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My Southern Table

Recipes from a Georgia Kitchen

Lana Stuart grew up in south Georgia in a family where the kitchen was the heart of the home. Memories of chicken frying, freshly churned ice cream, and the laughter that filled the air when family gathered around the dining table all played a part in shaping her new cookbook, *My Southern Table: Recipes from a Georgia Kitchen*.

Readers will find dozens of “heritage recipes” throughout the book. These are the recipes Lana learned from her family members. She has also created new recipes that reflect the continuing evolution of Southern cooking and she knows it today—vibrant, diverse, and ever-changing. All recipes are accompanied by a full-color photo.



About the Author



Lana Stuart, a Southern cook and food blogger, is the creative force behind the popular Lana's Cooking (www.lanascooking.com) blog. Lana's food blogging career began in 2009 when she started documenting the nostalgic comfort food recipes she grew up cooking with her mother, grandmothers, and aunts.

Drawing on this love of Southern cuisine, Lana created *My Southern Table: Recipes from a Georgia Kitchen*, a delightful cookbook featuring almost 250 recipes that provide a window into the heart of Southern cooking. Her approachable and friendly writing style invites readers from all walks of life to join her in exploring the food of the rural South, one mouth-watering recipe at a time.

Lana and her husband, Bill, have one daughter and two grandchildren, and live in Buford, Georgia.