Take a break from the books and check out *High on the Hog: How African American Cuisine Transformed America*, a new series from Netflix. The episode titled “Our Founding Chefs” tells the often-overlooked stories of Thomas Jefferson’s and George Washington’s enslaved chefs James Hemings and Hercules.

Culinary historian Leni Sorensen prepares macaroni pie on a Monticello stew stove as show host Stephen Satterfield looks on.