



Resources

Berries of Interior Alaska

Activities: COOKING

In addition to the Experiments in Preserving Berries (Work Sheet #2) just making a variety of berry confections is a worthwhile activity. Just be sure you pick a lot of berries!

The following are a few simple recipes you can try with local berries that are usually plentiful around the village. For most recipes berries can be frozen and used later in the year.

- Berry Muffins
- Berry Pie
- Berry Leather (see also *Discovering Wild Plants*, pg. 86)
- Cranberry Sauce
- Blueberry Syrup
- Natl'at Nuggets (from *Hunik Zoo*)

The best source for additional recipes using berries is the *Alaska Wildberry Guide and Cookbook*.



A. Berry Muffins

1 egg	¼ cup sugar
1 cup milk	3 tsp. baking powder
¼ cup salad oil	1 tsp. salt
2 cups flour	1 cup fresh blueberries

Heat oven to 400°. Grease 12 muffin cups. Beat egg, stir in milk and oil. Mix remaining ingredients just until flour is moistened. Batter should be lumpy. Fold in 1 cup fresh blueberries. Fill muffin cups 2/3 full. Bake 20-25 minutes, until golden brown. Remove from pan immediately.

B. 9 inch Berry Pie**CRUST**

1-3/4 cups flour	½ cup salad oil
1 tsp. salt	3-4 Tbs. cold water

Measure flour and salt into bowl. Add oil; mix until particles are the size of small peas. Sprinkle in water, 1 Tbs. at a time until flour is moistened and dough almost cleans side of bowl. (If dough is dry, add oil, not water.) Divide dough in half and flatten into correct size.

PIE FILLING

½ cup sugar	4 cups fresh blueberries
1/3 cup flour	1 Tbs. lemon juice

½ tsp. cinnamon

2 Tbs. butter or margarine

Heat oven to 425°. Stir together sugar, flour and cinnamon; mix with berries. Pour into pastry lined pan. Cover with slit top crust. Seal and flute. Cover edge with 2-3" strip of aluminum foil to prevent excess browning, remove foil last 15 minutes of baking. Bake 40-45 minutes until juice begins to bubble through slits of crust.

C. Berry Leather

Mash berries in a bowl. Add sugar until sweetened. Pour onto clear plastic wrap. Place plastic wrap on a piece of screen. Place in a well-ventilated area 2-4 days until leather is dried and no longer sticky. Tear into strips and eat.

D. Cranberry Sauce

Wash 4 cups fresh low-bush cranberries. Stir together 2 cups water and 2 cups sugar in a sauce pan. Heat to boiling. Boil 5 minutes. Stir in cranberries. Heat to boiling; boil rapidly 5 minutes. Cool. Cover. Refrigerate at least 8 hours.

E. Blueberry Jam

3 cups blueberries or mixed berries

1 Tbs. lemon juice

2 Tbs. powdered fruit pectin

2 cups sugar

In a covered saucepan, cook fruit and lemon juice over high heat for 2 minutes. Stir in pectin; heat to rolling boil. Stir constantly. Boil and stir 1

minute. Add sugar, heat to rolling boil stirring constantly. Boil and stir 1 minute. Remove from heat immediately. Skim off foam. Can be kept in refrigerator up to 2 months.

F. Blueberry Syrup

In a saucepan, combine 1 cup sugar, 2 Tbs. cornstarch, ½ tsp. nutmeg, and dash salt. Stir in 1 cup boiling water. Cook and stir until mixture thickens and boils. Cook 2 more minutes. Add 2 cups fresh blueberries, return to boiling. Remove from heat. Stir in 3 Tbs. lemon juice. Cool.

G. Natl'at Nuggets (Recipe from *Hunik Zoo*)

2 cups flour
 3 teaspoons baking powder
 1 teaspoon salt
 ¼ cup sugar
 1 teaspoon cinnamon
 ¾ cup **Natl'at***
 1 egg
 1 cup milk, fresh, canned, or powdered
 4 tablespoons shortening melted and cooled.



- Heat oven to 350°.
- In a bowl, mix flour, baking powder, salt, sugar and cinnamon.
- In another bowl, beat the egg, then add milk and shortening.
- Pour the egg, milk and shortening into the flour mixture. Stir only until the flour mixture is moistened.
- Gently stir in **Natl'at***.
- Fill greased muffin tins 2/3 full. Bake at to 350° for 20 minutes.
- Try frying these if you don't have any muffin tins.
- ***Natl'at** is the Kutchin word for lowbush cranberries