

Black Pioneer Centennial

"A Little Taste of Soul"



100 Years

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**Black Canadian Pioneer Descendants of
Western Canada**

1905-2005

ONE HUNDRED YEARS

This 2005 Centennial Year

Something to Talk about

Something to Sing about

Something to Celebrate!

COMMUNITY VOICE

Laurie (Carothers) Toth, a local entrepreneur and successful owner of Flowers by La Terre, for twenty three years, is the daughter of Bert and Grace (Taron) Carothers who had their homestead at Pine Creek near Athabasca. Her grandfather Samuel Carothers had thirteen children and homesteaded in Amber Valley. Her Uncle Roy and Aunt Sallie farmed that homestead in later years. She has a son, Ivan, and is very active in the community. One of her favorite passions is gardening and she loves being surrounded by plants and flowers. She has graciously consented to speak as the Community Voice.

The future as envisioned by a Black Pioneer Descendant community participant

My vision for the future requires a journey into the past. All of us are very proud of our heritage, but for many, our origins are obscure, fuzzy at best after one or two generations. Our individual quests for knowledge can be monumental tasks...we stand at the doorway of a vast information warehouse not knowing whether what we seek exists or what direction to take to find out.

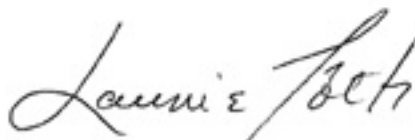
Time is not on our side. Much available insight into our past exists only in the minds of our elders, and their days are sadly numbered. I might have an old photograph that to me is memorabilia, but to you it might be the key to unlocking a mystery you have been trying for years to solve. I simply do not know you are looking for it. We now have the technology to facilitate sharing our information and knowledge. I think we need to do it.

MY VISION FOR THE FUTURE IS A VERY SIMPLE ONE

I see parents sitting down with their children and saying...

"We want to tell you all about where you came from..."

...It will help you to decide where you want to go"...



Laurie (Carothers) Toth

Memento "A Little Taste Of Soul"

There are some interesting facts about the history of the foods, spices and methods of cooking and serving Black Canadian Soul Food. We are of course aware that the Black Canadians trace their ancestry and roots to the Motherland, Africa. We are also aware of how they came to Western Canada. However, our main focus for this Centennial Tribute:

S O U L F O O D

Traditional African fare consists of traditional local fruits, vegetables and exotic game. Many oceans surround African coasts so varieties of fish and marine life are available as well. There has also been a mingling or marinade of many cultures to reflect this unique cooking and seasoning style that we can sample internationally. Food substitutes and variations have been made but the methods and styles remain the same. Untold savoury southern dishes that were created in the plantation kitchens by black cooks became every day fare and sumptuous feasts on the tables of southern planters.

Tropical island plantation tables featured as fine cuisine, local black soul food eaten everyday in the humblest native homes. In the public dining lounges and coaches of the rich planters, exotic dishes unavailable to the masses were seasoned and served by black hands...the very same dishes that had been concocted in the minds of servants as a results of skilled herbal knowledge and seeds that had been carried with them from Africa. When you trace the history of the Spice routes and the place of origin of the herbs, nuts and oils, they lead back to the Motherland. Many of our same Black Canadian dishes are being made today in Africa and called by another name.

Black Pioneer Descendant Centennial Recipes

We are a people known to have a "sweet tooth". We love long grained cooked rice with butter and sugar and sometimes, rich cream. Our hot breakfast cereals are often enjoyed with a sweet dark sugar and heavy cream. We like our Kool Aid strong and sweet and enjoy hot rum toddies, tall and sweet!

Ripe and juicy melons, especially the beloved watermelon, is a crowd pleaser and sometimes draws a teaser!

Flavorful and sweet, spicy, tangy, smooth textured drinks, punches, cordials, frappes, rich custards, multilayered cream cakes and succulent nut pies are only a few of the rich culinary delights that are a historical part of African American, Black Canadian culture.

We like our meats and vegetables fresh, tender and juicy, well spiced and well cooked. We love gravies and well buttered hot breads.

We call it Soul Food because it kept body and soul together. It brings people together. Our history, identity, reality, truth and comfort are tied to Soul Food...our memories of home. We are told in the Good Book

"Fear not those who kill the body....but cannot destroy the soul"!

No matter where our people go, their "soul" goes, and expresses!

No matter how far the journey, the soul goes full circle and returns to

Home!

Spices, Herbs, Nuts & Oils Out of Africa

...Black pepper, cayenne, garlic, onions, cinnamon, nutmeg, tumeric, sesame, cloves, cola nuts, hibiscus, parsley, coriander, dill, cucumbers, marjoram, basil, peppermint, fennel, anise, caraway, rosemary, thyme, licorice, senna, hot red pepper, capsicum, calendula, chamomile, henna (Egyptian privet), caraway (cumin), buckwheat, spearmint, mallow, squill... the list is endless, not to mention the coffees and teas (native red bush-*Rooibos). The rich shea or karite butter, groundnuts and other nuts, palm and peanut oil, aloe vera...endless provision.... this is just a mere beginning of the list of bounty that seasoned everyday fare in the Motherland. Knowing this history you will be able to put the Spice Trade and Wars into proper context and appreciate the rich bounty of Ancient Africa...heritage of the African American and Black Canadian people and their descendants. We have tasted it all before! The names of these herbs and spices have been changed to Latin terms, they have been labeled scientifically, broken down into species and families and called by other names...ah... but Africa's sons and daughters... our souls have not forgotten!

When you know the origin and history, it should put a new stride in your step when you are cookin' up some greens and grits or juicin' down some ripe melons or snackin' on some peanuts, or spicin' your pork chops and neckbones! You will understand why these dishes make the mouth water and your soul dance!

You will begin to comprehend and appreciate Black Soul Food as never before!

Black Pioneer Descendant Centennial Recipes

Submitted by Marge Jamerson, Rick Jamerson's mom and Nana to all his children including Sierra, Saphirah, Shakira, and twins Marcus and Mahalia. She is a retired professional cook used to cooking for large groups and volunteers as head cook for our annual Soul Food Suppers. Aside from being a doting grandmother, she is also a part of this Centennial Memento Soul Food Cookbook Committee

Miss Marge Jamerson's Frickaseed! Chicken

This is the recipe that my mother, Maggie (Crawford) Ellis used to make quite often after killing a chicken for supper. We didn't go to Safeway for our birds! It's very easy. Mom would usually serve it with mashed potatoes and buttered macaroni. Mother was an excellent cook, and very seldom used a recipe book for her dishes. Living on a farm near Hayter, she typically used fruit and vegetables that we grew, and meat we raised ourselves. We often ate wild ducks that my father, William Ellis would hunt. She learned to cook as a girl growing up in a family of 11 in Maidstone, Saskatchewan.

3lb chicken cut up	3/4 cup flour	salt and pepper to taste
dash of rosemary	seasoning salt	garlic powder to taste
chicken stock or water (enough to cover chicken)		
1 onion chopped or sliced		oil for frying

Method:

Mix flour, salt, pepper and rosemary (and any other spices you desire) in a pan. Dredge cut up chicken in the flour and fry in oil until golden brown on all sides. Remove chicken from pan, drain the oil. Put chicken back in pan, along with onions and chicken stock or water. Simmer slowly until chicken is well done and liquid is reduced. Liquid can be thickened with a little of the left over dredging flour. Serves four.

Black Pioneer Descendant Centennial Recipes

Aunt Sallie's Fried Moon Pies

Use left over pastry

10 apples cored 1/2cp sugar 2 cups cold water
1/8 tsp each: cinnamon, nutmeg, allspice dot of butter

Peel, core and slice apples and add rest of ingredients in a medium sauce pan. Add two cup waters and simmer until apples are tender. Recipe can be doubled and tripled. Drain and mash. Set aside to cool. Drain again.

Roll out pastry for as many half moon pies as you want to make

Cut out large pastry circles with round cookie cutter.

Place 1 /2 tablespoon of mixture in the center of each pastry circle and fold over. Press the sides together to form a perfect half moon. Take a fork and press into flour and then press around the edges to seal each pie. Pierce each half moon with a fork lightly.

In a large cast iron frying pan, fry the pies in crisco oil until golden brown on both sides. Drain on clean cloth or paper towel. Eat hot, warm or cold. Kids love to eat these with their hands.

Serve with old fashioned lemonade and go sit out on your porch!

Variation: Sometimes she would use fresh peaches

Black Pioneer Descendant Centennial Recipes

Submitted by Linda Campbell

This was served at least once a week with fried ham or side bacon, hot southern smothered cabbage, buttermilk biscuits and homemade syrup.

2. Aunt Sallie's Sweet n' Sour Southern Fried Potatoes

Ingredients:

10 white medium sized potatoes	salt to taste
1/4 cup cooking oil	1/8 tsp. black pepper
1 cup chopped onion	2 Tbl. white vinegar
1 clove garlic chopped	2 Tbl. brown sugar

Method:

1. Wash potatoes. Peel all of the potatoes. Rinse well.
2. Slice potatoes into medium to thin slices. Drain on a towel.
3. In a large skillet add the oil and heat over medium high heat.
4. Add in the drained sliced potatoes and leave to brown on one side.
5. Chop the onion into thin slices. Set aside.
6. Chop the garlic clove into thin slices. Set aside.
7. Take a large spatula and turn over the potato slices in the skillet.
8. Sprinkle over the potatoes with the onions, then the garlic slices.
9. Drizzle the white vinegar over the potatoes, onions, garlic slices.
10. Drizzle the brown sugar over all of the ingredients in the skillet.
Cover. Lower the heat and simmer to cook the potatoes well.
11. Stir and turn frequently to avoid sticking. Serve hot.

Black Pioneer Descendant Centennial Recipes

Submitted by Linda Peko Campbell

Great granddaughter of Sanders John Andrew Jackson

In memory of my maternal grandmother Mamie (Jackson) Mack, daughter of Sanders and Eliza (McCoy) Jackson of Wildwood (Junkins). She raised eleven children as a single mother. This recipe is still prepared by my mother Jean Mack Clarke who passed the recipe on to her daughters Lorretta Carolyn and Linda Jean Peko. Serve hot or cold!

Grandma Mamie Mack's (pronounced Maemee) Mashed Potato Salad

8 large potatoes
Jar of Pimentos
1 tsp. cayenne pepper
¼ cup Miracle whip
¼ cup cereal cream

6 boiled eggs
1 medium onion
salt to taste
½ tsp. black pepper
1 tsp. sugar

Method:

1. Boil eggs and set aside in cold water to cool. Peel eggs. Set aside.
2. Chop onion and one pimento and set aside. Chop eggs. Set aside.
3. Boil potatoes and drain. Mash potatoes in large mixing bowl.
4. Immediately add 1 tsp. sugar, salt and ½ tsp. black pepper
5. To warm mashed potatoes add ¼ cup heavy cream and ¼ cup miracle whip and mix well.
6. Fold in chopped onion and chopped pimento. Fold in chopped eggs.
7. With a spatula scoop out the mashed potato salad mixture into a nice serving dish and garnish (sprinkle) with the cayenne pepper.
8. Serve at room temp or immediately. Serves six.

Black Pioneer Descendant Centennial Recipes

Grandson of Sanders John Andrew Jackson, Wayne Jackson, Thelma's brother, is one of several Jacksons and their descendants who served in the Canadian Military as career soldiers. His father, Roosevelt Jackson, was known as the sheriff or police officer of Wildwood, Alberta

Wayne & Mrs. Gwen Jackson

Miss Gwen Jackson's Hot Mulled Cider

For Cold Weather Comfort!

2 qts. Cider (concentrated juice from boiled apples). Strain. Set aside.
2 cup brown sugar ¼ tsp salt 1 tsp. whole allspice
1 tsp whole cloves 3 inch stick of cinnamon dash of nutmeg

Method:

Combine brown sugar, salt and cider. Tie spices in small piece of cheese cloth, and add the tied spices to the cider. Slowly bring to a boil, cover and simmer 20 minutes. Remove spices. Serve hot with orange slice floaters, and cinnamon sticks. Serves 10-12.

Miss Gwen's Hot Friendship Tea

2/3 cup iced tea mix 4 small pkgs of Tang Orange Crystals (2 cups)
2 sm. pkgs of Lemon Crystals (1 cup) 2 cups sugar
2T cinnamon 2 T cloves :
Combine all ingredients and store in a dry tin. Makes 5-6 cups dry, ingredients. To serve: use 2 tps. (heaping) per cup of boiling water. Share with a friend!

Black Pioneer Descendant Centennial Recipes

Carter/ Leffler Family

Before Colonel Saunders there was

Black Soul Southern Fried Chicken!

one cut up farm chicken or 3 lbs of chicken parts

bowl of buttermilk or a few beaten eggs

enough vegetable oil to come up half way in the skillet

COATING

1 1/4 cup of white flour 1/2 tbsp salt 1/2 to 1 tsp black pepper

1 tsp garlic powder 1/2 tsp red pepper (cayenne) 1 tsp dried thyme

1/2 tsp basil 1/2 tsp oregano:

Heat oil on medium high heat. Dust a bit of flour in it to see if it's hot enough. When flour foams up, it's hot enough! Blend flour and spices together. This blend is a tad salty... how we like it! Dip the chicken in the milk or egg and then roll in the flour. Dip back in the milk or egg and roll in flour again to get a thicker coating or more crunch!.

Lay pieces of chicken in the oil. Turn over to brown evenly on all sides. Chicken will be cooked in about 20 minutes, and should be a deep golden brown. Remove to paper towel covered plate, poke with fork to see if juice runs clear. If it does, it's done! If not, put in oven at 400 F for about 10 min. It'll be done then. *Note: stewing hens fry well, too, but the pieces should be soaked in buttermilk for a number of hours (or overnight)! The buttermilk will tender this meat right up.