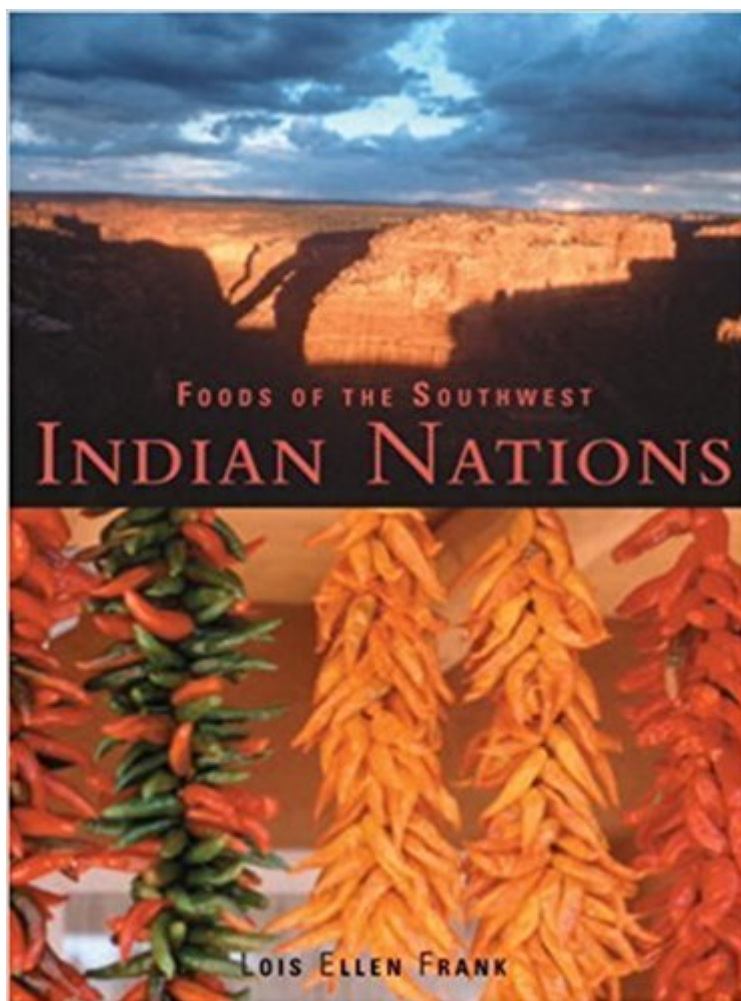


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# Foods Of The Southwest Indian Nations



## 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.

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

## Book Information

Hardcover: 208 pages

Publisher: Ten Speed Press; 1 edition (August 6, 2002)

Language: English

ISBN-10: 1580083986

ISBN-13: 978-1580083980

Product Dimensions: 7.8 x 0.7 x 10.3 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (18 customer reviews)

Best Sellers Rank: #368,306 in Books (See Top 100 in Books) #20 in Books > Cookbooks, Food & Wine > Regional & International > Native American #78 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Southwest

## Customer Reviews

It is easy to cook from these recepies and they work! I can't put this book down; it is so gloriously photographed and with such artistry and respect for Native American culture. Even those with no interest in food, will relish the photographs. The food is modern and healthful and edible.

Lois Ellen Frank conveys great passion for Native American culture in this book. An obviously well deserved win of the James Beard award. A wonderfully delicious, colorful and informative writing on American Indian Foods!

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.

I ordered 150 of these magnificent cookbooks for a large group of corporate meeting attendees and everyone loved them! I have never received more compliments on a meeting attendee gift. Ms. Frank does an incredible job of enlightening her readers on the cultures and culinary expertise of Native Americans. The photographs are so remarkable that you feel her dish sitting right in front of you. Not only did our group receive this most extraordinary cookbook, but Lois Ellen Frank and Walter Whitewater came to our event in Santa Fe and personalized every single cookbook for all 150 people! Ms. Frank was gracious enough to give personal attention to every individual and share stories of the successes of her cookbook. I could never have asked for a more successful event, thanks to the magnificent work of a culinary genius! Thank you Lois!

What's most fun about this book is that even if you only wind up cooking a handful of recipes (like me), it's still a lot of fun to read. Some of the recipes are too involved for a neophyte like me but southwestern cooking (i.e., using all the spices native to that area) is clearly one of the most underrated culinary experiences around. A good chile paste or even chile powder has a flavor that can't be matched by the "usual culprits" - oregano, thyme, sage, etc. So, yes, this book is a great addition to the kitchen for several reasons, even if you're an amateur. My two cents.....

From the beautiful cover to the very last page, the vibrant and enticing photographs lure you into cooking each and every delicious recipe. Lois Ellen Frank has made a current masterpiece of an ancient tradition native to our continent. This is truly a fantastic cookbook.

Beautiful in every way. Outstanding and much appreciated photos. Wonderful commentary. Authentic recipes. The author should be very proud of this fine accomplishment and this book should

be in every public library. In fact, I may send a copy to a politician to remind him that we all immigrated here from someone else- except the Native Americans. They should be the only ones who have the right to decide our immigration policy.

This book is practical and beautiful and takes a totally modern approach to historic cooking. One of the finest cookbooks ever published and one of the most beautifully printed books ever done. It is no wonder it got a James Beard award. It is a treasure to own and is a delightful gift. I live in the Southwest, I am a cook, and I love this book.

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