



Fruits of the Harvest: Recipes to Celebrate Kwanzaa and Other Holidays

Eric V. Copage

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Fruits of the Harvest: Recipes to Celebrate Kwanzaa and Other Holidays offers more than 125 treasured recipes from people of African descent all over the world: Jerked Pork Chops and Fresh Papaya Chutney from Jamaica; New-Fashioned Fried Chicken, a dish from the Deep South; and *Tiebou Dienne*, Senegalese herb-stuffed fish steaks with seasoned rice. In addition to main courses, there are recipes for a full range of dishes, from appetizers to soups, salads, side dishes, vegetables, breads, beverages, and, of course, desserts. Fried Okra, Antiguan Pepper Pot, Ambrosia Salad and Potato Salad, Garlic-Cheddar Grits Soufflé, Caipirinha, and Sweet Potato Tarts in Peanut Butter Crusts are but a few of the delights featured here.

And along the way, learn about African American culture, including the seven principles of Kwanzaa and how people of African descent all across the globe celebrate the best their cultures have to offer through food and communion. *Fruits of the Harvest: Recipes to Celebrate Kwanzaa and Other Holidays* isn't just a cookbook -- it's a source of inspiration for the most extravagant of holiday gatherings as well as for a simple Sunday dinner.

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