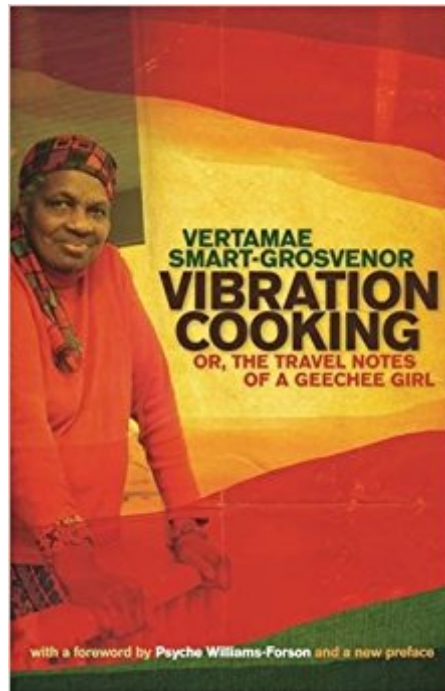




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# Vibration Cooking: Or, The Travel Notes Of A Geechee Girl



## 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-Forson 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

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## Customer Reviews

You will learn from *Vibration Cooking* something about the anger, pride, generosity, and will of one black woman. Vertamae's autobiography-travelogue-cookbook has a rare distinction:

There's something in it for everybody—of either sex or any color. (Washington Post) The fact that *Vibration Cooking* is now in its fourth reprinting bespeaks both its popularity and its necessity. The current scholarly interest in women's studies, African American studies, African diasporic studies, and food studies provides no better time for reacquainting readers with Vertamae's work. Her book is no less important now than when she first penned it over forty years ago. . . . Black food is more than kitchen scraps; black women are more than mammy figures, and black culture is more than a monolith. . . . I like this book! (Psyche Williams-Forsson from the foreword)

There's one thing you can say for sure about Vertamae -- she does her thing her way. And in spite of what she says, she always gives ample instruction on how to create her tasty dishes. But the recipes are just part of the immense appeal of this memoir-cookbook, all of it as sassy as Vertamae herself. The other part is the people you'll meet and get to know: Estella Smart ("Mother Dear"), Vertamae's paternal grandmother and creator 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 a la Shepp, just to name a few. You'll also hear about how poundcake got Vertamae a marriage proposal (she didn't accept), how she ate the best barbecued chicken ever at the Jimmy Carter White House with Ed Bradley, and how she perfected her omelettes in Paris, her enchiladas in New Mexico, her biscuits in Mississippi and her Vatapa in Brazil. Best of all, you will become familiar with the rich variety of African-American cookery while listening to the voice of one of the true original storytellers of our time or any other. --This text refers to an out of print or unavailable edition of this title.

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.

I love this book because it is not the traditional modern take on a cookbook with museum quality full page photos and measurements in English, metric and any other way they can think to measure. This is old school no pictures, with just ingredients and description. The stories and commentary are what really makes the book. You really come away liking Vertamae and are

intrigued by her approach to cooking. I won't explain what vibration cooking is because that is such a spoiler if you don't know. I will say if you can grab this used for a few bucks it is an awesome read.

The book I recieved was printed incorrectly with lots of upside down and backward pages. When I finally got around to reading it, I found the printing company failed me. But the writing is AWESOME. Please send me a new and correct book?

Loved the history of our family that I had heard from others and had the joy of reading for myself.

Enjoyed reading the book again. Vertamae was my cousin. I bought the book in memory of her. (9-4-16) .

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.

A great chef no doubt, but not a particularly interesting writer.

Travels with VertaMae... what a way to go. A must read for all culinary lovers. Love the name dropping, how many times do you hear Sun Ra mentioned.

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