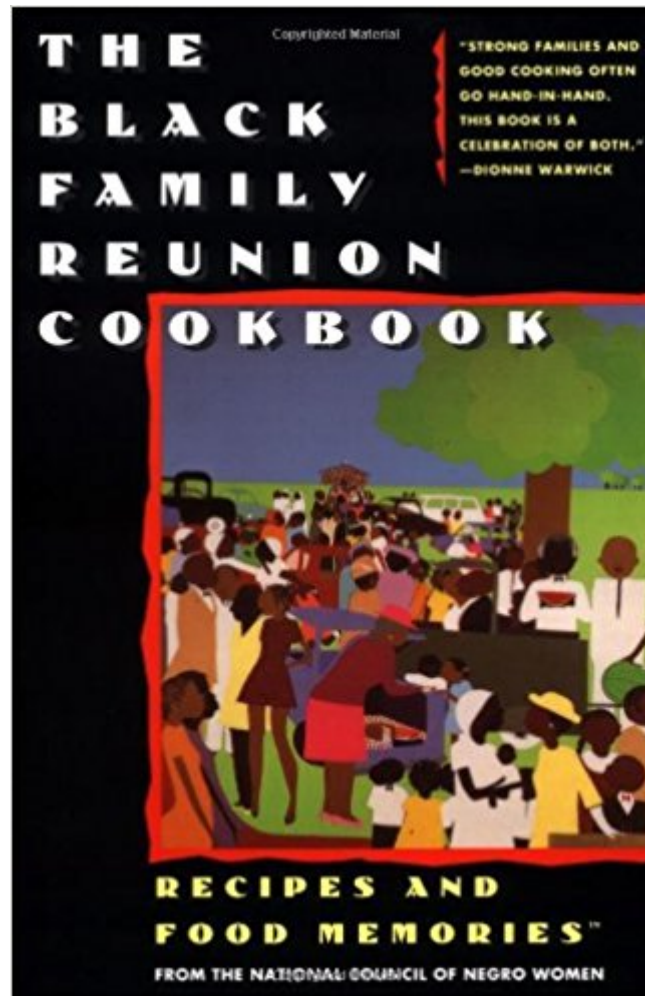




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# The Black Family Reunion Cookbook



## Synopsis

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 Johnetta 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.

## Book Information

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## Customer Reviews

Dionne Warwick Strong families and good cooking often go hand-in-hand. This book is a celebration of both. Jonell Nash Food Editor Essence This book answers many questions, from the simple -- what to cook for dinner tonight -- to the profound -- why our food legacy is to be treasured. The Houston Post Not only do you get terrific recipes, you partake in history, culture, and tradition. Bill Cosby The NCNW...speaks to the wealth and diversity of African-American cooking...After reading this book, you'll see why it's so hard to leave home.

The National Council of Negro Women, located in Washington, D.C., was founded in 1935 and operates in 42 states, with vital programs addressing women's special concerns. This book was developed by Libby Clark, Food Editor of The Los Angeles Sentinel; Janet Cheatham Bell, President and owner of Sabayt Publications in Chicago, Illinois; and Jessica B. Harris, a professor at Queens College, New York, and the author of several cookbooks.

I love this cookbook. As I look through the recipes it takes me back to my grandmother house in the 1960s. Grandmother was born and raised in the rural South and was a fabulous cook. Many of the recipes are reminiscent of those she made which were passed down from one generation to the next. In those days folks used what they had in season and were ahead of the "farm to table" revival so popular today. Nothing went to waste and everything was freshly made for the evening meal. I recommend this book to anyone who shares a love of cooking and the evolution of food and culture.

Why would a 60 year old white guy like this book? Easy! This is a great guide to achieving down-home southern recipes, that for the most part have vaporized out of the cookbooks today. I dare you to find a recipe for a whole curried goat in your Betty Crocker cookbook. Ain't happening. But there's more to it. even with modern ingredients, you can still achieve mouth watering results by using the steps outlined in the book. There's some ways of preparing greens in this book that will change your outlook the first time you make them. I've already purchased two copies, and will probably snap up a few more, because when folks come over, they want to know how I cook like an old black woman. I share the book, and get them to buy their own. It's a great way to keep those traditions and recipes alive. This book is for anyone that enjoys trying new ways to cook, and new foods you've never tried. The recipes utilize easy to obtain ingredients - no weird boutique items you have to buy online. Well, maybe the whole goat, but the recipe has a workaround for those that can't just "step out back and fetch me a goat."

Ordered four, 1 for my 3 sisters and 1 for myself. Decided to get 2 more for my sister-in-law and my son's girlfriend's birthday but unfortunate there is a purchase limit, bummer. But the book itself is great.

This book is my favorite, it has some of the old recipes that my grandmother, mother and Aunt used to cook, I am really excited to have this book in my collection. And it has some other things of substance in it as well, not only to nourish the body, but meditation to nourish the mind and soul. I

love it. You must pick up a copy for your collection, This is one of the best cookbooks that I have in my collection yet.

Great cook book. I bought mine over 12 years ago and my now adult daughter wanted one. Happy sells it. She was very happy when she got it. Two recipes in it are my favorite dishes and my secrets. They are the big hits at gatherings. Shhh, I can't tell.

Recipes are not the traditional recipes I was looking for. In it there were very few southern black (soul) food recipes as I had hoped. I'm sure these are fine for some but not what I wanted.

Enjoying the recipes and the stories that go along with them. Great cookbook to add to my kitchen library.

Yummy

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