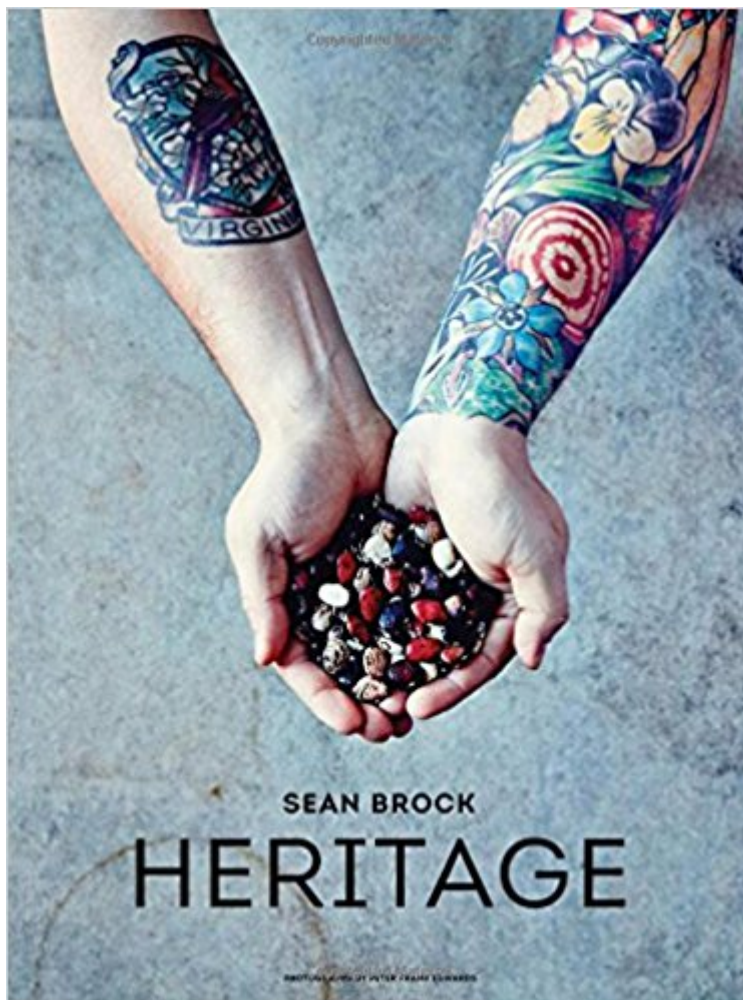


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# Heritage



## Synopsis

New York Times best seller Winner, James Beard Foundation Award, Best Book of the Year in American Cooking Winner, IACP Julia Child First Book Award Sean Brock is the chef behind the game-changing restaurants Husk and McCrady, and his first book offers all of his inspired recipes. With a drive to preserve the heritage foods of the South, Brock cooks dishes that are ingredient-driven and reinterpret the flavors of his youth in Appalachia and his adopted hometown of Charleston. The recipes include all the comfort food (think food to eat at home) and high-end restaurant food (fancier dishes when there's more time to cook) for which he has become so well-known. Brock's interpretation of Southern favorites like Pickled Shrimp, Hoppin' John, and Chocolate Alabama Stack Cake sit alongside recipes for Crispy Pig Ear Lettuce Wraps, Slow-Cooked Pork Shoulder with Tomato Gravy, and Baked Sea Island Red Peas. This is a very personal book, with headnotes that explain Brock's background and give context to his food and essays in which he shares his admiration for the purveyors and ingredients he cherishes.

## Book Information

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## Customer Reviews

"The blue ribbon chef cookbook of the year, without a doubt, is Sean Brock's Heritage. . . . Sometimes a cookbook changes the way you think about food you thought you understood, and this is one of those books." • New York Times Book Review  
"Heritage, the first cookbook by Sean Brock, chef at the extraordinary restaurant Husk, in

Charleston, South Carolina, is equal parts chronicle of Husk's best dishes and survey of the local agricultural landscape.

• Saveur "Modern down-home cuisine."

• InStyle "Stunning photos and rustic-glamorous recipes."

• Fine Cooking "Brock is . . . the poet laureate of the kitchen. His cookbook doesn't just give us recipes; it roots itself in Southern culture."

• SouthernLiving.com "Elevates the homey . . . and talks straight about basics."

• People "Delectable."

• Travel + Leisure "Heritage is a journey that will inspire you to understand your own region's terroir, and the people and practices behind the food that fills your plate."

• Taste of the South "A celebration of Southern ingredients, this ambitious debut provides insight into a notable chef's carefully crafted cuisine. Highly recommended."

• Library Journal "Sean Brock is a national treasure, at once leading the charge to define new Southern cooking while carefully being one of the leading preservationists of true traditional, soulful Lowcountry flavors and techniques. His approach to the intersection of the old and the new is nothing short of MacArthur Prize-worthy and, most important, the recipes are deliciously easy to make, nearly intuitive poems to the very earth itself. This book instantly redefines the bridge between the ancient and the innovative and is nothing short of a gift of the magi."

• Mario Batali "Sean Brock has redefined what American food is. Heritage celebrates the narrative of Lowcountry cooking and tells a story that continues to inspire."

• David Chang, chef/owner, Momofuku "Sean Brock is one of the most important chefs in America. In looking back at the roots of our cuisine, while always also looking forward, he's changing the face of American food in wonderful ways. Heritage will thrill, surprise, and delight as readers discover what a rich, glorious, and delicious culinary history we once had—and, thanks to chefs like Sean, will surely have again. He is an absolutely transformative figure. His food manages to amaze without ever being pretentious or inaccessible. You, too, can cook this stuff. And you should."

• Anthony Bourdain "Sean Brock is a culinary explorer—gifted, passionate, creative. This captivating book reveals Sean's unique brilliance for merging the essence of the past with the promise of the future. This is an electrifying work and to read it is to witness the advent of a new era in American cooking."

• Frank Stitt, chef/owner and author of Frank Stitt's Southern Table "Sean is one of the most passionate, talented chefs I know. His food is inspiring, enlightening, and so damn delicious! In Heritage, he shows you the essence of who he is and why he has paved the way in putting the Lowcountry on the map."

April Bloomfield, chef and author of *A Girl and Her Pig* “Brock resurrects lost flavors and varieties, and since he’s a modernist as well reinvigorates them with his own delicious style of cooking. Sean Brock is more than just a chef, and this is more than just a cookbook. It will leave you not only enriched, but enlightened.”

Dan Barber, chef and author of *The Third Plate: Field Notes on the Future of Food* “This book is the real deal: American food with a sense of place and history. Reading through it is rather like eating barbeque and drinking beer with Sean Brock; you know you’re in a good place.”

Fergus Henderson, chef and author of *The Complete Nose to Tail* “Sean Brock is one of the most thoughtful cooks I know, with the ability to take a deep understanding of the American South’s culinary history and express it in a way that is unmistakably personal, forward-thinking, and brilliant. *Heritage* is a must.”

Renfê Redzepi, chef/owner, Noma “Few chefs express the soul of their culture through their cooking as well as Sean. This book is a joyful, radiant vision of the South, seen through the lens of history and illuminated by his imagination. The recipes and stories are a delicious reminder of the pleasure to be found in good ingredients, honest cooking, and staying close to home.”

Daniel Patterson, chef and author of *Coi* “Sean is a passionate and true culinary voice in the telling of the past, present, and the future of his beloved South. He has done an admirable job, and an important one, in spreading the gospel and raising the awareness of a great American regional cooking. You don’t have to be from the South to experience the authentic tastes, flavors, and stories using this book.”

David Kinch, chef and author of *Manresa* “This is the real thing. An honest book. A koan to Southern peoples and places. A humble roster of recipes, recollections, and farmer mash notes, from a country-boy-made-good. Start with muscadine and cucumber gazpacho. Move to rabbit stew with black pepper dumplings. Close with black walnut poundcake, drenched with chocolate gravy. You’re in the hands of a master.”

John T. Edge, coeditor of *The Southern Foodways Alliance Community Cookbook*

Sean Brock is executive chef and partner of five restaurants: Husk, McCrady’s, and Minero in Charleston, South Carolina; Husk in Nashville, Tennessee; and Minero in Atlanta, Georgia. Brock won the James Beard Award for Best Chef, Southeast, in 2010; he was a finalist for Outstanding Chef in 2013, 2014, and 2015. His TV résumé includes *Iron Chef America* and hosting season 2 of the Emmy Award-winning *Mind of a Chef*. His cookbook, *Heritage (Artisan)*, is a New York Times bestseller and winner of both the 2015 James Beard Award for Best Book of the Year in American Cooking and the 2015 IACP Julia Child First Book Award. Raised in rural Virginia,

Brock is passionate about preserving and restoring heirloom ingredients. He divides his time between Charleston and Nashville.

"Heritage" is an incredible addition to recent cooking literature - Southern themed recipes made with fresh ingredients and beautiful presentations. After a brief intro by Sean Brock, the book goes straight into a broad spectrum of recipes with a Southern cooking style ingredient baseline. Recipes by chapter are themed by dish type - vegetarian, grain, meat, seafood, canned/pickled, bar food/drinks, and desserts. Each recipe has a brief introduction providing a nice story about the history of the dish and/or why it is meaningful to Sean Brock from his heritage. Several of the recipes in this cookbook are adaptations of recipes of family members of Sean Brock that shaped his relationship with Southern food and cooking. Some of the recipes call for very specific brands of ingredients (example: Anson Mills Antebellum Fine Yellow Cornmeal). In the back of the book is a page of resources for where to buy. Based upon this and the variety of ingredients for each dish, you will need to plan ahead to make the recipes. The instructions for the recipes are extremely clear covering order of steps and how to's in order to get the best results. The pictures provide great visuals for how to plate the dishes. Based upon the complexity of the recipes, the book is more tailored to experienced cooks than beginners. Many of the recipes in this book can be made with the standard equipment found in your home kitchen. Some recipes do require specialized equipment such as a juice extractor or a sous vide machine. I recommend this book for foodies who love unique recipes, food presentation, modernist cooking, or just to have as a beautiful read on your coffee table.

This book is phenomenal! I would buy it again & again! Excellent, doable recipes. Yes some of the recipes are long & complex but I love the challenge & truly if you have the time, such as a weekend it is fun to sit aside the time & make something unbelievable! With patience & adherence to the directions, the results can be outstanding. My one complaint is some of the ingredients are simply unobtainable. I'd love ramps, but the wild onions don't grow here; same with pokeweed & no alternatives are offered. That's disappointing. I'm making the yellow rice with red cow peas & got the ingredients from . Now that's easy! However, offers little to no fresh vegetable, but has started offering meat products! Whooppeee! I got a pork belly; it arrived yesterday in great shape. I'll write my review after I prepare it this weekend. The stories and pictures in this book add greatly to the pleasure of reading it. I read cookbooks like novels, I love them. This one truly delivers. The author embraces a love affair with food that I share. I would rather have one beautiful meal a day than an

endless buffet of mundane fare. If you share my passion for excellent food you will not be disappointed in this book. It even elevates polenta to a level higher than I have seen before. All I can say is dig in! My message to the author, when using ingredients that are impossible for many people to obtain either provide sources or alternatives. It is cruel to leave tempting but impossible to prepare dishes in your cookbook! Excellent book overall. I made several recipes from the book & they turned out beautifully! I had no trouble obtaining the ingredients, got them from ! I do tend to change up recipes to suit my families taste. I made the polenta but instead of water I used 1 cup of cream, 1 cup of milk & 1 cup chicken broth. After the polenta was finished I added Parmesan reggiano cheese and topped it with ramps! Delicious & creamy. I also made his prime rib after special ordering my meat, in order to get prime grade. It was magnificent! I recommend you give it a try, it's so good!

I was incredibly excited with the release of this book. After renting it from the library I immediately purchased it. Sean Brock does an amazing job of explaining how his roots and passion for low country cooking has influenced his career. His recipes and beautiful plating are simple enough for a home cook to attempt but at the same time inspires a professional cook like me. His ideas on a sustainable agriculture is what makes this book capable of influencing change to the next young generation of cooks. Being from the south, I also greatly appreciate that southern cooking is becoming more known for being able to fit a more fine dining or "haute" scene.

I saw Sean on the Netflix series "The Mind of a Chef" and was really impressed. The pictures are spectacular and made me want to cook EVERYTHING! I'm looking forward to exploring it more.

a collection of low country recipes from the man who knows them well. Beautiful photos, great stories within of the people responsible for Sean Brock's learning, and a great insight to Low Country food for the home cook, professional chef, or all around curious foodie.

Sean Brock is a culinary hero of mine. I especially appreciate the way he explores the links between America's southern regional cuisines and those of West Africa, and how he brings very old recipes and ingredients back to life. Not only a great cook, Sean is a really interesting food historian and ethnographer. This is by way of background. It may help those who want to use this book, in their own home cooking, to understand why many of Sean's very cool recipes are complicated and time consuming. Sean's ingredients can be pretty esoteric and hard to find as well for many people in

North America or Europe. Nonetheless, Heritage is both inspirational and aspirational... and I'm sure this is what Sean intended.

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