

# cooking with **Paula** DEEN™

JANUARY/FEBRUARY 2011

*chocolate*

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**PAULA'S DREAM VACATION ALASKA**

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*Home Cooking*



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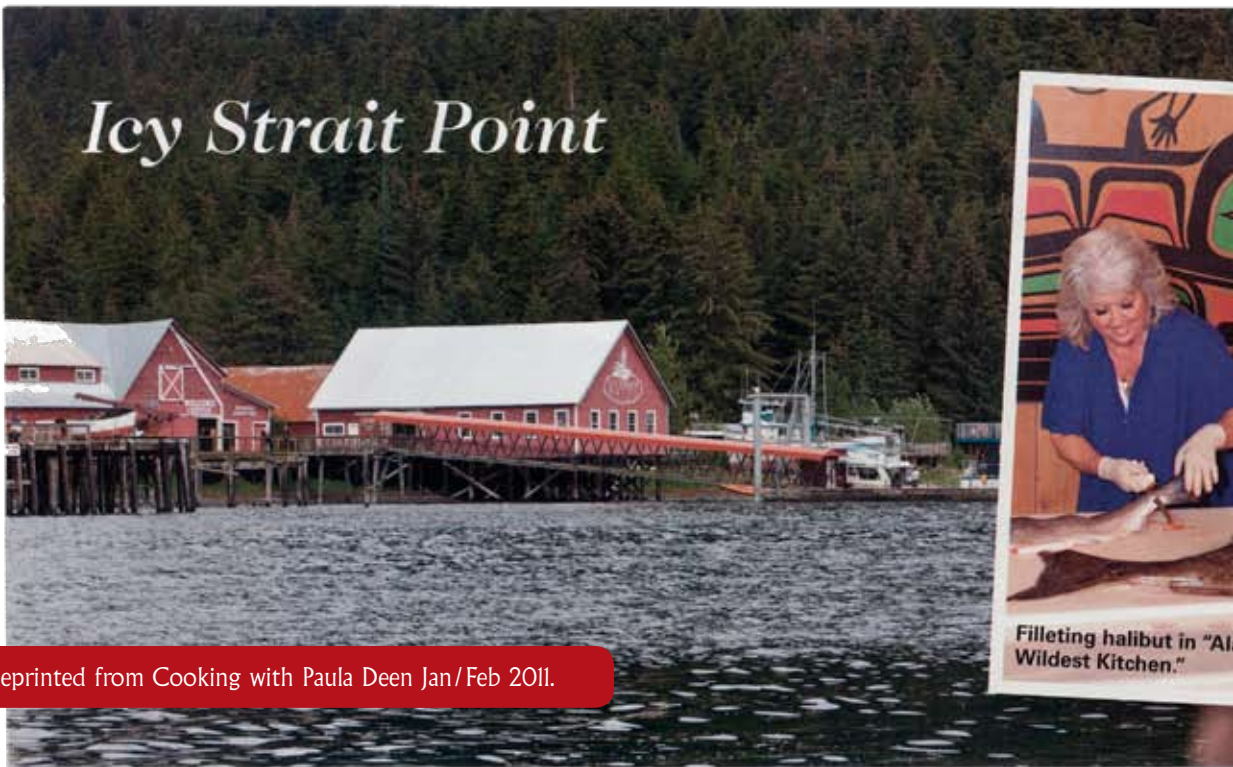


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**Paula's Dream Vacation . . . .  
Icy Strait Point, Alaska!**

# Icy Strait Point



Reprinted from *Cooking with Paula Deen* Jan/Feb 2011.



The village of Hoonah sits about 50 miles west of Juneau. The Huna Tlingit people, with a population of 850, have inhabited the area for centuries, living a subsistence lifestyle by fishing. If you're visiting this part of Southeast Alaska, however, you're likely destined for the nearby Icy Strait Point, a wilderness port anchored by a former 1912 salmon cannery (now a museum) and home base for multiple excursions that are truly Alaska experiences.

For a surefire adrenaline rush, ride a bus to a mountaintop launching area where you'll be strapped into a harness to ride ZipRider, the world's longest zip line. In 90 seconds, you'll travel over a mile, drop a total of 1,300 feet, and barrel through the treetops, catching occasional views of Port Fredrick and Icy Strait and reaching speeds of up to 60 miles per hour.

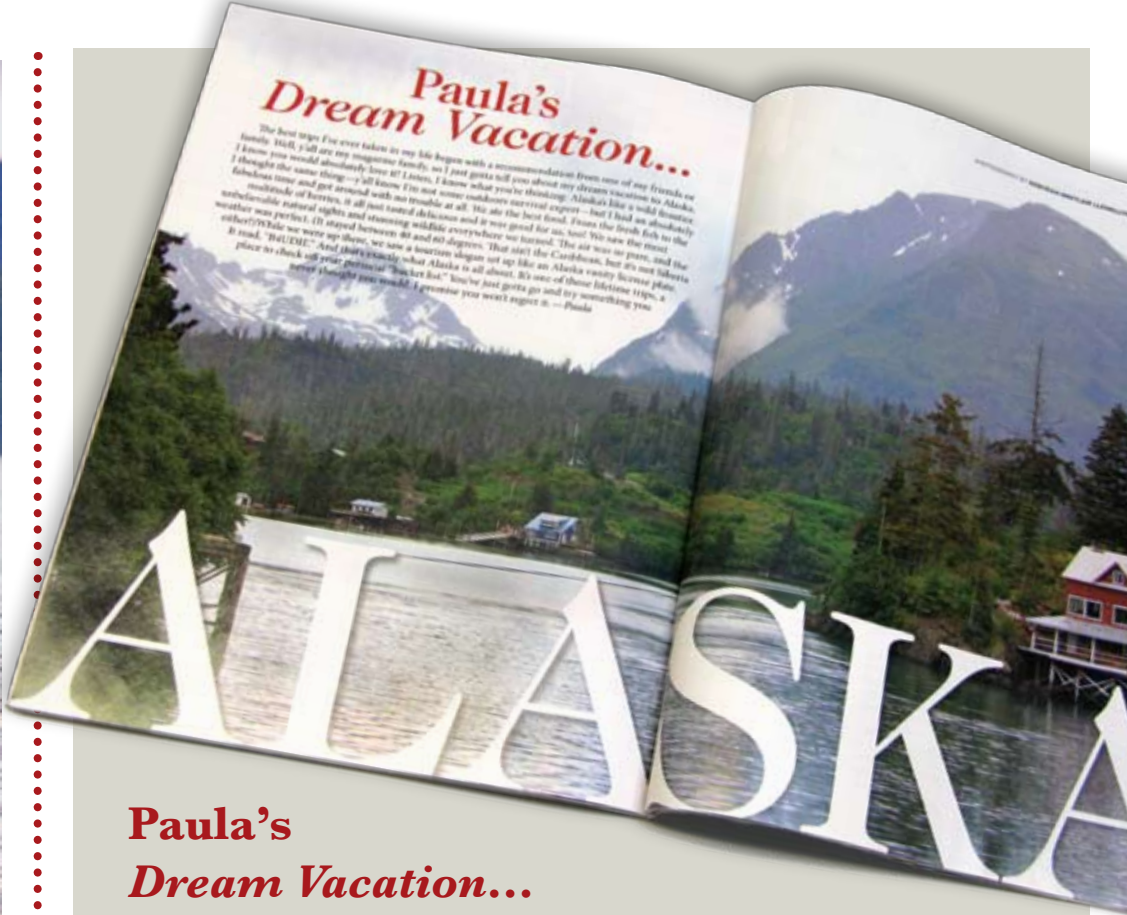
A slower, sea- and ground-level tour (called Whales, Wildlife, and Bear Search) combines a cruise out to Point Adolphus to see majestic humpback whales breaking the water's surface

with a bus trip to the Spasski River Valley to catch glimpses of the Coastal Brown grizzly bears of Chichagof Island. The trip includes informed local naturalists and other guides who expound on the area's history and wildlife.

It's difficult to eat more locally than at the 1½ -hour feast aptly named Chef Choice – in Alaska's Wildest Kitchen. It begins cooking class-style with an instructor sharing the secrets to seasoning and filleting wild salmon and halibut. Your meal is then prepared on an alder-wood grill, and you'll likely hear a few of the region's stories and legends.

Berry-picking isn't a formal excursion, but during your walks around Icy Strait Point, you'll encounter a multitude of varieties, including the popular salmonberry. Another variety, the thimbleberry, grows rampant along the boardwalk. It's rather fragile and must be picked with a gentle hand, but Paula loved them and thought they were the sweetest of all the Alaska berries. "They reminded me of raspberries," she says.





## Paula's *Dream Vacation...*

The best trips I've ever taken in my life began with a recommendation from one of my friends or family. Well, y'all are my magazine family, so I just gotta tell you about my dream vacation to Alaska. I know you would absolutely love it! Listen, I know what you're thinking: Alaska's like a wild frontier. I thought the same thing- y'all know I'm not some outdoors survival expert – but I had an absolutely fabulous time and got around with no trouble at all. We ate the best food. From the fresh fish to the multitude of berries, it all just tasted delicious and it was good for us, too! We saw the most unbelievable natural sights and stunning wildlife everywhere we turned. The air was so pure, and the weather was perfect. (It stayed between 40 and 60 degrees. That ain't the Caribbean, but it's not Siberia either!) While we were up there, we saw a tourism slogan set up like an Alaska vanity license plate. It read, "B4UDIE." And that's exactly what Alaska is all about. It's one of those lifetime trips, a place to check off your personal "bucket list." You've just gotta go and try something you never thought you would. I promise you won't regret it. —Paula

*Excerpt from Paula's Dream Vacation, page 82.*

As seen in . . . . .  
**Cooking with Paula Deen**

# ICY STRAIT



—POINT—  
HOONAH, ALASKA

..... Step into an Alaska Experience. ....



**NATIVE TLINGIT CULTURE.** Most people who work here aren't just passing through. In fact, ninety-five percent of them are from Hoonah – Alaska's largest Tlingit village. They're the ones you'll see performing authentic Native dances. Or the ones grilling fresh alder-smoked Alaska salmon. All have colorful "local" stories to share and would love to show you their home.



**UNSPOILED WILDERNESS.** It's a perfectly natural setting. No wonder the Tlingit settled here thousands of years ago. And local whales, bears and eagles have been here even longer. One "wild" excursion guarantees you'll see humpback whales, and another takes you into one of the largest concentrations of brown bears in Alaska. Spectacular in every sense.



**ALASKA-SIZED ADVENTURE.** Even dining is an adventure here. Where else is the catch of the day – wild Alaska salmon – caught fresh in the very waters that surround you. And the tasty Alaska crab is cleaned and served while you watch, usually next to an ice-cold Alaska microbrew. Always fresh. Always festive.