THE BIRTH OF SOUTHERN COOKING

FOOD, POLITICS, AND MARY RANDOLPH





Abstract:

The Southern United States is known the world over for its unique cuisine. Foods such as fried chicken, corn bread, gumbo, and black-eyed peas are staples of the Southern diet reflecting the influence of European, African, and Native American cultures. A key figure in the development of Southern cooking was Mary Randolph (1762–1828). A member of an important Southern family and a cousin of President Thomas Jefferson, Randolph published The Virginia House-Wife in 1824. This was the first regional American cookbook. The story of Randolph and her cookbook provides a fascinating look into Southern culture, food traditions, household organization and management, and women's position and role in society.

Bio sketch:

Christopher E. Hendricks is Professor of History at the Armstrong Campus of Georgia Southern University, where he has been teaching since 1993. He has worked extensively in archaeology, historic preservation, and museum interpretation with many organizations.

GUEST LECTURE

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