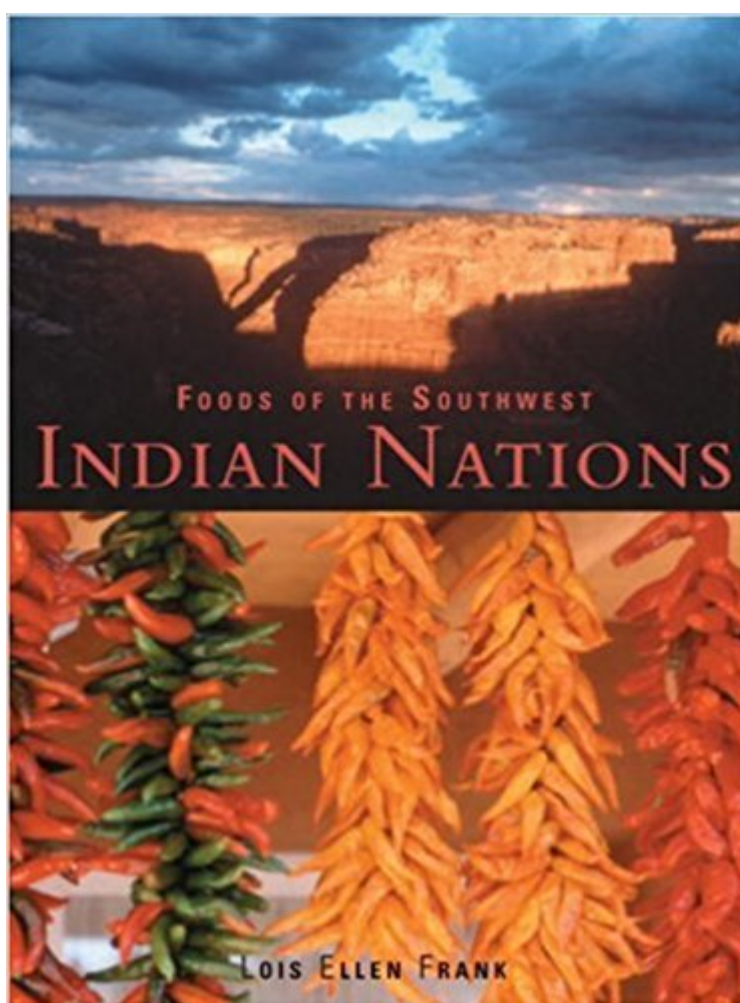


The book was found

Foods Of The Southwest Indian Nations: Traditional And Contemporary Native American Recipes



Synopsis

In this gloriously photographed book, renowned photographer and Native American “food expert” Lois Ellen Frank, herself part Kiowa, presents more than 80 recipes that are rich in natural flavors and perfectly in tune with today’s healthy eating habits. Frank spent four years visiting reservations in the Southwest, documenting time-honored techniques and recipes. With the help of culinary advisor and Navajo Nation tribesman Walter Whitewater, a chef in Santa Fe, Frank has adapted the traditional recipes to modern palates and kitchens. Inside you’ll find such dishes as Stuffed Tempura Chiles with Fiery Bean Sauce, Zuni Sunflower Cakes, and Prickly Pear Ice. With its wealth of information, this book makes it easy to prepare and celebrate authentic Native American cooking. Includes sources for special ingredients and substitutions. Chapters are organized by the staples of Native American cuisine: corn, vine-growing vegetables, wild fruits and greens, legumes, game birds, meats, fish, and breads.

• 2003 James Beard Award Winner
• “A stunning new cookbook.” —Accent West
• “A wonderful introduction to America’s oldest cuisine.” —Phoenix magazine
• “One of the most stunning books of the year.” —Austin American Statesman
• “Gorgeous . . . exceptional.” —New Age Retailer

Book Information

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Customer Reviews

LOIS ELLEN FRANK is based in Santa Fe, New Mexico. She has a master’s degree in cultural anthropology from the University of New Mexico with a focus on Native American foods and plants. Currently, she is a featured cooking instructor at the Santa Fe School of Cooking.

The photos are worth the price of the book.

a tremendous book on many levels.....academic, recipes, photos, moreHer recipes are very good.

Great recipes.

Gorgeous photography. Interesting background in each section. Some of the type didn't transfer well in the Kindle. It's mainly just some of the titles for recipes and a few of the servings numbers at the end of recipes. Also, some of text boxes were not aligned correctly. It wasn't too big of a deal though. I was able to figure out the proper placement based on context. I'm glad I bought it though; the photography alone is worth it.

Great receipes.

Enjoyed history and recipes.

This is a book to be used and an excellent tabletop conversation piece. The photos are stunning. If you like cooking shows you could just read this book cover to cover. This book is destined to be handed down generation to generation.

This is a beautiful book. It is interesting to read and helps explain the culture of the Southwest. My only hesitation in recommending it is that the recipes tend to be impractical for northern urbanites. I love the idea of having two kinds of Indian cuisine on our list of recipes we make regularly; sadly to say, nothing from this book made it.

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Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec
Book 1) Whole Food: The 30 Day Whole Food Challenge â Whole Foods Diet â Whole Foods
Cookbook â Whole Foods Recipes (Whole Foods - Clean Eating) Whole: The 30 Day Whole
Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose
Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Easy

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