An antebellum South cookbook: an honors thesis (HONRS 499)

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Abstract:
Historians increasingly use diet as a means to understand the culture and economy of earlier periods. In the case of antebellum South Carolina, the diets of elite whites, as reflected by their cookbooks, demonstrate the regional dynamics of foodways. On one hand, their diet illustrates their dependence on locally produced foods, such as rice and corn. On the other hand, their ability to create new recipes, using spices, seasonings, and crops introduced by their slaves and far-flung trading networks. I have collected recipes divided into six types, and compiled them into a cookbook of the antebellum period in South Carolina. I begin the book with an introductory essay, which supports my conclusions and I analyzed the individual recipes throughout the cookbook.

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