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Gifts From The Grandmothers: Traditional Recipes



Synopsis

Traditional recipes gathered from the Grandmothers of all cultures as I traveled the Canadian Prairies and listened to the stories and shared the food of elders. Most of these recipes have been passed down by word of mouth, like the talking stories of First Nations culture. A grandmother, Lillian Mack, assisted me in testing and working with the recipes, adding hints and updating some of the ingredients so they could be used in modern kitchens where some of the traditional ingredients might not be readily available. The herbal remedies are shared with the cautionary note that they should never be prepared or used for medicinal purposes without the guidance and instruction of a medicine teacher or a herbalist. Enjoy!

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Customer Reviews

I love Native American and First Nation tales and myths. I wish you would have elaborated them a

little more. I know so many myths having studied them and find them an excellent way of teaching a culture. I purchased the book hoping to find some good recipes from an earlier time. I don't want to be negative but a suggestion since the only 2 things that were Indian where for wild game. Otherwise your recipes were modern day. I would have liked to see the recipes written as they were originally made with the ingredients that were found in the wild. Then when you showed the newer version it would have been so much more interesting. I would have tried to find some of the ingredients for the originals as they could be found in my part of the country to try them. I know taste are so much changed today but I would have liked to try what sustained them then.

Quite a few recipes I need to try. Pea soup w/wild rice, wild veg cream soup, Indian flat bread, sweet potatoes stuffed w/cranberries, stuffed roasted pork tenderloin. Haven't mentioned the desserts. Learned new words, great book. Thanks Jan

This book is about the author and his experiences as a Native American from a tribes of healing people. There is a lot of rituals and folklore discussed as well as information on herbs. Then there are the recipes which can be modified for some of the more exotic game such as elk. I found a lot of these 're c.f. pies sound like ones my mom used to fix like the creamed cabbage and the bean salad. I enjoyed this book and found it a pleasant surprise read!

This is a great book but could only give 3 stars because there were no pictures to identify the plants talked about or where to find them. Have to buy a wildflower and plant book just to help with finding them.

I LOVED THE COMENTARY ALONG WITH THE RECIPES. I WILL LOOK INTO OTHER BOOKS IN THE WISDOMKEEPER COLLECTION. I AM GOING TO USE THIS BOOK ALOT.

Simple words gather to produce a beautiful cookbook and spiritual journey for one man. The book is a short autobiographical of a Native in a hurried world.

I am a believer that you can never have too many good how-to books in your library

I will have to try some of these recipes. It is like a history book in many ways. Would like to see one with stories added to it.

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