

# NEWS

## Tips on Preparing Salmon from Royce

I'm glad that a lot of our people are eating salmon. Salmon is one of our traditional foods. There is no waste when we get a whole salmon. (1) the guts - good fertilizer, (2) the head - can be baked, but is best when steamed with onion, (3) the bones - after being filleted, they can be steamed for soup, chowder, loaf (4) fillets - can be fried, baked, or smoked, (5) female that has salmon eggs - can be baked, smoked, or used in soup.

I would like to share a couple of recipes that can be smoked in a Little Chief Smoker.

### Smoked Salmon Eggs - Dry Brine

1 Cup Table Salt  
1/2 Cup White Sugar  
1 TBS White Pepper

These ingredients are mixed together to form the brine. Brine the eggs, by letting them sit in the brine for about 3 hours, then rinse with cold water and towel dry. Smoke in Little Chief Smoker up to 8 hours, or however done you like them. This recipe is best when used with up to 2 rows of salmon eggs.

### Smoked Salmon Fillets - Dry Brine

1 1/2 Cup of Table Salt  
1/2 Cup of White Sugar  
1/2 Cup of Brown Sugar  
1 TBS. Black Pepper  
1 TBS. Allspice  
1/2 TSP. Onion Powder  
1/2 TSP. Garlic Powder

These ingredients are mixed together to form the brine. Brine the fillets by letting them sit in brine for about 3 or 4 hours, then rinse with cold water, towel dry and smoke. Smoke in Little Chief Smoker for 6 hours, or however done you like it. This recipe is best when used with up to a 20 lb. Salmon.

Royce Strong

EDITORS NOTE: Well, there you have it! No more excuses or begging Royce to smoke your fish for you, just fire up your Little Chief and go for it!

"A democracy cannot exist as a permanent form of government. It can only exist until the voters discover that they can vote themselves money from the public treasury. From that moment on, the majority always votes for the candidates promising the most benefits from the public treasury, with the result that a democracy always collapses over loose fiscal policy, always followed by a dictatorship."

"The average age of the world's greatest civilizations has been two hundred years. These nations have progressed through this sequence: From bondage to spiritual faith; from spiritual faith to great courage; from courage to liberty; from liberty to abundance; from abundance to complacency; from complacency to apathy; from apathy to dependence; from dependence back again into bondage."

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*Penned by Professor Alexander Tyler over 200 years ago while we were just a British Colony.*



Willow Nelson and son James show off the snacking cake they made



Sage Hatch and Auntie "Babe" enjoy salmon dip during Demo Day at the USDA warehouse.

## NAP Update

by Erin OHaver-Hicks,  
Nutrition Assistant

By the time this article comes out, the Nutrition Assistant Program Grant will have run out. There is a shot at a new, improved program, that will allow us to work with a larger population than with those we have been working with. As you can see by the smiling faces, we have had some good times and successful recipes. Once again, thank you to everyone for working with me. In the future, I hope to get grants that will allow me to work more with all the Elders; also, I want to pursue a grant that will help us set up a traditional Native American garden. We already have the plot of land and access to greenhouses, kindly offered the use of by nursery owners Roy and Geraldine Foss. Gerry is the homemaker for Tribal Elder Fred Hostler, and she successfully finished this program.

I believe that the NAP program can significantly help in improving health conditions among Native Americans.

## General Council Agenda

February 1, 1997  
at  
SILETZ COMMUNITY CENTER  
Siletz, OR  
Starting at 1:00 p.m.

### AGENDA

1:00 p. m. Call to Order  
Invocation  
Roll Call  
Approval of Agenda  
Approval of Minutes  
Employee Awards  
Tribal Member Concerns  
Tribal Council Committee Reports  
Tribal Gaming Report  
Tribal Chairman's Report  
Announcements  
Adjournment

Note: Lunch to be served by the Education Committee before and during the meeting.