



The book was found

Native American Recipes From The Appalachian Mountains: AAIWV TRIBAL COOKBOOK



*Native American
Recipes from the
Appalachian Mountains*
AAIWV TRIBAL COOKBOOK

AAIWV Members



Synopsis

This cookbook, *Native American Recipes from the Appalachian Mountains*, is more than just an ordinary cookbook. Inside you will find over 350 mouthwatering recipes including traditional style recipes, hard to find recipes, tribal variation recipes, hunter/camper recipes, and much much more. As a bonus, our cookbook contains: essays on the history of the Native American Peoples who lived in the Appalachian Mountains; poetry by AAIWV members and educational "how to do's" on everything from preserving wild game, to old-style-traditional cooking techniques, to native genealogy research tips. Most all of our "traditional" recipes and "traditional" ingredients include modern variations which will allow for preoperational ease in today's modern kitchens. Like the diversity of our inter-tribal tribe members, we offer an exceptionally wide range of ingredients and recipes. The section on meats includes recipes for everything from Bear Pot Roast to Venison Stew; including tasty selections like Fried Rabbit and Southern Style Squirrel. We also include delectable twists on beef, poultry and pork dishes. The section on breads includes recipes for everything from Fry-Bread to Traditional "Mountain" Cornbread. We highly recommend you try our Cherokee Bean Bread. And our selections of sweet breads are to die for! There are over 80 recipes for vegetable dishes ranging from Three Sisters Casserole (corn, beans and squash) to Stuffed Sweet Potatoes. Be sure to try our homemade Hominy. Learn about delicious ways to fix Ramps (a wild garlic beloved in West Virginia). The section on desserts ranges from homemade Maple Candy to paw-paw treats. And let me tell you, our people have a sweet tooth, and there ain't nobody makes desserts and confections like we do! So, Let us take you on a Cultural Journey through the bounty of the Appalachian Mountains and through the eyes and taste buds of the Native American Peoples who call this land home.

Book Information

File Size: 873 KB

Print Length: 290 pages

Simultaneous Device Usage: Unlimited

Publisher: AAIWV; 6th edition (October 23, 2016)

Publication Date: October 23, 2016

Sold by: A A Digital Services LLC

Language: English

ASIN: B01MCXNBIQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #895,305 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > Native

American #84 in Books > Cookbooks, Food & Wine > Regional & International > Native

American #334179 in Kindle Store > Kindle eBooks > Nonfiction

Customer Reviews

Love. used it everyday till my daughter "borrowed" it. She and the grandgirls are reading it.

Nice Book!! lots of info and unique recipes!!

I also have one of the earlier editions of this cookbook. While I love the recipes, I also enjoy the "extras" that are included. I am a proud West Virginian, and a proud member of AAIWV, so I truly cherish these authentic recipes. However, you don't need to be from WV to enjoy this cookbook. You just need to love good food. It is wonderful to see this excellent cookbook offered through . I am looking forward to the Kindle edition, which I am told will be coming soon. :-)

I have one of the earlier editions and love so many of the recipe's.

Awesome cookbook and great information!

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

Native American Recipes from the Appalachian Mountains: AAIWV TRIBAL COOKBOOK How to Draw Tribal Tattoos: How to Draw Tribal Designs (Beginner's Guide to Drawing Tribal Tattoos) Mug Recipes Cookbook : 50 Most Delicious of Mug Recipes (Mug Recipes, Mug Recipes Cookbook, Mug Cookbook, Mug Cakes, Mug Cakes Cookbook, Mug Meals, Mug Cookbook) (Easy Recipes Cookbook 1) Native America: A Concise Guide To Native American History - Native Americans, Indian American, Slavery & Colonization (Crazy Horse, Custer, Slavery, American Archaeology, Genocide, Aztec Book 1) Easy Asian Cookbook Box Set: Easy Korean Cookbook, Easy Filipino Cookbook, Easy Thai Cookbook, Easy Indonesian Cookbook, Easy Vietnamese Cookbook (Korean

... Recipes, Asian Recipes, Asian Cookbook 1) Native Orchids of the Southern Appalachian Mountains Cast Iron Recipes Cookbook: 50 Most Delicious of Cast Iron Recipes (Cast Iron Recipes, Cast Iron Cookbook, Cast Iron Cooking, Cast Iron Cooking Recipes): ... Recipes (Easy Recipes Cookbook Book 2) Easy European Cookbook Box Set: Easy English Cookbook, Easy Greek Cookbook, Easy French Cookbook, Easy Irish Cookbook, Easy German Cookbook, Easy Portuguese ... Portuguese Recipes, Irish Recipes 1) The Native American Cookbook Recipes From Native American Tribes Easy Spring Roll Cookbook: 50 Delicious Spring Roll and Egg Roll Recipes (Spring Roll Recipes, Spring Roll Cookbook, Egg Roll Recipes, Egg Roll Cookbook, Asian Recipes, Asian Cookbook Book 1) A Walk in the Woods: Rediscovering America on the Appalachian Trail (Official Guides to the Appalachian Trail) Appalachian Trail Guide to New Hampshire - Vermont (Appalachian Trail Guides) Appalachian Trail Guide to Tennessee-North Carolina, 11th Edition (Appalachian Trail Guides) Appalachian Trail Guide to New Hampshire-Vermont/With Maps (Appalachian Trail Guide Series) Appalachian Trail Guide to Central Virginia with Map (Appalachian Trail Guides) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Cookbook) The High Mountains of Crete: The White Mountains, Psiloritis and Lassithi Mountains (Cicerone Guides) Low Carb Recipes: American Cooking Recipes - Paleo Diet Cookbook for Healthy Eating, Quick and Easy Recipes, Weight Loss Cooking Recipes, Salad, 130+ Additive Free, American Recipes Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) Delicious Crockpot Recipes: A Full Color Crockpot Cookbook for your Slow Cooker (Crockpot;Crockpot Recipes;Slow Cooker;Slow Cooker Recipes;Crockpot Cookbook;Slow ... Cookbook;Crock Pot;Crock Pot Recipes;Cro 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)