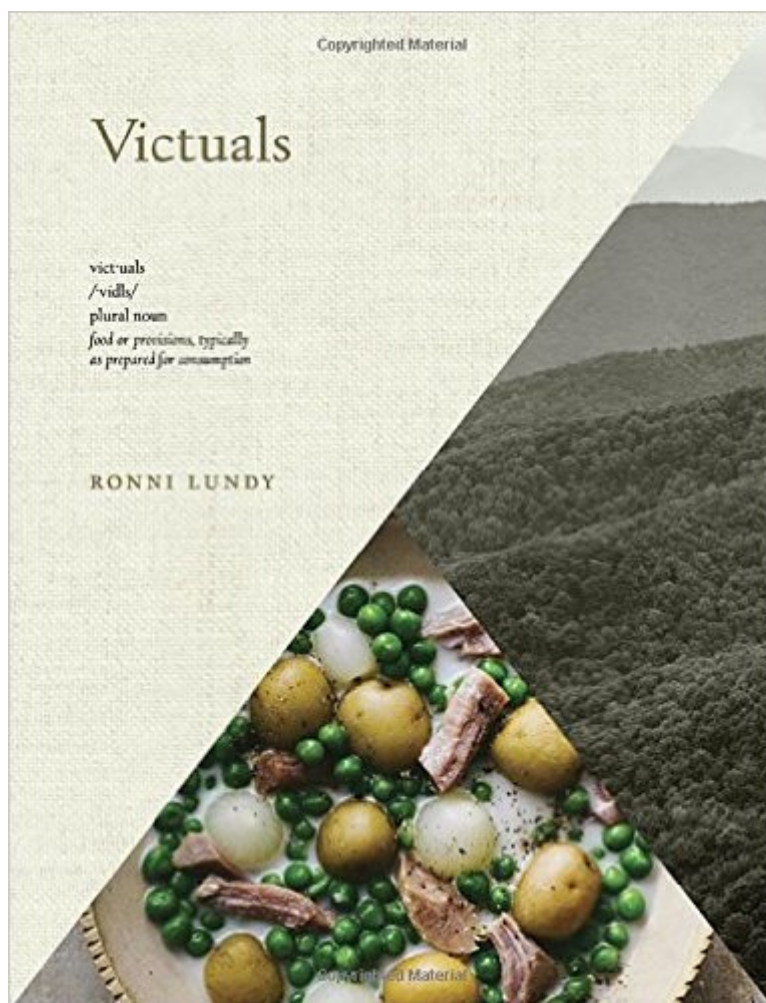


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# Victuals: An Appalachian Journey, With Recipes



## Synopsis

*Victuals* is an exploration of the foodways, people, and places of Appalachia. Written by Ronni Lundy, regarded as the most engaging authority on the region, the book guides us through the surprisingly diverse history--and vibrant present--of food in the Mountain

South. *Victuals* explores the diverse and complex food scene of the Mountain South through recipes, stories, traditions, and innovations. Each chapter explores a specific defining food or tradition of the region--such as salt, beans, corn (and corn liquor). The essays introduce readers to their rich histories and the farmers, curers, hunters, and chefs who define the region's contemporary landscape. Sitting at a diverse intersection of cuisines, Appalachia offers a wide range of ingredients and products that can be transformed using traditional methods and contemporary applications. Through 80 recipes and stories gathered on her travels in the region, Lundy shares dishes that distill the story and flavors of the Mountain South.

## Book Information

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Average Customer Review: 4.2 out of 5 stars See all reviews (8 customer reviews)

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## Customer Reviews

While reading *VICTUALS: An Appalachian Journey, with Recipes*, I was humming, tapping my feet, grinning, and *itchin'* to get to the kitchen. Author Ronni Lundy and photographer Johnny Autry have wonderfully captured the essence and timelessness of the Appalachian region of America and the amazing spirit of its people. I was born and raised in the beautiful mountains of Virginia, where I still reside. This is the land of my mother and her family. My father and his family were from the hills of East Tennessee. I laughingly and proudly call myself a *Mountain-Billy*. I

have many friends and acquaintances from the proud state of Kentucky, and I long ago embraced, and was embraced in return, by the people of the marvelous mountain state of West Virginia. *Victuals* • (the term is also plainly called *vittles* •) offers an inside look at an area of our country which is frequently stereotyped. It's a way of life where great poverty often exists alongside great pride. Traditions that will never die out are buffeted by the encroachments of modern society. Appalachia is a country within a country where a violin became a fiddle, and the music and dance of Scottish-Irish heritage became known as *Blue Grass* •. It's where you fix up a mess of kress •, make apple butter outdoors in a big copper kettle over a wood fire, and you cook a pot of beans or a pan of greens with a ham hock or a hunk of fatback or side meat. You make perfectly delicious and golden-crust cornbread in a well-seasoned and blackened old cast iron skillet, and you wait, impatiently for hand-cranked vanilla ice cream served with fresh peaches or strawberries. Author Ronni Lundy and photographer bring to vivid life the fine food and fine folks of the Appalachias. This is a journey you don't want to miss.

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