



# Eating Appalachia: Rediscovering Regional American Flavors

*Darrin Nordahl*

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## **Eating Appalachia: Rediscovering Regional American Flavors** Darrin Nordahl

Dozens of indigenous fruits, vegetables, nuts, and game animals are waiting to be rediscovered by American epicures, and Appalachia stocks the largest pantry with an abundance of delectable flavors. In *Eating Appalachia*, Darrin Nordahl looks at the unique foods that are native to the region, including pawpaws, ramps, hickory nuts, American persimmons, and elk, and offers delicious and award-winning recipes for each ingredient, along with sumptuous color photographs. The twenty-three recipes include: Pawpaw Panna Cotta, Pawpaw Whiskey Sour, Chianti-Braised Elk Stew, Pan-Fried Squirrel with Squirrel Gravy, Ramp Linguine, and Wild Ginger Poached Pears, among others. Nordahl also examines some of the business, governmental, and ecological issues that keep these wild, and arguably tastier, foods from reaching our tables.

*Eating Appalachia* profiles local chefs, hunters, and locavores who champion these native ingredients and describes food festivals—like the Pawpaw Festival in Albany, Ohio; the Feast of the Ramson in Richwood, West Virginia; and Elk Night at Jenny Wiley State Park in Prestonsburg, Kentucky—that celebrate them.

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