

## **Soul Food Christmas Dinner**

Beautiful Souls! It's time for the most magical feast of the year!

And there are just three words we love to hear come December.

Christmas. Soul. Food.

Because it's always a merry occasion with a soul food Christmas dinner menu!

### **What is a soul food Christmas dinner menu?**

A soul food Christmas dinner menu is Southern soul food entrées and Black folks' recipes and dishes.

Now, close your eyes. Take a deep breath. And imagine yourself sitting down to the perfect Christmas dinner feast.

Tender, juicy, and flavorful meats and side dishes - oh so savory and sometimes even sweet!

The scent of a soul food Christmas dinner in the air. An aromatic scent and the essence of Black folks' food.

The kitchen becomes the gift that keeps on giving.

### **Welcome to The Soul Food Pod!**

**The first soul food podcast about Southern soul food.**

**I'm your host, Shaunda Necole, cookbook author and food and lifestyle blogger. Making life easier plus more soulful, one recipe at a time.**

**What makes me an expert on authentic soul food?**

**My heritage dates back to my great-grandmother Florence, a highly esteemed North Carolinian one-woman catering queen.**

**In honor of my Grandma Florence's legacy, I run the world's number-one soul food website today.**

**I'm a born and raised Southern girl living my best life in the fabulous entertainment and food capital of the world, Las Vegas.**

**I'm so proud to share my family's African American soul food recipes representing our beautiful people and a legacy of what we eat.**

**My mission here on The Soul Food Pod is to provide you with recipes for success.**

**So join me as I create conversations about how accessible and approachable classic Southern soul food recipes can be.**

**I'll teach you how these iconic recipes**

Get ready to make delicious holiday memories with my easy Christmas dinner menu featuring exceptional African American favorite soul foods.

I'm delivering precise ingredient lists, easy step-by-step instructions, and answering all of your frequently asked questions about a soul food Christmas diner like this:

**What do you serve on a soul food Christmas dinner menu?**

Asked another way, "What's the best soul food Christmas menu?"

Whether your family celebrates with a traditional Christmas meal or hosts a family potluck event, you're sure to find the soul food classics and flavors they expect in The Soul Food Pot's roundup of easy Christmas dinner menu ideas.

Feel confident about hosting this year's holiday meal with recipes like:

- Homemade Christmas eggnog
- Brown sugar-glazed Christmas ham
- Southern Christmas roast
- Southern Christmas roasted turkey
- Soul food candied yams
- Soul food collard greens
- Southern creamy mashed potatoes
- Southern fried cabbage
- Creamed corn pudding
- Bread pudding
- Fresh cranberry sauce
- Black folks baked mac and cheese
- Old-fashioned Southern cornbread dressing
- Sweet Southern ambrosia salad
- Red velvet cake made from scratch
- Southern pecan pie
- Sweet potato pie

And the list goes on and on!

When it's a soul food Christmas dinner, you won't have to worry about dry, bland gravy and tasteless stuffing!

Instead, prepare for tender, juicy meats and flavorful sides that'll have your family bursting into celebration songs well before the final entrée is served!

*(Mariah Carey Christmas playlist, anybody? - I know it's not just me ready to hit play!)*

**Then you asked, "How do you make a Black folks soul food easy Christmas dinner?"**

My secret weapon for an easy soul food Christmas dinner is Instant Pot recipes!

From the turkey leg to the oxtail, I wish everyone knew how easy Instant Pot cooking is for busy households – and hectic holiday dinners!

From a Southern Thanksgiving menu to a soul food easy Christmas dinner – Instant Pot will turn your entrées and side dishes into magical meals in minutes one-pot... straight to the plate!

**Do you want to make the most flavorful and delicious vegetables and meats?**

**Do you have the most flavorful seasonings in your pantry or on your spice rack?**

**No worries if you don't have the answers to these questions.**

**I've gotchu with my step-by-step digital printable guides to take your taste buds to new heights!**

**I put together a collection of the best African American seasonings and spices recipes passed along from my grandma to mom to me.**

**And now to you in my easy step-by-step cookbooks and guides of all that's flavorful with these ultimate lists for soul food seasonings and how to season Southern fried chicken.**

**Grab them from [ShaundaNecoleShop.com](https://ShaundaNecoleShop.com)**

**Also linked for your convenience in the episode description.**

**Wait, no Instant Pot?**

**No problem!**

I share how to make soul food recipes using modern cooking appliances and traditional stovetop or oven methods.

But if you're ready to save time in the kitchen and enjoy all the benefits of Instant cooking, head to [TheSoulFoodPot.com](https://TheSoulFoodPot.com) to find out which Instant Pot is best for you?

Use my handy-dandy Instant Pot comparison guide for info and ease in purchasing your next Instant Pot appliance!

For your convenience, I've also linked to this trusty guide in this episode's description.

Now, Beautiful Souls, you've also asked me about what are some easy soul food Christmas dinner menu ideas?

And my answer is still the same:

Your annual Christmas dinner doesn't have to be complicated!

You can make an easy Christmas dinner menu and the whole festive feast the one-pot way!

Because I'm all about a soul food Christmas dinner that doesn't require a 4-hour nap after you cook!

And what about the Christmas side dishes?

**So many people have asked, "How many side dishes for Christmas dinner?"**

Well, if you're asking Black folks, the answer is as many as will fit on the Christmas dinner table! (Y'all know how we do!)

A soul food Christmas dinner typically includes a whole menu of delicious entrées with 4-8 Christmas side dishes!

**And what is the most popular side dish for Christmas dinner?**

The favorite for a soul food Christmas dinner menu is the perfectly soulful side dish inspired by the African yam – Southern soul food candied yams (with or without marshmallows)!

*(Is your mouth watering yet?)*

Alright, to answer this next question, we took a poll of our Beautiful Souls following our Instagram page @ShaundaNecole.

(Are you following us yet? And if not, what are you waiting for? Christmas?)

**So what did our Instagram Beautiful Souls say about the most eaten food on Christmas Day?**

Between turkey or ham?

Drumroll, please...

Survey says: it's a Christmas ham! (82% of you voted for ham!)

**Then what do you serve after Christmas dinner?**

But, of course, Christmas desserts!

We all know that Christmas cookies are classic Christmas desserts.

But did you know there are Southern soul food Christmas cakes, pies, cheesecakes, puddings, and more?

After all, doesn't the most wonderful time of the year deserve the most wonderful and flavorful desserts?

So here's a list of Southern soul food Christmas dessert favorites:

- Red velvet cake
- Black Folks Sweet Potato Pie (This pie is so important to the Black culinary culture that we dedicated a whole episode of The Soul Food Pod to this famous soul food dessert! Make sure you listen to season 1, episode 15!)
- Southern sweet potato pie with cream cheese
- Southern bread pudding
- Grandma's old-fashioned carrot cake (Also a featured recipe on The Soul Food Pod. Check out our pilot episode - season 1, episode 1.)
- Southern banana pudding the Black way (Featured in season 1, episode 6)
- Southern peach cobbler (Another podcast featured recipe - season 1, episode 8)
- Christmas tea cakes
- And Southern pecan pie - to name a few soul food Christmas dessert favorites!

And finally, after dinner and dessert, consider wrapping up your soul food Christmas feast with one of these after-dinner beverage treats:

- Starting with homemade Christmas eggnog. So delicious and easy to make, it's a holiday tradition that tastes like home and family! Creamy, custardy, rich, and milk-like, with a hint of sweetness. Eggnog will satisfy your wintertime cravings with nutmeg and sweet cinnamon notes. It's like liquid Christmas!

- Or spiked Hennessy eggnog - this beverage features a creamy texture and a rich flavor profile. Perfect for impressing your guests, it'll add soulful swag to any holiday occasion or event!
- And on TheSoulFoodPot.com, we've also rounded up more Christmas holiday drink favorites for you, like moscato sangria.
- Festive Christmas martinis
- White hot chocolate
- Apple cider hot toddies
- And more!

Now Beautiful Souls, I'll wrap this soul food Christmas dinner special episode with a couple of Southern Christmas fun-to-know facts:

Starting with:

### **What cake is traditionally eaten on Christmas Day?**

While fruit cake might be the most popular among Christmas desserts, a Southern red velvet cake is the perfect decadent and delicious cake with a Christmas red color!

Bonus, my recipe includes a secret ingredient of chocolate chips! (You already know where to go to check it out!)

### **What Christmas dessert is known for its long shelf life?**

The USDA says a Christmas fruitcake can last 2-3 months in the refrigerator before going bad – Wowza!

However, *Tonight Show* host Johnny Carson may have said it best:

"There is only one fruitcake in the entire world, and people keep sending it to each other."

**And last but not least, what fruit is traditionally eaten at Christmas?**



Did you know it's oranges?

**The fun fact here** – During the Great Depression when many families couldn't afford to buy holiday presents. Waking up on Christmas morning and finding a fresh orange in your Christmas stocking was considered a luxury!

My mom used to elevate this tradition by poking oranges with whole cloves, creating one of the most beautiful, fragrant, and memorable holiday aromas! (Try it for yourself and thank me later!)

Alright, Beautiful Souls, I'm sending you all oranges as Christmas presents this year!

Just kidding!

But I want to thank you for your presence (see how I did that there!) and for hanging out with me today to discuss hosting a soulful Christmas feast filled with color, warmth, and flavor!

Now remember, food for the body is not enough. There must be food for the soul!

**Thank you for joining me for this episode of the Soul Food Pod. Did you enjoy today's conversation and recipe?**

**If you want more easy to make soul food recipes and Southern food for the soul, then follow me for ideas that make your life easier plus more soulful.**

**Subscribe here to the Soul Food Pod and subscribe to my food blog [TheSoulFoodPot.com](http://TheSoulFoodPot.com)**

On the Instagrams - follow me [@ShaundaNecole](#)

Have you had today's recipe?

Would you make it?

Comment below and let me know.

And make sure you rate this podcast Five Stars and subscribe for all the soul food!