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## Second Helping of a Home-Cookin' Favorite

After rapidly selling through its initial print run, The University Press of Kentucky is releasing the second printing of *Appalachian Home Cooking: History, Culture, and Recipes* by author Mark F. Sohn. Released on October 28, 2005, Sohn's celebration of mountain food sold out in just over two months, an achievement ranking it among UPK's fastest selling books. "We're absolutely thrilled at how quickly the first print run of *Appalachian Home Cooking* sold out," UPK Marketing Director Leila Salisbury remarks, "Mark's accessible writing and classic recipes clearly resonate with cooks and cookbook readers alike, and I think the book came out at a good time. Food is a wonderful way to connect with family roots and culture, and Mark's book shows us just how that's accomplished."

Sohn, who first became interested in Appalachian culture as a professor at Pikeville College, attributes the success of *Appalachian Home Cooking* to the richness of the mountain cuisine. "The quick sale of the first printing of my book is a tribute to the people of Appalachia," he comments, "I think their food combinations are fantastic, and now, folks all over this country are recognizing their value."

Including a survey of the historical and cultural origins of home cooking in Appalachia, Sohn's book successfully makes use of the commonality of food to bridge cultural divides. However, it is the recipes that send readers shuttling into the kitchen to sample recipes ranging from biscuit and sausage gravy to fancy cheese grits casserole to dried apple stack cake. *Appalachian Home Cooking* contains over 80 unique recipes and 32 mail-order sources, ensuring a plethora of opportunities for interested parties to whet their appetites.

Sohn backs his recipes with accounts of their evolution and central role in Appalachian culture, demonstrating the significance of the "good eats" within the history of a creative culture and a proud people. The result is an intriguing portrait of a food culture influenced as much by climate and geography as it was by the merging of backgrounds and ethnicity within the confines of the mountains.

*Appalachian Home Cooking* can look forward to continued success as a staple among those who hold a special place in their hearts for home cooking and as a valuable reference source for those looking to taste Appalachia for the first time.

**Mark F. Sohn, Ph.D.**, is a food historian, columnist, photographer, recipe developer, and Professor at Pikeville College. He also is the food editor for *The Encyclopedia of Appalachia* and has written 1,200 published recipes and produced and demonstrated cooking in more than 450 cable-access television shows. In addition to his personal life-long cooking experience, he studied culinary arts at L'École de Cuisine, a school in Paris, France, owned by Pierre Cardin and Maxim's Restaurant.

## APPALACHIAN HOME COOKING: HISTORY, CULTURE, AND RECIPES

MARK F. SOHN

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