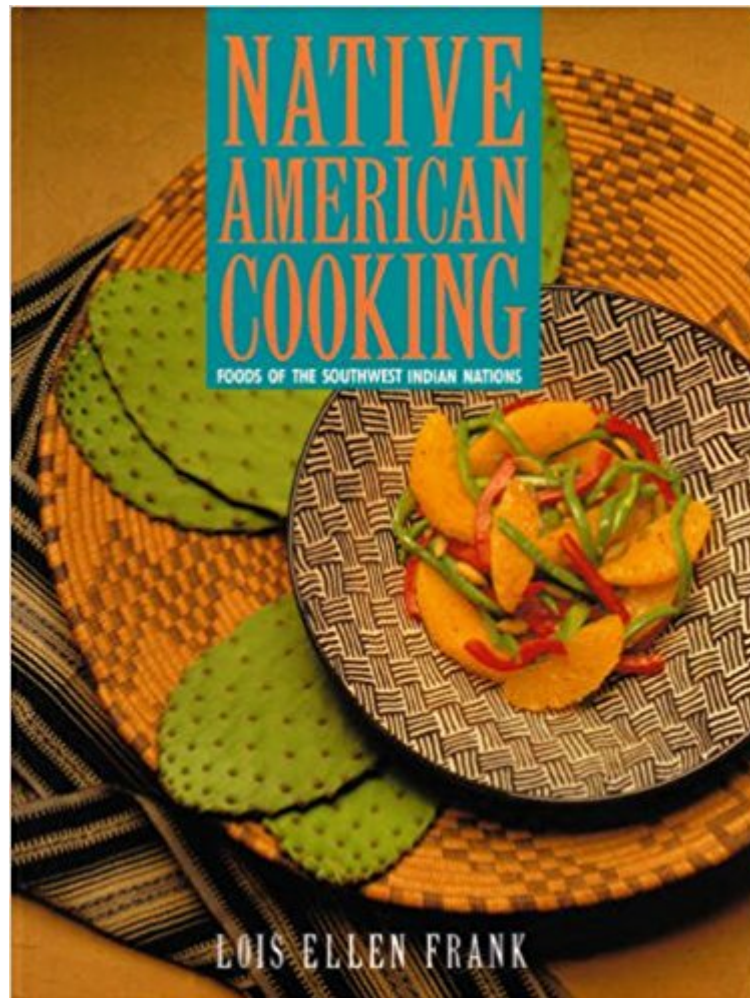




The book was found

Native American Cooking



Synopsis

Book by Frank, Lois Ellen

Book Information

Hardcover: 160 pages

Publisher: Random House Value Publishing (September 20, 1995)

Language: English

ISBN-10: 0517147505

ISBN-13: 978-0517147504

Product Dimensions: 0.8 x 7.8 x 10.2 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.1 out of 5 stars 8 customer reviews

Best Sellers Rank: #2,057,335 in Books (See Top 100 in Books) #103 in Books > Cookbooks, Food & Wine > Regional & International > Native American #6491 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional #13703 in Books > Deals in Books

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!

[Download to continue reading...](#)

Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec Book 1) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Native American Medicine: Discover the Natural Healing Secrets and Remedies for Your Mind, Body and Spirit (Native American Medicine, Natural Remedies, ... Treatment, Herbal, Naturopathy Book 1) The Native American Cookbook Recipes From Native American Tribes Maria

Tallchief: Native American Ballerina (Native American Biographies (Heinemann)) Celebrate the Native American Flute: Learn to play the Native American flute! (EarthFlute) (Volume 1) A Broken Flute: The Native Experience in Books for Children (Contemporary Native American Communities) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for ... Diet,Antioxidants & Phytochemical (Volume 5) Paleo Recipes for Beginners: 230+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 210+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Ketogenic Diet Cooking For One: Easy Recipes For One, That Makes Cooking Healthy For Yourself Simple (Healthy Cooking for One, Ketogenic Diet Recipes) Easy Hawaiian Cookbook: Authentic Tropical Cooking (Hawaiian Cookbook, Hawaiian Recipes, Hawaiian Cooking, Tropical Cooking, Tropical Recipes, Tropical Cookbook Book 1) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8]) The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything: Cooking)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)