



What the Slaves Ate: Recollections of African American Foods and Foodways from the Slave Narratives

Dwight Eismach, Herbert C. Covey

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Carefully documenting African American slave foods, this book reveals that slaves actively developed their own foodways-their customs involving family and food. The authors connect African foods and food preparation to the development during slavery of Southern cuisines having African influences, including Cajun, Creole, and what later became known as soul food, drawing on the recollections of ex-slaves recorded by Works Progress Administration interviewers. Valuable for its fascinating look into the very core of slave life, this book makes a unique contribution to our knowledge of slave culture and of the complex power relations encoded in both owners' manipulation of food as a method of slave control and slaves' efforts to evade and undermine that control.

While a number of scholars have discussed slaves and their foods, slave foodways remains a relatively unexplored topic. The authors' findings also augment existing knowledge about slave nutrition while documenting new information about slave diets.

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Kenton Marshall:

Playing with family within a park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love What the Slaves Ate: Recollections of African American Foods and Foodways from the Slave Narratives, you are able to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its called reading friends.

Sylvia Alexander:

Within this era which is the greater particular person or who has ability in doing something more are more special than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time almost no but quite enough to have a look at some books. One of many books in the top listing in your reading list is usually What the Slaves Ate: Recollections of African American Foods and Foodways from the Slave Narratives. This book and that is qualified as The Hungry Inclines can get you closer in becoming precious person. By looking way up and review this reserve you can get many advantages.

Jason Bradley:

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