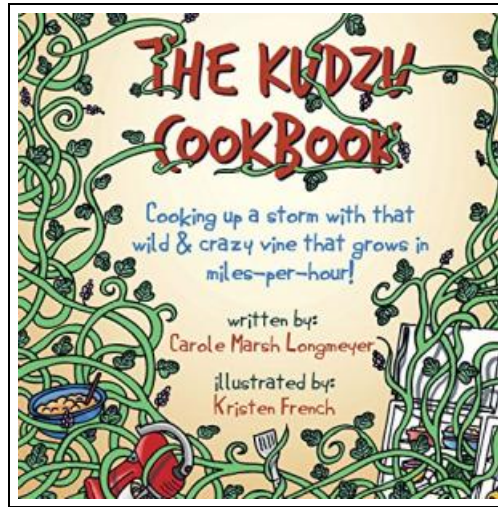


## The Kudzu Cookbook: Cooking Up a Storm with That Wild Crazy Vine That Grows in Miles-Per-Hour!



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### **Reviews**

*Certainly, this is the finest work by any article writer. It really is full of wisdom and knowledge You will not sense monotony at at any time of your own time (that's what catalogs are for concerning should you ask me).  
(Marion Mann DDS)*

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Bluffton Books, United States, 2015. Paperback. Book Condition: New. 201 x 198 mm. Language: English . Brand New Book. Kudzu? Would you? Could you? Should you? Cook with that wild crazy vine? You bet! Growing inside this book are delicious healthy recipes, fascinating history, flabbergasting trivia and more than a smidgen of humor, even poetry who knew kudzu could be so much fun? Soon, you will! One trivia statement in *The Kudzu Cookbook* includes that Kudzu was first brought to the United States from Japan in 1876 when it was grown in the Japanese pavilion at the Philadelphia Centennial Exposition, the in 1883 at the New Orleans Expo. Kudzu is used in many dishes throughout Southeast Asia. In Asia, kudzu is known as Japanese arrowroot and is welcome in the kitchen as a thickening agent for soups, stews and sauces. Kudzu is also used in Japan in their fine cuisine as well as for highly regarded medicinal teas. The starchy root of the plant is also a good source of fiber. A few recipes include Kudzu Tea, Grilled Kudzu Corn, Classic Kudzu Julep, But.



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