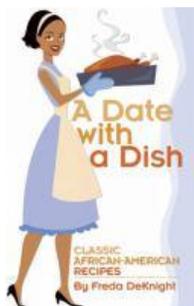


# Black History Month – 2021

## Cookbooks

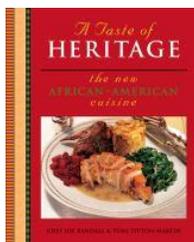


### [A Date With a Dish: Classic African-American Recipes](#)

by Freda DeKnight (641.592 Dek)

An outstanding feast of distinctively American culinary genius, this comprehensive collection of authentic African-American recipes was assembled by a well-known cooking columnist for *Ebony* magazine. Freda DeKnight was baking bread and biscuits by the time she was five years old. In the course of her career as a teacher and counselor of culinary arts, she assembled and shared thousands of fabulous recipes, the best of which appear here.

Filled with the aroma of childhood memories, this guide helps modern cooks re-create hundreds of classic dishes for every meal of the day, from chicken and oyster gumbo to sweet potato pudding. The recipes start with appetizers, cheese, soups, relishes, and sauces, advancing to meats, fowl, fish, and all-in-one dishes. In addition to suggestions for vegetables, salads, and breads, the menu includes a mouthwatering selection of Creole dishes and delightful desserts.



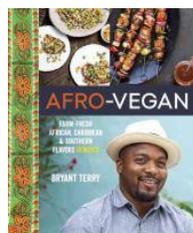
### [A Taste of Heritage: The New African-American Cuisine](#)

by Joe Randall (641.592 Ran)

Chef Joe Randall and Toni Tipton-Martin showcase the rich heritage of African-American cooking in this authentic collection of 300 recipes. Drawn from Joe Randall's personal recipes, the book also includes recipes from chefs who have worked with Randall's A Taste of Heritage Foundation, including Edna Lewis and Patrick Clark.

African-American cooking has evolved over more than 200 years to become a sophisticated and distinctive cuisine. More than just "soul food," African-American cuisine has become world class. Experience Catfish Stew with Cornmeal Dumplings, Southern Fried Quail, or Crepes with Country Fried Apples. Geared to the home cook, the recipes are also enhanced by a section of

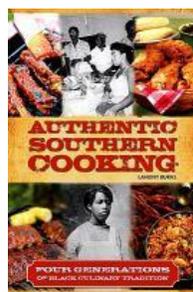
menus, complete with wine selections. The final section introduces readers to the stories and menus of the prominent African-American chefs who contributed to the book.



### [Afro-Vegan: Farm-Fresh African, Caribbean & Southern Flavors Remixed](#)

by Bryant Terry (641.596 AfrYt)

Rising star chef and food activist Bryant Terry is known for his simple, creative, and delicious vegan dishes inspired by African American cooking. In this landmark cookbook, he remixes foods of the African diaspora to create exciting and approachable recipes such as Corn Maque Choux-Stuffed Jamaican Patties with Hot Pepper Sauce, Berebere-Spiced Black-Eyed Pea Sliders, Crispy Teff-Grit Cakes with Eggplant, Tomatoes, and Peanuts, and Groundnut Stew with Winter Vegetables and Cornmeal Dumplings. He also explores key African ingredients that are popular in Caribbean and Southern dishes-like okra-tracing their history and giving them cultural context. *Afro-Vegan* will delight Bryant Terry fans; vegans looking for exciting new recipes; cooks interested in African, Afro-Caribbean, and Southern cuisine; and health- and eco-conscious eaters.



### [Authentic Southern Cooking: Four Generations of Black Culinary Tradition](#)

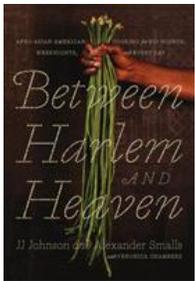
by LaMont Burns (641.504 Bur)

LaMont Burns is a renowned chef, restaurateur, and television personality. But he is much more than that. Most importantly, Mr. Burns is heir to four generations of black culinary tradition that began over 150 years ago in the kitchen of a Tennessee plantation where his great-grandmother Miss Lucinda Macklin gained fame as one of the finest cooks of the Old South.

She passed on her recipes, secrets, techniques, and love of southern cuisine to her daughter Aussibelle who in turn shared them with her daughter (LaMont's mother), Thelma. Here are those original, heirloom recipes and secrets of sauces, spices, and herbs presented with wit,

warmth, pride, and love.

"This book," says Burns, "is a sort of love letter to Miss Lucinda, Miss Aussibelle, Miss Thelma, and generations of courageous, creative black women whose Southern cuisine cannot be forgotten."



[Between Harlem and Heaven: Afro-Asian-American Cooking for Big Nights, Weeknights, & Every Day](#)

by J.J. Johnson (641.503 Joh)

In two of the most renowned and historic venues in Harlem, Alexander Smalls and JJ Johnson dreamed up the Afro-Asian-American flavor profile. Braiding together the foods of the African diaspora and Asian influences with a distinctly New York sensibility, they present here for the first time more than one hundred recipes that go beyond just one place, taking you, in words from *The New Yorker*, "somewhere between Harlem and heaven."



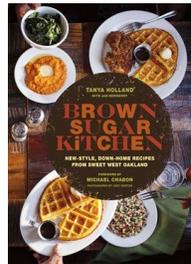
[Black Girl Baking: Wholesome Recipes Inspired by a Soulful Upbringing](#)

by Jerrelle Guy (641.865 Guy)

For Jerrelle Guy, food has always been what has shaped her—her body, her character, her experiences and her palate. Growing up as the sensitive, slightly awkward child of three in a race-conscious space, she decided early on that she'd rather spend her time eating cookies and honey buns than taking on the weight of worldly issues. It helped her see that good food is the most powerful way to connect, understand and heal.

Inspired by this realization, each one of her recipes tells a story. Orange Peel Pound Cake brings back memories of summer days eating Florida oranges at Big Ma's house, Rosketti cookies reimagine the treats her mother ate growing up in Guam, and Plaited Dukkah Bread parallels the braids worked into her hair as a child.

Jerrelle leads you on a sensual baking journey using the five senses, retelling and reinventing food memories while using ingredients that make her feel more in control and more connected to the world and the person she has become. Whole flours, less refined sugar and vegan alternatives make it easier to celebrate those sweet moments that made her who she is today.



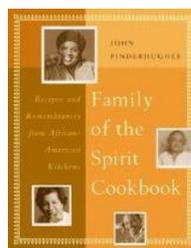
[Brown Sugar Kitchen](#)

by Tanya Holland (Hoopla E-book)

Brown Sugar Kitchen is more than a restaurant. This soul-food outpost is a community gathering spot, a place to fill the belly, and the beating heart of West Oakland, a storied postindustrial neighborhood across the bay from San Francisco.

*Brown Sugar Kitchen*, the cookbook, stars 86 recipes for re-creating the restaurant's favorites at home, from a thick Shrimp Gumbo to celebrated Macaroni & Cheese to a show-stopping Caramel Layer Cake with Brown Butter-Caramel Frosting. And these aren't all stick-to-your-ribs recipes: Tanya's interpretations of soul food star locally grown, seasonal produce, too, in crisp, creative salads such as Romaine with Spring Vegetables & Cucumber-Buttermilk Dressing and Summer Squash Succotash. Soul-food classics get a modern spin in the case of B-Side BBQ Braised Smoked Tofu with Roasted Eggplant and a side of Roasted Green Beans with Sesame-Seed Dressing. Straight-forward, unfussy but inspired, these are recipes you'll turn to again and again.

Rich visual storytelling reveals the food and the people that made and make West Oakland what it is today. *Brown Sugar Kitchen* truly captures the sense—and flavor—of this richly textured and delicious place.

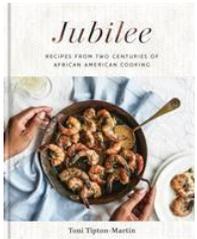


[Family of the Spirit Cookbook: Recipes and Remembrances From African-American Kitchens](#)

by John Pinderhughes (641.596 AfrYp)

The quintessential cookbook/family album by master home-chef and photographer John Pinderhughes serves up traditional African American cooking with a dash of the nouvelle. From his grandmother Gum Gum's Crab Cakes to his own Papaya Flame, to Redfish with Pecans, Pinderhughes features his favorite recipes by his favorite cooks, who include Verta Mae Grosvenor, author of *Vibration Cooking*, and Leah Chase, owner of the famous Dooky Chase restaurant, located in New Orleans and author of the *Dooky Chase Cookbook*. John Pinderhughes presents his family "in spirit" with their favorite recipes and fondest memories in this treasury of good eating. It captures the diversity of the African-American experience in its savory cooking and rich

heritage of its oral tradition. There is something for everyone here, expert and beginner alike.

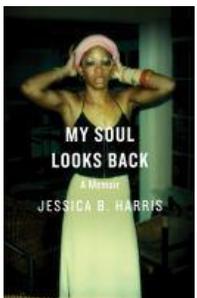


### [Jubilee: Recipes From Two Centuries of African-American Cooking](#)

by Toni Tipton-Martin (641.504 Tip)

Throughout her career, Toni Tipton-Martin has shed new light on the history, breadth, and depth of African American cuisine. She's introduced us to black cooks, some long forgotten, who established much of what's considered to be our national cuisine. After all, if Thomas Jefferson introduced French haute cuisine to this country, who do you think actually cooked it?

In *Jubilee*, Tipton-Martin brings these masters into our kitchens. Through recipes and stories, we cook along with these pioneering figures, from enslaved chefs to middle- and upper-class writers and entrepreneurs. With more than 100 recipes, from classics such as Sweet Potato Biscuits, Seafood Gumbo, Buttermilk Fried Chicken, and Pecan Pie with Bourbon to lesser-known but even more decadent dishes like Bourbon & Apple Hot Toddlies, Spoon Bread, and Baked Ham Glazed with Champagne, *Jubilee* presents techniques, ingredients, and dishes that show the roots of African American cooking--deeply beautiful, culturally diverse, fit for celebration.



### [My Soul Looks Back: A Memoir](#)

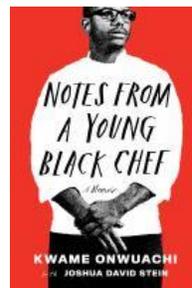
by Jessica Harris (Biography Harris)

In this captivating new memoir, award-winning writer Jessica B. Harris recalls a lost era--the vibrant New York City of her youth, where her social circle included Maya Angelou, James Baldwin, and other members of the Black intelligentsia.

In the Technicolor glow of the early seventies, Jessica B. Harris debated, celebrated, and danced her way from the jazz clubs of the Manhattan's West Side to the restaurants of the Village, living out her buoyant youth alongside the great minds of the day--luminaries like Maya Angelou, James Baldwin, and Toni Morrison. *My Soul Looks Back* is her paean to that fascinating social circle and the depth of their shared commitment to activism, intellectual engagement, and each other.

Harris paints evocative portraits of her illustrious friends: Baldwin as he read aloud an early draft of *If Beale Street Could Talk*, Angelou cooking in her California kitchen, and Morrison relaxing at Baldwin's house in Provence. Harris describes her role as theater critic for the *New York Amsterdam News* and editor at then burgeoning *Essence* magazine ; star-studded parties in the South of France; drinks at Mikell's, a hip West Side club; and the simple joy these extraordinary people took in each other's company. The book is framed by Harris's relationship with Sam Floyd, a fellow professor at Queens College, who introduced her to Baldwin.

More than a memoir of friendship and first love *My Soul Looks Back* is a carefully crafted, intimately understood homage to a bygone era and the people that made it so remarkable.



### [Notes From a Young Black Chef: A Memoir](#)

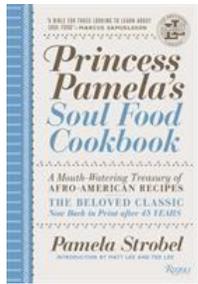
by Kwame Onwuachi (Biography Onwuachi)

By the time he was twenty-seven years old, Kwame Onwuachi (winner of the 2019 James Beard Foundation Award for Rising Star Chef of the Year) had opened--and closed--one of the most talked about restaurants in America. He had launched his own catering company with twenty thousand dollars that he made from selling candy on the subway, yet he'd been told he would never make it on television because his cooking wasn't "Southern" enough. In this inspiring memoir about the intersection of race, fame, and food, he shares the remarkable story of his culinary coming-of-age.

Growing up in the Bronx, as a boy Onwuachi was sent to rural Nigeria by his mother to "learn respect." However, the hard-won knowledge gained in Africa was not enough to keep him from the temptation and easy money of the streets when he returned home. But through food, he broke out of a dangerous downward spiral, embarking on a new beginning at the bottom of the culinary food chain as a chef on board a Deepwater Horizon cleanup ship, before going on to train in the kitchens of some of the most acclaimed restaurants in the country and appearing as a contestant on *Top Chef*.

Onwuachi's love of food and cooking remained a constant

throughout, even when he found the road to success riddled with potholes. As a young chef, he was forced to grapple with just how unwelcoming the world of fine dining can be for people of color, and his first restaurant, the culmination of years of planning, shuttered just months after opening. A powerful, heartfelt, and shockingly honest story of chasing your dreams--even when they don't turn out as you expected--*Notes from a Young Black Chef* is one man's pursuit of his passions, despite the odds.



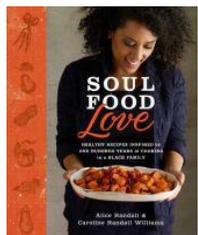
[Princess Pamela's Soul Food Cookbook: A Mouth-Watering Treasury of Afro-American Recipes](#)

by Pamela Strobel (641.592 Str)

Princess Pamela ruled a small realm, but her powers ranged far and wide. Her speakeasy-style restaurant in

Manhattan was for three decades a hip salon, with regulars from Andy Warhol to Diana Ross. Her iconic Southern dishes influenced chefs nationwide, and her cookbook became a bible for a generation who yearned for the home cooking left behind in the Great Migration. One of the earliest books to coin soul food, this touchstone of African-American cuisine fell out of print more than forty years ago.

Pamela's recipes have the clarity gained from a lifetime of practice--cardinal versions of Fried Chicken and Collard Greens, but also unusual gems like Pork Spoon Bread and Peanut Butter Biscuits--all peppered with sage advice on living and loving. Her book stands out for its joie de vivre and pathos as well as the skill of its techniques and is now available for cooks everywhere to re-create these soul-satisfying dishes at home.



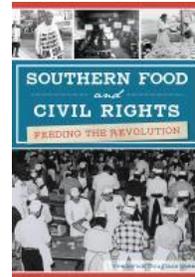
[Soul Food Love: Healthy Recipes Inspired by One Hundred Years of Cooking in a Black Family](#)

by Alice Randall (641.592 Ran)

After bestselling author Alice Randall penned an op-ed in the *New York Times* titled "Black Women and Fat," chronicling her quest to be "the last fat black woman" in her family, she turned to her daughter, Caroline Randall Williams, for help. Together they overhauled the way they cook and eat, translating recipes and traditions handed down by generations of black

women into easy, affordable, and healthful--yet still indulgent--dishes, such as Peanut Chicken Stew, Red Bean and Brown Rice Creole Salad, Fiery Green Beans, and Sinless Sweet Potato Pie .

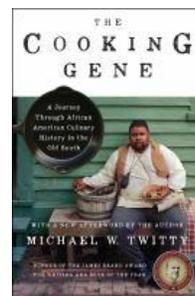
*Soul Food Love* relates the authors' fascinating family history, which mirrors that of much of black America in the twentieth century, explores the often-fraught relationship African American women have had with food, and forges a powerful new way forward that honors their cultural and culinary heritage.



[Southern Food and Civil Rights: Feeding the Revolution](#)

by Frederick Douglass Opie (641.013 Opi)

From home cooks and professional chefs to local eateries and bakeries, food has helped activists continue marching for change for generations. Paschal's restaurant in Atlanta provided safety and comfort food for civil rights leaders. Elijah Muhammad and the Nation of Islam operated their own farms, dairies and bakeries in the 1960s. "The Sandwich Brigade" organized efforts to feed the thousands at the March on Washington. Author Fred Opie details the ways southern food nourished the fight for freedom, along with cherished recipes associated with the era.



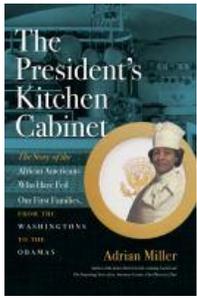
[The Cooking Gene: A Journey Through African American Culinary History in the Old South](#)

by Michael Twitty (641.013 Twi)

A renowned culinary historian offers a fresh perspective on our most divisive cultural issue, race, in this illuminating memoir of Southern cuisine and food culture that traces his ancestry--both black and white--through food, from Africa to America and slavery to freedom.

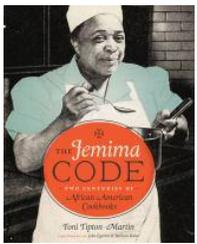
Southern food is integral to the American culinary tradition, yet the question of who "owns" it is one of the most provocative touch points in our ongoing struggles over race. In this unique memoir, culinary historian Michael W. Twitty takes readers to the white-hot center of this fight, tracing the roots of his own family and the charged politics surrounding the origins of soul food, barbecue, and all Southern cuisine.

From the tobacco and rice farms of colonial times to plantation kitchens and backbreaking cotton fields, Twitty tells his family story through the foods that enabled his



ancestors' survival across three centuries. He sifts through stories, recipes, genetic tests, and historical documents, and travels from Civil War battlefields in Virginia to synagogues in Alabama to Black-owned organic farms in Georgia.

As he takes us through his ancestral culinary history, Twitty suggests that healing may come from embracing the discomfort of the Southern past. Along the way, he reveals a truth that is more than skin deep--the power that food has to bring the kin of the enslaved and their former slaveholders to the table, where they can discover the real America together. Illustrations by Stephen Crotts



### [The Jemima Code: Two Centuries of African American Cookbooks](#)

by Toni Tipton-Martin (641.59 Tip)  
Women of African descent have contributed to America's food culture for centuries, but their rich and varied involvement is still overshadowed by

the demeaning stereotype of an illiterate "Aunt Jemima" who cooked mostly by natural instinct. To discover the true role of black women in the creation of American, and especially southern, cuisine, Toni Tipton-Martin has spent years amassing one of the world's largest private collections of cookbooks published by African American authors, looking for evidence of their impact on American food, families, and communities and for ways we might use that knowledge to inspire community wellness of every kind.

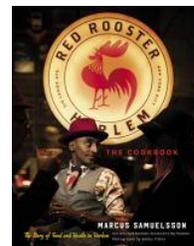
*The Jemima Code* presents more than 150 black cookbooks that range from a rare 1827 house servant's manual, the first book published by an African American in the trade, to modern classics by authors such as Edna Lewis and Vertamae Grosvenor. The books are arranged chronologically and illustrated with photos of their covers; many also display selected interior pages, including recipes. Tipton-Martin provides notes on the authors and their contributions and the significance of each book, while her chapter introductions summarize the cultural history reflected in the books that follow. These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions, educated young chefs, operated food businesses, and nourished the African American community through the long struggle for human rights. *The Jemima Code* transforms America's most maligned kitchen servant into an inspirational and powerful model of culinary wisdom and cultural authority.

### [The President's Kitchen Cabinet: The Story of the African Americans Who Have Fed Our First Families, From the Washingtons to the Obamas](#)

by Adrian Miller (975.3 Mil)

James Beard award-winning author Adrian Miller vividly tells the stories of the African Americans who worked in the presidential food service as chefs, personal cooks, butlers, stewards, and servers for every First Family since George and Martha Washington. Miller brings together the names and words of more than 150 black men and women who played remarkable roles in unforgettable events in the nation's history. Daisy McAfee Bonner, for example, FDR's cook at his Warm Springs retreat, described the president's final day on earth in 1945, when he was struck down just as his lunchtime cheese soufflé emerged from the oven. Sorrowfully, but with a cook's pride, she recalled, "He never ate that soufflé, but it never fell until the minute he died."

A treasury of information about cooking techniques and equipment, the book includes twenty recipes for which black chefs were celebrated. From Samuel Fraunces's "onions done in the Brazilian way" for George Washington to Zephyr Wright's popovers, beloved by LBJ's family, Miller highlights African Americans' contributions to our shared American foodways. Surveying the labor of enslaved people during the antebellum period and the gradual opening of employment after Emancipation, Miller highlights how food-related work slowly became professionalized and the important part African Americans played in that process. His chronicle of the daily table in the White House proclaims a fascinating new American story.



### [The Red Rooster Cookbook: The Story of Food and Hustle in Harlem](#)

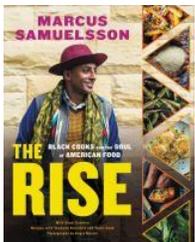
by Marcus Samuelsson (641.503 Sam)

When the James Beard Award-winning chef Marcus Samuelsson opened Red Rooster on Malcolm X Boulevard in Harlem, he envisioned more than a restaurant. It would be the heart of his neighborhood and a meet-and-greet for both the downtown and the uptown sets, serving Southern black and cross-cultural food. It would reflect Harlem's history. Ever since the 1930s, Harlem has been a magnet for more than a million African Americans, a melting pot for Spanish, African, and Caribbean immigrants, and a mecca

for artists.

These traditions converge on Rooster's menu, with Brown Butter Biscuits, Chicken and Waffle, Killer Collards, and Donuts with Sweet Potato Cream. They're joined by global-influenced dishes such as Jerk Bacon and Baked Beans, Latino Pork and Plantains, and Chinese Steamed Bass and Fiery Noodles. Samuelsson's Swedish-Ethiopian background shows in Ethiopian Spice-Crusted Lamb, Slow-Baked Blueberry Bread with Spiced Maple Syrup, and the Green Viking, sprightly Apple Sorbet with Caramel Sauce.

Interspersed with lyrical essays that convey the flavor of the place and stunning archival and contemporary photos, *The Red Rooster Cookbook* is as layered as its inheritance.



[The Rise: Black Cooks and the Soul of American Food](#)

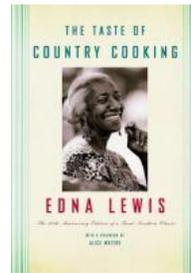
by Marcus Samuelsson (641.504 Sam)

It is long past time to recognize Black excellence in the culinary world the same way it has been celebrated in the worlds of music, sports, literature, film, and the arts. Black cooks and creators have led American culture forward with indelible contributions of artistry and ingenuity from the start, but Black authorship has been consistently erased from the story of American food.

Now, in *The Rise*, chef, author, and television star Marcus Samuelsson gathers together an unforgettable feast of food, culture, and history to highlight the diverse deliciousness of Black cooking today. Driven by a desire to fight against bias, reclaim Black culinary traditions, and energize a new generation of cooks, Marcus shares his own journey alongside 150 recipes in honor of dozens of top chefs, writers, and activists--with stories exploring their creativity and influence.

Black cooking has always been more than "soul food," with flavors tracing to the African continent, to the Caribbean, all over the United States, and beyond. Featuring a mix of everyday food and celebration cooking, this book also includes an introduction to the pantry of the African diaspora.

A stunning work of breadth and beauty, *The Rise* is more than a cookbook. It's the celebration of a movement.



[The Taste of Country Cooking](#)

by Edna Lewis (641.504 Lew)

In recipes and reminiscences equally delicious, Edna Lewis celebrates the uniquely American country cooking she grew up with some fifty years ago in a small Virginia Piedmont farming community that had been settled by freed slaves. With menus for the four seasons, she shares the ways her family prepared and enjoyed food, savoring the delights of each special time of year.

The scores of recipes for these marvelous dishes are set down in loving detail. We come to understand the values that formed the remarkable woman--her love of nature, the pleasure of living with the seasons, the sense of community, the satisfactory feeling that hard work was always rewarded by her mother's good food. Having made us yearn for all the good meals she describes in her memories of a lost time in America, Edna Lewis shows us precisely how to recover, in our own country or city or suburban kitchens, the taste of the fresh, good, natural country cooking that was so happy a part of her girlhood in Freetown, Virginia.



[Vegan Soul Food Cookbook: Plant-Based, No-Fuss Southern Favorites](#)

by Nadira Jenkins-El (641.563 Jen)

Soul food goes vegan--101 plant-based takes on comfort food classics. If you love classic soul food but are hungry for options that don't rely on meat or dairy, the Vegan Soul Food Cookbook is here to delight your taste buds. It's full of mouthwatering, plant-based versions of comforting favorites like Gumbo, Biscuits and Gravy, and Cajun Fried "Chicken" that are totally vegan but still hearty, delicious, and satisfying.

**This booklist created for  
Black History Month – February 2021**



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