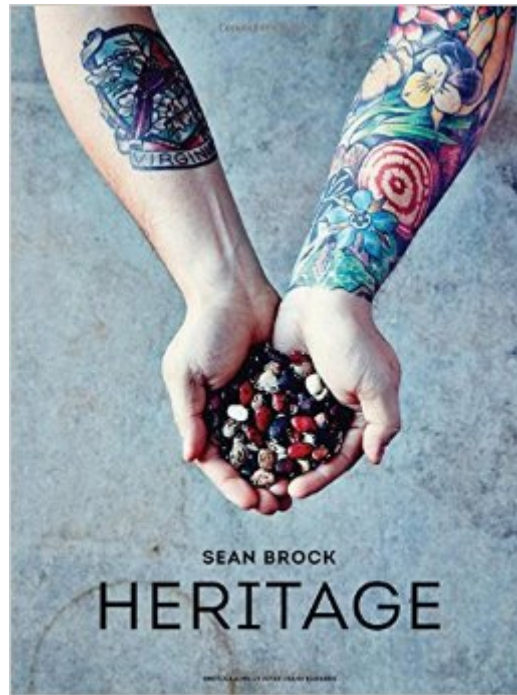


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# Heritage



## Synopsis

New York Times best seller Winner, James Beard Foundation Award, Best Book of the Year in American Cooking Winner, IACP Julia Child First Book Award Sean Brock is the chef behind the game-changing restaurants Husk and McCrady's, and his first book offers all of his inspired recipes. With a drive to preserve the heritage foods of the South, Brock cooks dishes that are ingredient-driven and reinterpret the flavors of his youth in Appalachia and his adopted hometown of Charleston. The recipes include all the comfort food (think food to eat at home) and high-end restaurant food (fancier dishes when there's more time to cook) for which he has become so well-known. Brock's interpretation of Southern favorites like Pickled Shrimp, Hoppin' John, and Chocolate Alabama Stack Cake sit alongside recipes for Crispy Pig Ear Lettuce Wraps, Slow-Cooked Pork Shoulder with Tomato Gravy, and Baked Sea Island Red Peas. This is a very personal book, with headnotes that explain Brock's background and give context to his food and essays in which he shares his admiration for the purveyors and ingredients he cherishes.

## Book Information

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## Customer Reviews

"Heritage" is an incredible addition to recent cooking literature - Southern themed recipes made with fresh ingredients and beautiful presentations. After a brief intro by Sean Brock, the book goes straight into a broad spectrum of recipes with a Southern cooking style ingredient baseline. Recipes by chapter are themed by dish type - vegetarian, grain, meat, seafood, canned/pickled, bar food/drinks, and desserts. Each recipe has a brief introduction providing a nice story about the

history of the dish and/or why it is meaningful to Sean Brock from his heritage. Several of the recipes in this cookbook are adaptations of recipes of family member's of Sean Brock that shaped his relationship with Southern food and cooking. Some of the recipes call for very specific brand of ingredients (example: Anson Mills Antebellum Fine Yellow Cornmeal). In the back of the book is a page of resources for where to buy. Based upon this and the variety of ingredients for each dish, you will need to plan ahead to make the recipes. The instructions for the recipes are extremely clear covering order of steps and how to's in order to get the best results. The pictures provide great visuals for how to plate the dishes. Based upon the complexity of the recipes, the book is more tailored to experienced cooks than beginners. Many of the recipes in this book can be made with the standard equipment found in your home kitchen. Some recipes do require specialized equipment such as a juice extractor or a sous vide machine. I recommend this book for foodies who love unique recipes, food presentation, modernist cooking, or just to have as a beautiful read on your coffee table.

This book is phenomenal! I would buy it again & again! Excellent, doable recipes. Yes some of the recipes are long & complex but I love the challenge & truly if you have the time, such as a weekend it is fun to sit aside the time & make something unbelievable! With patience & adherence to the directions, the results can be outstanding. My one complaint is some of the ingredients are simply unobtainable. I'd love ramps, but the wild onions don't grow here; same with pokeweed & no alternatives are offered. That's disappointing. I'm making the yellow rice with red cow peas & got the ingredients from . Now that's easy! However, offers little to no fresh vegetable, but has started offering meat products! Whooppee! I got a pork belly; it arrived yesterday in great shape. I'll write my review after I prepare it this weekend. The stories and pictures in this book add greatly to the pleasure of reading it. I read cookbooks like novels, I love them. This one truly delivers. The author embraces a love affair with food that I share. I would rather have one beautiful meal a day than an endless buffet of mundane fare. If you share my passion for excellent food you will not be disappointed in this book. It even elevates polenta to a level higher than I have seen before. All I can say is dig in! My message to the author, when using ingredients that are impossible for many people to obtain either provide sources or alternatives. It is cruel to leave tempting but impossible to prepare dishes in your cookbook! Excellent book overall. I made several recipes from the book & they turned out beautifully! I had no trouble obtaining the ingredients, got them from ! I do tend to change up recipes to suit my families taste. I made the polenta but instead of water I used 1 cup of cream, 1 cup of milk & 1 cup chicken broth. After the polenta was finished I added Parmesan

reggiano cheese and topped it with ramps! Delicious & creamy. I also made his prime rib after special ordering my meat, in order to get prime grade. It was magnificent! I recommend you give it a try, it's soo good!

The food photography in this book is lovely and some of the ingredients seem interesting. I'm not one to skimp away from complicated recipes but I'm more of a rustic cook and less of a "French Laundry" cook. Recipes like "Charred beef short ribs with glazed carrots and black truffle puree" or "Roasted Duck with turnips, lovage puree, pears, and chestnuts" are a little too fluffy for my taste. I noticed a lot of reviews praising the book without really describing the taste/flavor of the recipes. I'm assuming they haven't attempted cooking anything yet. I didn't bother cooking anything from this book either, mostly because nothing attracted my attention enough to give it a go. Lovely book in terms of photography, lay out, description etc...just slightly pretentious for me. Which is ironic considering it's entire premise is cooking from your roots and tradition. I doubt they're serving "crispy fried farm eggs with fresh cheese, pickled chanterelles, wild watercress, and red-eye vinaigrette" in the Appalachian mountains, but if they are kudos to them. Overall it seems like it may have potential, just not for me. I'll be returning this one.

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