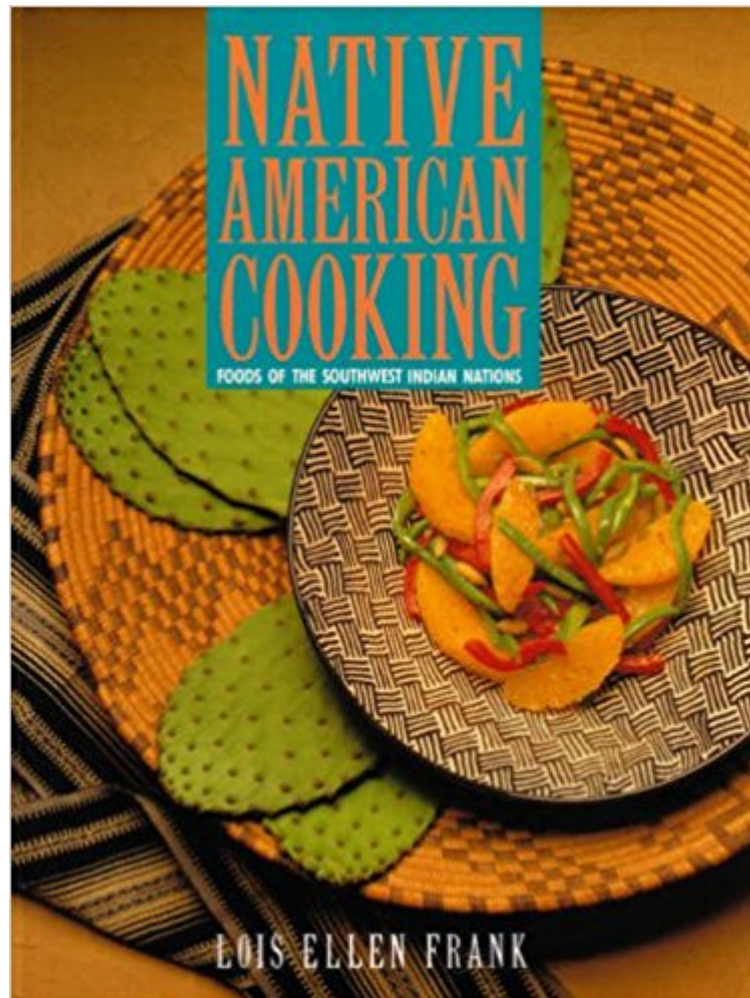




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# Native American Cooking



## Synopsis

Book by Frank, Lois Ellen

## Book Information

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## Customer Reviews

Book by Frank, Lois Ellen

Not quite what I expected but does have some really good recipes.

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

Traditional. This is a true traditional native american "southwest" cookbook. Definitely speaks to the heritage and provides the basics.

great book for indian cooking.

Great book. Easy transaction

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.

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.

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!

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