

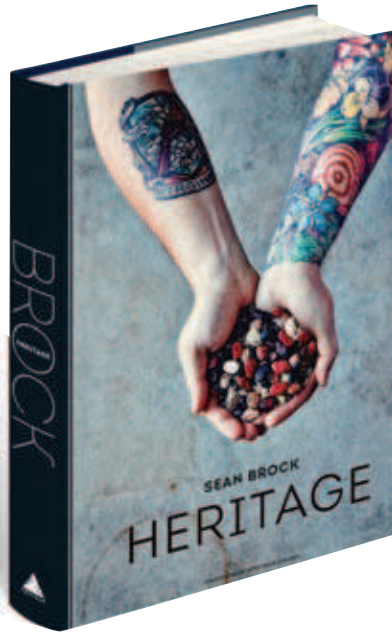
BOOKS

GREAT CULINARY AND ENTERTAINING READS, PLUS RECIPES

WRITTEN BY JENNIFER BRADLEY FRANKLIN

Preserving Delicious Southern History

One of the most anticipated Southern food books in recent history—some would boldly say this decade—*HERITAGE* (Artisan Books, 2014) by Sean Brock is, in a word, stunning. The James Beard Award-winning chef of Husk (Charleston and Nashville) and McCrady's in Charleston stays true to his intensely Southern roots, while pushing the envelope a bit. Even if you've grown up in the South—or even eating its food—we'd wager you've not heard of some of the recipes featured here. Lettuce wraps made with crispy pig's ear, tartar sauce scented with ramps, and capers pickled with nasturtium buds are perfect examples of how this visionary of Southern foodways presents heritage foods, reimagined for increasingly global palates.



Charleston Ice Cream

Yield: 4 servings

Excerpted from Heritage by Sean Brock (Artisan Books). Copyright 2014. Photographs by Peter Frank Edwards.

Gullah people of West African origin often cooked rice using a one-pot method known as "soaked rice," where the rice is simmered covered with twice its volume of water for about twelve minutes and then left to sit without lifting the lid for at least another fifteen or twenty minutes. Some Charlestonians call this the "no-peek" style, and it works well with most commercial brands of long-grain rice. True Carolina Gold rice takes a good bit more effort, but the result is the subtle flavors of the rice at their finest. We serve Carolina Gold simply, in bowls, with a dollop of good butter, scattered with herbs and flowers that are in season at the time. Because of its creamy texture, this has been called "Charleston ice cream" for hundreds of years—plus, it can be scooped.

- 2 teaspoons kosher salt
- 1/4 teaspoon freshly ground white pepper
- 1 fresh bay leaf
- 1 cup Anson Mills Carolina Gold Rice
- 4 tablespoons unsalted butter, cubed
- herbs, flowers, and benne seeds for garnish (optional)

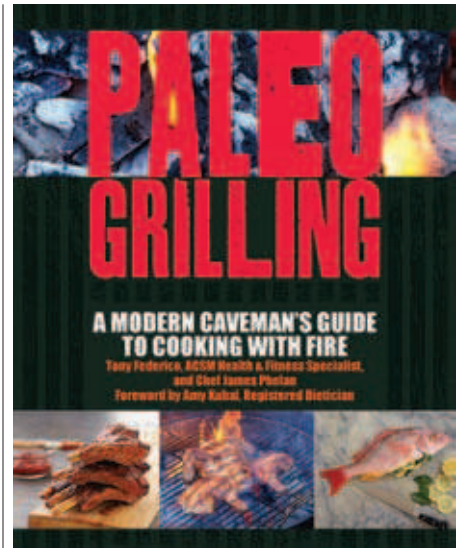
Heat oven to 300 degrees. Put 4 cups water, salt, pepper, and bay leaf in a medium heavy-bottomed saucepan and bring to a boil over medium-high heat. Stir to be sure salt has dissolved then reduce heat to medium. Add rice,

stir once, and bring to a simmer. Simmer gently, uncovered, stirring occasionally, until rice is al dente, about 8 minutes. Drain.

Spread rice out on a rimmed baking sheet. Dry rice in oven, stirring occasionally, for 10 minutes. Scatter butter evenly over rice and continue stirring every few minutes. The rice should be dry in approximately 5 minutes more: all excess moisture should have evaporated and the grains should be separate. Serve immediately with a sprinkle of herbs, flowers, and benne seeds, if you wish.



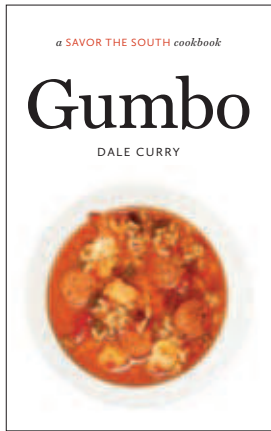
PHOTO: PETER FRANK EDWARDS



Guilt-Free Grilling

Paleo is one of the latest in a string of health crazes promising to keep us svelte (think Atkins, Whole 30 and South Beach Diet), but really, it's going back to humanity's primal roots. If recent buzz about this style of eating has awakened your inner caveman, check out *Paleo Grilling* (Fair Winds Press, 2014) by health specialist Tony Federico and Chef James Phelan. It features more than 100 recipes along with diagrams to help aspiring chefs understand the various cuts of meat they'll be using to create their primal meal. The recipes are meat-heavy, though that includes poultry, seafood, beef, pork and more unusual game like ostrich and venison, offal and a number of mouth-watering veggie dishes, marinades, cocktails, rubs and sauces. Though we're pretty sure our earliest ancestors didn't nosh on Barbecued Chicken Gizzard Yakitori or Baby Flounder with Coconut Red Curry, we're happy to! For Phelan's recipes for *Honey Mustard and Tangy Vinegar Moppin' Sauce* (pictured below), see page 77.





Bayou Brew

Any cook in New Orleans worth their salt will have a strong opinion about the city's signature dish: gumbo. In her book *Gumbo: a SAVOR THE SOUTH cookbook* (University of North Carolina Press, 2015), Dale Curry, New Orleans-based food writer and editor, explores the stew in all its glory. The book makes us think of the scene in *Forrest Gump* when Bubba tells his best friend Forrest about all the ways shrimp can be prepared. This is similar, and we can almost hear him reading Chicken and Andouille Gumbo, Super Gumbo, Cajun Hen Gumbo ... the list goes on, with 50 recipes in all, some of them from noteworthy chefs such as Emeril Lagasse,

Donald Link, Bart Bell and Leah Chase. You'll also find other treasures from the Bayou, including Crawfish Bisque, Étouffée and Dirty Rice. For Curry's recipe for *Cajun Hen Gumbo*, see page 74.

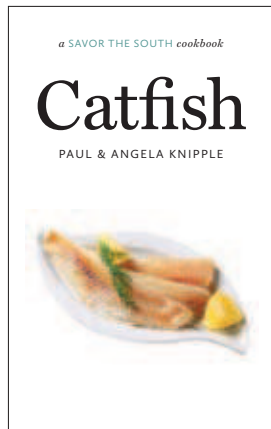


Extraordinary Atlanta

Homegrown writer and author Kate Parham Kordsmeier brings some of Atlanta's favorite restaurant dishes to life on the pages of her book, *Atlanta Chef's Table: Extraordinary Recipes from the Big Peach* (Globe Pequot Press, 2015). You'll find fully conceived items for every course, created by chefs at Miller Union, One Flew South, 4th & Swift, Seven Lamps, Umi, Kyma and so many more (including the one here, from Cakes & Ale). The images are by Heidi Geldhauser, who, while known for her evocative wedding photography, shines in her food shots. With Kordsmeier's varied

Reel One In

Memphis-based husband-and-wife team Paul and Angela Knipple really know catfish. In their book *Catfish: a SAVOR THE SOUTH cookbook* (The University of North Carolina Press, 2015), they reflect on this humble, bewhiskered bottom-feeder that has a permanent place in the heart—and on the plates—of Southerners. They go beyond preparing a crispy-on-the-outside, flaky-on-the-inside piece of fried catfish (though that's covered in the form of fillets, whole fish, popcorn catfish and catfish steaks), including the must-have accoutrements: tartar sauce, hush puppies, coleslaw and a few that elevate the experience (pickled green tomatoes and Cajun cabbage). You'll also find less-expected preparations in the form of samosas, croquetas, empanadas and even catfish with baba ghanoush. While you won't find images, the couple more than makes up for those with their charming stories and history of the all-important river monster. For Paul Knipple and Angela Knipple's recipe for *Szechuan Catfish Stew*, see page 74.



selection of recipes, obvious collaboration with the chefs and charming prose, she really captures the essence of what makes dining in Atlanta special: dining to fit just about every taste and restaurants that leverage the freshest local ingredients and judiciously selected imported ones. This may be her first volume, but we are willing to bet that it won't be her last. For the recipe for *Fresh Sweet Strawberries with Shaved Parmigiano-Reggiano* (pictured at left), see page 77.



Calling Pork Purists

Atlanta-based chef Kevin Gillespie (best known nationally for his time on "Top Chef") has a love affair with all things pig: a look at the porky tattoo on his forearm makes that clear. In *Pure Pork Awesomeness* (Andrews McMeel Publishing, 2015), his second book, he devotes 100 recipes to exploring preparations of his favorite protein. The recipes are mouth-watering and approachable, yes, but the book goes well beyond that. Within its pages you'll find interesting tidbits about pigs themselves ("Why do pigs have snouts?"), tips on choosing the right cut for the recipe at hand, notes about pig farming and even a case for heritage breeding over commodity-style livestock raising. It's beautifully illustrated with photos by Atlanta's Angie Mosier, which are likely to make you want to run out to the nearest farmers market to gather the ingredients to make your own pork-heavy feast. For Gillespie's recipe for *Grilled Pork Kabobs with Pineapple and Soy* (pictured at right), see page 77.



PHOTO CREDIT: ANGIE MOSIER

