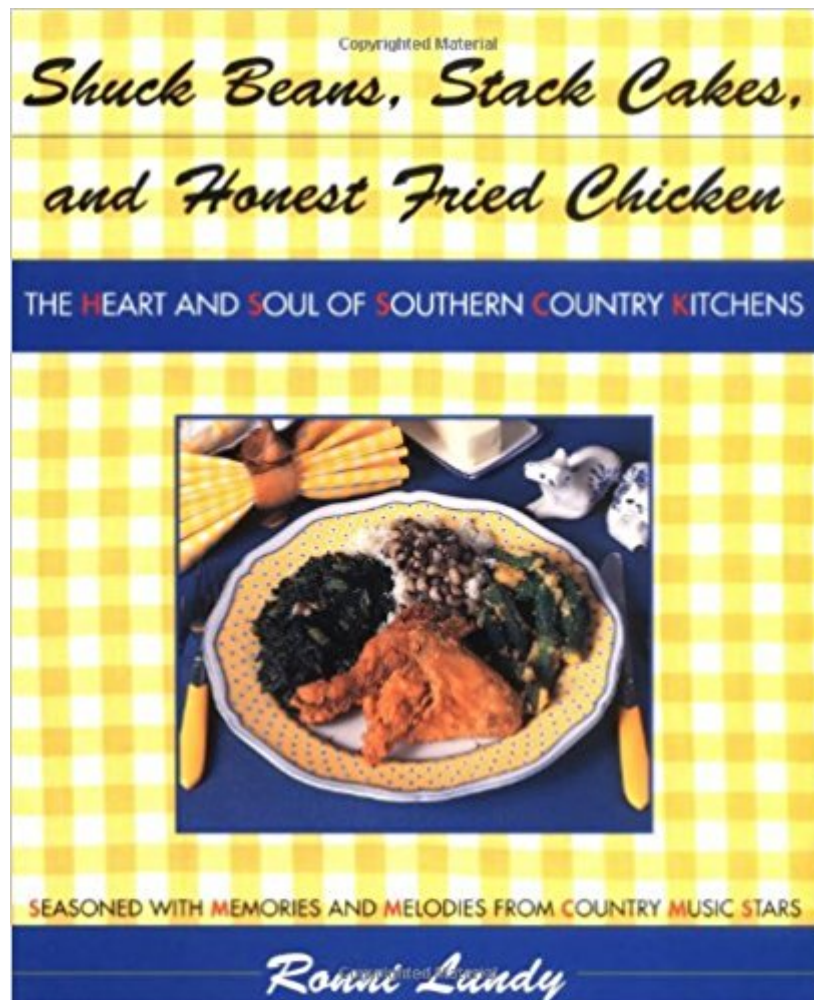




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# Shuck Beans, Stack Cakes, And Honest Fried Chicken: The Heart And Soul Of Southern Country Kitchens



## Synopsis

Here is the first regional American cookbook to offer a true taste of the Mountain South. This unique cookbook gathers together more than 180 authentic down-home southern recipes -- full-flavored, no-nonsense dishes more and more Americans are returning to -- and leavens them with memories of food, family, and friendship from some of country music's most beloved performers. "Take a chicken and you kill it/And you put it in a skillet/And you fry it 'til it's golden-brown./That's southern cooking and it tastes mighty nice." -- "Kentucky Means Paradise" by Merle Travis "Straight from the heart and soul of southern cooking. It's a banquet, with background music." -- John Egerton, author of *Southern Food*; "Simple, honest cooking of the Mountain South. . . . A fresh, entertaining approach to food." -- *Atlanta Constitution*; "Reeks with authenticity." -- *Seattle Post-Intelligencer*.

## Book Information

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## Customer Reviews

I have been using this cookbook for over 3 years and am returning to add my own 5 star review! This book brings back what home cooking should really be all about; food that tastes like it did "back home," wholesome and delicious, but simple to prepare, as well as inexpensive. Some of my favorites are the Real Cornbread (you have to make it in cast iron!), the Honest Fried Chicken-it tastes just like my mom's with that nice golden-brown crisp skin and the tender moist meat inside; the Clay-pot Chicken (the meat practically falls off the bone); the Beef Stew recipe on page 126 is also excellent (I have made it using apple cider instead of wine, which also produces a delicious silky stew); the cobbler recipe on page 291 is another hit. I recently made it with rhubarb and it was fantastic (made with almost any fruit you prefer, it is a perfect dessert to serve after the stew). The

Homemade Vanilla Ice Cream tastes just like the kind my grandparents used to make for us back on their farm (the custard is not cooked and uses raw eggs just as theirs did, which not only saves you time, but results in that old time ice cream flavor and texture that is almost impossible to describe. You just have to try it to find out). Ronni Lundy has assembled a fine collection of recipes with accompanying lore and notes by some of Country Music's giants that is worth the asking price. I find myself reaching for this cookbook more often than most of the other ones I have accumulated.

Bought this book for a friend that is a big fan of Ronni Lundy and her recipes.

My family has southern roots so we occasionally cook southern dishes that my mother prepared. However, my mother has passed-on and now and then, I find myself saying, "Gee, I wish I could ask Mom how she did that." This cookbook has solved that problem. I have glanced at many so-called southern cookbooks and ended up being disappointed with their recipes. This cookbook is the "real deal". Lundy knows the towns and the people my family came from. Her chili-bun recipe is dead-on for a recipe my husband and his family raved about for years after the restaurant closed. I have found other recipes here that were similar. The real surprise is that not only are her recipes familiar, they are very good in quality. Her crab cakes, while not native to area, are just plain excellent. I trust her recipes as much as I trust Julie Childs. I have given away 4 copies of this cookbook to delighted family members. My own copy is dog-eared and stained from use. This is a "keeper". It won't gather dust on the shelf.

Good read and good recipes.

Very basic, however many dated recipes, but the stories are fantastic. The author is a great writer! Check it out! Makes you feel right at home.

Wonderful book, not only to read, but also the receipes.

Lundy's books are fun reads for those of us who enjoy Southern food traditions.

I spent my first 58 years in Dayton, Ohio, my mothers' people hailed from Georgetown/Lexington Kentucky- tobacco farmers for the most part. My materanl grandmother could have written this cookbook. It is the best regiional cookbook, authentic. I have ordered 4 more to share with my

children.

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