




CELEBRATING  
**BLACK**  
**HISTORY**

Thank you so much for deciding to take part in the “Taste of Culture” culinary event that is focusing on celebrating Black history.

The following are the recipes that we have chosen for the evening and we hope you enjoy your time with us as well as the meal that you are creating.





**Red Drink has deep roots in African Black American and American Indian diasporas. Many variations of this flavorful and healthy beverage can be found in Latin and Caribbean countries as well. The African version uses hibiscus, brought by slaves to the Americas. North American climates are more suitable for sumac and sassafras which were heavily used by the many Native American tribes. All three of these herbs and berries provided much benefit to the body, as they are traditionally brewed with ginger and other herbs. Some of these benefits include gut and urinary tract regulation, clearer skin and eyes among many other health benefits.**

**There are less health modern day versions of the drink like Kool Aid, Cherokee Red and Tahitian Treat.**





**Sumac  
Sassafras  
or  
Hibiscus  
Ginger  
Lemon  
Agave or  
Honey  
1.5 oz rum  
or vodka**

## **Red Drink**

**Sumac, sassafras or  
hibiscus  
add ginger, lemon,  
brew like a tea and  
strain**

**Sweeten with agave  
or wild honey**

**Once “tea” has  
cooled, add ice and  
either rum or vodka**



**-4 TORTILLAS**

**-HALF ONION-  
SLICED INTO THIN  
STRIPS**

**- 1 SCALLION -  
SLICED**

**1 CARROT -  
SHREDDED**


**¼ HEAD GREEN  
CABBAGE -  
SLICED INTO THIN  
STRIPS**

**1 TSP GARLIC  
1/2 TSP CUMIN  
1 TSP ADOBO  
SALT TO TASTE  
2 TBS OIL  
1 SPRIG OF EACH  
CILANTRO &  
THYME**

## **TOSTADA WITH BLACK BEAN PUREE, ISLAND STIR-FRIED CABBAGE**

### **METHOD:**

**PREHEAT OVEN TO 350.  
WARM OIL IN MEDIUM-LARGE SAUCEPAN  
OVER MEDIUM-HIGH HEAT  
ADD SLICED ONION AND CARROT AND  
SAUTEE FOR 2 MINUTES.  
ADD SLICED CABBAGE AND SPICE MIXTURE  
AND SAUTEE ON MEDIUM HIGH FOR 1  
MINUTE, THEN SQUEEZE LEMON JUICE IN  
AND SAUTEE ON MEDIUM HEAT FOR 3-5  
MINUTES, PERIODICALLY STIRRING. TAKE  
OFF THE HEAT AND SET ASIDE WITH LID ON  
WHILE YOU MAKE THE TOSTADAS.  
RUB TORTILLAS ON ALL SIDES WITH OIL,  
SPREAD HALF THE BLACK BEAN PUREE ON  
ONE SIDE OF EACH TORTILLA. PLACE ON  
BAKING SHEET AND BAKE IN OVEN,  
CHECKING FOR TOASTED EDGES EVERY 15  
SECONDS, ONCE TOASTED REMOVE FROM  
OVEN  
SPOON SOME OF THE CABBAGE STIR FRY  
OVER EACH TOSTADA, GARNISH WITH  
SLICED SCALLION AND ENJOY.**







## Red Beans and Rice

Traces of this classic African comfort and celebratory dish can be found throughout the Caribbean and Americas.

African slaves from the Senegal Valley were sought after due to their farming techniques including rice cultivation.

Started out with black eyed peas (Hopping John in South Carolina and Louisiana Creole) then later consisting of red beans due to availability and influence from the Caribbean.

This dish was served on Monday also known as “Wash Day” when many Black women would make the dish in clay pots using the remaining boiled water to slow cook beans after washing all the clothes. The historic Black Chef and

American cuisine pioneer Leah Chase of the famous Dooky Chase restaurant in New Orleans took this dish to a famous height. Influenced by Haitian and Cuban migrants, the dish is a strong staple of Black culture.





1 cup Rice

1 cup kidney beans

1 tsp garlic granules

1 tsp cumin

1 tsp adobo

1 tsp chili powder

1 tsp smoked paprika

1 stick celery - diced

half onion - diced

1 zucchini - diced

1 scallion - sliced

1 clove peeled, minced  
garlic

4 white button mushrooms  
- sliced

1 red bell pepper

6oz crushed fire roasted  
tomatoes

½ tbsp tomato paste

## RED BEANS & RICE

**ADD RICE TO MEDIUM POT WITH 2 PARTS WATER, WITH SALT TO SEASON. (1:1 RATIO RICE TO WATER IF USING A RICE COOKER OR INSTAPOT).**

**BRING POT TO A BOIL, TURN TO LOW, COVER AND LET RICE COOK 20 MINUTES, THEN TURN OFF HEAT AND LET POT SIT ON THE SAME BURNER FOR 5-7 MINUTES TO STEAM.**

**WARM OIL IN A MEDIUM-LARGE SAUCE PAN OVER MEDIUM-HIGH HEAT, ADD DICED ONION, CELERY, CARROT, BELL PEPPER AND THE SLICED MUSHROOMS AND SAUTEE FOR ONE MINUTE.**

**ADD SPICES AND MINCED GARLIC AND SAUTEE FOR ANOTHER MINUTE.**

**ADD TOMATO MIXTURE, TURN HEAT DOWN TO MEDIUM AND ADD ZUCCHINI.**

**STIR VIGOROUSLY IN 10 SECOND INTERVALS FOR ONE MINUTE**

**ADD KIDNEY BEANS, TURN HEAT DOWN TO LOW, COVER AND COOK ON LOW FOR 5-8 MINUTES, ADDING SMALL AMOUNTS OF WATER IF MIXTURE GETS TOO THICK.**

**PLATE THE RED BEAN AND VEGGIE GRAVY MIXTURE IN SHALLOW BOWLS. PLACE SCOOPS OF RICE ON TOP OF EACH BOWL, GARNISH WITH SLICED SCALLION AND ENJOY.**



# Apple Crisp

**A healthier remake of this soul warming dessert of the South Souther Fried Apples. A bounty of regional apples and simple ingredients allowed this dish to be common place for most Black families. The original recipe uses a lot of butter and sugar. We revisit this classic dessert and give it a healthy twist, but like the original we keep the skin on the apple. Baked with cinnamon and agave, topped with a crisped blend of mixed seeds and shredded coconut.**



**2 Whole Apples-  
sliced**

**1/2 oz  
crushed  
pepitas**

**1/2 oz crushed  
sunflower seeds**

**1/2 oz coconut  
flakes**

**1/2 oz crushed  
almonds**

**1/4 tsp cinnamon  
squeeze of lemon**

**1 tbs  
agave**

## **Apple crisp**

**Preheat oven to 375**

**Slice apples into 1/4 inch thin half  
moons.**

**Mix apple slices with agave mixture**

**Layer the mixture into the tin evenly**

**Cover with foil and place into hot  
oven for 40 minutes.**

**Use mitts to remove pans from oven,  
sprinkle with the crumble mixture  
and return to oven until the crumble  
is evenly browned, about 1-3  
minutes.**