



## Tupelo Honey Cafe: New Southern Flavors from the Blue Ridge Mountains

*Elizabeth Sims, Chef Brian Sonoskus*

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“As I oohed and aahed my way through these pages, I saw that brand-new recipes sure can conjure up some good old memories. As a proud product of my beloved Blue Ridge Mountains, I am heartened by the Ode to Muddy Pond cocktail, intrigued by the Pimento Cheese Fondue, lured by Appalachian Egg Rolls, and astonished by Southern Poutine with Double Sausage Gravy. Thank you, Elizabeth, for creating a beautiful cookbook that sent me running into the kitchen.”

—**Sheri Castle, author of *The New Southern Garden Cookbook: Enjoying the Best from Homegrown Gardens, Farmers' Markets, Roadside Stands, and CSA Farm Boxes***

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“From burgoo thick with chorizo and chicken to a cocktail that sloshes with bourbon and sorghum, this book showcases innovative Appalachian food and drink. Thumb your way through and you’ll recognize that, all derring-do aside, Tupelo Honey broadcasts an honest and enduring respect for Appalachian people and their culinary culture.”

—**John T. Edge, series editor of *Cornbread Nation: The Best of Southern Food Writing***

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“Brian and Elizabeth are pointing toward what’s really important in our food culture. The Appalachian table is the humble intersection of families and their food. The stories that precede this intersection and, just as important, the chatting and chewing generated by this meeting, are the fabric of our human connection. The recipes in this book are inspired by some of the best of those stories, and the food takes an exciting new look at the beauty and power of our shared table.”

—**John Fleer, chef at Rhubarb and Canyon Kitchen**

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“There are reasons why folks stand in long lines for a table at Tupelo Honey. You will find over 125 of them in the sweet, savory, and sassy recipes gathered here. Weaving among them are Elizabeth Sims’s thoughtfully written stories and histories of the mountain South, providing both setting and inspiration for this distinctive American restaurant. It’s nourishment for both belly and heart.”

—**Ronni Lundy, author of *Shuck Beans, Stack Cakes, and Honest Fried Chicken***

Tupelo Honey Cafe, now with locations now throughout the Mountain South, brings fans the restaurant’s second cookbook. *Tupelo Honey Cafe: New Southern Flavors from the Blue Ridge Mountains*, provides a gastronomic tour of the flavors and tastes of the region considered the Mountain South – but interpreted through Tupelo’s own lexicon. From Appalachian Egg Rolls With Smoked Jalapeno Sauce, Pickled Onions and Pulled Pork to Acorn Squash Stuffed with Bacon Bread Pudding to Maple Sweet Potato Bread Pudding, each recipe tells a story about the traditions, inspiration and history of the southern mountains, using the Blue Ridge Parkway, a 469-mile National Scenic By-way as a narrative jumping-off point. The result is an assembly of 125 imaginative, delicious and approachable recipes to be enjoyed by the home cook, the avid reader and book collector, and the hungry appetite alike. A foreword by Chef Sean Brock and gorgeous photos of the surrounding area and food complete this collection.

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**Robert Caldwell:**

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**Duane Coley:**

Is it anyone who having spare time subsequently spend it whole day by watching television programs or just lying on the bed? Do you need something new? This Tupelo Honey Cafe: New Southern Flavors from the Blue Ridge Mountains can be the answer, oh how comes? A fresh book you know. You are and so out of date, spending your free time by reading in this brand-new era is common not a geek activity. So what these books have than the others?

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