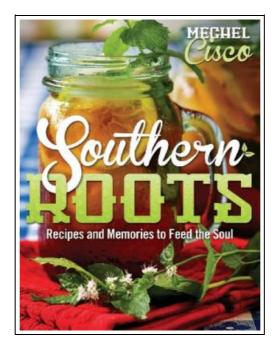
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SOUTHERN ROOTS: RECIPES AND MEMORIES TO FEED THE SOUL (PAPERBACK)



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Dog Ear Publishing, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mechel Cisco invites you into her kitchen where she shares heirloom recipes that bring back traditions, warmth and memories that make southern cuisine an American favorite. Cisco shares recipes that are a combination of hearty traditions and just plain good eatin. From revealing secrets to turning out fluffy biscuits to giving us ideas for swapping out ingredients to accommodate a healthier meal, Cisco keeps southern cooking alive. You will also get tips on cooking and caring for cast iron as well as photography and memories of the south, old and new. This book is meant to not only warm the tummy but also warm the heart. The recipes found in this book have come down through Cisco s family for many generations. Cisco s roots can be traced back to the Revolutionary and Civil Wars and a proud military heritage. Some recipes have been passed down from mother to daughter and grandmother to granddaughter for over 200 years. This book is filled with humorous and touching tales as well as a history of southern food. Southern Roots is a must have for anyone who craves tradition and a return to southern comfort cooking. Mechel Cisco is a southern based artist, photographer and author. She started out writing as a poet, winning many awards then moved on to romance novels. With many years in the making, she compiled family recipes into a cookbook honoring her love of the south and southern history. Born and mostly raised in the south, she shares family heirloom recipes in a book celebrating the southern traditions. Cisco comes from a long line of great southern cooks. She makes her home in Atlanta Georgia and is the owner of...



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