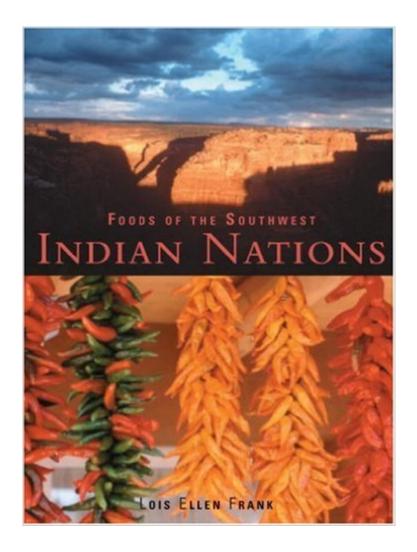
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Foods Of The Southwest Indian Nations: Traditional And Contemporary Native American Recipes





Synopsis

In this gloriously photographed book, renowned photographer and Native Americanâ "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. Â Â Â Â Â Â Â Â Â Â Â A Awards2003 James Beard Award WinnerReviewsâ œA stunning new cookbook." â "Accent Westâ œ[A] wonderful introduction to America's oldest cuisine.â •â "Phoenix magazine â œOne of the most stunning books of the year.â •â "Austin American Statesman â œGorgeous . . . exceptional.â •â "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 Â 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 masterâ [™]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.

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