

A woven basket filled with a variety of fresh ingredients, including a large piece of salmon, several mushrooms, blueberries, raspberries, green beans, a sweet potato, and leafy greens, all set against a rustic wooden background.

MODERN NATIVE FEASTS

Healthy, Innovative, Sustainable Cuisine

ANDREW GEORGE JR.

author of **A FEAST FOR ALL SEASONS: TRADITIONAL NATIVE PEOPLES' CUISINE**



Modern Native Feasts features more than 100 recipes, including:

SALADS

- Sea Asparagus Salad with Seared Pacific Seafood
- Warm Dandelion Greens
- Hot Smoked Trout Salad

SOUPS

- Butternut Squash Soup
- Seafood Chowder
- Rabbit Soup

SIDES

- Dandelion Greens Fettuccini
- Wild Rice Pilaf
- Roasted Yams and Beets

BREAKFAST

- Smoked Salmon on Bannock Bennies
- Saskatoon Berry Stuffed French Toast
- Wild Huckleberry Pancakes

APPETIZERS

- Beetroot Trout Gravlax
- Salmon Skewers with Fresh Dill Pesto
- Venison and Caramelized Onion Tarts

ENTRÉES

- Braised Pacific Halibut with Wilted Stinging Nettles
- Wild Game and Cranberry Stew
- Rib Steak with Blackberry Au Jus

DESSERTS

- Fresh Mountain Berries with Soapberries and Sabayon
- Wild Berry Cobbler with Crème Anglaise
- Bannock bread pudding



INTRODUCTION

Modern Native Feasts innovatively combines traditional Aboriginal ingredients—fresh and local produce in season, fish, and game meats (with easy-to-find alternatives)—in contemporary recipes that make use of modern techniques, equipment, and trends. It’s traditional fare with a twist.

This book was inspired by the many chefs I’ve met on my journey through the promotion of Aboriginal cuisine as well as my family and the Wet’suwet’en people.

I’ve always been interested in preparing food. My first job was at Vancouver’s famed Quillicum Restaurant, where I learned to cook on a wood-burning grill and prepare Native dishes. At 23, I became head grill cook for the First Nations Restaurant at Expo 86. Since then, I’ve been promoting Aboriginal cuisine around the world, from the 1992 World Culinary Olympics to the 2010 Winter Olympics, at banquets for thousands and in top restaurants, from Vancouver to Frankfurt to the White House. Recently, I joined the Super Chefs program (superchefs.tv), which encourages children to adopt healthy eating habits. My mission is to bring Aboriginal kids back to our traditions, eating fresh and local foods.



Since the original release of *Feast!* in 1997 (re-issued in a new edition entitled *A Feast for All Seasons* in 2010), a lot has changed in the world of food; we’ve become aware of the importance of eating healthily and including more fresh fruits and vegetables in our diets. And we’ve also learned that health conditions such as diabetes and heart disease are so prevalent among First Nations people today because their diet is often largely made up of processed, inexpensive convenience foods. I teach my students, and I hope to show readers of this book, that you can shop for and cook with available and affordable fresh ingredients to create delicious, nourishing meals. I hope you enjoy these modern feasts.

Andrew George Jr., Vancouver, 2013

NIÇOISE SALAD WITH POACHED SMOKED SALMON & LEMON POPPYSEED DRESSING

This recipe uses salmon instead of the traditional tuna. I use this recipe with The Super Chefs (kids' cooking) program because it emphasizes local, fresh ingredients and healthy cooking. The kids have produced this recipe at weekend camps, cooking shows, and on stage at events in and around Vancouver.

Makes 4 servings.



NIÇOISE SALAD

- ½ lb (750 g) baby new potatoes
- ½ lb (250 g) green beans, sliced diagonally into 2-in (5-cm) lengths
- 4 4-oz (460 g) wild Chinook (King) or Coho salmon fillets
- ½ lb (250 g) mixed baby greens
- ¼ cup (60 mL) artichoke hearts, cooked and quartered or canned
- ½ cup (125 mL) halved cherry tomatoes
- ¼ cup (60 mL) pitted black olives
- 4 hard boiled eggs, peeled and quartered

LEMON POPPY SEED DRESSING

- ⅓ cup (80 mL) olive oil
- ⅓ cup (80 mL) vegetable oil
- 5 tbsp sugar or a few drops of stevia (use sparingly!)
- ⅓ cup (80 mL) fresh lemon juice
- 2 tsp shallots, diced
- 1 tsp Dijon mustard
- salt and freshly ground black pepper, to taste
- ⅓ cup (80 mL) poppy seeds

In a pot on high heat, boil or steam new potatoes until fork-tender. Set aside to cool.

In a pot on high heat, boil green beans for one minute. Remove from pot and place in cold-water bath to cool.

In a large, deep skillet on medium heat, poach salmon fillets in Court Bouillon (recipe included in book) for 10 minutes. Remove from skillet and set aside to cool. Remove skin and slice into bite-sized pieces.

In a large serving bowl, assemble salad components: Top baby greens with potatoes, green beans, salmon, artichoke hearts, cherry tomatoes, black olives, and hardboiled eggs. Spoon Lemon Poppy Seed Dressing (below) over the salad and serve.

For the dressing:

In a blender on medium-high, process oils, sugar, lemon juice, shallots, and mustard for one minute. Season to taste with salt and pepper and add poppy seeds. Makes 1½ cups (350 mL).



Clockwise from top left:
Curried Dandelion Greens
with Caramelized Onions and
Cashews, Niçoise Salad with
Poached Smoked Salmon,
Lemon Poppyseed Dressing

TOODY NI JUNIPER DUCK

This recipe is quite simple, and the end product is simply spectacular. Use your imagination as you read this recipe; the flavors—smoked duck, red wine, juniper berries—will almost jump off the page onto your palate, even before you start cooking. Serve with steamed fiddleheads for a true feast.

Makes 2 servings.



2 boneless smoked duck breasts
salt and freshly ground black pepper, to taste
2 tsp vegetable oil
1 large shallot, chopped
1 tbsp crushed juniper berries
⅓ cup (80 mL) red wine
½ cup (125 mL) duck stock or Demi-Glace

Season duck with salt and pepper and place skin side up on a rack in a broiling pan.

In a small saucepan over medium-high heat, heat oil. Sauté shallots and juniper berries until shallots are transparent. Add wine and stock and boil until reduced by half. Pour sauce over duck and broil 6 inches (15 cm) from heat for 5 minutes.

Baste breasts with sauce and roast at 375°F (190°C) for 10 minutes or until breast is firm to the touch and juices run clear. Arrange breasts on plates and spoon sauce over them



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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 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; his recipes are lighter, less caloric, and include influences from other world cuisines.

Full of healthy, delicious, and thoroughly North American fare, *Modern Native Feasts* is the first Aboriginal 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, and is the author (with Robert Gairns) of *A Feast for All Seasons* (Arsenal, 2010). He participated on the first all-Native team at the Culinary Olympics in Frankfurt, Germany, and was head chef at the Four Host First Nations pavilion at the 2010 Winter Olympics in Vancouver. In 2012 he was part of a delegation of chefs from 25 countries on a US State Department initiative called “Culinary Diplomacy: Promoting Cultural Understanding Through Food.” He lives in Surrey, BC, Canada, where he teaches cooking to Native students.

