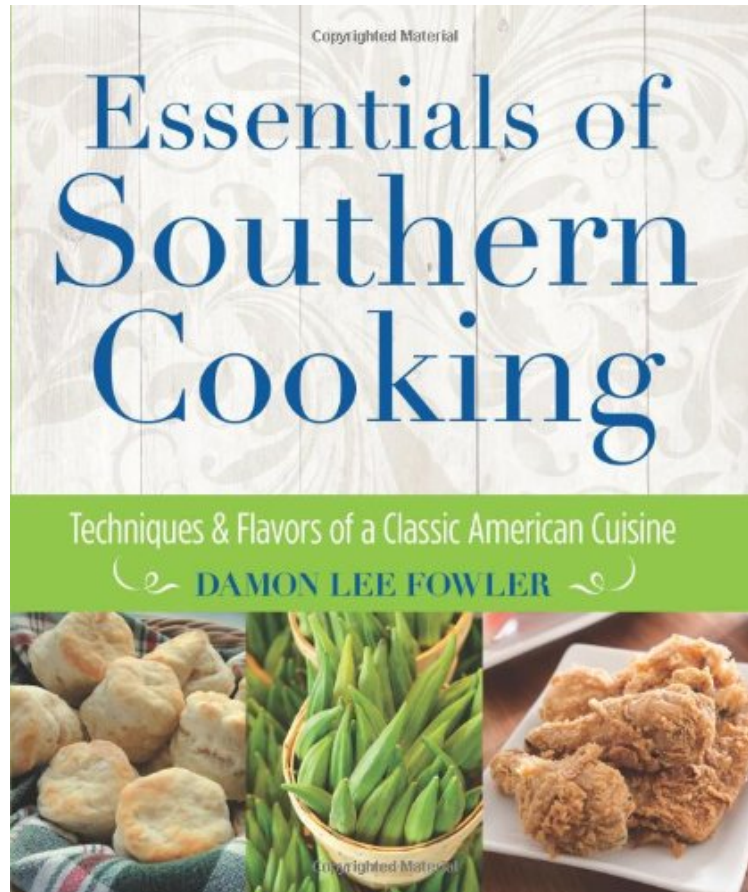


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## Essentials of Southern Cooking: Techniques And Flavors Of A Classic American Cuisine

*Damon Fowler*

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### **Damon Fowler : Essentials of Southern Cooking: Techniques And Flavors Of A Classic American Cuisine**

before purchasing it in order to gage whether or not it would be worth my time, and all praised Essentials of Southern Cooking: Techniques And Flavors Of A Classic American Cuisine:

7 of 7 people found the following review helpful. A Delightful Book of Southern EssentialsBy Kindle CustomerDamon Lee Fowler's Essentials of Southern Cooking is the kind of book that makes me wish I were talented enough to write a cookbook. From beginning to end, this is a beautiful and well thought tribute to southern cooking, and each time I open the book, I have a new "Aha, I need to make that next!" moment.The book is well made with thick, glossy paper and while there is not a photo for each recipe, the photos that are present are shot well and most are full page. There are a few too many photographs of unfinished products or ingredients (a bowl of flour, a batter dripping from the beaters of a hand mixer) in lieu of the finished recipe, but this isn't a big enough problem to detract from my final ranking of this wonderful book.The book is divided as follows: introduction; a southern pantry; to begin with (appetizers); eggs; grits and rice; the southern soup kettle; fish and shellfish; beef, veal, lamb, and pork; chicken

and other poultry; vegetables; of leaves and leftovers; the southern bread basket; cakes, cookies, and pastries; and the southern dessert table. I enjoy this book because it embodies the best of the South, both old and new. I think Fowler put a lot of thoughtful consideration into his scope of recipes to give you more than 200 of the best of the old and new out there. You can find classics such as Savannah crab salad or pimento cheese or take a walk on a fresher path with a gourmet meal of oysters in leek and bourbon cream. The book's scope should appeal to both the novice home cook and the veteran Southern cook who is afraid there really isn't much new to cook. This is a book that can deliver fresh surprises to both parties. The recipes are written in such a way as to be easy to follow, and while this is not convenience cooking, the ingredient lists are surprising manageable. In most cases, you're only looking at 6-8 ingredients to yield a great dish. Marvelous! As much as I am smitten with the recipes, I get joy out of the asides scattered generously throughout this book that educate the reader on everything from food history (the chess pie family, for one topic, the gumbo family, for another) to all the particulars on making yeast breads as well as cake baking. There are mini culinary educations sprinkled throughout that you can glean so much new info from. The recipes deliver. Try the crunchy peanut butter chocolate chip cookies or the brown velvet cake with dark fudge frosting. The latter is cake fit for the holiday dessert season. In short, go buy this book and enjoy. and buy a couple more as gifts for the serious cooks in your life. While I will admit, it is not as awe-inspiring and encyclopedic as Nathalie Dupree's *Mastering the Art of Southern Cooking*, this is the kind of book that begs you to take it in, peruse it, and love it. To own it is to make several of the recipes regulars in your home. I'm thinking of keeping mine in the kitchen, a rare honor in my house. 4 of 4 people found the following review helpful. *Essentials of Southern Cooking* will be essential to my kitchen. By Marcia Damon Lee Fowler's, *Essentials of Southern Cooking*, is a beautiful book as well as a useful one. It contains traditional Southern recipes as well as many which have been updated for today's tastes. The book is a personal one which is something I enjoy about Mr. Fowler's books. He has a "voice" laced with wit and humor and doesn't hesitate to state his views, most of which seem spot on. With beautiful pictures, historical tidbits and detailed instructions for recipes, it's my kind of cookbook and it's a good read, as well. There are a wealth of seafood and vegetable recipes and meats including veal and lamb. The roast chicken with sage and Madeira pan gravy will be on our table later this week. I've made and enjoyed his butterbean and okra ragu using frozen vegetables. There's a recipe for biscuits with instructions for rolling and folding the dough which should result in the high and light biscuits one sees in pictures. There's no stinting on yeast breads or desserts. I counted 7 pound cakes, each sounding better than the last. My standard Sour Cream Pound cake is there and there's a bourbon pound cake, a chocolate one as well as a blueberry pound cake among them. The coconut cake looks TDF. I've made the pecan shortbread cookies with turbinado sugar. They're easy to make and have my family's seal of approval; they've requested more. I recommend it to anyone who loves good, straightforward food and recipes. It's not just for Southerners. There's something good for almost everyone here. This review might sound overly effusive, but it's sincere. I grew up in Savannah and other parts of the South, but have lived elsewhere for most of my life. 2 of 2 people found the following review helpful. Good book. By Amy I enjoyed this book a lot. Former Southern Gal now living in Southern California, I missed old school southern cooking. This book had some great recipes that I love but also with healthier cooking tips.

An authentic collection of recipes celebrating Southern traditions. Southern cooking as most people think of it doesn't exist. After all, there are as many ways to make real corn bread, gumbo or fried chicken as there are cooks. Instead of dwelling on conventional notions of authenticity, *Essentials of Southern Cooking* honors the spirit, the history, the people, and the taste of the classic Southern table by focusing on the essence of great Southern food and combining traditional ingredients in fresh ways. In this tempting collection of over 200 recipes, author Damon Lee Fowler balances the enduring appeal of rural Southern flavors with the modern sensibilities of today's cook. It's an engaging and informative look at the heritage of Southern cuisine. Sampling of recipes: Creamy Chicken Pot Pies, Sweet Potato Cobbler, Scalloped Oysters, Lowcountry Crab au Gratin, Baked Vidalia Sweet Onions with Ham, Bourbon-Grilled Flank Steak, Shrimp touffe, Pecan-Crusted Cat Fish, Butter-Bean and Okra Ragout, Old-Fashioned Southern Shortcake

Damon Fowler's mastery of Southern cooking shines through this book. It feels like Damon is standing patiently by, guiding, giving a bit of kitchen wisdom, then tossing in a fact no one else knows such as the first recipe for Pimento Cheese or something about Thomas Jefferson while telling a story that captivates. His voice is unique, his teaching skills whetted by years of student cooks, and his recipes stand the test of time. Nathalie Dupree, author of *Mastering the Art of Southern Cooking* and host of cooking shows on PBS, the Food Network, and TLC. Whenever I want to know something about Southern food, to find a particular recipe and trace its origin, Damon Lee Fowler is the one I call. No one knows more about Southern cooking, its origin, its evolution, and its place among world cuisines than Damon. His recipes, always carefully tested, work increasingly rare these days. *Essentials of Southern Cooking* puts Damon's wisdom, grace, and passion for all things Southern between two covers. And that includes the most tantalizing, lusciously photographed collection of recipes to come my way in ages. I can't wait to begin cooking my way through *Essentials*. It belongs in every kitchen front and center. Jean Anderson, *James Beard Cookbook Hall of*

Fame author of *A Love Affair with Southern Cooking* and *From a Southern Oven Essentials of Southern Cooking* reveals a South filled with fresh meat and fish, heirloom vegetables, and pots simmering with soothing spoonfuls of grits and rice. Gorgeously produced and exquisitely written, Damon Lee Fowler's book expertly captures time-honored recipes that have been passed from generation to generation, as well as illuminates the newer influences of the Southern kitchen, proudly demonstrating that Southern cooking is a vibrant, living cuisine. The writing is witty, yet knowledgeable, historical, yet helpful. As you cook you will find Damon, as I do, a friend at your side. It's a delicious book one could gleefully enjoy snuggled up in a cozy chair for an afternoon of reading but with so many incredible recipes, I honestly doubt I would be able to stay out of the kitchen.

Virginia Willis, author of *Bon Appétit, Y'all!*, former kitchen director for *Martha Stewart Living Television*, and executive producer of *The Discovery Channel's Epicurious* From the time Damon Lee Fowler began writing about Southern food, we have been avid fans of his work. His simple yet elegant recipes, entertaining and insightful headnotes, and excellent sense of place and history, make all of his books culinary stand-outs. This new and fully updated combination of two earlier books will bring twice as much delicious South to your mouth.

Cheryl Alters Jamison and Bill Jamison, 4-time James Beard Award-winning authors of *The Rancho de Chimayo Cookbook*, *American Home Cooking*, *Smoke Spice*, and many other cookbooks "Bravo to Damon for bringing the classics of Southern Cooking to today's modern cook. All the essentials are here, with a delicious nod to new tastes like Asparagus Shortcake and Peach-Orange Marmalade. It's a love letter to the foods I crave." Cynthia Graubart, James Beard Award winner