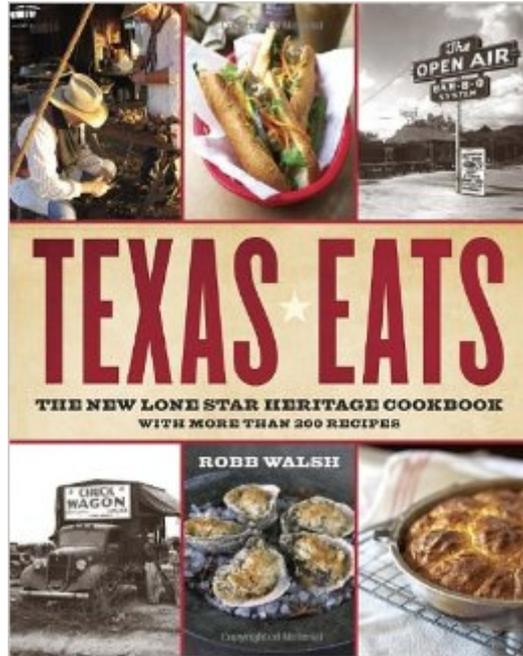


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# Texas Eats: The New Lone Star Heritage Cookbook, With More Than 200 Recipes



## Synopsis

Who says cooking is for homebodies? Veteran Texas food writer Robb Walsh served as a judge at a chuck wagon cook-off, worked as a deckhand on a shrimp boat, and went mayhaw-picking in the Big Thicket--for seven years, he drove the length and breadth of the state looking for the best in barbecue, burgers, kolaches, and tacos; while scouring museums, libraries, and public archives unearthing vintage photos, culinary stories, and nearly-forgotten dishes. Then he headed home to Houston to test the recipes he'd collected back in his own kitchen. The result is *Texas Eats: The New Lone Star Heritage Cookbook*, a colorful and deeply personal blend of history, anecdotes, and recipes from all over the Lone Star State.

## Book Information

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## Customer Reviews

I have read, cooked, and salivated my way through Rob Walsh's books on Tex-Mex, BBQ, and Cowboy cooking. And I could hardly wait to get this, his newest book, in my hands. This time, Walsh covers the regional food from all over Texas. He divides Texas into regions: West Texas, East Texas, Central/ Hill Country, South Texas and Coastal Bend. Then he covers some of the best food to be found in each region. His recipes are spot-on, and the photographs are beautiful. Besides just recording authentic recipes though, Walsh tells the story of the foods of Texas. From the Tamale stands in San Antonio, to the arrival of the Cajuns and Germans. I had forgotten that pirate Jean Lafitte had his headquarters on Galveston Island. It is fascinating and gives the reader a much greater appreciation for the history of the food. Texas is huge, and the food so diverse, it really does

take a lifetime of living and eating here to fully appreciate all it has to offer. Thankfully, unlike some authors of Texas cookbooks, Walsh has done just that. From the Coastal Bend, we have many seafood recipes including many for oysters, fish, crab, and shrimp. Texas has a huge coastline (367 miles), and the wonderful seafood from its shores is often neglected by other Texas cookbook authors. The Galveston Crab Cakes sound wonderful, and I know my husband will love Hattie's Shrimp and Grits with Tabasco Bacon Pan Sauce. Texas also has its own fair share of Cajuns living here, and there are recipes from them such as Grandma Gossen's Shrimp Stew. East Texas has typically southern food, such as cornbread, biscuits, and stewed chicken. A section on Juneteenth has wonderful soul food, like fried chicken, fried catfish, chicken and dumplings, and stewed okra. Not to mention Sweet Potato cobbler.

Texas Eats: The New Lone Star Heritage Cookbook with More than 200 Recipes By Robb

Walsh Photography by Laurie Smith A review by Marty Martindale, Editor,

FoodsiteMagazine.com This is a good cookbook to keep for a long time. Robb Walsh knows his Texas and its regional pockets of who's cooking what. And, along with recipes, is his generous, personal recollections with a bit of colorful storytelling. Walsh is a three-time James Beard award winner, author of five earlier Texas cookbooks, a former Houston Express restaurant reviewer and restaurant owner in Houston. The book begins with "Tartar Sauce and Hurricane," a look at Texas' Coastal Bend, then he weaves his way across-state with stops like "Boardinghouse Fare," "Juneteenth," "Chicken-Fried Steak in Paradise," "Shade Tree Barbecue," "The Green Chile Line," and on and on through "Banh Mi on the Bayou," to the end of the line at "Indian Cowboys." Here's some of the recipes we found: SAGE BREAKFAST SAUSAGE Calls for pork loin, bacon, brown sugar, fresh sage, rosemary, paprika, jalapeno chili and cayenne. BUTTERMILK MACARONI AND CHEESE WITH HOMEGROWN TOMATOES Butter, macaroni, buttermilk, half-and-half, dry mustard, Cheddar cheese, jack cheese, bread crumbs and sliced tomato GRAMMY'S CREAMY COLESLAWSlightly cooked eggs, vinegar, sugar, mayonnaise, dry mustard and cabbage COUNTRY MEAT LOAF Sausage, ground sirloin, onion, bread crumbs, eggs, cream, garlic, thyme, chili powder, jalapeno chili and bacon MAMA SUGAR'S MARGARITA RIBS Ribs, tequila, Mr. and Mrs.

With the subtitle The New Lone Star Heritage Cookbook With More Than 200 Recipes it is clear that this cookbook is devoted to Texas food. Texas Eats, broken into several food based parts, is for folk foods and not haute cuisine. It also is a history book providing lessons in the history and culture of

Texas. After an acknowledgement page and a two page introduction, the book begins with "Part 1 Lone Star Seafood." After a brief introduction to "The Coastal Bend" on page 1 it is onto various chapters relating to seafood. Along with large sections of history about the region that includes historic pictures, there are the recipes based on Texas history and culture. This is where recipes from "Baffin Bay Seafood Sauce" (page 8), "Grilled Oysters On The Half Shell" (page 21), "Stingaree Barbecued Crabs" (page 41) among others are found. While there are plenty of interesting pictures documenting the history, there are very few pictures of any of the dishes. Nutritional information beyond the number of serving is also lacking. This same format continues throughout the book. Starting on page 60 "Part II East Texas Southern" continues the same format as it works through various biscuits, cornbread and other dishes. "Sage Breakfast Sausage" (page 72) is here as is "Country Meat Loaf" (Page 79), "Mama Sugar's Sweet Potato Cobbler" (page 91), "Mayhaw Jelly" (page 96), and "Pickled Watermelon Rind" (page 100) among others. It is on to San Antonio and points south and westward in "Part III: Vintage Tex-Mex." Beginning on page 102 and reflecting the deep Spanish history in the state are recipes for "Classic Chili Con Carne" (page 111), "Green Rice" (page 115) "Charro Beans with Bacon" (page 133) and various types of taco among other dishes.

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