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Cooking Plain, Illinois Country Style

By Helen Walker Linsenmeyer, Bruce Kraig

Southern Illinois University Press. Paperback. Book Condition: new. BRAND NEW, Cooking Plain, Illinois Country Style, Helen Walker Linsenmeyer, Bruce Kraig, "Cooking Plain, Illinois Country Style "by Helen Walker Linsenmeyer presents a collection of family recipes created prior to 1900 and perfected from generation to generation, mirroring the delicious and distinctive kind of cookery produced by the mix of people who settled the Illinois Country during this period. Some recipes reflect a certain New England or Southern influence, while others echo a European heritage. All hark back to a simpler style of living, when cooking was plain yet flavorful. The recipes specify the use of natural ingredients (including butter, lard, and suet) rather than synthetic or ready-mixed foods, which were unavailable in the 1800s. Cooking at the time was pure and unadulterated, and portions were large. Strength-giving food was essential to health and endurance; thus fare was pure, hearty, flavorful, and wholesome. The many treasures of "Cooking Plain, Illinois Country Style "include basic recipes for mead, originally served to the militiamen of Jackson County; sumac lemonade, made the Indian way; root beer, as it was originally made; soups of many kinds from wholesome vegetable to savory sorrel leaf, enjoyed by the...



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