

BLACK HISTORY MONTH

February

1984

Friday, February 3:
"Science and Politics:
Implications for Blacks in
the 1980's." U.S.
Congressman Mervyn W.
Dymally, California.
Redfield Auditorium, WNOI
Campus, Water Street, Woods
Hole, 3:00 p.m.

Tuesday, February 7: "The
History of Blacks in Science
and Technology, and the
Barriers Encountered." Dr.
Ivan Van Sertima, Prof. of
African Studies, Rutgers
University. Redfield
Auditorium, 3:00 p.m.

Monday, February 13: A
showing of the television
debate program "Firing Line"
entitled "Resolved: That
Affirmative Action Goals for
Women and Minorities Should
Be Abolished." Redfield
Auditorium, 11:00 a.m.

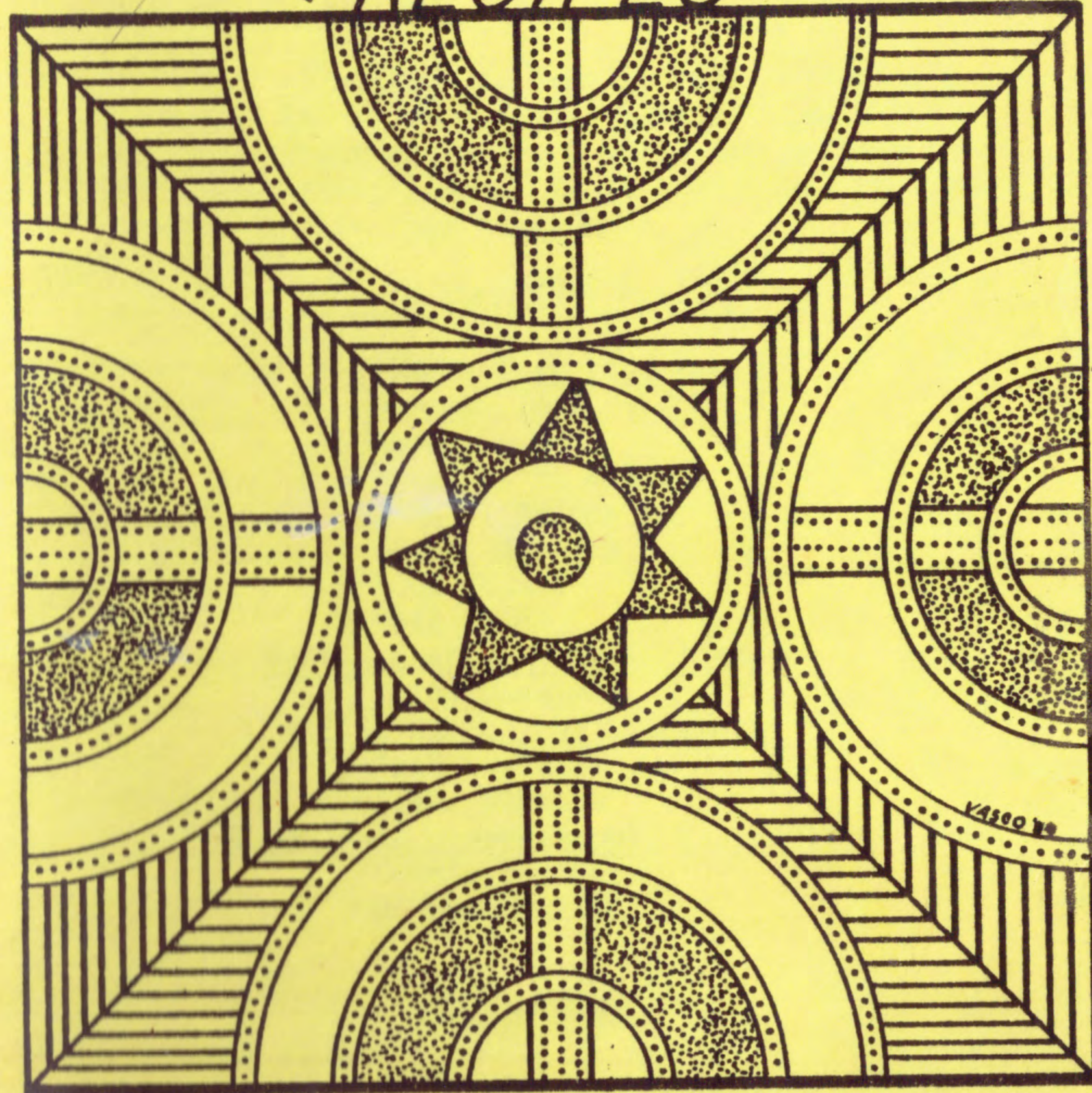
Wednesday, February 15:
"Free Your Mind, Return to
the Source: The African
Origin of Civilization," a
slide/lecture presentation
with Dr. Asa G. Hilliard,
Professor of Urban
Education, State University
of Georgia. Clark
Laboratory Auditorium, Room
507, WNOI Quisset Campus,
3:30 p.m.

Friday, February 17:
"Harambee," an ethnic feast
with entertainment. Swope
Center, RNL Campus, Woods
Hole, 4:30 p.m.

Sponsored jointly by the National
Marine Fisheries Service, the
Marine Biological Laboratory, the
United States Geological Survey
and the Woods Hole Oceanographic
Institution.

"HARAMBEE"

84
RECIPES



Preface

This booklet is a collection of recipes donated by those people preparing dishes for the 1984 celebration of Black History Month. Many of these recipes have been handed down through their families for generations. The Woods Hole Committee for Black History Month wishes to thank the contributors and hopes that you will try some of these unusual dishes at home.

Part of getting to know and understanding people different from ones self is being able to walk around in their shoes for a while and perhaps get a taste of their lives. It is hoped that this booklet will aid in this process.

1984-COMMITTEE MEMBERS

Northeast Fisheries Center

Ambrose Jearld, Jr.
Rhett Lewis
Margaret M. McBride
Joan E. Palmer
Ronnee Schultz
Andy Thoms
Matt Walsh

United States Geological Survey

Kathy Scanlon

Marine Biological Laboratory

Arch MacInnis
Jamie Shreeve

Woods Hole Oceanographic Institution

Connie Brackett
Carolyn Miller

COVER DESIGN BY:

VASCO PIRES

Woods Hole Black History Month Committee of the Woods Hole Oceanographic Institution, Marine Biological Laboratory, U.S. Geological Survey and National Marine Fisheries Service Laboratory.

AKARA

(Rhett Lewis)

INGREDIENTS:

2 cups Black eyed peas
Pepper (Jalapeno or green)
1 onion
1 tsp. salt
1 tsp. pepper
 $\frac{1}{2}$ tsp. red pepper
cooking oil

Soak the black eyed peas for 24 hrs., then remove the skins. Mash the peas well mixing chopped peppers and onions. Season to taste. Shape into patties and fry in peanut or safflower oil until crisp and brown.

This dish is from West Africa (Senegal, Ghana, etc.)

HOPPING JOHN

(Carolyn Miller)

INGREDIENTS:

2 cups Black eyed peas
 $\frac{1}{4}$ - $\frac{1}{2}$ lb. Salt Pork
2 cups Cooked Rice
3 Tbsp. Butter
Hot sauce - several dashes
salt & pepper

Rinse and clean black eyed peas overnight. Cook til tender, but whole. Prefry pork until crisp, in small pieces. Combine peas, pork, rice, butter and seasonings--simmer together for 10 minutes.

Came through Black maid who came from Virginia when I was a child.

PEANUT CHOP (UGANADA)
(Ambrose Jearld, Jr.)

INGREDIENTS:

1 large Onion
1 can Tomatoes (16 oz)
1 Bay Leaf
 $\frac{1}{4}$ tsp. ground ginger
 $\frac{1}{4}$ tsp. ground cloves
 $\frac{1}{4}$ tsp. Thyme
 $\frac{1}{4}$ tsp. chopped Parsley
 $\frac{1}{2}$ -1 tsp. salt
 $\frac{1}{2}$ tsp. Cayenne
 $\frac{2}{3}$ cup Chunky Peanut Butter (cheap oily kind-
gives better flavor)
3 cups water (add more if necessary depending
on how thick you want it)
2 lbs. boiled Fish (bones removed)
Hot fluffy rice

Boil 2 lbs. of fish (recipe says Tilapia-from Lake
Victoria-but good ocean fish will do), remove and
discard bones and set fish aside. Dissolve $\frac{2}{3}$
cup of peanut butter in 2 cups of hot water. Pan
fry til tender onion finely chopped, add spices,
salt, tomatoes, and peanut butter water mixture.--
1 - 3 additional cups of water may be added--
simmer 20 minutes. Serve over hot fluffy rice.

Ugandan Recipe

CLAM FRITTERS
(Andy Thoms)

INGREDIENTS:

1 lb. Sugar Cured Bacon
2 cups All Purpose Flour
1 cup Corn Meal
1 tsp. Baking Powder
3 Eggs
3 cups Minced Clams
2 tsp. Garlic Powder
1-2 cups Milk

Fry bacon until crisp, combine flour, corn meal,
baking powder, garlic powder, -- mix thoroughly
then add eggs, clams with juice, all milk until
desired consistency is obtained (minced clams
suspended in the mixture not on the bottom of
the bowl), heat pancake griddle to 350° F cooking
is determined similar to pancakes.

"An Old Family Recipe"

TACO SALAD
(Georgia M. Germany)

INGREDIENTS:

- 1 lb. Ground Beef
- 1 Taco Mix
- 1 cup Water
- 2 cups Shredded Cheese
- 2 cups Lettuce
- 2 Cups Tomatoes, diced
- 2 cups Taco Sauce
- 1 lg. bag Doritos, nacho cheese flavored

Brown ground beef, drain. Mix in Taco seasoning mix and water. Bring to boil. Mix Doritos, beef in large serving bowl. Add in lettuce, tomato and cheese mixing well. Garnish with lettuce, cheese and tomato and pour on remaining taco sauce. Enjoy!

Ethnic history is of Spanish origin. Derived from the taco, makes a refreshing salad or appetizer. to accompany any meal.

PORTUGUESE SWEET BREAD
(Nancy J. Monroe)

INGREDIENTS:

- 2 pkgs. yeast, active dry or compressed
- $\frac{1}{4}$ cup warm water (lukewarm for compressed yeast)
- 1 cup sugar
- 1 cup milk, scalded and still hot
- $\frac{1}{4}$ cup (1/8 lb) butter
- 1 tsp. salt
- 3 eggs, well beaten
- 6-7 cups regular all purpose flour, sifted

Dissolve yeast in warm water. In large warm bowl, mix together sugar, hot milk, butter, and salt; stir until butter melts. When cooled to lukewarm, beat in eggs and yeast mixture. Gradually beat 5 cups of flour into liquid, blending until smooth. Flour a board heavily with part of the remaining flour, turn soft dough out onto board and sprinkle dough with more flour. Knead until very smooth and small air-filled blisters form on surface of dough (about 15-20 minutes) adding flour to board as needed. Place dough in a large buttered bowl. Keep covered in a warm place and let rise until doubled in bulk, about 2 hours. Punch down dough. Butter hands to work with dough. This amount of dough will make 6 small individual size round loaves or two pans greased (9" square size) of rolls. Shape dough to form round loaves, or put into loaves pan. Cover shaped dough lightly and set in a warm place to rise again for about 1 hour or until almost doubled in size. Bake in a 350° oven for 20 minutes or until golden brown. This bread freezes well.

Nancy's Portuguese Bread is from the Azore Island. When making bread, keep everything you use for mixing warm.

This is my second year to enjoy coming together with all of you. My family and I look forward for another.

Nancy Monroe

MANCHUPA
(Eugenia Fortes)

INGREDIENTS:

2 lbs. Stew Meat
2 Ham Hocks (smoked)
 $\frac{1}{2}$ lb. salt pork
5 qts. water
2 cups Samp (cracked corn)
 $1\frac{1}{2}$ cups dry Lima Beans
 $1\frac{1}{2}$ lbs. Kale or Collard greens
3 large onions
2 tsps. vinegar
2 Tblsp. Paprika
1 Tblsp. Salt
2 Bay Leaves
 $\frac{1}{2}$ tsp. Black Pepper
2 cloves Garlic

Cube onions and salt pork and saute in large pan for 10-15 minutes. Put water in large pot, add onion and salt pork and rest of ingredients and bring to boil then simmer for about 4 hours.

Family Recipe

YUCCA STEW

(Nancy Andrade & Eva Montiero)

INGREDIENTS:

2 lb. Yucca
2 lb. Stew Beef
1 pkg. Lipton Onion Soup
2 Med. Size Onions
Salt and pepper to taste

Dice onions, cut stew beef in small chunks, add Lipton Onion Soup, salt and pepper to taste and cook for 1½ hours or until meat is tender. Saute as you would for a normal beef dinner. Add 2 lbs. Yucca, diced and let saute until tender approximately an additional ½ hour. Serve over fluffy white rice or serve plain.

This recipe is most popular in the Cape Verde Islands-Brava-Portuguese owned. Yucca is grown as tree roots and is very plentiful in the islands as it needs a hot and dry climate.

CARIBBEAN BAKE CHICKEN

(Anna Martin-Jearld)

INGREDIENTS:

2 (2-3 lbs) whole chickens
1 tsp. salt (to taste)
½ tsp. pepper
1 tsp. Thyme
1 tsp. fresh Parsley
½ tsp. Paprika
2 cloves garlic (minced)
1 large onion sliced (rings)

1. Clean and cut up chicken.
2. Sprinkle and rub chicken with seasoning & onion.
3. Set chicken aside for 1 hour to allow seasoning and onion to set.
4. Bake in preheated oven (350°F) for 1 hour or until brown.
5. Turn and baste occasionally.

This recipe has an Antigua and Virgin Island origin. It has been used for at least four generations and it is delicious.

MEXICAN CASSEROLE
(Mary Randolph)

INGREDIENTS:

1 lb. hamburger
1 large onion-chopped
1 lb. can corn-whole kernel
1 can condensed Cream of Tomato Soup
1 small can tomato sauce
1 tsp. chili powder
8 oz. noodles
salt, pepper (to taste)
grated sharp cheese

Cook noodles-while they cook, fry meat and onion until meat browns. Add all other ingredients and simmer about 10 min. In large casserole alternate layers of noodles and meat mix. Top with cheese. Bake at 350°F for 30 min. Serves 6-8. Great with salad and French bread. Can be prepared in advance and put in oven when wanted.

American version of Mexican dish!

NEVER FAIL JAG
(Hilda Barrows)

INGREDIENTS:

4 Tbls. Margarine
1 Onion (medium)
1 Tbls. Pepper and Paprika
3 cups Water
1 pkg. Frozen Lima Beans
1 level Tbls. salt, if desired
2 cups Uncle Ben's rice

Sauté onions with margarine add pepper and paprika, 3 cups of water and frozen lima beans, boil together, add salt. Let boil for two minutes. Add rice and lower flame, keeping a very low flame, let jag cook for 25 to 30 minutes.

This recipe is made by Cape Verde people also passed down to family members. Auntie Hilda say try and enjoy my Jag recipe, it has never failed me and it won't fail for you.

Thank you,

Auntie Hilda Barrows

RED BEANS & RICE
(Louise Hinds)

INGREDIENTS:

2 medium onions
1 lb. dried red beans, (washed)
 $\frac{1}{2}$ sauce pan of water
1 tsp. salt & pepper
 $1\frac{1}{2}$ cups rice
Leftover ham, pork, chicken

Sauté onions until brown, put onions in $\frac{1}{2}$ sauce pan of water, add red beans. Cook until fork can penetrate beans. Add salt and pepper. Add $1\frac{1}{2}$ cups rice-let cook until fluffy stirring once or twice. Add leftover ham, pork or chicken. If necessary add a little water to keep rice from burning or sticking to pan. Keep a low flame until rice is cooked. Stir well. Note that canned beans can be used instead of dried beans.

Nana Hinds thanks you for inviting her to the "Harambee" and thanks you for trying her recipe.

JAGG
(Moors & Christians)

(Figuerido)

INGREDIENTS:

3 small onions
 $1\frac{1}{2}$ lbs. linguica
1 cup rice
1 cup beans (choice of kidney, lima, black)
 $1\frac{1}{2}$ -2 cups water
salt, pepper and/or vinegar to taste

(If linguica is dry add bacon fat or salt pork to create liquid)

Sauté 3 small onions and linguica together in heavy skillet, remove leaving oil and liquid. Add raw rice and $1\frac{1}{2}$ - 2 cups water. Cook until about half the water is gone. Return onion, linguica and beans to the pan. Continue to cook until dry.

This is known to us as a Cape Verdean recipe, and like Kale Soup, its an individual thing. I've seen it referred to as Moors & Christians in a few workbooks, obviously a reference to its more ancient heritage. The Flume in Mashpee makes a good Jagg.

AKARA

(Rhett Lewis)

INGREDIENTS:

2 cups Black eyed peas
Pepper (Jalapeno or green)
1 onion
1 tsp. salt
1 tsp. pepper
 $\frac{1}{2}$ tsp. red pepper
cooking oil

Soak the black eyed peas for 24 hrs., then remove the skins. Mash the peas well mixing chopped peppers and onions. Season to taste. Shape into patties and fry in peanut or safflower oil until crisp and brown.

This dish is from West Africa (Senegal, Ghana, etc.)

VENISON & BAKED BEANS

(Connie Brackett)

INGREDIENTS:

2 lbs. Pea Beans or Kidney
1 Onion, quartered
2 tsps. dry Mustard
1 cup Ketchup
Dash Worcestershire
 $\frac{1}{2}$ cup Brown Sugar
1 cup Molasses
2 Tbls. Salt
1 tsp. Pepper
 $\frac{1}{2}$ lb. Salt Pork
Venison cut in 1" cubes

Pick over beans and place in pot. Add water to cover and soak overnight. Drain, rinse, cover with cold water and boil until skin splits when blown on. Place in pottery bean pot and push onion down sides. Mix all other ingredients and pour over beans. Slice pork thru rind halfway thru meat. Mix venison in beans, place pork on top and push down until only rind shows. Cover with boiling water. Bake at 325° for 6-7 hours. Check occasionally to add more water.

Venison and beans are a staple diet of the Eastern American Indian. One or two new items but they are basically still prepared this way today.

BIGOS

(Linda Despres Patanjo)

INGREDIENTS:

- 1 Pork Roast
- 1 Chicken
- 2 lbs. Kielbasa
- ½ lb. Salt Pork
- 2 large Cabbage
- 4 large cans Saurekraut
- 10 onions
- Salt & pepper to taste
- 1 jar Tomato Sauce (optional)

Cook pork with little water and onions, cook chicken with garlic. Debone meat, save chicken skin after deboning chicken--save grease and juices. Grind chicken skin --slice cabbage thinly and cook with salt and water. Add cooked onions, meat, ground chicken skin, saurekraut and solid grease from meat. Cook salt pork. Bring salt pork grease and meat juices to boiling. Add 1 cup flour and 1 cup water together to thicken. Add this to boiling grease. Bring bigos to boil and add this thickened fat mixture.

Polish Background

MULLIGAN STEW

(Shirley-Anne Long)

INGREDIENTS:

- ½ cup each (diced) onion, carrot, celery, turnip
- 4 potatoes
- 1/8 lb salt pork
- 2 lbs. venison (lamb or beef can be substituted)
- 1 pint water
- 1 tsp. salt
- Pepper to taste

Cook all above ingredients together for one hour or until done. DUMPLINGS are added the last 12 minutes ---1 cup flour, 2 tsps. baking powder, ½ tsp. sugar, ½ tsp. salt and ½ cup milk. Stir together and drop by spoonful on boiling stew.

This is a very old recipe, handed down for generations to "New Englanders".

PORTUGUESE GOLASH

(Dorothy DeBarros-
Dorothy P. deBarros)

INGREDIENTS:

1 cup rice, cooked
1½ lbs. Hamburg - make into small balls
1 lb. frozen shrimp, cooked
1 large onion or 2 medium
1 large green pepper
1 large red pepper
1 small can tomatoes-no liquid
Season as desired

Boil rice, set aside. Sauté hamburger, green pepper, red pepper, add seasonings desired, add onion and shrimp, saute all together. Put rice in pan dot with butter or margarine. Add hamburger, peppers, onions, shrimp on top of rice. Arrange tomatoes last over recipe. Put in oven at 350° for 20 min.

This dish is from Cape Verde Island. It has been passed down to family members and used often by Cape Verde people. We hope you will all make our recipe and enjoy every bit.

Thank you,

Cousin Dorothy P. deBarros

SAMP

(Mary B. Galvao)

INGREDIENTS:

2 cups Samp
2 large onions
½ cup corn oil
¼ lb. Pork
1 small can tomato paste
3 qts. water
1 Tbsp. Paprika
1 tsp. salt, bay leave, pepper

In large pot, sauté onion in oil until it turns yellow. Add Samp, which has been drained, Pork, tomato paste, paprika, salt, and pepper (to ones taste). Mix well and add 3 qts. water, bring to a boil for 2 hours stirring often, then let simmer for 2 hours more over low heat.

SAMP is a Cape Verdean dish; corn being very nutritious. Aunt Mary says, enjoy her dish which has been passed down to family members. Aunt Mary looks forward to enjoying all the recipes in this book.

MARY'S CORNBREAD
(Mary Morrisson)

INGREDIENTS:

1½ cups Flour
½ cup Corn Meal
½ cup Sugar
½ cup Sour Cream
1 small can Creamed Corn
2 Eggs
1/3 cup oil or shortening
1 tsp. heaping Baking Powder
½ tsp. Salt
½ cup Milk

Mix dry ingredients, add sour cream and oil, add eggs, corn, milk, beat well. Pour into greased pan or muffin tins, bake at 350° oven about 20 min.

Mother-in Law Mary is happy to share her recipe with all of you.--and when you do try my cornbread recipe, you will eat from morning till night. "Watch that waist line."

DEADLY CHOCOLATE CAKE
(Heidi Schultz)

INGREDIENTS:

3 squares chocolate (unsweetened)
½ cup butter
1 box light brown sugar
3 eggs
1 tsp. vanilla
2¼ cups flour
2 tsp. baking soda
¼ tsp. salt
1 cup sour cream
1 cup boiling water

Melt chocolate in double boiler, whip to creamy consistency in electric mixer. Then, at high speed, add butter, sugar and eggs and beat for 5 minutes. Stir in vanilla. Sift flour, baking soda and salt together and stir into chocolate mixture alternating with sour cream. Then stir in 1 cup boiling water. Bake at 350° for 35 minutes. Frost as desired.

Family recipe.

BEST-EVER BANANA BREAD
(Karen LiFoster)

INGREDIENTS:

2 ripe bananas, mashed
2 eggs
1 tsp. vanilla
½ tsp. salt
1 ¾ cups unsifted all purpose flour
1½ cups sugar
1 cup chopped walnuts or peanuts
½ cup vegetable oil
¼ cup plus 1 Tbsp. buttermilk
1 tsp. baking soda
(do not double recipe)

Preheat oven to 325° F
Grease and flour 9x5 loaf pan. Combine all ingredients in large bowl and mix well. Transfer to prepared pan. Bake until top is golden brown and splits slightly, about 1 hr and 20 min to 1 hr. and 30 min. Serve Warm.

A similar recipe can be found in the "Black Africa Cook Book" by Monica Bayley.

SWEET POTATO PIE
(Judy Brownlow)

INGREDIENTS:

2 large peeled, cooked, mashed sweet potatoes (1½ cups) or 1 18-ounce can sweet potatoes, well drained and mashed
½ cup brown sugar
½ tsp. salt
½ tsp. ground cinnamon
¾ cup milk
2 slightly beaten eggs
1 Tbls. butter or margarine, melted
Plain Pastry for 1-crust 8-inch pie

Combine sweet potatoes, brown sugar, salt, and cinnamon in bowl. Mix together milk, eggs, and butter; add to potato mixture and blend well. Line 8-inch pie plate with pastry; crimp edges. Pour potato mixture into unbaked pastry shell. Bake at 400° for 40-45 minutes or till knife inserted halfway between center and edge of filling comes out clean.

Traditionally Afro-American--from Afro-American Cookery.

SWEET POTATO PIE
(Margaret McBride)

INGREDIENTS:

- 1 lb. sweet potatoes/boiled, peeled & mashed
- 2-3 eggs
- ½ cup butter or margarine
- ¾ cups brown sugar or honey
- ½-2/3 cups evaporated milk or light cream
- ½ tsp. each cinnamon, nutmeg & allspice
- 1 tsp. vanilla extract
- ½ tsp. lemon extract

Boil sweet potatoes until very tender. Peel while warm and mash adding margarine, milk, eggs, sugar or honey, spices and extracts. Mix well. Electric mixing makes a lighter pie. Pour into unbaked pastry shell. Bake at 350° until crust is golden brown and custard has also risen and browned.

Endemic to the old and deep south.

SPONGE CAKE
(Judith Grassle)

INGREDIENTS:

- 4 large eggs, separated
- 1 cup sugar
- ¼ cup orange juice
- 1 tbs. grated orange rind
- 1 cup cake flour
- 1½ tsps. baking powder
- ¼ tsp. salt
- Strawberry or raspberry preserves and confectioners' sugar

1. Preheat oven to moderate (325° F). Grease the bottom of two 9" layer cake pans.
2. Beat the egg yolks until thick. Gradually beat in the sugar, beat in orange juice and add orange rind.
3. Sift flour together with the baking powder and salt. Fold into the egg-yolk mixture.
4. Beat the egg whites until stiff but not dry. Fold into the batter. Pour into the two prepared pans. Bake for 25-30 minutes until done. Cool. Sandwich the layers together with preserves. Dust the top with confectioners' sugar.

An everyday Australian recipe.

TEXAS PECAN PIE
(Rose Merritt)

INGREDIENTS:

3 eggs lightly beaten with fork
3/4 cup dark corn syrup
3/4 cup granulated sugar
2½ tsp. vanilla
1 cup pecan halves
3 Tblsp. melted butter/margarine
1 unbaked 9" pie shell

Combine eggs and corn syrup. Mix well. Add sugar. Mix again. Stir in vanilla. Let stand 5 minutes. Spread pecan evenly on bottom of pie shell. Stir melted butter into syrup mixture; pour over pecans. Be sure all the pecans rise to the top. Bake at 375° for 40-45 minutes or until center is firm.

Just a family recipe for using the pecans from our family tree in Texas.