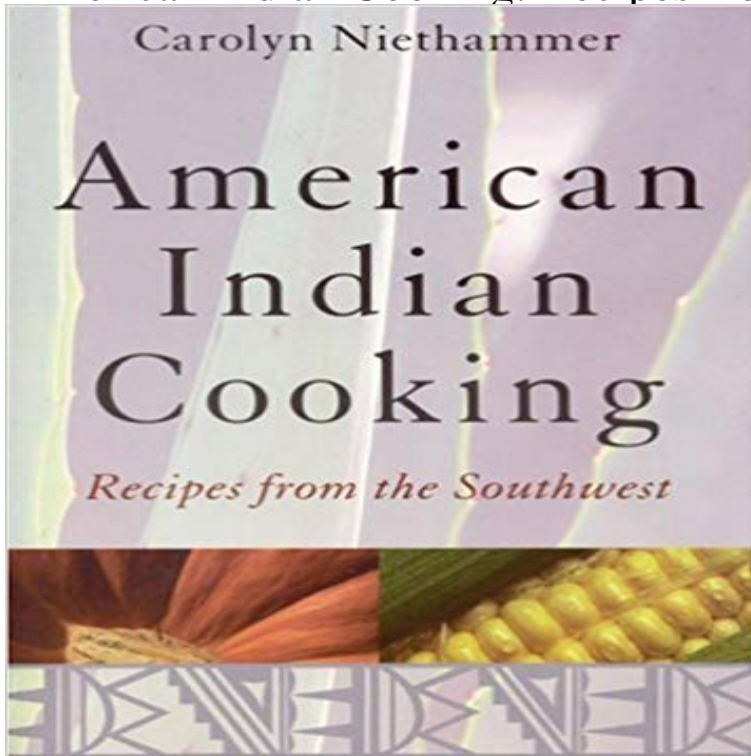


American Indian Cooking: Recipes from the Southwest



This handy cookbook is an enjoyable and informative guide to the rich culinary traditions of the American Indians of the Southwest. Featured are 150 authentic fruit, grain, and vegetable recipes that have been prepared by generations of Apaches, Zunis, Navajos, Havasupais, Yavapais, Pimas, and Pueblos. These tasty, unique dishes include mesquite pudding, Navajo blue bread, hominy, cherry corn bread, and yucca hash. American Indian Cooking also boasts wonderfully detailed illustrations of dozens of edible wild plants and essential information on their history, use, and importance. Many of these plants can be obtained by mail; a list of mail-order sources in the back of the book allows everyone to sample and savor these distinctive, natural recipes.

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Harvests: American Indian Wild Foods and Recipes. American Indian Cooking: Recipes from the Southwest by Carolyn J. These Native American Indian Recipe & American Indian Cooking books provide enjoyable and informative guides to the rich culinary traditions of the American