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From the Inside Flap. In this insightful and eclectic history, Adrian Miller delves into the influences, ingredients, and innovations that make up the soul food tradition. Focusing each chapter on the culinary and social history of one dish--such as fried chicken, chitlins, yams, greens, and "red drinks"--Miller uncovers how it got on the soul food plate and what it means for African American culture and identity.

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done, Adrian Miller! You made this native white southerner's mouth water. I grew up eating the same foods that the author described so eloquently and so lovingly.

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Soul Food: The Surprising Story of an American Cuisine, One Plate at a Time. Soul Food. : Adrian Miller. UNC Press Books, Aug 15, 2013 - Cooking - 352 pages. 0 Reviews. 2014 James Beard Foundation...

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Miller's first book, SoulFood: The Surprising Story of an American Cuisine, One Plate at a Time won the James Beard Foundation Award for Scholarship and Reference in 2014. His second book, The President's Kitchen Cabinet: The Story of the African Americans Who Have Fed Our First Families, From the Washingtons to the Obamas was published on President's Day, 2017.

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