



Foods That Make You Say Mmm-mmm

Bob Garner

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While working as a reporter and producer for North Carolina's public television network, Bob Garner took his "love of good food to work" where he created a weekly program devoted to the state's barbecue culture. That evolved into several programs about traditional cooking.

Over the course of his many years with UNC-TV, Garner established himself as a country-cooking connoisseur and viewers came to love his trademark "mmm-mmm" whenever he tasted a dish that met his standards.

In Foods that Make You Say Mmm-mmm, Garner discusses such signature North Carolina dishes as Brunswick stew, livermush, calabash-style fish, Moravian chicken pie, persimmon pudding, fish stew, and scuppernong grapes. Each chapter provides historical background, recipes and preparation tips, and listings of the best venues where the readers can sample for themselves.

In addition to the classic dishes, sidebars about favorite brand-name food and beverages, including Krispy Kreme donuts, Texas Pete hot sauce, Cheerwine, and Mt. Olive pickles, are interspersed throughout the book.

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