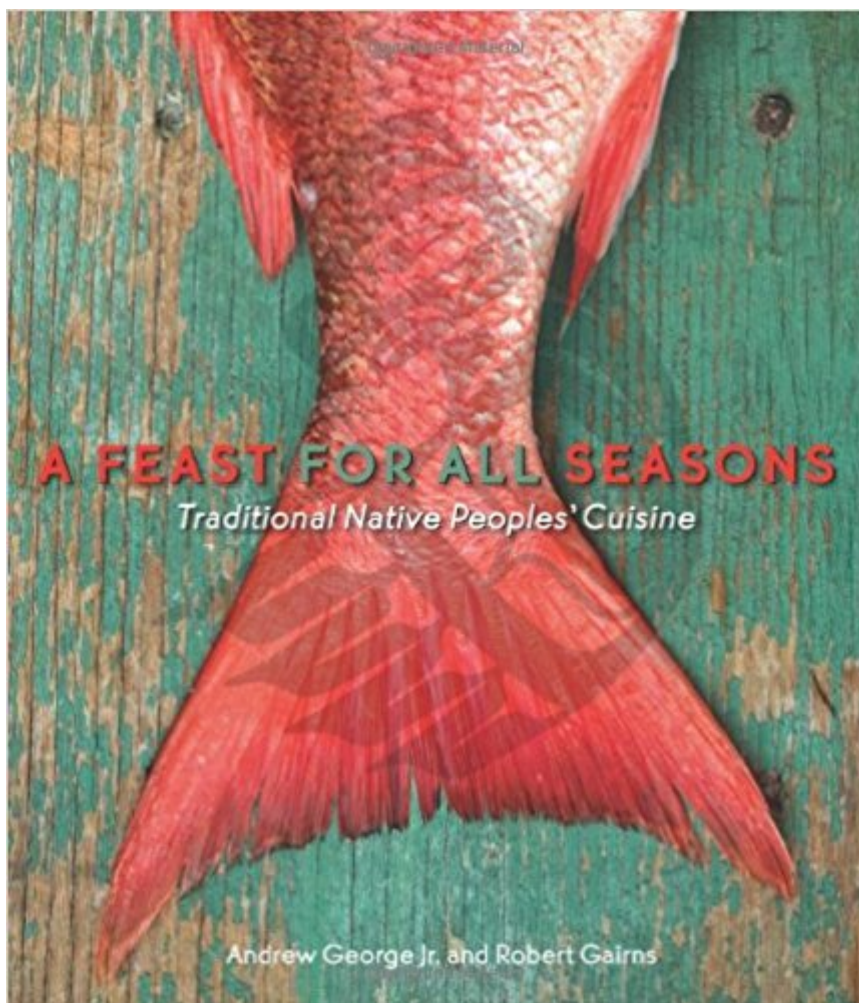


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# A Feast For All Seasons: Traditional Native Peoples' Cuisine



## Synopsis

Traditional North American Native peoples' cuisine has existed for centuries, but its central tenet of respecting nature and its bounty have never been as timely as they are now. Andrew George Jr. of the Wet'suwet'en Nation in Canada is a well-respected aboriginal chef and instructor who has spent the last twenty-five years promoting the traditions of First Nations food. In *A Feast for All Seasons*, written with Robert Gairns, he has compiled aboriginal recipes that feature ingredients from the land, sea, and sky, elements of an enduring cuisine that illustrate respect for the environment and its creatures and an acknowledgment of the spiritual power that food can have in our lives. The 120 recipes include delectable, make-at-home dishes such as Salmon and Fiddlehead Stirfry, Stuffed Wild Duck, Barbecued Oysters, Pan-fried Rabbit with Wild Cranberry Glaze, Clam Fritters, and Wild Blueberry Cookies. The book also features recipes with exotic ingredients that provide a fascinating glimpse into the history of Native cuisine: Moose Chili, Boiled Porcupine, Smoked Beaver Meat, and Braised Bear. This unique cookbook pays homage to an enduring food culture grounded in tradition and the power of nature that transcends the test of time. Andrew George Jr. was most recently head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics (the first games in which Indigenous peoples were recognized as official host partners by the International Olympic Committee). He also participated at the World Culinary Olympics as part of the first all-Native team in the competition's history.

## Book Information

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## Customer Reviews

A lovely cookbook ... A great gift for anyone interested in Canadian food history, First Nations or locavore diets. [Calgary Herald \(Calgary Herald 2010-11-12\)](#) I loved that some of the recipes

were simple, like the three-ingredient Baked Sweet Potato with Roasted Hazelnuts, a great accompaniment to wild game like the simple Roast Venison ... A Feast for All Seasons gives a glimpse into the purpose of the feast that brings people together. &#151;St'at'imc Runner (St'at'imc Runner 2010-12-17)A fine collection and very highly recommended for those looking for an original series of dishes to experiment with. &#151;Midwest Book Review (Midwest Book Review 2011-01-31)George wants us to think like his First Nations elders: get back to the land and appreciate what's been provided for us. His elegant recipes include a smart take on pan-fried oysters with seaweed. &#151;Barbara-jo McIntosh, Western Living (Western Living 2011-03-06)

Andrew George Jr. was most recently head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics (the first games in which Indigenous peoples were recognized as official host partners by the IOC). He also participated at the World Culinary Olympics as part of the first all-Native team in the competition's history. Robert Gairns is a writer who has followed Andrew George Jr.'s career from chef's apprentice to gold medal-winning chef. His play about Louis Riel, co-written with Maria Campbell, was first staged at the Winnipeg Centennial Concert Centre in 1991. Robert Gairns lives in Nepean, Ontario.

I really enjoy looking through this book. I haven't made anything from it, but it sits on my table more as decoration/art than for functional purposes. I hope to actually get around to cooking from it soon. It's interesting, inspiring and the food/pictures tell a story which is rare in cookbooks.

"A Feast For All Seasons: Traditional Native Peoples' Cuisine" is a collection of 120 Native American recipes from traditional aboriginal cuisine of the Wet'suwet'en Nation in Canada. Featuring entrees from foods of waters, earth, land, and sky, "A Feast for All Seasons" emphasizes the enduring traditions of respect for the bounty of nature and the environment, plus a reverence for the spiritual sustenance that healthy foods, respectfully even prayerfully harvested, can provide. This is a second release of an earlier edition first published in 1997, with more stories, background, and delicious recipes. Andrew George Jr. was recently head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics, the first games in which Indigenous peoples participated as official host partners. "A Feast For All Seasons" includes background information on the Wet'suwet'en, their feasting traditions, and favored foods including wild salmon, bannock, and wild rice, or Man-o-min, plus menus for the four seasons (organized by season), and specific recipes for ingredients from the waters, earth, land and skies. A suggested menu for a winter feast includes wild

duck and winter vegetable soup, Aboriginal mixed grill, boiled cabbage and root vegetables, wild rice and mushrooms, fresh baked yeast rolls and fresh squeezed huckleberries. Recipes for all but the last two menu items are included in the book. There many creative recipes for traditional foods, including such delicacies as wild flower salad, clam fritters, haba-sta (fry bread), Venison Consomme, gourmet moose roast, Taas guz (cold huckleberry soup), and baked sweet potato with roasted hazelnuts. The aspiring chef desiring to explore the bounties of genuine North American Aboriginal cuisine will find many treasures in "A Feast For All Seasons," which features food for the edification of the soul and mind as well as for the physical appetite and the strength and health of the body.

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