HEALTHY ROOTS BEYOND SOUL FOOD

COURSE DESCRIPTION

HEALTHY ROOTS

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**

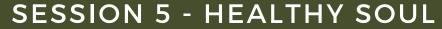


SESSION 4 - MILLENNIAL SOUL FOOD: BACK TO THE FUTURE, HONORING THE PAST

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

MENU

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.



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 Velvetty 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.

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 Lassie**

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**

