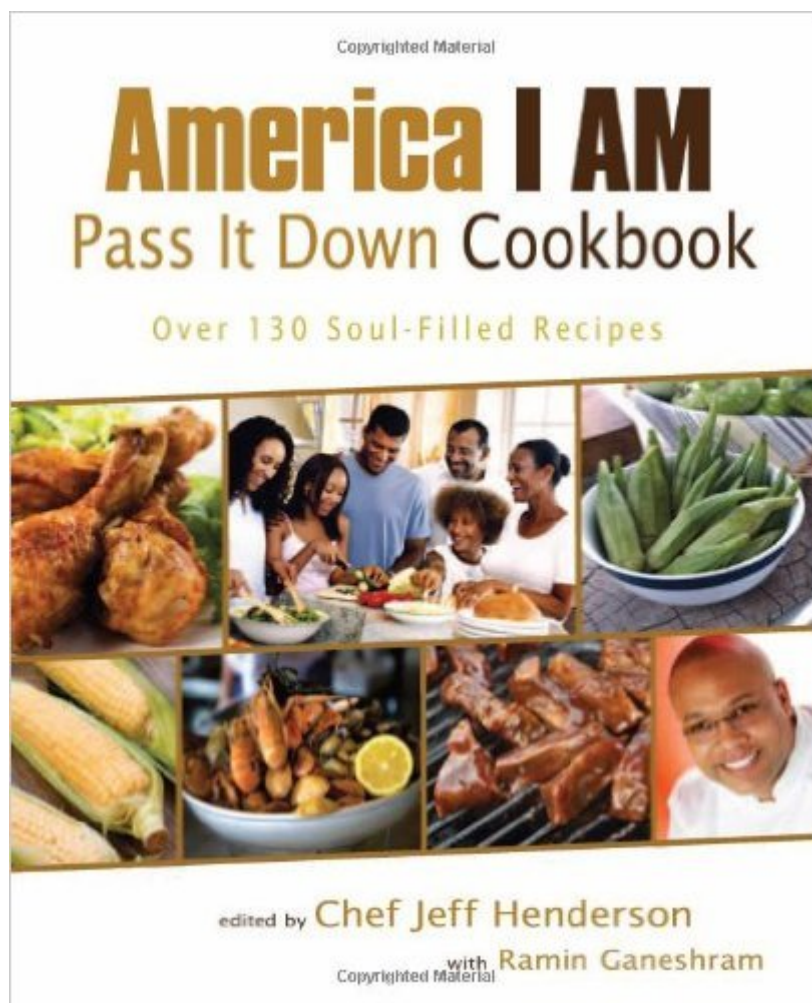


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# America I AM Pass It Down Cookbook: Over 130 Soul-Filled Recipes



## 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 to 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

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## 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.

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