



# African American Cookbook: Traditional And Other Favorite Recipes

By Phoebe Bailey

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**African American Cookbook: Traditional And Other Favorite Recipes** By Phoebe Bailey

An African American Cookbook: Traditional and Other Favorite Recipes is a wonderful collection of traditional recipes and food memories, as well as contemporary favorite foods. Woven among the 400 recipes are rich historical anecdotes and sayings. They were discovered or lived by this cookbook's contributors, many of whose ancestors participated in the Underground Railroad or lived nearby where it was active. Presented in an easy-to-use format for cooks of all traditions, this is a cookbook rich in history and rich in easy-to-prepare, wonderfully tasty food.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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## African American Cookbook: Traditional And Other Favorite Recipes By Phoebe Bailey Bibliography

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### Editorial Review

From the Back Cover

*An African American Cookbook: Traditional and Other Favorite Recipes* is a bountiful collection of favorite foods and the memories that go with them. All of the dishes celebrate hearty African American eating; the traditional foods reflect the ingenious, resourceful, and imaginative Africans who made them. Woven among the 400 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 nearby where it was active.

A cookbook rich in history and rich in easy-to-prepare, wonderfully tasty food!

Remembering the Underground Railroad . . .

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 to spirit enslaved Africans to safety.

### About the Author

Phoebe M. Bailey was born the youngest of 15 children in a family from Huntington, Long Island, New York. Phoebe has been encouraged by her father's strength and courage as a black man, an inspired by her mother's faith in God and undeniable intelligence as a black woman, to embrace herself and her African heritage. Phoebe began her career with Bethel Harambee Historical Societies as a call from God. She left the corporate world to work closely with her brother, The Reverend Edward M. Mailey, and the congregation of Bethel African Methodist Episcopal Church, to preserve and tell the stories of those Africans who have been discounted and left out of traditional American history and to restore and rebuild a community of faith.

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### Introduction

Welcome reader! Here are mouth-watering recipes that are easy to prepare and that will make every meal a delight. And with the recipes comes a look into our family and cultural traditions and some lessons we've learned. You will find quotes from some famous and some not-so famous people. We heard about many of them for the first time while sitting at the dinner table. Some of our songs are here. We heard them while preparing meals—for they're more than church songs. They were born out of the enslaved Africans' battle for freedom.

This book is about more than just food. We believe that, as important as food is to our being, it is what happens around a meal that actually sustains us. It is in preparing a meal that we discover "If you do not have what you want, use what you have." And when we work within that attitude, we find that God sufficiently provides for all our needs. It is at mealtimes that we learn family traditions, manners, how to share, how to wait our turns, how to listen to others, and many other important life lessons.

We use this book ourselves at home. And we share it within our congregation, which is a part of the African Methodist Episcopal Church. We are known as AME's. I have discovered that AME also stands for "always eating and meeting." I can attest to the fact that this is true. So if you are in the neighborhood of

ChurchTowne of Lancaster, Pennsylvania, please stop in and stay awhile. For at Bethel, it is always mealtime.

A special thanks to God for His many blessings, and to Phoebe, Christina, and Kesha who helped to make this cookbook a reality. Thanks to the Bethel African Methodist Episcopal Church family for their recipes, stories, prayers, support, and the down-home meals that inspired this book. Thanks to all the wonderful African American cooks who contributed their traditional and favorite recipes to create a cornucopia of dishes. Thanks to the Goods who patiently worked with us to bring this book to press, and to all and anyone else who helped us.

Thank you to whose "who had so little but did so much with the little they had." These are those who toiled in the heat of the day and complained not about their lot, who bore their crosses and marched on in Jesus' name. These are those who when they looked to the future they saw us. These are our heroes, our elders, our parents, our support. We bless your spirits and He who gave you the strength to provide us hope.

— Reverend Edward M. Bailey

Bethel African Methodist Episcopal Church, ChurchTowne of Lancaster, Pennsylvania

#### Gumbo Feast

Mary Alice Bailey

Makes 10 servings

1 1/2 lbs. chicken legs and thighs

salt to taste

pepper to taste

1 1/2 tsp. red pepper flakes

3 Tbsp. oil

1 lb. smoked pork sausage, kielbasa, or turkey sausage, cut into 1/2-inch pieces

1 large onion, chopped

3 cloves garlic, minced

2 qts. chicken stock

1 whole bay leaf

1/2 tsp. dried thyme leaves

1 bell pepper, chopped

2 ribs celery, chopped

1/4 cup cornstarch

1/4 cup cold water

1 bunch green onion tops, chopped

1/3 cup fresh chopped parsley

1. Season the chicken with salt, pepper, and red pepper flakes. Brown quickly in oil. Remove chicken from skillet and set aside.
2. Brown sausage in drippings. Remove sausage from skillet and set aside.
3. Add onions and garlic and stir into drippings. Cook, stirring constantly for about 4 minutes.
4. Add stock, seasonings, chicken, and sausage. Bring to a boil. Cook for 40 minutes, skimming the broth as needed.

5. Stir in chopped green pepper and celery ribs. Continue simmering another 20 minutes.
6. Make a smooth paste by mixing together cornstarch and cold water. Remove 1/2 cup stock from cooking pot and stir into paste. When smooth, stir into gumbo in stockpot. Continue stirring until broth thickens. Stir in green onion tops and parsley. Heat for 5 minutes.
7. Serve over rice.

#### Sweet Potato Pie

Makes 6-8 servings

4-6 medium-sized sweet potatoes  
1/2 lb. (2 sticks) butter, softened  
1 1/2 cups sugar  
4-6 eggs  
2 Tbsp. flour  
1/2 cup milk  
ground nutmeg to taste  
9" unbaked pie crust

1. Boil potatoes until soft. Peel, then mash to smooth consistency.
2. Add butter, sugar, eggs, and flour. Mix well.
3. Add milk and nutmeg. Mix well.
4. Pour into pie shell.
5. Bake at 350° for 1 3/4-2 hours, until lightly browned and set. Cool before slicing.

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##### Pam Wright:

This African American Cookbook: Traditional And Other Favorite Recipes is great guide for you because the content and that is full of information for you who also always deal with world and possess to make decision every minute. This kind of book reveal it details accurately using great plan word or we can say no rambling sentences in it. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean

it only gives you straight forward sentences but hard core information with beautiful delivering sentences. Having African American Cookbook: Traditional And Other Favorite Recipes in your hand like having the world in your arm, facts in it is not ridiculous one particular. We can say that no book that offer you world throughout ten or fifteen moment right but this publication already do that. So , this can be good reading book. Hello Mr. and Mrs. hectic do you still doubt in which?

**Brianna Bell:**

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**Drew Dube:**

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