From the ground up

PHIPPS

From the Ground Up

A Cookbook by the Global Chefs

About Museums Connect℠

American Alliance of Museums

The Museums Connect program strengthens connections and cultural understanding between people in the United States and abroad through innovative projects facilitated by museums and executed by their communities. The program's mission is to build global communities through cross-cultural exchanges while also supporting U.S. foreign policy goals, such as youth empowerment, environmental sustainability and disability rights awareness.

Through Museums Connect℠, communities in the U.S. and abroad develop a broader knowledge about and understanding of one another's cultures. Throughout the year-long projects, museums and cultural organizations create replicable models for international collaborations that reach beyond their physical walls to directly engage members of their communities.

Museums Connect℠ is made possible by the U.S. Department of State's Bureau of Educational and Cultural Affairs and is administered by the American Alliance of Museums.

About From the Ground Up

From the Ground Up is a year-long collaborative project between Phipps Conservatory and Botanical Gardens and Gidan Makama Museum in Kano, Nigeria, focusing on food, nutrition, and culture.

This project engaged a core group of high school students – fourteen in Pittsburgh, and 17 in Kano - to work together in creating a handmade recipe book that reflects traditional recipes of their region or culture while learning about food nutrition, cooking, and traditions through the progression of following local food from "farm to table." Through the partnering institutions' educational outreach programs, these students worked together to grow and harvest edibles, cook meals, and reflect upon food cultures and systems. Phipps and Gidan Makama also partnered with local organizations and community members to lead cooking workshops and provide students with cooking skills.

The outcome of *From the Ground Up* is this recipe book which depicts the variety of recipes the students shared and cooked together. Through this project, it is our hope that the students have developed a deeper understanding of food and nutrition in their own and their partner's country, and cultivated the skills to grow and cook their own food.

chatham
UNIVERSITY

Nigerian and American students come together to tour Pittsburgh on the Gateway Clipper.

Alexis' Chicken-Cheese Enchiladas

Total Time: 0hr : 30min
Prep Time: 15 minutes
Cook Time: 15 minutes

Ingredients:

1 small red onion, halved
1½ pounds tomatillos, husked and rinsed
2 serrano chile peppers
½ cup chicken broth
Kosher salt
Pinch of sugar
8 corn tortillas
3 cup shredded rotisserie chicken
2½ cups shredded mozzarella
1/3 cup fresh cilantro
2 tablespoons extra-virgin olive oil
3/4 crumbled queso or feta cheese

Directions:

- cook chicken + peppers
- once done adding seasonings put on tortillas and top off w/ cheese
- Enjoy.

Bio: Alexis Smith

I'm Alexis Smith and I go to Pittsburgh Creative and Performing Arts 6-12. I'm a visual arts major. And I believe that I'm an outgoing, intelligent, resourceful, creative, and beautiful individual. I love to cook with my mother for Sunday dinner and during the weekdays after school sometimes when I have time. My mother is Egyptian. She's from Aswan, but she grew up her whole life in Pittsburgh, PA. We eat lots of Americanized foods but we also cook traditional recipes from her family. My father is Native American and African American. We mostly eat his southern foods and his family recipes from down south. Food is the way to people's hearts, and we like to show people exactly what type of people we are through the foods we prepare. We gather around the table every day and take part in a bonding experience that's accompanied by delicious meals.

Oven Roasted Turkey Breast

(Martha Stewart)

Ingredients

5 pound turkey breast, bone-in, rinsed and well dried

1 Tbsp olive oil

1 Tbsp coarse salt

1/2 tsp freshly ground black pepper

1/2 cup water

Directions

Preheat oven to 350 degrees. Fit a small roasting pan with a V-shaped rack. Drizzle oil over turkey breast and season with salt and pepper. Center turkey on rack. Transfer to oven and roast until juices run clean and a thermometer reads 165 degrees when inserted into the thickest part of the breast, about 1 hour and 20 minutes.

Transfer to a platter and let rest for 10 minutes before carving.

To make gravy:

Remove the rack and place roasting pan directly over a burner set on high heat. Add flour to pan and whisk for 2 minutes, scraping up the drippings and incorporating all the juices into the flour. Add water and continue whisking until a smooth gravy forms, about 2 minutes.

Transfer to a gravy boat and serve with turkey.

Serves 6 plus leftovers

My name is Garreth Campbell and I was born in Manchester, Mandivile Jamaica. I moved to the United States when I was 3 years old. Even though I live in the United States, I go to back to Jamaica to see my family there. Some of my hobbies I like to do are sketching and doing short animations or making pictures. I am 18 years old now and I go to Pittsburgh Science and Technology Academy. When I was in the Phipps summer internship program I learned a lot about Phipps and horticulture. It was a really fun experience and everyone there is so kind. What made me want to do "From the Ground Up" is that it was an extension of the summer program and a chance for to me to continue to learn more about horticulture and plants. Even though I'm going to the Art Institute of Pittsburgh to learn media arts and animation, I will take the knowledge I learned and integrate it in my life to keep a healthy diet.

Perception is the assumption on what we think is true. Experience is what we know is real. Let's not perceive but experience.

Garreth Campbell

Pinapple upside down cake

Pineapple upside down cake has been a symbol of a good time ever since I have been over my grandma's house for family gatherings. Something about that cake bring out smiles on everyone faces.

1 (18 ounce) box yellow cake mix
3 eggs (or as called for by your cake mix)
1/3 cup oil (or as called for by your cake mix)
1 1/3 cups water (or as called for by your cake mix)
1 cup dark brown sugar
1/4-1/2 cup butter
1 (20 ounce) can sliced pineapple
1 (8 ounce) jar maraschino cherries (optional)

- Heat oven to 350°F. Melt butter in 9x13pan. Sprinkle brown sugar evenly over butter. Arrange pineapple slices , with cherry in middle, on brown sugar. Arrange remaining cherries around slices; press gently into brown sugar.
- Make cake batter as directed on box. Pour batter over pineapple and cherries.
- Bake 42 to 48 minutes or until toothpick comes out clean.
- Run knife around side of pan to loosen cake. Place heatproof serving plate upside down onto pan; turn plate and pan over. Leave pan over cake 5 minutes so brown sugar topping can drizzle over cake; remove pan. Cool 30 minutes. Serve warm or cool. Store covered in refrigerator.

"Nancy Hanst instructing Global Chefs"

Sweet Potatoes

Ingredients

2 large sweet potatoes or **yams**

2 Tbsp butter

1/2 cup sugar

1/4 tsp nutmeg

1 tsp vanilla extract (optional)

1/2 cup water

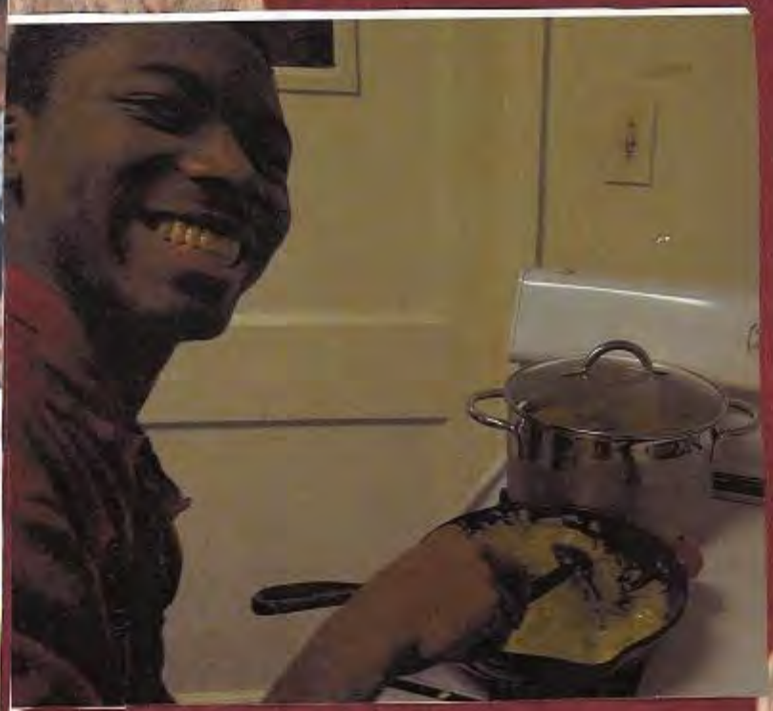
2 Tbsp lemon juice

Directions

Place water, sugar, cinnamon, nutmeg, orange juice and lemon juice in a sauce pan and boil for approximately 10 minutes.

Cut yams into 1/2 inch thick circles. Place yams in baking dish.

Hey my name is Ephraim. I'm from Haiti. I came to America when I was 11 years old. I like to play a lot of sports like soccer, basketball and run track. Out of all 3 of them running track is my favorite sport. I choose this recipe because of 2 things. The first thing is that fried plantain with pikliz (and hot dogs if you want) is very popular in the Caribbean especially in Haiti. All Haitians like that recipe. The second thing is that it brings back memories of my grandma. When I was back in Haiti I remember my grandma always makes fried plantain with pikliz and hot dogs for my family and me every Sunday nights. My whole family used to go to my grandma's house to eat, talk, and tell jokes and stories. My parents and my grandma use to tell stories of their lives when they were young. I like those stories.



Fried Plantain with Pikliz

Ingredients needed for both
Hot sauce, cabbage, lime juice, black pepper, salt, white vinegar, carrots and onions

Plantains, oil, and salt water

1-) Heat up the oil (enough oil that can cover the plantains).
2-) Cut off the ends of the plantains, then remove the skin by running a knife down the middle and peeling back the skin.
3-) Make a little salt water.
4-) Dice the plantains at a diagonal.
5-) Place the plantains in the salt water.
6-) When the oil is really hot, place the plantains in the hot oil in a single layer (you may want to move them around a little so they won't stick to the bottom of the pan).
7-) Let them fry for 2-3 minutes on each side until golden brown (reduce heat if they are frying too fast or starting to burn).
8-) When done, let them drain on paper towels.

Pikliz- a hot version of Cole slaw

1-) Put the cabbage, carrots, peppers, and onions together in one bowl.
2-) Put the lime juice, white vinegar, a little salt, and hot sauce over them. Then let it sit for at least an hour.

USA
AERO
ALL-PURPOSE FLOUR

Baked Apples

(Adapted from Simply Recipes)

Ingredients

4 large baking apples

1/4 cup brown sugar

1 tsp cinnamon

1 Tbsp butter

3/4 cup boiling water

Directions

Preheat oven to 375°F. Wash apples. Remove cores. An apple corer works well, otherwise use a paring knife to cut out the middle.

In a small bowl, combine the sugar and cinnamon, . Place apples in a 8-inch-by-8-inch square baking pan. Stuff each apple with this mixture. Top with a dot of butter.

Add boiling water to the baking pan. Bake 30-40 minutes, until tender, but not mushy. Remove from the oven and baste the apples several times with the pan juices.

Enjoy!

mind over matter

Lauryn Taylor Robinson

Hi, Lauryn Taylor Robinson

crafty

I am 18 years old

I have been involved with Phipps for three years

I will attend Duquesne University

I hope to be an environmental Attorney

Love

Phipps

Love the world

Lauryn's Sweet Potato Pie

This recipe has been in my family for 5+ generations. The night before Thanksgiving all of the women in our family comes together and makes several pies. We keep 3 and give the remaining pies to the needy. The exact recipe is kept a secret until you are old enough to make your own Thanksgiving dinner.

Ingredients:

- Sweet Potatoes
- Sugar
- Eggs
- Butter
- Lemon or Cinnamon Extract
- (Secret Ingredient!)

Procedure:

- Combine ingredients
- mix with electric mixer
- Bake at 350° until brown
- let cool

Larissa's Salad

Ingredients

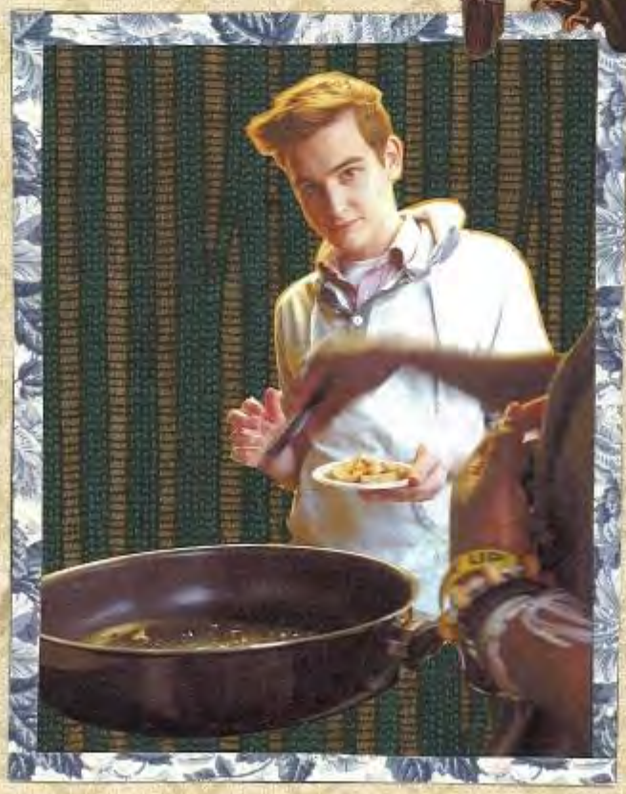
Lettuce
Avocado
Strawberries
Tomatoes
Onion
Eggs (boiled)
Meat (your favorite)
Olive oil
Vinegar

Directions

Cut the lettuce into smaller pieces and dice all the other ingredients except the eggs. Pat them in a bowl and mix them together. Then, take out the yolk of the egg (the yellow part) and put it in a separate bowl. Dice the egg white and add to salad mix. For the vinaigrette, crush the yolk of the egg into the bowl, add olive oil, salt and vinegar to it. Pour it on the salad, mix together and enjoy!!!

"The best way to someone's heart is through their stomach"
- Jordan B.

Will Grimm is the name, crafting is my game. A 16 year old avid knitter and sculptor, I have a passion for creating things that are quirky and eccentric. I am also a self-proclaimed naturalist with a wondering curiosity for everything Earth. After attending art school in the coming future, I wish to expand my tiny urban garden into an all-out farm. The environment and sustainability are not only key themes in my art, but my overall life. I strive to uphold these values as I grow and learn about the world around me.



JALAPENO CHEDDAR BREAD

YOU'LL NEED:

- 2 CUPS FLOUR
- 2 TSP. SUGAR
- 1 TBS BAKING POWDER
- 1 TSP GROUND PEPPER & SALT
- 1 CUP SHREDDED SHARP CHEDDAR CHEESE
- 1 CUP MILK
- 1/3 CUP VEGETABLE OIL
- 1 LARGE EGG
- 3 JALAPENO PEPPERS (SEEDED + DICED)
- 1/4 CUP DICED GREEN BELL PEPPER
- 1/4 CUP DICED RED BELL PEPPER

STEPS:

1. IN MEDIUM BOWL, SIFT TOGETHER DRY INGREDIENTS & CHEESE. MAKE A "WELL" IN CENTER.
2. IN ANOTHER BOWL, WHISK TOGETHER MILK, OIL, AND EGG. POUR THIS INTO "WELL" IN DRY MIX. SLOWLY COMBINE AND THEN ADD IN THE PEPPERS.
3. POUR INTO STANDARD LOAF PAN (8x4 inch) AND BAKE AT 375°F (190°C) FOR 45-50 MINUTES.

Capturing the Moments!"

Baked Moi Moi

Ingredients

2-3 cups dried cowpeas (black-eyed peas)

1 Tbsp dried shrimp powder

1-2 tomatoes, (peeled if desired), chopped

1-2 onions, chopped

salt and black pepper to taste

1 chili pepper, chopped, to taste

cayenne pepper or red pepper, to taste

oil to grease muffin tin

Optional Ingredients (a cup of one or more of the following):

cooked carrots (finely chopped), cooked peas, sweet green or red bell pepper, shrimp, dried or smoked meat (torn into small pieces)

Directions

Soak black-eyed peas in them overnight (use boiling water). After soaking them, rub them together between your hands to remove the skins. Clean off the skins and other debris.

Crush, grind, or mash the black-eyed peas into a thick paste. Slowly add enough water to form a smooth, thick paste. Beat with a wire whisk or wooden spoon. A tablespoon of oil may be added. In a separate container combine all other ingredients. Crush and stir them together until mixed thoroughly. Add the other ingredients to the paste and stir to make a smooth mixture.

Grease the muffin pans (or tin cans). Scoop the Moi-Moi mixture into the pans, allowing some room for it to rise while cooking. Place the pans in a baking dish partially filled with water. Bake in a medium-hot oven for about a half-hour. Moi-Moi in tin cans can also be steamed in a large covered pot on a stove. Check for doneness with a toothpick or sharp knife. Serve hot or at room temperature.

My name is Brianna Monfredi and I am 18 years old. I am a Senior graduating from Carrick High School and starting California University of Pennsylvania in the fall of 2014. I am Majoring in Creative Writing. I enjoy reading, writing, and photography. I love learning about new cultures and to travel. :)

a recipe for

INGREDIENTS

Vegetable Stir-fry

Ingredients

- ☐ 3 tablespoons Vegetable Broth
- ☐ 2 tablespoons Chinese Rice Wine
- ☐ 1 tablespoon Sugar
- ☐ 1 tablespoon Cornstarch
- ☐ 1 teaspoon Salt
- ☐ 2 teaspoons vetetable oil
- ☐ 1/4 teaspoon Sesame Oil
- ☐ 1/2 Pound Carrots
- ☐ 1/4 Pound Shiitake Mushrooms
- ☐ 1/2 Pound Napa Cabbage (thinly Sliced)
- ☐ 2 Large Garlic Cloves (Minced)
- ☐ 2 teaspoons minced peeled fresh ginger
- ☐ 2 Scallions (thinly sliced)

Preperations

- ☐ In a small Bowel, stir together broth, rice wine, Sugar, Cornstarch, salt until smooth. Set a side.
- ☐ Heat a wok over high heat until hot. Add vegetables and sesame oil, heat until it smokes. Stir-fry Carrots (3 minutes) Add Mushrooms, Cabbage, garlic, ginger, Stir for 2 minutes. Add broth Mixture and Scallions to combine. Stir to Coat Veggies.

Sweet Potato Pie

(Martha Stewart)

Ingredients

1 pie crust (preferably homemade!)

2 large sweet potatoes (about 1 1/2 lbs)

1 stick butter, room temperature, cut into pieces

1 1/4 cups sugar

2 large eggs

1/2 tsp ground allspice

1 tsp ground cinnamon

1/2 tsp freshly ground nutmeg

1 tsp pure vanilla extract

Juice of half a lemon

All-purpose flour (for work surface)

Directions

On a lightly floured work surface, roll pie crust into a 15-inch round. Remove excess flour; fit dough into a 9-inch pie plate, pressing it into the edges. Trim to a 1-inch overhang all around. Crimp edge as desired. Cover with plastic wrap; chill pie shell until firm, about 30 minutes.

Preheat oven to 375 degrees. Peel and cook sweet potatoes until potatoes are easily pierced with a fork. Beat sweet potatoes on medium speed until they are well mashed.

With the mixer on low speed, add butter, and beat until well combined and cooled slightly. Slowly add sugar. Add eggs, one at a time, beating after each addition. Add allspice, cinnamon, nutmeg, vanilla, and lemon juice. Continue beating until well combined.

Pour mixture into prepared pie crust. Transfer to oven and bake until center has set, 45 to 50 minutes.

My name is Jordan Bell.
I go to Career Connections Charter School.
My birthday is November 2nd.
I am 17 years old.
My favorite color is green.
I like to cook, go out to eat, go to the movies, do hair, go shopping and spend time w/ my family.
My favorite types of food to eat are Chinese and pizza.
My favorite thing to cook is chicken alfredo.
And when I grow up I want to be a chef and a doctor.

Coconut Shrimp Curry Soup

Ingredients

1 lb. unpeeled, medium-size raw shrimp (36/40 count)
1 Tbsp fresh ginger, grated
4 garlic cloves, minced
2 tsp oil oil
4 cups vegetable broth
1 can unsweetened coconut milk
2 1/2 Tbsp fish sauce
1 Tbsp light brown sugar
1 Tbsp fresh lime juice
2 tsp red curry paste
1 package fresh mushrooms, sliced
1 medium red bell pepper, chopped
1/4 cup fresh basil, chopped
1/4 cup fresh cilantro, chopped
1/4 cup green onions, sliced

Directions

Peel and wash shrimp. Sauté ginger and garlic in hot oil in a large Dutch oven over medium-high heat. Heat 1-2 minutes or until fragrant. Add broth, coconut milk, fish sauce, brown sugar lime juice and curry paste. Bring broth mixture to a boil and reduce heat to medium. Add mushrooms and bell peppers. Cook, stirring often, 3-5 minutes or until crisp/tender. Add shrimp and cook 1-2 minutes or just until shrimp turns pink.

Remove from heat. Add herbs. Serve and enjoy!

Harvesting lettuce for the Salad"

Roti Bread

Ingredients

2 cups whole wheat flour

1/2 tsp salt (optional)

4 tsp vegetable oil

3/4 cup water

Extra flour in a medium size bowl for rolling and dusting

Directions

In a large mixing bowl, mix the flour and/or salt well. Add water a little at a time to form a medium soft dough. Do not overwork the dough. Add oil to the dough and kneed a little more.

Heat skillet on medium heat.

Divide the dough into golf ball size balls. Dip one ball into the flour to coat and roll it out into a thin disc. Dust with flour to keep from sticking.

Shake or rub off excess flour from the roti and place it onto the hot skillet.

While light spots appear (about 30 sec), flip the roti. Press gently all around the roti with a crumbled up paper towel or clean kitchen cloth. This will help the roti to puff up.

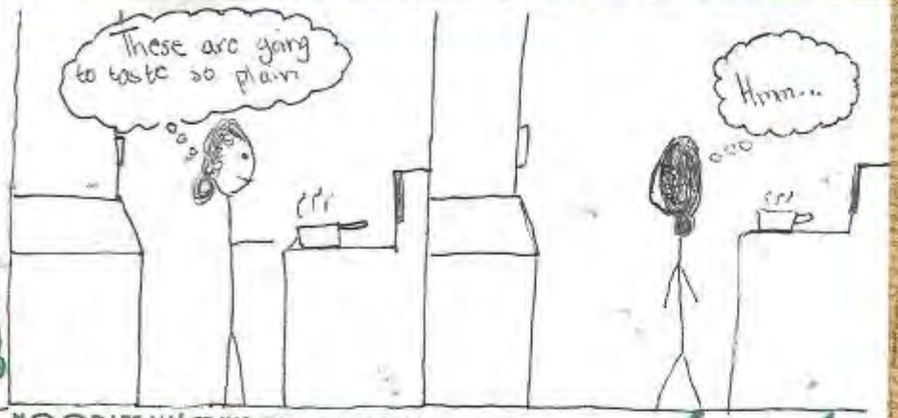
Remove from the skillet as soon as brown spots appear on both sides. Repeat with remaining dough balls. Serve fresh with any dip or curry.

FATIMAH

Fatimah has lived in Pittsburgh, PA her whole life. Strongly rooted to her culture, both of her parents are actually Nigerian, making her a first generation American. Unable to speak the language of Yoruba, she understands it very well. Being Nigerian, the dishes that Fatimah and her family eat are strongly influenced by the Nigerian culture. She has one older brother and one younger sister, falling in as the middle child at 16 years old.

A junior in high school, she is preparing for the future. She hopes to further her education and become a chemical engineer. Her overall goal is to inspire people to become a better version of their selves.

THE Story of the Unordinary Noodle!



NOODLES W/ SPINACH & SALMON

INGREDIENTS:

- RAMEN NOODLE PACK
- FROZEN SPINACH
- SALMON

DIRECTIONS:

1. IF SALMON IS UNCOOKED PLACE IN SKILLET UNTIL COOKED
2. MICROWAVE FROZEN SPINACH UNTIL IT IS THAWED
3. BEGIN COOKING THE RAMEN NOODLES ON THE STOVE
4. WHEN THE NOODLES ARE COOKED SPILL OUT SOME OF THE REMAINING WATER
5. ADD THE SPINACH AND SALMON TO THE NOODLES AND LET COOK FOR A BIT LONGER
6. ENJOY!

USA

Thai Peanut Sauce

(shesimmers.com)

Ingredients

One can unsweetened coconut milk

2 ounces (approximately ¼ cup) of red curry paste

¾ cup natural, unsweetened creamy peanut butter

½ tablespoon salt

¾ cup sugar

2 tablespoons of apple cider vinegar or white vinegar

½ cup water

Directions

Put everything into a medium heavy-bottomed pot and bring to a very gentle boil over medium heat, whisking constantly.

Let the mixture simmer for 3-5 minutes over low heat; be careful not to let the mixture scorch at the bottom of the pot.

Take the pot off the heat, let the sauce cool down to room temperature (or slightly warmer), and serve the sauce with satay or fried tofu.

LARISSA

My name is Larissa Koumaka I am seveteen years old. I am a senior in High School, which means I will go to a university next year. I was born in West Africa and I lived there for 13 years before I came to the United States I have two older brothers I speak French, English and a little spanish. I love reading, writing poems watching movies, playing in the rain and daydreaming :). Some of the things that make me very happy are listening to music, being with my friends and family; and ... eating ice cream of course!. My biggest dream and desire is to travel all over the world someday and learn about different cultures!

One of my favoute food is..

CHICKEN FRITATA !!!

It is delicious (it contains eggs and I'm a hopeless egg lover). It is easy to make, and you can always mix it up by swapping ingredien based on what you like. It also remind me of my grandmother. She used to make i for us when we lived in Togo (west Africa) Back there we only called it l'oeuf meaning eggs in French.

HERE IS HOW YOU MAKE IT !!

INGREDIENTS

- ✓ 4 cups of diced peeled potatoes
- ✓ 1 tablespoon of butter
- ✓ 2 teaspoons of crushed garlic
- ✓ 2 onions diced
- ✓ 1 cup self-rising flour
- ✓ 2 cups of milk
- ✓ 6 eggs
- ✓ 1 cup of fresh chopped broccoli
- ✓ 1 cup of fresh sliced mushrooms
- ✓ 2 cups of shredded cheddar cheese
- ✓ 1 cup of cooked diced boneless chicken breast

- ✓ First, preheat oven to 350 F or 175 C. Place the potatoes in a medium saucepan with enough water to cover. Then bring to a boil, and cook for 10 min, or until tender.
- ✓ Drain after.
- ✓ Then melt the butter in a medium skillet over medium heat and sauté the garlic and onions until tender.
- ✓ In a small bowl, mix the flour, milk, and eggs.
- ✓ Then in a medium bowl, mix potatoes, garlic, onions, flour, broccoli, cheese and chicken.
- ✓ Finally bake for 25 minutes.

Sheer Kurma

Ingredients

3 cups whole milk

1/4 cup roasted vermicelli

2 Tbsp chopped almonds/pistachios

1/2 Tbsp green cardamom powder

Butter

1/2 cup sugar

Directions

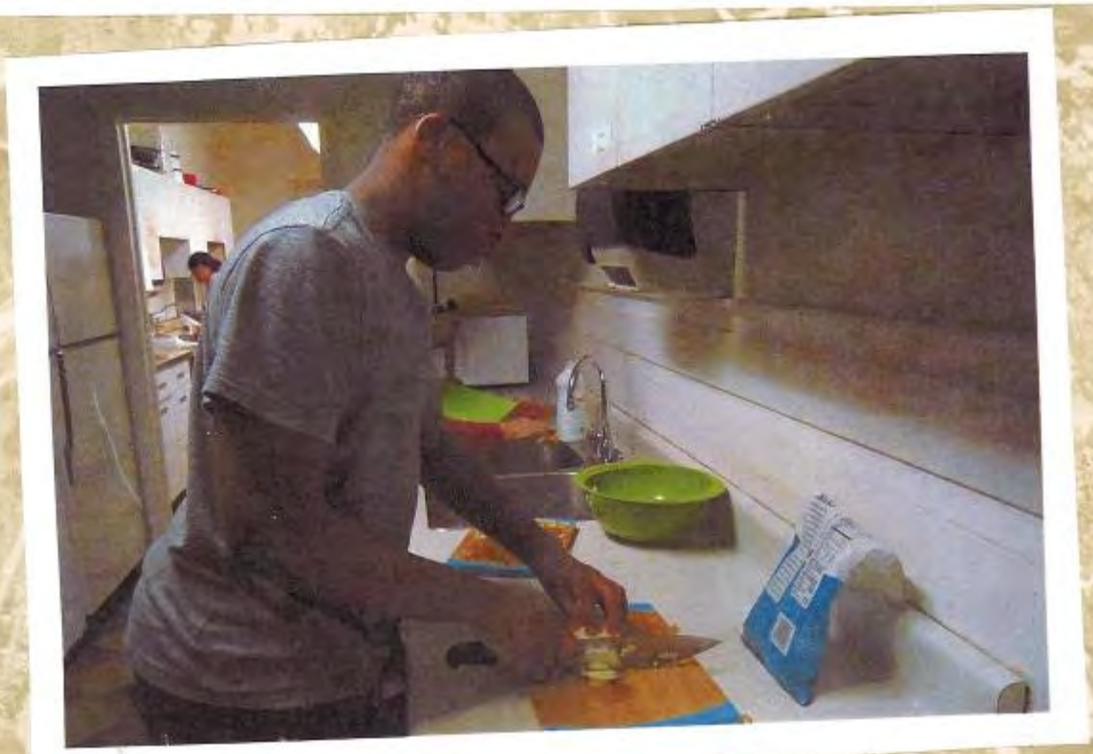
Heat the milk, sugar and cardamom powder in a pot, stir the mixture well until all the sugar dissolves completely. Stir continuously to keep milk from sticking to the pot.

Add vermicelli and simmer the mixture in the milk until the vermicelli is cooked.

Fry almonds/pistachios in butter, then add to the milk and simmer for about 4-5 mins.

Serve hot or cold for dessert.

My name is Samson Olabode. I'm fifteen and I'm a sophomore at Obama Academy of International Studies. My interests are playing sports, playing video games, math, listening to music, and cooking.



Tomato Basil Salmon

- 2 (6 ounce) boneless salmon fillets
- 1 tablespoon olive oil
- 1 tablespoon dried basil
- 2 tablespoons grated Parmesan cheese
- 1 tomato, thinly sliced

1. Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with a piece of aluminum foil, and spray with nonstick cooking spray. Place the salmon fillets onto the foil, sprinkle with basil, top with tomato slices, drizzle with olive oil, and sprinkle with the Parmesan cheese.
2. Bake in the preheated oven until the salmon is opaque in the center, and the Parmesan cheese is lightly browned on top, about 20 minutes.

Easy Marinade

Ingredients

2 cloves garlic, minced

1 Tbsp ginger root, minced

1 Tbsp Soy Sauce

2 Tbsp Lime Juice (or half a lime juiced)

2 tsp Honey

1 Tbsp Sesame Oil

1 lb of your favorite protein or vegetable (Chicken, diced; Pork, diced; Beef, cube; Tofu, cut into 2 x 2 squares; mushrooms, keep whole)

Salt and Pepper protein or vegetable before you marinate

Directions

In a bowl combine all of the ingredients except for the protein and mix until incorporated.

Add the protein or vegetable to a large zip-closed bag and pour the marinade over top. Let sit for 1 to 2 hours and grill or sauté until done.

- My name is Franck Fotie.
- I attend Taylor Allderdice High School.
- I am a soccer player and fanatic.
- I was born in Cameroon, West Africa.
- I am a junior in High School.
- I am often quiet.
- I have a very competitive spirit.
- I don't like standing still unless I'm playing games or something.
- I listen to different types of music.
- I am a gamer.
- I am a futsal player (a Brazilian sport).
- I am kind to everyone.
- I like hanging out.
- Othello by Shakespeare is my favorite play.
- My favorite soccer team is Chelsea which is located in England.

Franck Fotie's Recipe Page

My favorite meal during the program was the Jollof Rice because it's a Nigerian dish and we were working with a group in Nigeria which I found ironic but it was also my favorite meal during the program because it was good and it was a combination of vegetables, rice and meat (which is optional).

The recipe for jollof rice is…

- **First boil rice for 20min.**
- **During the 20min you fry spices which tomatoes, onions, ground garlic, and pepper.**
- **After the rice is done you mix it with the fried spices and let it cook for another 20-25 minutes.**
- **The ingredients vary but the main ingredients are...**
- **1 pound of parboiled or jasmine rice**
- **1 can of tomato puree(400grams)**
- **1 sliced onion**
- **3 garlic cloves**
- **4 teaspoons of olive oil**
- **6 small or 3 large red bell peppers seeded and sliced**
- **1 bunch of thyme with the leaves picked**
- **1 tablespoon of white pepper**
- **8 magi cubes**
- **Meat and other things are optional.**

Fried Rice

Ingredients

2 cups of prepared white rice

2 eggs

8oz cooked chicken, chopped (optional)

2 Tbsp canola oil

½ cup green peas

1 medium onion, diced

1 green onion

1 Tbsp soy sauce

2 tsp oyster sauce

Salt and pepper

Directions

Wash and finely chop the green onion. Lightly beat the eggs with the salt and pepper.

Heat a wok or frying pan and add 1 tablespoon oil. When the oil is hot, add the eggs. Cook, stirring, until they are lightly scrambled but not too dry. Remove the eggs and clean out the pan.

Add 1 tablespoon oil. Add the rice, peas and chicken. Stir-fry for a few minutes, using chopsticks or a wooden spoon to break it apart. Stir in the soy sauce or oyster sauce as desired.

When the rice is heated through, add the scrambled egg back into the pan. Mix thoroughly. Stir in the green onion. Serve hot.

Hi. My name is Kiehl Jackson and I'm 18 years of age. I am a senior of Woodland Hills High School. Being with Phipps for about 3 years and it has been like a home to me. Recently I joined the United States Army Reserves so I will be leaving for Basic Training this upcoming September. My hobbies include baking and helping people. When I am done with the army and complete college I want to start up a home for people in need.

Pasta and Broccoli

2 boxes of Penne noodles
3 heads of broccoli
6 chicken breasts
3 tablespoons of Virgin olive oil
1/3 cups of virgin olive oil
3 1/2 of mozzarella cheese
1/2 stick of butter
Garlic salt
Nature Seasons (seasoning blend)
Salt
Pepper

Directions:
1. Unwrap chicken, clean and season. Break apart broccoli and clean.
2. Place broccoli in pot of little water to steam.
3. Place 1/3 cups of olive oil in pan for chicken. As cooking chicken cut into cubes for pasta
4. Boil water in pot along with 3 table spoons of virgin olive oil
5. Once water starts to boils pour pasta in water.
6. Drain pasta once cooked
7. Place pasta in pot with 1/2 of butter, mix around season pasta with garlic salt.
8. Enter chicken and broccoli
9. Place 3 1/2 cups of mozzarella cheese on top of pasta and mix as it melts.

"Nigerian and American Students get together to make a salad for the Community Feast"

Lemon Bundt Cake

Ingredients

Cake

1 cup butter
1 cup granulated sugar
1 cup powdered sugar
4 eggs, separated
3 cups sifted cake flour
2 teaspoons baking powder
1/4 tsp salt
1 cup milk
1 tsp vanilla extract
1tsp lemon extract

Glaze

1 cup powdered sugar
2 Tbsp butter
2 Tbsp milk
Juice of 1 lemon

Directions

Cake

Cream the butter in a mixing bowl. Sift the sugars together and gradually add to the creamed butter, mixing until light and fluffy. Add egg yolks, one at a time, creaming well after each addition. Fold in flavorings. Sift together flour, baking powder, and salt. Add flour and milk, alternately to batter, stirring just until well mixed. Do not overbeat! In another mixing bowl, beat egg whites until stiff. Gently fold into batter. Pour into a well-greased and floured Bundt or tube baking pan. Bake cake in a preheated oven of 350 degrees for 50-60 minutes or until it tests done. Cool in pan 15 minutes before turning out of pan. Glaze while warm.

Glaze

Warm milk and butter in a saucepan or skillet. Stir in powdered sugar and lemon juice. Pour warm glaze over warm cake. Cover and let set for a few hours before serving to allow glaze to soak in.

Kausar Shaikh

Hello, my name is Kausar Shaikh. I was born and raised in India, then moved to USA with my family in pursue for better education for me and my younger brothers when i was ten years old. Now, I am 17 and a graduating senior at the Pittsburgh's Creative and Performing Arts High School, majoring in Fine Arts. However, I plan on pursuing a career in the medical field as a doctor.

Even after migrating to the States, I have not been able to forget my culture and my heritage, especially the food. And with the help of this wonderful program, From the Ground Up, I was able to share some of my favourite Indian recipes. Enjoy!

Ooohh!! My mom makes this dish very spicy, and I love it.

One of my favourite Indian desserts. YUM!

Karahi Gosht

Ingredients

Beef/ Chicken/ Mutton	3 Lbs small small cubes	Ginger finely chopped	5 Tbsps/ 3" pieces
Tomatoes	6, ripe & unripe cubed/ 1.1 Lbs	Ghee/ Oil/ Butter	2 Cups
Green Chillies	6 medium, whole	Shan Karahi/ Fry Gosht Curry Mix	1 packet/ (use less for mild hot)
Garlic crushed	1 ½ Tbsps/		

STEPS FOR COOKING

1. PLACE THE MEAT IN A SMALL POT AND ADD 2-3 CUPS OF WATER, GARLIC, GINGER, AND THE CURRY MIX. COVER AND BOIL ON LOW HEAT UNTIL THE MEAT IS TENDER (WHEN THE MEAT IS TENDER ABOUT A CUP OF LIQUID STOCK SHOULD REMAIN IN THE POT).

2. IN ANOTHER POT HEAT GHEE/OIL AND ADD TOMATOES, FRY UNTIL HALF THE JUICE OF TOMATOES HAS DRIED UP (ABOUT 15 MINUTES).

3. ADD THE COOKED MEAT, STOCK AND GREEN CHILLIES TO THE FRIED TOMATOES. COVER AND COOK ON HIGH HEAT FOR 5 MINUTES, THEN FOR 10 MINUTES ON LOW HEAT.

SERVING SUGGESTION.

GARNISH WITH LIME/LEMON JUICE, CHOPPED GREEN CORIANDER AND THIN SLICES OF GINGER. SERVE DELICIOUS KARAHI GOSHT WITH HOT INDIAN BREADS ROTI OR NAAN OR ANY OTHER BREAD.

ENJOY!

"A rECipe Has No SOUL. YOU as THE Cook muST BRING SOUL To ThE RecIpE".

Fried Plantains

Ingredients:

- 4-5 Plantains
- 1c. oil/ vegetable oil
- ½ tsp salt
- Small bowl of water, salted

Directions:

1. Peel plantain and slice into rings.
2. Place sliced plantains into bowl of salted water. Drain on a paper towel.
3. Carefully place into frying pan and fry until golden brown.
4. Remove, place on paper bag/towel.
5. Smash and refry until crispy.
6. Remove from oil and drain.
7. Sprinkle with salt. Eat, Enjoy.

Alex L. W

- Born in Buffalo NY
- Am a Jehovah's Witness
- Just finishing my 11grade year
- Graduated from art school at the Carnegie Museum of Art and History
- Love horseback riding, Fishing, Riding in my Boat, hanging with my friends, volunteering, helping the environment, and family outings
- Want to be a Hydrologist or Marine Biologist
- Resident of Pittsburgh PA

We could not have accomplished this project without the generosity of our community partners:

Slow Food Pittsburgh

Grow Pittsburgh

Children's Museum of Pittsburgh

Chatham University Master of Food Studies Program

Pittsburgh Center for Creative Reuse

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