

The book was found

# Native American Recipes From The Appalachian Mountains: AAIWV Tribal Cookbook



*Native American  
Recipes from the  
Appalachian Mountains*  
AAIWV TRIBAL COOKBOOK

AAIWV Members



## Synopsis

This cookbook, *Native American Recipes from the Appalachian Mountains*, is more than just an ordinary cookbook. Inside you will find over 350 mouthwatering recipes including traditional style recipes, hard to find recipes, tribal variation recipes, hunter/camperâ€™s recipes, and much much more. As a bonus, our cookbook contains: essays on the history of the Native American Peoples who lived in the Appalachian Mountains; poetry by AAIWV members and educational â€œhow to doâ€™sâ€• on everything from preserving wild game, to old-style-traditional cooking techniques, to native genealogy research tips. Most all of our â€œtraditionalâ€• recipes and â€œtraditionalâ€• ingredients include modern variations which will allow for preoperational ease in todayâ€™s modern kitchens. Like the diversity of our inter-tribal tribe members, we offer an exceptionally wide range of ingredients and recipes. The section on meats includes recipes for everything from Bear Pot Roast to Venison Stew; including tasty selections like Fried Rabbit and Southern Style Squirrel. We also include delectable twists on beef, poultry and pork dishes. The section on breads includes recipes for everything from Fry-Bread to Traditional â€œMountainâ€• Cornbread. We highly recommend you try our Cherokee Bean Bread. And our selections of sweet breads are to die for! There are over 80 recipes for vegetable dishes ranging from Three Sisters Casserole (corn, beans and squash) to Stuffed Sweet Potatoes. Be sure to try our homemade Hominy. Learn about delicious ways to fix Ramps (a wild garlic beloved in West Virginia). The section on desserts ranges from homemade Maple Candy to paw-paw treats. And let me tell you, our people have a sweet tooth, and there â€œainâ€™t nobodyâ€• makes desserts and confections like we do! So, Let us take you on a Cultural Journey through the bounty of the Appalachian Mountains and through the eyes and taste buds of the Native American Peoples who call this land home.

## Book Information

Paperback: 162 pages

Publisher: CreateSpace Independent Publishing Platform; 6th edition (August 11, 2014)

Language: English

ISBN-10: 1500485330

ISBN-13: 978-1500485337

Product Dimensions: 8.5 x 0.4 x 11 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,474,426 in Books (See Top 100 in Books) #65 inÂ Books > Cookbooks,

## Customer Reviews

I also have one of the earlier editions of this cookbook. While I love the recipes, I also enjoy the "extras" that are included. I am a proud West Virginian, and a proud member of AAIWV, so I truly cherish these authentic recipes. However, you don't need to be from WV to enjoy this cookbook. You just need to love good food. It is wonderful to see this excellent cookbook offered through . I am looking forward to the Kindle edition, which I am told will be coming soon. :-)

I have one of the earlier editions and love so many of the recipe's.

Awesome cookbook and great information!

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

Native American Recipes from the Appalachian Mountains: AAIWV Tribal Cookbook The Tribal Bible, Exploring The Phenomenon That Is American Tribal Style Bellydance Appalachian Trail Conservancy Appalachian Trail Data Book 2016 Decolonizing Museums: Representing Native America in National and Tribal Museums (First Peoples: New Directions in Indigenous Studies (University of North Carolina Press Paperback)) Wildflowers and Plant Communities of the Southern Appalachian Mountains and Piedmont: A Naturalist's Guide to the Carolinas, Virginia, Tennessee, and Georgia (Southern Gateways Guides) Removing Mountains: Extracting Nature and Identity in the Appalachian Coalfields (A Quadrant Book) Mountains Beyond Mountains (Adapted for Young People): The Quest of Dr. Paul Farmer, A Man Who Would Cure the World Climbing and Hiking in the Wind River Mountains (Climbing Mountains Series) Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World [Adapted for Young People] Mountains Beyond Mountains Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, a Man Who Would Cure the World Canning And Preserving Cookbook: 100+ Mouth-Watering Recipes of Canned Food: (Canning and Preserving Cookbook, Best Canning Recipes) (Home Canning Recipes, Pressure Canning Recipes) The Czechoslovak Cookbook: Czechoslovakia's best-selling cookbook adapted for American kitchens. Includes recipes for authentic dishes like Goulash, ... Pischinger Torte. (Crown Classic Cookbook) The Kurious Kid Presents: Native Americans: Awesome Amazing Spectacular Facts & Photos of Native Americans The Sun Geeks Guide To Native LDAP: A Native LDAP Blueprint Life Stages and Native Women: Memory, Teachings, and Story Medicine (Critical Studies in Native History) Pollinators of Native Plants: Attract, Observe and Identify Pollinators and

Beneficial Insects with Native Plants Victuals: An Appalachian Journey, with Recipes The  
Appalachian Trail Food Planner: Second Edition: Recipes and Menus for a 2,000-Mile Hike Tribal  
designs for needlepoint: 30 original designs adapted from Eskimo, Polynesian, and Indian art

[Dmca](#)