



Cooking with Faith: 125 Classic and Healthy Southern Recipes

By Faith Ford

Scribner. Paperback. Book Condition: New. Paperback. 285 pages. Dimensions: 9.0in. x 7.7in. x 0.8in. Beloved comic actress Faith Ford puts a fresh and healthy new spin on down-home cooking with 125 updated Southern classics and traditional favorites cooked by three generations of her family. You wouldn't know it by looking at her -- either during her years as Corky Sherwood on CBS's Murphy Brown or now on her hit ABC comedy Hope and Faith -- but Faith Ford loves to eat. Growing up in Pineville, Louisiana, Faith learned how to cook the great Southern classics from her mother and grandmother: Old-Fashioned Smothered Chicken, Mom's Smoky Beef Brisket, Southern-Style Fried Catfish, Cora's Skillet Candied Sweet Potatoes, Snap Beans and New Potatoes, Buttermilk Biscuits, Fluffy Lemon Icebox Pie, and more. Then, at age seventeen, she left Pineville for a modeling and acting career in New York City and later Los Angeles. She longed for the comforting foods of home but sought to adapt them to match her new, California, health-conscious sensibility. Thus began a lifetime of experimentation in the kitchen, developing healthier versions of foods from her childhood by cooking with olive oil; incorporating loads of vegetables -- staples on the family...



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