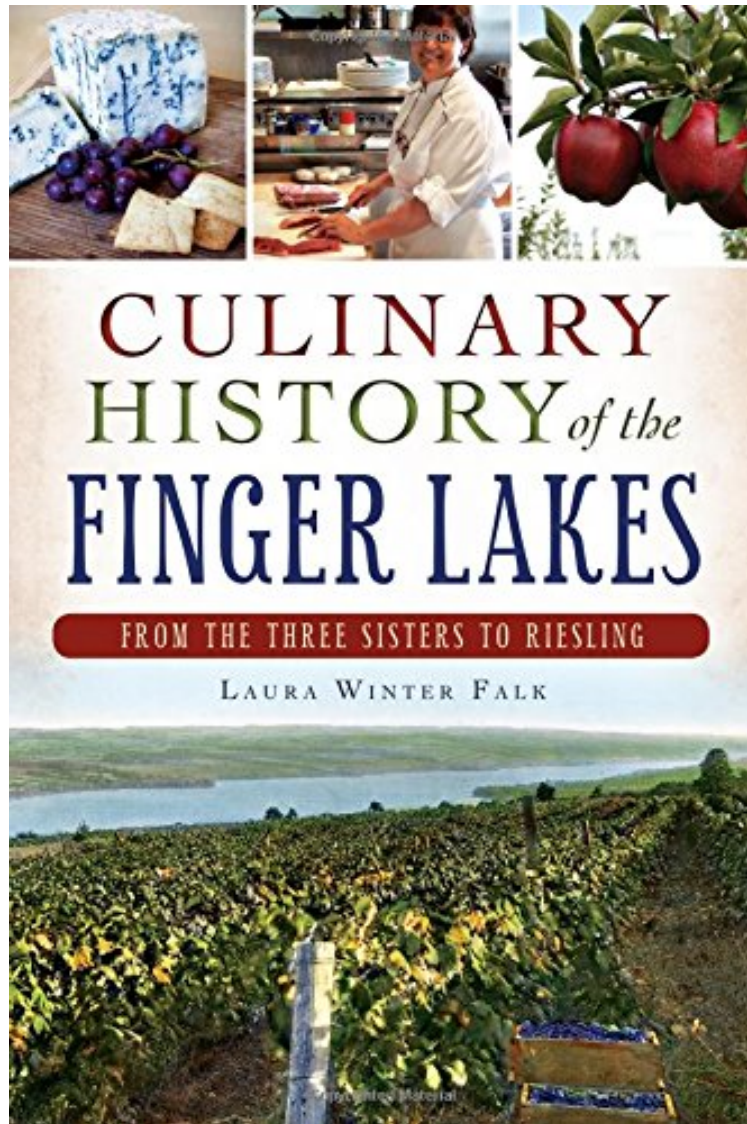


(Download) Culinary History of the Finger Lakes:: From the Three Sisters to Riesling (American Palate)

## Culinary History of the Finger Lakes:: From the Three Sisters to Riesling (American Palate)

Laura Winter Falk

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A bounty of crisp apples, heirloom produce, artisan cheeses and grass-fed meats complement the heady libations of the Finger Lakes wine country. Culinary luminaries and home cooks alike use these regional ingredients to craft classic and unique dishes, like Moosewood's apple spice cake. Finger Lakes foodie and vinophile Laura Winter Falk, PhD, explores the Finger Lakes' gustatory legacy and evolution, from the Iroquois' Three Sisters--corn, squash and beans--to the farm-to-table restaurants that celebrate the harvest of their neighbors. With recipes from regional chefs paired perfectly with an array of local wines, savor the delectable culinary history of New York's Finger Lakes region.

About the Author  
Laura Winter Falk is co-owner and president of Experience! The Finger Lakes, an Ithaca company specializing in food and wine experiences. She holds a PhD in nutrition and is a member of the Guild of Sommeliers. She regularly speaks at Cornell University, Ithaca College and Finger Lakes Community College. She serves on the board of directors of the Finger Lakes Tourism Alliance and Tompkins County Chamber of Commerce and as an appointed member of the Tompkins County Ag and Culinary Task Force.