



Recipes from Chef Rob Kineen provided for Diálogo delicioso, a virtual international dinner event by Keys to Life Alaska, April 17, 2021.

BRISTOL BAY SALMON OVER FORAGED RICE PASTA AND TUNDRA VINAIGRETTE MAKES 4 SERVINGS

On a media tour in 2015, I had the chance to see the Bristol Bay fisheries firsthand. The fishery season only lasts six to eight weeks, yet it yields 50 percent of the wild salmon market globally, equating to twenty-eight million pounds of wild Alaska salmon!

Despite the massive business, the Bristol Bay region is very remote and only accessible by boat or plane. Traditional and subsistence foods are very important to this community. This recipe was meant to honor both sides of this world: the worldwide importance of wild Bristol Bay salmon, as well as the unique flavors of the rocky and temperamental coast and the aromatic, marshy tundra.

INGREDIENTS FOR SALMON

- 4 6-ounce portions Bristol Bay salmon, skin off and pin boned
- 2 tablespoons vegetable oil
- Kosher salt and pepper to taste

PROCEDURE FOR SALMON.

1. For best results, pull salmon out of refrigerator 5 minutes before cooking.
2. Before putting salmon in pan, dab it with a paper towel, whisking away residual moisture, and season with salt and pepper.
3. In a sauté pan over medium-high heat, add oil.
4. Add salmon to the pan flesh side down, and be sure to release away from you, so as not to splash oil in your direction. Do not crowd the fish.
5. Pick up after 1 minute, to avoid sticking.
6. Gently flip salmon, and depending on the thickness, turn the heat off and let it rest in the pan as you plate the rest of the meal.

INGREDIENTS FOR FORAGED PASTA

- 2 cups cooked rice noodles
- 2 tablespoons vegetable oil
- 1 cup beach greens or other hearty green
- 1/2 cup beach peas or domestic sweet peas
- 1 cup mustard greens, chiffonade, or domestic greens
- Beach pea tendrils (as garnish) or locally purchased
- Beach pea blossoms (as garnish) or microgreens
- Kosher salt and pepper to taste

This is a very region-specific recipe—for best results, speak with a local forager in your community or visit your local farmers market. Be sure you harvest these items from a reliable person.

INGREDIENTS FOR TUNDRA VINAIGRETTE

- 1/2 cup apple cider vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon roasted garlic
- 1 tablespoon honey
- 1/2 cup vegetable oil
- 2 tablespoons Labrador tea, dried and broken up*
- 2 tablespoons wormwood (stinkweed), dried and broken up

**Please recognize that Labrador tea and wormwood are used as both food and medicine historically. Please practice moderation when consuming.*

PROCEDURE FOR FORAGED PASTA

1. Be sure to wash all foraged items in a diluted vinegar wash.
2. Heat the oil in a sauté pan over medium-high heat.
3. Add the beach peas, and cook for 45 seconds. Add beach greens and mustard greens.
4. After 45 seconds, or when the greens begin to wilt, turn off heat and add noodles, stirring constantly.
5. If needed, add a tablespoon or two of water to steam and lift items off the bottom of the pan.
6. Add approximately 1/4 cup of the dressing to the noodle mixture and carefully mix in.
7. Divide and plate on warmed plates.

PROCEDURE FOR TUNDRA VINAIGRETTE

1. Add vinegar, mustard, and garlic together into a container.
2. Strongly mix in the oil to make an emulsion.
3. Add 2 tablespoons of water if you need to make the emulsion more viscous.
4. Add wormwood and Labrador tea at the end.

For best results, make the dressing a day in advance to allow the flavors to mingle together.

AGUDAK MAKES 2 SERVINGS

Adapted from the Fresh Alaska Cookbook

Depending on where in Alaska you are, there are many different variations on the recipe for agudak (pronounced *ah-goo-dak*; *aqutaq* in Yup'ik spelling), also known as Indian ice cream or Eskimo ice cream.

More northern and interior regions used caribou or moose tallow (fat). Areas next to the sea would use whale or seal fat. Over time, Crisco has taken on a commanding role in this recipe. I like this version, as it has lots of fish and berries, and Crisco is more of a binder than a main ingredient.

Evelyn Elliott showed me this version, which includes using whitefish. Evelyn is from Bethel, a town in the Yukon-Kuskokwim region of Southwest Alaska. Whitefish is a subsistence river fish that has a flaky, neutral texture. I would recommend using cod for a similar result, as it has flaky flesh and a more neutral flavor than other Alaska white fish.

While fish, berries, sugar, and fat for dessert may not be in culinary vogue at the moment, this dish is very much alive in Alaska. You will more than likely see agudak on the table at weddings, birthdays, potlucks, funerals, and other celebrations. I have used this recipe myself at Alaska-centric events.

Evelyn showed me this recipe when I catered the National Indian Health Board Culture Night in 2011. There were five hundred attendees from the circumpolar region and the United States, and I was honored to prepare food from around the state to highlight the many regions of Alaska. For me, this represents the resourcefulness and resilience of Alaska's people. More than likely, agudak began as a way to preserve berries beyond the summer.

INGREDIENTS

- 4 ounces white-fleshed fish (preferably Alaska cod)
- 2 cups water
- 1/4 cup Crisco
- 1/4 cup sugar
- 1/2 cup (3 ounces) frozen raspberries
- 1/2 cup (3 ounces) frozen blueberries

PROCEDURE

1. Bring the water and fish to a boil, drop to a simmer, and cook until the fish is poached. Cook through until it flakes apart, about 7 to 10 minutes.
2. Strain the water and reserve. Let the fish cool for about 5 minutes.
3. In a tabletop mixer using the whisk attachment, add fish, Crisco, and sugar, and whip until it all incorporates and aerates, about 2 to 3 minutes.
4. Add the reserved liquid sparingly to assist with aeration, about 2 to 4 ounces on average.
5. Add the berries last, and pulse.
6. My personal preference is to have the berries bleed into the agudak, leaving some whole berries for texture.

Helpful Hint: There are many different variables to this recipe, including the type of fish used, the sweetness of the berries, and how much vegetable shortening you want to use. So please taste, feel, and look to make sure you get the result you want.