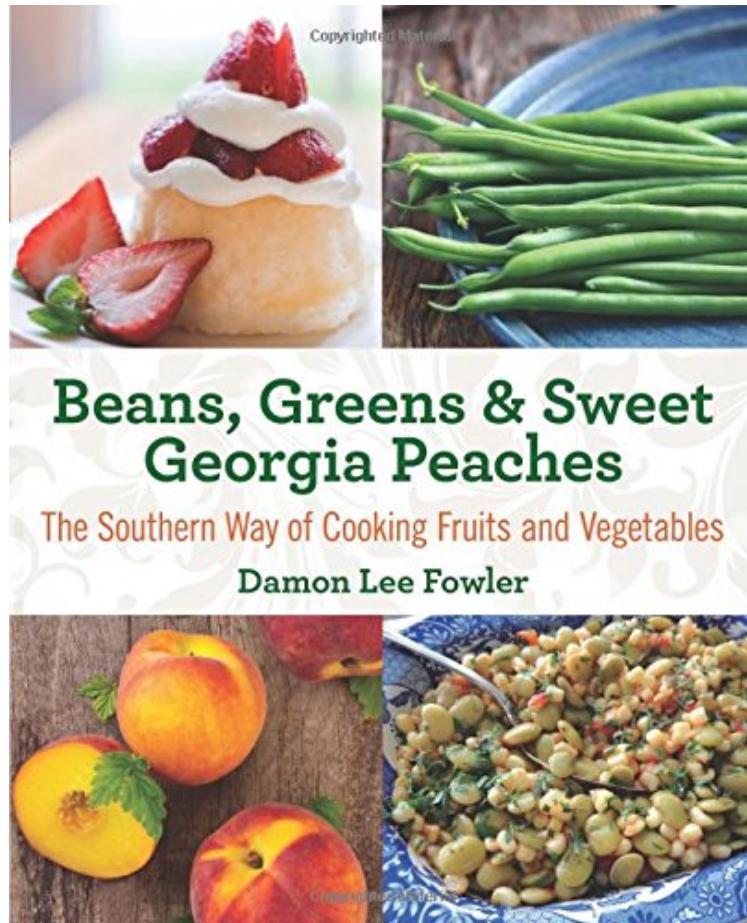


Beans, Greens Sweet Georgia Peaches: The Southern Way of Cooking Fruits and Vegetables

Damon Fowler

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0 of 0 people found the following review helpful. Amazing Chef who writes clearly, and provides delightful commentary, delicious recipes! By Dragon Fly Fabulous book! Damon Lee Fowler is a witty southern institution and provides excellent insight delicious recipes. I like Mr. Fowler his books so much that even though I had the earlier edition, to get subsequently added recipes, I purchased this later edition! I am thrilled with it! 0 of 0 people found the following review helpful. Fantastic book! Well organized By Daniel E. Very well organized book. I especially love the new spice mixes. I own most of Damon Fowler's books and find I grab them the most frequently for references. Very accurate and such well natured recipes and philosophies! The accuracy shed on southern food could not be any better! I highly recommend this book as well as any of his other titles. This comes with the highly accurate southern sassiness

i've come to love from this author!0 of 0 people found the following review helpful. Damon Lee Fowler is one of my favorite southern cookbook writersBy Diane L. Lee-StrongDamon Lee Fowler is one of my favorite southern cookbook writers. His knowledge of southern cooking is phenomenal and he knows how to write a very user-friendly cookbook. I love his recipes and his southern charm!

Think of Southern fruits and vegetable, and tomatoes, corn, okra, and watermelon come to mind. But what about grapefruits, oranges, and key limes from Florida? Or peas, beans, and greens from the fields of Mississippi? In *Beans, Greens Sweet Georgia Peaches*, Damon Lee Fowler, who is passionate about preserving Southern culinary traditions, offers recipes for transforming Vidalia onions, sun-ripened tomatoes, field peas, butterbeans, sweet potatoes, Georgia Peaches, plump figs, watermelons, key limes, and Florida citrus into fruit and vegetable glories of the Southern table.

From *Library Journal*Fowler (*Classical Southern Cooking*, LJ 11/15/95) now turns to what he calls "the soul" of Southern cooking: fruits and vegetables (and he doesn't mean the cliché of overcooked green beans). An introductory chapter covers equipment, techniques, and ingredients, including pantry items like Pepper Vinegar; then there's a chapter of "go-withs" such as Corn Bread and another of sauces. The fruit and vegetable recipes are organized by season and range from Fowler's family favorites and other classics, including "rediscoveries" from old cookbooks, to Creole specialties to contemporary dishes, some from Southern chefs. Fowler doesn't stint on cream and butter (that's what makes some of these so good), but he does include recipe notes for those who feel they must. With dozens of delicious recipes and an entertaining but knowledgeable text, this is recommended for most collections. Copyright 1997 Reed Business Information, Inc. From *Booklist* Although everyone recognizes the importance of fruits in the South's cooking, especially as reflected in the region's rich, sweet desserts, the role of vegetables in southern cooking is less appreciated. Fowler has rectified that oversight with a substantive contribution to the record of American cooking. Fowler's southern vegetables are not just messes of greens stewed in "pot likker." He prefers gussied-up grits baked with lots of pungent pecorino romano cheese. His custard pie tilts to the exotic when perfumed with fresh mangoes. Sweet-potato pie evolves into rich sweet-potato ice cream studded with bits of pecan pralines. Most unusual is Fowler's mayonnaise-enriched tomato sorbet served in avocado halves. This inventive updating of traditional southern cooking may strike some as surrender to alien Yankee tastes, but Fowler succeeds in breathing new life into America's best regional cuisine. Mark Knoblach From the *Publisher* "An abundance of Southern charm and an engaging bouquet of seasonally arranged recipes lend a particular cachet to Fowler's latest [book]." --*Publishers Weekly* "This could have been called *Supper-time in the Garden of Fruits and Vegetables*, starring Damon Lee as the culinary architect of some of the tastiest side dishes since Mary Randolph left her Southern kitchen about 175 years ago. The man is a walking encyclopedia of classic regional cookery and culture." --John Egerton, author of *Southern Food* "Anyone who doubts that vegetables and fruits can have really lusty, hefty flavors should look into this enticing collection. It is a delectable array of soul-satisfying eating for the bounty of all seasons." --Mimi Sheraton, author of *The Whole World Loves Chicken Soup*