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Nota di contenuto	Machine generated contents note: Contents Introduction How to Use This Book (Not) Frybread Fields and Gardens Roasted Corn with Wild Green Pesto Three Sisters Summertime Salad with Smoked Trout Wojape Mint Sauce Locavores and Trade-a-vores Salad of Griddled Squash, Apples, Wild Greens, and Toasted Walnuts Maple Vinaigrette Spring Salad with Tamarack Honey Drizzle Hopniss Deviled Duck Eggs Duck Egg Aioli Wild Green Pesto Wild Greens Stuffed Squash Blossoms Corn Mushrooms Sauteed Corn Mushrooms with Fresh Corn and Fried Sage Braised Sunflowers (or Sunchokes) Griddled Maple Squash Gete Okosomin--Big Old Squash Cedar Braised Beans Beans Crispy Bean Cakes Three Sisters Mash Smoked Whitefish and White Bean Spread Sunchokes Maple-Sage Roasted Vegetables The Language of Corn Simple Corn Cakes with Assorted Toppings Blue Corn Cake Variation Hominy Cakes Teosinte Kneel Down Bread Sioux Chef Tamales Old-fashioned Cornmeal Mush with Poached Eggs Amaranth Amaranth Crackers Wild Rice Cakes Sorrel Sauce Summer's Vegetable Soup with Wild Greens Missouri River Pozole Hearty Mushroom, Sweet Potato, and Bean Soup Fish Head and Wild Rice Soup White Bean and Winter Squash Soup Wozupi--An Indigenous Farm of the Mdewakanton Tribe, Minnesota Smoked Turkey and Acorn Soup Squash and Apple Soup with Cranberry Coulis Black Bean and Yucca Soup with Warming Spices Prairies and Lakes Wild Rice Real Wild Rice Tatanka Truck Fried Wild

Rice Bowl Wild Rice Pilaf with Wild Mushrooms, Roasted Chestnuts, and Dried Cranberries Mushrooms Timsula Cakes with Cedar Braised Beans Timsula Smoked Whitefish or Trout Cattails Wild Rice Crusted Walleye Red Lake Walleye--the Good Fish Story Herb-roasted Fish Tatanka Truck Sunflower Crusted Trout Maple-Juniper Roast Pheasant Grouse with Cranberry and Sage Sweet and Sour Roast Goose with Autumn Squash and Cranberries Seared Duck Breast with Cider Glaze Sage and Rosehip Roasted Duck Crispy Duck Legs Rendering Duck or Goose Fat Duck Pate, Preserved Apple Stock, and Dried Apple Duck and Wild Rice Pemmican Smoked Duck or Pheasant Roast Turkey, Wild Onions, Maple Squash, and Cranberry Coulis Maple-brined Smoked Turkey Cider Braised Turkey Thighs Rabbit Old-fashioned Rabbit Stew Rabbit Braised with Apples and Mint Bison Bison Tartar The Noble Way to Hunt Bison Ribs Braising, an Ancient Method Cedar Braised Bison Grilled Bison Skewers with Wojape Indigenous Tacos Tanka Bison Wasna Taniga Hunter's Stew Churro Lamb Sausage Venison Chop with Apples and Cranberries Venison or Elk Stew with Hominy Sweets and Teas Sunflower Cookies Edible Flowers Corn Cookies Autumn Harvest Cookies Amaranth Bites Chocolate Pecan Bites Chestnuts Raspberry-Rosehip Sauce Acorn and Wild Rice Cakes Popped Amaranth Cakes (Alegría) Wild Rice Pudding Rice Moon Sunflower Milk Sorbet Sunflowers Sweet Corn Sorbet Hazelnut Maple Sorbet Wild Rice Sorbet Maple Squash Sorbet with Cranberry Coulis Blueberry-Raspberry-Bergamot Spoon Sweet Wild Apple Sauce (Savory or Sweet) Caramelized Seed Mix Roasted in the Shell Sunflower Seeds Roasted Maple Seeds Indigenous Granola Native Granola Bars Maple Bruleed Squash with Blueberries Tobacco Teas and Refreshing Drinks Labrador Tea Cedar Tea The Firewater Myth Mint Tea Bergamot Tea Raspberry Leaf Tea Chaga Sumac Lemonade The Indigenous Pantry Sunny Butter Indigenous Flours Wild Rice Flour Vegetable Flour Acorn Meal Flour Hazelnut Flour Chestnut Flour Indigenous Stocks Wild Rice Stock Corn Stock Fish, Game, Meat Stock Wojape Sprouts Wild Onions and Ramps Puffed Wild Rice Corn Nuts Dried Mushrooms Tapping Trees--More Than Maple Maple Wine and Vinegar Native Herbs and Seasonings Staghorn Sumac Mineral Salt Culinary Ash Indigenous Partners and Guides Chef Rich Francis --Scallops with Three Sisters Reduction and Four Medicines Chef Karlos Baca --Labrador Tea Smoked Quail with Manoomin Fritter and Wojape Chef Lois Ellen Frank -- Juniper Cured Elk with Dried Chokecherry Sauce Chef Andrea Murdoch -- Inca Trail Mix Chef Freddie Bitsoie -- Corn Broth Chef Brian Tatsukawa JD Kinlacheeny's Chilchin (Sumac) Pudding Terri Ami's Blue Corn Mush Felicia Cocotzin Ruiz -- Two Fruit Jam Scattered with Seeds Valerie Segrest -- Wild Berries with Amaranth Nourishing Tradition Feasts of the Moon Spirit Plate Dinner of the Blossom Moon, Waabigwani-giizis Dinner of the Chokecherry Moon Dinner of the Midsummer Moon, Moningwunkauning and Aabita-niibino-giizis Feast of the Wild Rice Moon Dinner of the Little Spirit Moon, Gichi-manidoo-giizis Feast of the Sorcerer and the Eagle Owamni and the Buffalo Sky Acknowledgments Resources Photography Credits Index.

Sommario/riassunto

Here is real food—our indigenous American fruits and vegetables, the wild and foraged ingredients, game and fish. Locally sourced, seasonal, “clean” ingredients 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 Chef’s 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 Chef's healthful plates embrace venison and rabbit, river and lake trout, duck and quail, wild turkey, blueberries, sage, sumac, timpsula 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 Chef's Indigenous Kitchen is a rich education and a delectable introduction to modern indigenous cuisine of the Dakota and Minnesota territories, with a vision and approach to food that travels well beyond those borders.
