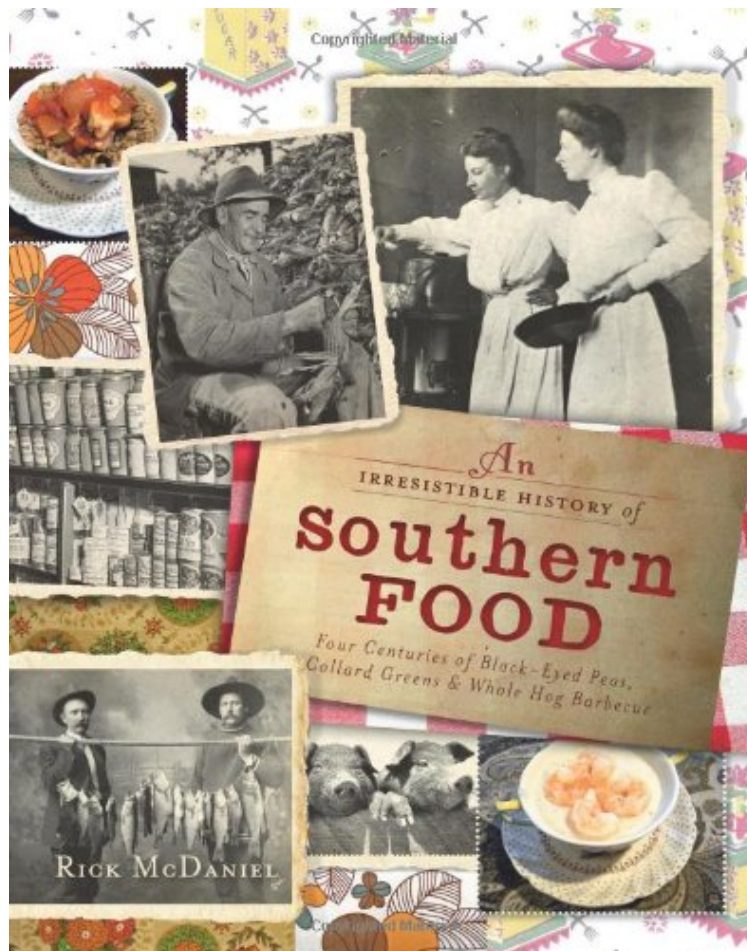


[Pdf free] Irresistible History of Southern Food: Four Centuries of Black-Eyed Peas, Collard Greens Whole Hog Barbecue (American Palate)

## Irresistible History of Southern Food: Four Centuries of Black-Eyed Peas, Collard Greens Whole Hog Barbecue (American Palate)

*Rick McDaniel*

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**Rick McDaniel : Irresistible History of Southern Food: Four Centuries of Black-Eyed Peas, Collard Greens Whole Hog Barbecue (American Palate)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Irresistible History of Southern Food: Four Centuries of Black-Eyed Peas, Collard Greens Whole Hog Barbecue (American Palate):

2 of 2 people found the following review helpful. AN IRRESISTIBLE HISTORY OF SOUTHERN FOOD By Southern Lady This is another FUN COOK TO READ AND USE THE RECIPES. I GAVE IT 4 STARS BECAUSE THE AUTHOR OF THE BOOK DID NOT PUT IN A SOUTHERN FAVORITE DISH THAT IS COOKED IN EASTERN NORTH CAROLINA, CHICKEN PASTRY OR as it is called in WESTERN NORTH CAROLINA CHICKEN AND DUMPLINS. When you make Chicken Pastry, you boil the HEN, or Fryer with lots of onions,

celery, and add CHICKEN BASE [ANNE'S CHICKEN BASE MADE IN AYDEN, N.C.] TO GIVE MORE FAVOR. YOU TAKE OUT THE HEN AFTER IT HAS BEEN COOKED OR FALLING OFF THE BONE. DRAIN THE BROTH BEFORE YOU MAKE THE PASTRY. TO MAKE THE PASTRY: MIX UP PLAIN FLOUR, SALT, BAKING POWDER, WITH EITHER 1/2 CUP MILK AND 1/2 CUP BROTH, OR 1 CUP BROTH. MADE A DOUGH, THEN ROLL OUT THE DOUGH UNTIL VERY THIN CUT INTO STRIPS OR SQUARES AND PUT THE DOUGH INTO SLOWLY BOILING BROTH, LET THAT COOK ABOUT 5 MINUTES, THEN PUSH IT DOWN AND ADD THE NEXT ROW OF DOUGH. While the dough is cooking, CUT THE MEAT OFF THE CHICKEN, after you have cooked all the dough, put the CHICKEN en back into the pot and cook a few minutes more. You can add a can or a box or 1/2 box of frozen baby green peas,. In addition, you can add carrots cut up two or three inch pieces before you take out the chicken. OR YOU CAN PURCHASE A BOX OF ANNE'S DUMPLINES OR ANY OTHER BRAND OF FROZEN DOUGHT THAT HAS BEEN PREPARED SO ALL YOU DO IS PLACE THE PASTRY DOUGH INTO THE POT AS DIRECTED. COOK THE PASTRY LONGER THAN THE PACKAGES TELLS YOU. I DID NOT GO BACK AND READ THIS SO IF THERE ARE IN ERRORS, SO BE IT. 0 of 0 people found the following review helpful. Enjoyed the book By Doreen Thompson Enjoyed the book. However, while the book acknowledges the profound contribution of African-Americans to Southern Foods. the author thinks gumbo could have originated from bouillabaisse. Got there because he focused on the roux and the Arcadians and not on the African name of the dish (book recognizes that the name is derived from the name for Okra in one African dialect but ignores this) or the configuration of the dish ( I visited Senegal some years ago and had an okra and seafood stew similar to Louisiana Gumbo called soupoukandia). As the book references culinary history, it could have benefited from a deeper look into the African impact on Southern foods. Clearly, Louisiana Gumbo is influenced by the many cultures in Louisiana. 0 of 0 people found the following review helpful. Five Stars By Sandra Hogan Thanks!

Fried chicken, rice and gravy, sweet potatoes, collard greens and spoon bread - all good old fashioned, down-home southern foods, right? Wrong. The fried chicken and collard greens are African, the rice is from Madagascar, the sweet potatoes came to Virginia from the Peruvian Andes via Spain, and the spoon bread is a marriage of Native American corn with the French souffl technique thought up by skilled African American cooks. Food historian Rick McDaniel takes 150 of the South's best-loved and most delicious recipes and tells how to make them and the history behind them. From fried chicken to gumbo to Robert E. Lee Cake, it's a history lesson that will make your mouth water. What southerners today consider traditional southern cooking was really one of the world's first international cuisines, a mlang of European, Native American and African foods and influences brought together to form one of the world's most unique and recognizable cuisines.

From the Back Cover The South has always been celebrated for its food--a delectable blend of ingredients and cooking techniques connected to the region's rich soil and bountiful waters. And oftentimes what makes a recipe Southern is as much a state of mind as it is a matter of geography--Southerners simply decide a particular food is Southern, and that's that. From the earliest days of settlement, when colonists struggled to survive on a diet of dogs, cats, rats and poisonous snakes, to an era defined by sumptuous dining that blended European, Native American and African cuisines, Southern food truly stems from a unique tradition. Respected Southern food historian and chef Rick McDaniel explores the history of over 150 recipes, from Maryland stuffed ham to South Carolina chicken bog to New Orleans shrimp Creole, without forgetting the meal's crowning glory: dessert. About the Author Rick McDaniel is a food historian, culinary anthropologist and author who specializes in the food of the American South with a particular interest in the Federal and Antebellum periods. He is the author of *An Irresistible History of Southern Food* (History Press, 2011).