



# From Jefferson's Table

*S. Howard Stockwell*

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"From Jefferson's Table" is a collection of stories and recipes from eight fascinating generations descended directly from Thomas Jefferson at Monticello. The book covers American style cooking through the first 250 years of our country's remarkable evolution. A rare compilation of recipes, passed down from my Grandmothers and Mother, acted as impelling testimony to the value of culinary creativity as a comfort to family life through the inevitable crisis that challenge each generation. . It was my own personal disaster that opened the door to a venue for Star Chefs, a popular Foodie Blog and this Cook Book. So many delicious recipes from each inspiring woman presented here made life a banquet in the middle of chaos with the bounty from her creative kitchen. There is a compelling quality about the enormous influence that Jefferson had on the style and function of the American experience. This cookbook brings forth the original source for many of our ideas about food direct from Monticello. The current captivation with healthy pure ingredients and vegetarian, even vegan, diets express a trend toward a more classical homemade style of eating. This new concentration on fresh vegetables and farm raised meat and poultry points right back to the hearty roots of American home cooking. "From Jefferson's Table" will supply answers to many questions about how to cope with economic downturns. Amazing stories of survival through crisis, like moving thousands of miles away from home in covered wagons to establish a new life. An account of struggling through the Civil War, a husband fighting somewhere unknown, by one great, great grandmother, with many children while pregnant, can inspire and energize a new generation with extra courage and resourceful, delicious menus & recipes. Each generation is portrayed through a creative culinary event with superb menus and complete recipes. There is the quintessential dining experience at Monticello, an afternoon tea from Virginia's New Kent, an after the theatre supper, the ultimate country Christmas Dinner, the lavish Luau, a Brunch in an historic Montecito Adobe and more. Conceived to be simply intoxicating with pleasures of the table the cookbook brings tasty evidence that "eating well is always the best revenge".

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