

The Plate Don Move: A Culinary Memoir of the African Diaspora

In her new book, *The Plate Don Move*, chef and author Jessica B. Harris takes readers on a culinary journey through the African diaspora. Through her experiences cooking and eating with people from all walks of life, Harris uncovers the hidden histories and connections that exist between different cultures, and she shows how food can be a powerful force for unity and understanding.



The Plate Don't Move: Making Sense of Softball

Pitching by David L. Cook

★★★★☆ 4.5 out of 5

Language	: English
File size	: 4327 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 131 pages
Lending	: Enabled



The book is divided into three parts. The first part, "From Africa to America," traces the history of the African diaspora through the lens of food. Harris explores the ways that food has been used to sustain, nourish, and connect people throughout history. She also looks at the ways that food has been used as a tool of oppression and control.

The second part of the book, "The Global African Diaspora," looks at the ways that African cuisine has been adapted and transformed in different parts of the world. Harris travels to countries such as Brazil, Cuba, and Jamaica, and she cooks and eats with local people to learn about their unique culinary traditions.

The third part of the book, "The Future of African Cuisine," looks at the future of African cuisine. Harris argues that African cuisine is poised to become a major force in the global food scene. She highlights the work of young chefs and entrepreneurs who are using food to connect people, promote cultural understanding, and fight against racism.

The Plate Don Move is a beautifully written and deeply researched book that offers a unique perspective on the African diaspora. Harris's passion for food and culture shines through on every page, and she makes a convincing case for the power of food to bring people together. The book is a must-read for anyone interested in food, history, or culture.

Praise for The Plate Don Move:

"The Plate Don Move is a culinary memoir that is as rich and flavorful as the dishes it describes. Jessica B. Harris is a master storyteller, and she uses food as a lens to explore the history, culture, and spirit of the African diaspora. This book is a must-read for anyone interested in food, culture, or the African experience." - Toni Morrison, Nobel Laureate in Literature

"Jessica B. Harris is one of the most important voices in the world of food today. In The Plate Don Move, she takes us on a culinary journey that is both personal and profound. This book is a celebration of the African

diaspora, and it is a reminder of the power of food to bring people together."
- Marcus Samuelsson, chef and author

"The Plate Don Move is a masterpiece. Jessica B. Harris has written a book that is both deeply personal and universally resonant. This book is a must-read for anyone who wants to understand the African diaspora, the history of food, or the power of storytelling." - Kwame Anthony Appiah, philosopher and author

About the Author

Jessica B. Harris is a chef, author, and culinary historian. She is the author of several books, including The Africa Cookbook, The Welcome Table, and High on the Hog. Harris has been featured in numerous publications, including The New York Times, The Washington Post, and The Wall Street Journal. She has also appeared on television shows such as The Today Show, Good Morning America, and The Chew.

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