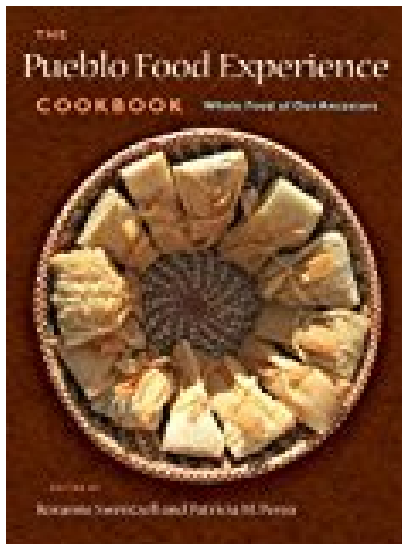


The Pueblo Food Experience Cookbook Whole Food of Our Ancestors



BOOK DETAILS

- Author :
- Pages : 120 Pages
- Publisher : Museum of New Mexico Press
- Language : English
- ISBN : 089013619X



BOOK 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 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 From the Hardcover edition.

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