



Spirit of the West: Cooking from Ranch House and Range

Martin Jacobs, Beverly Cox

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Spirit of the West presents an enticing array of hearty dishes rich with robust flavor and color. Authors Beverly Cox and Martin Jacobs extend a gracious invitation to join in this delicious roundup of recipes from the American West.

More than 100 recipes provide dishes that satisfy even the most demanding appetites. Breakfast prospects include Pecan Bread with Chokecherry Jelly, Potato Doughnuts, Buttermilk Pancakes, and the old prairie standby, Cowboy Coffee. After a long morning in the saddle, real cowboys can tuck into a Bowl of Red with Sourdough Biscuits or Kansas Fried Chicken with Authentic King Ranch Beans. Come and get it at a dinner smorgasbord of Mesquite Smoked Turkey, Prime Rib of Beef, and Pot Roast with Dumplings. Special occasions demand special chow like a Cream Can Supper (the Western Frontier equivalent of a clambake complete with sausages, corn, and potatoes cooked together in a milk can).

Behind this hearty food lies a rich heritage influenced by the cooking techniques of the native American and Mexican peoples. Ranch house cooking has been further enriched by the many ethnic cuisines brought to the region by its settlers. Photographs feature objects inherited (like many of the recipes) from the authors' forebears to illustrate this entertaining glimpse into the foods that fed the American West.

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