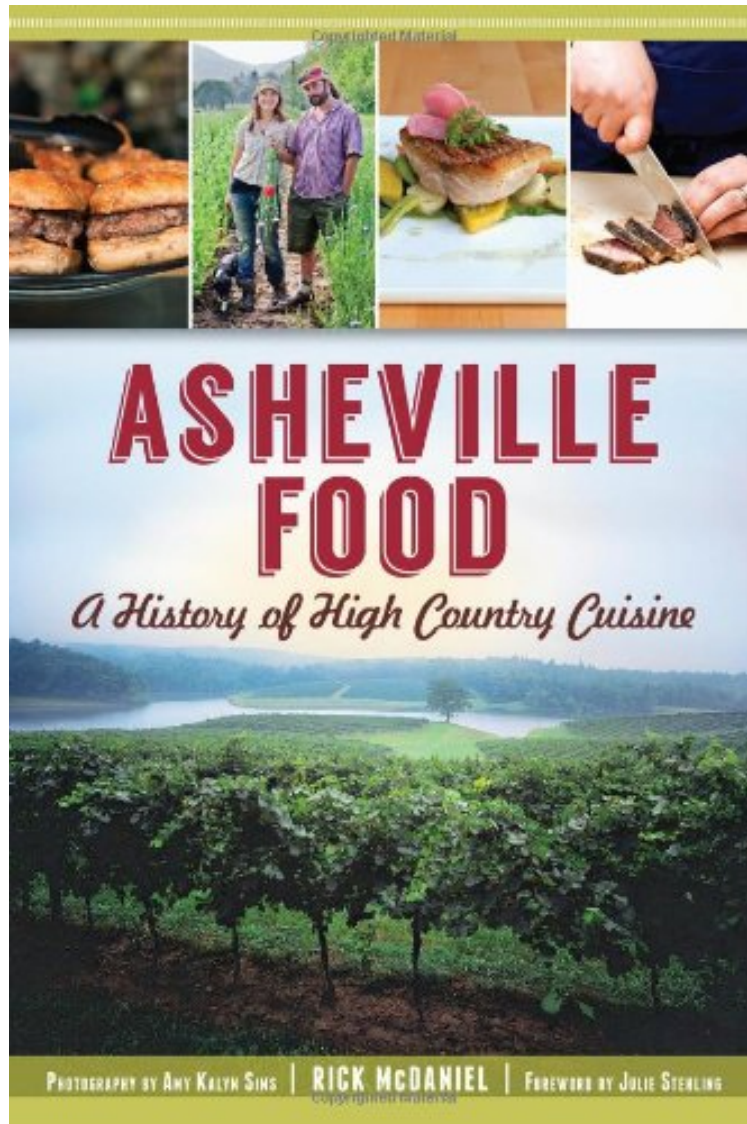


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## Asheville Food: A History of High Country Cuisine (American Palate)

*Rick McDaniel*

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#1754801 in Books The History Press 2013-08-20 2013-08-20 Original language: English PDF # 1 9.00 x .31 x 6.00l, .55 #File Name: 1609498658128 pages | File size: 20.Mb

**Rick McDaniel : Asheville Food: A History of High Country Cuisine (American Palate)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Asheville Food: A History of High Country Cuisine (American Palate):

0 of 2 people found the following review helpful. Much needed history of food in Asheville, but too skinny By Lan the Answer Man Rick McDaniel's new book is a much-needed overview and history of food and restaurants in Asheville,

with the focus on the farm-to-fork movement. It's just too bad it's such a slim volume, running to only 126 pages, including photos (albeit excellent ones by Amy Kalyn Syms), foreward, acknowledgements, index and sources, though not including 14 bonus pages of color pix. Here's hoping that the author does a more thorough, longer book on the subject. 2 of 2 people found the following review helpful. Fun and Informative  
By A reviewer  
If you're lucky enough to spend some time or live in or near Asheville, NC, and especially if you're a foodie, you'll enjoy this book. It covers the history and current status of all things culinary in Asheville and nearby mountain communities and explains how Asheville became a natural pioneer of farm-to-table. From fields to chefs' kitchens, from milk to beer, wine and moonshine, from BBQ and soul food to Edith Vanderbilt's 42nd birthday menu at the Biltmore Estate, McDaniel covers it all in a lively, entertaining style. The descriptions of Asheville's once-thriving African American restaurants in "the Block" and beyond made me wish I'd lived here at a time to sample all that bounty. As an ardent patron of Asheville's outstanding tailgate markets and restaurants, I was especially pleased to learn about some of my favorite farms and farmers, eateries and chefs. Beautiful photographs accompany the text in this book. My only wish is that it included a few recipes. For that, I guess I'll have to shell out for McDaniel's previous book, *An Irresistible History of Southern Cuisine*. But I'll keep a copy of this little book in our guest room for visitors to peruse. It's a quick and fun read, and at under \$16, I'll be giving a bunch of these for Christmas gifts this year.

*Asheville Food: A History of High Country Cuisine* tells the story of how hippie farmers and visionary chefs came together to make Asheville a foodie's dream. The book is 128 pages of history, profiles of Asheville's hottest chefs, and the farmers who make all that awesome food possible. Awesome food photography by Amy Kalyn Sims brings the innovative cuisine to life, and makes this book a must have for locals, tourists, food lovers and small farm animals alike. Featured Chefs Elliott Moss, The Admiral, Ben's Tune Up, Buxton Hill Mike Moore, Seven Sows Bourbon Larder, Blind Pig Supper Club William Dissen, The Market Place Katie Button, Curate Damien Cavicchi, Sugo, Biltmore Estate Jason Roy, Lexington Avenue Brewery, Biscuit Head Mark Rosenstein, Founder of The Market Place Laurey Masterton, Laurey's Catering Cathy Cleary and Krista Stearns, West End Bakery Vijay Shastri, Flying Frog Cafe Brian Sonoskus, Tupelo Honey Cafe John and Julie Stehling, Early Girl Eatery Joe Scully, Corner Kitchen and Chestnut- See more at: [ashevillefoodbook.com/book/#sthash.IH8A0RMk.dpuf](http://ashevillefoodbook.com/book/#sthash.IH8A0RMk.dpuf)

From the Back Cover  
Thirty years ago, the mountain city of Asheville was known for little more than the Biltmore Estate. Since then, the sleepy town has become a nationally recognized food Mecca, a hot spot for food celebrities and a bustling hub of microbreweries. Chef and author Rick McDaniel traces the rise of the Asheville food scene from its early eateries to the pioneering chefs who put Asheville on the culinary map to the new generation of stars who command the kitchens at the city's hottest new restaurants. A founding city of the farm-to-table movement, Asheville is proud of its local food and drink, appearing on creative menus throughout the city and in the pages of the national food media. Join McDaniel as he embarks on a mouthwatering journey to explore the farmers, chefs, markets and history that have shaped Asheville's rich food heritage.  
About the Author  
Rick McDaniel is a food historian, culinary anthropologist and author specializing in the food of the American South. A retired journalist, he covered food and restaurants as a contributing writer for the Asheville Citizen-Times from 1998 to 2008.