



African Roots of Southern Cooking

Learn the African lineage of foods that were important to the enslaved and the development of cuisines such as southern cooking, “soul food”, Creole, Cajun, or barbeque. Discover the traditions, cooking styles, and crops that were important to West Africans, and how our cuisines evolved incorporating African influences.



Blanchard House Museum

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For more information visit us on the web at
www.blanchardhousemuseum.org

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