

# Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE  
Celebrating Black History

## SOUL FOOD COLLARD GREENS

### INGREDIENTS

#### CLASSROOM TASTING:

- 1 lbs. collard greens, cleaned & chopped
- 1 Tbsp. olive oil
- 1 medium onion
- 2 cloves garlic, minced
- 2 cups chicken broth
- ½ cup water
- ½ tsp salt
- ½ tsp. pepper
- ½ tsp. garlic powder
- 1 smoked turkey wing
- ½ tsp. vinegar

### DIRECTIONS

1. In a large pot over medium-high heat add the olive oil, garlic, and onion. Sauté for 2 minutes, until tender.
2. Add in the chicken broth and water, and stir everything together. Add turkey wing.
3. Add in the collard greens and season them with salt, pepper, and garlic powder. Stir together so seasoning is evenly distributed.
4. Bring the greens to a simmer, reduce heat to medium, then cover with a lid. Allow the greens to cook for 2 hours, stirring every 30 minutes.
5. Once the greens are finished cooking, remove the turkey wing from the pot. Remove the meat from the turkey wing and shred it. Add meat back to the pot with the greens and mix well. Serve!

## TEACHER RESOURCES

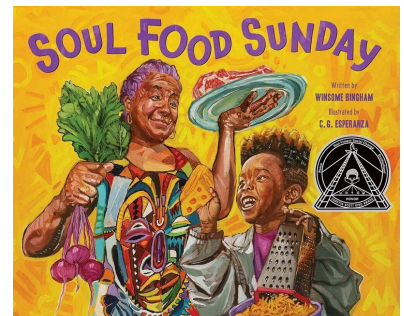
Lesson Plan:

Vertamae Smart-Grosvenor

Biography:

Edna Lewis

Lesson Ideas



Read Along

Collard greens, as we know them today, have a long history with African American culture. While collard greens were already growing in America, enslaved Africans brought their techniques for preparing greens, including cooking them with smoked meats and spices. You can learn more about these cooking traditions and chefs like Vertamae Smart-Grosvenor and Edna Lewis in the lessons linked above. They show how food connects us to our history and brings families together, just like in the book Soul Food Sunday!

RECIPES MADE IN COLLABORATION WITH:



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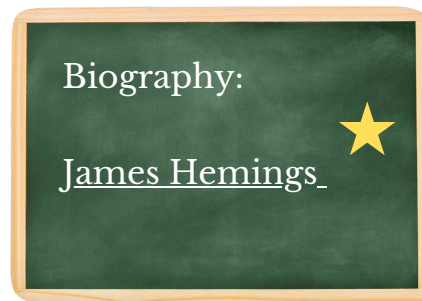
## SOUTHERN BAKED MAC & CHEESE

### INGREDIENTS

#### CLASSROOM TASTING:

- 6 Tbsp. salted butter, divided, plus more for greasing
- 3 cups uncooked elbow macaroni
- 3 Tbsp. all-purpose flour
- 3½ cups half-&-half
- 16 oz. sharp cheddar cheese, shredded divided
- 1 tsp. ground black pepper
- 8 oz. low-moisture mozzarella cheese
- ½ cup panko breadcrumbs

### TEACHER RESOURCES



History Short

### DIRECTIONS

1. Preheat the oven to 350 degrees. Butter a 9 x 13-inch baking dish. Cook pasta in salted water, drain, set aside.
2. Melt 4 Tbsp. of butter in a large saucepan over medium heat. Sprinkle in the flour and whisk until there are no lumps. Pour in the half-and-half and whisk until smooth and thickens.
3. Add 8 oz. of cheddar cheese and whisk until well incorporated. Add seasoned salt and pepper. Pour the cheese mixture over cooked macaroni. Mix.
4. In a small bowl, toss the remaining 8 oz. and the mozzarella. Sprinkle a layer of cheese on prepared greased pan. Add a layer of the mac and cheese. repeat the process until you end with a layer of cheese on the top.
5. In a small saucepan melt 2 Tbsp. butter, add breadcrumbs, stir then top mac and cheese. Bake for 25 to 30 minutes until golden brown. Remove from oven and serve.

James Hemings was African American chef who helped bring macaroni and cheese to America. He was born in 1765, and worked for Thomas Jefferson. James learned to cook in France, where he found the tasty recipe for mac and cheese. When he came back to America, he made it for Jefferson's parties, and soon people loved it! Today, mac and cheese is a favorite comfort food for many.

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## GHANAIAN SWEET POTATO STEW

### INGREDIENTS

#### CLASSROOM TASTING:

- 1 medium onion, chopped 🌱
- 2 jalapenos, seeded and chopped 🌱
- 2 tsp. powdered ginger
- 2 cloves minced garlic 🌱
- 2 tsp. ground cumin
- ¼ tsp. ground cinnamon
- ½ teaspoon red pepper flakes
- ¼ tsp. ground coriander
- 3 cups vegetable broth
- 6 sweet potatoes peeled cut into 1-inch chunks 🌱
- 2 cans chopped tomatoes drained (14.5oz can) 🌱
- 2 cans chickpeas drained (14.5oz can)
- 1 lb. green beans cut 1-inch in length
- ¼ cup sunflower butter (recipe calls for peanut butter)
- 1 bunch cilantro, chopped 🌱
- 1 tsp. olive oil

### DIRECTIONS

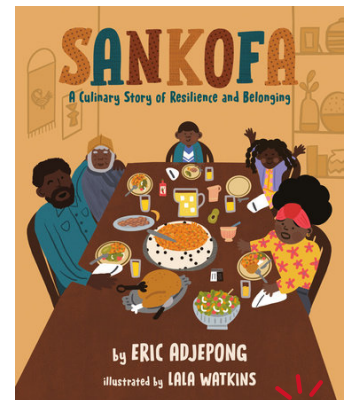
1. In a large pot over medium heat add olive oil. Add onions and jalapenos, sauté until onions are translucent. Pour in vegetable broth with all seasonings.
2. Add sweet potatoes, drained tomatoes, chickpeas, and sunflower butter, mix well. Cook over medium heat for about 1 hour. Finish with green beans and chopped cilantro. Serve topped with a sprig of cilantro.

### TEACHER RESOURCES

Lesson Plan:

George Washington Carver and the Sweet Potato

Lesson Ideas



Read Along

In the book *Sankofa* by Eric Adjepong, we learn about the rich flavors of Ghanaian cooking, like sweet potato stew. This stew shows the creativity and resourcefulness of Ghanaian food. Speaking of resourcefulness, scientist George Washington Carver, found over 100 ways to use sweet potatoes, including making soap!

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## TRADITIONAL POTATO CAKES

### INGREDIENTS

#### CLASSROOM TASTING:

- 2 pounds of potatoes 🥔
- 1 tsp of salt
- 2 Tbsp. of butter or lard (for frying)
- Optional: 1/4 cup of finely chopped onions or herbs for flavor 🌿

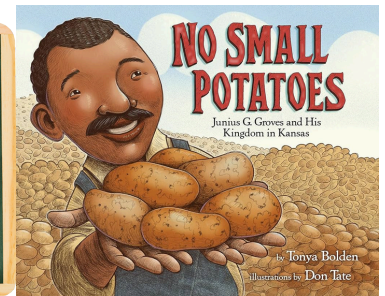
### DIRECTIONS

1. Peel 2 pounds of potatoes and boil them in water until they are soft, about 20 minutes.
2. Drain the potatoes and mash them in a bowl until smooth.
3. Add 1 teaspoon of salt to the mashed potatoes. Mix in 1/4 cup of finely chopped onions or herbs if desired.
4. Take a scoop of the mashed potatoes and form it into small, flat cakes.
5. Heat 2 tablespoons of butter or lard in a pan over medium heat. Once hot, place the potato cakes in the pan and fry them until golden brown on each side, about 3-4 minutes per side.
6. Enjoy the potato cakes warm.

### TEACHER RESOURCES



Lesson Ideas



Read Along



Junius G. Groves was called the "Potato King of the World." He was an African American farmer who became wealthy in the late 1800s and early 1900s. Born a slave in Kentucky, Groves was freed at a young age. Later, he moved to Kansas and started growing potatoes. He came up with smart ways to farm, and one year he grew 721,500 bushels of potatoes, more than anyone else in the world at that time.

RECIPES MADE IN COLLABORATION WITH:

