

Some Kinda Good

Rebekah Faulk Lingenfelter | Savannah, GA

After blogging for eight years, writing a regular food column for a local paper in Statesboro, GA for nearly as long, and competing on *The Taste* and *Food Network Star*, Rebekah Faulk Lingenfelter's next step was a book.

Rebekah, a culinary school graduate who also works full-time in marketing and PR, has a talent for writing and storytelling that dovetails with her passion for food and cooking.

Rebekah cooks southern coastal cuisine that is locally sourced and in-season, and she describes her cooking style as "relaxed and approachable." Much of her culinary inspiration comes from family tradition.

"I grew up in a family who loves to cook and entertain...so food had always been a central part of that and something I associated with great memories and good times," she says.

Rebekah's extended family in Georgia celebrates a handful of traditions centered around food, such as her favorite, The

Cookin,' a gathering that dates back to 1950s. Carried on by Rebekah's grandfather, known as Baby Joe, the Faulk side of her family gets together prior to Christmas to cook meat on a open fire pit, as well as enjoy each other's company, with the plan to use the meat during the family celebration on Christmas day.

Food traditions go deeper than the major ones like The Cookin,' though. Rebekah describes everyday memories that have food at their heart, like her mother making her favorite muffin every year for her birthday, or meals around the table in her grandmother's eat-in kitchen.

"She'd bring this big basket of cat-head biscuits to the table, and I just remember that being my sense of home. That's what felt like home," Rebekah says.

It is this sense of home that Rebekah creates in her own cooking. Dishes like shrimp and grits, fried green tomatoes, and venison (an ingredient she was inspired to explore after meeting her husband who is a hunter) are among Rebekah's favorites to prepare. She loves shopping

at farmers' markets for local, seasonal ingredients and speaks passionately about the importance of using local ingredients and developing an appreciation for the work farmers do.

"When we know where our food comes from, we can be educated about how it's grown and teach our children that, and that's important," she says.

Rebekah's goal is to host her own cooking show. She believes in pursuing the things she is passionate about, and pursuing them with intention.

"Because what is life?" she asks. "You have to enjoy your life, and when I wake up everyday I want to love what I do."

In her book, *Some Kinda Good*, titled after her food blog, Rebekah combines thoughtful personal essays that detail stories of her own life with the recipes that define those experiences. The book is part memoir and part ode to the memories that connect food to fellowship and family.

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Rebekah enjoys cooking food that is packed with flavor, yet also approachable and weeknight-friendly. Her Herb Roasted Chicken with vegetables, a recipe found in her book, benefits from fresh herbs gathered from her backyard container garden that deliver on taste. Rebekah's secret for achieving a crispy browned exterior on the chicken? Rub it with butter before roasting.