CONTENTS

Acknowledgments vii
Prologue xi

1. From the Beginning: The Struggle against Culinary Apartheid 3
2. Sustenance for Sustaining American Liberty 34
3. Sustenance for Maintaining the Legality of Slavery 48
4. Triangular Trading and the “Colored” Cooks of Rhode Island 70
5. Philadelphia: City of the Epicure’s Epicures 92
7. “Outcasts and Indigent Sons of Africa”: New York’s Nineteenth-Century Chefs, Caterers, and Restaurateurs 149
8. Running the Kitchen and Running for Office 183
9. Hoteliers, Dining Rooms, and Culinary Diplomacy in the Nation’s Capital 216
Epilogue 255

Notes 263
Bibliography 323
Recipe Index 359
Index 363