



HOME OF *American Rights*

Peanut Butter

- 2 c. roasted whole peanuts
 - 3 tsp. peanut oil
 - Salt to taste
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1. Grind the peanuts in a food processor until they are coarsely chopped.
 2. Add the peanut oil and continue to grind until you have reached the desired crunchiness.
 3. Add salt to taste and stir to blend.

Recipe from *Iron Pots and Wooden Spoons* by Jessica B. Harris

If you'd like to use your peanut butter in a way that enslaved people did during the 18th century, we recommend peanut stew. There are a plethora of recipes out there, but here are a few that we like:

Michael Twitty's Groundnut Stew My Way
<https://afroculinaria.com/2018/03/26/groundnut-stew-my-way/>

Akinyi Ochieng's Domoda: Gambian Peanut Stew
<http://www.akinyiochieng.com/jikoni/2015/9/7/domoda-gambian-peanut-stew>

Lovette Jallow's How to Cook Gambian Peanut Butter Stew/Maafê
<https://www.youtube.com/watch?v=Yx2ONwKHAeI>