

HEALTHY ROOTS BEYOND SOUL FOOD



COURSE DESCRIPTION

In this 7 part series, you will dig deeper with Chef Lachelle Cunningham and reveal what has been lost and forgotten about this major pillar in the foundation of American Cuisine. While uncovering the plant-based foundations of Soul Food cuisine and how these nostalgic flavors are built, you will learn some of the medicinal plant wisdom passed down through generations.

SESSION 1 - SOUL FOOD: HOW DID WE GET HERE?

In this class we will delve into all these areas while creating a delicious plant based Soul Food inspired meal and talking about the healing power of cooking and the nutritional and remedial properties of the ingredients, herbs and spices we use to build flavors.

MENU
Black Eyed Peas &
Forbidden Black Rice
Collard Greens
Cornbread
Vegan Banana
Pudding
Seasonal Lemonade



SESSION 2 - SOUL FOOD INFLUENCERS

A look at the major cultures, ethnicities, traditions and customs that have influenced

Explore cooking techniques and healing properties of ingredients we use to build the flavors and nourishment

MENU
Garden Gumbo w/
Roasted Okra
Succotash
Jambalaya
Purple Yam
Cobbler
Hibiscus Tea

SESSION 3 - SOUL FOOD TIME MACHINE

In this session we take a step back into the history and progression of soul food, our overall food culture and how this evolution impacts our health today. Let's look at some of the first Soul Food cookbooks and recipes by culinary pioneers like Abby Fisher, Edna Lewis and others, who gave definition and character in their creative expressions of American cuisine.

MENU
Vegan "Shrimp" & Grits
Black Eyed Pea
Fritters w/ Spicy Kaani
Sauce
Coconut Curry Perloo
Rice Pudding
Sweet Tea



SESSION 4 - MILLENNIAL SOUL FOOD: BACK TO THE FUTURE, HONORING THE PAST

MENU
Vegan Po Boy
Sandwich
Fried Green
Tomatoes
Kale Sambusas
GF Peach Cobbler
Shooters
Virgin Mint Julep Tea



In this session we create a delicious plant based meal, we will discuss new ways to think about Soul Food, innovations in the cuisine and cooking techniques as well as how to infuse soul into everyday cooking.

SESSION 5 - HEALTHY SOUL

In this session, we will discuss how Soul Food got such a bad wrap and how we can change this narrative. We will dissect some classic dishes and cooking techniques that are most heavy in fat, salt and sugar and explore how we can make some easy and delicious adjustments that will satisfy our cravings while also having a positive impact on our health.

MENU
Jerk Roasted
Cauliflower
Red Beans & Rice
Vegan Collard Greens
Vegan Mac & Cheese
Spiced Yams
Red Velvety Vegan
Brownie
Ginger Beer



SESSION 6 - SOUL FUSION

In this session we talk about the versatility of Soul Food and use it's inspiration to create a diverse spread of fusion dishes that celebrate cuisine from around the world.



MENU
Black eyed pea pancakes
w/ Citrus Date Syrup
Red Bean & Rice Taquitos
w/ Yam Tortillas
Vegan Soul Ramen w/
Stewed Collards,
Spaghetti Squash &
Char Sui Mushrooms
Pecan Pie Baklava
Hibiscus Mango Lassi

SESSION 7 - SOUL FOOD PREP FOR LIFE

In this session we will learn how to put a plant based perspective on Soul Food so that we can infuse some soul into our everyday lives. We will discuss how to plan and prep ahead for great soul food meals that can be conveniently enjoyed during the week.

MENU
Soul Grain Bowl
Black Eyed Pea & Greens Stew
Southern Squash Casserole
Raw Collard Wraps
Deconstructed Fruit Cobbler
Sweet Tea Concentrate

