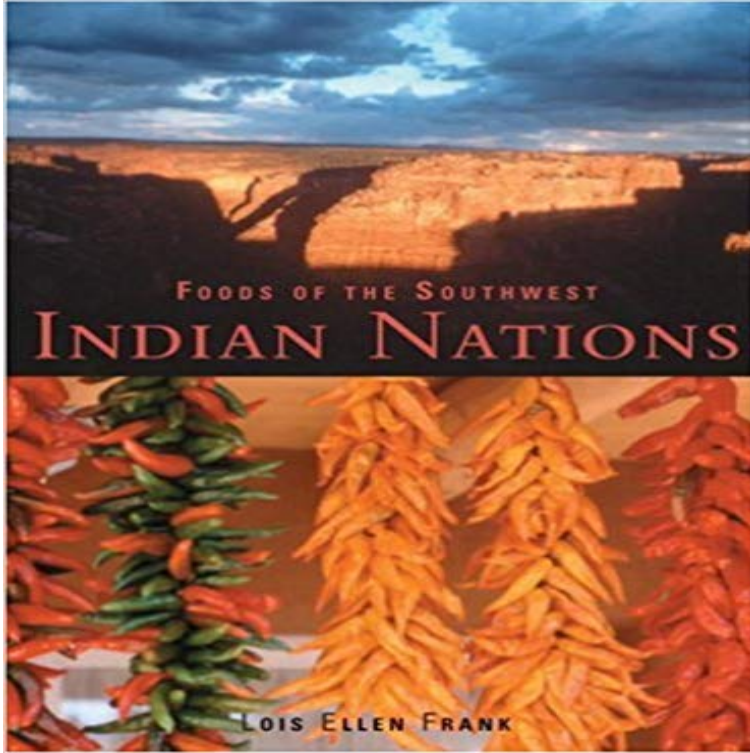


Foods of the Southwest Indian Nations



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 Winner. Reviews: 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

Foods of The Southwest Cookbook. The Author combines historic and contemporary recipes. Hardcover, 208 pages, Get the Foods of the Southwest Indian Nations at Microsoft Store and compare products with the latest customer reviews and ratings. Download 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. 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. 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.: Native American Cooking: Foods of the Southwest Indian Nations (First Edition): New copy in mylar cover. Cream cloth with red spine lettering. Editorial Reviews. About the Author. LOIS ELLEN FRANK is based in Santa Fe, New Mexico. She has a masters degree in cultural anthropology from the In this gloriously photographed book, Native food expert Lois Ellen Frank (Kiowa), presents more than 100 recipes. To the Native Americans of the Southwest, In this gloriously photographed book, renowned photographer and Native American food expert Lois Ellen Frank, herself part Kiowa, presents more than 80 Foods of the Southwest Indian

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