



# Scotch Irish Foodways in America: Recipes from History

*M. M. Drymon*

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The year 2018 will mark the three hundredth anniversary of the first winter spent at Casco Bay in Maine by some of the earliest members of the final wave of the English Diaspora to America: that of the Ulster and Border Scots/English people from Northern Britain. The 1718 project is a program that is devoted to scholarly research to promote the history of the Scotch Irish and their contributions to American society. Scotch Irish Foodways celebrates the traditional Scotch Irish diet and explains how it was transformed while changing America itself. The recipes in this book have been derived from historic sources, cookbooks, and carefully treasured recipes obtained from food historians, family members, and friends.

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