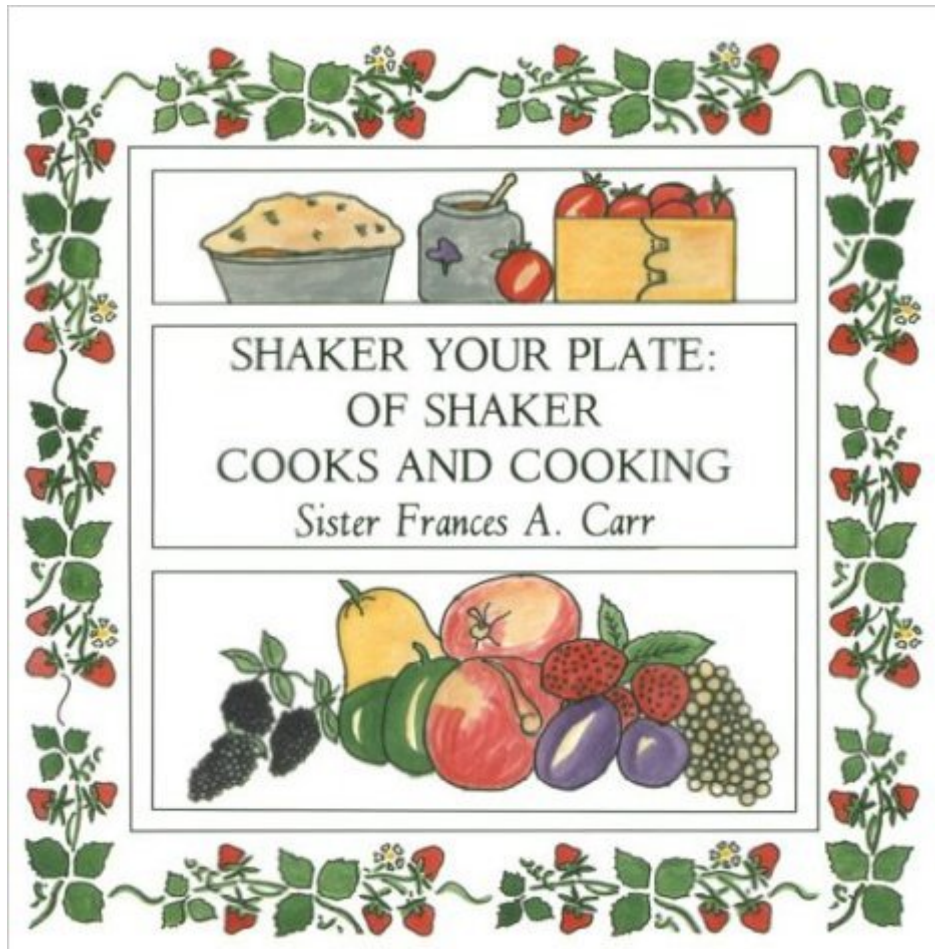


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# Shaker Your Plate: Of Shaker Cooks And Cooking



## 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 grapenut 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

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## 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 eldress 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

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