



Carolina Cooks: Favorite Main Dishes, Vegetables and Much More from the Old North State

Foy Allen Edelman

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“If the kitchen is the heart of the home,” writes Foy Allen Edelman, “then I’ve had the extraordinary privilege of visiting the great, big generous heart of North Carolina.” Author of *Sweet Carolina: Favorite Desserts and Candies from the Old North State*, Edelman visited all 100 counties to compile recipes and stories from local cooks. *Carolina Cooks: Favorite Main Dishes, Vegetables, and Much More from the Old North State* is a new collection that continues the style of the first book. Local cooks share their authentic, tried and true recipes, but add personal dashes of local heritage through stories of the dish’s origin and family significance. Edelman includes recipes for historic dishes from her 900-volume North Carolina cookbook collection that dates back to 1829. The main dish chapter includes sections for beef, chicken, pork, seafood, and vegetarian. Recipes like tenderloin in wine sauce, garlic burgers, southern fried chicken, Rob’s Coca Cola turkey, barbecued ribs, marinated shrimp, and lentil loaf will keep your family and friends coming back to your table for months. Recipes in the potpies and skillet dinners chapter are often “easy” dishes that include only eight or fewer ingredients and can be made in less than half an hour. Try crowd pleasers like chicken pie, sloppy joes, and spaghetti sauce. The soups and stews chapter includes iconic dishes like down east clam chowder, Brunswick stew, and chicken and pastry. Vegetable recipes begin with traditional corn and collards but segues into more modern styles such as Chapel Hill collards quickly prepared with olive oil, sweet potatoes sautéed with greens, and fried pickles, a new favorite. Salad and fruit recipes include dozens of ways to complement your meals with side dishes or create filling varieties by including meat, eggs, fish, and cheese. There’s an entire chapter that carefully describes how to enhance other foods with gravies, sauces, marinades, and salad dressings. This traditional collection is a must-have for southern cooks and a perfect volume for new cooks who will find a listing of over fifty “easy” recipes in the index. In addition, while munching the tasty dishes within, readers will also be able to “dig in” to satisfying culinary tales of hunting bear, cooking collards, making stew over an open fire, and food related poetry that celebrates life around real North Carolina tables from every part of the state.

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Davis Miller:

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Frances Carlton:

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Vivian Stafford:

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