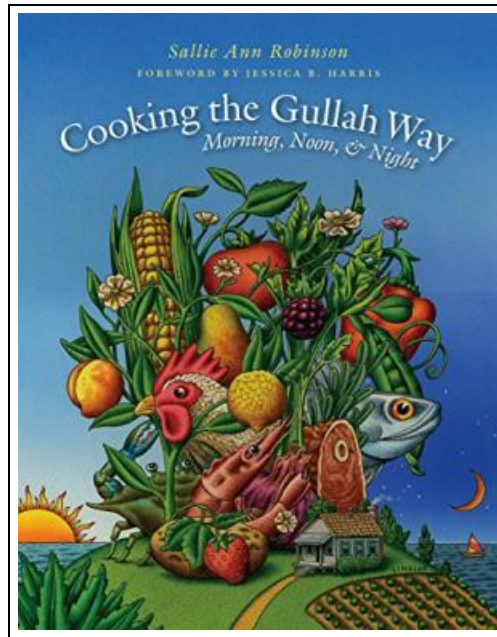


Cooking the Gullah Way, Morning, Noon, and Night



Filesize: 9.69 MB

Reviews

Extremely helpful for all type of folks. It generally is not going to expense a lot of. I found out this book from my dad and i advised this book to find out.

(Melany Goyette)

COOKING THE GULLAH WAY, MORNING, NOON, AND NIGHT



DOWNLOAD PDF

The University of North Carolina Press. Paperback. Book Condition: new. BRAND NEW, Cooking the Gullah Way, Morning, Noon, and Night, Sallie-Ann Robinson, Jessica B. Harris, Sallie Ann Robinson was born and reared on Daufuskie Island, one of the South Carolina Sea Islands well known for their Gullah culture. Although technology and development were slow in coming to Daufuskie, the island is now changing rapidly. With this book, Robinson highlights some of her favorite memories and delicious recipes from life on Daufuskie, where the islanders traditionally ate what they grew in the soil, caught in the river, and hunted in the woods. The unique food traditions of Gullah culture contain a blend of African, European, and Native American influences. Reflecting the rhythm of a day in the kitchen, from breakfast to dinner (and anywhere in between), this cookbook collects seventy-five recipes for easy-to-prepare, robustly flavored dishes. Robinson also includes twenty-five folk remedies, demonstrating how in the Gullah culture, in the not-so-distant past, food and medicine were closely linked and the sea and the land provided what islanders needed to survive. In her spirited introduction and chapter openings, Robinson describes how cooking the Gullah way has enriched her life, from her childhood on the island to her adulthood on the nearby mainland.



[Read Cooking the Gullah Way, Morning, Noon, and Night Online](#)



[Download PDF Cooking the Gullah Way, Morning, Noon, and Night](#)

Other eBooks



Night Shivers Mystery Supernatural Tales of Mystery the Supernatural Tales of Mystery and the Supernatural

Wordsworth Editions Ltd. Paperback. Book Condition: New. Paperback. 464 pages. Dimensions: 7.6in. x 5.0in. x 1.3in.Moving, his candle was instantly extinguished, and in the very moment of being left in the darkness he saw, standing...

[Download Book](#)

»



The Noon Witch, Op. 108 / B. 196: Study Score

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 240 x 168 mm. Language: English . Brand New Book ***** Print on Demand *****.The third of the four late tone poems inspired by Bouquet,...

[Download Book](#)

»



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download Book](#)

»



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

[Download Book](#)

»



How to Make a Free Website for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Download Book](#)

»