



# DISH

LAURA TANNER

Dish is an ongoing project that employs interdisciplinary forms of storytelling – visual (drawing), written (printed catalogs), and oral (film) – to call attention to the echoes of our lived experience, dissolving perceived barriers that impede empathy and collective action. Working at the intersection of climate and social justice has long been at the center of my research practice. In 2021, I began approaching these subjects through the study of foodways. To explore the question, “Who prepares the food and who sits at the table?” I organize community meals whereby local residents, food providers, and consumers share stories about the preparation and presentation of classic regional recipes and food traditions related to the gathering table. I also spend time with local residents, food providers, and environmental scholars, accompanying them through their daily routines and discussing how the landscape, food systems, and public policy have changed during their lifetime.

The oral histories archived with each iteration of Dish acknowledge that local challenges are national challenges - that the obstacles afflicting one community affect us all. Through thoughtful engagement with residents, the documentation of personal narratives, and the subsequent sharing of this growing archive in various locations across the country, our connections become fore-fronted. When listening to or reading the oral histories of those living in New Orleans, for example, residents in Portsmouth will hear echoes of their own experiences. While food is a basic necessity and, therefore, a shared experience across cultures, it is varied and complicated. For some, it offers comfort and nostalgia. For others, food elicits memories of scarcity and instability. Our eating habits are directly impacted by public policy, by immigrants who are the backbone of the American food system, and by a rapidly changing climate. The creative works and stories included in this catalog are inspired by residents living in coastal communities with economies that rely heavily on tourism and fishing industries – industries under threat due to unprecedented saltwater intrusion into local estuaries. When presented together, their stories demonstrate that the intersections between our regional foodways are emblematic of the tightly woven social and systemic fabrics that bind us.

# DISH

## WATERWAYS

LAURA TANNER

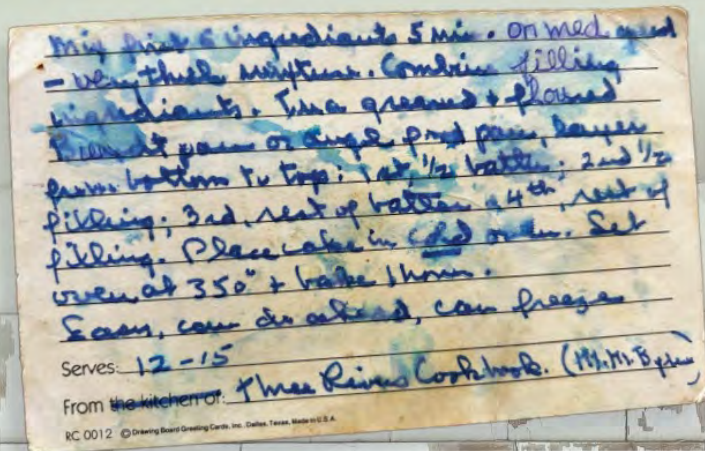
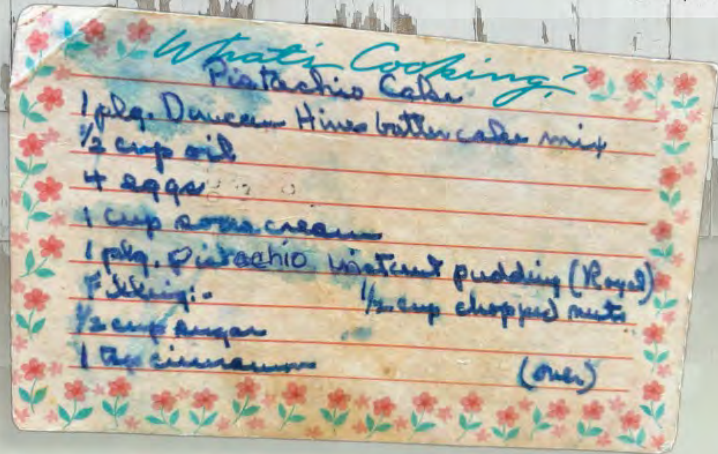
STORIES FROM THE COASTS OF NEW ENGLAND, SOUTHEAST LOUISIANA,  
AND SOUTH FLORIDA



NEW ENGLAND SEACOAST

## Pistachio Cake

1 pkg Duncess Hines Butter Cake Mix  
1/2 cup oil  
4 eggs  
1 cup sour cream  
1 pkg Pistachio Pudding (Royal)  
Filling:  
1/2 cup chopped nuts  
1 tsp Cinnamon  
1/2 cup sugar



Mix first 5 ingredients for 5 mins on medium heat. This should be a very thick mixture. Combine the filling and liquid ingredients. In a greased and floured Bundt pan, layer from bottom to top: (1) pour half of the batter; (2) pour the filling; (3) pour the remaining batter; (4) pour the remaining filling. Place the cake in cold oven. Set oven at 360 degrees and bake 1 hour.

Can do ahead, can freeze serving 12-15  
The Rivers Cookbook



## The Story

My mimi Byrne made the best pistachio cake! When I got married in 1984, she hand wrote the recipe & gave it to me. I have been making it ever since. It is requested for family & friend gatherings & holidays. A coffee cake that is great for breakfast or dessert. Thanks mimi - Cate Toner

My mimi Byrne made the best pistachio cake! When I got married in 1984, she hand wrote the recipe and gave it to me. I have been making it ever since. It is requested for gatherings with family and friends during the holidays. This coffee cake is great for breakfast or dessert.



Born in Rochester, NH I have lived on the seacoast my entire life. The vicissitudes in landscape range from seeing the Wentworth by the Sea where I had my prom and when it degenerated for years and then rose like Phoenix from the ashes to the tallest of buildings and new architecture, housing, food, entertainment entities, etc. The people have changed with the influx of those coming from surrounding states to settle in our state. I like to think the attitude has remained consistent with the love of what the seacoast offers then and now.

My father fished and hunted for locally sourced protein. We raised chickens. My mother fried potatoes in bacon fat and we ate a lot of pork chops —the antithesis of my vegetarian diet I have sustained for years. Dad was an electrician and traded for fresh produce. My mother made the best donuts and custard pies. Simple, unadventurous fare deemed not particularly nutritious by today's standards but certainly sustainable because my brother and I were healthy growing up.

Each October my wooden cutting board comes out for a special reason—cutting cranberries exactly in half. Each exactly in half. The time starts for baking the breads to put in holiday baskets for friends and neighbors. Once upon a time the recipe was a secret but I let the word out. The hundred plus year old recipe is too good not to share. No food processor required, just good wholesome ingredients. The lard has been replaced with vegetable oil but the breads are unchanged as is the baking method (once in a wood fired oven, now in today's conventional stoves). The exact provenance of the recipe is unknown but it started generations ago from our ancestors on an island in Maine. Critical is cutting each berry in half. Exactly in half. And, critical is making it by hand as it was meant to be made and passed down.

## Cranberry Tea Bread

Whisk together:

2 cups flour  
1 cup sugar  
1 ½ teaspoons baking powder  
½ teaspoon baking soda  
1 tsp salt

In separate 1 cup measure combine:

Juice and grated rind of one orange  
2 tablespoon vegetable oil  
Enough boiling water to make ¾ cup

Add:

One well beaten egg to wet mixture

Pour wet over dry ingredients and add 1-2 cups HALVED fresh cranberries and half cup chopped nuts if desired. DO NOT CHOP BERRIES!

Line a standard loaf pan with wax or parchment paper.

Put batter in pan and let rest 20 minutes before baking at 350 degrees for 50 minutes or so until tester comes out dry.

Tips:

Cranberries NOT chopped, just cut in half.  
Do not over mix, just stir to moisten all ingredients.  
Making half loaves in smaller pan works great.  
If you make a double batch, use two bowls to do separately.  
If the batter is too dry to mix together, sprinkle on more orange juice.

## Tacos de Papa

yields 4 Tacos

- 1 Lg Local potato (we use Maine green thumb) washed
- 4 Each 6in Corn Tortilla (we like Cinco de Mayo)
- 2 Tbs Olive Oil
- 2 Tbs Canola Oil
- ½ Lemon thinly sliced and Marinated in Lemon Juice
- ½ c Local green leaf lettuce shredded
- ¼ c Salsa cruda
- 4 each Avocado Slices

Boil potato with skin on till fork tender. Peel potato and mash with back of fork and season with Olive Oil and salt to taste.

Warm corn tortillas in dry pan till soft. Fill each tortilla with equal amounts of mashed potatoes.

Fold over to form taco.

in a pan on medium high heat Canola. Oil and let come up to temp and pan fry 2 tacos at a time letting the shells get dark brown. Be careful not to burn them.

Place each done taco on a paper towel to damp away excess grease. Garnish each taco first with Salsa, then lettuce, then onion and then avocado.

Enjoy!

### Salsa Cruda

- 2 each tomatoes
- 1 clove garlic
- ½ ea White onion
- 3 ea Chile de Arbol (toasted and stem removed)
- Puree all ingredients together.
- Season with salt to taste.

Growing up Mexicano, it's all about family and food. Every single weekend, we got together as a family, the 60 of us, for big barbecues out there in Southern California. Every Sunday we had menudo, which is a tripe stew. My mom still makes it to this day, every Sunday, even if it's just for her. Growing up, I never realized that those traditions would shape my career. I knew I wanted to be a chef eventually and I dove deep into it. Most of us go into the French culinary arts, to begin with, but soon, we realize that that is not us. This isn't who I am meant to be as a chef. So, we came back around, which is what I did. I realized that the food I ate growing up was real food.

My parents had a garden. We had chickens outside, the whole thing. I recognized that as the food of my culture and I really wanted to share that. One night at the restaurant, a man came in and said, "I want to have what the chef had growing up." So, I said, "I got you."

My mom used to make potato tacos, just potatoes that were boiled, peeled, and mashed with salt. That's it. Then, they are stuffed inside a tortilla and fried on both sides. After, he asked me to come out to the table. He said this is the greatest, simplest taco in the world.

David Vargas

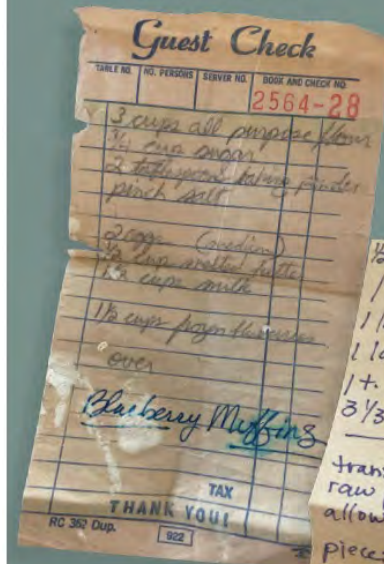
## Great Grammys Molasses Cookies

- ½ c melted shortening
- 1 ¼ c molasses
- 4 c flour
- 2 Tsp baking soda
- 2 Tsp ginger
- 1 Tsp cinnamon
- dash salt
- ½ c boiling water

Sift dry ingredients into large bowl. Add molasses, melted shortening and boiling water. Mix well. Turn out onto floured surface, lightly flour top and gently knead. Press out to ½" thickness. Cut with biscuit cutter or glass.

Place on cookie sheet ½ a part.

Bake 400 degree approx 10 min

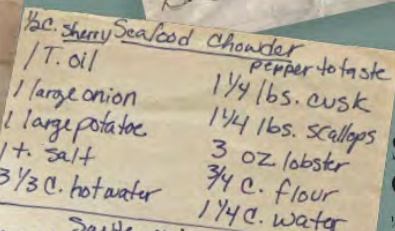
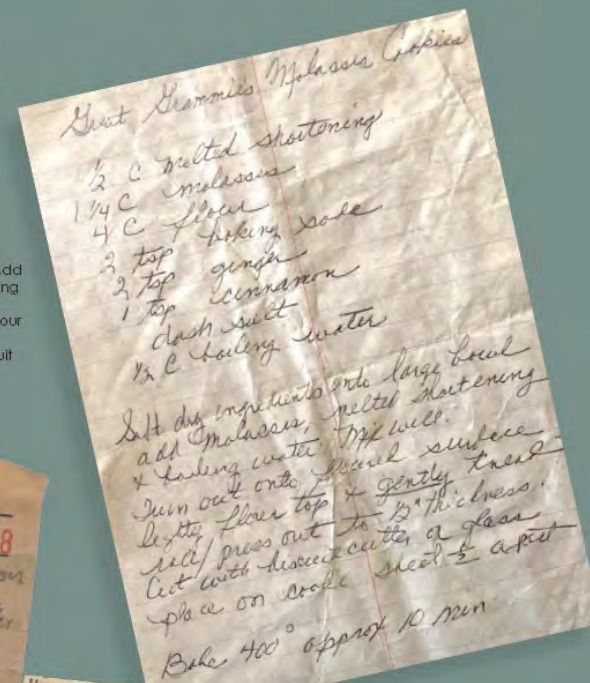


## Blueberry Muffins

- 3 c all purpose flour
- 3/4 c sugar
- 2 tbs baking powder
- pinch salt

- 2 medium eggs
- ½ c melted butter
- 1 ½ c milk
- 1 ½ c frozen blueberries

Emily Leach



## Seafood Chowder

- ½ c shery
- 1 Tsp oil
- 1 Lg onion
- 1 Lg potato
- 1 Tsp salt
- 3 ½ c hot water
- 1 ¼ lbs cusk
- 1 ¼ lbs scallops
- 3oz lobster
- ¾ c flour
- 1 ¼ c water
- Pepper to taste

Saute onions in oil till translucent. Add water, then raw potatoes. Add salt and allow potatoes to cook fully. Cut fish and scallops into bite size pieces (check for worms). Add to onion and potatoes, and bring to full boil allowing time for fish to cook. Meanwhile make a flour and water mixture, when fish is done add mixture to thicken. Add lobster, sherry, and pepper. Serve 3 to 1 evap. milk with potatoes and butter.



Bound IIa, Ink and Gouache on Hand-cut Mylar  
11"x14", 2024



Bound IIb, Ink and Gouache on Hand-cut Mylar  
11"x14", 2024

## Chef GJ's Green Bisque

### Ingredients

1 gal green crab broth (see notes below)  
1 gal of equal parts onion  
Celery, carrots, leeks  
4-5 gloves garlic  
½ lbs butter  
1 ½ c rice  
1 c sherry wine  
½ c old bay  
2 qt heavy cream  
Salt and pepper to taste

### Directions:

Add butter to pot followed by chopped bouquet ingredients. Sauté for 5 mins.  
Add green crab broth & sherry and boil before adding the rice.  
Reduce heat and simmer for 30 minutes.  
Add the heavy cream and allow the liquid to simmer for another 20 minutes.  
Blend the bisque using an immersion blender (or add bisque carefully to a regular blender).  
Add old bay, salt and pepper to taste.

### For the Broth

#### Ingredients:

5 lbs green crabs  
½ cup of old bay  
Bouquet: 1 Leek, 2 lg carrots, 2 onions, 3 Celery stalks, garlic, 2 lemons


#### Directions

Fill pot halfway with water and bring to a boil. Rough chop bouquet ingredients and add them to the pot. Add the green crabs and simmer for an hour and a half.  
Strain the liquid into a clean pot.



Nicole Fel Dotto





New England is a melting pot full of indigenous people and immigrants, so true New England cuisine is everything that brings it all together. The Heritage Seed Harvest project helps save seeds indigenous to the northern New England region. We grow about three seeds a year. We retain the data from the harvest, save the seed, and then help to slowly reintroduce it to the region by giving it to other farms to grow. My favorite seed was the King Philip corn. It has red streaks and red kernels that have a natural pest repellent. When the colonizers arrived, they regarded the red streak as Indian devil, so they naturally grew it out of the corn, which eliminated the natural pest repellent from it as well.

Last year, we presented a dish that I call truly New England. It included corn grown by Liberation Farms, a Somali farm in Lewiston, Maine. We made the corn into masa, which we then made into tortillas. We stuffed them with halibut caught off the Gulf of Maine by a small fisherman. We cooked it over open coals. So, to me, that was truly New England brought all together.

David Vargas

## Giambotta



I can remember my grandparents had a big garden when I was a kid. They'd grow beans, tomatoes, cucumber, and zucchini in abundance. Late August always meant it was time for the tomatoes and zucchini to be harvested. My Nonnie would make a big batch of giambotta, a vegetable stew, that her parents taught her how to make. They were off the boat southern Italians and now I grow tomatoes and zucchini's in my garden and make giambotta with my kids in late August.

The Seacoast is a great natural resource. There is the ocean with great local seafood like lobster, clams and shrimp; the bay with its brackish water and oysters; and the land with back yard and small scale farms. In the past decade efforts to rejuvenate the bay have been successful and the oysters are coming back. Local clam beds have also been reopened and locals can buy season or day passes to dig their own.

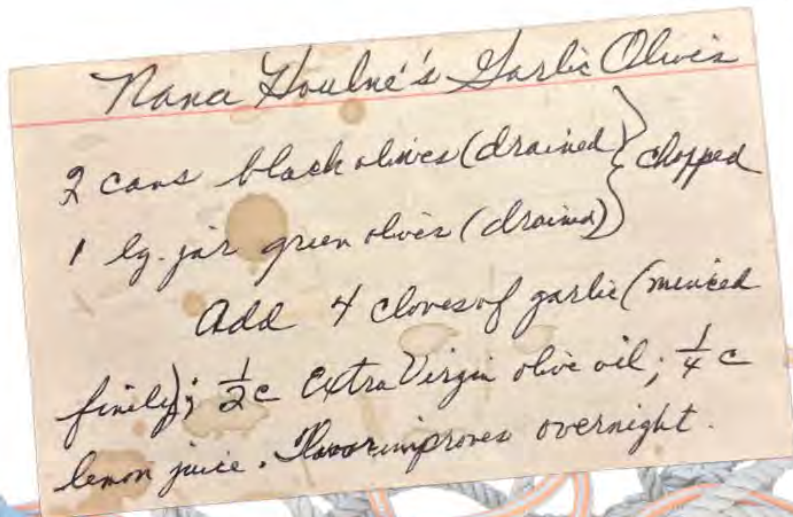
Joseph Russell

My grandmother, aka...Nana, Amelita Bissaro Houlne, was a first-generation American-born Italian/ French Canadian. She came to the Seacoast from Billerica, MA to retire. Many of the family followed her. Although there are many recipes of hers that we share with each other, for some reason this very simple garlic tapenade is an all-time favorite. She was born in 1925 and died in 2021.

My family was lower middle class from Billerica, MA. When I was growing up, we would take the whole day on Saturday or Sunday in the summer and go to beaches very early in the morning until late afternoon...from Plum Island, Hampton, Rye, and north to Long Sands in York, Maine. Even though we would point out all of the beautiful and historical architecture of the waterfront mansions and their grandeur, we were also connected. We felt part of the beauty and dynamism of the ocean. It felt like an equalizer. So, even though we were poor, we still got to experience the beautiful riches that the Seacoast provided. And my family made sure to teach us to value that... that everyone was worthy of experiencing this beauty and that we are its caretakers, to ensure that it remained for generations to come.

### Nana Gouline's Garlic Olives

2 cans black olives (drained)  
1 lg jar green olives  
4 cloves of Garlic (minced finely)  
½ cup extra virgin olive oil  
¼ cup lemon juice  
Improves overnight



Laura Foster

I've been living in Portsmouth for 40 years and I'm so thankful for that. My husband and I ended up here by accident when we were first married. He got a job in NH and I was still working in Boston so we needed a community with transportation to Boston.

My mother grew up in West Virginia, but both her parents were natives of Niagara Falls, NY. Her mother died when my Mom was three and a few years later my grandfather married Ernestine, a West Virginia native with Virginia roots. My grandmother made spoonbread, which is a typical Southern dish, similar to polenta, and she passed the recipe down to my mother. I've been making it for years since it's so good (just put a pat of butter on each serving) and easy.

Note: it often takes more than 45 minutes to cook and the best part is the crust that forms on the top.

### Spoonbread

4 to 6 servings

1 cup cornmeal  
1 Tsp salt  
2 Tbs butter  
2 cups milk  
1 tsp baking powder  
2 eggs beaten with a fork

Pour 2 cups of boiling water over cornmeal, salt, and butter. Stir, and then add milk, eggs and baking powder and mix well, removing lumps. Bake at 375 about 45 minutes\* in a 2-qt casserole which has been lightly greased.\*\*

\*It can take longer, depending on your oven.

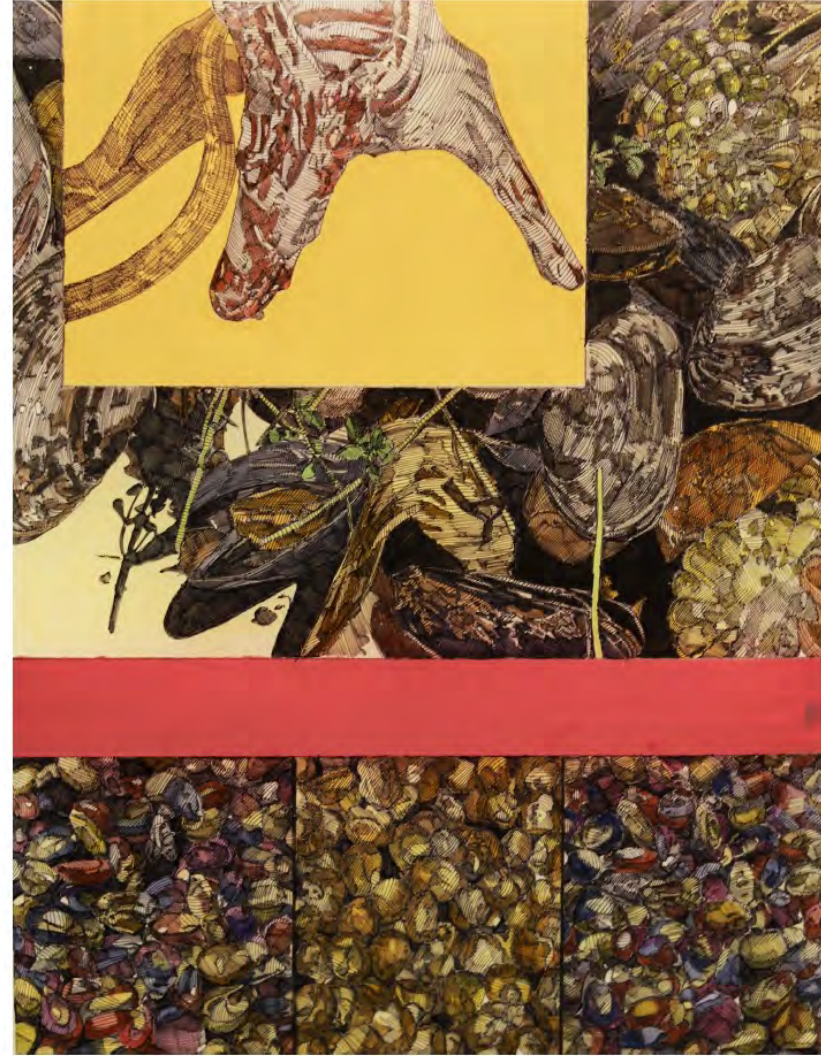
\*\*This recipe can be halved for serving two people.



Ernie Greenslade



Bound IIe, Ink and Gouache on Hand-cut Mylar  
11"x14", 2024



Bound IIf, Ink and Gouache on Hand-cut Mylar  
11"x14", 2024



I was told that my ancestors were among the first to come over on the Mayflower. We settled in Dover, New Hampshire in 1632, and my ancestors started there with Tuttle's Red Barn. As it was told to me, the farm was always passed from father to eldest son. It was also claimed, for a while, to be the oldest-run family farm in the country. That has since been a little disputed. But, back in the day, they would tote that in their advertising.

I was raised on this farm and have lived here my whole life except for college. When I was a kid, winters were winters. There's a small mountain nearby that my dad said they actually skied on when they were younger. And there is a small hill in downtown South Fork where they would do some sledding and skiing. So, growing up, winters meant snow. I remember getting dressed to go out in the snow every winter. But, this past winter, we had very little snow and it has been more and more like that. It wouldn't even be worth having a snowmobile around here now.

The frost dates have changed. It used to be that in mid-September you could start getting a frost. This year, we didn't have a hard-killing frost until around November. Wind is also a bigger issue now, especially in the spring. So, there's these overall trends of later frost, mild winters, but then there's also more extremes. Last year we got a very hard frost around mid-May. It got down into the 20s, maybe even the teens. So, there were no peaches up in northern New England last year. A lot of people had damage to their strawberries or lost their crop entirely.

And then last summer was the worst season that we've ever had from a growing perspective. We'd had some pretty severe droughts throughout the last few years. And then last year that flipped 180 degrees. It started raining in the spring and just never stopped. Of the two, as



frustrating as a drought is, we do far better in a drought year than we do in an excessive rainfall year because, obviously, the farm is called Riverside Farm for a reason. We farm on the banks of the Great Works River and we have a farm pond so we can irrigate. And there are some benefits to low rainfall. One of the main ones is you can do things on time. You have better weed control. There are oftentimes fewer diseases. Whereas when it's nonstop rain, there's nothing you can do. You can put drainage around your field. But if you've had a three-inch rain event, you cannot get on your field to do any tractor work. You cannot plant on time. You can't direct seed. Diseases can be awful.



SOUTH FLORIDA

# ASADO



## INGREDIENTS

MEAT  
- Skirt steak  
- Flap  
- Pork ribs  
- Blood sausage  
- Chorizo

SALT & PEPPER

BREAD

Toast lightly on grill before serving the chorizo to make a "CHORIPAN"!

ONION

GREEN PEPPER

TOMATO

OLIVE OIL

WHITE VINEGAR

FOR SALSA CRUJILLA

## PREP:

MAKE A FIRE on your grill using charcoal, wood, and paper (~1hr.)  
Once the fire is ready, DISTRIBUTE embers to have a high heat and a low heat area.

KEEP to the side a SMALL ADDITIONAL FIRE to take embers when needed.

SEASON meat cuts to your taste.

## DIRECTIONS: PUT THE MEAT ON THE GRILL!

Cook Time will vary for each cut:

+ Skirt Steak: ~40 MIN

+ Flap: ~60-90 MIN

+ Pork Ribs: ~60 MIN

+ Chorizo: ~40 MIN

+ Blood Sausage: ~15 MIN

Halfway through cooking, TURN the meat.

# SALSA CRUJILLA

ADD the vegetables to a small bowl.

In another bowl, WHISK together 3 table spoons of olive oil and 1 table spoon of white vinegar to make the dressing.

POUR the dressing into the vegetable bowl. SEASON to your taste, TOSS and ENJOY!

CHOP 1/2 onion and 1/2 green pepper, D 1 tomato.

and ICE

Concepcion Araya  
19/10

My wife in south florida wanted im 2015 when i first moved here. I was born and raised in Brazil for most of my life until i moved when i was 9. When i moved i had to learn about any new things including a whole new language. I would say my wife in south florida is pretty exciting i do a bunch of different things with not only friends but family as well. My parents got divorced which was the reason my mom decided to move here, she knew Brazil was getting bad and knew who could offer my mother and i so much more as we moved countries so with that we packed our bags and left. Since my mother decision to move there was so impulsive anyone was afraid she would prove everyone wrong and now times a waitress that grows more and more everyday, my biggest supporter and i am so proud of her.

## "Ceviche"

The Food of Jofle is such a mighty pot so let me put you on my spot straight from Ecuador I miss you so Ceviche is when my heart feels warmth Sour Citrus, Fresh Fish Some with added to the mix I take a bite I bring In happy Sour delight Ceviche can all ways put me to bed Good Night.

- Cristian Boria :)

## Grandma Baier's Apple Cake

This is a simple but delicious coffee cake recipe. My grandmother and mother used to make this when I was growing up in South Florida. My memories around baking with my grandmother are precious to me, and the smell of cinnamon and apples reminds me of her and this recipe. My family of origin was originally from New York and we moved here just before my sixth birthday. We relocated to South Florida for my dad's job but it was a bonus that my grandmother and her husband already lived here after they retired. We actually lived with them for a brief period when our house was being built just a few blocks away.

My grandmother would make this cake for a snack or dessert sometimes. She was the first generation born in the United States, as her parents (my great grandparents) were originally from Sweden. I still have this recipe card in my grandmother's handwriting. It is a treasure.

This is the one Mom makes - one recipe in 13x9  
Sprinkle w/ sugar + cinnamon, dot w/ butter sliced apples  
350° for 30-33min  
(McIntosh)

Coffee Cake  
1/2 c milk  
1 1/2 c flour  
2 Teasps Baking Pow  
1/4 Teasps Salt  
1 Egg  
Cream shortening, add sugar, egg, milk  
dry ingredients sifted & then combined  
juiced apples, granules and sugar. Dot  
with butter. Bake 30-33 min  
9" round pan

## Mom Bryan's Cornbread Recipe

I was first exposed to Southern Cornbread almost thirty years ago when my husband took me home to meet his parents for the first time at Thanksgiving. There were plenty of dishes that were traditional but there were also a few I had never heard before,

okra, collards, ect.

The greatest debate revolved around the cornbread from which the cornbread stuffing was made. Like me, my mother-in-law was originally from New England, and we fell on the side of the debate that sugar should be in cornbread. New England cornbread is typically sweet and moist, where as Southern natives believe that sugar or barely any sugar was the way to go, that the bread should be dry and unsweetened.

Corn Bread (Double Recipe)  
Sift together { 3 cups waterground meal  
1 cup flour  
2 TB baking powder  
2 tsp. salt  
eggs lit using more-decrease milk  
heaping TB fat oil, bacon grease, etc  
milk  
in greased pan

My mother-in-law gave me some sound advice before my husband and I were married. She told me that when she became part of the Bryan family, she adapted her cooking to a more Southern style of cooking, because that is what her new husband was used to. She told me she was open to exploring and learning about the South Florida culture and found that she actually liked the "new way of cooking". So, she continued to make her husband's favorite dishes with a southern style. She told me to have an open mind and heart to the South Florida culture that my husband brought into my life. She also encouraged me to make my family recipes the way that my family made them as we started our new family. I took her sage words to heart.

My husband is a native to South Florida and very proud to tell you that his father's family were native to Miami as well, which is very rare. My family moved here before I turned six years old and he teases me that I am and always will be a Yankee and not a native! I have exposed our families to both styles of cooking and make two different stuffings for Thanksgiving. I make the traditional Yankee stuffing with white bread and I also make the Southern style Cornbread stuffing from my mothers-in-law's recipe.

I love this photo I took of her recipe in her handwriting with her glasses next to them at one of our last Thanksgiving's with them. My husband's parents have both passed on now but we carry the tradition of the Southern Cornbread. It is a privilege to honor her in this way.



Stacked II, Ink and Gouache on Hand-cut Mylar, 54"x86", 2023



## Mom's Original raw vegan version of the famous Russian Dressing Salad

### Ingredients:

400g beets  
2pc carrots  
1.3pc onion  
1pc avocado  
100g wakame seaweed dry  
4 Tbs vegan mayonnaise  
½ lemon juice  
spices to taste (coriander, pepper, salt)

### How to prepare:

Wash and peel the vegetable (carrot, beet, onion, avocado)  
Soak the seaweed in drinking water for 20 mins. Rinse and drain afterwards.  
Using a blender separate chop into small pieces the beets and the carrots. Put them in different bowls, add a ¼ teaspoon of coriander and pepper and a pinch of salt into each. Mix the drinded vegetable with mayonnaise in their separate bowls.  
Cut the onion into thin half-ring slices. Put them in a separate bowl, add lemon juice, pepper and salt to marinate.  
Cut the avocado into thin ¼ inch slices.

We are ready to assemble!  
Into the serving bowl place a layer of seaweed, followed by the marinated onions. Later lay out the avocadopieces. Finish by creating a carrot and a beet layer on top. Decorate with vegetable sculptures of beets, carrots and avocado. We are ready to serve!

Bon Appetit!

### Traditions With a Modern South Florida Spin

Upon immigrating to Florida, my family and I were introduced to a diverse array of people and cultures, triggering a significant shift in our dietary habits. The rich tapestry of culinary traditions inspired us to embrace a vegan raw-lifestyle, marking a departure from our conventional way of eating. This diet was a necessity for my health and although it brought an incredible journey for us, the road had a lot of cracks and sharp turns. In the beginning we were simply hungry, well rather constantly starving. My mom, being the initiators, kept our motivation by cooking vegan and raw substitutes for our favorite traditional dishes.

One of the best culinary experiences was the raw version of a famous Russian New Year's traditional salad "Dressed Herring", which due to the fact that it is vegan, has no herring (fish) in it.

< FLAN >  
¾ litro - 1 leche  
Eraporada - 1 leche  
Condensada.  
Preparado  
Seisan leche y leche -  
½ cucharadita de vainilla  
después de Seisado.  
Ponelo en un sartén -  
en el horno por 45 min.  
Poner caramelo (diluir un  
poco de agua con azúcar) en el  
sartén antes de echar la  
mezcla a hornear a 350  
grados en el horno por 45 min.

One of my favorite foods growing up was Funji (toon see). I don't even know if I spelt it right, but it's from St. Thomas (where I am from) and it is made of corn meal and oca, and you can pair it with any fish/sea food. Traditionally though, it is paired with salt fish. It's such a warm and familiar food to me 😊

This recipe is in my grandmother's handwriting - she used to make it for my mother and it was a special treat she made when I was growing up (because it can be very time-consuming to prepare). These German noodles are pan-fried after they are boiled and are so good! They are now my children's favorite. ♡

*Spectygl*

Mix  $4\frac{1}{2}$  cups flour with 4 or 5 well beaten eggs a dash of salt and enough water to make a thick glue like consistency. Then beat dough until it whitens and pulls away from the sides of the bowl.  
Cut into boiling salted water & remove when they rise to the top.

Kevin Romero

My relationship to the south Florida landscape is when growing up I would mainly be outside in the hot sun and there would be abunch of empty lots with trees with wildlife like cows. But as time passed the properties would get purchased and they started building businesses. The food that I grow up eating is rice, beans and meat because that is the food that is mainly eaten in my culture.

## Story about a Recipe

### -Ambar Lora Cuadro

I am Venezuelan, and specially during Christmas time there is one dish that has been part of my culture for as long as I've been alive. The name of this dish is Hallacas. They could be seen as a Venezuelan tamale, the dough is made of corn and it is filled with pork, chicken, beef as well as onions, bell peppers, raisins, olives, etc. Once everything is laid out they are wrapped up inside plantain leaves, tied in a tic-tac-toe shape and boiled. It has become traditional for my family that every Christmas, even if just to make a few, we make them together.



zha. MSher

**Pineapple Crust "Curry"**  
 serving Size: 4-8 people

Ingredients -

- #1. 1/2-1 1/2 pounds of goat meat
- #2. 1/2 pineapple (cut into chunks)
- #3. 3 whole garlic
- #4. 3 potatoes (cut into chunks)
- #5. 10 chili peppers
- #6. 2-3. Tbsp of salt
- #7. 2. Tbsp of paprika
- #8. 1. Tbsp of green masala
- #9. 10-12 cloves
- #10. 2. Tbsp of turmeric
- #11. 1 whole onion
- #12. 1/2 to 1 gallon of water (more if necessary)
- #13. 1 time

hello - to whom ever is reading this, this dish has been with my father for generations but he decided to put his twist on the dish. My father has migrated here to the U.S.A via immigration over 30 years ago. Usually Florida and the U.S.A has been known to accept immigrants from other countries as a sort of hope to even financially.

# Mandocas

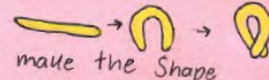

Maracuchas

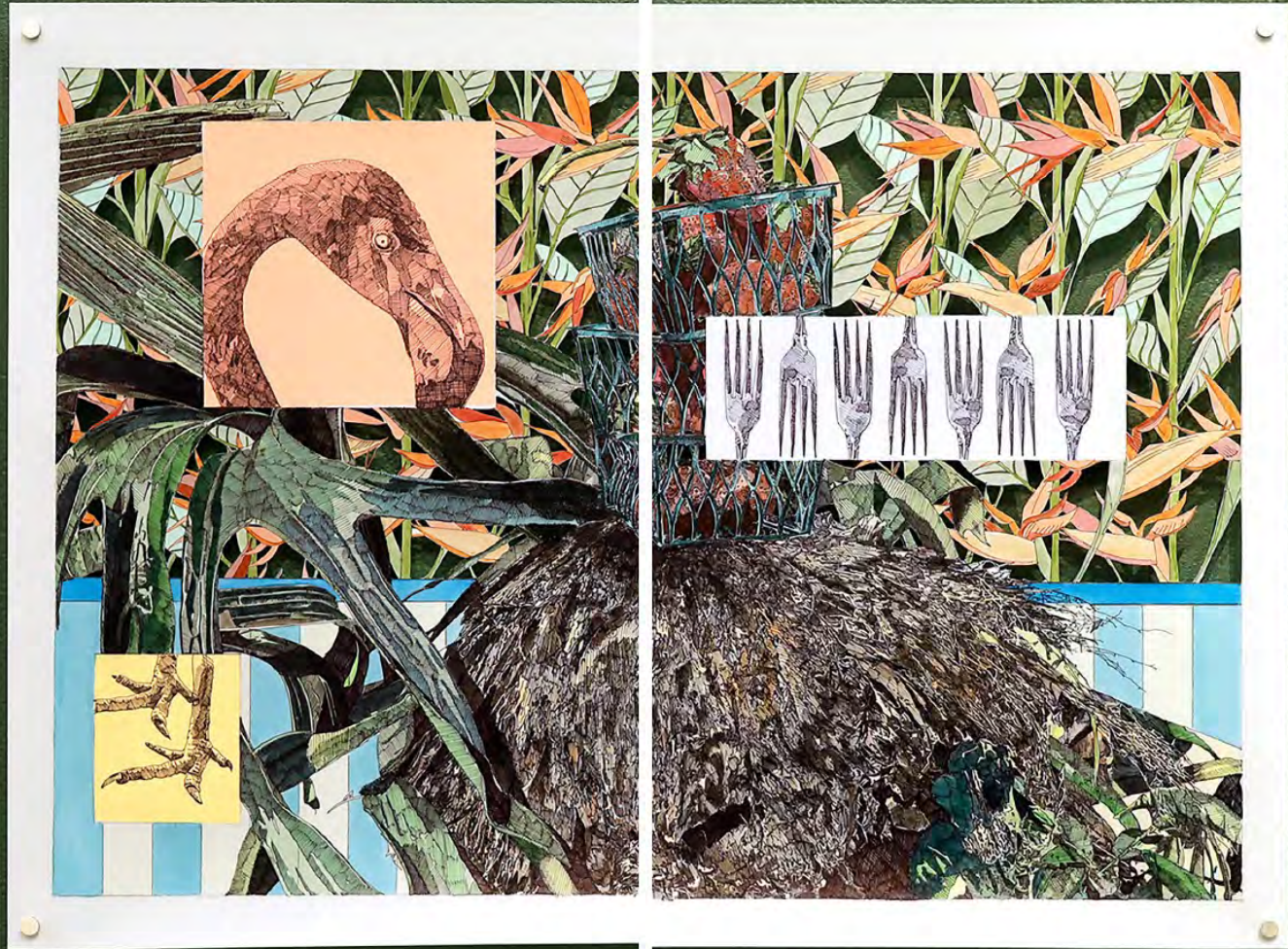


## Ingredients

- Ripe plantain (2)
- Sugar (2 cups)
- Yellow precooked Corn meal (1 lb)
- grated queso blanco (1 box)
- Water (3 cups)
- Corn oil (1 liter) (to fry)

## How to make

- ① Mix the Corn meal with the water, add the Sugar until it's homogeneous
- ② In a Container, cook the ripe plantains and puree them, let them cool, add them to the flour mixture finally add the Cheese.
- ③ Mix the dough well and roll into a long cylinder and make the Shape 
- ④ In a frying pan, put the Corn Oil over medium heat and place the mandocas until they are golden
- ⑤ Enjoy with Cafe Con Leche y Queso Blanco 



Stacked IV, Ink and Gouache on Hand-cut Mylar, 20"x24", 2023

Justine N.A.

## Mofongo con Carne Frita

Mofongo is fried then mashed green plantain with garlic and olive oil added to taste/texture.

Carne frita is fried pork chunks till golden and crispy, not dry.

I grew up eating and making this my whole life. We would bring it to parties and all that; everyone loves it. It use to be my mom who made it, but now I usually the one to make it now that I'm older. It's a lot of work, but it's so worth it.

If anyone wants to try it without doing all the work you can try

El Bayu De Wela Sara

in/by Young Circle in Hollywood.

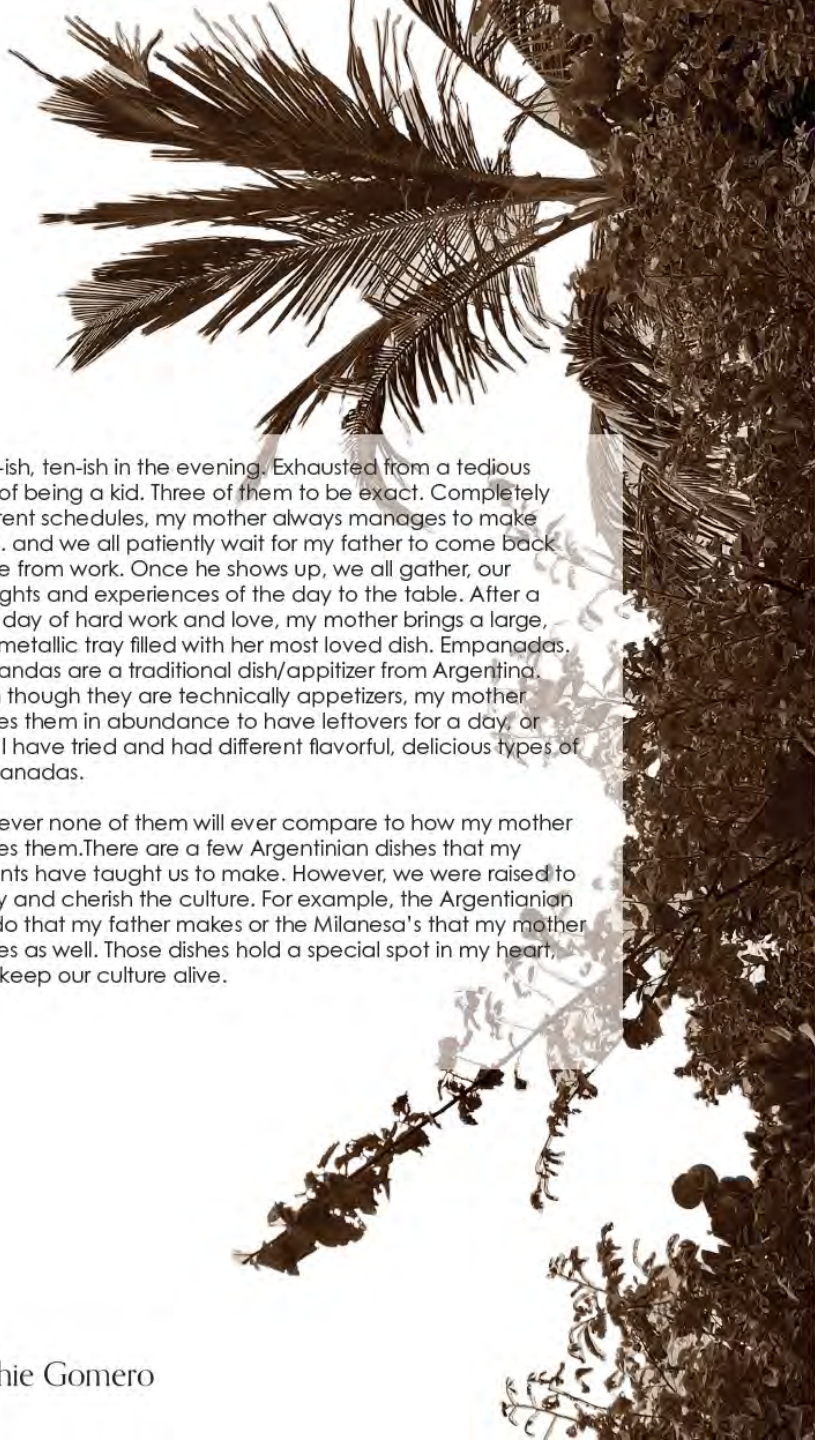
I was born and raised here in South Florida. At my Sunday dinner table, we would always have saltfish and akee (from our tree). I have watched the land continue to be developed. Now there are very few areas that are green.

People have a hard time growing minimal amounts of food due to "urban development" in certain areas. Had my family moved here now, I do not believe that our akee tree would exist, and, therefore, every Sunday of my young life would have been different. Picking the fruits you've grown to make large family dinners is incredibly important to me.

When I think of South Florida food, I think about the land and high-end restaurants in Miami. You may spend a bunch of money on something you can find cheaper or closer to home but some people do it simply for the experience. The top options on almost every menu would have to be alfredo, crab legs, and fish. Most of the time, you get a pretty large portion of food that you don't finish and you take home to "eat" later.

Almost every time I eat food in South beach, its after being at the beach. I am most likely with my family in a damp bathing suit with sandy toes and an empty stomach with my family. These trips always create the best memories and will always be in the back of my mind, espically when I think of South Florida food.

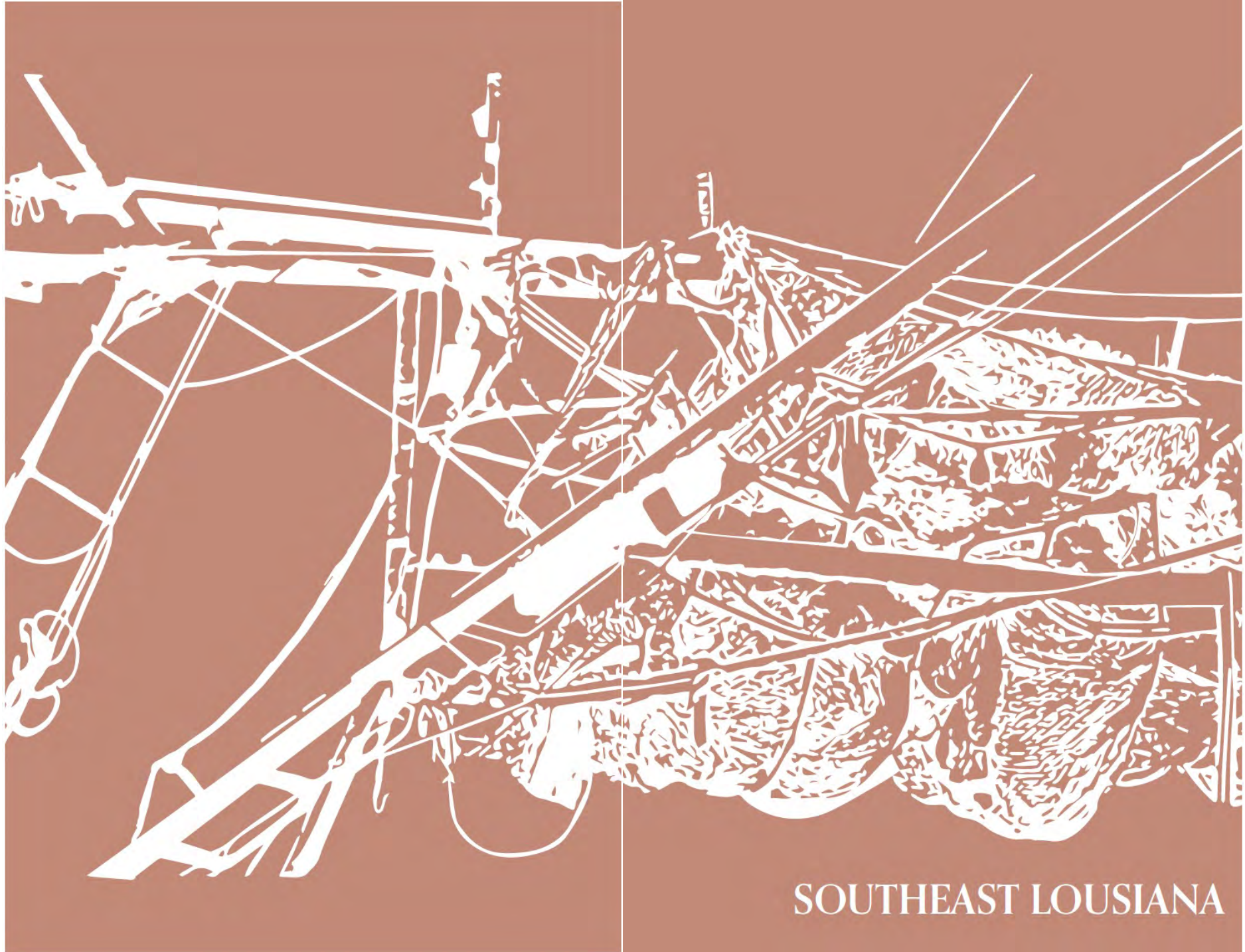
I was born and raised in South Florida and haven't really known anything besides it. I grew up near the everglades and swamps and it's safe to say I act like a swamp boy. I go nearby and fish, sometimes I'll stick my feet in the water and let the minnows nibble at my toes. I spent a lot of time in Mexico, but having grown here, my heart will always stay here in the tall grass swamps of south Florida. My family came to South Florida when escaping Cuba in the 60's and landed in West Palm Beach and stayed there till my brother and I were born. With that I grew up with a lot of Cuban food mixed a little with everglades style to it. This really affected my style of cooking now even when cooking Mexican with my mom. You know what they say about South Florida "it's just northern Cuba," but it's really home to so many latino cuisines, ~~just~~ Venezuelan, Mexican, Puerto Rican, Jamaican, Haitian, Dominican, and South Florida's own style food. Each culture co-exist to create the latino-Caribbean atmosphere that we all know and love. With all of them creates such a unique flavor that you can never forget.



Nine-ish, ten-ish in the evening. Exhausted from a tedious day of being a kid. Three of them to be exact. Completely different schedules, my mother always manages to make food. and we all patiently wait for my father to come back home from work. Once he shows up, we all gather, our thoughts and experiences of the day to the table. After a long day of hard work and love, my mother brings a large, hot, metallic tray filled with her most loved dish. Empanadas. Empanadas are a traditional dish/appetizer from Argentina. Even though they are technically appetizers, my mother makes them in abundance to have leftovers for a day, or two. I have tried and had different flavorful, delicious types of empanadas.

However none of them will ever compare to how my mother makes them. There are a few Argentinian dishes that my parents have taught us to make. However, we were raised to enjoy and cherish the culture. For example, the Argentinian Asado that my father makes or the Milanese's that my mother makes as well. Those dishes hold a special spot in my heart, and keep our culture alive.

Sophie Gomero



SOUTHEAST LOUISIANA



Brownies  
4 eggs  
2 cups sugar  
1 cup flour  
1/4 lb melted butter (1/4 stick)  
cocoa or 6 large sqs bitter chocolate  
1 cup chopped pecans  
vanilla  
1/2 ts salt  
Beat eggs + add sugar +  
flour  
Add about 4 T cocoa  
(if you use bitter chocolate, melt  
it with butter)  
add melted butter, nuts,  
salt, vanilla + bake in  
moderate oven.  
375° for 30 mins

## Brownies

4 eggs  
2 cups sugar  
1 cup flour  
1/4 lbs melted butter (1 1/4 stick  
of butter)  
cocoa or 6 large sqs bitter  
chocolate  
1 cup chopped pecans  
vanilla  
1/2 ts salt

Beat eggs and add sugar and  
flour.  
Add about 4 tbs cocoa.  
(if you use bitter chocolate,  
melt it with butter)  
add melted butter, nuts,  
vanilla and bake in moderate  
oven.

375 degree for 30 minutes

Dearest Mama-

A rainy day today. I haven't been  
able to get out of the house. We  
have been having trouble with  
weather- Emerson says that if it keeps  
up they will not come to the mill. This  
will just delay the end of the crop so  
I'm hoping the weather will clear up.  
Do you like Brown Betty ?

I made some for dearest today and it  
looks so good.

This is my recipe:

1 cup sugar  
2 cups toasted bread crumbs  
3 cups sliced apples  
1 lemon  
2 tbs. butter  
1/4 cup water  
1/4 ts. nutmeg  
1/4 ts cinnomon  
1/4 ts salt

Linda A. Bryan

Blend sugar, spices and salt - then  
add layer of crumbles in greased  
baking dish, then layer of apples  
and sugar and so on until all is used  
up - mix lemon juice - water and pour  
over - Dot with butter bake 45 min in  
moderate oven.

This is the sauce:

1 cup water  
1/2 cup sugar  
1 tbs butter  
1/4 ts salt

Cook until smooth. Add 1 ts vanilla or  
whiskey is better.

Serve Brown Betty and sauce hot





Fred Johnston  
Red Robin Soup

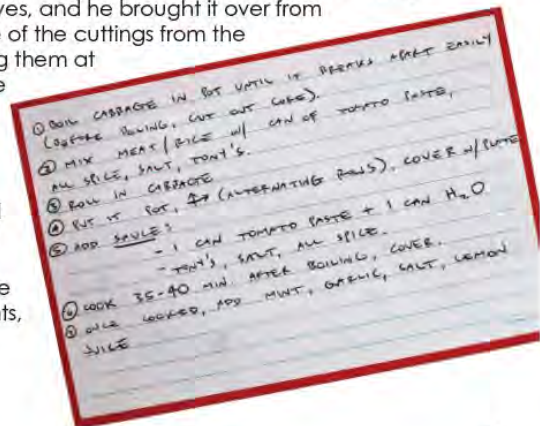
## Cajun Stuffed Cabbage Rolls

My family came to Louisiana in the 1900s, right through Ellis Island. They were from the north part of Lebanon in the mountains and had a ton of land. But, when Turkish came, people started starving. My grandfather remembers running through the fields after grabbing a bag of grain and getting shot at. They couldn't feed all of their children. There were seven of them, and they had to put their baby in a convent. Then the convent was bombed.

Thankfully, all the people got out, but the paperwork and everything about the children was destroyed. The nuns took the children somewhere else, so they never saw the baby again. I think a couple of their other children died of malnutrition. Then my grandpa's mom decided that was enough. She sent her two oldest boys ahead. They had to pick between Canada or Lafayette, Louisiana, because they spoke French. So, they gambled and picked Lafayette, probably because of the cold in Canada.

These recipes have been passed down through the generations. My grandma's family came to America much earlier. I think she was maybe third generation. But she learned all of these recipes from my grandpa's mom, who lived with them. They called her Siti. Together, they made very traditional Lebanese recipes all the time. My mom remembers that they would hang yogurt from cabinets and let it drip. And instead of desserts, they would have big plates of fruit. So, they always ate Lebanese food, except when maybe friends would come over, and they wanted to appear more Americanized. Then they would have hamburgers.

One of my uncles was actually handed down the plant from which they would make stuffed grape leaves, and he brought it over from Lebanon. We propagated one of the cuttings from the plant, and we are now growing them at our house. So, we use the same grape leaves they brought from Lebanon. But, when we don't have grape leaves, we use cabbage. That's the Cajun influence. Well, that and the tomato. There's a specific way that you have to roll the cabbage. We'd all sit there, the kids, my grandmother and aunts, and roll it together.



Michelle Staples



Lola I (Sweet Tea), Ink and Gouache on Hand-cut Mylar,  
35"x34", 2022



Lola II (Covington, LA), Ink and Gouache on Hand-cut  
Mylar, 45"x36.25", 2022

## Trout Fishing

My grandfather, in my younger days, would take me fishing. He is the one who taught me that if you know how to fish, you'll never be hungry. His wife, my grandmother, would teach me how to prepare fish that I caught because if you don't know how to prepare it, you're still going to be hungry. So, from them, I got the aspect that you should never be hungry because I could provide food for myself. And that led me to be self-sustaining. I have a garden, so I grow a lot of my food. I haven't gotten into the hunting aspect of gathering, but I know if I needed to, I could go out and gather some meat. But I'm pretty content with just the fish and the vegetables.

But back in the day, my grandfather would take me fishing, and the fish were plentiful. I don't remember hearing about fishing limits until my adult life. When I was growing up, 25 was your limit in trout. The size didn't matter as long as it was over 12 inches. Now, we can only keep fifteen trout, and only two can be over 20 inches. So, we had the famous cheat code going on, which was a meat haul. You hire a boat captain to take you out with your friends, and you'd come back with a hundred trout because you could keep the captain's catch, my catch, and anybody who's on that boat catch. Now they say you can only keep your fish. The guides can fish for themselves, but they cannot donate to your pot. So now the fishing is harder. Some days, I'll go out, and I might come back with two trout.

In this part of Louisiana, we have a few issues with the river. They are trying to control it and at the same time, it's losing its power as far as keeping the gulf waters from coming upriver. When the river is not strong enough to push water down the Gulf, it is eager to come in. For me as a fisherman, I would love to see some of these saltwater species this far upriver because that's what I want to eat. But, for drinking water purposes, we need to have fresh water. So that's something that's changing the dynamics of the fishing in the area. They are trying to do this diversion along the river where they're trying to trap the sediments coming out of the Mississippi to rebuild areas of lost land in the delta. I hope it works, but we don't know. They don't know. And that's going to change the fishing even more drastically. That's

why I'm trying to fish in this area as much as possible. Because when it changes, I can say I was there when we caught trout.

## Crawfish Bisque

This comes from both sides of my family. My grandmother on my dad's side showed me how to fix the crawfish bisque. But as far as using the wine reduction and the Creole influence to the mix, that goes to my mother's side of the family.

We made this dish for Easter and it was popular because of the three-day preparation that began on Friday evenings. On Good Friday, we would have a family crawfish boil. There was always crawfish left over and that left-over crawfish gets peeled and stowed away. And because the families are so large, we have enough hands to get it done. Some will be peeling crawfish, and some will be cleaning the crawfish heads. Once that's all put-away, the next day, someone will start making the roux and the stuffing.

In my recipe, I use two pounds of Louisiana crawfish. The seasoning is everything. Everything in my kitchen has flavor. Nothing is bland. The water has to be a stock. The stock usually comes from some trout I caught earlier in the week. I make my roux using bell pepper, onion, celery, peanut oil, and flour. And I use a white wine reduction with this dish. That is the French influence of my mom's side of the family because they cook with wine. If they're drinking wine and cooking, it's ending up in the food.

Once my roux comes up, I let it marry. I let that sit around for a day. And the next day, which would have been Easter Sunday in my house, I stuff the crawfish heads with the stuffing. Back in the day, they used a spoon or their hands to stuff the heads. I use a piping bag to pipe the stuffing into the heads to cut time. Bake that for 20 - 40 minutes, depending on how many you have, then add that to the roux. And that's true Crawfish Bisque. I dream about that all summer. The first day the meal is cooked, it tastes good, but the second day always tastes better because everything has a chance to marinate.



## Uncle Mack's Sazerac

One quart of bourbon or 32 jiggers.  
Simple syrup made from 12  
tablespoons or ¾ cup sugar  
12 Tbs. or ¾ cup Maraschino cherry  
juice  
1 tsp or 118 drops of Herb Saint  
1 tsp or 118 drops bitters

**\*\*Note:** use an eyedropper to  
measure the drops

To make the simple sugar syrup:  
dissolve two parts of sugar to one  
part water. Heat slowly and stir  
constantly until the sugar dissolves  
and syrup is clear and slightly  
thickened.

To serve: Stir ingredients well.  
Add a small amount of herb saint  
into a glass and swirl to coat the  
inside. Add juice from one lemon,  
squeezed lightly. Pour the mixture  
into the glass and add a cherry.

Uncle Mack was my grandmother's uncle, so I had never met him. He and his family lived uptown, where the river curves back up and intersects with Carrollton. Uncle Mack and his brother were on the faculty at Tulane in the twenties. Uncle Mack's area was dentistry, and his brother's was internal medicine. I've gone back and found all the course catalogs where he was listed as the professor of record or read the papers he and his brother had published, just like I do now. So, this recipe comes from a person who worked for the same place I'm working for now, in the same medical capacity, 100 years apart. But, 100 years ago, that would have been completely inaccessible to me as a woman. Now, times have changed enough that I've been able to enter into the medical sciences and have an impact, so much so that I can be a faculty at the same institution, drinking the same cocktail here in the same town. Most have either long since passed or moved away, so my family doesn't have as much of a presence here as it used to. But it still feels a lot like coming home. And this drink helps.

I remember this Sazerac being made regularly at family gatherings while growing up. As a kid, I never got to drink it, but I could maybe sip, taste, or smell it to get that flavor. The adults would have their maraschino cherries in the bottom, and the kids would get them when they finished the drink. Almost all of the adults would then pass their cherries on to the kids. So, I grew up with this flavor, chewing on alcohol-soaked cherries.

## Charlie Sim's Corn Maque Choux

Charlie Sims was the chef and owner of a club in the Quarter called Donna's. Donna's was on Rampart Street right across from Armstrong Park, which is where Congo Square is. Congo Square is where the rhythms of Afro-indigenous people first started making music, especially on Sundays when enslaved Africans were allowed to congregate. They would not only trade recipes and write music, but this also put them in close proximity to the indigenous people. So that began sort of the first versions of enslaved Africans and indigenous people figuring out ways to connect, communicate, and steer away from slavery.

Fast forward to the turn of the 20th century. Rampart Street was also where what some people call jazz and other people call black American music was playing. Donna's was the last nightclub on Rampart Street that played traditional jazz music and brass band music. Charlie Sims used to let me work the door. That's where I used to grade papers when I first started teaching. I would always sit in the kitchen watching them make Corn Maque Choux. Charlie was from Chicago and married a white woman from New Orleans. I think he was always proud of the fact that they said their vows in Congo Square. He named the club after his wife because he couldn't open up a place on his own. It was very hard for him, as a black person, to get access, especially because he was from Chicago. But Donna was from New Orleans, and I think her family ran several nightclubs, so maybe that was how they secured the property.

Like everything in New Orleans, everything in south Louisiana, there are a thousand versions of the story of Corn Maque Choux. Some people think Corn Maque Choux is a Creole dish. Some people say it is a Cajun dish. The name, I think, translates to something like "a thin child." The basis of the dish always has to be corn. There has to be onion and there has to be garlic. But

you can improvise from there. Some people like to do the holy trinity of corn, bell pepper, and celery. I tend to like corn, onion, and garlic. You can include a protein. Some people do sausage; some do chicken with bacon as a light flavoring. Any heavier protein will overpower the dish. Then you just sauté and season it.

I like a more Creole influence. Creole is the city's influence. It makes something rustic more complex. I add cream milk to thin it out just a little bit and give it some balance.

When I think of New Orleans now, it's a half-remembered dream. Katrina's is a specific time marker. It's interesting now, being an adult. Some of the places and spaces I once had access to as a kid no longer exist. So many people have either passed or moved away from the city. I was an emancipated minor by the time I was 14. I have a brother who is developmentally disabled. I put my sister through her first year of college. So we thought a lot about food and the necessity of food. If we were not hungry, I was thinking about where the next meal was going to come from and trying to make a meal with my sister that could provide some form not only of sustenance but also happiness.



## Italian Oyster Soup

2 tbs oil  
1 large onion, chopped  
1 can tomato paste  
½ tsp oregano  
1 tbs italian seasoning  
1 tbs lousiana hot sause  
1 tbs worcestershire sauce  
2 qts boiling water  
½ lb thin spaghetti  
4 green onions chopped  
8oz salt pork, diced  
6 cloves garlic, minced  
1 can tomato sauce  
1 bay leaf

6 dozen oysters and liquid  
10 sprigs parsely, chopped  
salt and pepper to taste.

In large soup pot heat oil; add salt pork; brown; add onion and garlic. Cover over low fire until soft. Add tomatoe paste, sauce, and italian seasoning, Lousiana hot sause, worcestershire sauce, bay leaf and water. Let simmer about 20 minutes. Now add oysters and liquid and continue cooking 15 minutes. Break up spaghetti; add to soup with parsley and green onions. Cook until spaghetti is done. Add salt and pepper if needed. Serve with garlic bread. Serves 8 to 10.

This recipe recieved an honorable mention in the West Bank Guide cooking contest in 1983. Mama got this one from Grandpa Joe.

Even though mama had to remind me regularly that we were not rich. I don't ever remember feeling poor. This I do know, we ate very well. Due to daddy's occupation, we always had an abundance of meat, fruit, vegetables and oysters, and because daddy always traveled, fished, and hunted, we also had lots of seafood, and game. To top that off, dad always had a habit of detouring on his way home for ice cream or doughnuts to fill his "sweet tooth".

When we were little I think our meals were composed of whatever daddy didn't sell from the truck. No problem there, mom is a great cook. Mama can cook anytime, anywhere, and I am sure under any conditions. I remember mama taking shrimp from out of the trawl, going into the cabin and making shrimp stew or gumbo, or just frying them. The best you ever ate.





Stacked III (Bottom Panel), Ink on Mylar,  
48"x42", 2023



Stacked III (Middle Panel), Ink on Mylar  
48"x42", 2023



Stacked III, Ink on Mylar, 144"x42", 2023



Isabelle Cossart



## Ginger Ale Salad

2 pkg lemon jello  
 2 envelopes gelatin  
 2 cup boiling water (use juice from fruits and add enough water to make 3c)  
 2 bottles Buffalo Rock  
 ½ cup chopped pecans  
 1 can queen anne pitted cherries  
 1 can pineapple chunks  
 1 tbs ginger (optional)

Mix gelatin with 3 tbs cold water. Put jello and gelatin in bowl and dissolve with boiling water. Add Buffalo Rock. Put fruits and nuts in mold and pour gingerale mixture over them.

(Try spiced Peaches)  
 Serves 24

Edna

## RECIPE Ginger Ale Salad

2 pkg. lemon jello  
 2 envelopes gelatin  
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 2 bottles Buffalo Rock  
 ½ c. chopped pecans  
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Mix gelatin with 3T. cold water  
 Put jello and gelatin in bowl and dissolve with boiling water. Add Buffalo Rock. Put fruits and nuts in mold and pour gingerale mixture over them.

(Try Spiced Peaches)

Serves 24.

From Stella Wright

Stella Wright

## Stuffed Peppers

① ¼ cup of oil  
 add two med onion  
 chop finely, 4 string of  
 green onion, 1 ps of celery  
 chop finely

② parboil pepper for 5 min.  
 add pieces of pepper from  
 season from parboil pepper  
 for flavor

④

⑥ Ground Meat  
 Cook ground meat  
 till brown and break  
 pieces are smooth then  
 add all season to ground meat  
 and for pieces of pepper

add season bread and  
 bread crumbs last  
 then fill pepper

## Stuffed Pepper

¼ cups of oil  
 add two medium onion  
 chop finely  
 4 string of green onion  
 1 ps of celery chopped finely

Parboil pepper for 5 mins.  
 Add pieces of pepper from  
 parboil pepper for flavor.

Ground Meat  
 Cook ground meat till  
 brown and break pieces  
 are smooth then add all  
 seasonings to ground meat and  
 pieces of pepper.

Add season bread and bread  
 crumbs last then fill pepper.

## ACKNOWLEDGMENTS

I am incredibly grateful to the following people and institutions for their generous support and facilitation of this project: Angel Clyman and the staff of the Rosemary Duffy Larson Gallery in Davie, Florida; the staff at A Studio in the Woods in New Orleans, Louisiana including Cammie Hill-Prewitt, Ama Rogan, Lauren "Shivers" Barron, and Pam Silva; the staff and board members at 3S Artspace in Portsmouth, New Hampshire including Beth Falconer, Martin Holbrook, Evan and Denise Mallet, Sara O'Reilly, and Amy Warnock; the Hambidge Center for the Creative Arts and Sciences and its extraordinary staff and Fellows; and to Florida Atlantic University for the continued support and faith in my research endeavors.

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And, finally, the biggest thank you goes to my fearless husband and children, who allowed me to jet-set across the East Coast while producing this project, and to our amazing family and friends who supported them while I was away.

Laura Tanner



