



Better Homes & Gardens Heritage Cook Book

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Whether you are reading Better Homes and Gardens HERITAGE COOKBOOK for the history of food preparation in the United States or looking for an special recipe doesn't matter, the style and presentation will keep you reading and discovering more about our ethnic heritage. Eating is one pleasure all people have in common and specific food fads notwithstanding it is a thread that binds us as a people. The source of the food supply has kept people moving through out the ages. Follow the early native Americans, and the later European, Asian, and African immigrants through the well written and beautifully illustrated pages of this outstanding volume. The recipes are also excellent and easy to prepare, but I would recommend some changes in calorie and fat content for a modern diet. Then for a fun time if diet permits try the Cracklin' Bread of page 89. This is one of the few cookbooks I've found that has recipes for using hickory nuts, which are plentiful for the bending over and picking up in our part of the world. The special Cumberland River Hickory has nuts larger than golf balls and I know where one still grows. Happy eating and reading about our native and imported foods. Nash Black, author of Indie finalists WRITING AS A SMALL BUSINESS and HINTS.

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