



From Tea Cakes to Tamales: Third-Generation Texas Recipes (Clayton Wheat Williams Texas Life Series)

Nola McKey

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Join journalist-turned-culinary historian Nola McKey on a Texas journey as she explores the state's foodways through heirloom recipes. In this collection of more than one hundred third-generation (and older) recipes, Texans share not only the delicious dishes they inherited from their ancestors but the stories and traditions that accompany them. With a strong focus on Texas' cultural diversity—recipes include Norwegian rosettes, Italian pizzelle, Czech sauerkraut, Chinese fried rice, Mexican caldo, Wendish noodles, and African American purple hull peas—McKey documents the culinary impact of ethnic groups from around the globe.

But this book is not for foodies alone; history enthusiasts will appreciate the snapshots of daily Texas life captured in the narratives accompanying recipes that span more than a century. Told primarily in the words of today's cooks, these multigenerational family recollections can take anyone on a trip down memory lane, back to a beloved grandmother's kitchen or a great-aunt's holiday table.

Additionally, McKey provides tips for preserving your own family recipes and for recording the heritage surrounding a special dish. She also includes recommendations for festivals and museums where readers can learn more about Texas foods and cultures.

Illustrated with family photos and original watercolors by Cora McKown, *From Tea Cakes to Tamales: Third-Generation Texas Recipes* will, itself, quickly become a Texas family heirloom.

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