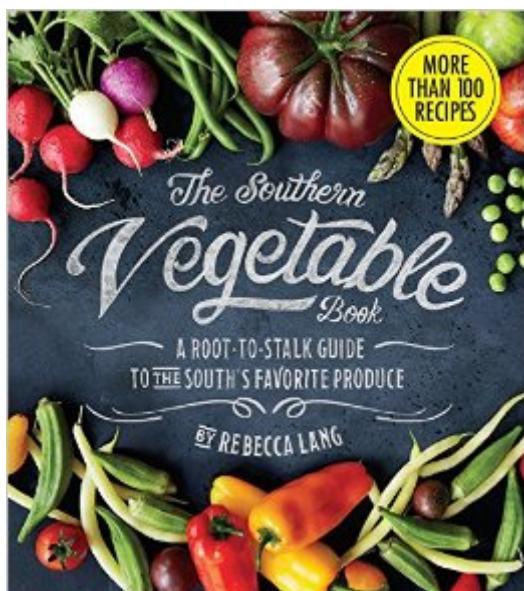


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The Southern Vegetable Book: A Root-to-Stalk Guide To The South's Favorite Produce (Southern Living)



Synopsis

An all-new cookbook brings you to the table to celebrate the versatility of vegetables with Southern flair. As more and more Americans turn to locally-sourced and home-grown ingredients to help create their meals, vegetables have returned to the center of the plate, and there are few people who appreciate vegetables the way that Southerners do. Whether it's the incomparable sweetness of corn fresh from the stalk, a tomato so ripe and ready that you can almost taste the sunshine, or the versatility of the sweet potato - the garden workhorse that can serve as main, side, or dessert - Southerners know the secrets to preparing their favorite vegetables in the most delicious ways. Now, in *The Southern Vegetable Book*, the wisdom of years spent in the garden, in the fields, and finally in the kitchen are yours in an accessible cookbook highlighting the Southern ability to create satisfying flavors from the simplest, freshest ingredients. The classic vegetables that we all know and love are represented, but lesser-known but equally-celebrated ones, such as Jerusalem artichokes and ramps, also make an appearance. The recipes in the book pay homage to classic Southern dishes while offering modern interpretations for the home cook, whether you call the South home or not. Divided by season, *The Southern Vegetable Book* features 30 types of vegetables along with recipes as diverse as Balsamic Corn Salad, Salmon Tostadas with Zucchini-Radish Slaw, a BLT Benedict with Avocado-Tomato Relish, or a new take on Sweet Potato Pie. This book will guide you on how to select the freshest vegetables at the grocery store or the farmers' market, tips on storage, special features, and tips and hints on extracting the best flavor from your produce. Whether you're a Southerner born and bred, hail from parts unknown, or just appreciate that the South has a way with vegetables, *The Southern Vegetable Book* will become your go-to guide to make vegetables the star of the show.

Book Information

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Customer Reviews

I have been paring down my cookbook collection for years and am still surprised my fingers ordered this, but I sure am glad I did. This is the cookbook I didn't know I needed. Having spent an evening savoring the beautiful imagery I set to trying some recipes. I have a large garden and dine at a fabulous local farm to table restaurant frequently. The restaurant's chef always comes up with the most wonderful dishes and I am always looking for inspired recipes to make the most of my labors. The first recipe that grabbed me was the lemony beet dip. People, it has beets, pecans, lemons, and feta cheese. There is no way that was going to be bad. Wow. I would never have put those ingredients together on my own. What a cool and refreshing hummus type snack. Beet lovers take note. The Kentucky Bibb salad with bourbon vinaigrette is another hit. It calls for watercress but I used some of my abundant arugula stash instead. Lettuce, peaches red onion arugula and a bourbon Dijon vinaigrette. Inspired! Lastly I tried the Carolina slaw. I like light crispy fresh tastings slaws as opposed to the normal southern too sweet heavy mayo slaws. This was just the ticket and very simple. If you like Carolina style BBQ sauces this will be a good slaw for side. I did add sliced green onion as I like a little zip in my slaw. Unlike many cookbooks where there are a ton of recipes I know I will never try, this one contains practical and delicious sounding recipes, especially for those of us in the south where great fresh produce can be grown most of the year. For cookbook connoisseurs, the paper isn't the best quality (wavy pages even before I spill ingredients on it) but is good, the artwork (lots of it) is beautiful with lots of saturated inks but not glossy pages.

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