



Food & Public History

Hearth Cooked Dinner by Chef Denzell Washington

Menu for January 9, 2021:

Pepperpot Stew

Hearth Smoked Beef, Bacon, Cassava, Peppers, & Kale

Red Rice

Simmered in Chicken Broth with Parsnip & Onion

“Accara” Blackeye Pea Fritters

With Pickled Carrot, Shaved Beet, Jicama

Peanut Brittle

Roasted Harlem Peanuts in Caramel & Honey

Chef’s Notes for Enjoying Your Meal at Home:

Pepperpot: In a small pot on medium heat, bring the stew to a simmer and serve.

Rice & Fritters: Spread the rice and fritters on a tray lined with parchment paper, warm in 300* oven for 5-10 minutes.

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).



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January 9, 2021:

Famed as George Washington's favorite, pepperpot stew is the soup that "won the Revolutionary War"! This hearty one-pot meal originated in West Africa and evolved in the West Indies via transplanted enslaved cooks. The spiced stew was simmered up by migrated Black Caribbean women soup vendors throughout Northeastern colonial cities and has become an American classic.

The nutty flavor of red rice is favored in West Africa where it originates. It has the highest nutritional value of rice eaten with the germ intact.

"Accara" in Senegalese, bean fritters like these have been popular street snacks all over West Africa since forever and show up prominently in Atlantic Creole cookery throughout the New World. An ancient indigenous staple of the Senegambian diet, this bean was popularized by Black cooks in American cuisine. Representing resilience and blessings, black-eyed peas are a long standing symbol of good luck traditionally eaten at the start of the New Year!

Although native to South America, peanuts were introduced to the Thirteen Colonies via ships that sailed from West Africa where the legume already had a wide range of culinary applications. 18th & 19th century Black American "hucksters" or "hawkers" (mobile food vendors with melodious siren calls) made and sold peanuts, candies and confections like pralines and peanut brittle in port cities along the Eastern Seaboard from New Orleans to Boston.



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