

## Cooking Demonstration: the African Heritage Diet

Thursday, February 23, 2023

**Menlo Park Library**

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African Heritage recipes from Oldways

<https://oldwayspt.org/>

Presenter: Sarah Anderson, Oldways Heritage Diets Curriculum Coordinator

### RECIPE ONE: **BLACKENED OKRA**

Serves: 6

Time: 10 minutes

#### Ingredients:

- 1 pound of fresh or frozen okra (keep the okra whole, uncut)
- 1 bowl of ice water
- 1/2 of a lemon
- 1 teaspoon of olive oil for oiling pan
- 1 teaspoon sea salt
- optional: ~ 1/4 tsp of garlic powder, paprika, and black pepper.

#### Cooking Instructions:

1. Boil the okra in a shallow pan of water until soft (3-4 minutes).
2. Submerge the boiled okra in the bowl of ice water. Allow okra to cool for 1 minute.
3. Rub the olive oil onto a flat skillet and heat on high until very hot.
4. Toss the okra into skillet and let sizzle; spritz with lemon juice and a pinch of sea salt; check for blackening on the face-downside after about 2 minutes.
5. Once charred on one side, flip and blacken the other side.
6. Spritz with lemon and salt again on the unseasoned side. Enjoy!

#### Historic Significance:

Okra is a significant component of African diasporic cuisine. Early African American ancestors brought okra seeds straight from Africa to the United States, and it would not have arrived on the American continent had they chosen not to transport those seeds.

Louisiana's Creole cooking has its roots in African, French, Spanish, and Haitian cuisines, with a common cooking base called "The Holy Trinity," consisting of chopped celery, onions, and bell peppers, which we find at the heart of Louisiana's popular Shrimp Gumbo. The word gumbo comes directly from the West African Bantu word for okra—quingombo.

### Recipe Chefs Note:

I will be preparing optional: ~ 1/4 tsp of garlic powder, paprika, and black pepper.



### RECIPE TWO: **JOLLOF RICE**

Serves: 8 (10-12 sample servings)

Time: 20 minutes

#### Ingredients:

- 1 (15-ounce) can diced tomatoes, drained (save liquid)
- 4 cups liquid (see step below)
- 2 cups uncooked brown rice
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped (about 2 cups)
- 2-3 garlic cloves, minced
- 1 large carrot, chopped (about 1 cup)
- ¼ head of green cabbage, chopped (about 2 cups)
- 2 tablespoons tomato paste
- 1 teaspoon turmeric
- 1 teaspoon dried thyme, or 2 teaspoons fresh
- ½ teaspoon red pepper flakes
- Salt to taste

#### Cooking Instructions:

- Drain liquid from the diced tomatoes into a measuring cup. Add enough water to equal 4 cups of liquid total, and put in a medium-sized pot with the brown rice.

Bring to a boil, then cover and simmer until rice is tender to your taste, about 30 to 35 minutes.

- While the rice cooks, heat the oil in a large pan. Cook the onion and garlic until onion is soft and translucent, about 5 minutes. Add chopped carrots and cabbage, tomato paste and tomatoes, and spices. Simmer with the lid on for a few minutes on low heat until the vegetables are done to your taste. Adjust spices to taste.
- When the rice is done, mix it with the vegetables, or simply serve the rice with other ingredients on top.
- Garnish with a little parsley if you'd like.

#### Historic Significance:

This traditional West African rice dish is a hit at dinner, layered with warm spices and seasonings.

Jollof Rice is a much-loved traditional dish in West Africa, and it is the underpinning of Senegal's national dish thiebou dienn, a meal of red rice and fish. Its name is derived from Senegal's Wolof Empire and it is one of many tomato-based rice dishes found in African heritage. Layers of warm spices and seasonings make this traditional African rice and bean dish delicious! Enjoy it as a side or as the centerpiece of your meal.

#### Recipe Chefs Note:

- For the demonstration, I will be adding broth instead of water.



## About Oldways:

Oldways is a nonprofit dedicated to improving public health by inspiring individuals and organizations to embrace the healthy, sustainable joys of the “old ways” of eating—heritage-based diets high in taste, nourishment, sustainability, and joy.

Oldways programs include:

- Heritages diets: African Heritage / Latin American Heritage / Mediterranean/ Asian/ Vegetarian & Vegan
- Community Cooking Classes (A Taste of African Heritage, A Children’s Taste of African Heritage, A Taste of Latin American Heritage)
- Plate Forward Plates
- Culinary travel
- Oldways Whole Grains Council
- Oldways Cheese Coalition

Summary about *A Taste of African Heritage*:

The [African Heritage Diet](#) is a healthy traditional eating model based on the common threads and foodways of African American ancestors. This diet recognizes the distinct flavors and traditions of four major regions of the African Diaspora—West and Central Africa, the American South, the Caribbean, and South America. The core of Oldways’ African Heritage & Health program is our six-week cooking class series called [A Taste of African Heritage](#), and a seven-week series for kids called A Children’s Taste of African Heritage. These curricula blend nutrition and cultural history with delicious cooking techniques to celebrate African heritage in communities across the country.