

Reader's Guide

NATIVE AMERICAN HERITAGE MONTH BOOK TALKS

tawâw: Progressive Indigenous Cuisine

Recommended for adults

Plains Cree chef Shane Chartrand shares his personal journey in making Indigenous foods with European and Asian cooking techniques.

Request the book here: tinyurl.com/bnbtd5uy

Book Resources:

Article on Chef Shane Chartrand

tinyurl.com/tefu696k

Recipes for Change: A Conversation with Chef Shane Chartrand (Webpage)

tinyurl.com/3rp67u6z

Discussion Questions/Guide:

- According to Chef Chartrand, the Cree title of his cookbook *tawâw* means “Come in, you’re welcome, there’s room.” If you were to create a cookbook, what would you call it and why?
- Chef Chartrand’s recipes reflect his identity as a person who lives with one foot in the Indigenous world and the other foot in the non-Indigenous world. How does he balance these two worlds in his cooking?
- His stories about adoption and the Indigenous aspects of his life give the reader a sneak peek into his world. Do you have any recipes that tell stories about your family or community?
- The recipes in this book share insight into Indigenous cultures. What are some things other than food that can share insight into your culture?
- Is there a recipe in the book that you haven’t tried but want to cook? Try out the recipe and share it with us by tagging @LACountyLibrary on social media!



Read-Alikes:

The Sioux Chef's Indigenous Kitchen by Sean Sherman (Book)

tinyurl.com/e382mfpv

A Feast for All Seasons: Traditional Native People's Cuisine by Andrew George (Book)

tinyurl.com/c42hstky

Cooking the Native Way by Chia Café Collective (Book)

tinyurl.com/339yum8s

Other Resources:

Tending the Wild: Decolonizing the Diet (KCET documentary)

tinyurl.com/wepwbwca

Recipes (First Nations Development Institute webpage)

tinyurl.com/djd5utev

Gather (Kanopy documentary)

tinyurl.com/u85uhsbk

Return: Native American Women Reclaim Foodways for Health & Spirit (Kanopy documentary)

tinyurl.com/2tw4faz2