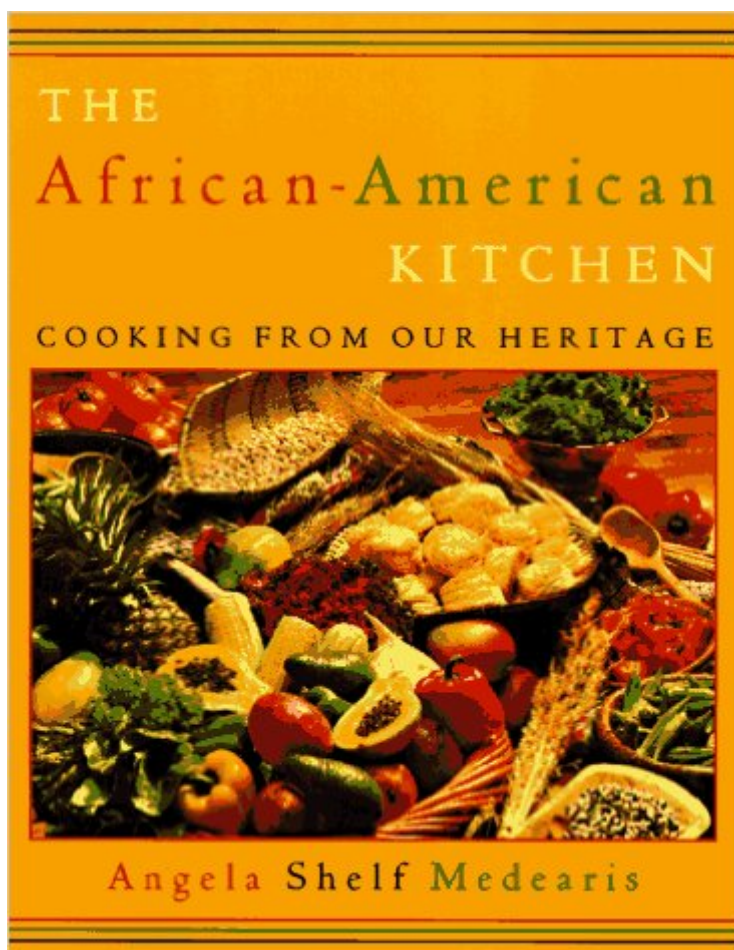


The book was found

The African-American Kitchen: Cooking From Our Heritage



Synopsis

Rich in flavor and traditions, this wonderful collection of recipes traces the diverse food cultures and dishes of African Americans. From the gumbos of Louisiana to the Carolina rice islands, from the introduction of pasta to the rise of the ubiquitous peanut, African-American cooks have placed an indelible stamp on American food. Angela Shelf Medearis has collected more than 250 treasured recipes, including native African dishes, Caribbean-influenced foods, Southern and soul food staples, and contemporary favorites, all testifying to the exciting variety of this abundant tradition. From Africa come Ghanaian Kelewele, (spicy plantain fritters) and Ethiopian Yemiser Selatta, a lentil salad. From the Caribbean, Jamaican Stamp and Go codfish cakes and Haitian Griots, savory marinated chunks of pork. Out of the slave quarters and plantation kitchens where African cooks presided, we get Hoppin' John, Ham with Red-Eye Gravy, Beaten Biscuits, and Peach Cobbler. For holidays and celebrations, there are special menus including Kwanzaa Blessing Soup and Christmas Molasses Taffy, as well as time-honored treats from church socials and family reunions like Picnic Potato Salad, Raisin-Pecan Pie, and much, much more. The text is enlivened with African and Southern sayings, quotations from 19th-century cooks' manuals, and personal and family reminiscences, all bringing the rich African-American culinary heritage to life. The African-American Kitchen is packed with the traditions of generations of cooks who have always created and preserved their culture through food and the families it nourishes. More than a cookbook, it is a living history and a loving testament of pride.

Book Information

Mass Market Paperback: 272 pages

Publisher: Plume (November 1, 1997)

Language: English

ISBN-10: 0452276381

ISBN-13: 978-0452276383

Product Dimensions: 7.3 x 0.8 x 9.2 inches

Shipping Weight: 1 pounds

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #2,063,350 in Books (See Top 100 in Books) #244 in [Books > Cookbooks, Food & Wine > Regional & International > African](#) #6508 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#)

Customer Reviews

I absolutely love this book. I collect cookbooks and have an extensive collection from around the world and this is by far one of my favorites. The author traces her heritage through story and food from Africa through the West Indies, the Caribbean and the southern plantations of the U.S. This is a book not to be missed. It is a shame it is no longer in hardcover because I just loaned mine out and never got it back. Anyone who likes good food needs this book!

One of my favorite cookbooks, so I purchased it for a friend who is equally enamoured of it. Wonderful, easy to follow recipes with great photos. If you like traditional meals that will send you to the moon, this is the cookbook for you!

I opened this book and was instantly taken back to growing up in Alabama! I love this book. There were recipes in here that I haven't thought about since I was kid!

Purchased as a gift after someone read a few pages of my book...they were impressed and wanted a copy...now they have one.

[Download to continue reading...](#)

African: African Recipes - The Very Best African Cookbook (African recipes, African cookbook, African cook book, African recipe, African recipe book) African Cooking: for beginners - African Recipes Cookbook (African recipes - African cooking - African Food - African Meals 1) The African-American Kitchen: Cooking from Our Heritage Right to Ride: Streetcar Boycotts and African American Citizenship in the Era of Plessy v. Ferguson (The John Hope Franklin Series in African American History and Culture) Black Genius: African-American Solutions to African-American Problems The Souls of Black Folk (An African American Heritage Book) The Russian Heritage Cookbook: A Culinary Heritage Preserved in 360 Authentic Recipes Cooking with Harissa: Delicious Recipes with a Spicy North African Style (Harissa Cookbook, Harissa Recipes, North African Recipes, Tunisian Recipes, Algerian Recipes, Moroccan Recipes Book 1) Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, deserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Vietnamese Cooking: 20 Vietnamese Cookbook Spring Rolls and Other Vietnamese Recipes (Vietnamese Cuisine, Vietnamese Food, Vietnamese Cooking, Vietnamese ... Vietnamese Kitchen, Vietnamese Recipes) The Essential Ketogenic Meal Prep Guide: Spend Less Time in the Kitchen and More Time Living Life (Ketogenic

Diet Meal Plan, Meal Prep, Ketosis, Meal Preparation, Batch Cooking, Budget Cooking) My Italian Kitchen: Top 34 Easy Authentic Pizza, Pasta, Soup, Dessert Recipes for Spectacular Italian-Inspired Cooking (Authentic Cooking) The Cult of the Amateur: How blogs, MySpace, YouTube, and the rest of today's user-generated media are destroying our economy, our culture, and our values Our Story: 77 Hours That Tested Our Friendship and Our Faith Modified: GMOs and the Threat to Our Food, Our Land, Our Future Vaccine Epidemic: How Corporate Greed, Biased Science, and Coercive Government Threaten Our Human Rights, Our Health, and Our Children The Story of Stuff: How Our Obsession with Stuff Is Trashing the Planet, Our Communities, and Our Health-and a Vision for Change Cooking in Other Women's Kitchens: Domestic Workers in the South, 1865-1960 (The John Hope Franklin Series in African American History and Culture) 1001 Inventions: Muslim Heritage in Our World

[Dmca](#)