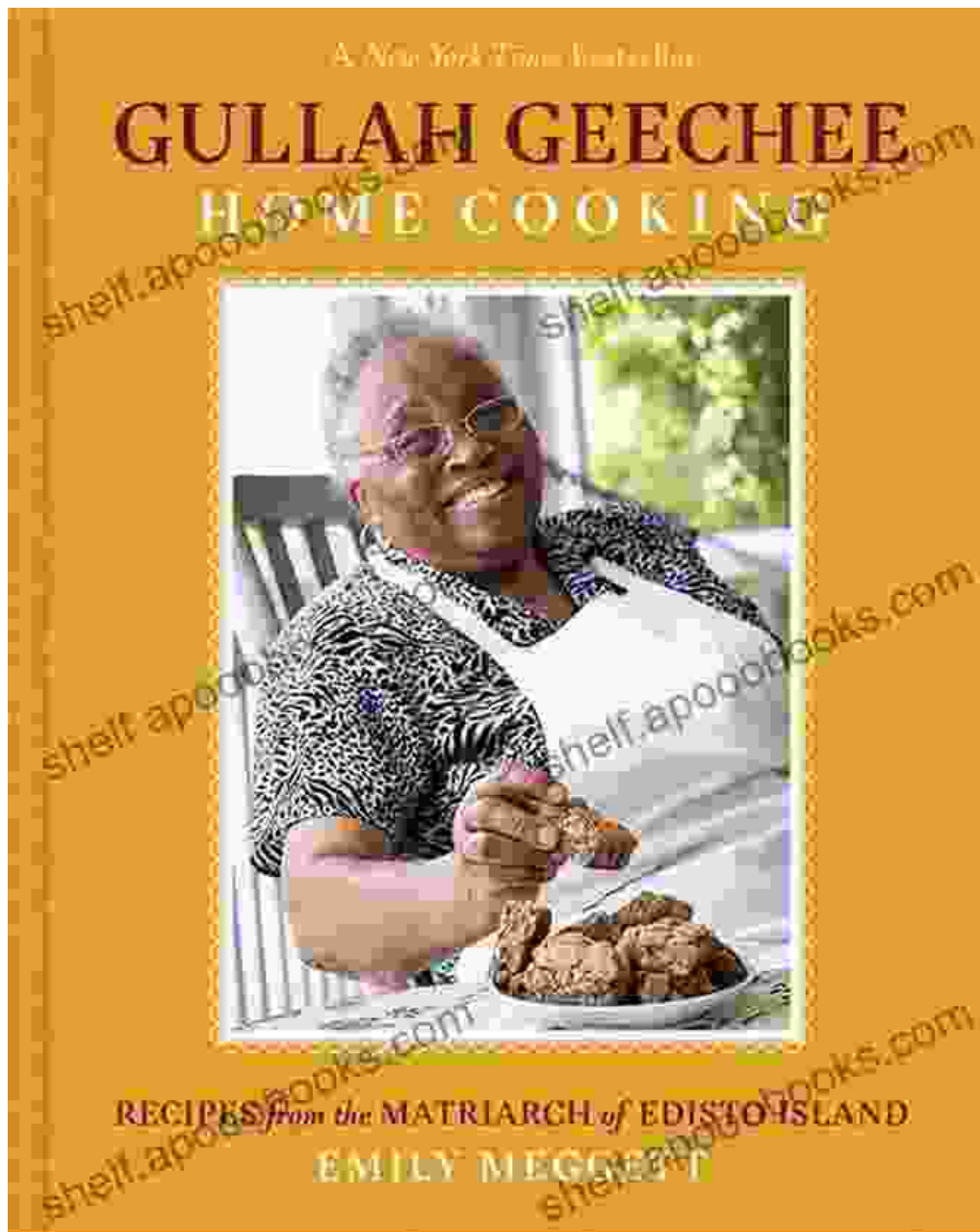


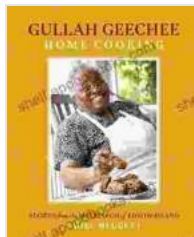
# Gullah Geechee Home Cooking: A Culinary Journey to the Lowcountry



## About the Book

In *Gullah Geechee Home Cooking*, author Emily Meggett shares the rich culinary traditions of the Gullah Geechee people. From hearty stews and

flavorful seafood dishes to sweet potato pie and benne seed cookies, this cookbook offers a glimpse into the unique and vibrant culture of the Lowcountry.



## Gullah Geechee Home Cooking: Recipes from the Matriarch of Edisto Island by Emily Meggett

★ ★ ★ ★ ☆ 4.8 out of 5

Language : English  
File size : 43359 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 481 pages  
Lending : Enabled



The Gullah Geechee people are descendants of enslaved Africans who lived in the coastal regions of South Carolina and Georgia. Their culture has been preserved through generations, and their cuisine is a reflection of their African roots and their experiences in the New World.

Gullah Geechee Home Cooking is more than just a cookbook. It is a celebration of the Gullah Geechee culture and a testament to the resilience of the Gullah Geechee people.

### What's Inside

Gullah Geechee Home Cooking features over 100 recipes, including:

- Appetizers and snacks

- Soups and stews
- Seafood dishes
- Meat and poultry dishes
- Vegetable dishes
- Side dishes
- Desserts

Each recipe is accompanied by a beautiful photograph and a detailed description. Meggett also provides helpful tips and variations for many of the recipes.

### **About the Author**

Emily Meggett is a Gullah Geechee chef and cookbook author. She is the owner of Geechie Girl Rice Cafe in Charleston, South Carolina. Meggett is passionate about preserving the Gullah Geechee culture and sharing its culinary traditions with the world.

### **Reviews**

"Gullah Geechee Home Cooking is a beautiful and inspiring cookbook. Emily Meggett has done a wonderful job of capturing the essence of Gullah Geechee cuisine." —**John T. Edge, author of The Potlikker Papers**

"This cookbook is a must-have for anyone interested in Southern cooking or African American cuisine. Meggett's recipes are delicious and her writing is engaging and informative." —**Darlene Hayes, author of The Good Book of Southern Baking**

## Free Download Your Copy Today

Gullah Geechee Home Cooking is available now from all major booksellers. Free Download your copy today and experience the rich flavors of the Lowcountry!

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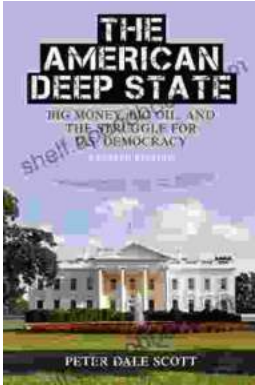


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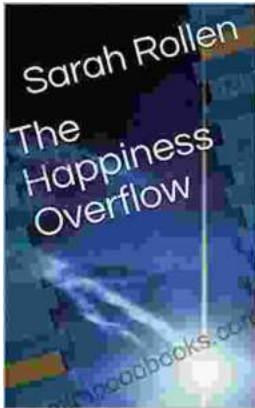
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