

1. Record Nr.	UNINA9910154635703321
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Titolo	Southern Living Off the Eaten Path : Tasty eats and delicious stories from the South's less-traveled trails
Pubbl/distr/stampa	Birmingham : , : TI Inc. Books, , 2016 ©2016
ISBN	9780848752996 0848752996
Edizione	[1st ed.]
Descrizione fisica	1 online resource (392 pages)
Disciplina	641.5975
Soggetti	Cooking, American--Southern style Southern States Guidebooks
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Title -- Contents -- Welcome -- From the West -- Across the Middle -- To the Gulf -- Around the Bend -- Up the Coast -- Where to Rest Your Head -- Metric Equivalents -- Index -- Acknowledgments -- About the Author -- Copyright.
Sommario/riassunto	"Off the Eaten Path: Second Helpings takes you on the ultimate road trip and into some of the South's most tucked-away diners, drive-ins and dives with food critic and travel writer Morgan Murphy as he cruises the roads less traveled in 16 Southern states. More than a cookbook, Second Helpings charts the best Southern foods at off-road diners, roadside food stands, and independently owned restaurants from Texas and Appalachia to the Gulf and Atlantic Coasts, gathering up a bellyful of recipes, laughs, and Southern lore along the way."-- Amazon.