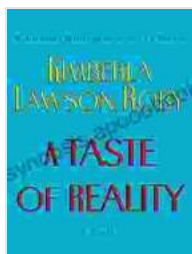


# A Taste of Reality: A Culinary Journey Through Kimberla Lawson Roby's Novels

In the pages of Kimberla Lawson Roby's novels, food is more than just sustenance. It is a character, a symbol, and a catalyst for change. Roby's rich descriptions of African American cuisine transport readers to the heart of the Black experience, offering a tantalizing glimpse into the lives and loves of her characters.

Roby's culinary journey begins in her debut novel, *Behind the Scenes*, with the character of Sasha Dupree. Sasha is a young woman trying to make it in the cutthroat world of Hollywood, but she also has a passion for cooking. In the novel, food is a source of comfort for Sasha, a way to connect with her family and her heritage.



## A Taste of Reality by Kimberla Lawson Roby

★★★★☆ 4.6 out of 5

Language	: English
File size	: 627 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 304 pages



In Roby's subsequent novels, food continues to play a pivotal role. In *A Taste of Reality*, the character of Mariah Stewart is a successful businesswoman who uses her love of cooking to heal her broken heart. In

*The Best Man*, food is a symbol of love and community, as the characters gather around the table to celebrate the marriage of two of their friends.

But Roby's novels are not just about the food. They are also about the people who cook it, eat it, and share it. Roby's characters are complex and flawed, but they are also resilient and passionate. They are people who are trying to make their way in the world, and they often use food as a way to connect with others and to find a sense of belonging.

In addition to being a delicious read, Roby's novels are also a valuable resource for anyone interested in African American culture. Her books offer a window into the lives of Black people from all walks of life, and they provide a rich source of information about the history and traditions of the African American community.

So, what are you waiting for? Pick up a copy of one of Kimberla Lawson Roby's novels today, and let her take you on a culinary journey you'll never forget.

### **The Food of Kimberla Lawson Roby's Novels**

Kimberla Lawson Roby's novels are filled with mouthwatering descriptions of food, from the simple to the sublime. Here are a few of the most memorable dishes:

- **Fried chicken:** This Southern staple is a favorite of many of Roby's characters. In *Behind the Scenes*, Sasha Dupree cooks fried chicken for her boyfriend, and in *A Taste of Reality*, Mariah Stewart uses fried chicken to comfort her grieving father.

- **Collard greens:** Collard greens are another Southern dish that is often featured in Roby's novels. In *The Best Man*, the characters gather around the table to enjoy collard greens, cornbread, and ribs at a barbecue.
- **Gumbo:** Gumbo is a hearty stew that is popular in Louisiana. In *Midnight Bayou*, the character of B.J. Tate cooks gumbo for her family, and in *A Taste of Reality*, Mariah Stewart makes gumbo for her friends.
- **Peach cobbler:** Peach cobbler is a delicious dessert that is often served in the South. In *A Taste of Reality*, Mariah Stewart makes peach cobbler for her boyfriend, and in *The Best Man*, the characters enjoy peach cobbler at a family gathering.

These are just a few of the many delicious dishes that are featured in Kimberla Lawson Roby's novels. Her food descriptions are so vivid and appetizing that they will make you want to run to the kitchen and start cooking!

### **The Meaning of Food in Kimberla Lawson Roby's Novels**

In Kimberla Lawson Roby's novels, food is more than just sustenance. It is a way to connect with others, to celebrate life, and to heal from trauma. Food is also a symbol of the African American experience, and it is often used to explore themes of family, community, and identity.

For example, in the novel *A Taste of Reality*, Mariah Stewart uses food to heal her broken heart after her husband leaves her. She cooks meals for her friends and family, and she finds comfort in the simple act of preparing and sharing food.

In the novel *The Best Man*, food is a symbol of love and community. The characters gather around the table to celebrate the marriage of two of their friends, and they share a meal that is filled with laughter, love, and support.

Kimberla Lawson Roby's novels are a rich and flavorful tapestry of the African American experience. Her characters are complex and flawed, but they are also resilient and passionate. They are people who are trying to make their way in the world, and they often use food as a way to connect with others and to find a sense of belonging.

So, what are you waiting for? Pick up a copy of one of Kimberla Lawson Roby's novels today, and let her take you on a culinary journey you'll never forget.

### **Kimberla Lawson Roby: A Brief Biography**

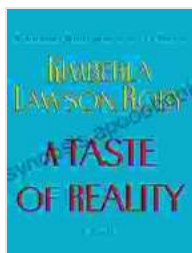
Kimberla Lawson Roby is an award-winning author of more than twenty novels. She is best known for her novels about the African American experience, which are often set in the South. Roby's books have been praised for their realism, their humor, and their insights into the human condition.

Roby was born in New Orleans, Louisiana, and she grew up in a family of storytellers. She began writing at a young age, and she published her first novel, *Behind the Scenes*, in 1992. Since then, she has published a steady stream of novels, including *A Taste of Reality*, *The Best Man*, and *Midnight Bayou*.

Roby's novels have been translated into several languages, and they have been adapted into television movies and stage plays. She has received

numerous awards for her writing, including the NAACP Image Award for Outstanding Literary Work and the Essence Literary Award for Best Fiction.

Roby is a graduate of Dillard University and Louisiana State University. She lives in New Orleans with her husband and their two children.



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