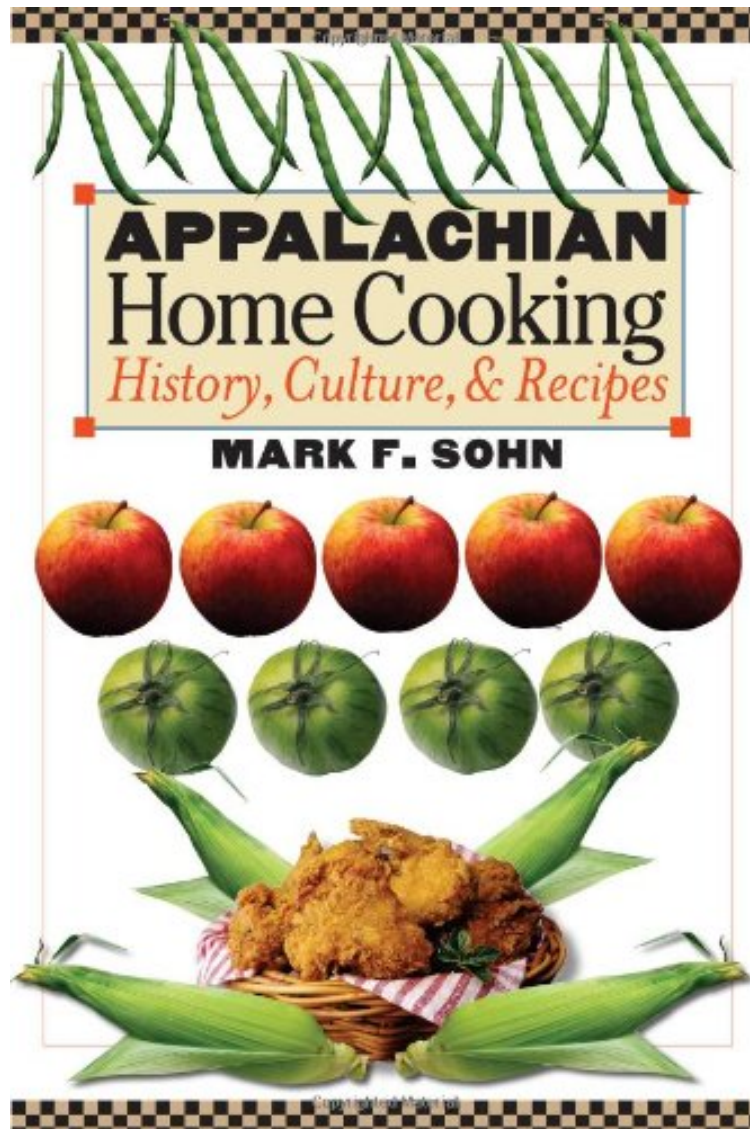


(Library ebook) Appalachian Home Cooking: History, Culture, and Recipes

# Appalachian Home Cooking: History, Culture, and Recipes

Mark F. Sohn

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#574397 in Books Mark F Sohn 2005-10-28Original language:EnglishPDF # 1 9.02 x .85 x 5.981, 1.43 #File Name: 081319153X384 pagesAppalachian Home Cooking History Culture and Recipes | File size: 22.Mb

**Mark F. Sohn : Appalachian Home Cooking: History, Culture, and Recipes** before purchasing it in order to gage whether or not it would be worth my time, and all praised Appalachian Home Cooking: History, Culture, and Recipes:

0 of 0 people found the following review helpful. Appalachian Cooking is WonderfulBy Nancy Drew2Each area of Appalachia has its own specialities. The food of this region is absolutely wonderful; especially Kentucky and West Virginia. Overall, I can think of no culture that has better food than that of the Appalachian mountain people. Mark Sohn has does his research and it appears to be most accurate as he tells the history behind the many dishes and now they were and are now prepared. Some of the dishes seem heavy on the fat and calories, but many men and women

have lived to advanced age eating this comforting food everyday of their lives. Still to this day, when we gather for holidays and celebrations, Appalachian dishes are high on the request list by family members. 0 of 0 people found the following review helpful. Great recipes. The first part of this book reads ...By Missie GGreat recipes. The first part of this book reads like a novel. The glossary in the back is quite helpful too. 0 of 0 people found the following review helpful. Five StarsBy mrwhmr5Very nice book

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.

"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*"In addition to the wealth of recipes, the new book is an excellent resource for putting together cohesive meals at different times of the year." *Avery Journal-Times*"This cookbook is an interesting read as well as a wonderful source for hard-to-find traditional Appalachian recipes." *Back Home in Kentucky*"Pull up a chair and take your place at the table. Dinner is about to be served, and a hearty feast it is. The legends and lore shared by Mark Sohn in *Appalachian Home Cooking* are as satisfying to the soul as the recipes are to the palate. Sohn has explored the foodways of Appalachia for years, and his passion for the subject shines through in every chapter of this classic tome. For armchair cooks who like to read cookbooks, this book is for you." *Barbara Gibbs Ostmann, co-author of The Recipe Writer's Handbook and 12 cookbo*"Documents the history of the region's distinctive, multi-ethnic cuisine." *Black Issues Book*"Examines the staple foods and ingredients of this distinct culinary heritage, outlining food preparation procedures and comparing and contrasting recipes and methods found outside the region." *Carolina Country*"Destined to become a regional favorite to be handed down through generations to come." *Floyd County Times*"Mark Sohn avoids the mistake of so many who write about Appalachia: he knows it is not a 'Land of the Past' but a living, evolving region. He writes about food as a social, cultural, and spiritual matter that transcends time, creates community, and binds families together. The recipes are clearly written and they work! With Mark as your guide, you can visit an Appalachia where everything is delicious." *Jan Davidson*"As a serious student of American cultures, Mark Sohn has always paid close attention to what the people around him liked to eat. And, as a serious cook since boyhood in Oregon, he has learned to prepare and enjoy the regional foods of whatever culture he shares. All of us who love the mountains, the South, regional culture, and this food will be forever in his debt." *John Egerton, author of Southern Food: At Home, on the Road, in History*"Sohn uncovers the romantic secrets of Appalachian food, provides more than 80 recipes, offers information on food festivals, and includes a glossary of Appalachian and cooking terms." *Kentucky Monthly*"Sohn's narrative exploration of the rituals, rites, and recipes of the hills really took me home. What a pleasure!" *Linda Scott DeRosier, author of Creeker*"Mark Sohn has a lean and hungry look, and thus he can handle his obsession with food better than most of us. He has invited himself to dinner pretty much throughout the region and made off with recipes, and then he has cooked them all himself and dined generously. Without his lean genes he'd be two ax handles wide. 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 Faith and Meaning in the Southern Uplands*"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*"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*"A mixture of the history of Appalachian food and the culture of the region's people, containing historic facts concerning when different cultures began occupying Appalachia and what they brought with them." *Paintsville Herald*"For those unacquainted with the basics of Appalachian cooking, the book serves as a valuable introduction." *Southern Historian*"Reminds us that food is one of the most lovingly crafted and joyfully experienced creations of culture." *Studies in American Culture*"I can imagine this book being used in classrooms as well as in kitchens. It is simultaneously informative and thought provoking, and I fully intend to use many of the recipes Sohn has provided here." *Resa Crane Bizzaro, Appalachian Journal*"Mark Sohn's book will make you hungry." *Journal of Appalachian Studies*"About the AuthorMark F. Sohn, a food historian, columnist, photographer, recipe developer, and Pikeville College professor, is the food editor for *The Encyclopedia of Appalachia*.