



## Food & Public History

### Hearth Cooked Dinner by Chef Denzell Washington

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#### Menu for January 16, 2021:

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Chicken With Dumplings

Hearth-Cooked Chicken, Corn Dumplings, & Broth

Glazed Buttered Carrots

Hearty Carrots Softened in Butter, Glazed with Honey & Spices

Crusty Whole Wheat Yeast Bread

Baked to Perfection in a Dutch Oven over Coals

Warm Gingerbread with Cream Cheese Frosting

Gingerbread Cake with Clove & Allspice

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#### Chef's Notes for Enjoying Your Meal at Home:

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Chicken Soup: In a small pot on medium heat, bring the soup to a simmer.

Carrots: In a small pot on low heat, add carrots and 1 tbsp water and mix gently with wooden spoon until warmed through.

Bread: Enjoy at room temperature or warm in 300\* oven

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#### Wine Pairings:

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

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



**Chef Denzell Washington -**

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## **A Winter Dinner Inspired by Edna Lewis**

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This week we are celebrating Chef Edna Lewis whose exemplary style changed the world view of Southern & Country cooking as the foundation of American cuisine. Born in Virginia in 1916, Edna's culinary career began in the 1940s and spanned seven decades in NYC where she authored 3 of her 4 cookbooks and served as the head chef of the historic Brooklyn restaurant Gage & Tollner. Her legacy continues to inspire chefs today.

This comforting "Winter Dinner" is from her 1976 best-selling autobiographical cookbook "A Taste of Country Cooking". In the close-knit community Edna came from (founded by freed slaves after the Civil War), where farm-to-table and sustainable eating were the way of life, this meal was a delicious, seasonal staple. The dumplings in this classic main dish are a derivation of W. African fufu preparations: starchy flour typically pounded from cassava (or millet, or corn, or rice...) mixed with oil and hot boiling water to yield deliciously dough-like dollops consumed with or within Senegambian soups and stews. A transatlantic cookery technique that survived over centuries!

A note on this weekend honoring MLK's birthday: As a politically active supporter of the Civil Rights Movement, Edna Lewis was involved in Martin Luther King Jr.'s "Poor People's Campaign" in 1968 and the planned march on Washington that went forward to fight for anti-poverty legislation in the wake of King's assassination that year.

As the past continues to impact the present, let's give thought to how the works of change makers who came before us can help to inform and empower us to co-create a better future.



### **Tonya Hopkins "The Food Griot" -**

Sharing Savory True Stories on the Makings of American Cuisine

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