

Recipes



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When is a recipe more than just a meal? For families all around the world, recipes have stories hidden in them: stories about hope, community, struggle, and resilience. Here are some delicious meals that authors have written into stories, and the recipes they share in them.

The rest of this cookbook is blank so you can add your family's recipes, and the stories they represent for you.



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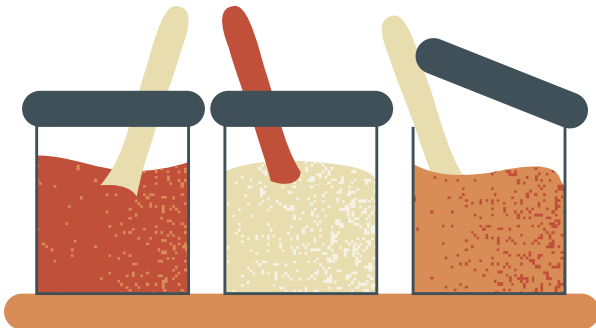
KEVIN'S FRY BREAD from Kevin Noble Maillard's book, *Fry Bread: A Native American Family Story*.

The story of fry bread is the story of American Indians: embracing community and culture in the face of opposition. It is commonly believed that the Navajo (Diné) were the first to make Fry Bread over 150 years ago. The basic ingredients appear simple – flour, salt, water, and yeast – yet the history behind this community anchor is anything but.

-Kevin Noble Maillard

Ingredients

- 1 pint boiling water
- 1 cup cornmeal
- 1 ½ cups cold water
- ½ oz of dry or instant yeast, approx. 2 packages
- 1 cup raw sugar
- 1 tsp. Sea salt
- 3 ½ cups flour
- 32 oz unrefined coconut oil



FREEDOM SOUP from Tami Charles' book *Freedom Soup*

There are lots of ways to make this soup. Ingredients vary by household and also by region of Haiti. It can be cooked with any kind of meat. My personal favorites are beef, chicken, and turkey. Freedom Soup made with seafood is also a delicious option! Or you can leave out the meat altogether and make a vegetarian version. Here, I've created an easy, no-fuss, kid-friendly recipe. Traditional Freedom Soup can include more vegetables and often uses jomou, calabaza squash.

-Tami Charles

Epis

Epis is a common marinade used with meats and to flavor many Haitian dishes.

Ingredients

- 3 scallions, coarsely chopped
- 3 garlic cloves
- 2 bell peppers (red and/or green) seeds removed, coarsely chopped
- 5 sprigs of thyme
- ½ cup chopped cilantro
- ½ cup chopped parsley
- 2 celery stalks, coarsely chopped
- ¼ cup olive oil
- ½ cup lime juice
- 1 teaspoon vinegar



Epis Directions

1. Blend all the ingredients in a blender, or mash them using a pilon (mortar and pestle).
2. Pour over the meat you will use for the soup.
3. Marinate for up to 24 hours.

Soup Ingredients

- 2 pounds of marinated meat
- 2 tablespoons olive oil
- 8 cups stock (beef, chicken, or vegetable)
- 2 packages of frozen butternut squash
- 1 scotch bonnet pepper (optional)
- ½ teaspoon dried thyme
- 2 tablespoons chopped parsley
- 2 tablespoons chopped cilantro
- 1 large potato, peeled and cut into 1 ½ inch pieces (could substitute with malanga or use both)
- 2 carrots, cut into 1 ½ inch pieces
- 2 stalks celery, cut into 1 ½ inch pieces
- ½ small green cabbage, cored and cut into 1 ½ inch pieces
- 1 handful of spaghetti, broken in half

Soup Directions

1. In a large soup pot, brown the meat in the olive oil.
2. Add the stock, squash, and Scotch bonnet pepper. Boil until the meat reaches your desired level of tenderness.
3. Add the thyme, parsley, cilantro, and potato to the pot. Continue boiling for approximately 15 minutes.
4. Add the carrots, celery, and cabbage. Reduce heat, and simmer for approximately 25 minutes, or until tender.
5. Stir occasionally until the soup thickens. Add the spaghetti and cook according to the package direction.
6. Don't forget to remove the Scotch bonnet pepper!
7. Add salt and pepper, to taste.

Bon Appétit!



Bao Filling

- ½ lb raw shrimp (no shells or tails)
- ½ lb raw ground pork
- 1 egg
- 2 tbsp rice wine
- 1 tsp sesame oil
- 2 tbsp soy sauce
- 2 tbsp fish sauce
- Pinch of pepper
- 1 tsp ginger powder
- 5 shiitake mushrooms, minced
- 3 cloves garlic, minced
- 2 tsp fresh ginger, minced
- Salt to taste

Bao Filling Instructions

1. Dice the shrimp into small pieces and add to the ground pork, egg, rice wine, sesame oil, soy sauce, fish sauce, pepper, and ginger powder in a large bowl.
2. Add the minced shiitake mushrooms, garlic and fresh ginger to the bowl. Mix all the ingredients to combine, but do not overmix.
3. A spoonful of the mixture can be cooked like a meatball in boiling water or fried in a pan to allow for tasting. If needed, add additional salt.

Fry Bread Directions

1. Bring 1 pint of water to a boil in a medium pot. Add cornmeal to boiling water. Whip slowly until smooth. Reduce heat to medium, add cold water, and cook until thick. Stir continuously to prevent lumps in the mixture. Remove heat and let cool in pot.
2. In a large bowl, add yeast, sugar, and salt to the cooled cornmeal, along with small sprinkles of water to moisten the mixture. Gradually add flour, using a metal whisk or potato masher to get rid of lumps. Sprinkle water to keep dough moist but thick. Cover with a damp cloth and let rise for 3 hours.
3. Once the dough has risen, it should be springy and sticky. Heat the coconut oil in an iron skillet to medium temperature. Test the heat by dropping a small portion of dough into the oil. It should sizzle but not splatter. Use two large, oiled spoons to make golf ball-sized portions and dip immediately into the oil, submerging the entire ball. Re-oil the spoons in the skillet to make new balls of dough. Leave room in the skillet, as the balls will expand in the hot oil.
4. Let dough fry until it cooks to your desired color: light golden or dark brown – about 3 minutes. Using tongs, flip balls over to cook the other side. Remove from oil and transfer to a paper towel-lined bowl, separating each level with a new paper towel. Eat while hot.

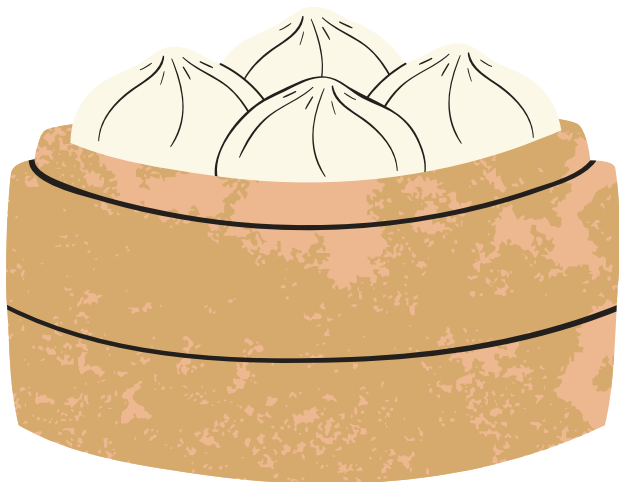
AMY'S FAMILY BAO RECIPE from Kat Zhang's book *Amy Wu and the Perfect Bao*

Be sure to ask for help from a trusted grown-up when preparing this recipe. Have fun!

-Kat Zhang

Bao Dough

- 1 packet active dry yeast
- ½ cup warm water
- 4 cups all-purpose flour
- 2 tsp baking powder
- 2 tsp salt
- ¼ cup sugar
- 1 cup low fat milk
- 2 tbsp vegetable oil



Bao Dough Instructions

1. Add the yeast to the ½ cup of warm water along with a large pinch of the sugar, and mix until the yeast dissolves. The water should turn frothy in a few minutes.
2. In a large bowl, combine 3 ½ cups flour, baking powder, salt, and the rest of the sugar. Mix together.
3. Add the milk, oil, and yeast-water to the dry ingredients. Mix together until the wet and dry ingredients are incorporated, then knead 5-10 minutes until the dough is soft and elastic. Slowly add the remaining ½ cup of flour as needed. When the dough has been sufficiently kneaded, a thumbprint pressed into the dough should slowly spring back.
4. Form the dough into a ball and place it back into the large bowl. Cover the bowl with plastic wrap and leave it in a warm place for 1-1 ½ hours until the dough has doubled in size.
5. Gently punch down the dough and knead it for another 5 minutes. Place it back into the bowl, cover it with the plastic wrap, and leave it to rise for another hour.

My Recipe:

Ingredients:

Bao-making Instructions

1. Cut 20 2-inch squares of parchment paper.
2. Shape the bao dough into a rough log approximately 3 inches in diameter, and cut 20 pieces of equal size.
3. Take a piece of dough and flatten it into a rough circle by hand or with a rolling pin. The circle should be approximately 4 inches in diameter, and thicker at the center than at the edges.
4. Place about a tablespoonful of bao filling into the center of the dough circle. It is better to start with smaller amounts of filling, to make the pleating easier. Pleat the bao shut by pinching the edges of the dough circle until the top comes together like a drawstring purse. There are many videos online that show the pleating process!
5. Place each bao on a square of parchment paper.
6. Pleated bao should sit for about 15 minutes before being steamed. Generally it takes at least this long to pleat all the bao, so by the time you are finished pleating all 20, the first few will be ready to go in the steamer.
7. Steam the bao, with the parchment paper underneath, in a steamer for 10 minutes. Remove the steamer from the heat for 3-4 minutes before removing the lid, to keep the bao from deflating.
8. Eat!

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