



CELEBRATING SOUTHERN APPALACHIAN FOOD

Recipes & Stories from
Mountain Kitchens

JIM CASADA AND TIPPER PRESSLEY



Appalachian Cookbook

Mark F. Sohn



Appalachian Cookbook:

Appalachian Home Cooking Mark F. Sohn, 2005-10-28 The 80 recipes are important but really this is a food studies book written for those who feel some nostalgia for or connection to Appalachia Lexington Herald Leader 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 Shedding new light on Appalachia's food history and culture Sohn offers over eighty classic recipes as well as photographs poetry mail order sources information on Appalachian food festivals a glossary of Appalachian and cooking terms menus for holidays and seasons and lists of the top Appalachian foods Appalachian Home Cooking celebrates mountain food at its best When you read these recipes for chicken and dumplings country ham fried trout crackling bread shuck beans cheese grits casseroles bean patties and sweet potato pie your mouth will begin to water whether or not you have a connection to Appalachia Loyal Jones author of Appalachian Values Offers everything you ever wanted to know about culinary mysteries like shucky beans pawpaws cushaw squash and how to season cast iron cookware Our State Tells how mountain people have taken what they had to work with from livestock to produce and provides more than recipes but the stories behind the preparing of the food The reading is almost as much fun as the eating with fewer calories Modern Mountain Magazine

More than Moonshine Sidney Saylor Farr, 2014-08-27 Sydney Saylor Farr is a woman who knows Appalachia well Born on Stoney Fork in southeastern Kentucky she has lived much of her life close to the mountains among people whose roots are deep in the soil and who pass on to their children a love for the land a strong sense of belonging and of place Mountain food and how it is cooked is very much a part of this sense of place Ask any displaced Appalachians what they miss most and they will probably talk about soup beans country ham and homemade biscuits They may also remember the kitchens at home the warmth from the wood burning stove the smell of coffee and the family gathered around the kitchen table to eat and talk More than Moonshine is both a cookbook and a narrative that recounts the way of life of southern Appalachia from the 1940s to 1983 The women of Stoney Fork rarely had cash to spend so they depended upon the free products of nature their cookery used every nutritious edible thing they could scour from the gardens and hillsides These survival skills are recounted in the pages of More than Moonshine with instructions for making moonshine whiskey for fixing baked groundhog with sweet potatoes for making turnip kraut cracklin bread egg pie apple stackcake and other traditional dishes More than Moonshine is more than a cookbook It evokes a way of life in the mid twentieth century not unlike that of pioneer days

The Foxfire Book of Appalachian Cookery T. J. Smith, 2019-08-09 From springhouse to smokehouse from hearth to garden Southern Appalachian foodways are celebrated afresh in this newly revised edition of The Foxfire Book of Appalachian Cookery First published in 1984 one of the wildly popular Foxfire books drawn from a wealth of material gathered by Foxfire students in Rabun Gap Georgia the volume

combines hundreds of unpretentious delectable recipes with the practical knowledge wisdom and riveting stories of those who have cooked this way for generations A tremendous resource for all interested in the region s culinary culture it is now reimagined with today s heightened interest in cultural specific cooking and food lovers culture in mind This edition features new documentation photographs and recipes drawn from Foxfire s extensive archives while maintaining all the reminiscences and sharp humor of the amazing people originally interviewed Appalachian born chef Sean Brock contributes a passionate foreword to this edition witnessing to the book s spellbinding influence on him and its continued relevance T J Smith editor of the revised edition provides a fascinating perspective on the book s original creation and this revision They invite you to join Foxfire for the first time or once again for a journey into the delicious world of wild foods traditional favorites and tastes found only in Southern Appalachia

Victuals Ronni Lundy, 2016-08-30 Winner of the James Beard Foundation Book of the Year Award and Best Book American Cooking Victuals is an exploration of the foodways people and places of Appalachia Written by Ronni Lundy regarded as the most engaging authority on the region Victuals guides us through the surprisingly diverse history and vibrant present of food in the Mountain South Victuals explores the diverse and complex food scene of the Mountain South through recipes stories traditions and innovations Each chapter explores a specific defining food or tradition of the region such as salt beans corn and corn liquor The essays introduce readers to their rich histories and the farmers curers hunters and chefs who define the region s contemporary landscape Sitting at a diverse intersection of cuisines Appalachia offers a wide range of ingredients and products that can be transformed using traditional methods and contemporary applications Through 80 recipes and stories gathered on her travels in the region Lundy shares dishes that distill the story and flavors of the Mountain South Epicurious Best Cookbooks of 2016

Smoke, Roots, Mountain, Harvest: Recipes and Stories Inspired by My Appalachian Home (Southern Cookbooks, Seasonal Cooking, Home Cooking) Lauren Angelucci McDuffie, 2019-05-14 From the writer of the award winning food blog Harvest and Honey including Saveur Best Blog finalist Showcasing the flavors and modern cooking techniques of Appalachia and the Blue Ridge Mountains With over 70 delectable recipes and 80 stunning photographs organized by seasons Smoke Roots Mountain Harvest is an evocative cookbook rooted in Appalachian ingredients and flavors that takes readers and cooks deep into the heart and soul of America Lauren McDuffie uses modern cooking techniques to transform traditional comfort food with a mountain sensibility into inspired meals and menus for anyone Each chapter opens with storytelling that echoes the folklore and tall tales of the region Beautiful color photographs capture mouthwatering dishes for all occasions from morning beverages to a show stopping berry buckle as well as the tools fruits flowers and scenery of life in the Mountain South From the mountains of southwestern Virginia Lauren McDuffie is a writer food stylist photographer and creator of the blog Harvest and Honey Smoke Roots Mountain Harvest is a brilliant ode to the Appalachians Lauren s storytelling and dazzling photographs are only eclipsed by her inventive sumptuous recipes A true masterpiece Sonja Overhiser Author of Pretty

Simple Cooking and creator of the blog A Couple Cooks Menu suggestions and wine pairings encompass a variety of meal occasions from small plates to soups salads mains sides drinks dessert along with tips and techniques on canning pickling and preserving Mouthwatering recipes include Shaved Summer Squash Salad with Pickled Pepper Vinaigrette Slow Roasted Onion and Golden Apple Soup Baked Pork Chops with Cran Apple Moonshine Compote Drunken Short Ribs with Smoky Gouda Grits and Mountain Gremolata Pan Seared Carrots with Bourbon Maple Glaze Triple Orange Cake with Honey Lavender Buttercream and many more **Smoke, Roots, Mountain, Harvest** Lauren Angelucci McDuffie, 2019-05-14 Inventive sumptuous recipes from the writer of the award winning food blog Harvest and Honey a Saveur Best Blog finalist Sonja Overhiser author of Pretty Simple Cooking Showcasing the flavors and modern cooking techniques of Appalachia and the Blue Ridge Mountains With over seventy delectable recipes and eighty stunning photographs organized by seasons Smoke Roots Mountain Harvest is an evocative cookbook rooted in Appalachian ingredients and flavors that takes readers and cooks deep into the heart and soul of America Lauren McDuffie uses modern cooking techniques to transform traditional comfort food with a mountain sensibility into inspired meals and menus for anyone Each chapter opens with storytelling that echoes the folklore and tall tales of the region Beautiful color photographs capture mouthwatering dishes for all occasions from morning beverages to a show stopping berry buckle as well as the tools fruits flowers and scenery of life in the Mountain South From the mountains of southwestern Virginia Lauren McDuffie is a writer food stylist photographer and creator of the blog Harvest and Honey Menu suggestions and wine pairings encompass a variety of meal occasions from small plates to soups salads mains sides drinks dessert along with tips and techniques on canning pickling and preserving Mouthwatering recipes include Shaved Summer Squash Salad with Pickled Pepper Vinaigrette Slow Roasted Onion and Golden Apple Soup Baked Pork Chops with Cran Apple Moonshine Compote Drunken Short Ribs with Smoky Gouda Grits and Mountain Gremolata Pan Seared Carrots with Bourbon Maple Glaze Triple Orange Cake with Honey Lavender Buttercream and many more An intimate and charmingly rendered collection of inspiring recipes Publishers Weekly starred review

Appalachian Cooking John Tullock, 2018-03-20 More than 100 recipes from Southern Appalachia's culinary renaissance The southern Appalachian Mountains are rich with produce including wild ramps corn berries and black walnuts Drawing from these natural resources and fusing traditions of Native Americans and Scots Irish settlers the people of the region have developed a unique way of cooking These foodways run in John Tullock's blood As a child growing up on an East Tennessee farm Tullock helped his grandmother make biscuits and can pickles and walked to town with his grandfather to trade fresh eggs for coffee In *Appalachian Cooking* he shares these memories and recipes passed down over generations as well as modern takes on classic dishes Recipes include Sweet Onion Upside Down Corn Bread Fried Green Tomatoes Skillet Braised Pork Chops Blackberry Crumble Vibrant watercolor illustrations throughout remind us that beautiful produce is often the best culinary inspiration **Southern Appalachian Farm Cooking** Robert G. Netherland, 2016-05 Part cookbook and part

memoir Southern Appalachian Farm Cooking blends staples of farm fresh Appalachian cuisine with stories of life on a large farm in East Tennessee where homemade biscuits and harvest vegetables were the fruits of hard work and meager earnings Robert G Netherland begins with the family farm a sprawling sixty acres of fertile rolling hills located in the small town of Surgoinsville Tennessee situated between bends in the Holston River From there Netherland guides the reader through threshing wheat churning butter sharecroppers and country doctors hunting and hog killing and all the while sharing updated versions of his family s recipes for authentic farm to table food From biscuits to cornbread freshly shelled beans to red ripe tomatoes and savory meats to the sweetest cherry pies Southern Appalachian Farm Cooking provides the home cook with recipes and historical asides to turn any trip to the farmer s market into a delicious family affair In sharing his experiences Netherland reminds us of a time when prepackaged and plastic wrapped food didn t line our counters and fill our cabinets but in its place were baskets of seasonal fruit canned vegetables fresh baked breads and hot from the oven cobblers Southern Appalachian Farm Cooking is more than just a nostalgic memoir of farming and food it s also filled with healthy simple everyday eats for the modern cook

Smokehouse Ham, Spoon Bread & Scuppernon Wine Joseph Dabney, 2010-05-01 Winner of the James Beard Cookbook of the Year award Smokehouse Ham Spoon Bread Scuppernon Wine combines delicious recipes of Appalachian cuisine with the folklore surrounding the area s pioneer and present day homesteaders A modern day classic Smokehouse Ham Spoon Bread Scuppernon Wine serves up scrumptious Blue Ridge hill country food and folklore in celebration of the fine people rich traditions and natural beauty found in one of the South s most treasured regions Each page is packed with engaging stories on moonshine and bourbon corn bread and biscuits and the succulent glory of wild game and smokehouse ham Simple and often surprising recipes for home cooks call forth memories of grandma s kitchen table and photographs bring to life the history of the trees foothills and mountain towns Don t read on an empty stomach Praise for Smokehouse Ham Spoon Bread Scuppernon Wine Joe s book makes my mouth water for Southern food and my heart hunger for Southern stories Not since the Foxfire series has something out of the Appalachian experience thrilled me as much Pat Conroy New York Times bestselling author of South of Broad Joe Dabney s prize winning book humanizes Southern food with its charming stories and interviews Nathalie Dupree author of Nathalie Dupree s Shrimp and Grits Cookbook

Appalachian Cooking John Tullock, 2018-03-20 More than 100 recipes from Southern Appalachia s culinary renaissance The southern Appalachian Mountains are rich with produce including wild ramps corn berries and black walnuts Drawing from these natural resources and fusing traditions of Native Americans and Scots Irish settlers the people of the region have developed a unique way of cooking These foodways run in John Tullock s blood As a child growing up on an East Tennessee farm Tullock helped his grandmother make biscuits and can pickles and walked to town with his grandfather to trade fresh eggs for coffee In Appalachian Cooking he shares these memories and recipes passed down over generations as well as modern takes on classic dishes Recipes include Sweet Onion Upside Down Corn Bread Fried Green

Tomatoes Skillet Braised Pork Chops Blackberry Crumble Vibrant watercolor illustrations throughout remind us that beautiful produce is often the best culinary inspiration

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