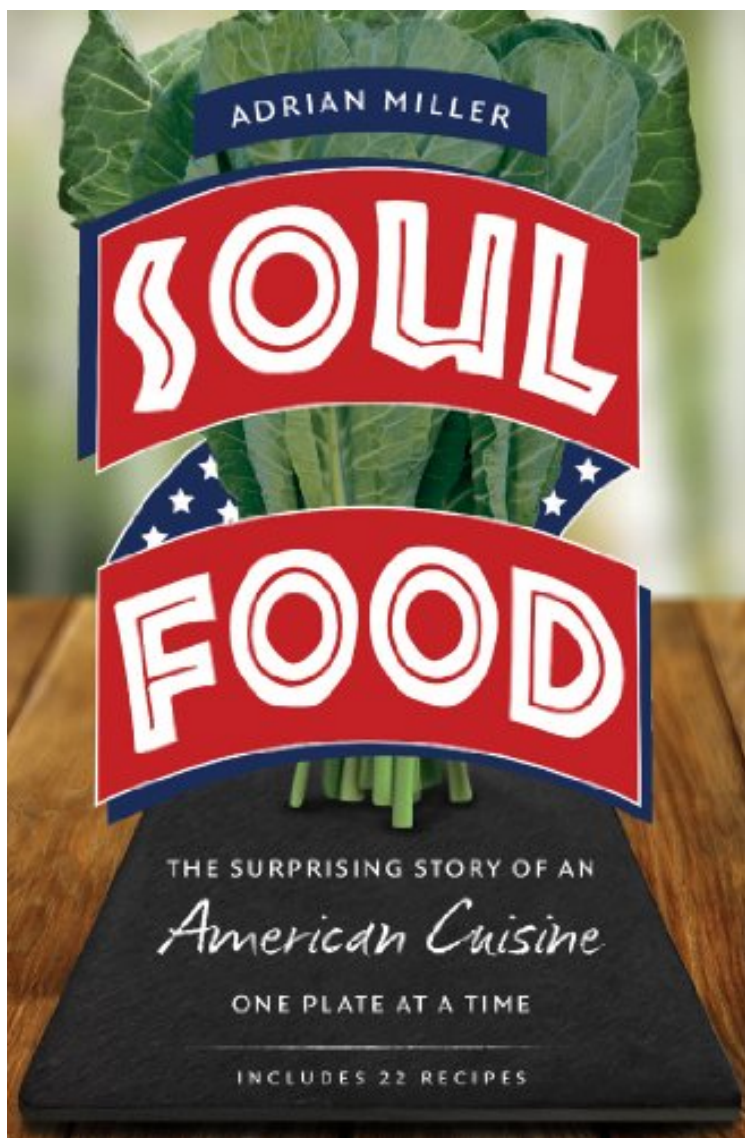


(Mobile pdf) Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time

Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time

Adrian Miller

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Adrian Miller : Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time before purchasing it in order to gauge whether or not it would be worth my time, and all praised Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time:

2 of 2 people found the following review helpful. Fascinating View of American History By Douglas Archerd This book takes us down a tour of American history via a previously un-trammeled path and as a result provides fascinating

insights far beyond its primary focus on American soul food. By thoroughly exploring the history and derivations of the cuisine that has come to be known today as soul food, the author takes us into the life and culture of American black slavery, the interactions between whites and blacks over that history, and some little-discussed aspects of what it means to be black in today's America. Yes, you'll get a great deal of information about the food, along with example recipes of each major type. But far more than that, you'll come away with a greatly increased understanding of American history and culture. Along the way, you'll learn some fascinating tidbits, such as why the color of your cornmeal matters (and why it is different in different parts of the country) and why red-colored drinks are a cliché in the African-American community. Highly recommended!

1 of 1 people found the following review helpful. Soul Food: well researched history with recipes!!

By akareader

Defining "soul food" is a task that others have attempted; yet a precise definition remains elusive. Author and "soul foodie" Adrian Miller meticulously and lovingly researches the complex history and traditions of this uniquely American cuisine. Miller compares and contrasts soul food with southern and down home cooking. He does this through planning a hypothetical, traditional soul food meal and then dedicating an entire chapter to each of its components. With this method, Miller weaves African American culinary history from West Africa, the Atlantic slave trade, the antebellum era, post Civil War poverty across the South, Jim Crow, the Great Migration, the Civil Rights era, to modern attempts to revive soul food. Other ethnic foods have found a niche in the American fast food and medium food markets (think Olive Garden, Applebees as "medium"). Yet soul food remains largely regulated to homes, church dinners, and small, local restaurants. Miller's last chapter is appropriately titled, "Whither Soul Food?" as he explores the future of soul food. Yes, there are recipes at the conclusion of each chapter! This is an excellent history book with flavor. I recommend this for book clubs for adults and teens, as the meetings could include sharing of recipes from the book.

0 of 0 people found the following review helpful. Thanksgiving Soul

By Alicia Knight

I'm fascinated by foodways. The first Thanksgiving dinner I prepared was for my nieces and nephews while their parents were away. I was 22 and had never cooked a turkey, much less an entire dinner. I worked in a DC restaurant and asked the cooks what I should make for sides. That's when I first heard about macaroni and cheese being a "must-have" dish for Thanksgiving. It never appeared on any of my family's feast tables. Mac and cheese was always an end-of-the-month budget stretching dish at our house. Greens too. My Southern mother would make a pot of greens and a pot of white beans with skillet cornbread as a budget-stretcher meal, never a celebration meal. If my dad was eating with us, he would get a pickled pig's foot to eat along with the greens and beans. Over the years after talking with friends and comparing our family's food traditions, I learned there are similarities and differences in white and black southern foodways.

In "Soul Food" culinary historian Adrian Miller explores the origins the foods that make up the quintessential soul food plate: greens, mac and cheese, fried chicken, beans, yams, corn bread and few more. It's a fascinating history of the Soul gastronomy. Back to mac and cheese -- originally a European dish made with costly and exotic ingredients introduced to Americans by Thomas Jefferson which became a luxury food of the wealthy white plantation table, prepared by enslaved people. As time went on, the ingredients for the dish became readily available commodities that were often included in the "poor boxes" distributed during the holiday season. This year, I'm going to make some mac and cheese, using one of the recipes in "Soul Food" for my multicultural family's Thanksgiving feast, in honor of all the history that Adrian Miller chronicles, in honor of a shared culinary heritage, and in honor of the enduring struggle for social justice that has been played out in our changing foodways.

2014 James Beard Foundation Book Award, Reference and Scholarship Honor Book for Nonfiction, Black Caucus of the American Library Association

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.

From Booklist

*Starred * Miller moves way past common notions about soul food that it is unhealthy and its origins are from the throwaways of slave masters, chitlins (hog intestines) being the best example. It turns out the origin of chitlins can be traced to Britain. That's only one of several revelations Miller offers in this fascinating look at the cuisine known as soul food and its close cousin, southern cuisine. Drawing on memories from home (Denver by way of the South) and visits to some 150 restaurants in 35 cities as well as cookbooks and historical accounts, Miller explores the Native American, African, and European roots of soul food. Focusing on fried chicken, catfish, black-eyed peas, greens, and other elements of soul food, Miller explores their origins and significance in black culture,

ending each chapter with recipes. From what he identifies as slave food to southern cooking to neo-soul, Miller examines the politics, culture, sociology, and economics of soul food. It evolved from something to be ashamed of as rural people moved north to the cities into an expression of race pride, more recently losing luster as tastes and health concerns changed. Photographs and recipes add to the allure of this well-researched look at the past and future of soul food. --Vanessa Bush I recommend this book to 'foodies' and to those interested in American history, African American history and preserving good down home soul food cooking.--Tennessee LibrariesA wonderful combination of sociological examination of African-American culture and identity, travelogue and cookbook. . . . It's exactly this combination of earnest curiosity and an unwillingness to take his topic too seriously that makes Soul Food such a great read. . . . I highly recommend this book!--Nashville SceneInsightful, thoughtful and meticulously researched, Soul Food sets a place for soul food in the American culinary canon. There's no way you won't be craving something sweet and fried and soulful for dinner.--Virginian-PilotMiller's book is a mouth-watering tome that not only titillates the palate, but feeds the brain with science, geography and history.--Denver WestwordCrafts a dynamic and engaging biography of an American cuisine.--Southern HistorianMiller knows all about soul food's allure, both as a way of eating and as cultural totem. . . . [His] book is a labor of love.--Denver PostDeliciously entertaining and rich in its history.--Journal of American CultureMost people don't know soul food the way Miller does. . . . Miller's book studies soul food mainly in terms of its quintessential ingredients or dishes. . . [and] along the way, he dishes up a few surprises.--Winston-Salem JournalThis highly-informative opus . . . is filled with fascinating factoids.--Kam Williams2014 James Beard Foundation Book Award, Reference and ScholarshipMiller took up the challenge of tracing soul food's history and launching its spirited defense after realizing the story had never really been told in a comprehensive way.--Villager NewspaperFocusing 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.--The Philadelphia TribuneJust the book to move readers from one end of the line to the other without getting bogged down. . . . Soul Food is ingenious . . . [and] speaks to the enduring mythological power of its staple dishes.--Michael Twitty, American ProspectAn intelligent review that explores the muddy territory 'where southern food ends and soul food begins.' The journey is as informative as it is entertaining.--Austin Chronicle[A] fascinating look at the cuisine known as soul food and its close cousin, southern cuisine. . . . Photographs and recipes add to the allure of this well-researched look at the past and future of soul food.--Booklist, starred reviewAn engaging, tradition-rich look at an often overlooked American cuisine--certainly to be of interest to foodies from all walks of life.--Kirkus, starred reviewAs Miller tells the whole story of soul food from its beginnings to current day and throughout, he is so skillful at finding cultural and historical context, you may find yourself learning about your own food culture.--Culinary Historians of WashingtonBoth thought-provoking and celebratory.--Edible PiedmontDetailed and sprightly. . . . [Miller] adds in-depth chapters that explore more than a dozen soulful dishes--including catfish, black-eyed peas, mac and cheese, cornbread, and candied yams.--Stanford Magazine[A] comprehensive and entertaining history of soul food. . . . A lively and thorough account for fans of food literature and of African American history. Recipes included. Highly recommended.--Library Journal[Miller] doesn't do anything halfway.--5280Examines the roots of a distinctly American tradition.--StarNewsOnline.comMiller moves way past common notions about soul food to offer a fascinating look at the cuisine and its close cousin, southern cooking.--Booklist Top 10 Food Books of 2013[A] lively, innovative, and carefully researched study of traditional African American food habits.--North Carolina Historical Miller makes many surprising points and teaches us a great deal about our Southern foodways' relationship to soul food. . . . Along the way, we get some fascinating insights, and a few great recipes and illustrations.--Okra MagazineAn undeniably entertaining book.--Journal of Southern History A thrilling celebration and thoughtful commentary. Miller's informative and delightful book offers us a ticket to explore both the history of soul food and its relationship to the greater African American experience.--Ronni Lundy, author of Shuck Beans, Stack Cakes and Honest Fried Chicken: The Heart and Soul of Southern Country Kitchens