

# The American Woman Cookbook: A Literary and Culinary Journey through U.S. History

By Paula Polk Lillard



## The American Woman's Cookbook by Paula Polk Lillard

★★★★☆ 4.5 out of 5

Language : English

File size : 79698 KB

Screen Reader : Supported

Print length : 384 pages



Published in 1996, *The American Woman Cookbook* is a fascinating culinary journey that explores the changing roles of women in American society through the lens of food. The book features over 400 recipes that span three centuries, from the colonial era to the modern-day. Each recipe is accompanied by historical context and cultural commentary, providing readers with a deeper understanding of the American experience.

Lillard's book is more than just a cookbook; it is a social and cultural history of the United States, as told through the stories of the women who cooked the food.

The recipes in *The American Woman Cookbook* are as diverse as the women who created them. There are recipes for simple, everyday meals, as well as for elaborate feasts. There are recipes for dishes that are

uniquely American, as well as for dishes that have been adapted from other cultures.

What all of the recipes in *The American Woman Cookbook* have in common is that they tell a story about the women who cooked them. The recipes provide a glimpse into the lives of these women, their families, and their communities. They tell stories of love, loss, joy, and sorrow.

*The American Woman Cookbook* is a valuable resource for anyone who is interested in American history, women's history, or culinary history. It is also a great cookbook for anyone who loves to cook and who is looking for new and interesting recipes.

### **Here are a few of the recipes from *The American Woman Cookbook*:**

- **Abigail Adams's Boiled Ham**
- **Martha Washington's Cream of Asparagus Soup**
- **Julia Child's Boeuf Bourguignon**
- **Alice Waters's Chez Panisse Salad**

These recipes are just a sampling of the many delicious and informative recipes that you will find in *The American Woman Cookbook*. If you are looking for a cookbook that is both a culinary and a literary delight, then this is the book for you.

### **About the Author**

Paula Polk Lillard is a food historian and author. She has written several books about American food and cooking, including *The Charleston Kitchen*:

A Culinary Journey through Time and The Southern Foodways Alliance Community Cookbook.

Lillard is a Fellow of the Southern Foodways Alliance and a member of the board of directors of the American Food History Society. She lives in Charleston, South Carolina.



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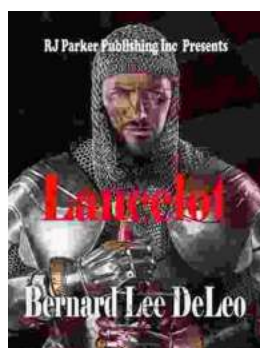
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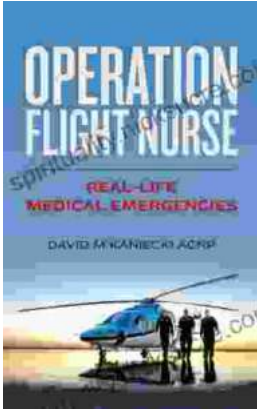
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