



Mrs. Kitching's Smith Island Cookbook

Susan Stiles Dowell, Frances Kitching

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On tiny Smith Island, seventy-five miles southeast of Washington, D.C., in the middle of the Chesapeake Bay, Frances Kitching operated a small, widely renowned restaurant. Susan Stiles Dowell, working closely with her, gathered more than one hundred of her recipes -- many of them from the generation-to-generation, oral tradition. This is more than just a regional cookbook. In Mrs. Dowell's sensitive and luminous telling of the lore and lure of this remote island, and in forty evocative photographs, colorful people and places come to life.

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