

The Soul Food Pod

Episode 13: Black History Month Food

Today, we're talking about Black History Month food.
AND... Golden State Warriors star Draymond Green, calls for us to:
"Get rid of Black History Month!"

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 are now easy enough for anyone to make and everyone to love you.

Beautiful Souls!

Let's start off our conversation today about Black History Month food with one of the most frequently asked questions about soul food:

What's the difference between Southern food and soul food?

Many people associate soul food with Southern comfort food and the South.

But soul food goes way beyond Southern cooking and often gets lost in translation and grouped in with Southern food.

While most soul food is Southern.

Not all Southern food is soul food.

That's why it's important to distinguish when a recipe or dish is Black folks' food – made the African-American way.

What is soul food, and where did it come from?

Soul food is African American food derived from Black enslaved people's take from often unwanted or unknown parts, scraps, or leftovers of American and British cuisine.

Combined with the soulful essence of West Africa for color, warmth, and flavor, it's the preservation of Black people's food traditions.

So, let's talk a bit more about **African American food culture...**

Why is food so important to Black culture?

Soul foods are an African American culture of hearty homecooked meals that you can point out by dishes with plenty of seasoning and rich flavor!

Black people have a culture that goes deeper than our African roots. And the food we eat reflects our rich culture.

Black music, the way we talk, what we eat, and the way we talk about the things we love are all entwined in our food.

So often referred to as swag and flavor.

Food is vital in Black culture because it brings people around the table and puts a pause on the constant oppression of our people, along with fast-paced living.

Replacing it with good times, comfort food, happiness, and laughs.

Black people gather, connect, and celebrate with soul food. Food is a way to show how much another person is cared for.

Being able to feed someone is a significant and respected part of Black food culture.

So, what makes soul food soul food?

Asked another way, what makes a dish authentic soul food?

Simply put, 'Soul' is the word used to describe the swag and unique style of African-American cuisine. You know. The flavor.

And now the question, what is Black folks' food?

Chicken, especially fried chicken, is a food thrown on the doorsteps of Black people as a way to identify us.

But, of course, you know, African Americans didn't invent the chicken, LOL! We just perfected seasoning it!

There's no denying that chicken with a balance of seasoned tender meat on the inside and flavorful skin on the outside is a soul food specialty.

A legacy of making it this way. Recipes handed down from generation to generation.

That's Black folks' food.

Black folks' food is a legacy of how African-Americans make soul food and a category of recipes on TheSoulFoodPot.com

People have asked me, "Why do you call it Black folks' food?"

Because these *are* Black folks' recipes. And I'm so proud to share them!

I'm deliberate and intentional about giving credit to our community of talented chefs, cooks, and creators.

No more apologizing or hiding our Blackness and its beauty.

My mission is to remain standing on the right side of history.

I'm consciously doing my part to honor the ancestors as one of the gatekeepers protecting the legacies of African-American culture.

With my hand on the sacred urn of tradition, vowing to protect and preserve Black culture and generations of blessed soul food recipes.

And the fun part of all of this?

Every time you make and share Black folks' food. You stand with the ancestors, too!

As Toni Tipton-Martin says in the Netflix series *High On The Hog*,

"I am using my platform to draw attention to Black excellence."

So what is Black History Month?

Black History Month is an annual observance originating in the United States, also known as African-American History Month.

Black History Month is acknowledged during February, receiving official recognition from governments in the United States, Canada, and, more recently, Ireland and the United Kingdom.

Black History Month aims to honor the contributions that African Americans have made and to recognize their sacrifices.

Now, back to Draymond Green and what he had to say about Black History Month:

"At some point, can we get rid of Black History Month? Why do we get the shortest month to celebrate our history?"

He finished with:

"Teach my history from January 1 to December 31, and then do it again, and then again, and then again, and then again."

Making it clear that his issue is *NOT* the celebration of Black history.

Full disclosure: My immediate family and I are Golden State Warriors fans (Go Dubs!)

But that has nothing to do with why I couldn't agree more with Draymond Green's sentiments about Black History Month!

And speaking of family, I lead my life with this constant question:

"What kind of ancestor will I be?"

So, in honor of Black History, I've asked our youngest son and firstborn grandson to be my extraordinary guests today to talk about what Black history means to them and in the eyes of their generation.

Introducing my son, Dahvi, and my grandson, Kobe.

Hey Kobe!

Hey Dahvi!

Kobe, you're currently 11 years old, turning 12 this year. What do you think of when you hear the phrase Black History?

How about you, Dahvi?

Now, Kings, do you feel that Black History and Black culture get accurate representations in today's culture very different from when I was raised in the early 80s vs. you two born in the early two-thousands? Dahvi?

Now, the fun part. The food!

Kobe, what foods do you think of when you think of Black History?

Dahvi, what foods do you think of when you think of Black History?

So what do you eat in Black History Month, Beautiful Souls?

While there's no official list, you can enjoy notable recipes like collard greens, candied yams, homemade cornbread, baked macaroni and cheese, chicken and dressing, sweet potato pie, and banana pudding – to name a few soul foods menu favorites.

These recipes are part of the authentic soul food family. Recipes passed along through generations and a legacy of African Americans. Black folks' food!

Thank you, sons, my Black Kings, for being here with us on The Soul Food Pod today.

(*Listen to The Soul Food Pod wherever you get your podcasts for this episode's full conversation!)

Dahvi speaks.

Kobe speaks.

Beautiful Souls, are you ready to take your recipes beyond Southern?

Then start here at TheSoulFoodPot.com with our feature of 77 iconic recipes in honor of Black History.

Step-by-step instructions that are easy enough for anyone to make and everyone to love!

I've linked this recipe roundup in this episode description for your convenience.

And until next time, Beautiful Souls, remember that 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.

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TheSoulFoodPot.com

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Have you had today's recipe?

Would you make it?

Comment below and let me know.

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