

November is Native American Heritage Month

THE SIOUX CHEF'S INDIGENOUS KITCHEN

***The Sioux Chef's Indigenous Kitchen* by Sean Sherman is a groundbreaking cookbook that offers a modern approach to Native American cuisine, focusing on indigenous ingredients and techniques from the Dakota and Minnesota territories.** Sherman's cookbook dispels outdated notions of Native American food, eschewing fry bread and Indian tacos in favor of authentic, pre-colonial ingredients.

Sherman was inspired to create this cookbook after having an epiphany about the lack of representation and knowledge of indigenous North American cuisine. This motivated him to extensively research indigenous foods, cooking techniques, and ingredients across North America, ultimately culminating in the creation of his cookbook to share this knowledge and approach with a wider audience.

Throughout this cookbook, Sherman provides not just delicious recipes but also important historical, cultural, and environmental lessons that offer a new perspective on Native American food and its significance in modern cuisine.

***The Sioux Chef's Indigenous Kitchen* is available for purchase on Amazon.**

