

Abstract

This report, *Iqaluich Nigiñaqtuat, Fish That We Eat*, honors the traditional *lñupiaq* fish food wisdom of northwest Alaska. Each fish native to the study area appears along with its *lñupiaq*, English, and Latin names, a sketch, identification details, a brief life history, and associated recipes for gathering, preparation, and use. Each recipe is presented with respect and a genuine appreciation of the food. The directions give as much detail as possible, including background information, enabling readers to continue creating and eating these foods forever. The preparation techniques include raw, boiling, roasting, fermenting, drying, freezing, salting, and pickling. Photos and sketches of fish and processes, plus personal stories, enrich the text, along with *lñupiaq* words commonly used today. The vibrant health and vigor enjoyed by past *lñupiat* came from eating the whole fish, especially the more flavorful and nutrient-dense liver, eggs, and head. These highly nutritious traditional recipes and preservation techniques remain as delicious and well loved today as they have always been.

Key Words: Alaska, cookbook, Eskimo, fish, food, food preservation, health, *lñupiat*, Kotzebue, northwest Alaska, recipes, traditional ecological knowledge.

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