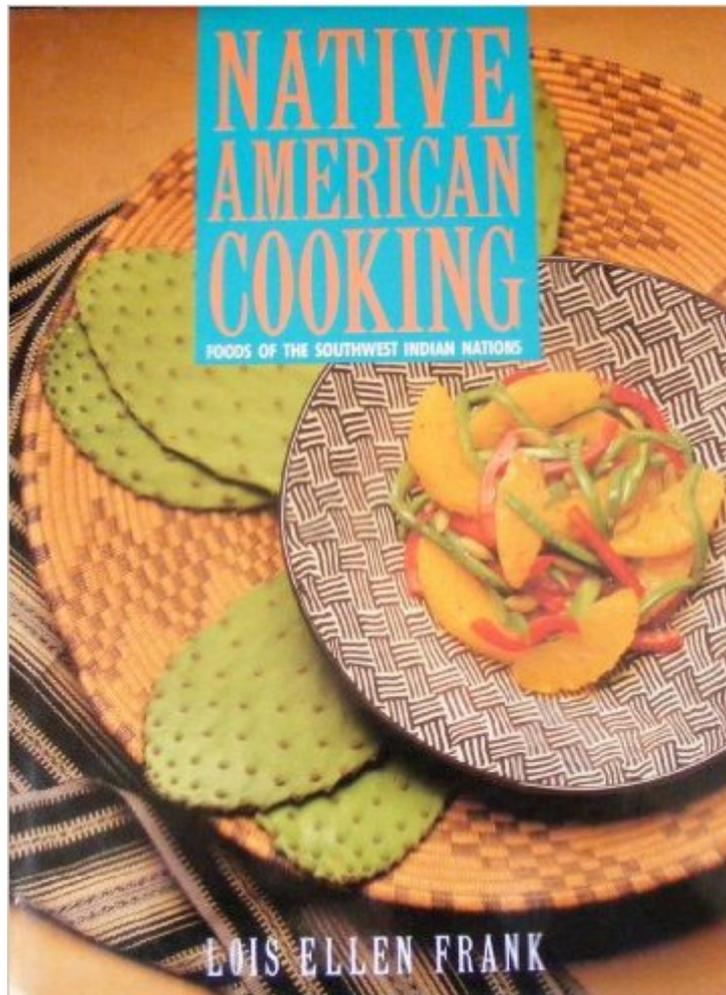


The book was found

# Native American Cooking: Foods Of The Southwest Indian Nations



## Synopsis

Foods of the Southwest Indian Nations

## Book Information

Hardcover: 160 pages

Publisher: Clarkson Potter; 1st edition (April 30, 1991)

Language: English

ISBN-10: 0517574179

ISBN-13: 978-0517574171

Product Dimensions: 0.6 x 7.8 x 10.2 inches

Shipping Weight: 1.8 pounds

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

Best Sellers Rank: #1,504,027 in Books (See Top 100 in Books) #70 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#) #5241 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#)

## 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'.

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

Native American Cooking: Foods of the Southwest Indian Nations Indian Cooking: for Beginners - Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary Traditions (Indian Food Recipes - Indian Food Cookbook for Beginners) Foods of the Southwest Indian Nations: Traditional and Contemporary Native American Recipes 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) American Indian Cooking: Recipes from the Southwest 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 Native Harvests: American Indian Wild Foods and Recipes Indian Cooking Unfolded: A Master Class in Indian Cooking, with 100 Easy Recipes Using 10 Ingredients or Less First Nations and Native American Cookbook: Recipes from North American Tribes (Historical Cookbooks) (Volume 1) American Indians and the Law: The Penguin Library of American Indian History (Penguin's Library of American Indian History) 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 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 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) GMO Free Diet: The Ultimate Guide on Avoiding  
GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non  
GMO Foods, Genetically Engineered Foods, Monsanto) When Money Destroys Nations: How  
Hyperinflation Ruined Zimbabwe, How Ordinary People Survived, and Warnings for Nations that  
Print Money

[Dmca](#)