

HOME COOKING AND  
STORIES FROM THE  
LAST FRONTIER

PREVIEW  
*The* ALASKAN  
HOUSEWIFE  
cookbook

*Tabitha Stoltzfus*

THE ALASKAN HOUSEWIFE COOKBOOK

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PREVIEW

Photography by Missie D Photography  
missiedphotography@gmail.com  
missie.d.photography

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## *Introduction*

WELCOME! It's so glad you're here! My name is Tabitha and I've loved to cook ever since I first began collecting recipes at ten years old. Now that I'm a mom of 4 little ones (with another on the way, I still spend a lot of time in the kitchen, but now there are little helpers distracting me. Often I need quick simple recipes to minimize the time I spend making supper.

This collection of recipes are ones I use often in our day to day lives. Some are easier than others, and I tend to get stuck in a bit of a rut sometimes and use almost the same menu from week to week, particularly during busy seasons.

My hope is that this book will be helpful for busy moms, particularly those with young children or in the middle of the homeschooling years.

Happy cooking!

Tabitha Stoltzfus

# *Kitchen Measurements*

8 pinches = 1 Tablespoon

ons = 1/8 cup

ons = 1/4 cup

s = 1 Tablespoon

ons + 1 teaspoon = 1/3 cup

ons = 1/2 cup

ons = 1 cup

oint

quart

quart

1 gallon

PREVIEW



# Contents

---

<b>Appetizers and Drinks . . . . .</b>	<b>7</b>
<b>Breakfast . . . . .</b>	<b>39</b>
<b>Soups . . . . .</b>	<b>85</b>
<b>Breads . . . . .</b>	<b>103</b>
<b>Main Dishes. . . . .</b>	<b>127</b>
<b>Meats. . . . .</b>	<b>153</b>
<b>Quick and Easy Lunches and Dinners. . . . .</b>	<b>179</b>
<b>Side Dishes. . . . .</b>	<b>199</b>
<b>Desserts. . . . .</b>	<b>225</b>
<b>Recipes to Entertain Children. . . . .</b>	<b>277</b>
<b>Canning and Preserving . . . . .</b>	<b>289</b>

PREVIEW

A photograph of a woman and two young children sitting on a beach. The woman is in the center, wearing a dark blue sweater, with a young girl in a pink jacket on her left and a young boy in a dark jacket on her right. They are sitting on a large piece of driftwood. The background shows a calm ocean and distant mountains under a clear blue sky. Tall, thin grasses are in the foreground, framing the scene. A white rectangular area is on the left side of the image.

PREVIEW

Clam Gulch Beach



# PREVIEW

## *appetizers and drinks*

Once a month, our church has Family Night. We take turns planning it, and often in the wintertime it's just getting together to play board or group games. It's a great time to get out of the house and be refreshed by talking to other people on dark wintry nights.

Often we'll just do a finger food supper, and some of these recipes have been used again and again. Savory Cheeseball, Cheesy Hamburger Chip Dip, and Salmon Salad are recipes we use frequently.

I really enjoy making drinks. Particularly hot drinks. Particularly coffee drinks. You'll find some of my favorites at the end of this section.



## *Savory Cheeseball*

This cheeseball takes center stage on a charcuterie board surrounded by assorted crackers.

---

s. cream cheese

chedded cheddar cheese

sauce

pecans

powder

pecans

# PREVIEW

### *instructions*

Let the cream cheese soften for 1-2 hours. In a mixing bowl combine all the ingredients well. Shape into a ball and roll in chopped pecans. Serve with assorted crackers.



# PREVIEW

# Stuffed Eggs

This recipe is a wonderful way to use surplus eggs or simply compliment a good meal.

---

hardboiled with the shells removed

mayonnaise

and

sweet relish

## PREVIEW

### *instructions*

Cut the hardboiled eggs in half lengthwise and put the yolks in a separate bowl. Mash the yolks with a fork or with beaters and mix the mayonnaise, mustard, sugar, salt, and sweet relish with them. Refill the centers of the eggs with the filling. Makes 28 halves.





PREVIEW

# *Cheesy Pull-Apart Bread*

I like to take this bread to get together where finger foods are best.

---

af bread

zzarella cheese

seasoning

ons, finely chopped

ter, melted

# PREVIEW

## *instructions*

Slice bread almost to the bottom crust, then slice the other way to create 1 inch cubes of bread still attached to the loaf.

Mix the cheese, onion and Italian seasoning and stuff into the bread – first one way and then the other.

Place bread on 2-3 long sheets of foil and fold it up to cover the top of the bread. Bake at 350 for 30 minutes, then open the top of the foil. Pour the melted butter over the top of the bread and bake an additional 15-20 minutes with the top open.





# PREVIEW

## *Fresh Salsa*

Light and refreshing, this salsa pairs perfectly with salty tortilla chips.

---

1 cup chopped tomatoes

1 cup black beans, drained and rinsed

1 cup frozen kernel corn, drained

1/2 cup lime juice

1/2 cup onions, finely chopped

1/2 cup minced garlic

1/2 cup fresh cilantro, chopped

PREVIEW

### *instructions*

Mix all ingredients together and serve with tortilla chips



A close-up photograph of a white ceramic bowl filled with a vibrant salsa. The salsa consists of diced tomatoes, yellow corn kernels, dark kidney beans, and white onions, garnished with fresh green herbs. The bowl is placed on a light-colored wooden surface, surrounded by several golden-brown tortilla chips. In the background, another larger glass bowl containing the same salsa is visible but out of focus. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the bowl.

PREVIEW

# *Cheesy Hamburger Chip Dip*

This is a nice easy dish to serve for a snack with guests, or Sunday supper.

---

urger

ns, chopped

a (I use mild, but if you prefer some spice,  
um or hot)

wder

starch sauce

powder

tita cheese

er

## *instructions*

In a large saucepan, brown the burger with the onions. Add the salsa and spices, then cut the cheese into cubes and stir in. Simmer on low heat until the cheese is melted. Serve with tortilla chips. Serves 6.

\*You can also stir the ingredients in a crock pot and turn on low for 2-4 hours until the cheese melts.



PREVIEW

# *Salmon Salad*

I often serve this with crackers for a quick lunch, or use it for sandwiches or salmon melts.

---

two 14 oz. cans) salmon, drained

powder

relish

cream

mayo

# PREVIEW

## *instructions*

Mix the ingredients well and serve with crackers.





PREVIEW

# *Cranberry Tea*

This beautiful tea compliments a ladies' tea party wonderfully.

---

1/2 cup cranberry juice

1/2 cup lemon juice

3-4 Earl Grey tea bags

1/2 cup white sugar

4 cups water

# PREVIEW

## *instructions*

Heat the juice and stir in the sugar. Add the tea bags and let steep 8-10 minutes. Stir in the water and serve hot. Makes around 2 gallons.





PREVIEW

# Eggnog

Delicious and smooth. Best with raw milk and cream fresh from the cow.

---

Maple syrup

3

salt

Heavy cream

Milk 1 ½ quarts

# PREVIEW

## *instructions*

Put the eggs, maple syrup, nutmeg, salt, and cream in a blender. Add milk to make 1 ½ quarts. Blend 2 minutes. Serve with a sprinkle of nutmeg on top.



PREVIEW

# *Pumpkin Spice Latte*

Perfect for a chilly fall day, or any other time a pumpkin craving hits.

---

Espresso or ½ cup really strong coffee

Pumpkin syrup (or French vanilla syrup)

Pumpkin puree

Pumpkin pie spice

Almond milk

Head milk

# PREVIEW

## *instructions*

Brew the espresso, then mix the pumpkin puree, syrup, and pumpkin pie spice with the coffee. Froth milk and pour into it. Sprinkle some additional pumpkin pie spice or cinnamon on top.





PREVIEW

# Maple Vanilla Latte

Even if you don't have fancy coffee syrups, extracts from the pantry make delicious lattes!

---

1 cup espresso (or ½ cup really strong coffee)

2 tablespoons maple syrup

¼ teaspoon maple extract

¼ teaspoon vanilla extract

1 cup whole milk, heated and frothed

# PREVIEW

## *instructions*

Brew coffee, then add the maple syrup and extracts to the mug. Froth the milk and pour it into the mug last. Enjoy hot.

A top-down photograph of two dark blue ceramic mugs filled with a light-colored, frothy beverage, likely coffee. Each mug is topped with a generous dusting of a dark brown powder, possibly cocoa or cinnamon. The mugs are placed on a light-colored wooden surface with visible grain. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the image.

PREVIEW

# Iced Coffee Concentrate

The concentrate keeps in the refrigerator up to two months.

---

ling water

ar

ant coffee granules

## PREVIEW

*instructions*

Mix and refrigerate. For a 16 oz. cup of iced coffee, use  $\frac{1}{4}$  cup concentrate and fill the glass the rest of the way with ice and milk.



A photograph of a glass mug filled with coffee, topped with a layer of foam. The mug has a blue handle. To the left, a golden-brown donut sits on a white plate. In the background, a blue ceramic mug is visible on a saucer. The scene is set on a white tablecloth with a floral pattern. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the image.

PREVIEW

# Rhubarb Punch

Fruity and refreshing, and it's a great way to use up surplus rhubarb!

---

1/2 cup rhubarb, fresh or frozen

1/2 cup water

1/2 cup berry Jell-O

1/2 cup orange juice

1/2 cup orange juice concentrate

1/2 cup sugar

# PREVIEW

## *instructions*

Boil the rhubarb and water until the rhubarb softens and falls apart. Strain the juice. You should end up with a couple quarts of rhubarb juice. Add the other ingredients to the juice and mix while still hot to dissolve. Chill and add enough water, sprite, or ice to make approximately one gallon.



PREVIEW

# Strawberry Smoothie

I like to serve smoothies alongside homemade pizza on Friday nights.

---

en strawberries

ar

juice

milk

## PREVIEW

*instructions*

Combine everything in the blender and blend, stopping to stir if necessary.  
Smoothie will be thick. Serves 4.





PREVIEW

# Orange Peach Smoothie

This is our favorite smoothie, and there are never any leftovers!

---

1 med peach

1/2 c orange juice concentrate

1/2 c sugar

1/2 c milk

1/2 tsp almond extract

1/2 c frozen milk cubes

# PREVIEW

## *instructions*

Put the peaches, orange juice concentrate, sugar, milk, and almond extract in the blender. Blend, then add the frozen milk cubes a few at a time until they are all blended in.

\*Variation – omit the sugar and use 3-4 cups of vanilla ice cream in place of the milk cubes to thicken the smoothie.



PREVIEW

## Quick Lemonade

We like lemonade with some pulp in it, but if you don't, just strain it through a filter.

---

lemons

jar

3 water

## PREVIEW

*instructions*

Peel the lemons and cut into quarters. Remove whatever seeds you see. Put the lemons in the blender with the sugar and 1 quart hot water. Blend 2 minutes. Let sit one minute until most of the pulp rises to the top. Skim the pulp off and pour into a pitcher. Add 2-2 1/2 quarts of cold water depending on how strong you like your lemonade. Serve with ice.





PREVIEW



Church lake

# PREVIEW



Church



## Breakfast

# PREVIEW

I love a good hearty breakfast. There's something so good about starting the day off with something good in your belly, and ever since Andy and I got married breakfast has been a big deal in our house. It doesn't have to be fancy, and sometimes a lot of the work can be done the day before, but Andy and I both feel better if we have some protein before we start our day.

I'll often mix a breakfast casserole up the night before, or put together the dry ingredients for pancakes or biscuits to make the morning simpler. Andy and I usually get up at 6:30 AM and milk the cow before we get the children up at 7. It works really well to pop some baked oatmeal in the oven before we head outside to do chores, or else fry up some eggs and scrapple when we get back inside.

Breakfast has become a grounding start to our day. A time to all sit down around the table and talk about what we hope the day will look like. It's a chance for the children to see Daddy before he leaves for work, and during busy summer seasons we sometimes move breakfast to as early as 6:30 so we don't miss out on that family time.



# Skillet Hashbrowns

I love using homegrown potatoes for hashbrowns. Potatoes often grow extra big here in Alaska!

---

m potatoes

!r

powder

io

# PREVIEW

## *instructions*

Dice the potatoes in small chunks and put in a skillet (I use cast iron) with 3 tablespoons oil. Turn on high and sprinkle with salt, pepper, garlic powder, and oregano. Fry until browned, only turning with a metal spatula every 3-5 minutes. If you don't over-stir them, the hashbrowns crisp up better instead of becoming mushy.



# PREVIEW

# Pumpkin Coffee Cake

This coffee cake stays moist on the countertop for several days and also freezes well.  
*Pictured at right.*

---

1 cup butter, softened

1 cup brown sugar

1/2 cup white sugar

1/2 cup pumpkin

1/2 cup oil

1/2 cup baking powder

1/2 cup baking soda

## *instructions*

Preheat oven to 350. Cream the butter and sugar, then whisk in the eggs and pumpkin. Mix the dry ingredients and stir into the pumpkin mixture. Put in a greased 9x13 pan.

# PREVIEW

## *useful*

---

1/2 cup brown sugar

1/2 cup flour

1/2 cup corn

1/4 t. salt

1/2 cup melted butter

## *instructions*

Mix the dry ingredients, then stir in the melted butter until clumps form. Sprinkle over the cake batter and bake at 350 for 40-50 minutes or until a toothpick comes out clean.





# PREVIEW

# *Creamy Scrambled Eggs*

The onions and sour cream add a special touch to scrambled eggs. Creamy and delicious!

---

ter

ed onions

r cream

## PREVIEW

### *instructions*

Melt the butter in a skillet and saute the onions until soft. Whip the eggs with a fork and add to the skillet with salt. Cook almost through, stirring with a metal spatula, then remove from heat and stir in the sour cream. Serves 6-8.



PREVIEW

## *Dutch Baby*

Sometimes I mix this up the night before and just pop it in the oven in the morning for an easy breakfast.

---

ter

lour

g

nilk

# PREVIEW

### *instructions*

Preheat the oven to 425. Melt the butter in a 9x13 pan. Put the rest of the ingredients in the blender and blend on high, stopping once to scrape flour off the sides. Pour over the butter in the baking dish and bake for 20-25 minutes. Serve with syrup. Serves 6-8.





PREVIEW

# Make Ahead Breakfast Quiche

I often use leftover meat or vegetables from the fridge to add to this recipe.

;

dded cheese

k

.

ng powde

ted butter

pper

## *instructions*

Put the cheese, sliced hot dogs and vegetables like onions, mushrooms, spinach, peppers, tomatoes (optional) in the bottom of a 9x9 baking dish. Blend the rest of the ingredients on high for one minute. Pour into the pan and bake at 400 for 45 minutes.

\*Can be made the day before, refrigerated, and baked in the morning before breakfast.



PREVIEW



# Eggs In A Nest

My children like most breakfast foods, but they get extra excited about eggs in a nest, and they're so simple to make!

---

bread

cheddar

cheddar cheese

## PREVIEW

### *instructions*

Heat a griddle on the stovetop and melt a bit of butter on the surface. Use a drinking glass to cut a round hole in the center of each piece of bread. Put the bread on the griddle and add an egg to the center of each. Sprinkle with salt and garlic powder. Flip with a spatula and sprinkle cheddar cheese over the egg in the center. Toast the bread centers on the griddle as well.





PREVIEW

# Chocolate Chip Baked Oatmeal

This can be mixed up the night before and refrigerated for an easy breakfast.

---

oats

brown sugar

rolled  
oats

chocolate chips

oat milk

PREVIEW

## *instructions*

Mix the dry ingredients, then add the wet ingredients. Pour into a 10x10 baking dish and bake at 400 for 35-45 minutes or until set.



A close-up photograph of a blue ceramic bowl filled with oatmeal, topped with chocolate chips and nuts. A silver spoon is partially submerged in the oatmeal. In the background, a larger white ceramic bowl with a blue floral pattern is also filled with oatmeal. The scene is set on a light-colored surface with a speckled pattern.

PREVIEW

# Biscuits and Sausage Gravy

Sometimes we eat this meal for supper instead of breakfast.

1/2  
cup  
biscuit  
powder

1/2  
cup  
milk

Combine all the ingredients in a mixing bowl, then add the oil and mix until the dough is to 1/4 inch thick on wax paper. Roll out to rounds with a biscuit cutter. Place in a baking glass and bake on a preheated sheet at 400 for 15-20 minutes or until a bit brown on the top. Makes 19-20 biscuits.

## Gravy

3 T. oil

1 cup flour

2 t. salt

1/2 t. garlic powder

1/2 t. pepper

5 cups milk

2 cups water

3-4 cups cooked sausage

Whisk the oil, flour and seasonings in a large saucepan. Add the milk and water and bring it to a boil. Stir in the sausage and remove from heat. Serves 6-8.





PREVIEW

# Whole Wheat Pancakes

With the whole wheat, these pancakes stick to your ribs a bit more than some do.

---

ole wheat flour

powder

g soda

at in

# PREVIEW

k

r

## *instructions*

In a mixing bowl, mix the dry ingredients. Measure the milk and add 1 T. vinegar to each cup so it curdles. Whisk the egg and oil into the dry ingredients, then the milk. Fry on a hot griddle. Makes approximately 15 pancakes.

A close-up photograph of a hand pouring a golden-brown liquid, likely syrup, from a light-colored ceramic pitcher onto a stack of four pancakes. The top pancake is topped with a sunny-side-up fried egg and a pat of butter. The stack is on a white plate, which is placed on a red textured placemat. In the background, a green plant in a white pot is visible on a light-colored surface.

PREVIEW

# Waffles

Fluffy waffles with crisp edges and homemade butter melting in the holes...yummy!

---

1 cup all-purpose flour

1/2 cup whole wheat flour

1/2 cup baking powder

1/2 cup sugar

## PREVIEW

1/2 cup milk

1/2 cup buttermilk

### *instructions*

In a mixing bowl, combine the dry ingredients, then add the eggs, oil, vanilla, milk, and buttermilk. Stir well, then use a 1/2 cup measure to pour into a waffle iron.

Makes 16 individual waffles.





PREVIEW

# Cinnamon Rolls

These rolls can be baked right away instead of refrigerating overnight if you prefer, but it's simpler for me to make them the day before so I only have to let them rise and bake before breakfast.

---

warm water

## Caramel Frosting

¼ cup butter, melted

⅓ cup brown sugar

1 T. water

1 cup plus 1 T. powdered sugar

or

butter, softened

1/2 cup cinnamon

1/2 cup brown sugar

PREVIEW

## *instructions*

Dough: Whisk the warm water with the sugar and yeast. Let sit 15 minutes. Add the salt and slowly mix in the flour until a soft dough forms. Let rest 5 minutes and roll out in a 10x13 inch rectangle shape on a greased surface.

Spread: mix the softened butter, sugar and cinnamon and spread on dough. Roll up dough and cut the roll into 12 pieces. Lay swirl-side up in a greased 9 x 13 glass baking dish. Press each roll flat with hand. Cover and refrigerate overnight.

In the morning, turn the oven on to warm and let the rolls rise for 45 minutes. Turn the oven to 375 degrees and bake rolls for 15-20 minutes or until slightly browned around the edges and on top. For the frosting, melt the butter in a saucepan and whisk in the brown sugar. Remove from heat and add the water and powdered sugar until smooth. Spread the caramel frosting on the cinnamon rolls after allowing to cool for 10 minutes.

# PREVIEW



## Ham and Egg Cups

Simple and easy, but a new way to look at ham and eggs!

12 slices deli ham

12 eggs

½ cup cheddar cheese

### *instructions*

Put the deli ham into each hole of a muffin tin and add an egg inside. Sprinkle with salt and pepper, then add a little cheese to the top of each. Bake at 400 for 15-20 minutes depending how hard you like your eggs.

## Vanilla Yogurt

If you don't have an instapot or a crockpot, this is a very simple way to make yogurt.

1 gallon milk

1/2 cup sugar

1/4 cup yogurt (for starter)

1 packet unflavored gelatin

### *instructions*

In a large kettle, heat half the milk to 180 degrees. (Use a candy thermometer to check the temperature.) Remove from heat and whisk in the sugar until dissolved. In a small cup, mix the unflavored gelatin with ¼ cup warm water until well combined. Add it to the hot milk along with the vanilla and stir well. Pour the other half of the milk into the pan and check the temperature. Either cool or heat slightly until the temperature reaches 110-115 degrees. Stir in the yogurt starter and whisk well to combine. Pour the yogurt mixture into glass quart jars and put the lids on. Place the jars in a cooler and cover with very hot tap water. Keep the cooler lid closed and incubate the yogurt for 8-12 hours. Refrigerate until completely set, then serve with granola or as part of a yogurt parfait. Makes 4 ½ quarts.





PREVIEW

# Blueberry Lemon Scones

I love to make these scones to serve alongside coffee when I have a friend over.

---

ter

lour

ng powder

er blueberries

ten

dered sugar

on juice

## *instructions*

Preheat oven to 400 degrees. Mix the dry ingredients and cut in the butter.

Stir in the frozen blueberries, then add egg and mix until it comes together.

Shape into a round loaf shape and place on a greased cooking sheet.

Bake 15-20 minutes or until a toothpick comes out clean.

Let cool completely, then mix the powdered sugar and lemon juice in a small bowl. Drizzle over the scones with a spoon, then cut in wedges before serving.





PREVIEW

# Cinnamon Coffee Cake

This coffee cake is very versatile. Make it with cinnamon alone, or add rhubarb or berries to dress it up.

---

butter, softened

1/2 cup

.

powder

1/2 cup

1/2 cup

## Crumbs:

4 T. butter, softened

3/4 cup flour

1/2 cup brown sugar

1 T. cinnamon

PREVIEW  
*instructions*

Preheat oven to 350 degrees. Cake: cream butter and sugar. Add vanilla and egg. Combine dry ingredients, and add to creamed mixture alternately with milk. Spread cake batter in greased 9 x 9 glass baking dish.

Crumbs: combine all ingredients with a fork or pastry cutter until coarse crumbs form and sprinkle over batter. Bake for 30-40 minutes or until inserted toothpick comes out clean.

\*For different variations, add 3/4 cup blueberries, currants, cranberries or chopped rhubarb.





PREVIEW

## 2 Egg Omelets

We eat eggs for breakfast a lot, and this is one of our favorite ways to fix them.

---

pped onions

pped bell peppers (green or red)

dded cheddar cheese

ter

# PREVIEW

*instructions*

In a skillet (I use cast iron), melt a teaspoon of butter and saute 1 T. each of onions and peppers on medium/high heat. In a small bowl, break 2 eggs and whisk with a fork. When the vegetables are tender, spread them evenly in the pan and pour the eggs over the top. Tip the skillet to make the egg run to the edges of the pan. When the egg is well distributed over the vegetables, sprinkle with salt and pepper and add 2 T. cheese to one half of the omelet circle. Turn the heat to low and cover the skillet with a lid. Cook one minute or until the white part of the egg is no longer runny. Use a metal spatula to fold the omelet in half. Repeat with the rest of the eggs and vegetables. Makes 8 omelets.



PREVIEW

# Chocolate Chia Pudding

This is a nice make-ahead breakfast option.

---

1 cup milk

1/2 cup ar

1/4 cup chia seeds

## PREVIEW

### *instructions*

Combine all the ingredients in a quart jar, put a lid on, and shake until combined. Refrigerate and shake the jar every 10 minutes for 30-40 minutes until it sets up.





PREVIEW

# Blueberry Cream Muffins

Devour while hot and fresh or stick in the freezer for later.

jar

1/2

wild blueberries and  
cranberries

soda

powder

(oz.) sour cream

berries, fresh or frozen

PREVIEW



## *instructions*

Preheat oven to 400 degrees. Beat eggs, sugar, oil, and vanilla. Combine dry ingredients and add alternately to egg mixture with the sour cream. Fold in blueberries and spoon mixture to fill muffin tins with papers  $\frac{3}{4}$  full. Bake for 20 minutes. Makes approximately 28 muffins.

A close-up photograph of several blueberry muffins. The muffins are golden-brown with visible blueberries and are dusted with powdered sugar. They are arranged on a white, scalloped-edge plate. The plate sits on a dark blue fabric with a white floral pattern. In the background, a white ceramic cup is partially visible, out of focus.

PREVIEW

# Breakfast Burritos

I like to make a bunch of these to freeze for easy breakfasts or even to send with Andy for a packed lunch.

---

1) flour tortillas

scrambled in butter with salt and pepper

sausage, browned

sour cream

salsa

cheddar cheese

# PREVIEW

## *instructions*

Lay the tortillas on the countertop or table and spread 1-2 T. of sour cream and salsa in the center of each. Add the scrambled eggs and sausage and top with a couple tablespoons of cheese. Roll up and use a toothpick to hold in place. Serve immediately.

\*These freeze well also. Just wrap in aluminum foil and freeze. Pull out frozen burritos and heat in the oven at 350 for 30-40 minutes before serving.



A close-up photograph of two burritos on a wooden cutting board. The burrito in the foreground is open, revealing a filling of ground beef, shredded yellow cheese, a dollop of white sauce, and a generous amount of red salsa. The burrito behind it is also open, showing a similar filling with a prominent layer of red salsa. A metal knife is visible on the right side of the burrito. In the background, a wire basket contains fresh produce, including a red tomato and yellow lemons. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the image.

PREVIEW

## *Loaded Grits*

Grits are cheap and filling, and by adding seasonings, cheese, and sausage they're delicious as well!

---

k

nstant grits

r

powder

te

four cheese

sage

PREVIEW

### *instructions*

Bring the milk to a boil, then whisk in the grits and seasonings. Cook for 5 minutes, then remove from heat and stir in the cheese, butter, and sausage.



PREVIEW

# Brunch Potatoes

The French onion dip adds a delicious twist to this dish.

---

potatoes, diced

oil

eggs

cheddar, cooked and crumbled

french onion dip

cheddar cheese

PREVIEW

## *instructions*

Fry potatoes in the oil until soft. Cook the scrambled eggs separately. Combine all ingredients. 6-8 servings.





PREVIEW

# Granola

I like to make a double or triple batch of granola at a time so it lasts a while.

---

oatmeal

crushed graham crackers

coconut

vanilla sugar

melted butter

chopped nuts (optional)

vanilla

chocolate chips

## *instructions*

Preheat oven to 275 degrees. Combine all the ingredients except the chocolate chips; mix well. Divide between 4 greased pans (9 x 13 inch). Bake for 1 hour, stirring every 15 minutes. After removing from the oven, sprinkle the chocolate chips over the granola and stir after 5 minutes.

A close-up photograph of a white ceramic bowl with a blue rim, filled with golden-brown granola. The granola consists of various textures, including flaked grains and small dark pieces. The bowl sits on a blue and white patterned fabric. In the background, a white ceramic pitcher is visible, slightly out of focus. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the bowl.

PREVIEW



## Why we moved to Alaska

ANDY AND I were both fresh out of Voluntary Service work when we got married and poor as proverbial church mice to boot. We bought a 1988 fifth wheel camper to live in and that was our first home in Pennsylvania while Andy helped his dad farm for the first three years age.

I adventurous/dreamer type personalities, although Andy tends to be more that m. We knew we didn't want to live in PA the rest of our lives and were looking into in more remote places like upper New York State and Maine.

Started throwing around the idea of moving to Alaska it felt pretty far-fetched at 4,400 miles away from both of our families, not to mention the long cold winters and thing with the daylight we had heard about.

Unless in 2015 we decided to visit Alaska since a family we were acquainted with there for the summer. Our oldest, Gabe, was a newborn, but that didn't stop us in interest in Alaska on our trip and panning for gold in remote creeks on the way up on River.

Trip was over, we left for PA with no better idea if we would ever live in Alaska or ends we had visited wanted to start a church in Alaska and kept asking if we move, so we did end up putting a really low offer in for a parcel of land we had heard at during our visit. To our astonishment, they accepted the lowball offer and proud owners of 20 acres on the Kenai Peninsula of Alaska!

A year to tie up loose ends in Pennsylvania, buy a motorhome and trailer for I also have our second child. In May of 2017 we climbed into our motorhome for the long drive to Alaska with a two-year-old, an infant, a dog, and five puppies.

In some moments our families probably thought we were crazy, and sometimes but during the moments of doubt I knew I wanted to give Alaska a try. I was afraid if we didn't do it we would grow old always wishing we had been brave enough to go. Turns out, moving to Alaska was one of the best decisions we've ever made, and Alaska has become so much a part of who we are that the only word for it is home.





Water wheel

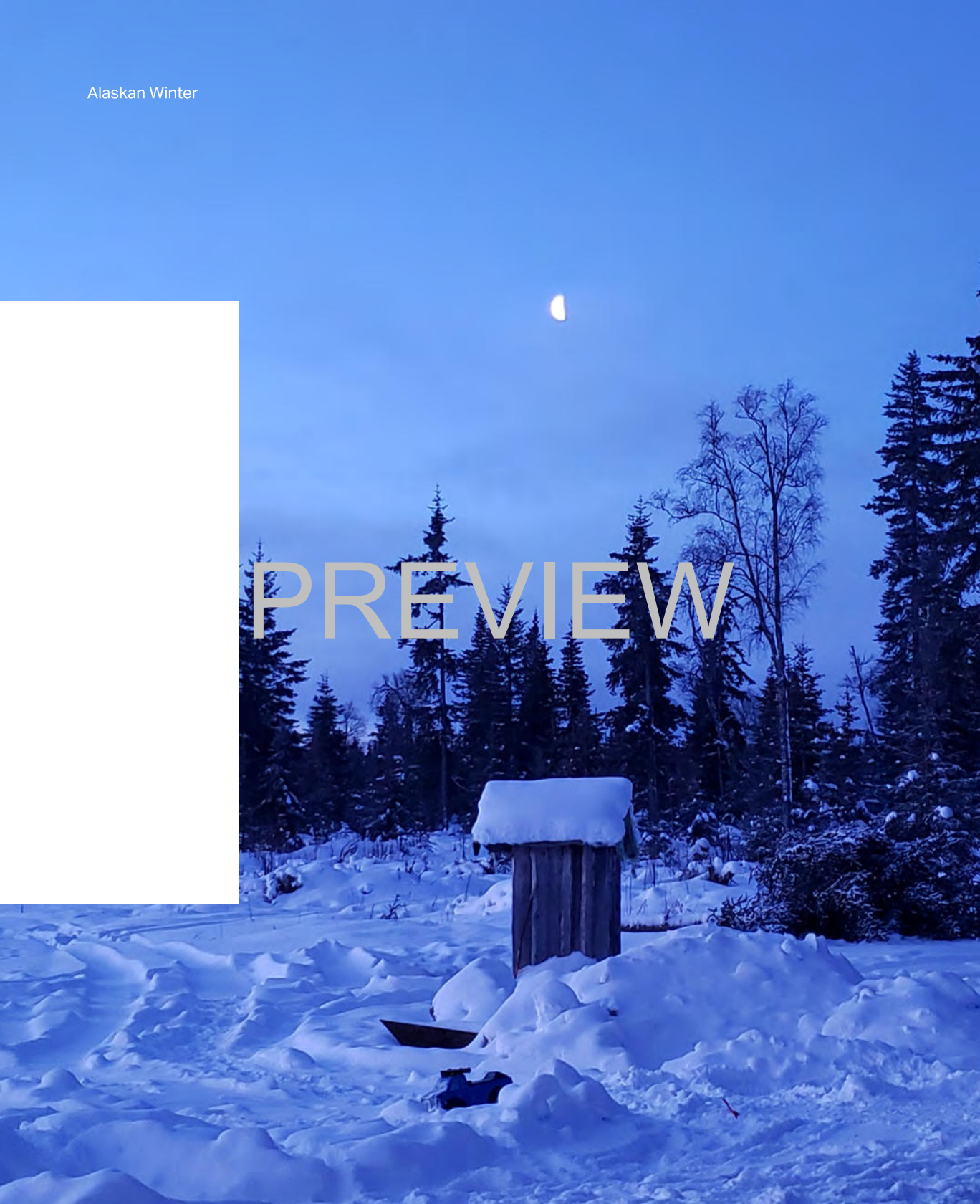


Exploring a glacier by plane

# PREVIEW

Alaskan Winter

PREVIEW





# PREVIEW

## *Soups*

There's something so warming about a bowl of soup on a cold day. Now that we live in Alaska, the summers never get so hot that soup isn't still a good idea. I love putting together a bunch of ingredients to see what tastes the best together, and sometimes those leftover soups – the ones with a little of this and that thrown in – turn out to be the most delicious.

Served with some homemade dumplings, or with a slice of sourdough bread still hot from the oven, soup is one of my favorite simple lunches, and leftovers can easily be reheated a different day!



# Broccoli Cheese Soup

This creamy take on broccoli cheese soup is Andy's favorite.

---

¼ cup butter

onions, chopped

potatoes, grated

broccoli, fresh or frozen

chicken broth

heavy cream

or

pepper

shredded cheddar cheese

## *instructions*

Melt butter. Add vegetables and cook and stir until softened. Add milk, cream, and broth, and heat. Sprinkle the flour, salt, and pepper on top and whisk until combined. Bring to a boil to thicken, and remove from heat. Stir in the cheese until melted, and serve hot. 6-8 servings.





PREVIEW

## Chili

We all love chili, and it's extra hearty when thickened a bit with flour.

---

1 lb. ground burger

onion, chopped

flour

white sugar

1 can red beans or chili beans (or 4 cups)

tomato juice

tomato chunks

garlic powder

black pepper

PREVIEW

### *instructions*

Brown the meat and onions in a kettle. Stir in the flour, sugar, seasonings, and beans. Add the tomato chunks and tomato juice and bring to a boil. Serve with sour cream and cheddar cheese. Serves 8-10.



PREVIEW

# Salmon Chowder

I love using our own canned salmon for this soup.

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on

ter

nato juice

opped onions

ed potatoes

PREVIEW

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stershire sauce

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## *instructions*

Combine the salmon, potato, onion, tomato juice, water, and salt in a kettle. Bring to a boil and simmer until the potatoes are soft.

In a saucepan, melt the butter and whisk in the flour, salt, mustard, and Worcestershire sauce. Add the milk and bring to a boil, stirring until thickened. Pour into the kettle with the salmon mixture and heat through before serving. Serves 10-12.





PREVIEW

# Vegetable Beef Stew

This soup is easy, delicious, and it cans and freezes well.

2 lbs hamburger, browned (beef, moose, caribou, or deer)

1 onion, chopped

2 potatoes, finely chopped

2.) bags (Or 8-9 cups) frozen mixed vegetables

2.) cans tomato sauce

2 cups water

1/2 cup sugar

1/2 tsp salt

1/2 tsp

1/2 tsp

1/2 tsp black pepper

1/2 tsp

1/2 tsp

1/2 tsp bay leaves

## PREVIEW

### *instructions*

In a large kettle brown the hamburger with a couple tablespoons of water. Add the onions and chopped potatoes and cook, covered, for 5 minutes. Dump in the frozen mixed vegetables and tomato sauce, then add the sugar, salt and seasonings except the bay leaves. Stir well. Stick the bay leaves in and cover, turning heat to medium/low. Simmer 20-25 minutes until potatoes and vegetables are soft. Remove bay leaves before serving. Serves 12.

\*This soup keeps in the refrigerator for a long time and it also freezes and cans well for simple meals later.



# PREVIEW



# Garden Chowder

This soup is perfect served with fresh sourdough bread.

---

½ cup chopped onions

ter

d of each: potatoes, celery, cauliflower, carrot, broccoli

ter

bouillon cubes

er

ir

milk

y

added cheese

PREVIEW

## *instructions*

Saute onions in butter until tender. Add vegetables and next 4 ingredients. Boil. Cover and simmer 10 minutes until vegetables are tender. Combine flour and milk until smooth. Stir into the pan and bring to a boil. Cook and stir 2 minutes. Add parsley. Stir in cheese just before serving. Makes 2 quarts – 6-8 servings.





PREVIEW

# Zuppa Toscana

A friend introduced me to Zuppa Toscana a few months ago and it has quickly become a favorite!

---

6 strips thickly-cut bacon, cut into ½ inch pieces

1 pound sweet Italian sausage

russet potatoes (unpeeled and cut into ½ inch cubes)

3 garlic

onion, diced

crushed red pepper flakes (optional)

or

clean broth

spinach, stems removed and leaves roughly chopped

heavy cream

## *instructions*

Brown the sausage and fry the bacon. Set aside. In a large kettle, combine the potatoes, garlic, onion, and broth. Season with the crushed red pepper flakes and salt and pepper. Bring to a boil, then reduce the heat to medium-low and simmer until the potatoes are tender – 12-15 minutes. Add the bacon and sausage, then the spinach and heavy cream. Cook over medium heat until the spinach wilts – 5 minutes.



PREVIEW



# Tomato Cream Soup

My mom made tomato soup a lot growing up, but I tweaked her recipe so it's thicker and more creamy.

---

1/2

powder

no

tomato sauce

ter

milk

## *instructions*

In a large saucepan, melt the butter and add the flour and seasoning. Stir until dry crumbles form. Add the tomato sauce and stir well. Bring to a light boil. When thickened, then remove from heat and whisk in the milk. Serve hot with biscuits or grilled cheese sandwiches. Serves 6-8.



A close-up photograph of a white ceramic bowl filled with a smooth, vibrant orange soup. A small sprig of fresh green herb, possibly dill, is garnishing the top of the soup. In the background, a small white plate holds several golden-brown, round flatbread items. The entire scene is set on a light-colored, speckled surface.

PREVIEW

# Ham and Potato Soup

Simple and delicious, and perfect for chilly days.

---

2 cups ham

2 cups diced potatoes

1 cup onions, diced

1 cup carrots, chopped

1 cup cabbage, chopped

1/2 cup milk

1/2 cup cornstarch

1/2 cup water

1/2 cup heavy whipping cream

## instructions

Combine the first 9 ingredients in a kettle and simmer for 40 minutes. Mix the water with flour and add to the soup while stirring. When it thickens remove from heat and add the heavy cream.



PREVIEW



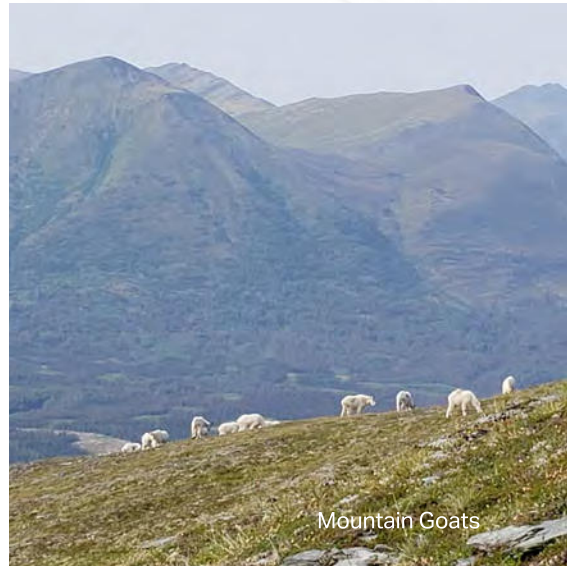
# *Bear Hunting*



# PREVIEW



Wind Turbine



Mountain Goats





VERBS 13	986	Way of Transgressors	Way of Transgressors	987	PROVE
<i>that is despised, and hath ant, is better than he that</i>	21	There shall no evil happen to the just: but the wicked shall be filled with mischief.	5 A righteous man hateth lying: but a wicked man is loathsome, and cometh to shame.	6 Righteousness keepeth him	18 Poverty and shame to him that refuseth ins: but he that regardeth shall be honoured.

# PREVIEW

## Breads

The smell of baking bread always makes a house feel homey. Whether it's sourdough bread, whole wheat bread, or biscuits, these recipes fill out a menu so nicely and pair well with soups.

About six months ago a friend of mine gave me some of her sourdough starter and I've had fun experimenting with different types of sourdough bread. At first it sounded complicated, but I've learned it works well for me to refrigerate my starter and only feed it on Mondays. Then I use it to make 3 loaves of bread that I refrigerate to pull out and bake whenever we want fresh sourdough bread. This dough also makes wonderful pizza crust and has simplified bread baking for me in so many ways.

But I still enjoy making the yeast breads and getting my hands all sticky in the dough. Whole wheat bread freezes well, so I try to keep some on hand to make sandwiches for Andy's lunches at work.

# Whole Wheat Bread

This recipe doesn't take much kneading, it just needs some extra rising time to get light and airy.

---

1 ½ cups warm water

1er and let set a while.  
3, in another bowl, mix:

: water

le

ole wheat flour

white flour

# PREVIEW

## *instructions*

Mix the hot water with the honey, oil, and salt. Add the whole wheat flour, then add yeast mixture. Add rest of flour. Let rise 15 to 20 minutes, punch down, let rise again, then divide into 5 loaves and place in greased bread pans. Let rise in a warm oven for 45 minutes. When loaves are finished rising, turn oven to 350 degrees and bake for approximately 25 minutes.

A close-up photograph of a loaf of bread, likely a rye or pumpernickel, with a dark, crusty exterior and a lighter, dense interior. Several slices have been cut and are stacked to the right of the loaf. The bread is resting on a wooden cutting board. The background is a plain, light-colored wall.

PREVIEW

## *Dilly Sourdough Bread*

I keep my sourdough starter in the fridge and just get it out to make a few loaves of bread at the beginning of the week. I have a lot of fun experimenting with new bread flavors!

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n water

ibly sourdough starter

o oil

powder

ly seeds

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lour

PREVIEW





## *instructions*

Feed your sourdough starter and wait until it is bubbly and doubled in size. In a glass bowl, mix the water, starter and oil with a wooden spoon. Stir in the salt, garlic powder, caraway seeds, and dill seeds, then the flour. Use your hands to knead into a rough loaf. Let the dough rest for an hour, then stretch and fold every 25 minutes for an hour. Form into a round loaf and place nice side down in a greased bowl or floured bread basket. Put a dutch oven in the oven and preheat to 450. After the bread has risen 45 minutes, put the dutch oven on the stove top and sprinkle flour in the bottom. Carefully flip the bread loaf into the pan and score the top with a knife. Put the lid back on the dutch oven and return to the oven. Bake for 20 minutes, then remove the lid and bake an additional 15 minutes or until the top is nicely browned.

\*You can use a cast iron skillet if you don't have a dutch oven. You'll just need to cover the bread with aluminum foil as best as you can for the first 20 minutes of the baking time.



# PREVIEW

# *Cinnamon Raisin Sourdough Bread*

This bread makes amazing toast, and it's also delicious served with honey butter.

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n water

bly sourdough starter

3 oil

loir  
**PREVIEW**

amon

ins

## *instructions*

Feed your sourdough starter and wait until it is bubbly and doubled in size. In a glass bowl, mix the water, starter and oil with a wooden spoon. Stir in the salt and sugar, then the flour. Use your hands to knead into a rough loaf. Let the dough rest for an hour, then stretch and fold every 25 minutes for an hour. Roll the dough out flat into a rectangle shape and sprinkle with sugar and cinnamon. Spread the raisins on the dough and roll up into a log, tucking the ends underneath to form a loaf. Place nice side down in a greased bowl or floured bread basket. Put a dutch oven in the oven and preheat to 450. After the bread has risen 45 minutes, put the dutch oven on the stove top and sprinkle flour in the bottom. Carefully flip the bread loaf into the pan and score the top with a knife. Put the lid back on the dutch oven and return to the oven. Bake for 20 minutes, then remove the lid and bake an additional 15 minutes or until the top is nicely browned.

\*With sourdough, once you have made a loaf and put it in your bowl or bread basket you can also refrigerate it until you want fresh bread. I often just make 3 loaves at the beginning of the week when I feed my sourdough starter and then pull a loaf out of the fridge to bake during the week when I serve soup. Just let the dough rest and warm up on the counter while your dutch oven is preheating in the oven. Flip the bread into the dutch oven, score the top and bake as usual. Refrigerated sourdough bread dough also makes a delicious pizza crust.

# PREVIEW



# Old World Black Bread

This bread was my favorite as a child and the smell of it baking brings back a lot of memories.

---

warm water

sugar

salt

rolled oats

carob powder

breadcrumbs

whole wheat flour

white flour

## *instructions*

Sit together the yeast, sugar, and warm water. Let rise until doubled, then whisk in the salt, oats, carob powder, molasses and whole wheat flour. Add 3 cups white flour or as much as needed to make a nice dough. Let rise until doubled, at least 1 hour. Punch down. Shape into 2 loaves, and let rise 1 hour. Bake at 350 degrees for 45-50 minutes.

\*You can substitute cocoa powder for the carob powder, but it changes the flavor of the bread considerably and won't have the nutty flavor that the carob powder gives it.



A close-up photograph of a round loaf of dark, crusty bread, possibly rye or pumpernickel, resting on a light-colored wooden cutting board. Several thick slices have been cut and are stacked in a fan-like arrangement in front of the loaf. The bread has a thick, dark brown crust with some lighter, flaky patches. The interior is a deep, dark brown color with a dense, slightly crumbly texture. The background is a soft, out-of-focus light blue-grey color.

PREVIEW

# Pumpkin Bread

When I was ten years old, on a visit to Aunt Judy, I asked for her pumpkin bread recipe and that was the beginning of my box of collected recipes.

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2 cups sugar

powder

soda

:loves, cinnamon, nutmeg

er  
lour  
PREVIEW

1 (15 oz.) can pureed pumpkin

## *instructions*

Beat eggs and sugar together. Then beat each ingredient in separately. Divide into 2 loaves and place in greased bread pans. Bake 1 hour and 10 minutes at 350 degrees. Check with a toothpick to see if it comes out clean.



PREVIEW

# Cornbread

We like our cornbread a little bit sweet and served with tomato soup or chili.

---

cornmeal

flour

baking powder

sugar

# PREVIEW

1 cup

## *instructions*

Mix dry and then wet ingredients. Bake in greased 9 x 13 baking pan at 400 degrees for 40-50 minutes.



A close-up photograph of three square pieces of light-colored, porous bread stacked on a white plate. The bread has a soft, airy texture with many small holes. The plate is set on a red and white checkered tablecloth. The background is softly blurred, showing a wooden surface and a glass bowl. The word "PREVIEW" is overlaid in large, white, sans-serif capital letters across the center of the bread stack.

PREVIEW

# Dumplings

If I don't have time to make biscuits or bread to go with soup, stirring up some dumplings is fast and delicious.

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powder

rd

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# PREVIEW

## *instructions*

Mix ingredients together. Drop into boiling soup with a tablespoon. Cover and let steam 10 minutes.



PREVIEW

## *Soft Pretzels*

We often serve these with an assortment of dips when we have guests on Sunday evenings.

---

warm water

sugar

2 1/2 cups flour

# PREVIEW

### *instructions*

Mix the yeast and brown sugar with the warm water. Let rest for 15 minutes. Add the salt and knead in the flour until a soft dough forms. Let the dough rise 30 minutes and then shape into pretzels. Dip pretzels in soda water (2 cups warm water and 1-2 T. soda) and place on a greased baking sheet. Bake at 450 degrees for 10-12 minutes. Brush with melted butter and serve. Makes 6 large pretzels or 14 small.

Dipping options: pizza sauce, cheese sauce, honey mustard, or roll pretzels in cinnamon sugar.





PREVIEW

# Italian Breadsticks

These breadsticks turn out soft and fluffy every time!

---

Warm water

1/2 cup flour

1/2 cup butter

1/2 cup parmesan cheese

1/2 cup yeast powder

1/2 cup seasoning

## PREVIEW

### Instructions

Mix the yeast and sugar with the warm water and let rest 15 minutes. Add the salt, then gradually add the flour, kneading until a soft dough forms. Roll out onto a greased baking sheet. Brush the melted butter on, then sprinkle the parmesan cheese and seasonings on. Use a pizza cutter or knife to cut the dough into 1 inch strips. Let rest for 10 minutes, then bake at 400 for 15-20 minutes. The pieces should pull apart easily.