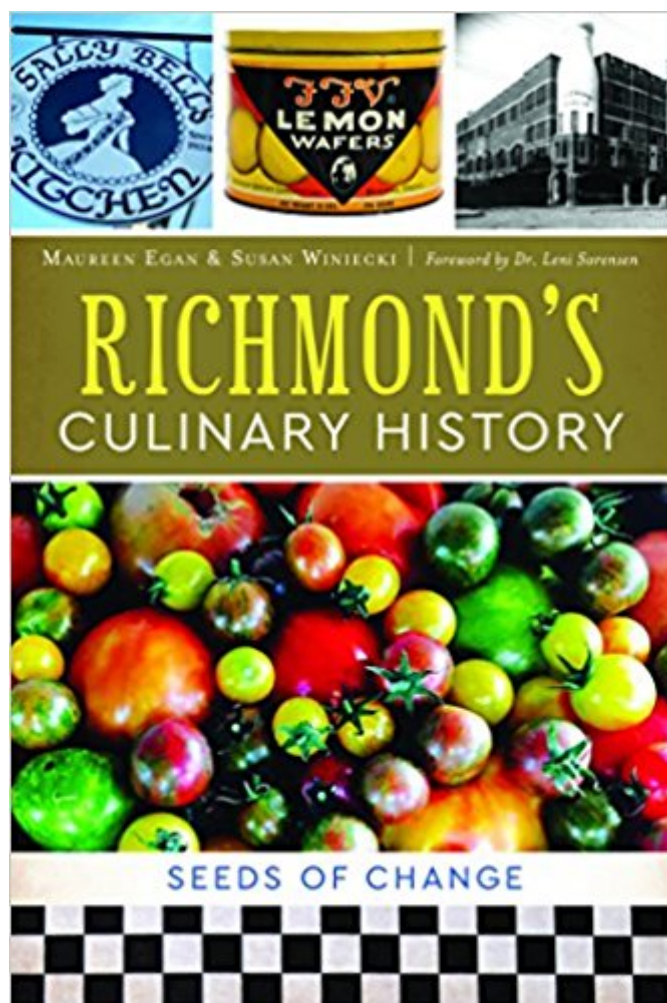


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# Richmond's Culinary History: Seeds Of Change (American Palate)



## Synopsis

Richmond's culinary history spans more than four hundred years and includes forgotten cooks and makers who paved the way for Richmond's vibrant modern food scene. The foodways of local Indian tribes were pivotal to the nation. Unconventional characters such as Mary Randolph, Jasper Crouch, Ellen Kidd, Virginia Randolph and John Dabney used food and drink to break barriers. Family businesses like C.F. Sauer and Sally Bell's Kitchen, recipient of a James Beard America's Classic Award, shaped the local community. Virginia Union University students and two family-run department stores paved the way for restaurant desegregation. Local journalists Maureen Egan and Susan Winiecki, founders of Fire, Flour & Fork, offer an engaging social history complete with classic Richmond recipes.

## Book Information

Series: American Palate

Paperback: 160 pages

Publisher: The History Press (October 30, 2017)

Language: English

ISBN-10: 1467138150

ISBN-13: 978-1467138154

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 0.6 ounces (View shipping rates and policies)

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## Customer Reviews

Maureen Egan and Susan Winiecki are co-founders of Real Richmond, creators of food tours that showcase Richmond's culinary offerings. They produce Richmond's Fire, Flour & Fork festival for the food curious each year. Maureen is the author of the *Insiders' Guide to Richmond, VA*. Susan is the editorial director of Richmond

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