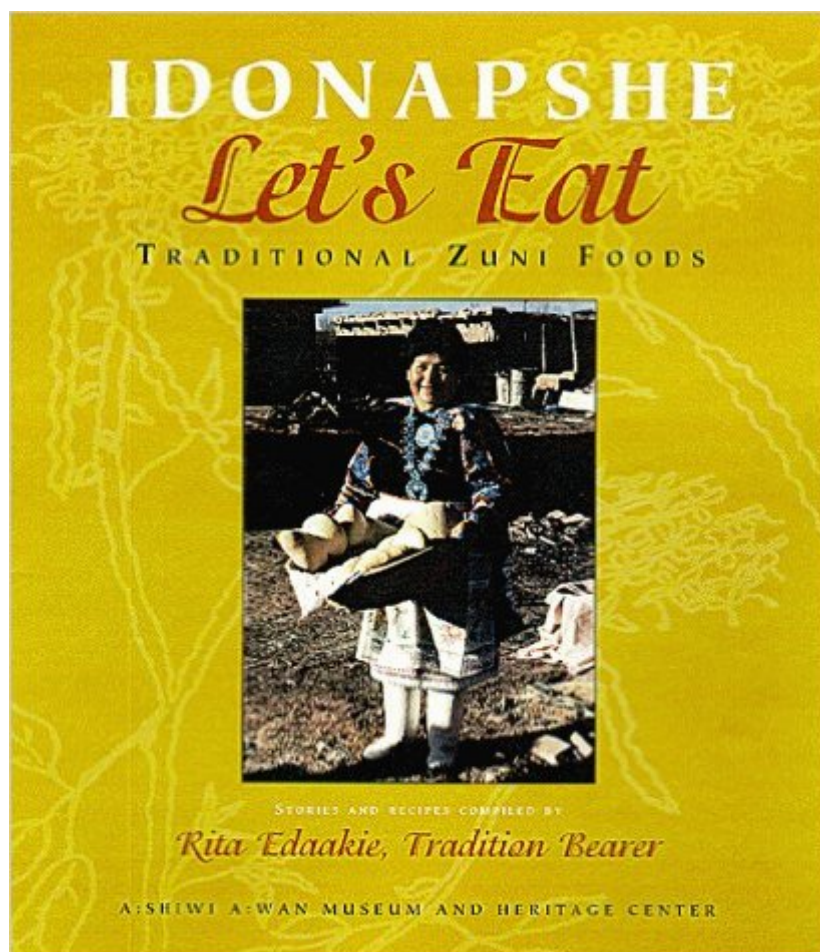


The book was found

Idonapshe / Let's Eat: Traditional Zuni Foods



Synopsis

This cookbook from Zuni Pueblo, in western New Mexico, is a unique compendium of recipes, folklore, and even linguistic information, compiled for the first time by Zuni people and written for both Zuni and non-Zuni readers. Included are recipes for regional specialties like posole and blue corn pancakes, native delicacies like wild spinach, sheep stomach soup, and prairie dog, and dishes that could come from any part of the United States, such as sourdough bread and roast turkey. All the recipes are from Zuni cooks, and the book includes illustrations by young Zuni artists along with historic photographs from the pueblo archives. In addition to recipes, the book includes an introduction to the Zuni language as well as fascinating information from Zuni elders on such subjects as planting customs, using an outdoor oven, sheep herding, and how to cook and eat locusts. Dietary analyses make the book useful for diabetics. "The recipes in this book will no doubt be a practical resource for cooks, but if you read and imagine, you might hear grandma's shuffling feet on the wrinkled linoleum floor at daybreak, crackling fires in woodstoves, children's voices, and elders speaking archaic Zuni telling how it was, how it should be."--from the Foreword by Jim Enote, Pueblo of Zuni

Book Information

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Customer Reviews

The recipies in this book became a staple in my families diet. easy enough for a novice cook... delicious enough for a food critic!! a must have in any home.

The book was exactly what I was looking for and at a great price Have information I was looking for in it

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