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## Book Review: Eat Drink Delta: A Hungry Traveler's Journey Through The Soul of the South

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[Melinda F. Matthews, University of Louisiana at Monroe](#)

### Abstract

Review of the book *Eat Drink Delta: A Hungry Traveler's Journey Through The Soul of the South*, by Susan Puckett and Langdon Clay. Athens, GA: University of Georgia, 2013.

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Eat Drink Delta. A Hungry Traveler's Journey Through the Soul of the South. Author: Susan Puckett. Publisher: University of Georgia Press. Several theories surround the traditional Delta tamale. Some trace it back to Mexican and Italian immigrants, while others say the Delta version of the hand-held meal is a spin on the old African American food called "cush." One thing not disputed is the popularity. From hot tamale legends Joe Pope, Shine Thornton and the Scott family to current chefs, the traditions and the secret recipes live on. Writer and historian Anne Martin showcases the stories behind the traditional Delta hot tamale, as well as the countless variations of the delicacy found within the region. [Southern Cultur Home >](#)

All Categories > Eat Drink Delta: A Hungry Traveler's Journey through the Soul of the South. ISBN: 0820344257. ISBN13: 9780820344256. Eat Drink Delta : A Hungry Traveler's Journey Through the Soul of the South. by Susan Puckett and Langdon Clay. No Customer Reviews. Select Format: Paperback. Book Overview. The Mississippi Delta is a complicated and fascinating place. Part travel guide, part cookbook, and part photo essay, "Eat Drink Delta" by veteran food journalist Susan Puckett (with photographs by Delta resident Langdon Clay) reveals a region shaped by slavery, civil rights, amazing wealth, abject deprivation, the Civil War, a flood of biblical proportions, and--above all--an overarching urge to get down and party with a full table and an open.