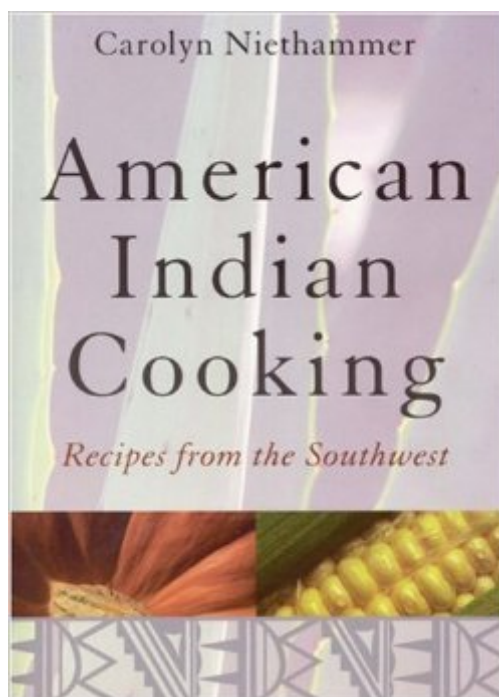


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# American Indian Cooking: Recipes From The Southwest



## Synopsis

This handy cookbook is an enjoyable and informative guide to the rich culinary traditions of the American Indians of the Southwest. Featured are 150 authentic fruit, grain, and vegetable recipes—foods that have been prepared by generations of Apaches, Zunis, Navajos, Havasupais, Yavapais, Pimas, and Pueblos. These tasty, unique dishes include mesquite pudding, Navajo blue bread, hominy, cherry corn bread, and yucca hash. American Indian Cooking also boasts wonderfully detailed illustrations of dozens of edible wild plants and essential information on their history, use, and importance. Many of these plants can be obtained by mail; a list of mail-order sources in the back of the book allows everyone to sample and savor these distinctive, natural recipes.

## Book Information

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Average Customer Review: 3.8 out of 5 stars— See all reviews (6 customer reviews)

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## Customer Reviews

Based on wild/natural foods grown and gathered by Native Americans of the Southwest, American Indian Cooking presents a wealth of information on plants, uses and updated recipes for their consumption. Each plant is listed, described and illustrated painstakingly, followed by the plant's uses and recipes for serving. A great deal of Native American agrarian history is effortlessly presented in this attractive book. Some eye catching recipes are given for: Saguaro Cactus Jelly, Sweet Pumpkin Muffins, Walnut Corn Bread, Roasted Pumpkin Seeds, Blue Corn Mush with Onion Gravy, and Zuni Succotash. Take a walk in the desert and see what wonderful edible plants nature has provided.

It's mind-blowing to realize how many plants i considered weeds or merely ornamental are edible.If i ever get stuck in the wilderness, i'll now know many more foods to stay alive on.Unfortunately, many of them take extensive prep to make them palatable.But i'm planning to share a meal of them with adventurous neighbors.

Carolyn Neithammer is great! You can't go wrong with her cookbooks. Her recipes are absolutely traditional, and the book also gives good wild-food foraging and processing information, as well as background information about the foods.

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