

The Essence of Cornbread

~ Shayna Marable ~

“1/2 cup yellow cornmeal”

The grit that scabs over the eyes of a slave

“1/2 cup all-purpose flour”

The ash the accumulated on each hand

“1/2 teaspoon salt”

The sweat that trickled down each face

“1 egg, beaten”

The broken hearts and souls

“1/3 cup sugar”

Sweet dreams of freedom

“3 teaspoons baking powder”

The chance for the dust of dreams to rise

“1/3 cup water”

Soul food flowing its way into households all over America

“2/3 cup evaporated milk”

Vanishing soul food as a stereotype

“1/3 cup vegetable shortening”

Allowing food to bind Americans together forever.