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The New Vegetarian South: 105 Inspired Dishes for Everyone

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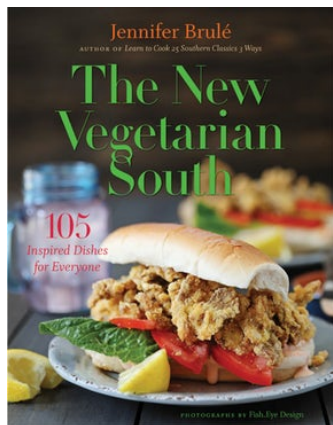
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The New Vegetarian South: 105 Inspired Dishes for Everyone. Jennifer Brule. Photographs by Fish.Eye Design. Chapel Hill, North Carolina: University of North Carolina Press, 2018. ISBN: 978-1-4696-4516-2. (hardback: alk.paper); 178 p. \$30.00.



This work by Jennifer Brule is a cook for WCNC and ABC Charleston. Jennifer Brule runs her family restaurant the Davidson Ice House of Davidson, North Carolina. The work shares delicious veggie recipes of the South. *Cooking Light*, *Shape Magazine*, *Swiss News*, *The Augusta Chronicle*, *The Charlotte Observer*, and *Fitness Magazine* disclosed her dishes. The contents include Acknowledgments, Introduction Meat Substitutes Deliciously Demystified, Making it Meaty: A Short Guide to Ingredients to Amp Up Meatiness, Appetizers and Snacks: Boiled Peanuts, Slow Cooker Boiled Peanuts, Warm Corn Dip, Kentucky Beer Cheese, Southern “Sausage” and Cheese Balls, Crunchy Buttermilk Fried Pickle Chips, Easy-Peasy Cheese Straws, Warm Sweet Onion Dip, Garden-Stuffed Summer Tomatoes, Sassy Pimento Cheese, Okra Chips, Deviled Eggs with Pickled Okra, Edisto Island Crispy, Curried Deviled Eggs, Pimento Cheese Deviled Eggs, Kale Chips, Soups, Stews, Broths, and Gravies: Corncob and Leek Broth, Roasted Vegetable Broth, Chickpea Broth, Senate Bean Soup, Umami Mushroom Broth, Corn Bisque, Georgia Peanut Soup, Winter Tomato and Rice Soup, Tomato Essence Soup, Jambalaya, Gumbo, “Chicken” and Dumplings, Roasted Cauliflower Etouffee, Slow Cooker Green Tomato Chili, Brunswick Stew, Tomato Gravy, Sawmill Gravy, Herb Gravy, “Beef” Gravy for Rice, Chocolate Gravy, Hearty Main Dishes and Casseroles: Baked Nashville Hot Cauliflower, Nashville Hot Sauce, Southern Fried Tofu Nuggets, Charleston’s Country Captain, Vegetable Purloo, Pulled “Pork” Barbecue, BBQ Sauce, “Crab” Cakes, “Oyster” Po’ Boys, Carolina Veggie Burger, Slow Cooker BBQ Cabbage Rolls, Three-Cheese Broccoli Bake, Cheddar Corn Pudding, Tomato Pudding, Cheese Grits Casserole, Savory Pies: All-Purpose Pie Dough, Ribbon Pie, Vegetable Stuffed Pie, Vidalia Onion and Clemson Blue Pie with Pecan Pretzel Crust, Roasted Vegetable Potpie with Cream Cheese Peppercorn Crust, Crunchy Tomato Pie, Vegetables and Side Dishes: Creamy Stovetop Mac and Cheese, Cheesy Garlic Bread Stuffed Potatoes,

Salted Caramel Bourbon Pecan Sweet Potato Souffle, Beans and Greens, Company Succotash, Old-School Buttermilk Mashed Potatoes, Crisp Broccoli and Smoked Almond Salad, Winter Creamed Corn, Individual Crunchy Mac and Cheese, Dirty Rice, Savannah Red Rice, Brown Rice with Mushrooms, Cauliflower “Rice” with Fresh Herbs, Hoppin’ John, Baked Limpin’ Susan, Roasted Butter Beans with Garlic, Slow Cooker Black-Eyed Peas, Chow-Chow, Cornbread, Sage, and “Sausage” Dressing, One-Pot Pimento Mac and Cheese, Fake-on Bacon, Fried Okra, Mississippi Comeback Sauce, Sweet and Tangy Coleslaw, Twice-Baked Not-So-Sweet Potatoes, Memphis Mustard Slaw, Rutmus, Wilmer’s Potato Salad, Spicy Tomato Aspic, Potlikker Greens, Hushpuppies, Truffle and Mushroom Grits, Sweet Breakfast Grits, Overnight Apple Butter, Carolina Grits with Sweet Potato Swirl and Smoked Gouda, Fried Green Tomatoes, Pimento Aioli, Stuffed Yellow Summer Squash, Pickles: Pickled Okra, Dill Pickled Beets, Easy Artichoke Relish, Tickled Pink Onions, Salted Carrot Coins, Breads from the Oven, Skillet, and Slow Cooker: Cheddar and Herb Biscuits, Slow Cooker Pecan Cinnamon Rolls with Buttermilk-Cream Cheese Glaze, Easy Drop Biscuits, Hoecakes, Cornbread, and Double Jalapeno Havarti Cornbread.

Forty-three vividly colored photographs of the vegetarian creations enhance the text. The recipes are simple and uncomplicated. Before each recipe, the author shares attention-grabbing information such as ricers create silky mashed potatoes and Maryland utilizes Old Bay Seasoning consisting of paprika, mace, clove, dry mustard, and celery seed for crab recipes and other dishes. Intriguingly, spicy tomato aspic composed of green olives not crabmeat is yummy sounding. A few stand-ins for meat divulged are rice paper not bacon, green jackfruit not pulled pork, cauliflower not shrimp or crawfish, and eggplant not chicken in chicken parmesan recipes. Interestingly, a recipe of vegetable stuffed pie a vegetable pithivier possibly created in Pithivier, France is very enchanting. Another delectable unique dish mentioned is sweet breakfast grits including ground cinnamon, nutmeg, brown sugar, milk, and white or yellow grits. The author suggests eating her winter creamed corn during cool temperatures. More intriguing is Senate Bean Soup offered by the US Senate daily that consists of mashed potatoes, carrot, onions, celery, and beans. This recipe book reveals smoked paprika is a savory addition to veggie concoctions such as vegetable gumbo, tomato gravy, Charleston’s Country Captain, Crisp Broccoli and Smoked Almond Salad, Fake-on Bacon, and Carolina Veggie Burger. Recommended for people who are interested in trying new enjoyable vegan recipes as well as academic and public libraries.

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