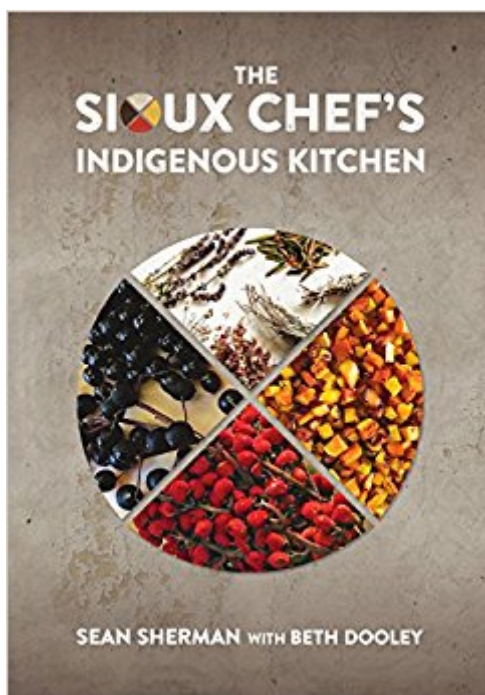


The book was found

The Sioux Chef's Indigenous Kitchen



Synopsis

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 Sherman dispels outdated notions of Native American fare—no fry bread or Indian tacos here—and no European staples such as wheat flour, dairy products, sugar, and domestic pork and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, 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 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.

Book Information

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Customer Reviews

"Mr. Sherman is joining a vital group that stretches across North America and Canada, using food culture to celebrate and empower native people." —Tejal Rao, *The New York Times* "The Sioux

Chef's Indigenous Kitchen is inspired and important. Sean Sherman and his team remake indigenous cuisine and in doing so show us all a new way to relate to food. This book and what it offers is nothing short of thrilling." "David Treuer"Sean Sherman is doing some of the most important culinary work in America. In *The Sioux Chef's Indigenous Kitchen*, he takes a forward-thinking approach to indigenous cuisine, bringing his culture into the light to share with the rest of the world." "Sean Brock, James Beard Award Winner, author of *Heritage*, and Executive Chef Husk, Charleston, SC" I am impressed by Chef Sean Sherman's dedication to a cuisine that has long been lost: his respect for his heritage and his passion to bring the beauty of this tradition into the world. This is remarkable work and I look forward to learning from this talented chef!" "Maneet Chauhan, Food Network Celebrity Chef, Founder & CEO, Indie Culinaire" *The Sioux Chef* provides food for thought as well as for the body. The recipes will teach cooks everywhere how to pay attention to the world around them for sources of ingredients and how to prepare those ingredients. The personal stories the wisdom they share will teach all readers about sustainable living the interdependence of beings, living with the earth instead of on the earth." "Indian Country Today" There are cookbooks from which one simply cooks the recipes, and cookbooks from which one learns how and why to cook. Chef Sherman's book is in the latter. It is a cookbook meant to be studied, one where the recipes are not its most important feature, but rather a part of an overall call to reclaim the history and culture of indigenous peoples. Chef Sherman observes that controlling food is a means of controlling power. With this cookbook, he is taking that power and giving it back to its rightful owners." "ForeWord Reviews, starred review

Chef Sean Sherman was born in Pine Ridge, South Dakota, and has been cooking in Minnesota, South Dakota, and Montana for the past twenty-seven years. He works as a caterer and food educator across the country through his business *The Sioux Chef*, based in South Minneapolis. He has earned plaudits and profiles in such venues as National Public Radio, Guardian UK, Saveur, and the New York Times. Beth Dooley is author of many award-winning cookbooks, including *Savory Sweet: Simple Preserves from a Northern Kitchen*, *Minnesota's Bounty: The Farmers Market Cookbook*, and *The Birchwood Cafe Cookbook*, all published by the University of Minnesota Press. She has also written a memoir, *In Winter's Kitchen: Growing Roots and Breaking Bread in the Northern Heartland*. A

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