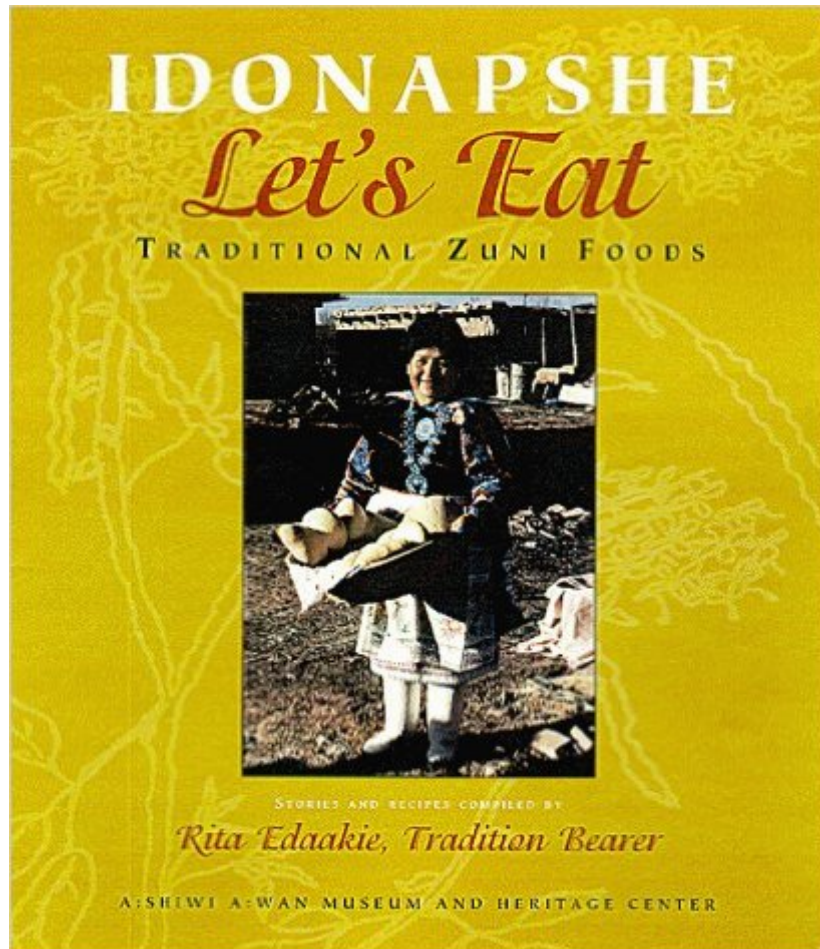


The book was found

# 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

Paperback: 160 pages

Publisher: University of New Mexico Press; 1st edition (April 1, 1999)

Language: English

ISBN-10: 0826320465

ISBN-13: 978-0826320469

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 9.1 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #1,000,427 in Books (See Top 100 in Books) #50 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#)

## 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

[Download to continue reading...](#)

Idonapshe / Let's Eat: Traditional Zuni Foods Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes (Whole Foods - Clean Eating) 500 Low Glycemic Index Recipes: Fight Diabetes and Heart Disease, Lose Weight and Have Optimum Energy with Recipes That Let You Eat the Foods You Enjoy The Zuni Cafe Cookbook: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant: A Compendium of Recipes and Cooking Lessons from San Francisco's Beloved Restaurant A Guide to Zuni Fetishes & Carvings, Volume I: The Animals & The Carvers Fermented Foods for a Healthy Gut: 9 Traditional Fermented Foods that Boost Digestive Health Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole Foods, Whole Food Diet, Whole Foods Cookbook) Whole Food: The 30 Day Whole Food Challenge - Whole Foods Diet - Whole Foods Cookbook - Whole Foods Recipes Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods The GMO Takeover: How to Avoid Monsanto and These Harmful Foods (GMO, Genetically Modified Foods) (Avoiding Toxic GMO Foods and Monsanto to Stay Healthy Book 1) GMO Free Diet: The Ultimate Guide on Avoiding GMO Foods and keeping Your Family Healthy with a GMO Free Diet (GMO, Non GMO Diet, Non GMO Foods, Genetically Engineered Foods, Monsanto) Diverticulitis Diet Plan: A Diverticulitis Diet Plan with Foods to Avoid, the Best Foods to Eat and an Effective Diet for Treatment Eat Smart in Poland: How to Decipher the Menu, Know the Market Foods & Embark on a Tasting Adventure (Eat Smart) Let's Talk about Epilepsy (Let's Talk Library) Let's Talk About Epilepsy (The Let's Talk Library) Let's Talk about Head Lice (Let's Talk Library) Let's Talk About Feeling Angry (Let's Talk About Book 1) Let's Review Algebra I (Let's Review Series) The Tummy Trilogy: American Fried; Alice, Let's Eat; Third Helpings Best of Authentic Meals Box Set (6 in 1): Chinese, Japanese, Korean, Italian Recipes, Traditional Southern and Amish Meals (Authentic Meals & Traditional Recipes)

[Dmca](#)