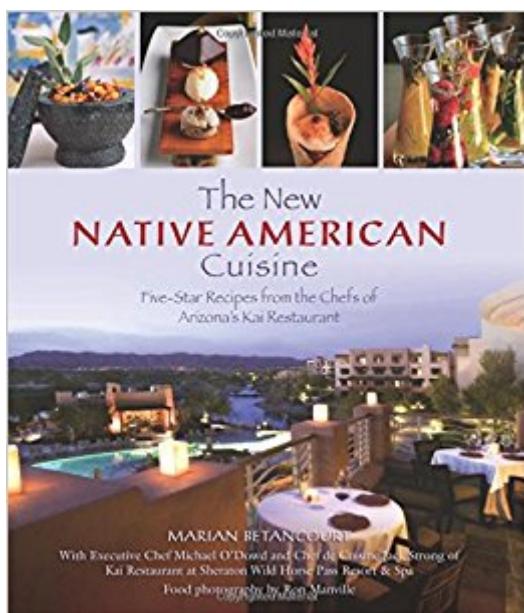


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# New Native American Cuisine: Five-Star Recipes From The Chefs Of Arizona's Kai Restaurant



## Synopsis

The New Native American Cuisine is the first book to make this cuisine available to home cooks everywhere. Beautifully illustrated with rich full-color photographs of the resort and its restaurant and dishes, it presents more than fifty recipes for cocktails; small plates and main courses; soups and salads, fish, meat, game, vegetables, and desserts—*from* grilled elk chop with truffles and sweet corn panacotta with venison carpaccio, to buffalo tartare with prairie quail egg.

## Book Information

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## Customer Reviews

One of only six U.S. restaurants to achieve the AAA's Five Diamond status—and the nation's only Native American restaurant to have earned this distinction along with a Mobil Five Star rating—Kai Restaurant at the Sheraton Wild Horse Pass Resort & Spa, on the outskirts of Phoenix, is redefining Native American cuisine. With classical European culinary techniques, artful plating, and pairing with the finest wines, the Kai chefs bring an ancient cuisine into the modern spotlight. Specialties include grilled elk chop with truffles, sweet corn panna cotta with venison carpaccio, buffalo tartare with prairie quail egg, and butter-basted lobster tail on fry bread with avocado mousse. Now, with *The New Native American Cuisine*, leading food writer Marian Betancourt and two of Kai's top chefs make this cuisine available to home cooks. Beautifully illustrated with rich full-color photographs of the resort and its award-winning restaurant and dishes, this sumptuous book presents more than fifty unforgettable recipes for cocktails; small plates and main courses; soups and salads; and fish, meat, game, vegetables, and desserts. Some of the recipes are complex, some simple, but each will please the palate of anyone wishing to

add an exciting new dimension to their culinary experience. You'll also find a glossary of key Native American foods and a shopping guide. Most of the ingredients for the recipes are available everywhere, and others can be easily acquired from specialty producers and online sources. For a true appreciation of Native American cuisine, one must also understand the land and culture that gave rise to these simple flavors. The New Native American Cuisine is not only a cookbook—it is also a guide to the rich history and culture of the farmers and ranchers of the Gila River Indian Community.

Bringing Ancient Cuisine into the Modern Spotlight with Classical Culinary Techniques—The New Native American Cuisine presents more than fifty delectable recipes from Arizona's Kai Restaurant—the only Native American restaurant in the nation to have achieved AAA Five Diamond and Mobil Five Star status. Written by a leading food writer and two of the restaurant's top chefs, this beautiful and informative book offers a new interpretation of an ancient cuisine, as well as a better understanding of the culture that created it. It brings an exciting new dimension to the culinary experience of kitchens across America.

Signature Cocktails

Sundown at Komatke—Mesquite Bean Martini

BREADS

Chemaiti—Huitlacoche Biscotti

APPETIZERS

Black Bean Hummus—Three Sisters Composition: Sweet Corn Panna Cotta, Pickled Local Squash, and Venison Carpaccio

FROM THE FIELDS: SOUPS AND SALADS

Confit of Heirloom Tomatoes and Sun Roots with High Country Mushroom Espresso

Chilled Sixty-Day Sweet Corn Soup

FROM THE OCEANS AND STREAMS: FISH ENTREES

Butter-Basted Lobster Tail on Fry Bread with Avocado Mousse

—Caramelized Red Mullet and Quinoa with Rhubarb Chutney

FROM THE PRAIRIE AND SKY: MEAT, GAME, AND POULTRY

Pecan-Crusted Colorado Rack of Lamb

—Grilled Elk Chop with Truffle

FROM THE EARTH: VEGETABLE SIDE DISHES

Posole and Desert Succotash

—Horseradish Dauphinoise Potatoes

AFTERLIFE: DESSERT

Goat's Milk Cheesecake on Mesquite Meal Crust with Fennel-Pistachio Crumbs

Local Olives Prepared Three Ways

This is a great well written book. My only complaint is that some of the ingredients are hard to find, if not impossible to find unless you know of someone local who sells the stuff or can find it online. So you will need to experiment with ingredient substitutions in some cases. The history behind the recipes was great to read and gives you insight into the research, creativity, and cultural roots that went into creating each recipe. A good book overall if you don't mind hunting down some of the

ingredients.

As many have said before here, this book is beautifully written with lots of native American food information and great food pictures. We used a number of the recipes in a recent cooking club event. We are an experienced group who has been doing sophisticated dinners, usually for 12 people, for more than 10 years, so we are not afraid of more complicated recipes. From this cookbook we took the Sundown at Komatke cocktail, the trio of olive desserts and the Chemaith Bread. The cocktail was great. The Chemaith Bread not so much, didn't have the Bluebird flour but used the chefs substitution. For the dessert trio, the Blue Cornmeal Scones recipe is way off base. The ingredient list is incorrect and the the text gives wrong information. It will not look like the picture at all. The Olive Oil Gelato is very good but makes way more than one can process in a normal ice cream maker. The truffles were also very good. The chef's note on making candied olives is really not workable. Find a recipe on-line to make your own. For the remainder of the 7 course meal we used recipes from the Mitsitam Cafe which all worked well. If I were to star rate the recipes alone, I would go for 3, but considering all the other information in this book I will give it 4 stars.

Well, this may be a biased review, because we live in Arizona and are huge fans of the Kai restaurant. So it's awesome to see the amazing dishes in a cookbook. The ingredient are obviously very hard to find, but there are some great recipes. It's a cool book for fans of the Kai, and the more seasoned cooks. Probably should be skipped for less than experienced chefs.

A beautifully composed, historically compelling, artfully presented study of not only Native American cuisine, but for most, the forgotten Native American cultures that brought it all about. Included is a "Glossary of Native American and Desert Foods" and a "Shopping Guide" for the ingredients needed to prepare the tempting dishes. "Shopping Guide" web sites are listed and one of the shops: Heritage Foods, USA is located near Detroit in Ann Arbor, Michigan. All go together to make the recipes doable for what will serve to be a one-of-a-kind feast. A sure hit for the holidays. My fellow Michigan historians are as taken with this book as I am. It is a must-have. Dr. Catherine L. G-MD

I was VERY disappointed in this. I am Native American and was raised on a reservation. I was so excited about this book because I thought it would be modern takes on traditional native food. This book does NOT speak to native american cuisine at all. Each recipe is full of fancy, inaccessible ingredients that are VERY rare and expensive. We're talking elk, bison, black truffle, oxtail, caviar,

kobe beef.. things you won't typically find in the refrigerators of Native grandmas across the country. Each of these meals costs a ton to prepare and relies on high quality, diverse ingredients that are alienating as hell. I think there were something like only 2 chicken recipes in the whole book! The only recipe in there a regular person could afford to put together was the fry bread, and honestly, you'd be better off watching a video on youtube than to trying to follow this white boy's directions. Again: This is a book written by a WHITE CHEF. there is very little native about this book.

These helped give me a fresh approach on food preparation; it is an inspiring book, highly recommended! A must have in any culinary library.

Not for the novice. Some ingredients hard to get outside of Southwest. Many complicated receipes. However, that is not to say they would not be worth attempting. Try simple ones first or make the rubs to use on simpler items. Work up to more difficult receipes. Three stars mainly given due to difficulty.

Beautiful book, not for the beginner or novice cook though. If your looking for the different and exotic this the book for you.

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