



# High on the Hog: A Culinary Journey from Africa to America

*Jessica B. Harris*

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## Winner of the IACP Award for Culinary History

Acclaimed cookbook author Jessica B. Harris weaves an utterly engaging history of African American cuisine, taking the reader on a harrowing journey from Africa across the Atlantic to America, and tracking the trials that the people and the food have undergone along the way. From chitlins and ham hocks to fried chicken and vegan soul, Harris celebrates the delicious and restorative foods of the African American experience and details how each came to form an important part of African American culture, history, and identity. Although the story of African cuisine in America begins with slavery, *High on the Hog* ultimately chronicles a thrilling history of triumph and survival. The work of a masterful storyteller and an acclaimed scholar, Jessica B. Harris's *High on the Hog* fills an important gap in our culinary history.

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