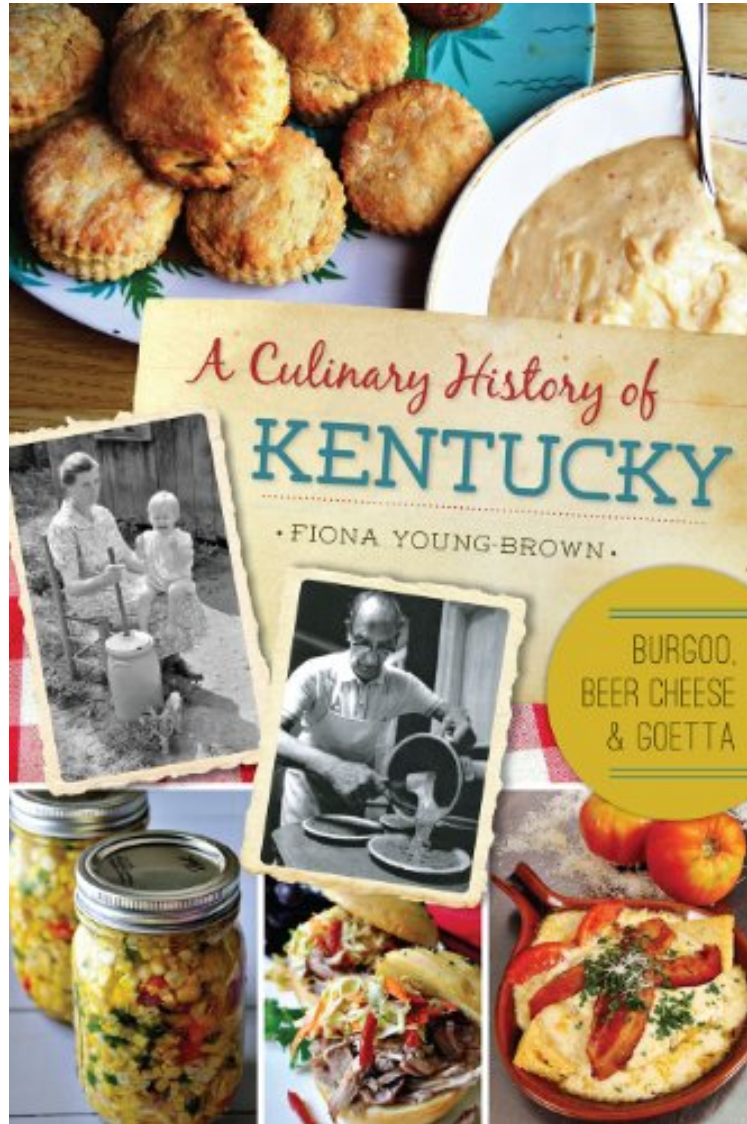


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Fiona Young-Brown

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before purchasing it in order to gage whether or not it would be worth my time, and all praised A Culinary History of Kentucky: Burgoo, Beer Cheese and Goetta (American Palate):

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Pull up a chair to the kitchen table and enjoy a delicious adventure through Bluegrass food history. Kentucky's cuisine can be traced back to Cherokee, Irish, Scottish, English and German roots, among others. A typical Kentucky meal might have the standard meat and three, but there are many dishes that can't be found anywhere else. Poke sallet, despite its toxic roots and berries, is such a favorite in parts of eastern Kentucky that an annual festival celebrates it. Find recipes for dishes from burgoo to hog to moonshine and frogs. Join author Fiona Young-Brown as she details all the delectable delights sure to make the mouth water.

About the Author Fiona Young-Brown has been a Kentucky resident for thirteen years, during which time she has developed a love of bourbon as well as an appreciation for iced tea and cornbread. She is the author of two other books, including "Wicked Lexington" and a member of the American Society of Journalists and Authors. When not writing, Fiona is busy traveling, researching genealogy or cooking for her food blog, www.crazyenglishwomancooks.com. She lives in Lexington with her husband Nic and their two dogs.