



Deep Run Roots: Stories and Recipes from My Corner of the South

Vivian Howard

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Vivian Howard, star of PBS's *A CHEF'S LIFE*, celebrates the flavors of North Carolina's coastal plain in more than 200 recipes and stories.

This new classic of American country cooking proves that the food of Deep Run, North Carolina--Vivian's home--is as rich as any culinary tradition in the world.

Organized by ingredient with dishes suited to every skill level--from beginners to confident cooks--DEEP RUN ROOTS features time-honored simple preparations, extraordinary meals from her acclaimed restaurant *Chef and the Farmer*, and recipes that bring new traditions to life. Home cooks will find photographs for every single recipe.

As much a storybook as it is a cookbook, DEEP RUN ROOTS imparts the true tale of Southern food: rooted in family and tradition, yet calling out to the rest of the world.

Ten years ago, Vivian opened *Chef and the Farmer* and put the nearby town of Kinston on the culinary map. But in a town paralyzed by recession, she couldn't hop on every new culinary trend. Instead, she focused on rural development: If you grew it, she'd buy it. Inundated by local sweet potatoes, blueberries, shrimp, pork, and beans, Vivian learned to cook the way generations of Southerners before her had, relying on resourcefulness, creativity, and the old ways of preserving food.

DEEP RUN ROOTS is the result of those years of effort to discover the riches of Eastern North Carolina. Like *The Fannie Farmer Cookbook*, *The Art of Simple Food*, and *The Taste of Country Cooking* before it, this is landmark work of American food writing.

Recipes include:

Family favorites like Blueberry BBQ Chicken, Creamed Collard-Stuffed Potatoes, Fried Yams with Five-Spice Maple Bacon Candy, Chicken and Rice, and Country-Style Pork Ribs in Red Curry-Braised Watermelon,

Crowd-pleasers like Butterbean Hummus, Tempura-Fried Okra with Ranch Ice Cream, Pimiento Cheese Grits with Salsa and Pork Rinds, Cool Cucumber Crab Dip, and Oyster Pie,

Show-stopping desserts like Warm Banana Pudding, Peaches and Cream Cake, Spreadable Cheesecake, and Pecan-Chewy Pie,

And 200 more quick breakfasts, weeknight dinners, holiday centerpieces, seasonal preserves, and traditional preparations for all kinds of cooks.

Interior photographs by Rex Miller. Jacket photograph by Stacey Van Berkel Photography. Illustrations by

Tatsuro Kiuchi.

Deep Run Roots: Stories and Recipes from My Corner of the South Details

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Author : Vivian Howard

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From Reader Review Deep Run Roots: Stories and Recipes from My Corner of the South for online ebook

Alissa Tan says

Moving writing and drool worthy recipes that are achievable and unpretentious. Vivian's the best!

Jenn says

Read every word of the text and loved it. Feel like I know Vivian so much better and understand her relationship with her parents and siblings. Feel fortunate to have a boss who reminds me of this woman! The recipes are not things I'd make at home, but I've loved eating them at her restaurants.

Mischenko says

RTC!

Mary says

Just skimmed over this one this week (it is huge!!). What an interesting read! Beautiful stories that remind me of my small Southern hometown and a lot of beautiful, traditional Southern dishes.

Mary says

A Christmas present to myself.

Long-time fan of the show. I hope to one day partake of a meal at Chef and the Farmer. Until then, this well-crafted book of love and industry will more than do. Thank you Vivian. Thank you Ben.

Farrah says

This is such a great book. There's history, personal anecdotes, and recipes that a month ago I never would have thought about making. If you like Vivian Howard on "A Chef's Life" then I highly recommend this book for you. I could hear her voice in the passages.

Kate Cronin says

I adored this cookbook. Love, love loved it. Want to make every single recipe... well maaaybeee not the okra ones...sorry Viv! If you watch her PBS show you will already recognize her family, friends and teachers, and you will recognize how Vivian developed these recipes. The book is structured around ingredients, one per chapter, which is very much in the vein of how Vivian runs her restaurant. The restaurant is The Chef and the Farmer and is in eastern North Carolina, where she works with local farmers to elevate local ingredients to allow them to shine and to help farmers make money raising vegetables, not tobacco. Every chapter and every recipe includes Vivian's stories, which, for those who know me, know that this is one of the things I so appreciate in a cookbook. My only grudge...and Ms. Vivian, I know you will understand since you too enjoy reading cookbooks in bed is that this cookbook weighs a TON and is almost impossible to read without something to prop it up on. But if you are at all interested in learning about how roots (both family and terrain) can shape your cooking, this is the cookbook for you! Also, on the very day I finished reading this it won four (!!) awards from the International Association of Culinary Professionals. Brava Ms. Howard.

Cori says

I love reading cookbooks that have stories sprinkled among the recipes, but there are more than just a few stories here. The author of Deep Run Roots writes of her childhood food memories and shares a ton of food history. If you love Vivian Howard's public television show, A Chef's Life, you will love this cookbook. My favorite chapters in her book are Turnips, Pecans, Figs, Tomatoes and Beets. Being a vegetarian, I was happy to see that a great deal of her book is fruit and vegetable-driven.

Glenn says

Its not so much the recipes (which by themselves are great), its the stories and tales that are attached to the food. All of a sudden I'm fascinated with cookbooks that tell stories about the region, the food and the people connected to a certain cuisine.

Up next - Taste of Persia...

Rachel says

My sister-in-law got this for Christmas and I binge read it. My husband and I have watched A Chef's Life on PBS and always loved Vivian's food style. It always felt like she respected the Southern starting point without going off the foodie deep end.

This cookbook did not disappoint in terms of both amazing recipes and bare-all stories of regret. I found myself connecting with a lot of what she said. Particularly about having one foot in the South and one foot in another more cosmopolitan world and having to make a choice about a heart/soul allegiance.

As others have said, the layout of the book is also helpful. It's organized by the main ingredient (corn, cucumbers, etc). This layout is gorgeous! My only criticism is the book is a TOME. Like rather heavy and unwieldy for a cookbook. Might have to take pictures of the recipes and just use my phone or computer :)

Christine says

I adored her stories in this cookbook.

Kim says

First-- watch A Chefs Life on PBS. We are big fans. Then, if you love cooking AND story buy this cookbook. It's my favorite and I have looked through hundreds and hundreds that didn't inspire. It is art.

Pamela says

I would have given this cookbook 5 stars for the recipes alone, which are unique, pretty easy to execute, and tasty as hell. But then Vivian goes the extra mile and writes moving essays to introduce every chapter / ingredient, and I found myself dogearing my favorite passages and underlining the sentences I most wanted to remember. That's the first time I've ever done that in a cookbook!

Laura Haske says

My favorite cookbooks have as much story as they do food. This one delivered on a story. It's a huge book with lots of great photos. I had never seen her show, so the approach of focusing on a single regional food item and exploring related historical and new recipes was a fun way to organize a cookbook. Her voice on the page matched the clips of her show that I watched. She's honest, witty, and humble.

Susan Webb says

I have enjoyed watching Vivian's show on PBS. I was eager to read her cookbook and find out more about her. There were things I read that made me think, wow, how will her parents, her neighbors or friends feel when they read that about themselves or what they do? Still, it was a pretty good read. The Collard Kraut story was interesting, though, I don't think I would have tried it based on the description! Some of the recipes were interesting, but a lot were down right strange. But, it is good to try new things I suppose. Still want to get to her restaurant one day soon.
