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Record ID: 20210219SC-State-ParksTweets52743_1362758021382815745



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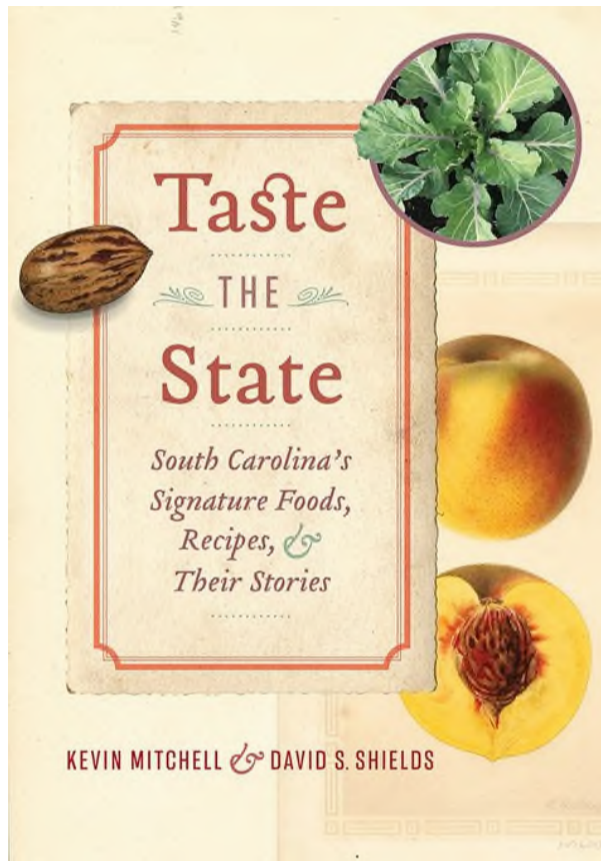
[#BlackHistoryMonth](#) Read below about SC Chef Ambassador Kevin Mitchell, his accomplishments and his new book! @[USCPress](#) pic.twitter.com/JYBi1Gbqhf

On February 29, 2020, Chef Kevin Mitchell came to Redcliffe Plantation and presented a program entitled "From Black Hands to White Mouths," based on his extensive research on the lives of the free and enslaved cooks of Charleston. Chef Mitchell spotlighted the often overlooked and forgotten originators and innovators of southern cuisine as well as the trajectory of his own career as chef and scholar. The program gave visitors an opportunity to learn about some of the enslaved and later free cooks of Redcliffe.

Chef Mitchell earned his Master's degree at the University of Mississippi in Southern Studies, focusing on Southern foodways and the historical tradition of African Americans in the culinary arts. He is the first African-American Chef Instructor at the @Culinary Institute of Charleston and is a South Carolina Chef Ambassador.

Since Chef Mitchell's program last year, he has been quite busy! His course "African American Chefs and Southern Foodways" has been included in this year's curriculum at the Culinary Institute of America and has been established as part of the Institute's permanent course offerings. In August of this year, he and coauthor David S. Shields will release their book, *Taste the State: South Carolina's Signature Foods, Recipes & Their Stories*, where they will take readers on a journey to South Carolina through food and its evolution in the state. This title can be preordered at <https://uscpress.com/>. We continue to celebrate Chef Mitchell's success and look forward to having him back at SC State Parks in the near future! [The University of South Carolina Press](#)





at 13:36:45 on 2/19/2021 UTC