

# 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.