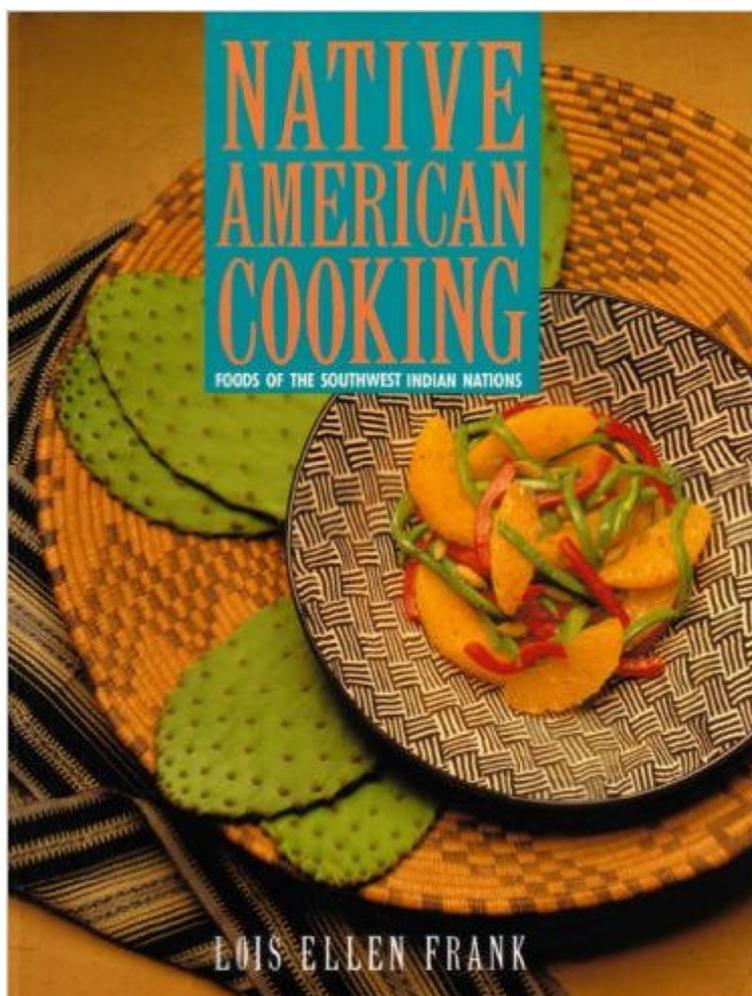


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# Native American Cooking



## Synopsis

Book by Frank, Lois Ellen

## Book Information

Hardcover: 160 pages

Publisher: Random House Value Publishing (September 20, 1995)

Language: English

ISBN-10: 0517147505

ISBN-13: 978-0517147504

Product Dimensions: 0.8 x 7.8 x 10.2 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #882,585 in Books (See Top 100 in Books) #45 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#) #3451 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#) #4950 in [Books > Deals in Books](#)

## Customer Reviews

I was hunting for a recipe of Indian Frybread because we'd eaten it up at the Makah Nation's summer celebration & wanted some at home. I found Native American Cooking: Foods of the Southwest Indian Nations & gave my Southwest-raised Webmaster a palatable surprise. I also tried Pozole because hominy has such a primal aroma & flavor - incredible & so simple! We do not, of course, eat anywhere near as elegantly as the photos which present Cornsicles, Arrowheads of Blue Cornmeal Gnocchi or Lamb Stuffed Chiles or Cactus Pad Salad with Fiery Jalapeno Dressing. However, Hohoise Ice or Prickly Pear Ice refresh us up here in our plain bowls just as well! The Adobe Bread was heavenly, the Dandelion Salad with Mustard Greens Vinaigrette was energizing & the Picuris Indian Bread Pudding with Apricot Sauce - dreamy! What I liked the most was bringing home the sights, smells, tastes & textures of a sunburned country & its people - both in the ingredients I hunted up & Lois Ellen Frank's book. For a taste of the American Southwest & a glimpse into what has sustained healthy & contented generations, I heartily recommend this one - the recipes work & can easily be adapted to wherever you happen to have settled.

Fantastic book which includes beautiful photos of what the dishes should look like -- a must for cooks new to this genre of ethnic cooking. A lot of the recipes were similar to South American and Hispanic dishes, so it wasn't as "different" or difficult as I might have thought. All of the recipes were

easy to follow -- and my guests just loved them. I highly recommend getting this book!

I have had this book for over 20 years now. Caught my interest back then. Going through my books , I came across it and brought it out to have a look-see. Now I know why it is I have it. With an Indian Heritage, I must have wanted to connect. I came across an ingredient for "Culinary Wood Ash". They tell you how to make it or substitute it for baking soda. Has something to do with the mineral content. I will be reconnecting and trying a many a recipe. Has some great pictures.

Has a little history along the way. Covers a large area. is very informative. Many of the recipes are in the authors othe book 'FOODS OF THE SOUTHWEST INDIAN NATIONS'.

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Bibliography (Bibliographies and Indexes in American History) The Land Looks After Us: A History of Native American Religion (Religion in American Life) Cookbooks for Fans: Dallas Football Outdoor Cooking and Tailgating Recipes: Cookbooks for Cowboy FANS ~ Barbecuing & Grilling Meat & Game (Outdoor Cooking ... ~ American Football Recipes Book 3)

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