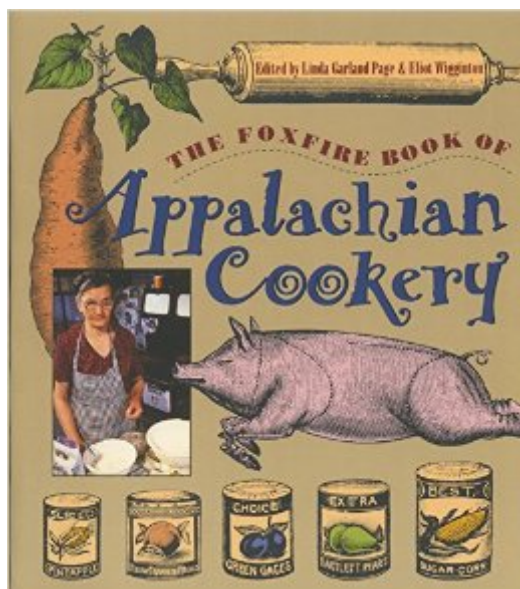


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# The Foxfire Book Of Appalachian Cookery



## Synopsis

Based on materials collected by the Foxfire students, this book combines unpretentious recipes with the wit and wisdom of mountain folks.

## Book Information

Paperback: 330 pages

Publisher: The University of North Carolina Press; 1st edition (October 31, 1992)

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Average Customer Review: 4.6 out of 5 stars Â Â See all reviews Â (61 customer reviews)

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## Customer Reviews

I have bought many, many cookbooks not for cooking, but for reading. My favorite format in cookbooks are those where text is woven with recipes; it 'fleshes out' the recipes. Anyone who has derived pleasure from reading the Foxfire series over the years will also want to buy this one. It follows the general Foxfire format, specialized for cooking. It will be of particular value for those young people interested in cooking. As becomes apparent, cooking in this country used to be quite different from what we consider it now. For most Americans, by the end of WW II kitchens had been transformed by the addition of running water and gas/electric powered appliances. My grandparents didn't get electricity in their rural location until 1948. Before then, there was a kerosene-powered refrigerator, gasoline-powered washer, and wood stove. It took longer for many in the Appalachian region, and 'old' cooking methods continued to be used. Fixing chicken, for example, meant killing and plucking, not going to the grocery store! History always becomes more immediate when it can be related to 'real' people. The characters in this book come to life with the sensitive narration, and only grow in depth with re-reading. I've tried some of the recipes in this book, especially those related to baking. All have worked well. Mere recipes, though, can't communicate the commitment and love that these people have given to their efforts. This is a great book to read, and a good pathway to cooking methods of our ancestors. Comprehensive, and an excellent buy!

This book is filled to the brim (or shall I say binding!) with old-fashioned recipes, fun facts and historical folklore. The authors interviewed many southern old-timers to gather their material and their book is truly authentic. As a southerner myself, although of a younger generation, I can attest to the validity and authenticity of its contents, and I find the book refreshing, entertaining and useful. I highly recommend this book to anyone interested in southern cooking, folklore and/or food history!

This book is filled with many family recipes and special touches that only your Great Grandmother might have known. The book covers different cooking methods including fireplace and wood fired cook stove techniques in excellent detail, with plenty of photographs for clarity. It also covers the specialized utensils needed to perform such cooking. There is even a section on preparing a brand new cast iron fry pan for first use. As for the recipes, they are absolutely delicious! I have tried many of them and found them all wonderful! I was even to ascertain the secret of my own Grandmother's secret to the best fried chicken from the section dealing with the subject (corn meal!). And if you like homemade biscuits, you are in for an extra special treat if you will try the recipes and techniques described within! I have had my copy for over two years now and still read it over and over not just as a reference, but for the stories! They themselves are worth the price of the book! You will NOT be disappointed.

This is a great addition to the Foxfire book family. On a personal note, I was raised on many of the recipes noted here. The food of the Missouri/Arkansas Ozarks is quite similar to the Appalachians. This book gives a great representation of the "way it was," and the delightful writing and personal stories and interviews just add to the fun and usefulness of this work. One needs to note though, that this is not a "cookie cutter" cook book. If you are looking for a recipe book with standard, boring directions, then you need to probably look elsewhere. There are dozens and dozens of that type of book out there and they are not all that difficult to find. No one book can do it all...that fact is pretty much a no brainer. This is a history book, a book about a vanished or vanishing culture, even more than it is a cook book. This is quite important to remember. That being said, this work is an absolute delight to read. From the preparation of the animal being cooked all the way to the making of sauerkraut, the book is filled with wonderful facts and insights to a time long past. One of the things that I found most interesting was the ingenious methods used to be sure that everything, and I mean everything, was used. These folks of past generations did not leave much to waste. The reading is easy, but do be warned, that you must get use to the dialect used here. It may throw some off, but

once you get use to it, it adds so much to the story being told. The book has plenty of black and white photographs, gives around 300 recipes and absolutely hundreds of bits of trivia. This is one of those works you will probably want to add to your library because it is one that deserves rereads. Highly recommend this one along with the entire series.

This is a wonderful cookbook! I am so excited; I got it yesterday and have been reading it like a book; every chapter has a story or several stories about how it was made with long quotes from the author of the recipe and most wonderfully it includes wild foraged food recipes!!! Topics I find exciting are: \* cakes & frostings with a whole chapter on frosting; custard sauce, plain icing, lemon sauce, Ivory frosting ... \* biscuits, dumplings, cornmeal recipes .... grits, pones, \* vegetables; poke weed, cochan, crease, & where to find them and when to pick them ... then how to cook them ... \* lots of meat recipes including meat you can buy in a store and meats you can't like possum ... as well as recipes for every part of a pig, since I grow my own pigs it's nice to have a recipe for jowls, etc ... \* a whole chapter on gravy!!! wonderful recipes for cornmeal gravy, skillet gravy, red eye gravy, egg gravy, giblet gravy ... \* potato salads! slaw! If you enjoy rural culture then you will certainly enjoy this book; I have most of the other fire Fox books & I love them and this is like those books but with recipes. Foxfire 3: Animal Care, Banjos and Dulcimers, Hide Tanning, Summer and Fall Wild Plant Foods, Butter Churns, Ginseng, and Still More Affairs of Plain Living

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