

NYBG

EDIBLE ACADEMY
JUNETEENTH WEEKEND

DIASPORIC GREENS (COUVE À MINEIRA)

Prepared by Henry Obispo
Serves 5

Ingredients

- 1.5-2 pounds collard greens (2 to 3 large bunches)
- 5 to 6 cloves garlic (minced)
- 1 teaspoon kosher salt
- 3 tablespoons Extra Virgin Olive Oil



Instructions

Thinly sliced collard greens are briefly cooked in garlic and olive oil. Wash the collard greens well. Remove the largest stems, then gather bunches of the leaves together, and roll them up into a bundle. Thinly slice the bundles crosswise, cutting the leaves into very thin strips. Heat the olive oil in a heavy skillet (cast iron works well) or wok over medium heat. Add the garlic and salt, cooking and stirring until the garlic is golden and fragrant. Add the greens, and sauté 3 or 4 minutes until they are bright green in color and starting to soften. Season greens with more salt and pepper to taste, and serve warm.

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DOUBLE CHOCOLATE BEET BROWNIES

Prepared for the Edible Academy Juneteenth Celebration
by Marion Williams of Wellness In The Schools
Makes 12-14 Muffin-Sized Brownies

Ingredients

- 1 8.8-oz package pre-cooked beets, or 2 medium-sized beets (to make 1 cup beet puree)
- 3 eggs, at room temperature
- ¼ cup maple syrup or honey
- ⅓ cup brown sugar
- ¼ tsp sea salt
- 1 ½ tsp baking soda
- ¼ cup canola oil
- ⅓ cup applesauce
- ¼ tsp vanilla extract
- ½ cup unsweetened cocoa powder
- 1 ½ cups whole-wheat pastry flour (or unbleached all-purpose flour)
- ¾ cup semisweet chocolate chips (plus more for topping)



Instructions

Preheat oven to 375°F (190°C) and line a 12-muffin tin with paper liners, or lightly grease tins with canola oil. To prepare beet puree: Wrap fresh beets in foil, drizzle on a bit of canola oil, wrap tightly and place into the oven for one hour or until a knife inserted can pierce the beet without any resistance. Set in the fridge (in a bowl to catch juice) to cool to room temperature. Once cooled, finely grate beets. Beets can also be pureed in a blender with a bit of canola oil to facilitate mixing. In a large bowl, combine beets/beet puree, eggs, canola oil, maple syrup, brown sugar, baking soda, salt and mix until well-incorporated. Stir in applesauce and chocolate chips, and mix to incorporate. In a separate bowl, sift and combine cocoa powder and flour. Fold into wet mixture using a spoon or spatula until just combined, being careful not to over-mix. If the batter appears too thick, add a touch more applesauce. Batter should have a thick consistency, scoop-able instead of pour-able. Divide batter evenly between muffin tins (fill each regular-sized muffin tin with two heaping tablespoons of batter), and sprinkle with a few more chocolate chips (optional but recommended). Bake for 17-22 minutes or until a toothpick inserted into the center comes out clean. Let cool for a few minutes in the pan, remove from tins and let cool on a cooling rack.

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EFFIE'S SHRIMP CREOLE

From Bress 'n' Nyam: Gullah Geechee Recipes from a Sixth-Generation Farmer
Prepared by Matthew Raiford
Serves 4

Ingredients

- 2 tablespoons butter
- 1 yellow onion, finely diced
- 3 garlic cloves, peeled and minced
- 1 green bell pepper, seeded and finely diced
- 1 orange bell pepper, seeded and finely diced
- One 16-ounce can tomato puree
- 1 tablespoon red pepper flakes
- 2 cups uncooked long-grain rice or Carolina Gold Rice
- 1 quart warm Shrimp Stock, prepared or homemade (recipe follows)
- 2 pounds large shrimp, peeled and deveined, shells reserved for Shrimp Stock
- Fine sea salt and freshly ground black pepper
- Shrimp Stock
- Makes 2 quarts
- 2 quarts (8 cups) cold water
- 4 cups shrimp shells
- 1 tablespoon olive oil
- 1 Vidalia onion, peeled and quartered
- 1 carrot, roughly chopped
- 1 celery rib, cut into 2-inch pieces, including leaves
- 1 lemon, quartered
- 2 bay leaves
- 2 springs thyme
- 1 tablespoon kosher salt
- 1 teaspoon whole black peppercorns

Instructions

In a large cast-iron skillet, melt the butter over medium heat. Stir in the onions and garlic, and sauté until golden brown, about 5 minutes. Add the peppers, tomato puree, red pepper flakes, and rice, stirring until well-combined. Pour the stock in slowly to prevent splattering, as the pan will be hot, then bring the creole to a boil. Once boiling, stir, cover, then reduce the heat to low and simmer for 15 minutes. Remove the cover, add the shrimp, and give the rice a good stir. Cook for 5 to 7 minutes more, until all the liquid is absorbed and the shrimp have pinked and curled. Before serving, taste and add salt and pepper to your liking. Serve and enjoy. Pour the water into a large stockpot and set aside. Rinse and drain the shrimp shells. In a large skillet, heat the oil over medium-high heat and toss the shrimp shells for 2 minutes. Add the onions, carrots, and celery and cook, stirring, for 2 to 3 minutes more. Add the shrimp shells and vegetables to the stockpot, then toss in the lemon, bay leaves, thyme, salt, and pepper. Bring the stock to a boil then reduce heat and simmer for 40 minutes. Remove from the heat, then strain the stock through a cheesecloth-lined sieve into quart- or pint-sized containers. Cool the stock completely, then refrigerate for up to 2 weeks or freeze for later use.

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GRILLED CUCUMBERS WITH HOT HONEY AND EDIBLE FLOWERS

Prepared by Ora Kemp
Serves 4

Ingredients

- 2 cucumbers
- 1 shallot, sliced
- 2 lemons, juiced
- 1 cup honey
- 4 garlic cloves, pureed
- 2 Tbs chili garlic sauce
- Fresh Herbs
- Edible Flowers
- Olive Oil

Optional

- Crushed peanuts
- Feta cheese
- Puffed rice (recipe below)

Instructions

Slice shallots & combine with half of the lemon juice. Set aside to marinate and pickle. Slice cucumbers lengthwise and lightly coat in olive oil. Grill or seer until darkened. While the cucumbers cook, combine honey, pureed garlic, remaining lemon juice and chili salt in a mason. Add salt and pepper to taste. Remove cucumbers from heat and cut into large pieces, roughly 5 per half. Place cucumbers onto a plate for serving. Top cucumbers with pickled shallots, hot honey, fresh herbs, and edible flowers. Optional: add crumbled feta cheese or crushed peanuts for additional layer of flavor and texture. Enjoy!

Puffed Rice – 6 cups
2 cups rice
Canola oil

Preheat oven to 250°F. Cook rice according to package directions. Transfer to parchment paper-lined baking sheet; bake for 2 to 2 1/2 hours or until dry to the touch and all the moisture has evaporated. Let cool completely (rice should be dry and hard before frying). Pour enough oil into large saucepan to come 2 inches up side; heat over medium-high heat until instant-read thermometer reaches 425°F. Add a few grains of cooked rice; if oil is hot enough it will start to puff up instantly. Working in batches, carefully add 1/2 cup rice to hot oil; fry for 3 to 6 seconds or until puffed. Using small metal wire sieve, carefully transfer rice to paper towel-lined baking sheet. Let cool completely.

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TOASTED MATCHA WAFFLE

By Pierre Serrao of Ghetto Gastro

Ingredients

For the Pesto

- 150g basil leaves, picked
- 80g parsley leaves, picked
- 100g pine nuts
- 100g pistachio
- 350ml extra virgin olive oil
- 11g sea salt

For the Garnish

- 1 cup fresh or frozen peas
- Olive oil, on hand
- 1 lemon
- 1 x Foragers Sour Cream or vegan sour cream of choice
- To garnish: fresh herbs and edible flowers

Instructions

Prepare waffles according to instructions. Add a handful of greens/herbs into our waffle mix before making the waffles. To prepare the pesto, blend all listed ingredients, adding olive oil a little at a time until all ingredients are fully blended. Blanch the peas in salted water at a boil (20 seconds). Remove from water. Toss with pesto. Serve on the waffles with sour cream; garnish with fresh herbs and edible flowers.

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PICKLED BLACK EYED PEAS

Prepared for the Edible Academy Juneteenth Celebration by the Edible Academy team, after a recipe by Dr. Jessica B. Harris

Serves 4

Ingredients

- 2 cans (1 pound each) black-eyed peas, drained
- ¼ cup minced dark purple bell pepper
- ¼ cup minced red bell pepper
- ¼ cup minced green bell pepper
- 1 Tablespoon finely minced garlic
- 1 small onion, minced
- 2 Tablespoons red wine vinegar
- 1 Tablespoon balsamic vinegar
- ¾ cup olive oil
- 2 branches fresh thyme, crumbled



Instructions

Pour the drained black-eyed peas into a medium-sized bowl and add the bell peppers, garlic, and onion. In another bowl, combine the vinegars, olive oil, and thyme to form the marinade. Pour the marinade over the black-eyed pea mixture, cover with plastic wrap, and refrigerate overnight so that the flavors blend, stirring occasionally.

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RED VELVET CUPCAKES

Prepared for the Edible Academy Juneteenth Celebration
by Millie Peartree
Makes 24 cupcakes

Ingredients

For the Cupcakes

- 2 ½ cups cake flour
- 1 ½ cups granulated sugar
- 1 teaspoon baking soda
- 1 teaspoon fine sea salt
- 1 teaspoon cocoa powder
- 1 ½ cups vegetable oil
- 1 cup buttermilk, at room temperature
- 3 large eggs, at room temperature
- 2 tablespoons Hibiscus syrup
- 1 teaspoon white distilled vinegar
- 1 teaspoon vanilla extract

For the Cream Cheese Frosting

- 2 (8-ounce) packages cream cheese, softened
- 4 cups sifted confectioners' sugar
- 1 cup unsalted butter (2 sticks), softened
- 1 teaspoon vanilla extract
- 1 teaspoon Hibiscus Syrup
- Fresh Hibiscus flowers for garnish

Sauce

- 2 cups water
- 1 cup dried hibiscus flowers (about 1 ½ ounces)
- ½ cup sugar
- 1 teaspoon finely grated lemon peel
- 1 teaspoon finely grated lime peel
- 1 teaspoon finely grated orange peel

Instructions

Bring 2 cups water to boil in small saucepan. Stir in hibiscus flowers. Remove from heat; let steep uncovered 10 minutes. Pour hibiscus mixture through fine-mesh sieve set over bowl, pressing on solids to extract all liquid; discard solids. Return hibiscus liquid to same saucepan. Add sugar; bring to boil, stirring until sugar dissolves. Boil gently over medium heat until liquid is reduced to 1 cup, 10 to 12 minutes. Remove from heat. Stir in lemon peel, lime peel, and orange peel; steep 10 minutes. Strain sauce into bowl. Cover. Chill until cold, at least 2 hours. **DO AHEAD:** Can be made 3 days ahead. Keep chilled. If the frosting is a little too thick add more powdered sugar to stabilize it.

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SOUL STEW

Prepared by Henry Obispo
Serves 5

Ingredients

- 4 -14.5 ounce black eye peas or 1 pound dried
- 3 Cups Okra
- 2 Cups small cubed sweet potatoes
- 1 medium red onion
- 1 Tablespoon ginger
- ½ tablespoon garlic
- 2 Tomatoes (roasted or fresh)
- 2 Tablespoons tomato paste
- 1 Tablespoon paprika
- ¾ cup red palm oil (African sourced)[]
- 2 cups – 3 cups vegetable stock/ water
- 2-3 green onions chopped
- Salt and pepper as needed
- ½ habanero pepper (optional)
- ½ Lemon (juiced)

Instructions

In a large stock pot or Dutch oven heat red palm oil until shimmering, add the onion and cook for about 5 minutes, stirring occasionally at medium low or until softened. Add the garlic and cook for one minute, until fragrant. Stir in the tomato paste to coat the onions for a minute. Add the ginger paprika and green onion. Then add the soaked or tender Black-Eyed Peas, and water/vegetable stock. To the Black-Eyed Peas, stir in tomatoes sweet potatoes and okra. Add salt pepper and lemon juice. With the lid on allow 15 to 20 minutes or until okra and sweet potatoes are tender.

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STRAWBERRY MINT LEMONADE

Prepared for the Edible Academy Juneteenth Celebration
by Marion Williams of Wellness In The Schools
Servings: 11 cups

Ingredients

For the Simple Honey Syrup

- 2 cups water
- ½ cup raw honey

For the Lemonade

- 5 cups water room temperature
- 2 ½ cups freshly squeezed lemon juice approx. 16-20 medium lemons
- 25 Fresh strawberries
- 5 additional strawberries Mashed with a spoon
- *(Alternative 15-20 frozen strawberries will yield approx. ⅔ – 1 cup when defrosted and mashed
- 8 large fresh mint leaves (3 leaves Thin sliced and 5 whole mint leaves)

Instructions

In a medium sauce pan, combine 2 cups of the water and the raw honey. Heat over medium-high heat until honey completely dissolves. Remove from heat and set this simple honey syrup aside to cool. DE-stem the strawberries and cut into 4 pieces for medium size (cut into 6 pieces for Large strawberries) put aside. In a bowl cut 5 additional strawberries in half then mash. *(Alternate strawberries - Let the frozen strawberries thaw. Once thawed, muddle (mush) the strawberries until they are all mashed and you have made a thick strawberry paste. If you like larger chunks of fruit, don't mush the strawberries as much.) In a large pitcher, combine the lemon juice, all the strawberries. Let stand for 15 minutes then add the 5 cups of water. Stir to combine. Add about half of the simple syrup into the mixture and stir to combine. Add the chopped mint leaves. Continue to add the syrup, 1/4 cup at a time, until the lemonade reaches your desired level of sweetness. Add the whole fresh mint leaves and stir again. If possible, place the lemonade mixture in the refrigerator for 30-60 minutes to allow the flavors to meld. If you can wait this time, you will be rewarded. If not, it will still be super tasty — just not as minty.

Preparation

Serve cold. If you somehow don't finish the lemonade and want to store it for more than 2 days, I recommend straining out the mint leaves as they will wilt during a longer storage time. As you enjoy add a Mint leaf to your glass. Top with strawberry.