



# Outer Banks Cookbook: Recipes & Traditions From North Carolina's Barrier Islands

*Elizabeth Wiegand*

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More than seven million people visit the Outer Banks of North Carolina every year, and they all fall in love with its coastal Southern cuisine. *The Outer Banks Cookbook* is a true celebration of the many flavors of North Carolina's coastal communities with an emphasis on local food and products. The second edition features beautiful full-color photographs and more than 100 easy-to-follow recipes for appetizers, chowders, entrees, desserts, cocktails, and more. Included are family recipes, traditional dishes from locals, and specialties from the many restaurants dotting the Outer Banks.

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