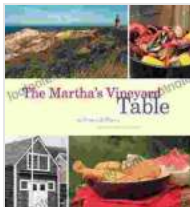


Discover "The Martha's Vineyard Table": A Culinary Odyssey into the Heart of an Island

Prepare to tantalize your taste buds and immerse yourself in the captivating culinary landscape of Martha's Vineyard with "The Martha's Vineyard Table" by Jessica Harris.

A Journey Through Time and Flavors

This captivating book transports readers to the idyllic shores of Martha's Vineyard, where author Jessica Harris unravels the rich tapestry of the island's culinary heritage. Through meticulously researched stories, Harris uncovers the intertwined influences of Wampanoag, Portuguese, African American, and English cultures that have shaped the island's unique foodways.



The Martha's Vineyard Table by Jessica B. Harris

★★★★☆ 4.4 out of 5

Language	: English
File size	: 20430 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 287 pages
Lending	: Enabled

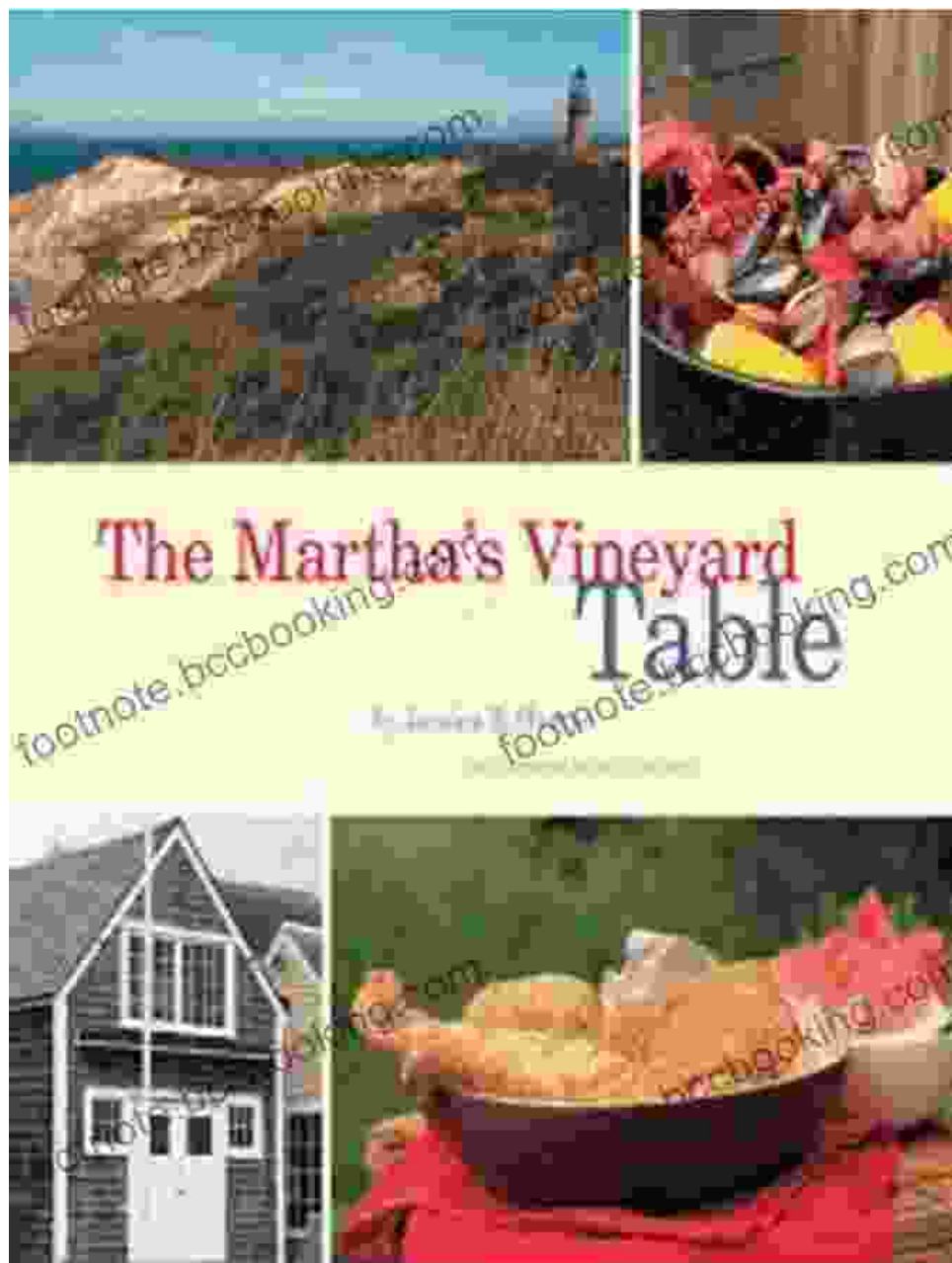
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With each chapter, Harris paints a vivid portrait of the island's culinary past, from the indigenous practices of the Wampanoag to the arrival of

Portuguese whalers and the enduring legacy of African American families. She delves into the history of iconic dishes like the Portuguese Kale Soup (Caldo Verde) and the African American Clambake, shedding light on their cultural significance and evolution over time.



A Culinary Guide for Adventurous Eaters

"The Martha's Vineyard Table" is not merely a historical account; it is a practical guide to experiencing the island's culinary delights firsthand. Harris provides detailed recipes for over 100 traditional and contemporary dishes, ensuring that readers can re-create the flavors of Martha's Vineyard in their own kitchens.

From succulent seafood specialties like Lobster Rolls and Oysters Rockefeller to comforting classics like Steamed Clams and Oyster Pan Roast, the recipes cater to a wide range of palates. Harris also includes lesser-known gems, such as Wampanoag Succotash and African American Molasses Cookies, offering readers a chance to delve into the island's hidden culinary treasures.

With clear instructions and a wealth of background information, "The Martha's Vineyard Table" empowers readers to connect with the island's food culture on a personal level, whether they are planning a culinary adventure or simply seeking to expand their culinary horizons.

Celebrating the African American Culinary Tradition

Throughout the book, Harris pays special attention to the contributions of African American families to Martha's Vineyard's culinary scene. She highlights the role of "Colored Hotels" in the 19th and 20th centuries, which served as summer destinations for African American vacationers and provided training grounds for aspiring chefs.

Harris also delves into the enduring legacy of African American families in the island's fishing industry and their contributions to the iconic Martha's Vineyard Clambake. By showcasing these often-overlooked stories, she

sheds light on the rich and diverse tapestry of African American culinary traditions that have shaped the island's food culture.

A Feast for the Eyes and Taste Buds

Enhancing the reading experience, "The Martha's Vineyard Table" is beautifully illustrated with stunning photographs that capture the essence of the island's culinary landscape. From vibrant farmers' markets to picturesque seafood shacks, the images transport readers to the heart of Martha's Vineyard's food scene.

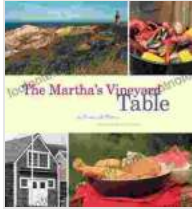
Each recipe is accompanied by an evocative description that tantalizes the taste buds and sets the stage for a culinary adventure. Harris's writing is both informative and engaging, making "The Martha's Vineyard Table" a delight to read for both food enthusiasts and history buffs alike.

A Must-Have for Culinary Explorers and Martha's Vineyard Aficionados

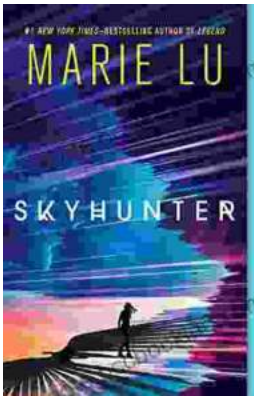
Whether you are planning a culinary pilgrimage to Martha's Vineyard or simply seeking to indulge in its unique flavors from afar, "The Martha's Vineyard Table" is an indispensable companion. Jessica Harris's meticulously researched account and delectable recipes will guide you on an unforgettable journey into the heart of the island's food culture.

So gather your loved ones, fire up the stove, and immerse yourself in the captivating world of "The Martha's Vineyard Table" by Jessica Harris. Prepare to savor the flavors of Martha's Vineyard and gain a deeper appreciation for its rich culinary heritage.

The Martha's Vineyard Table by Jessica B. Harris

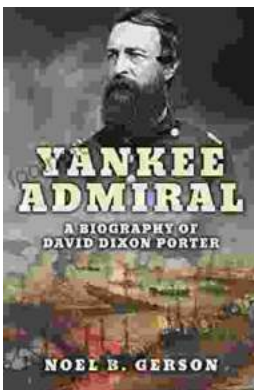


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