



Cooking the Gullah Way, Morning, Noon, and Night

Sallie Ann Robinson

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Sallie Ann Robinson was born and reared on Daufuskie Island, one of the South Carolina Sea Islands well known for their Gullah culture. Although technology and development were slow in coming to Daufuskie, the island is now changing rapidly. With this book, Robinson highlights some of her favorite memories and delicious recipes from life on Daufuskie, where the islanders traditionally ate what they grew in the soil, caught in the river, and hunted in the woods.

The unique food traditions of Gullah culture contain a blend of African, European, and Native American influences. Reflecting the rhythm of a day in the kitchen, from breakfast to dinner (and anywhere in between), this cookbook collects seventy-five recipes for easy-to-prepare, robustly flavored dishes. Robinson also includes twenty-five folk remedies, demonstrating how in the Gullah culture, in the not-so-distant past, food and medicine were closely linked and the sea and the land provided what islanders needed to survive. In her spirited introduction and chapter openings, Robinson describes how cooking the Gullah way has enriched her life, from her childhood on the island to her adulthood on the nearby mainland.

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