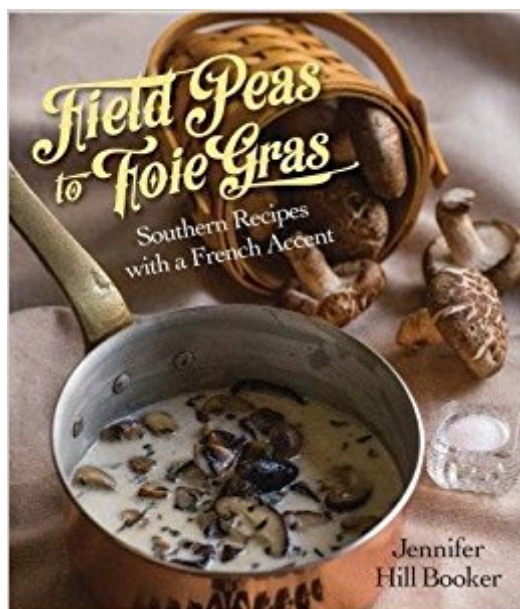


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# Field Peas To Foie Gras: Southern Recipes With A French Accent



## Synopsis

Down south on the family table! Focusing on farm-to-table ingredients, proper techniques, and pristine presentation, Chef Booker serves up a heaping helping of Southern cooking with class. Combining her Mississippi roots and French culinary training, Booker pays homage to her family's favorite dishes by giving them a sophisticated twist. Inspired by her childhood memories, Booker creates a comforting blend of nostalgia and modernity. The stories that accompany the 135 recipes in this book will transport you to the farmhouse of Booker's youth-amid the garden, lush with produce. Dishes such as tender Braised Short Ribs, decadent Venison Stew, and elegant Caramel Cake are sure to satisfy your family!

## Book Information

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## Customer Reviews

Being from the Deep South and loving French food as well, when I saw that the author of this cookbook was doing a book signing (with appetizers) at a nearby library, I had to go. The *œfield peas* • part of the title refers to her Mississippi roots while the *œfoie gras* • part of the title harkens to her cooking classes at Le Cordon Bleu in Paris. These 2 cooking traditions blend well together. Fresh garden vegetables meet French herbs. And both cooking traditions rely on animal fats and parts that may not be a staple on the average modern American table. Even if I were more of a meat eater, I don't think the pig ear and tails sandwich, the chicken feet, or the hogs head cheese would tempt me. They're certainly not a part of my Southern cooking tradition. But there are other things in this book that are, such as the canned goods, various types of peas and beans,

and fried chicken and catfish. Even though I come from that cooking tradition, itâ€™s not a part of my cooking repertoire that Iâ€™ve maintained as Iâ€™ve cut out many of the more fat-based cooking styles of the Deep South and so many sugars. However, I am thrilled to find proper recipes for some of these things that are passed down generationally and rarely written down. And, being 2 decades removed from those kitchens, I donâ€™t remember how to cook some of these things properly (although the squash recipe is one Iâ€™d never forget) And I like being able to incorporate some of the French cooking techniques Iâ€™ve been learning. The cookbook covers an eclectic range of recipes: jellies, jams, and preserves; pickles, peppers, and hot sauce; vegetables; beans; breads (both savory and sweet); meats; pies, cakes, and cobblers; and drinks and cocktails.

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