



Mmmm... A Fat Cookbook

Arnita M. Caise

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This cookbook has been a labor of love to write. Inside you will find recipes that were passed down from my mother's side of my family (from fried chicken to chitterlings). It took me back to my childhood when I used to listen to my mother and great-grandmother bicker the entire time they were cooking that one of them wasn't putting enough flour in the gravy and the other putting too much cornmeal in the cornbread. Then they would call Aunt Lil down the street to get her recipe to see who was right, then argue that obviously Aunt Lil didn't know what she was talking about either! Everything always turned out all right. By the time dinner rolled around you knew that all of the food was good because no one was talking. The only sounds that you would hear is, "Mm...Mmmm."

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