



# Victuals: An Appalachian Journey, with Recipes

*Ronni Lundy*

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## **Victuals: An Appalachian Journey, with Recipes** Ronni Lundy

*Victuals* is an exploration of the foodways, people, and places of Appalachia. Written by Ronni Lundy, regarded as the most engaging authority on the region, the book guides us through the surprisingly diverse history--and vibrant present--of food in the Mountain South.

*Victuals* explores the diverse and complex food scene of the Mountain South through recipes, stories, traditions, and innovations. Each chapter explores a specific defining food or tradition of the region--such as salt, beans, corn (and corn liquor). The essays introduce readers to their rich histories and the farmers, curers, hunters, and chefs who define the region's contemporary landscape. Sitting at a diverse intersection of cuisines, Appalachia offers a wide range of ingredients and products that can be transformed using traditional methods and contemporary applications. Through 80 recipes and stories gathered on her travels in the region, Lundy shares dishes that distill the story and flavors of the Mountain South.

– *Epicurious*: Best Cookbooks of 2016

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