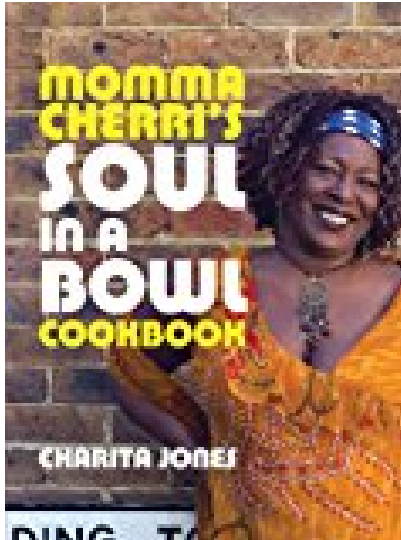


# Momma Cherris Soul in a Bowl Cookbook

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## BOOK DETAILS

- Author : Charita Jones
- Pages : 192 Pages
- Publisher : Absolute Press
- Language : English
- ISBN : 1904573819

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## BOOK SYNOPSIS

A first book from Charita Jones - a.k.a Momma Cherris. Soul Food is the food of the deep south of America, borne out of the deprivations of slavery, where a variety of ingredients and dishes, some unique and some shared with other parts of the world, come together to make up a stunning cuisine of spice and flavour. Momma Cherris has taken her version of Soul Food and transplanted it to Britain - fried chicken, ribs, jambalaya, gumbo, prawns, black-eye peas, sweet potatoes, mash, cornbread, key lime pie, pecan pie, pancakes and waffles. If you're looking for a quick answer to what gives soul food its soul, it is simply to say that it is a cuisine born when you have far more love than money! With stunning photography by Peter Cassidy, this brilliantly original book showcases a great array of soul food classics.

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