



The Virginia Housewife: Or Methodical Cook

Mrs. Mary Randolph

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Mary Randolph (August 9, 1762–January 23, 1828) wrote *The Virginia House-Wife* (1824), the first American regional cookbook. Her recipes used Virginia produce but also showed influences from African, American Indian, and European cultures, thereby creating a cuisine unique to Virginia and the South. Randolph's influential housekeeping book was an immediate success and went through many editions until the 1860s. It included both culinary instructions and advice on household supervision. Besides popularizing the use of more than forty vegetables, Randolph's book also introduced dishes from abroad, such as gazpacho, to the southern public.

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