



# BISON MAC AND CHEESE



Rob Kinneen



4 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDPIR).

- **4 tbsp Vegetable Oil**
- **2 tbsp All Purpose Flour**
- **2 cups 1% Milk**
- **½ box Macaroni Pasta** (8 oz)
- ¼ Yellow Onion, sliced into ¼ inch sticks
- ½ cup Vegetable Stock\*
- **½ lb Ground Bison**, thawed
- 1 cup shredded Cheddar Cheese\*\*
- **1 15.5 oz can Mixed Vegetables, 7-Way Blend**, drained
- 1 cup Sour Dock, cut into ¼ inch ribbons, *foraged*
- 16 Fiddleheads, blanched or pickled, *foraged* †
- 1 tbsp Salt, plus more to taste

## NOTES

\* Substitute milk if vegetable stock is unavailable.

\*\* Substitute Cheese, American if cheddar cheese is unavailable.

## DIRECTIONS

### Prepare Bechamel Sauce

1. Add 2 tablespoons vegetable oil to a small saucepan over medium heat. Once the oil starts to sizzle, sprinkle in 2 tablespoons flour and mix with a whisk to fully incorporate. Continue to whisk constantly until the mixture turns a blonde color.
2. Add milk in ¼ cup increments, whisking continuously to fully incorporate into the mixture before adding the next ¼ cup. Repeat until 2 cups of milk are fully incorporated. Throughout this process, be sure to sweep the corners of the pot and whisk continuously to remove lumps and prevent the sauce from sticking to the bottom of the pan.
3. Continue to whisk until sauce has thickened enough to coat the back of a spoon. Remove from heat.

### Cook Macaroni

1. Bring a pot of water to a rolling boil. Add macaroni, a tablespoon of salt, and a tablespoon of olive oil. Return water to boiling and cook pasta until done to preference, stirring occasionally to prevent the macaroni from sticking to the bottom of the pot.
2. Drain macaroni, rinse, and set aside.\*\*



## NOTES, CONT.

† If using fresh fiddleheads, wash thoroughly and blanch as follows before using: heat 1 quart of water to boiling in a large pot. Add fiddleheads to boiling water and blanch for two minutes. Drain and immediately place fiddleheads in an ice water bath to stop the cooking process and preserve color and texture. Drain thoroughly and set aside.

†† If making pasta in advance, add 1 Tbsp oil, cool, and store refrigerated until ready to use.

## DIRECTIONS, CONT.

### Prepare Bison Mixture

1. Cut onion into  $\frac{1}{4}$  inch slices. Cut sour dock leaves & stems into  $\frac{1}{2}$  inch ribbons. Set aside.
2. Heat a deep, heavy-bottom saucepan over medium-high heat. Once hot, add 2 tablespoons vegetable oil. Once the oil starts to disperse and sizzle, add the sliced onions and a pinch of salt. Cook for 3-5 minutes, stirring regularly, until the onion becomes translucent and browns on the edges.
3. Add bison. Use a spatula to break up the meat as it browns. Continue to stir and cook the bison until lightly browned with just a little bit of pink remaining. Season with salt and pepper.
4. Add the bechamel sauce to the saucepan. Stir to fully incorporate. Once the bechamel begins to loosen as it warms, add the vegetable stock to the pan (retaining a dash for later use). Stir until fully heated.
5. Add cheese, stirring continuously until melted.
6. Mix in the macaroni. Stir until the noodles are fully coated with the sauce.
7. Add additional dash of vegetable stock. Stir to fully combine before removing the pan from heat.
8. Drain excess liquid from vegetable medley can. Gently fold vegetable medley into the noodle mixture. Stir to fully incorporate and warm up the vegetables.
9. Season with salt and pepper, to taste.

### Plating

Serve mac & cheese hot. Garnish with sliced sour dock ribbons and fiddleheads. Enjoy!



# WILD RICE & SALMON SALAD WITH NETTLE SAUCE



Rob Kinneen  
Mas Andrade



4 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDIPR).

- **1 lb Wild Salmon Fillet, Frozen**, thawed
- **1 cup Wild Rice**, uncooked, rinsed
- 2 tbsp Pumpkin Seeds, toasted\*
- 1 cup Nettles, fresh, *foraged*\*\*
- **1 15.5 oz can Low Sodium Spinach**, drained
- 2 tsp Lemon Juice
- **4 tbsp Vegetable Oil**
- **1 15.5 oz can Mixed Vegetables, 7-Way Blend, Low-sodium**, drained
- 1 cup Dandelion Greens, fresh, *foraged*
- ½ tsp Garlic, granulated
- Salt, to taste
- Ground Black Pepper, to taste
- Black Seaweed†, for garnish, dehydrated, *foraged*
- Dandelion Petals, for garnish, *foraged*

## NOTES

\* If using raw pumpkin seeds (pepitas), roast for about 5 minutes at 350°F, or until lightly toasted and fragrant

## DIRECTIONS

### Prepare Salmon

1. Preheat oven to 350°F and line a baking pan with parchment paper or foil.
2. Season thawed salmon fillet with salt and pepper and place on a parchment-lined pan. Bake until salmon is lightly browned on the edges and interior flesh is opaque when flaked, or until internal temp reaches at least 145°F. Cooking times will vary depending on thickness of fillet.\*\*
3. Allow cooked salmon to cool, then shred/flake by hand, removing any bones or skin.
4. Store any salmon prepared in advance in refrigerator until ready to use.

### Prepare Wild Rice

1. Place wild rice in a medium saucepan.
2. Add 4 cups of water to rice and bring to a boil over medium-high heat.
3. Reduce heat and simmer for 30-45 minutes, or until soft. Drain if any water remains. Set aside or, if preparing in advance, store in refrigerator until ready to use.



## NOTES, CONT.

\*\* Substitute with  $\frac{1}{3}$  cup dehydrated nettles if fresh are not available. Place dehydrated nettles into a bowl of warm water and re-hydrate for 5 minutes before draining and adding to food processor.

† Substitute black seaweed with kombu, nori, dulse, or any other edible seaweed if black seaweed is not available.

\*\* Salmon cook time will vary depending on thickness of the filet. In general, salmon should be cooked for 10 minutes per inch of thickness of the filet.

‡ To blanch fresh nettles to remove sting, heat 1 quart of water to boiling in a large pot. Add nettles to boiling water and blanch for 30 seconds. Drain and immediately place greens in an ice water bath to stop the cooking process and preserve color and texture. Drain thoroughly and chop to desired consistency.

‡‡ Add additional lemon juice or water as needed to further loosen the sauce to preferred consistency.

## DIRECTIONS, CONT.

### Prepare Chimichurri Sauce

1. Place toasted pumpkin seeds, 1 teaspoon of lemon juice, nettles, drained can of spinach, a dash of salt, and a pinch of pepper in a food processor.
2. Grind ingredients, pausing as needed to scrape sides of bowl with a rubber spatula, until the mixture reaches a uniform, saucy consistency. Ensure nettles are pulverized to a very fine consistency to remove sting. If not using a food processor to prepare sauce, blanch nettles before grinding to remove sting.‡
3. Add 2 tablespoon of vegetable oil to the mixture and mix to complete the sauce.‡‡ Use rubber spatula to transfer mixture to a mixing bowl. Set aside.

### Assemble Salad

1. Drain can of mixed vegetable medley and add to mixing bowl along with cooked wild rice, flaked salmon, dandelion greens, 1 teaspoon lemon juice,  $\frac{1}{2}$  teaspoon granulated garlic, and 1 tsp salt. Drizzle with remaining 2 tablespoon of vegetable oil.
2. Toss salad until ingredients are evenly distributed.

### Plating

Spread a tablespoon of the chimichurri sauce across the bottom of the plate. Divide the salmon salad evenly between 4 plates, on top of sauce. Garnish with pumpkin seeds and crushed black seaweed. Enjoy!



# GROUND BISON SALAD WITH SWEET PEA GRIDDLE CAKE



Rob Kinneen  
Mas Andrade



4 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDIPR).

- **1 lb Ground Bison, frozen**, thawed
- ½ cup Yellow Onion, diced
- **1 15.5 oz can Diced Tomatoes**
- **1 15.5 oz can Whole Kernels Corn**, drained
- **2 15.5 oz can Sweet Peas**, drained\*
- **2 tbsp Vegetable Oil**
- ½ cup Corn Flour\*\*
- ½ tsp Baking Powder
- 2 eggs†
- ½ tsp Granulated Garlic
- Salt, to taste
- Pepper, to taste
- Beach Lovage, roughly chopped, fresh, *foraged*\*\*
- Sour Dock, roughly chopped, fresh, *foraged*
- Chives, to taste, roughly chopped, optional
- 8 - 16 Fiddleheads, pickled, *foraged*, optional

## NOTES

\* Substitute 3 cups of thawed frozen sweet peas if canned sweet peas are unavailable.

## DIRECTIONS

### Ground Bison Salad

1. Dice onions. Heat a thick-bottom pan over medium-high heat and add 1 tablespoon vegetable oil. Once the oil begins to sizzle, add diced onions and a pinch of salt.‡ Cook until the onions become translucent, stirring frequently. If onions start to stick to the bottom of the pan, add 1 teaspoon of water to deglaze. Cook until onions are translucent and soft.
2. Raise heat slightly and add bison, using a spoon or spatula to break up the meat and stir as it cooks.
3. When the meat is mostly browned with only a little pink remaining, add a can of diced tomatoes including juice to the pan. Stir to incorporate.
4. Drain liquid from can of corn and one can of peas. Add drained corn and peas to the pan. Stir to incorporate and remove pan from heat.
5. Fold in sour dock & beach lovage, stirring to incorporate.
6. Add salt and pepper to taste. Set aside.



## NOTES, CONT.

- \*\* Substitute **All Purpose Flour** if corn flour is unavailable.
- † Substitute **¼ cup Dried Egg Mix** mixed with ½ cup water if fresh eggs are unavailable.
- †† Substitute fresh cilantro if beach lovage is unavailable.
- ‡ If using fresh fiddleheads, add them to the pan along with the onions & proceed to step 3.

## DIRECTIONS, CONT.

### Sweet Pea Griddle Cakes

1. Add corn flour, baking powder, granulated garlic, and salt to a mixing bowl. Mix to fully incorporate all ingredients and set aside.
2. Drain second can of sweet peas and add to a food processor, along with the eggs. Add a pinch of beach lovage. Blend until mixture reaches a uniform consistency.
3. Use a spatula to transfer wet ingredients from the food processor into the mixing bowl with the dry ingredients. Fold together until wet and dry ingredients are fully incorporated into a batter.
4. Heat a heavy-bottom pan over low heat. When pan is hot, add 1 tablespoon of oil.
5. Add large dollops of batter into the pan, using the spoon to spread out the batter into the shape of pancakes. Cook the pea pancakes until most of the batter appears cooked from the bottom and the edges begin to brown. Flip, then continue to cook on the other side until pancakes are cooked all the way through. Remove fully cooked pancakes from pan and set aside. Repeat until all the batter is cooked. Add additional vegetable oil to the pan as needed while cooking.

### Plating

Serve the sweet pea griddle cakes topped with ground bison salad. Garnish with beach lovage, chives, and, if using, pickled fiddlehead ferns. Enjoy!



# BISON ROLLED MEATLOAF



Rob Kinneen



6-8 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDIPR).

- **2 lbs. Ground Bison, thawed**
- **1 ½ cup crushed Unsalted Crackers**, (about 38 crackers)
- **¼ cup 1% Milk\***
- 1 tsp Salt
- 1/2 tsp ground Black Pepper
- 1 tsp Garlic Powder
- 1 tsp Oregano, dried
- 1 tsp Parsley, dried
- 2 tsp Labrador Tea, chopped, *foraged*
- 2 tsp Spruce Tips, chopped, *foraged*
- 1 tsp Yarrow, chopped, *foraged*
- **1 10.5 oz can Condensed Tomato Soup**
- **¾ cup Diced Carrots**, frozen, thawed
- 1 cup Broccoli, frozen, thawed, diced
- 1 cup Cheese, Cheddar, Shredded
- ¼ cup Ketchup
- ¼ cup Hot Sauce, optional

## NOTES

\* Substitute a non-dairy milk alternative if 1% milk is unavailable.

## DIRECTIONS

### Prepare Bison

1. Preheat oven to 350°F.
2. In a small mixing bowl, crush crackers into crumbs. Add milk and mix into crumbs until fully absorbed.
3. Place thawed ground bison in a large mixing bowl. Pour milk & cracker mixture in the bowl. Finely chop 1 teaspoon labrador tea and 1 teaspoon spruce tips. Sprinkle salt, pepper, garlic powder, oregano, parsley, labrador tea, and spruce tips onto the ingredients in the mixing bowl.
4. Use hands to mix until all ingredients are fully incorporated and evenly distributed. Set aside.

### Prepare Tomato & Foraged Herb Sauce

1. Pour can of condensed tomato soup into a small saucepan. Finely chop 1 teaspoon labrador tea, 1 teaspoon spruce tips, and yarrow before adding herbs to the saucepan. Stir to combine.
2. Bring sauce to a low boil over medium-low heat. Add water as needed to adjust to preferred consistency. Remove from heat and set aside.

### Meatloaf

1. Cover a baking sheet with plastic wrap. Place prepared meatloaf mixture in the middle of the pan. Use hands to spread the mixture over the pan and into an even ½-inch thick rectangle, leaving a little lip at the edge of the rectangle.
2. Thaw and drain diced carrots and broccoli.\* Spread thawed carrots and broccoli evenly over the meatloaf rectangle, leaving a ¾ inch border on all sides



## NOTES, CONT.

\*\* Substitute American Cheese if cheddar cheese is unavailable.

† Substitute fresh carrots and broccoli if frozen is unavailable. If using fresh produce, dice and blanch for 30-60 seconds in boiling water before using.

## DIRECTIONS, CONT.

### Meatloaf

3. Spread shredded cheese evenly over the meatloaf & vegetables, pressing the cheese lightly into the top of the meat.
4. Turn the pan horizontal so the long side of the pan is parallel with the counter edge. Stretch the plastic wrap edge on the far, long side of the pan out and away until it is taut. Carefully use the stretched plastic wrap to roll the meatloaf into one log over the vegetables and cheese, peeling the plastic away from the meat along the way. Be careful not to roll the plastic into the meatloaf! Pinch the bison together where the edges meet to create a seal. Smooth the roll on the outside of the plastic wrap to ensure the size of the roll is consistent. (The accompanying cooking video is a helpful reference for this step.)
5. Line a second sheet pan with parchment paper. Use the ends of the plastic wrap to transfer the rolled meatloaf onto the parchment paper. Gently rotate the roll off the plastic wrap and fully onto the parchment paper with the sealed side facing down. Push the roll down into the parchment paper and remove the plastic wrap from the meatloaf.
6. Spread the ketchup and hot sauce evenly over the top of the loaf, if using.
7. Bake for 25 minutes, until the meatloaf reaches an internal temperature of 160°F.
8. Allow meatloaf to rest at room temperature for 5-7 minutes before slicing and serving.

### Plating

Slice meatloaf into 1 inch thick portions. Serve topped with tomato & foraged herb sauce. Enjoy!





# SALMON FRIED RICE



Nichole Thoms



4 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDIPR).

- **1 cup Long-Grain Rice**
- **1 lb Wild Salmon Fillet, Frozen**, thawed
- 3 tbsp Sesame Oil
- 9 cloves Garlic, minced (about 3 tbsp)
- **½ cup diced Carrots, frozen**, thawed, drained
- **¼ cup canned Corn**, drained
- **¼ cup frozen Peas**, thawed, drained
- 2 tbsp Soy Sauce
- ½ cup Black Seaweed, dried, *foraged\**
- Green onions, sliced ¼ inch thick, for garnish
- Salt and Pepper to taste

## NOTES

\* Substitute kombu or another seaweed variety if black seaweed is not available.

\*\* Salmon cook time will vary depending on thickness of the fillet. In general, salmon should be cooked for 10 minutes per inch of thickness of the fillet.

## DIRECTIONS

### Cook Rice

1. Bring 2 cups water to boil in a medium saucepan.
2. When the water is boiling, stir in the rice. Let the water return to a light simmer. Stir once more, then cover the pot and reduce heat to low. Simmer covered until rice is tender and all liquid is absorbed about 15-20 minutes.
3. When the rice is cooked, turn off the heat and let it sit for another couple of minutes to finish absorbing any liquid. Remove lid and fluff rice with a fork before making fried rice.

### Prepare Salmon

1. Preheat oven to 350°F and line a baking pan with parchment paper or foil.
2. Place salmon on parchment-lined pan and season with salt and pepper. Bake until salmon is lightly browned on the edges and interior flesh is opaque when flaked, or until internal temp reaches at least 145°F. Cooking times will vary depending on thickness of fillet.\*\*
3. Allow cooked salmon to cool, then shred/flake by hand, removing any bones or skin as needed before using to make fried rice.



## DIRECTIONS, CONT.

### Cook Fried Rice

1. Mince the garlic and check that any excess moisture has drained from the thawed and canned vegetables.
2. Heat a large sauté pan over medium-high heat. Add sesame oil, and when it is hot enough to begin spreading across the pan, add the garlic.
3. Cook the garlic in the sesame oil, stirring frequently, for about 1 minute, until fragrant.
4. Add the thawed and drained carrots, peas, and corn to the pan. Cook the vegetables for 2-3 minutes, or until the vegetables are heated through.
5. Once the vegetables start to brown, add the cooked rice, and stir to evenly incorporate.
6. Add the shredded salmon to the pan and stir to combine. Continue cooking for 1-2 minutes, stirring frequently.
7. Stir in the soy sauce, then tear the black seaweed into small pieces and stir into the fried rice.
8. Continue to heat the fried rice for an additional 3 minutes, until all ingredients are heated through.
9. Remove the pan from heat and serve fried rice immediately.

### Plating

To serve, place the fried rice in a bowl. Garnish with sliced green onions and crushed black seaweed. Enjoy!



# BEEF STIR FRY



Kimberley Lemieux



4 servings



Alaska

## INGREDIENTS

Boldfaced items are available through the Food Distribution Program on Indian Reservations (FDIPR).

- **1 lb Rotini Pasta, Whole Grain**, cooked according to instructions on box\*
- **1 lb Beef, Round Roast, Frozen**, thawed, then sliced into "ribbons" (approximately ¼" wide/thick and 2" long\*\*)
- **2 tbsp Vegetable Oil**
- 1 medium Onion (yellow or white), sliced
- 1 Red Bell Pepper, sliced
- ¾ cups Fiddleheads, cleaned, *foraged*
- ½ cups Fireweed shoots, cleaned, *foraged*
- **1 15.5 oz can Carrots, sliced, low-sodium**, drained
- 1-2 tbsp Soy Sauce
- 2 tsp Apple Cider Vinegar
- 2 tsp Ginger Powder
- 1 tsp Onion Powder
- 2 tsp Garlic Powder
- 2 tsp Salt
- 2 tsp Black Pepper

## NOTES

\* Substitute with any type of pasta, rice noodles, or 2 cups of cooked rice.

## DIRECTIONS

### Prepare Ingredients

1. Cook pasta according to instructions on box until al dente (beginning to soften, but not entirely).
2. Cut onion and pepper into long, thin slices.
3. Cut thawed beef roast (against the grain) into ¼ inch slices, then cut the slices into ribbons approximately ¼-inch wide and 2 inches long.

### Cook Stir Fry

1. Place a wide, thick-bottom pan or skillet over medium-high heat. Add 1 tablespoon vegetable oil to the pan.
2. Once the pan is hot, add the sliced beef. Immediately add apple cider vinegar, soy sauce, 1 teaspoon garlic powder, 1 teaspoon ginger, 1 teaspoon salt, 1 teaspoon black pepper, and ½ teaspoon onion powder to the pan. Stir to fully incorporate.
3. Continue to stir the meat regularly until browned, then remove the meat from the pan and set aside.
4. Add another 1 tablespoon of oil to the hot pan, lowering the heat to medium. Add the onions, pepper, fiddleheads, and fireweed shoots to the pan.
5. Immediately season the vegetables with the remaining spices: 1 teaspoon of garlic powder, ½ teaspoon onion powder, 1 teaspoon ginger, 1 teaspoon salt, and 1 teaspoon black pepper. Stir to incorporate.
6. Add canned carrots to the pan and continue to cook the vegetable mixture, stirring occasionally, until the vegetables begin to lightly brown, the peppers are soft, and onions are translucent.



## NOTES, CONT.

\*\* Substitute moose or venison if available.

† To store for the stir fry for later use, cool and place in a container or plastic bag. Store refrigerated for 5 days or 3 months frozen.

## DIRECTIONS, CONT.

### Cook Stir Fry, cont.

7. Return the beef ribbons to the pan and stir until combined and the meat is reheated.
8. Remove the mixture from heat and serve.

### Plating

Serve stir fry mixture alongside pasta, or other starch of your choosing.†