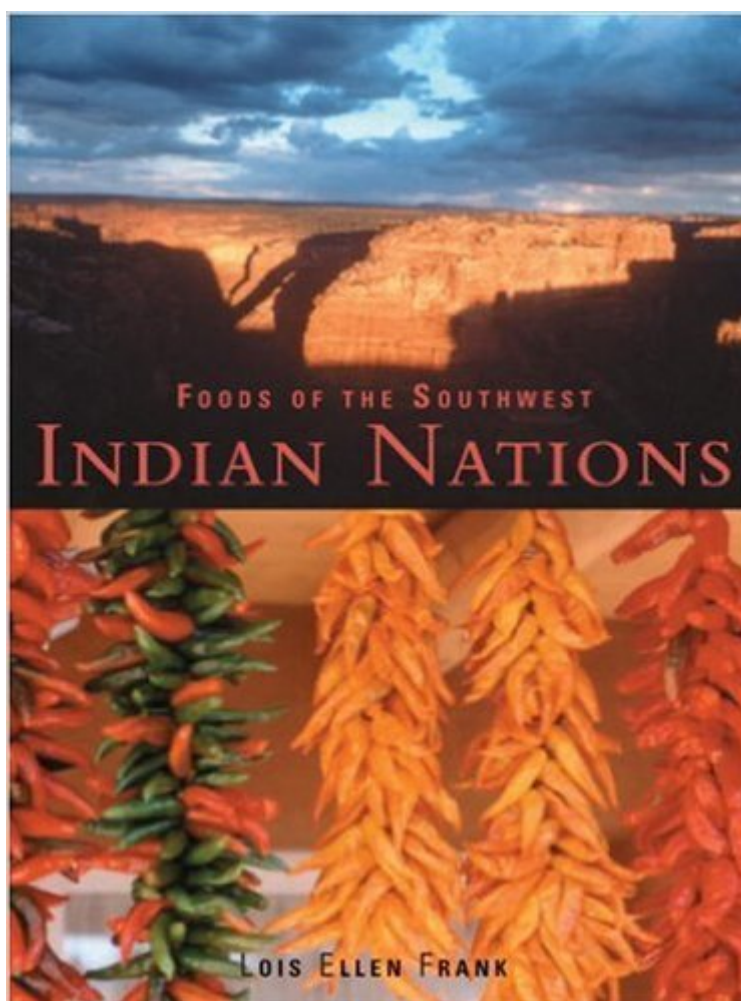


The book was found

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

Reviews

- “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

Hardcover: 208 pages

Publisher: Ten Speed Press; 1 edition (August 6, 2002)

Language: English

ISBN-10: 1580083986

ISBN-13: 978-1580083980

Product Dimensions: 7.8 x 0.7 x 10.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (18 customer reviews)

Best Sellers Rank: #273,610 in Books (See Top 100 in Books) #17 in Books > Cookbooks, Food & Wine > Regional & International > Native American #77 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Southwest

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.

[Download to continue reading...](#)

Foods of the Southwest Indian Nations: Traditional and Contemporary Native American Recipes
Indian Cooking: for Beginners - Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary
Traditions (Indian Food Recipes - Indian Food Cookbook for Beginners) Native American Cooking:
Foods of the Southwest Indian Nations Native America: A Concise Guide To Native American
History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery,
American Archaeology, Genocide, Aztec) Whole Food: The 30 Day Whole Food Challenge - Whole
Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating)
Traditional Recipe Cookbook Box Set (2 in 1): Over 85 Amish and Native American Delicious
Passed Down Recipes Across the Country (Farmhouse Foods) Native Harvests: American Indian
Wild Foods and Recipes First Nations and Native American Cookbook: Recipes from North
American Tribes (Historical Cookbooks) (Volume 1) Shrubs and Trees of the Southwest Uplands
(Popular series - Southwest Parks and Monuments Association ; no. 19) Canoe and Kayak Routes
of Northwest Oregon and Southwest Washington, 3rd Edition: Including Southwest Washington
American Indian Cooking: Recipes from the Southwest Whole: The 30 Day Whole Foods
Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight
(Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole
Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High
in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods
American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library
of American Indian History) Corn Is Our Blood: Culture and Ethnic Identity in a Contemporary Aztec
Indian Village (The Civilization of American Indian Series, Vol 206) I Have Spoken: a Chapbook of
Native American Poetry by a Native American author The Book of Indian Crafts and Indian Lore:
The Perfect Guide to Creating Your Own Indian-Style Artifacts Fermented Foods for a Healthy Gut:
9 Traditional Fermented Foods that Boost Digestive Health The GMO Takeover: How to Avoid
Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO
Foods and Monsanto to Stay Healthy Book 1)

[Dmca](#)