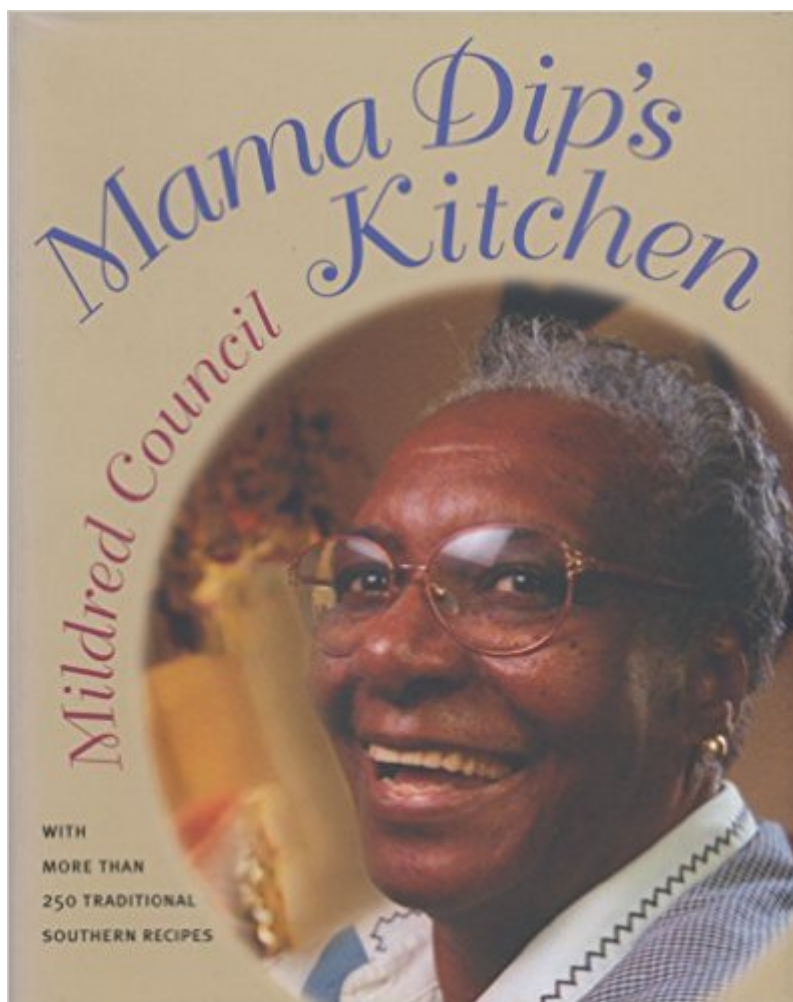


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# Mama Dip's Kitchen



## Synopsis

For nearly twenty-five years, Mildred Council--better known by her nickname, Mama Dip--has nourished thousands of hungry folks in Chapel Hill, North Carolina. Her restaurant, Mama Dip's Kitchen, is a much-loved community institution that has gained loyal fans and customers from all walks of life, from New York Times food writer Craig Claiborne to former Tar Heel basketball player Michael Jordan. Mama Dip's Kitchen showcases the same down-home, wholesome, everyday Southern cooking for which its namesake restaurant is celebrated. The book features more than 250 recipes for such favorites as old-fashioned chicken pie, country-style pork chops, sweet potatoes, fresh corn casserole, poundcake, and banana pudding. Chapters cover breads and breakfast dishes; poultry, fish, and seafood; beef, pork, and lamb; vegetables and salads; and desserts, beverages, and party dishes. The book opens with a charming introductory essay, a savory reflection on a life in cooking that also reveals the story behind Council's nickname. It is both a graceful reminiscence of a country childhood and the inspiring story of a woman determined to make her own way in the larger world.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (160 customer reviews)

Best Sellers Rank: #121,829 in Books (See Top 100 in Books) #198 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > South](#)

## Customer Reviews

This book starts out with a delightful autobiographical story of Mildred Council and her life of cooking for her large family, and later opening a restaurant. She talks about using local, seasonal ingredients. Unlike most foodies, this knowledge was necessary for survival of her poor sharecropper family. I found this short story worth the price of the book alone. A transplanted Midwesterner in California, I bought this book to expand my cooking skills to include southern cooking / soul food. The recipes are all pretty simple, suspiciously simple suggesting a few trade

secrets have been left out. Ms. Council admits as much, encouraging the reader to experiment and play around with her recipes. That's nice, and I respect Mama Dip's need to hold family/trade secrets, but I would have preferred more insight into how to experiment, to guide the reader. (A good example is Paul Kirk's Championship BBQ Sauces, where the secrets are not revealed, but plenty of insight is given for the reader to develop their own secret sauce.) Thankfully, there are cooking tips here and there, often given out in a folksy manner. Certainly one of the best things about this book is that with so many simple recipes, everyone will benefit from it. Some of the recipes were surprisingly good in their simplicity. The Creole Shrimp, Fried Okra, and Fried Catfish turned out great. (Per Mama Dip's encouragement, I added a couple of my own ingredients to the mix.) The Baked Beans had a muddy taste, without much character to it. A couple others turned out a little bland. I have some philosophical differences with Mama Dip's Pecan Pie recipe. For the record, I think it needs brown sugar and perhaps some other ingredients for a richer, deeper flavor.

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