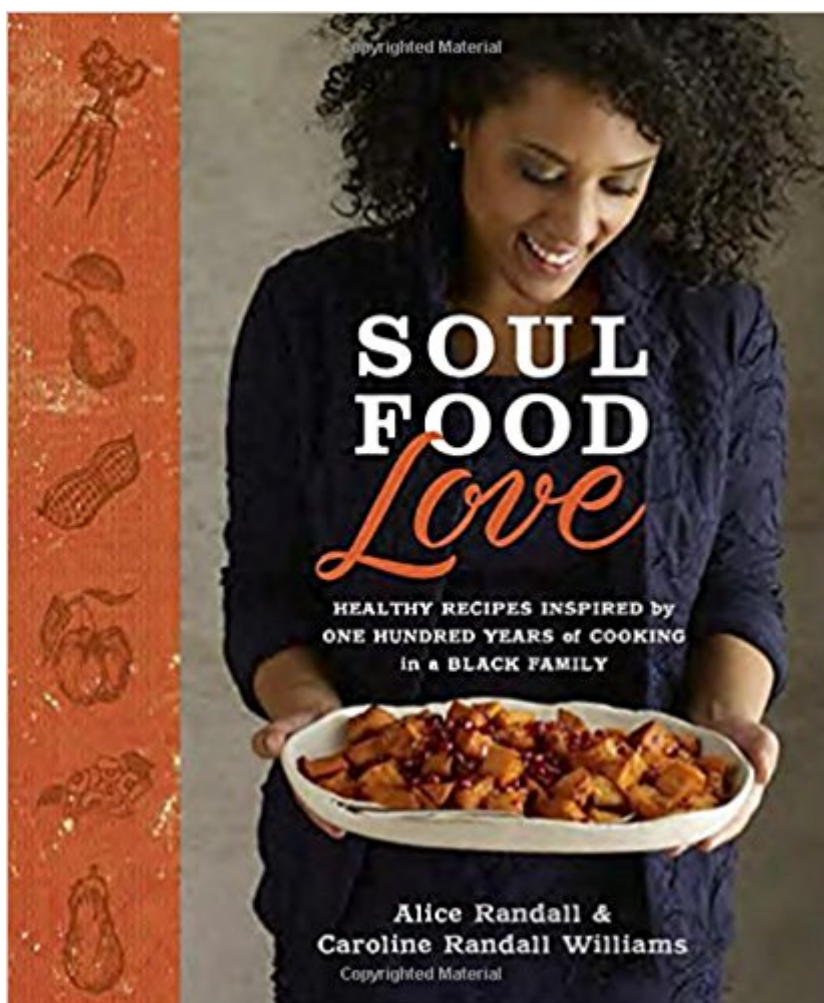


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# Soul Food Love: Healthy Recipes Inspired By One Hundred Years Of Cooking In A Black Family



## Synopsis

NAACP Image Award Winner A mother-daughter duo reclaims and redefines soul food by mining the traditions of four generations of black women and creating 80 healthy recipes to help everyone live longer and stronger. After bestselling author Alice Randall penned an op-ed in the New York Times titled “Black Women and Fat,” chronicling her quest to be “the last fat black woman” in her family, she turned to her daughter, Caroline Randall Williams, for help. Together they overhauled the way they cook and eat, translating recipes and traditions handed down by generations of black women into easy, affordable, and healthful yet still indulgent dishes, such as Peanut Chicken Stew, Red Bean and Brown Rice Creole Salad, Fiery Green Beans, and Sinless Sweet Potato Pie. *Soul Food Love* relates the authors’ fascinating family history (which mirrors that of much of black America in the twentieth century), explores the often fraught relationship African-American women have had with food, and forges a powerful new way forward that honors their cultural and culinary heritage.

## Book Information

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## Customer Reviews

“Soul Food Love has preserved our traditions but reinvented how they’re prepared. Its focus on health is a godsend.” —Viola Davis  
“Two brilliant writers, novelist Alice Randall and her daughter, poet Caroline Randall Williams, have set out here on a mission to do nothing less than extend black women’s lives. They do this by sharing their encyclopedic knowledge of African American foodways and their versions of how soul food can

be healthfully prepared. This beautifully written compendium is literary history, cookbook, family album, motherwit, daughter-grace, and the gospel truth. Alice and Caroline include family history that seeks to tell the tough truth, plus absolutely delicious recipes as well as photographs that showcase the soul-pleasing aesthetics of an exquisitely set table and a lovingly presented meal. I'll be cooking from this book for years to come, and every time I turn to it, I will treasure the wisdom and pure pleasure within.

•Elizabeth Alexander, poet and professor

“Like Proust’s madeleine, the exquisite prose and delicious recipes in *Soul Food Love* carry us to a sacred place of memory. In telling their family story, Alice and Caroline help a fractured nation rediscover its history. More than a cookbook, this is an act of redemption for Americans of every color.

•Susan Fales-Hill, author of *Always Wear Joy*

“This wonderful book answers one of life’s most important questions: Can I eat some tasty, soulful food without killing myself? Because I don’t want to choose between flavor and health. Thanks to *Soul Food Love*, I don’t have to.

•Reginald Hudlin, director of *Boomerang* and producer of *The Boondocks* and *Django Unchained*

“*Soul Food Love* is a feast. Alice Randall and Caroline Randall Williams serve up morsels of flavor and love spanning three centuries, five kitchens, and six states. With tender, poetic memories, they lift the ancestors up, stirring cherished family recipes with ingredients for a healthier future.

•Lelia Bundles, author of *On Her Own Ground: The Life and Times of Madam C. J. Walker*

Readers of *The Wind Done Gone* (Mariner) and *Ada’s Rules* (Bloomsbury) know that author Alice Randall can write. Who knew that she could throw down in the kitchen? The novelist combines her literary and culinary skills for *Soul Food Love*. Joined by her daughter, Caroline Randall Williams, Alice whips up savory dishes remixed with healthy ingredients that your tast buds and spirits are certain to appreciate.

•Essence

“[T]his is a book about redefining soul food for the future, not romanticizing its often calorie-laden past.

•The New York Times

“[*Soul Food Love*] shows how a little creativity and smart ingredient swaps can take a century’s worth of family recipes and make them healthier.

•Parade

“The book is beautifully written, and the recipe and photos are mouthwatering.

•The San Diego Union-Tribune

“This is a book that will resonate with those who value their culinary heritage and are looking for ways to ensure that heritage leads to a healthy future.

•Pittsburgh Post-Gazette

ALICE RANDALL is the New York Times bestselling author of the novels *The Wind Done Gone*,

Pushkin and the Queen of Spades, Rebel Yell, and Ada's Rules and the only person to ever study with Julia Child for credit at Harvard. An acknowledged authority on African-American cookbooks, Randall teaches at Vanderbilt University. She also writes country music, including Trisha Yearwood's now classic "XXX" and "OOO" (An American Girl). Randall has been recognized by the National Institutes of Health as a Health Champion and is Jamie Oliver's Food Revolution Nashville Ambassador. CAROLINE RANDALL WILLIAMS, an award-winning published poet and Harvard graduate. She spent two years teaching public school in the Mississippi Delta as a corps member with Teach for America, during which time she coauthored of The Diary of B.B. Bright, Possible Princess with her mother, Alice Randall. She owns more than 1,000 cookbooks.

I found this in review on yahoo food. It seemed intriguing. I used to work in an African-American school and the dean of students would sometimes bring in soul food and it was so ridiculously delicious that when I learned of this book, I thought I would try a soul food cooking spell. Since I'm working on eating more healthfully the premise seemed perfect. The first time through, I just skimmed the recipes. A lot of them were things that I already made in some form or another. A lot of what I as an outsider to the African American community think of as soul food wasn't quite there and a lot of what was there didn't seem to fit in with soul food (e.g. baba ghanoush). I skimmed the recipes back to front and a lot of the first recipes are kind of what I think of as non recipes (tequila ice was not a type of granita or something equally fascinating but pouring two finger of tequila over ice; there is another recipe for putting fruit in ice cubes). But then I really read the book, cover to cover and it made more sense. This is less about soul food or any other kind of cooking and more like the personal cookbook of this family, with the legacy of their many cooking styles all wrapped up inside of it. The writing is very beautiful and I did give me perspective being an African American woman in the 20th century and what food meant or didn't mean, at least for these women and this family. I now think of this recipe book more as a privileged insight into a family and their kitchens and it works much better as such than as the soul food Bible I may have been looking for. Perusing through the recipes more carefully, my versions of a lot of the dishes and their versions are quite different in many respects and I look forward to trying out different varieties. The book itself is quite beautiful and I think every dish has a picture. There are pleasing margins and it's nice thick paper. It's a sturdy book that should hold up over the years. The only reason I did take off a star is the "non-recipes." There aren't a ton of recipes in this book and the fact that there are several recipes of the tequila ice variety does annoy me. I know their audience includes those with no cooking skills,

but I think it's a little excessive.

I am looking forward to cooking most of the recipes in this book. I am also inspired to go through my grandmother's recipe cards I inherited so I can preserve and creatively update her recipes. I was reminded how taste changes when I made a 40+ year old Julia Child quiche recipe for a family birthday last Sunday. It was delicious and I was willing to splurge on the cream, but my half asleep Sunday morning self added the entire teaspoon of salt that the recipe called for over-riding the flashing lightbulb in my brain warning that was too much salt. It was way too much salt for today's palate, but probably not for 1970. The cream carried it off and guests wanted the left-overs, but next time less salt, less cream, and more milk will make the recipe delicious and more guilt free. Finally I have so many recipes I have been looking for. Greens without salt pork, a wonderful sweet potato, kale and black-eyed peas stew, gorgeous asparagus soup . . I can't wait to start cooking.

I received a copy for Christmas. It is by far the best cook book I have. I bought a copy for a friend for her birthday as she had enjoyed several dishes that I have shared with her.

Love it! Great recipes.....shared historical and cultural traditions....wonderful explanation of importance of food in our culture and ideas on redirecting the shared traditions in more healthy ways and in moderation....Our book club is reading and cooking from it next month! Can't wait. Kudos ladies.

Great cookbook and family stories! I first saw a few of the recipes in Southern Living, and tried them all! Wonderful, especially fond of the Sweet Potato Broth!! Not just for black cooks or soul food lovers, the recipes are time tested and delicious.

Wonderful

An interesting and enlightening story of family, love and forward looking pursuit of health without abandoning foods and flavors close to the hearts and memories of those who love soul food. Recipes that bring new and delicious tastes to familiar foods. After trying six of the recipes, that my family raved about, I have decided to try all of them. Great flavors without being fat or sugar laden. Lots of flavor. I share their desire to avoid becoming another woman of two hundred pounds or more. The recipes were easy to make and have ingredients that are readily available. Most

important, my husband and children enjoyed the six recipes I tried. Now on to more.

I bought this book after hearing it reviewed on a radio episode of America's Test Kitchen.. and I have been blown away by it. The review sounded too good to be true. In my experience most modern soul food is grease + ingredients. This marvelous book uses basic, healthy ingredients that were indigenous to the South to produce some of the best comfort food dishes I have ever tasted. For example, many recipes use sweet potatoes rather than high starch white Irish potatoes, and peanuts in various forms. Ever made a sweet potato stock? The book has a delicious recipe for it that is used as a base in many other recipes inside. So many modern recipes rely on overpowering tastes to make up for poor ingredients or techniques. The recipes in this book are truly simple and straight forward, yet the seasoning is excellent; spicy, flavorful, and (in some cases) surprising. Ever had a sweet potato stew? I hadn't either, but make this first from simple ingredients (including peanut butter!); it's an instant winner. The roasted broccoli with peanuts and raisins is now a favorite side dish. I will be giving this recipe book as a gift!

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