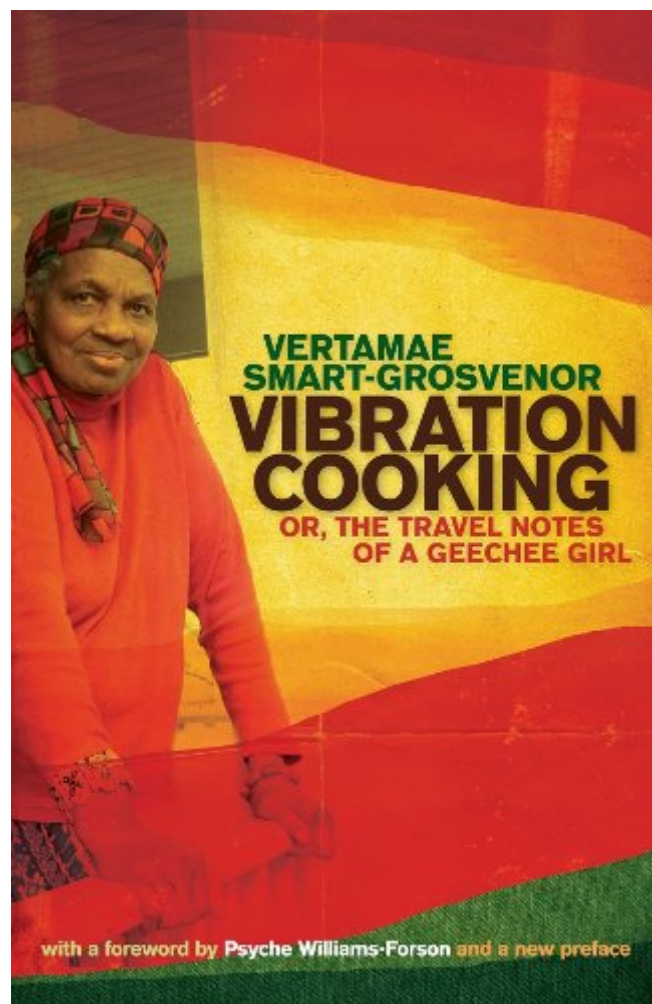


The book was found

Vibration Cooking



Synopsis

Vibration Cooking was first published in 1970, not long after the term "soul food" gained common use. While critics were quick to categorize her as a proponent of soul food, Smart-Grosvenor wanted to keep the discussion of her cookbook/memoir focused on its message of food as a source of pride and validation of black womanhood and black consciousness raising. In 1959, at the age of nineteen, Smart-Grosvenor sailed to Europe, where the bohemians lived and let live. Among the cosmopolites of radical Paris, the Gullah girl from the South Carolina low country quickly realized that the most universal lingua franca is a well-cooked meal. As she recounts a cool cat's nine lives as chanter, dancer, costume designer, and member of the Sun Ra Solar-Myth Arkestra, Smart-Grosvenor introduces us to a rich cast of characters. We meet Estella Smart, Vertamae's grandmother and connoisseur of mountain oysters; Uncle Costen, who lived to be 112 and knew how to make Harriet Tubman Ragout; and Archie Shepp, responsible for Collard Greens à la Shepp, to name a few. She also tells us how poundcake got her a marriage proposal (she didn't accept) and how she perfected omelettes in Paris, enchiladas in New Mexico, biscuits in Mississippi, and feijoida in Brazil. "When I cook, I never measure or weigh anything," writes Smart-Grosvenor. "I cook by vibration." This edition features a foreword by Psyche Williams-Forsion placing the book in historical context and discussing Smart-Grosvenor's approach to food and culture. A new preface by the author details how she came to write Vibration Cooking.

Book Information

File Size: 1214 KB

Print Length: 260 pages

Publisher: University of Georgia Press (July 19, 2012)

Publication Date: July 19, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B008MZZDVG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #216,330 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11
in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International > U.S.
Regional > Soul Food #42 in Books > Cookbooks, Food & Wine > Regional & International > U.S.
Regional > Soul Food #78 in Books > Arts & Photography > Music > Biographies > Rhythm &
Blues

Customer Reviews

I was looking for a recipe for the original pound cake with one pound ingredients including one pound of sugar, one pound of flour, one pound of butter, etc. The recipe was in this book along with some other wonderful old-fashioned recipes.

A very fine biography of a little Gullah girl who somehow finds her way to Paris, great cooking, and great writing skills. Her sense of self is strong; her tone is objective; her style is full of energy and wit. There are also some recipes, though not written with the 1/2s, 1/4s, etc. But you can follow them: Her approach is about originality and self-discovery, both in life and cooking. She comes across as a loving, tough, strong woman. I give this book as gifts sometimes.

Fascinating book, both from a cultural perspective and a culinary one. I've listened to the author when she was on Public Radio, which, along with my love of cooking and quest for all things southern, is what drew me to this book. Sit back, relax and catch the vibrations of what the food is telling you to do.

This is an unusual narrative cookbook, an unapologetic, in-your-face story of a young black woman from the south who travels to Paris on the eve of the 1960s. I enjoyed the book because I grew up in the same era, but on the opposite coast, with very different experiences, although both the author and I grew up very poor. Still, white poor isn't exactly the same as black poor, and so it was a peek into a different existence, of a brighter more energetic person than I. Some of the recipes are rather vague, and it is assumed the reader already knows how to cook. Some are very clear and easy to follow. Reading this book almost 30 years after it was written, the slang of the 1960s seems dated and a little tedious.

[Download to continue reading...](#)

Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking

Cookbook Recipes Vibration Cooking: or, The Travel Notes of a Geechee Girl Vibration Cooking
Sound and Vibration (Making sense of science) Vibration Analysis with SOLIDWORKS Simulation
2015 Vibration Analysis with SolidWorks Simulation 2014 Dynamics and Vibration: An Introduction
Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking The Everything Guide
To Cooking Sous Vide: Step-by-Step Instructions for Vacuum-Sealed Cooking at Home (Everything:
Cooking) Tamalitos: Un poema para cocinar/A Cooking Poem (Bilingual Cooking Poems) Blank
Cookbook Recipes & Notes: Recipe Journal, Recipe Book, Cooking Gifts (Floral) (Cooking Gifts
Series) Modernist Cooking Made Easy: Sous Vide: The Authoritative Guide to Low Temperature
Precision Cooking Smoothies for Diabetics: 85+ Recipes of Blender Recipes: Diabetic & Sugar-Free
Cooking, Heart Healthy Cooking, Detox Cleanse Diet, Smoothies for ... loss-detox smoothie recipes)
(Volume 54) Easy Campfire Cooking: 200+ Family Fun Recipes for Cooking Over Coals and In the
Flames with a Dutch Oven, Foil Packets, and More! Dutch Oven Cooking: 30 Mouthwatering Dutch
Oven, One Pot Recipes for Quick and Easy Campfire Meals (Dutch Oven & Camp Cooking) Instant
Pot Complete How To Guide (For Beginners): Cooking Time Guide With Lots Of Interesting Recipes
For Easy Pressure Cooking Secrets of Fat-free Greek Cooking: Over 100 Low-fat and Fat-free
Traditional and Contemporary Recipes (Secrets of Fat-free Cooking) The Cooking of Spain and
Portugal, plus accompanying Recipes: The Cooking of Spain and Portugal (Time-Life Foods of the
World) Whole Cooking and Nutrition: An Everyday Superfoods Approach to Planning, Cooking, and
Eating with Diabetes Cooking with Beans and Legumes: Simple Recipes for Cooking Delicious,
Healthy Meals with Beans and Legumes

[Dmca](#)