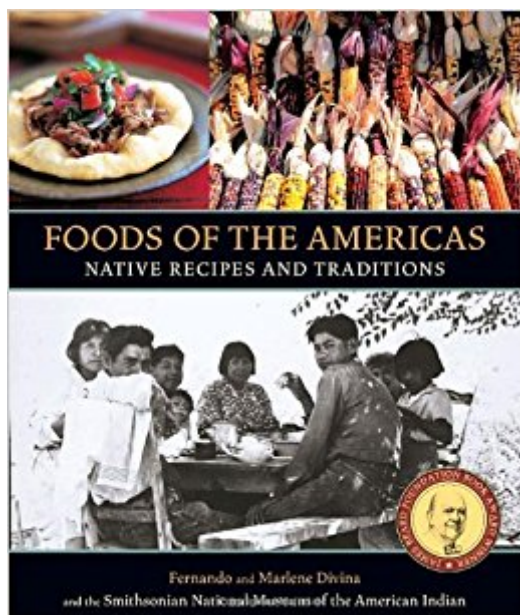


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# Foods Of The Americas: Native Recipes And Traditions



## Synopsis

For many American Indians, food is more than sustenance--it is also of vital cultural significance. Salmon, buffalo, berries, acorns, quinoa, wild rice, tomatoes, chocolate, and especially corn--where these indigenous staples flourish, they have become a central part of Native American ceremonies and creation stories. This illuminating book, produced in association with the Smithsonian's National Museum of the American Indian, celebrates the amazing diversity of the original foods of North, Central, and South America. Winner of a 2005 James Beard Award, *Foods of the Americas* highlights indigenous ingredients, traditional recipes, and contemporary recipes with ancient roots. Written by chef Fernando Divina and his wife, Marlene Divina (who is of Chippewa, Cree, and Assiniboine heritage), *Foods of the Americas* includes 140 modern recipes representing tribes and communities from all regions of the Americas. Some of the specialties are: Fry Bread, Turkey with Oaxacan Black Mole, Wild Rice and Corn Fritters, Venison with Juniper and Wild Huckleberry Sauce, Chilean-Style Avocado and Shrimp Salad. To complement the recipes, *Foods of the Americas* also features nine illustrated short essays by American Indian writers who offer personal insights into a variety of indigenous food traditions. With enticing food photography and images from the museum's collection, *Foods of the Americas* is not only an innovative tribute to the foods of the Western Hemisphere but also a gorgeous testament to the Native contribution to American cuisine.

## Book Information

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## Customer Reviews

From potted smoked salmon of the Pacific Northwest to Peruvian ceviche, Brazilian cozido and Hawaiian poke, this book tries to cover over 3,000 miles of indigenous food traditions. But while the geographical scope of the book makes it fascinating to browse, it also limits readers' ability to actually cook several of the recipes without extensive use of mail-ordered ingredients: where fresh cattails are available for Cattail Cakes, limu kohu (a popular Hawaiian seaweed used in Poke Aku) will likely not be. And a wild food guide would be essential to recreate many of the recipes that require foraging for ingredients. Occasionally, helpful substitutions are provided: fennel seed instead of licorice fern in Venison with Juniper and Wild Huckleberry Sauce or rosemary rather than pine needles for Coos-Style Grilled Squab. A few delicious berry and fruit recipes (Fresh Berry Leather, Raw Fresh Berry Jam, Huckleberry Sorbet, Wild Grape Dumplings, etc.) provide multiple substitutions for local berries and are simple to prepare. And though they took three times the water listed in the recipe to make, Wild Mustard Seed and Allium Crackers are quick, spicy and addictive. A long essay, "Reservation Foods," by George P. Horse Capture illuminates the adaptability of traditional cuisines to modern kitchens: his memories of childhood favorites include both scrambled powdered eggs and lard rolled in pemmican. Many of the book's other essays focus on individual foods; maple syrup, corn, berries; but are too short to provide more than a glimpse of modern culture. But for all its flaws, this book serves as a fine introduction to a much larger project: the influence of native cooking on the modern culinary traditions. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Native American indigenous foods are only rarely celebrated by present-day Americans. Thanks to some thoughtful work by the Divinas, there is now a comprehensive cookbook covering the full range of native cuisine from all the diverse original inhabitants of the Americas. The Divinas offer recipes not just from North American Plains tribes but also from the peoples of Mexico, South America, the Arctic, and even Hawaii. Three different recipes for preparing rabbit illustrate the differences among the Native American cultures: one from Colombia braises the legs and thighs in coconut milk, a Great Basin version uses herbs and peppers, and a Peruvian-style employs garlic and ginger. Rabbit may be easily obtained in many markets, but recipes calling for wild boar or wild goose may be more difficult to reproduce. As befits the region's reputation for sophisticated cooking, the book's most complex dish involves stewing pork in a green mole sauce typical of Oaxaca. This treatise will be a boon for teens studying Native American cultures as well as for anyone curious

about this land's first foods. Mark Knoblauch Copyright © American Library Association. All rights reserved --This text refers to an out of print or unavailable edition of this title.

It's a very pretty book but there are actually not very many recipes. I was hoping for more substance.

While this is of course primarily a recipe book, it also contains fun little bits of information about the heritages and traditions of the peoples from which the recipes originated. I have yet to make a great number of the recipes in this book, but I can vouch for the deliciousness of the grape dumplings!

After my three-year journey through Latin America this book allows me to revisit many of the meals I enjoyed eating while there.

Full of great information and history. Great recipes ideas!

When I travel to DC I make a point to eat at the Museum of the American Indian. This cookbook is what they use to make their great food. So, it is wonderful to have it at home especially since I do not always get to DC. Highly recommend.

This is a wonderful book of native recipes and a lot of interesting stories to help you understand more about Native Americans.

This is a very interesting cook book that uses some very interesting things that are not very hard to get at your local supermarket !!!

Great book!

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