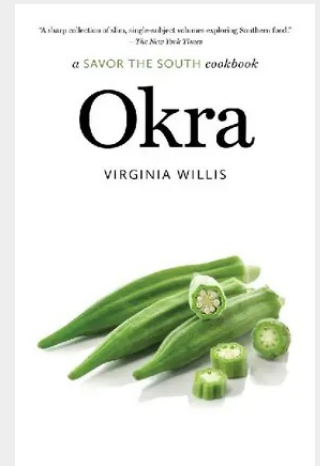


Okra

a Savor the South cookbook

Passionate okra lovers crave this bright green, heat-loving vegetable, whether fried, grilled, steamed, roasted, boiled, broiled, pickled, raw, whole, sliced, or julienned. With *Okra*, Virginia Willis provides "the key that unlocks the door of okra desire" to okra addicts and newcomers to the pod alike. Topping eight feet, with gorgeous butter-yellow flowers that ripen into the plant's signature seed-filled pods, okra has a long association with foodways in the American South. But as Willis shows, okra is also an important ingredient in cuisines across Africa, Asia, and Latin America. Featuring gardening tips, a discussion of heirloom varieties, and expert cooking directions (including a list of "top ten slime-busting tips"), *Okra* brilliantly showcases fifty delectable recipes: twenty-six southern dishes, ranging from Southern-Style Fried Okra to Gulf Coast Seafood Gumbo, and twenty-four authentic global dishes, from Moroccan Lamb and Okra Tagine with Preserved Lemons to Cuban Pork with Yellow Rice, Okra, and Annatto Oil.



23,70 €

23,70 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781469677514

Medium: Buch

ISBN: 978-1-4696-7751-4

Verlag: The University of North Carolina Press

Erscheinungstermin: 01.08.2023

Sprache(n): Englisch

Auflage: Erscheinungsjahr 2023

Serie: Savor the South Cookbooks

Produktform: Kartoniert

Gewicht: 235 g

Seiten: 120

Format (B x H): 140 x 216 mm

