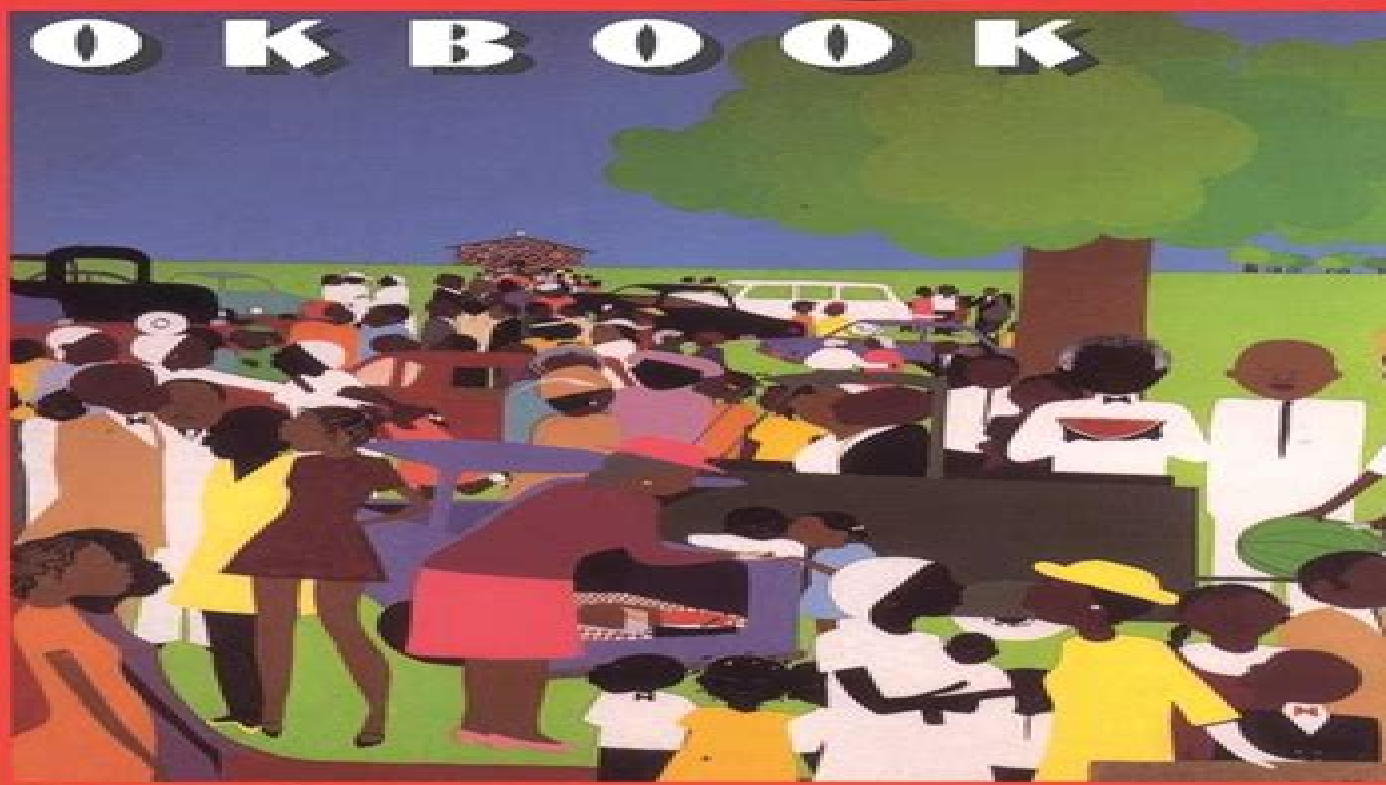


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"STRONG FAMILIES AND
GOOD COOKING OFTEN
GO HAND-IN-HAND.
THIS BOOK IS A
CELEBRATION OF BOTH."
—DIONNE WARWICK



RECIPES AND
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FROM THE NATIONAL COUNCIL OF NEGRO WOMEN

Black Family Reunion Cookbook

National Council of Negro Women



Black Family Reunion Cookbook:

The Black Family Reunion Cookbook National Council of Negro Women, 1993-05-07 The Black Family Reunion Celebrations organized by The National Council of Negro Women and held in seven cities across America every summer celebrate and preserve the values traditions and strengths of the African American family Inspired by these festivals The Black Family Reunion Cookbook contains more than 250 recipes from home kitchens across America seasoned with warm memories and homemade love Including personal reminiscences from celebrities such as Natalie Cole Wilma Rudolph Patti LaBelle and Spelman College President Johnnetta Cole this unique collection reflects the local national and international heritage of the Black community It offers dishes for every occasion and every taste from African inspired Mustard Greens with Peanut Sauce to down home Family Famous Chicken and Dumplings from a traditional gumbo to sophisticated Sweet Potato Smoked Turkey Bisque and in honor of the council s founder Mary McLeod Bethune her own recipe for her celebrated Sweet Potato Pie

The National Council of Negro Women, 1993-05-07 Shares Black family reminiscences and gathers traditional recipes for breads soups salads vegetables side dishes meat poultry seafood and desserts

The Black Family Reunion Cookbook National Council of Negro Women, 1991 This cookbook incorporates centuries of history culture and tradition from the Afro American community

The Black Family Reunion Cookbook Libby Clark, **Prepublication Sampler for the Black Family Reunion Cookbook** National Council of Negro Women, 1991

The Black Family Reunion Cookbook National Council of Negro Women, 2023-07-18 The Black Family Reunion Celebrations organized by The National Council of Negro Women and held in seven cities across America every summer celebrate and preserve the values traditions and strengths of the African American family Inspired by these festivals The Black Family Reunion Cookbook contains more than 250 recipes from home kitchens across America seasoned with warm memories and homemade love Including personal reminiscences from celebrities such as Natalie Cole Wilma Rudolph Patti LaBelle and Spelman College President Johnnetta Cole this unique collection reflects the local national and international heritage of the Black community It offers dishes for every occasion and every taste from African inspired Mustard Greens with Peanut Sauce to down home Family Famous Chicken and Dumplings from a traditional gumbo to sophisticated Sweet Potato Smoked Turkey Bisque and in honor of the council s founder Mary McLeod Bethune her own recipe for her celebrated Sweet Potato Pie

The Peppers, Cracklings, and Knots of Wool Cookbook Diane M. Spivey, 2000-09-07 A groundbreaking treatment of heritage survival in African and African American cooking

African American Foodways Anne Bower, 2009 Moving beyond catfish and collard greens to the soul of African American cooking

Secret Ingredients S. Inness, 2005-12-22 A series of fascinating chapters analyze cookery books through the ages From the convenience food cookbooks of the 1950s to the 1980s rise in white trash cookbooks and the surprise success of the Two Fat Ladies books from the 1990s leading author Sherrie Inness discusses how women have used such books over the years to protest social norms

Food Choice and Obesity in Black

America Eric J. Bailey, 2006-05-30 Anthropologist Eric Bailey uses a cultural and holistic analysis of African American food preferences to show how black Americans generally perceive health body image food dieting physical fitness and exercise As is true of Americans overall black Americans are becoming more overweight and obese than ever before So too they are seeing the consequences heart attacks strokes hypertension and Type II diabetes at earlier and earlier ages Bailey offers a new cultural diet for black Americans and a prescription for working collectively not only to understand this critical health issue but also to establish a lifestyle strategy that will be both effective and manageable

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