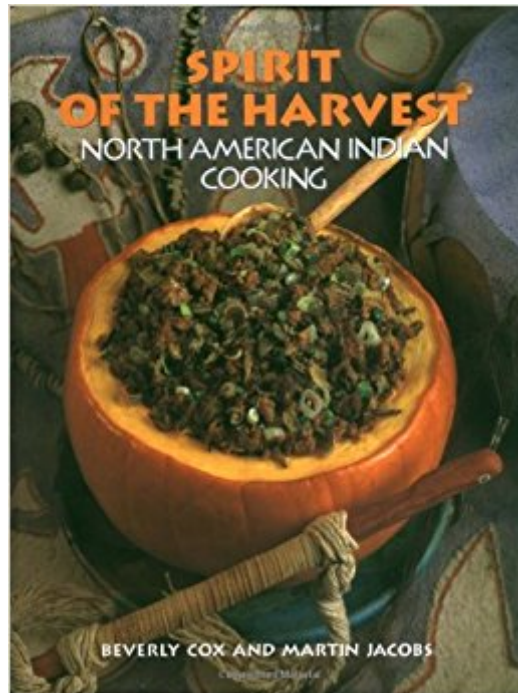




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# Spirit Of The Harvest: North American Indian Cooking



## Synopsis

The reissued James Beard and IACP award winner *Spirit of the Harvest* brings authentic Native American recipes into the modern home kitchen. This carefully researched cookbook presents 150 recipes from across the United States, incorporating many indigenous ingredients and traditional dishes from the Cherokee, Chippewa, Navajo, Sioux, Mohegan, Iroquois, Comanche, Hopi, and many other North American tribes. Each chapter is introduced by an expert on the region and discusses the cultures of major tribal groups, their diets, their ceremonial use of food, and the historic dishes they developed. *Spirit of the Harvest* celebrates the many cooking traditions that have stood the test of time and are still very much alive today.

Praise for *Spirit of the Harvest*:

• Those readers who are unfamiliar with the amazing natural bounty of food that this country provides . . . are in for a real surprise.

• "Spirituality and Health" • Most of us have scant knowledge about what might be called the original American cuisine. Beverly Cox and Martin Jacobs offer the book to right that wrong.

• "Today's Diet and Nutrition"

## Book Information

Hardcover: 256 pages

Publisher: Stewart Tabori & Chang; 2nd Edition edition (September 1, 1991)

Language: English

ISBN-10: 1556701861

ISBN-13: 978-1556701863

Product Dimensions: 8.8 x 1 x 11.2 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 53 customer reviews

Best Sellers Rank: #171,088 in Books (See Top 100 in Books) #9 in Books > Cookbooks, Food & Wine > Regional & International > Native American #392 in Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies #720 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional

## Customer Reviews

This handsome volume provides an impressive record of the tribal cooking of the North American Indians. The recipes, organized by region, have been adapted for contemporary kitchens but are as authentic as possible, emphasizing native ingredients over those introduced by the Europeans. The dishes themselves are generally simple, but varied and even exotic--Smoked Salmon Soup, Maple-Basted Broiled Bluefish, Cranberry Fritters. Cox's recipe headnotes are eminently readable

mini-histories, filled with information on the various tribes, their histories, and their customs. Jacobs's color photographs of the food feature Indian artifacts, and the page borders and line drawings scattered throughout reproduce tribal motifs and designs. One of the few recent books on the subject, this is a unique work; highly recommended. Copyright 1991 Reed Business Information, Inc.

Beverly Cox is the author of several award-winning cookbooks, including *Eating Cuban*. She lives on her family's homestead in Colorado.

The photography is wonderful. The book is worth the price just to LOOK at! Can't wait to get started cooking.

This is an amazing cookbook! I didn't realize when I bought it it covered the entire US and provided the difference in Native American cooking styles based on geographical location. Highly recommend it !

Well organized recipes based on area, but not on tribe. Had my first recipe last night, which was Cherokee Brunswick Stew, (without the peppering..added pepper but no Cayenne) and it tasted delicious. That was also the first time I ever made Stew in my life....so it's been great. I plan, since I am partial Native, and follow Native Spirituality, to eat more like them, which is very healthy and beneficial. Can't wait to try more. I only wish there were pics of all the foods so I CAN SEE final product to make sure the recipe turned out exact.

I purchased this book for my girlfriend, and she absolutely loves it. She declares it to be a relatively accurate portrayal of Native American fare, and she would know better than I (granddaughter of a chief, great-granddaughter of another, of the Ottawa tribes).

I am an avid collector of "unique and different" cookbooks. I use all of them. Doesn't matter what condition they are in, or how old they are, I use them. This is a wonderful new book. It is a work of art. The pictures of food presentation are beautiful. There is a map in the front of the book that shows the different Indian Territories and the foods that are primary in that region. The recipes are hearty. Most ingredients are common. The recipes are not complex and the directions are easy to follow. If you are an outdoors person, these recipes are definitely for you. Each recipe has history or

background about special ingredients used, tribe that used them or techniques used to create the recipe. Recipes range from carrot bread and peanut soup, plains pemmican and serviceberry upsidedown cake to grilled salmon steaks, file crawfish stew and bbq clams. Recipes from coast to coast and boarder to boarder. Worth every penny.

Amazing cookbook. Lots of great recipes

This book is not only informative about early lifestyles of our Native Americans in North America, but the recipes will surprise you! I have made many of the recipes in this book; the food is delicious!

Beautiful photographs and interesting information about Native Americans, however; most of these recipes I would not make because they require unusual ingredients and they are time consuming.

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