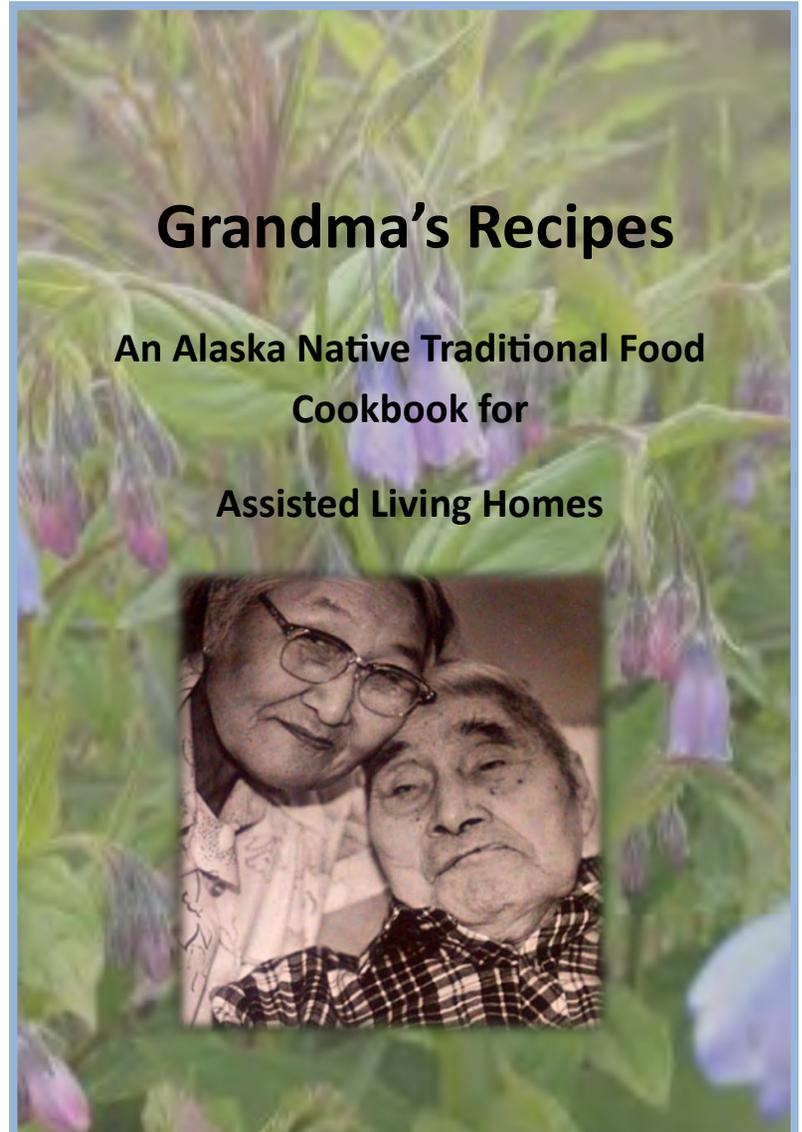




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**ALASKA NATIVE TRIBAL
HEALTH CONSORTIUM**



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.

Nutrition Facts

Frozen Berry Snack

Serving size 1 1/2 cup

Amount per serving

Calories 153	Calories from fat 36
%Daily value*	
Total fat 4 g	6%
Saturated fat 2 g	11%
Cholesterol 12 mg	4%
Sodium 52 mg	2%
Total carbohydrate 25 g	8%
Sugars 11 g	
Dietary fiber 4 g	16%
Protein 5 g	10%
Vitamin A 7%	Vitamin C 5%
Calcium 16%	Iron 9%
Riboflavin 22%	Manganese 102%

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

Fried Bread

Serving size 1 piece

Amount per serving

Calories 93	Calories from fat 50
%Daily value*	
Total fat 6 g	9%
Saturated fat 1 g	39%
Cholesterol 27 mg	9%
Sodium 762 mg	32%
Total carbohydrate 39 g	13%
Sugars 1 g	
Dietary fiber 0.4 g	1%
Protein 1 g	3%
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 3%

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



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

Serving size 1 cup

Amount per serving

Calories 357	
%Daily value*	
Total fat 2.7 g	
Saturated fat 0.4 g	
Cholesterol 61.3 mg	
Sodium 1082.5 mg	
Total carbohydrate 50.8 g	
Dietary fiber 7.1 g	
Protein 35.5 g	
Vitamin A 956.3 IU	Vitamin C 173.6 mg
Iron 7.2 mg	

*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

Serving size 2 ounces

Amount per serving

Calories 138	Calories from fat 104
%Daily value*	
Total fat 12 g	18%
Saturated fat 7 g	33%
Cholesterol 47 mg	16%
Sodium 241 mg	10%
Total carbohydrate 1 g	0%
Sugars 0.5 g	
Dietary fiber 0g	0%
Protein 8 g	16%
Vitamin A 8%	Vitamin C 0%
Calcium 8%	Iron 3%
Vitamin D 45%	Vitamin B12 23%

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

Caribou Soup

Serving size 1 cup

Amount per serving

Calories 98.4	Calories from fat 0
%Daily value*	
Total fat 1.7 g	
Saturated fat 0.2 g	
Sodium 173.3 mg	
Total carbohydrate 11.5 g	
Dietary fiber 0.24 g	
Protein 9.1 g	
Vitamin A 3856.8 IU	Vitamin C 3.6 mg
	Iron .05 mg

*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

Serving size 1/12 of recipe

Amount per serving

Calories 457	Calories from fat 249
%Daily value*	
Total fat 28 g	43%
Saturated fat 8 g	39%
Cholesterol 27 mg	9%
Sodium 762 mg	32%
Total carbohydrate 39g	13%
Sugars 1 g	
Dietary fiber 2 g	6%
Protein 12 g	25%
Vitamin A 21%	Vitamin C 4%
Calcium 10%	Iron 13%
Vitamin D 59%	Selenium 38%
Vitamin K 20%	Manganese 24%

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

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Recipes

Russian Tea

Ingredients:

- 2 cups Tang
- 1 1/2 cups sugar
- 1 cup Lipton Instant Tea
- 2 Tablespoon instant Lemonade
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- Hot water

Instructions:

Mix ingredients well. Serve 2 tablespoons with hot water.



Easy Fish Pie (Perok)

Ingredients:

- 2 tablespoons shortening
- 2 tablespoons butter
- 1/4 pound cabbage, shredded
- 1 large chopped carrot
- 1 large chopped onion
- 1 cup cooked rice
- 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.

Nutrition Facts

Baked Salmon		Baked Halibut	
Serving size 6 ounces		Serving size 6 ounces	
Amount per serving		Amount per serving	
Calories 450	Calories from fat 275	Calories 304	Calories from fat 121
% Daily value*		% Daily value*	
Total fat 30g	47%	Total fat 13g	21%
Saturated fat 6g	30%	Saturated fat 2g	11%
Cholesterol 136 mg	45%	Cholesterol 121 mg	40%
Sodium 863 g	36%	Sodium 845 mg	35%
Total Carbohydrate 2g	1%	Total Carbohydrate 2g	1%
Sugars 1g		Sugars 1g	
Dietary fiber 0.3 g	1%	Dietary fiber 0.3 g	1%
Protein 40g	79%	Protein 42 g	83%
Vitamin A 6%	Vitamin C 3%	Vitamin A 3%	Vitamin C 1%
Calcium 14%	Iron 15%	Calcium 5%	Iron 5%
Vitamin D 138%	Selenium 114%	Vitamin D 86%	Selenium 142%
Potassium 22%	Phosphorus 53%	Magnesium 22%	Phosphorus 50%

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

Aqutak (Eskimo Ice Cream)		Salmon Strips & Pilot Bread	
Serving size 1/2 cup		Serving size 2 strips (3oz); 1 cracker	
Amount per serving		Amount per serving	
Calories 242	Calories from fat 126	Calories 444	Calories from fat 240
%Daily value*		%Daily value*	
Total fat 14 g	21%	Total fat 27g	41%
Saturated fat 4 g	18%	Saturated fat 6g	31%
Cholesterol 66 mg	22%	Cholesterol 91 mg	30%
Sodium 70 mg	3%	Sodium 706 mg	29%
Total carbohydrate 6 g	2%	Total carbohydrate 15 g	5%
Sugars 4g		Sugars 0.2 g	
Dietary fiber .2 g	1%	Dietary fiber 3 g	10%
Protein 22 g	43%	Protein 36 g	72%
Vitamin A 3%	Vitamin C 3%	Vitamin A 9%	Vitamin C 0%
Calcium 2%	Iron 5%	Calcium 3%	Iron 26%
Vitamin D 79%	Selenium 53%	Vitamin D 169%	Selenium 88%
Phosphorus 25%		Vitamin E 23%	Phosphorus 42%
		Copper 31%	Manganese 41%
		Potassium 20%	

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

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)	3-4 cups water
1 tsp garlic powder	Salt and pepper
3-4 cups water	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.

**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.

Notes

Cranberry Nut Bread**Ingredients:**

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

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.

**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.

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.

**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.

Caribou or Reindeer Soup**Ingredients:**

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

Ingredient Substitute	Maple Syrup 	Dates 
If recipe calls for 1 cup sugar use:	3/4 cup of maple syrup	1 cup date puree They can be whole, chopped, and/or pureed.
Decrease other liquid ingredients by:	3 Tbsp.	2 Tbsp.
Why?	Decrease liquid ingredients because Maple Syrup will add liquid too.	Experiment with Dates to discover your perfect amount of sweetness and texture.
Health benefits of sugar substitution	“Real” maple syrup rather than pancake syrup is a rich source of vitamin B, riboflavin and has antioxidant functions.	Dates are naturally sweet and will sweeten any dessert. Dates have vitamin B6, vitamin A, potassium and calcium.



Healthy Alternatives to Sugar

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Ingredient Substitute	Molasses 	Honey 
If recipe calls for 1 cup sugar use:	1 1/3 cup of molasses + 1/2 tsp baking soda	3/4 cup honey
Decrease other liquid ingredients by:	5 Tbsp.	2 Tbsp.
Why?	Molasses will add liquid as well. Add a pinch of baking soda to reduce acidity.	Honey will add liquid as well. Add a pinch of baking soda to reduce acidity.
Health benefits of sugar substitution	Molasses has Calcium, Iron, Magnesium, Potassium, and Vitamin B6	Sweeter than sugar and rich in antioxidants with an antibacterial property from pollen collected by bees.