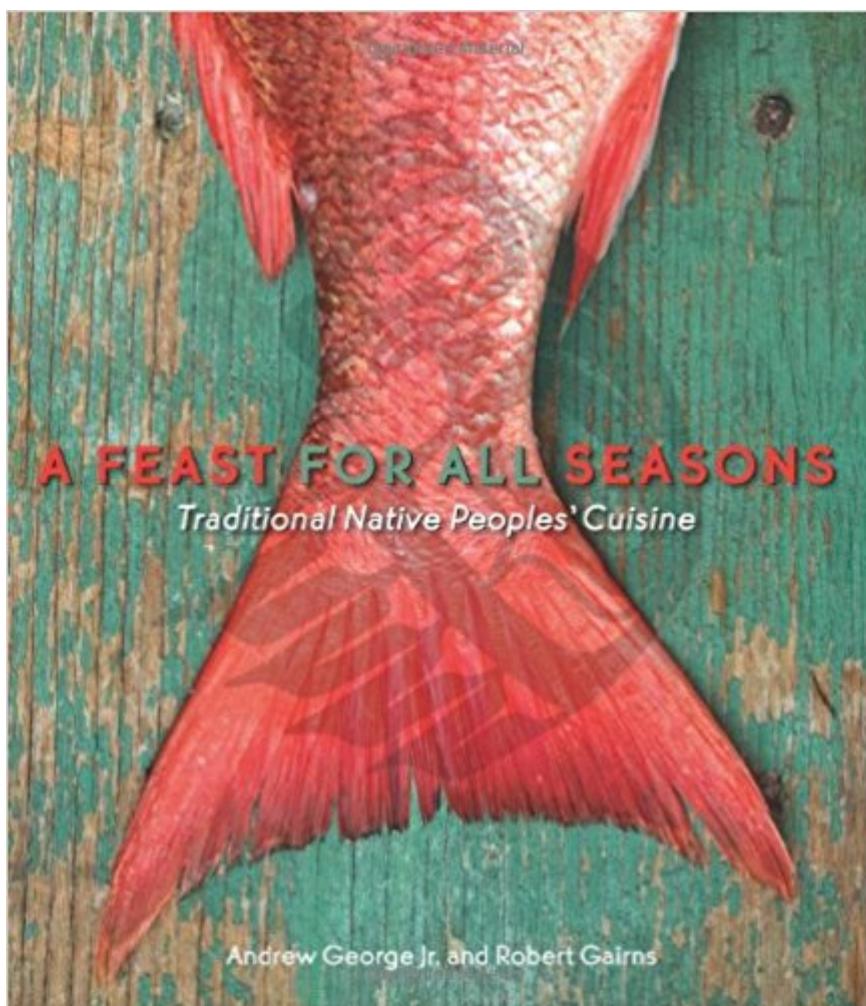


The book was found

# A Feast For All Seasons: Traditional Native Peoples' Cuisine



## Synopsis

Traditional North American Native peoples' cuisine has existed for centuries, but its central tenet of respecting nature and its bounty have never been as timely as they are now. Andrew George Jr. of the Wet'suwet'en Nation in Canada is a well-respected aboriginal chef and instructor who has spent the last twenty-five years promoting the traditions of First Nations food. In *A Feast for All Seasons*, written with Robert Gairns, he has compiled aboriginal recipes that feature ingredients from the land, sea, and sky, elements of an enduring cuisine that illustrate respect for the environment and its creatures and an acknowledgment of the spiritual power that food can have in our lives. The 120 recipes include delectable, make-at-home dishes such as Salmon and Fiddlehead Stirfry, Stuffed Wild Duck, Barbecued Oysters, Pan-fried Rabbit with Wild Cranberry Glaze, Clam Fritters, and Wild Blueberry Cookies. The book also features recipes with exotic ingredients that provide a fascinating glimpse into the history of Native cuisine: Moose Chili, Boiled Porcupine, Smoked Beaver Meat, and Braised Bear. This unique cookbook pays homage to an enduring food culture; grounded in tradition and the power of nature; that transcends the test of time. Andrew George Jr. was most recently head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics (the first games in which Indigenous peoples were recognized as official host partners by the International Olympic Committee). He also participated at the World Culinary Olympics as part of the first all-Native team in the competition's history.

## Book Information

Paperback: 176 pages

Publisher: Arsenal Pulp Press; 2nd Revised ed. edition (October 26, 2010)

Language: English

ISBN-10: 155152368X

ISBN-13: 978-1551523682

Product Dimensions: 8 x 0.5 x 8.9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 2 customer reviews

Best Sellers Rank: #693,467 in Books (See Top 100 in Books) #38 in Books > Cookbooks, Food & Wine > Regional & International > Native American

## Customer Reviews

A lovely cookbook ... A great gift for anyone interested in Canadian food history, First Nations or locavore diets. (Calgary Herald 2010-11-12) I loved that some of the recipes

were simple, like the three-ingredient Baked Sweet Potato with Roasted Hazelnuts, a great accompaniment to wild game like the simple Roast Venison ... A Feast for All Seasons gives a glimpse into the purpose of the feast that brings people together. &#151;St'at'imc Runner (St'at'imc Runner 2010-12-17)A fine collection and very highly recommended for those looking for an original series of dishes to experiment with. &#151;Midwest Book Review (Midwest Book Review 2011-01-31)George wants us to think like his First Nations elders: get back to the land and appreciate what's been provided for us. His elegant recipes include a smart take on pan-fried oysters with seaweed. &#151;Barbara-jo McIntosh, Western Living (Western Living 2011-03-06)

Andrew George Jr. was most recently head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics (the first games in which Indigenous peoples were recognized as official host partners by the IOC). He also participated at the World Culinary Olympics as part of the first all-Native team in the competition's history. Robert Gairns is a writer who has followed Andrew George Jr.'s career from chef's apprentice to gold medal-winning chef. His play about Louis Riel, co-written with Maria Campbell, was first staged at the Winnipeg Centennial Concert Centre in 1991. Robert Gairns lives in Nepean, Ontario.

I really enjoy looking through this book. I haven't made anything from it, but it sits on my table more as decoration/art than for functional purposes. I hope to actually get around to cooking from it soon. It's interesting, inspiring and the food/pictures tell a story which is rare in cookbooks.

"A Feast For All Seasons: Traditional Native Peoples' Cuisine" is a collection of 120 Native American recipes from traditional aboriginal cuisine of the Wet'suwet'en Nation in Canada. Featuring entrees from foods of waters, earth, land, and sky, "A Feast for All Seasons" emphasizes the enduring traditions of respect for the bounty of nature and the environment, plus a reverence for the spiritual sustenance that healthy foods, respectfully even prayerfully harvested, can provide. This is a second release of an earlier edition first published in 1997, with more stories, background, and delicious recipes. Andrew George Jr. was recently head chef at the Four Host First nations pavilion at the 2010 Winter Olympics, the first games in which Indigenous peoples participated as official host partners. "A Feast For All Seasons" includes background information on the Wet'suwet'en, their feasting traditions, and favored foods including wild salmon, bannock, and wild rice, or Man-o-min, plus menus for the four seasons (organized by season), and specific recipes for ingredients from the waters, earth, land and skies. A suggested menu for a sinter feast includes wild

duck and winter vegetable soup, Aboriginal mixed grill, boiled cabbage and root vegetables, wild rice and mushrooms, fresh baked yeast rolls and fresh squeezed huckleberries. Recipes for all but the last two menu items are included in the book. There many creative recipes for traditional foods, including such delicacies as wild flower salad, clam fritters, haba-sta (fry bread), Venison Consomme, gourmet moose roast, Taas guz (cold huckleberry soup), and baked sweet potato with roasted hazelnuts. The aspiring chef desiring to explore the bounties of genuine North American Aboriginal cuisine will find many treasures in "A Feast For All Seasons," which features food for the edification of the soul and mind as well as for the physical appetite and the strength and health of the body.

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

A Feast for All Seasons: Traditional Native Peoples' Cuisine Paleo Baking Ultimate Feast Recipes: Step by step recipes to a delicious gluten-free, grain-free and dairy-free paleo feast! 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) Native Plants, Native Healing: Traditional Muskogee Way The Scavenger's Guide to Haute Cuisine: How I Spent a Year in the American Wild to Re-create a Feast from the Classic Recipes of French Master Chef Auguste Escoffier Traditional Clothing of the Native Americans: With Patterns and Ideas for Making Authentic Traditional Clothing, Making Modern Buckskin Clothing and a Section on Tanning Buckskins and Furs Applications of Traditional and Semi-Traditional Hypnotism. Non-Traditional Hypnotism, Volume 2, The Practice of Hypnotism The Moundbuilders: Ancient Peoples of Eastern North America (Ancient Peoples and Places) Peoples and Cultures of East Africa (Peoples and Cultures of Africa) Peoples and Cultures of Southern Africa (Peoples and Cultures of Africa) A Woodland Feast: Native American Foodways of the 17th & 18th Centuries A Panini for All Seasons: 50 Great Panini Recipes - All Original and All for You! Photography Calendar - Seasons Calendar - Calendars 2017 - 2018 Wall Calendars - Sunset Calendar - Photo Calendar - Seasons 16 Month Wall Calendar by Avonside Classic Hungarian Goulashes: Deliciously Decadent Hungarian Cuisine(hungarian recipes, hungarian recipe book, hungarian cookbook, hungarian cooking book, hungarian books, hungarian cuisine, hungarian Welcome to Japanese Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Japanese Recipes (Japanese Coobook, Japanese Cuisine, Asian Cookbook, Asian Cuisine) (Unlock Cooking, Cookbook [#7]) Welcome to Korean Food World: Unlock EVERY Secret of Cooking Through 500 AMAZING Korean Recipes (Korean Cookbook, Korean Cuisine, Korean Cooking Pot, Asian Cuisine...) (Unlock Cooking, Cookbook [#8]) Flavors of Korea: Delicious Vegetarian Cuisine (Healthy World Cuisine) Acrylic:

Seasons: Learn to paint the colors of the seasons step by step (How to Draw & Paint) All Things Joyful All Things Lovely Catholic Journal Color Doodle: First Communion Gifts for Girls in All Departments Confirmation Gifts for Girl in ... All Dep Catholic Devotional 2017 in all Dep First Americans: A History of Native Peoples, Combined Volume

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)