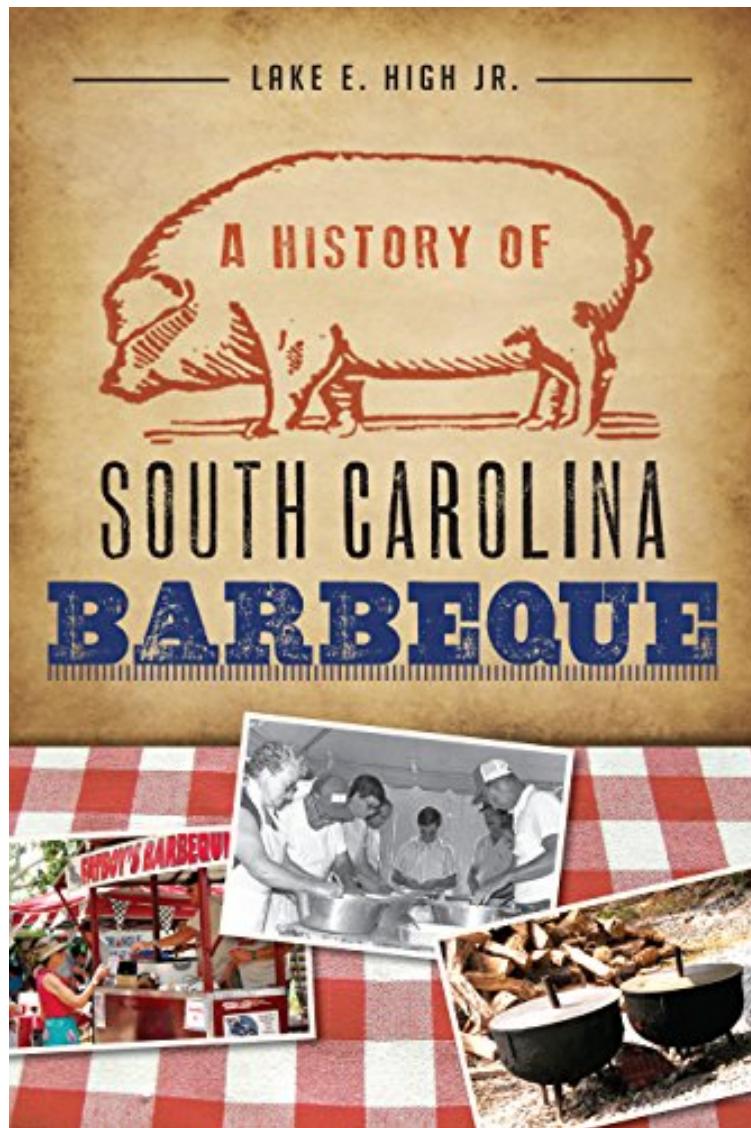


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A History of South Carolina Barbeque (American Palate)

Lake E. High Jr.

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Lake E. High Jr. : A History of South Carolina Barbeque (American Palate) before purchasing it in order to gage whether or not it would be worth my time, and all praised A History of South Carolina Barbeque (American Palate):

0 of 0 people found the following review helpful. outstandingBy Harold Chandler IIIOutstanding review of the history, and current status of BBQ in South Carolina....0 of 1 people found the following review helpful. Truth in BBQ: Lake High DeliversBy destination-bbqLake High is THE source of information about all things South Carolina barbecue. As president and founder of the South Carolina Barbeque Association, he is not only well-schooled on the subject, he is eloquent in his explanations. It is true: South Carolina is, in fact, the birthplace of BBQ. High makes a clear and powerful case that simply cannot be denied. From a look at the "Myths, Tales and Misconceptions"

surrounding the origins of BBQ to a concise but detailed look at the cultures that played a role in the bringing together of swine and smoke with heat, low and slow, one can clearly see how SC is the natural place for BBQ to begin. The latter part of the book, High delves into the burgeoning of BBQ and the absurdity of television's treatment of this sublime food. He does all this with friendly tones and a conversational approach that is fun to read. Well worth the purchase.3 of 6 people found the following review helpful. The definitive guide to BBQ history in South CarolinaBy Michael R.Lake High takes years of research and practical knowledge to produce an exhaustive review and backs it up with his personal real life history of the barbecue industry in South Carolina. Lake's obvious knowledge in depth of this subject as president of the South Carolina Barbecue Association for 10 years and a lifetime of finding every decent source of barbecue in the state gives us a firm basis to quantify and quality of slow roasted pork in South Carolina going back to the 50's.

South Carolina has been home to good, old-fashioned barbecue for quite a long time. Hundreds of restaurants, stands and food trucks sell tons of the southern staple every day. But the history of Palmetto State barbecue goes deeper than many might believe--it predates the rest of America. Native Americans barbecued pork on makeshift grills as far back as the 1500s after the Spanish introduced the pig into the Americas. Since the early 1920s, South Carolinians have been perfecting the craft and producing some of the best-tastin' 'que in the country. Join author and president of the South Carolina Barbecue Association Lake E. High Jr. as he traces the delectable history from its pre-colonial roots to a thriving modern-day tradition that fuels an endless debate over where to find the best plate.

About the AuthorLake E. High, Jr. is president and co-founder of the South Carolina Barbecue Association. He has been in the industry since 2004 and helps train the judges that preside over the many barbecue competitions in South Carolina.