



black history month 2019

The Culture Collection

This pack is a reference guide for some amazing cultural artifacts, showcasing the achievements of black people in Britain, throughout history to modern day society.

This culture collection covers a variety of topics including fashion, hair, poetry, artists, film and most importantly...food!



**black history
month**

For us. by us.
xx

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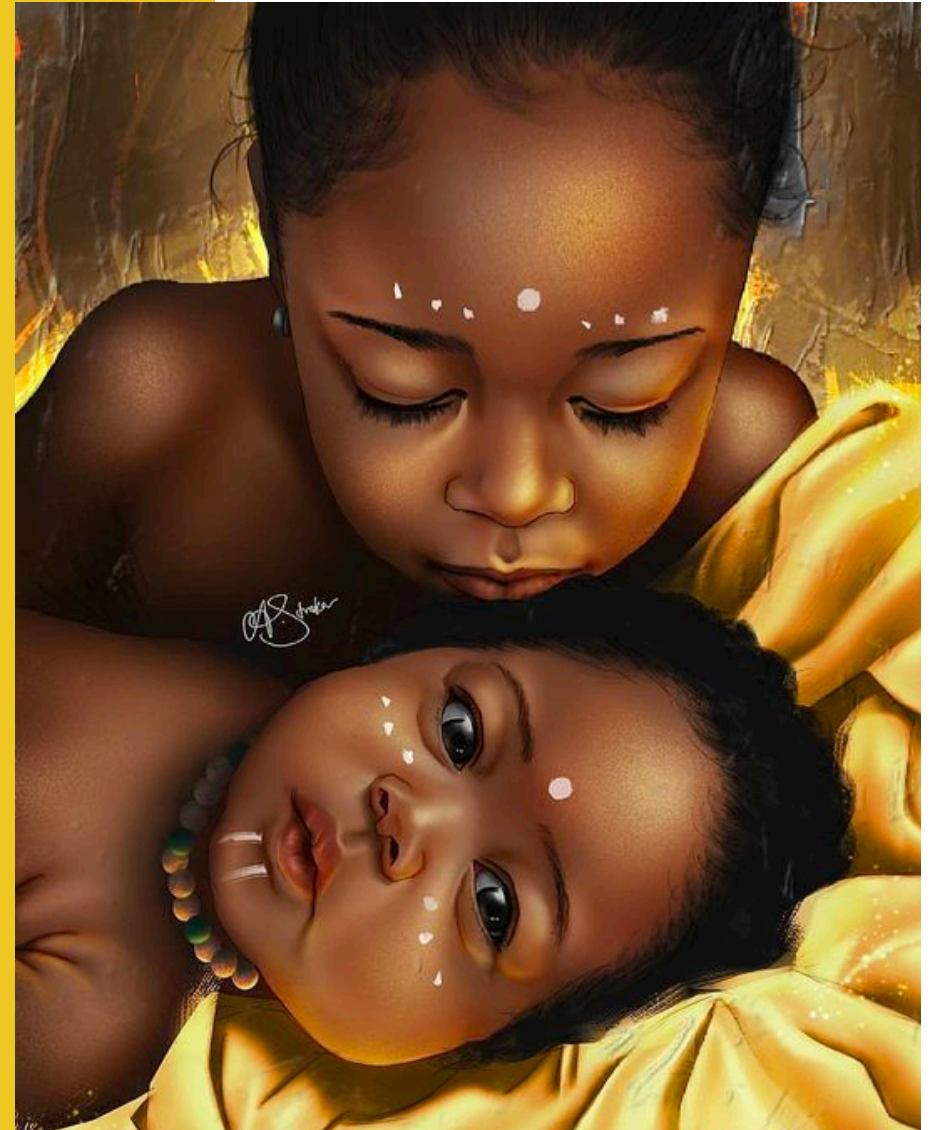
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01 books

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| 01 | Ghana Must Go
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Akala |
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02 artists

- 01 **Jean-Michel Basquiat**
- 02 **Frank Bowling**
- 03 **Sonia Boyce**
- 04 **Ayesha Feisal**
@ayeshasarthouse
- 05 **Enam Gbewonyo**
@enamgd
- 06 **Ashley Straker**
@ashleystraker
- 07 **Kelvin Okafor**
@kelvinokafor_art
- 08 **BAMBUU**
@bambuu_creates
- 09 **Kay Davis**
@kaydavisartist
- 10 **Dwight White**
@_dwightwhite
- 11 **Sarah Owusu**
@sowusu
- 12 **Funny Tummy**
@funnytummyart
- 13 **Sahara Jones**
@sahara_illustrator
- 14 **Arinze Stanley**
@arinze



03 music

01 Dame Shirley Bassey

02 Stormzy

03 Dave

04 J Hus

05 Beverly Knight

06 Burna Boy

07 NAO

08 Sam Henshaw

09 Ella Mai

10 RAYE Black

11 Hamzza

12 Ms Banks



Scan QR code for Multiculture@Sky's Spotify Black History Month playlist.

04 film

- 01 Kidulthood
- 02 Belle
- 03 Black Panther
- 04 Get Out
- 05 Coming to America
- 06 Bullet Boy
- 07 A United Kingdom
- 08 Love & Basketball
- 09 B.A.P.S
- 10 For Colored Girls
- 11 Best Man Holiday
- 12 12 Years A Slave
- 13 Waiting to Exhale
- 14 ATL
- 15 Hidden Figures
- 16 Precious
- 17 The Pursuit of Happiness





Virgil Abloh

Fashion Designer - Off White™

Virgil was born on September 30, 1980, in Rockford, Illinois, to Ghanaian immigrant parents. After graduating from university, he interned at Fendi in the same class as rapper West in 2009.

Virgil is the first black man in Louis Vuitton's 164-year history to debut a menswear line. You can largely thank the success of Virgil's Milan-based luxury-streetwear brand Off-White™, founded in 2013, for his name recognition and reputation as an arbiter of cool.

05 fashion

06 poetry



The Negro Speaks of Rivers Langston Hughes

I've known rivers:
I've known rivers ancient as the world and older than the
flow of human blood in human veins.
My soul has grown deep like the rivers.
I bathed in the Euphrates when dawns were young.
I built my hut near the Congo and it lulled me to sleep.
I looked upon the Nile and raised the pyramids above it.
I heard the singing of the Mississippi when Abe Lincoln
went down to New Orleans, and I've seen its muddy
bosom turn all golden in the sunset.
I've known rivers:
Ancient, dusky rivers.
My soul has grown deep like the rivers.

Phenomenal Woman Maya Angelou

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion
model's size.
But when I start to tell them,
They think I'm telling lies.
I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.
I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.

When I try to show them,
They say they still can't see.
I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.
When you see me passing,
It ought to make you proud.
I say,
It's in the click of my heels,
The bend of my hair,
The palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Half Caste

John Agard

Excuse me
standing on one leg
I'm half-caste

Explain yusef
wha yu mean
when yu say half-caste
yu mean when picasso
mix red an green
is a half-caste canvas/
explain yusef
wha yu mean
when yu say half-caste
yu mean when light an shadow
mix in de sky
is a half-caste weather/
well in dat case
england weather
nearly always half-caste
in fact some o dem cloud
half-caste till dem overcast
so spiteful dem dont want de sun pass
ah rass/
explain yusef
wha yu mean
when yu say half-caste
yu mean tchaikovsky
sit down at dah piano
an mix a black key
wid a white key
is a half-caste symphony/

Explain yusef
wha yu mean
Ah listening to yu wid de keen
half of mih ear
Ah lookin at yu wid de keen

half of mih eye
and when I'm introduced to yu
I'm sure you'll understand
why I offer yu half-a-hand
an when I sleep at night
I close half-a-eye
consequently when I dream
I dream half-a-dream
an when moon begin to glow
I half-caste human being
cast half-a-shadow
but yu must come back tomorrow
wid de whole of yu eye
an de whole of yu ear
an de whole of yu mind

an I will tell yu
de other half
of my story

What Stephen Lawrence Has Taught Us

Benjamin Zephaniah

We know who the killers are,
We have watched them strut before us
As proud as sick Mussolinis',
We have watched them strut before us
Compassionless and arrogant,
They paraded before us,
Like angels of death
Protected by the law.

It is now an open secret
Black people do not have
Chips on their shoulders,
They just have injustice on their backs
And justice on their minds,
And now we know that the road to liberty
Is as long as the road from slavery.

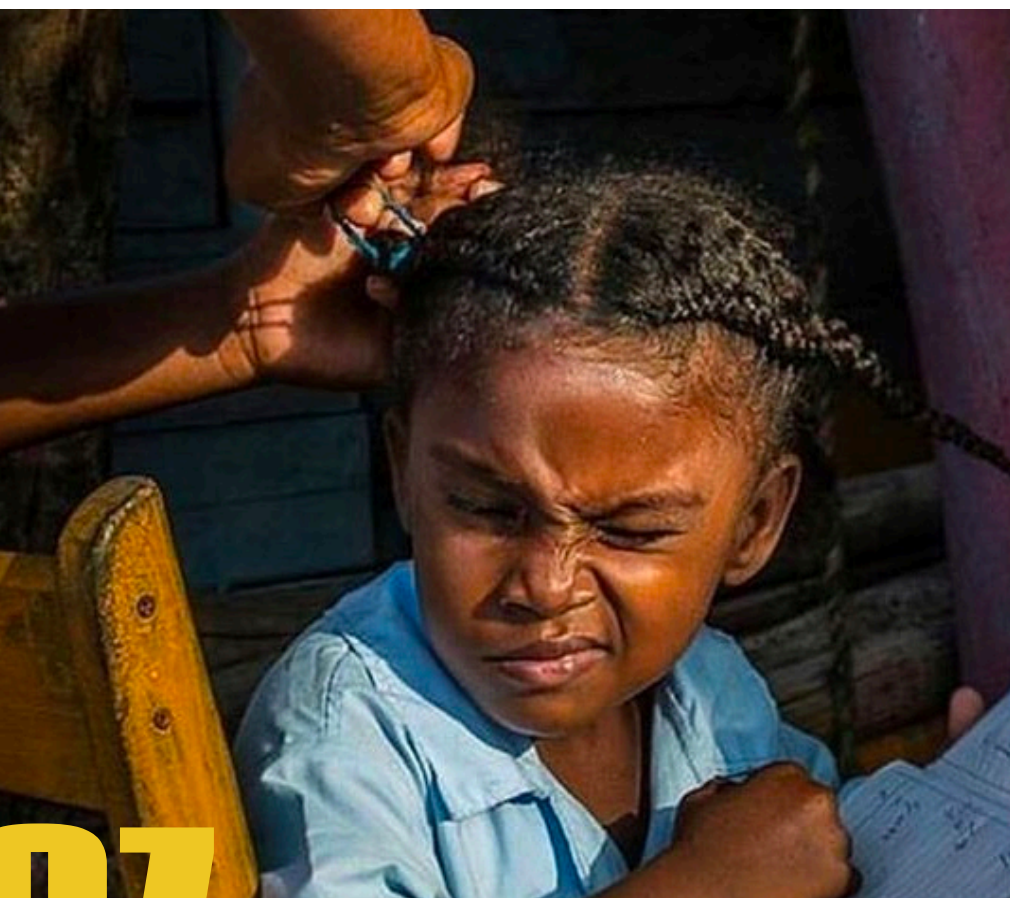
The death of Stephen Lawrence
Has taught us to love each other
And never to take the tedious task
Of waiting for a bus for granted.
Watching his parents watching the cover-up
Begs the question
What are the trading standards here?
Why are we paying for a police force
That will not work for us?

The death of Stephen Lawrence
Has taught us
That we cannot let the illusion of freedom
Endow us with a false sense of security as
we walk the streets,
The whole world can now watch
The academics and the super cops
Struggling to define institutionalised racism
As we continue to die in custody
As we continue emptying our pockets on

the pavements,
And we continue to ask ourselves
Why is it so official
That black people are so often killed
Without killers?

We are not talking about war or revenge
We are not talking about hypotheticals or
possibilities,
We are talking about where we are now
We are talking about how we live now
In dis state
Under dis flag, (God Save the Queen),
And God save all those black children who
want to grow up
And God save all the brothers and sisters
Who like raving,
Because the death of Stephen Lawrence
Has taught us that racism is easy when
You have friends in high places.
And friends in high places
Have no use whatsoever
When they are not your friends.

Dear Mr Condon,
Pop out of Teletubby land,
And visit reality,
Come to an honest place
And get some advice from your neighbours,
Be enlightened by our community,
Neglect your well-paid ignorance
Because
We know who the killers are.



07 hair

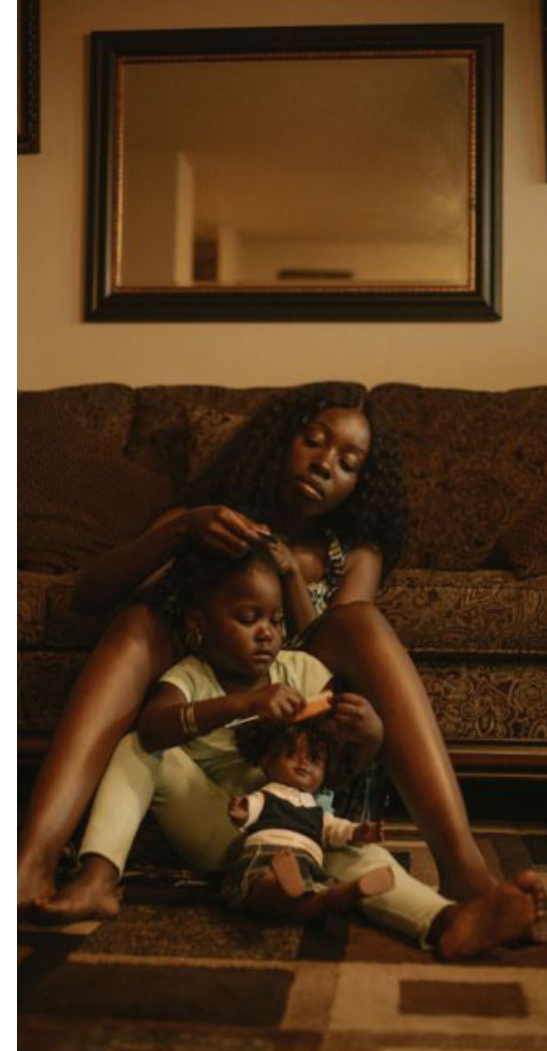
Her Hair History

In the famous words of India Arie - 'I am not my hair'.

Whether it's kinky coils or sleek strands, hair has often been the topic of conversation for people of colour, causing controversy in mainstream workplaces, and even banned in some schools. However this feature is such an important part of black culture that needs to be celebrated. Here are a few facts about why your black is beautiful!



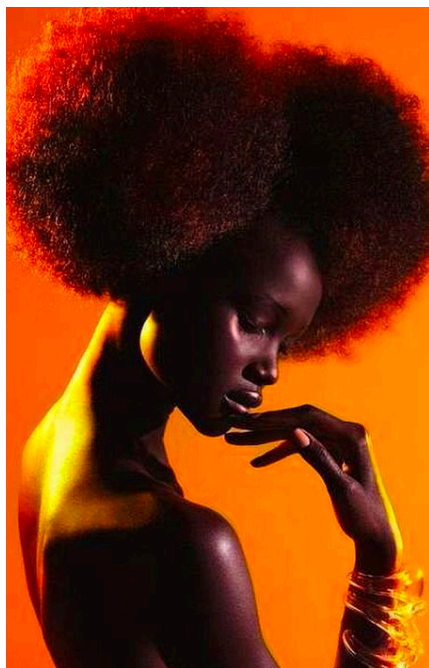
The black hair industry is worth £592 billion



This is considered to be an intimate mother and daughter bonding experience



Braiding originated in Africa with the Himba people of Namibia



In the 70's, the Afro was used to make a social statement in response to the civil rights movement for cultural freedom and breaking away from institutionalised oppression



Different hairstyles are often linked to special event in life



Trailblazing hair trends, imitated by many (even top celebrities)



08 food

Recipes

- 01 Fried plantain (v)
- 02 Saltfish fritters
- 03 Jerk chicken
- 04 Curry goat
- 05 Jollof rice (v)
- 06 Rice & peas (v)





Fried Plantain

Ingredients

2-3 plantains
Vegetable oil for deep-frying
Salt to taste

Instructions

Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain.

Cut plantains in diagonal pieces or medium sized slices and set aside.

Heat oil in a large skillet over medium-high. Test if oil is ready by carefully trying out a slice of plantain. Oil should bubble before proceeding with the rest. If not wait another minute or two. If oil is too hot turn off gas and wait for about 2 minutes before proceeding.

Fry in batches, turning once, until plantains has reached desired color (brown) about 2-3 minutes per side.

Then continue cooking, turning plantains occasionally, until soft and deep golden brown, 5-7 minutes.

Carefully remove plantains with slotted spoon and transfer to a paper towel-lined plate or tray.

Season with salt and/or cinnamon sugar, if desired. Serve hot.

Saltfish Fritters

Ingredients

250ml water
1 pack boneless Saltfish
Spring onions
1 small Tomato chopped
1 medium Onion
1 cup sweet peppers
1/4 of Scotch bonnet pepper
1/2 Tsp Baking powder
2 cups water
4 cups plain flour
1 Tsp Black pepper
1 Tsp Paprika

Instructions

Saltfish in water let it boil for 10 mins (or soak saltfish in cold water overnight)

Then drain off water and repeat 1 or 2 times (removes salt)

Add Spring onions, chopped tomato, onion, sweet peppers, Scotch bonnet pepper, 1/2 Tsp Baking powder into mixing bowl

Pour 2 cups of water into bowl

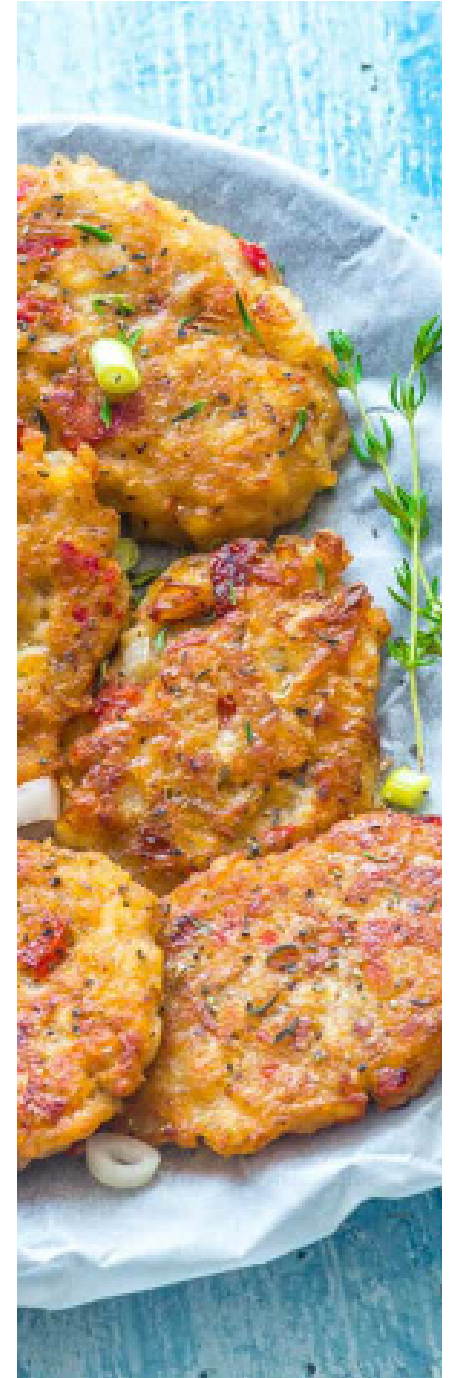
Pour 4 cups plain flour then mix (add water or flour when necessary until mix has slightly sloppy consistency)

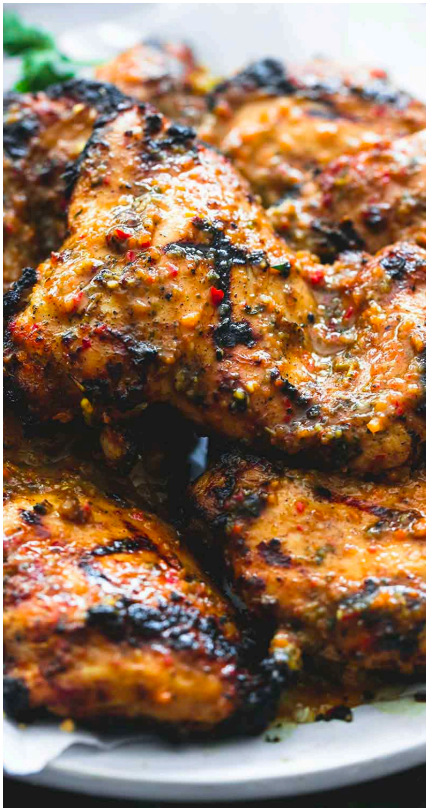
Add 1 Tsp Black pepper

Add 1 Tsp Paprika

Add 4oz Olive or vegetable oil in frying pan – on high heat

Add mix to high heat frying pan, then turn down to medium heat. Fry until golden brown on each side.





Jerk Chicken

Ingredients

8 Leg Quarters
 1/3 cup apple cider vinegar
 1/3 cup dark soy sauce
 1/4 cup lime juice
 1/2 cup orange juice/pineapple juice
 1 tbsp. pimento seeds/ all spice
 1 tsp. black pepper
 1 tsp. cinnamon / nutmeg
 2 tsp. fresh thyme
 3 spring onions (chopped)
 2 tbsp. ginger (chopped)
 1 medium onion (chopped)
 8 garlic cloves
 4-5 scotch bonnet peppers (no seeds)

Instructions

Firstly you'll need to wash your chicken with lemon and water then pat dry and set aside

Then you'll need a blender and blend all these ingredients together for 3 minutes:

1/3 cup apple cider vinegar, 1/3 cup dark soy sauce, 1/4 cup lime juice, 1/2 cup orange juice/ pineapple juice, 1 tbsp. pimento seeds/ all spice, 1 tsp. black pepper, 1 tsp. cinnamon / nutmeg, 2 tsp. fresh thyme, 3 spring onions (chopped), 2 tbsp. ginger (chopped), 1 medium onion (chopped), 8 garlic cloves, 4-5 scotch bonnet peppers (no seeds)

Grab your chicken and poke holes into chicken with a knife, and pour 1/2 of the jerk marinade onto the meat and massage together, and then put into the fridge to marinate overnight.

Place chicken onto the grill (skin down) and close BBQ Grill lid and cook for 5-7 minutes until it starts to brown.

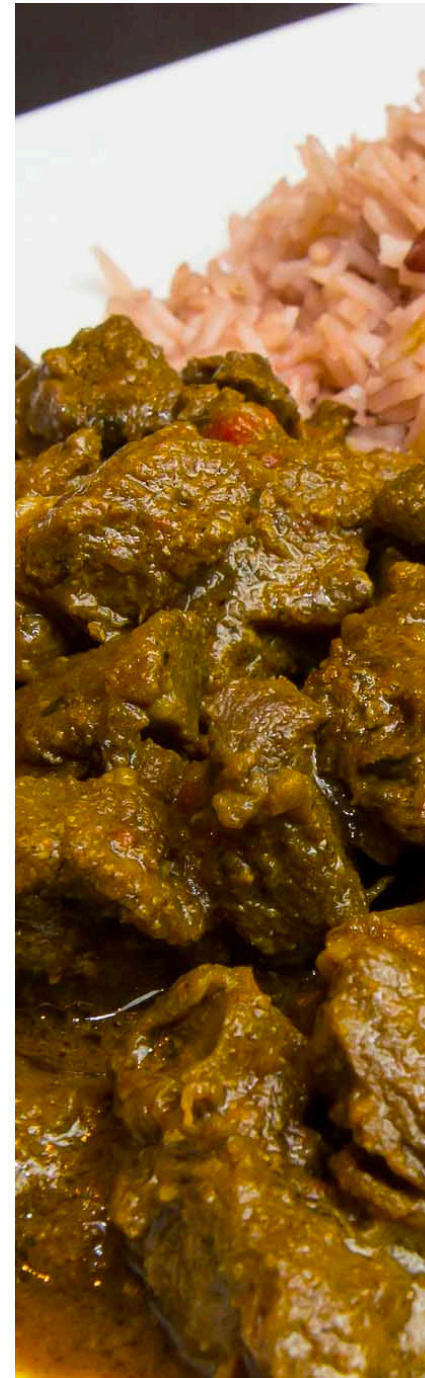
After 5-7 minutes open the BBQ grill lid and flip the chicken over onto the other side, close the lid and cook for another 5-7 minutes.

Repeat these instruction twice more until chicken is dark brown.

Then move chicken to the sides of the grill and brush Jerk sauce on the top then close the lid and cook for further 5-7.

Open the BBQ grill lid- The chicken should now be ready. Use a BBQ fork and place the chicken onto a tray and cool down for 10 minutes.

Then add chicken to a chopping board and cut chicken into small pieces.



Curry Goat

Ingredients

3- 3 1/2 pounds goat meat (cut in chunks)
 1/4- 1/2 cup cooking oil
 2 teaspoons minced garlic
 1 medium onion sliced
 4-5 Tablespoons Curry powder
 1- teaspoon white pepper
 1-2 teaspoons fresh thyme
 2 green onions sliced
 2-3 medium potatoes
 1 Tablespoon tomato paste
 1 scotch bonnet pepper (adjust to suit taste buds or replace with any hot pepper)
 Salt to taste

Instructions

Season goat with, salt and pepper. Set aside

In a large pot, heat oil over medium heat, until hot, and then add the goat meat sauté stirring, frequently, any browned bits off the bottom of the pot, until goat is brown.

Then add curry, stir for about 1-2 minutes.

Add the garlic, white pepper, onions, thyme, tomato paste, scallions (green onions) and scotch bonnet pepper stir for about a minute.

Then pour in just enough water to cover the goat and bring to a boil and let it simmer until tender (depending on the goat size and preference) about 2 hours or more, stirring the saucepan occasionally and adding more water as needed..

About 15-20 minutes before you remove from the stove add potatoes and bouillon powder. Continue cooking until potatoes are tender, if you want really thick curry goat let the potatoes cook even more .

You may adjust thickness of soup with water or stock.

Jollof Rice

Ingredients

350 g/ 12.3 oz/ 2 ¾ cups parboiled rice
4 medium tomatoes (romana or plum tomatoes)
1 large red bell pepper
1-2 red chillies or ½ -1 Scotch bonnet
4 tablespoons vegetable oil (or palm oil, if available)
1 large onion
5 tablespoons tomato paste
700 ml/ 23.6 fl.oz/ 3 cups vegetable broth or chicken stock
1 Maggi stock cube (optional)
1 teaspoon dried thyme
2 teaspoons curry powder
¼ teaspoon smoked paprika
2 bay leaves
Smoked black ground pepper (optional)
Salt



Instructions

Roughly chop the tomatoes, red bell pepper and chili. Give them to the food processor and puree them until smooth. Alternatively, use an immersion blender.

Give the puree to a saucepan, bring to a boil and cook for about 4-5 minutes or until slightly thickened.

Heat the oil in a heavy bottomed pan or non-stick pan. Chop the onion and fry it until a bit softer, about 3 minutes. Add the tomato-pepper puree and simmer, stirring often, for about 10 minutes. Add the tomato paste, stir very well and let simmer for another 4-5 minutes, until the sauce has thickened. Remove about ¼ of the sauce and set it aside.

Give the vegetable or chicken stock to the pot. Crumble in the Maggi stock cube and stir well to dissolve. Bring to a boil. When the stock is boiling, add the washed rice, thyme, curry, smoked paprika, bay leaves and salt to taste. Stir well, turn the heat down to medium-low and cover the pot.

Cook until the rice is almost dry and cooked through. Add the remaining tomato sauce and stir very gently. Add some smoked or regular ground black pepper and salt to adjust the taste.

Rice & Peas

Ingredients

410g can red kidney beans
400ml Coconut Milk
2 cups of basmati rice
1 small onion, finely chopped
1 clove garlic, chopped
¼ tsp dried thyme
1 tsp salt

Instructions

Add the kidney beans (including the liquid) & the Coconut Milk to a large saucepan with the onion, garlic, thyme & salt. Add 2 cups of water, stir through & then bring to the boil.

Meanwhile rinse the rice in a sieve until the water runs clear. Once the Coconut Milk has reached boiling point add the rice, stir, reduce the heat & simmer for 30 mins or until the rice is cooked.

Serve alongside Jerk Chicken or Caribbean curry!





Fried Dumplings

Ingredients

2 cups All-purpose flour
1/2 to 1 teaspoon Salt
3 teaspoon Baking powder
3 tablespoon Unsalted Butter or margarine
3/4 cup Cold water
Oil for cooking

Instructions

Take a large mixing bowl and combine the flour with some salt and baking powder and mix it well.

Add some butter to the bowl and blend it well. Pour in some water at regular intervals to form dough. Do not make the dough too wet.

Keep kneading the dough with both hands to render it softer and smoother. Leave it to rest for 10-15 minutes in the refrigerator. Remove from the fridge and roll out 6-8 small sized balls out of it.

Heat some oil in a frying pan over medium heat. Once the oil is hot enough to fry, put these dumplings in the oil and fry them. Flip them over to fry from both the sides.

Dumplings should look light and fluffy after being fried.

Suya

Ingredients

200 gms Beef fillet, cut into cubes
3 Scotch Bonnet Chillies
3 fat cloves of garlic
2 tbsp grated ginger
1 n 1/2 red onion
1 chicken Maggie cube
2 tbsp of Maggie seasoning
2 tbsp olive oil
1 large green pepper cut in cubes
1 large red onion cut in cubes

Instructions

In a food processor, grind together the chillies, ginger, garlic, onion, Maggie cube, seasoning and oil. Form a smooth paste and marinate the beef for at least 4 hours. Now thread these onto your metal skewers alternating with the peppers and onions. Grill on charcoal till the meat is tender n almost falling of the sticks. Serve with some Joll of Rice.



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