



Between Harlem and Heaven: Afro-Asian-American Cooking for Big Nights, Weeknights, and Every Day

Alexander Smalls , J.J. Johnson

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“Between Harlem and Heaven presents a captivatingly original cuisine. Afro-Asian-American cooking is packed with unique and delicious layers of flavor. These stories and recipes lay praise to the immense influence the African Diaspora has had on global cuisine.”

— Sean Brock

“This is more than just a cookbook. Alexander and JJ take us on a culinary journey through space and time that started more than 400 years ago, on the shores of West Africa. Through inspiring recipes that have survived the Middle Passage to seamlessly embrace Asian influences, **this book is a testimony to the fact that food transcends borders.**” — Chef Pierre Thiam

In two of the most renowned and historic venues in Harlem, Alexander Smalls and JJ Johnson created a unique take on the Afro-Asian-American flavor profile. Their foundation was a collective three decades of traveling the African diaspora, meeting and eating with chefs of color, and researching the wide reach of a truly global cuisine; their inspiration was how African, Asian, and African-American influences criss-crossed cuisines all around the world. They present here for the first time over 100 recipes that go beyond just one place, taking you, as noted by *The New Yorker*, “somewhere between Harlem and heaven.”

This book branches far beyond "soul food" to explore the melding of Asian, African, and American flavors. The Afro Asian flavor profile is a window into the intersection of the Asian diaspora and the African diaspora. An homage to this cultural culinary path and the grievances and triumphs along the way, *Between Harlem and Heaven* isn't fusion, but a glimpse into a cuisine that made its way into the thick of Harlem's cultural renaissance.

JJ Johnson and Alexander Smalls bring these flavors and rich cultural history into your home kitchen with recipes for...

- Grilled Watermelon Salad with Lime Mango Dressing and Cornbread Croutons,
- Feijoada with Black Beans and Spicy Lamb Sausage,
- Creamy Macaroni and Cheese Casserole with Rosemary and Caramelized Shallots,
- Festive punches and flavorful easy sides, sauces, and marinades to incorporate into your everyday cooking life.

Complete with essays on the history of Minton's Jazz Club, the melting pot that is Harlem, and the Afro-Asian flavor profile by bestselling coauthor Veronica Chambers, who just published the wildly successful *Yes, Chef* by Marcus Samuelsson, this cookbook brings the rich history of the Harlem food scene back to the home cook.

Between Harlem and Heaven: Afro-Asian-American Cooking for Big Nights, Weeknights, and Every Day Details

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From Reader Review Between Harlem and Heaven: Afro-American Cooking for Big Nights, Weeknights, and Every Day for online ebook

L. says

This is one of the most moving things I've read lately. Yes, it has recipes..... but I would not consider it solely a cookbook. It is a historically accurate legend of the African diaspora and traces food, culture and the daily lives of people who have been so often given short shrift. Alexander Smalls is a hero (as well as a Tony, Grammy-winning opera singer) and he writes as beautifully as he speaks. The story of how Harlem became such an amazing place is his to tell..... he has become a restauranteur of high degree and, along with his chef J.J. Johnson (no, not the jazz musician) has restored Minton's Playhouse and several other sites in Harlem to their former glory. The essays written by both Alexander and J.J. are stories of history, stories of family ties to places and times in the past, and explain better than any I've read just how Harlem came to be a wonderful, creative place.

Laura says

This cook book is a book of love, love of many versions of preparing a variety of foods including standard "Cornbread" which I just happened to have an iron skillet that was given me by my Mom. Another is the caramelized onions which I can just enjoy with most meats and sometimes a meal in itself. Roast sweet potatoes is a keeper. There are many more which I plan to create as time goes by. I am glad to say it is not a cookbook where one size or recipe fits all. Instead its one which one tries other method of cooking foods you have made many times. I recommend this one for cooks who wants a version that reminds you of what was cooked at home and many with a twist to enhance what you already know. Its a way of trying your favorite foods prepared in a different method.

Sharon T. says

I think my favorite line ever! "Are collard Greens the new Kale? No, Collards have worked harder than kale ever will. Collards are out there digging ditches and roofing houses while kale goes to spin class and leaves early for brunch." Great stories and interesting recipes.

Virginia says

This book hits on several levels. It is a culinary history and a great cookbook. And it is beautiful.

Michelle says

Always interesting to learn about new cooking styles and try foods you never have before. Highly recommend checking this one out!
