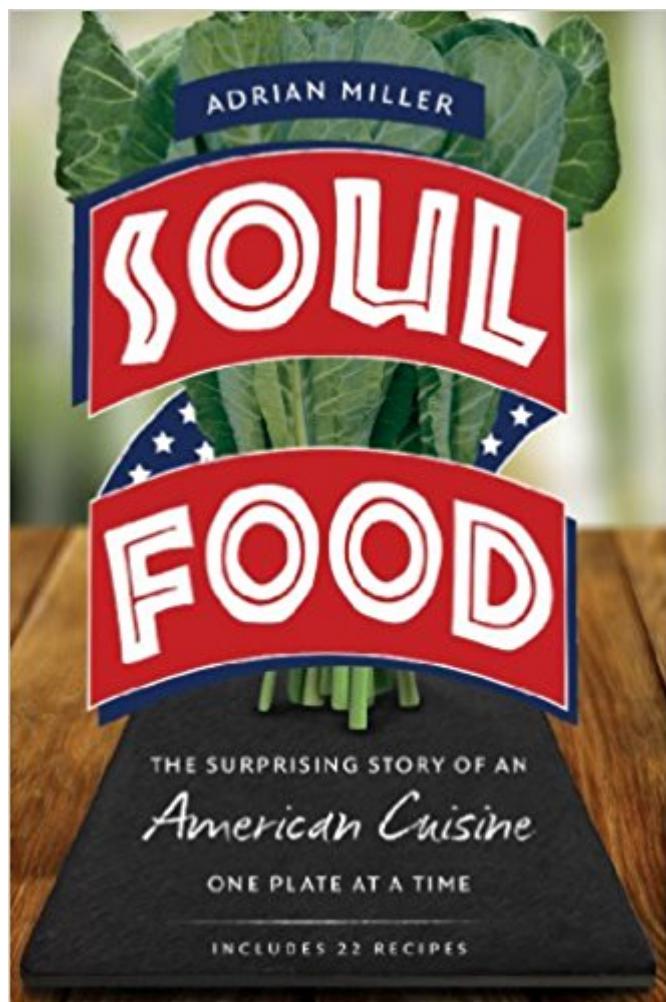


The book was found

# Soul Food: The Surprising Story Of An American Cuisine, One Plate At A Time



## Synopsis

In this insightful and eclectic history, Adrian Miller delves into the influences, ingredients, and innovations that make up the soul food tradition. Focusing each chapter on the culinary and social history of one dish--such as fried chicken, chitlins, yams, greens, and "red drinks--Miller uncovers how it got on the soul food plate and what it means for African American culture and identity. Miller argues that the story is more complex and surprising than commonly thought. Four centuries in the making, and fusing European, Native American, and West African cuisines, soul food--in all its fried, pork-infused, and sugary glory--is but one aspect of African American culinary heritage. Miller discusses how soul food has become incorporated into American culture and explores its connections to identity politics, bad health raps, and healthier alternatives. This refreshing look at one of America's most celebrated, mythologized, and maligned cuisines is enriched by spirited sidebars, photographs, and twenty-two recipes.

## Book Information

Hardcover: 352 pages

Publisher: The University of North Carolina Press; 1st New edition edition (August 15, 2013)

Language: English

ISBN-10: 146960762X

ISBN-13: 978-1469607627

Product Dimensions: 1.2 x 6.8 x 9.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (33 customer reviews)

Best Sellers Rank: #557,309 in Books (See Top 100 in Books) #67 inÂ  Books > Cookbooks, Food & Wine > Regional & International > African #79 inÂ  Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #816 inÂ  Books > Cookbooks, Food & Wine > Cooking Education & Reference > History

## Customer Reviews

I was fortunate to get an advance copy of this marvelous chronicle a few weeks before it sold out of its first printing -- and i see why readers would snatch it up.A little more than a decade in the making, "soul food" is scholarly enough to qualify as an anthropological study, a textbook for anybody's culinary program anywhere, but readable enough for the person who just wants to learn more about this country's often controversial culinary heritage.miller, a lawyer-turned-lobbyist-turned author, weaves an engaging narrative that traces the roots of southern foodways through iterations

that reveal african slave roots that become translated into fine foods at the master's table. without giving anything away, most will be surprised at who first served macaroni and cheese, one of those "as american as apple pie" dishes gobbled coast-to-coast. and chitlins, sometimes laughably enunciated as "chitterlings," were stinking up european kitchens long before they were found in slave quarters. and you think black folks invented fried chicken? think again.so the question becomes, why and how did soul food become the exclusive purview of american blacks? and what's the difference between "southern food," found on tables on poor white sharecropper tables, so-called "soul food" found on tables on tables belonging to black families? what happened between then and now that polarized, stigmatized and categorized certain foods (think fried chicken and watermelon)? Ever wonder where the notion of chicken and waffles came from?All becomes clear in miller's enlightening soul food exploration -- one plate at a time. and yes, there are recipes -- and rather good ones at that. put your calorie counting on the back burner and enjoy.

[Download to continue reading...](#)

Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time Southern Cooking: for beginners - Simple Southern Food Recipes - Old South Recipes (Southern Food - Southern Meals - Southern Recipes - Soul Food - American Cuisine Book 1) A Plate in the Sun: Modern Fusion Recipes from Ghana, Food from the African Soul Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan) Southern Cooking Cookbooks: southern cooking recipes Collection Of the Best, Healthy, Delicious And Recommended Soul Food Cookbook (soul food for diabetes,Southern Cookbook): Best Fried Chicken 100 Exotic Food Recipes (Puerto Rican Food Recipes,Picnic Food RecipesCaribbean Food Recipes,Food Processor Recipes,) Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Soul Food: Classic Cuisine from the Deep South How to Boil an Egg: Poach One, Scramble One, Fry One, Bake One, Steam One The Best of Soul Food - Recipes To Warm Your Heart & Soul Classic Hungarian Goulashes: Deliciously Decadent Hungarian Cuisine(hungarian recipes, hungarian recipe book, hungarian cookbook, hungarian cooking book, hungarian books, hungarian cuisine, hungarian Great-Grandma's Croatian Cuisine (Croatian Cuisine Book 1) Indian Cooking: for Beginners - Indian Recipes Cookbook 101 - Indian Cuisine - Indian Culinary Traditions (Indian Food Recipes - Indian Food Cookbook for Beginners) Chicken Soup for the Grieving Soul: Stories About Life, Death and Overcoming the Loss of a Loved One (Chicken Soup for the Soul) My Vietnamese Kitchen: Recipes and stories to bring Vietnamese food to life on your plate ORGANIC COOKBOOK: Healthy And Delicious Baby Food Recipes Which

Are Nutritious And Easy To Cook (organic food, food recipes, nutritious food) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Comfort Food Delights Box Set (10 in 1): Southern Casseroles, Amish Recipes, Soups and Stews, American Favorites with Air Fryer, Mug Meals and Much More ... for the Soul (American Favorite Recipes)

[Dmca](#)