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Eating Up the Santa Fe Trail

Sam P. Arnold

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A delightfully entertaining and informative book, Eating Up the Santa Fe Trail is filled with rare information painstakingly culled from thousands of sources, including the diaries and journals of many who rode the trail. Eating Up the Santa Fe Trail contains recipes of trappers, traders, settlers, various Indian tribes, Mexicans, and military

soldiers. From Missouri, across Kansas to Bent's Fort, Colorado, and on to Santa Fe, New Mexico, learn in the words of the travelers themselves how to prepare such trail fare as buffalo, elk, crane, Indian "washtunkala" (jerked meat stew), and "belly washes," such as Injun Whiskey (made with black gunpowder, red pepper, and tobacco juice). Eating Up the Santa Fe Trail is filled with the delicacies and oddities of the Old West and is a must for the professional chef, historian, buckskinner, and gastronome.