MENUS
and
MUSIC
Bring authenticity and expertise to your Party Planning! The menu ideas and resources provided will help to enhance your event with historical and cultural foodways of the African diaspora.

Dr. Jessica B. Harris has curated the cafeteria-style restaurant — The Sweet Home Café — for the new National Museum of African American History and Culture in Washington, D.C. The award-winning author of twelve critically acclaimed cookbooks documenting foods and foodways of the African diaspora founded the Institute for the Study of Culinary Cultures at Dillard University in New Orleans; is a founding member of the Southern Foodways Alliance; and has written articles on African American and African Diaspora cuisine for Eating Well, Food & Wine, Essence and The New Yorker among other publications.

Harris received the 2004 Jack Daniel’s Lifetime Achievement Award and was inducted into the James Beard Foundation’s prestigious Who’s Who of Food and Beverage in America. In her other realms, Harris is an English professor at Queens College/CUNY (New York, NY). In 2015, Harris was awarded an Honorary Doctorate from Johnson and Wales University (Miami, FL).

Please find below menu and music recommendations from her cookbooks, The Welcome Table and Rum Drinks. Harris’ global authority as both a scholar on and a student of African American and African diaspora foodways and their connections will inform your event menu, please your guests’ palates and mark your event in culinary memory!

Learn more about the author’s books, consulting services and culinary expertise at: http://africooks.com/index.php

The Welcome Table
African-American Heritage Cooking

Pages: 288
Recipes: 200+
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ISBN: 068481837X
Find out more >>

Thematic Menu and Music Selections from THE WELCOME TABLE by Dr. Jessica B. Harris

**MENU: A Texas Juneteenth Family Picnic**
- Deviled Eggs
- Mom’s Deviled Ham Spread
- Cole Slaw
- Potato Salad
- Iron-Skillet Fried Chicken
- Pound Cake

**MUSIC: James Reese Europe Band Music**

**MENU: Diaspora Potluck**
- Yam Chips
- Moyau
- Plain White Rice
- Quick Greens (Brazil Style)
- Hearts of Palm and Pineapple Salad
- Pound Cake

**MUSIC: Brazilian /World Beat**
**MENU: Kwanzaa Feast**
Roasted Peanuts
Pickled Black-eyed Peas
Roasted Pumpkin Seeds
Chicken Yassa
Plain White Rice
Cucumber Salad
Salade de Fruits (Fruit Salad)

**MUSIC:** Olatunji's Drums of Passion!
Youssou N'Dour

**MENU: Chitlin’ Soiree**
Super-rich Virginia Crab Cakes (small size)
Chitterlings
Southern Succotash
Wilted Dandelion Greens with Hot Bacon Dressing
Jalapeno Cornbread
Vintage Champagne

**MUSIC:** Anything by Duke Ellington

**MENU: “I Loves You Porgy” Carolina Fish Fry**
Fried Porgies
Deviled Eggs
Cole Slaw
Potato Salad
Hush Puppies
Pecan Pie

**MUSIC:** Songs from Porgy & Bess
by Ella Fitzgerald and Louis “Satchmo” Armstrong, or Bess You Is My Woman Now (Duet) by Leontyne Price and William Warfield

**MENU: Low Country Luxe**
Cheese Straws
Shrimp Fritters
She-Crab Soup
Limpin' Susan
Avocado and Grapefruit Salad
Fresh Ham with Peach-Sage Marinade
Minted -Green Peas
Broiled Peaches
Benne Seed Wafers

**MUSIC:** Marsalis and Battle "Baroque Duet"

**MENU: Palm Sunday Tea**
Pound Cake
Pink Pralines
Sweet Potato Pie

**MUSIC:** Aretha Franklin's "Amazing Grace"
James Cleveland’s “Peace Be Still”
Al Green’s Gospel Album

**MENU: "Sweet Tooth" Dessert Buffet**
Molasses Pie
Chess Pie
Fast Fudge
Pralines
Aunt Zora's Tea Cakes
Pound Cake

**MUSIC:** Scott Joplin's Rags and Cakewalks

**MENU: Funeral Meals**
Macaroni and Cheese
Mixed Greens
Slow-cooked String Beans and Ham
Iron-Skillet Fried Chicken
Baked Ham
Molasses Pie
Pecan Pie
Sweet Potato Pie

**MUSIC:** Olympia Brass Band and the Zion Harmonizers

**MENU: Maryland Crab Feast**
Deviled Crabmeat
Batter-fried Soft-Shell Crabs
Maryland Crab Cakes
Hot Vinegar
Okra and Rice
French-fried Sweet Potatoes

**MUSIC:** Cool Jazz

**MENU: Classic Creole**
Fried Eggplant (Galatoire Style)
Gumbo Z'Herbes
Bread Pudding with Bourbon Sauce
Cafe Brulot Cocktail

**MUSIC:** Sweet Emma and the Preservation Hall Jazz Band
**MENU: Motown Munchies**
- Deviled Eggs
- Peanut Soup
- Carrot and Raisin Salad
- Gospel Bird
- Creamed Corn
- Quick Greens (Brazil Style)
- Bean Pie

**MUSIC:** Motown Classics by the Supremes, Marvin Gaye and Tammi Terrell, and the rest...

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**MENU: Dunbar Food Feast**
- Roasted Peanuts
- Iron-Skillet Fried Chicken
- Plain White Rice
- Tomato, Cucumber, and Onion Salad
- Corn on the Cob
- Basic Okra
- Fried Pies
- Watermelon

**MUSIC:** African-American Classics spirituals, work songs, blues

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**MENU: Pigfeet and a Bottle of Beer Bash**
- Spicy Pecans
- Deviled Crabmeat
- Hot Potato Salad
- Pig’s Feet
- Hot Vinegar
- Iron-Skillet White Cornbread
- Banana Pudding

**MUSIC:** Bessie Smith, Ma Rainey, and the Blues Queens

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**MENU: Saturday Night Stomp**
- Pickled Okra
- Fried Chicken Livers
- Plain White Rice
- Cole Slaw
- Biscuits
- Banana Fritters

**MUSIC:** Jazz by your favorite Artists

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**MENU: Breakfast Bonanza**
- Ham with Red-Eye Gravy
- Grits
- Fried Green Tomatoes
- Broiled Peaches

**MENU:** None, just blissful silence and the sound of quiet chewing

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**MENU: North Ca’lina Cue**
- Chopped Barbecue Sandwich
- Cole Slaw

**MUSIC:** Old Rhythm and Blues Tunes

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**MENU: Something Special**
- Jerusalem Artichokes
- Wilted Spinach
- Milk Rice
- Creamed Corn
- Grilled Tomatoes
- Roast Leg of Lamb
- Beaten Biscuits
- Lemon Meringue Pie

**MUSIC:** Anything by the Neville Brothers

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**MENU: Nighttime Is the Right Time (Chicken and Waffles Midnight Supper)**
- Iron-Skillet Fried Chicken
- Waffles
- Vintage Champagne

**MUSIC:** The Platters, The Chantells, Ray Charles and black music of the Fifties and Sixties

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**MENU: How I Got Ovah Slave Remembrance Supper**
- Gospel Bird
- Hominy Grits
- Mixed Greens
- Baked Sweet Potatoes
- Iron-Skillet White Cornbread
- Molasses Pie

**MUSIC:** Fisk Jubilee Singers or the Soundtrack from “Roots”
Please find below Caribbean inspired cocktails and menu ideas from the book *Rum Drinks* by Dr. Jessica B. Harris.

Learn more about the author’s books, consulting services and culinary expertise at: [http://africooks.com/index.php](http://africooks.com/index.php)

**A party should be all about inventiveness.**

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**Fête Francaise**

This party celebrates the French side of the Caribbean and is inspired by the festivities that accompany the Fête des Diamantiers (The Feast of the Diamond Cutters) that is held annually on Guadeloupe around August 10, the feast day of their patron, St. Lawrence. The humor of the women is attested to by their choice of patron. St. Lawrence was martined on the grill. In fact, the embroidered aprons that are a part of the traditional dress of the Guadeloupans have a grill as their centerpiece. Each August, the ladies—the oldest of whom is over 100—get together, don their matching grandmas robes créoles, and tons of real 19-karat gold jewelry and head off to mass followed by a grand gorg. Try one yourself in their honor. Go backward in time and look for music by old bands that play traditional biguines, like Alexandre Stilbio who was popular in France in the 1950s. Or select your music from the albums by Kassav, the classic zouk group from the French Antilles.

- **Painkiller (page 98)**
- Pineapple-Infused Rum (page 106)
- Avocado and Shrimp Paste (Friture d'Avocat) (page 149) with French bread toasts
- Marinated Green Mangoes (Banane de Moringue Vert) (page 148)
- Olives
- French saucisson sec (dry sausage)

**Pirate Party**

“Arrrgh!” We’ll shiver me timbers, why let Johnny Depp have all the fun? Sometimes getting dressed up makes a grand time. Have your friends sign on to the good ship of fun. Send invitations in the form of treasure maps. Require costumes and have eye-patches and clip-on earrings and berendas for the recalcitrant.

- **Zombies (page 124)**
- **Navy Grogg (page 117)**
- Your own spiced rum (see pages 103–109)
- High-Octane Limoade (page 95) made with Captain Morgan Spiced Rum

- **Plantain Chips** (page 128)
- **Coconut Crisp** (page 130)
- **Caribbean-Style Deviled Eggs** (page 144)

**Holiday Happening**

While Caribbean cocktails mainly bring to mind tropical beaches and soft breezes, holiday season in the Caribbean has its own version of cheer. Try to bring some warmth into your holiday the Caribbean way with this festive fete.

- Steel bands playing Christmas carols, Parang from Trinidad, or any one of the numerous compilations of Caribbean music are a good background for a Caribbean holiday party.

- **Jamaican Rum Balls (page 95)**
- **Shreddies (page 103)**
- **Pancho Cremas** (page 85)
- **Puerto Rican Corn Fritters** (Patacones) (page 136)
- **Flaked Saltfish** (Chiquita de Oro) (page 148)
- **Bacon-Wrapped Pickled Watermelon** (page 131)

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[Image: Fête Francaise](image)

[Image: Pirate Party](image)

[Image: Holiday Happening](image)
Other Jessica B. Harris Cookbooks Include:

**The Africa Cookbook**  
Tastes of a Continent  
Pages: 382  
Recipes: 200+  
Copyright © 1998  
ISBN: 0684802759

**Iron Pots & Wooden Spoons**  
Africa's Gift to New World Cooking  
Pages: 224  
Recipes: 175+  
Copyright © 1999  
ISBN: 0684853264

**Beyond Gumbo**  
Creole Fusion Food from the Atlantic Rim  
Pages: 400  
Recipes: 150  
Copyright © 2003  
ISBN: 0684870622

**The Martha's Vineyard Table**  
Pages: 204  
Recipes: 80  
Copyright © 2010  
ISBN: 0811866998

**High on the Hog:**  
A Culinary Journey from Africa to America  
Pages: 304  
Copyright © 2011  
ISBN: B00B9ZMNVO

**Sky Juice and Flying Fish:**  
Traditional Caribbean Cooking  
Pages: 246  
Copyright © 1991  
ISBN: 9780671681654