



WEEKLY PHRASE! CAFÉ EDITION “Eat Humble Pie” “Eat Crow”

Welcome to the **Phrase Café!** I’m **B.P.**, and I’ll be your server. Can I tell you about our specials? Great! Today **Chef** has prepared an olde English dish called **Humble Pie**. It’s a rich, flaky pie crust filled with freshly boiled deer “umbles,” or what we here in the U.S. might call innards, or entrails. In medieval **England** it was only served to the lower classes, and quite frankly, it was a bit humiliating to have to eat, hence the phrase to “eat humble pie” meaning to be suffering a humiliation. But trust me, **Chef’s** take is amazing. What? Yes, it is local free-range deer!

Our other special is **Chef’s** take on an old **American** recipe for **crow**. Yes, I know, crow does not have the best culinary reputation, going back **Leviticus** in the bible. And yes, many say that being forced to “eat crow” is a humiliation akin to admitting your wrong about something, but trust me, I’ll “eat my hat” if you don’t love it. What? No, my hat is not a special, that’s just an expression.

BAND NAME ETYMOLOGY

Humble Pie | *The Black Crowes*
The British “supergroup” **Humble Pie** formed in 1969, and included future “superstar” **Peter Frampton**. Why they called the band **Humble Pie** I have no idea, and Mister Frampton did not respond to requests for an answer.

The Black Crowes, formed in the late 1970s, originally called themselves **Mr. Crowe’s Garden**, a reference to the British children’s book **Johnny Crow’s Garden**. Ironically (I think?), one of their major influences was **Humble Pie** (the band, not the deer guts dish).