



Southern Fried: More Than 150 recipes for Crab Cakes, Fried Chicken, Hush Puppies, and More

James Villas

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Hush puppies, fried chicken, crab cakes—fried food is the soul of Southern cooking and has only grown in popularity in recent years. Like every one of James Villas's cookbooks, this one is impeccably researched, with flawless recipes, history, and culture. It is filled with gorgeous color photos sure to tempt even health food fanatics, with crispy, crunchy delights in chapters featuring eggs and cheese, seafood, breads, and Southern staples like grits, rice, and potatoes. Today's deep fryers make frying easier and healthier than ever; it's as easy as pushing a button, with no risk of splattering oil, and Villas's expertly written recipes like Sassy Shrimp Puffs, Georgia Bacon and Eggs with Hominy, Country Fried Steak, Turkey Hash Cakes, and Rosemary Pork Chops will ensure perfect results. This isn't diet food, to be sure, but these are dishes that people love, and it's safer and healthier than ever to fry without any sacrifice in flavor.

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