

Read it & Eat.

By Joquita Burka

Perhaps it is the abundance of fresh seafood and produce. Perhaps it is the strong tradition of family dinners, church “dinners on the grounds” and neighborhood get-togethers. Whatever the reason, a trip through any bookstore will reveal a number of great cooks who have deep roots in this state. Or, as my mother would say, “Those people can cook!” Certainly you can find a number of what people would consider traditional Southern recipes. But today, the state boasts chefs

who have traveled the world and their food reflects that international flair. Walk into any bookstore, and the number of “regional” cookbooks available will be overwhelming. But what a delicious way to be overwhelmed!

So, like a chef who just lets you have the tiniest of tastes to whet your appetite, here are just three of the many, many cookbooks offered by the master cooks who call South Carolina home.



eat this book

Tyler Florence (Clarkson Potter/Publishers, 2005)

If you ever watch the Food Network, you probably already know this popular chef. Raised in Greenville, SC, and educated at Johnson & Wales in Charleston, SC, Florence still calls himself a “Southern cook.” As a celebrity in cooking circles, Florence has traveled the world, hosted numerous cooking shows, written two cookbooks and is preparing to open a Manhattan restaurant. Yet he still calls on his Southern roots

and some tricks he learned at his grandparents’ tables. *eat this book* is divided into the categories of “eating,” “devouring,” “noshing,” “consuming,” “tasting,” “savoring” and “licking the plate clean,” and serves up advice for great results as well as recipes for such wonders as Basic Ice Cream with Wine-Poached Cherries. There’s a love of food and cooking in this book that is apparent—as well as delicious.

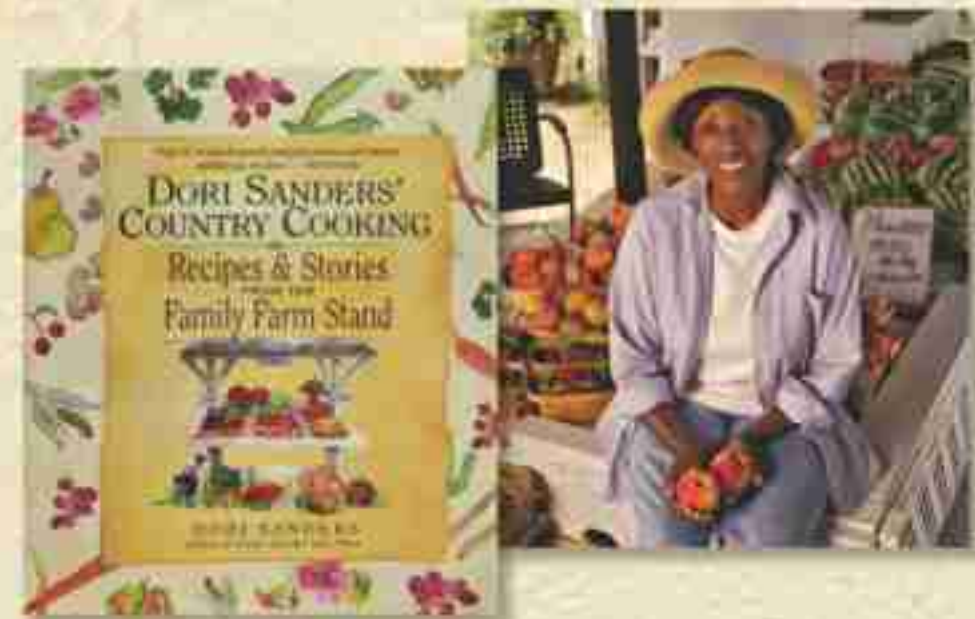


Magnolias Southern Cuisine

Donald Barickman (Wyrick & Company, 1995)

Certainly most people don’t go to Charleston just to eat. But just as certainly, eating is a big part of the culture of this gastronomical city. And one of the city’s culinary legends is Chef Donald Barickman (Tyler Florence names him as one of his influences.) Barickman is the master chef behind such Charleston restaurants as Magnolias Uptown/Down South, Blossom Café and Cypress: A Lowcountry Grille. Throughout

his years in the kitchen, he has supplied his patrons with a number of his famous recipes. This cookbook is, he says, an attempt to “finally present these recipes in an organized and orderly format.” And that is exactly what he does. From Peach Chutney to Warm Cream Cheese Brownies with Vanilla Bean Ice Cream, Chocolate and Caramel Sauce—it’s all here and it’s all delicious.



Dori Sanders’ Country Cooking: Recipes & Stories from the Family Farm Stand

Dori Sanders (Algonquin Books of Chapel Hill, 2003)

Even if you never go in the kitchen, you’ll love the tales of this farmer. Sanders claims to have learned to cook from her great-aunt who was so adept at cooking that she rarely measured ingredients, yet created some legendary dishes. The recipes included reflect the ingredients readily available throughout Sanders’ childhood—buttermilk, produce fresh from the farm and minimal sugar. Even the names of the

recipes will make Southerners feel like home—Buttermilk Southern Fried Chicken, Fresh Peach Pie, and Fried Grits. Sanders loves simple, tasty fare. Though she has written and published two successful novels (*Clover* and *Her Own Place*) she still works the family farm and can be found, in season, at the family peach stand in Filbert, SC.