



# **Best Dressed Southern Salads: Sumptuous Southern Salads from Key West to Washington, D.C. (Capital Lifestyles)**

*Vicky Moon*

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## **Best Dressed Southern Salads: Sumptuous Southern Salads from Key West to Washington, D.C. (Capital Lifestyles)** Vicky Moon

Best Dressed Southern Salads is much more than a cookbook – it's a gastronomic journey of sumptuous salad toppings from Key West to Washington, D.C. The South has always offered a distinctive version of cuisine, but now writer Vicky Moon slices it apart state by state. Recipes such as "South Beach" present a surprising blend of brown sugar, celery seed and dry mustard with red wine vinegar and olive oil. Served over Bibb lettuce, Florida oranges, Florida avocados and sliced tomatoes (from Florida, of course), it's best nibbled while watching the world go by in one of the liveliest neighborhoods imaginable (you'll remember it from the movie, "The Birdcage").

"Mrs. Gotrock's Palm Beach Fruit Salad Dressing" is said to be a secret mixture from one of the most famous hostesses of all time. Meander along the trail with "Buckhead Champagne Dressing" from Atlanta, "Delicious Dandelion Salad" from Charlotte and "Caper and Caviar Dressing" all from the southern most tip of the United States to our Nation's Capitol. Discover the recipes, the people and the places that make Southern cooking such a treat, written in the style of Vicky's previous book, *The Middleburg Mystique* that *The Washington Times* hailed as: "Titillating tales of divorce, murder, mayhem and madness among the owner-squires of exquisite hunt-country estates."

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