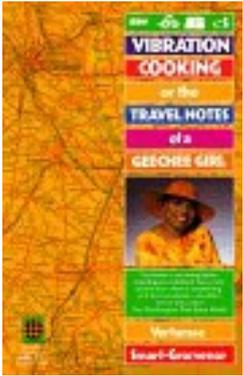


# Vibration Cooking



[Vibration Cooking\\_ 下载链接1](#)

著者:Vertamae Smart-Grosvenor

出版者:Ballantine Books

出版时间:1992-4-1

装帧:Paperback

isbn:9780345376671

"When I cook, I never measure or weigh anything. I cook by vibration. I can tell by the look and smell of it. Most of the ingredients in this book are approximate. Some of the recipes that people gave me list the amounts, but for my part, I just do it by vibration. Different strokes for different folks. Do your thing your way." --Vertamae Smart-Grosvenor

Still cooking by the "vibration" method (which involves a fetching disregard for measurements or time), Smart-Grosvenor calls this updated volume, titled *Vibration Cooking of the Travel Notes of a Geechee Girl*, the "third coming" of a book that "slipped through the cracks for more than two decades and lived." Since its first coming in 1970, her cook's tour has passed from hand to hand, enlightening readers on the cooking of South Carolina Gullah culture. The author's prose has kept its kick, as have the recipes for the staples of her youth: grits, greens, and fried chicken.

作者介绍:

Vertamae Grosvenor (born 1938 in Hampton County, South Carolina) is a food writer

and broadcaster, raised in the South Carolina lowcountry.

Grosvenor is the author of *Vibration Cooking*, also known as *The Travel Notes of a Geechee Girl*. The cookbook, originally published in 1970, focuses on lowcountry cooking and Geechee (or Gullah) cooking. The book emphasises spontaneity in the kitchen. Grosvenor shows the reader how to cook by "vibration," rather than precisely measuring ingredients, and how to "make do" with ingredients on hand. She captures the essence of traditional African American techniques. The bestselling book uses the hearty, simple, healthful, basic ingredients of lowcountry cuisine, including shrimp, oysters, crab, fresh produce, rice, and sweet potatoes. The first edition is now a classic-cookbook collector's must-have.

目录:

[Vibration Cooking\\_下载链接1](#)

标签

评论

-----  
[Vibration Cooking\\_下载链接1](#)

书评

-----  
[Vibration Cooking\\_下载链接1](#)