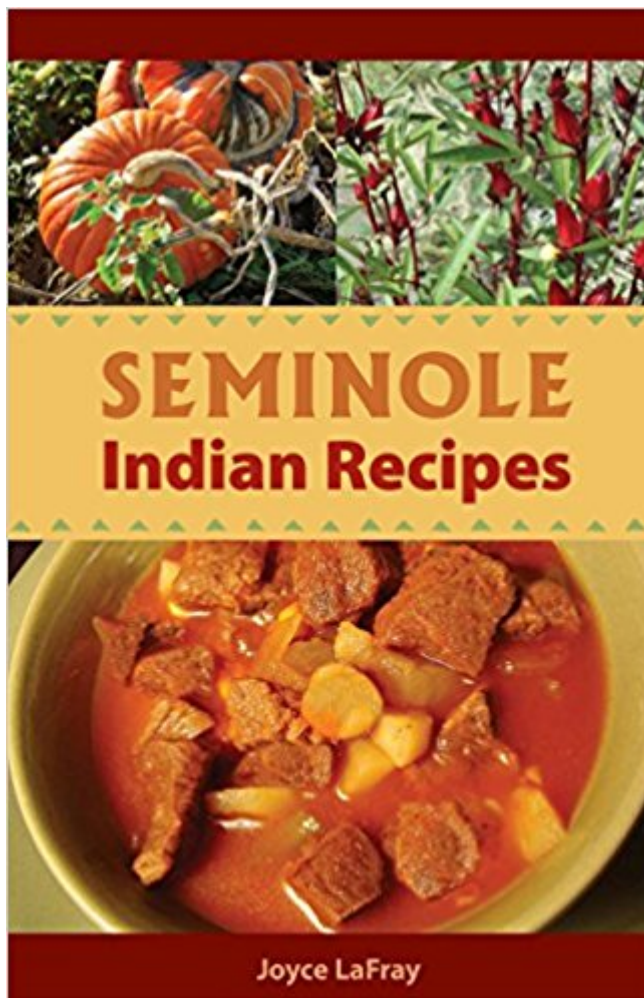


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# Seminole Indian Recipes



## Synopsis

Enjoy a taste of Florida's history with this collection of hearty recipes inspired by Seminole cooking. Each dish evokes a time now past, when foods like venison, coontie, pumpkin, hearts of palm, and guavas were important parts of delicious feasts across the state. Learn how you can use easy-to-find ingredients--pumpkin, cornmeal, bacon, and beef--to make unique and satisfying dishes such as seafood corn pudding and hominy in just a few steps. Or try your hand at wilder fare like rosella muffins, chilled seagrape soup, swamp cabbage salad, and sassafras jelly. Adventurous palates will delight in seasoned fried frog legs, roast rabbit with corn stuffing, and even two variations of alligator tail steak. Seminole Indian Recipes includes southern favorites that have stood the test of time, such as hushpuppies and fried green tomatoes, alongside meals recreated from history. With pancakes, breads, fritters, stews, and puddings, these authentic Florida flavors are perfect for breakfast, lunch, dinner, and dessert!

## Book Information

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## Customer Reviews

Joyce LaFray is a food critic, author, lecturer, and spokesperson. She is the author of numerous books, including *Key Lime Cookin'* and *Cuban Home Cooking*.

A good little cookbook with apparently authentic recipes you can cook in your modern kitchen or if you like over a fire.

Not too happy with this book--needed more input from true Seminoles--gave some recipes I'm not sure were original to the Indians.

I am sure that told how many pages. However, I would be ashamed to print a book with so few recipes

Love .

The book has an good epeel to it and recipes on it to going get another one for my friend.

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