

Food That Feeds Our Soul

This week we are transitioning our Friday class focus to ART!!

“Through art, we can help people understand and interpret the human experience, shine a light on an injustice that needs to be addressed and ultimately inspire reform.” - Kim Calling

As our leader this week, Mary Norris, began to explore Black artists it was quickly apparent that she would need to narrow the search. So, while there are amazing Black artists who focus on Visual art, Music, Dance, and Literature, she was drawn to Culinary Art. She is eager to share a bit of what she has learned about “food that feeds our soul.”

Some of the gifted chefs we will discuss include:

- Edna Lewis, the “Mother” of southern cooking.
- Mashama Bailey, a James Beard Finalist who owns The Gray in Savannah, GA.
- BJ Dennis, a Charleston pop-up chef who wants to help the next generation of Gullah Geechee chefs get their just due.
- Ricky Moore, a North Carolina chef who participates in the Green Book Supper Club, a pop-up dinner series showcasing African American chefs in North Carolina.

Goal

To appreciate and learn from the culinary arts of some of the Black communities in America.

Resources

To find out more about the chefs we will be discussing, read the following:

- **All About Edna Lewis, The Grande Dame of Southern Cooking.** Six things you should know about the pioneering chef. By Ni'Kesia Pannell, Jan 30, 2021.
<https://www.delish.com/restaurants/a33835443/edna-lewis-black-southern-cooking/>
- **Chef Mashama Bailey on Getting Her Seat at the Table.** Black Southern culinary traditions have been co-opted, stereotyped, and undervalued. Chef Mashama Bailey is changing that with her Savannah restaurant, The Grey. As Told to Ariana Marsh, Nov 25, 2020.
<https://www.harpersbazaar.com/culture/features/a34774041/chef-mashama-bailey/>

- **People Say Gullah Geechee Culture Is Disappearing. BJ Dennis Says They're Wrong.** The unofficial chef ambassador takes us deep into the heart of the Low Country, to meet the home cooks keeping the traditions of their enslaved ancestors alive. By Hilary Cadigan, Aug 14, 2019. <https://www.bonappetit.com/story/bj-dennis-gullah-geechee>
- **The Story of Ricky Moore.** The “Best Chef in the Triangle” Talks Carolina Cooking. Coastwatch, North Carolina Sea Grant. <https://ncseagrant.ncsu.edu/coastwatch/current-issue/winter-2019/the-story-of-ricky-moore-the-best-chef-in-the-triangle-talks-carolina-cooking/>