All About Food

I love to cook soul food—greens, sweet potatoes, and fried chicken. It is a tradition that my family has been doing for many years. My mother and grandmother would fix it on Sundays after church. Soul food means that it is connected to African Americans. I know that my ancestors created soul food because they had to use the food from the gardens and the leftover meat that the slave-owners did not want.

I prepare the greens by picking the stems off first. Then, I rinse the meat off and let it cook about an hour before I put the greens in the pot with it. I add my seasonings, salt, onion, and grease and then let it cook for about three hours until it is done.

While the meat and greens are cooking, I prepare the sweet potatoes. I boil them first and then put in the butter, nutmeg, cinnamon, and a little sugar to candy them. Then I let them cook over a low fire for five minutes and then I turn them off.

I season the chicken well, toss it in flour, and fry it until it is golden brown.

When the food is ready, the whole family sits down to enjoy a meal together. I love to cook and eat good soul food with family and friends to show them that I love them and appreciate them. I still prepare soul food on Sundays like my mother and grandmother did. I taught my daughters how to fix it as they were growing up. Hopefully, when I have passed on, they will keep having the tradition of soul food on Sundays.

Peggy Tyler is a GED student at Black Hawk College in East Moline, IL. She is the mother of four children whom she raised in Chicago while working as a security officer at a security agency. She is also the grandmother of ten.

Recipe:

Recipe: from the kitchen of:
Servings:

Ingredients: Directions:

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