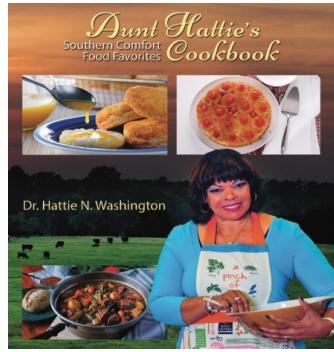


PRESS RELEASE

'Aunt Hattie's Cookbook: Southern Comfort Food Favorites' (Hardcopy)



will be released on
September 1, 2018

Back To The Good Ole' Days When Southern Cooking Tasted Good And Was Healthy

FOR IMMEDIATE RELEASE |

AUTHOR IS AVAILABLE FOR INTERVIEWS

(Press Release)—August 30, 2018

(Baltimore, M.D.)—Best-selling author, educator, consultant, motivational speaker, and recent inductee into The 2018 Maryland Women's Commission Hall of Fame, Dr. Hattie N. Washington (Aunt Hattie) releases her new cookbook (hardcopy & paperback), ***Aunt Hattie's Cookbook: Southern Comfort Food Favorites*** (ISBN: 13:978-0-692-16737-3 & 13-978-0-692-17134-9) filled with many of the down-home dishes from her early childhood living in Meherrin, Virginia where most all of her meals were prepared straight from the garden, orchard, barnyard and pasture. Coming from a long line of great cooks, Dr. Washington learned how to cook by watching her stepmother (Hilda Lee Neal) and aunts (Mattie & Hattie) who taught her how to cook from scratch. She shares her succulent, mouthwatering recipes from her own personal collections that have been cooked and enjoyed well over five decades. Many of her dishes are a requested *must* at family reunions, Thanksgivings and other social gatherings.

Whether you are an experienced cook or a novice, don't worry. Aunt Hattie walks you through how to cook such special dishes as her fried apples, homemade hot buttermilk biscuits dripping with her melted honey butter sauce, golden brown fried chicken and her scrumptious desserts, such as blackberry cobbler, peach cobbler, apple pie, sweet potato pie, her stepmother's old-fashioned traditional Christmas fruitcake, and her signature Bread Pudding. She also shares a section in her cookbook called, ***And Beyond***, which consist of other delicious recipes from family members, friends and favorite recipes from her living abroad in Greece and Scotland. Additionally, her Resource Directory is a treasure chest, jammed packed with valuable information, articles, ingredient substitutions and website links on healthy eating.

Prepare to feel the love as you embark on cooking her mouthwatering collection of recipes. Enjoy!

About the Author: Dr. Washington's education includes a Bachelor of Science Degree in Elementary Education with a minor in Special Education from Norfolk State University; a Master's Degree in Counseling Psychology from Ball State University (an Athens, Greece Overseas Program); and a Doctorate in Curriculum and Instruction from the University of Maryland College Park. She has engaged in further post-graduate study in Multicultural Education and Special Education at Glasgow University in Scotland, UK (on a Rotary International Scholarship); in Executive Management (IEM) at Harvard University in Boston; in Institutional Accountability in Higher Education at Oxford University in London, England, and in Fundraising In Higher Education at Indiana University. She taught for years in the United States, in Greece, and Scotland, UK.

Dr. Washington was the first female Vice President of Coppin State University (CSU). Prior to CSU, she was Assistant Superintendent of Baltimore City Public Schools (BCPS), where the Vision of *Aunt Hattie's Place*, a home for foster boys, originated. And, prior to BCPS, she was Program Specialist for the Maryland State Department of Education. She has received numerous awards, plaques, citations and other recognitions for her work with Aunt Hattie's Place, Coppin State University, foster children, and community organizations. Just a few include: Top 100 Minority Business Entrepreneurial of the Year (2009 and 2012); The Maryland Women's Commission **2018 Hall of Fame** Award, honoring five outstanding women who exemplified a *"Legacy of Leadership, Service and Excellence"*; and the **"2018 Business Award"** by The National Association For Negro Business & Professional Women's Clubs, Inc.

Dr. Washington is a devoted mother of two accomplished daughters (a physician and an attorney), proud grandmother of two precious granddaughters, and foster Mother to over 100 foster boys over a 20-year period. She resides in Maryland, where she enjoys spending her leisure time reading, writing, motivational speaking, community service ("giving back"), traveling, ballroom dancing, cooking southern cuisine, and spending time with family and friends.



To learn more about Dr. Hattie N. Washington and to purchase her book, ***Aunt Hattie's Cookbook: Southern Comfort Food Favorites*** and her other already published book (***"Driven To Succeed: Lessons Learned Through Faith, Family And Favor"***), please visit her website at drhnwashington.com or contact the author or publisher directly at:

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