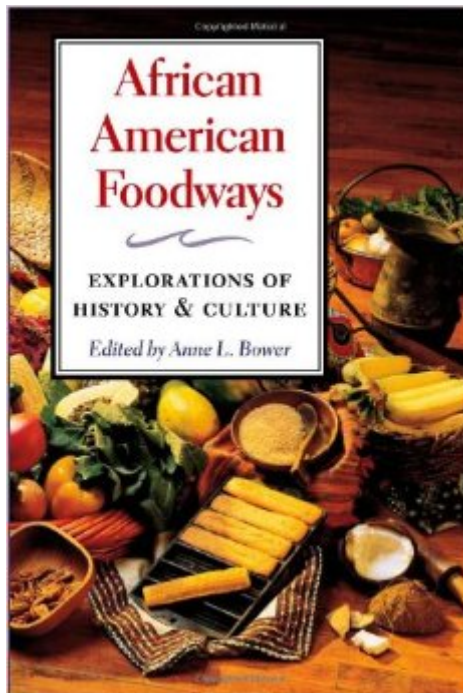


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# African American Foodways: Explorations Of History And Culture (The Food Series)



## Synopsis

Ranging from seventeenth-century West African fare to contemporary fusion dishes using soul food ingredients, the essays in this book provide an introduction to many aspects of African American foodways and an antidote to popular misconceptions about soul food. Examining the combination of African, Caribbean, and South American traditions, the volume's contributors offer lively insights from history, literature, sociology, anthropology, and African American studies to demonstrate how food's material and symbolic values have contributed to African Americans' identity for centuries. Individual chapters examine how African foodways survived the passage into slavery, cultural meanings associated with African American foodways, and the contents of African American cookbooks, both early and recent. Contributors are Anne L. Bower, Robert L. Hall, William C. Whit, Psyche Williams-Forsen, Doris Witt, Anne Yentsch, Rafia Zafar.

## Book Information

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## Customer Reviews

I used this book as a source for a college paper about African American foodways. This book is fascinating and provided so much information on a variety of subjects, including original sources of "Southern" American foods, and preparation methods that have their roots in Africa and the Caribbean. I have not read all the essays in this book, as they did not all apply toward my particular topic, but I am very impressed with the editing, the selection of essays, and the topic coverage in the essays I did read. If you are interested in the ways African American cooking methods and

preferences have changed in the past 100 years, I would recommend reading "The Food of a Younger Land," edited by Mark Kurlansky, along with this book. "Building Houses out of Chicken Legs" by Psyche A. Williams-Forsson is also excellent.

I guess I had an appreciation for a writer who writes for the masses, no pretense. I relatively enjoyed this book. I appreciated some author's more than others. I am blaming it on style of writing. My favorite contribution was Chicken and Chains by Pyche Wilson-Forsson. I am interested enough to find the book and read it in its entirety. I also enjoyed Excavating the South's African American History by Anne Yentsch.

Use in class.

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