

What's Cooking?



Molly has lots of favorite foods. She likes to eat them, but she also likes to cook them! Molly has created her own recipe book to share some of her favorite Alaskan recipes.

Use Molly's recipe book to get cooking with family and friends! Make sure an adult is available to help. You can also create your own pages with recipes for your favorite foods to add to Molly's recipe book. Writing a recipe down is a great way to share your favorite foods with others, so they can make them, too!

Assemble Molly's Recipe Book

1. Get an empty three-ring binder or paper folder with fasteners.
2. Print out Molly's recipe book and assemble the pages in this order: cover first, then the numbered pages, and the index last.
3. Use a hole punch to make holes in all pages except the cover.
4. Put the punched pages into the binder or folder, and glue the cover to the front.

Make One of Molly's Recipes

- Look at Molly's recipes. Which recipe do you want to make?
- Read over the recipe and find out whether you have all of the ingredients and tools you need. Look at the steps and see how long cooking will take.
- Make sure an adult can help before you start cooking.
- Set out all the ingredients, dishes, and other supplies you need in a clean work area.
- Measure the ingredients carefully.
- Read each step of the recipe, and then do what it says. Make sure you do the steps in order. If you follow the recipe, your dish will come out just right!



Add Your Own Recipes

Do you have recipes that you would like to add to Molly's recipe book? Get ideas for recipes and explore new cultures and new food by asking your family and friends for recipes for their favorite foods. You can also experiment in the kitchen to come up with brand new recipes.

Follow these steps:

1. Print out a blank recipe page for each recipe you want to add. This page has spaces for all the important information you need—just like Molly's recipe pages. Put the name of your recipe at the top of the page, and then list the ingredients in the order you will use them. Next, write the directions, one step at a time. Be sure to number each step. You can also include features such as:
 - pictures
 - captions
 - tips
2. Add page numbers to each page, and then add the names of your recipes and the page numbers to the index.
3. Put all of your pages in order (according to their page numbers) and put them into your binder or folder.
4. On the cover, write your name on the line under Molly's name.

pbskids.org/molly

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My Recipe Book

by Molly Shahnyaa Mabray
and

(Write your name here.)



Blueberry Milk

(Makes 1 serving)



INGREDIENTS:

- 1/3 cup frozen blueberries
- 1 teaspoon sugar
- 1 cup milk

DIRECTIONS:

1. Measure frozen blueberries and pour into a glass.
2. Sprinkle the berries with sugar.
3. Wait 15 minutes to let the frozen blueberries thaw a little.
4. Use a fork to stir and slightly mash the partially frozen blueberries.
5. Pour milk over the blueberries and stir with a spoon until frothy.

TIPS:

Use a big glass. You need room to stir the blueberries and milk to keep them from splashing and spilling out of your glass.

Salmon Spread

Makes 4 servings



INGREDIENTS:

- 4 ounces of cream cheese, softened
- 1 (14.75 ounce) can salmon, drained and flaked (or 12 ounces of smoked salmon)
- 4 tablespoons sour cream
- 1 teaspoon minced garlic
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- crackers or fresh cut vegetables (carrots, celery, cucumber)

DIRECTIONS:

1. Take cream cheese out of refrigerator and allow it to soften.
2. Open can of salmon and drain away the liquid.
3. Empty the salmon onto a plate. Pull the bones and skin from the fish, if desired. Use a fork to break it up and separate the layers. (This is called flaking.)
4. Put the softened cream cheese into a medium-sized mixing bowl and stir until smooth.
5. Add the salmon, sour cream, minced garlic, lemon juice, Worcestershire sauce, parsley, salt, and pepper to the cream cheese. Mix well.
6. Spoon the Salmon Spread into a serving bowl and serve with crackers or cut vegetables.

TIPS:

- If you plan to leave salmon bones in your Salmon Spread, mash them with a fork during the flaking process.
- Keep Salmon Spread in the refrigerator before serving.

Carrot and Ginger Soup with Sourdough Croutons



Makes 4 servings



INGREDIENTS FOR SOUP:

- 6 cups carrots (about 2 pounds or 12 large)
- 2 teaspoons olive oil
- 3 cups chicken or vegetable broth
- 1 teaspoon salt
- 1 teaspoon ginger paste or grated ginger
- 3 tablespoons maple syrup
- $\frac{1}{4}$ cup heavy cream
- nutmeg to garnish (optional)

INGREDIENTS FOR CROUTONS:

- 1 small loaf Alaskan sourdough or other sourdough bread
- 2 teaspoons olive oil
- 2 teaspoons salt (optional)

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Peel and rinse carrots. Cut into 1-inch pieces and place in a bowl.
3. Add 2 teaspoons olive oil to the carrots and toss them until they are coated.
4. Place carrot pieces on a baking sheet and sprinkle them with salt to taste.
5. Roast carrots in the oven until they are tender, 20-25 minutes.
6. While carrots are roasting, rip or cut the sourdough bread into small pieces.
7. Place bread on baking sheet lined with wax paper and drizzle 2 teaspoons olive oil and salt (optional).
8. Place bread in oven for 10 minutes as the carrots finish roasting.
9. Set the bread (croutons) aside to cool.
10. Combine roasted carrots, broth, salt, ginger, maple syrup, and heavy cream in a blender.
11. Blend on high until smooth. (This is called pureeing.) To serve, pour into bowls and sprinkle with croutons.

Grandpa Nat's Nivagi (Ice cream)

Makes 4 servings



INGREDIENTS:

- 2 cups moose fat
- 1 cup dried moose meat
- 1 cup lingonberries
- 1 cup blueberries
- ½ cup mashed wild carrot

DIRECTIONS:

1. Whip moose fat until fluffy.
2. Mix in dried moose meat.
3. Fold in lingonberries and blueberries.
4. Add mashed wild carrots to taste.

TIPS:

- Can't find moose meat? Caribou meat and fish can also be used!
- For a meatless version, replace the moose fat with vegetable shortening and leave out the meat.





Makes _____ serving(s)

INGREDIENTS:

DIRECTIONS:



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