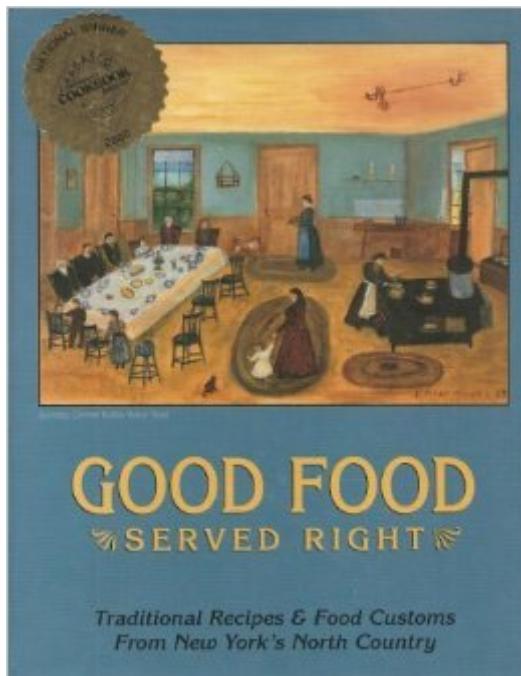


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# Good Food, Served Right : Traditional Recipes And Food Customs From New York's North Country



## Synopsis

North of the Mohawk River in central New York is a vast area known to most of the world for the grandeur of its woods and waters, with a population, according to an old joke, that is "more cows than people." This "North Country" is home to a surprising diversity of cultural groups who have adopted and adapted to the local landscape with a rich tapestry of customs and traditions, among those producing and serving good food. In this collection of historical sketches, recipes and essays, folklorist Efkelt explores the back roads and small towns of one of America's premier wilderness areas.

## Book Information

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## Customer Reviews

If Tabasco is involved you know it's hot. Fiction has the National Book Award, children's books have the Caldecott, community cookbooks have the Tabasco Award. First place in the Tabasco Community Cookbook Award 2000 has been awarded to *Good Food Served Right: Traditional Recipes and Food Customs From New York's North Country*. *Good Food Served Right* is more than a collection of recipes; this book is an extensive collection of traditional recipes and food customs from that area of New York State known as the North Country. Primarily a land of dairy farming and forestry located above the Adirondacks and below the Canadian border, Northern New York is that stump of the state with an independence borne from too long, arctic gray winters and only occasional notice from the rest of the world, not always a bad thing. *Good Food Served Right* breaks beneath that surface and reveals a riotous, brilliant crazy quilt of ethnic diversity through its food. Italian Pasta a Ceci, Armenian Shish Kebab, Mohawk Fried Bread, Jewish Stuffed Cabbage,

Korean Kimchi, Lebanese Spinach Pies, and French Yellow Pea Soup are some of the recipes that represent various groups who make their home in the North Country. There are also the local annual events such as fireman's field days, county fairs, ice cream socials, hunting clubs, and cheese making in the area. Some of the other recipes that caught my eye were Maple Johnnycake, Whoopie Pies, Deep-Fried Northern Bullhead, Crow's Nest and Hoppin' John. Each of the books 25 chapters are introduced with a well researched brief history and personal essay from the author, Lynn Case Ekfelt, a university archivist and folklorist. The project was under the auspices and support of TAUNY (Traditional Arts of Upstate New York).

Good Food Served Right demonstrates North Country (New York) diversity through an appeal to our taste buds. Written and researched by folklorist and home cook Lynn Ekfelt, this informative and entertaining book is part adventure travel, part ethnography, part grandmother's recipe file. It is also a great read."The idea of depending primarily on local products is only part of traditional cookery," Ekfelt observes in the introduction. "Another important aspect can be summed up in the old adage, 'Waste not, want not.' This guiding principle is behind the cooking of all traditions and has led to the creation of such diverse dishes as bread pudding and head cheese." The book goes beyond the recipes to explore the ways food is "so closely related to our concepts of nurturing." observing that, "food preparation and eating is an important time of apprenticeship--a time when new members of a family or community learn how to take their place as contributing members of their groups. More than food-related values are passed on during these sessions. They are also a time for retelling of family legends and establishing a communal response to events both within and outside the family."Good Food Served Right is divided into three sections. "Nature's Bounty" explores the many uses of apples, cheese, fish, game, maple syrup and wild foods. "Who We Are" features favorite edibles from North Country African Americans, Amish, Armenian Americans, French Americans, Greek Americans, Homesteaders, Hungarian Americans, Italian Americans, Jews, Korean Americans, Lebanese Americans, Mennonites, Mohawks, and Yankees.

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