

EAST HARLEM VILLAGE LEGACY COOKBOOK: RECIPES FROM THE HEART



LIFE STORY CLUB

Life Story Club
Brooklyn, NY

www.lifestoryclub.org

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The East Harlem Village Legacy Cookbook is the combination and the culmination of two five-week series—one conducted in Spanish and the other in English. These were hosted by East Harlem Village, a project by Public Health Solutions and Carter Burden Leonard Covello Senior Center and facilitated by Life Story Club.

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LIFE STORY CLUB



A project by Public Health Solutions
and Carter Burden Network

**East Harlem Village
Legacy Cookbook:
Recipes from the Heart**

About Life Story Club

Life Story Club combats loneliness and social isolation by creating small social clubs for older adults to share life stories and easily build friendships. Participants become part of our community committed to meaningful socialization and legacy building.

Visit us at lifestoryclub.org for more information or to join a club.



About East Harlem Village Project

This initiative was pioneered by the East Harlem Village Project designed to reduce social isolation and improve food security for older adults residing in this vibrant part of New York City. This project is led by Public Health Solutions whose mission is to support underserved New Yorkers and their families in achieving optimal health and building pathways to reach their potential. The series was hosted at Carter Burden / Leonard Covello Senior Center located in East Harlem, one of New York City's Innovative Older Adult Centers that provides socialization, recreation and education through a wide array of daily activities.

TO ALL OF THE EXTRAORDINARY PEOPLE WHO
PARTICIPATED IN THIS SPECIAL SERIES: THANK YOU
FOR YOUR RECIPES, SECRET INGREDIENTS AND, OF
COURSE, FOR YOUR STORIES.

"Eating is so intimate. It's very sensual. When you invite someone to sit at your table and you want to cook for them, you're inviting a person into your life."

- Maya Angelou

*"Por ahora no pido más
que la justicia del almuerzo."*

- Pablo Neruda

*"Ven y come un poco. Acuérdate que las penas con pan
son buenas."*

*"Come and eat. Remember that all griefs with bread are
less."*

- Un dicho en español (A saying in Spanish)

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Screenshot of East Harlem Village's Tuesday Life Story Group group, facilitated in English.



Screenshot of the East Harlem Village's Wednesday Life Story Group, facilitated in Spanish.

**East Harlem Village
Legacy Cookbook:
Recipes from the Heart**

INTRODUCTION

In the winter of 2021, small groups of older adults are gathered at the Carter Burden / Leonard Covello Senior Center computer room in Manhattan's East Harlem. Sally Ann Velez Guzman, project coordinator for East Harlem Village, sets up older adults from all backgrounds at their own computer every Tuesday and Wednesday right before lunchtime so they can share stories about food, family and culture with one another.

The Tuesday afternoons are filled with folks from the American South and the Caribbean. Stories are shared in English, alongside memories of family reunions in Central Park and recipes straight from Jamaica. On Wednesdays, however, the women who file into the room come ready to chat about how their “abuelas y madres” taught them how to cook and whose recipe for arroz con pollo was the best. The women in the Wednesday group are from a range of places including Puerto Rico, Peru and the Dominican Republic.

Some are friends already and some become friends

during their time together in this group with Life Story Club. After the stories and recipes are exchanged, everyone goes to lunch, eager to feast. Both groups share information, recipes, ingredients, stories about family, culture and— of course— laughs.

This initiative was pioneered by the East Harlem Village Project which was designed to increase access to service and information for older adults residing in this vibrant part of NYC. The project was funded by Public Health Solutions whose mission is to support underserved New Yorkers and their families.

Together we bring you this special collection of recipes. We hope you enjoy all of these tasty delights!

- Life Story Club

FACILITATOR'S NOTE

The following recipes, stories and biographies have been edited from the transcriptions of recording sessions that Life Story Club conducted –via zoom–with the East Village Harlem participants in December of 2021.

Club participants submitted their own recipes in both English and Spanish – some handwritten and some typed, and edited for clarity by the Life Story Club staff. At times, words and phrases that are spoken don't always read well and vice versa. As a result, the bios and stories have been edited for clarity as well. This book combines the stories and recipes of two different groups that communicated in different languages. We have decided to present each person's story in their native language first, with the translation following. All of the participants of this program gave permission for their stories and recipes to be published in this book.

It was a great honor to bring all of these recipes, culture and stories to print. I want to thank the participants for their trust, openness and outpouring of love. My hope is

that with this book we uplift these unheard voices in a meaningful & impactful way.

- Stephanie Yanes

SAVORY DISHES

Jamaica's National Dish

Dee Foster

Dee Foster was born and raised on the island of Jamaica. From the time she could remember she was in the kitchen; it was a natural thing to do as a young woman. Dee said "Learning how to cook wasn't something that was taught; it was something ingrained in everyday life."

This dish is usually done on a Sunday morning. As a child you're the one who has to take out the ackee from the tree. After you have gathered all the ackee which comes in a sort of pod, you have to remove the seeds and then in each pod, is a big black seed which has to be removed. It's not edible; it has to be removed and it has to be boiled. If it's consumed before it's, well, ready to be eaten, it can be poisonous...

When the dish is done, all you see are the beautiful colors of the peppers and ackee - it's so delicious, tasty and it's eaten all over the world. All queens and kings come to Jamaica for ackee and saltfish.



Jamaica's National Dish - Ackee & Saltfish / Cod fish

Recipe

Ingredients:

- 2 tsp of vegetable oil or oil of your choice
- Ackee or 2 tins of ackee
- 1 package of saltfish (boneless) or if using other, debone codfish
- 1 cup mixed peppers * bell peppers
- 1/4 of an onion
- Scotch bonnet pepper (optional)
- Black pepper
- 2 cloves of garlic finely chopped
- Paprika

Method

1. Pour 250 ml water into a pot on high heat and place saltfish inside.
2. Drain water and repeat 1 or 2 times (alternatively soak saltfish in cold water).
3. Add 2 tablespoons of oil into the frying pan on medium heat.
4. Then add 1/4 chopped onions, 1 cup of mixed (sweet)

pepper, 1 chopped tomato, scotch bonnet, and to taste thyme (optional garlic, finely chopped). Fry and stir until cooked.

5. Drain ackee and place in a frying pan with the cooked vegetables. Add a pinch of black pepper and gently stir everything together (not too rough as ackee will break). Let it all simmer for 10 minutes on low heat.

6. This can be served with your choice of food such as fried dumplings, roast or boiled breadfruit, rice, yams etc.



Plato Nacional de Jamaica - Ackee con bacalao

Receta

Ingredientes:

- 2 cucharaditas de aceite vegetal o el de preferencia
- Ackee / a2 latas de ackee
- 1 paquete de pescado salado (sin espinas) o bacalao deshuesado
- 1 taza de morrones mixtos
- 1/4 de cebolla
- Pimienta escocesa (opcional)
- Pimienta negra
- 2 dientes de ajo finamente picados
- Pimentón
- Condimento para todo uso

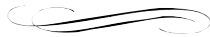
Preparación

1. Coloca 250 ml de agua en una olla a fuego alto y luego, el pescado salado.
2. Drena el agua y repite este paso 1 o 2 veces (remoja el pescado salado en agua fría de vez en cuando).
3. Agrega 2 cucharadas de aceite en una sartén a fuego medio.

4. Luego, 1/4 de cebolla picada, 1 taza de pimiento mixto (dulce), 1 tomate picado, pimienta escocesa a gusto, tomillo (ajo opcional finamente picado), y revuelve hasta que esté cocido.

5. Escurre el ackee y colócalo en la sartén con las verduras cocidas. Agrega una pizca de pimienta negra y revuelve suavemente (con cuidado para no romper el ackee) Cocina a fuego lento durante 10 minutos.

6. Puedes servir esta preparación con cualquier acompañamiento: albóndigas, frutipán asado o hervido, arroz, ñame, etc.



Gullah Red Rice & Johnny Cake Casserole

Leona Fredericks

Leona's fondest memories have always been quality time spent with family. She has family that lives in Queens, Bronx and Boston, therefore gathering in one central location was always an adventure. Her recipes include some plant based alternatives for all the family members – like her son – who have opted out of meat.

My family and I love going to the park for cookouts - everybody brings something. My sister lived in the Bronx for a while so we would go to Pelham Bay park and get there early around 5 a.m. to get a good spot. The family grill master used to be my son, until he became a vegan. So now my twin daughters have taken over the grill and sometimes I'll jump in too. On the table you will always find some good gullah red rice. I hope you enjoy it and bring it to your next family cookout.

“ My family and I love going to the park for cookouts - everybody brings something.”



Gullah Red Rice

Recipe

Ingredients:

- 4 slices bacon, chopped
- 1 green bell pepper, chopped
- 1 small onion, chopped
- 2 (4" long x 1-1/8" dia) smoked sausage links, sliced or plant-based alternatives like veggie sausage.
- 1 (8-ounce) can of tomato paste (such as Hunt's®)
- 1 cup water
- 2 cups uncooked parboiled (converted) rice
- 1 tablespoon white sugar
- 1 teaspoon salt, or to taste
- 1 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

Method

1. Place bacon in a pot and cook over medium-high heat, occasionally turning, until evenly browned, 7 to 10 minutes. Add bell pepper and onion to bacon grease and saute over medium heat until soft, about 5 minutes. Add sausage and cook and stir until browned, 8 to 10 minutes. Remove the mixture from the pan to a bowl.

2. Pour tomato sauce and tomato paste into the same pot, along with 1 cup of water. Bring to a boil; add rice, sugar, salt, pepper, onion powder, and garlic powder. Bring back to a boil; reduce heat and let simmer over medium-low heat for 10 minutes.
3. Meanwhile, preheat the oven to 350 degrees F (175 degrees C).
4. Transfer the rice mixture to a 9x13-inch baking pan. Cover with foil.
5. Bake in the preheated oven until the liquid has evaporated and the rice is tender, about 25 minutes.

Arroz Rojo Gullah

Receta

Ingredientes:

- 4 rebanadas de tocino, picadas
- 1 pimiento verde, picado
- 1 cebolla pequeña, picada
- 2 salchichas ahumadas (4" de largo x 1-1/8" de diámetro), en rodajas o alguna alternativa a base de plantas como la salchicha vegetariana.
- 1 lata (8 onzas) de pasta de tomate (como Hunt's®)
- 1 taza de agua
- 2 tazas de arroz sancochado ("convertido") crudo
- 1 cucharada de azúcar granulada
- 1 cucharadita de sal, o a gusto
- 1 cucharadita de pimienta negra molida
- 1 cucharadita de cebolla en polvo
- 1 cucharadita de ajo en polvo

Preparación

1. Coloca el tocino en una olla y cocina a fuego medio-alto, revolviendo de vez en cuando, hasta que se dore uniformemente, de 7 a 10 minutos. Agrega el pimiento y la cebolla a la grasa de tocino y saltea a fuego medio hasta que se ablanden, aprox. 5 minutos. Agrega la salchicha, revuelve y cocina hasta que se dore, de 8 a 10 minutos. Retira la mezcla de la sartén a un tazón.

2. Vierte la salsa y la pasta de tomate en la misma olla con 1 taza de agua. Lleva a hervir; agrega el arroz, el azúcar, la sal, la pimienta, la cebolla en polvo y el ajo en polvo. Vuelve a hervir; reduce el fuego y deja hervir a fuego medio-bajo durante 10 minutos.
3. Mientras tanto, precalienta el horno a 350 grados F (175 grados C).
4. Transfiere la mezcla de arroz a un molde para hornear de 9x13 pulgadas. Cubre el molde con papel aluminio.
5. Hornea hasta que el líquido se haya evaporado y el arroz esté tierno, aprox. 25 minutos.

Johnny Cake Casserole

Recipe

Ingredients:

- 1 lb ground beef or turkey (plant based veggies or meat substitute)
- 1 box of Jiffy corn muffin mix (follow directions on box)
- Small chopped onion and pepper (green, red or both)
- Few cloves of chopped garlic - optional
- 1 can of green peas or 1/2 cup of frozen peas
- A few tablespoons of flour to your liking

Method

1. Saute onions, peppers, and garlic in a frying pan until veggies are soft and clear.
2. Add ground meat to the pan and cook until done.
3. Add green peas, cream of chicken soup, and mix all ingredients well.
4. Pour everything into a casserole dish and cover with the cornbread mix. Evenly cover the dish.
5. Place in a preheated oven at 400° until it is golden brown on top for 15 to 25 minutes.
6. Enjoy!



Cazuela Johnny Cake

Receta

Ingredientes:

- 1 libra de carne molida de res o pavo (puedes usar sustitutos de carne a base de plantas o verduras)
- 1 caja de mezcla para muffins de maíz Jiffy (sigue las instrucciones en la caja)
- 1 cebolla pequeña, pimiento (verde, rojo o ambos) picados
- Dientes de ajo picados - opcional
- 1 lata de guisantes verdes o $\frac{1}{2}$ taza de guisantes congelados
- Cucharadas de harina a gusto
- 1 lata de sopa crema de pollo

Preparación

1. Saltea las cebollas, los pimientos y el ajo en una sartén hasta que las verduras se ablanden.
2. Agrega la carne molida a la sartén y cocina hasta que esté lista.
3. Agrega los guisantes verdes, la sopa crema de pollo y mezcla bien.
4. Vierte todo en una fuente y cubre con la mezcla de muffins de maíz de manera uniforme.

5. Coloca en un horno precalentado a 400 grados hasta que la superficie adquiriera un color dorado - 15-25 minutos.

6. ¡Que lo disfrutes!



Guineos en Escabeche | Pickled plantains

M. Orta

M. Orta loves to learn new things. In recent years she's made it a point to learn how to cook her favorite dishes from Puerto Rico. Once she feels like she's mastered something, her second greatest joy is sharing it with others.

El escabeche de guineo lo aprendí yo solita porque tenía deseo, yo veía que otras gentes hacían y yo decía, "Yo tengo que aprender." So, miraba todo lo que ellos le ponían al guineo. Y yo digo: "Lo más simple es el guineo que lo pones a hervir." Y quien me lo pide mucho es mi hermana porque ella no lo sabe hacer, no le queda como el mío.

"Y yo digo: 'Lo más simple es el guineo que lo pones a hervir.' Y quien me lo pide mucho es mi hermana porque ella no lo sabe hacer, no le queda como el mío."

Guineos en Escabeche

Receta

Ingredientes:

- 1 cebolla grande cortada en juliana
- 1 botella pequeña de aceitunas descarozadas
- 5 o 6 plátanos verdes (sin madurar)
- Adobo a gusto
- Ajo fresco machacado o ajo en polvo
- 1/3 taza de vinagre blanco o vinagre de vino (a gusto)
- 1/3 taza de aceite de oliva (a gusto)
- Hojas de laurel a gusto
- Sal a gusto

Preparación

1. Pela los plátanos verdes y luego hiérvelos en una olla; los plátanos no deberían estar demasiado blandos ni demasiado duros. Cocíalos hasta que queden tiernos, unos 10-15 minutos.
2. Unavez que estén listos, córtalos en rodajas.
3. En una cacerola mezcla el vinagre, el aceite, la cebolla, el ajo en polvo, el adobo, las hojas de laurel y las aceitunas verdes. Cocina a fuego medio-bajo para que hierva a fuego lento, entre 5 y 10 minutos.

4. Lleva la mezcla a ebullición y cocina todo junto con los plátanos.
5. Retira la cacerola del fuego y deja que la mezcla se enfríe.
6. Agrega la mezcla a un recipiente de vidrio o plástico y colócalo en el refrigerador durante 4 horas para permitir que se marine.
7. Sírvelo frío o a temperatura ambiente. Este plato va bien con pollo o pescado a la parrilla.



I learned the “guineos en escabeche” on my own because I wanted to learn, I saw what other people were doing and I said, “I have to learn.” So, I carefully observed everything they would use. I say: “The simplest thing is the plantain that you put to boil.” And the one who asks me a lot to make it, is my sister because she doesn’t know how to do it, it doesn’t taste as good as mine.



Pickled Plantains

Recipe

Ingredients:

- 1 big onion slice
- 1 small bottle of pitted olives
- 5 or 6 green plantains (unripe)
- Adobo to taste
- Crushed fresh garlic or powder garlic
- 1/3 cup of white vinegar or wine vinegar (add to taste)
- 1/3 cup of olive oil (add to taste)
- Bay leaves to taste
- Salt to taste

Method

1. Peel green plantains and then boil it in a pot. You don't want the bananas to be too soft and not too hard. Cook until tender for about 10 to 15 minutes.
2. Slice the plantains into rings once they are done.
3. In a saucepan mix vinegar, oil, onions, garlic powder, adobo, bay leaves, and green olives. Cook at low-medium heat to a simmer for about 5 to 10 minutes.
4. Bring the mix to a boil and cook with the plantains.
5. Then remove the saucepan from the fire and let the mixture cool.

6. Add the mixture to a glass or plastic container and place in the refrigerator for 4 hours to allow it to marinate.

7. Serve cold or at room temperature. This dish pairs well with grilled chicken or fish.



Norma's Peruvian Asado

Norma Martinez

Norma was born and raised in Peru where her mother taught her how to cook at a very young age. Her favorite memories growing up were going to the beach and preparing elaborate delicious meals for her family to enjoy. Her love for cooking is evident in how she lights up when talking about her elaborate and traditional Peruvian cooking secrets.

Me encanta esta receta, me trae muchos recuerdos felices. Unos consejos sobre la receta, una vez terminada te darás cuenta cuando ya está listo, se saca, ya no tiene jugo, ya se ha absorbido todo en la carne porque está tapado. Eso es normal. Todo tiene su sabor, y luego se sirve con arroz blanco, puede ser con puré de papas, puede ser con ensalada rusa que le llamamos nosotros. Se sirve como eso, gustan, y su gravy, se le echa siempre, el gravy se le echa encima del arroz para que tenga sabor. ¡Y a comer!

“Me encanta esta receta, me trae muchos recuerdos felices.”

Asado Peruano de Norma

Receta

Ingredients:

- 3 libras de Roast Beef
- 100 grams de ajo
- 200 gramos de cebolla
- 200 gramos de tomate roja
- 2 zanahorias
- 3 hojitas de laurel
- Pimienta negra a gusto
- Comino a gusto
- Vinagre a gusto

Preparación

1. Conviene marinar la carne unas horas antes o el día anterior. Para marinar, mezcla vinagre blanco, pimienta, comino, ajo molido y una zanahoria licuada.
2. Pica ajo, cebolla, tomate y zanahoria en cubitos.
3. Saltea bien el ajo en una olla con aceite caliente. Elige una olla ancha y gruesa, que aguante bien el calor.
4. Agrega la cebolla y el tomate picados. Condimenta con pimienta, comino, y laurel. (Hay que freír bien hasta que se vea el fondo de la olla.)
5. Añade la carne marinada a la olla. Haz un hueco

en el extremo del corte y rellena la carne con el jugo y zanahoria licuada.

6. Cubre la olla con papel aluminio y llévala al horno a 350 o 400 grados por una hora y media.

7. Transcurrido ese tiempo, quita el papel aluminio y saca un poco del jugo de la carne para preparar una salsa o gravy para decorar el plato.

8. Pon la olla en el horno sin el papel aluminio a 500 grados 20 minutos más.

9. Puedes servir este plato con arroz blanco, pasta, puré de papa o ensalada.

I love this recipe; it brings back many happy memories. Some advice about the recipe: once finished, you will realize it no longer has juice; everything has already been absorbed into the meat because it is covered. That's normal. Everything has its flavor, and then it is served with white rice – it can be with mashed potatoes, it can be with Russian salad, which is what we call it in Peru). It is served like that, and their gravy is always added; the gravy is added on top of the rice so that it has flavor. This is so delicious, enjoy!



“I love this recipe, it brings back so many happy memories. Some advice about the recipe: once finished you will realize it no longer has juice, everything has already been absorbed into the meat because it is covered.”



Norma's Peruvian Asado

Recipe

Ingredients:

- 3 pounds of Roast Beef
- 100 grams of garlic
- 200 grams of onion
- 200 grams of red tomato
- 2 carrots
- 3 bay leaves
- Black pepper to taste
- Cumin to taste
- Vinegar to taste

Method

1. It is best to marinate the meat a few hours before or the day before you cook it. Marinate with white vinegar, pepper, cumin, ground garlic, and blended carrot.
2. Chop the garlic, onion, tomato, and carrots into small pieces.
3. Then fry the garlic well with oil in a wide and thick pot which supports a high temperature.
4. Then add the chopped onions and chopped tomatoes. Add pepper, cumin, and bay leaf (it is important that everything is fried well until you see the bottom of the pot).

5. The marinated meat is then added to the pot. Fill the meat with the marinade juice and liquefied carrot, making a hole in the tip of the meat.
6. Cover with aluminum foil and put in the oven at 350° or 400° for an hour and a half.
7. After an hour and a half of cooking, uncover the meat and scoop out a portion of the gravy to make a sauce or gravy to spoon over the entire dish.
8. Put in the oven again uncovered at 500° for 20 more minutes.
9. Serve with white rice, pasta, mashed potatoes, or salad.



SWEET DISHES

Aunt Nodie's Coconut Custard Pie

Caroline

Caroline has always loved to cook. Her skills in the kitchen came from a mix of learning from her Aunt Nodie, mother and grandmother. She's also an avid fan of making dishes with her own twist, using famous recipe books like, "The Art of Cooking" by Julia Childs and "The Settlement Cook Book" by Lizzie Black Kander. Her family roots are from the South but she proudly represents Harlem. Her stories include her inspiration on cooking, family barbeques and how to make the perfect fruit cake.

I collect cookbooks and I get different ideas of what I want to do. My family were always known as bakers and cooks. I would watch what other people make and how they would make it. That would inspire me. Many people have taught me how to make dishes as well and I always put my own spin on it. So that's where I get my creativity from: books, my family, and other friends. I always liked to cook. My Aunt Nodie was one of the best cooks I ever knew and she taught me how to make this "Coconut Custard Pie" which she learned from my grandmother.



Pictures are of Aunt Nodie.

Aunt Nodie's Coconut Custard Pie

Recipe

Ingredients:

- 1/2 cup of sugar
- 3 tablespoons of flour
- 2 cups of milk
- 4 egg yolks
- 2 teaspoons of vanilla extract
- 7 oz of shredded coconut

Meringue Ingredients:

- 4 egg whites
- 4 teaspoons of sugar
- 2 teaspoons of cream of tartar

Method

1. Mix 1/2 cup of sugar and 3 tablespoons of flour together.
2. Add 2 cups of milk.
3. Add 4 beaten egg yolks (save the whites for later).
4. Add 7 oz of shredded coconut.
5. Stir well with a whisk.

6. Cook on top of the stove until it thickens or coats the ladle of a wooden spoon.
7. Stirring constantly, add 2 teaspoons of vanilla extract.
8. While you are stirring the filling for the pie, put an 8" deep dish pie crust in the oven to cook for about 15 minutes.
9. When the pie filling is ready, add the mixture to the pie crust and cook for 25 minutes or until filling is firm.

Meringue

1. Beat the 4 egg whites and gradually add 4 teaspoons of sugar and 2 teaspoons of cream of tartar (optional - but it keeps the meringue at height).
2. When egg whites are beaten and form peaks, put on top of the pie and leave in the oven until the meringue browns slightly.



Tarta de Natillas y Coco de la Tía Nodie

Receta

Ingredientes:

- 1/2 taza de azúcar
- 3 cucharadas de harina
- 2 tazas de leche
- 4 yemas de huevo
- 2 cucharaditas de extracto de vainilla
- 7 oz de coco rallado

Ingredientes del merengue:

- 4 claras de huevo
- 4 cucharaditas de azúcar
- 2 cucharaditas de cremor tártaro

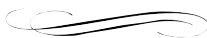
Preparación

1. Mezcla 1/2 taza de azúcar y 3 cucharadas de harina.
2. Agrega 2 tazas de leche.
3. Agrega 4 yemas de huevo batidas (guarde las claras para más tarde).
4. Añade 7 oz de coco rallado.
5. Mezcla bien con un batidor.

6. Cocina en la hornalla hasta que espese o se pegue la cuchara de madera.
7. Sin dejar de revolver, agrega 2 cucharaditas de extracto de vainilla.
8. Mientras revuelves la natilla, coloca una masa de tarta de 8" de profundidad en el horno para que se cocine durante 15 minutos.
9. Cuando el relleno esté listo, viértelo en la masa y llévalo al horno durante 25 minutos o hasta que el relleno esté firme.

Merengue

1. Bate las 4 claras de huevo y añade poco a poco 4 cucharaditas de azúcar y 2 cucharaditas de crémor tártaro (opcional - ayuda a que el merengue se eleve).
2. Cuando las claras estén batidas y formen picos, decore la tarta y deje en el horno hasta que el merengue se dore un poco.



Cornmeal for the Soul

Denise Kaalund

Denise grew up in Harlem, New York and has beautiful memories of her family there. Both her parents were excellent cooks, coming from a Caribbean and West Indian heritage - she remembers her Father's meat patties and how he would chaperone her to all the dances. Her mothers roots were in Barbados and she would infuse all their family meals with island spices.

When I was a little girl I loved the smell of cornmeal cereal (mush or corn pap) on those special mornings when there was time to prepare it. My mother learned the recipe from her mother who was born in Barbados. I learned the recipe from my mother. Even to this day when I smell cornmeal it brings back so many memories.

“My mother learned the recipe from her mother who was born in Barbados. I learned the recipe from my mother.”



Cornmeal for the Soul

Recipe

Prep Time: 25 minutes

Serves: 4

Ingredients:

My mother and grandmother did not use a measuring cup; however, I have included an estimate of measurements based on my experience and formal recipes.

- 1 cup of fine cornmeal
- 1 cup of coconut milk in a container or whole milk
- 2 cups of water
- A pinch of salt
- 1 cinnamon stalk or ground cinnamon
- 1/4 teaspoon of nutmeg
- 1 teaspoon of vanilla extract
- Raisins - optional
- Sweetener of your choice: cane sugar, light brown sugar, or even maple syrup

Method

1. Place the cornmeal in a bowl.
2. Mix it with some of the cold water - enough to liquify it.

3. This will help prevent the cereal from lumping when you add it to the boiling water.
4. Put the water and milk in a pot and bring it to a boil.
5. Add cinnamon.
6. Add clove.
7. Slowly add the cornmeal mixture to the boiling water and milk.
8. Stir frequently and continuously with a strong wooden spoon if you have one. This is important as cornmeal has a greater tendency to lump than other cereals do.
9. Continue to stir until the mixture thickens to a cereal or porridge consistency. This process should take about 10 to 15 minutes.
10. Add vanilla extract and sprinkle with nutmeg.
11. Sweeten with sugar, light brown sugar, or condensed milk
12. Optional: add raisins near the last five minutes of cooking.
13. Spoon the cornmeal cereal into bowls.
14. Add a pat of butter and a swirl of additional condensed or whole milk.



Gachas de Harina de Maíz

Receta

Tiempo de preparación: 25 minutos

Sirve: 4

Ingredients:

Mi madre y mi abuela no usaban tazas de medir pero les comparto un estimado de medidas basado en mi experiencia y recetas.

- 1 taza de harina de maíz fina
- 1 taza de leche de coco leche entera
- 2 tazas de agua
- 1 pizca de sal
- 1 tallo de canela o canela molida
- 1/4 de cucharadita de nuez moscada
- 1 cucharadita de extracto de vainilla
- Pasas- *Opcional
- Endulzante de elección, azúcar de caña, azúcar moreno claro o jarabe de arce

Preparación

1. Coloca la harina de maíz en un tazón.
2. Mezcla con suficiente agua fría para licuarla.*
3. Esto evita que se formen grumos en el cereal cuando

lo agregas al agua hirviendo.

4. Pon el agua y la leche en una olla y lleva a ebullición.

5. Agrega la canela.

6. Añade clavos de olor.

7. Agrega lentamente la mezcla de harina de maíz al agua hirviendo y la leche.

8. Revuelve con frecuencia y continuamente con una cuchara de madera. **Importante: la harina de maíz tiene una mayor tendencia a formar grumos que otros cereales.*

9. Continúa revolviendo hasta que la mezcla se espese a una consistencia de cereal o gachas.

10. Este proceso debería durar entre 10 y 15 minutos.

11. Agrega el extracto de vainilla y espolvorea con nuez moscada.

12. Endulza con azúcar granulada, azúcar moreno o leche condensada

13. Opcional: agrega pasas en los últimos cinco minutos de cocción.

14. Coloca la mezcla en tazones o vasitos.

15. A mí me gusta agregar un poco de mantequilla y un remolino de leche condensada o entera.



Puerto Rican Coquito

Josefina

Josefina learned how to cook from her grandmother in Puerto Rico (or in Spanish: Abuela). Josefina has a recipe for anything that's delicious from Puerto Rico - arroz con gandules, arroz con dulce, pernil and she knows how to master a great sofrito. Her peers look to her for advice on making the perfect meal for the family. This recipe comes straight from the island, we hope you enjoy it this Holiday season.

Well, I learned it from my grandma from my father's side. And every holiday I would stay by her in the kitchen and say, "What are you doing, grandma?" She says, "Go away, go away." Like, "You're nosy." And this and that. I said, "But grandma. I wanna learn." It was three of us - three teenagers, three girls. And we stood there. It was three of us. And we took turns on learning how to do all this. Especially the coquito, which is something that you drink, like if you drink rum.

" I said, "But grandma. I wanna learn." It was three of us- three teenagers, three girls. "



Puerto Rican Coquito

Recipe

Ingredients:

- 1 can of coconut milk
- 2 cans of carnation milk
- 1 can of coconut cream
- 1 can of condensed milk
- 2 tablespoons of cinnamon
- 2 caps of pure vanilla or imitation vanilla.
- 4 cinnamon sticks
- 1 box of raisins
- 4 or more of Malibu rum with coconut, or any rum of your choice.

Method

1. In a blender mix all the ingredients. At the end add the rum of your choice. Add more rum to your liking. Remember that everything is to taste.
2. While mixing, taste until it is to your liking.
3. Before putting the coquito in a bottle, add the cinnamon and raisins. You can omit some of the ingredients.

Coquito Puertorriqueño

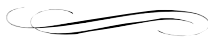
Receta

Ingredientes:

- 1 lata de leche de coco
- 2 lata de leche evaporada
- 1 lata de crema de coco
- 1 lata de leche condensada
- 2 Cucharadas de canela
- 2 tapitas de vainilla pura or imitación de vainilla.
- 4 palitos de canela
- 1 cajita de pasas
- 4 cucharadas o más de Ron Malibu con coco o tu ron de elección.

Preparación

1. En una licuadora mezcla todos los ingredientes. Al final le echas el ron de tu gusto. Si te gusta le hechas más ron. Acuérdate que las medidas son a gusto.
2. Mientras vas mezclando vas probando hasta que quede a tu gusto.
3. Antes de echar el coquito en un frasco, pon la canela y las pasas en rodajas. Puedes omitir algunos de los ingredientes.



Sweet Potato Pudding

Ryllis Hunt

Ryllis grew up in the Caribbean and learned how to cook at a very young age. She learned from her mother, who was an excellent cook and baker, a stay at home mom who raised 7 children. Ryllis is comfortable in the kitchen and her plethora of knowledge comes with a sweet island twist.

During the pandemic I made sweet potato pudding. I used a sweet potato, a coconut, and a small tannia. The greatest part of the work is grating and getting everything together. You can use the same ingredients for sweet potato pudding and make something by the name of ducana. When you make the ducana, you boil them instead of baking them. When I lived in the Caribbean, I used to make this pudding with my mother; she was always baking something for the family.

“The greatest part of the work is grating and getting everything together.”



Sweet Potato Pudding

Recipe

Ingredients:

- 2 cups of grated sweet potatoes (skin off)
- 1 cup of grated coconuts
- 2 cups of tannias (grated) or 2 cups of flour
- 2 tbsp of margarine
- Milk to moisten
- 1 tsp of cinnamon
- 1 tsp of nutmeg
- 1/4 tsp of cloves
- 1/2 tsp of salt
- 1 cup of sugar (or sugar to taste)

Method

1. Mix all ingredients in a bowl.
2. Beat well.
3. Pour into a greased baking dish - preferably with margarine.
4. Bake at 350° for 25 to 30 minutes or until light golden brown.
5. Enjoy!



Budín De Camote

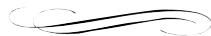
Receta

Ingredientes:

- 2 tazas de patatas dulces ralladas (sin piel)
- 1 taza de coco rallado
- 2 tazas de tannias (ralladas) o harina
- 2 cucharadas de margarina
- Leche para humedecer
- 1 cucharadita de canela
- 1 cucharadita de nuez moscada
- 1/4 de cucharadita de clavo de olor
- 1/2 cucharadita de sal
- 1 taza de azúcar (o cantidad a gusto)

Preparación

1. Mezcla todos los ingredientes en un bol.
2. Bate bien.
3. Vierte en una fuente para horno engrasada, preferiblemente con margarina.
4. Hornea a 350°F durante 25-30 minutos o hasta que el budín esté ligeramente dorado.
5. ¡Buen provecho!



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