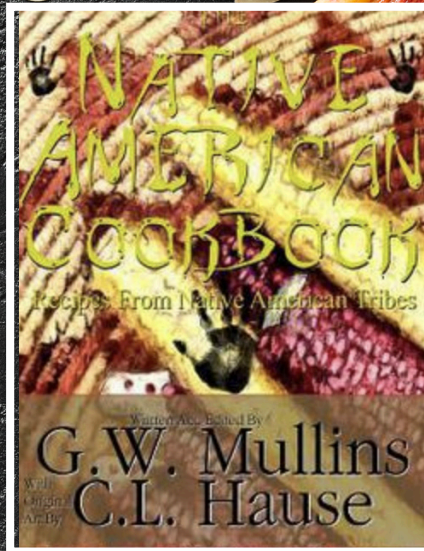


# COOKBOOK



## THE NATIVE AMERICAN COOKBOOK

by G.W. Mullins and C.L. Hause (Illustrator)

"The Native American Cookbook: Recipes From Native American Tribes" offers a large collection of recipes from and inspired by Native Americans. More than just a cookbook, it is a trip into history.

Included in this book are many recipes covering a wide range of Native American cooking. Some recipes are traditional while others have been redeveloped over the years to include new ways of cooking and include new spices and ingredients. The recipes in this collection have been chosen in a way to stay true to the Native experience.

Recipes include Clover Tea, Pemmican, Spiced Winter Squash Butter, Sautéed Native Squash and Potatoes, Cherokee Succotash, Cherokee Fried Hominy, Dandelion Greens, Easy Corn Pudding, Winter Squash Soup, Three Sisters Stew, Apache Acorn Soup, Black Bean Soup, Seminole Pumpkin Soup, Indian Spice Cake, Native American Cinnamon Wild Rice Pudding, Rhubarb Pie, Cherokee Huckleberry Bread, Frying Pan (Blue) Bread, Rabbit Soup and Cured Venison.

