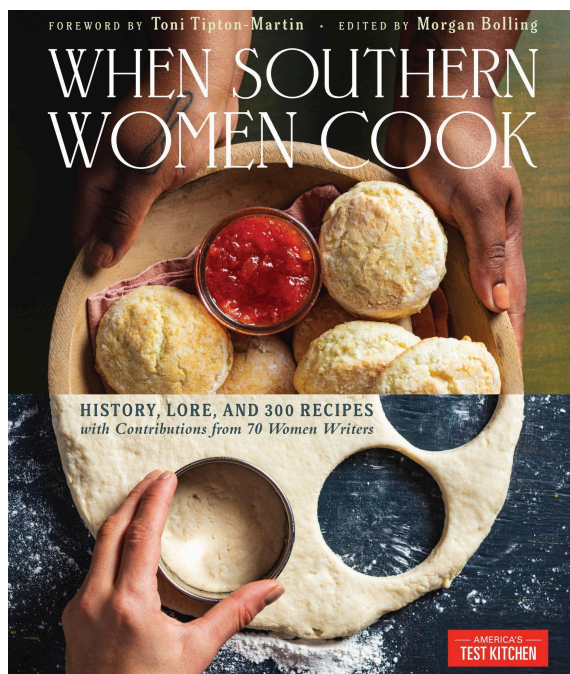


— AMERICA'S —
TEST KITCHEN

In A First-of-its-Kind Cookbook, 70 Southern Women — Food Writers, Authors, Journalists, Historians, and Chefs — Offer An Insightful Look at the Tapestry of Southern Food History and the Women Who Created It

Featuring 300 Recipes from America's Test Kitchen



BOSTON, MA, September 24, 2024 – WHEN SOUTHERN WOMEN COOK: History, Lore, and 300 Recipes with Contributions from 70 Women Writers, a new cookbook from [America's Test Kitchen \(ATK\)](#), is the outcome of many meaningful conversations between Toni Tipton-Martin, Editor in Chief of *Cook's Country* magazine, and Morgan Bolling, an executive editor of the magazine, about the intersection of food and women's empowerment. Here they tell Southern women's stories—women who've built the foundations of Southern cooking and the torchbearers innovating it today.

With meticulously researched and tested recipes from America's Test Kitchen, *When Southern Women Cook* shines light on the origins of Southern dishes, the women who contributed to them, and the culture and circumstances that inspired them.

Covering every region and flavor of the American South, from Texas Barbecue to Gullah Geechee rice dishes, the book tells the stories of the unnamed women firing the flames of stew stoves at Monticello; gallant Prohibition-era rum runners and bootleggers like “Queen” Maggie Bailey who supported her community by selling moonshine; chefs like Zephyr Wright, who cooked for presidents while changing history. And it celebrates the women innovating the cuisine today. Women like Teresa Finney and Chanel Watson with cottage businesses baking Mexican conchas of every shape, flavor, and color. Like chef Asha Gomez who blends the food of Southern India with that of the American South. Like Jordan Rainbolt, who amplifies the South’s Indigenous roots through a dinner series and dishes like her Grit Cakes with Beans and Summer Squash, a take on the Three Sisters.

The recipes featured in *When Southern Women Cook* reflect the diversity of the women who conceived them and their place in Southern food history. As Bolling writes in the book’s introduction, “while it does have its fair share of recipes for fried chicken (we’ve included eight) and biscuits (also eight), it has so much more than that. The stories in this book show that food can be a lens through which to learn about our shared history, to pay homage to those who came before us, and to help build a better, tastier future.”

More than 70 women paint a vivid picture of the South. Author and poet Crystal Wilkerson writes poignantly about honoring her ancestors through her hands, baking blackberry jam cake. Emmy Award–winning documentary producer and author Von Diaz writes about Caribbean immigrant foodways through Southern stews. Food journalist Kim Severson delves into recipes’ power as cultural currency. Mixologist and beverage historian Tiffanie Barriere reflects on Juneteenth customs including red drink. And consulting food historian KC Hysmith contributes important—and fascinating—context throughout.

In 14 chapters the recipes range from the classics to the contemporary and include:

- Baking Powder Biscuits, Chocolate Conchas, Pan de Jamon, Dollywood Cinnamon Bread (The Bread Basket)
- Pain Perdu with Chantilly Crème, Country Ham with Redeye Gravy, Texas Breakfast Tacos, Eggs Hussarde (Soul-Satisfying Breakfast)
- Hot Cheddar Crab Dip, Natchitoches Meat Pies, Pickled Shrimp (Eat with Your Hands)
- Buttermilk Coleslaw, Green Beans with Ham and Potatoes, Tomato Pie (From the Garden)
- Boudin Balls, Shrimp and Grits, Hoppin’ John, Habichuelas Guisadas con Calabaza (Rice or Grits)
- Brunswick Stew; Smoky Chicken, Sausage, and Shrimp Gumbo; Eastern North Carolina Fish Stew; Beef Yakamein (In the Stew Pot)

- Nashville Hot Fried Chicken, Crab Croquettes, Puffy Tacos, Gobi Manchurian, Fried Peach Pies (Fried and True)
- Fried Onion Burgers, Muffulettas, Pickle-Brined Fried Chicken Sandwiches (Sandwich Icons)
- Cast Iron Baked Chicken, Roasted Pork Shoulder with Peach Sauce, King Ranch Casserole (Skillet Suppers and Casserole Comfort)
- Texas Smoked Beef Ribs, North Carolina Barbecued Pork, Alabama Smoked Chicken (Outdoor Cooking [& Eating])
- Easy Homemade Hot Sauce, Quick Bread and Butter Pickles, and Dandelion Jelly (Flavor, Preserved)
- Peach Cobbler, Bourbon Balls, Oat Guava Cookies (Everyday Treats)
- Chocolate Soufflés, Caramel Cake, King Cake, Banana Pudding Pie (Celebration Sweets)
- Vietnamese Coffee, Mint Julep, Rum Runner (Southern Sippers)

When Southern Women Cook shares inspiring and illuminating stories along with mouth-watering recipes, beautiful photographs, and plenty of useful sidebars and directives. It is a cookbook that honors women and their incredible creativity, strength, and spirit.

TONI TIPTON-MARTIN



Toni Tipton-Martin, Editor in Chief of *Cook's Country* magazine, guided this project and team with her vast knowledge of Southern women's food history and her journalistic approach to sharing the stories behind America's favorite dishes. She is an award-winning food and nutrition journalist who uses cultural heritage and cooking for social change. Toni is the author of several important books that celebrate African American cookbook history: *Juke Joints, Jazz Clubs, and Juice: Cocktails from Two Centuries of African American Cookbooks*; *Jubilee: Recipes from Two Centuries of African American Cooking*, and *The Jemima Code: Two Centuries of African American Cookbooks*. For her work, she has received the Julia Child Foundation Award, which is given to an individual (or team) who has made a profound and significant difference in the way America cooks, eats, and drinks. She is also a three-time James Beard Book Award winner, and she has earned the International Association of Culinary Professionals (IACP) Trailblazer Award, its Book of the Year Award, and Member of the Year Award. She is also the proud keeper of an incredible collection of rare cookbooks.

MORGAN BOLLING



Morgan Bolling, Executive Editor of Creative Content for *Cook's Country*, spearheaded *When Southern Women Cook* with a mission to highlight the unique ways food has sustained all kinds of Southern women through history and continues to feed them today. A Southern woman herself, born and raised in North Carolina, she is also a cast member of the *Cook's Country* TV show. In her 10 years at ATK, she has developed more than 100 recipes, with a specialty in barbecue and grilling. Previously, she cooked at restaurants in New York and her home state. When not developing a new recipe, there's a good chance Morgan is working with the Cambridge Women's Center, running a 5K, or planning her next pig roast.

When Southern Women Cook: History, Lore, and 300 Recipes with Contributions from 70 Women Writers

Authors: Toni Tipton-Martin and Morgan Bolling

Afterword: KC Hysmith, PhD

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About America's Test Kitchen

The mission of America's Test Kitchen (ATK) is to empower and inspire confidence, community, and creativity in the kitchen. Founded in 1992, the company is the leading multimedia cooking resource serving millions of fans with TV shows (*America's Test Kitchen*, *Cook's Country*, and *America's Test Kitchen: The Next Generation*), magazines (*Cook's Illustrated* and *Cook's Country*), cookbooks, a podcast (*Proof*), FAST channels, short-form video series, and the ATK All-Access subscription for digital content. Located in a state-of-the-art, 15,000-square-foot test kitchen in Boston's Seaport District, ATK has earned the trust of home cooks and culinary experts alike thanks to its one-of-a-kind processes and best-in-class techniques. Fifty full-time (admittedly very meticulous) test cooks, editors, and product testers spend their days tweaking every variable to find the very best recipes, equipment, ingredients, and techniques. Learn more at <https://www.americastestkitchen.com/>.

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