

Traditional Fish Foods

leaner fish ←

→ fatter fish



DRY

Smoke →
Half dry iyamaaglug
one day no crust

two days slight crust
roast
boil
freeze

three days med. crust
four days half crust
pickled in berries
freeze
store in oil

five days panigtug
mostly hard, store frozen

six days plus
eat with oil

Fully dried panigtug
may be stored unfrozen

once dried
never ferment except
when stored in oil or pickle

COOK

Roast, Grill, Bake
eat hot or cold
de-bone for many recipes

Boil

Briefly, drain
eat hot, drink broth

Well done, drain
eat hot or cold, drink broth
de-bone for many recipes

Soup, flour and or
vegetable

Pickle in rhubarb or
blueberries or cranberries

Air dry surface
store in oil

Fluff, half dry for aqutug

once cooked
never ferment or salt

FREEZE

Eat frozen
quag

Cook while frozen
Boil
Roast

Thaw and Cook
Boil
Bake
Fry-all recipes

Thaw and dry
Half dry
boil eat hot or cold

Dry
eat with oil

once frozen
never ferment
or salt

FERMENT

Eat raw
uilaag

Freeze
Eat frozen
quag

Thaw and eat
uilaag

Cook
Very briefly, drain
eat hot,
throw broth

Well done, drain
eat hot or cold
throw broth

once fermented
never dry

SALT

Eat Raw
Freshen
Eat Raw
Cook

Boil
Fry
Roast

Well done, drain
eat hot or cold, drink broth
de-bone for many recipes

Soup, flour and or
vegetable

Pickle in rhubarb or
blueberries or cranberries

Air dry surface
store in oil

Fluff, half dry for aqutug

once cooked
never ferment or salt

Nauriat Niginaqtuat, Plants That We Eat, 1983, by Anore Jones is the first book in a series describing *Inupiat* foods, collectively called: *Niqipiat*. The University of Alaska Press is reprinting a revised version, which will be available in the spring of 2010. This ethno-botanical manual identifies each local, traditionally used, edible or medicinal plant, then explain how each is used. Many recipes include the traditional techniques of harvesting, preparation, preservation and eating. The text is enlivened with many black and white photos, drawings and stories

Iqaluich Niginaqtuat, Fish That We Eat, 2006, was her second book in the *Niqipiat* series, detailing the traditional *Inupiat* use of fish, their processing, recipes and eating enjoyment. It identifies the fish found in Northwest Alaska and takes the reader through the processes of harvesting, preparing, preserving and eating each fish in the traditional ways. Many drawings, color photos and stories accompany the recipes. Although this book is not in print, you can view it on the web and print your own copy The chart on the other side of this page is from page 305.

The link is located under the Northwest Alaska section on the U.S. Fish and Wildlife Service web site under Final Report FIS02-023. From there you can read it and/or download and print it (be sure to print it double-sided because it is bulky with 100+ color photos plus sketches.)

<http://alaska.fws.gov/asm/fisreportdetail.cfm?fisrep=21>

The third manual in this series will similarly detail the traditional *Inupiat* processing techniques and recipes of the local sea mammals.

Brief Biography:

Anore Bucknell was born 18 July, 1941 and lived until 9 in Los Angeles, California. Her family moved to the San Juan Islands in Washington for 6 years where she worked the land with draft horses and milked the cow. After her Junior High School year she flew to Alaska for a work camp and decided to enter the University of Alaska in Fairbanks for the next 4 winters. The summers she worked at Camp Denali, north of Mt. McKinley; assisted Dr. Viereck in a botany survey of North West Alaska; then worked on an undergraduate research project above Boulder, Colorado. The spring of her senior year she dropped out of college to climb Mt. McKinley with Keith and 4 others.

The fall of 1963 she went to the Kobuk Valley with husband Keith Jones and ended up living there for the next 23 years. They raised two daughters, choosing to live a partially subsistence, semi-nomadic lifestyle centered around the seasonal activities necessary to harvest the land.

She grew to love the land, the light, the seasons, the *Inupiaq* people and especially their unique traditional foods, gathered from the land and sea, minimally processed and maximally healthy and delicious. Here was an Arctic Cuisine worthy of documentation so she focused on learning the foods, not as a research topic, but as daily fare, as her own foods for family and friends.

In 1985, the Jones moved to Three Rivers in Central California to manage a small ranch raising a few grass-fed beef, chickens and goats. 22 years later they are still there with two of their grand daughters now going to high school.