



## The Sioux Chef s Indigenous Kitchen (Hardback)

By Sean Sherman

University of Minnesota Press, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. Here is real food-our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced, seasonal, cleaningredients and nose-to-tail cooking are nothing new to Sean Sherman, the Oglala Lakota chef and founder of The Sioux Chef. In his breakout book, The Sioux Chefs Indigenous Kitchen, Sherman shares his approach to creating boldly seasoned foods that are vibrant, healthful, at once elegant and easy. Sherman dispels outdated notions of Native American fare-no fry bread or Indian tacos here-and no European staples such as wheat flour, dairy products, sugar, and domestic pork and beef. The Sioux Chefs healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timsula or wild turnip, plums, purslane, and abundant wildflowers. Contemporary and authentic, his dishes feature cedar braised bison, griddled wild rice cakes, amaranth crackers with smoked white bean paste, three sisters salad, deviled duck eggs, smoked turkey soup, dried meats, roasted corn sorbet, and hazelnut maple bites. The Sioux Chefs Indigenous Kitchen is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota...



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