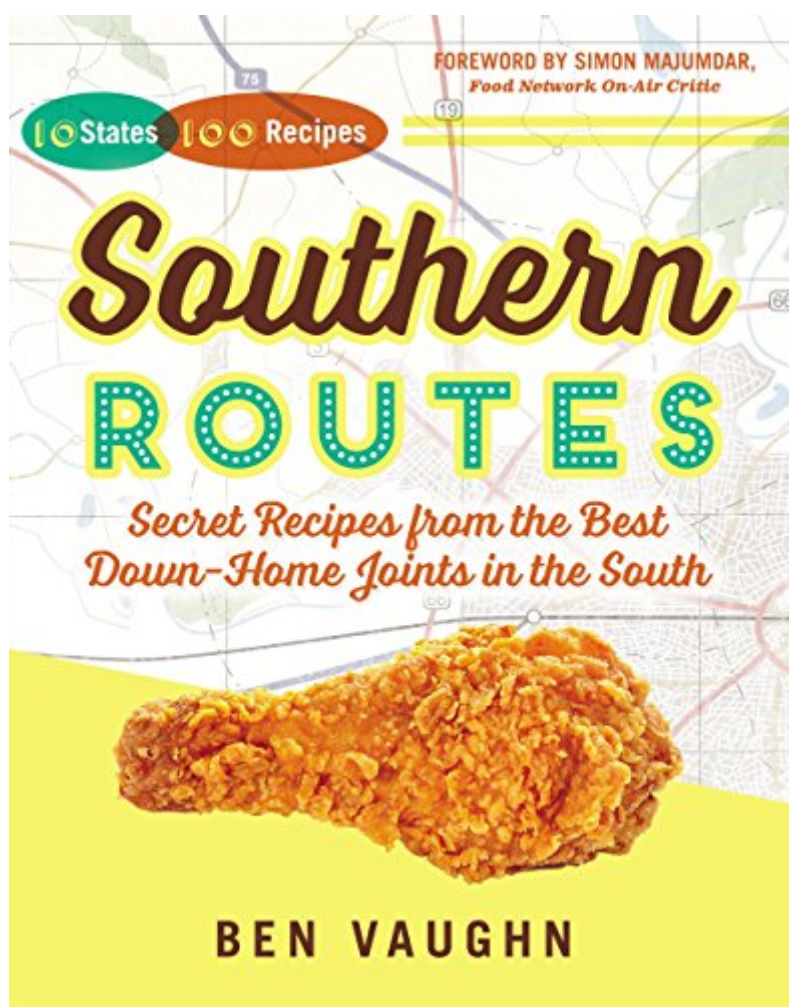


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# Southern Routes: Secret Recipes From The Best Down-Home Joints In The South



## Synopsis

In most of Ben's experiences the humble Southern chefs share their long protected family recipes, but it's not an adventure if everyone cooperates. Some of these institutions guard their recipes like members of the family. To the untrained eater, the secret ingredients it takes to create such an iconic dish would remain a bewitching mystery without the original formula. However, Ben's journey and mission is to deliver the most amazing 100 Southern recipes. With his charm and ability in the kitchen, Ben acquired each recipe one way or another. If he was unable to get the recipe directly from the source, Ben replicated it himself, only having tasted the dish. After deciphering the exact mix of ingredients, Ben's recipe was put to the test when the recipe gatekeeper gave him the thumbs up. From iconic Southern kitchens all throughout the Delta such as Mat & Naddies and Carlos and Rocky's in New Orleans; Our Way Café in Decatur, Georgia; McMel's, City Café, Dipsy Doodle, and Wendell Smith's Restaurant in Tennessee; and Martha's Menu in Mississippi experience the real recipes, real people, and real stories as Ben journeys through the South exploring Southern Routes.

## Book Information

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## Customer Reviews

I'm a for-real Southern cook, and this is the first cookbook I have ever seen that addresses the fact that Southern cooking is not just about ingredients, but about the HOW we do it. That HOW can be as important, or even more important than the ingredients themselves. I plan to send a copy to my grandson, who lives in California, too far away for me to teach him all the Southern tricks firsthand. I give this book an A+++.

What an enjoyable ride! Love it all!As an armchair traveler, I had a terrific trip through the South, exploring byways and great foods. Best of both worlds -- travel and food (without the hassle or the calories)!! Great stories and fun recipes....ad a cook, adaptations or not, I will give them a try. Some fun! Great price.

A nice journey through the south and it's cuisine

I feel this book has a great selection of recipes from different states. These recipes are from favorite restaurants and are loved by customers. I especially like the chicken and dumplings recipe. I recommend this book to all who love southern food.

Excellent read. I enjoyed all the stories and though all the recipes aren't the heavily guarded secret ones, they are quite delicious.

Love this book. Can't wait to get cooking.

There are some great recipes in this book. On a side note, Stax's Original Restaurant is in SC, not NC.

Great flavor.

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