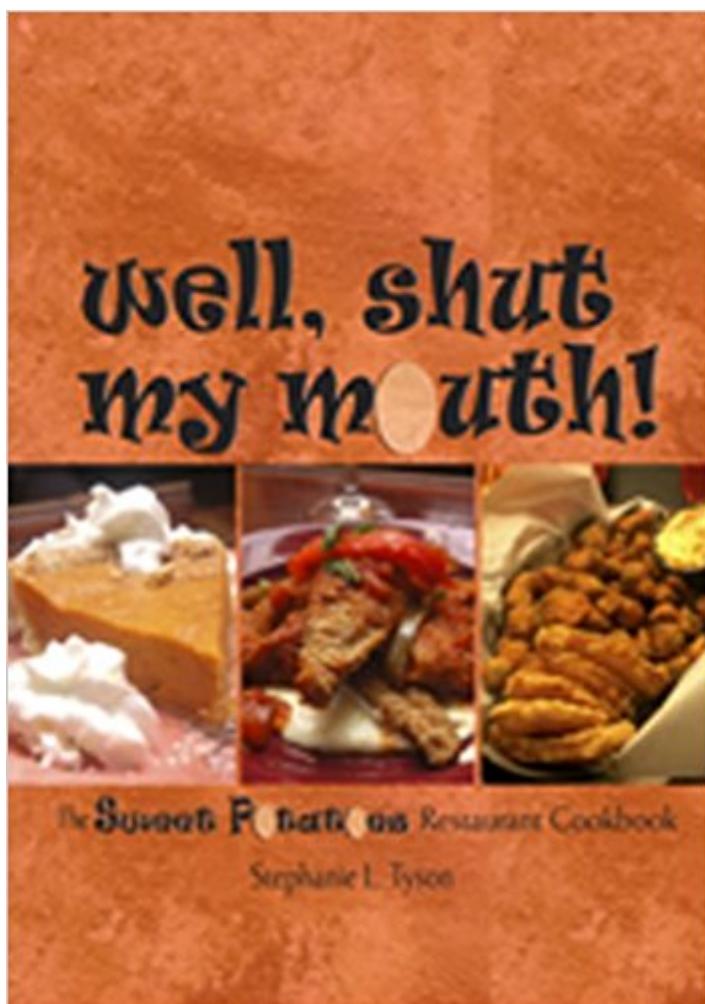


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# Well, Shut My Mouth!: The Sweet Potatoes Restaurant Cookbook



## Synopsis

Well, Shut My Mouth! The Sweet Potatoes Restaurant Cookbook is recipes - recipes from the restaurant, recipes from the families of chef Stephanie Tyson and co-owner Vivian Joiner, recipes that are Southern, plain and simple. In creating the recipes for Sweet Potatoes, Tyson used all of her influences-Geechee flavor from Joiner's father, who was from the Hilton Head area of South Carolina; her mother's working-woman "out of the can and into the pan" shortcuts; and her training in culinary arts at Baltimore International College and her later work in South Carolina, the Florida Keys, Arizona, and Maryland. Just the names of the recipes in this book are enough to whet one's appetite: Pimento Cheese Fondue; Sweet Potato, Corn, and Country Ham Risotto; Gullah Shrimp and Crab Pilau; Slow Cooker Chocolate Stout Pot Roast; Down-Home 'Tata Salad; Molasses Dijon Dressing; Sweet Potato Bread Pudding with Pecan Crunch Topping; and many others. Most recipes include a bit of flavorful commentary from the chef, such as this tip for Spicy Greens: "If you are faint of heart (burn), eliminate the red pepper altogether." Or the brief definition that introduces Crackling Cornbread: "cracklings are deep-fried crispy skins of various animals - in this case, pork." Well Shut My Mouth! is also the history of the two women who started a locally and nationally acclaimed restaurant (Our State, Southern Living, New York Times). As Tyson says in her introduction, "Every part of me is a part of Sweet Potatoes." In Well Shut My Mouth! she shares a culinary experience that has been a favorite of Winston-Salem natives and visitors for years. Now, patrons have the tools to re-create the Sweet Potatoes dining experience in their own homes.

## Book Information

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## Customer Reviews

"In the heart of Winston-Salem's Downtown Arts District, Sweet Potatoes restaurant greets its clientele with an atmosphere and cuisine that mirror the lively mix of shops, studios, and galleries surrounding it." --Janet C. Pittard, Our State magazine

Stephanie L. Tyson and her partner and co-owner, Vivian Joiner, opened Sweet Potatoes in the Downtown Arts District of Winston-Salem in 2004. Both live in Winston-Salem, North Carolina.

Oh, my word! I have had the pleasure of dining at the Sweet Potatoes Restaurant (and The Cotton Mill) and have never been disappointed. That being said, 'Well, Shut My Mouth!' exceeded my expectations. Many, many of the menu headliners are included in this recipe book, along with Stephanie and Vivian's pilgrimage together. The reader will, I bet, read this book from cover to cover prior to deciding what recipe to try first. A sumptuous slice of the South with Stephanie's flair - put aside one or two copies for gifts.

Great recipe book , has a lot of great dishes to try , the sweet potato pie is delish , Had the opportunity to meet the Stephanie and Vivione during their book signing.

I spotted Tyson and Joiner on a local T.V. show, and as they spoke about the book and restaurant I got excited because I LOVE a good Cookbook. The first thing I tried to make was the Fried Chicken and Banana Pudding for my mothers 88th birthday party, and to make a long story short, she was very pleased with the results. Theres nothing disappointing about "Well Shut My Mouth". In my opinion, it adds a touch of sophistication to our grandmothers recipes, and a creative flare to southern cooking. Much continued success! :-]

Pricey for the small amount of recipes.

I had the pleasure of visiting the restaurant in the summer of 2013 and fell in love! I had to not only do further research on the restaurant and its owners but was excited to find this cookbook. Just absolutely had to purchase, no regrets!

Great cook book with a great story line!! I live in Winston Salem and have the pleasure of eating at their self constructed restaurant often...it is an amazing atmosphere with even more amazing food!! I

would recommend any time you are close to the Winston Salem area to drop by and have ANYTHING on the menu...you can't go wrong!!

My father was from Winston Salem so this book caught my eye. It has good descriptions, a wide variety of recipes. The pimento cheese is a good blend of cheeses and the garlic is a real twist that went over well. If you like Southern cooking that is easy but with detailed taste, this is a book for you.

After going to the restaurant several times (I live in FL and the restaurant is in NC) and the food was so magnificent that I had to get the cook book. Besides having wonderful recipes, the photos and 'behind the scenes stories are interesting. Take a look at my reviews: [...]

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