

OUTER BANKS BOOKS

'Slow-food' stories support a movement

"Kitchen Memories"

Anne Snape Parsons
and Alexandra Greeley
Capitol Books, Inc.; \$24; 366 pages

The aroma of fresh Irish soda bread and the rich taste of Aunt Esther's spinach pie seem to surface from "Kitchen Memories: A Legacy of Family Recipes from Around the World."



MARY ELLEN
RIDDLE

Written by Anne Snape Parsons and Alexandra Greeley, the book stirs up images of home-cooked

meals, dinner chatter and family.

The new, international cookbook features food favorites from folks across the globe – including the Outer Banks. Written by slow-food advocates – those who use locally grown ingredients to prepare traditional foods in a traditional way – "Kitchen Memories" is filled with recipes and history.

Parsons, of Kitty Hawk, heads the Slow Food Convivium of Eastern North Carolina. She started a chapter of Slow Food on the Outer Banks. Greeley is the former food editor of "Vegetarian Times" and the author of "Asian Soups, Stews & Curries," "Asian Grills" and "Good Enough to Eat."

The writers more than put their finger in the dike to hold back the flood of fast and convenient foods. Their informative writing and heartwarming and stomach-rumbling stories are the perfect plug.

Tempting recipes hail from 25 countries, including Argentina, Cambodia, Scotland and Wales. Drool over Austrian Fastnacht Kecheles or doughnuts for fasting night, and Ba Bo Fun, or Eight Precious Rice from China. The latter recipe was contributed by K. Yen Fine, an Outer Banks artist, whom, we learn, escaped with her family from China in 1948.

Try the hearty St. Brigid's



Lamb Stew from Ireland in the upcoming autumn days and snack by the winter fire on Almond Cookies for Aziz from Morocco.

The recipes conjure images basted with warmth, sprinkled with holidays and seasoned by hearty generations who felt it important to preserve family recipes and pass them down.

The book has been nominated for a National Press Club award, and the authors will discover if they have won the award at a Nov. 1 dinner in Washington, D.C. In addition, the authors have an interview and will do a cooking demonstration on Fox News on Oct. 24.

The brochure for the Outer Banks Slow Food chapter explains how the movement was founded in reaction to a McDonalds opening on the Spanish Steps in Rome.

According to the brochure, the Slow Food organization has grown to about 100,000 members and has 600 conviva (chapters) in 45 countries worldwide.

The Outer Banks chapter held a seafood supper in August that featured a speaker on sustainable fishing. It included local seafood, vegetables and fruit.

Membership ranges from \$30 for a student to \$75 for a couple and includes membership in Slow Food U.S.A. For more information, contact Anne Parsons by sending an e-mail to awawiye9@earthlink.net. For more information about Slow Food U.S.A., log onto www.slowfoodusa.org.