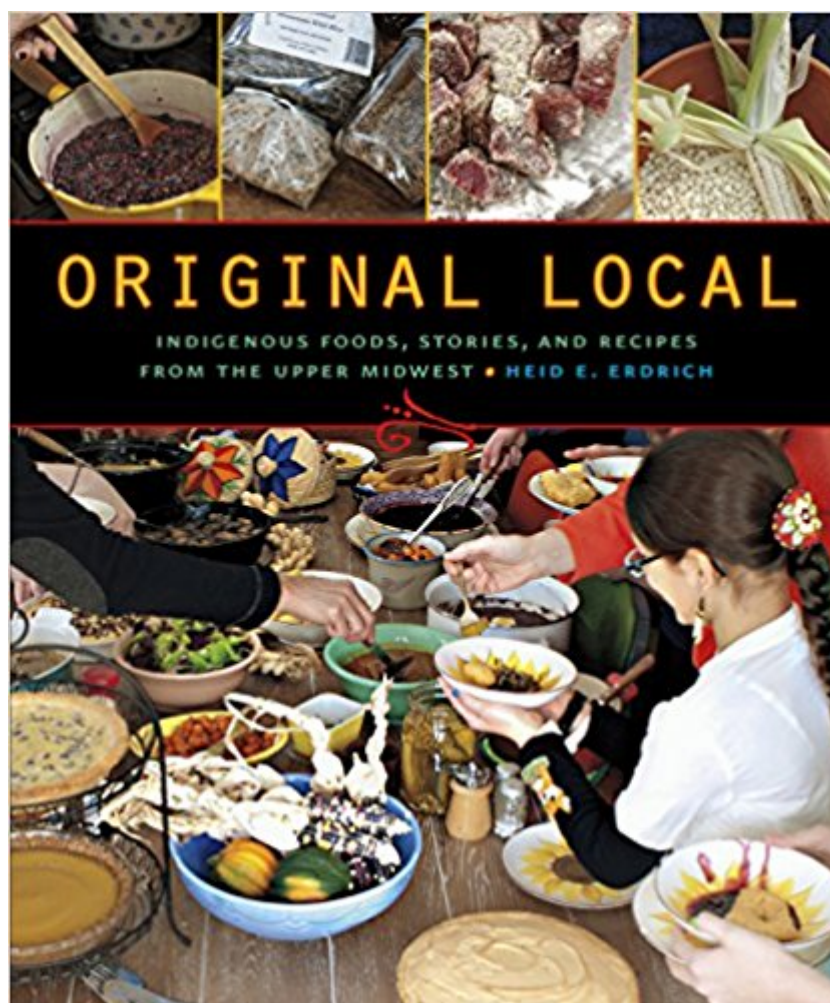


The book was found

# Original Local: Indigenous Foods, Stories, And Recipes From The Upper Midwest



## Synopsis

Local foods have garnered much attention in recent years, but the concept is hardly new: indigenous peoples have always made the most of nature's gifts. Their menus were truly the "original local," celebrated here in 135 home-tested recipes paired with stories from tribal activists, food researchers, families, and chefs. A chapter devoted to wild rice makes clear the crucial role manoomin plays in Native cultures. Similar attention is lavished on the tallest of the Three Sisters: mandarin, or corn. The bounty of the region's lakes and streams—walleye, whitefish, and more—inspire flavorful combinations and fierce protection of resources. Health concerns have encouraged Ojibwe, Dakota, and Lakota cooks to return to, and revise, recipes for bison, venison, and wild game. Sections on vegetables and beans, herbs and tea, and maple and berries offer insight from a broad representation of regional tribes, including Ho-Chunk, Menominee, Potawatomi, and Mandan gardeners and harvesters. The innovative recipes collected here—from Maple Baked Cranberry Beans to Three Sisters Salsa, from Manoomin Lasagna to Black and Blue Bison Stew—will inspire home cooks not only to make better use of the foods all around them but also to honor the storied heritage they represent.

## Book Information

Paperback: 272 pages

Publisher: Minnesota Historical Society Press; 1 edition (November 1, 2013)

Language: English

ISBN-10: 0873518942

ISBN-13: 978-0873518949

Product Dimensions: 7.5 x 0.9 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 12 customer reviews

Best Sellers Rank: #562,624 in Books (See Top 100 in Books) #31 in [Books > Cookbooks, Food & Wine > Regional & International > Native American](#) #91 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Midwest](#) #1394 in [Books > Politics & Social Sciences > Social Sciences > Specific Demographics > Native American Studies](#)

## Customer Reviews

Readers will find many unique and exciting dishes, yet also many contradictions, in Erdrich's book of indigenous foods. The Cowboy Kicker Beans contains Famous Dave's barbecue sauce, and the Decolonized Green Bean Casserole is made with potato

flakes. A squash-pie recipe calls for evaporated milk. Many other recipes contain allspice, paprika, turmeric, white flour, granulated sugar, butter, sour cream, mozzarella cheese, olive oil, balsamic vinegar, pad thai noodles, and saltine crackers. Even so, amid stories, poetry, and folktales, Erdrich introduces cooking that reveres the use of rice, corn, vegetables, meats, fish, herbs, berries, and plants used for tea, and she informs readers of hard-fought tribal efforts to preserve Native American food sources and other natural resources. She also promotes an appreciation for less common ingredients, such as sunchokes, fern fiddleheads, clover, and juniper berries. Those seeking to learn about indigenous food-preparation methods may be disappointed, and some narrative passages are a bit overwrought and confusing. Even so, these recipes possess a special flair, taking their inspiration from Native American culture. --Susan DeGrane

Heid's beautiful writing takes cooking and eating our local foods to an entirely new level. She shares not only recipes, but ways to think about the generosity of our Earth Mother that uplift and encourage as well as show new ways to cook. After reading her Manoomin section I started looking into re-establishing wild rice in our little bayou. Miigwechin, Heid.

This book has depth and soul. Great ideas, Indigenous foods of the Great Lakes. Great context for the foods as well as the culture.

The Erdrich family has contributed much to our understanding of Ojibwe culture, and this cookbook adds a lot, in short notes of family gatherings, and in summaries from other Ojibwe folk. The recipes are user-friendly and give access to foods (how to purchase, how to prepare) that many of us have yet to try.

I read all the story vignettes first - interesting and heart warming! Then took a slow cooker look at all the photos and sweet drawings. Then I took my time reading through all the wonderful and delicious receipies. Can't wait to try some!

Lovely photos and illustrations, interesting stories about food, family, and friends...such a treat! Oh and great recipes too but so much more than a cookbook!

I am enjoying the stories as well as the recipes for the food indigenous to Minnesota.

Great book, great recipes, great stuff here

Great for foodies, locavores, and those interested in Native food and culture. A real learning experience. Keep calm and manoomin on.

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

Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest Whole Food: The 30 Day Whole Food Challenge *–â œ Whole Foods Diet* *–â œ Whole Foods Cookbook* *–â œ Whole Foods Recipes (Whole Foods - Clean Eating)* Whole: The 30 Day Whole Foods Challenge: Complete Cookbook of 90-AWARD WINNING Recipes Guaranteed to Lose Weight (Whole, Whole foods, 30 Day Whole ... Whole Foods Cookbook, Whole Foods Diet) CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods Superfoods Smoothies Bible: Over 160 Blender Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, detox cleanse juice, ... loss - detox smoothie recipes) (Volume 60) Invasive Plants of the Upper Midwest: An Illustrated Guide to Their Identification and Control Mushrooms of the Upper Midwest: A Simple Guide to Common Mushrooms (Mushroom Guides) Common Backyard Weeds of the Upper Midwest Black & Decker The Complete Guide to Upper Midwest Gardening: Techniques for Growing Landscape & Garden Plants in Minnesota, Wisconsin, Iowa, northern ... Ontario (Black & Decker Complete Guide) Gardening in the Upper Midwest, 2nd edition Gardening with Native Plants in the Upper Midwest: Bringing the Tallgrass Prairie Home (Bur Oak Guide) Queer Indigenous Studies: Critical Interventions in Theory, Politics, and Literature (First Peoples: New Directions in Indigenous Studies) Mobilizing Bolivia's Displaced: Indigenous Politics and the Struggle over Land (First Peoples: New Directions in Indigenous Studies (University of North Carolina Press Paperback)) The White Possessive: Property, Power, and Indigenous Sovereignty (Indigenous Americas) 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) Indigenous Nations' Rights in the Balance: An Analysis of the Declaration on the Rights of Indigenous Peoples The Transit of Empire: Indigenous Critiques of Colonialism (First Peoples: New Directions Indigenous) Bedtime Stories for Kids: Short Bedtime Stories for Children: (Bedtime Stories for Babies, Bedtime stories for Kids Ages 4-8, Uncle Nick's Bedtime Stories ... (Uncle Nick's Bedtime Stories for Kids) Rainforest Medicine: Preserving Indigenous Science and Biodiversity in the Upper

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)