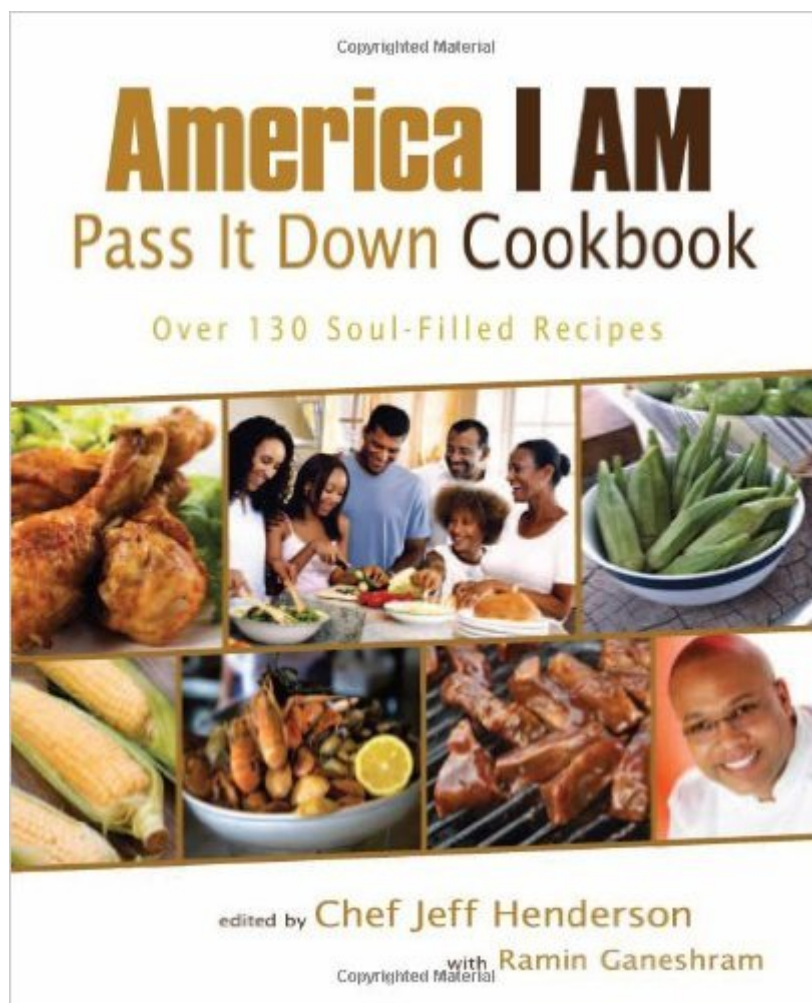


The book was found

# America I AM Pass It Down Cookbook: Over 130 Soul-Filled Recipes



## Synopsis

The smells in the kitchen, the unforgettable flavors—these powerful memories of food, family, and tradition are intertwined and have traveled down from generations past to help make us the people we are today. Now, Tavis Smiley's America I AM exhibit has joined forces with Chef Jeff Henderson and Ramin Ganeshram to create the America I AM Pass It Down Cookbook. This special keepsake preserves African Americans' collective food history through touching essays, celebratory menus, and over 130 soul-filled and soul-inspired recipes. There's something for everyone—from traditional southern cooking like Apryle's Seafood Gumbo, Craig Robinson's Mom's Buttermilk Fried Chicken, and Russel Honoré's Barbecued Boston Pork Butt, to healthy new millennium twists, including the Duo Dishes' Honey Dijon Spiced Pecan Coleslaw, Ron Johnson's Crunchy Collards, and Scott Alves Barton's Fragrant Jerk Chicken. Irresistible desserts like Mama Mabel's Apple Dumplings and Saporous Strawberry Cheesecake, and beverages like Very Exciting Fruit Punch and Tom Bullock's classic Lemonade Apollinaris are sure to delight. As you read this book, you'll discover the voices of real cooks and their triumphs in the kitchen, and the ways in which African Americans have impacted the way the whole nation eats. You'll learn healthy cooking variations filled with heart and soul, and how to make cooking with kids fun. There's even a section for you to add your own family recipes and pass it down to the next generation. It's time to turn the pages and join us at the table. After all, our shared experience is the greatest feast of all.

## Book Information

Paperback: 320 pages

Publisher: SmileyBooks (February 1, 2011)

Language: English

ISBN-10: 1401931359

ISBN-13: 978-1401931353

Product Dimensions: 7.3 x 0.8 x 8.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #886,859 in Books (See Top 100 in Books) #113 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food

## Customer Reviews

This is one of those books that I have not had the chance to buy and own yet. Fortunately for me I have a rather large circle of friends, all quite into cooking, and I had the further good fortune of having one of those friends that bought this one hot off the press. Me being me, I had no qualms what-so-ever in asking to "borrow" the book for a bit, giving it a read and giving several of the recipes a try. All I can say is "wow." There are around 130 dishes represented in this work. We have tried four of them (More about that later), and after a scan of most of them I was unable to find a looser in the group! As the product description notes, this is a wonderful blend of food, history, family remembrances and a very nice little group of essays that are a complete delight to read. Probably some of the best recipes my wife and I use are ones that have been passed down generation after generation in our own family. It only makes sense that we are not the only family on the planet that receives its cooking lore from past generations, nor are we the only family that is lucky enough to be blessed with forefathers and mothers that were great cooks. I do not know if your family is like ours, but in so many cases we find that our recipes have been learned either by word of mouth, observation and participation with a beloved grandmother, mother, aunt (uncles too) or other member of the family. What we do have is writing is often quite cryptic in nature and takes a certain amount of "interpretation" on our part. But here we have an expert writer; an expert cook that has recorded the recipes of past generations and done it well and in addition has chose to share with the world their vast knowledge of good eats and how to prepare them.

[Download to continue reading...](#)

America I AM Pass It Down Cookbook: Over 130 Soul-Filled Recipes JAVA: JAVA 100 Tests, Answers & Explanations, Pass Final Exam, Pass Job Interview Exam, Pass Engineer Certification Exam, Examination, Learn JAVA programming in easy steps: A Beginner's Guide The Baby-led Weaning Cookbook: Over 130 delicious recipes for the whole family to enjoy Pass Key to the NEW SAT, 10th Edition (Barron's Pass Key to the Sat) 601 Words You Need to Know to Pass Your Exam (Barron's 601 Words You Need to Know to Pass Your Exam) Southern Cooking Cookbooks: southern cooking recipes Collection Of the Best, Healthy, Delicious And Recommended Soul Food Cookbook (soul food for diabetes, Southern Cookbook): Best Fried Chicken The Mega Crockpot Recipes Box Set: Crockpot Recipes, Slow Cooker Recipes, Crock pot Recipes, Dump Dinner Recipes, Quick Meal Recipes: Over 300 All Time ... Recipes For You & Your family (99+1 Book 4) Baking for Breakfast: Sweet and Savory Treats for Mornings at Home: A Chef's Guide to Breakfast with Over 130 Delicious, Easy-to-Follow Recipes for Donuts, Muffins and More A Taste of Wales: Discover the Essence of Welsh Cooking with Over 30 Classic Recipes Shown in 130 Stunning Colour Photographs Take-Down Archery: A Do-It-Yourself Guide to Building PVC Take-Down Bows,

Take-Down Arrows, Strings and More Thai Recipes: Flavor Filled Thai Recipes For Everyone (Everyday Recipes) Crock Pot: 2,000 Crock Pot Recipes Cookbook (Crock Pot Recipes, Slow Cooker Recipes, Dump Meals Recipes, Dump Dinner Recipes, Freezer Meals Recipes, Crock Pot Recipes Free) Down to My Soul (Soul Series Book 2) Thai Food: Top 50 Most Delicious Thai Recipes [A Thai Cookbook] (Recipe Top 50s Book 130) The Baby-Led Weaning Cookbook: 130 Recipes That Will Help Your Baby Learn to Eat Solid Foods\_and That the Whole Family Will Enjoy Salads - Top 200 Salad Recipes Cookbook (Salads, Salads Recipes, Salads to go, Salad Cookbook, Salads Recipes Cookbook, Salads for Weight Loss, Salad Dressing Recipes, Salad Dressing, Fruit Salad) Rice Cooker Recipes: The Ultimate Rice Cooker Cookbook: The Best Quick And Easy Rice Cooker Recipes You Can Make At Home Tonight (Rice Cooker Cookbook, ... Recipes, Rice Cookbook, Rice Recipes) The Maine Summers Cookbook: Recipes for Delicious, Sun-Filled Days Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Gem Water: How to Prepare and Use Over 130 Crystal Waters for Therapeutic Treatments

[Dmca](#)