



Kwanzaa Day 1

DATES, FIGS & MILK

Recipe from *A Kwanzaa Keepsake: Celebrating the Holiday with New Traditions and Feasts*.

Karina Vorozheeva

Chef Jessica Harris shares this recipe from page 162 of her new book and discusses Day 1 of Kwanzaa.

Umoja : unity



Jessica B. Harris | Rog Walker/James Beard Foundation [Official]

Many celebrants of Kwanzaa spend the week fasting during daylight hours as a sign of their commitment to the Nguzo Saba. For them, and for the faith of our ancestors, this meal begins with a symbolic fast-breaking dish of dates, figs, and milk. Nibble on the fruit and sip the milk while remembering those whose faith and Faith brought you through.

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ingredients

- 1 pound Medjool dates
- 1 pound Smyrna figs
- 1 quart milk

Arrange the dates and figs on a platter. You may wish to add some almonds or other nuts. The platter is circulated around the table with each diner taking a few. The milk is poured into small glasses from a pitcher while the family thinks about the Nguzo Saba of Umoja.

Serves 8