



The African-American Heritage Cookbook: Traditional Recipes and Fond Remembrances from Alabama's Renowned Tuskegee Institute

Carolyn Quick Tillery

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Enjoy more than 200 traditional African-American recipes! This remarkable volume is the ultimate African-American cooking collection, with time-tested recipes for everything from beverages to soups and salads to main and side dishes to breads to desserts. And, the African-American Heritage Cookbook is more than just a recipe collection. It also features personal vignettes, pictorial accounts, literary passages, and poetry combined together to honor a notable American landmark—the Tuskegee Institute, founded by Booker T. Washington. You'll learn to make such delectable, traditional dishes as:

- Hot Clam Dip
- Old-Time Potato Salad
- Salmon Croquettes
- Creole Rice
- And more!

Beginning with the final days of slavery and extending through the struggle for civil rights, this singular anthology is a historic tribute to African-Americans of yesterday, today, and tomorrow.

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