

“Sweet Carolina: Favorite Desserts and Candies From the Old North State” by Foy Allen Edelman. UNC Press, 2009. \$25.00, 304 pages.

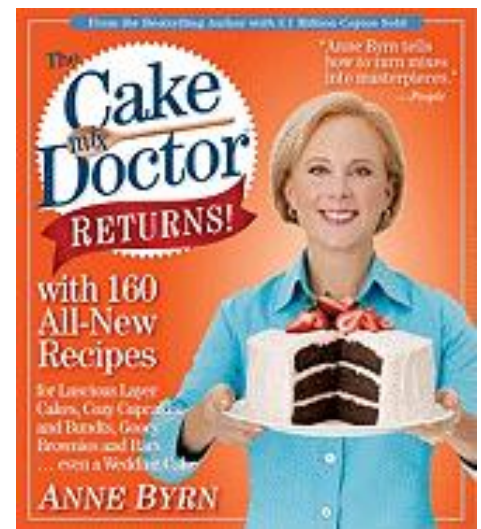
As the holiday approaches, we dig out our favorite recipes and fill our kitchens with the sweet aromas of our cookies, candies and desserts. Every now and then, I like to bake something different as a surprise to my guests. Foy has provided some great recipes to try in her new book.

You will be enticed to try many recipes she has gathered from North Carolina’s abundant cooks who have shared food traditions that depict an oral family kitchen history. Cookbooks are like heirlooms and this is one you would enjoy receiving as a gift. Many of the recipes included in this book include information about the author and local history. For example, Juanita Hudson, contributed a recipe called One-Two-Three-Four Cake. Mrs. Hudson was in high school during World War II. She participated in a 4-H food drive to feed members of the armed services. Her club raised and contributed more food than any other club in the state.

If you are not a fruit cake lover, but like dark cakes with fruit, try Kay Barker’s Hermit Cake recipe which calls for dates, coconut, and walnuts. Contributor of Big Mama’s Apple Cake recipe, Tom Brown from Forsyth County, has a passion for finding lost apple varieties. After he identifies an old variety, he plants and nurtures that type of apple tree back into production. Your family will love the desserts you make from this book. Foy Edelman lives in Wake County and is planning a series of cookbooks about North Carolina recipes.

“Cake Mix Doctor Returns,” by Ann Byrn. Workman Publishing, 2009. \$15.95, 502 pages.

If you are not into baking from scratch, this book series will be your new best friend. This new edition has 160 new recipes that each start with a box cake mix. The results are surprising. I wowed my husband recently with a fruitcake which started with a box mix, dried fruit, applesauce and nuts. The variations are endless as you will discover after browsing the selection in this book. If you remember an upside down chocolate pudding cake from the ‘50’s, there is a recipe for Warm Chocolate Pudding Cake on page 333. A sure show stopper for the holidays would be Chocolate Raspberry Cake. Are you tired of paying high prices on the freezer to oven cookies? Recipes are included that make cookies from a cake mix. There is a concoction for gooey Turtle Bars that will have guests asking for the recipe. Ann Byrn has appeared on Good Morning America and has several books in the series.



Susan Benning is the Head Librarian at May Memorial Library. Please join us for Holiday Magic on December 4th from 6:00-8:00 p.m. for children’s activities in the meeting room.