



Alutiiq Arts Activity Book

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Acknowledgments

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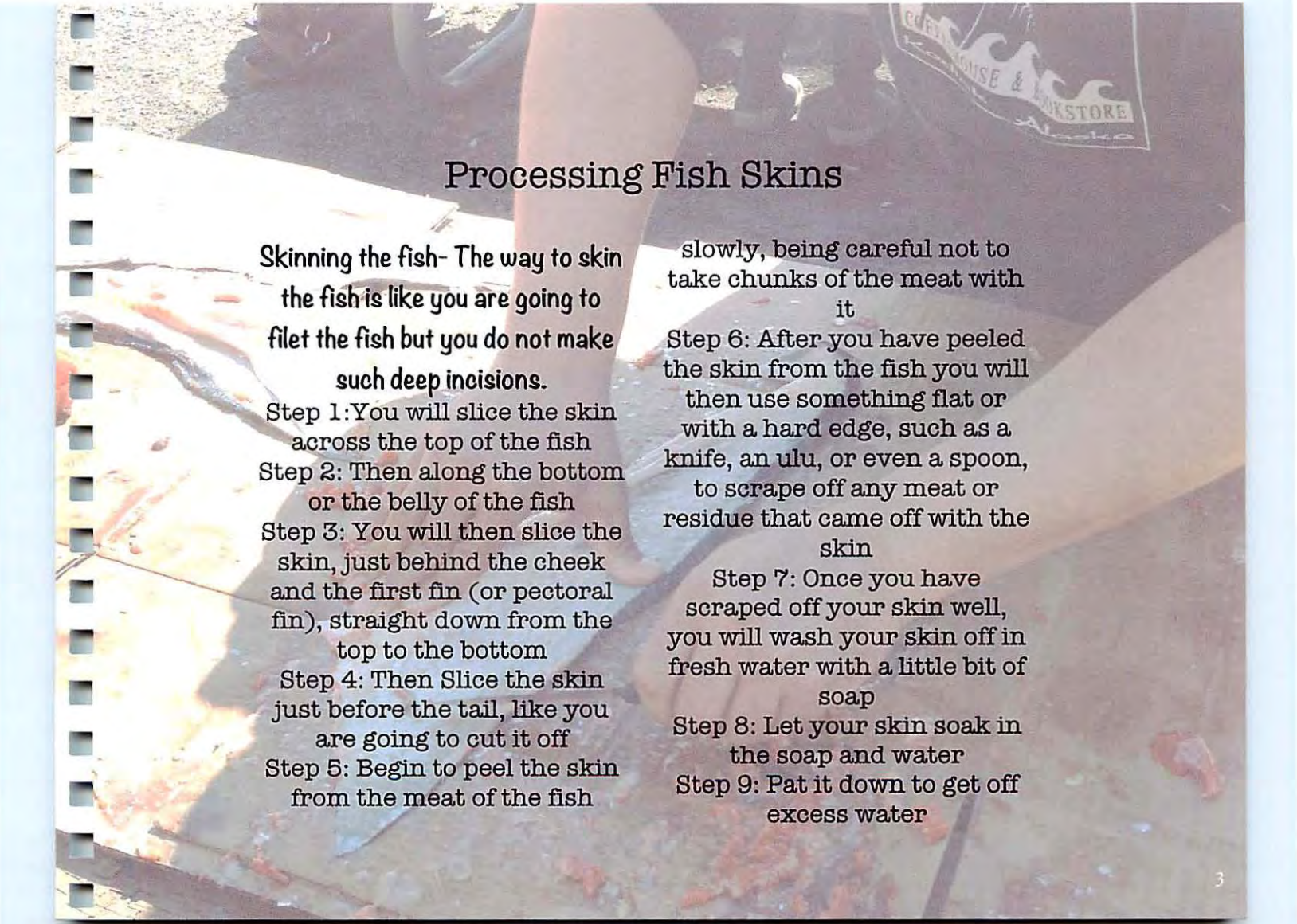
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Processing Fish Skins

Skinning the fish- The way to skin the fish is like you are going to filet the fish but you do not make such deep incisions.

Step 1: You will slice the skin across the top of the fish

Step 2: Then along the bottom or the belly of the fish

Step 3: You will then slice the skin, just behind the cheek and the first fin (or pectoral fin), straight down from the top to the bottom

Step 4: Then Slice the skin just before the tail, like you are going to cut it off

Step 5: Begin to peel the skin from the meat of the fish

slowly, being careful not to take chunks of the meat with it

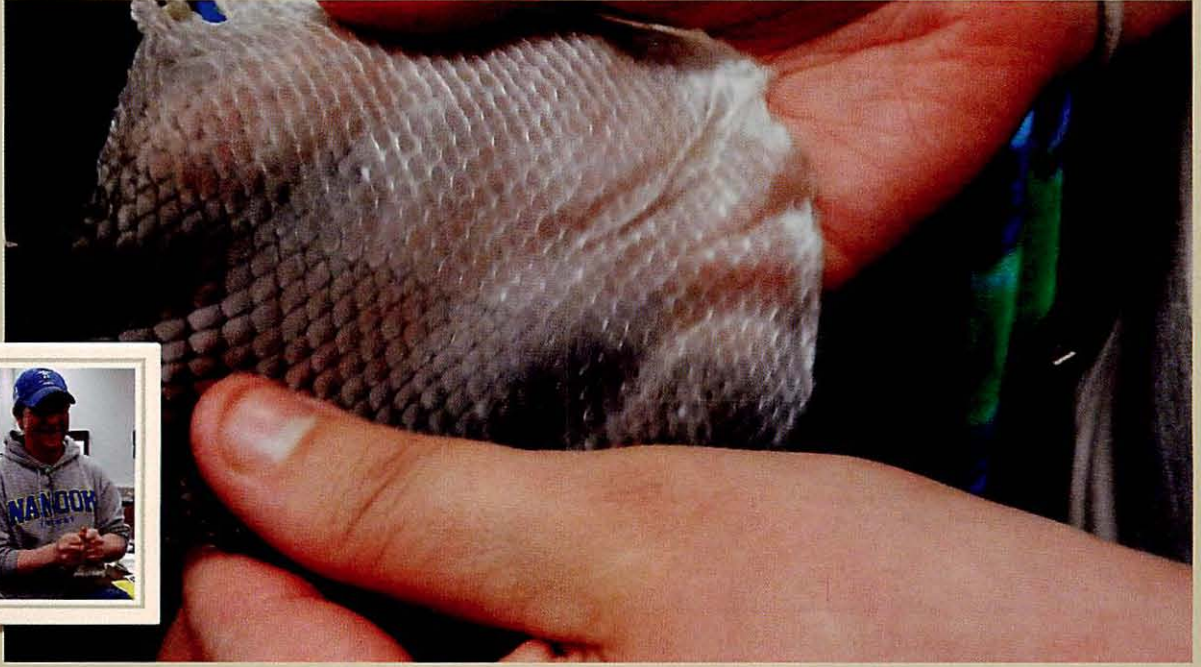
Step 6: After you have peeled the skin from the fish you will then use something flat or with a hard edge, such as a knife, an ulu, or even a spoon, to scrape off any meat or residue that came off with the skin

Step 7: Once you have scraped off your skin well, you will wash your skin off in fresh water with a little bit of soap

Step 8: Let your skin soak in the soap and water

Step 9: Pat it down to get off excess water





Processing Fish Skin

Preserving fish skin for
leather

**What you will need: Animal brains
(deer, bear, etc.)**

Step 1: After you have blotted
the excess water off of your
fish you will mix deer brain
with water and soak your
skin overnight

Step 2: When you pull the
skin out of the brains, run
your hands down it to get all
of the excess slime off of the
skin

Step 3: Lay your skin flat on a
towel or a flat surface that
you don't mind getting dirty,
and again, blot out the excess
moisture

Step 4: Before beginning the
stretching process you must
let enough moisture
evaporate from the skin so
that it begins to stretch

Step 5: Stretch the fibers of
the skin in all directions until
it dries (about 5 hours for
each side of the fish)

**It is important that
throughout the entire
process, you do not let your
fish skin dry out until you are
finished stretching**

Gathering and Preparing Spruce Roots

Step 1: Look for a nice tree, straight, tall, and strong where the ground beneath is covered in thick fluffy moss

Step 2: Carefully fold back the moss to expose the root, look for a fairly straight root that is about the same width all the way down

Step 3: Keep pulling up the moss, following the root until it gets to the end (if root starts to go into the ground do not use it, cover it back up with the moss)

Step 4: Coil your root and place it a plastic bag to keep moisture

Step 6: After you have gathered all the roots you will need to place your coils one at a time, on the coals of a hot fire

Step 7: Carefully turn over root with a long stick until the bark begins to peel

Step 8: Remove the cooked bark by pulling through a split stick, or board to reveal the inner root

Step 9: Inner root is split once in half, along a line defined by the plane of the hair roots, and may be coiled and stored, or immediately split multiple times





Gathering Alder and Willow branches

Making Salve with Willow and Alder Bark

Willow and Alder Barks make a great salve because both trees have pain relieving properties

What you will need: Alder or Willow branches, beeswax, any kind of oil that you would normally use for cooking, and water

Step 1: Harvest two or three branches from a willow tree or an alder, be sure that your branches are green and alive

Step 2: Peel off all of the bark from each branch

Step 3: To ensure you get as much of the medicinal parts as possible,

cut the pieces of bark into even smaller pieces (about a cubic centimeter) and let dry at least 75% of the way

Step 4: Use a double boiler and fill the bottom pot with water and the top pot with the bark and any oil that you would normally eat, let sit for 40 minutes on low heat

Step 5: Strain the bark from the oil

Step 6: Add beeswax to oil and return to heat, make sure you have about 8 parts oil and 1 part wax

Step 7: Stir to combine

Step 8: Transfer to container of your choice

Learning to Smoke Fish

Wise words from Candace Branson: "Everyone has their own recipe, and disagree with other way of smoking, but there are many ways to smoke a fish." This was the first time I smoked fish and It was quite a learning experience. I followed the directions Coral Chernoff gave to me. This recipe is for a 7-10 day cold smoke. I used cottonwood because the Elders said that is the best kind of wood to use.

After filleting and rinsing the fish, they were put in the Salt Brine.

To Make the Salt Brine
What you will need: Salt, water, and a potato

Step 1: Fill a container with water (enough to cover the amount of fish that you have)

Step 2: Add salt, mixing as you pour

Step 3: When water begins to cloud, put the potato in the container

Step 4: Continue to add salt until the potato floats



Step 5: When potato floats, and add the fish for no more than an hour

Step 6: After fish have brined for an hour, cut them into pieces. you can use any size and shape that you desire

Step 7: Let fish sit out to dry until the it is tacky or sticky to the touch

Step 8: Put your fish in the smoker, skin down on racks.

Step 9: Keep smoke going in smoker until they are done.

- I used a cast iron pot and started a small fire and covered it with a cast iron frying pan to smolder it.

Check on the smoker every hour or hour and a half so that it doesn't go out. I tended it early in the morning, all day until about 12am.

The fish is done when it is hard and smokey to taste. It will be much darker in color.



Candace Branson and her first hatch of smoked salmon!



Devil's Club



Salmonberry Bushes



Angelica

Plants of Kodiak Island

Cukilanarpak (Devil's Club)

- Inner bark used for tea, or medicine, which may alleviate coughing, fevers, colds, and stomach aches
- Root can be mashed and heated and used topically for joint pain
- Root tea can be made, and is used to balance blood sugar levels

Alagnaq (Salmonberry)

- Shoots, leaves, berries, and blossoms can all be eaten or made into tea
- Chewing on roots may help digestion
- You can chew up the leaves and put them on a wound to reduce inflammation or draw out pus

Ugyutak (Puchki)

- Stalks can be eaten after outer stalk is peeled off
- Can be chewed or made into tea to drink, useful for sore throats, colds, and mouth sores



Beach Greens

- Edible raw or cooked
- Should be eaten in spring before flowers develop
- High in vitamins A and C

Oyster Leaf

- Can be eaten raw as a snack or added to soups and salads

Weguaq (Goosetongue)

- Leaves can be eaten raw and cooked in salads, or steamed
- You can also mash it and apply it to bug bites to relieve sting

Qataqutaq (Fiddlehead Fern)

- Fiddleheads can be cooked in butter for a tasty treat
- Rich in vitamins A, B, C, potassium, and iron



Willow



Alder

Nimrulyaq (Willow)

- Inner bark or leaves can be chewed as a substitute for aspirin, a pain reliever
- You can also put chewed willow leaves on bug bites and insect stings
- You can eat the leaves as a snack or add to salad, they are very high in vitamin C
- Inner bark can be ground up and used as a flour substitute

Uqgwik (Alder)

- Over 70 medicinal uses
- You can use the female parts, or the cones, to make tea for sore throats (when cones are fresh green, or all the way dry)
- You can use the bark to make a salve
- Alder is often used for smoking salmon, it has a darker smoky flavor



Puchki wrapped Halibut

Puchki Wrapped Halibut

What you will need:

- Halibut filets
- Puchki leaves
- Salt
- Dried crushed bladderwrack
- Minced beach lovage or patrushki

Step 1: Cut the filets of halibut into serving sizes

Step 2: Sprinkle halibut with salt, dried crushed

bladderwrack, and minced beach lovage

Step 3: Wrap each piece in a puchki leaf like a burrito

Step 4: Put in pan, in the oven at 425 degrees for 15-20 minutes

Perok

What you will need:

Pie Crust (top and bottom)

Carrots- 3 or 4 carrots

Onions- 1

2-3 stalks of celery

Cabbage- Half of a cabbage

Rutabaga- 1

Turnips- 2

Salmon- 2 filets

2 cups of cooked rice

salt

pepper

Step 1: Chop your vegetables and sauté with oil until the onions and celery are tender

Step 2: Lay your bottom crust in the pan

Step 3: Lay your rice at the bottom

Step 4: One layer of vegetables

Step 5: Lay the filets of fish on top of the vegetables

Step 6: Add one more layer of vegetables

Step 7: Add the last layer of rice

Step 8: Lay your top crust over everything

Step 9: Bake at 350 degrees for 1 hour





Fish Head Soup

What you will need:

4 Salmon Heads

1-2 Potatoes

3 Carrots

1 Onion

2 stalks of Celery

2 quarts of water

1/4 cup of rice

salt

Step 1: Cut fish heads up into pieces, slice head in half right down the middle, and then cut it 2 times from the top to the bottom, leaving the jaw whole

Step 2: Cut up potatoes and vegetables

Step 3: Boil potatoes and vegetables in 2 quarts of water about 10 minutes

Step 4: Add fish heads in pot, boil it for about 20 minutes until the gristle of the fish head is soft

Step 5: Salt to taste





Made on a Mac