



Essence Brings You Great Cooking

Jonell Nash

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For more than two decades, millions of men and women across the country have relied on *Essence* magazine to cater to their taste for great food. As one of the biggest success stories in the publishing industry, *Essence* -- the only lifestyle magazine for Black women -- has also endeared itself to everyone who appreciates the best in the food traditions of the Caribbean, Africa, South America, and the American South.

Now, Jonell Nash, food editor for *Essence* since 1983, brings together in one definitive volume the best recipes, cooking tips, nutritional information, food folklore, and stunning color photographs from the food pages of the magazine.

Essence Brings You Great Cooking has more than 300 recipes that answer the needs of a new era of health-consciousness, hectic schedules, and renewed appreciation of African-American and home cooking. Included are classics such as Chicken and Dumplings, Baked Red Snapper, and Braised Cabbage as well as unique contemporary dishes such as Fruited Duck Salad and Orange-Blossom Grits. There are wonderful options for all kinds of diets with recipes that excite meat-eaters and vegetarians alike, from Creole Okra and Tomatoes, and Ali's Vegetable Curry to Sweet Pepper and Crabmeat Quiche. This easy-to-follow book guides you through the preparation of a weekday meal to elegant recipes perfect for formal and informal entertaining.

Rooted in tradition, with bits of history and culture, *Essence* brings you great cooking that is at once familiar yet exciting and new. This long-awaited, ground-breaking guide to fine dining presents the best of *Essence* magazine's food pages and African-American cuisines.

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