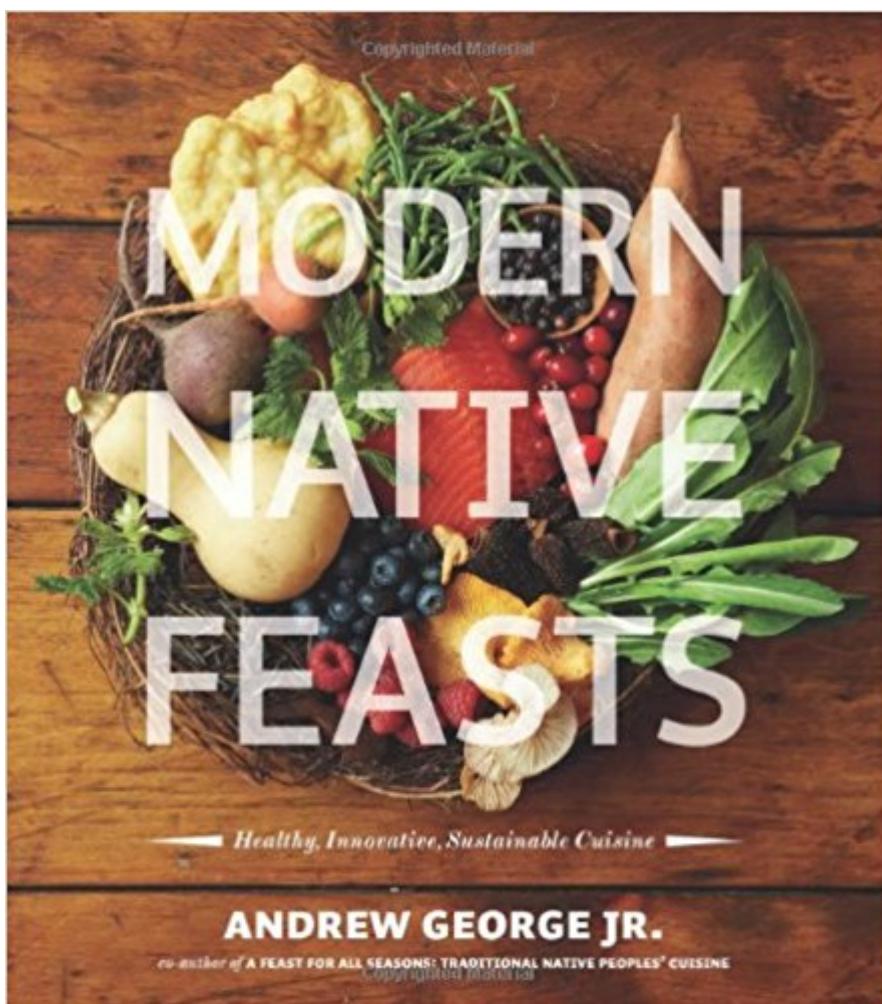


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# Modern Native Feasts: Healthy, Innovative, Sustainable Cuisine



## Synopsis

Native American cuisine comes of age in this elegant, contemporary collection that reinterprets and updates traditional Native recipes with modern, healthy twists. Andrew George Jr. was head chef for aboriginal foods at the 2010 Winter Olympics in Vancouver; his imaginative menus reflect the diverse new culinary landscape while being mindful of an ages-old reverence for the land and sea, reflecting the growing interest in a niche cuisine that is rapidly moving into the mainstream to become the "next big thing" among food trends. Andrew also works actively at making Native foods healthier and more nutritious, given that Native peoples suffer from diabetes at twice the rates of non-Natives; his recipes are lighter, less caloric, and include Asian touches, such as bison ribs with Thai spices, and a sushi roll with various cooked fish wrapped in nori. Other dishes include venison barley soup, wild berry crumble, seas asparagus salad, and buffalo tourtière. Full of healthy, delicious, and thoroughly North American fare, *Modern Native Feasts* is the first Native American foods cookbook to go beyond the traditional and take a step into the twenty-first century. Andrew George Jr. is a member of the Wet'suwet'en Nation in British Columbia. He participated on the first all-Native team at the Culinary Olympics in Frankfurt, Germany, and in 2012 was part of a group of chefs from twenty-five countries on a US State Department initiative called "Culinary Diplomacy: Promoting Cultural Understanding Through Food." His first book, *A Feast for All Seasons*, was published in 2010.

## Book Information

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## Customer Reviews

Modern Native Feasts offers a fresh, innovative spin on time-honoured aboriginal cuisine. Brandon Sun/Winnipeg Free Press (Brandon Sun 2013-10-24) Modern Native Feasts fuses traditional recipe preparations like brining, smoking, and curing with using fresh, local, seasonal ingredients readily available in many supermarkets. Meals reflect a diverse new culinary landscape built on an age-old reverence for the land and sea. Gastrotraveling.com

Andrew George Jr. is a member of the Wetâ™suwetâ™en Nation from central British Columbia, Canada. After attending culinary school in the 1980s, he worked in restaurants and ran a catering company being selected to be part of the Canadian Native Haute Cuisine team that participated in the 1992 Culinary Olympics in Frankfurt, Germany. More recently, he was head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics in Vancouver (the first games in which Indigenous peoples were recognized as official host partners by the IOC), and in 2012 was part of a group of culinary experts from 25 countries on an initiative sponsored by the US Department of State called "Culinary Diplomacy: Promoting Cultural Understanding Through Food" which toured the US, including a meeting at the White House with First Lady Michelle Obama. Andrew lives in Vancouver where he teaches cooking to young aboriginal students; he is also involved in various health and nutrition initiatives for Native peoples.

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