

A stylized illustration featuring a vertical gold bar on the left side. To its right, several bowls are depicted in a layered, overlapping fashion. The top bowl is solid black, while the others are white with black outlines. Below these, there are more bowls, some filled with a red liquid. The background is a light beige color, and the scene is decorated with numerous black dots of varying sizes, some of which appear to be falling or floating. The overall style is modern and graphic.

HARVEST SEASON & SUNDAY DINNER:

A RECIPE FILLED ZINE



TRUARTSPEAKS

Sunday Dinner is a quarterly cultural gathering space for Black Minnesotans to convene, break bread, dialogue and build collective power.

In that spirit, this zine shares some treasured recipes from our community. We hope they bring you some joy!

Presented by TruArtSpeaks:

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Chicken Thighs with Israeli Couscous and Roasted Vegetables

This dish was often prepared by Laurie Carlos when she stayed with Kenna and her family. Laurie loved feeding us and we loved being fed by her savory dishes, her creativity and wit, and her care. Make this--adding your own special touches--feed your family, friends, or a whole crowd. Share the love.

—Beverly Cottman

Prep: 15-30 minutes; Cooking: about 45 minutes; Servings: 4 - 6.

Ingredients:

- about 2 lbs boneless and skinless chicken thighs
- 1/2 teaspoon each allspice, cayenne, cinnamon, coriander
- 1 teaspoon each cumin, smoked paprika
- 1 tablespoon chopped parsley
- 1 cup each cut up cherry tomatoes, yellow or red onions, squash, zucchini, bell peppers, or other vegetables of your choice
- 3-4 chopped cloves of garlic
- 2-3 tablespoons olive oil
- 1 1/4 cup water
- 1 cup Israeli or Pearl couscous
- Lemon juice
- Mint leaves

Directions:

1. Rub spices all over chicken and set aside for at least 30 minutes.
2. Cut up vegetables and then toss with olive oil and a bit of the spice rub.
3. Spread out in a roasting pan and roast for about 30 minutes at 325°F.
4. Heat the water to boiling, add the couscous, cook for about 10 minutes, turn off heat, cover, and let sit until ready to serve.
5. Grill, broil, or pan fry chicken until done.
6. Toss roasted vegetable with the couscous.
7. Arrange everything on a big platter, add a spritz of lemon juice, garnish with chopped mint and serve.

Queen Drea's Black and Cheese

Mac and Cheese is one of those dishes you have to have the honor of bringing to the family dinner BESTOWED upon you. I can't say it was bestowed as I just made and brought it and then folx started asking for it... My dad always tinkered with mac and cheese and I swore I could make it better than him, so I took his recipe and added a few things and made it my own. One of my favorite comments from one of my nephews who is bi-racial was "I love coming to the Black side for Thanksgiving so I can have some of auntie's Mac & Cheese." After that I started teasing him that I was done making it... Lol. —Queen Drea

Prep: 20-25 minutes; Cooking: 3min for noodles/20 min for baking; Servings: Varies based on who's invited to dinner...

Ingredients:

- Casserole Dish (for baking)
- Elbow Macaroni
- Cheeses: Asiago, Romano, Parmesan, Shredded cheddar mix
- 1 egg
- butter
- cream
- a few cloves of garlic
- White onion
- Salt/Pepper

*****Other favorite Seasonings*****

- *If you like onions, 1 white onion*
- *Fried onions/bag of Funyons/or Sour Cream and Onion Chips (Yeah that's what I said)*

Directions:

Pre-heat oven at 350 degrees. **Boil noodles** to al dente (not too soft). I put seasonings and oil in my water. Some people just use salt. **You do you.** After cooking the noodles, **drain** them (preserving some of the cooking water) and **butter them up REAL good**, add your favorite seasonings, then let them cool ALL THE WAY DOWN! While they are cooling, you can **chop up the onion and garlic** if you are using onion and garlic. **Start sautéing** the onion first so it can start to turn translucent. (I like to get mine as close to caramelized as possible so I salt them to draw out the sugar); **once your onions are close to how you like them, add the garlic.** *You don't want to have the garlic in too long or it will get bitter.* Make sure you have this on low heat or the garlic and onions will burn. This may take some time so while your onions and garlic are cooking down you can turn your attention to **making the sauce mixture.** In a bowl, add the cream, egg and cooking water mixture, as well as about 1/2 cup of parmesan cheese, salt, pepper and whatever your favorite seasonings are. **Take your onion/garlic mixture off the fire** and let them cool. While they are cooling, **mix your Asiago and Romano cheese** into your noodles. **Mix half of the cheddar packet** into your noodles. **Pour in your sauce mixture, and finally your onion and garlic mixture.** Pour your mac and cheese mix **into the casserole dish**, and sprinkle the rest of your cheddar on top. Finally, **take your potato chips, funyons or fried onions** and crush into a bowl with 1/2 cup of parmesan cheese and melted butter and place on top of the cheddar. **Place in oven** for 15-20 min or for however long it takes to set. Take out, let cool long enough to not burn your tongue but not too long where you miss out on the cheese pull. **Notice there are no measurements. I BLACK... lol**

Pan-Fried Collard Greens

Interesting way to cook an old favorite. —Carolyn Ross

Prep: 20 min; Cooking: 30 min; Servings: 4.

Ingredients:

- 2 lb collard greens; about two large bunches, stems discarded, washed and chopped
- One large onion, diced
- 3 garlic cloves, minced
- 6 thick bacon slices, chopped into large pieces
- 1 tbsp of honey (season to your taste)
- Salt and pepper and other seasonings
- A few dashes of hot sauce

Directions:

- Add bacon to a large skillet over medium heat. Cook bacon, stirring occasionally, until crispy, about 5 minutes.
- Use a slotted spoon to remove the bacon from the pan and set aside, leaving the fat in the pan.
- Add the onion to the bacon grease and cook, stirring, until softened, about 3 minutes. Stir in garlic and cook, stirring for another 30 seconds or so, until fragrant.
- Add the greens, honey, hot sauce, salt and pepper or other seasonings.
- Serve hot with bacon on top.

Buffalo Shrimp

I love Redstone's Buffalo Shrimp and decided to try my own.

—Shannon Myles

Prep: didn't keep track; Cooking: 2-3 minutes, until shrimp is pink;

Servings: Depends on how much shrimp you cook.

Ingredients:

- 2 cups flour
- 2 tablespoons Creole seasoning
- 1 tablespoon garlic powder
- 1 tablespoon cayenne pepper
- 1 teaspoon onion powder
- 1 teaspoon black pepper
- 1 pound large shrimp with the tail on
- Vegetable oil for frying the shrimp

Sauce:

- 4 cloves minced garlic
- 2 1/2 tablespoons butter
- 6 ozs hot pepper sauce (I used Frank's).

Directions:

1. In resealable bag add flour, creole seasoning, Garlic powder, Cayenne pepper, onion powder, and black pepper. Seal the bag and shake to combine.
2. Rinse the shrimp in cold water, place in the bag with the flour mixture and shake. Remove shrimp and place on a cookie sheet and put in the refrigerator for 20 minutes.
3. Make the sauce using a whisk to mix and then set aside.
4. Take your shrimp and add to your flour mixture once again then fry your shrimp about 2 to 3 minutes; immediately coat in your buffalo sauce mixture.

Momma's Country Corn Bread Dressing

This is how my mother made it and she taught me. Its special to me because we would always be in the kitchen together and having a good old time. —Kira Cansler

Prep: 30 min; Cooking: 40-45 min until done; Servings: 9 to 10.

Ingredients:

- 1 cup AUNTIE JEMIMA Yellow Corn Meal
- 1 tablespoon baking powder
- 1 cup milk
- 1 cup celery
- 1/2 cup (1 stick) margarine or butter
- 1 1/3 - 3/4-ounce can chicken broth
- 1 to 1-1/2 teaspoons ground sage
- 1 cup bread crumbs
- 1/4 vegetable oil
- 1 cup all -purpose flour
- 1/2 teaspoon salt
- 2 eggs
- 1 cup chopped onion
- 1 pan of cornbread, cooled, crumbled
- 2 teaspoons poultry seasoning
- 1/8 black pepper

Directions:

First heat oven to 450. Heat vegetable oil in 10-inch oven-proofed skillet or baking pan for 3 minutes. Combine dry ingredients, add milk and eggs; mix until blended. Add melted shortening or oil; mix well. Pour into hot skillet; bake 20-25 minutes. Now for the dressing: keep your oven on but turn it down to 350. Saute celery & onion in margarine or oil until tender; combine celery mixture and remaining ingredients. Toss lightly until bread is moistened. Place in 8 inch square baking dish or 1-1-2 quart casserole.