

Traditional and New School Soul Food Recipes from Scotty Scott of Cook Drank Eat

Soul food is a cuisine that originated in the African American community in the southern United States. It is characterized by its use of simple, hearty ingredients, and its often-flavorful and savory dishes. Traditional soul food recipes have been passed down through generations, and many of them are still enjoyed today.



Fix Me a Plate: Traditional and New School Soul Food

Recipes from Scotty Scott of Cook Drank Eat by Scotty Scott

★★★★☆ 4.8 out of 5

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In recent years, there has been a growing movement to create new school soul food recipes that are lighter and healthier than traditional recipes. These recipes often use healthier ingredients, such as lean proteins, whole grains, and fresh vegetables. They also tend to be less salty and fatty than traditional recipes.

Scotty Scott is the founder of Cook Drank Eat, a popular food blog that features traditional and new school soul food recipes. Scott is passionate

about soul food, and he believes that it is a cuisine that should be celebrated and enjoyed by everyone. He has developed a number of his own soul food recipes, and he is always experimenting with new ways to make classic dishes healthier and more flavorful.

Traditional Soul Food Recipes

Here are some of Scotty Scott's favorite traditional soul food recipes:

- Fried chicken
- Collard greens
- Mac and cheese
- Cornbread
- Sweet potato pie

New School Soul Food Recipes

Here are some of Scotty Scott's favorite new school soul food recipes:

- Grilled salmon with roasted vegetables
- Quinoa salad with black beans and corn
- Baked chicken with sweet potato fries
- Whole wheat cornbread
- Apple crisp with oatmeal topping

Scotty Scott's Tips for Making Great Soul Food

Here are some of Scotty Scott's tips for making great soul food:

- Use fresh, high-quality ingredients.
- Don't be afraid to experiment with different flavors and ingredients.
- Cook your food with love and care.
- Serve your food with a smile.

Soul food is a delicious and flavorful cuisine that can be enjoyed by everyone. Whether you are a fan of traditional soul food recipes or new school soul food recipes, there is sure to be a recipe out there that you will love. So get cooking, and enjoy the deliciousness of soul food!

About Scotty Scott

Scotty Scott is the founder of Cook Drank Eat, a popular food blog that features traditional and new school soul food recipes. Scott is passionate about soul food, and he believes that it is a cuisine that should be celebrated and enjoyed by everyone. He has developed a number of his own soul food recipes, and he is always experimenting with new ways to make classic dishes healthier and more flavorful.

Scott is a graduate of the Culinary Institute of America, and he has worked in a number of restaurants in New York City. He is also a certified personal trainer, and he is passionate about helping people live healthy and active lives.

Scott's work has been featured in a number of publications, including The New York Times, The Washington Post, and The Food Network. He has also appeared on a number of television shows, including The Today Show, Good Morning America, and The Chew.

Scott is a passionate advocate for soul food, and he is dedicated to helping people learn how to cook and enjoy this delicious cuisine. He is a talented chef, and his recipes are sure to please even the most discerning palate.



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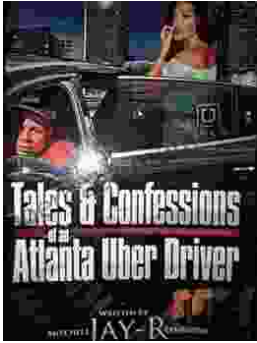
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