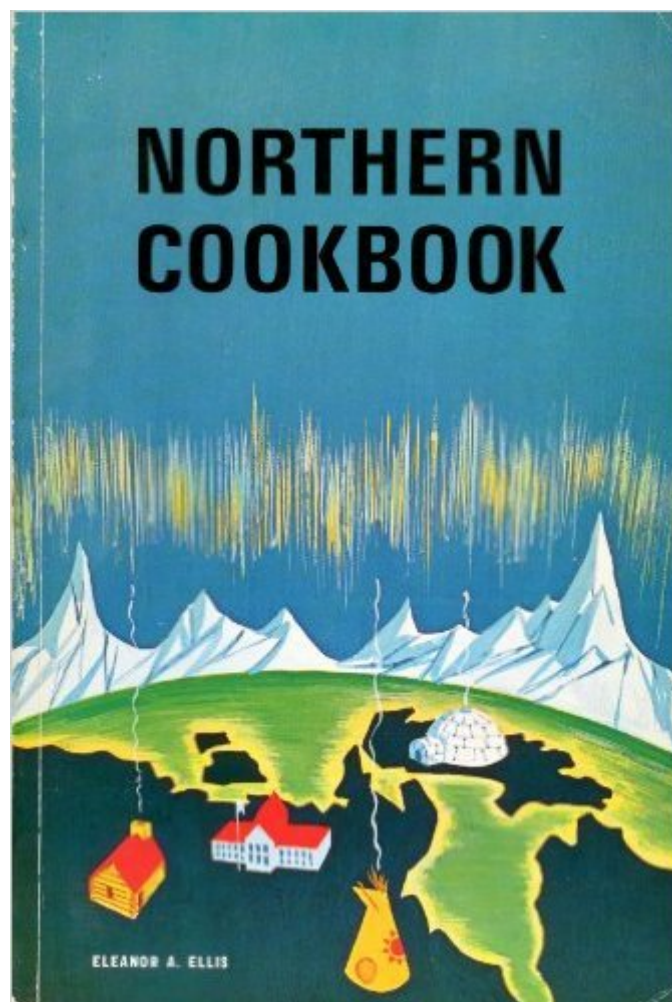


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# Northern Cookbook



## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

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## Customer Reviews

This is perhaps the best cookbook a Northerner could own. Yes, it does feature such delicacies as Jellied Moose Nose and Hawaiian Caribou Tongue, but it also contains a wealth of information on how to prepare northern fish, wild berries, tundra greens, and other local (and free) victuals. An added bonus are the brilliant illustrations by James Simpkins. If you ever find yourself living north of sixty, do yourself a favour: beg, borrow or steal a copy of the Northern Cookbook.

You should situate the whole thing as far north as the Canadian Northern territories. The food preparations in the book are meant seriously..... There are still people living in this world that don't have a super market at every other corner..... I like to read cookery books, and I even found information on how to cook a polar bear in this book. It also tells how to prepare all kind of rodents, squirrels, black and grizzly bears, elk, whale, seal and lynx (bobcat), reindeer (sorry Santa). What about Beaver in sour cream???????? Or Stuffed Moose Heart?????? Or could I please You more with a muskrat meat loaf???????? Recipes for Acorn soup and pine tip tea (rich in vitamine C) are also found in the book. Besides these - in our eyes strange - recipes it also tells how to bake a cake (with or without bear fat) or glaze carrots, and caloric values of stuff. Did you know that 1tbs of whale blubber contains 112 calories? The book also neatly provides us with the official hunting regulations for the North West Territories. As a non resident You must pay \$510 in stamp and Trophy fees for a polar bear, and you can only hunt them if they're not accompanied by young. Grizzly bears are cheaper! If you can lay your hands on a copy of this book, don't hesitate to buy it.

This is the most wonderful cookbook I own. I have hundreds, I have bought copies for very serious foodies. An ABSOLUTE MUST HAVE. Where else when in a quandry, can you find recipes for Bear? Epicurious? I think not. Whale too is discussed. Where else can you find: Seal on a Bun (pg 157), Rabbit Chop Suey (pg 282) and Squirrel Fricassee (pg 91), you'll never look at those little darlin's in the park the same way again. Hours of good fun, It always cheers me up to thumb through this book. I must confess though I have yet to try a recipe in it so I cannot vouch for the results of these recipes. I did ask the local butcher on the availability of Seal or Whale once, well, let's just say that you must try it for yourself, the results are... most gratifying. By all means buy it if you can find it, you won't regret it.

a slice of life from the north- nothing is wasted

It's doing the job. i am not a big writer one two three four five six seven eight nine ten

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