

CELEBRATING BLACK HISTORY MONTH 2023

CARIBBEAN & AFRICAN RECIPES

MAIN COURSE

Celebrating Black History month

African and Caribbean recipes from Sainsbury's
www.sainsburys.co.uk/gol-i/recipes/scrapbooks/celebrating-black-history-month

BHM recipe recommendations

From students & staff at Queen Mary University of London.
<https://www.qmul.ac.uk/blackhistorymonth/black-history-month-recipe-recommendations/>

Partners' recipes on the menu for BHM

From Waitrose cookery schools
www.waitrose.com/ecom/content/inspiration/at-home-with-us/more-stories/partners--recipes-on-the-menu-for-black-history-month

BBC Good Food

A wide range of recipes from Africa and the Caribbean
www.bbc.co.uk/food/cuisines/african
www.bbcgoodfood.com/recipes/collection/caribbean-recipes

The Groundnut Stew

From the Happy Foodie with chicken, Scotch bonnet peppers and groundnut or peanut butter. yum!
<https://thehappyfoodie.co.uk/recipes/the-groundnut-stew/>

Levi Roots Recipes

Curry goat, Coconut king prawns, Hot roast snapper and more!
<https://leviroots.com/recipe/>

HEALTHY EATING

African and Caribbean cuisine- Eating well with diabetes

Videos from Diabetes UK to inspire healthy choices
www.youtube.com/playlist?list=PLQDITVSOXD9EozvZpuz5pLve_s00tiSYc

4 Afro-Caribbean recipes to inspire you this BHM

From The Associations of UK Dietitians
www.bda.uk.com/resource/four-afro-caribbean-recipes-to-inspire-you-this-black-history-month.html

British Heart Foundation recipe search

Filter by African-Caribbean for  friendly meals
www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/recipe-finder

BHM

Black British food stories: Origins, journeys and junctions

Video discussion about Black food in Britain
<https://www.youtube.com/watch?v=pRIRABKhKEQ>

Is Black British food culture finally getting the recognition it deserves?

Article from gal-dem online magazine in 2020.
<https://gal-dem.com/chew-on-this-black-sainsburys-british-food-culture-recognition/>