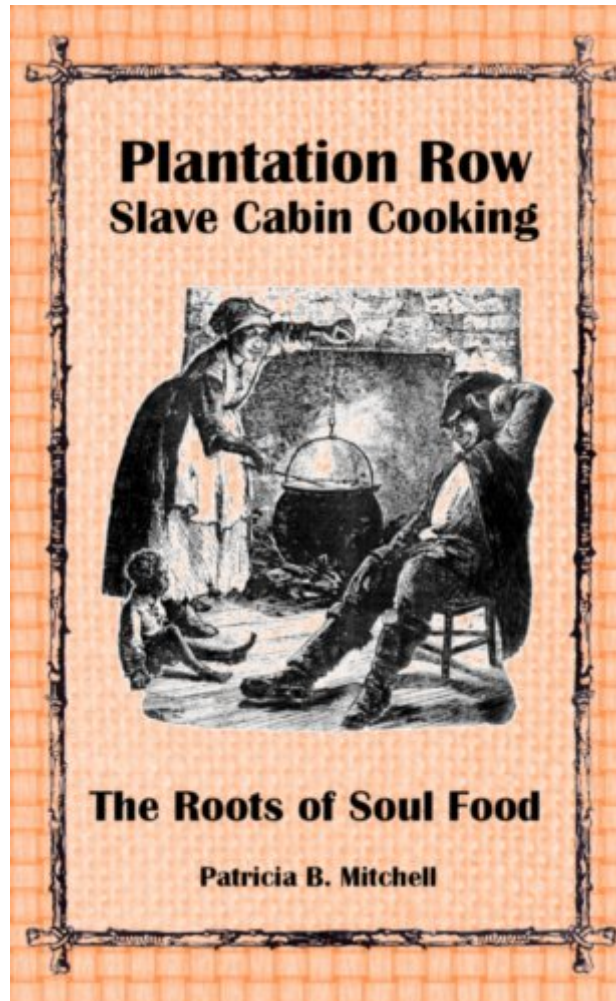


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# Plantation Row Slave Cabin Cooking: The Roots Of Soul Food



## Synopsis

Former slaves' first-hand accounts, many collected as part of the Federal Writers Project during the late 1930's, provide the foundation for a discussion of foods from slavery days. Published 1998. 23 recipes, 109 research notes, 12,747 words. This eBook file correlates to the twentieth printing, September 2010. In "Plantation Row Slave Cabin Cooking" Patricia B. Mitchell explores the topic of slave food on Southern plantations. She also touches on the overall lifestyle of slaves, briefly discussing housing, amusements, religion, and clothing. The superior talent of black cooks is lauded. Whether making humble dishes in the slave cabin, or elegant fare for the mansion table, dark-skinned cooks welded the kitchen scepter with skill and creativity. Recipes for such fare as Hog Maw Salad, Limping Susan, Plantation Shortcake, and Molasses Taffy pepper the book. "De eats wuz good" as Aron Carter remembered. Such eats are The Roots of Soul Food. 109 endnotes will assist those who wish to learn more about the subject, and the first-person accounts in the text will be remembered and even read out loud to others. Created as a resource for museums, "Plantation Row Slave Cabin Cooking" is a follow-up to the author's earlier popular book "Soul on Rice: African Influences on American Cooking." This and other books by Patricia B. Mitchell were first written for museums and their patrons, and are now available as Kindle editions. Each of her books summarizes a food history topic, using quotations and anecdotes from early sources to both entertain and inform. She carefully lists her references to make it easy for others to launch their own research. Since the 1980's Patricia Mitchell's work is a proven staple of American museum culture. Her readers love to share her ever-present sense of discovery. Her sales are approaching a million copies, and she is widely known by her web identity FoodHistory.com.

## Book Information

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## Customer Reviews

My son needed some information on slave foods for his 8th grade project. We came across this book, and what a great find! Loaded with all sorts of facts on the day-to-day lives of slaves and lots of interesting recipes, it served as the only source he needed for his project. His teacher even said she'd never had any student bring one of these recipes, so it was great to find something unique!

Good short book. Not a lot of recipes but an enjoyable short story on slave conditions and the recipes they had. Some dishes I've had, some I'd like to try.

its okay, thought it was bigger but it was okay i collect cookbooks so it is in my collection now

Book is written more as a story than and cook book eye opening as to what the slave contributed to the cuisine of American culture.

gift

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