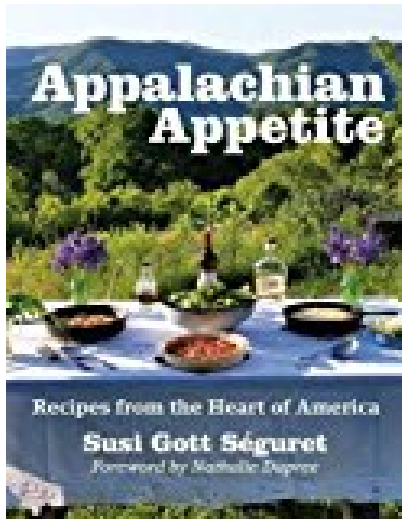


Appalachian Appetite Recipes from the Heart of America



BOOK DETAILS

- Author : Susi Gott Séguret
- Pages : 256 Pages
- Publisher : Hatherleigh Press
- Language : English
- ISBN : 1578266572

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BOOK SYNOPSIS

Appalachian Appetite is a groundbreaking, influential cookbook featuring over 100 recipes that represent an innovative take on tradition, with contributions and stories from this mountain regions best chefs, restaurants, and citizens. From Asheville, NC to Nashville, TN; Oxford, MS to Millinocket, ME, when asked which cuisine most typifies America, chefs are bound to tell you it stems from the South, the heartbeat of which is Appalachia. Hailing from the very depths of Appalachia in western North Carolina, author and chef Susi Gott Séguret honed her culinary skills in France earning a diploma in Gastronomy and Taste from the Cordon Bleu and the Université de Reims. This unique combination is highlighted in Appalachian Appetite as (says Fred Sauceman, author of Buttermilk & Bible Burgers) "the loving product of that convergence." Appalachian Appetite is filled with recipes straight from the heart of Appalachia. As Dr. Jean Haskell, co-editor of Encyclopedia of Appalachia says, the book brings together "the region's music, food, stories, and its great chefs and home cooks." Recipes featured include: ● Tennessee Corn & Truffle Flan ● Ramp & Nettle Quiche ● Venison Country-Style Steak ● Cast Iron Trout, Smoked Grits, Farm Egg, & Potlikker Jus ● Bourbon-Marinated Flank Steak with Blueberry Barbecue Sauce ● Southern Sweet Potato Praline Spoonbread An inspired collection from chef Susi Gott Séguret, Appalachian Appetite brings together the beloved recipes of the region for, as proclaims Jess McCuan, former Business Editor for The San Francisco Chronicle and Founding Editor of The Asheville Scene "an authoritative and colorful guide."

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