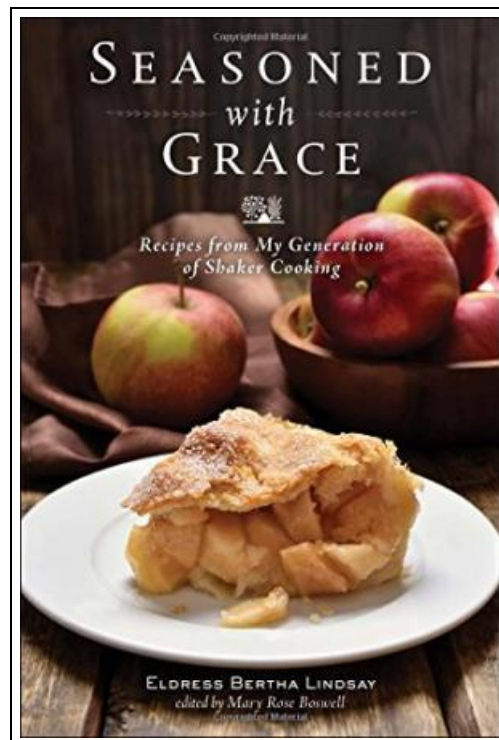


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Countryman Press. Paperback. Condition: New. 192 pages. Over 100 wholesome recipes from the kitchens of the Canterbury Shakers. First published in 1987, this classic cookbook remains a timeless guide to Shaker cooking. While many books on Shaker food recreate recipes from nineteenth-century sources, this cookbook is based on lived experience. For eighty years, the author cooked in the Canterbury Shaker community in New Hampshire, one of the last active Shaker villages in the United States. It offers an authentic, firsthand profile of a way of life that continues to fascinate. True American recipes, derived from oral tradition, include: Irving Greenwoods Pot Roast, Canterbury Shaker Parsnips, Moravian Sugar Cake, Orange Zucchini Bars. As well as the recipes, the book also gives an account of twentieth-century cooking and baking at the Canterbury Shaker Village. Mary Rose Boswell adds a new foreword. More than 30 black-and-white illustrations. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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