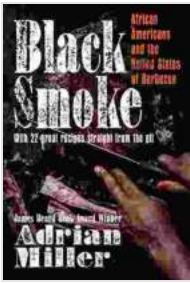


# African Americans and the United States of Barbecue: A Culinary and Cultural History by John E. and Jan R. Ferris



Barbecue is a quintessential American pastime, but its roots run deep in African American history and culture. In their groundbreaking book, "African Americans and the United States of Barbecue," John E. and Jan R. Ferris explore this rich culinary tradition, tracing its origins from West Africa to the present day.



## Black Smoke: African Americans and the United States of Barbecue (A Ferris and Ferris Book) by Adrian Miller

★★★★☆ 4.7 out of 5

Language : English  
File size : 18291 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 309 pages



### The African Roots of Barbecue

The authors argue that barbecue has its origins in the grilling techniques of West African slaves. These enslaved individuals brought their culinary traditions to the Americas, where they adapted them to the local ingredients and cooking methods.

In the Caribbean, slaves roasted whole pigs on spits, a technique that later became known as "whole hog barbecue." In the American South, slaves developed their own unique methods of slow-cooking meats, using pits, trenches, and brick ovens.

### Barbecue and the Antebellum South

During the antebellum period, barbecue became a popular dish for both enslaved and free Black people. It was often served at social gatherings and celebrations, such as weddings, funerals, and church picnics.

Barbecue also played a role in the resistance movement against slavery. Fugitive slaves would often cook at secret gatherings in the woods, using barbecue as a means of sustenance and community building.

## **Barbecue and the Post-Emancipation Era**

After the Civil War, barbecue continued to be a staple of African American cuisine. Black-owned barbecue restaurants and caterers emerged in cities across the South, and barbecue competitions became popular events.

In the early 20th century, African Americans brought barbecue to the Great Migration, as they moved north and west seeking new opportunities. Barbecue joints opened up in cities like Chicago, Detroit, and Los Angeles, introducing new flavors and styles to the nation.

## **Barbecue and the Civil Rights Movement**

Barbecue was also a powerful symbol during the Civil Rights Movement. In 1963, the March on Washington was capped off by a barbecue at the Lincoln Memorial, where thousands of people gathered to share food and celebrate the movement's progress.

Barbecue was also used as a tool for economic empowerment. Black barbecue entrepreneurs played a vital role in the development of the barbecue industry, and many Black-owned barbecue businesses became successful and respected institutions in their communities.

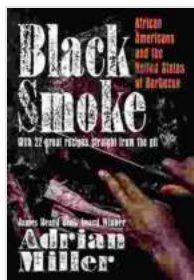
## **Contemporary Barbecue**

Today, barbecue continues to be a vibrant and diverse culinary tradition within the African American community. From traditional whole hog

barbecue to modern fusion dishes, barbecue is celebrated in restaurants, homes, and at festivals across the country.

African Americans have made significant contributions to the development of barbecue in the United States. Their culinary innovations, cultural traditions, and entrepreneurial spirit have shaped this beloved American pastime.

"African Americans and the United States of Barbecue" is a comprehensive and engaging exploration of this rich culinary and cultural tradition. John E. and Jan R. Ferris have provided a valuable contribution to the understanding of American history, African American culture, and the role that food plays in shaping our society.



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