



African American Foodways: Exploration of History and Culture (The Food Series)

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African American Foodways: Exploration of History and Culture (The Food Series) Moving beyond catfish and collard greens to the soul of African American cooking

Ranging over the progression from seventeenth-century West African fare to contemporary fusion dishes using "soul food" ingredients, this book provides an introduction to many aspects of African American foodways. Examining the combination of African, Caribbean, and South American traditions, the volume's contributors offer insights from history, literary studies, 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.

A volume in The Food Series, edited by Andrew W. Smith

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