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The African-American Child's Heritage Cookbook

Vanessa Roberts Parham

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"Cooking can be fun and exciting for kids. Just by being in the kitchen, they learn math skills, time management, measurements and equivalents, safety skills, responsibility and a sense that they have to clean up after themselves. At the same time they keep their ethnic cookery heritage alive for the next generation to enjoy." Vanessa Parham has been teaching children and grown-ups how to cook, together, for more than twenty-eight years. This book, written expressly for children age five and above and their grown-up helpers, is especially for those never exposed to cooking techniques and those interested in learning about African-American cuisine, Creole and Cajun dishes, African, Native American and Caribbean dishes as well as any persons who collect unique cookbooks for themselves or give them as gifts. The print is large, easy to understand and there's only one recipe per page. Ingredients and equipment needed are all clearly spelled out. Cooking directions are highlighted under the caption "How To Make It". Children learn about kitchen safety while helping to prepare snack, breakfast, lunch and dinner dishes. Additional chapters accent recipes of Creole & Cajun, American-Indian, Caribbean and African heritage. Holiday dishes are presented with special attention on African-American celebrations such as Kwanzaa and Juneteenth. Of special interest to children and their adult helpers are the two chapters devoted to George Washington Carver's sweet potato and peanut recipes.

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