



# **The Food, Folklore, and Art of Lowcountry Cooking: A Celebration of the Foods, History, and Romance Handed Down from England, Africa, the Caribbean, France, Germany, and Scotland**

*Joseph Dabney*

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The perfect gift for Southerners, history lovers, and foodies alike.

Discover the secrets of one of the most mysterious, romantic regions in the South: the Lowcountry. James Beard Cookbook of the Year Award-winning author Joe Dabney produces another gem with this comprehensive celebration of Lowcountry cooking. Packed with history, authoritative folklore, photographs, and fascinating sidebars, Dabney takes readers on a tour of the Coastal Plain, including Charleston, Savannah, and Beaufort, the rice plantations, and the sea islands. Includes:

- Benne Seed Biscuits
- Sweet Potato Pie
- Frogmore Stew
- She Crab Soup
- Brunswick Stew
- Hoppin' John
- Oyster Purloo
- Cooter Soup
- Hags Head Cheese
- Goobers
- And much, much more!

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