**BHM 2024 Theme: RESOURCES (Books, Videos, Other)**

**Non-Fiction (cookbooks, soul food history, etc.)**

**Soul food**

**Soul food** is the [ethnic cuisine](https://en.wikipedia.org/wiki/Cuisine) of [African-Americans](https://en.wikipedia.org/wiki/African-American).[[1]](https://en.wikipedia.org/wiki/Soul_food#cite_note-1)[[2]](https://en.wikipedia.org/wiki/Soul_food#cite_note-2) It originated in the [American South](https://en.wikipedia.org/wiki/American_South) from the cuisines of [enslaved Africans](https://en.wikipedia.org/wiki/Slavery_in_the_colonial_history_of_the_United_States) trafficked to the North American colonies through the [Atlantic slave trade](https://en.wikipedia.org/wiki/Atlantic_slave_trade) during the [Antebellum period](https://en.wikipedia.org/wiki/Antebellum_period) and is closely associated (but not to be confused with) with the [cuisine of the American South](https://en.wikipedia.org/wiki/Cuisine_of_the_Southern_United_States).[[3]](https://en.wikipedia.org/wiki/Soul_food#cite_note-firstwefeast.com-3) The expression "soul food" originated in the mid-1960s, when "[soul](https://en.wiktionary.org/wiki/soul)" was a common word used to describe [African-American culture](https://en.wikipedia.org/wiki/Black_American_culture).[[4]](https://en.wikipedia.org/wiki/Soul_food#cite_note-4) Soul food uses cooking techniques and ingredients from West African, Central African, Western European, and [Indigenous cuisine of the Americas](https://en.wikipedia.org/wiki/Indigenous_cuisine_of_the_Americas).[[5]](https://en.wikipedia.org/wiki/Soul_food#cite_note-McKendrick2017-5) Soul food came from the blending of what African Americans ate in their native countries in Africa and what was available to them as slaves. The cuisine had its share of negativity initially. Soul food was initially seen as low class food, and Northern African Americans looked down on their [Black Southern](https://en.wikipedia.org/wiki/Black_Southerners) counterparts who preferred soul food. The term evolved from being the diet of a slave in the South to being a primary pride in the African American community in the North such as [New York City](https://en.wikipedia.org/wiki/New_York_City).[[6]](https://en.wikipedia.org/wiki/Soul_food#cite_note-6)

## History

Soul food originated in the home cooking of the rural [Southern United States](https://en.wikipedia.org/wiki/Southern_United_States) and has its origins in slavery, using locally gathered or raised foods and other inexpensive ingredients. Rabbits, squirrels, and deer were often hunted for meat. Fish, frogs, crawfish, turtles, shellfish, and crab were often collected from fresh waters, salt waters, and marshes.[[7]](https://en.wikipedia.org/wiki/Soul_food#cite_note-7) Soul food originated during the time of slavery, when Black American/ [African American](https://en.wikipedia.org/wiki/African_American) enslaved people were given only leftovers and the undesirable parts of animals, such as ham hocks, hog jowls, and pigs' feet, ears, skin and intestines, which white plantation slave owners did not eat.[[8]](https://en.wikipedia.org/wiki/Soul_food#cite_note-8) Pork and corn were two staple items in the Southern United States for both slave owners and slaves. The slave owners would have smoked ham and corn pudding while the enslaved were left with the [offal](https://en.wikipedia.org/wiki/Offal).

**(read more):**

[**https://en.wikipedia.org/wiki/Soul\_food#:~:text=Soul%20food%20uses**](https://en.wikipedia.org/wiki/Soul_food#:~:text=Soul%20food%20uses)

<https://en.wikipedia.org/wiki/Soul_food#:~:text=Soul%20food%20uses%20cooking%2>