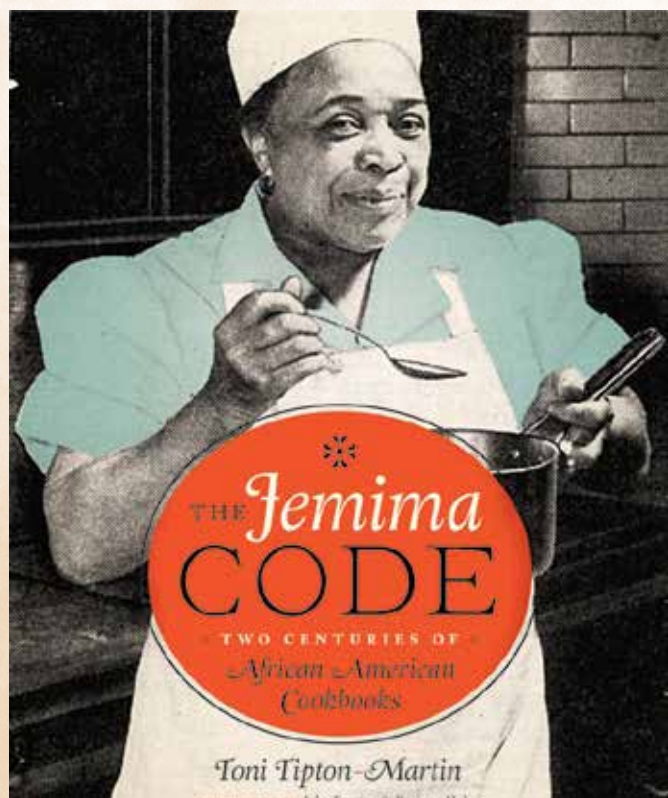


THE JEMIMA CODE

LOTS OF US COLLECT COOKBOOKS. Toni Tipton-Martin collects cooks. That's an inelegant summation of what Toni—an SFA founder in 1999 and one of two Egerton Prize winners in 2014—has accomplished with *The Jemima Code: Two Centuries of African American Cookbooks*, out this fall from University of Texas Press.

The distinction, however, is important. Her book tells the story of black men and women who have leveraged their knowledge of food, their experience in kitchens small and large. Cooking their recipes, reading their words, and listening to their voices, Toni has gleaned a complicated and nuanced story of African American accomplishment. By gathering African American cookbook writers under one set of covers, Toni has framed their labor, their vision, their worldview.



THE LENA RICHARD COOKBOOK

Lena Richard
New Orleans, 1939

LENA RICHARD WROTE AND SELF-PUBLISHED her cookbook in 1939 in order “to put the culinary art within the reach of every housewife and homemaker.” The book featured the “secrets of Creole cooking which have been kept for years by the old French chef.” Court Bouillon, Crawfish Bisque, Grillade a la Creole, Vol-Au-Vent, Calas Tout Chauds, Shrimp Remoulade, Pain Perdu, and Creole Chicory Coffee are just a few of the mysteries she shares to give everyone the opportunity to excel in the food industry.

She breads Creole Fried Chicken in a mixture of seasoned flour and cracker crumbs. The holy trinity (celery, onion, and green pepper) seasons Creole Red Beans, Jumbalaya (jambalaya), and a creamed oyster-and-shrimp filling for puff pastry shells she calls Oyster Poulet. Her



Lena Richard

ICE CREAMS AND SHERBETS

LENA'S WATERMELON ICE CREAM

1½ pints whipping cream	5 cups or 1¼ quarts strawberry sherbet or other sherbet of reddish color
½ cup raisins	
Green coloring	
½ cup sugar	

Whip cream until stiff, add sugar, and color one-half green. Line inside of mold with layer of the green cream to simulate the watermelon rind. Put in a layer of white cream next to the green. In center put layer of 3 cups of sherbet, sprinkling this with raisins. Fill mold with remaining two cups sherbet. Place wax paper over all. Put cover on mold, pack in equal parts ice and salt, let stand for four hours.

To serve: Remove mold from ice and wipe thoroughly to get rid of all salt. Take off top of mold and invert mold on a large platter. Cover mold with a hot towel until the cream leaves the sides of the mold.

OLD-FASHIONED CUSTARD ICE CREAM

1 quart milk	1½ cups sugar
6 eggs	1 vanilla bean
1 pint cream	

Beat eggs until light, and add sugar. Heat milk to boiling point, add egg and sugar mixture. Cook until slightly thickened. Remove from fire and let cool. Whip the cream and then add to the first mixture. Split vanilla bean, scrape inside and then add bean and scraping. Freeze with equal parts of ice and salt. When frozen, remove dasher and pack. Set aside until ready to serve.

caterer's eye for presentation is evident in Lena's Watermelon Ice Cream, a three-layer sherbet treat set in a round mold to resemble a whole melon. A few casual and formal menus are recommended, and she includes a section of miscellaneous culinary techniques that include roux making, mixing standard cakes, and measuring how-tos.

Before Julia Child ever appeared on television, Richard hosted a weekly cooking show on New Orleans's first television station, WDSU, teaching viewers a thing or two about how to make gumbo. She was a well-seasoned cook, quietly achieving the kind of professional swagger celebrity chefs demonstrate today. She ran a catering company, served as head chef at restaurants in New York and Virginia, packaged and sold her famous Shrimp Soup Louisiane by mail order, and owned and operated her own restaurant and a cooking school in New Orleans.

When the father of American gourmet cuisine, James Beard, and the food editor Clementine Paddleford learned of Richard's noteworthy accomplishments, they lobbied the trade to republish her book, despite her race. Houghton Mifflin agreed to do so, with a subtle reminder to the author that she was an outlier. The ladylike portrait that radiated in the frontispiece of her self-published edition was removed and the title changed.

FOUR GREAT SOUTHERN COOKS

Edited by DuBose Publishing
Atlanta: DuBose, 1980

A UNIQUE FORMAT isn't the only thing that sets this book apart from the soul and Southern tomes that weighed down shelves during the soul food revival. Four culinary biographies were crafted as a record of the South's "proud legacy" of hospitality, commitment to high-quality ingredients, and an approach to cooking that reflects the diversity of the region. An invisible narrator, presumably white, retells the story through "mouth-watering dishes made lovingly from scratch" by a "fab four" born and reared in Georgia. These domestic workers perfected their craft in the grand houses of Southern legend with specialties ranging in style and substance from old to new, homely to fancy, casual to formal, and collard greens to caviar.

Daisy Redman grew up in Savannah, surrounded by good food and good cooks. She watched her grandmother practice the culinary arts, stirring hot pilaus, okra gumbo, and beef stew, and serving tea cakes in her

Daisy Redman



Ruth Jenkins



Beatrice Mize



William Mann Jr.



restaurant in the Old Tybee Depot. Her celebrated catering menu included rich seafood dishes such as Creamy Crab Soup spiked with sherry; Shrimp Toast, a deep-fried appetizer; Lobster Thermidor; Stuffed Baked Shad with Shrimp Sauce; the Savannah specialty Low Country Shrimp; and

Coffee Liqueur Sauce for ice cream that is essentially homemade Kahlua.

Ruth Jenkins had a knack for pie perfection long before she became known for her fork-tender country ham, crisp french-fried cauliflower (served as an appetizer with a rich mustard dip), and coconut cake. She “meticulously pinpointed” the measure of each ingredient to ensure that the book-buying public could achieve her results. Chilled Caviar Pie, Quail in a Bag, and Barbecued Chuck Roast with a splash of bourbon are specialties that stand alongside Southern staples.

Beatrice Mize was an innovative and resourceful cook who made her living by turning leftover ham into ham mousse and yesterday’s chicken into today’s chicken à la king. She began her career by cooking traditional Southern specialties and earned fame for dishes with international origins as well. In 1919 she took over the Dew Drop Inn, her father’s small café in Cornelia, Georgia. She earned honors for the meals that she and her father cooked and served to three hundred workers on the Tugalo Dam project in Tallulah Falls. And she was remembered for her Brown Sugar Pound Cake, topped with a pecan glaze, and Rose Petal Wine.

William Mann Jr. contributed recipes taken from the handwritten cookbook he kept during the 1920s, formulas he attributed to the Southern cooking teacher Mrs. S. R. Dull. Others he acquired from visitors to his employers’ home. The remainder, such as Junior’s Dove Pie, Roast Leg of Lamb basted with white wine, and the light gingerbread he adapted from an old English recipe, are his “own inspired creations.”

Text and images from *The Jemima Code: Two Centuries of African American Cookbooks* (University of Texas Press, September 2015), reprinted with the permission of University of Texas Press and Toni Tipton-Martin.



TRANSATLANTIC

SENEGAL

TRANSATLANTIC TASTES

YOU WOULD BE FORGIVEN for thinking that Senegal is not part of the American South. In fact, you’d be right, in the geographic sense. In terms of foodways, though, Senegal is a close neighbor of both the Lowcountry and the Gulf Coast. Scholars such as Jessica B. Harris have written at length on this culinary kinship and its roots in the slave trade. The recipes and stories that follow are excerpted from *Senegal: Modern Senegalese Recipes from the Source to the Bowl*, by Pierre Thiam with Jennifer Sit. Flipping through the book, poring over the holy-cow-I-want-to-go-there-right-now photos by Evan Sung, a grocery list of familiar ingredients appear: Black-eyed peas. Peanuts. Okra. And rice. Lots of rice. Fans of Louisiana jambalaya will quickly warm to thiebou jenn, a rice-vegetable-fish concoction. We’ve included Thiam’s thiebou jenn recipe here, along with a moving argument for translating the success of Carolina Gold rice to the Senegalese market.

