

SUGAR KELP RAVIOLI

Author: Rachel Hoover, dAXunhyuuga (Eyak), of the Native Conservancy

INGREDIENTS

Sugar kelp

Dough

2 cups all purpose flour

2 tablespoons dehydrated
sugar kelp powder

3 large eggs

8 egg yolks or more depending on
how the dough comes together

Filling

1 can kippered salmon

2 cups cream cheese

DIRECTIONS

Dehydrate sugar kelp

Rinse your sugar kelp off in cold water, squeeze excess water out and lay in a single layer out onto a cookie sheet, opening the blades so it dries evenly.

Place in oven preheated to 250 F and bake for about an hour. Set a timer for 20 minutes and keep checking on it. Once dry take out and place on a wire rack.

Make the dough

Add the flour and kelp powder into a large mixing bowl; create a well in the center. Crack the 3 eggs

DIRECTIONS (CONT.)

in the center and add the 8 egg yolks. Mix the flour and eggs together with a fork. Pour the mixture out onto the counter and start to combine the flour and knead for 5 minutes until it becomes elastic and smooth.

Cover in plastic wrap and place in the fridge for 30 minutes.

Make the filling

Mix the salmon and cream cheese together in a food processor until whipped.

Run the pasta dough through the pasta machine until you get it the right thickness. Lay your strips down and use a melon baller to portion out the filling onto the strips of dough.

Lay another sheet of dough over the filling, and then press out the ravioli.

From here, you can lay the ravioli on a cookie sheet and freeze, then portion into bags and store in your freezer for easy-grab meals.



OVEN ROASTED KELP CHIPS

Author: Adapted from *Traditional Food Guide for the Alaska Native People*, 2nd edition, by Dr. Dolly Garza

INGREDIENTS

Kelp strips

DIRECTIONS

Heat the oven to 200 F. Place kelp strips on a baking sheet and bake 5-10 minutes, or until seaweed turns green. Remove from oven and cool. Serve immediately.



SEAWEED SOUP

Author: Tuks (Pauline) Demas.
Tuks was born and raised in Nanwalek.

INGREDIENTS

Fresh edible seaweed
Garlic powder to taste
Soy sauce to taste
1 teaspoon seal oil

DIRECTIONS

Place seaweed in a soup bowl.

Add boiling water, garlic powder, soy sauce and seal oil. Enjoy!



REHYDRATED KELP WITH SEAL OIL



Author: Diane Selanoff. Diane is from Paluwik (Port Graham) but now lives in Suacit (Valdez).

INTRODUCTION

We usually dry the kelp and use it in the winter when we need our vegetables and greens. It's quite entertaining for the kids to see your plate coming to life in front of you.

INGREDIENTS

Fresh or dried kelp
Seal oil

DIRECTIONS

Dehydrate kelp or dry it out. Preserve it for winter months. In the winter, when you need greens or fresh veggies, take dried preserved kelp and add to a bowl.

Add $\frac{1}{2}$ teaspoon seal oil and $\frac{1}{2}$ cup water, and watch your kelp come to life. Enjoy!

LOCAL DIALECTS

SEAL OIL

English

QAIGYAM UQUA

Lower Cook Inlet Sugt'stun Dialect

Prince William Sound Sugt'stun Dialect

KEELTAAG UX ADLAXE*

Eyak

BULL KELP

English

IITULIQ

Lower Cook Inlet Sugt'stun Dialect

QALINGUQ

Prince William Sound Sugt'stun Dialect

SEWEED

English

CAQALLQAQ

Lower Cook Inlet Sugt'stun Dialect

CAQALLQARPAK

Prince William Sound Sugt'stun Dialect

TIISHIYAH

Eyak for Broad Ribbon Seaweed

IINLXAWAH

Eyak for Red Ribbon Seaweed

* Literal translation: “Seal grease you rub on your face.”



Chugachmiut
HERITAGE PRESERVATION

KELP SALSA VERDE



Courtesy of: GreenWave

Prep Time: 10 minutes

Total Time: 20 minutes

INTRODUCTION

For breakfast, snack, lunch, and dinner, this kelp salsa verde is your next staple for Mexican-inspired dishes. You can easily increase or decrease the heat level by cutting or adding more jalapeños!

INGREDIENTS

- 1/3 cup garlic
- Fresh cilantro to taste
- 1/2 cup lime juice
- 4 ounces fresh kelp
- 1 green bell pepper
- 3 jalapeño peppers
- 1 medium onion
- 1/3 cup water
- 1 tablespoon sugar
- 2 tablespoons coriander
- Salt to taste

DIRECTIONS

Clean and prepare fresh ingredients: cut garlic and cilantro, and squeeze lime juice (or use bottled).

Blanch kelp in boiling water. Drain, discarding liquid, and cool in an ice bath. If using frozen kelp, skip this step, defrost, drain, and cut.

Char peppers and onion over an open flame. Remove skin and seeds and discard them.

Put all ingredients in a blender and process until the salsa reaches desired consistency and enjoy!



KELP DIJON MUSTARD

Courtesy of: GreenWave

Prep Time: 20 minutes

Total Time: 35 minutes plus overnight rest

INTRODUCTION



This spin on traditional French mustard is excellent on sandwiches, vinaigrettes, and really anywhere you need a sharp flavor to spice things up.

INGREDIENTS

- 4 ounces fresh kelp
- 1 medium onion, quartered
- 7 ounces white wine
- 7 ounces white vinegar
- 2 1/3 cups water
- 1 tablespoon and 1 teaspoon salt
- 1 tablespoon and 1 teaspoon garlic
- 2 teaspoons black peppercorns
- 3/4 cup mustard seeds
- 1 tablespoon and 2 teaspoons mustard powder
- 1 tablespoon and 2 teaspoons honey

DIRECTIONS

Clean and prepare fresh ingredients. If using frozen kelp, defrost, drain, and cut.

Combine onion, wine, vinegar, water, salt, garlic, peppercorn in a pot and cook.

Strain liquid and pour over mustard seeds and mustard powder. Discard solids.

Refrigerate overnight.

Add all remaining ingredients, and simmer just under boiling for 6 minutes.

Allow to cool and enjoy! The mustard will last for several weeks refrigerated.



BREAD & BUTTER KELP PICKLES

A large, stylized illustration of kelp fronds in the background, with several pickles of different sizes and colors (yellow, green, and white) scattered throughout the composition.

Courtesy of: GreenWave

Prep Time: 10 minutes

Total Time: 25 minutes plus rest

INTRODUCTION

These kelp pickles are great for keeping things simple and fresh. A perfect introductory pickle, and go-to pickle for new and old kelp fans alike!

INGREDIENTS

- 12 ounces fresh kelp
- 1 1/2 cups onion
- 2 tablespoons pickling salt
- 2 1/2 cups water
- 1 1/4 cups white vinegar
- 1/2 cup white sugar
- 2 tablespoons dried mustard seeds
- 2 tablespoons dried crushed red pepper
- 2 tablespoons dried celery seed

DIRECTIONS

Wash, drain, and slice your fresh kelp and your onions so your slices fit inside your jars. If using frozen kelp, defrost, drain, and cut.

Combine kelp, onions, and salt, place in the fridge in a covered container. Refrigerate for 3 hours.

Combine water, vinegar, sugar, and spices in a pot and bring to a boil, forming the brine.

Place the ingredients from the fridge into clean jars.

Pour brine into jars to completely cover the solids.

Allow to cool or refrigerate before serving. Pickles will last for several weeks refrigerated.



KELP GIARDINIERA

Courtesy of: GreenWave

Prep Time: 15 minutes

Total Time: 30 minutes plus rest

INTRODUCTION

These Italian-inspired kelp pickles are the ultimate relish and can be used in many different dishes. You can add these pickles to hot dogs, burgers, antipasti platters, and pasta. They bring a bright, colorful zing to any dish!

INGREDIENTS



12 ounces fresh kelp
1 1/2 cups onion
1/3 cup celery
3/4 cup carrots
2 tablespoons garlic
2 tablespoons pickling salt
2 1/2 cups water
1 3/4 cups white vinegar
1/2 cup white sugar
2 tablespoons oregano
2 tablespoons mustard seeds
2 tablespoons caraway seeds

DIRECTIONS

Wash, drain, and slice your fresh kelp, onions, celery, carrots, and garlic so your slices fit inside your jars. If using frozen kelp, defrost, drain, and cut.

Combine kelp, onions, celery, carrots, garlic, and salt, place in the fridge in a covered container.

Refrigerate for 3 hours.

Combine water, vinegar, sugar, and spices in a pot and bring to a boil, forming the brine.

Place the ingredients from the fridge into clean jars.

Pour brine into jars to completely cover the solids.

Allow to cool or refrigerate before serving. Pickles will last for several weeks refrigerated.

