

NYBG

EDIBLE ACADEMY JUNETEENTH WEEKEND CULINARY RECIPES

ASOPAO DE GANDULES

by Henry Obispo, Born Juice + Teasoro
Serves 4

For Juneteenth I would like to bridge two worlds, The Afro-Caribbean and the Southern African American experience through the tracing of dishes like, Asopao and Gumbo, as historically there seems to be a connection in origin.

By engaging with the dish historically and placing it in the Caribbean and then looping in the Louisiana component that morphs it into what is now Gumbo, we will build bridges showcasing the non-static lineage and heritage running through its formation.

Combining our base of the Holy Trinity: In Cajun cooking, this is finely chopped green bell peppers, celery and onion. While, similarly, the Caribbean base is sazón/Sofrito: Cilantro, culantro, garlic, sweet caribbean peppers, we will unite these sibling dishes that have branched out of the same gastronomical tree.

Plantain Dumplings

Ingredients

- 1 green plantain
- ½ teaspoon garlic powder
- Salt to taste

Graham Cracker Crust

- 1 ½ cups graham crackers, crushed
- 1 teaspoon sea salt
- ¼ cup brown sugar
- ¼ cup canola oil
- 2–4 tablespoons water

Instructions

Peel plantain and shred in a food processor or using a hand shredder.

Form dumplings from a ½ teaspoon to ½ tablespoon of shredded plantain, garlic, and salt. Set aside.



Asopao de Gandules

Ingredients

- 1 15-ounce can guandules (pigeon peas)—rinsed and drained
- 1 quart veggie broth
- 2 tablespoons extra virgin olive oil
- ½ cup of sofrito & Trinity
- ½ large yellow onion, peeled finely chopped
- 4 cloves of garlic, minced
- ½ cup tomato sauce
- ½ cup short-grain rice
- ½ cup of okra, sliced
- ½ cup Auyama (Caribbean squash) small cubes
- ½ tablespoons salt, or to taste
- ½ teaspoon of black pepper
- ½ tsp nutritional yeast
- ½ tsp sazón
- Olives and capers
- 1 bay leaf
- ½ teaspoons Dominican oregano
- ⅓ cup chopped cilantro, to serve

Instructions

In a large Dutch oven pan, caramelize onion in olive oil; then add garlic.

Add sofrito and let cook for 3 to 4 minutes. Follow with salt, pepper, sazón, and oregano. Let cook for 3 to 4 minutes.

Add the pigeon peas/guandules and let cook for 3 minutes. Add tomato sauce and let simmer for 3 to 4 minutes.

Add rinsed uncooked rice with the broth. Cook for 15 minutes.

Add the dumplings, okra and auyama allow to cook for another 15 to 20 minutes or until rice has split, vegetables are tender and sauce has thickened.

Garnish with cilantro.