

# Mountain Country Cooking: A Gathering of the Best Recipes from the Smokies to the Blue Ridge

Mark F. Sohn



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From Georgia to Maryland, the region known as Appalachia has created a style of country cooking that is without parallel. This collection features nearly 300 savory recipes of this unique cuisine, each offering a piece of history, shaped by time and the spirit of the Appalachian people. Line illustrations.



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