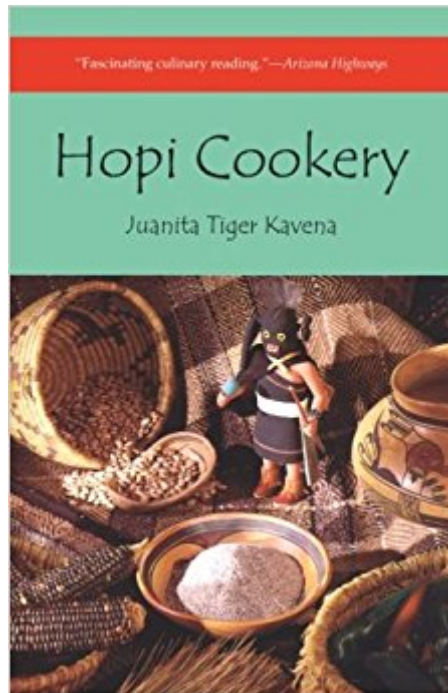




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Hopi Cookery



Synopsis

More than one hundred authentic recipes center around Hopi staples of beans, corn, wheat, chilies, meat, gourds, and native greens and fruits.

Book Information

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Customer Reviews

"More than 100 recipes of traditional Hopi dishes have been compiled into fascinating culinary reading by Mrs. Kavena, who married into Hopi and has lived and taught there for 30 years. . . .

Easy access to subjects is provided by a well arranged index. The author's preface, introduction, and remarks before each section give valuable insights into Hopi agrarian and home life."â "Arizona Highways "Highly recommended."â "Frontier Times "Fascinating to prepare and sample. The cooking requirements are all quite simple and, of course, it is totally organic."â "Book Talk

More than one hundred authentic recipes center around Hopi staples of beans, corn, wheat, chilies, meat, gourds, and native greens and fruits.

I had loaned a copy of this book to my sister and never saw it again, so I was happy to find this copy. It was advertised as a pre-owned copy but really it was in much better condition than that - almost new. I love having my favorite Native American recipes again, particularly Hopi bread. If you love great flavors and unique foods, you will love this book.

like this book alot

This book is a real gem for those interested in a better diet and/or the culture of the Hopi. The book walks you through things such as, drying and storing corn, making hominy from dried corn, chilis, beans, frybread, piki making, and the virtues of blue corn. The book also contains many interesting facts about Hopi cultural traditions and what the recipes are often accompanied with. Excellent!

This is a GREAT recipe book. Not only are the instructions clear enough that anybody can follow, but the recipes are actually like the traditional food you find in the homes on the reservation.

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