

african american tea cakes history

The Sweet Story of Resilience: Exploring the History of African American Tea Cakes and Their Industry Implications

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Dr. Anika Washington is a leading scholar in the field of food history and cultural studies, specializing in the culinary traditions of the African diaspora. Her research focuses on the intersection of food, identity, and social justice, with a particular interest in the historical and contemporary significance of African American foodways.

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Abstract: This article delves into the rich history of African American tea cakes, tracing their origins, evolution, and enduring cultural significance. We explore how these humble treats reflect the resilience and ingenuity of African Americans throughout periods of adversity, and analyze their implications for the modern food industry, including opportunities for preserving cultural heritage and fostering economic empowerment within the community.

Keywords: African American tea cakes history, African American culinary heritage, tea cake recipes, food history, cultural preservation, Black food entrepreneurship, food industry implications, historical foodways.

H1: A Taste of History: Tracing the Origins of African American Tea Cakes

The history of African American tea cakes is a fascinating journey reflecting both hardship and creativity. Unlike many other baked goods with precisely documented origins, the "tea cake" designation encompasses a diverse range of recipes and styles developed across various regions and communities. These cakes, often small, dense, and subtly sweet, weren't born from formal culinary schools but from the ingenuity of enslaved and later free African Americans who adapted available ingredients and techniques to create comforting and delicious treats. The "tea cake" name likely emerged from its function as an accompaniment to tea, a beverage enjoyed in both Black and White communities, further highlighting the intersectionality of food culture. The precise origins remain elusive due to a lack of formal documentation from that era, however, the inherent adaptability and

regional variations of these cakes speaks volumes about the resourcefulness of their creators. Analyzing family recipes, oral histories, and regional variations provides crucial insight into the African American tea cakes history.

H2: Ingredients and Techniques: Reflecting Resourcefulness and Adaptation

The ingredients used in African American tea cakes were largely determined by accessibility and affordability. During times of slavery and post-emancipation poverty, ingredients like molasses, butter (or its substitutes), flour, and simple spices formed the backbone of these cakes. The use of molasses, a byproduct of sugar refining, highlights the resourceful use of available materials. Variations arose based on regional availability; for instance, cakes made in the South might incorporate pecans or buttermilk, while those in the North may have relied on different spices or sweeteners. This resourcefulness and adaptation reflect the deep-seated understanding of food and its connection to survival and cultural identity. Investigating these recipes reveals the inventive spirit at the heart of African American tea cakes history.

H3: From Kitchens to Communities: The Social Significance of Tea Cakes

African American tea cakes transcended their role as mere snacks. They were frequently served at gatherings, celebrations, and communal events, fostering a sense of belonging and shared cultural identity. They served as comfort food, a source of joy during hardship, and a symbol of resilience and community spirit. This social significance continues to this day, where many families maintain traditional recipes passed down through generations. The continuity of these recipes is critical to understanding the complete narrative of African American tea cakes history.

H4: Modern Interpretations and Industry Implications

Today, African American tea cakes are experiencing a resurgence in popularity, fueled by increased interest in cultural heritage foods and the growing recognition of Black culinary traditions. This renewed interest presents opportunities for the food industry:

Preservation of Cultural Heritage: Food companies can partner with Black communities to document and preserve traditional recipes, ensuring their survival for future generations.

Economic Empowerment: Supporting Black-owned bakeries and businesses that specialize in African American tea cakes can help create economic opportunities within the community.

Product Innovation: Modern interpretations of these cakes can attract a broader audience while still honoring their heritage.

H5: Conclusion: A Sweet Legacy of Resilience

The history of African American tea cakes is a testament to the resilience, creativity, and cultural richness of Black communities. These humble treats have endured through generations, carrying with them stories of hardship, perseverance, and communal bonding. Understanding their history and embracing their cultural significance is crucial for fostering a more inclusive and equitable food

industry. The ongoing narrative of African American tea cakes history necessitates continuous appreciation, preservation, and celebration.

FAQs

1. What makes African American tea cakes unique? Their unique flavors and textures vary significantly depending on region and family traditions, reflecting resourceful adaptation to available ingredients and the use of molasses as a primary sweetener.
1. What are some common variations in African American tea cakes? Variations include the use of different spices (cinnamon, nutmeg, ginger), additions like nuts or dried fruits, and variations in texture from dense and cakey to slightly crumbly.
1. How can I find authentic African American tea cake recipes? Search for family recipes online or in community cookbooks. Many African American food blogs and websites share these treasured recipes.
1. Are there any organizations working to preserve the history of African American tea cakes? Several organizations dedicated to preserving Black culinary heritage are working to document and share these recipes and traditions.
1. How can the food industry benefit from promoting African American tea cakes? It offers opportunities for product innovation, supports Black-owned businesses, and celebrates a rich culinary heritage.
1. What role did tea cakes play in the lives of enslaved people? They offered a small comfort and sense of community amidst hardship, offering a moment of joy and shared cultural connection.
1. What is the relationship between tea cakes and other African American desserts? Tea cakes often share ingredients and techniques with other desserts, highlighting the ingenuity and adaptability of African American culinary traditions.

1. How can I support Black-owned businesses that make tea cakes? Seek out local Black-owned bakeries or online retailers offering authentic African American tea cakes.

1. What are some future directions for research on African American tea cakes? Further research could focus on regional variations, the role of tea cakes in specific communities, and their ongoing evolution.

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african american tea cakes history: Tea Cakes for Tosh Kelly Starling Lyons, 2012 Tosh has spent many days in the kitchen with his grandmother, Honey, watching her bake cookies and listening to tales of their slave ancestors, so when Honey's memory starts to fail, Tosh is able to help with the cookies and more. Includes a recipe for tea cakes. Full color.

african american tea cakes history: Not Quite Nigella Lorraine Elliott, 2013-04-24 From passionate home cook to Australia's most popular food blogger, Lorraine Elliott has her cake and eats it too – and she's never been happier. Lorraine Elliott has long been a food enthusiast who believes cakes belong in an art gallery. Not so long ago she decided to ditch her day job as a highly paid media strategist to cook, eat and write – even though she's not quite Nigella. Now her fabulous food blog Not Quite Nigella is the go-to internet destination for hundreds of thousands of foodies from around the world. This is the story behind that journey. With her irresistible humour and optimism, Lorraine reveals the pitfalls, triumphs and challenges of becoming a full-time food blogger, and shares the best of her new-found wisdom: the secret to winning a man's heart through food, the key to baking perfect macarons, tips on hosting unforgettable dinner parties, and how to create a successful blog. More than a celebration of food, Not Quite Nigella is the inspiring and delightful story of how one woman set about turning a dream into a reality.

african american tea cakes history: Grandbaby Cakes Jocelyn Delk Adams, 2015-09-15 "Spectacular cake creations [that] are positively bursting with beauty, color, flavor, and fun . . . this book will ignite the baking passion within you!" —Pioneer Woman Ree Drummond, #1 New York Times–bestselling author Grandbaby Cakes is the debut cookbook from sensational food writer, Jocelyn Delk Adams. Since founding her popular recipe blog, Grandbaby Cakes, in 2012, Adams has been putting fresh twists on old favorites. She has earned praise from critics and the adoration of bakers both young and old for her easygoing advice, rich photography, and the heartwarming memories she shares of her grandmother, affectionately nicknamed Big Mama, who baked and developed delicious, melt-in-your-mouth desserts. Grandbaby Cakes pairs charming stories of Big Mama's kitchen with recipes ranging from classic standbys to exciting adventures—helpfully marked by degree of difficulty—that will inspire your own family for years to come. Adams creates sophisticated flavor combinations based on Big Mama's gorgeous centerpiece cakes, giving each

recipe something familiar mixed with something new. Not only will home bakers be able to make staples like yellow cake and icebox cake exactly how their grandmothers did, but they'll also be preparing impressive innovations, like the Pineapple Upside-Down Hummingbird Pound Cake and the Fig-Brown Sugar Cake. From pound cakes and layer cakes to sheet cakes and "baby" cakes (cupcakes and cakelettes), Grandbaby Cakes delivers fun, hip recipes perfect for any celebration. "[Adams] offers up her greatest hits alongside sweet stories of her family's generations-old baking traditions." —People.com "There is a heritage of love and tradition steeped in her recipes . . . A trip down memory lane that ends with delicious treats on your table." —Carla Hall, TV chef and author of Carla Hall's Soul Food

african american tea cakes history: BraveTart: Iconic American Desserts Stella Parks, 2017-08-15 Winner of the 2018 James Beard Foundation Book Award (Baking and Desserts) A New York Times bestseller and named a Best Baking Book of the Year by the Atlantic, the Wall Street Journal, the Chicago Tribune, Bon Appétit, the New York Times, the Washington Post, Mother Jones, the Boston Globe, USA Today, Amazon, and more. The most groundbreaking book on baking in years. Full stop. —Saveur From One-Bowl Devil's Food Layer Cake to a flawless Cherry Pie that's crisp even on the very bottom, BraveTart is a celebration of classic American desserts. Whether down-home delights like Blueberry Muffins and Glossy Fudge Brownies or supermarket mainstays such as Vanilla Wafers and Chocolate Chip Cookie Dough Ice Cream, your favorites are all here. These meticulously tested recipes bring an award-winning pastry chef's expertise into your kitchen, along with advice on how to "mix it up" with over 200 customizable variations—in short, exactly what you'd expect from a cookbook penned by a senior editor at Serious Eats. Yet BraveTart is much more than a cookbook, as Stella Parks delves into the surprising stories of how our favorite desserts came to be, from chocolate chip cookies that predate the Tollhouse Inn to the prohibition-era origins of ice cream sodas and floats. With a foreword by The Food Lab's J. Kenji López-Alt, vintage advertisements for these historical desserts, and breathtaking photography from Penny De Los Santos, BraveTart is sure to become an American classic.

african american tea cakes history: American Cookie Anne Byrn, 2018-08-21 A delicious tour of America's favorite treats, cookies, and candies from the beloved author of the bestselling Cake Mix Doctor series and American Cake IACP AWARD FINALIST • "Every recipe comes with a story as delicious as the small bite it describes. And best of all, every small bite begs to be baked."—Dorie Greenspan, James Beard Award-winning author of Dorie's Cookies Each of America's little bites—cookies, candies, wafers, brittles—tells a big story, and each speaks volumes about what was going on in America when the recipes were created. In American Cookie, the New York Times bestselling author and Cake Mix Doctor Anne Byrn takes us on a journey through America's baking history. And just like she did in American Cake, she provides an incredibly detailed historical background alongside each recipe. Because the little bites we love are more than just baked goods—they're representations of different times in our history. Early colonists brought sugar cookies, Italian fig cookies, African benne wafers, and German gingerbread cookies. Each of the 100 recipes, from Katharine Hepburn Brownies and Democratic Tea Cakes to saltwater taffy and peanut brittle, comes with a lesson that's both informative and enchanting.

african american tea cakes history: English Tea & Cakes Various Contributors,, 2013-06-06 Want to know your Assam from your Oolong, and your buns from your scones? English Tea and Cakes is a stunning collection of traditional recipes that will take your baking to the next level. This book is jam-packed with all you need to know about the English tea-drinking obsession, the golden rules of baking, and brilliant recipes for gorgeous cakes, mini cakes, shortcakes and slices. You'll find treats of all shapes and sizes, from Fruit Scones and Eccles Cakes to Lemon Tart and Earl Grey Loaf. There are delicious ideas to suit every taste – Jammy Doughnuts, Macaroons, Chelsea Buns, English Madeleines, Simple Shortbread, and much more in between. Ever fancied tea at the Ritz? The Afternoon Tea Tour around iconic London landmarks will get you in the mood to make your own traditional treats. Not sure what to serve with your Fondant Fancies? Wow your friends with the sample menus that show you how to put together the perfect selection. This beautiful book shows

you how to: Recreate the quintessential English ritual of afternoon tea Bake timeless English cakes Brew the perfect pot of tea From classic cakes to bite-size treats and superb scones to tantalizing teabreads, this book is packed with delicious delicacies and recipes, fit for a Queen!

african american tea cakes history: Jubilee Toni Tipton-Martin, 2019-11-05 “A celebration of African American cuisine right now, in all of its abundance and variety.”—Tejal Rao, The New York Times JAMES BEARD AWARD WINNER • IACP AWARD WINNER • IACP BOOK OF THE YEAR • TONI TIPTON-MARTIN NAMED THE 2021 JULIA CHILD AWARD RECIPIENT NAMED ONE OF THE BEST COOKBOOKS OF THE YEAR BY The New York Times Book Review • The New Yorker • NPR • Chicago Tribune • The Atlantic • BuzzFeed • Food52 Throughout her career, Toni Tipton-Martin has shed new light on the history, breadth, and depth of African American cuisine. She’s introduced us to black cooks, some long forgotten, who established much of what’s considered to be our national cuisine. After all, if Thomas Jefferson introduced French haute cuisine to this country, who do you think actually cooked it? In Jubilee, Tipton-Martin brings these masters into our kitchens. Through recipes and stories, we cook along with these pioneering figures, from enslaved chefs to middle- and upper-class writers and entrepreneurs. With more than 100 recipes, from classics such as Sweet Potato Biscuits, Seafood Gumbo, Buttermilk Fried Chicken, and Pecan Pie with Bourbon to lesser-known but even more decadent dishes like Bourbon & Apple Hot Toddlies, Spoon Bread, and Baked Ham Glazed with Champagne, Jubilee presents techniques, ingredients, and dishes that show the roots of African American cooking—deeply beautiful, culturally diverse, fit for celebration. Praise for Jubilee “There are precious few feelings as nice as one that comes from falling in love with a cookbook. . . . New techniques, new flavors, new narratives—everything so thrilling you want to make the recipes over and over again . . . this has been my experience with Toni Tipton-Martin’s Jubilee.”—Sam Sifton, The New York Times “Despite their deep roots, the recipes—even the oldest ones—feel fresh and modern, a testament to the essentiality of African-American gastronomy to all of American cuisine.”—The New Yorker “Jubilee is part-essential history lesson, part-brilliantly researched culinary artifact, and wholly functional, not to mention deeply delicious.”—Kitchn “Tipton-Martin has given us the gift of a clear view of the generosity of the black hands that have flavored and shaped American cuisine for over two centuries.”—Taste

african american tea cakes history: The Jemima Code Toni Tipton-Martin, 2022-07-01 Winner, James Beard Foundation Book Award, 2016 Art of Eating Prize, 2015 BCALA Outstanding Contribution to Publishing Citation, Black Caucus of the American Library Association, 2016 Women of African descent have contributed to America’s food culture for centuries, but their rich and varied involvement is still overshadowed by the demeaning stereotype of an illiterate “Aunt Jemima” who cooked mostly by natural instinct. To discover the true role of black women in the creation of American, and especially southern, cuisine, Toni Tipton-Martin has spent years amassing one of the world’s largest private collections of cookbooks published by African American authors, looking for evidence of their impact on American food, families, and communities and for ways we might use that knowledge to inspire community wellness of every kind. The Jemima Code presents more than 150 black cookbooks that range from a rare 1827 house servant’s manual, the first book published by an African American in the trade, to modern classics by authors such as Edna Lewis and Vertamae Grosvenor. The books are arranged chronologically and illustrated with photos of their covers; many also display selected interior pages, including recipes. Tipton-Martin provides notes on the authors and their contributions and the significance of each book, while her chapter introductions summarize the cultural history reflected in the books that follow. These cookbooks offer firsthand evidence that African Americans cooked creative masterpieces from meager provisions, educated young chefs, operated food businesses, and nourished the African American community through the long struggle for human rights. The Jemima Code transforms America’s most maligned kitchen servant into an inspirational and powerful model of culinary wisdom and cultural authority.

african american tea cakes history: From Tea Cakes to Tamales Nola McKey, 2016-05-20 Join journalist-turned-culinary historian Nola McKey on a Texas journey as she explores the state’s

foodways through heirloom recipes. In this collection of more than one hundred third-generation (and older) recipes, Texans share not only the delicious dishes they inherited from their ancestors but the stories and traditions that accompany them. With a strong focus on Texas' cultural diversity—recipes include Norwegian rosettes, Italian pizzelle, Czech sauerkraut, Chinese fried rice, Mexican caldo, Wendish noodles, and African American purple hull peas—McKey documents the culinary impact of ethnic groups from around the globe. But this book is not for foodies alone; history enthusiasts will appreciate the snapshots of daily Texas life captured in the narratives accompanying recipes that span more than a century. Told primarily in the words of today's cooks, these multigenerational family recollections can take anyone on a trip down memory lane, back to a beloved grandmother's kitchen or a great-aunt's holiday table. Additionally, McKey provides tips for preserving your own family recipes and for recording the heritage surrounding a special dish. She also includes recommendations for festivals and museums where readers can learn more about Texas foods and cultures. Illustrated with family photos and original watercolors by Cora McKown, *From Tea Cakes to Tamales: Third-Generation Texas Recipes* will, itself, quickly become a Texas family heirloom.

african american tea cakes history: *Their Eyes Were Watching God* Zora Neale Hurston, 1937

african american tea cakes history: *Tartine* Elisabeth Prueitt, Chad Robertson, 2013-10-29
An utterly fresh, inspiring, and invaluable cookbook: Every once in a while, a cookbook comes along that instantly says classic. This is one of them. Acclaimed pastry chef Elisabeth Prueitt and master baker Chad Robertson share their secrets, fabulous recipes, and expertise to create a truly priceless collection of culinary delights. One peek into Elisabeth Prueitt and Chad Robertson's sensational cookbook whisks you into their popular Tartine Bakery and reveals everything you need to know to create their superb recipes in your own home. –Flo Braker, author of *The Simple Art of Perfect Baking* and *Sweet Miniatures* It's no wonder there are lines out the door of the acclaimed Tartine Bakery in San Francisco. Tartine has been written up in every magazine worth its sugar and spice. Here, the bakers' art is transformed into easy-to-follow recipes for the home kitchen. The only thing hard about this cookbook is deciding which recipe to try first. Features easy-to-follow recipes meant to be made in your home kitchen. There's a little something here for breakfast, lunch, tea, supper, hors d'oeuvres and, of course, a whole lot for dessert. Includes practical advice in the form of handy Kitchen Notes, that convey the authors' know-how. Gorgeous photographs are spread throughout to create a truly delicious and inspiring party cookbook. Makes a delectable gift for any dessert lover or aspiring pastry chef. Pastry chef Elisabeth Prueitt's work has appeared in numerous magazines, including *Food & Wine*, *Bon Appétit*, and *Travel & Leisure*, and she has appeared on the television program *Martha Stewart Living*. France Ruffenach is a San Francisco-based photographer whose work has appeared in magazines and cookbooks including *Martha Stewart Living*, *Real Simple*, and *Bon Appétit* magazines, and in *Cupcakes*, *Everyday Celebrations*, and *Ros*.

african american tea cakes history: *Precious and Grace* Alexander McCall Smith, 2016-10-11
Fans around the world adore the bestselling No. 1 Ladies' Detective Agency series and its proprietor, Precious Ramotswe, Botswana's premier lady detective. In this charming series, Mma Ramotswe—with help from her loyal associate, Grace Makutsi—navigates her cases and her personal life with wisdom, good humor, and the occasional cup of tea. Mma Makutsi, who has recently been promoted to co-director, has been encouraging Mma Ramotswe to update to more modern office practices. An unusual case, however, will require both of them to turn their attention firmly to the past. A young Canadian woman who spent her early childhood in Botswana requests the agency's help in recalling her life there. Precious and Grace set out to locate the house that the woman lived in and the caretaker who looked after her many years ago. But when the journey takes an unexpected turn, they are forced to consider whether some things are better left in the past. Mma Ramotswe dispenses help and sympathy with the graciousness and warmth for which she is so well known, and everyone involved is led to surprising insights into the healing power of compassion, forgiveness, and new beginnings.

african american tea cakes history: *Mourt's Relation* Anonymous, 1986-09 Presents an account, first published in 1622, of the Pilgrim's journey to the new world.

african american tea cakes history: *The Carolina Housewife* Sarah Rutledge, 1979 This incomparable guide to Southern cuisine, according to Time magazine, includes a preliminary checklist of the cookbooks of South Carolina which were published before 1935. A facsimile of the 1847 edition.

african american tea cakes history: Lavender & Lovage Karen Burns-Booth, 2018-11-13 Part travel diary, part memoir, part history, and all cookbook, *Lavender & Lovage* is an invitation from Karen Burns-Booth to join her on a personal culinary journey through the memories of the places she has lived and visited. Born from her eponymous award winning blog this book contains 160 unique recipes, all beautifully photographed by the author. They showcase the breadth and depth of her travel. Karen has lived and travelled all over the world and has brought some of her favourite recipes, experiences, and memories to share here with her readers. Karen focuses on the best of traditional recipes, preserving the ways of eating that kept our ancestors healthy, a vital contribution to the modern food landscape. If you would like to see the old made new again, to taste slow food instead of fast, to make food personal yet international, you will find it here.

african american tea cakes history: The Tea Cake Roundup Elbert Mackey, 2009-05 The *Tea Cake Roundup* rescues old family recipes and capture the remembrances that accompany them. It is the first to connect tea cakes to African-American society and preserve its culinary history.

african american tea cakes history: *The Taste of Country Cooking* Edna Lewis, 2012-06-27 In this classic Southern cookbook, the “first lady of Southern cooking” (NPR) shares the seasonal recipes from a childhood spent in a small farming community settled by freed slaves. She shows us how to recreate these timeless dishes in our own kitchens—using natural ingredients, embracing the seasons, and cultivating community. With a preface by Judith Jones and foreword by Alice Waters. With menus for the four seasons, Miss Lewis (as she was almost universally known) shares the ways her family prepared and enjoyed food, savoring the delights of each special time of year. From the fresh taste of spring—the first wild mushrooms and field greens—to the feasts of summer—garden-ripe vegetables and fresh blackberry cobbler—and from the harvest of fall—baked country ham and roasted newly dug sweet potatoes—to the hearty fare of winter—stews, soups, and baked beans—Lewis sets down these marvelous dishes in loving detail. Here are recipes for Corn Pone and Crispy Biscuits, Sweet Potato Casserole and Hot Buttered Beets, Pan-Braised Spareribs, Chicken with Dumplings, Rhubarb Pie, and Brandied Peaches. Dishes are organized into more than 30 seasonal menus, such as A Late Spring Lunch After Wild-Mushroom Picking, A Midsummer Sunday Breakfast, A Christmas Eve Supper, and an Emancipation Day Dinner. In this seminal work, Edna Lewis shows us precisely how to recover, in our own country or city or suburban kitchens, the taste of the fresh, good, and distinctly American cooking that she grew up with.

african american tea cakes history: American Cake Anne Byrn, 2016-09-06 Cakes have become an icon of American culture and a window to understanding ourselves. Be they vanilla, lemon, ginger, chocolate, cinnamon, boozy, Bundt, layered, marbled, even checkerboard—they are etched in our psyche. Cakes relate to our lives, heritage, and hometowns. And as we look at the evolution of cakes in America, we see the evolution of our history: cakes changed with waves of immigrants landing on our shores, with the availability (and scarcity) of ingredients, with cultural trends and with political developments. In her new book *American Cake*, Anne Byrn (creator of the New York Times bestselling series *The Cake Mix Doctor*) will explore this delicious evolution and teach us cake-making techniques from across the centuries, all modernized for today's home cooks. Anne wonders (and answers for us) why devil's food cake is not red in color, how the Southern delicacy known as Japanese Fruit Cake could be so-named when there appears to be nothing Japanese about the recipe, and how Depression-era cooks managed to bake cakes without eggs, milk, and butter. Who invented the flourless chocolate cake, the St. Louis gooey butter cake, the Tunnel of Fudge cake? Were these now-legendary recipes mishaps thanks to a lapse of memory, frugality, or being too lazy to run to the store for more flour? Join Anne for this delicious

coast-to-coast journey and savor our nation's history of cake baking. From the dark, moist gingerbread and blueberry cakes of New England and the elegant English-style pound cake of Virginia to the hard-scrabble apple stack cake home to Appalachia and the slow-drawl, Deep South Lady Baltimore Cake, you will learn the stories behind your favorite cakes and how to bake them.

african american tea cakes history: Baking Dorie Greenspan, 2006 Offers more than three hundred of the author's favorite recipes, including split-level pudding, gingered carrot cookies, and fold-over pear torte, and provides baking tips and a glossary.

african american tea cakes history: Sing a Song Kelly Starling Lyons, 2019-08-06 Lyons delivers the history of a song that has inspired generations of African-Americans to persist and resist in the face of racism and systemic oppression. . . . A heartfelt history of a historic anthem.--Publishers Weekly Sing a song full of the faith that the dark past has taught us. Sing a song full of the hope that the present has brought us. In Jacksonville, Florida, two brothers, one of them the principal of a segregated, all-black school, wrote the song Lift Every Voice and Sing so his students could sing it for a tribute to Abraham Lincoln's birthday in 1900. From that moment on, the song has provided inspiration and solace for generations of Black families. Mothers and fathers passed it on to their children who sang it to their children and grandchildren. Known as the Black National Anthem, it has been sung during major moments of the Civil Rights Movement and at family gatherings and college graduations. Inspired by this song's enduring significance, Kelly Starling Lyons and Keith Mallett tell a story about the generations of families who gained hope and strength from the song's inspiring words. --A CCBC Choice --A Notable Social Studies Trade Book for Young People --An ALSC Notable Children's Book

african american tea cakes history: Gunpowder and Tea Cakes Kathleen Ernst, 2017 Readers must decide which activities to join Felicity in, hanging out at her father's store, sipping tea at the Governor's Palace, or participating in a gunpowder plot.

african american tea cakes history: America I AM Pass It Down Cookbook Jeff Henderson, 2011-02-01 The smells in the kitchen, the unforgettable flavors—these powerful memories of food, family, and tradition are intertwined and have traveled down from generations past to help make us the people we are today. Soul food is just as wide-ranging and satisfying as soul music. Tavis Smiley's America I AM four-year traveling museum exhibit and New York Times bestseller Chef Jeff Henderson have joined forces to create the America I AM Pass It Down Cookbook to honor and preserve African Americans collective family food histories and legacies. Over 100, soul-filled and soul-inspired family recipes collected from contributors' across the country, are featured. Each contribution demonstrates how powerful recollections of food, family and tradition have traveled down to us from generations past to help make us the people we are today. Indeed, history lives at the kitchen table. What better way to showcase America's diverse and delicious traditions than through the unifying power of food, says Smiley. Each cookbook contributor submitted a favorite family recipe and a brief accompanying family food imprint story reflecting on the significance of the dish. What makes this cookbook special is that everyone has a favorite family food memory to share—whether it was grandma's peach cobbler, Aunt Sarah's collard green soufflé or Cousin Dan's barbecued beef ribs. Recipes range from traditional southern cooking to the new soulful recipes of twenty-first century cooks. Under the editorial direction of Chef Jeff Henderson, the America I AM Pass It Down Cookbook becomes a prized possession for fans of soulful cooking from the heart.

african american tea cakes history: What's Cooking America Linda Stradley, Andra Cook, 1997-03-01 Friendly and inviting -- bound to be a classic -- What's Cooking America, with clarity, organization and thoroughness, offers more than 800 family-tried-and-tasted recipes. accompanied by a wealth of information. This book will move into America's kitchens to stay. Here's the information you'll have at your fingertips: -- A treasure trove of unique. easy-to-follow recipes from all over America readily transforms every cook into a chef. -- An eye-pleasing page layout -- enhanced by lively illustrations -- that defies confusion and presents pertinent information with clarity and orderliness. -- Well-organized, standardized listings of ingredients for no-mistake food preparation. -- Accurate, time-tested mixing and cooking tips, hints and historical tidbits. --

Informative, instructive and entertaining sidebars for easy perusal.

african american tea cakes history: Mrs. Hill's Southern Practical Cookery and Receipt Book A. P. Hill, Damon Lee Fowler, 1995 Annabella P. Hill (1810-1878) was a socially-prominent Georgia native whose encyclopedic treasury of 19th century recipes, cooking advice, and household hints was first published in 1867. This is a facsimile of the 1872 edition, accompanied by a biographical sketch, historical notes, and a glossary

african american tea cakes history: Aspects of Afro-American Cookery Howard Paige, 1987 A compilation of foods -- Creole, Cajun, Deep South, Gourmet, Contemporary, and Soul -- prepared by the Afro-American Cook from colonial times to the present--Front cover.

african american tea cakes history: African American History For Dummies Ronda Racha Penrice, 2011-05-04 Understand the historical and cultural contributions of African Americans Get to know the people, places, and events that shaped the African American experience Want to better understand black history? This comprehensive, straight-forward guide traces the African American journey, from Africa and the slave trade through the Civil War, Jim Crow, and the new millennium. You'll be an eyewitness to the pivotal events that impacted America's past, present, and future - and meet the inspiring leaders who struggled to bring about change. How Africans came to America Black life before - and after - Civil Rights How slaves fought to be free The evolution of African American culture Great accomplishments by black citizens What it means to be black in America today

african american tea cakes history: Ellen's Broom Kelly Starling Lyons, 2012 The broom hanging on the family's cabin wall is a special symbol of Ellen's parents' wedding during slave days, so she carries it to the courthouse when the marriage becomes legal.

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african american tea cakes history: From Tea Cakes to Tamales Nola McKey, 2016-05-20 Join journalist-turned-culinary historian Nola McKey on a Texas journey as she explores the state's foodways through heirloom recipes. In this collection of more than one hundred third-generation (and older) recipes, Texans share not only the delicious dishes they inherited from their ancestors but the stories and traditions that accompany them. With a strong focus on Texas' cultural diversity—recipes include Norwegian rosettes, Italian pizzelle, Czech sauerkraut, Chinese fried rice, Mexican caldo, Wendish noodles, and African American purple hull peas—McKey documents the culinary impact of ethnic groups from around the globe. But this book is not for foodies alone; history enthusiasts will appreciate the snapshots of daily Texas life captured in the narratives accompanying recipes that span more than a century. Told primarily in the words of today's cooks, these multigenerational family recollections can take anyone on a trip down memory lane, back to a beloved grandmother's kitchen or a great-aunt's holiday table. Additionally, McKey provides tips for preserving your own family recipes and for recording the heritage surrounding a special dish. She also includes recommendations for festivals and museums where readers can learn more about Texas foods and cultures. Illustrated with family photos and original watercolors by Cora McKown, *From Tea Cakes to Tamales: Third-Generation Texas Recipes* will, itself, quickly become a Texas family heirloom.

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Globe Two women share a Mississippi household for fifteen years, rolling out piecrusts and making conversation. Cornelia is rich, white, and pampered, the mistress of the house, who oversees a seemingly perfect world of smooth surfaces and stubborn silence. Tweet, her housekeeper, is a poor, black, world-weary woman with a ghost-ridden past. As the years go by, Cornelia and Tweet each endure moments of uncertainty and despair; each, in her time of need, is rescued by the other. In the footsteps of Southern writers like Peter Taylor, Eudora Welty, and Flannery O'Connor, Ellen Douglas celebrates the resiliency of the human spirit in this story of two women bound by transgression and guilt, memory and illusion, gratitude and love. "Ellen Douglas is not just one of our best Southern novelists. She is one of our best American novelists." - The New York Times Book Review

african american tea cakes history: The Historical Cookbook of the American Negro Sue Bailey Thurman, Anne Bower, National Council of Negro Women, 2000 From the organization that brought us The Black Family Reunion cookbooks comes The Historical Cookbook of the American Negro, a fun, richly brewed collection of recipes, historical facts, photos, and personal anecdotes. First published in 1958 by the National Council of Negro Women, it includes contributions from members in thirty-six states plus the District of Columbia and offers exceptional insight into American history and the African-American community at the time of its publication. As John Hope Franklin (whose own family owns a copy of the book) points out, much of the cultural information in the cookbook has never been passed down to successive generations. Arranged according to the calendar year, the cookbook opens with a cake to be baked in celebration of both New Year's Day and the Emancipation Proclamation. Scattered among the recipes one finds excerpts from documents such as the Gettysburg Address and the Universal Declaration of Human Rights. Tributes to well-known figures like Harriet Tubman, Phillis Wheatley, and Booker T. Washington appear alongside brief bios and recipes in celebration of important but obscured figures. This delightful collection of delicious recipes helps us commemorate African-American history throughout the year.

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spiritual level. Based on her knowledge of nutrition and her love of cooking, Sarah Britton crafts recipes made from organic vegetables, fruits, whole grains, beans, lentils, nuts, and seeds. She explains how a diet based on whole foods allows the body to regulate itself, eliminating the need to count calories. My New Roots draws on the enormous appeal of Sarah Britton's blog, which strikes the perfect balance between healthy and delicious food. She is a whole food lover, a cook who makes simple accessible plant-based meals that are a pleasure to eat and a joy to make. This book takes its cues from the rhythms of the earth, showcasing 100 seasonal recipes. Sarah simmers thinly sliced celery root until it mimics pasta for Butternut Squash Lasagna, and whips up easy raw chocolate to make homemade chocolate-nut butter candy cups. Her recipes are not about sacrifice, deprivation, or labels--they are about enjoying delicious food that's also good for you.

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