



Food & Public History

Hearth Cooked Dinner by Chef Denzell Washington

Menu for March 20, 2021:

Smoked Beef Brisket
With Apple-Horseradish Sauce

Roasted Root Vegetable Medley
Sweet Potatoes, Potatoes, & Onions with Roasted Red Peppers

Spring Salad
Mixed Greens, Apples, Nuts & Seeds with Citrus-Herb Vinaigrette

Butter Cake
With Rum & Nutmeg Icing

Chef's Notes for Enjoying Your Meal at Home:

Brisket: Place brisket slices on a tray with a little water to prevent sticking and preserve natural juices. Warm in 300* oven for 3-5 minutes.
Plate and serve with sauce as desired.

Spring Salad: In a small bowl, drizzle the salad with the vinaigrette, toss and serve.

Roasted Vegetables: Melt a little butter in a small pan, add vegetables and gently stir until warmed through, about 2-3 minutes on medium-low heat.

Wine Pairings:

Visit our neighbors at Good Wine across 5th Avenue for 15 % off select bottles to complement your meal.

Connect with them online at www.goodwine.nyc and [@GoodWineNYC](https://www.instagram.com/GoodWineNYC).



Chef Denzell Washington -

Email: chefdenzellw@gmail.com

Phone: (347) 410-1857

Instagram: [@ChefDenzellWashington](https://www.instagram.com/ChefDenzellWashington)

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From America's earliest days and into the 20th century, beef was a dominant protein on American tables. Beef cows were primarily herded by enslaved men who had adopted Fulani and other West African techniques passed down from their forebears who'd been herding African indigenous cattle for at least two thousand years.

Their skills and techniques were integral to the launch of the American livestock industry, which ultimately anchored itself in Texas in the 19th century when most of the cattle business had migrated westward before and after the Civil War. It's perhaps a little known fact that one in four American cowboys were Black men who shaped cattle drives on the Western trails. Beef became an important commodity and "cattle on the hoof" were herded to markets in urban centers throughout the nation to meet demand.

By the late 18th century, skilled enslaved cooks had begun adapting English styles of beef cookery to the tastes of the dining elite. Yet and still the ancient African techniques of roasting beef (chicken, lamb, game) on an open spit and smoking meats (wrapped in leaves or clay vessels and pits) transferred over well to the use of European style hearths (for use beyond baking and roasting) for the long, slow smoking of meats- techniques that are also precursors to American Barbecue.

Brisket (a primal cut of meat from the breast or lower chest) is popular in several culinary cultures given its affordability and transformability from tough to a much more tender cut via long, slow cooking. During the late 1800s, many Ashkenazi Jews had emigrated to America bringing with them their cuisine, including brisket which was very important in their culinary culture — allowed despite strict religious dietary laws and consumed since at least the 1700s. In the states like many Americans they were able to more readily procure beef with the proliferation of cattle and butcheries and beef being sold in nearly all major markets.

Last but not least: the apple horseradish sauce accompanying the brisket is inspired by a 17th century Dutch recipe.



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