

DINNER • FEBRUARY 8th • ERDMAN & NEW DORM

# Food *for the* Soul

## Soul Food: More Than Just Meal

Soul Food is the name of the cuisine created largely by Black Americans who were enslaved in the South during the Antebellum period. Black people took the scraps they were given and created a rich culinary tradition that connects generations. Soul Food is influenced by West African, Caribbean, and Indigenous cultures. Although Soul Food has gained popularity, historically, it has been used to denigrate and stereotype Black people as lazy or unhealthy, instead of resilient and creative. This menu originated 30 years ago with Black Bryn Mawr culinary workers who wanted to showcase their culture. Note that this menu does not and cannot capture the fullness of Black American cuisine. To learn much more, check out **High on the Hog: How African American Cuisine Transformed America** on Netflix. The docuseries features renowned culinary historian and Bryn Mawr alum, Jessica Harris '68.

Note made in collaboration with the Enid Cook '31 Center.