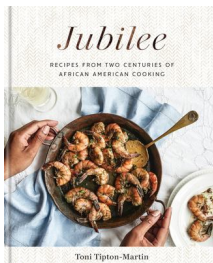


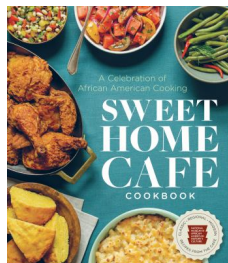
## African American and Black History Month: Culinary Traditions

Food nourishes the body and helps tell people's stories. Explore the rich culinary traditions of Black Americans through cookbooks, capture your own culinary story using the recipe card template, and decorate a fabric potholder.

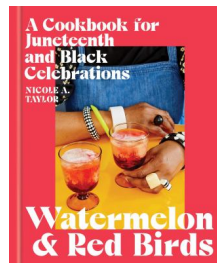
- Watch a video about culinary traditions featuring Crystal Hodges, Community Library Manager at Compton Library: <https://bit.ly/library-culinary> or use the QR code.
- Make Benne Wafers or a recipe from a cookbook.
- Write down your own family recipe using the recipe card template.
- Decorate your potholder with fabric markers.
- Share your dish and potholder on social media and don't forget to tag @LACountyLibrary.



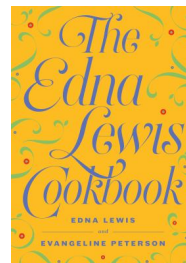
Jubilee: Recipes from Two centuries of African American cooking by T Tipton-Martin (2019)



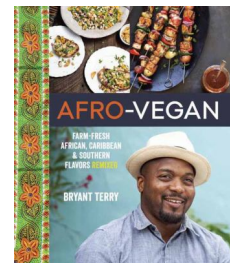
Sweet Home Cafe Cookbook by A Lukas (2018)



Watermelon & Red Birds: A Cookbook for Juneteenth and Black Celebrations by N Taylor (2022)

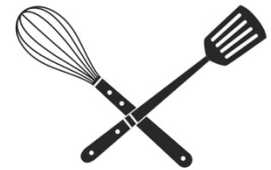


The Edna Lewis Cookbook (2016) (Also available on Hoopla)



Afro-Vegan by Bryant Terry (2014)

### Recipe:



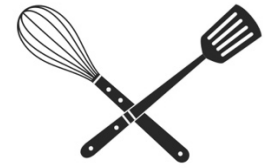
Ingredients

Directions

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From the kitchen of: \_\_\_\_\_

## Recipe: Benne Wafers



### Ingredients

1 cup sesame seeds

$\frac{2}{3}$  cup chilled lard or

vegetable shortening

3 cups flour

$\frac{2}{3}$  cup cold milk

1 teaspoon cream of tartar

1 teaspoon salt

$\frac{1}{2}$  teaspoon baking soda

### Directions

1. Preheat oven to 425°. Toast the sesame seeds in a pie pan in the oven for 4 minutes, stirring occasionally, until deep golden. Transfer to a plate and let cool.

2. In a large bowl, sift the flour with the cream of tartar, baking soda, and 1 teaspoon of salt. Cut in the lard or vegetable shortening until the mixture resembles coarse meal. Stir in the sesame seeds and milk and mix until blended.

3. Turn the dough out onto a lightly floured surface and knead briefly. Divide in half. Roll out 1 piece of dough very thin - at most  $\frac{1}{8}$ " thick. Prick the dough all over with a fork and stamp out 2-inch rounds. Transfer the rounds to a large baking sheet and sprinkle with salt. Bake for 14 minutes, or until deep golden brown. Let cool slightly, then transfer to a rack. Repeat with the remaining dough.

4. Serve the wafers warm or at room temperature.

From the kitchen of: Adapted from article by Edna Lewis with Scott Deacock, Food & Wine

<https://www.foodandwine.com/recipes/benne-wafers>