



African American Family Cuisine:

A Legacy Of Love & Tradition

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The Heart Of Family Cooking Traditions

- Importance of Family
- Sunday Dinners after Church
- Heirloom Recipes/Food Practices

A Legacy Of Survival & Creativity

- African Americans were forced to be resourceful with cooking
- Cooking was a Source of Survival and Strength



African American Cuisine: A Cultural Legacy – Why do we Cook this Way?



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- Our food is deeply tied to West African traditions, blended with Southern Influences.
- Enslaved ancestors brought food knowledge that shaped our cuisine.
- The foods available to our Ancestors provided the resources to develop our own cooking



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OUR MENU TODAY

**Air Fryer Buttermilk Fried
Chicken**

**Low Country Hoppin John
Macaroni & Cheese**

Collard Greens

**Sweet Potato Puree with Sweet
Cottage Cheese Topping &
Oatmeal Crumble**

Air Fryer Buttermilk Fried Chicken

- 2 pounds thin-sliced boneless chicken breast or chicken strips
- 2 cups buttermilk
- 2 eggs
- 2 tsp. black pepper
- 2 tsp. garlic powder
- 2 tsp. onion powder
- 1 tsp. paprika
- ½ tsp. salt
- 2 cups all-purpose flour
- 2 cups crushed cornflakes
- 1 cup lactose-free milk
- Olive oil or canola oil-based cooking spray



Lowcountry Hoppin' John

Peas:

- 1 ½ qt. no-sodium chicken stock
- 1 cup black-eyed peas, dry
- (soaked in a pot of water overnight)
- 1 ½ cup medium dice onions
- 1 cup medium dice peeled carrots
- 1 ½ cups medium dice celery
- 2 garlic cloves, thinly sliced
- 1 fresh bay leaf
- 10 sprigs thyme

Rice:

- 4 cups water
- ¼ tsp. kosher salt
- ¼ tsp. cayenne pepper
- 1 cup gold rice
- 4 T. unsalted butter, cubed

Red Pea Gravy:

- 2 cups cooked peas
- 2 cups cooking liquid from the peas
- 1 T. unsalted butter
- Cider Vinegar, to taste (about 3 T.)
- Sliced chives or scallions for garnish





Macaroni and Cheese

- 20 oz. shredded low fat (2%) cheddar cheese
- 16 oz. elbow macaroni
- 1 cup low fat (2%) lactose-free milk
- 1 cup no-sodium chicken stock
- 3 T. butter
- 2 tsp. garlic powder
- 3 T. all-purpose flour
- 2 tsp. garlic powder
- 1 tsp. ground mustard powder
- 1 tsp. (sweet) paprika
- ½ tsp. black pepper



Collard Greens

2 pounds fresh collard greens

1 tsp. olive oil

1 medium onion, chopped

2 cloves garlic, thinly sliced

14 oz. reduced-sodium chicken broth

1 smoked turkey drumstick, whole or bone

1/4 tsp. ground black pepper

Additional seasoning options: red pepper flakes, vinegar, hot sauce

Sweet Potato Crisp with Whipped Cottage Cheese Topping and Oatmeal Crumble

- 1 pound sweet potato, with skin
- ½ cup butter, softened
- ½ cup white sugar
- ½ cup brown sugar
- ½ cup lactose-free milk
- 3 large eggs
- ½ tsp. nutmeg
- ½ tsp. ground cinnamon
- 1 tsp. vanilla extract



Whipped Cottage Cheese Topping

- 1 pt. of lactose-free Cottage Cheese
- ½ cup powdered sugar
- 2 tsp. vanilla extract

Oatmeal Crumble

- ¼ cup brown sugar
- ¼ cup quick oats
- ¼ cup toasted walnuts or pecans, chopped

Encouraging Change

- **Reduced and/or eliminated lactose in the recipe**
- **Dramatically reduced sodium content**
- **Decreased saturated fat and total fat**
- **Reduced sugar**
- **Included menu items with total dietary and soluble fiber**



Conclusion

- Cooking together strengthens family bonds and keeps traditions alive.
- Traditional recipes are gifts from our ancestors and preserve our heritage BUT... they can be altered to provide healthier options.
- May we all continue to honor our heritage by sharing our lives and stories, passing down tried and true practices, while making small changes that strengthen our health and well-being.

Sources:

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