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# Southwest Indian Cookbook



## Synopsis

This richly descriptive book includes recipes and folklore about the preparation of food by Southwest Indians. A bestselling favorite, which delights the palate and the eye, this cookbook ventures beyond mere recipes into the hearts and souls of the Pueblo and Navajo Indians. In these native cultures, the growth of food and its preparation are intimately tied to religious ceremony. The forty-four full-color photographs depict rituals, dances and ceremonies connected with the planting and gathering of crops, together with scenes of home life showing preparation of food.

Accompanying text is drawn from quotations of the author's Pueblo and Navajo friends, illuminating the beliefs and rituals that are inseparable from daily life.

## Book Information

Paperback: 120 pages

Publisher: Clear Light Pub; Revised edition (September 1, 1987)

Language: English

ISBN-10: 0940666030

ISBN-13: 978-0940666030

Product Dimensions: 9 x 0.4 x 5.9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (11 customer reviews)

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## Customer Reviews

This my favorite cookbook covering Pueblo and Navaho foods. Not only are the recipies delicious and authentic, but the many photographs of the people and the landscape of the southwest, along with their words, has produced a small but beautiful book that displays the recipies within the context of the land and cultures.

Long before I ever ventured into the Southwest (I did, eventually, to live & work), I brought this little cookbook home to add to my collection. Over the years I cooked it ragged, then loaned it to a friend. It has never come home, so I am absolutely delighted to find a replacement. This book is full of gorgeous photos and easy, tasty recipes for authentic Southwestern foods. You'll find good food

and enjoyment here for years to come.

I ordered this cook book as a gift for a friend. I looked at the book, and I liked it. She really appreciated it, as it had history and customs of her culture. the pictures brought back a lot of memories for her. I thought the recipes looked delicious. I hope she prepares some to share with friends! I know she will make some for her family.

Marcia Keegan's Southwest Indian Cookbook wonderfully showcases Pueblo and Navajo recipes enhanced with beautiful photographic images and thematically appropriate quotes. From Potato and Tomato Cream Soup; Skillet Squash; and Taos Rabbit; to Pueblo Venison Stew; Indian Fry Bread; and Navajo Cake, the Southwest Indian Cookbook is a fitting culinary tribute to Native American cuisine and would grace any multicultural kitchen cookbook collection.

The litmus test: ANY cookbook that purports to have authentic southwestern Indian recipes (Navajo, Hopi, Zuni, etc.), MUST have an accurate recipe for Navajo fry bread and mutton stew. This book has both, which attests to its legitimacy. It's also beautifully illustrated.

Recipes are simply laid out and intertwined with culture and history of the food. A beautiful book. A friend of mine wanted one after seeing mine. And she is an outstanding cook of Mexican heritage.

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