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# 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/camperâ€™s 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 â€œhow to doâ€™sâ€• on everything from preserving wild game, to old-style-traditional cooking techniques, to native genealogy research tips. Most all of our â€œtraditionalâ€• recipes and â€œtraditionalâ€• ingredients include modern variations which will allow for preoperational ease in todayâ€™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 â€œMountainâ€• 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 â€œainâ€™t nobodyâ€• 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

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## 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!

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