



Mama Dip's Kitchen

Mildred Council

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For nearly twenty-five years, Mildred Council--better known by her nickname, Mama Dip--has nourished thousands of hungry folks in Chapel Hill, North Carolina. Her restaurant, Mama Dip's Kitchen, is a much-loved community institution that has gained loyal fans and customers from all walks of life, from *New York Times* food writer Craig Claiborne to former Tar Heel basketball player Michael Jordan.

Mama Dip's Kitchen showcases the same down-home, wholesome, everyday Southern cooking for which its namesake restaurant is celebrated. The book features more than 250 recipes for such favorites as old-fashioned chicken pie, country-style pork chops, sweet potatoes, fresh corn casserole, poundcake, and banana pudding. Chapters cover breads and breakfast dishes; poultry, fish, and seafood; beef, pork, and lamb; vegetables and salads; and desserts, beverages, and party dishes.

The book opens with a charming introductory essay, a savory reflection on a life in cooking that also reveals the story behind Council's nickname. It is both a graceful reminiscence of a country childhood and the inspiring story of a woman determined to make her own way in the larger world.

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