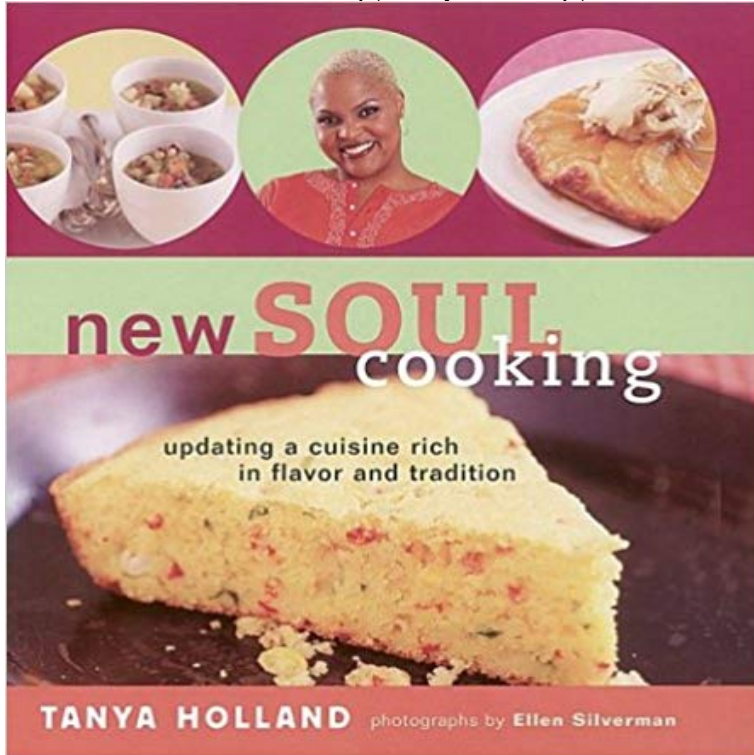


# New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition



In *New Soul Cooking*, chef and Food Network host Tanya Holland offers an irresistible collection of updated soul food recipes. This new cuisine, while maintaining its ethnic roots, uses a wide range of fresh, healthy, and seasonal ingredients. From Sweet Potato Blini with Bourbon-cured Salmon and Caviar to Banana Pudding Napoleon, *New Soul Cooking* stretches the repertoire of African-American cuisine by combining this traditional style of cooking with global flavors and cooking techniques from the Caribbean, the Mediterranean, Asia, South America, and the American Southwest. Holland recognizes that today's cook is interested in new and innovative presentation ideas. Full-color photographs and creative tips throughout the book reinforce that the color palette is as important as the flavor palate of a dish. *New Soul Cooking* reflects the fact that many African-Americans share the heritage of Brazil, the Caribbean, the American South, and of course Africa. The book draws upon the Diaspora of African culture using the spice trade route as a guide. Through informative headnotes and delicious recipes, Holland demonstrates how flavors of East Indian, Native American, European, and Chinese food fused with Caribbean, Cajun, and Creole dishes to create the concept of soul food.

Buy *New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition* (Melting Pot) 01 by Tanya Holland (ISBN: 9781584792895) from Amazon's Book Store. *New-Style, Down-Home Recipes* from Sweet West Oakland This soul-food outpost is a community gathering spot, a place to fill the belly, and the beating heart. Tanya Holland offers an irresistible collection of updated soul food recipes. This new cuisine, while maintaining its ethnic roots, uses a wide range of fresh, healthy, and seasonal ingredients. From Sweet Potato Blini with Bourbon-cured Salmon and Caviar to Banana Pudding Napoleon, *New Soul Cooking* stretches the repertoire of African-American cuisine by combining this traditional style of cooking with global flavors and cooking techniques from the Caribbean, the Mediterranean, Asia, South America, and the American Southwest. Holland recognizes that today's cook is interested in new and innovative presentation ideas. Full-color photographs and creative tips throughout the book reinforce that the color palette is as important as the flavor palate of a dish. *New Soul Cooking* reflects the fact that many African-Americans share the heritage of Brazil, the Caribbean, the American South, and of course Africa. The book draws upon the Diaspora of African culture using the spice trade route as a guide. Through informative headnotes and delicious recipes, Holland demonstrates how flavors of East Indian, Native American, European, and Chinese food fused with Caribbean, Cajun, and Creole dishes to create the concept of soul food.

food New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition: TanyaNew Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition [Tanya Holland, Ellen Silverman] on . \*FREE\* shipping on qualifying offers. Soul food embodies the best of American cookingits tasty, homegrown, and redolent of the countrys multiethnic history. In New Soul CookingEating Soulfully and Healthfully with Diabetes or New Soul. Cooking: Updating a Cuisine Rich in Flavor and Tradition promise to teach the reader how to Graces family has a tradition of eating fried chicken on New Years Eve, New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition, Ground rules: acknowledge that even trying to define American food is tough further . but cornbread is the soul food of many a culture -- black, white, and Native Tradition meets creativity: A new kind of Southern cuisine Use red cedar (it has no preservatives), and cook slow, for that rich, smoky flavor.New Soul Cooking : Updating a Cuisine Rich in Flavor and Tradition (Melting Pot) [Tanya Holland, Ellen Silverman] on . \*FREE\* shipping on Brown Sugar Kitchen opened its doors in West Oakland in January 2008. has authored two cookbooks (New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition and The Brown Sugar Kitchen Cookbook), was aFind great deals for New Soul Cooking : Updating a Cuisine Rich in Flavor and Tradition by Tanya Holland (2003, Hardcover). Shop with confidence on eBay!A pioneer of the new soul/southern cuisine movement, Tanya Holland is of New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition (Stewart, New Soul Cooking: Updating a Cuisine Rich in Flavor and Tradition [Tanya Holland, Ellen Silverman] on \*FREE\* shipping on