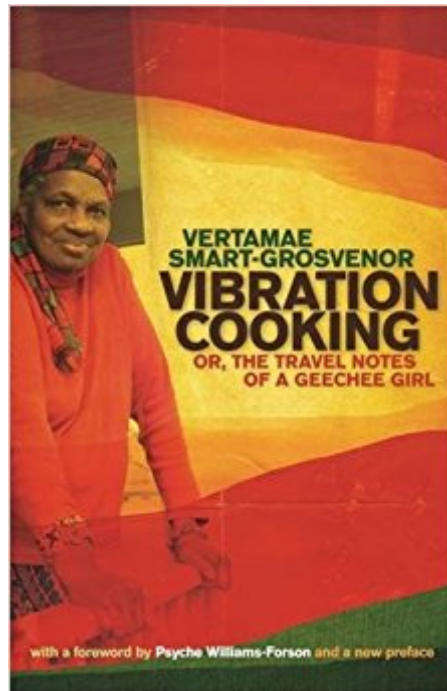




The book was found

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-Forsen 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

Paperback: 256 pages

Publisher: University of Georgia Press (April 15, 2011)

Language: English

ISBN-10: 0820337390

ISBN-13: 978-0820337395

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 15 customer reviews

Best Sellers Rank: #637,378 in Books (See Top 100 in Books) #103 in Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Soul Food #171 in Books > Arts & Photography > Music > Biographies > Rhythm & Blues #818 in Books > Biographies & Memoirs > Professionals & Academics > Culinary

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-Forsen 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.

[Download to continue reading...](#)

Vibration Cooking: or, The Travel Notes of a Geechee Girl ISO 2631-2:2003, Mechanical vibration and shock - Evaluation of human exposure to whole-body vibration - Part 2: Vibration in buildings (1 Hz to 80 Hz) ISO 13753:1998, Mechanical vibration and shock - Hand-arm vibration - Method for measuring the vibration transmissibility of resilient materials when loaded by the hand-arm system Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Spatial Control of Vibration: Theory and Experiments (Stability, Vibration and Control of Systems, Series A) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick

Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Plan Ahead Central Europe Travel Guide: Prague Travel Guide, Austria Travel Guide, Vienna Travel Guide, Salzburg Travel Guide, Budapest Travel Guide (Plan Ahead Travel Guide) Travel: Amazingly Shocking Insider Travel Industry Tactics To FREE And Low Cost Travel Uncovered (Travel Books, Travel Reference) (travel writing, cruise, ... safari guide, how to travel the world) Blank Cookbook Recipes & Notes: Recipe Journal, Recipe Book, Cooking Gifts (Floral) (Cooking Gifts Series) A Girl Named Hillary: The True Story of Hillary Clinton (American Girl: A Girl Named) A Girl Named Rosa: The True Story of Rosa Parks (American Girl: A Girl Named) A Smart Girl's Guide: Cooking: How to Make Food for Your Friends, Your Family & Yourself (Smart Girl's Guide To...) You're the Chef: A Cookbook Companion for A Smart Girl's Guide: Cooking (Smart Girl's Guide To...) Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for ... Diet,Antioxidants & Phytochemical (Volume 5) Paleo Recipes for Beginners: 230+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 220+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Paleo Recipes for Beginners: 210+ Recipes of Quick & Easy Cooking, Paleo Cookbook for Beginners,Gluten Free Cooking, Wheat Free, Paleo Cooking for One, Whole Foods Diet,Antioxidants & Phytochemical Over a Fire: Cooking with a Stick & Cooking Hobo Style - Campfire Cooking Cooking for One: 365 Recipes For One, Quick and Easy Recipes (Healthy Cooking for One, Easy Cooking for One, One Pot, One Pan)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)