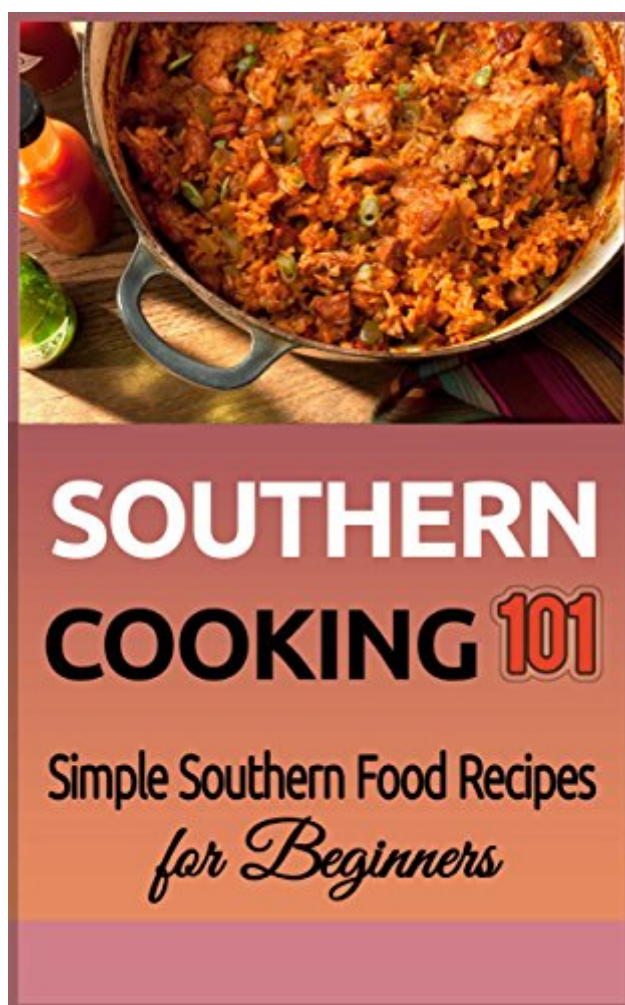


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# **Southern Cooking: For Beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1)**



## Synopsis

Can you name a few southern dishes? "Southern Food Recipes for Beginners": just simple, delicious and healthy recipes from the southern States Today only, get this bestseller for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. The population of the Southern United States is made up of many different peoples who came to the region in a variety of ways, each contributing to what is now called "Southern cooking." American Indians, native to the region, taught European settlers to grow and cook corn, a grain unknown in Europe at the time. Spanish explorers in the 1500s brought pigs with them, introducing pork to the region. West Africans carried some of their traditional foods with them, such as watermelon, eggplant, collard greens, and okra, when they were brought to the United States by force as slaves beginning in the 1600s. Creoles, known for their unique use of spices, are descended from French and Haitian immigrants who later mingled with Spanish settlers in the New Orleans area. "Cajuns," also recognized for their unique style of cooking, were originally Acadians, French settlers in Nova Scotia who were driven out by the British in 1755 and made their way to New Orleans. In Louisiana, crawfish (resemble miniature lobsters) and catfish are popular, prepared in dozens of different ways. Fried catfish is popular all across the South. Texas's spicy and flavorful "Tex-Mex" cuisine reflects the state's close proximity to the spicy cuisine of Mexico. The American Civil War (1861-1865) had a major impact on the South and its food. Many plantations and farms were destroyed during the conflict. To survive, Southerners ate whatever they could grow or find, and nothing went to waste. When the economy began to recover, most African Americans were not allowed to share in the newfound wealth and continued to eat the simple foods that were available during the war. This type of simple and inexpensive food became known later as "soul food." This short cookbook was designed as an introduction for beginners to the rich and blended culinary traditions from the southern states of America. After downloading this book you will learn...

Chapter 1: Southern Cuisine: Food for the Soul  
Chapter 2: Breakfast Recipes  
Chapter 3: Side Dish Recipes  
Chapter 4: Main Dish Recipes  
Chapter 5: Dessert Recipes  
Chapter 6: Sauce, Gravy and Condiment Recipes

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## **Book Information**

File Size: 482 KB

Print Length: 48 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 27, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B00WT2BWPY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #266,471 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #23

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## **Customer Reviews**

Southern cooking to meet all of your needs. Breakfast, lunch, dinner, and dessert! Recipes for breakfast grits, biscuits, fried chicken, collard greens, black-eyed peas, and of course peach cobbler. Yum. Made my mouth water just skimming through. Now on to cooking!

I was born in south Georgia and I love the way we cook this cookbook has some fantastically delicious recipes. But the of content could use a little help. Thank you and enjoy your meal and enjoy your day.

Great recipes. Easy to follow. Ingredients relatively easy to find. My freinds who are Southerners say the food is delicious, and very much like the "down home cooking" of their childhood.

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