



## Food & Public History

Hearth Cooked Dinner by Chef Denzell Washington

---

### Menu for June 19, 2021:

---

St. Louis Style Pork Ribs

Southern Fried Okra

Grilled Watermelon Salad

Honey Butter Corn Bread

---

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

---

#### Preheat Oven to 325\*

**Ribs:** Place ribs on a tray and add a little water to ensure no sticking and a bit of steam, reheat for 6-8 minutes until hot.

**Okra:** Reheat for 3-4 minutes on a tray or ovenproof dish until firm; you may want to add this in before or after the ribs, to prevent any sogginess from the steam.

**Watermelon Salad:** Sprinkle your herbs over the salad and enjoy as is.

**Cornbread:** On a non-stick surface, place cornbread in oven until butter is fully melted and is heated through, about 3-4 minutes.

---

### Wine Pairings:

---

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 -**

Email: [chefdenzellw@gmail.com](mailto:chefdenzellw@gmail.com)

Phone: (347) 410-1857

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



## Food & Public History Culinary History by Tonya Hopkins

**June 19, 2021:**

---

By now you probably know a little about our nation's newest holiday, Juneteenth, which was signed into law on June 17<sup>th</sup>, 2021 by President Joe Biden — officially recognizing this key date in American history. The name is a colloquial play on June 19<sup>th</sup>, 1865 when the Union Army (including some U.S. colored troops) marched into the rebel state of Texas (Galveston) announcing the end of chattel slavery, enforcing the Emancipation Proclamation that had declared their freedom 2 1/2 years prior in 1863— and a beginning of hope for equality and freedom.

Early Juneteenth commemorations and celebrations were originally held within the Black communities of Galveston and other areas within Texas and expanded to Black communities elsewhere in the U.S. via the Great Migration. Although other Emancipation Days are celebrated along the US history timeline (including July 5<sup>th</sup> for Black New Yorkers), it wasn't until December 6<sup>th</sup>, 1865 that the 13<sup>th</sup> Amendment was ratified to officially end the practice of slavery throughout the United States.

Juneteenth marks a significant 'win' for the Union, as well as an accounting of the joyous responses of many held in bondage upon hearing the news that slavery was over and they could go forward as equal people in American society. The primary focus for so many was on family and the possibility (and in some cases the actuality) of reuniting with loved ones that had been taken or torn from each other and sold away (*children, parents, siblings, etc.*) over the centuries.

“Juneteenth is a time to gather as a family, reflect on the past and look to the future. Discover ways to celebrate this African American cultural tradition of music, food and freedom.”

— National Museum of African American History and Culture

*Turn over for continued notes*

---



## Food & Public History Culinary History by Tonya Hopkins

### June 19, 2021 - Continued:

---

The theme of Juneteenth is woven into today's menu which, in its entirety, represents the fruits of labor that enslaved people were previously not permitted to enjoy in spite of their elaborate preparations. The smoked ribs signify American barbecue toiled over by Black bodies who were forbidden from benefitting from the satisfaction of leisurely consumption or commercial enterprise. The menu also features two in season dishes emblematic of Africa's botanical imprint in the US and the Americas: watermelon and okra. Both plants originated in sub-Saharan Africa and arrived in the Americas via the transatlantic trade along with the people who cultivated them here, enabling us to enjoy these Summer staples today.

Juneteenth is the perfect precursor to our nation's first freedom holiday, July 4th— that we now know wasn't as inclusive as a diverse democracy should be. The road to full freedom has seen gains but has also been fraught with setbacks, and there is much still left to achieve. These hearty, historically-rooted OSH hearth meals you'll be enjoying this weekend and next are a great way to reflect, give thanks and usher in the Summer of Freedom ahead!



---

### Tonya Hopkins "The Food Griot" -

Sharing Savory True Stories on the Makings of American Cuisine

Web: [thefoodgriot.com](http://thefoodgriot.com)

Instagram, Twitter, Facebook: @TheFoodGriot