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## Ham: A Savor the South Cookbook

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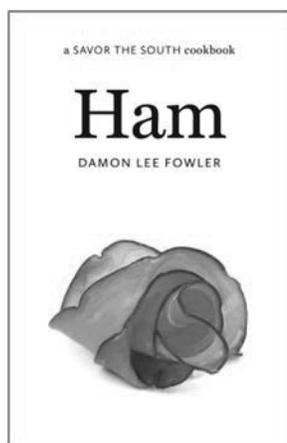
and Lovie Shelton's stories provide an overview of the history of midwifery as well as its social history in the Appalachian region.

Is it preachy? Yes. Is it didactic? Certainly! But these are Lovie's words and Yarger presents an honest, entertaining portrait of a remarkable woman. Know that up front and readers will find much to think about. For those of that consider our professions to define us, there is even more to think about.

This volume is of value to women's studies providing a narrative of the roles and perceptions of women for the last hundred years. Recipient of the 2017 American College of Nurse-Midwives Media Award, it is also a good choice for those considering midwifery as a profession as Lovie Beard Shelton gives the good along with the bad. Other books to consider exploring include *Listen to Me Good: The Life Story of an Alabama Midwife* by **Linda Janet Holmes**, *Mary Breckinridge: the Frontier Nursing Service and rural health in Appalachia* by Melanie Beals Goan, and *Motherwit: an Alabama Midwife's story* by Onnie Lee Logan.

*Sandra C. Clariday*  
Tennessee Wesleyan University (retired)

**Ham: A Savor the South Cookbook.** Damon Lee Fowler. Chapel Hill: University of North Carolina Press, 2017. ISBN: 978-1-4696-3589-7 (Hardback); 978-1-4696-3590-3 (ebook) 141 p. \$16.96.



*Ham: A Savor the South Cookbook* is an enjoyable and entertaining work of genius sharing above fifty delectable sounding ham recipes, ham culinary techniques, and the history of pigs.

Author Damon Lee Fowler makes his home in Savannah, Georgia. Mr. Fowler is the culinary author for *Savannah Morning News* and has written eight other superb cookbooks. An interesting section Ham Basics includes details on dry-curing, brine-curing, country ham, old ham, picnic ham, ham hock, ham knuckle, ham steak, seasoning

pieces, center-cut slices, boiled ham, canned ham, and pressed ham. Techniques and Basic Recipes consists of explanations of sautéing, frying and pan-frying, pan-broiling, baking, boiling, glazing and toasting. The recipes are easy to follow. The number of servings for each recipe is provided. Attention-grabbing facts about each section topic intrigue the reader. For instance, the section Ham Salads, Biscuits, and Sandwiches shares John Montagu Earl of Sandwich created the sandwich to munch on while he was in card games. Above each recipe is thought-provoking information about the recipe. To honor Italy's soprano Luisa Tetrazzini, ham (or ham and turkey) tetrazzini was invented. The southern United States includes ham in tetrazzini in contrast to the Italians who use chicken. Prosciutto stuffed zucchini is often feasted on by Italians on the Ligurian Riviera. What's more, Ilda's ham and potato gratin is a dish the author savored as a student in Portofino and San Frutuoso Italy. Fascinatingly, the author suggests dining on old-fashioned southern hambone soup without heating the soup during warm meteorological conditions. Fried rice like the recipe Helen's ham fried rice is a meal in China in comparison to the United States appreciating fried rice as a side dish. Ham lo mein is ham with thin Chinese noodles or thin spaghetti. Ham and eggs a la Suisse with Gruyere or Emmentaler cheese is much-loved in Switzerland. Cubans partake of a scrumptious sandwich recipe called Cubano packed with ham, pork, and Swiss cheese. Prosciutto and eggs are frequently relished in Montepulciano, Tuscany. Twenty-two assorted *Savor the South* cookbooks by other authors are available as of 2012. *Ham: A Savor the South Cookbook* is an absolute must for public and academic libraries and splendid as a gift. This magnificent masterpiece is excellent for researchers of ham and people looking for wonderfully delicious ham recipes.

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**Rereading Appalachia: Literacy, Place and Cultural Resistance.** Sara Webb-Sunderhaus and Kim Donehower, eds. Lexington: The University Press of Kentucky, 2015. ISBN 978-0-8131-74426. (pbk, \$28); ISBN 978-0-8131-6559-2 (cloth, \$50); ISBN 978-0-8131-6560-8 (epub, \$50); ISBN 978-0-8131-6561-5 (web pdf, \$50). 238 p.

