SEAL RIBS

Ingredients:

Fresh seal ribs   Pepper

Flour   Garlic Powder

Salt

Directons: Mix flour and spices together. Fry in small amount ofoil until brown. Make gravy the way you usually would or use cream of mushroom soup. Serve with rice or mashed potatoes

Recipe by Joe Ludvick, Sand Point Women's club Cookbook

SEAL OIL

Ingredients:

Seal Blubber

Directions: **Remove seal fat from seal meat. Remove all blood, don't put in water. Slice or grind seal fat (don't cook). Put fat in jars. Let render for about a week. Put jars in brown paper bags to keep out of light to keep from getting rancid. Keep in freezer to keep fresh. Use for boiled fish, berries and wild celery (Putchkies).**

Recipe by Sophie Ludvick – Sand Point Women's Club Cookbook

WHALE BLUBBER

Ingredients:

Whale Blubber

Directions: **Remove fat from meat. Cut into 2 or 4 inch chunks. Salt and brine. Serve with dried fish or *boiled fish*.**

Recipe by Marie Osterback - Sand Point Women's Club Cookbook

Dried Fish

(Salmon, Cod, Halibut)

Ingredients:

Fresh Salmon, Cod or Halibut

Dierctions: Cut meat in strips. Dip into brine about 15 minutes and hang on racks to dry until ffish are dried.

BRINE

Ingredients:

5 Gallons Water   Salt (add enouth to water to

1 Potato   float the potato)

Recipe by Alexandra Vanner – Sand Point Women's Club Cookbook

KUTCHAMA HALF DRIED FISH

Ingredients:

1 Fresh salmon,

Directions: Fresh salmon, cleaned and split. Remove back bone. Slit meat crosswise about 2 inches apart on each side. Hang up to dry by tail until half dry. Then cut up and boil for about 15 minutes. Serve with boiled potatoes and seal oil (optional) and onions.

Recipe by Marie Osterback – Sand Point Women's Club Cookbook

BOILED SALMON HEADS

Ingredients:

Fresh Salmon Heads (cleaned_

Purtriskies

Directions: Cut and remove gills from heads, if not cleaned and boil in salted water with purtruskies (wild parsley). Serve with boiled potatoes and onions.

Recipe by Alexandra Vanner – Sand Point Women's Club Cookbook