



The American Beach Cookbook (Paperback)

By Marsha Dean Phelts

University Press of Florida, United States, 2008. Paperback. Condition: New. USA ed.. Language: English . Brand New Book. From its founding in 1935 to the present, trips to American Beach have meant good times, good friends, and great food. Located on Amelia Island in northeast Florida and established by the Pension Bureau of the Afro-American Life Insurance Company, American Beach today is listed on the National Register of Historic Places. It remains a beloved vacation destination as well as a year-round home for many African Americans. For The American Beach Cookbook , Marsha Dean Phelts has collected nearly 300 recipes passed down through generations. Over the years, many influences have found their way into the dishes and are represented here by everything from pig s feet to sweet potato pone and from smothered shrimp to bourbon slushes. Mouths will water at such treats as fried cheese grits, she-crab soup, seafood casserole, crab coated shrimp chops, cornbread dumplings, chicken curry, corn relish, pickled peaches, Big Mama s fruitcake, and much more. In addition to the recipes, readers will enjoy compelling vignettes that illustrate the heritage of people and potables, vintage photographs, and area maps that together tell one of the great stories of...

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