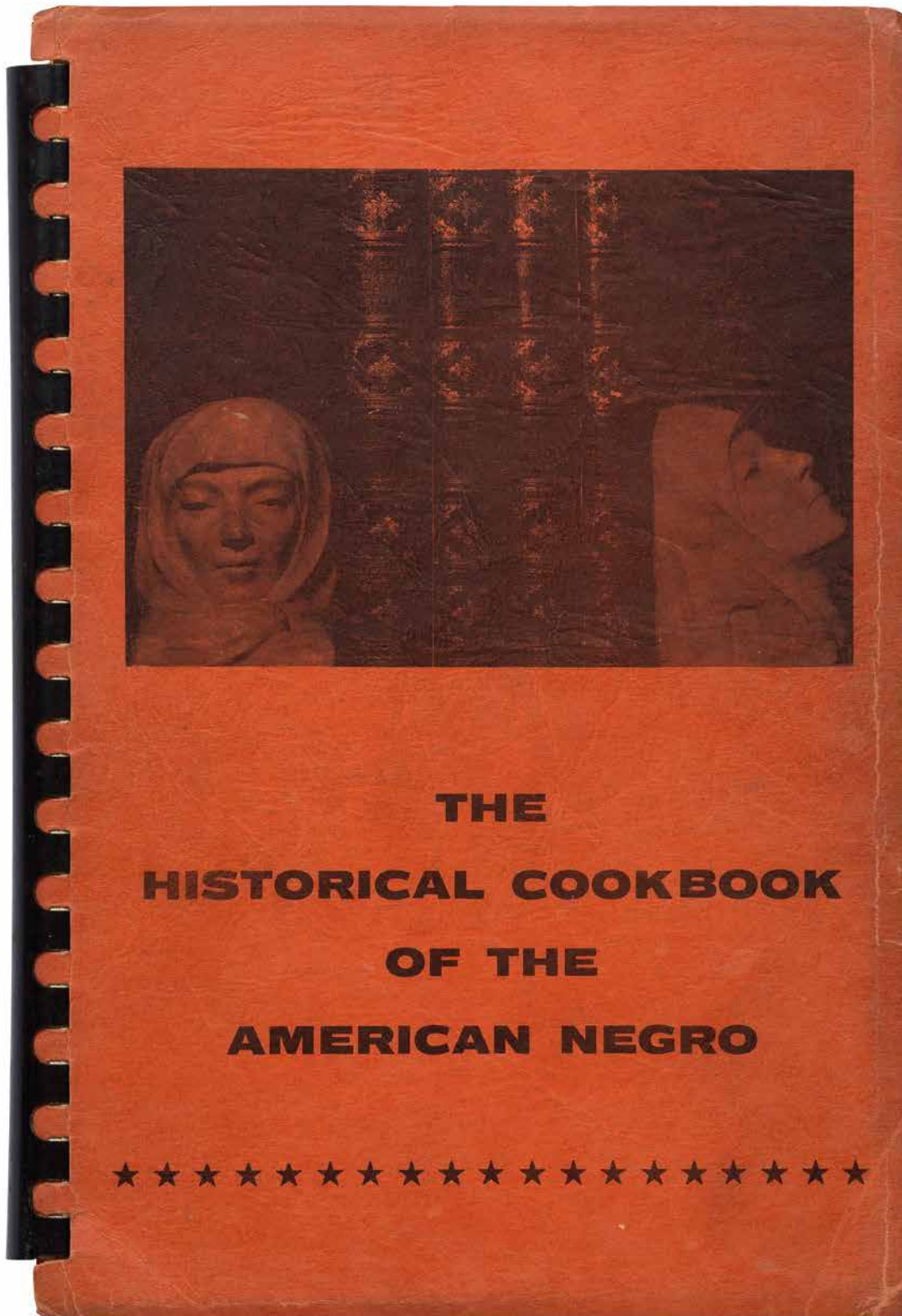


Sue Bailey Thurman

The National Council of Negro Women Presents The Historical Cookbook of the American Negro

[New York?]: Archives and Museum Department. The National Council of Negro Women / The Corporate Press 1958

\$1500



First edition. Octavo. 143, [6]pp. Illustrated from photographs, artworks, and with line drawings. Spiral bound orange card covers with front wrap illustration of a sculpture by Meta Warwick Fuller. Slight wear around the spirals and a little age-toning, else a near fine copy. Over 250 recipes, which the Council took 18 years to research, most attributed to state or regional councils of the The National Council of Negro Women, but with mentions of significant contributions by Lois Maillou Jones (who also contributes art), Georgia Douglass Johnson, Mrs. Horace Mann Bond, Dorothy B. Porter, and many others. Many of the historical recipes are dedicated to pioneering African-Americans. Reprinted in 2000, this first edition is quite wonderful and exceptionally uncommon. [BTC#434744]

THE NATIONAL COUNCIL OF NEGRO WOMEN

Presents

The Historical Cookbook
of the
American Negro

PUBLISHED UNDER AUSPICES OF THE COUNCIL'S

ARCHIVES AND MUSEUM DEPARTMENT

Compiled and Edited by

SUE BAILEY THURMAN, CHAIRMAN

COVER: "SCULPTURED HEADS" by META WARRICK FULLER

PEN DRAWINGS BY 

THE CORPORATE PRESS

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FIRST PRINTING 1958

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TWO SORORITIES ARE BORN AT HOWARD UNIVERSITY

ALPHA KAPPA ALPHA SORORITY - (January 16, 1908)

FOUNDERS' LUNCHEON SALAD

1 can condensed tomato soup	1 cup mayonnaise
1/2 cup water	1 cup diced celery
2 tablespoons gelatin	1 tablespoon minced onion
1/4 cup cold water	1 teaspoon salt
1 can tuna (7 ounces)	1 tablespoon lemon juice
3 packages cream cheese	

Heat tomato soup and water. Soften gelatin in cold water and add to soup, stirring until dissolved. Set aside to cool. When mixture thickens stir in remaining ingredients. Pour into lightly oiled ring mold, and chill until firm. Serve on bed of crisp greens and top with tart French dressing.

* * *

ZETA PHI BETA SORORITY - (January, 1920)

VEGETABLE PIE a la "ZETA"

With Peanut Butter Crust

3 tablespoons butter	16 small white cooked onions
5 tablespoons flour	1 cup cooked peas
1 teaspoon salt	1 cup cooked lima beans
1/2 teaspoon celery salt	2 cooked carrots
1/2 teaspoon paprika	sliced 1/2 inch thick
3 cups milk	

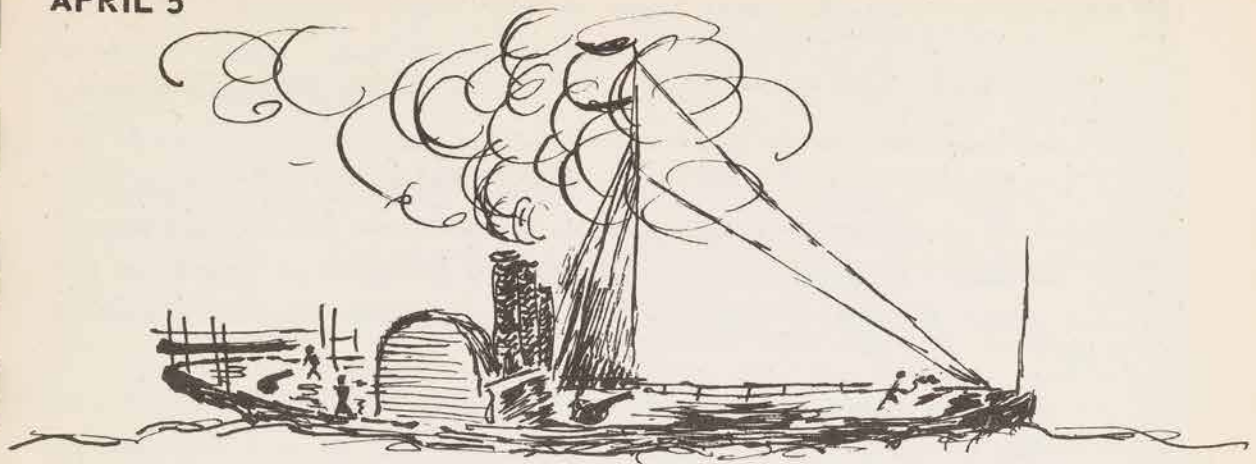
Melt butter, add flour. Stir until well blended. Add seasoning. Add milk slowly, stirring constantly until smooth. Bring to a boil; boil 2 minutes. Add vegetables and pour into a large baking dish. Cover with the following crust:

Sift 1-1/2 cups flour, 3 teaspoons baking powder and 1 teaspoon salt; add 4 tablespoons peanut butter and mix thoroughly with fork. Add 1/2 cup milk to make soft dough. Turn out on floured board, toss lightly until outside looks smooth. Roll out to fit baking dish, cut slits for steam to come through. Cut 4 strips bacon in very small pieces, and sprinkle over top. Bake 20 minutes in hot oven. (425 degrees)

Alpha Kappa Alpha, which recently held a semi-centennial celebration in the Nation's Capital, is the oldest national sorority founded by Negro women students in America. Dean Lucy Slowe who was the first executive secretary of NCNW, was one of the founders of this organization.

Zeta Phi Beta was organized upon the inspiration of two Phi Beta Sigmas. Because George Washington Carver was an honorary member of the "Sigmas", Zeta celebrates its birthday with a dish in honor of him.

APRIL 5



TO ROBERT SMALLS

Seafood for the "Pilot" - "Captain" - "General"

SHRIMP A La KING

- | | |
|---|---|
| 1 seeded green pepper | 2 cups milk |
| 1/2 lb. cleaned and sliced
mushroom caps | 3 tablespoons chopped pimento |
| 3 tablespoons butter | 1/4 teaspoon Tabasco |
| 1 small onion chopped fine | 1 teaspoon chopped parsley |
| 1-1/2 teaspoons salt | 2 cans canned or fresh cooked
shrimp |
| 1 egg | 3 tablespoons flour |

Cook the shredded green pepper and the mushrooms in the butter for five minutes. Then add the chopped onion, flour, salt, pimientos, parsley, tabasco and shrimp. Heat gently about 2 minutes, then add one and one-half cups of milk gradually, while stirring constantly. Continue cooking until thickened. Then add 1/2 cup of milk to which the beaten egg has been added. Heat well and serve on toast.

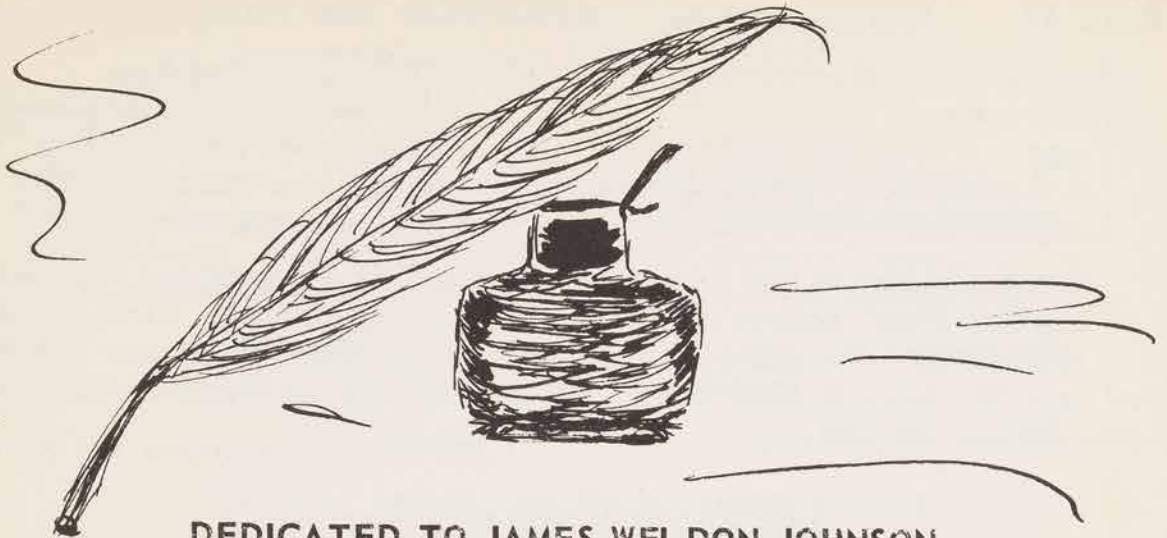
SOUTH CAROLINA RICE WAFFLES

- | | |
|-------------------|----------------------|
| 1-1/4 cups flour | 3 cups buttermilk |
| 1 cup rice | 2 eggs separated |
| 1/2 teaspoon salt | 4 tablespoons butter |
| 1 teaspoon soda | |

Sift dry ingredients together in bowl. Gradually add half the buttermilk, then the egg yolks and melted butter and continue beating until thoroughly mixed. Stir in rest of buttermilk and stiffly beaten egg whites. Pour into hot waffle iron to bake. Serve with warm melted butter.

IOLA JONES
(Fourth Vice President-NCNW)

After "Pilot" Robert Smalls, born April 5, 1839, had "stolen" the Confederate Vessel, "The Planter" and carried it over Charleston Bar to



DEDICATED TO JAMES WELDON JOHNSON
(Poet and Executive Secretary of NAACP who
enjoyed eating this Watermelon Rind Pickle
in my home so many times...)

WATERMELON RIND PICKLE
by
Daisy E. Lampkin

Peel from the rind of one melon the green outside and the pink inside. Cut the rind in 1-1/2 inch cubes. Place the cubes in a vessel of cold water to which has been added a piece of lump alum the size of a walnut. Bring this to a boil and allow to boil until rind is clear and firm. Drain thoroughly. Boil together one pint of vinegar, 6 pints of sugar, scant handful of whole cloves and a scant handful of stick cinnamon. Permit to boil for about a minute and pour it over the drained rind. This should be in a porcelain or china bowl.

On the second day drain off the syrup and bring to a boiling point. Pour again over the watermelon rind.

On the third day, cook all together until the liquid forms a syrup. Pour into jars and seal.

ARTICHOKE SOUP

Wash and peel one dozen artichokes, cover with cold water as peeled. Put in a pan and add a sprig of leek, a sprig of parsley and one stalk of celery, and add salt and pepper to taste. Add one quart of stock or hot water and let simmer one and one-half hours. Strain and remove all artichokes and run through sieve. Return to liquid and heat. Add a pint of hot cream, a dash of nutmeg and season to taste. Serve with croutons.

(THE BRONX COUNCIL)
NEW YORK