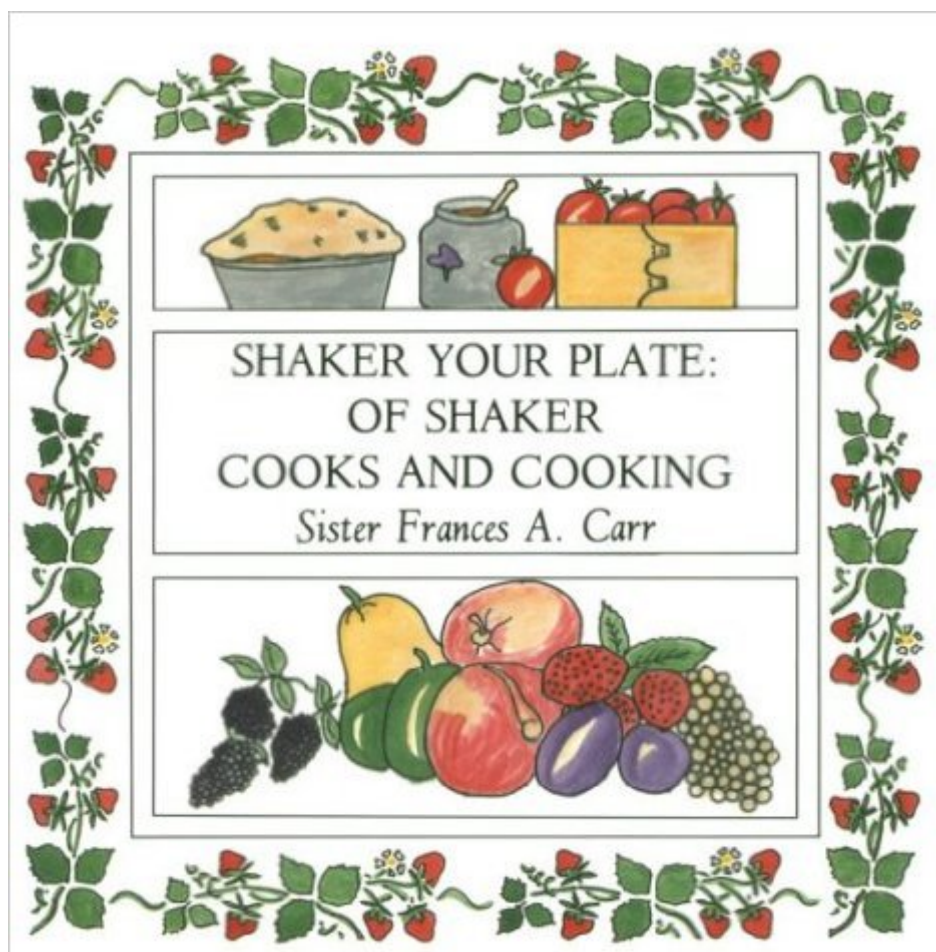


The book was found

# Shaker Your Plate: Of Shaker Cooks And Cooking



## Synopsis

“What is Shaker cooking?” asks Sister Frances. “Basically it is plain, wholesome food well prepared.” The timeless recipes in this book can hardly be described with more honesty than that. Few call for more than a dozen ingredients, most of which can be found in the average kitchen. The short instructions are easy to follow, and the results show that interesting and tasty food need not be complicated. Indeed, like Shaker furniture and textiles, these recipes are simple but artful. Sister Frances has collected and perfected these recipes during her thirty years in the kitchen of the Shaker Community at Sabbathday Lake, Maine. Many of them, such as oyster stew and “Shaker fish and egg,” had been passed down over the years and were taught to her as a child. Others, such as Brother Ted’s Swedish chicken or lemon grapefruit pudding, are relatively new and incorporate modern ingredients. In addition to a wide assortment of recipes, *Shaker Your Plate* contains several engaging recollections by Sister Frances of Shaker cooks who played an important role in her life. There are also delightful descriptions of the Community’s dairy, orchards, and herb farm. There are suggestions for using Shaker culinary herbs and charming pen-and-ink drawings throughout.

## Book Information

Paperback: 154 pages

Publisher: United Society of Shakers; 1st edition (January 15, 1985)

Language: English

ISBN-10: 0874514045

ISBN-13: 978-0874514049

Product Dimensions: 8 x 0.5 x 8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #1,023,801 in Books (See Top 100 in Books) #17 in [Books > Christian Books & Bibles > Christian Denominations & Sects > Protestantism > Shaker](#) #1681 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > Reference](#) #9075 in [Books > Cookbooks, Food & Wine > Regional & International](#)

## Customer Reviews

My wife and I are always looking for what we call, "not for T.V. cooking" or regressive cooking/foods. This is a great collection of simple recipes with Maine flavor and Shaker simplicity. We like to try something new out of this book weekly to expand our culinary diversity and stay away from junk,

overprocessed, high profit foods. Sis Frances has the years of experience to be qualified to write and pass on the stories of a lifetime.

The combination of great recipes and the personal stories by Sister Frances elderess of the Sabbathday Lake, Maine Shakers make this a precious book on my kitchen shelf of cookbooks. My family loves the results!

Nobody cooks like the Shakers. Get a taste of historic, healthy, hearty American cooking with this adorable cookbook.

I was v ery pleased to hear how my children enjoyed this delightful cook book with its helpful hints

Excellent book of Shaker recipes. GrammaBoo

[Download to continue reading...](#)

Shaker Your Plate: Of Shaker Cooks and Cooking Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes SHAKER VILLAGE VIEWS: Illustrated Maps and Landscape Drawings by Shaker Artists of the Nineteenth Century From Shaker Lands and Shaker Hands: A Survey of the Industries SHAKER COMMUNITIES, SHAKER LIVES The Four Seasons of Shaker Life: An Intimate Portrait of the Community at Sabbathday Lake (Last Shaker Community) A Shaker Family Album: Photographs from the Collection of Canterbury Shaker Village Shaker Woodenware: A Field Guide (Field Guides to Collecting Shaker Antiques) (Volume 1) The Gift of Southern Cooking: Recipes and Revelations from Two Great American Cooks The Best of Amish Cooking: Traditional Contemporary Recipes Adapted from the Kitchens and Pantries of Old Order Amish Cooks Taste of Home Home Style Cooking: 420 Favorites from Real Home Cooks! The Kitchen Counter Cooking School: How A Few Simple Lessons Transformed Nine Culinary Novices into Fearless Home Cooks Ninety Percent of Everything: Inside Shipping, the Invisible Industry That Puts Clothes on Your Back, Gas in Your Car, and Food on Your Plate Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking The Everything Guide To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything: Cooking) The Food Police: A Well-Fed Manifesto About the Politics of Your Plate Food and the City: New York's Professional Chefs, Restaurateurs, Line Cooks, Street Vendors, and Purveyors Talk About What They Do and Why They Do It Honest Pretzels: And 64 Other Amazing Recipes for

Cooks Ages 8 & Up Blue Corn And Chocolate (Knopf Cooks American Series) The Complete Book of Garlic: A Guide for Gardeners, Growers, and Serious Cooks

[Dmca](#)