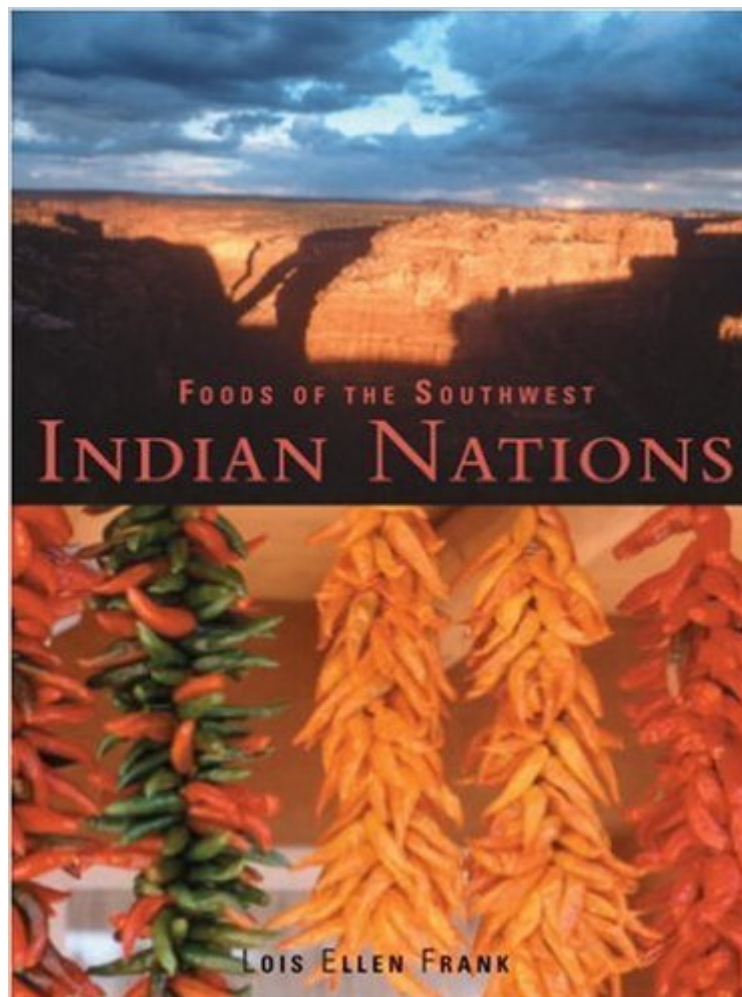


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Foods Of The Southwest Indian Nations: Traditional And Contemporary Native American Recipes



Synopsis

In this gloriously photographed book, renowned photographer and Native 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
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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)

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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.

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