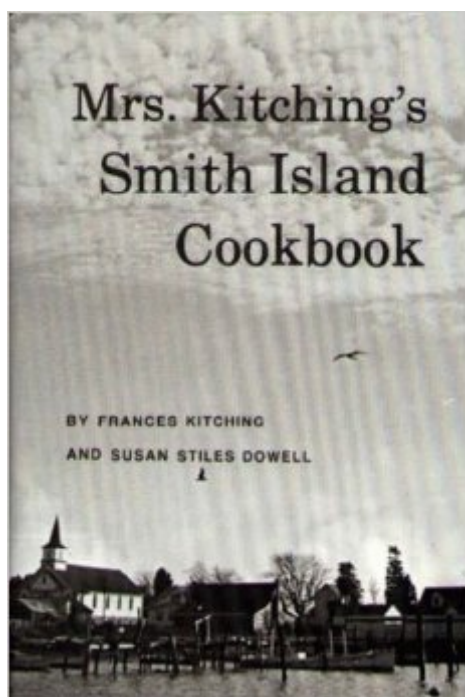


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# Mrs. Kitching's Smith Island Cookbook



## Synopsis

On tiny Smith Island, seventy-five miles southeast of Washington, D.C., in the middle of the Chesapeake Bay, Frances Kitching operated a small, widely renowned restaurant. Susan Stiles Dowell, working closely with her, gathered more than one hundred of her recipes -- many of them from the generation-to-generation, oral tradition. This is more than just a regional cookbook. In Mrs. Dowell's sensitive and luminous telling of the lore and lure of this remote island, and in forty evocative photographs, colorful people and places come to life.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #566,835 in Books (See Top 100 in Books) #92 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic](#)

## Customer Reviews

Two ways to look at this book, the story and the recipes. The stories are great, and the pictures begin to give you a sense of this unique island in the Chesapeake Bay. You can't begin to describe the place if you haven't been there. The spare narrative of this book is a good beginning. I spent a couple of days there with someone who is a native. When we were talking about how to make Smith Island cake, I mentioned my wife uses Mrs. Kitching's recipe, he said, "well then you already know how its done." High praise from a Smith Islander, where everybody grows up making this cake. Frances Kitching continues to be held in awe when it come to cooking. If it has to with blue crabs, oysters, or anything else that comes from the Bay, she is the authority. We regularly use this cookbook and with little interpretation everything works.

I purchased this book for the Crab Loaf recipe, that I watched being made on a Food show, that was just like the one my mother used to make. However, it turned out to be the best all around Southern Maryland Crab recipes books I have ever tried. It's a "No Frills" cookbook, but it is filled with recipes

the way True Blue Crabs are prepared here in Maryland. You will also enjoy her life on the Chesapeake Bay, and how she became famous because of her cooking. This is "OLD TIME" Southern Maryland cooking at it's best, and the true story of a woman, on an Island, on the Bay.

Unlike the slick full-color cookbooks that fill bookshelves and promise the buyer everything but a personal sous chef, this collaboration between the late Frances Kitching and Susan Stiles Dowell is true to the source of its contents. Smith Island is spare and down to earth. So is this cookbook. It is not fancy. It doesn't make much of a statement on your cookbook shelf. The essays and recipes inside are an enduring statement about a unique way of life. If you prefer authentic recipes uncluttered by reinterpretation, there is no more authentic source than the renowned Frances Kitching. The food she cooked was pure Chesapeake Bay fare. You will look far and wide for a better source. I have enjoyed these recipes for nearly thirty years. I've tried some different recipes but always come back to this book. Frances Kitching was the inspiration. Ms. Dowell added a literary touch. The essays present evocative glimpses of life lived by the seasons on the Bay. The people and places are presented in four chapters. The recipes and the stories of life on Smith Island make for a book that more than holds its own over time. You should own it.

Love this book. If you want to prepare traditional and delicious Maryland seafood I recommend this book. I am a native Marylander now living in Georgia and I know a good crab cake. The recipe for crab cakes on page 24 is one of the best I have tried. Love it!

I bought this because a friend had a copy. I found the story of a life on Smith Island, to be interesting and accurate. It provides insight to the hardships of Island living around the Chesapeake Bay. Some of the recipes are delicious and Mrs' Kitching's is a real person from the island. Very enjoyable!

The cookbook is both authentic Chesapeake Bay traditional cuisine and cultural history of a community settled in the mid 1600s. I am a Smith Island native and the recipes and photos bring back memories of my family. I write this review mostly in response to Elana's one-star rating from last fall. The cake recipe she said is absent --and the cause of her negative opinion - can be found on page 110.

Probably the best seafood cookbook around!!!!

It was just what I was looking for. I really needed a recipe for Smith Island cake. But it has a lot of good seafood recipes too.

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