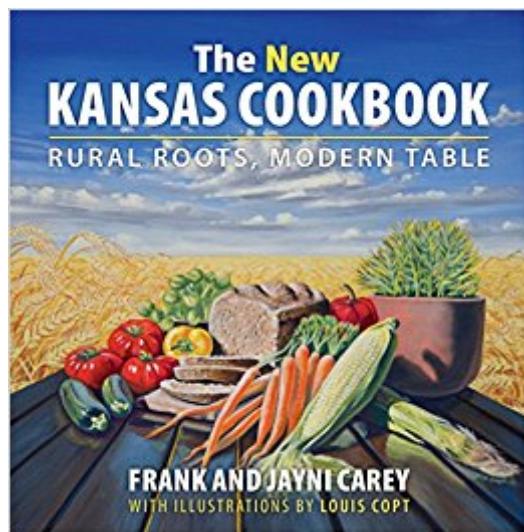


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# The New Kansas Cookbook: Rural Roots, Modern Table



## Synopsis

Nearly thirty years ago, cooking team Frank and Jayni Carey gave us *The Kansas Cookbook: Recipes from the Heartland*, a classic, much-loved volume chronicling the state's favorite recipes and food traditions. Now they're back with *The New Kansas Cookbook: Rural Roots, Modern Table*, a look at modern and innovative foodways straight from their kitchen in the heart of the Midwest. They combine fresh ingredients from farmer's markets with fresh ideas and Kansas know-how from across the state to create a dynamic new food scene. From modern makeovers of Midwestern mainstays like sloppy joes and sweet custards to dishes influenced by a wide variety of world cuisines, these recipes bring Kansas tradition into the twenty-first century with a new burst of flavor and sense of fun. The Careys travel the state stirring stories and recipes from farmers, ranchers, chefs, and home cooks into the diverse pot of Kansas cuisine. They partake in the bounty of small-town eateries, homey fare like zucchini and corn casserole or slow-cooked pork shoulder and dressier offerings like smoked duck empanadas, rainbow trout with a spicy crust, and roasted pork tenderloin with port and prunes. Kansans seem to live closer to the land, so the Careys introduce you to those who are enjoying the fruits of their own labors: growing the best asparagus, raising grass-fed beef, nurturing a school garden, and dealing with too much zucchini. Illustrations by noted Kansas artist Louis Copt bring these ingredients, recipes, and stories alive. Farm-to-table may be trendy elsewhere, but it's a way of life in Kansas, and in *The New Kansas Cookbook*, Frank and Jayni Carey show you how to make it yours, too.

## Book Information

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## Customer Reviews

"Will make you excited to get into your kitchen and cook." •Kansas History Frank and Jayni Carey know their way around the kitchen, the garden, the farm, the ranch, and the market. If you want to return to your roots, do it with them, because those roots will have been made delicious. This book is a gateway to paradise on the prairie. •R. Crosby Kemper III, Executive Director of The Kansas City Public Library"Frank and Jayni have stolen my culinary heart by including stories of people who help put food on our tables. This book feels fresh in every way" •from the locally-sourced ingredients to the Kansas-centric recipes. I can't wait to start eating!" •Marci Penner, Kansas Sampler Foundation"Kansas is intensely seasonal, and in many ways still a migratory frontier character. All that variation emerges in our foodways which Frank and Jayni celebrate in this ongoing exploration of life around the table in Kansas." •Chuck Magerl, Owner of Free State Brewing Company As we embrace the importance of knowing where our food comes from, eating with the seasons and learning D.I.Y. homesteading skills like how to can, pickle, ferment, bake, brew and distill, we embrace our own culinary roots. In Frank and Jayni Carey's book, *The New Kansas Cookbook*, they celebrate the traditional cooking methods, cuisines, and ingredients that have influenced food in the state of Kansas, and bring it into new recipes that remind us of just how good a home cooked meal really can be. This cookbook allows you to taste the Heartland's culinary past, present, and future. •Jenny Vergara, Contributing Editor for *Feast Magazine*"Frank and Jayni have outdone themselves. They have brought the 21st century to the kitchens of Kansas." •Mike Hayden, 41st Governor of Kansas

Frank and Jayni Carey have been a team in the kitchen since they first met. Together, they've authored two cookbooks: *The Kansas Cookbook: Recipes from the Heartland (Kansas)* and *The Easier You Make It, the Better It Tastes!* Jayni also authored *The Best of Jayni's Kitchen*, featuring recipes from her cooking show on WOW Channel 6 in Lawrence, Kansas, and has taught cooking classes on a variety of cuisines.

Lots of good home-cooking recipes from the plains presented in an easy to follow manner. Makes a great gift for people who have fond memories of the days on the prairies.

A satisfying product I bought this time. Thanks for a great product!! Special design, perfect quality, nice appearance. I couldn't deny such a good product. sure I received a working product. Average quality. Just amazing, works perfect,

Hardly a KANSAS cookbook! It is so centered on Lawrence, KS, it fails to name a single person or restaurant from the state's largest city, Wichita - as if no cooking happens here, no wonderful chefs are creating recipes, no interesting dishes come out of ethnic restaurants.

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