



Culinary History of the Finger Lakes:: From the Three Sisters to Riesling (American Palate)

Laura Winter Falk

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A bounty of crisp apples, heirloom produce, artisan cheeses and grass-fed meats complement the heady libations of the Finger Lakes wine country. Culinary luminaries and home cooks alike use these regional ingredients to craft classic and unique dishes, like Moosewood's apple spice cake. Finger Lakes foodie and vinophile Laura Winter Falk, PhD, explores the Finger Lakes' gustatory legacy and evolution, from the Iroquois' Three Sisters--corn, squash and beans--to the farm-to-table restaurants that celebrate the harvest of their neighbors. With recipes from regional chefs paired perfectly with an array of local wines, savor the delectable culinary history of New York's Finger Lakes region.

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