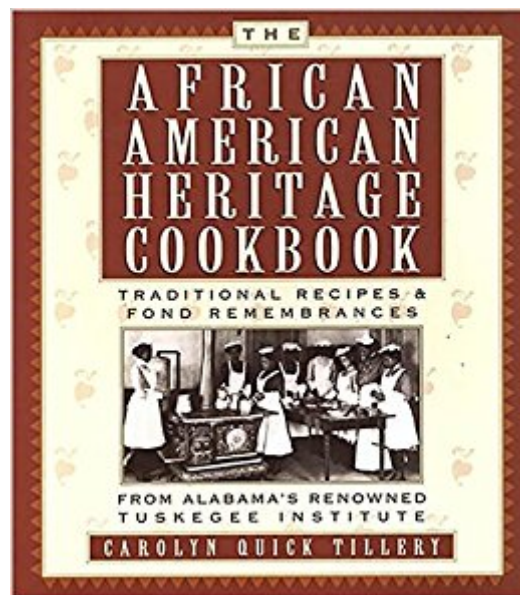




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# The African-American Heritage Cookbook: Traditional Recipes And Fond Remembrances From Alabama's Renowned Tuskegee Institute



## Synopsis

- The African-American Heritage Cookbook was a Literary Guild Selection- First time in paperback- Includes more than 200 recipes for beverages, appetizers, entrees, side dishes, breads, and desserts

## Book Information

Paperback: 224 pages

Publisher: Citadel Press; Reprint edition (January 1, 2005)

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Average Customer Review: 4.7 out of 5 stars 79 customer reviews

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## Customer Reviews

If you're wanting to cook food like your mother, grandmother and aunts used to do, then this is the book for you. Good recipes for learning to make biscuits and several to select from. Drop Biscuits....OMG! They're quick and simple. I purchased several cookbooks at one time searching for old recipes that you could read and know that the ingredients and the process would net you a good end result. Several of the books just provided the the same setup with very few variations.

I Love This Cookbook and refer to it often when cooking family meals. I like the history and the stories contained in the book. The recipes are easy to follow and take you back to the "good-old days" . I would highly recommend this book to anyone looking for recipes that are not easy to find but make memorable family dishes. I panic when I thought my original book was lost and ordered another. I would not want to be without this great Cookbook.

I purchased the book as a gift for a friend who likes to cook and loves African American history, the book is a great source for both (the pictures of Tuskegee University and the students and staff,

including Dr. George Washington Carver, are also fun to view). All of the receipts are from that period. I've enjoyed a copy for 7 years and I will purchase more copies in the future as gifts, it's a great bargain!

Love the history of cooking for my people

I absolutely love this cookbook of recipes & the historical perspectives incorporated in the book. It has been added to my collection of very old cookbooks. Thank you for having very old cookbooks available.

This cookbook is a gem!! I have long been searching for a cookbook with the delicious Southern recipes I enjoyed when visiting my grandparents and great aunts in South Carolina. This is it! This cookbook has the original, homemade Southern recipes with the original ingredients and also includes vignettes on how these recipes were prepared back then and for which occasions. The recipes are simple and I have not received an unsatisfactory result from one yet. Since these are authentic recipes, some of the ingredients are not very healthy but can be easily substituted with something more heart or waist friendly without sacrificing taste.

I specifically searched for this book on after reviewing it in the library at the culinary school that I recently graduated from. I thought it would be a very useful cookbook to add to my collection and the heritage part was an added bonus. I had recently read an article on the author of the book in one of the military publications I picked up on Nellis Air Force Base and was thrilled to actually get to purchase the book. Although I'm southern born and bred there are some recipes in the book that I have never heard of in my life and I love having the history there to go with some of the recipes.

Very awesome book. Lots of great recipes and they taste even better. Great book to have for the history as well.

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