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# Seaweed, Salmon, And Manzanita Cider: A California Indian Feast



## Synopsis

The foods of Native California Books such as *Seaweed*, *Salmon*, and *Manzanita Cider* give invaluable insight into how Native American people created food from what flourished around them: food that is simple, abundant and, most of all, flavorful food that is both life-giving and a way of life. Richard Hetzler, Executive Chef, Mitsitam Cafe, National Museum of the American Indian, Smithsonian Institution Starting with fish and then moving on through shellfish, meat, vegetables, flowers, berries, nuts, and acorns, *Seaweed*, *Salmon*, and *Manzanita Cider* is a tour of the most authentically local food there is: Native American cuisine, in this case from the bountiful shores and slopes of California. Filled with photographs, essays, reminiscences, and recipes, this book offers an overview of the foods of Native California along with delicious details about the dishes and their preparation: seafood stew cooked on the beach, agave hearts roasted underground, cakes made from the tiny seeds of the prolific red maids flower. Many of the recipes in *Seaweed*, *Salmon*, and *Manzanita Cider* appear in print for the first time here, offering glimpses of the past as well as straightforward information on the preparation of simple and sumptuous foods. Dubin and Tolley write in their introduction that the recipes in this book are transcriptions from tribal and personal memory and, as such, fragments of living culture. Part culinary study, part history and cultural chronicle, this book is a fascinating presentation of a venerable American food cuisine.

## Book Information

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## Customer Reviews

Margaret Dubin is managing editor of *News from Native California*, author of *Native America*

*Collected: The Culture of an Art World* (University of New Mexico Press, 2001) and editor of *The*

Dirt Is Red Here (Heyday Books, 2002). She lives in Oakland with her husband and two sons. Sara-Larus Tolley has a Ph.D. in anthropology. She has been working for California tribes not recognized by the government for a decade, has written a book published by Oklahoma Press on the subject, and, while keeping the issues of concern to Native peoples near and dear to her heart, she is currently studying to be a midwife.

real recipes and foodie stories from traditional California natives passed on in this beautifully composed and photographed book...grilled salmon, pine nuts with fresh herbs, seaweed salad, lemonade berry juice, how to hunt a deer... they ate well.... but just in case the hunt is bad, good to know how to prepare simple and delicious fried rats as well....beautiful gift for lovers of the land.

Admired this book at a friend's and have not been disappointed in a single recipe...Illustrations are helpful & add to the flavor, history & understanding offered in the book. I appreciate the authenticity of this book and its offerings as confirmed by our friends and elders, and our own experiences using them. A definite yum!

Just received this. Had seen it at a booth at a Pow Wow, demonstrating Native crafts. The book was not for sale. Luckily, I know about .com, and found my own copy. I hope to try some of the recipes--they sound wonderful!

As a docent at a rural ranch, we get 3rd graders every tuesday to teach them about the local Indian tribe that lived here. My staion is "Plants for Food and Medicine". This book for me is a huge leap forward in what we are telling the kids. Most California Kids know that our Indians processed acorns for their staple diet. But these acorns only last 1/2 a year. This books explains about pinole, or the collection of seeds in the summer to replace the acorns...Now I have to find a book that explains that our Indians came to the marsh in the winter and not the summer, to fish and hunt and collect tules to build their homes.

California's aborigines, like all Native Americans, took complete advantage of every edible resource Mother Nature could provide them. "Seaweed, Salmon, And Manzanita Cider: A California Indian Feast" is a meticulously researched and impressively presented collection of authentic Californian aboriginal cuisine based on the local foods available to them. Included in this beautifully illustrated cookbook collection are recipes involving fish, shellfish, meats, vegetables, fruits, edible flowers,

nuts, seeds, and acorns. The collaborative work of Margaret Dubin and Sara-Larus Tolley, "Seaweed, Salmon, And Manzanita Cider" showcases step-by-step instructions enabling any kitchen cook to produce palate pleasing and appetite satisfying Native American recipes ranging from Barbecued Clams; Rabbit Liver with Watercress; and Roasted Agave Hearts; to Sweet Elder Jelly; Fried Yucca Petals; and Pine Nut Soup. Of special note are the extensively informed and informative commentaries and background information about the tribes, their habitats, histories and cultures. Profusely illustrated throughout, "Seaweed, Salmon, And Manzanita Cider" is a unique addition to any family or community cookbook collections, as is also very highly recommended for academic Native American Studies reference collections and non-specialist general readers with an interest in Native American cultures.

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