

# Heritage: A Culinary Journey Through the American South by Sean Brock

Sean Brock is one of the most celebrated chefs in the American South. His restaurants, Husk and McCrady's, have won numerous awards, and his cooking has been praised by critics and diners alike. In his new cookbook, Heritage, Brock takes readers on a culinary journey through the American South, exploring the region's rich culinary traditions and sharing over 100 recipes that celebrate the South's unique flavors.



## Heritage by Sean Brock

★★★★☆ 4.8 out of 5

Language	: English
File size	: 141272 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 583 pages
Lending	: Enabled



## The Book

Heritage is a beautiful book, with stunning photography by Clay Dunn that captures the beauty of the South's landscape and ingredients. The book is divided into chapters that cover different aspects of Southern cuisine, such as barbecue, seafood, and vegetables. Each chapter begins with a brief essay by Brock that provides historical and cultural context for the recipes

that follow. The recipes themselves are well-written and easy to follow, and they use fresh, seasonal ingredients that are readily available in the South.

## The Recipes

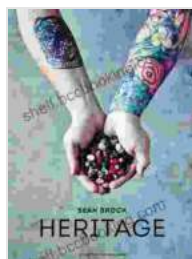
The recipes in Heritage are a celebration of Southern cuisine. Brock draws on his deep knowledge of the region's culinary traditions to create dishes that are both authentic and innovative. There are recipes for classic Southern dishes, such as fried chicken and biscuits, as well as more modern takes on Southern cuisine, such as smoked lamb shoulder with sweet potato hash and crispy okra with benne seeds. No matter what your taste, you're sure to find something to love in Heritage.

## The

Heritage is a must-have cookbook for any food lover. It's a beautiful book, with stunning photography and well-written recipes that celebrate the rich culinary traditions of the American South. Whether you're a seasoned home cook or just starting out, you're sure to find inspiration in Heritage.

## Free Download Your Copy Today!

Heritage is available now at your local bookstore or online. Free Download your copy today and start your culinary journey through the American South!



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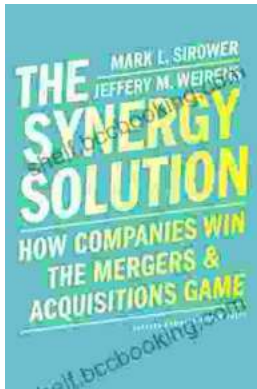
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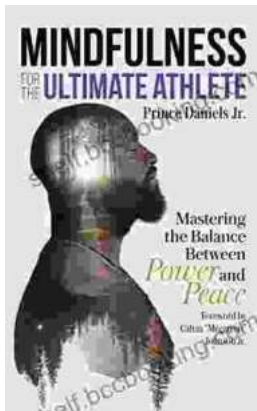
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