Grandma’s Recipes
An Alaska Native Traditional Food Cookbook for Assisted Living Homes
Purpose of Grandma’s Recipes

Grandma’s Recipes serves as a tool to help incorporate Alaska Native foods into assisted living homes in the urban areas of Alaska.

Alaska Native Elders that live in assisted living homes have given up a lot. Some Elders had to give up everything that was familiar to them; their village, their culture, being away from family and friends not to mention their traditional foods. With your help, we can bring back a taste of their culture.

Please help contribute to the health and well being of your Alaska Native residents, by providing them a meal from this cookbook.

ANTHC Elder Care

The Role of Native Foods

Native foods are the heart of culture and health. They provide close ties to the land, the seasons and the environment. Participating in harvesting, preparing, sharing and eating the foods along with others contributes to life-long spiritual well being.

People take great comfort from eating the foods they’ve grown up with. These foods can especially provide comfort in times of illness and healing, and are very rich in the nutrients necessary for good health. Native foods tend to be very good sources of protein, iron, Vitamins A, D and E, and low in saturated fats and sugars.

Many Alaska Native recipes may be considered bland and seasoned less from an outside perspective. Some are prepared with the very basic ingredients and those are the preferred methods. Prepared food is rated on the freshness and quality for example: seal soup, which is basically seal meat (fresh or frozen), water, salt and onion (maybe).

Nutrition labels are included in the back to show that these foods are a part of healthy eating.

Acknowledgements

~Previous version “Nellie’s Recipes” published 2009~

~ANTHC Elder Care~

~ANTHC Wellness & Prevention~

~ANTHC Traditional Food Guide~

Created winter 2012 by Mellisa Johnson Heflin
Nutrition Facts

**Moose Meat & Gravy**

<table>
<thead>
<tr>
<th>Serving size 1 cup</th>
<th>Amount per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 357</td>
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</tr>
<tr>
<td>%Daily value*</td>
<td>%Daily value*</td>
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<tr>
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<td>Total fat 7.2 g</td>
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<tr>
<td>Saturated fat 0.4 g</td>
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<tr>
<td>Cholesterol 61.3 mg</td>
<td>Cholesterol 47 mg</td>
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<td>Sodium 1082.5 mg</td>
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<td>Vitamin A 956.3 IU</td>
<td>Vitamin C 75.5 mg</td>
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<tr>
<td>Iron 7.2 mg</td>
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</tr>
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*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your caloric needs.

**Easy Salmon Spread**

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<tr>
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</thead>
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<tr>
<td>Saturated fat 4 g</td>
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<tr>
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<tr>
<td>Sodium 241 mg</td>
<td>Sodium 241 mg</td>
</tr>
<tr>
<td>Total carbohydrate 1 g</td>
<td>Total carbohydrate 1 g</td>
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<tr>
<td>Dietary fiber 0 g</td>
<td>Dietary fiber 0 g</td>
</tr>
<tr>
<td>Protein 8 g</td>
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<tr>
<td>Vitamin A 8%</td>
<td>Vitamin A 8%</td>
</tr>
<tr>
<td>Vitamin C 0%</td>
<td>Vitamin C 0%</td>
</tr>
<tr>
<td>Calcium 8%</td>
<td>Calcium 8%</td>
</tr>
<tr>
<td>Iron 3%</td>
<td>Iron 3%</td>
</tr>
<tr>
<td>Vitamin D 0.5%</td>
<td>Vitamin D 0.5%</td>
</tr>
<tr>
<td>Vitamin B12 0.5%</td>
<td>Vitamin B12 0.5%</td>
</tr>
</tbody>
</table>

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**Caribou Soup**

<table>
<thead>
<tr>
<th>Serving size 1 cup</th>
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</thead>
<tbody>
<tr>
<td>Calories 98.4</td>
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<td>Total fat 1.7 g</td>
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<tr>
<td>Saturated fat 0.2 g</td>
<td>Saturated fat 0.2 g</td>
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<tr>
<td>Sodium 1.73 mg</td>
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<tr>
<td>Total carbohydrate 11.5 g</td>
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<tr>
<td>Dietary fiber 0.2 g</td>
<td>Dietary fiber 0.2 g</td>
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<tr>
<td>Protein 9.1 g</td>
<td>Protein 12 g</td>
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<tr>
<td>Vitamin A 3856.8 IU</td>
<td>Vitamin C 3.6 mg</td>
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<tr>
<td>Iron 0.05 mg</td>
<td></td>
</tr>
</tbody>
</table>

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

**Easy Fish Pie**

<table>
<thead>
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<th>Amount per serving</th>
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</thead>
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<tr>
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<tr>
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<td>%Daily value*</td>
</tr>
<tr>
<td>Total fat 28 g</td>
<td>Total fat 28 g</td>
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<tr>
<td>Saturated fat 8 g</td>
<td>Saturated fat 8 g</td>
</tr>
<tr>
<td>Cholesterol 27 mg</td>
<td>Cholesterol 27 mg</td>
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<tr>
<td>Sodium 762 mg</td>
<td>Sodium 762 mg</td>
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<tr>
<td>Total carbohydrate 39 g</td>
<td>Total carbohydrate 39 g</td>
</tr>
<tr>
<td>Dietary fiber 2 g</td>
<td>Dietary fiber 2 g</td>
</tr>
<tr>
<td>Protein 12 g</td>
<td>Protein 12 g</td>
</tr>
<tr>
<td>Vitamin A 21%</td>
<td>Vitamin A 21%</td>
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<tr>
<td>Vitamin C 0%</td>
<td>Vitamin C 0%</td>
</tr>
<tr>
<td>Calcium 10%</td>
<td>Calcium 10%</td>
</tr>
<tr>
<td>Iron 18%</td>
<td>Iron 18%</td>
</tr>
<tr>
<td>Vitamin D 5%</td>
<td>Vitamin D 5%</td>
</tr>
<tr>
<td>Selenium 38%</td>
<td>Selenium 38%</td>
</tr>
<tr>
<td>Vitamin K 2%</td>
<td>Vitamin K 2%</td>
</tr>
<tr>
<td>Manganese 24%</td>
<td>Manganese 24%</td>
</tr>
</tbody>
</table>

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

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Connecting culture by serving our elders
**Russian Tea**

**Ingredients:**
- 2 cups Tang
- 1 1/2 cups sugar
- 1 cup Lipton Instant Tea
- 2 Tablespoons instant Lemonade
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- Hot water

**Instructions:**
Mix ingredients well. Serve 2 tablespoons with hot water.

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**Easy Fish Pie (Perok)**

**Ingredients:**
- 2 tablespoons shortening
- 1/4 pound cabbage, shredded
- 1 large chopped onion
- 1 pound cooked or canned salmon
- Salt and pepper
- Pie crust

**Instructions:**
Simmer vegetables in equal amounts of oil and butter until tender. Salt and pepper to taste. Line bottom of 9X13 in pan with pie crust. Place 1/2 rice on bottom of crust, 1/2 cooked veggies, add fish, rest of veggies and rice, then add top crust. Bake at 350 for 45 minutes.
Notes

**Baked Salmon or Halibut**

**Ingredients:**
1 to 2 fillets of salmon or halibut  
2 Tablespoon of butter or margarine  
Salt and pepper to taste  
Lemon juice (optional)  
Garlic seasoning to taste

**Instructions:**
Preheat oven to 350-375°. Cover the salmon with butter and seasonings. Cook for 15-20 minutes, check for doneness.

**Akutaq (Eskimo Ice Cream)**

**Ingredients:**
4-6 cups frozen berries (salmon, blueberries, blackberries, cranberries or raspberries)  
3/4 cup Crisco  
1/2 cup Sugar (or sugar substitute)  
1/4 cup water

**Instructions:**
In a bowl, whip the Crisco and water until smooth and creamy. Slowly mix in sugar and mix well until it dissolves. Fold in berries. Chill before serving.
**Moose Meat and Gravy**

**Ingredients:**
- 1 lb moose meat (or other meat)
- 1 tsp garlic powder
- 3-4 cups water
- Salt and pepper
- 1/4 cup soy sauce
- Chopped onions, carrots and celery to taste
- 4 tablespoons cornstarch or flour
- 1/2 cup water

**Instructions:**
Cut meat into bite size pieces and brown in a large fry pan. Add salt, pepper and garlic powder. When meat is well done and brown, add soy sauce and water, bring to boil, then let simmer 45 minutes to 1 hour. Add vegetables to meat. Let simmer for 15 minutes. Mix cornstarch into 1/2 cup of water. Mix very well and add to meat and vegetables, stirring constantly until desired thickness. Cook for about 5 minutes or until gravy is done. Serve over steamed rice or egg noodles.

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**Easy Salmon Spread**

**Ingredients:**
- 1 can salmon (6 ounces)
- Cream cheese (4 ounces) ~OR~ 1/2 cream cheese & 1/2 mayonnaise

**Instructions:**
Blend together until smooth. Cover and chill. Serve with crackers and/or vegetables.
Cranberry Nut Bread

**Ingredients:**
- 2 cups flour
- 1 1/2 tsp baking powder
- 1/2 tsp salt
- 3/4 cup orange juice
- 1 egg, well beaten
- 1 1/2 cup wild cranberries
- 1 cup sugar
- 1/2 tsp baking soda
- 1/4 cup margarine
- 1 tablespoon orange rind
- 1/2 cup chopped walnuts

**Instructions:**
Mix together flour, sugar, baking powder, baking soda, and salt. Cut in margarine. Combine orange juice and rind with egg and pour into dry mixture. Mix just until damp, fold in nuts and berries. Spray bread pans with cooking oil. Bake 1 hour at 350°, or until bread springs back when lightly touched. Cool in pan 5-10 min. Remove from pan then cool completely. Can be served with Russian tea.

Fried Bread

**Ingredients:**
- 1 package Rhodes frozen bread
- Cooking spray
- Crisco for frying
- Flour for hands

**Instructions:**
Allow bread to thaw separately on coated non-stick cookie sheet sprayed with cooking spray. Once thawed, slice into discs. Flour your hands and shape dough into 5 to 7 inch circles, make slits of holes in center. Heat 1 inch oil in pan on stovetop to about 350°. Brown on both sides and repeat steps with remaining dough. Place on paper towel to absorb excess oil. Enjoy with powdered sugar or jelly.

Salmon Head Soup

**Ingredients:**
- 3 cups cooked rice
- 2 cans veggie broth
- 2 cans veggie broth
- 8-16 cups water
- 1 cup each chopped onion, celery and carrots
- 10-12 gilled salmon heads “OR” fresh/canned salmon

**Instructions:**
Sauté veggies in oil. Add veggie broth and water, bring to boil. Add fish heads (or substitute) and simmer on med-low for 10-15 minutes. Salt and pepper to taste.

Salmon Strips & Pilot Bread

**Ingredients:**
- 2 salmon strips
- 1 Sailor Boy Pilot Bread cracker
- 1 cup of tea

**Instructions:**
Salmon strips can be bought from Costco.
**Caribou or Reindeer Soup**

**Ingredients:**
- 1 lb caribou (or other meat)  
- 3-4 tablespoons cooking oil  
- 1 chopped onion  
- 2 chopped celery  
- 1 cup macaroni  
- 1 large pot of water  
- 3-4 tablespoons cooking oil  
- 1 chopped carrot  
- 1 cup rice  
- Garlic or onion salt for taste  
- Salt and pepper to taste

**Instructions:**
Cut the meat into bite size pieces. Sauté in pot with cooking oil. Add salt, garlic salt and onion salt. Pepper is optional. Add onion, celery, and carrots, then sauté in oil with meat. Add about 2 1/2 quarts of water to cover meat and vegetables. Cook until meat is brown, about 30 minutes. Add potatoes, rice, and macaroni; cook another 30 minutes on low. Stir to prevent sticking.

**Herring Egg Salad**

**Ingredients:**
- 1-2 cups herring eggs  
- 1 1/2 sliced green onions  
- 1/4 cup thinly sliced radishes  
- 1/4 cup grated carrots  
- 1-2 diced tomatoes  
- Lettuce or baby greens, washed

**Instructions:**
Cook herring eggs 5-15 seconds in boiling hot water. Add 1-2 cups of cooked, cooled eggs. Then mix all vegetables in large mixing bowl. Use your choice of dressing. (Use nice sized portions of eggs.)

**Frozen Berry Snack**

**Ingredients:**
- Frozen mixed berries  
- Evaporated milk  
- Sugar

**Instructions:**
Mix in a bowl frozen berries, milk and sugar.

**Russian Tea Cakes**

**Ingredients:**
- 2 cups finely chopped nuts  
- 2 cups flour  
- 1 cup butter, room temp. (2 sticks)  
- 1/4 teaspoon salt  
- 2 teaspoons vanilla  
- 1 cup sugar  
- 1/2 cup powdered sugar (for rolling at end)

**Instructions:**
Preheat oven to 400°. In a large mixing bowl, cream butter, vanilla, salt and the 1 cup sugar together until light and fluffy. Add flour and nuts into butter-sugar mixture. Roll into 1 inch balls. Place about 1 inch apart on ungreased cookie sheet. Bake the cookies for 10 minutes until golden on the bottom. Remove warm cookies and transfer to cooling racks. Cool slightly then roll in powdered sugar. Roll again in powdered sugar when completely cooled.
# Healthy Alternatives to Sugar

<table>
<thead>
<tr>
<th>Ingredient Substitute</th>
<th>Maple Syrup</th>
<th>Dates</th>
<th>Molasses</th>
<th>Honey</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>If recipe calls for 1 cup sugar use:</strong></td>
<td>3/4 cup of maple syrup</td>
<td>1 cup date puree</td>
<td>1 1/3 cup of molasses + 1/2 tsp baking soda</td>
<td>3/4 cup honey</td>
</tr>
<tr>
<td><strong>Decrease other liquid ingredients by:</strong></td>
<td>3 Tbsp.</td>
<td>2 Tbsp.</td>
<td>5 Tbsp.</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td><strong>Why?</strong></td>
<td>Decrease liquid ingredients because Maple Syrup will add liquid too.</td>
<td>Experiment with Dates to discover your perfect amount of sweetness and texture.</td>
<td>Molasses will add liquid as well. Add a pinch of baking soda to reduce acidity.</td>
<td>Honey will add liquid as well. Add a pinch of baking soda to reduce acidity.</td>
</tr>
<tr>
<td><strong>Health benefits of sugar substitution</strong></td>
<td>“Real” maple syrup rather than pancake syrup is a rich source of vitamin B, riboflavin and has antioxidant functions.</td>
<td>Dates are naturally sweet and will sweeten any dessert. Dates have vitamin B6, vitamin A, potassium and calcium.</td>
<td>Molasses has Calcium, Iron, Magnesium, Potassium, and Vitamin B6</td>
<td>Sweeter than sugar and rich in antioxidants with an antibacterial property from pollen collected by bees.</td>
</tr>
</tbody>
</table>