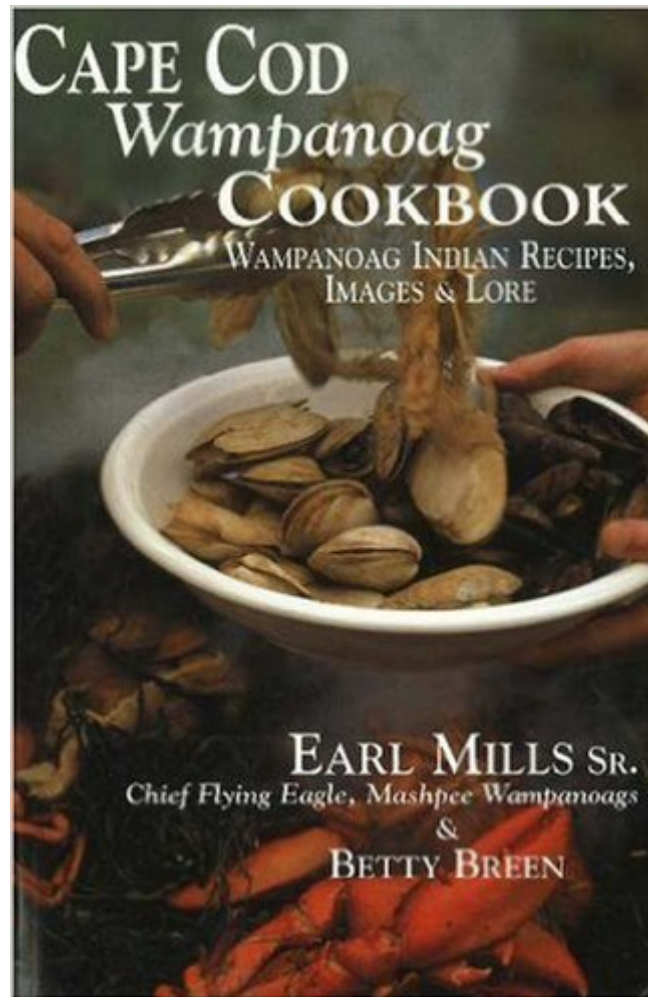


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# Cape Cod Wampanoag Cookbook: Traditional New England & Indian Recipes, Images & Lore



## Synopsis

Features recipes ranging from Quahog Chowder to Indian Pudding. This book contains recipes that have been taste-tested, presented along with stories and blessings. It includes such recipes as soups and chowders, breads, salads and dressings, pastries, meats, game, seafood, vegetables, pasta, sauces and desserts, and more.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (8 customer reviews)

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## Customer Reviews

More Patti Page's "Old Cape Cod" than a collection of recipes, The Cape Cod Wampanoag Cookbook is a wonderful concoction of good reading and favorite meals simplified. Essays are interspersed with mouth-watering and heart-warming dinners, soups, chowders, and breads. A history of the cranberry bogs winds its way through one chapter, carefully following the transition from a time when native children crawled on hands and knees to pick cranberries by hand to the modern method of wet harvesting the bogs. A childhood spent as an Indian guide for hunting and fishing expeditions is well documented in charming narratives sprinkled through the book. Earl Mills' voice comes through in stories which are divided according to the four seasons, telling readers how his people lived according to the land. The owner and cook of a popular Cape Cod restaurant for close to thirty years, Mills is Chief Flying Eagle of the Mashpee Wampanoags and former athletic director of the Falmouth, MA public schools. Breen, who has captured his spirit as well as a native respect for Mother Earth, has also captured Cape Cod at its best. Her thoughts on Thanksgiving are worth the price of this little gem of a book. I read the book cover to cover and then bought it for every one on my Christmas list. Readers, eaters and cooks alike will cherish this delightful gem!

This is NOT a collection of traditional Wampanoag recipes. It is at best a modern Cape Cod eastern Massachusetts Recipe book. It does have a half dozen traditional Wampanoag recipes like Indian pudding, Succotash, Herring and fried eels. The rest are modern European recipes like Kale soup, Irish soda bread, marinara sauce, gazpacho, welsh rarebit, chicken tetrazzini and grape nut pudding. Don't get me wrong it is full of information about the author, his childhood and the Wampanoag people. Its just does not live up to its name. It does have a few good (all be it basic) recipes for modernized recipes adapted from the Wampanoag people like boiled dinner, red flannel hash, clam bake, clam chowder, pot roast, bean pot bread, pheasant, grouse, quail, plover, raccoon, striped bass, baked scrod, codfish cakes, muscles, oysters, corn chowder, cranberry sauce and bread pudding. If your looking for a recipe for Sobaheg or Nasaump look else wear. The title should be "Recipes from Cape Cod Eastern Massachusetts and the Wampanoag people.

Great cookbook which includes recipes used in a Mashpee, MA restaurant run by the former chief of the Wampanoag tribe. So far, delicious results served with local history. Unique cookbook written by the descendants of the Wampanoag Indians who greeted the Pilgrims.

I'm orginanly from Cape Cod and a small part Wampanoag, may even be related to Mr. Mills. Have tried some of the recipes and theytake my back to my childhood in Orleans. I really enjoy the stories that he has written, I have been to some of those places. The book has been a great joy to me, it brings a smile to my face and a warm feeling in my heart, thank you for the return trip to my younger years, both with the stories and places but also the wonderful recipes

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