



# Betty Groff Cookbook

*Betty Groff*

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## **Betty Groff Cookbook** Betty Groff

From the front flap of this 144 page book: "Written from the heart and soul, this book passes on a traditional way of life as well as some of the best Pennsylvania German country recipes. With vivid memories of her childhood, Betty Groff recalls the ways of family farm life among the 'plain people' of Lancaster County, Pennsylvania. The recipes for the delicious food from her family's kitchen have been passed down and perfected by Betty's decades of experience as a restaurateur. Basics, light fare, and exquisite traditional main and dessert dishes are easily prepared from Betty's easy-to-follow recipes using plenty of garden vegetables and fresh fruits. Tested by groups of guests invited to her kitchen, the recipes in this book continue Betty's culinary tradition, providing the tastes her legion of fans have come to expect. Beloved for preserving Pennsylvania German culinary arts, this book presents the best of Betty's stories and recipes in her tradition. [This book] is illustrated with food photographs and Lancaster County scenes by award-winning photographer Blair Seitz. And Diane Stonebeck, food writer at Allentown, Pennsylvania's 'Morning Call' has written Betty's stories and recollections."

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