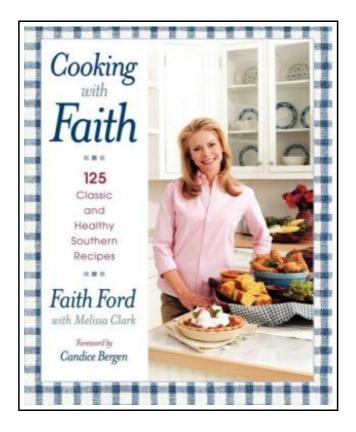
Cooking with Faith: 125 Classic and Healthy Southern Recipes



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Reviews

An incredibly wonderful ebook with lucid and perfect answers. It is writter in easy words instead of difficult to understand. Its been printed in an exceptionally easy way in fact it is simply following i finished reading this publication in which really modified me, modify the way i think.

(Mr. Keyshawn Weimann)

COOKING WITH FAITH: 125 CLASSIC AND HEALTHY SOUTHERN RECIPES



Scribner. Paperback. Book Condition: New. Paperback. 285 pages. Dimensions: 9.0in. x 7.7in. x 0.8in.Beloved comic actress Faith Ford puts a fresh and healthy new spin on down-home cooking with 125 updated Southern classics and traditional favorites cooked by three generations of her family. You wouldnt know it by looking at her -- either during her years as Corky Sherwood on CBSs Murphy Brown or now on her hit ABC comedy Hope and amp; Faith -- but Faith Ford loves to eat. Growing up in Pineville, Louisiana, Faith learned how to cook the great Southern classics from her mother and grandmother: Old-Fashioned Smothered Chicken, Moms Smoky Beef Brisket, Southern-Style Fried Catfish, Coras Skillet Candied Sweet Potatoes, Snap Beans and New Potatoes, Buttermilk Biscuits, Fluffy Lemon Icebox Pie, and more. Then, at age seventeen, she left Pineville for a modeling and acting career in New York City and later Los Angeles. She longed for the comforting foods of home but sought to adapt them to match her new, California, health-conscious sensibility. Thus began a lifetime of experimentation in the kitchen, developing healthier versions of foods from her childhood by cooking with olive oil; incorporating loads of vegetables -- staples on the family farm in Louisiana -- into every meal; oven-frying; and using chopped fresh herbs for maximum flavor. The delicious results -- Golden Crispy Oven-Fried Chicken; Broiled Red Snapper with Olives, Onions, and Tomatoes; Grilled Veggie Po Boys; Dilled Egg White Salad; Green Beans Braised with Balsamic Vinegar and Soy Sauce; Asparagus with Tarragon Vinaigrette; Peaches-n-Creamy Shake; and Sweet Summer Melon-Mint Salad -- regularly wow friends in Los Angeles and have even won over Mom and the folks back home. An inspired combination of the best of both worlds -- the homespun, heirloom dishes Faith grew up on (because every once in...



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