



Out of Old Nova Scotia Kitchens

Marie Nightingale

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Now an established regional classic, *Out of Old Nova Scotia Kitchens* was first published in 1970 and became an instant hit, selling more copies than any cookbook ever published in the province. A collection of traditional Nova Scotia recipes, the book remains extremely popular today and has proven to be a practical guide as well as a delight for armchair cooks. Besides providing easy-to-use recipes for the province's traditional dishes, Marie Nightingale also tells the stories of the people who prepared this unique cuisine.

This fortieth anniversary edition includes an updated look throughout, a foreword from Chef Michael Howell at Tempest Restaurant, and a new introduction from the author on the book's incredible and long-lasting success.

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