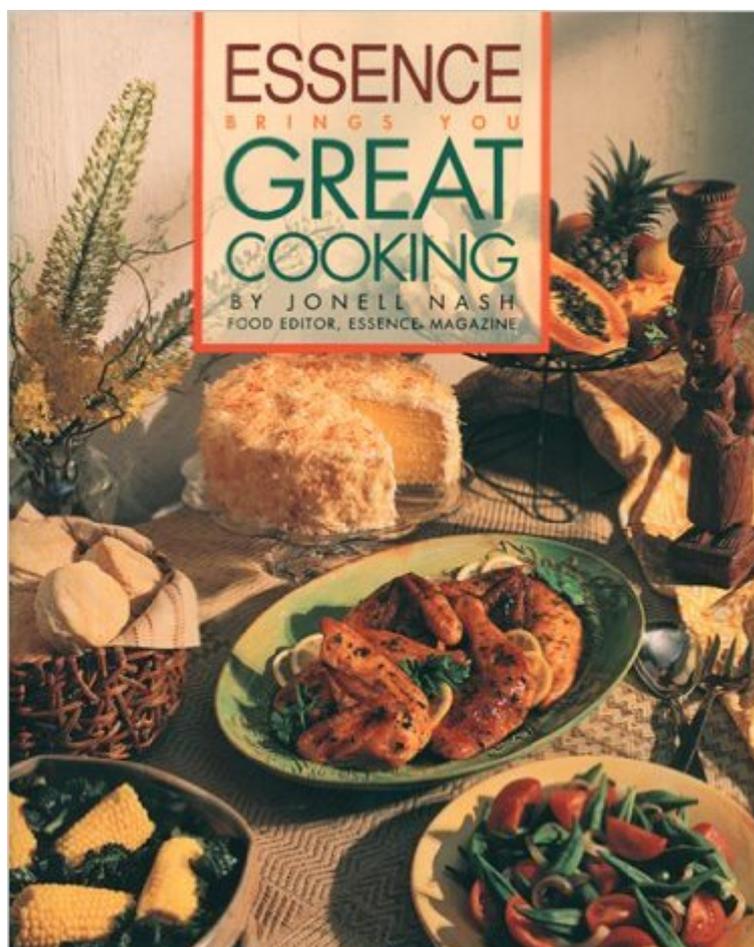


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# Essence Brings You Great Cooking



## Synopsis

For more than two decades, millions of men and women across the country have relied on Essence magazine to cater to their taste for great food. As one of the biggest success stories in the publishing industry, Essence -- the only lifestyle magazine for Black women -- has also endeared itself to everyone who appreciates the best in the food traditions of the Caribbean, Africa, South America, and the American South. Now, Jonell Nash, food editor for Essence since 1983, brings together in one definitive volume the best recipes, cooking tips, nutritional information, food folklore, and stunning color photographs from the food pages of the magazine. *Essence Brings You Great Cooking* has more than 300 recipes that answer the needs of a new era of health-consciousness, hectic schedules, and renewed appreciation of African-American and home cooking. Included are classics such as Chicken and Dumplings, Baked Red Snapper, and Braised Cabbage as well as unique contemporary dishes such as Fruited Duck Salad and Orange-Blossom Grits. There are wonderful options for all kinds of diets with recipes that excite meat-eaters and vegetarians alike, from Creole Okra and Tomatoes, and Ali's Vegetable Curry to Sweet Pepper and Crabmeat Quiche. This easy-to-follow book guides you through the preparation of a weekday meal to elegant recipes perfect for formal and informal entertaining. Rooted in tradition, with bits of history and culture, Essence brings you great cooking that is at once familiar yet exciting and new. This long-awaited, ground-breaking guide to fine dining presents the best of Essence magazine's food pages and African-American cuisines.

## Book Information

Hardcover: 480 pages

Publisher: Amistad (January 27, 2000)

Language: English

ISBN-10: 1567430333

ISBN-13: 978-1567430332

Product Dimensions: 9.5 x 7.6 x 1.2 inches

Shipping Weight: 3 pounds

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #1,009,716 in Books (See Top 100 in Books) #111 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food](#) #1650 in [Books >](#)

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## Customer Reviews

This is the book that made my reputation as a good cook. I had recently moved and was looking for some fun stuff to make for an impromptu summer housewarming party, so I turned to Essence. I have always loved Caribbean food, so I opted for the jerk chicken, rice and peas and ratatouille. Boy were my guests impressed! Okay, so the chicken was a bit hot and a few folks were gulping down water between bites, but that jerk chicken was pretty authentic for a Yankee gal. lol. Even folks who do not like okra were loving that ratatouille. That is a great vegetable dish and it went beautifully with the chicken. This is a good all-around cookbook because the author presents recipes from different segments of the diaspora. There is of course plenty of soul food represented here, but there are also Caribbean dishes and maybe even an African inspired dish or two. Nash, long-time food editor for Essence Magazine, does a good job in presenting straightforward recipes and techniques. There is even a section on how to set up a kitchen for all those who may be just setting up house. I especially like the fact that she has revised many classic recipes using less fat and salt. I don't eat pork, so I have no problem doing without the salt pork, hamhocks and the like. Use this book and you too will be known as a good cook.

Jonell Nash is simply wonderful. This book is creative, attractive, practical and health-smart. Never before have I seen a cookbook offer so many different ways that soul food lovers can enjoy their favorites and cut the fat at the same time. Every southern and soul food cooking kitchen should have this book close by.

Most of the cookbooks I've bought just sit on my kitchen shelf. The pictures are pretty, but the recipes are too intricate and time-consuming. The Essence cookbook, in contrast, contains recipes for delicious \*and\* easy to prepare food. And the pictures are beautiful too! I actually use this cookbook almost every week. Jonell Nash also includes tips for cooking with less fat, but the food still comes out tasting wonderful. This is soul food that's good for both body and soul. While emphasizing African-American recipes, people of \*all\* races would enjoy this cookbook.

I was hoping for a lot more recipes from grandma's kitchen... I was a little disappointed and when I tried some of them they certainly didn't taste like the ones I have had growing up. It is now in the "Goodwill donation pile"

I bought this book when it was first published. It's so well used and bookmarked, too many of the

pages have separated from the binding, so I'm looking to buy a new replacement copy. I've also bought this book as a gift to others over the years. The recipes I've used have all produced very tasty dishes.

I MADE MY SIGNIFICANT OTHER WHO IS A BLACKMAN FROM NORTH CAROLINA ONE OF THE CARRIBEAN DISHES IN THIS BOOK FOR HIS BIRTHDAY AND HE WAS A VERY HAPPY MAN:-)

This was a gift to a person that loves to cook and they had been looking for this book for about two years. She loves it.

I ordered for my grandson, who is an aspiring chef. He loved it and started using it right away.

Thanks

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