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## An African American Cookbook: Traditional and Other Favorite Recipes

By Phoebe Bailey

GOOD BOOKS, United Kingdom, 2015. Paperback. Book Condition: New. Revised and Updated Ed.. 229 x 178 mm. Language: English . Brand New Book. An African American Cookbook: Traditional and Other Favorite Recipes is a bountiful collection of favorite foods and the memories that go with them. The traditional foods reflect the ingenious, resourceful, and imaginative Africans who made them. Woven among the four hundred recipes are rich historic anecdotes and sayings. They were discovered or lived by the cookbook s contributors, many of whose ancestors participated in the Underground Railroad or lived near where it was active. This is a cookbook rich in history and rich in easy-to-prepare, wonderfully tasty food! Recipes include: \* Collard greens with ham hocks \* Cornbread sausage stuffing \* Smoked turkey and black-eyed peas \* Pan-fried okra \* Fried green tomatoes \* 14-day sweet pickles \* Yogurt and chives biscuits \* Sweet potato pie \* And more! Author Phoebe Bailey s congregation in historic Lancaster, Pennsylvania, has a long history with Underground Railroad activity. Today they offer Underground Railroad reenactments and a buffet of traditional African American food to their many visitors. This cookbook celebrates those historic events, when this church fed and then helped...



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