



# How To Gain 30 Pounds In Six Years: A Restaurant Guide & Cookbook From The Mountains of North Carolina

*Phil de Montmollin*

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## **How To Gain 30 Pounds In Six Years: A Restaurant Guide & Cookbook From The Mountains of North Carolina** Phil de Montmollin

This book is a guide to over thirty unique restaurants in Western North Carolina, a collection of more than ninety recipes that reflect the mountain cuisine, an account of dozens of small Western North Carolina towns, and an anthology of food-related essays and stories. Written by cookbook author Phil de Montmollin.

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