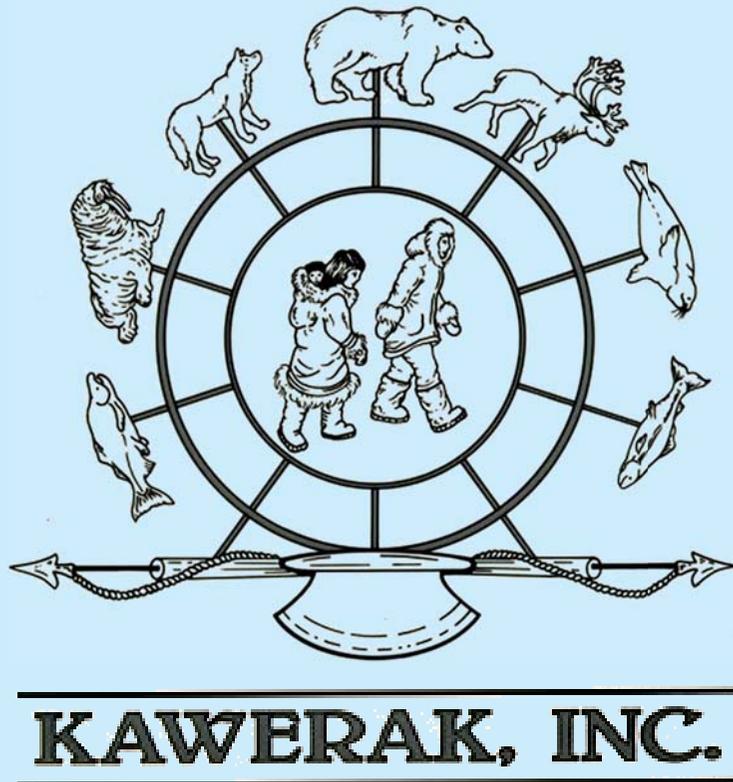


*Food for the Soul:*  
**Bering Strait Region  
Non-Salmon Fish Preparation  
and Recipes**



Compiled by Kawerak, Inc.  
Social Science Program

Kawerak Social Science Program (2013). *Food for the Soul: Bering Strait Non-Salmon Fish Preparation and Recipes*. Compiled by Meghan Topkok & Julie Raymond-Yakoubian. Kawerak, Inc., Nome, Alaska.

For more information on non-salmon fish in the Bering Strait region see:

Raymond-Yakoubian, J. 2013. *When the fish come, we go fishing: Local Ecological Knowledge of Non-Salmon Fish Used for Subsistence in the Bering Strait Region*. U.S. Fish and Wildlife Service, Office of Subsistence Management, Fisheries Resource Monitoring Program, Final Report (Study No. 10-151). Kawerak, Incorporated, Social Science Program, Natural Resources Division, Nome, Alaska.

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Photos by  
Julie Raymond-Yakoubian,  
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Recipes were also incorporated from the *Eskimo Cookbook*. See the following citation for further reference:

Shishmaref Day School Students (1952). *Eskimo Cookbook*. Prepared by students of the Shishmaref Day School. Copy right by Alaska Crippled Children's Association. Copy on file at Kawerak, Inc., Nome, AK.



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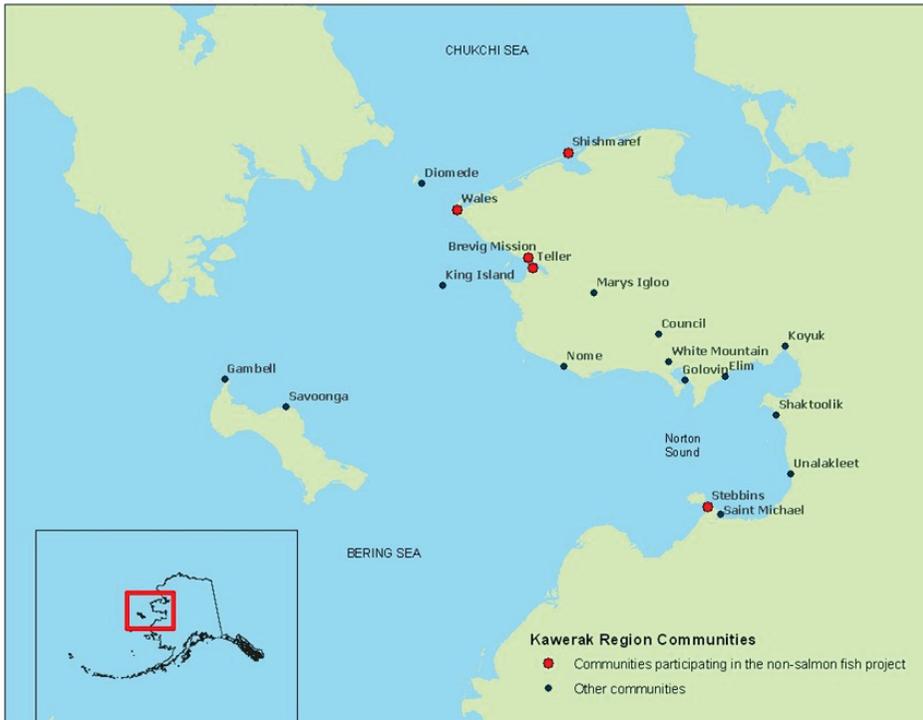
## **Table of Contents**

<b>Introduction</b>	pp. 5 – 7
<b>Bullhead</b>	p. 9
<b>Flounder</b>	pp. 10 – 12
<b>Herring</b>	pp. 13 – 19
<b>Burbot (Lingcod)</b>	pp. 20 – 21
<b>Pike</b>	p. 22
<b>Sheefish</b>	pp. 23 – 27
<b>Smelt</b>	pp. 28 – 31
<b>Trout</b>	pp. 32 – 34
<b>Tomcod</b>	pp. 35 – 44
<b>Whitefish</b>	pp. 45 – 53
<b>Other</b>	pp. 54 – 60
<b>Acknowledgements</b>	pp. 61 – 62

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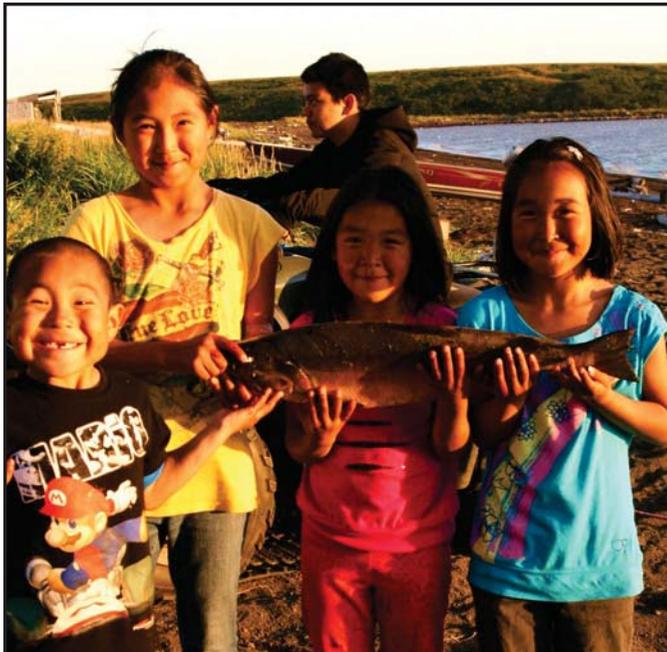


*Map of the Bering Strait Region  
(Created by Lily Gadamus)*

**Sheefish or Whitefish Soup** — *Maryann Olanna, Brevig Mission*

- Boil chopped potatoes, carrots and onion in a pot
- Add ½ to 1 cup each of rice and macaroni
- When the vegetables are almost done, add ¼ to ½ of an already boiled sheefish, bones removed (or 1 already boiled whitefish, bones removed)
- Add a little bit of flour to thicken the soup
- Add salt and pepper

*Children holding a salmon in Stebbins*



## Introduction

This book was compiled as part of a larger Kawerak Social Science Program project focused on the traditional knowledge of non-salmon fish in the Bering Strait region. As part of this project, local experts from five regional villages, Shishmaref, Wales, Brevig Mission, Teller, and Stebbins, were interviewed to document traditional knowledge of non-salmon fish, particularly whitefish, sheefish, tomcod, herring, grayling, northern pike, lingcod, burbot, flounder, halibut, sculpin (bullhead), smelt, saffron cod, blue cod, capelin, blackfish, Dolly Varden trout and any other non-salmon species identified by local residents. These fish play a vital role in the continued subsistence way of life for the Alaska Native residents of the Bering Strait region, who are of primarily Iñupiaq, Yup'ik and St. Lawrence Island Yup'ik descent.

Emerging from these interviews were various techniques and methods individuals and families use to prepare fish for consumption. These have been compiled from the interviews together along with a variety of favorite recipes collected from local residents, and from a book entitled “Eskimo Cookbook,” originally compiled by the children at the Shishmaref Day School in 1952. We have put them together as a way to not only document and preserve traditional and contemporary non-salmon fish preparation

and recipes, but to also share with these communities some of the wealth of knowledge gained throughout the research process, and to enable villages to connect and learn from each other through their intricate understandings of these non-salmon fish.

Intermingled throughout this book are also photographs of the various communities, as well as of the individuals and families who contributed recipes, and quotes from local experts to provide a greater context for these recipes, and a glimpse into the unique and diverse locales these villages occupy. We hope that the portrayal of non-salmon fish presented in this book will enhance the reader's understanding of the great importance accorded to them by local residents.

To many families, non-salmon fish continue to be a significant portion of their diet; a diet that embodies the many traditions passed down to them by their ancestors since time immemorial, and a way of life rooted in a deep respect for the natural world and their place within it. Subsistence is more than a way to simply put food on the table, but represents a complex relationship between humans and the animals that they rely on for physical and spiritual sustenance. For many, not only are these non-salmon fish “very tasty and nutritious” (Jones Barr, Brevig Mission), they are a “soul food” (Gladys Pete, Stebbins).

Fish, eat, and enjoy!

~Meghan Topkok

**Deep Fried Fish (Any)** — *Rock Family, Brevig Mission*

- Deep fry any fish, add salt and pepper

“[Subsistence is] a way of life, my way of life... Just too expensive to be living off the store. Hundred bucks for one shopping bag? I don't think so.”

~Fred Eningowuk, Shishmaref

**Chowder, Any Occasion** — *Virginia Washington, Stebbins*

- Clean the fish and dice (salmon, other fish, or combination)
- Add fish, including the eyeballs, to a can of milk
- Add garlic, salt and pepper to taste
- Add as much potato, celery, onion and carrots as you want (or use a can of mixed vegetables as a substitute)
- Heat and serve

*Tomcod, Shishmaref*





*Wales*

**Fish Chowder** — *Felicity Pete, Stebbins*

- Wash the fish first and take the bones off, then break the fish into pieces
- 1 or 2 potatoes, sliced
- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1/4 cup butter or margarine
- 1/4 cup chopped parsley
- 1 tbs salt
- A touch of pepper
- 1 cup rice
- 2 quart pot ~1/2 filled with water (as much as ~8-10 cups)
- Put all ingredients in a pot at the same time and bring to a boil. Simmer until everything is tender. Add fish crumbs last as they tend to cook quicker than other ingredients.
- 1 cup canned milk. Add milk right before it's done.

## Bullhead (also known as “Sculpins”)

**Bullheads (boiled)** (by Elmer Seetomona, *Eskimo Cookbook*, p. 12)

- Wash the bullheads, put them in cooking pot of water and salt. Cook about 15 minutes.

**Fried Bullhead** — Virginia Washington, *Stebbins*

- Take the skin off (don't need to boil first), separate the meat from the bone, slice up the meat and fry it
- Add salt and pepper
- Serve with potatoes and rice on the side

*Stebbins*

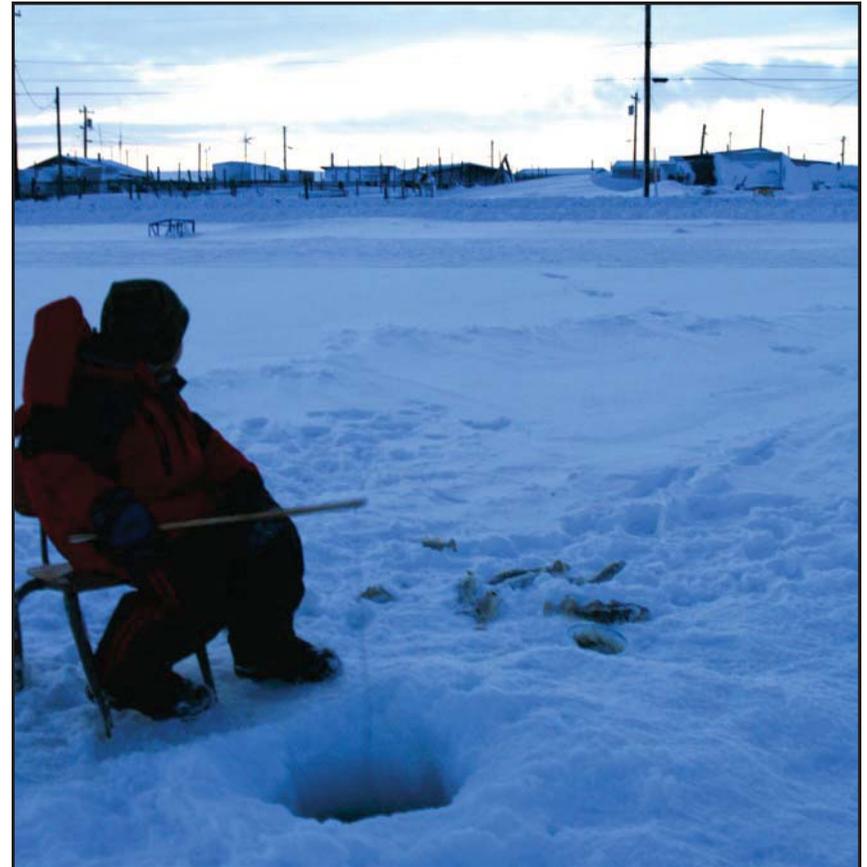


*Tip from Faye Ongtawasruk and Gene Angnaboogok, Wales:*

To salt freshwater fish:

- Clean and gut fish (leave liver and/or heart if desired)
- Add rock salt and soak in water for three days
- Change the water once everyday to remove salt
- Ready to eat or be prepared as desired

*Boy jigging near Teller*





From left to right: Clyde, Credence, Faye Ongtowsruk, and Loretta Parker, Wales

## Flounder

### **Fermented Flounder** — *Jones Barr, Brevig Mission*

- Clean flounder and place whole fish into wooden barrel during fall when it begins to get cold
- Open barrel in winter and remove fish and wash
- Eat and enjoy

“Traditional food is more important to me than cash. When I want a certain type of food, I’ll trade. But I won’t offer any cash. Because I know they want something different, too.”

~*Jones Barr, Brevig Mission*

### **Macaroni Fish Salad** — *Katherine Mike, Stebbins*

- Boil fish (any kind) and then refrigerate for 1 day
- Boil 1/2 box of macaroni
- Boil 8 eggs
- 3/4 cup of relish
- 1/2 green pepper, chopped
- 3/4 chopped onion
- One 6 ounce can of olives
- Add mayonnaise until salad is not dry
- Add all together and garnish with parsley and curry powder

*Ulus, Faye Ongtowsruk, Wales*





*Juvenile Flounder, Stebbins*



*View from Shishmaref*

**Grilled Flounder** – *Joe Garnie, Teller*

- Place starry flounder on grill over fire
- Flip over after about a minute
- Peel off skin
- Season to taste (salt, etc.)
- Flip over again and peel off skin on other side
- Season to taste

**Boiled Whitefish, Tomcod and Bullhead** –

*Nora Kuzuguk, Shishmaref*

- Scale the whitefish
- Clean and gut the whitefish, tomcod and bullhead
- Cut into bite size pieces and place in a pot, add some salt, and add about 1.5 inches of water
- Bring to a boil and boil for 30 seconds (do not over boil!)

## Other

### **Leftovers Recipe** – *Shishmaref workshop participants*

- Mix leftover fish (any fish), with chopped white onions and make like a tuna sandwich

“Traditional food is important. It’s healthy, has no preservatives in it, and just hits the spot. It’s my soul food! All natural!”

~Gladys Pete, Stebbins

### **Fried tomcod, herring, whitefish and smelt** –

*Nora Kuzuguk, Shishmaref*

- Scale, gut, clean the fish
- Cut at least the whitefish into multiple pieces
- Place all of the fish in a pan and bake until you see a crack in one fish
- Then add salt, pepper, and chopped onions

### **Frozen Flounders** (by Marion Olanna, *Eskimo Cookbook*, p. 12)

- After the flounders are caught, let them freeze. Eat as much as you want of it.

“Your mind is sharper too, when you’re... out subsisting, and you’re away from...the village where everything’s going on... You’re out there subsisting...it opens up your mind, when you’re out. Cleaner atmosphere, and [you can] maneuver better, you think better, too. And you see better. That’s how I see it. And it keeps me healthy.”

~Andrew Foxie, Sr., Stebbins

### **Flounders (baked)** (by Marion Olanna, *Eskimo Cookbook*, p. 12)

- Put blubber oil in the pan. Put in the flounders. Sprinkle with salt and pepper. Put in the oven to cook. Bake about 20 minutes.

**Dried Flounder** — *Virginia Washington, Stebbins*

- Clean the flounder, peel the skin
- Dry the meat and eat with seal oil

*Faye Ongtawasruk, Wales, with flounder spear*



*Net drying, Wales*

**Baked Little Whitefish** — *Katherine Mike, Stebbins*

- Cut and gut 4 whole fish
- Add the fish to a baking dish covered with Crisco oil
- Add 3 chopped carrots and 2 chopped potatoes and 1 chopped onion
- Bake at 350° for 1.5 hr until vegetables are done and soft
- Garnish with salt and pepper

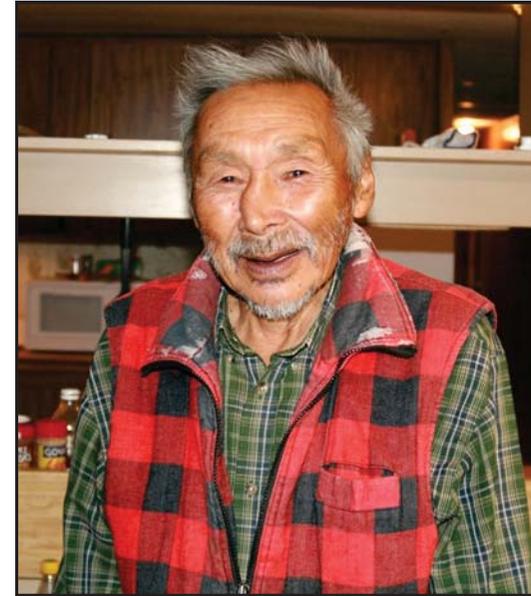
### **Soft Shell Fish Burrito** — *Fred Eningowuk, Shishmaref*

- Gut and then boil whitefish 10-15 minutes
- Debone fish
- Make hotcakes (regular – not buttermilk – Krusteaz brand preferred)
- Roll fish up in hotcake and eat like burrito, or have it on the side instead of bacon

*Children riding bikes in Stebbins*



## Herring



*Morris Kiyutelluk, Shishmaref*

### **Aged Herring** — *Morris Kiyutelluk, Shishmaref*

- Remove scales from herring (they come off easily in water using fingernails or by stirring when in water)
- Wash and place in bags or seal poke (whole, not gutted)
- Alternatively, can dig hole and line with dried grass and place herring on grass with another layer of grass on top, with sticks or logs on top to prevent foxes or bears from eating them
- Leave for month or two during winter
- In spring (March/April) return and remove to eat

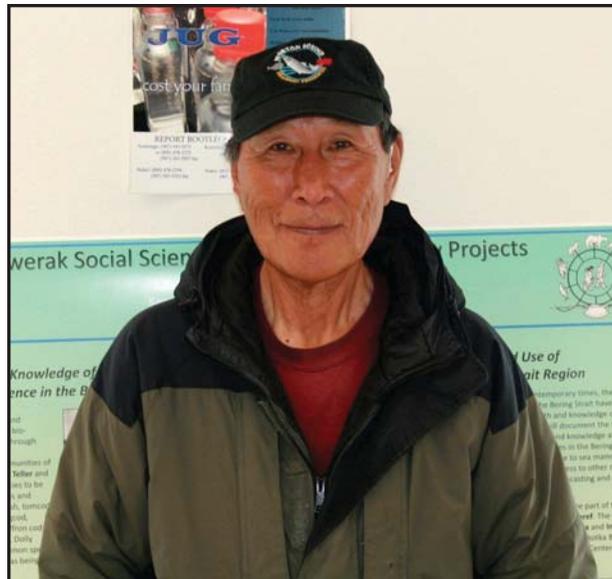
**Fermented Herring** — *Jones Barr, Brevig Mission*

- Clean and wash off herring fish and stack neatly in wooden barrel until it is full
- Place lid on barrel and leave outside
- Ideal weather/time of year: fall when fish will freeze and thaw alternately, but not spoil
- Meat will get lots of little crystals
- Remove from barrel and wash again
- Cut off fins
- Eat and enjoy: you can eat the entire fish, or even crunch on the bones and head



*Stebbins*

*Jones Barr, Brevig Mission*



**Anytime Recipe** — *Ephrain and Delores Bouchan, Stebbins*

- Boil 2-3 whitefish until soft, then take the skin off
  - Squeeze out the water from the meat and break up the meat
- Add the dried, broken up meat to:
- 1/2 cup Wesson oil
  - 1/2 cup sugar
  - Approx. 1 cup Crisco
  - 1 qt of salmon berries
  - Mix and serve

**Baked/Fried Whitefish Bellies** — *Pauline Olanna, Brevig Mission*

- Get bellies from 8-10 whitefish
- Fillet and wash the bellies
- Flour them
- Add fresh or dried onion, salt, pepper and seasoned salt
- Fry them
- Or bake them at 375° degrees for 30-45 min

**Baked Whitefish** — *Felicity Pete, Stebbins*

- Clean, gut and scale 4 whitefish
- 1 cup celery chopped
- 1 cup white onion chopped
- 1 cup Yoshida's soy sauce
- A touch of seasoning and salt and pepper
- Be sure to clean the fish (any kind) before baking it
- Put the fish, onion, celery and seasoning, plus Yoshida's, on the fish in a pan
- Bake at 350° for 1hr 45 min to 2 hrs
- Bake covered in foil to keep in the juices



*Shishmaref*

**Salted Herring Fish** (by Nellie Okpowruk, *Eskimo Cookbook*, p. 11)

- Cut off the heads of the fish, wash the fish, and put a layer on the bottom of the barrel. Cover with rock salt, then put more herring fish and more rock salt in until the barrel is filled. Cover tightly. Use in wintertime. Take out as many herring as needed, rinse in water until herring loses the salty taste.



Clifford Weyiouanna, Shishmaref

**Herring (fried)** (By Morris and Marion, *Eskimo Cookbook*, p. 10)

- Sprinkle the herring with salt. Fry them in the oven. Not too long.

**Pickled Herring** – Clifford Weyiouanna, Shishmaref

First salt fish:

- Brine = half water, half vinegar boiled and cooled
- Place herring in brine to salt (make sure to get blood out otherwise fish will rot)

Then pickle:

- Mix salted herring with little cubes of potatoes and carrots
- Add fish, pickling spices, and onion

**Whitefish (fried)** (by Agnes Kiyutelluk, *Eskimo Cookbook*, p. 10)

- Place whitefish in pan. Sprinkle with salt. Fry in the oven. When fish are cooked, they will leave oil on the bottom of the pan.

“Eat more fish. Brain food! It’s a way of life for, you know, keep a body moving. Keep busy. Do subsistence way of life. Go fishing. And [if] you have some stress, you can just go fishing and clear your mind... You’ll have everything, you won’t be thinking about home or nothing, [just] ‘Come on fish, bite my hook!’”

~Fred Eningowuk, Shishmaref

*Tip from Helena Seetot, Brevig Mission:*

- When boiling whitefish the eyes will turn white when done

*View from Brevig Mission*





*View from Brevig Mission*

#### **Fried Whitefish Bellies** – *Pauline Olanna, Brevig Mission*

- Clean and rinse the bellies of 8-10 whitefish
- Roll the rinsed bellies in flour
- Put them in a frying pan with oil and add fresh chopped onions, or dried onions/onion powder
- Add salt, pepper and seasoned salt
- Fry

#### **Whitefish Soup** (by Agnes Kiyutelluk, *Eskimo Cookbook*, p. 29)

- Cut whitefish and wash it. Then put it into a pot and water and salt. Boil it and then take off the bones. Make the fish into little pieces. Mix a little flour and water together, and add this to the fish. Add curry powder as much as you want.

#### **Different ways to age whole (not gutted) herring** –

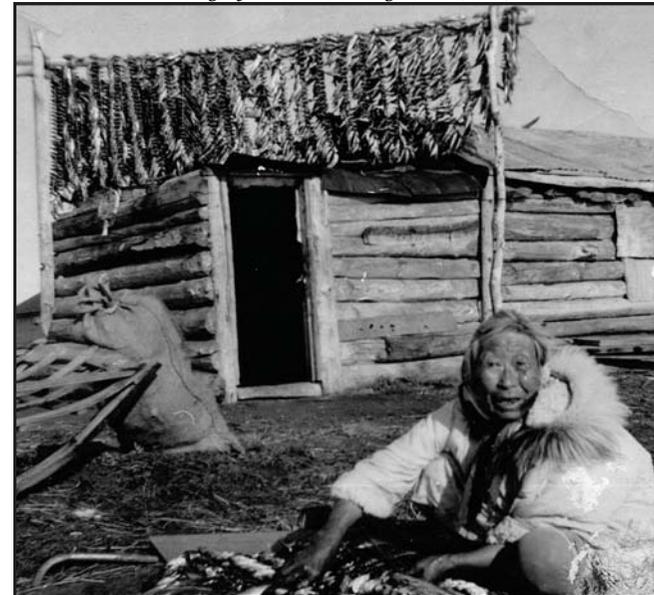
*Compiled from many Shishmaref experts*

First, fish should be scaled and then:

- Put in gunny sacks and left in the cold to ferment to your taste
- Put in gunny sacks, bowls or wooden boxes, placed in holes in the ground and bury until early winter (Old gas boxes were often used in the past. The herring is laid neatly side-by-side in the box, be nailed shut, and left in the cold until winter.)
- Put directly in a shallow depression (lined with vegetation) and covered until winter or spring
- Placed in seal pokes until spring time

*Mary Luke and herring,*

*Photo courtesy of Leonard Raymond, Sr., Stebbins*



The old saying...long ago, is that the more you give away, the more you'll get back. And ... they're always right, you know. If you give away fish, next day your net for some reason just happen to be little bit fuller. I didn't know, you know, if somebody's watching us, but it seem to be true that the more food you give away, it'll always come back..."

~Johnson Eningowuk, Shishmaref



Sea lovage, tugaayuk in Iñupiaq,  
mecuuqerrli in Yup'ik

### Fried/Baked Herring — Marcia Pete, Stebbins

- Get fresh herring and gut and clean the herring
- Roll herring in flour mixed with cornmeal
- Fry in a pan on the stove with enough oil to cover the pan
- Add onions and some pepper while frying
- Then put them in the oven for 15 minutes until they are crispy on top

### Baked Whitefish — Helena Seetot, Brevig Mission

- Clean and fillet whitefish
- Sprinkle dried onion, pepper, and salt
- Put oil on bottom of pan
- Bake

"To us, [the fish are] the most important things we need to eat. The fish, we can't go without fish, ah?"

~Rita Olanna, Brevig Mission

Man fishing, Stebbins





*Brevig Mission*

**Baked Whitefish** — *Pauline Olanna, Brevig Mission*

- Fillet and rinse 1 or more whitefish
- Roll the cleaned fillets in flour
- Put them in a baking pan and add fresh chopped onions, or dried onions/onion powder
- Add salt, pepper and seasoned salt
- Bake in a preheated oven at 350° for 30-45 min

**Dried Whitefish** (by Stephen Kiyutelluk, *Eskimo Cookbook*, p. 11)

- Hang whitefish on drying racks. After they are dry put into pokes with seal oil, and keep them for winter use.

**Trail Mix** — *Gladys Pete, Stebbins*

- ½ strip of dry salmon, any kind
- 6 dried herring (peel off the skin and remove bones) cut up
- 2 cups diced, cooked beluga muktuk
- 1 cup uncooked, diced beluga muktuk
- If you have black mungtuk, add 4 cups chopped
- Bunches of sea lovage chopped and sprinkled on top
- Mix all together and serve
- Beluga has its own oil, so don't need to add any
- 1 cup chopped carrots
- ½ of an onion, chopped
- Great for birthdays, special occasions, camping, hunting, picking berries, or as a treat for guests

*Gladys Pete and daughter dancing, Stebbins*



## Burbot (Lingcod)

**\*Note:** Many people in the Bering Strait region refer to burbot by the name 'lingcod'



*Burbot, image  
from adfg.alaska.gov*

### **Burbot/Lingcod Agutak** — *Johnnie Weyiouanna, Shishmaref*

1 fish, flaked = approximate a quarter of a gallon Ziploc bag

- First remove skin
- Boil in water (no salt or anything)
- Remove water from fish, dry them and then flake
- Add flaked fish to whipped Eskimo ice cream
- Add salmonberries

## Whitefish

### **Aged Whitefish Quaag** — *Rita Olanna, Brevig Mission*

- Leave whole whitefish in box until turn red in the belly and a little bit stinky
- Freeze and eat

### **Whitefish** (by Stewart Tocktoo, *Eskimo Cookbook*, p. 9)

- Cut whitefish into pieces. Place in cooking pot with water and salt. After the fish is cooked, put it on a plate.

*Rita and Henry Olanna, Brevig Mission*





*Stebbins*

*Tip from Johnson Eningowuk, Shishmaref, on drying tomcod:*

- You can also remove and wash the gallbladder to dry

“Never take all of the mouse food from one burrow, and always replace what you take with something else.”

*~Kawerak Elders Advisory Committee*

**Tomcod Chowder** — *Virginia Washington, Stebbins*

- Collect ‘mouse food’ and clean it
- Cook the tomcod and separate the skin, bones and fat
- Cook rice and macaroni and add approx.  $\frac{3}{4}$  cup mouse food
- Add the tomcod, chopped
- Add dry milk (instead of canned milk)



*Brevig Mission*

“[Fish are] very important, ‘cause I like to eat fish. Could prepare fish in lotta different ways, and they’re very tasty, and nutritious too, lotta vitamins. Even the oil is good.”

*~Jones Barr, Brevig Mission*

**Burbot/Lingcod Agutak** — *Helena Seetot, Brevig Mission*

- Take out guts of the fish, debone, squeeze and rinse with water 3-4 times
- Cut meat only into pieces and boil 20-25 minutes
- Lay flat on a pan and let it dry until it becomes flakey (fine flakes)
- Add fish to agutuq: just fish (no berries needed), add pieces of masu (Eskimo potato) as well, if desired

## Pike

*Tip from Norman Menadelook, Teller:*

- Remove bones from pike before making stew

*Tip from Thomas Ablowaluk, Teller:*

- Always remove scales from pike before processing

*Thomas Ablowaluk, Teller*



*View of Shishmaref*

*Tip from Johnson Eningowuk, Shishmaref, to feel better when sick:*

- Eat the belly meat of the tomcod to feel better when sick
- Remove the skin before eating. Do not eat the stomach itself, but the belly meat

*Tips from Morris Kiyutelluk, Shishmaref, for cooking tomcod livers:*

- Use enamel coated pots
- Stir constantly – livers have a tendency to burn and stick to the bottom of the pot
- Don't put too much water in pot otherwise it will be too thin
- When oil from liver appear on top it means the liver is done
- Only need to boil for a few minutes

### **Tomcod Livers** — *Marcia Pete, Stebbins*

- Catch tomcod, gut them and save the livers
- Boil about 10 livers – they are done when they float
- Drain the livers and mash them in a bowl with a little seal oil ~1 tbs
- Mix until creamy and add 2-4 cups of blackberries
- Great as an evening snack

### *Tip from Helena Seetot, Brevig Mission:*

- Catch tomcods for dryfish in November/wintertime – they won't be as hard when they dry by springtime. Great food to take out when hunting. In spring they will be hard if you dry them.

*Helena Seetot and granddaughter, Brevig Mission*



## Sheefish



*Gertrude Pete, Stebbins*

### **Cooked Sheefish** — *Gertrude Pete, Stebbins*

- Cook sheefish
- Add favorite rice or macaroni

### **Frozen Sheefish** — *Gertrude Pete, Stebbins*

- Freeze sheefish
- Add seal oil
- Eat and enjoy!

**Sheefish (fried)** (by Nellie Kigrook, *Eskimo Cookbook*, p. 11)

- Sprinkle sheefish with flour, salt and pepper. Put in pan with lard. Cook for 30 minutes.

“A lot of our kids...wanna speak fluently. They wanna know their Native language. They wanna know... how to subsist on food. They don't wanna lose their tradition and their culture... And when I had the kids work on the fish, that calm day last fall, they were just all excited, ‘I know how to do this now.’ And...they got faster and faster. So fun. The... gleam in their face... it's always so nice.”

~Becky Atchak, Stebbins

*Shishmaref*



*Harvey Pootoogooluk, Shishmaref, with dried tomcod*

**Tomcod Liver Tiqulik** — Agnes Noyakuk, Teller

- Boil tomcod liver and stir/watch carefully (don't leave on top of stove too long)
- Cool off
- Mix with blackberries

**Tomcod Tiqulik** — Rita Olanna, Brevig Mission

- Mix 10 tomcod livers and 1 milt (as you would for agutak)

### **Tomcod Soup** — *Stebbins workshop participants*

- Clean eggs, liver, stomach, intestines of tomcod then mash up to make a soup. Add seal fat and pond greens from the lake.



### **Tomcod Liver Spread** —

*Daisy Pete and Julie Henry  
(translator), Stebbins*

- Remove tomcod liver
- Whip with blackberries and whitefish eggs

*Sylvester Snowball, Stebbins  
Photo courtesy of Rosemary Snowball*

### **Tomcod livers and berries** (by Agnes Kiyutelluk, *Eskimo Cookbook*, p. 5)

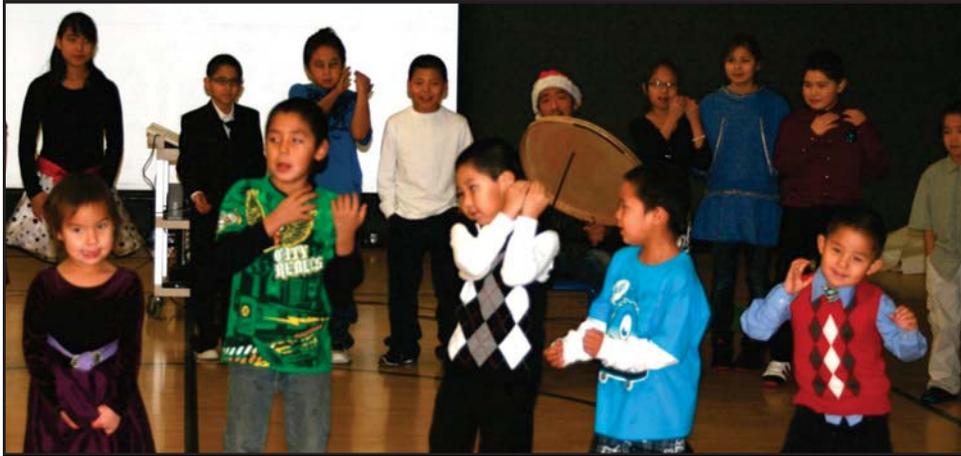
- Put tomcod liver in a pot and cover with water. Cook until thick and soft. Always stirring occasionally until it is cold. Add salmonberries as much as you want and add sugar for a taste. Stir and mix.



*Minnie Barr, Shishmaref*

### **Sheefish Chowder** — *Minnie Barr, Shishmaref*

- Get a frozen, filleted sheefish out of your freezer and start defrosting
- When it is about halfway defrosted take the skin off
- Boil 1/2 of a big sheefish in 1 quart of water
- Boil the fish until the meat becomes loose from the bone
- Remove from water and debone it with a fork, return deboned meat to the pot
- Add about 1tbs of salt, several tbs of curry, pepper, lots of onions, diced potatoes and carrots if desired
- Then add 2 cans of Cream of Mushroom soup with 1 cup of a (not too thick) flour and water mix
- Simmer until vegetables are soft
- 1/2 of a big sheefish prepared this way will serve 4-6 people



Children dancing, Teller

### **Baked or Fried Sheefish — Butler Hunt, Jr., Stebbins**

- 1/2 sheefish, gutted. Take the skin off and the bones out (don't have to)
- Add potatoes, onions, carrots and any kind of spices that you like
- Add all to a pan covered in vegetable oil or Crisco and bake at 350° for 2-3 hours

-OR-

- Take your gutted sheefish and fry it. Eat with rice, mashed potatoes or baked potatoes

### **Tomcod Liver Breakfast — Robert Rock, Sr., Brevig Mission**

- Cook tomcod liver in a big pan
- Use oil from liver to cook hotcakes to give flavor of tomcod liver
- Serve hotcakes and liver for breakfast

### **Tomcod Liver Butter — Daisy Pete and Julie Henry (translator), Stebbins**

- Remove tomcod liver
- Whip until butter like consistency
- Spread on bread

Tomcod, Stebbins





*Tommy Obruk, Shishmaref*

**Tomcod Liver Mixture** — *Tommy Obruk, Shishmaref*

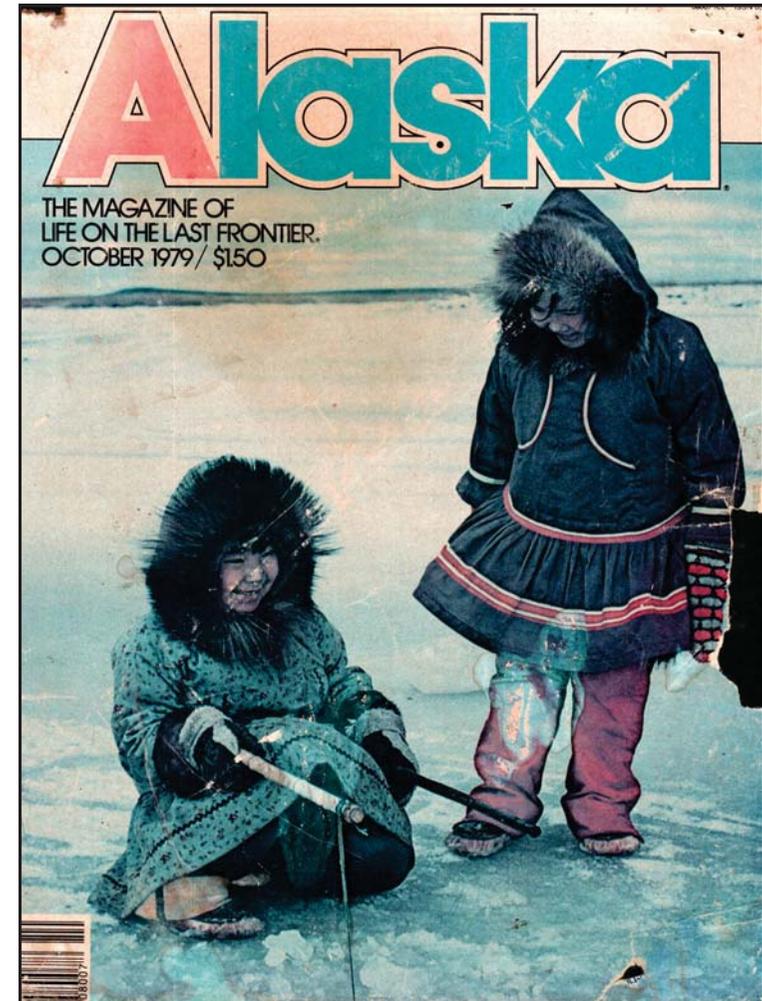
- Remove several dozen tomcod livers and clean
- Cook livers on low heat in pot
- Keep stirring to avoid burning
- Stir in milt
- Stir in pieces of blubber as well
- Cool off (while continuing to stir)
- Add blackberries and/or salmonberries

\***Milt:** the seminal fluid produced by male fish

**Sheefish Soup** (by Nellie Kigrook *Eskimo Cookbook*, p. 29)

- Cut sheefish and wash it, put them into a pot and add water and salt and onion and curry powder and catsup. Let them boil 30 minutes. Mix together flour and water and put in soup. Cook 15 minutes.

*Priscilla Otten (jigging) and Debbie Coffey (standing), Stebbins,  
from 1979 issue of Alaska Magazine*



## Smelt



*Agnes Noyakuk, Teller*

### **Fried Smelt** – *Agnes Noyakuk, Teller*

Serving size: 1 person

- Clean and gut 3-4 smelt
- Put cornmeal and smelt in a bag and shake to coat smelt with cornmeal, add spices if prefer
- Fry with onions on top

### **Baked Smelt** – *Agnes Noyakuk, Teller*

Serving size: 1 person

- Preheat oven to 350°
- Clean and gut 3-4 smelt
- Put cornmeal or Bake 'n' Shake in bag with smelt and shake to coat smelt
- Bake with onions for about 20 minutes

**Tomcod (boiled)** (by Johnnie Weyiouanna, *Eskimo Cookbook*, p. 9)

- Place tomcod fish in cooking pot. Add water and salt. Boil.

“If there was no tomcods, there’d probably be no Eskimos. Tomcods has pretty much saved a lot of Eskimos’ lives...”

~*Delbert Okbaok, Teller*

### **Tomcod Dry Fish** – *Morris Kiyutelluk, Shishmaref*

- Open stomach of tomcod and remove entrails
- Place on string through the gills (can string as many or as few fish as would like, though shorter strings with fewer fish will prevent fish from sagging and sticking together)
- Can also use young willow instead of string – won’t sag, and willow will keep its shape, keeping fish spread apart

*Tomcod, Shishmaref*





*Brevig Mission*

**Half dried, half frozen tomcod** — *Nora Kuzuguk, Shishmaref*

- Gut, clean and string tomcods through the gills and out the mouths
- Tie string together and hang outside in fall time
- When hungry, grab a fish, cut it up and eat dipped in seal oil

**Tomcod Agutuq** — *Helena Seetot, Brevig Mission*

- Gather livers and clean from tomcod
- Add a little water to a pot, enough to cover the tomcod livers
- Simmer and boil
- When you see oil on the top to know they are done
- Mix with blackberries and eat

**Fried Smelt** — *Norman Menadelook, Teller*

- Use plain flour coating or salmon seasoning to coat smelt
- Fry and eat

“Subsistence. That’s the best word in the dictionary, for my...generation. I dunno about the pop people and the pizza people. But for my generation, like us here, it’s a...lifestyle. You don’t have to depend on store to [get] food.”

~*Clifford Weyiouanna, Shishmaref*

**Baked Smelt** — *Linda Divers, Brevig Mission*

Serving Size: A cake pan full of smelt will feed about 4 people

- Rinse the smelt
- Roll them in flour
- Add dried onion, pepper and salt
- Lay them in a pan greased with shortening
- Bake until the eggs are well done
- Bake in a preheated oven at 350° for 1 hour to 1 hour and 15 minutes

### **Boiled Smelts** (by Frank Avessuk, *Eskimo Cookbook*, p. 12)

- Clean smelts, put them into a pot. Cover with water. Add salt to taste and boil a few minutes.

“If you know how to hunt and fish, you’re alright. You can live. You can survive. If you don’t know how, you don’t know nothing.”

~Francis Rivers, Sr., Stebbins

### **Fried Smelt** — Clara Topkok, Teller

Serving size: 1-2

- Grease the pan, add a little flour and roll 3-4 smelt in flour and any spices you prefer
- Place in pan and fry

Teller



## Tomcod



### **Dried Tomcod Intestines** — Daisy Pete and Julie Henry (translator), Stebbins

- Remove tomcod intestines
- Split open, clean and hang to dry
- Dip in seal oil

### **Fried Tomcod** — Becky Atchak, Stebbins

Serving size: 2-3 people

- Take 3-6 tomcods and cut off tail, leave gut out
- Take liver and the eggs
- Rinse all parts
- Cover with flour or seasoned flour
- Fry tomcods in pan with liver and eggs



Tomcod, Brevig Mission

**Fried Trout** — *Michelle Ongtawasruk, Wales*

- Get fresh trout from the Mint River or near York
- Clean, gut and fillet 4 trout
- 1 cup flour
- Salt, pepper, garlic powder, seasoned salt, lemon pepper
- Mix flour and seasonings together
- Fry some white onions
- Wet the fish, dip in the seasoning and then fry in a pan with Wesson oil
- Serve with rice, green beans and tartar sauce on the side

*View from Wales*



**Baked Smelt**— *Linda Divers, Brevig Mission*

- Wash smelt (whole)
- Flour them and put in a pan covered with shortening
- Add dried onion, pepper and salt
- Bake at 350° for about 1 hr, or until the eggs are well done
- A cake pan full of smelt with feed ~4 people



*Robert Rock, Sr. and family*

**Boiled Smelt** — *Rock Family, Brevig Mission*

- Take the whole fish, wash, and bread it
- Lay the smelt side by side in a pan and bake
- Prepare several smelt per person

## Trout

### **Baked Trout at Camp** — *Minnie Barr, Shishmaref*

- Clean and gut your trout, rinse it
- Wrap the trout in 2-3 layers of tinfoil and add chopped onions and some ketchup and salt and pepper to taste
- Bury the tinfoil wrapped trout under the hot coals from your camp fire – check it periodically to see if it is cooked

*Shishmaref Playground*



### **Boiled Dolly Varden Trout** — *Wales Workshop Participants*

- Boil river-caught Dolly Varden
- Mix with boiled trout livers
- Add reindeer fat and salmonberries

“I enjoy it out in the country. My body feels good when I’m out there. And I like to be camping out there. A little bit pricey, but you know, it beats going round trip and having to get nothing or just a few of something... It’s good for you physically, mentally, you know, if you’re out in [the] country and away from Shishmaref, away from the phone, TV and everything.”

*~Fred Eningowuk, Shishmaref*

### **Trout Flour Soup** — *Helena Seetot, Brevig Mission*

- Boil, cut into pieces, gut, and debone trout
- Add potatoes, celery and carrots
- Make flour mixture with water (thicken as needed)
- Add fish and vegetables and cook as preferred