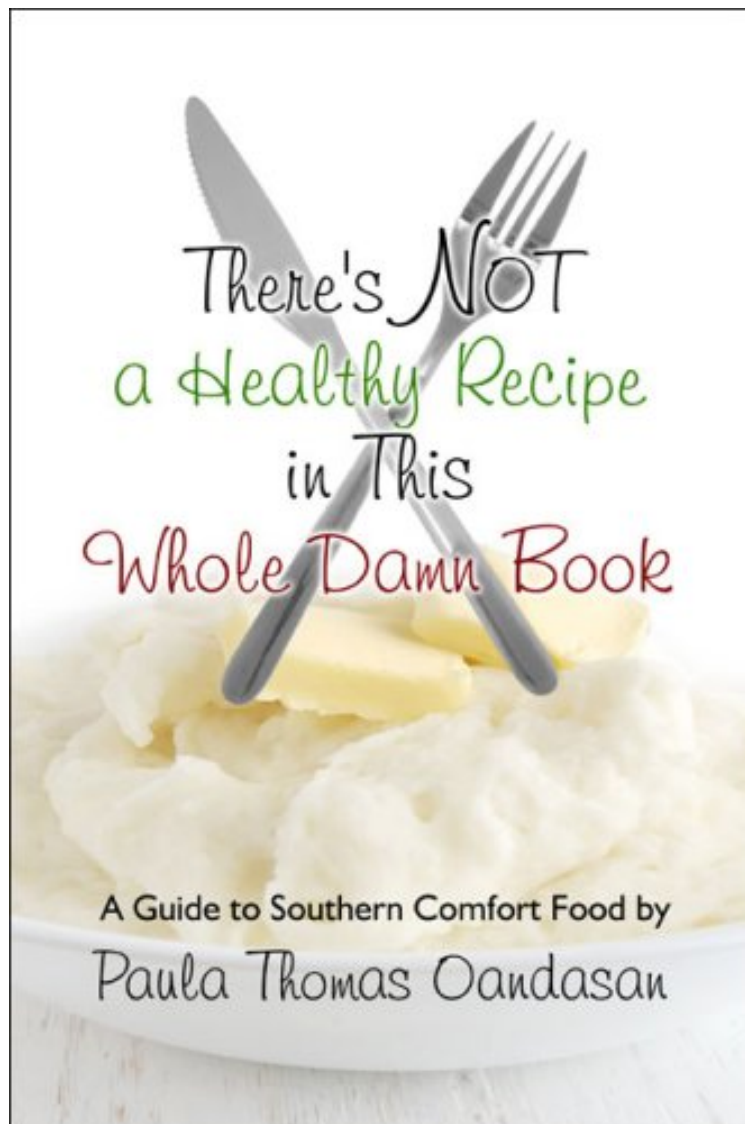


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There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food

Paula Thomas Oandasan

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Paula Thomas Oandasan : There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food before purchasing it in order to gage whether or not it would be worth my time, and all praised There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food:

3 of 3 people found the following review helpful. A cookbook worth drooling overBy Cindy WoodromeBack in the

day, I was one of Paula's Sunday-evening foundlings, perched at her 50s-era kitchen table (if memory serves), dipping queso with a homemade chip and telling her all my troubles, while she concocted decadent dinners whose aromas not only filled her home, but the entire neighborhood. Whether it was her advice or the food (or both), when I left Paula's house, I was neither hungry nor troubled. We lost touch for a decade or so, but when I found out she'd finally written the cookbook she used to dream of compiling, I rushed to buy it. It took me a while to actually prepare any of the recipes though. First I sat on the sofa and read it purely for entertainment. Paula is a wise woman (and a funny one) and the voice of her book is as rich as bacon grease. My only disappointment is that I did not buy the book when tomatoes were in season in Texas! In fact, the entire "Vegetables" section makes my mouth drool in longing for home. There's Not a Healthy Recipe in This Whole Damn Book: A Guide to Southern Comfort Food of 6 people found the following review helpful. Fun and Interesting, Lots of Good, Simple Recipes By L. K. McKissack This book brought me home to Southeast Texas with such an unexpected bang that I got a little teary-eyed. Many of the recipes are throw backs to my childhood and bring to mind vegetables still warm from the garden, and stick-to-your-ribs-who-cares-about-your-waist comfort food I had long since forgotten. Despite the title, there are some healthy recipes in the book, especially when you consider food a big player in your mental health, as I do. Everyone needs a little comfort sometimes, and there's nothing better than a homegrown tomato sandwich to make you feel like the world is on your side! There's some stuff in here that is so simple, you'll wonder why she bothered with a recipe for it (that is, if you don't bother reading the story attached). There is also a lot of stuff you will never, ever find a recipe for anywhere else. It has what I love in a cookbook--adventure, treasure, trade secrets. It's a fun and easy read with a lot of great little stories--a nice surprise in a genre that is often overly formal, dry and to-the-point. This book definitely meanders. There are stories throughout, so it is both cookbook, memoir, and novel to some degree, though she keeps it simple. You get an idea where the food came from, how it was enjoyed, and what it means to the author. You get a little history and a little culture, and a lot of tasty, satisfying recipes that won't stretch your budget or your time too much. My favorite recipes were the "in the woods" recipes. I have always loved the challenge of cooking while camping, or in any other situation where I had to problem-solve and be resourceful. This book will arm you with some bulk outdoor cooking ideas you may never have come across if you never lived in a commune or worked the kitchen for a Rainbow Family gathering. Do you like the Foxfire books? It's a similar feeling--trade secrets. Of course, I also loved the family recipes for staples like brisket, red beans and rice, posole, several pies, casseroles, and "dead birds and clouds" (aka chicken and dumplings). Finally, some cookbooks are just cookbooks, which is fine and good, but cookbooks with stories about food, linking that food to the culture of the time and place the author is writing about and even the author herself, are special treats for food lovers and people watchers like myself. This is one of those special ones.

In these pages are recipes Paula has collected from many great Southern cooks in her family and circle of friends as well as many she has tweaked and/or invented. She also includes personal thoughts, observations and stories from her extremely varied, interesting and sometimes bizarre life. From Fried Spam sandwiches to BBQ bologna to the glorious Hawaiian Pie, Paulas recipes will delight you and the Things I Have Learned section well check it out! She has cooked in the woods of East Texas in clay ovens with the Rainbow Family, at Morningstar Commune in the 60s, for community dinners for the homeless, for the Red Cross during disasters, and in her home where friends told her for years to write a cookbook. She has finally taken their advice. Feeding people feeds her soul. Hopefully this book will leave you satisfied. Comfort food is Paulas idea of heaven come on up!