MOOSE OR CARIBOU

This recipe is one of our family favorites. I get this going on mornings when I know that I won't have time to cook that evening and it is something we can dish out over rice or by itself, feeds up to 6 to 8 people easily:

1. Layers of Veggies in Crock Pot

First Layer: Cut 4 to 5 medium potatoes into quarters and place them as the first layer

Second layer: 4 carrots cut into chunks or a small bag of baby carrots spread over potatoes (you can add some celery with the carrots)

Third layer: Cut 2 good size onions into 1/4 inch rings, and place over everything.

2. Brown chunks of moose or caribou (1 ½ to 2 pounds of meat) cut into 1 inch bite size pieces in a pot or large pan. Make gravy by mixing 4 to 5 cups of cold water with about 1 to 1 ½ cups of flour (white or wheat flour). I use salt and pepper to taste, some garlic, lemon pepper, worchester sauce and a couple rounded teaspoons of dried chicken stock as seasoning in the gravy mix. Pour over browned meat - the meat doesn't need to be cooked all the way as long it is browned and you have enough juice to make good gravy. Finish cooking the gravy with the meat until it is done so it doesn't clump up in the crock pot. Mix in a can of diced tomatoes with the gravy and pour over the veggies in the crock pot.

3. I usually put the crock pot on high heat to start, and turn it down to low when I am ready to go out the door in the morning. I put a flat cookie sheet under the crock pot in case there are drippings. It is yummy. Our favorite is with moose meat.

Marie Adams Carroll

FERMENTED TUTTU LIVER

1 freshly caught summer tuttu (caribou) liver (from freshly opened carcass)

Cut open the stomach, clean out liver from debris from stomach area

Pull out stomach sack from inside of tuttu.

Cut about 5" incision into the stomach (the largest chamber, also called the rumen).

Slice up liver into serving size pieces and/or cut several incisions onto liver.

Insert liver into stomach. Store stomach in gunny sack and box, in a dark shaded area away from direct sunlight. Let sit for 3 – 5 days.

Pull out liver from stomach and put liver into serving canister or pan, clean out thoroughly from stomach debris.

Serve sliced up liver with boiled hot tuttu meat (spine, ribs portion).

Delicious meal (has a very tangy sweet flavor), very nutritious and full of nutrients your body needs. I make this once a year, annual serving with summer season tuttu.

Sarah Skin

CARIBOU INTESTINES (AHMIINILIK)

Cut and clean the caribou intestines.

Cut up in pieces, and put in the frying pan.

Della Tagarook

WYOMING TUTTU STEAK #1

4 caribou steaks

1 Tbs sea salt

1 Tbs whole peppercorn

1 Tbs olive oil

Grind peppercorns in a mortar and pestle. Add equal part sea salt

Mix in olive oil to make a paste and coat steaks. Allow to sit at least 20 minutes.

Grill, broil, or fry to taste

Jason Herreman

WYOMING TUTTU STEAK #2

4 caribou steaks

1 Tbs lemon pepper

3 Tbs flour

Mix flour and lemon pepper, roll steaks in mixture, fry in 2 table spoons of olive oil to taste.

Jason Herreman

KOREAN BBQ TUTTU

Debone 5-8 pounds of tuttu meat and cut into small 1"x 4" x ¼" pieces.

Marinate in a large tray.

Marinade:

2 packets of bulgogi mix

1 ½ cups water

1 bottle BBQ sauce

½ cup ketchup

2 tablespoons garlic pepper

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon sugar

Let marinade 5-6 hours, can be longer.

Cook on BBQ grill then chill in refrigerator overnight.

Cut into small bite size pieces, heat in a wok with butter.

Serve with your family and friends!

Billy Adams

BRAZILIAN TUTTU BBQ

Cut a large caribou roast.

Warm up a grill to hot.

Rub meat with rock salt. Leave it for 15-20 minutes.

Place meat on the grill.

After the meat is brown and golden, cool down the grill to medium high (slice a piece to check doneness). When done to your taste (rare, medium rare or well done) cut thin slices and enjoy!

Leandra de Sousa

SMOKED SALMON OR TUTTU

Add enough marinade to just cover the meat.

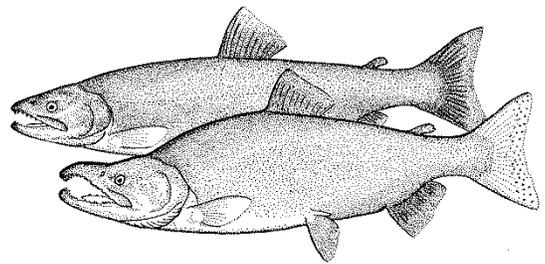
Marinade:

3 parts soy sauce to 1 part water

1-2 tablespoons of ground ginger

1-2 tablespoons of crushed red chili pepper

¼ - ½ cup brown sugar



Let sit covered in the refrigerator for 24 hours.

Remove meat from marinade and blot dry with paper towel.

Place in smoker and smoke with apple or alder chips until cooked (24 – 36 hours).

If it takes too long, finish it the oven at 225° until cooked.

Brian Person

FIRECRACKER GRILLED (OR BAKED) SALMON

4 salmon steaks

½ cup peanut oil

2 Tbs soy sauce

2 Tbs balsamic vinegar

2 Tbs green onion, chopped

1 ½ tsp brown sugar

1 clove garlic

¾ tsp ginger, grated

½ tsp red chili flakes

½ tsp sesame oil

¼tsp sal

Place salmon steaks in a glass dish. Whisk together ingredients and pour over salmon steaks.

Marinate in refrigerator 4 to 6 hours. For grilling, remove salmon and place on a well-oiled grill.

Grill for 10 minutes per inch of thickness. Turn halfway through cooking. For baking, place glass dish with salmon and marinade into oven at about 400°. Bake until done, about 15-20 minutes per inch.

Robert Suydam

WHALE STEAKS

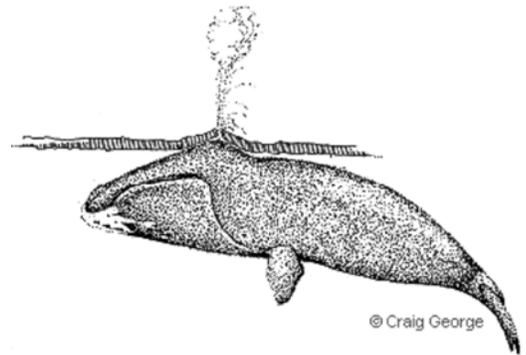
Whale meat sliced $\frac{1}{2}$ inch thick cross the grain muscle meat, 6" x 8", thawed till bloody.

Sprinkle coarse sea salt and black pepper on both sides.

Mix white flour, garlic salt, and black pepper in a pie pan, then coat meat well on all sides.

Place frying pan with $\frac{1}{8}$ or $\frac{1}{4}$ inch virgin olive oil or sesame oil on stovetop. Heat pan till hot, and then cook meat till crusty brown or golden. Slice a whole onion, then place in frying pan till caramelized. Serve with caramelized onions on top. Enjoy!

Billy Adams



BOWHEAD SASHIMI

$\frac{1}{2}$ pound frozen bowhead meat (preferably the softest meat possible off the vertebrae)

Kikkoman Soy sauce and Wasabi

Allow the meat to thaw but remain cool or partially frozen. Drain at least some of the blood out of the meat and cut into small strips (i.e., sushi size). Arrange on a plate with a small sushi dish in the center with the soy sauce and wasabi mixed to your taste. Use toothpicks or just fingers to serve. It is unbelievably good!

Craig George

MIKIQAQ (FERMENTED WHALE MEAT)

Meat: Fresh whale meat from spring whale (about 10 lbs meat, depends on container)

Slice against grain of strips into 2" wide, 5" high, $\frac{1}{4}$ " thickness or so

Maktak: 12"x12" piece, cut up into serving sizes

Tongue: quart size piece cut up into serving sizes

Mix all three (maktak, meat, and tongue) into 5 gallon container after all cut up. Cover loosely (aluminum foil or towel) and place in cool area, but do not freeze. The mixture must be able to breathe. Let your 5 gallon container sit away from direct sunlight, in a dark shaded area.

Stir very well (from the bottom up) 2 or 3 times daily for about 12 – 14 days. You can begin to serve after the 1st two full weeks. Ready to be served, cold & chilled. Can freeze for later.

I learned you can let your bucket sit in dark shaded area, after the first 2 weeks, for up to 2 additional weeks, for sweetness and taste. Unbelievable, but very delicious, better tasting after one month!

Sarah Skin

PICKLED MAKTAK

- 4 cups sugar
- 3 cups white vinegar
- 1 tbsp black pepper
- 3 tbsp pickling spice
- 1 white onion

Boil for 25 minutes and let cool.

Add 1 orange, diced, one lemon, diced.

Cut cooked Maktak into bite size pieces, cooked meat if wanted.

Let sit in the refrigerator for about a week.

Nelda Nungasak

MAKTAK SALAD

- 4 blocks maktak (4"x4")
- ½ lb dry caribou meat (paniqtaq)
- 8 stalk celery
- 6 carrots
- 2 cucumbers

Cube all maktak, cut in pieces all paniqtaq, slice celery, carrots, cucumbers.

Mix all ingredients. Store in refrigerator for half hour to have the maktak oil flavor all ingredients. Ready to serve. Dash of salt optional. 8 servings.

Vera Woods

BARROW'S FINEST PICKLED MAKTAK

Boil maktak for thirty minutes. Rinse well in hot water twice. Use plenty of salt and pepper while boiling. Cut into bite size pieces.

Make brine (4 pints):

- | | |
|----------------------|---------------------------|
| 2 cups white vinegar | 2 teaspoons mustard seed |
| 1 ¾ cups sugar | 1 teaspoon black pepper |
| 4 bay leaves | 1 teaspoon allspice |
| 5 cloves | 1 teaspoon pickling spice |

Bring to a boil for ten minutes or when maktak begins to float; let it cool.

Put maktak in jars with slices of onion, lemon and orange.

Pour brine over the maktak and let it stand in the refrigerator for one week.

Then store in cool place.

Jane Patkotak

UUNAALIK

Slab of bowhead maktak

Cut maktak into pieces about 4" long x 1" wide x 3" deep (or whatever size you prefer), including the skin and trimming off the excess blubber.

Place the pieces of maktak into a pot of water and bring to boiling. Add salt to taste.

Boil the maktak for about 30 minutes or until fork tender. If it floats, it is done!

Scoop the pieces of uunaalik out with a strainer and enjoy with soy sauce, salt, or by itself!

Vacuum seal extra pieces and freeze for later.

Unknown

UUNAALIK ADOBO

Cut uunaalik into bite size pieces.

In pan, cover in ½ soy sauce and ½ vinegar and water. Add 2-3 bay leaves.

Sprinkle with whatever spices you find: Garlic salt, Lawry's, Mrs. Dash, dry onion, crushed red pepper/ground red pepper, cayenne pepper, lemon pepper, etc.

Heat to boiling, add uunaalik, then simmer till done.

Thea Leavitt

AKUTUQ (Eskimo Ice Cream)

3 – 4 lbs caribou fat, cut up/sliced into small pieces

1 pot full of boiled caribou meat – grind the meat – chill & wait

1 cup seal oil (optional for desired taste)

Boil & simmer (for 2 hours or less) caribou fat in pot until all the fat is melted. Keep warm. Pour melted/warmed caribou fat into extra large bowl.

Begin the stirring process (must be prepared to stir non-stop for 2 -3 hours to keep the thickness consistent). Stir caribou fat constantly (do not stop) with your whole arm, in a circular motion, listening for the bubble effect. After about a ½ hour begin pouring 1 cup at a time of ground, boiled tuttu meat into your large bowl of caribou fat. Keep stirring constantly until you hear the bubble effect. Add 1/3 cup seal oil (if desired) between cups of ground tuttu meat.

Keep adding until you have no more ground meat.

Keep stirring until you constantly hear the bubble effect (about 3 hours total!), and then you know your Akutuq is done.

Spread out evenly on tray, chill then freeze, and you have ready-to-be served frozen treats.

Can be served with saltine crackers & tea. Also, great snacks after lunch/dinner or for traveling. This is a natural high energy food for warmth & strength. It is a favorite treat served during nalukataq festivities.

Sarah Skin

UQSRUKUAQTAQ (ESKIMO DONUTS)

Can be served with any kind of soup, aluuttagaaq or itself for snacking.

- 6 or more cups flour (white)
- 4-9 tablespoons sugar (to taste)
- 9 tablespoons Crisco oil
- 2 teaspoon salt
- 1 package Fleishman yeast
- 2 to 3 cups luke warm water (not too warm)
- Raisins or craisins (optional) ½ package

Mix yeast, sugar and warm water in large bowl. Let it foam up and sit for 10 minutes.

Add 2 tsp salt and ½ cup vegetable oil or melted butter. Mix well.

Begin adding in flour (4 cups to start), stirring all ingredients till well mixed. (Optional: add raisins or craisins.) Mix in more flour, stirring with spoon. Once mixture gets thick, begin using cleaned hands to knead dough. Keep mixing in flour, till you reach your desired softness.

Knead dough for about 10 – 15 minutes. Roll dough into ball, oil well, and place in greased bowl covered with towel or plastic bag. Let it rise for one to three hours.

To pan fry donuts:

Heat up Crisco oil about less than 2/3 of gallon of oil in frying pan (deep enough for donuts to float). Begin pinching your dough into serving size pieces. Spread out cut dough evenly w/ fingers. Or, roll into ball and push your thumb through the middle and flatten out a bit. Or, roll out dough and cut into circles, poking hold in middle and making donut shape. Let donuts sit on tray and rise for another 20-30 minutes.

Put your dough into pan w/ hot oil, about 10 at a time.

You can cook the donuts about 2 minutes 1st side, flip over, 2nd side about 2 minutes. (They are ready to turn when no more bubbles coming off the sides.) The darker the donut, the better. Light colored donuts tend to be not done inside.

Place on paper towel to drain, cool and serve donuts with hot tuttu or geese/duck soup, or aluuttagaaq, or served for snack with tea. Great bed time snacks. Makes about 3 ½ dozen, depending on size.

For bread:

Form into loaf and put into greased loaf pan. Bake at 350° for 10 minutes. Rotate pan and bake another 10 minutes. Top it with butter when you take it out of the oven.

Sarah Skin and Others

SALMONBERRY CAKE

Box of white cake mix
3 ½ cups salmonberries
eggs
water

oil
wire mesh strainer
½ cup sugar
cool whip or vanilla ice cream

Preheat oven according to box cake directions. Grease pan well or use cupcake papers.

Cake: Take two cups of salmonberries and strain the pulp and juice from them. I do this by placing a small strainer on a bowl and smashing the berries through the strainer with a large metal spoon. Throw away the seeds left over. This makes approximately 1 ¼ cup salmonberry pulp/juice. Place pulp in a small bowl. Add enough water to make a total of 2 cups of the salmonberry pulp mixture. Mix well and set aside.

Prepare white cake mix as directed, except substitute one cup of the salmonberry pulp mixture for one cup of water required for the recipe. Once well mixed, carefully fold in 1 ½ cups whole salmonberries. Pour into cake pans or cupcake pan with paper cups. Bake according to box. I found that it **might take a little longer to cook than normal**. Check by inserting a toothpick, cake is done when toothpick comes out clean.

Topping (prepared while cake is cooking): In a small saucepan pour in remaining one cup of salmonberry juice, remaining 1/2 cup whole berries, and half cup sugar. Stirring constantly heat over med high heat till mixture starts to simmer. Remove from heat and set aside.

For cupcakes: Before cake cools take a fork and gently poke holes into top of cupcake. Pour a small spoonful of topping mixture over each cupcake. Serve with vanilla ice cream or whipped topping.

For layered cake: Poke holes into the layers while cooling with a knife or fork (keep holes in the center of the cake and way from the edges.) Pour topping over cake and let cool before assembling. Serve with whipped topping or vanilla ice cream.

For a sweeter and drier cake omit the topping. The topping is very tart. You can add whole salmonberries for embellishment.

Rainey Higbee Hopson

SALMONBERRY CREAM PIE

6 cups salmonberries
⅓ cup sugar
3-4 Tbs cornstarch

Dash of salt
Whipped Cream
Baked 10-inch pie shell

Crush 2 cups berries and force through sieve. Add enough water to make 1-1/2 cups.

Mix together sugar, cornstarch and salt and add to berries.

Cook, stirring constantly, for 5 minutes or until the mixture is well thickened.

Allow to cool.

Place remaining 4 cups berries in pie shell, then pour on cooked mixture.

Chill for several hours.

Serve with whipped cream and garnish with a few perfect, salmonberries.

(Optional: Can replace ⅓ cup sugar with 2 Tbs sugar + ⅓ package raspberry jello.)

Anonymous

SALMONBERRY JAM

4 cups berries
7 cups sugar
2 tablespoons butter

1 pkg. pectin
2 tablespoons lemon juice

Rinse your jars and boil lids to sterilize/helps them seal better.

Mash berries in large pot, add sugar, lemon juice and butter.

Stirring constantly, bring to a rolling boil. Once boiling, add pectin (liquid or powder, doesn't matter).

Bring to a full rolling boil for 1 minute.

Serve into jars immediately, wipe the rims clean with a damp paper towel and add lids, flipping jars over to seal. Some may take 12 hours to seal.

I usually get exactly a case of half pints (12 jars) for every batch I make.

From Native Food Recipes page on Facebook™

The following recipes are taken from **Serving the North Slope: An Inupiat Cookbook**, compiled by Terry Richards-Rail, 1990.

AKUTUQ

Each family has a favorite version of Eskimo ice cream. This is a basic recipe with some alternatives. Akutuq is a rich-tasting concoction that resembles frozen froth.

1 quart caribou fat, ground well

2-4 cups of berries (salmonberries, blueberries, low-bush cranberries)

Grind the caribou fat very fine so it mixes well. Bring to room temperature and add berries. Stir well, and then chill for about two hours. Some use seal oil or Crisco as a substitute for caribou fat. (But it doesn't have the same rich taste!)

ALUUTTAĠAAQ

2 pounds fresh caribou

Salt and pepper to taste

½ onion, chopped

Cooking oil

¼ cup flour or so

Cut caribou into bite-size pieces, fry in a little oil until done.

Add onion, cook little more.

Add flour and seasoning, stirring in well. Cook until done. Add water if needed for gravy.

Serve over potatoes or rice. Carrots, celery, etc. may be added with the onions if desired.

AQIKKAQ

1 whale flipper

Slice frozen flipper into thin strips. Chew!

Good for teething babies, too!

MAMAAQ

This is the white stuff found at the base of baleen plates on a bowhead whale. It is sometimes called Eskimo chewing gum. Cut the mammaaq off from the base of the baleen plates. Chew!

You may soak it in seal oil first.

MISIGAAQ

1 fresh whale, butchered (can also use ugruk or natchik)

Remove the blubber and cut into thin strips, 1" x ½ " x 4". Place in large container with enough covering to protect from dirt and dogs. Set container in a cool place for about a week. Do not stir. When the misigaaq reaches a semi-liquid state, it is ready to eat and used as a soup flavoring or a dip for quaq or paniqtaq.

PANIQTAQ

This is dried meat from a variety of sources: seal, walrus or caribou.

Catch it – kill it – skin it – hang it – dry it – cut in strips

Meat will dry in about 5-6 days, depending on the weather.

It is ready to eat when meat is dull black.

Serve with misigaaq and pilot bread.

QUAQ

Includes any frozen meat – fish, whale, caribou, etc.

Catch it – kill it – let it freeze – slice it

Serve with misigaaq and pilot bread, salted if you like.