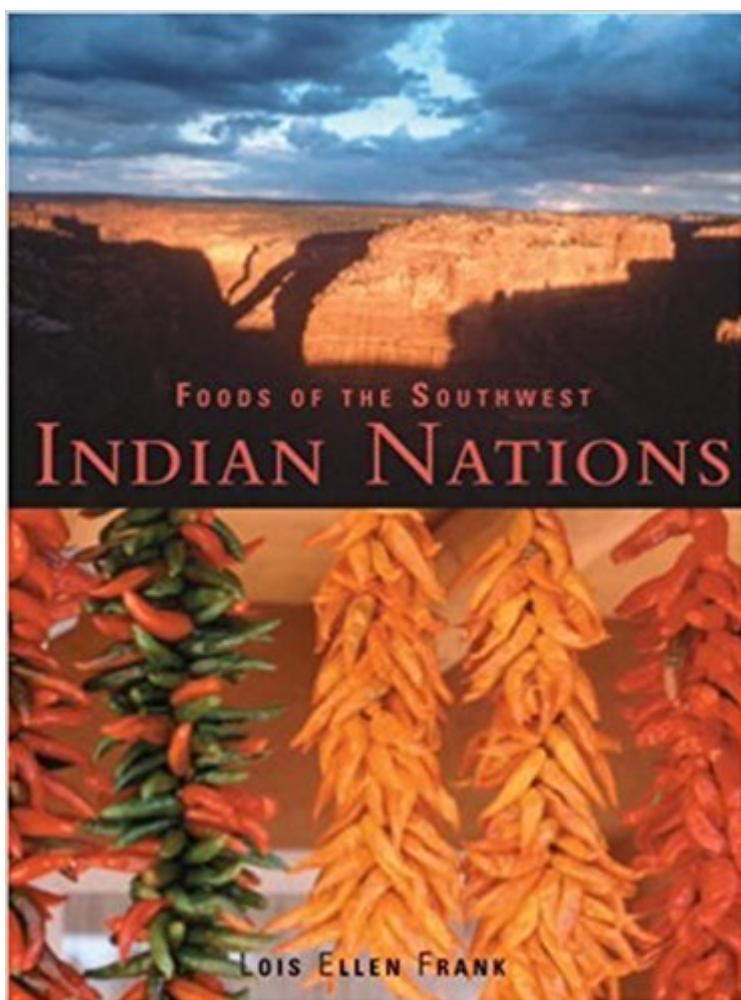


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# Foods Of The Southwest Indian Nations: Traditional And Contemporary Native American Recipes



## 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. **Awards** 2003 James Beard Award  
WinnerReviews "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

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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.

The photos are worth the price of the book.

a tremendous book on many levels.....academic, recipes, photos, moreHer recipes are very good.

Great recipes.

Gorgeous photography. Interesting background in each section. Some of the type didn't transfer well in the Kindle. It's mainly just some of the titles for recipes and a few of the servings numbers at the end of recipes. Also, some of text boxes were not aligned correctly. It wasn't too a big of a deal though. I was able to figure out the proper placement based on context. I'm glad I bought it though; the photography alone is worth it.

Great receipes.

Enjoyed history and recipes.

This is a book to be used and an excellent tabletop conversation piece. The photos are stunning. If you like cooking shows you could just read this book cover to cover. This book is destined to be handed down generation to generation.

This is a beautiful book. It is interesting to read and helps explain the culture of the Southwest. My only hesitation in recommending it is that the recipes tend to be impractical for northern urbanites. I love the idea of having two kinds of Indian cuisine on our list of recipes we make regularly; sadly to say, nothing from this book made it.

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Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec Book 1) Whole Food: The 30 Day Whole Food Challenge → Whole Foods Diet → Whole Foods Cookbook → Whole Foods Recipes (Whole Foods - Clean Eating) Whole:

The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) Easy Jamaican Cookbook: 50 Unique and Authentic Jamaican Recipes (Jamaican Cookbook, Jamaican Recipes, Jamaican Cooking, West Indian Cookbook, West Indian Recipes, West Indian Cooking Book 1) Mythology of the American Nations: An Illustrated Encyclopedia Of The Gods, Heroes, Spirits, Sacred Places, Rituals And Ancient Beliefs Of The North ... Indian, Inuit, Aztec, Inca And Maya Nations CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA The Iroquois: The Six Nations Confederacy (American Indian Nations) Most Popular Caribbean Recipes Quick & Easy!: Essential West Indian Food Recipes from the Caribbean Islands (Caribbean recipes, Caribbean recipes old ... recipes cookbook, West Indian cooking) Native Harvests: American Indian Wild Foods and Recipes American Indian Law: Native Nations and the Federal System, 2015 American Indian Law: Native Nations and the Federal System Southwest Recipes: Discover Delicious Southwest Recipes from the Southwestern States Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Medicinal Plants of the American Southwest (Herbal Medicine of the American Southwest) The Native American Cookbook Recipes From Native American Tribes A Broken Flute: The Native Experience in Books for Children (Contemporary Native American Communities) Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Dreaming in Indian: Contemporary Native American Voices Corn Is Our Blood: Culture and Ethnic Identity in a Contemporary Aztec Indian Village (The Civilization of American Indian Series, Vol 206)

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