

BOULEVARD

Sacramento and were always suggesting we find a location over here," Kevin McCree said. "We had an opportunity with this building and took advantage of it."

Colo's – short for "Cora Lorraine's" (named in honor of Kevin McCree's two grandmothers) – officially opens New Year's Day.

Several of their specialty dishes are served only on Sundays – gumbo and slow-stewed oxtails (the culinary term for beef tails, cut into segments and slow-cooked). Also, look for steamed "crab bags," sort of a soul food version of a New England clambake.

As for the recipes, "They're mostly our originals, with a few inherited from our grandmothers," Kevin McCree said.

Kevin McCree is a culinary arts graduate of Laney College in Oakland, while "Tamar was born with a spoon," he said.

"We both had the passion to cook," he said. "When we first met, I told her we would have a restaurant one day and she laughed. I said, 'Watch, you'll see.' And now we're here."

Soul food is a term that gets thrown around without much thought to context.

For Kevin McCree, though, "It's the most under-appreciated food on the earth. It's labor-intensive and gets to be pricey (to make) if you're not growing your own whole foods. It's very comforting if it's done right. You can taste every bit of flavor and a touch of love."

Further, soul food has a specific lineage. "I like to think it's based around families and the very powerful history of the struggle the blacks went through in slavery," Kevin McCree said.

"Today, as we speak, the economic struggles black people are faced with kind of bring people together. When people see a soul food restaurant out here, it brings those who can identify with it a little hope for their lives. But it's made for all to love and enjoy."



COLO'S SOUL FOOD & SEAFOOD

2326 Del Paso Blvd.
916-692-8948,
www.colosgot soul.com

UPCOMING EVENTS

MONDAY, JAN. 6

Supporting Mothers in Recovery
5 P.M.

Free

Join other moms in the community and stay committed to your goals with the support of those who empathize with your experiences. Free playcare and snacks are offered for children, so you can really engage in the self-care time! Participants will receive journals and materials to do self-care activities. Call Joy at 916-290-8278 with any questions about this weekly gathering.

North Sacramento Family Resource Center
1217 Del Paso Blvd., Ste B, Sacramento

WEDNESDAY, JAN. 8

Job Coach
2 P.M.

Free

Meet on-on-one with a trained job coach who will help you spruce up your resume, develop better job searching techniques, learn how to ace an interview and more! Appointment is preferred; each appointment lasts for approximately 30 minutes.

North Sacramento-Hagginwood Library
2109 Del Paso Blvd., Sacramento

TUESDAY, JAN. 7 –
THURSDAY, JAN. 9

After-school Meal
4 P.M.

Free

Bring kids to the library for a healthy free meal after school. By satisfying hunger, the focus is put back on reading and learning. Provided for free to all youth 18 years and younger.

North Sacramento-Hagginwood Library
2109 Del Paso Blvd., Sacramento



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