



A History of Connecticut Food:: A Proud Tradition of Puddings, Clambakes & Steamed Cheeseburgers (American Palate)

Eric D. Lehman, Amy Nawrocki

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A History of Connecticut Food aims to acquaint the reader with the long and storied relationship of the state's people and their provisions. Each chapter will focus on a different crop, livestock, game, or prepared dish that Connecticut has either pioneered or made its own. Along with these brief histories, the book will feature traditional and modernized recipes. In short, A History of Connecticut Food will both inform the people of Connecticut about their culinary past and inspire them to explore it.

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