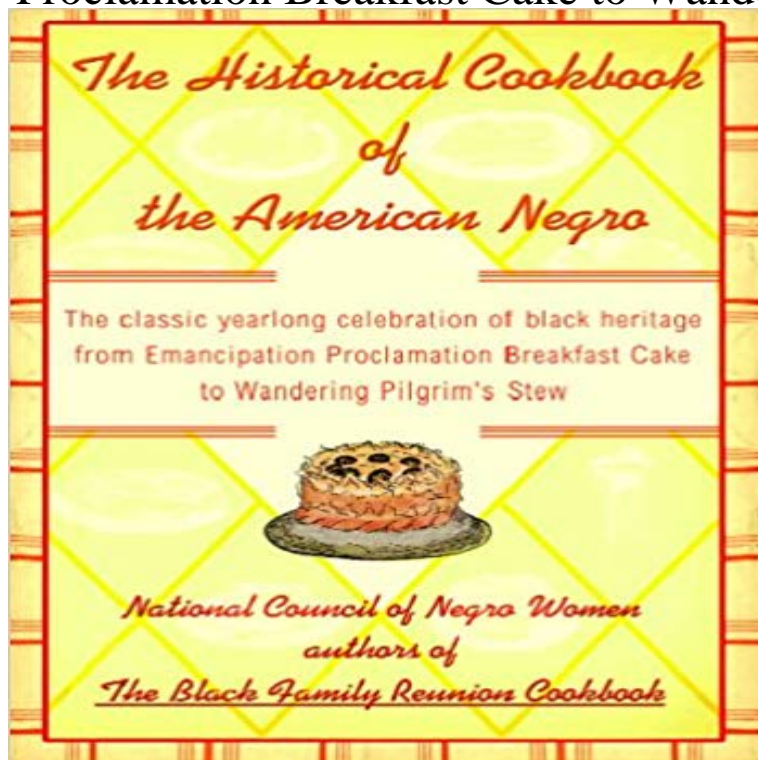


The Historical Cookbook of the American Negro: The Classic Year-Round Celebration of Black Heritage from Emancipation Proclamation Breakfast Cake to Wandering Pilgrims Stew



From the organization that brought us The Black Family Reunion cookbooks comes The Historical Cookbook of the American Negro, a fun, richly brewed collection of recipes, historical facts, photos, and personal anecdotes. First published in 1958 by the National Council of Negro Women, it includes contributions from members in thirty-six states plus the District of Columbia and offers exceptional insight into American history and the African-American community at the time of its publication. As John Hope Franklin (whose own family owns a copy of the book) points out, much of the cultural information in the cookbook has never been passed down to successive generations. Arranged according to the calendar year, the cookbook opens with a cake to be baked in celebration of both New Years Day and the Emancipation Proclamation. Scattered among the recipes one finds excerpts from documents such as the Gettysburg Address and the Universal Declaration of Human Rights. Tributes to well-known figures like Harriet Tubman, Phillis Wheatley, and Booker T. Washington appear alongside brief bios and recipes in celebration of important but obscured figures. This delightful collection of delicious recipes helps us commemorate African-American history throughout the year.

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