

Addy's Cook Book: A Peek at Dining in the Past With Meals You Can Cook Today (American Girls Pastimes Collection)

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Young cooks can learn about cooking in the Civil War era. Through words and pictures, with recipes and instructions, they will learn to make Addy's favorite foods. Grade 4-8? This slender, 18-recipe theme cookbook is historically accurate, thoroughly researched, and well documented. Evert ties the information and recipes to events in the "Addy" books (Pleasant), which revolve around a girl who, with her mother, escaped from slavery. Breakfast dishes include grits, pork sausage and gravy, buttermilk biscuits (made with lard), fried apples, and scrambled eggs. Recipes are well illustrated with full-color drawings and photographs and methods are clearly described. Dinners are heavy on bacon and fried foods. Addy's favorites, such as chicken shortcake, collard greens, cornbread, potato salad, lemonade, peach cobbler, pound cake, and shortbread are included. Every page includes a factoid from the time period, augmented by archival black-and-white photographs. Descriptions of an Emancipation Celebration and a Juneteenth Party appear at the end of the book, along with suggested games, foods, table settings, clothing, decorations, and music. This is in no way a heart-healthy offering, but it is a faithful description of dishes of the late 1800s and a wonderful asset to historical cooking sections. Carole B. Kirkpatrick, Terminal Park Elementary School, Auburn, WA
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Other Books

Addy Learns a Lesson. In Philadelphia, Addy Walker and her mother build new lives, with Addy attending school for the first time.
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