



# A Taste of Cowboy: Ranch Recipes and Tales from the Trail

*Kent Rollins, Shannon Rollins*

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**A Taste of Cowboy: Ranch Recipes and Tales from the Trail** Kent Rollins, Shannon Rollins  
**Irresistible recipes from pantry ingredients by an authentic cowboy and TV veteran**

Whether he's beating Bobby Flay at chicken-fried steak on the Food Network, catering for a barbecue, bar mitzvah, or wedding, or cooking for cowboys in the middle of nowhere, Kent Rollins makes comfort food that satisfies. This gifted cook, TV contestant, and storyteller takes us into his frontier world with simple food anyone can do.

A cowboy's day starts early and ends late. Kent offers labor-saving breakfasts like Egg Bowls with Smoked Cream Sauce. For lunch or dinner, there's 20-minute Green Pepper Frito Pie, hands-off, four-ingredient Sweet Heat Chopped Barbecue Sandwiches, or mild and smoky Roasted Bean-Stuffed Poblano Peppers. He even parts with his prized recipe for Bread Pudding with Whisky Cream Sauce. (The secret to its lightness? Hamburger buns.) Kent gets creative with ingredients on everyone's shelves, using lime soda to caramelize Sparkling Taters and balsamic vinegar to coax the sweetness out of Strawberry Pie.

With stunning photos of the American West and Kent's lively tales and poetry, *A Taste of Cowboy* is a must-have for everyone who loves good, honest food and wants a glimpse of a vanishing way of life.

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