

Macy's "Celebrates You" this Black History Month

Written by

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In celebration of the remarkable contributions made by African Americans, Macy's commemorates Black History Month with special events that celebrate you. In honor of African Americans past and present who have made an impact in their communities and have inspired others to be their best selves, Macy's "Celebrates You" events will help individuals to discover their own "brand" - their unique voice, style and personality that will empower them to advance and achieve success, like the trailblazers before them.

In the tradition of storytelling, Macy's "Celebrates You" events will consist of panel discussions with local African American leaders from community organizers and business executives to local trendsetters. These homegrown leaders will share with audiences their personal philosophies of success and give insight into the decisions and actions that have led them to be their best while inspiring others. Sheila P. Coates, founder and president of Be Your Own Brand, will moderate these spirited discussions. Coates, a marketing and brand development expert with nearly two decades of experience, has guided the images of well-known celebrities at major entertainment conglomerates including Sony/BMG and Universal Music Group.

Coates will also help participants understand the importance of personal branding and how defining an individual's visual brand can make a positive and enduring impact upon one's life and career. In addition to the panel discussions, Macy's fashion experts from Alfani and Lancôme will be on hand to put some of those image-making tips to use as they help customers enhance their personal brand with new clothing and makeup. Participants will also receive a one-day saving pass and a Black History Month engagement calendar with any purchase of \$50 or more.

Chef Jacqueline Williams Cooking Demonstration –12noon – Jackie Williams has been cooking up critically acclaimed dishes for over a quarter-century. Highlights of Ms. Williams' career include:

Owner, Abundant Bistro; St. Paul, MN (Feb., 2004-Dec., 2007). While at Abundant Bistro, Jackie has been received critical acclaim in numerous newspapers and magazines as well as on KARE 11 television. In fact, her recipe for Sea Bass Wrapped in a Potato Skirt was one of KARE 11's most requested recipes in 2004.

Williams gives tribute to Frederick Douglass. This Recipe is one of his all time favorite.

Rabbit Tenderloin on a Grits Cake, with Sautéed Onion and Pan Gravy

1 tablespoon unsalted butter

5 cups water

1 teaspoon salt

1-1/2 cups white grits

6 rabbit tenderloins, seasoned Lawry garlic seasoning salt

1 cup all purpose flour

1 cup vegetable oil

Salt & freshly ground black pepper to taste

The vegetable oil in a large skillet over medium heat. Season each rabbit tenderloin with about 1/2 teaspoon seasoning. Put the flour into a shallow pan and season with 1 teaspoon seasoning. When the oil is hot, add the tenderloins and cook about 2-3 minutes on each side.

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Remove the tenderloins and place them on a paper towel to drain. Season with salt, pepper to taste.

Pan Gravy the ½ vegetable oil in a large skillet over medium heat add ¼ cup flour
Cooked until golden brown and 1 cup of slice onions sautéed for 3 minutes then with salt and pepper 3 cup of hot water cook until thickening and flour taste is gone.

Add salt pepper

To serve: On each serving plate, put 1/4 cup of the Pan gravy, 1 grits cake, 1 rabbit tenderloin. Serve immediately.

Yield: 6 servings.

Chef Rose McGee Cooking Demonstration – 1PM – Get the sweet-and-lowdown from Chef Rose McGee, owner of Deep Roots Desserts, on baking sweet potato pie. Chef McGee will show you why her famous pie received the prestigious honor to be chosen for a 2009 Presidential Inauguration party in Washington, D.C. Writer, producer and director of “Kumbayah...The Juneteenth Story,” the multi-talented Chef McGee is currently completing her next book, Can't Nobody Make a Sweet Potato Pie Like My Mama.