

Introduction to Soul Food

One often hears the word "soul" in connection with many terms – "soul singing," "soul brother," "soul stirring," and of course, "soul food." The word soul itself has many meanings, but I imagine the most applicable one in this instance is . . . the emotional part of man's nature; the seat of feelings or sentiments.

When people speak of "soul food," they are speaking of well-seasoned, savory dishes that are difficult to eat without delight, enjoyment and satisfaction. When you finish a meal of "soul food," it is almost impossible not to have a feeling of fullness and well being. There is a spirit connected with the recipes such that there are certain feelings of nostalgia, pleasure and anticipation when one who is familiar with them hears the name. This book is written with "soul" people in mind.

There are no limit what one would call delicacies – just basic "stick to the ribs" staples. I would imagine that the basis for this lies in the limited acquisition potential of the peoples from whom these recipes came. It was strictly a matter of making a tasty and most importantly, substantial meal on a very limited budget. There is frequent use of fresh vegetables, chicken, ground beef and other parts of the hog and cow that were either unused or cheaply bought.

Soul food is often referred to as Southern cooking, but there is a distinct difference. Soul food cooking was created primarily by slaves who had to eat their master's leftovers. They developed dishes from whatever was available.

Nearly every meal included some starchy item – potatoes, rice, dumplings or spaghetti, all of which are good

for filling in the empty places and making one a little less conscious of the small amount of meat or lack of variety. Corn bread or biscuits were a favorite in those days due to the simple ingredients they required. At that time, corn bread did not even require an egg or milk and was known simply as "cold water" corn bread.

True, the people from whom these recipes stem are no longer so limited. However, these meals are still popular due to the "soul" factor. There is an undeniable connective line, an emotional feeling and sentiment.

When you try these recipes, you too will understand some of the feelings of well being that can come only when one has eaten well and is satisfied. You, too, will have stirrings of "soul."

It is my hope that this book will help you to develop an appreciation for food that has been prepared and enjoyed for many years by minority people, especially African-Americans. It is my desire that these recipes may in some way bridge the gap in our society and enable you to understand the cultural background of all people, as well as develop a channel for better communications through one of the basic needs of life – food.

Dr. Inez Yeargan Kaiser

To order your copy of Soul Food Cookery,
please print your name and address and send to:

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906 Grand Ave., Suite 1010
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By
Dr. Inez Yeargan Kaiser



Soul Food Cookery

Soul Food Cookery is the original soul food cookbook written in America. The first edition was written in 1968 by Dr. Inez Y. Kaiser, a trained home economist. The introduction of soul food had an economic impact on the food industry, that lasted until today. Soul Food has served as a stimulant for conversation and as such has been very influential in breaking down racial barriers among all people.

The cookbook recipes are written in a very easy to read and interpret format. Regardless of one's educational background they can follow the simple directions.

The book includes sections on:

- Appetizers, Pickles and Relish
- Soups, Salads, Dressings and Sauces
- Main Dishes - Meat, Seafood and Poultry
- Vegetables
- Bread, Rolls, Pies and Pastry
- Desserts
- Candy, Jelly, Jam and Preserves
- Beverages and Miscellaneous
- Microwave

Sample Recipe

CHITTERLINGS

- 10 lb. chitterlings** 1 red pepper, cut in pieces
water garlic clove
1 Tbsp. salt 1 medium onion
1 Tbsp. pepper 1 rib of celery, cut into pieces
1 large Irish potato, peeled and washed (optional)

THAW chitterlings, removing all waste.
WASH chitterlings and clean thoroughly, leaving small amounts of fat on each piece for seasoning.
PLACE in full pan of water with salt and pepper.
ADD red pepper, celery, garlic clove, onion and potato (this helps absorb most of the odor of the chitterlings and adds flavor.)
COOK until chitterlings can be cut easily with fork (approximately 3 to 4 hours).
ADD water occasionally to keep from sticking.
 (6 Servings)

Unique Features of Soul Food Cookery

The cookbook contains helpful information that will assist homemakers in their daily living and basic kitchen information.

Special Features:

- New Hints
- Time Savers in Cooking
- Party Planning
- Six Steps to the Perfect Pie
- Time Table for Meat Cooking
- Everyday Herb Guide
- A Diet To Live With
- Quantities to Serve 100 People
- Burning Up Calories
- First Aid for Household Emergencies
- How To Convert to Metric System
- Steak Cooking Chart
- Parents Glossary of Kids Kitchen Terms

Additional important information is throughout the book, i.e. Time Savers in Cooking, Buying Guide-Fresh Vegetables and Fruits, Tips on Saving Money at the Food Store, Birthdays and a Perpetual Calendar.

Sample Recipe

SWEET POTATO PIE

- 9 inch pie crust** 1 Tbsp. grated lemon rind
4 Tbsp. margarine 3 eggs, separated
1/4 tsp. salt 1/4 tsp. cinnamon
1/2 c. sugar 3 large sweet potatoes, cooked
3 Tbsp. lemon juice and mashed through sieve
1 c. top milk 1/4 tsp. nutmeg

CREAM margarine until soft.
ADD salt and sugar and cream until sugar is blended.
ADD lemon juice and rind.
ADD beaten egg yolks, cinnamon, nutmeg and sieved potatoes and milk. Mix thoroughly.
FOLD in stiffly beaten egg whites.
POUR into 9 inch pie crust.
BAKE in 400° oven 10 minutes, then lower temperature to 350°, bake another 40 minutes or until knife inserted in center comes out clean.

About the Author

Dr. Inez Yeagan Kaiser is president of Inez Kaiser & Associates, Inc., a public relations, advertising, marketing and marketing research firm specializing in the African-American market.

A native of Kansas City, Kansas, she has taught school for many years after she received a B.S. Degree in Home Economics from Kansas State Teachers College in Kansas, an M.S. Degree in the same field from Columbia University in New York, and a Doctor of Law Degree from Lincoln University, Jefferson City, Missouri. The author has had training in merchandising, marketing and market research at Rockhurst College and Chicago University in Chicago.

Dr. Kaiser has had a great deal of experience in the Home Economics field both in teaching and with her company, much of her work dealing with promotion and marketing of food and beverages to the African-American consumers of all age levels. She speaks and writes with authority to the African-American market about new techniques of food preparation, nutrition, convenience foods, menu planning, and introduces new products and cooking equipment from the manufacturer. Her syndicated column, "Hints For Homemakers" appears in African-American newspapers throughout American.

Much of her time is spent lecturing before professional organizations, on college campuses and in making radio and television appearances. Her professional affiliations are many. She has traveled all over the world studying food habits of various cultures.

The author has been cited over 100 times for her outstanding contributions in the fields of home economics and public relations.

A homemaker, mother, grandmother, and business woman, Inez Yeagan Kaiser resides in Overland Park, Kansas with her husband Richard S. Kaiser, Sr. She has one son, Richard S. Kaiser, Jr. and three grandchildren, Richlynn Nicole, Jasen Richard and Richard S. Kaiser III. She was the recipient of the D. Parke Gibson Pioneer Award presented by the Multi-cultural Department of the Public Relations Society of America for over 35 years of professional service and community service. In 1989, she was chosen as the most outstanding business woman in the country, receiving the Kool Achiever Award. Inez Y. Kaiser is the only African-American woman inducted into the National Honor Roll of Women in Public Relations.