

## The Colonial Cook (Colonial People)

Bobbie Kalman, Ellen Brown

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Food preparation was a full-time job for colonial women--even those with servants. This book explores the colonial kitchen and depicts how the colonial cook spent her day. Includes descriptions of the cookware and utensils used, how foods were preserved, the important role of Native Americans in teaching colonists about food, and recipes for authentic colonial dishes. Full-color illustrations.



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