In the Aleutian and Pribilof Islands region, many say, “When the tide is low, the table is set.” This saying is used because there are several types of tidal foods that are commonly harvested and eaten as part of a traditional Unanga[..] diet, including octopus.

In this film, Anne Morris, at the Qagan Tayaŋungin Culture Camp in Sand Point, demonstrates a few different ways to prepare octopus. Anne also shares her cultural knowledge growing up in the region harvesting and preparing tidal foods.

**DID YOU KNOW?**

Octopus can be eaten and prepared in a variety of different ways, including:

- Chumla[..] (E) – Raw
- Boiled
- Blanched and marinated
- Fried

**UNANGAX WAY:**

- Agitaasiin Sismida (E) – Help Others
- Anغاginas Kiduda (A) – Help Others

**UNANGAM TUNUU:**

- Amģux (B) – Octopus
- Aaqana[..] (A) – Octopus
- Ilgaagu[..] (E) – Octopus
- Chumla[..] (E) – Raw Food
- I_xtxi[..] (A) – Raw Food

E = Qawalangin, or Eastern dialect
A = Nii[..]x, or Western or Atkan dialect
B = Belkofski dialect
BOILING OR BLANCHING THE OCTOPUS

SKIN THE LEGS/ARMS
Cut a hole in the skin at the top of the legs/arms for a handle and then cut downwards alongside the legs/arms to remove the skin.

CUT THE LEGS/ARMS OFF
Using a sharp knife, remove the legs/arms of the octopus.

PREPARE THE OCTOPUS

To boil the octopus: Pour vinegar and water into a pot and bring to a boil. Place the octopus legs in the boiling water. Boil for about 20 minutes, depending on the size of the legs.

PREPARATION TIPS FOR BOILING OCTOPUS
You will know if the octopus legs/arms are done if:
- they start to turn dark purple
- they are tender when poked with a fork
- they start to shrink in size
- the remaining skin starts to easily peel off

To blanch the octopus: Pour vinegar and water into a pot and bring to a boil. Place the octopus legs in the boiling water for only a few minutes. As soon as the legs start to turn pink, remove from the water.

Remove remaining skin. Once you remove the legs from the boiling water, remove any remaining skin, if desired.

CUT INTO BITE SIZED PIECES
Cut into bite sized pieces and let cool.

PREPARATION TIP
It can be easier to skin the octopus when it is hanging. Cut a “handle” to hang the octopus and let the weight of it work for you.

SPICY BOILED MARINATED OCTOPUS
8 octopus legs, boiled
1 green pepper, chopped
3 celery stalks, chopped
1 yellow onion, chopped
1 cup ketchup
1 cup mayonnaise
1/4 cup Worcestershire sauce
1/2 cup jalapeno, chopped
Salt, pepper and Tabasco sauce to taste
Mix ingredients together and let marinate overnight.

GINGERED OCTOPUS SALAD
2 large octopus legs, blanched
1/2 onion, chopped
2 pieces fresh ginger, minced
1/2 cup sugar
4 tablespoons table salt
1/3 cup vinegar
Mix ingredients together and let marinate overnight.

To boil the octopus: Pour vinegar and water into a pot and bring to a boil. Place the octopus legs in the boiling water.

Boil for about 20 minutes, depending on the size of the legs.

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