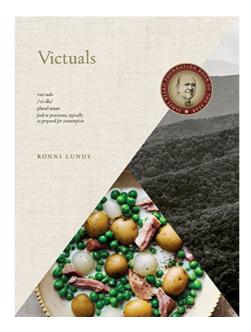
veEiT [Free PDF File] Victuals: An Appalachian Journey, with Recipes





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

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