

ST. RICHARD'S 2023 LENT WEDNESDAY SERIES

High on the Hog



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March 1, 8, 15, 22, 29

6:00 – 7:45 p.m.

Brought to you by the Beloved Community Committee of St. Richard's and the Sacred Ground study group.

When Kin Xuxa discovered the “High on the Hog” video series on Netflix, we immediately sat down to watch the four wonderful episodes. This series is based on the book by Jessica B. Harris, *High on the Hog: A Culinary Journey from Africa to America*. It features Stephen Satterfield and Jessica Harris as hosts for each segment. As foodies, Kin and I were thrilled as we discovered, for the first time, and him who knew it all along, that much American food is African food, especially the cuisine of the American South. –Dale Truscott

This Lenten series will be a series of eating, watching, reflecting and discussing events in which you will experience some of the pains as well as the joys of African American people and their cuisine brought here on slave ships from West Africa. But we will experience it through food! We will eat together, watch the Netflix series together, pray and discuss. Each Wednesday evening, there will be a new entrée and a new experience.

March 1, 6:00 – 7:45 p.m. “Our Roots,” Jessica Harris and Stephen Satterfield explore the agonizing history of the slave coast in Benin, Africa while sampling the amazing food there that made its way to America.

Menu: Lamb and Okra Stew, real African yams and fixins.

March 8, 6:00 – 7:45 p.m. “The Rice Kingdom” Stephen Satterfield will tour us around South Carolina, especially the coastal islands where the slaves worked on the rice plantations, developed a unique language, Gullah, and cuisine featuring rice.

Menu: Jessica Harris' Red Rice with sausage and shrimp – *Thieboudienne*, from Senegal, Nigeria and Ghana. This is called Gullah Geechee cooking. Collard Greens cooked with smoked turkey wings.

March 15, 6:00 – 7:45 p.m. “Our Founding Chefs” The spotlight is on Hercules Posey, head chef for President George Washington and James Hemings for Thomas Jefferson. James was the brother of Sally Hemings. Jefferson sent him to France for training. He brought back French Fries and Mac and Cheese!

Menu: You guessed it. Ham, Mac and Cheese and Black-Eyed Peas

March 22, 6:00 – 7:45 p.m., “Freedom”. Satterfield journeys this time to Texas to explore the lives of Black cowboys and how African Americans influenced cowboy culture from food to rodeo.

Menu: You guessed it. Baby Back Pork Ribs and Beef Brisket and fixins.

March 29, 6:00 – 7:45 p.m. “African American Foodie Culture and History in Central Florida.” We will study some of the painful and joyful history of African Americans in our own neighborhood culminating in the ministry of the Rev. Canon Nelson W. Pinder.

Menu: A catered Orlando Fusion Soul Food dinner by CB Catering, George Ashford. Mr. Ashford will also be our speaker for the evening. His expertise and interests are quite similar to Satterfield and Harris in the “High on the Hog” videos.

Because of the nature of this Lenten series, we will need to take reservations so that we can manage the cooking and catering. We will also need to charge a donation for each event enough to cover our costs. Stay tuned for suggested donations.

[The first picture is the official picture of the Netflix series.

The second is Satterfield and Harris shopping in a Benin market.

The third is liturgical dancers in the ruins of a meeting house in South Carolina.]