



IN ALL GOOD FAITH BOOK CLUB GUIDE

PLEASE CONTACT ME VIA THE
WEBSITE IF YOU'D LIKE TO ARRANGE
A ZOOM OR SKYPE BOOK CLUB VISIT.

Author interview, discussion questions, and recipes for
IN ALL GOOD FAITH

ABOUT LIZA

I'm a late-blooming debut author. My first historical novel, *ETIQUETTE FOR RUNAWAYS*, was published in August 2020, by Blackstone Publishing. My second, *IN ALL GOOD FAITH* came out in August, 2021.

I'm a native Virginian and grew up a beach girl, swimming on a team and then life lifeguarding. For the past twenty-five years I've lived closer to the mountains, in an old farmhouse in Keswick, Virginia, just outside Charlottesville, with my husband Rocky and three to four dogs. My two grown stepsons (and new granddaughter!) live nearby. Daughter Annabel is in thriving in New York, working for an up-and-coming marketing firm. Empty nesting, in my opinion, must be approached with attitude and is not to be underestimated. So far, it's been introvert heaven.



Discussion Questions

Spoiler alert! Please note: These questions contain “spoilers” that might ruin the story if you haven’t finished the book. If we do actually meet, I’d love to answer and all questions you might have. These are just to get things started.

1. The Depression era is timely, with the pandemic, lockdowns, and shutdowns across the country, not to mention shortages. What similarities do you see between present times and the Great Depression?
2. Anxiety plays a large role in Dorrit Sykes’s journey, but she's struggling with it at a time when mental health - especially for women - wasn't a subject that was talked about. How does Dorrit cope with her situation, and how have things changed?
3. The strength and perseverance of women is a theme in this story. How did men’s and women’s experiences of this era differ?

4. Do you know anyone who grew up during The Great Depression? Do they speak of it, and if so, what have you heard?

5. Dorrit struggles with the religion she was raised in and her mother is something of a zealot. How does she resolve her questions, and what resources might be available to her today that weren't in 1932?

6. In 1932 it was plausible that a sixteen-year-old girl might ride the rails alone. What comparable experiences might Dorrit encounter in the present day?

7. As a working mother, May struggles to maintain her identity as a businesswoman when society expects her to stay home. Is this still relevant to women today?

RECIPES

VIRGINIA HAM BISCUITS

Of course, *real* ham biscuits need to use Virginia Ham, from Smithfield. It is very salty and is cut wafer-thin, like prosciutto. Use any good rolled biscuit recipe, like this one from White Lily Flour. The biscuits should be silver-dollar sized, and it is just wrong to add honey mustard, etc.

Split the biscuits, lightly butter, and add thin-sliced ham. Wrap in tin foil in half-dozens.

You can freeze ahead this way. Heat them up in a 250-degree oven and serve warm.

In Charlottesville, you can't beat the ones you can order from Foods of all Nations.



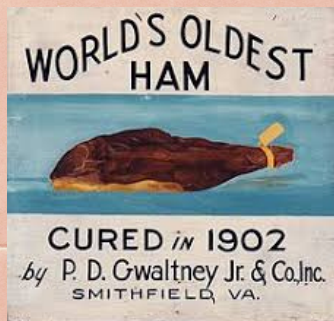
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STEWSPOT'S CHOPPED HAM SALAD SANDWICHES

Another Virginia classic from Stuart Burford

This recipe uses leftover Virginia ham, which, if cured and cooked correctly, is super-salty and dry.

Chop up ham finely and add mayonnaise (if not homemade, then Duke's) to bind. Add a tiny bit of brown sugar, a dash of ground cloves, and $\frac{1}{2}$ teaspoon French's mustard, stir until well combined. Spread honey mustard on Pepperidge Farm thin white bread and top with ham mixture. Cut into triangles, of course.

COUSIN KIMBERLY'S MOTHER'S ROASTED SUGARED PECANS

My cousin Kim grew up in Newport News, Virginia, and now lives in New Orleans. She's a great cook, as was her gorgeous mother, Julie. There are lots of variations on this recipe—some add red pepper flakes, curry powder, or cayenne, which give a nice contrast to the sugar.

ROASTED SUGARED PECANS

2 pounds pecan halves

1 stick butter

½ cup sugar

salt- a shake or two

Preheat to 275–300°F. Melt butter in 9x13" pan. Sprinkle with sugar and salt. Add nuts, toss. Cook, stirring every 15 minutes for 45 minutes – 1 hour until brown.

MINI ORANGE DRIP CAKES

My mother made a similar recipe only it used lemons. These are similar to a French Madeline in texture. This recipe comes from the late, legendary Keswick caterer, Stuart Burford. These freeze well.

Preheat oven to 350 degrees.

Ingredients:

6 egg yolks

1 cup sugar

5 egg whites. Beaten stiff

1 cup flour

Syrup:

2 cups frozen orange juice

1 cup sugar

¼ cup lemon juice

Zest of 2 oranges



Beat egg yolks until pale. Add sugar gradually and beat until thick, about 8-10 minutes. Fold in egg whites. Add flour all at once and gently fold in egg mixture. Fill ungreased mini muffin tins $\frac{3}{4}$ full and bake for 20 minutes or until lightly browned. Allow to cool for a few minutes, then gently remove from pan. If outer crust remains in pan, not to worry! That will make them more absorbent and spongier. Pour $\frac{1}{2}$ " of syrup into a shallow dish and press cakes into syrup to coat. Place on waxed paper, bottom side up, until cool.

STEW POT'S MARINATED SHRIMP

(from the Clever as a Fox Cookbook from the
Keswick Hunt Club)

1-1/2 lbs. shrimp (can use pre-cooked frozen, if you're a
cheater, like me)

1/2 c. butter

1/4 cup Worcestershire Sauce

2 T. brown sugar

1 tsp. dried rosemary, crumbled

2 tsp. black pepper

1/2 tsp. cayenne pepper

4 tsp. paprika

4 tsp. lemon juice

2 bay leaves

1 tsp. basil

1 tsp. dried oregano

Boil shrimp and remove shell, if necessary. Melt butter in a
skillet; add rest of ingredients. Toss shrimp in butter mixture.
Can be served hot or cold.

CRAB LOUIS

Here is a fabulous cold supper, or a wonderful dip. The recipe comes from Dani Rasmus Crichton's fabulous blog, [Sly Rooster](#), and though I don't know Dani, she very graciously allowed me to use her recipe.

Ingredients: 2 lbs jumbo lump crabmeat
1 cup mayonnaise
2 Tbsp Dijon country-style mustard
2 Tbls Old Bay seasoning
1 Tbsp granulated garlic
For Serving: Assorted crackers and/or cocktail bread
2-3 hard-boiled eggs, whites and yolks chopped
1 red pepper, diced
1 yellow pepper, diced
4-6 scallions, finely chopped
1 red onion, finely chopped
a couple Tbsp capers
lemon slices, optional garnish



Photo from Sly Rooster

Instructions: Gently pick through the crabmeat to remove any shell. Add all of the ingredients (crabmeat thru garlic) into a bowl and gently mix to combine. Tightly pack crab mixture into a glass bowl, cover with plastic wrap and refrigerate for at least an hour or until ready to serve. When ready to serve, loosen crab mixture from the bowl by running a butter knife around the sides. Unmold onto a plate or large platter. Serve with an assortment of sturdy crackers or cocktail rye, eggs, peppers, scallions, onion and capers.

By [Sly Rooster: Creating Comfortable Cooks](#). Adapted from The Commonwealth Club of Virginia.