



Food in the Civil War Era: The South (American Food in History)

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Almost immediately, the Civil War transformed the way Southerners ate, devastating fields and food transportation networks. The war also spurred Southerners to canonize prewar cooking styles, resulting in cuisine that retained nineteenth-century techniques in a way other American cuisines did not. This fascinating book presents a variety of Civil War-era recipes from the South, accompanied by eye-opening essays describing this tumultuous period in the way people lived and ate. The cookbooks excerpted here teem with the kinds of recipes we expect to find when we go looking for Southern food: grits and gumbo, succotash and Hopping John, catfish, coleslaw, watermelon pickles, and sweet potato pie. The cookbooks also offer plenty of surprises. This volume, the second in the American Food in History series, sheds new light on cooking and eating in the Civil War South, pointing out how seemingly neutral recipes can reveal unexpected things about life beyond the dinner plate, from responses to the anti-slavery movement to shifting economic imperatives to changing ideas about women's roles. Together, these recipes and essays provide a unique portrait of Southern life via the flavors, textures, and techniques that grew out of a time of crisis.

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