



## Cooking the Gullah Way, Morning, Noon, and Night

By Sallie-Ann Robinson, Jessica B. Harris

The University of North Carolina Press. Paperback. Book Condition: new. BRAND NEW, Cooking the Gullah Way, Morning, Noon, and Night, Sallie-Ann Robinson, Jessica B. Harris, Sallie Ann Robinson was born and reared on Daufuskie Island, one of the South Carolina Sea Islands well known for their Gullah culture. Although technology and development were slow in coming to Daufuskie, the island is now changing rapidly. With this book, Robinson highlights some of her favorite memories and delicious recipes from life on Daufuskie, where the islanders traditionally ate what they grew in the soil, caught in the river, and hunted in the woods. The unique food traditions of Gullah culture contain a blend of African, European, and Native American influences. Reflecting the rhythm of a day in the kitchen, from breakfast to dinner (and anywhere in between), this cookbook collects seventy-five recipes for easy-to-prepare, robustly flavored dishes. Robinson also includes twenty-five folk remedies, demonstrating how in the Gullah culture, in the not-so-distant past, food and medicine were closely linked and the sea and the land provided what islanders needed to survive. In her spirited introduction and chapter openings, Robinson describes how cooking the Gullah way has enriched her life, from her childhood...



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### Reviews

*The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).*

-- **Dr. Marcos Grimes III**

*I actually started out looking at this publication. it was actually writtern really perfectly and useful. Its been written in an extremely simple way and it is only soon after i finished reading through this pdf by which really modified me, change the way i really believe.*

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