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Appalachian Home Cooking: History, Culture, and Recipes (Hardback)

By Mark F. Sohn

The University Press of Kentucky, United States, 2005. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mark F. Sohn's classic book, *Mountain Country Cooking*, was a James Beard Award nominee in 1997. In *Appalachian Home Cooking*, Sohn expands and improves upon his earlier work by using his extensive knowledge of cooking to uncover the romantic secrets of Appalachian food, both within and beyond the kitchen. The foods of Appalachia are the medium for the history of a creative culture and a proud people. This is the story of pigs and chickens, corn and beans, and apples and peaches as they reflect the culture that has grown from the region's topography, climate, and soil. Sohn unfolds the ways of a table that blends Native American, Eastern European, Scotch-Irish, black, and Hispanic influences to become something new - and uniquely American. Sohn shows how food traditions in Appalachia have developed over two centuries from dinner on the grounds, church picnics, school lunches, and family reunions as he celebrates regional signatures such as dumplings, moonshine, and country ham. Food and folkways go hand in hand as he examines wild plants, cast-iron cookware, and the nature...



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