



A Culinary History of Southern Delaware: Scrapple, Beach Plums and Muskrat (American Palate)

Denise Clemons

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Historic farms and waterways crisscross Southern Delaware, connecting its residents to a set of rich culinary traditions. The original Nanticoke inhabitants baked hearty johnnycakes and hunted wild game. Hungry for a taste of home, German settlers developed scrapple from local ingredients. Today's home cooks and chefs draw their bounty from the land and sea for a distinct, seasonal cuisine. Summer strawberries and peaches from local farms and orchards become delectable preserves thanks to treasured family recipes. Come springtime, succulent blue crab reigns supreme. With recipes for regional favorites like beach plum jelly and chicken with slippery dumplings, author Denise Clemons explores the history behind the ingredients and savors the story in every dish.

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