

AFRICAN FOODWAYS

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COURSE DESCRIPTION

Participate in a culinary journey throughout the African Diaspora to learn how African heritage has been preserved through food. Some concepts to be explored:

1. What is the Columbian exchange?
2. Did slave owners incorporate slave dishes into their eating patterns?
3. Do today's African Americans eat the same foods Africans ate centuries ago?
4. What was the relationship between African cultivated grain crops and the Atlantic slave trade?
5. How did African slaves contribute to South Carolina's early economic success?
6. What was the importance of pepper in the Africans lives?
7. How has the Atlantic slave trade ultimately affected European Americans and Native Americans throughout the hemisphere?

COURSE OBJECTIVES




Participants will:

- Discuss the complicated origins of African, African Caribbean and African American dishes.
- Examine the material and symbolic power of foods represented throughout the African Diaspora.
- Explore rituals and stereotypes associated with the food.
- Analyze the intersections of foodways with history and culture.
- Consider the relationships between literary and culinary studies.
- Encourage and support learning through reflection.

RATIONALE

Why is it important to investigate the foodways of Africa? (Bower, 2007)

To understand:

-  The relationship among diet, mortality and morbidity in the African regions that supplied America's slaves.
-  The development of African American foodways.
-  The influence of African foodways on the development of American culinary history.

REQUIRED READING

Bower, Anne (2007) African American Foodways University of Illinois Press: Chicago IL

Shange, Ntozake (1998) If I Can Cook You Know God Can Beacon Press: Boston MA

RECOMMENDED READING

Andrews, Jean (1993) Red Hot Peppers Macmillan Publishing: New York NY (Which Way Did They Go, The Hot Spots, What is a Pepper? Cooking with Peppers)

Bower, Anne "Recipes for reading: community cook books, stories, histories"

Coles, Harriette & Pinderhughes, John (2003) Coming Together: celebrations for African American families Jump at the Sun: New York NY

Copage, Eric "Kwanzaa – an African American celebration or culture"

DeKnight, Freda (1962) The Ebony Cookbook Johnson Publishing Company: Chicago IL

Daley, Rosie (1994) In the Kitchen with Rosie Random House: New York NY

Delta Sigma Theta Sorority (2004) Occasions to Savor Penguin Group USA, Inc.: New York NY

Erdosh, George "African American Kitchen: food for body and soul"

Grant, Rosamund (1998) Caribbean and African Cooking Interlink Books: New York NY

Grosvenor, Vertamae (1996) Vertamae cooks in the Americas family kitchen Kqed Books: San Francisco CA

Hafner, Dorinda (1993) A Taste of Africa Ten Speed Press: Berkley CA

-- (1996) I was never there and this never happened Ten Speed Press: Berkeley CA

Harris, Jessica (2011) High on the hog: a culinary journey from Africa to America Bloomsbury USA: New York NY

-- The Africa Cookbook (1998) Simon & Schuster: New York NY

(African Attitudes, Beyond Bare Breasted Maidens and Cannibal Cooks, A Cornucopia of Cuisines, Out of the Dark, Calabashes and Cassava Meal)

--Iron Pots and Wooden Spoons: Africa's gift to world cooking (1989)

(Introduction, Ingredients and Utensils)

--Sky Juice and Flying Fish: traditional Caribbean cooking (1991) (Introduction, A Culinary History of the Caribbean, Creole Feast, Ingredients and Utensils)

--The Welcome Table (1995) Simon & Schuster: New York NY

-- A Kwanzaa Keepsake (1995) Simon & Schuster: New York NY

Hawkins, Kathryn & Duff, Gail (1997) A Dash of Spice Quarto, Inc.: Edison NJ

Inness, Sherrie (2006) Secret Ingredients: race, gender and class at the dinner table Palgrave MacMillan: New York NY (More American than apple pie: modern African American cookbooks fighting white stereotypes)

-- Kitchen Culture in America: popular representations of food, gender and race

Medearis, Angela Shelf (1994) The African American Kitchen Penguin Books USA Inc: New York NY

-- (1997) Ideas for entertaining from the African American kitchen Penguin

Group: New York NY

-- (2008) The New African American Kitchen Lake Isle Press, Inc.: New York NY

Mendes, Helen (1971) The African Heritage Cookbook The Macmillan Company: New York NY (The West African Culinary Heritage, The Foundations of Soul, The Strength of Soul, Soul on the Plantation, Contemporary Soul)

Miller, Brenda (2004) The Church Ladies HP books: New York NY

Mitchell, Patricia (1998) Plantation Row: slave cabin cooking Mitchell's Publications: Chatham VA

National Council of Negro Women Cookbook Series

Historical Cookbook of the American Negro (1958)

The Black Family Reunion Cookbook (1991)

The Black Family Dinner Quilt Cookbook (1993)

Celebrating our Mother's Kitchens (1994)

Mother Africa's Table (1998)

Schenone, Laura (2003) A Thousand Years Over a Hot Stove W.W. Norton: New York NY (Slavery at Her Table)

Shiflett, Lisa (2004) "West African Food Traditions in Virginia Foodways: a historical analysis of origins and survivals"

Smith, Barbara (2009) B. Smith cooks southern style Scribner: New York NY

-- (1999) B. Smith: rituals and celebrations Random House: New York NY

Stephens, Judith (2006) The Plays of Georgia Douglas Johnson University of Illinois Press: Chicago IL

Stow, Josie and Jan Baldwin (2007) African Kitchen Bounty Books: London ENGLAND

Weir, Robert (1992) Carolina Rice Kitchen: the African connection University of South Carolina Press

Wilkinson, Wendy & Donna Lee Morgan Freeman & Friends: Caribbean Cooking for a Cause, Rodale Books: Emmaus PA

Willinsky, Helen Jerk Barbecue from Jamaica The Crossing Press: Freedom CA

Williams, Lindsey (2006) Neo Soul Penguin Group: New York NY

Woods, Marvin ((2000) The New Low Country Cooking HarperCollins Publishers: New York NY

RESOURCES

Periodicals from throughout the African Diaspora

Cookbooks from throughout the African Diaspora i.e. Time Life Series, others

Ethnic Cuisine: Africa

www.sallysplace.com/food/cusines.africa.htm

Diet of African Americans

faqs.org/nutrition/A-Ap/African-Americans-diet-of.html

Regional differences and external influences on African cuisine

caribbeanfoodemporium.co.uk/africanfoodinfluences.htm

African American cookbooks to feed the soul

foodbooks.com/african/htm