

African American Culinary Resources

We encourage you to explore these books through our book partner, [BEM | books & more](#): a Black-owned, women-owned bookstore dedicated to celebrating the food and cultures of the African diaspora. Choosing to shop with BEM | books & more is more than a purchase—it's a direct investment in Black-owned businesses, a commitment to preserving culinary traditions, and a way to support the voices shaping food justice today.

Cook

- *Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer* by Matthew Raiford
- *Ed Mitchell's Barbecue* by Ed and Ryan Mitchell
- *Jubilee* by Toni Tipton Martin
- *Rodney Scott's World of Barbecue* by Rodney Scott and Lolis Eric Elie
- *The Taste of Country Cooking* by Edna Lewis
- *The Welcome Table: African American Heritage Cooking* by Jessica Harris
- *Watermelon & Red Birds: A Cookbook for Juneteenth and Black Celebrations* by Nicole A. Taylor

Read

- *Black Food: Stories, Art & Recipes from across the African Diaspora* edited and curated by Bryant Terry
- *Eating While Black: Food Shaming and Race in America* by Dr. Psyche Williams-Forsen
- *Hog & Hominy: Soul Food from Africa to America* by Fred Opie
- *Smokestack Lightning: Adventures in the Heart of Barbecue Country* by Lolis Eric Elie and Frank Stewart
- [Afroculinaria](#) blog by Michael Twitty
- *The Jemima Code* by Toni Tipton Martin
- *We are Each Other's Harvest* by Natalie Baszile

Watch

- [High on the Hog: How African American Cuisine Transformed America](#)
- [Soul Food Junkies](#)

Apps & Websites

- [EatOkra](#) | Black-owned restaurant guide
- [MyBlackPantry](#) | Black-owned grocery products

Get Involved

- [James Beard Foundation Food and Beverage Investment Fund for Black and Indigenous Americans](#)
- [Ray Charles Program in African American Material Culture](#), Dillard University, New Orleans, Louisiana