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a SAVOR THE SOUTH cookbook

Greens

THOMAS HEAD



Greens A Savor The Southcookbook Savor The South Cookbooks

The University of North Carolina Press



Greens A Savor The Southcookbook Savor The South Cookbooks:

Greens Thomas Head,2023-08 Greens collard turnip mustard and more are a defining staple of southern food culture. Seemingly always a part of the southern plate these cruciferous vegetables have been crucial in the nourishing of generations of southerners. Having already been celebrated in operatic terms, composer Price Walden's *Leaves of Green* includes this lyrical note: "From age to age the South has hollered The praises of the toothsome collard greens now get their leafy culinary due." In Thomas Head's *Savor the South* cookbook, Head provides a fascinating culinary and natural history of greens in the South as well as an overview of the many varieties of edible greens that are popular in the region. Including practical information about cultivation, selection, and preparation, Head also shows how greens are embraced around the world for their taste and healthfulness. The fifty-three recipes run from classic southern potlikker styles to new southern and global favorites. From Basic Southern Greens to Turnip Green Tarts to Greens Punjabi Style, cooks will find plenty of inspiration to go green.

The Second Savor the South Cookbooks, 10 Volume Omnibus E-book The University of North Carolina Press,2017-03-01 Each little cookbook in our SAVOR THE SOUTH collection is a big celebration of a beloved food or tradition of the American South. From shrimp to gumbo, bacon to chicken, one by one SAVOR THE SOUTH cookbooks will stock a kitchen shelf with the flavors and culinary wisdom of this popular American regional cuisine. Written by well-known cooks and food lovers, the books brim with personality, the informative and often surprising culinary and natural history of southern foodways, and a treasure of some fifty recipes each, from delicious southern classics to sparkling international renditions that open up worlds of taste for cooks everywhere. You'll want to collect them all. This second Omnibus E-Book brings together for the first time the second 10 books published in the series. You'll find Shrimp by Jay Pierce, Gumbo by Dale Curry, Catfish by Paul and Angela Knipple, Crabs, Oysters by Bill Smith, Beans, Field Peas by Sandra A. Gutierrez, Sunday Dinner by Bridgette A. Lacy, Greens by Thomas Head, Barbecue by John Shelton Reed, Bacon by Fred Thompson, Chicken by Cynthia Graubart. Included are almost 500 recipes for these uniquely Southern ingredients.

The Third Savor the South Cookbooks, 5 Volume Omnibus E-book ,2021-03-01 Each little cookbook in our SAVOR THE SOUTH collection is a big celebration of a beloved food or tradition of the American South. From buttermilk to bourbon, pecans to peaches, one by one SAVOR THE SOUTH cookbooks will stock a kitchen shelf with the flavors and culinary wisdom of this popular American regional cuisine. Written by well-known cooks and food lovers, the books brim with personality, the informative and often surprising culinary and natural history of southern foodways, and a treasure of some fifty recipes each, from delicious southern classics to sparkling international renditions that open up worlds of taste for cooks everywhere. You'll want to collect them all. This Omnibus E-Book brings together for the first time the final 5 books published in the series. You'll find Fruit by Nancie McDermott, Corn by Tema Flanagan, Ham by Damon Lee Fowler, Pie by Sara Foster, Rice by Michael W. Twitty. Included are almost 250 recipes for these uniquely Southern ingredients.

Greens Thomas Head,2016-01-06 Greens

collard turnip mustard and more are a defining staple of southern food culture. Seemingly always a part of the southern plate, these cruciferous vegetables have been crucial in the nourishing of generations of southerners. Having already been celebrated in operatic terms, composer Price's *Leaves of Green* includes this lyrical note: "From age to age the South has hollered the praises of the toothsome collard greens; now get their leafy culinary due." In Thomas Head's *Savor the South* cookbook, Head provides a fascinating culinary and natural history of greens in the South as well as an overview of the many varieties of edible greens that are popular in the region. Including practical information about cultivation, selection, and preparation, Head also shows how greens are embraced around the world for their taste and healthfulness. The fifty-three recipes run from classic southern potlikker styles to new southern and global favorites. From Basic Southern Greens to Turnip Green Tarts to Greens Punjabi Style, cooks will find plenty of inspiration to go green. *Barbecue* John Shelton

Reed, 2016-01-26 John Shelton Reed's *Barbecue* celebrates a southern culinary tradition forged in coals and smoke. Since colonial times, southerners have held barbecues to mark homecomings, reunions, and political campaigns; today, barbecue signifies celebration as much as ever. In a lively and amusing style, Reed traces the history of southern barbecue from its roots in the sixteenth-century Caribbean, showing how this technique of cooking meat established itself in the coastal South and spread inland from there. He discusses how choices of meat, sauce, and cooking methods came to vary from one place to another, reflecting local environments, farming practices, and history. Reed hopes to preserve the South's barbecue traditions by providing the home cook with fifty-one recipes for many classic varieties of barbecue and for the side dishes, breads, and desserts that usually go with it. Featured meats range from Pan Southern Pork Shoulder to Barbecued Chicken Two Ways to West Texas Beef Ribs, while rubs and sauces include Memphis Pork Rub, Piedmont Dip, and Lone Star Sauce. Cornbread, hushpuppies, and slaw are featured side dishes, and Dori's Peach Cobbler and Pig Pickin' Cake provide a sweet finish. This book will put southerners in touch with their heritage and let those who aren't southerners pretend that they are.

Bounty from the Box Mi Ae Lipe, 2015-09 *Bounty from the Box* The CSA Farm Cookbook is your guide to enjoying over 90 different crops grown by community-supported agriculture (CSA) farms across North America. With this book, you'll never wonder what to do with your CSA box again. *Okra* Virginia Willis, 2014-03-10 Passionate okra lovers crave this bright green, heat-loving vegetable whether fried, grilled, steamed, roasted, boiled, broiled, pickled, raw, whole, sliced, or julienned. With *Okra*, Virginia Willis provides the key that unlocks the door of okra desire to okra addicts and newcomers alike. Topping eight feet with gorgeous butter-yellow flowers that ripen into the plant's signature seed-filled pods, okra has a long association with foodways in the American South. But as Willis shows, okra is also an important ingredient in cuisines across Africa, Asia, and Latin America. Featuring gardening tips, a discussion of heirloom varieties, and expert cooking directions, including a list of top ten slime-busting tips, *Okra* brilliantly showcases fifty delectable recipes, twenty-six southern dishes ranging from Southern Style Fried Okra to Gulf Coast Seafood Gumbo, and twenty-four authentic global dishes from

Moroccan Lamb and Okra Tagine with Preserved Lemons to Cuban Pork with Yellow Rice Okra and Annatto Oil

Tomatoes Miriam Rubin,2013-03-04 In *Tomatoes* Miriam Rubin gives this staple of southern gardens the passionate portrait it deserves exploring the tomato's rich history in southern culture and inspiring home cooks to fully enjoy these summer fruits in all their glorious variety Rubin a prominent food writer and tomato connoisseur provides fifty vibrant recipes as well as wisdom about how to choose tomatoes and which tomato is right for which dish *Tomatoes* includes recipes that celebrate the down home inventive and contemporary such as Stand over the Sink Tomato Sandwiches Spiced Green Tomato Crumb Cake Green Tomato and Pork Tenderloin Biscuit Pie and Tomato and Golden Raisin Chutney Rubin also offers useful cooking tips lively lessons on history cultivation and preserving and variations for year round enjoyment of the tomato

Ham Damon Lee Fowler,2017-08-03 While the hindquarters of swine have been preserved in salt the world over for thousands of years there are only a few places on earth where ham is as celebrated or integral to the cuisine as it is in the American South To begin to understand the place that this iconic food holds in the hearts of southerners Damon Lee Fowler writes one has only to step into the historic smokehouse of Thomas Jefferson's Monticello and take a deep breath More than a century after the last hams were hung to smoke in that chamber the aroma of salt smoke and air dried pork still permeates the rough masonry walls and clay floor filling the air with its earthy perfume Even after centuries of culinary transformations throughout the South that fragrance lingers in kitchens throughout the region Ham's 55 recipes bring home the love in just about every way brine or dry cured smoked or not boiled baked glazed honey baked and spiral cut thin sliced and piled into biscuits and sandwiches fried up with eggs with grits with redeye gravy added for savor to soups casseroles poultry seafood and yes the vegetable pot Fowler also includes recipes inspired by Chinese French Italian and Spanish dishes and provides a guide to basic terminology and cooking methods

Corn Tema Flanagan,2017-02-22 Without corn Tema Flanagan writes the South would cease to taste like the South Her treasury of fifty one recipes demonstrates deliciously just how important the remarkable *Zea mays* is to southern culture and cuisine Corn's recipes emphasize seasonality High summer calls for fresh corn eaten on the cob or shaved into salads sautes and soups When fall and winter come it is time to make cornmeal biscuits muffins cobblers and hotcakes along with silky spoonbread and sausage studded cornbread stuffing And the heaviest hitters cornbread and grits are mainstays all year round Flanagan also surveys corn's culinary history its place in Native American culture its traditional role on the southerner's table and the new and exciting ways it is enjoyed in southern kitchens today Appreciating how this oversized grass is capable of providing sustenance in an astonishing array of forms Flanagan organizes the book to reflect corn's versatility Sections feature corn in its full glory fresh on and off the cob dried and ground nixtamalized soaked in an alkaline solution and hulled to make hominy and popped and mashed and fermented From Sweet Corn and Poblano Chowder to Southern Skillet Cornbread from Fresh Corn Tortillas to Classic Cheese Grits and from Molasses Caramel Corn with Candied Bacon Peanuts and Sesame to New Orleans Bourbon Milk Punch the dishes range

from classic southern to contemporary to globally influenced *Pie* Sara Foster,2018-08-06 Sara Foster takes the expression easy as pie seriously New and experienced bakers alike will thrill to Foster s encouraging approach to tossing together the most delicious made from scratch pies A southern kitchen is unimaginable without pie says Foster who grew up on a farm in Tennessee where many a meal ended with a bubbling pie or cobbler straight from the oven There were many pie makers in my family and no one ever needed a recipe they just mixed rolled out pastry and baked to perfection she writes Surrounded from an early age by her pie baking mother grandmothers aunts cousins and neighbors Foster developed a natural passion for pies Here reap the rewards of Foster s inspiration fifty seven recipes for amazing pies including the southern classics each one matched to one of eleven perfect pie crusts You ll find pies piled with fruit pies stuffed with nuts custard and cream pies icebox pies tarts and hand pies and savory pies too Guided by Foster s clear instructions and how to tips you too will soon be pulling a pie pan of joy out of the oven for every season and taste *Rice* Michael W.

Twitty,2021-02-07 Among the staple foods most welcomed on southern tables and on tables around the world rice is without question the most versatile As Michael W Twitty observes depending on regional tastes rice may be enjoyed at breakfast lunch and dinner as main dish side dish and snack in dishes savory and sweet Filling and delicious rice comes in numerous botanical varieties and offers a vast range of scents tastes and textures depending on how it is cooked In some dishes it is crunchingly crispy in others soothingly smooth in still others somewhere right in between Commingled or paired with other foods rice is indispensable to the foodways of the South As Twitty s fifty one recipes deliciously demonstrate rice stars in Creole Acadian soul food Low Country and Gulf Coast kitchens as well as in the kitchens of cooks from around the world who are now at home in the South Exploring rice s culinary history and African diasporic identity Twitty shows how to make the southern classics as well as international dishes everything from Savannah Rice Waffles to Ghanaian Crab Stew As Twitty gratefully sums up Rice connects me to every other person southern and global who is nourished by rice s traditions and customs

Chicken Cynthia Graubart,2016-08-26 While fried chicken may be the South s iconic dish when it comes to southern foodways there are a lot of ways to love America s most popular fowl Preparations range from Country Captain to Carolina Chicken Bog to Chicken and Parslied Dumplings and more Here Cynthia Graubart celebrates the bird in all its glory southern style and beyond This little cookbook packs all the know how that cooks need to make irresistible chicken dishes for everyday and special occasions from shopping and selecting to cutting up frying braising roasting and much more Ranging in style from traditional southern to contemporary to international fifty three recipes are organized to help easily match the cut of chicken to the perfect recipe Be assured that Graubart includes instructions for making the best fried chicken ever seven different ways Graubart also brings together the chicken s culinary history with the popular culture and lore that surrounds chicken cookery in the South She notes that the special Sunday Sabbath dinner was often built around a chicken in fact prior to the 1940s chicken was sometimes more expensive than beef or pork Today the southern states lead the country in annual

poultry production and Kentucky Fried Chicken features throughout the American landscape But you won't need take out when you have Chicken in your kitchen *Fruit* Nancie McDermott, 2017-02-14 *Fruit* collects a dozen of the South's bountiful locally sourced fruits in a cook's basket of fifty-four luscious dishes savory and sweet Demand for these edible jewels is growing among those keen to feast on the South's natural pleasures whether gathered in the wild or cultivated with care Indigenous fruits here include blackberries mayhaws muscadine and scuppernong grapes pawpaws persimmons and strawberries From old school Grape Hull Pie to Mayhaw Jelly Glazed Shrimp McDermott's recipes for these less common fruits are of remarkable interest and incredibly tasty The non-native fruits in the volume were eagerly adopted long ago by southern cooks and they include damson plums figs peaches cantaloupes quince and watermelons McDermott gives them a delicious twist in recipes such as Fresh Fig Pie and Thai Inspired Watermelon Pineapple Salad McDermott also illuminates how the South from the Great Smoky Mountains to the Lowcountry from the Mississippi Delta to the Gulf Coast encompasses diverse subregional culinary traditions when it comes to fruit Her recipes including a favorite piecrust provide a treasury of ways to relish southern fruits at their ephemeral peak and to preserve them for enjoyment throughout the year **Bacon**

Fred Thompson, 2016-08-26 From the earliest days of European settlement in the South as in many rural economies around the globe cured pork became a main source of sustenance and the cheaper lower on the hog cuts notably bacon became some of the most important traditional southern foodstuffs In this cookbook Fred Thompson captures a humble ingredient's regional culinary history and outsized contributions to the table Delicious of course straight out of the skillet bacon is also special in its ability to lend a unique savory smokiness to an enormous range of other foods Today for regular eaters and high flying southern chefs alike bacon has achieved a culinary profile so popular as to approach baconmania But Thompson sagely notes that bacon will survive the silliness Describing the many kinds of bacon that are available Thompson provides key choices for cooking and seasoning appropriately The book's fifty-six recipes invariably highlight and maximize that beloved bacon factor so appreciated throughout the South and beyond by Thompson's count fifty different styles of bacon exist worldwide Dishes range from southern regional to international from appetizers to main courses and even to a very southern beverage Also included are Thompson's do it yourself recipes for making bacon from fresh pork belly in five different styles

Crabs and Oysters Bill Smith, 2015-10-15 Crabs and oysters take center stage as Chef Bill Smith conveys his passion for preparing these sumptuous shellfish long associated with southern coastlines Smith's sensibilities as a North Carolinian born and raised down east are vibrantly on display as he recalls the joy of growing up catching crabs and shucking oysters Smith traveled the coastline visited with crab fishermen and oyster farmers and dove deep into a library's worth of regional cookbooks and collections of heirloom recipes from seaside communities notably in North Carolina and Louisiana His collection of fifty recipes organized by courses ranges from simple everyday preparations to elaborate ones suitable for fancy parties From Crabmeat Cobbler Roasted Oysters and Hard Crab Stew with White Cornmeal Dumplings to Crabmeat

Ravigotte and Oyster Shortcake cooks will find a succulent recipe for every occasion The book includes seasonal selection information and detailed cleaning and preparation instructions for hard and soft shell crabs and oysters **Shrimp** Jay Pierce,2015-03-02 Recalling boyhood shrimping expeditions with his father and summoning up the aromas and flavors of a southern shrimp boil or shrimp fry chef Jay Pierce brings America s favorite shellfish to center stage with fifty recipes for southern classics contemporary dishes and international delicacies Pierce s lively introduction focuses on the South s fishing and culinary connections with shrimp which are abundant in the estuaries and bays that line southern shores Shrimp he notes are one of the last truly wild creatures that Americans consume in significant quantities Pierce encourages today s cooks to support local shrimp fisheries in order to help ensure that future generations will continue to enjoy American sourced shrimp in abundance and he explains how to procure the freshest shrimp throughout the cycle of seasons While shrimp is popular throughout the region for entertaining a backyard crowd it is also a go to ingredient for the special occasion menu Demystifying fancier dishes and offering everyday cooks step by step instructions for all stages of preparation Pierce highlights just how deliciously versatile shrimp can be **Sweet Potatoes** April McGreger,2014-09-15 In this paean to the brightly colored root April McGreger tells the multifaceted history of a fundamental southern food praising its rich and diverse savory to sweet flavor profile botanical varieties and shockingly high nutritional value Along with instructions for selection and storage McGreger shares the fifty best sweet potato recipes in the world Embracing but going well beyond the classics from Sweet Potato Pone and Candied Sweet Potatoes to Sweet Potato Chiles Rellenos and Sweet Potato Ginger Cremes Caramels McGreger s creations will delight and satisfy with their deliciousness and versatility McGreger relates a tale from a traveler in 1940s Mississippi who said he ate sweet potatoes with wild turkeys and various other meats had a potato pie for dessert and roasted potatoes offered to him as a side dish drank sweet potato coffee and sweet potato home brew had his horse fed on sweet potatoes and sweet potato vines and when he retired he slept on a mattress stuffed with sweet potato vines and dreamed he was a sweet potato someone was digging up The sweet potato is no less important to McGreger the daughter and sister of Mississippi sweet potato farmers **Catfish** Angela Knipple,Paul Knipple,2015-03-02 While many fish from bream and crappie to bass trout and shad are popular in the South none of them has settled as thoroughly in southern culture as the humble bewhiskered bottom dwelling catfish For Memphis natives Paul and Angela Knipple enjoying that steamy sweet white meat encased in golden crisp cornmeal was just a part of our childhoods In this Savor the South cookbook the Knipples share their family memories of catching and eating this favored southern food Painting a portrait of catfish s culinary and natural history along with its place in southern foodways and the Delta fishing industry the Knipples also provide clear instructions for how to select prepare and cook the fish Showcased are fifty six recipes highlighting catfish s remarkable versatility from such southern classics as Catfish Po Boys and Catfish Gumbo to the global flavors of Catfish Banh Mi and Nigerian Catfish Stew Worth the price of admission are the recipes for fried catfish five

ways along with recipes for all the traditional sides including slaw hushpuppies and tartar sauce all you ll need to cook a plate worthy of a real southern fish shack

Sunday Dinner Bridgette A. Lacy, 2015-09-15 Bridgette A Lacy offers an ode to a meal that notably in the Sabbath minding South is more than a meal Sunday dinner Lacy observes is a state of mind It is about taking the time to be with the people who matter to you Describing her own childhood Sunday dinners in which her beloved culinary minded grandfather played an indelible role Lacy explores and celebrates the rhythms of Sunday food traditions But Lacy knows that today many who grew up eating Sunday dinner surrounded by kin now dine alone in front of the television Her Sunday Dinner provides remedy and delicious inspiration any day of the week Sure to reward those gathered around the table Lacy s fifty one recipes range from classic southern favorites including Sunday Yeast Rolls Grandma s Fried Chicken and Papa s Nilla Wafer Brown Pound Cake to contemporary lighter twists such as Roasted Vegetable Medley and Summer Fruit Salad Lacy s tips for styling meals with an eye to color texture and a simple beauty embody her own Sunday dinner recollection that anything you needed was already on the table

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