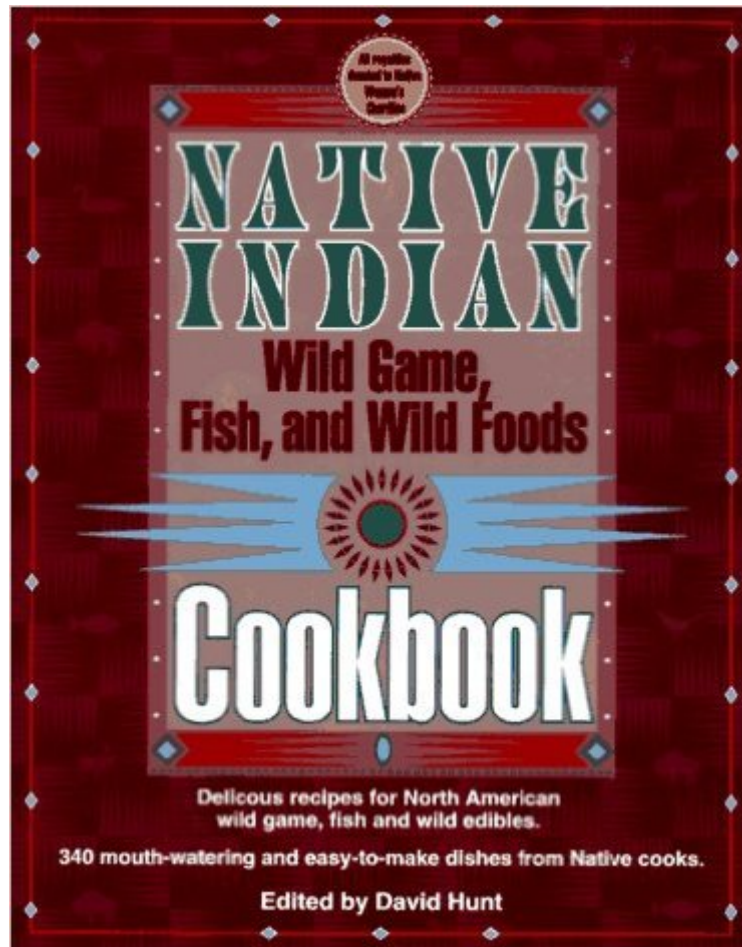


The book was found

Native Indian Wild Game, Fish, And Wild Foods Cookbook: New Revised And Expanded Edition (Cooking)



Synopsis

Celebrate the culinary heritage of America's native people in this cookbook filled with fascinating cultural facts and tidbits. Over 340 recipes for wild edibles, fruits, fish and seafood, venison, small and big game. Gathered from Zuni, Pueblo, Cherokee, Tlingit, Ojibway and other tribes across North America and updated for the modern cook.

Book Information

Series: Cooking

Paperback: 288 pages

Publisher: Fox Chapel Publishing; Revised ed. edition (October 1, 1996)

Language: English

ISBN-10: 1565230779

ISBN-13: 978-1565230774

Product Dimensions: 7 x 0.6 x 9 inches

Shipping Weight: 15.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (2 customer reviews)

Best Sellers Rank: #2,323,670 in Books (See Top 100 in Books) #93 inÂ Books > Cookbooks, Food & Wine > Regional & International > Native American #770 inÂ Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

Customer Reviews

I purchased this book because my stepson harvested some acorns recently and I scoured my large cookbook collection, to no avail, for any information on how to process them or use them in cooking. This book contains information on that and so much more. This would be an excellent resource for a hunter because game and fish of many kinds are covered here. There are recipes for venison curry, venison meatloaf, rabbit pot roast, wild duck with orange sauce and cornbread stuffed trout. There is also a section on edible wild plants and berries, with recipes. Nutritional information is given for many of the food items listed in the book. Did you know that deer meat is loaded with B vitamins, for instance? To me, one of the best things about the book is that 100% of royalties go to Native charities. In the foreword it says that the royalties have helped to support scholarships, a children's camp and substance abuse programs. So you can give a little back, and you get a great source for Native North American foods.

Awesome recipes!

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