Name:	Date:
Create a Recipe!	
Using what we have learned about African American Cuisine, describe how you would create an African American meal. Explain how you would use the Cast Iron Pot, the Mortar and Pestle, and the Dutch Oven to make it back then and how you would use each of these items to make it today. Include a list of the ingredients and draw pictures of each of the ingredients. Also include step by step instructions of the recipe.	
Recipe Name:	
Ingredients	
Ingredients List	Drawings of Ingredients
Steps to Complete the Recipe	
	