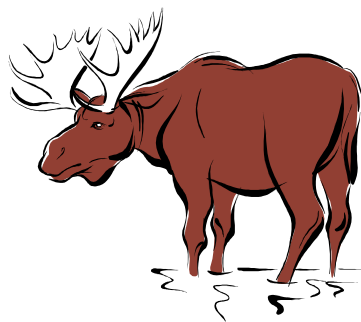


Alaskan Recipes



Alaska Backpack Mountain Bread

<http://lynnescountrykitchen.net/>

This bread will keep for 3 weeks. It is almost a meal and very high in energy.

INGREDIENTS

4 cups whole wheat flour
1 cup water
3/4 cup brown sugar
1/2 cup honey
1/3 cup wheat germ
1/3 cup vegetable oil
1/4 cup sesame seed
1/4 cup molasses
3 tablespoons dry milk powder
1-1/2 teaspoons salt
1-1/2 teaspoons baking soda

Mix all ingredients until smooth. Pour into a greased 8 x 8 x 2-inch pan. Bake at 300 degrees for about 1 hour, or until bread pulls away from sides of pan. Cool and cut into 16 equal squares.

Makes 1 loaf

Barbecued Alaskan Salmon with Zesty Sauce

<http://lynnescountrykitchen.net/>

INGREDIENTS

1 whole (5 to 8 pounds) fresh or frozen Alaskan salmon, thawed if frozen
Salt and pepper, to taste
2 tablespoons butter, softened
1/2 medium onion, sliced
Several sprigs fresh parsley
Corn oil

ZESTY SAUCE

1/2 cup butter
3 tablespoons soy sauce
2 tablespoons ketchup
1 tablespoon Worcestershire sauce

1 tablespoon dry mustard
1 clove garlic, crushed

FOR THE FISH - Thaw salmon, if necessary. Wash and pat dry. Sprinkle inside of salmon with salt and pepper; dot with butter.

Arrange overlapping slices of onion, lemon, and parsley in cavity of fish; brush fish with oil. Wrap in heavy-duty aluminum foil, sealing edges with double fold.

Place on grill over medium-hot coals; cook, carefully turning salmon every 10 minutes. Test for doneness after 45 minutes by inserting meat thermometer into thickest portion. Cook to internal temperature of 160 degrees, or until salmon flakes easily when tested with a fork at its thickest part.

To serve, transfer salmon to a heated serving platter; fold back foil. Cut between bone and meat with a wide spatula; lift off each serving. Serve with Zesty Sauce.

FOR ZESTY SAUCE - Combine sauce ingredients in a small saucepan; heat gently but thoroughly. Makes about 3/4 cup sauce.

Dessert

Moose Tracks Ice Cream