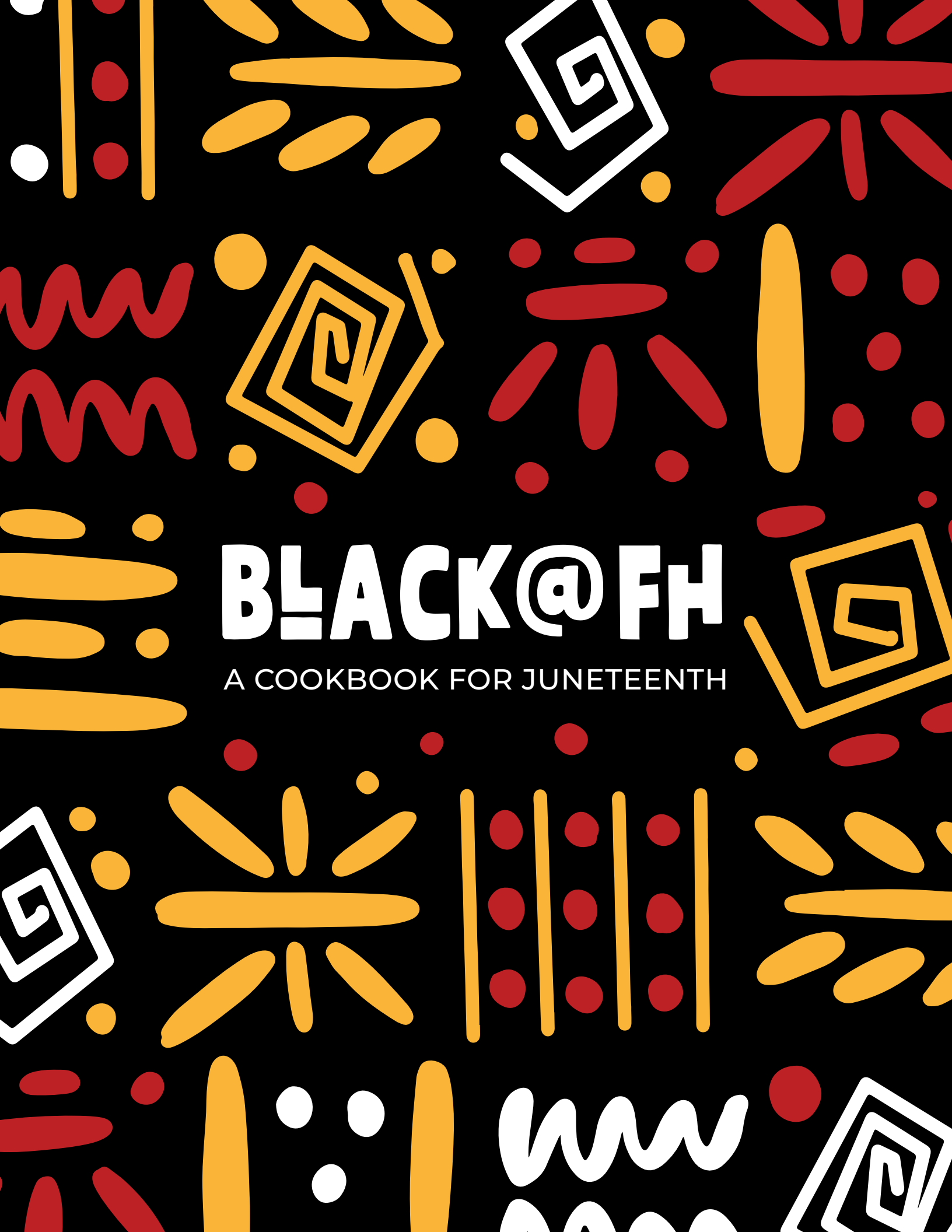




BLACK@FH

A COOKBOOK FOR JUNETEENTH



CNTENTS

PREFACE 4 • JUNETEENTH: A BRIEF HISTORY 5
RECIPES 8 • FLAGS 54

THE MENU

ONE

Chicken & Waffles
10

TWO

Shrimp & Grits
12

THREE

Watermelon Salad
18

FOUR

Deviled Eggs
22

FIVE

Blackened Catfish
26

SIX

Greens
28

SEVEN

Shrimp Etouffee
30

EIGHT

7UP Pound Cake
38

NINE

Pumpkin Pie Banana
Pudding
40

TEN

No Churn Peach Ice
Cream with Coconut
Milk
42

ELEVEN

Peach Cobbler
Cookies
44

TWELVE

Juneteenth Red
Punch Strawberry
Lemonade
48

THIRTEEN

Blackberry
Rosemary Rum
Cocktail
50



PREFACE

WELCOME TO OUR JUNETEENTH COOKBOOK

Juneteenth commemorates June 19, 1865, the day when the last enslaved African Americans learned of their emancipation. It is a celebration of freedom, resilience, and the enduring legacy of Black culture, identity, and community. Food has always been central to this celebration and to our shared history.

To celebrate, we invited members of our community to open their family recipe collections and, more importantly, to share the stories behind them. What emerged is a collection of dishes that represent far more than what appears on a plate. Each recipe included here carries the legacy of resilience, creativity, and cultural pride. Some are treasured family heirlooms passed down through generations; others are traditions that honor ancestral roots; still others are new creations that blend heritage with identity.

This cookbook represents something deeply personal and profoundly important: the culinary heritage of our Black employees and the stories woven into every recipe, every ingredient, and every meal they've shared with their families.

As you flip through these pages, you'll encounter recipes alongside personal reflections. We encourage you to read not just the ingredients and instructions, but the stories. Listen to what these dishes mean. Understand the connections between food, family, freedom, and identity.

Whether you cook from this collection or simply read the stories contained within, we hope you walk away with a deeper appreciation for the resilience, creativity, and joy that define our community.

**THE BLACK AT FH
LEADERSHIP TEAM**



JUNETEENTH

● A BRIEF HISTORY ●

Juneteenth, celebrated annually on June 19, commemorates one of the most important moments in American history. The holiday marks the day in 1865 when Union troops arrived in Galveston, Texas, and announced that more than 250,000 enslaved African Americans in Texas were free, more than two years after President Abraham Lincoln issued the Emancipation Proclamation on January 1, 1863. The announcement, delivered through General Order No. 3 by Union General Gordon Granger, became a powerful symbol of liberation, hope, and a long-awaited promise fulfilled. For newly freed African Americans, Juneteenth represented more than the end of slavery. It marked the beginning of a new chapter defined by self-determination, citizenship, education, family reunification, and the pursuit of opportunity. Across Texas and eventually the nation, Black communities gathered to celebrate freedom through prayer services, music, storytelling, and shared meals. These traditions helped preserve history while strengthening community bonds and cultural identity.

Food has always been at the heart of Juneteenth celebrations. Family cookouts, barbecues, potlucks, and community gatherings became opportunities to honor ancestors, share stories, and pass down recipes from one generation to the next. Many Juneteenth tables feature dishes rooted in African, Southern, and African American culinary traditions, reflecting both resilience and creativity in the face of adversity. Red-colored foods and drinks, including red beans and rice, red velvet cake, strawberry soda, and cherry cobbler, have become especially significant, symbolizing strength, sacrifice, perseverance, and joy.

As Juneteenth spread beyond Texas, it evolved into a national celebration of African American history, culture, and achievement. In 2021, Juneteenth was officially recognized as a federal holiday in the United States, bringing broader awareness to its historical significance while honoring generations who preserved the tradition long before national recognition.

Today, Juneteenth remains a celebration of freedom and a reminder that the pursuit of equality continues. Around dinner tables, at family reunions, and during community festivals, food serves as a bridge between past and present. Every recipe shared, every meal prepared, and every story told helps preserve the legacy of those who endured, persevered, and ultimately transformed a delayed freedom into a lasting tradition of resilience, culture, and community.

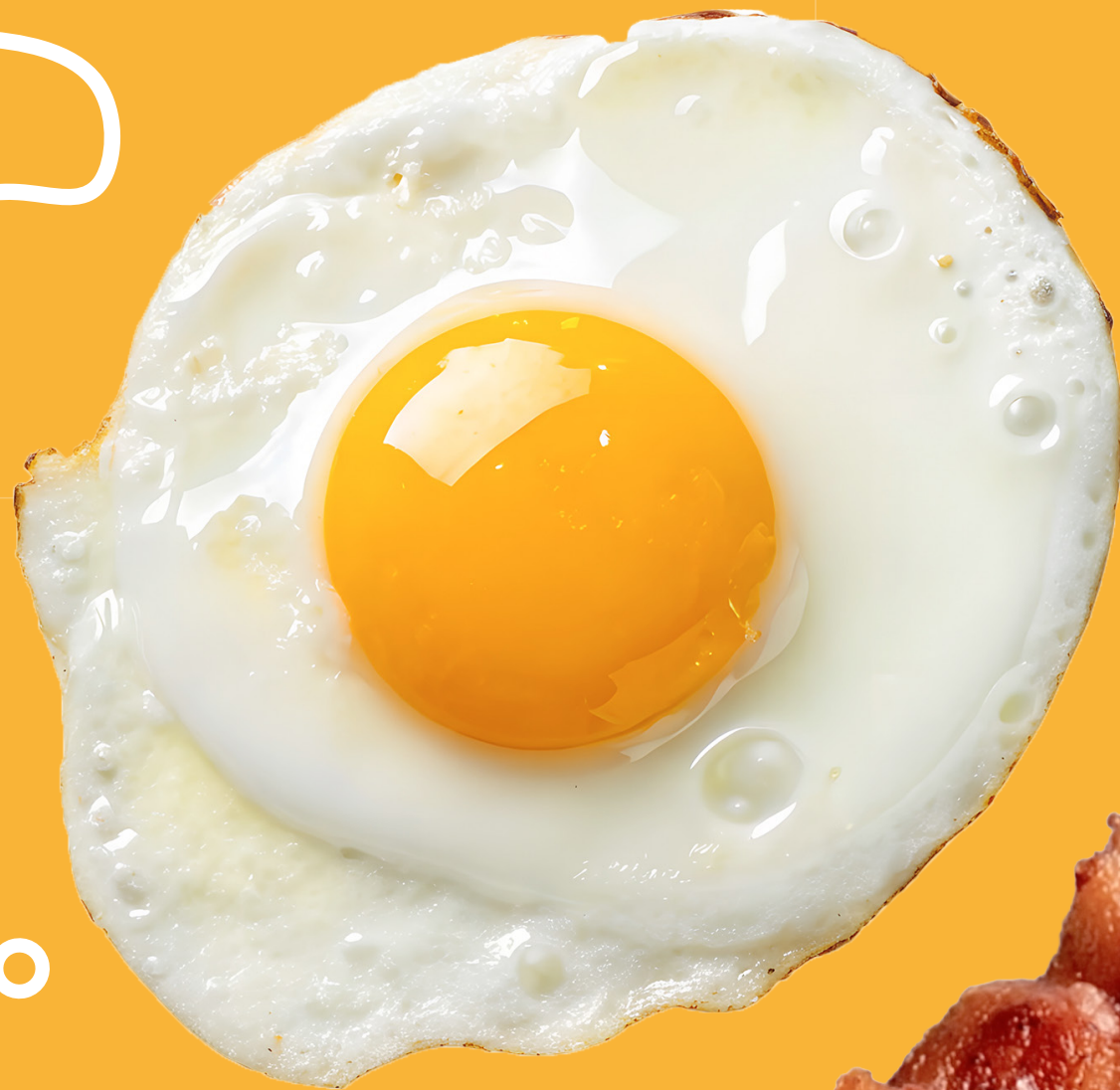
HEADQUARTERS DISTRICT OF TEXAS,

Galveston, Tex., June 19, 1865.

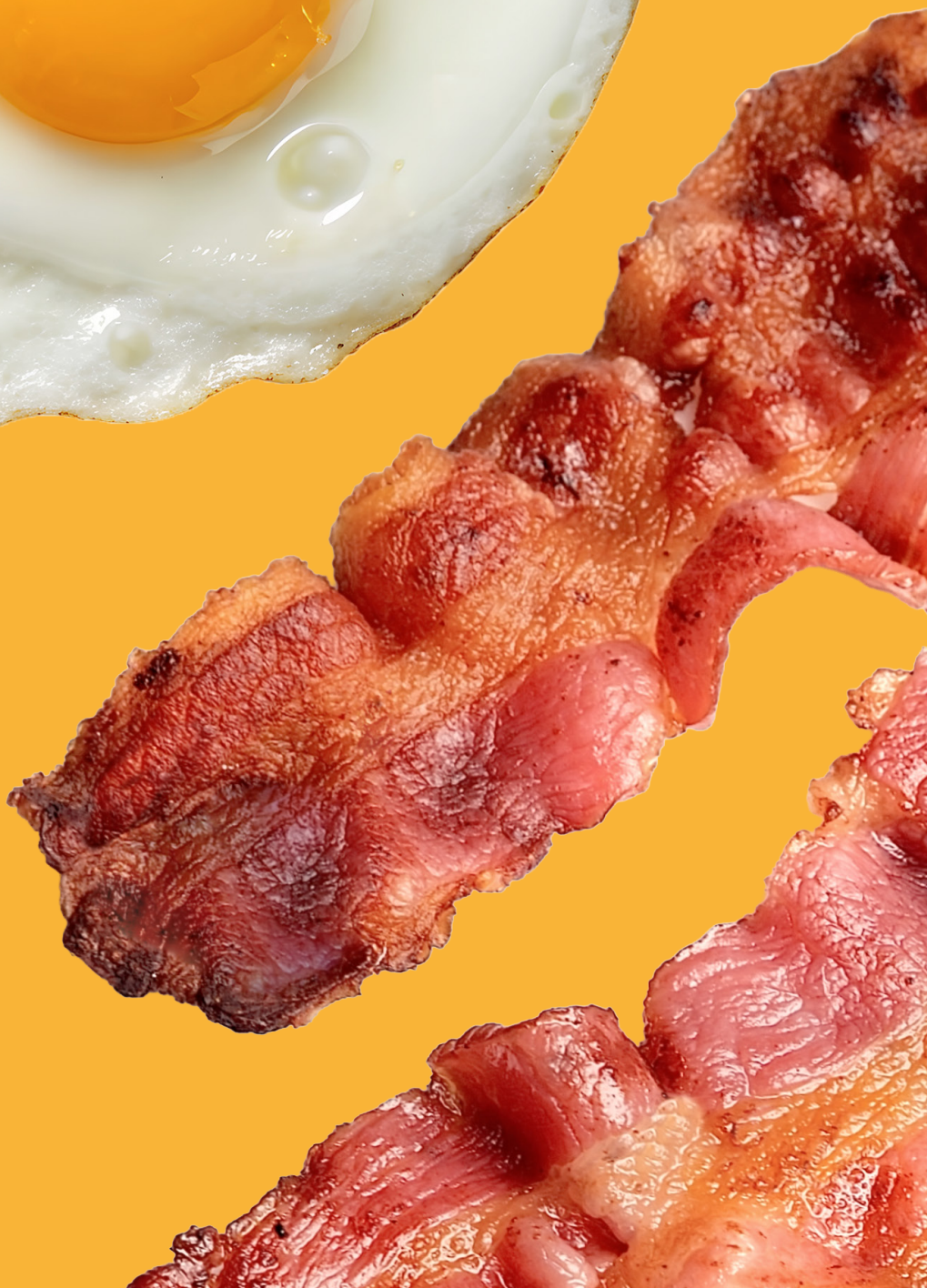
all slaves are free.



Major and Assistant Adjutant-General.



**BREAK
FAST**





CHICKEN & WAFFLES

ALAYCIA MOORE

Art Director | Dallas, TX

“My friends always request that I cook for them, so every once in a while I invite them over to eat. One day, I decided to cook them chicken and waffles. They started to eat before I could even make my own plate. When I looked up, everyone was quiet, chewing, & devouring their plates. They probably ate it in about 15 minutes and went back for seconds!”

INGREDIENTS

Chicken:

- 2 pounds boneless thighs (tenders are fine as well)
- 1 ½ cups buttermilk
- 2 tablespoons hot sauce
- ½ cup cornstarch
- Salt and black pepper (to taste)
- 2 teaspoons smoked paprika
- 2 teaspoons garlic powder
- ¼ teaspoon cayenne pepper
- Vegetable oil for frying (about 4 cups)
- 1 tablespoon hot sauce or crushed red pepper flakes
- 2 cups all-purpose flour

Waffles:

- 2 cups all-purpose flour
- ¼ teaspoon salt
- ½ cup unsalted butter, melted
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 1 ½ cups whole milk
- 2 large eggs, room temperature
- 1 teaspoon vanilla extract (optional)

INSTRUCTIONS

Chicken:

1. **Marinate the chicken:** In a large bowl, combine 1 ½ cups buttermilk with 2 tablespoons hot sauce. Season the chicken with salt and pepper (you can add more seasonings if you'd like, but flour will also be seasoned). Add the chicken pieces, coating them well. Cover and refrigerate for at least 1 hour, preferably 4 hours or overnight.
2. **Prepare the seasoned flour:** In a separate large bowl, whisk together 2 cups all-purpose flour, ½ cup cornstarch, 1 teaspoon salt, 2 teaspoons smoked paprika, 2 teaspoons garlic powder, ½ teaspoon black pepper, and ¼ teaspoon cayenne pepper. (I usually taste the flour to see if its enough flavor.)
3. **Coat the chicken:** Remove chicken from marinade, shake off excess liquid, then dredge thoroughly in the seasoned flour mixture. For extra crunch, dip the chicken back in buttermilk quickly and dredge again in the flour mixture (sometimes I do an egg wash then dip it back into the flour). Set aside on a tray.

4. **Heat the oil:** Pour vegetable oil into a deep heavy-bottomed skillet or Dutch oven to a depth of about 2 inches. Heat over medium-high heat until the oil reaches 350°F (175°C).
5. **Fry the chicken:** Carefully add chicken pieces in batches, avoiding overcrowding. Fry for 12-15 minutes, turning occasionally, until golden brown and cooked through (internal temperature 165°F / 74°C). Transfer to a wire rack to drain and keep crispy.

Waffles:

6. **Make the waffle batter:** In a mixing bowl, whisk together 2 cups flour, 2 teaspoons baking powder, 2 tablespoons sugar, and ¼ teaspoon salt. In a separate bowl, beat 2 eggs, then add 1 ½ cups milk, ½ cup melted butter, and 1 teaspoon vanilla extract. Combine wet and dry ingredients until smooth but do not overmix.
7. **Cook the waffles:** Preheat your waffle iron according to manufacturer instructions. Pour batter onto the iron and cook for 4-5 minutes or until golden brown and crisp. Keep waffles warm in a low oven if making multiple batches.
8. **Assemble and serve:** Place one waffle on a plate, top with crispy chicken, and drizzle with honey or maple syrup. Optionally, add extra honey or maple syrup or hot sauce drizzle to taste.



Today on Juneteenth,
the day we celebrate
the end of slavery, the
day we memorialize
those who offered us
hope for the future and
the day when we renew
our commitment to the
struggle for freedom.

Angela Davis

Political Activist, Philosopher, Academic, and Author

SHRIMP & GRITS

ALAYCIA MOORE
Art Director | Dallas, TX

INGREDIENTS

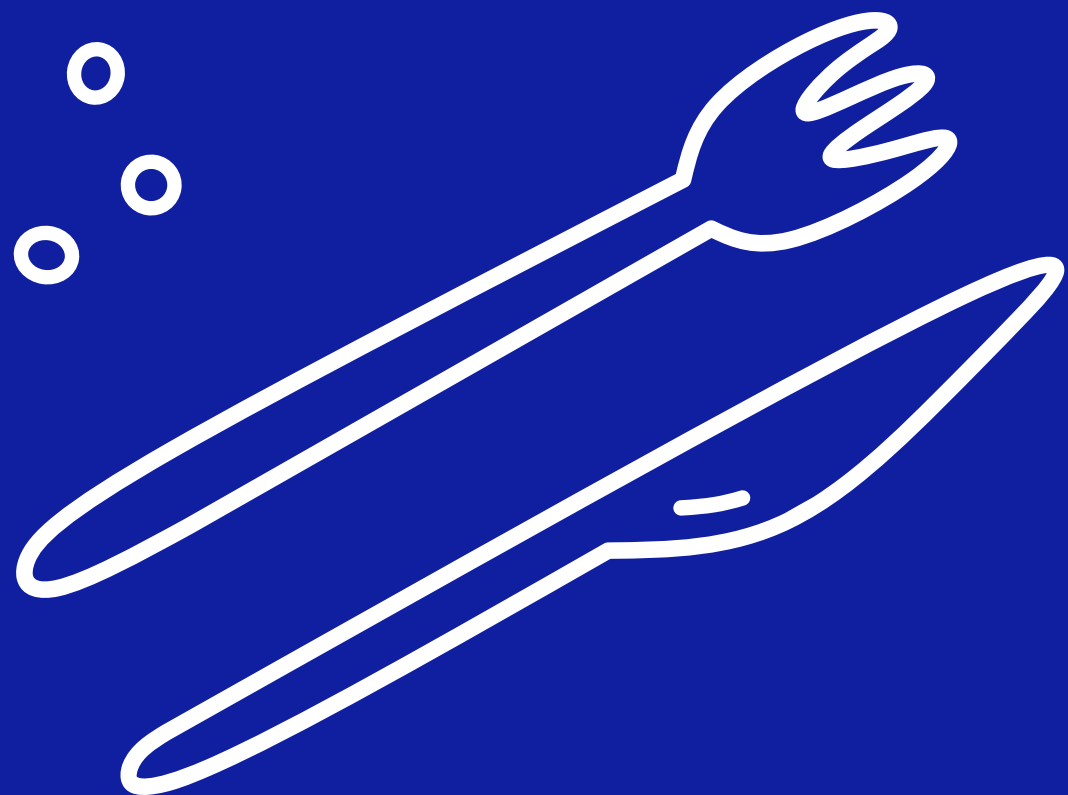
- 1 cup quick cooking grits
- 1 cup shredded cheddar cheese
- ½ lb bacon
- 2 cups water
- 1 cup whole milk
- ¼ cup green onions, chopped or 2-3 whole green onions, thinly sliced
- 1 tsp salt
- 1 ½ tbsp (or to taste) Cajun Seasoning
- 1 tbsp unsalted butter
- 1 lb large shrimp
- 3 cloves garlic

INSTRUCTIONS

1. In a medium-sized skillet over medium-high heat, cook the chopped bacon until crisp. Remove the bacon with a slotted spoon and set aside on a plate.
2. Add the peeled and deveined shrimp to the skillet and sprinkle with Cajun seasoning. Cook the shrimp for about 2 minutes on each side, then add the minced garlic and continue cooking for another 2 minutes, or until the shrimp is no longer pink. Remove the shrimp from the skillet and set aside.
3. In a medium-sized saucepan, bring water, unsalted butter, whole milk, and salt to a boil. Reduce the heat and slowly whisk in the quick-cooking grits, stirring constantly to avoid lumps. Cook the grits for about 5 minutes, stirring occasionally, until thick and bubbly. Add Cajun seasoning to taste throughout (or at the end).
4. Remove the saucepan from heat and stir in the shredded cheddar cheese until fully melted and combined.
5. Serve the cheesy grits topped with the green onions and crumbled bacon.



APPET izers



WATERMELON SALAD

MARCUS FITTS

Creative Director | Los Angeles, CA

INGREDIENTS

- 8 cups seedless watermelon chunks (1 inch), from a 6-pound melon
- 1 large English cucumber, diced (or 2 Persian cucumbers)
- ¼ cup fresh lime juice
- Pinch of cayenne pepper
- ½ cup mint leaves, torn
- ¾ cup crumbled feta cheese
- Salt to taste

INSTRUCTIONS

1. **Toss the Base:** In a large bowl, combine the watermelon chunks and diced cucumber. Drizzle with the fresh lime juice, sprinkle with the cayenne pepper, and toss gently to coat.
2. **Add the Mix-ins:** Gently fold in the torn mint leaves and crumbled feta cheese, being careful not to mash the cheese or the fruit.
3. **Season and Serve:** Taste the salad, season with a pinch of salt (keeping in mind the feta will already add some saltiness), and serve immediately.



BLACK HISTORY

WEAPONIZATION OF WATERMELON

Following emancipation, many Southern African Americans began growing and selling watermelons, which quickly became a powerful symbol of their newfound freedom and economic self-sufficiency. However, Southern whites reacted to this independence by weaponizing the fruit, turning a marker of autonomy into a racist Jim Crow-era stereotype. To intentionally shame Black merchants, white society began using the watermelon as a symbol of poverty to falsely characterize African Americans as “unclean, lazy, and child-like.” Popular advertisements and Memorabilia further entrenched this harmful trope by depicting caricatures of Black people stealing, fighting over, or messily eating watermelons in the streets.



DEVILED EGGS WITH BACON

ALAYCIA MOORE

Art Director | Dallas, Texas



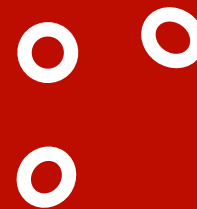
INGREDIENTS

- 6 large eggs
- ¼ cup mayonnaise
- 2 tsp Dijon mustard
- Salt & black pepper, to taste
- 3 slices bacon, cooked crisp and finely crumbled
- 2 tbsp green onions (scallions), finely sliced
- Smoked paprika, for garnish

INSTRUCTIONS

1. Place the eggs in a single layer in a saucepan and fill with cold water. Bring to a rolling boil, then remove from heat, cover the pan, and let them sit for exactly 12 minutes. Transfer immediately to a bowl of ice water for 5 minutes to stop the cooking process.
2. Peel the eggs and slice them in half lengthwise. Gently scoop out the firm yolks and place them in a small mixing bowl. Arrange the empty egg white halves on a serving platter.
3. Using a fork, mash the yolks thoroughly until they break down into a fine, crumbly texture with no large lumps.
4. Add the mayonnaise, mustard, salt, and a pinch of black pepper to the mashed yolks. Stir vigorously until the mixture is smooth and creamy. Next, fold in half of the crumbled bacon and half of the sliced green onions.
5. Spoon the filling evenly back into the hollowed-out egg white halves. For a prettier presentation, transfer the filling to a zip-top plastic bag, snip off one of the bottom corners, and pipe the mixture into the whites.
6. Sprinkle smoked paprika, the remaining bacon crumbles, and green onions evenly over the tops of the eggs. Serve immediately, or cover loosely and refrigerate until you are ready to serve.

MAIN DISH



BLACKENED CATFISH (GF)

ADRI RUFF

Vice President | Chicago, IL

“This blackened catfish recipe is near and dear to my heart for a multitude of reasons.

Everything about it reminds me of home, family, and comfort. It's tender, flaky, spicy, and absolutely delicious. This may be an obvious point to make, but most of the catfish I experienced growing up was breaded in cornmeal and then deep-fried to golden brown perfection. It was often served alongside coleslaw, French fries, hush puppies, etc. The usual suspects. Since then, I've adopted a mostly low-carb/ketogenic lifestyle. I still wanted to be able to enjoy the occasional catfish, but in a way that more closely aligns with how I eat now. Enter this blackened catfish. It marries my southern roots with my low-carb way of eating. It's perfectly spicy, flaky, flavorful, filling, and damn good. You don't even need to be low-carb to enjoy it. It can be served atop cauliflower (or regular) rice, a bed of fresh greens, or with your favorite side dish. Let's get into the details.”

INGREDIENTS

Salsa:

- ½ tsp. Sea Salt
- 2 tsp. Smoked Paprika
- ½ tsp. Cayenne Pepper
- ½ tsp. Red Pepper Flakes
- 1 tsp. Dried Celery
- 2 tsp. Garlic Powder
- 1 tsp. Black Pepper
- 2 Catfish Fillets
- Lime Juice, freshly squeezed
- 1-2 tbsp. Olive Oil

Catfish:

- 1 Roma Tomato, diced
- ¼ bunch Cilantro, chopped
- ½ Jalapeno Pepper, chopped
- ¼ Cucumber, diced
- Freshly Squeezed Lime Juice, to taste

INSTRUCTIONS

Catfish:

1. Squeeze fresh lime juice onto catfish fillets then coat them in the seasoning mix on both sides, ensuring an even coat.
2. Add the olive oil to a cast iron skillet and allow to heat (medium high) for about 2 to 3 minutes.
3. Cook the fillets for 4-5 minutes per side. The fish is done when slightly flaky to the touch (with fork).
4. Top with the salsa and add one squeeze of lime juice to finish (optional).

Salsa:

1. In a small glass bowl, combine the tomato, cilantro, jalapeno, and cucumber until well combined. Add one squeeze of lime juice (optional).





≡ GREENS ≡

ALAYCIA MOORE

Art Director | Dallas, Texas

“This recipe is from my grandmother Maxine, who I am also named after. I love her greens!”

INGREDIENTS

- 3 or 4 bundles of Mustard Greens (*or 2 bags if not picked. Mustards will cook down faster & shrink.*)
- 2 bundles of Collard Greens (*or 1 bag, if not picked. Collards take more time to cook down.*)
- 1 red onion (yellow is fine too)
- 1 package of ham hocks (*or turkey tails, if pork is a restriction*)
- 32 ounces of chicken broth
- Salt (*to taste*)
- 1 cup of water
- 2 tablespoons of minced garlic (*fresh or jarred*)
- 2 tsp Cayenne (*or as much as you like*)
- Cajun seasonings (*as much as you like, whichever brand you prefer*)

INSTRUCTIONS

1. Rinse the greens and drain the water a few times. Thoroughly clean the greens until the water is clear of any dirt or debris. (*The water may still be slightly tinted green.*)
2. Pour the chicken broth into a large pot and add the cup of water. Bring to a boil then add the ham hocks (*or turkey tails*). Let this cook for an hour. (*Check to make sure the water does not overflow. It will evaporate a little.*)
3. Add the collard and mustard greens, one bundle at a time to allow for the greens to shrink down & fit in the pot. (*Do not wait too long, just use a spoon to push them down as you go.*)
4. Slice half a red onion and add it to the pot as well as the minced garlic.
5. Add all seasonings and let it cook for 3 to 4 hours, make sure to stir occasionally.
6. Do not let greens get dry, make sure to keep the heat lower and watch them carefully. Remember to taste the broth as the greens cook to add as much seasonings as you'd like.
7. Once the greens are tender, turn the heat off immediately. (*Do not let them get soggy!*) Serve with cornbread and enjoy!

SHRIMP ET OUFEE

DEIDRA JOHNSON

SVP Inclusion & Impact Practice Lead | Atlanta, GA

"Growing up in Louisiana this dish reminds me of my ancestors and summertime in Opelousas. I make it for my children now as a special holiday treat."



INGREDIENTS

- 6 tablespoons unsalted butter
- 1 yellow onion finely diced
- 1 green bell pepper (seeded and finely diced)
- 3 stalks of finely diced celery
- 3 crushed cloves of garlic
- ½ cup all-purpose flour, sifted twice
- 1 tablespoon tomato paste
- 3 to 4 cups unsalted seafood broth (can substitute chicken but the flavor will be different)
- 2 ½ teaspoons Worcestershire sauce
- 2 dashes of Louisiana hot sauce (to your taste, can be omitted if you don't like)
- 2 to 3 large teaspoons of Creole seasoning (Tony's Chachere) do not skip
- 1 large tomato (without the seeds and pulp) diced finely
- 1 to 2 pounds of shrimp (wild caught is best) peeled, deveined and cleaned

INSTRUCTIONS

Sauté Veggies In Butter:

1. Add the butter to a large sauté pan or pot and allow it to melt.
2. Then, add the onion, bell pepper, and the celery.
3. Stir the vegetables occasionally until softened.
4. Then add the garlic and stir 1 minute more.

Make the Roux:

1. Sprinkle the flour over the vegetable mixture and stir for 1 to 2 minutes.

Sauté Veggies In Butter:

1. Add the tomato paste and begin adding the broth one big splash at a time, whisking well after each addition.
2. After half of the broth has been incorporated, you can stream in the rest, whisking all the while.
3. Add the Worcestershire, hot sauce, spices, bay leaf, and diced tomato and stir.
4. Simmer and Add Shrimp.

5. Simmer until the mixture is slightly thickened, stirring occasionally. It should not be thin like a soup but thick like a sauce. Don't add too much broth.
6. Add the shrimp and simmer an additional 3 to 5 minutes, stirring often. Don't overcook the shrimp. Once the shrimp is pink and firm to the touch, it is done.
7. Ladle the Shrimp Etouffée in a bowl and top with a mound of rice.



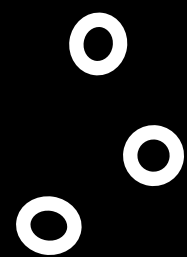
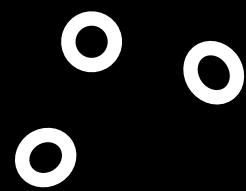
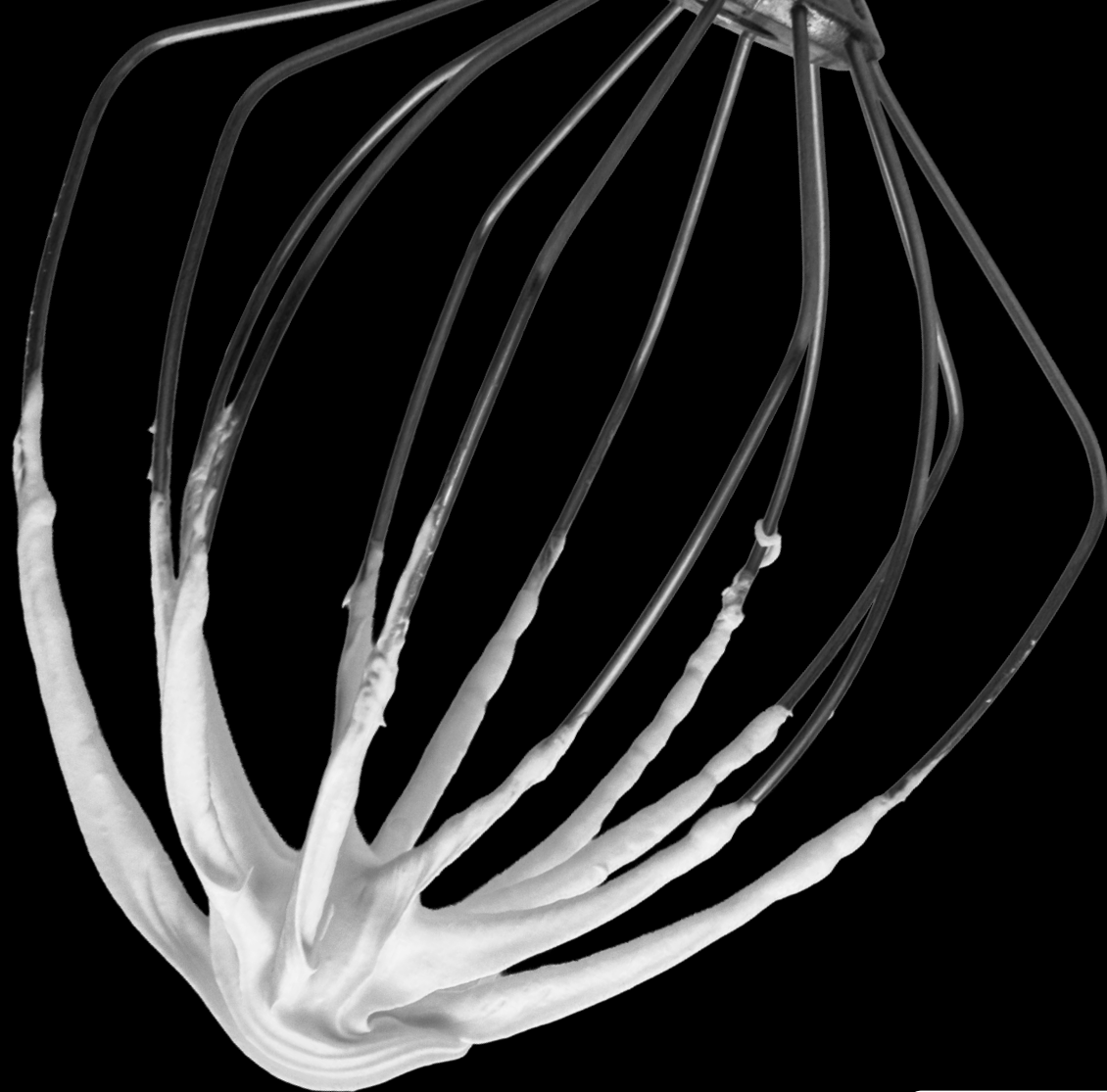
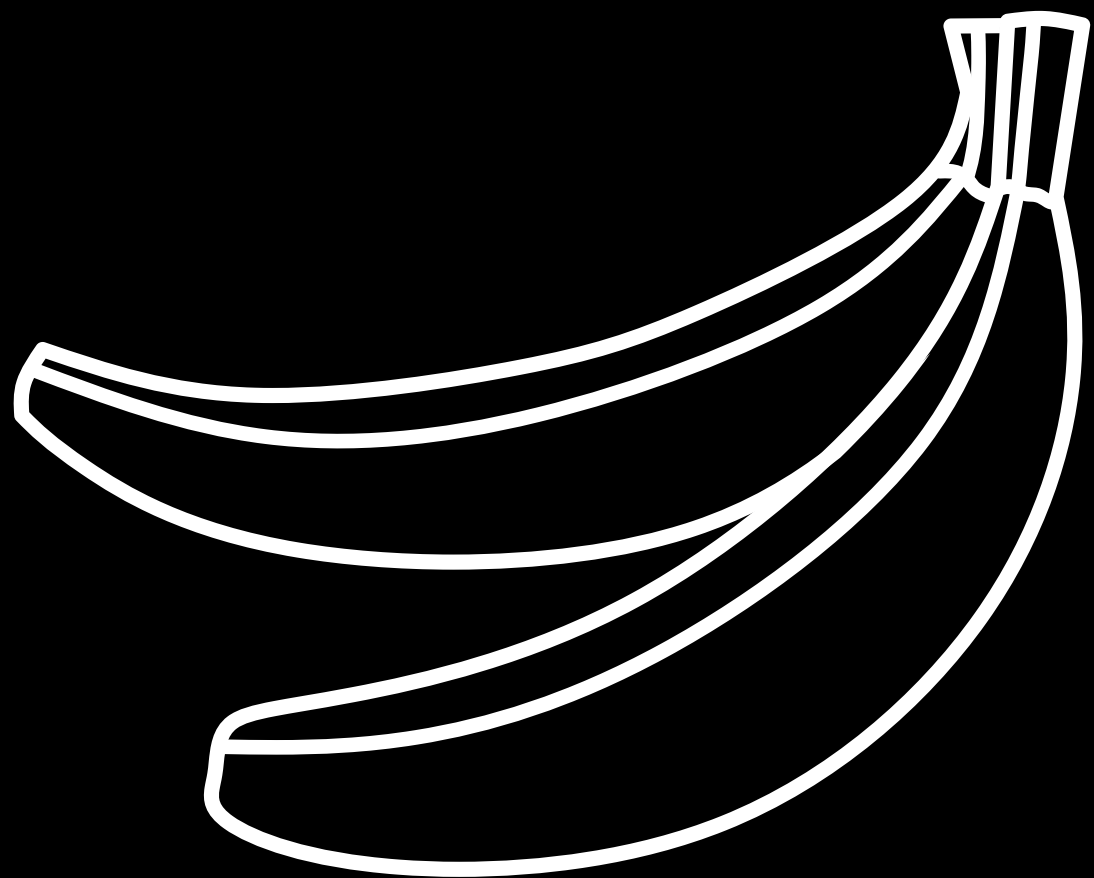
The prosperity of the nation depends upon the health and morals of its citizens, and the health and morals of a people depend mainly upon the food they eat.

George Washington Carver

Agricultural Scientist

(Revolutionized farming practices for Black sharecroppers)

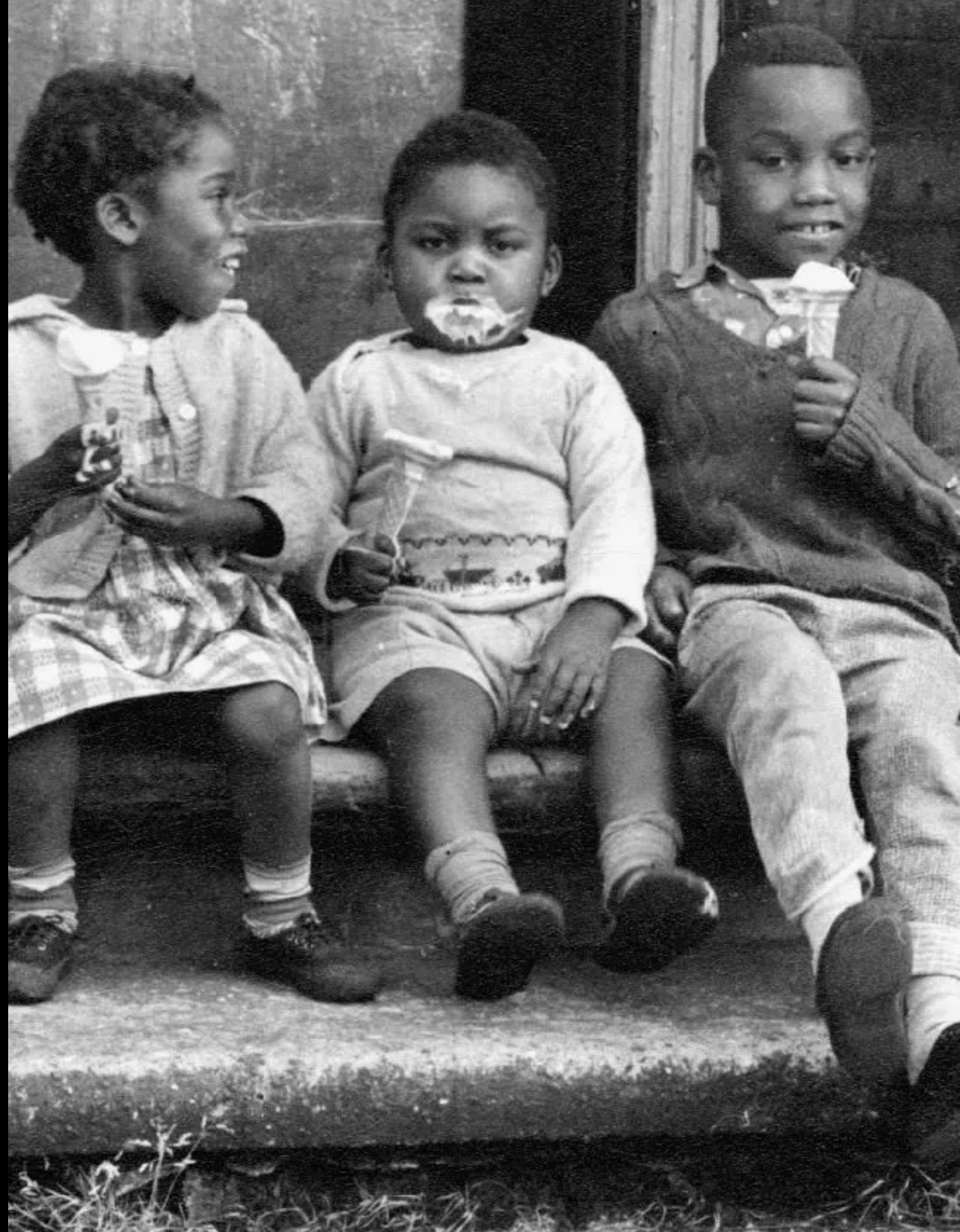
DESSERTS



BLACK HISTORY BUTTER PECAN ICE CREAM

During the Jim Crow era, segregationist customs often denied Black Americans the right to buy vanilla ice cream. In response to this exclusion, Black communities turned to the rich agricultural resources of the South.

By combining browned butter with pecans cultivated by generations of Black farmers, cooks transformed a restriction into a culinary masterpiece. Butter pecan remains a sweet testament to this resilience and ingenuity, proving that when denied the ordinary, an extraordinary tradition was born.





7UP POUND CAKE

WITNEY WITHERS
Vice President | Chicago, IL

"This recipe is a family favorite! My grandma made this 7UP pound cake all the time, whether it was for a holiday or just when we stopped by for a visit. My family continues to make it every chance we get!"

INGREDIENTS

- 3 Sticks Butter (softened)
- 3 cups Cake Flour
- 3 Cups Sugar
- $\frac{3}{4}$ Cup 7UP
- 5 Eggs (room temperature)
- 1 Teaspoon of Vanilla Extract
- 1 Teaspoon of Lemon Extract

INSTRUCTIONS

1. Cream butter, add sugar, and beat until light and fluffy alternate mixing by adding 1 egg and mixing, then 1 cup flour and mixing (repeat until all eggs and flour are combined).
2. Add 7UP and mix gently.
3. Add vanilla and lemon extract.
4. The cake pan should be sprayed with Pam or oil and lightly coated with flour so the cake won't stick to the pan.
5. Pour batter into pan and bake at 325°F for 1 hour to 1 hour 15 minutes, using a toothpick to confirm doneness (it should come out clean).

≡ PUMPKIN PIE ≡ BANANA PUBING

JOSLYN NEDEAUJ
Data Analyst | Washington D.C

“This is a holiday tradition and if I don’t have this at Thanksgiving my family would rage.
I have to make separate pans for family and friends to take home.”

INGREDIENTS

- 3 packs for vanilla instant pudding mix
- 3 cups of vanilla unsweetened almond milk
(Because my tummy can’t do milk)
- 1 can of sweetened condensed coconut milk
(Once again for me to cut back on dairy)
- 1 container of thawed whipped topping
(Cool Whip if you fancy and want name brand)
- 1 can of pumpkin puree
- 2 tbs pumpkin pie spice seasoning
- 3 packs of 8.8 oz Bischoff cookies
- 1 jar of cookie butter
- 4 ripped bananas

INSTRUCTIONS

1. Make your 3 packs of instant pudding according to the box instructions (using the milk of your choice) and set it in the fridge to get cold.
2. Mix your pumpkin puree and condensed milk of your choice, set in the fridge.
3. Cut up your bananas (can skip adding bananas if you’d like).
4. Heat up your cookie butter in the microwave so that it can be easily drizzled.
5. Take your pudding out of the fridge and fold in the whipped topping, but leave a little left to add as a final layer when you assemble.
6. This part is up to you, you can either mix in your condensed milk pumpkin puree mixture with your pudding to create one single pumpkin pudding mix or keep them separate to do as layers.
7. Put a layer of cookies at the bottom of your aluminum pan (to avoid dishes).
8. Start to build your layers, cookies, pudding, (pumpkin mixture if you keep it separate), bananas, cookie butter drizzle.
9. Once you have your layers, finish with the whipped topping you left to the side, cookies, crumble cookies on top as well, then finish it with the cookie butter drizzle.



NO-CHURN PEACH ICE CREAM

WITH COCONUT MILK (AIP/PALEO)

KIRA NIELSEN

Associate Creative Director | Los Angeles, CA

“As someone with ongoing health issues and a long list of frustrating food intolerances, I’ve had to create my own traditions around food, especially sweets! I’ve learned to get creative, always show up prepared and open-minded when it comes to finding delicious alternatives for people with food allergies.”

INGREDIENTS

- 2 cups frozen very ripe peaches
- ½ cup + 2 tablespoon full fat, additive free coconut milk
- 1 tsp vanilla extract

INSTRUCTIONS

This easy, No-Churn Peach Ice Cream with Coconut Milk is a healthy and delicious summer alternative (paleo, AIP, egg free, dairy free, and sugar free). It comes together in less than 5 minutes using only your food processor and frozen, ripe peaches, creamy coconut milk, and vanilla! Too easy and delicious, not to make. I like to keep a couple sliced frozen peaches on hand all the time during peach season for recipes like this. If you don’t find it sweet enough, you could always add a tablespoon or two of maple syrup.

1. Place all the ingredients into a food processor and pulse until combined, pausing intermittently to scrape down sides.
2. Enjoy as soft serve or freeze for 30 minutes or more until desired level of firmness.





PEACH COBBLER COOKIES

ALAYCIA MOORE
Art Director | Dallas, TX

"My family always begs for these fancy specialty cookies whenever I head home for the holidays! Inspired by my absolute love for peach cobbler, they are the perfect festive treat to share at Thanksgiving, Christmas, or your next Friendsgiving gathering. This recipe brings two of my favorite desserts together into one amazing bite. Just serve them warm with a generous scoop of vanilla ice cream and watch them disappear!"

INGREDIENTS

Cookies:

- ½ cup unsalted butter (browned)
- 1 cup brown sugar
- ½ cup white granulated sugar
- 1 ½ teaspoon vanilla extract
- 2 eggs
- 3 cups all-purpose flour
- 1 ½ teaspoons baking soda
- ½ teaspoons baking powder
- ¼ teaspoon salt
- 1 ½ teaspoon cinnamon
- ½ teaspoon nutmeg

Cinnamon Sugar Icing:

- ½ cup powdered sugar
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon vanilla extract
- 1 tablespoon milk.

Peach Filling:

- 2 cans peach filling
- ¼ cup white granulated sugar
- ¼ cup + teaspoon brown sugar
- ¾ teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 teaspoon lemon juice
- 2 teaspoons cornstarch
- 2 teaspoons water
- ½ teaspoon vanilla extract

INSTRUCTIONS

Peach Filling:

1. Drain canned peaches. (Rinse peaches to remove any excess syrup/juices).
2. Chop and dice peaches into bite-sized pieces.
3. In a small saucepan over medium heat, combine the peaches, cinnamon, brown sugar, white sugar, lemon juice, and nutmeg.

Peach Filling Continued:

4. Let it simmer for 4-7 minutes, stirring occasionally.
5. In a small bowl, whisk together the cornstarch and water. Pour into the peach mixture to thicken to a filling.
6. Simmer another 1-2 minutes until slightly thickened. Remove from the heat and stir in the vanilla extract. Let this cool completely.

Cookie Dough:

1. In a small saucepan, brown the butter over medium heat until golden. Be careful not to burn. Remove from the heat and let cool slightly.
2. In a large bowl, whisk together the brown butter, white sugar, brown sugar, vanilla extract, and eggs until smooth.
3. In a separate bowl, mix together the flour, baking soda, baking powder, salt, cinnamon, and nutmeg.
4. Gradually stir the dry ingredients into the wet mixture until a soft dough forms. Chill the dough for 10-15 minutes if it's too soft to handle.

Assemble the Cookies:

1. Preheat your oven to 360 F (175 C) and line your baking sheet with parchment paper.
2. Scoop about 2 tablespoons of the dough and place on the baking sheet. Using the back of the spoon or cookie scooper, press a well into the center of each cookie.
3. Spoon about 2-3 tablespoons of cooled peach filling into the center.

Bake & Glaze the Cookies:

1. Bake for 12-15 minutes, or until edges are golden and the centers are set.
2. Let the cookies cool on the pan for 5-10 minutes.
3. Once cooled, drizzle the glaze on top of the cookies. Enjoy!

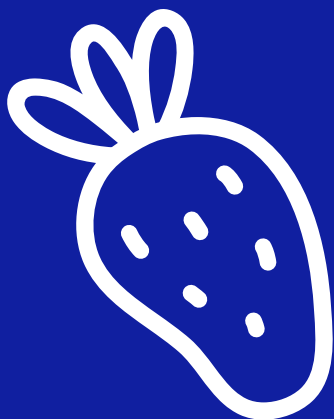
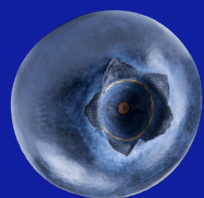
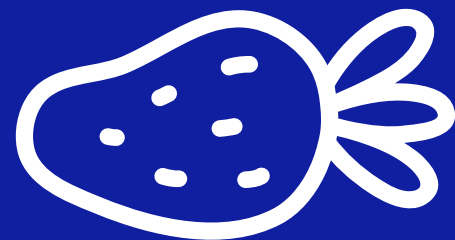
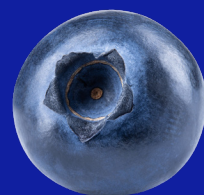
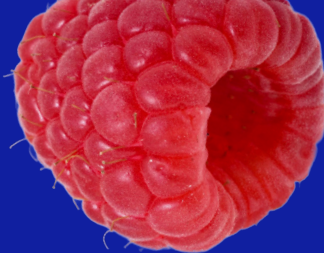
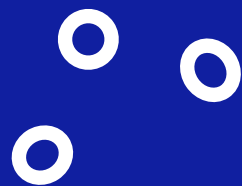
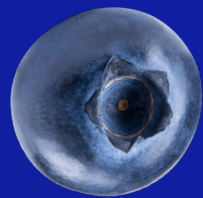
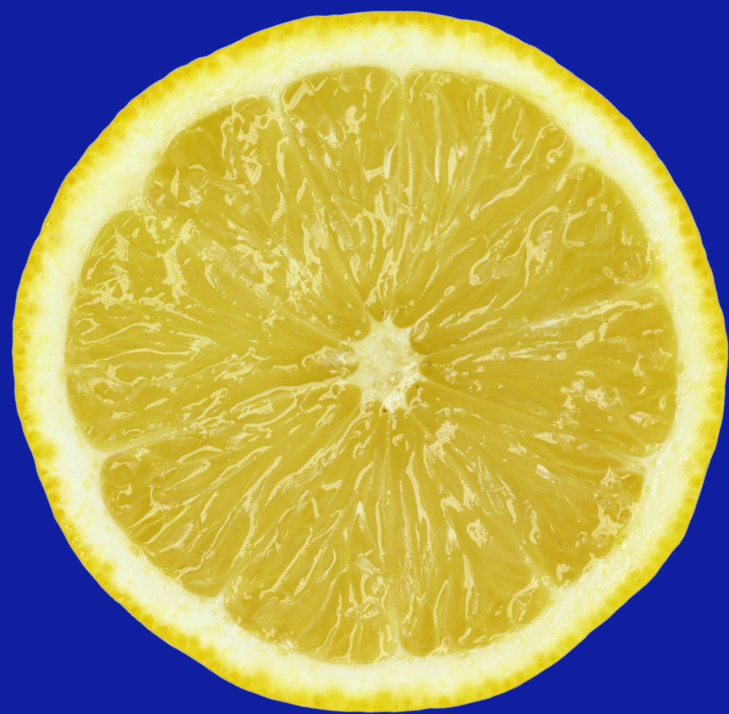


Juneteenth means freedom for so many people, for so many reasons. I try to get people to understand it's not a Texas thing, it's not a Black thing, it's freedom for everybody.

Opal Lee

"Grandmother of Juneteenth"
Teacher, Counselor, & Activist

DRINKS





JUNETEENTH 'RED PUNCH' STRAWBERRY LEMONADE

ANGELA SHELF MEDEARIS,
Award Winning Chef and TV Personality | Austin, TX

"The tradition of red drinks dates back to pre-colonial West Africa, where hibiscus teas and kola nut beverages were popular. Now, with many different variations, the red drink is Juneteenth's official beverage. Just like red foods, red drinks symbolize the bloodshed endured by enslaved African and Black people and serve as a testament to their strength. In Texas, Big Red is a bottled soft drink also called "red soda water." This red cream soda is often served at Juneteenth celebrations. This punch recipe is easy to make and offers a new, puckering and pleasing twist to the traditional red soda water that has been made in Texas since 1937."

INGREDIENTS

- 2 cups sliced fresh or frozen strawberries
- ½ cup sugar
- 1 cup fresh-squeezed lemon juice (from about 8 lemons) or 1 (12-ounce) can lemonade concentrate, thawed
- 7 cups cold water
- Ice, as needed

INSTRUCTIONS

1. Add strawberries, sugar, lemonade concentrate, and water to a blender in that order. Pulse the mixture a few times. Then blend at low speed for 2 minutes. Gradually turn the speed up to medium. Blend until smooth.
(If you don't have a blender, add strawberries, sugar, lemonade concentrate, and water to a large mixing bowl. Beat with an electric mixer on low speed until well combined and punch is smooth.)
2. Pour strawberry lemonade into a large pitcher or punch bowl. Serve over ice.

BLACKBERRY-ROSEMARY RUM COCKTAIL

MARCUS FITTS

Creative Director | Los Angeles, CA

MAKES 1 DRINK

INGREDIENTS

- Handful of Ice
- 2 ounces amber rum
- 1 ounce Blackberry-Rosemary Syrup (recipe-follows)
- 4 ounces seltzer water
- Fresh blackberries, for garnish
- Sprig of fresh rosemary, for garnish

INSTRUCTIONS

1. Fill a high ball glass with ice. Add the rum and Blackberry-Rosemary syrup.
2. Pour in the seltzer and stir. Garnish with a few fresh blackberries and the rosemary. Serve immediately.





BLACK AMERICAN HERITAGE FLAG

The Black American Heritage Flag was created in 1967 by Melvin Charles and Gleason Jackson to specifically celebrate and honor the history, struggles, and achievements of Black Americans within the United States. Its distinct design features a diagonal black stripe with red and black fields, along with gold symbols including a wreath and a blunted sword. The colors red and black reflect strength, endurance, and history, while the gold elements symbolize achievement and honor. Additionally, the wreath represents victory and unity, and the blunted sword stands for justice without vengeance.



JUNETENTH FLAG

The Juneteenth flag is a symbolic banner designed in 1997 by activist Ben Haith to commemorate June 19, 1865, the day when the last enslaved Black Americans in Texas were finally informed of their freedom. The flag prominently features the colors red, white, and blue to emphasize that formerly enslaved people and their descendants are, and have always been, true Americans. At its center is a white star representing both Texas and the freedom of African Americans across all 50 states, surrounded by a nova burst that signifies a new beginning. Finally, the arc across the middle represents a new horizon of opportunities and a promising future for Black Americans.



BLICK
at FH