

# *Mary's Cache*

By MARY AMBROSE

Fish in its many varieties is a delicious, nutritious food, abundant in all parts of Alaska. It is an excellent source of minerals and very rich in proteins.

Besides being relatively lean, fish requires a very short cooking period. Therefore, it can be prepared quickly. Fish can be prepared fresh, frozen, dried, pickled, or jarred.

Flaking fish and preparing it as an after-meal dessert is a custom long practiced by many Native women. This process of flaking fish adds extra flavor and richness to any meal without disturbing the basic fiber (ruffage) required to maintain good health, a process not followed with most refined foods.

The following white fish recipe handed down to me by my mother is a delicacy and a traditional dish enjoyed by most Native Alaskans and non-Natives alike.

To prepare white fish ice cream, the following instructions are necessary: first, remove scales, head, and tail; wash inside and out; sprinkle the inside with salt; wash thoroughly with cold water, rinse and dry. Then boil the fish in salt water until it is completely cooked (about one half hour); drain water and let stand and cool.

## Fish Ice Cream Recipe

1 boiled fish, boned and clean  
1½ cup melted shortening, or cooking oil

1 cup sugar

a dash of salt

1 cup raisins or berries (any kind)

Squeeze fish to separate juice; keep juice of fish. Then, grind fish with hands. Pour the oil in a pan, and juice of fish, and ground fish. Keep moist and fluffy, adding oil or shortening as desired. That's it.