

JUNETEENTH
COOK
BOOK

A Collection of Meals and Stories
from Across Cal Poly Pomona



CPP JUNETEENTH VIRTUAL COOKBOOK INTRODUCTION

“First of all, there are no real recipes. Even if someone has scribbled one down at the insistence of another relative, it’s an approximation. No piece of paper can tell you how to turn food into love.” – Michael W. Twitty, The Cooking Gene

Food has always been more than nourishment within Black communities; it has been remembrance, resilience, celebration, resistance, healing, and love made visible. Long before recipes were ever written down, stories, traditions, and sacred culinary practices were carried in the hands and hearts of those who cooked; people who, even amid hardship and displacement, transformed ingredients into something far greater than a meal: dignity, connection, survival, and home.

As reflected in the Atlanta History Center’s exploration of African American culinary history, the roots of Black cuisine stretch back to West and Central Africa, where ingredients and traditions such as okra, rice, yams, greens, black-eyed peas, beans, and slow-cooking methods carried ancestral memory across oceans and generations. These foods became more than staples; they became living testaments to cultural preservation, ingenuity, and the enduring will to survive and create beauty despite unimaginable circumstances.

Within Black communities, gathering around food has long been an act of care and collective restoration. Around kitchen tables, church halls, family reunions, and Sunday dinners, meals became sacred spaces where laughter echoed, stories were passed down, grief was held, joy was celebrated, and people were reminded that they belonged to one another. Food also nourished movements for liberation and justice from lunch counter sit-ins during the Civil Rights Movement to present-day efforts reclaiming Black farming traditions, food sovereignty, and community wellness.

This virtual cookbook is more than a collection of recipes; it is a living archive of memory, culture, family, and love from members of the Cal Poly Pomona community. Each dish carries the imprint of someone’s story. Each ingredient holds history. Each contribution reflects the enduring power of ancestry, resilience, community, and belonging.

As you explore these recipes and the stories that accompany them, we invite you to reflect on:

- What memories, people, or traditions does food connect you to?
- In what ways has food served as an expression of love, care, survival, or community in your own life?
- How can shared meals and storytelling help cultivate deeper understanding, healing, and belonging across our communities?

These pages honor the generations who carried culture in their hands and those who continue to transform food into an expression of love, resistance, healing, and hope. And perhaps now more than ever, they remind us that community is not simply where we gather, but how we help one another endure, heal, remember, rise, and thrive.

Source: Tiffany Harte, Digital Content Manager, Atlanta History Center (2024)

CHAR'S SWEET & TANGY TEXAS POTATO SALAD

BY
DR. KAREN HARRIS TYRRELL'S FAMILY



INGREDIENTS

4 potatoes
Celery
Green onions
Sweet onions
Bell peppers – green for sharpness, red for sweetness
Boiled eggs, chopped, just enough to fold in
Sweet relish
Mayonnaise or Miracle Whip
Paprika

INSTRUCTIONS

Boil potatoes until fork tender. Fold in ingredients, pepper and salt. Top with a dusting of paprika.
Surprise ingredient: raisins for sweet and tanginess folded in.

HOT WATER CORN BREAD

BY
MADEAR,
RELATIVE OF DR. KAREN HARRIS TYRRELL



INGREDIENTS

1 cup cornmeal
½ cup of green onions or shallots
1 tsp. salt
1 tsp. white sugar
¾ cup boiling water
1 tbsp. rendered bacon fat (can substitute pork belly or salt pork)
1 cup rendered bacon fat, or as needed (can substitute pork belly or salt pork)

INSTRUCTIONS

Gather all ingredients. Render 2 pounds of bacon, or render 2 pounds of salt pork or pork belly.

Combine cornmeal, salt, and sugar in a medium bowl with the green onions (or shallots). Add water and 1 tablespoon rendered pork fat; stir until pork fat melts. Pour rendered pork fat to a depth of 1/2-inch in a large skillet; heat to 375° F (190° C).

Shape cornmeal mixture into 12 flattened balls using a heaping tablespoon as a measuring guide.

Fry, turning once, in hot oil until crisp and golden brown, about 5 minutes. Drain on paper towels and serve warm with honey.

RECIPE TIP

You can use shortening in cornbread batter instead of bacon grease if desired, but the smokiness of the rendered pork fat gives this hot water cornbread its distinctive flavor.

DEVILED EGGS

BY
DAVID SEDILLO



"Deviled eggs remind me of family and togetherness. They have been a staple at every gathering for years and always bring me a sense of comfort."

TO MAKE A DOZEN HALVES (CAN BE SCALED UP)

INGREDIENTS

6 large eggs
1 tsp. Dijon mustard
1 to 2 dashes hot sauce, to taste
Salt, to taste
¼ tsp freshly ground black pepper
1 tbsp. snipped fresh chives
3 tbsp. mayonnaise
Paprika, for garnish
Whole fresh chives, for garnish
Bacon bits, for garnish (optional)

INSTRUCTIONS

Rinse eggs with warm water, and place in a small saucepan. Cover with cold water, place the pan over medium-high heat and bring to a boil. Turn off heat, cover and let sit for 10-12 minutes. Drain, rinse under cold water or transfer to a bowl of ice and water, then peel. Cool in the refrigerator, loosely covered, for 15 minutes.

Halve eggs lengthwise, and carefully remove yolks. Place yolks in a bowl, and mash with a fork. Stir in mustard, hot sauce, salt, pepper, snipped chives and mayonnaise.

Fill each egg white with about 1½ teaspoons of the egg-yolk mixture using a spoon, or a sealed Ziploc bag with a cut corner and dust the top with paprika. Arrange on a platter; garnish with whole chives and bacon bits, if using.

SMOTHERED CHICKEN

BY LA'KEISHA BEARD



"This dish always feels like love. It is like a warm hug on cold day. I loved when my grandmother made it. As a child It was one of my favorite meals."

INGREDIENTS

Extra virgin olive oil
2 lbs thinly sliced boneless, skinless chicken breasts or chicken thighs
Salt and cracked black pepper
1 cup of all-purpose flour
1 stick of unsalted butter.
1 yellow onion
1 medium red bell pepper
1 stalk of celery
3 cloves of garlic minced
2 cups of chicken stock
Onion powder, garlic powder, paprika, and cayenne pepper

INSTRUCTIONS

Heat 4 tablespoons of olive oil in a 12-inch cast-iron skillet or a large, heavy-bottomed skillet over medium-high heat.

Season the chicken with garlic salt and pepper on both sides.

Coat the chicken breasts in flour on both sides and shaking off any excess.

Place the chicken in the hot oil and cook for 5-7 minutes on both sides until golden brown. Transfer the chicken breasts to a paper towel-lined plate.

After you have cooked all of the chicken, use the same skillet and melt two tablespoons of butter, add the onion, bell pepper, and celery and cook for 3-5 minutes until the veggies begin to soften. Stir the veggies with a wooden spoon, scraping up any brown bits at the bottom of the pan. Add the minced garlic and cook for another minute.

Add two tablespoons of flour to the skillet and cook while stirring for 1-2 minutes. Pour the chicken stock into the skillet while stirring constantly so that lumps do not form. Stir in then add the onion powder, garlic powder, paprika, and cayenne pepper to taste and simmer the gravy for 2-3 minutes.

Put the chicken back to the skillet with the gravy. Lower the heat to medium, cover, and simmer the chicken and gravy for 15-20 minutes until the gravy has thickened and the chicken is tender.

SMOTHERED CHICKEN AND SOUTHERN-STYLE BLACK-EYED PEAS

BY

AS TOLD, NOT WRITTEN BY DR. KAREN HARRIS TYRRELL'S FAMILY



INSTRUCTIONS

Preheat oven.

You will need chicken drumsticks and thighs, bone-in, with skin. In a bowl, mix, flour, paprika, garlic powder, onion powder, black pepper, salt, and just enough cayenne to let you know it was there. Coat the chicken pieces evenly, skin side down. Place in oven dish and bake until done. On a skillet, in went the red onions – thinly sliced, softening into something sweeter, more generous. Then the garlic – brief, careful, never allowed to brown. Then came the roux. A few spoonfuls of that same seasoned flour, stirred into the onions and garlic until everything coated, everything connected. This part required attention. Respect. The slow pour of chicken stock followed – whisking constantly, smoothing out every lump like you were smoothing out time itself. “Stay with it.” Heavy cream, Worcestershire sauce, fresh thyme – each one layered in, building toward something that couldn’t be rushed and couldn’t be faked. The gravy would come together not because of a timer – but because it was ready. Because it felt right. When the chicken returned to the skillet, skin-side up, partially resting in that rich, velvety gravy, it looked like it had found its place again. Like it belonged there. Covered and placed into the oven, it finished the journey in quiet heat. When the chicken came out – tender, fully transformed – Mom would sprinkle fresh parsley across the top like a final signature.

Juneteenth was not abstract in this family. It was personal. Because on June 19, 1865, in Galveston, Texas, Union soldiers finally arrived to announce that enslaved Black people were free – more than two years after the Emancipation Proclamation had declared it. Freedom had been written. But it had not been delivered. And families like Mom Tyrrell’s never forgot that delay. “That’s why we celebrate,” she would say. “Not just freedom – but the fact that we made it to it.” By the time Juneteenth morning came, the beans were ready.

Swollen from soaking. Softened, but still holding shape. Prepared. Just like the people who had come before them. In a large stock pot, the oil warmed first – never rushed, never overheated. Then came the base: Onions. Garlic. Spicy Italian sausage. The sizzle rose up, filling the kitchen with that first layer of promise. “Let it soften,” Mom Tyrrell would say. “Let it open up.”

Five to ten minutes. No shortcuts. Then the deeper notes: Ham hocks – or salt pork, depending on what was on hand. Because like everything in this recipe, substitutions were allowed. Adaptation was part of survival. Chicken broth followed – rich, steady, filling the pot with possibility. Covered. Lowered to a simmer. Time, again, doing its work. “Black-eyed peas kept people alive,” she would say, stirring gently. Long before they were symbols of luck, they were sustenance. Enslaved Africans and their descendants cultivated and consumed black-eyed peas because they were accessible, resilient, and nourishing—able to grow in harsh conditions, able to stretch across many meals. “They gave us what we needed,” she’d say. “Even when the world didn’t.” Over time, the peas took on new meaning – especially in the South – becoming a symbol of good fortune, of survival, of hope for what comes next. But in this kitchen, they were never just about luck. They were about endurance. After the first hour, the pot deepened. Seasoned salt – preferably Old Bay – onion powder, cumin, black pepper, crushed red pepper, bay leaves. Each one added with intention.

Each one layered into the story. “Now bring it up,” she’d say. “Then let it settle.” A brief boil. Then back down to a simmer. Another hour. Because some things can’t be hurried—not justice, not healing, not flavor. By the final stretch, the house would be alive with it. The smell of the peas – earthy, rich, carrying hints of smoke and spice – would weave itself through every room, settling into conversations, wrapping around laughter. Uncovered now, the pot would continue to cook until the peas were tender. Not falling apart. Not resisting. Just right. The peas were topped with fresh kale that had been lightly sauteed. When the bay leaves were removed, the dish was complete. But the story wasn’t. At the table, Mom Tyrrell would serve the peas alongside everything else – the greens, the cornbread, the meats that anchored the meal. The peas were served over white long-grain rice. And someone – every year, without fail – would say: “These are supposed to bring good luck, right?” She’d smile, just a little.

“They do,” she’d say. Then she paused. “But don’t get it twisted.” Because in her family, luck was never something you simply received. It was something you made. Out of land you didn’t own. Out of time that was taken. Out of freedom that came late – but was claimed anyway. And as the plates filled and the stories flowed, the black-eyed peas sat there – quiet, steady, carrying generations in every spoonful. Not just luck. Not just tradition. But proof. That even when justice was delayed, even when the road was long, even when survival was uncertain – They endured. They adapted. They made a way. And every Juneteenth, that pot said the same thing it always had:

We are still here.

VEGAN RED BEANS

BY LA'KEISHA BEARD



HEARTY, FLAVORFUL, AND PERFECT FOR SHARING

INGREDIENTS

1 lb. dry red beans, soaked 8-24 hours
1 onion, diced
1 bell pepper, diced
3-4 celery stalks, diced
4-6 garlic cloves, minced
1 cup fresh parsley, chopped
1.5 cups water
1.5 cups vegetable stock
Cajun seasoning (to taste)
Ground black pepper (to taste)
1/2-1 tsp. cumin
1/2-1 tsp. turmeric
1/2-1 tsp. smoked paprika
2 tsp. liquid smoke
2 bay leaves

INSTRUCTIONS

Prep the Beans

Rinse beans thoroughly.
Soak 8 - 24 hours in unsalted water.
Drain and rinse again.

Sauté the Vegetables

In a skillet or pot, sauté onion, bell pepper, and celery until softened.

Add garlic and cook 30 - 60 seconds.

Add parsley and let it wilt.

Combine Everything

Add soaked beans to a pot.

Add sautéed vegetables.

Add water, vegetable stock, seasonings/spices, and liquid smoke.

Stir well.

Simmer

Cover and simmer 2 - 3.5 hours.

Stir occasionally and add liquid if needed.

Mash a few beans for creaminess.

Serving Suggestions

Over hot rice

With cornbread

With roasted vegetables

Garnished with green onions or extra parsley

DECADENT SIX-CHEESE SOUTHERN MACARONI AND CHEESE

BY
DR. KAREN HARRIS TYRRELL



INGREDIENTS

1 lb. elbow macaroni noodles uncooked
1 tbsp. salt
1 cup shredded sharp cheddar cheese (4 ounces)
1 cup shredded pepper jack cheese (4 ounces)
1 cup shredded gruyere cheese (4 ounces)
1 cup shredded smoked cheddar cheese (4 ounces)
1 cup shredded smoked gouda cheese (4 ounces)
½ cup finely shredded parmesan cheese (1.5 ounces)
½ cup butter (113 grams)
½ cup all-purpose flour (65 grams)
4 cups half and half
1 tsp. kosher salt
½ tsp. black pepper
½ tsp. Italian seasoning
½ tsp. garlic powder
½ tsp. smoked paprika

Optional: Add 1 cup of Real Bacon bits

INSTRUCTIONS

Preheat the oven to 350°F (177°C). Butter a 9 x 13 baking dish or spray with nonstick cooking spray.

Fill a large pot with water and add 1 tablespoon of salt. Bring the water to a boil over high heat. Cook the macaroni noodles according to the package directions for al dente. When cooked, drain the pasta and set aside. (You may substitute the macaroni noodles with fusilli, radiatori, rigatoni, or ziti pasta noodles).

Meanwhile, mix the sharp cheddar, pepper jack, and gruyere cheese in a medium bowl. (1 cup shredded sharp cheddar cheese, 1 cup shredded Pepper Jack cheese, 1 cup shredded gruyere cheese)

In a separate bowl, mix the smoked cheddar, smoked gouda, and parmesan cheese. Set aside. (1 cup shredded medium cheddar cheese, 1 cup shredded Smoked Cheddar cheese, ½ cup finely shredded parmesan cheese)

Melt the butter in an 8-quart stock pot over medium heat. Once melted, whisk in the flour and cook for 1 minute, stirring continuously (½ cup butter, ½ cup all-purpose flour). Slowly pour in 2 cups of half and half, whisking continuously until the flour is blended in. Then add the remaining half and half, 1 teaspoon of salt, and the black pepper, garlic, and paprika (This is the point that you add the real bacon bits if desired).

Whisk frequently and continue cooking for several minutes until the sauce has thickened. (4 cups half and half, ½ teaspoon black pepper, ½ teaspoon garlic powder, ½ teaspoon smoked paprika, 1 teaspoon kosher salt)

Remove the pan from heat and stir in the sharp cheddar, pepper jack, and gruyere. Stir until the cheese is completely melted.

Add the macaroni noodles and mix until the noodles are well-coated. Pour half of the noodles into the prepared casserole dish. Then sprinkle 1 ½ cups of the smoked cheddar, smoked gouda, and parmesan mixture over the noodles. Top with the remaining macaroni, then add the rest of the cheese over the top of the dish.

Bake for 15 minutes, or until the cheese has melted and the sauce is bubbling. You may top with Panko if desired.

MOM PEPPERS'S FOUR-CHEESE MACARONI RECIPE

BY
DR. MARLA E. PEPPERS



"I never ate Kraft Mac & Cheese growing up. My Mother only made this at the holidays because of the time it took to prepare all the ingredients. I make the exact same recipe for my son, continuing the family tradition!"

INGREDIENTS

1 lb. dried macaroni pasta
4 oz butter
1/4 cup all-purpose flour
16 oz milk
1 tsp. salt (optional)
1/4 tsp. cayenne pepper
Pinch garlic powder (to taste)
4 oz grated Swiss cheese
2 oz crumbled blue cheese (or to taste)
4 oz grated sharp cheddar cheese
1 oz grated Parmesan cheese
1 cup buttered breadcrumbs (optional)

INSTRUCTIONS:

Boil pasta in salted water until just tender. Drain well.

Prepare the sauce:

Melt butter in heavy saucepan, blend with flour and cook for several minutes over medium heat. Heat milk to boiling point, stir in the flour-butter mixture, and continue stirring until thick. Add seasonings and simmer for 4-5 minutes.

Butter a 3 to 3.5 quart baking or casserole dish. Arrange alternate layers of pasta, sauce and a mixture of the Swiss, blue and cheddar cheeses, ending with a layer of the cheese. Top with the Parmesan and breadcrumbs.

Bake at 350° for 25 minutes, or until top is browned and the sauce bubbling.

MAC AND CHEESE

BY
ELENA ALEMAN



“My daughter is a cheese fanatic and was over joyed when I started making mac and cheese for her even though I didn’t grow up having it. I shared mac and cheese with my extended family and now it is requested at all our family potlucks. I love to see the kids say “more mac and cheese please!”

INGREDIENTS

16 oz elbow macaroni, cooked
1 tbsp. extra virgin olive oil
6 tbsp. unsalted butter
1/3 cup all-purpose flour
1 tsp. of chopped garlic, fresh or from bottle
3 cups whole milk
1 cup heavy whipping cream
4 cups sharp cheddar cheese shredded
2 cups Gruyere cheese shredded
Salt and pepper to taste
1 1/2 cups Panko crumbs
4 tbsp. butter melted
1/2 cup Parmesan cheese
Paprika or smoked paprika to taste

INSTRUCTIONS

Preheat oven to 350°. Lightly grease a large 3 qt or 4 qt baking dish and set aside. Combine shredded cheeses in a large bowl and set aside.

Cook the pasta one minute shy of al dente according to the package instructions. Remove from heat, drain, and place in a large bowl. Drizzle pasta with olive oil and stir to coat pasta. Set aside to cool while preparing cheese sauce.

Melt butter in a deep saucepan, Dutch oven, or stock pot. Whisk in flour over medium heat and continue whisking for about 1 minute until bubbly and golden. Add garlic for about a minute while whisking to sweat it a bit. Gradually whisk in the milk and heavy cream until smooth. Continue whisking until you see bubbles on the surface and then continue cooking and whisking for another 2 minutes. Whisk in salt and pepper (paprika if you like).

Add two cups of shredded cheese and whisk until smooth. Add another two cups of shredded cheese and continue whisking until creamy and smooth. Sauce should be nice and thick.

Stir in the cooled pasta until combined and pasta is fully coated with the cheese sauce.

Pour half of the mac and cheese into the prepared baking dish. Top with remaining 2 cups of shredded cheese and then the remaining mac and cheese.

In a small bowl, combine panko crumbs, Parmesan cheese, melted butter and paprika. Sprinkle over the top and bake until bubbly and golden brown, about 30 minutes. Serve immediately.

MAC AND CHEESE

BY
RAYHEEM ESKRIDGE



"This Mac and cheese recipe is emblematic of what chosen family means to me. The recipe originated with my best friend Victor's family. It was taught to him by his auntie. It wasn't something that was written down in a family cookbook, as is so often the case. He had to commit the recipe to memory through observation, and time spend in the kitchen shredding blocks of cheese at his auntie's request. It was shared with me many moons ago under the same conditions. And over the many years since, Victor and I have made changes that better suit our palate, such as swapping out the muenster cheese for monterey jack, and the near-religious and exclusive use of one particular brand of elbow noodles because they cook to al dente in exactly 8 minutes every time."

FOR THE BAKING DISH

1/2 stick unsalted butter or 2 tbsp vegetable oil (to grease the dish)

1 lb. elbow macaroni
1 stick salted butter (melted)
1/2 cup shredded Monterey Jack cheese*
1/2 cup shredded mild cheddar*
1/2 cup shredded sharp cheddar*
8 oz Velveeta cheese (cubed)
1 cup milk
1 cup heavy cream
2 large eggs
1/4 teaspoon white pepper
1/4 teaspoon paprika

* Block of cheese. Do not use pre-shredded cheese.

INSTRUCTIONS

Preheat oven to 375° to 400° (depending on your oven)

Grease a large casserole or baking dish.

Shred each cheese block. Mix in a large bowl. Set aside.

Beat 2 large eggs. Mix beaten eggs, 1 cup milk, 1 cup heavy cream, white pepper, paprika. Set aside.

Fill a large pot with water to cook the macaroni. Add salt to water and bring to boil. Add macaroni to water. Boil for 8 mins. Drain macaroni, do not rinse or cool. Add butter to macaroni, toss.

In a very large bowl, combine macaroni, cubed Velveeta cheese, half the shredded cheese mixture, and the milk/eggs mixture. Mix well.

Into a large casserole or baking dish, add half the macaroni. Layer on top 1/2 the remaining shredded cheese. Add remaining macaroni. Cover the top with remaining shredded cheese.

Place baking dish into 375-400° degree oven. Bake uncovered for 20-25 mins. Check macaroni. If the top is getting dark and crusty too fast, at this point cover with foil. Continue cooking another 10-15 mins. Average total bake time: 32 mins. If top needs more color, turn up oven to 400-425° and bake uncovered additional 3-5 mins.

Remove and serve hot.

MARRY ME CHICKEN

BY

DR. DEVONEIA JORDAN



“As a young adult, I remember my grandmother cooking this dish and everyone enjoying it as we ate Sunday dinner, while laughing and talking. This comfort meal is cooked along with mashed potatoes for a savory and complete meal.”

INGREDIENTS

4 boneless, skinless chicken breasts (or thighs for extra Southern flavor)
Salt & black pepper (to taste)
1 tsp. paprika
1 tsp. garlic powder
½ tsp. onion powder
2 tbsp. olive oil
2 tbsp. butter
4 cloves garlic, minced
½ cup chicken broth
1 cup heavy cream
½ cup grated parmesan cheese
½ cup sun-dried tomatoes (chopped, oil-packed for best flavor)
1 tsp. crushed red pepper flakes (optional, for a little kick)
1 tsp. Italian seasoning
1 tbsp. cream cheese (Southern twist for extra richness)
Fresh basil or parsley (for garnish)

INSTRUCTIONS

Season and Sear the Chicken

Season chicken generously with salt, pepper, paprika, garlic powder, and onion powder. Heat olive oil in a large skillet over medium-high heat. Sear chicken for 4–5 minutes per side until golden brown. Remove and set aside.

Build That Southern Flavor Base

In the same skillet, melt butter and sauté garlic until fragrant (about 30 seconds). Pour in chicken broth to deglaze the pan—scrape up all those flavorful bits.

Make the Creamy Sauce

Lower heat and stir in heavy cream, parmesan cheese, cream cheese, sun-dried tomatoes, red pepper flakes, and Italian seasoning. Let simmer until thickened (about 3–5 minutes).

Bring It All Together

Return chicken to the skillet, spoon sauce over the top, and simmer for another 5–7 minutes until chicken is fully cooked and tender.

Garnish and Serve

Top with fresh basil or parsley.

Pro Tips (Southern Kitchen Wisdom)

Use chicken thighs if you want a juicier, more forgiving cut.
Add a splash of white wine before the cream for deeper flavor.
A pinch of smoked paprika gives it a subtle Southern BBQ vibe.

TRINIDAD STEWED CHICKEN RECIPE

BY

DR. JENELLE SHANTAL PITT-PARKER



"Growing up in LA, I remember my Granny cooking stew chicken and macaroni pie that I would eat after school. Now, my Dad is the one who makes the stew chicken, macaroni pie, and callaloo."

Ingredients

- 4 pounds chicken cut into 2 inch pieces
- 3 tablespoon vegetable oil
- 5 tablespoons brown sugar
- 2 scallions – about 1 cup chopped scallion
- 1/2 onion small
- 4 cloves garlic grated or minced
- 1 plum tomato chopped (optional)
- 1 tablespoon grated ginger grated, optional
- 4 tablespoons ketchup optional
- 4 sprigs thyme
- 1 tablespoon bandhania minced
- 2 pimento peppers and/or habanero pepper to taste (optional)
- 2 tsp Salt to taste
- 1 teaspoon black pepper

INSTRUCTIONS

Prep: Wash chicken with the juice of one lemon, lime or vinegar and water, rubbing to remove slime, also remove excess skin, fat. Wash a second time with plain water. Drain well. Wash and chop scallions, tomatoes, peel and chop onion, grate ginger and garlic, cut pimento or habanero if using. Alternately, chicken can be seasoned ahead of time with scallion, onion, garlic, tomato (optional), ginger (optional), thyme, pimento pepper, hot pepper-if using, salt and black pepper, ketchup.

In a large pot over medium heat, add oil. When the oil is hot but not smoking, add sugar and allow it to bubble, froth, expand and darken. Do not allow it to smoke and get black. This is the same technique I used with the pelau and stewed lamb.

Add chicken and listen to it sing in the pot! Immediately raise the heat to high and stir continuously to coat with the brown sugar, about 2 minutes.

If chicken was not pre-seasoned, now add scallion, onion, garlic, tomato (optional), ginger (optional), thyme, pimento pepper, hot pepper-if using, salt and black pepper, ketchup and cook 1-2 minutes more while stirring. Also add potatoes and cooked peas now if using.

RED BEANS AND RICE

BY
ANNIE WILDER, AUNT OF
DR. JONATHAN GRADY



“Food has always been more than nourishment in our family, it has been a gathering place for love, healing, laughter, and belonging. My aunt, the heart of our Sunday dinners, makes this dish with a kind of care that reminds us that some of the deepest expressions of love are shared around a table.”

INGREDIENTS

- 1 lb. of dried red kidney beans
- 1 ham hock washed
- ¼ cup of bacon drippings
- ½ cup of green bell peppers chopped
- 1 stick of butter
- 1 large onion chopped
- 2 garlic cloves minced
- ¼ cup of olive oil
- 3 bay leaves
- 2 tbsp. of seasoning salt (additional seasoning to taste)
- 1 tsp. of liquid smoke
- 1 tsp. of red pepper
- 2 cups of long grain white rice
- 4 cups water

INSTRUCTIONS

Place beans in a large colander. Wash beans under cold running water
Place beans in a larger bowl and add enough water cover by 3 inches. Soak overnight.

Place ham hock in a 6-quart pot with enough water to cover. Bring to boil.
Reduce heat to low and cover to simmer for 1 hour.

Add beans and additional water if needed to cover beans by 3 inches
Cover pot and allow beans to simmer over low heat for 45 minutes.
Meanwhile, in a large skillet, heat and sauté bacon drippings, butter, onions, garlic cloves, bay leaves, seasoning salt, red pepper, liquid smoke, olive oil, and green bell peppers.

After beans have simmered, add the sauteed ingredients from the skillet
Simmer uncovered for an additional 45 minutes or until the beans are done and liquid has the consistency of a thick to medium gravy. Add additional seasoning as needed.

Make and serve with steamed white rice.

Add the uncooked rice to a pot with 4 cups water. Place a lid on the pot and turn the heat up to high. Once the pot reaches a full boil, turn the heat down to low and let the rice simmer for 15 minutes. After 15 minutes, turn the heat off and let the rice sit, undisturbed, lid in place, for an extra 5 minutes. Fluff with a fork just before serving.

GRANDMA OPAL GREENS

BY
KENNETH PARTNER



“Being raised by black women, I can remember both my mother and grandmother cleaning the greens and cutting the stems and selecting the right seasonings to get them just right. Culturally collard greens have deep roots in slavery and in the south that Were brought out west during the great migration.”

INGREDIENTS

2 bunches fresh collard greens (see note)
1 tbsp. extra virgin olive oil
2 tbsp. salt
½ cup finely diced onions
1 tbsp. minced garlic
½ tsp. red pepper flakes
4 - 5 cups chicken broth (can replace 1 cup with water if desired)
1 fully-cooked smoked turkey leg or wing (about 13 oz)
1 tbsp. white distilled vinegar
Applewood smoked salt & black pepper, to season

INSTRUCTIONS

Prepare the collard greens bath by filling your kitchen sink with cool water and adding vinegar and salt.

Remove the collard greens from the stems by folding them in half lengthwise and pulling the leaf away from the stem (discard the stem or see note below on how to cook them).

Place the collard greens into the prepared water bath and swish them around several times, scrubbing them to help loosen up any dirt.

Let the collard greens soak for 15-20 minutes, giving them a scrub midway. Drain the water and refill with plain water and allow the greens to soak again if needed. Repeat as many times as needed until the water is free from any dirt or grit. After the final soak, drain the water. Next, rinse and scrub each leaf front and back with cool water to ensure they are squeaky clean.

Tear the greens into bite-sized pieces and set them aside.

Cook the Greens

In a large pot, heat olive oil. Add onions and sauté until tender.

Add garlic and red pepper flakes and cook until garlic is fragrant. Pour in the broth and add the turkey leg. Bring to a boil. Add collard greens and reduce heat to a simmer. Cover and cook collard for 1 hour (or longer depending on your desired tenderness), stirring regularly.

Once done, stir and then taste the broth and the greens. (add a little water if the broth is too bold for your liking)

Stir in vinegar and smoked salt, and black pepper if desired.

VEGAN COLLARD GREENS

BY
LA'KEISHA BEARD



"I grew up eating collard greens with lots of meat in them, this is my twist on a family favorite."

INGREDIENTS

1/2 small yellow onion diced
3 cloves garlic minced
3 cups vegetable broth
2 lbs. collard greens
½ tsp. of each- black pepper, onion powder, garlic powder,
Cayenne pepper, red pepper flakes, and garlic salt

INSTRUCTIONS

Wash collard greens
Put everything in a large stock pot
Simmer on medium heat covered until tender

GRANDPA RICHARD'S SOUTHERN MIXED GREENS

BY
DR. KAREN HARRIS TYRRELL'S FAMILY
(AS TOLD, NOT WRITTEN)



INGREDIENTS AND INSTRUCTIONS

Select about your collard greens, mustard greens, and kale. Your choice whether you choose pre-packaged or fresh picked, just make sure they are FRESH. If you choose pre-packaged greens, steps 2-4 are unnecessary.

Prepare the greens by cutting off the leaves from the stem. Then cut the greens into bite size pieces. Discard stems.

Soak the greens in 3-4 tbsp. of baking soda, preferably overnight.

Wash leaves 3-4 times to ensure that no grit remains.

Place 2 medium sized smoked Ham Hocks in large pot with onion/ garlic / salt/pepper/ red pepper flakes and vinegar. Add fresh water which should just cover the hocks. Cover and cook about 30 minutes. You can also use salt pork or smoked turkey.

Add the greens to the pot and cover. Cook for 2.5 hours, or until the greens are tender and the meat has fallen off bone.

MAMA GERRI GEORGE'S BANANA PUDDING

BY
DR. GYASMINE GEORGE-WILLIAMS



"I made banana pudding with my mom for years. I miss her dearly and think of her every time I make it :)"

INGREDIENTS AND INSTRUCTIONS

In a large bowl, whisk the pudding mix with two cups of cold milk. Stir until the pudding begins to thicken, about 2 minutes. Using a flexible spatula, fold the Cool Whip into the vanilla pudding. Cover the pudding mixture and refrigerate for 10-15 minutes until the pudding is just set. While the pudding is in the fridge, peel and slice the bananas into thin rounds and set aside until it's time to assemble.

Assemble the banana pudding. In a casserole dish, trifle bowl or any large glass dish, start by layering vanilla wafers at the bottom. Make sure to cover the entire surface with a single layer of wafers. Next, place the banana rounds in a layer on top of the vanilla wafers. Make sure to evenly distribute the banana slices for consistent flavor in each bite.

Pour a layer of the prepared pudding mixture over the bananas. Use a spatula to spread it out, creating an even layer. Repeat steps 4-6 until you run out of space or ingredients. Try to make the last layer a layer of pudding.

Top the banana pudding with an even layer of Cool Whip, followed by some vanilla wafers. Cover the banana pudding and refrigerate for 4 hours.

7-UP SOUTHERN POUND CAKE

BY
LA'KEISHA BEARD



“My grandmother was a serious baker. Every holiday season our family and family friends looked forward to my grandmother’s 7-up cake.”

INGREDIENTS

3 cups of cake flour (measured correctly)
3 sticks of unsalted butter (room temperature)
3 cups granulated cane sugar
5 large eggs, room temperature
 $\frac{3}{4}$ cup 7-Up , room temperature
2 tsp. pure vanilla extract
1 tsp. pure lemon extract

INSTRUCTIONS

Preheat oven to 325 F. Grease a 10-inch bundt cake pan with a thin layer of shortening (I use butter-flavored shortening for this. It gives the crust a nice golden crunch and buttery flavor). then very lightly coat it with flour. Set aside. In a large bowl, add flour. Set aside. In another large bowl, cream together the butter and sugar until creamy.

Mix in eggs one at a time. Keep your mixture on low speed and do not overmix. Mix the flour into the wet ingredients a little at a time. Mix until batter is combined and fluffy. Keep the mixer on low speed. Be sure to scrape down the sides of the bowl regularly.

Blend 7-UP into the mixture. Add vanilla extract and lemon extract. Spoon batter evenly into the prepared bundt pan. Shake and tap the pan on the counter to even out the batter and release any air pockets.

Place on the middle rack and bake for 1 hour and 15 minutes or until a cake tester or toothpick inserted into the pound cake comes out clean (Ovens vary, and you may need to add a few more minutes).

Place the pan on a cooling rack until it is cool enough to touch but still warm. Carefully remove the cake from the pan and place it on a wire rack to cool.

VEGAN LEMON CUPCAKES

BY
LA'KEISHA BEARD



“My husband Is a baker and about 14 years ago he became vegetarian. Now he is always looking for health alternatives for the sweet treats we love.”

INGREDIENTS

2 cups all purpose flour
1 cup coconut sugar
2 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 cup unsweetened almond milk (or any plant milk)
1/3 cup neutral oil (canola, vegetable, or melted coconut oil)
1/3 cup fresh lemon juice
Zest of 2–3 lemons
1 tsp. vanilla extract
1 tbsp. apple cider vinegar

OPTIONAL LEMON GLAZE

1 cup powdered sugar
2 – 3 tbsp. fresh lemon juice
1/2 tsp. lemon zest

INSTRUCTIONS

Preheat oven to 350°F and line a 12-cup muffin pan with cupcake liners.

Mix Dry Ingredients

Whisk together flour, coconut sugar, baking powder, baking soda, and salt.

Mix Wet Ingredients

In a separate bowl, combine plant milk, oil, lemon juice, lemon zest, vanilla, and apple cider vinegar.

Combine

Pour wet ingredients into dry and stir until just combined – avoid overmixing.

Fill & Bake

Fill each liner about 3/4 full and bake 18–22 minutes, or until a toothpick comes out clean. Cool completely.

Glaze (Optional)

Whisk powdered sugar with lemon juice until smooth, then drizzle over cooled cupcakes



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