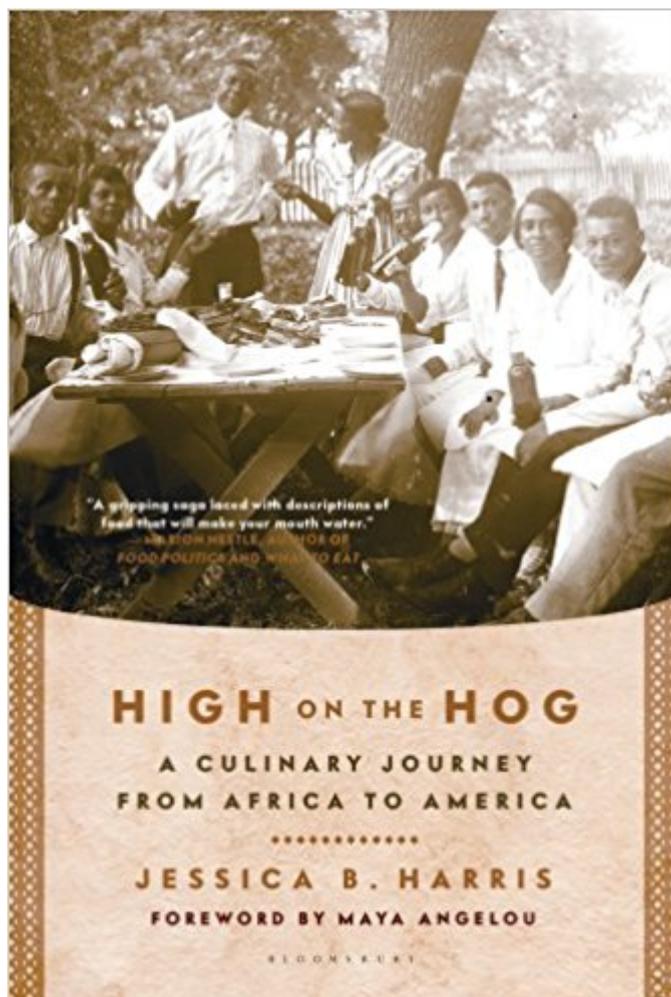


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# High On The Hog: A Culinary Journey From Africa To America



## Synopsis

Acclaimed cookbook author Jessica B. Harris weaves an utterly engaging history of African American cuisine, taking the reader on a harrowing journey from Africa across the Atlantic to America, and tracking the trials that the people and the food have undergone along the way. From chitlins and ham hocks to fried chicken and vegan soul, Harris celebrates the delicious and restorative foods of the African American experience and details how each came to form an important part of African American culture, history, and identity. Although the story of African cuisine in America begins with slavery, *High on the Hog* ultimately chronicles a thrilling history of triumph and survival. The work of a masterful storyteller and an acclaimed scholar, Jessica B. Harris's *High on the Hog* fills an important gap in our culinary history.

## Book Information

Paperback: 304 pages

Publisher: Bloomsbury USA (January 24, 2012)

Language: English

ISBN-10: 1608194507

ISBN-13: 978-1608194506

Product Dimensions: 5.7 x 0.8 x 8.3 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (31 customer reviews)

Best Sellers Rank: #346,484 in Books (See Top 100 in Books) #47 in [Books > Cookbooks, Food & Wine > Regional & International > African](#) #528 in [Books > Cookbooks, Food & Wine > Cooking Education & Reference > History](#) #1631 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional](#)

## Customer Reviews

Confession: I'm a white Northern male, born and raised up North. But my first babysitter growing up was/is the daughter of black southern migrants and I learned to love her and her cuisine, which Miss Harris describes so ably in this book. Collard greens with bacon, stove-top cornbread, hoecakes, fried green tomatoes and of course smothered and fried chicken. I ate everything she ate and I tried everything, especially caramel cake, sweet potato pie, and buttermilk pie, although I made a face at more pungent things like pickled headcheese. The author presents African and African-American foods from past, to present, to a hypothetical future in an eminently readable way, and weaves in her own personal experiences skillfully and relevantly. I was left with curiosity and more than a little

envy as I want to learn more about the author and her life- how come she gets to visit her African motherland and all over the country/world? I so clearly need a job like hers! Harris ably chronicles such things as visits by Europeans to African royal courts, the memoirs of the Moroccan traveler Ibn Battuta, early slave narratives, etc. In the process of reading the work, readers will learn things they never knew before. Did you know that the rice cooking of Louisiana and the southern low country is based on the cooking of Senegal, that yam is really the name of an African tuber, that slave depots were owned and operated by wealthy mixed-race free women of color?

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