



The New Southern Table: Classic Ingredients Revisited

Brys Stephens

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Immerse yourself in *The New Southern Table*, a celebration of food, culture, and quintessential Southern ingredients. Food writer, photographer, and fifth-generation Southerner, Brys Stephens, shares his love of travel and food and reinterprets classic Southern ingredients with recipes from diverse world traditions.

Often oversimplified as “y’all” cuisine, Southern food, at its heart and soul, has always been fueled by local ingredients and flavors. Okra, peaches, pecans, and collard greens are just a few of the beloved Southern ingredients found on farms—and dinner tables—all across the American South. However, many world cuisines have developed age-old flavor combinations, techniques, and dishes based on these very same ingredients—from lima beans and sweet potatoes in South America to corn and watermelon in Asia. With 100 recipes, each showcasing home-grown ingredients, *The New Southern Table* tours through French, Mediterranean, Asian, and Latin cuisines.

Try Greek-inspired **Okra with Tomato, Feta, and Marjoram** or Caribbean-infused **Coconut Hoppin’ John**. Savor flavor-infused main dishes such as **Herb Grilled Bison with Fig Chutney** and sides such as **Roasted Sweet Potatoes with Tahini Yogurt**—a unique spin on meat and potatoes. **Sicilian Watermelon Pudding** elegantly balances sweet, sour, and bitter flavors.

With simple ingredients and easy-to-follow instructions, the recipes in this book will quickly become down-home favorites at American tables, new and old.



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