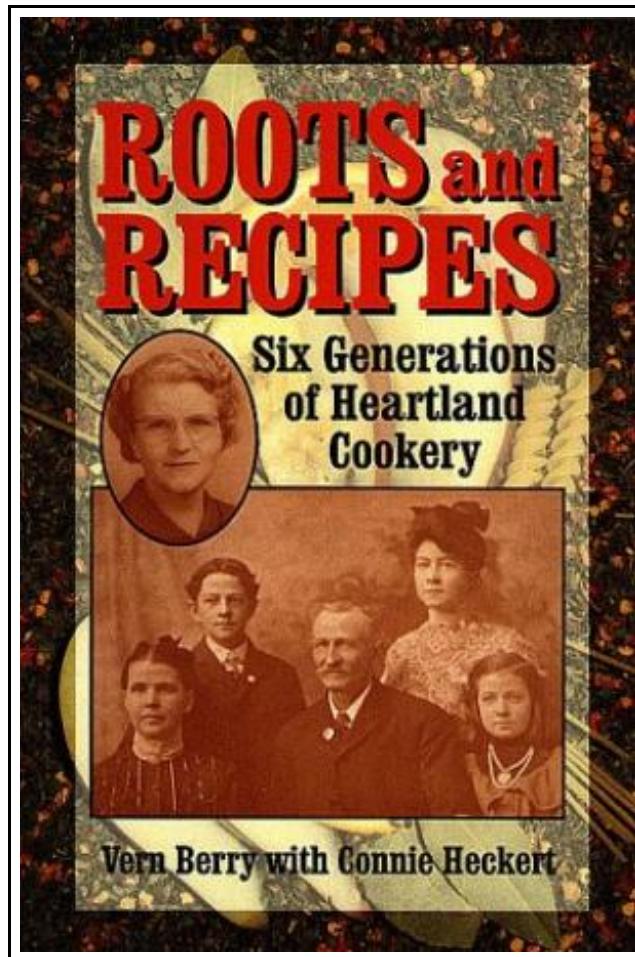


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Pelican Publishing Company, United States, 1995. Hardback. Book Condition: New. 235 x 158 mm. Language: English . Brand New Book. While Vern Berry was moving with her husband and family to Colorado in 1927, she thought of her ancestors on their pioneer journey from Kentucky to settle in the Heartland-Indiana, Illinois, and Iowa. The image of each woman doing her best to keep her family well fed and healthy in a pleasant home inspired her. Many years later, Vern, with the help of coauthor Connie Heckert, has compiled a wonderful collection of family recipes and history, the story of how those six generations lived and cooked in the Midwest. Roots and Recipes: Six Generations of Heartland Cookery begins with poignant narratives of the way each couple met, married, and lived their daily lives, often under hardship. These stories verge on romances, so tender and loving are their accounts. And the details make it easy to visualize the past through this family's eyes. Sample menus from several generations are included, allowing the reader to see just what kind of dishes would have been prepared daily. And a wide variety of foods is covered, including old-time dishes such as Spoon Bread, Chicken and Dumplings, and Custard Pie as well as the less traditional Salmon Soup, Ham Strata, and Cranberry Candle Salad.

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