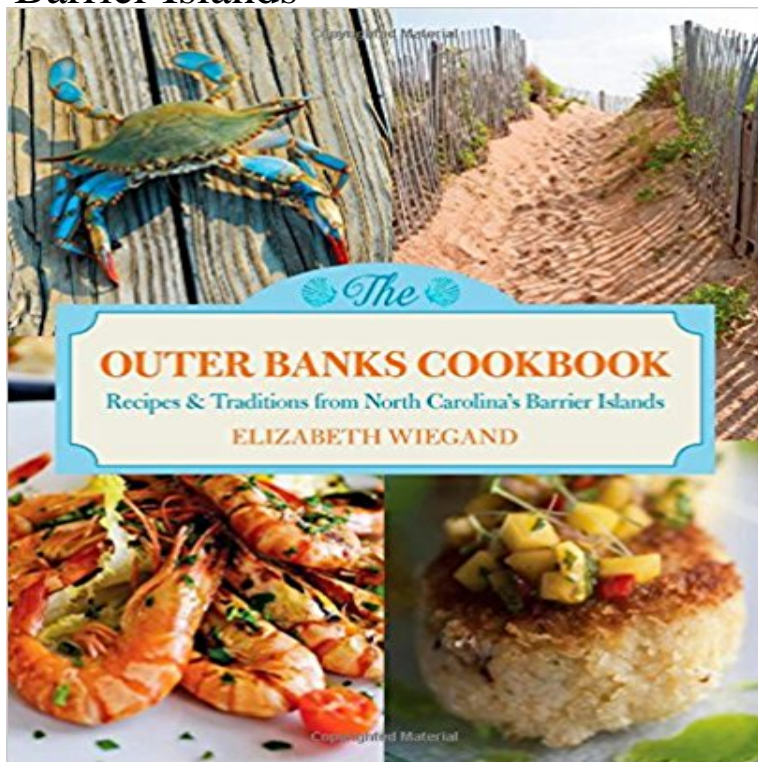


# Outer Banks Cookbook: Recipes & Traditions From North Carolinas Barrier Islands



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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