

Project: Alaska Women in Bristol Bay Fisheries

Interviewee: CarolAnn Hester [CAH], Meganna Schlais [MS] and Elizabeth Hester [EH]

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Interviewed by: Kim Sparks [KS] (PSMFC, NOAA Fisheries AFSC) and JudyJo Matson [JJM] (Naknek Village Counsel)

Transcribed by: Kim Sparks

[Phone call interrupts the beginning of interview; first minute only captured on video. Sounds of canning prevalent throughout interview]

[Video only]

KS So if I can have you all introduce yourselves and say how you got into fishing.

MAS I'm MegAnna, I'm CarolAnn's daughter and I got into fishing basically by being born into it, I've been fishing since I was in my mom's belly (laughs) and I love it!

CAH I'm CarolAnn. I was born into it, subsistence fishing to start with. Stirring my mom's brine when I was three, but before that eating the ends off of king strips hanging on the rack while they dried. Started set netting thirty seven years ago, my dad bought in and we went fishing with him. And he was drifter before that ever since he came to Alaska in the Bay in [19]55 or [19]56 whenever it was—so fishing our whole life. Grew up in a fishing village Levelock and its just the way we do it. It was our way of life. Mom?

EH Yes, I'm Elizabeth Hester and I don't know, maybe I was born into it. [CarolAnn nods affirmation] My whole family were fishermen. But I subsisted, you know, put up smoked salmon and stuff but I never commercial fished out here. I never worked a set net or anything like that.

CAH Actually that's not true.

EH When?

CAH When me and my dad were set netting together, there were some tides were we had

[Audio recording begins]

CAH 17,000 to 18,000 pounds of fish on two set net sites we ran, inside and outside. And mom and my kids would come down and help us. So she set netted even though she doesn't think she did.

EH Well, I wasn't licensed or didn't have a job of set netting

CAH But she still was there doing it.

EH Yeah

CAH So, yeah it's in our blood.

KS Awesome. Can you guys explain what you're doing right now?

CAH Right now we're cutting and jarring strips of salmon to make kippered salmon for our homepack. This is kind of a subsistence process. We just strip fish and smoke it for two days and jar it—and jar it in a pressure cooker. Cook it for an hour and a half. Ten pounds pressure. Comes out just amazingly beautiful. I can show you a jar of our finished product.

KS I would love that.

CAH This is our teriyaki—ginger, soy and brown sugar.

KS Beautiful.

CAH We normally make plain salmon, I'm trying something new this year [fades out as she moves away]

KS okay

CAH here's a jar of what we call nibblers. It's all the ends of the strips. We cut 'em off. It's the same product as the strips. We jar 'em up, skin on. Little bites of heaven.

EH Yeah, the skin is very good for your heart. The oil—

CAH And your blood. And your fingers. And your nails. Its solid calcium and omega three fatty. So no way to get bad out of that. [takes out jars]

KS Can you guys talk about what was—do you guys remember the first time you went fishing? And what that was like?

CAH My first memory of set netting was—the first tide I ever set netted, was blowing about forty miles an hour. We fished with a skiff, a little wooden skiff about three foot sides. Even less. Two and a half foot side boards and twenty eight feet, twenty four feet long. It was a tiny little skiff. It was just frightening to be out there in it, really, really frightening. I cried the whole time. Vomited the whole time 'cause I get seasick, and it was like pick and puke, pick and cry, pick and puke, pick and cry. I got over that—puke part (laughs). If the big waves came up, I'd still cry the whole time. Couldn't stop it, it was all like no control crying. That's my memories of early fishing (laughs) it got better when I quit using a skiff.

In 1994 my dad quit set netting and I took over. He was running a boat storage with my mom and he had broken his back and it was just more than he could do. And he put it in my name, and I just took it and ran with it. And been fishing ever since. My daughter started fishing with me, first my son, who's ten years older than her [MegAnna]. Started fishing with me when he was six. And he fished with me until he was twenty six. The day he cried and hit my fish and I chased him off the beach. MegAnna [daughter] has been fishing with me since she was born, actually working

for me since she was eight. And she just loves it. I wanted to keep her away from it, but I couldn't.

KS Why was that?

CAH She was momma's baby and she wouldn't even let me go out and pick fish without her. She rode in my waders. I spoiled—

MAS One of my first memories of mom trying to leave me behind, I think I was about four years old, maybe five, and it was one of those two/three in the morning go pick the net in the dark and I screamed bloody murder, Please don't leave me, I want to go! You can't leave me behind. So finally after all the screaming and crying, I convinced mom to put me in the truck and I just sat in the truck and slept while they picked the net and after that I never got left behind again.

CAH Never wanted to.

MAS I loved, even in the middle of the night I had to be on that site.

CAH It was awesome for me because I got an automatic fishing partner—that's the best one I ever had.

MAS I spent a lot of time as a child playing with the fish and the flounders

KS So tell me more about your current operation? What does that look like?

CAH Our setnet—it's a walk-in site. We have a really beautiful sand beach, and we can walk right out, half way out on rock hard beach. And we walk. We put totes—dump totes that are on ropes around our neck like a harness, [cross talk] tow em behind us with ice water in them [cross talk] or bay water when its' cold, we just use bay water. On a warm day we put a little ice in it. We pick our fish into those dump totes, tow em up the beach, and pitch them into our delivery brailors which are in giant, colossus totes just lined up on the beach with brailors, water—river water—nd our market comes and picks them up. Lifts them with a forklift that weights them and dumps them into their truck into ice water. So when we deliver our fish, they're fifteen minutes to a half hour old and—

MAS Most of them are still alive

CAH It wouldn't help us to ice them because we don't keep them long enough to chill them. So they just put em in ice for us and we get paid for bleeding and fishing and being amazing.

We deliver our fish, our market picks em up, we rinse all of our totes and gear out and come home. Come home and work on our smoke salmon. Sometimes we bring all our kings home with us and we make smoke fish with those. You just have to record them on your fish ticket and it's the most simple thing you ever did. We don't have to sit out there freezing cold in the boat. We sit in our truck all nice and warm and wait for the water to go down enough to wade out there. When we get head of the tide we take a break and the kids have a cigarette and I warm up. So it's really

easy and fun. When we have five or six thousand pounds—we have the same two hours to pick our net that we have when we have two hundred pounds, so sometimes you have to work really fast and really hard and you're picking a fish a second. And sometimes you just get to stand there and have a conversation and take five minutes to get out each fish. It depends on how many there are and it's really, really great.

KS And who taught you guys how to pick fish?

CAH I think picking fish is something that we just knew how to do from watching as kids. I watched my dad and learned. I watched my mom and learned. First I watched my mom and learned, and then I watched my dad and learned how to do it right (laughs)

EH I never could pick fish (laughs)

CAH You picked a lot of fish. She could pick fish just fine, but for subsistence, just fine. But when you have to pick a fish a second, there's a way to do it and it involves cutting your net and—

EH Well, I never

CAH I take em by the head, find it, so there's just one mesh on the net and pop it and they're done. And it takes [snaps] that long.

EH I never wanted to break a mesh on my net

CAH Yeah, well up in Levelock when we were kids, you didn't have Lummi and SeaMar to go get a new web. Your web was used sometimes for ten years. Just keep it washed and dry and keep it in the dark in the winter and they were made out of nylon and linen, and those old webs were heavy and I don't think you could break them with a knife, you know, without a knife. It would be too hard. But our meshes are nice and just fifty pounds, takes fifty pounds, snaps it right off. So we pick, we deliver, we come home, we subsist. It's a really cool life. I have a garden. We garden, so we're like fish and farm. We have probably—one hundred and fifty hills of potatoes and twenty five cabbages and red and green cabbages, and some broccoli and cauliflower. Lots and lots of beets and kale. Radishes, turnips, spinach. Not a lot, just the stuff that grows really well, and behind you—

EH Lots of herbs

CAH six tubs of tomatoes and ten tubs of basil because I like pesto and tomatoes on my fish. The things that go good with fish we grow up out there. It's all about the fish. It's what we eat the most. These kippers right here, you could take a jar of these little ends and dump them into a pot of spaghetti sauce and it's the most amazing spaghetti you've ever ate. Put in a couple heaping tablespoons of basil garlic and parmesan pesto—

EH we learned that from our Italian friends

KS wow that sounds incredible

CAH Yea, I love it. I asked some of our friends that were buying this stuff from us, what do you do with it? And they're just like, oh sauce. Sauce, we make sauce.

JJM: Have you ever used fish for fertilizer or tried?

CAH My mom did for years in Levelock, and you should have seen her garden. Turnips like this and rootabagers like that were not woody. Just grew that big.

EH Well, we didn't have bears then, you know?

CAH Yeah, there were no bears when we were growing up but now—

EH The first bear recorded was the year we left.

CAH Fish compost might draw in a lot of bears.

EH That's why we don't do it anymore.

KS That brings me to my next question. We're asking people about any environmental changes you've seen over the last couple of years—if there's been anything different with the weather or the fish?

CAH The weather's nice. The fish don't come to shore on a hot year and we have a lot more hot years than we used to. Erosion—I've noticed extreme erosion. I think that affects our rivers a lot because all of that silt is changing the channels. Not just the channels but its changing the little streams.

KS what do you mean?

CAH We get a lot more rain than snow. When snow falls it kind of sits there and then it melts slowly down in, but when it rains it runs off and it takes everything with it. And we get more rain than snow these days, where we used to, you know, in winter get more snow than rain. And I think that winter weather is making a really big difference in the depth and width and—quality of water in our freshwater, in our tiny little estuaries and our little streams.

On the big picture, I don't know. Just seems like it's a lot nicer weather. Rain and wind—if you're a seal or a frog or a salmon fisher—just right. Because rain and wind push the fish in—when it's raining and it's windy, they like to go to shore. Because fish—the shore is—this sort of slope is about like this, and fish—out here the waters deep, they'll ride the surface [gesturing with hands]. But in here, they can ride close to the bottom and it gives them a compression on the water that speeds them up through a thing called ground effect, and fish are really smart that way they just hit the bottom and roll. We have a three hundred pound lead line on our net so it never comes off the bottom, it just stays there. There's no floating. No flagging. It just sits down there and fishes. So our inner half is on the sloping beach and it really fishes hard. And I've noticed that with all our good windy, rainy weather—we catch more fish.

KS really?

CAH Our average used to be like twenty thousand and for the last five years, my average is thirty two [thousand]. Had a sixty five thousand pound year a couple years ago, and I don't know if the warm has anything to do with it on the big picture, the oceans and out here, how much fish is coming back that might have a lot to do—Slims really good management. We had a good manager here for a while. And I think they're continuing that, the new generation of managers up there seems to be continuing—to manage our fishery for a long season and for longevity of the fishery, and I'm really happy to see that.

JJM I miss Slim

CAH I miss Slim too, he was good. He was really good. We got a quiet man who doesn't talk to us much anymore, so—

JJM I don't like him

CAH I do like him, but you don't get to communicate with him much. He's just a quiet man who doesn't communicate well.

JJM Slim was out there talking to the fishermen and wanted to know what they want to know and this guy is just going off of historical facts.

CAH Exactly and he's going off of historical facts from twenty and thirty years ago when this fishery was being very, very poorly managed. Managed for a one week fishery so that all the fishermen could come here, fish, and leave. The outside fishermen. It's not a good story for the market because they get plugged and then they can't buy fish and the fish all go up the river, and it's not a real good story for the streams because when the market is plugged they don't buy fish and ALL the fish go up the river. The streams don't need all the fish necessarily, since they've managed it to make so many more fish than it could. Really good management, but weather! I think it's just good to have sunshine (laughs). We have plenty of sunshine.

KS What's your guys' favorite part about fishing?

CAH Picking in wind with waves crashing over my head. That's my favorite part. Jumping and whooping – the waves come and you know it's a tall, a wave that's taller than the top of your chest waders and you have to jump. And the wave lifts you and pushes you towards shore a little bit, cause you see it coming and turn your back on it so it doesn't get you in the face and go down your throat, into your clothes. So you're standing there just for a few seconds with your back to the wave and hits you and go whewww up in the air, and you land on your feet again. Your tote kind of pulls against you and you just whip around and start picking. I love that. Doing battle with the waves.

KS How about you? [To MegAnna]

MAS My favorite part has always been that tide like mom's talking about, when your net rolls up over the wave and it's just a wall of salmon. It's pretty awesome. Very, very adrenaline making.

CAH Yeah, euphoric (laughs)

MAS Euphoric, yes! Yes! And a wall of fish.

CAH We always get our wall of fish on a BIG southwestern storm that pushes them into the bay and onto shore. And they'll be jumpers everywhere. Fish everywhere. You're out there picking and they're just smacking against your legs with their nose and you get these little round bruises all over your thighs—it's just amazing.

EH: Well, they're going fast when they hit you.

CAH They hit you hard.

MAS We had a set on our subsistence sit last summer—it's only a ten fathom net, but we had about what? Three hundred fish in our ten fathom net and we're knee deep in the water picking and they are literally slamming into our legs in knee deep water and still hitting the net as we're picking.

CAH It was amazing

MAS Our cousin Dillion who was fishing with us that year and this year, he's gone now, but he couldn't believe it. It was the first time he had ever in his life seen anything like that, because he spent his first seven, eight years on a drift boat. And, you know, he's experienced lots of fish but not smacking into your legs while they're trying to go upriver. (laughs)

CAH The thing he said about it was just really moving to me, because I had never considered it quite like that—he said, I really love how you actually are in contact with the fishery. He said, On a boat, yeah they come over and you pick em and you're touching them, he said, This this different. He said this is wild. This is like the fishery is you. Wow (laughs). It was neat.

[Video ends; audio only – sink is on]

KS Could you tell me more about what you were saying earlier about women being the first ones to set net out here?

CAH Well, I don't know that it's an actual fact, it's what I love to believe.

KS oh, okay

CAH Because I watch all the older families set netting, and it's like Anna Chacon, Alma Anderson, help me out here [to JudyJo] Violet Wilson, who was Violet Rowel, Violet Herman, Groot—she's gone through a few husbands down the generations, but she never stopped fishing with her family, and now her great grandchildren are fishing out on their site. JudyJo and her kids fish on their site. My grandma Palm was a

fisher. The [Savel?] ladies. [cross talk] So it's very much generational and women in the industry has been an always thing.

My favorite set netter when we first moved down here, I was thirteen years old, was a lady we called Grandma Nicolette. She was the oldest lady in the industry, a whole generation older than all the other women I'm talking about, like 70 when they were 50, my age. I'm almost 60, but you know, around my age—anyway, these women have been fishing out here ever since I can remember. Ever since my mom can remember—and women in the fishery, in boats is really quite rare for our past. Women in the set netting industry it was just—the people who did it, was the women and kids. Take their kids to the beach, live in their beach cabin, fish hard all summer long and come out and take their small wage from the cannery. In old times, the cannery would give you an average of four pounds per fish and count your fish.

KS really?

CAH yeah. My dad delivered fish for Nelbro back in the late 50s. And he—he said one day he was down there delivering fish and they had a four pound average, and the ladies on the point were all complaining and there was this one frisky little lady, Alma Anderson, she was like, Doug Hester, I don't like this four pound. This four pounds is not fair! and she picks it up, a fish almost her size cause she was a little tiny, four foot two person—and she goes, You know this fish is eight pounds! My dad says, Yes but we get the average from the cannery Alma and I can't change that weight for you. He says, What I can do, is this. And he picked up her fish and he threw it over the top of the truck. And he counted it. And he went back over and threw it back. Counted it again. And he did this for three truck loads a fish, and just gave those ladies a fair weight for their fish. A few days later when another guy was taking fish, and he didn't know about this little trick, they got mad again. We don't like this four pounds. And he was like, Well, you gotta take it, sorry. So the next tide, something happened, and the iron chink that cuts the heads off just shattered, and he went and changed it. And it shattered again in a few minutes. And they went through four iron chinks, the blades in it, before they realized the neck of every few fish had a rock in it. So dad got his roll down on the beach, he was on the night tides, and they were on the day tides, and he comes down around the point—and this women is kneeling down with her back to him. And she's just grabbing a fish and going like this [motion of stuffing fish] and grabbing a fish and going like this [motion of stuffing fish]. He pulls into her and she jumps up and, Ok, Doug Hester you can take my fish. (laughs) She was stuffing a rock in the neck of every fish to make it fair. Give a little extra weight. I thought that was really cute.

KS That is amazing

CAH Very, very historical fishing women, like god back in 1956, that's how many years ago? Like sixty. Sixty years ago. So women in this industry has been a long time. I mean, I'm a fourth generation fisher.

KS Are you?

CAH But my grandma, great grandma didn't fish here. She fished in Nushagak. She had her large family of children—thirteen, fourteen children over there and they were

all fishers. Half of em girls and half of em boys, and they all fished. That was pretty cool. Maybe it was more like two thirds girls and one thirds boys, but still yeah, all women fishers in our family since way back.

[Audio stops; Video only]

MAS The Native culture in general seems like subsistence wise, fishing was always the women's job and the men would go out hunting.

CAH Yeah, its true

[break]

KS So what type of fish is this called again?

CAH This is what I call kipper. We smoke it for two days, do this and pressure cook it, so kippered salmon.

MAS Sockeye salmon

CAH Yes, sockeye salmon. You know, kippered snacks you get from Norway that's herring, it's sort of the same thing. You just brine it, smoke it and jar it. They can it. When I was little, when I was a young person my mom canned in cans and we had a sealer and the little kids would get a dime a can for sealing. And thousands—

JJM Still did that when I was little

CAH Yeah, my kids did it for my mom and my brothers did it for my mom

MAS Counter sealer; It just clipped onto the side of the table on the counter and you'd sit there and roll the cans shut, it was lots of fun.

CAH Good job for young children! A great way to get them involved. You want them to learn to love this industry if its going to be their livelihood because it sucks to have a job you hate. Its why I let my son go. He finally hated it enough to where he didn't want to do it anymore. I could have forced him to stay

MAS It's certainly not for everyone.

KS What type of person makes a good fisherwoman or man?

MAS Somebody that doesn't mind really intensive hard labor, sleep deprivation and eating a lot of fish always helps. If you have someone who loves to eat salmon, takes a lot out of your food bill every year.

CAH True

MAS Joyful people. You don't want someone who is naturally crabby and cranky because the stress this job puts on people just makes it explode. I've seen lots of people come

- from out of town and even a few local folks just like mom said, you either love it or you don't and they didn't. And very, very upset crying. I've seen grown men cry a lot.
- CAH I've seen grown men cry cause I was yelling at them.
- MAS And they just didn't have the chutspa to be able to sustain themselves in this kind of work. And I've met women that don't like it either, but for some reason women really do seem a lot more capable to handle the kind of stress that is involved in fishing. And subsisting and the whole works.
- CAH A lot of it is tired. You know, you're working around the clock, you're not getting a lot of sleep. Go back out set netting, come home and cut fish. Sometimes we have one hour of sleep between tides. For a week straight we work twenty hours a day here, and sleeping four hours at night. It wears on your emotionally and mentally being that tired from your sleep and deprived.
- MAS It's miserable
- CAH Yeah, in the meantime, you're just breaking yourself physically against the elements and the weight of your totes—the constant, just the constant labor. Labor and your muscles just work, work, work. Our hands—I lay in bed sleeping and my hands are on the pillow going 'oh, oh, oh,' and this is my normal breathing when I sleep, my boyfriend can't even sleep with me—and it's because of pain. Because we got tendentious so bad. By now we've worked it all out and we're so used to it but you know that first week is really hard. You get up, put some hot water in the sink you stand there and you press your hands into it until they finally stretch open in the steaming hot water and go, oh yeah, kind of quaking because it still really hurts. Gradually the heat wears it off, you dry your hands. You slather on a ton of icy hot, put on your gloves and go fishing.
- MAS Icy hot is our best friend this time of year.
- CAH Just put your gloves over it and go fishing and everything gets all better real soon. First five or six fish hurt a little bit, after that you're good to go.
- MAS I'm only twenty eight and for the last three years now I've got the same problem mom has, when I sleep if I don't find a way to flatten my fingers—this is their natural resting position now [shows cupped hands] instead of actually having them out actually takes some effort to make my fingers go straight nowadays. They just want to be curled over.
- CAH You find yourself sleeping like this [hands curled in towards chest]
- MAS Yeah, just wake up and your hands are just totally numb to the point where its [inaudible] I got tendentious so bad one year my wrist
- [Video stops; audio only]
- MAS I couldn't even lift a fish because the minute I used pressure with my thumb, this whole set of tendons and muscles would just give out. And I wrapped it in an ace

bandage and found a really nice armbrace to put and I would wear that underneath my gloves so that I could keep picking fish all summer. The pain was excruciating, but as long as I had the brace on, I could pick a fish. (laughs) And it worked really well.

CAH That's what I mean by perseverance. You just don't quit. You can't say outload I can't do this anymore.

MAS Yeah

CAH We do say outload, I'm so tired I wish I didn't have to do this anymore. But we know we have to. It's our livelihood.

MAS And I wouldn't have it any other way to be honest. I've been fishing and fishing and I've lived in the city and had real jobs before and—one summer in Anchorage I decided to stay and have this opportunity at a spot I was working at, I was supposed to make a bunch more money than I was already making, and it was the most depressing summer of my life. I would wake up in the middle of the night, wide awake, sitting up in my bed—its high tide. Mom's home picking fish and its high tide and I would just cry for the entire summer. It was terrible. A really weird thing that your body does once you get so acclimated to fishing season—I start waking up in January at high tide, it's like something inside me just knows that it's time to go. And it's a wonderful feeling, but at the same time, it's kind of a pain in ass (laughs).

CAH Not so good in January

MAS In January you do want to get your sleep (laughs)

CAH We were on vacation in January in California and Oregon out on the coast, and the waves and the water—and I started sleeping like a baby again, and waking up at high tide. It was awesome. Doesn't matter where you are in the world, it affects you. You just acclimate to that and do it.

KS I have one more question for you guys. What does a subsistence lifestyle mean to you?

MAS To me it means everything because I make all of my winter homepack during subsistence season here. I bring about a hundred and fifty pounds of frozen, filleted salmon down to Washington with me that I live on during the winter with my boyfriend—this kippered salmon that we're making—also sustains us—

CAH Cases

MAS I use it a lot for cooking. I make casseroles and soups and we basically live on fish all winter long, me and my boyfriend. We eat it two or three times a week sometimes—and I just love the idea of being able to put up your own product and sustain yourself off of it and the fact that its such a renewable resource at this point and time—I don't think I could live without it. If I had to buy fish at the grocery store I would just be pissed. (laughs) I feel very sorry for people that don't know any better and buy that nasty farmed fish (laughs).

CAH Another thing about subsisting is, like she said, buying. It keeps you from having to purchase a lot of meat. We don't get the caribou here like we used to, and I haven't shot a moose in five years even though I hunt every year. They're just not out there like they used to be. And fish—like she said – sustains us. We can afford to eat meat two or three times a week – meat of some kind – fish, pork, chicken, whatever—gizzards, oh god I love fried gizzards. But you can't live on gizzards, you know, it takes nutrient and here it is. All natural and free. Free if you just put a little labor and love into it, you have the best food you could possibly eat from anywhere on earth. Fish is the best food for us. Meat clogs our heart. Birds have their own element of bad fat that's not good for us to eat every day. When I say birds, I don't mean ducks and geese and wild birds, I mean chickens. Pork is just plain bad for you. If you eat pork every day, you will go crazy. It affects your brain. It's not a good food—to eat every day. It's a good food. God, I love pork. Oh pork belly!! But you know, once a month. Not once a week. But fish, three times a week all winter, in some form. I make this sausage that is to die for. It uses shrimp from Kodiak. Halibut from here in the bay, and salmon. And then a French **triade**, celery, onion, carrot. Grind it all up together in the right—the right proportion, the right ratios, you know, to get the recipe.

KS Yeah

CAH I'm not giving it away (laughs) cause its my recipe. I made it up—so I used these three kinds of fish and I call it salmon sausage, but sometimes I call it fish sausage because some people don't like salmon. And it's the best sausage you ever ate. And so we eat that a lot.

EH I like it

CAH And along with our kippers, our regular jarred salmon, frozen salmon—we bake it. Casserole it. Fry it. Boil it. Every way you can imagine—take it and just—

MAS I'm getting ready to salt fish soon in a couple of days, so we can make pickled fish.

CAH And ceviche, did you see Carla's ceviche?

KS I don't think so

CAH Carla is my cousin.

KS Okay

CAH And she got this recipe, I'm pretty sure, from me (laughs) because you're looking at Carla's ceviche right here [open's refrigerator to show ceviche] but this is CarolAnn's ceviche Greco. This is my ceviche Greco recipe. And this is what it looks like—salted salmon chopped really fine with herbs and spices and little vegetables, feta cheese, Danish feta cheese—very, very gourmet recipe that takes a plain thing that we learned from Italians a long time ago—they said you just chop salted salmon. Put in some pepper, some lemon and some basil and olive oil, and eat it. Leave it sit for a minute. The lemon cooks, the acid, citric acid just cooks the fish

ever so slightly so that it's not raw anymore, its cured and cooked. So that was plain and it was very fishy. Very, very fishy. And if you didn't use really, really clean new salt fish, it'd get even fishier. And I couldn't deal with the fishy, so I put all of these, you know, when I had old salt fish, I would put all of these herbs and spices—I chopped five kinds of olives and put in it, and so it's full and rich with vegetables, herbs, and cheese with some fish. Instead of this fishy product that's got a lot of oil in it.

KS That sounds delicious

CAH So yeah, this is the kind [shows KS ceviche] My cousin Carla has perfected it to—I don't know man, look better than mine (laughs). I don't know, it might be better than mine (laughs).

End of Interview