



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

From University of Illinois Press

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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-Forson, Doris Witt, Anne Yentsch, Rafia Zafar.

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Editorial Review

Review

"A quick and enjoyable read that is informative about the relationships between food, culture, and defining moments in world, southern, and African American history."--*The Journal of Southern History*

"This fascinating book reveals a little-known history and ties it to present-day values. It is well written and accessible to a general audience, for whom it is highly recommended."--*Multicultural Review*

Anne L. Bower has compiled a very tasty collection of essays into which the historian or food lover can really sink his teeth. . . . The essays provide an expansive and interdisciplinary view of African American culinary history as well as insight into the current trends in what is more generally known as 'soul food.'"--*Southern Historian*

About the Author

Anne L. Bower, retired from the English department of the Ohio State University-Marion, is the editor of, and a contributor to, *Recipes for Reading: Community Cookbooks, Stories, Histories* and serves on the editorial board of *Food and Foodways*.

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