PROGRESSIVE DINNER

for "Problem Solving Social Practice"
18 June 2014 Iowa City

We sometimes do events that showcase fancy ingredients and kitchen techniques (and we've certainly worked hard with our many helpers to make this meal), but the theme this evening is really about how even the simplest food has social and political ingredients.

All the dishes served tonight were inspired by your stories about food and/or by local ingredients and local food production. Many of your suggestions overlapped, especially in the all-important carbohydrates category.

If your specific recipe item wasn't prepared for the meal, please consider it honored by other related foods. A few terrific things came in time for us to include them in the cookbook but not to prepare them.
Ackee and Salt Fish
Asparagus
Causa
Challah
Dal
Local Greens Salad
Mac and Cheese Pizza
Navajo Fry Bread
Pan de Sal
Smoked Chicken
Strawberry Ice Cream
Sweet Potato Fluff
Thai Red Rice


Faisal Abdu’allah and Kareen Abdu’Allah-Duffus

ACKEE AND SALT FISH

Ingredients:
1/2 pound boneless salted cod fish
1/2 cup vegetable oil
4 cloves garlic, finely chopped
4 scallions, chopped or 1 sliced medium onion.
1 cup sliced assorted bell peppers (red, green)
1/4 Scotch bonnet pepper, finely chopped with seeds removed.
1 (20-ounce) can ackee, drained. Grace brand.
1 teaspoon freshly ground black pepper
1 teaspoon paprika and All Purpose Season All.

Process:
-Soak Salt Fish for 24 hours in cold water, this removes the salt
-Drain, pat dry and hand shred
Open tin of Ackee and drain then rinse with cold water

Chop up onions, sweet pepper, garlic, scotch bonnet (remove seeds)

Heat the vegetable oil and add all the chopped vegetables, sautéed until soft.

Add salt fish and seasonings (paprika, all purpose seasoning) Add Ackee but try and keep it solid - as it has a tendency to get soft and turn into a smoothie! Add black pepper, turn down heat to simmer for about 10 minutes (covered).

If you’re serving it as a breakfast:
Serve with fry dumpling (self raising flour, butter and salt, deep fried with crisp outer and fluffy inner) or hard dough bread.

If you’re serving for dinner:
Plain white rice or boiled yellow yam, green banana and boiled dumpling (plain white flour, salt, and water).

Eric Asboe
I have been thinking of wild rice as a marker of activism around food. In the early- to mid-2000s, some of the Native Nations that share the same geographic area as Minnesota successfully fought for legislation to prevent genetically modified wild rice from being introduced into the state. The issue of mapping the genome and testing gmo versions of it is one small part of the contentious history of wild rice, and its impacts are still felt today.

Wild rice can be prepared like most grains - boiled, steamed, baked.

How to Cook Wild Rice
Four Methods for Cooking Wild Rice
By Molly Watson

Wild rice is easy to cook (although it does take a bit more time than white rice). Always rinse wild rice thoroughly in cold water before cooking it and know that 1 cup uncooked wild rice yields 3 to 4 cups cooked wild rice. Then steam, boil, bake, or microwave it to perfection with these easy steps:
How to Steam Wild Rice
In a medium sauce pan, bring 1 cup wild rice, 3 cups water, and 1/2 tsp. salt to a boil. Cover, reduce the heat to maintain a steady simmer, and cook until the rice is tender and the kernels pop open, 45 to 60 minutes. Uncover the rice and fluff it with a fork. Simmer 5 additional minutes, stirring occasionally. Drain off any excess liquid, if necessary. Steamed wild rice has many popped kernels and a very tender texture.

How to Boil Wild Rice
Bring 6 cups water to a boil. Add 1 tsp. salt and 1 cup wild rice. Bring everything back to a boil before reducing the heat to maintain a low boil. Cook until the rice is tender, about 45 minutes. Drain the rice in a sieve or fine-mesh colander. Boiled wild rice tends to have tender, but intact kernels.

How to Bake Wild Rice
Combine 1 cup wild rice with 2 cups boiling water or broth and salt to taste in a 2-quart casserole with a tight fitting lid. Cover and bake at 350°F for 1 hour. Check the wild rice. Add more water or broth, if needed, and fluff the rice with a fork. Continue baking until the rice is tender and still moist, about 30 minutes.

How to Microwave Wild Rice
Combine 1 cup wild rice and 3 cups water or broth and 1/2 tsp. salt in a covered 2-quart glass or other microwaveable container. Microwave on full power for 5 minutes. Microwave on 50 percent power for 30 minutes. Let stand 15 minutes and taste - the wild rice should be tender. If it's not, microwave in 2 minute increments until it is. Drain, if necessary.

Isabel Barbusa

I am attaching a recipe that includes an action of making a clay oven, baking and distributing bread to the community. It was performed by Victor Grippo and Luis Camarra in a public plaza in 1972 during one of the many dictatorships in Argentina.

Horno popular para hacer pan (Construction of a Community Bread Oven)
by Argentinian artists Victor Grippo and Jorge Gamarra, 1972
The recipe is for pan criollo, typical bread made by Argentinean field workers. It became famous when former President Juan Peron, in the decade of 40 brought people from the fields to the city and the flavor of the bread was different of the "Pan Frances" and the "Pan Casero". Pan criollo is traditionally baked on a clay and adobe wood kiln by campesinos.

In 1972, Argentinean artist Victor Grippo together with Jorge Gamarra put together the action *Construcción de un horno popular para hacer pan* (Construction of a Community Bread Oven) in Plaza Roberto Arlt in Buenos Aires, Argentina. It was part of group exhibition entitled *Arte e Ideología (Art and Ideology)*, the event was closed and the police arrested the artists and the kiln was destroyed a couple days later because it was considered a "subversive".

**Action:** The action takes place following three stages: (a) construction of the oven, (b) making and baking of the bread and (c) distribution of the bread. The clay oven in the middle of the city and the distribution of bread to passers-by are the conceptual axes of the work.

**Pan Criollo Recipe**

**Ingredients**
1. Plain Flour - 6 cups
2. Sugar - 4 dessert spoons
3. Luke warm water - 3 cups
4. Dried Yeast - 1 dessert spoon

**Method**
1. Place water, yeast and sugar into a small bowl.
2. Whisk thoroughly to remove any lumps.
3. Place 5 cups of flour into the large bowl.
4. Add the water, yeast and sugar to the flour and mix with a wooden spoon. The key to this bread is for the dough to be sloppy to start and bring it back to a soft consistency with the addition of the last cup of flour.
5. Spread the last cup of flour onto a clean counter and place the dough on top of the flour.
6. Gently knead the dough into the flour.
7. Pre-heat oven to 180 degree’s Celsius.
8. Grease tins. Cut the dough into 115gm balls and hand knead them in the palm of your hand by folding the sides into the bottom of each bun making sure that the top is smooth. Place each bun into the tin.
9. Place tin into the warming draw to ‘prove’. This should take approx 35 minutes or until the dough has doubled in size (proved).
10. Once the buns have proved remove from the warmer and place onto the middle rack of a hot oven for 15 minutes. Once the buns are ready and golden brown remove from the oven flip the buns and allow cooling.
11. Remove from tin and serve.

If you have any left over in the morning cut one in half spread with butter and toast in a fry pan or griddle. Place poached eggs on top and you won’t be sorry.
Marissa Bejar

CAUSA LIMEÑA RELLENA DE ATÚN

Please note: You can make this recipe with canned tuna, or with boiled and shredded chicken, shrimp, anchovies, veggies or anything you think it could work with!
Recipe in English.
Serves between 6 and 8 people.

Ingredients:
- 1 kilo of yellow potato
- ½ cup of oil
- 2 to 4 limes
- 1 to 2 tablespoon of aji amarillo - peruvian yellow/orange chili pepper- paste, passed through a blender or a processor without veins and seeds
- 2 cans of tuna in oil - approximately 180 grams per can-
- 1 white onion - if you don’t find white it could be red-, medium size
- 2 medium size avocados, cut in slices - not so thin-
- 2 cups of mayonnaise

Ingredients to decorate on top:
- parsley
- 8 black olives - or more if you want!-
- 3 or 4 hard boiled eggs
- Red bell pepper cut into stripes

Directions:
- Chop the onion in small cubes and marinade it with lime juice for half an hour. After that time, rinse the liquid.
- Cook the potatoes in salty boiling water - so they don’t open up while cooking -. Peel them, and mash them. Mix them with lime juice, aji amarillo paste, oil, salt and pepper.
- Marinade the tuna with lime juice
- Spread half of the potato mixture in the bottom of a container - like a pyrex or glass one so that you can put it on the dinner table and serve directly from it- forming a first layer of the dish.
- Mix with mayonnaise the marinated tuna. Add the sliced avocado and form with all these a second layer on top of the base one.
- Spread on top the second half of the potato mixture forming a third layer.
- Decorate the top with chopped parsley, black olives - whole or cut-, hard boiled eggs - cut in circles or slices-, slices of avocado. You can also decorate with mayonnaise and red bell pepper cut into stripes.

Enjoy!

I am sending you a link that shows you how to make the aji amarillo paste:
http://www.provechoperu.com/2012/03/diy-aji-amarillo-molido-peruvian-yellow-pepper-paste/
Receta en español
Receta para 6 a 8 personas:

Ingredientes:
- 1 kilo de papa amarilla
- 1/4 taza de aceite
- 2 a 4 limones
- 1 a 2 cucharadas de ají amarillo fresco, despepitado y sin venas, y licuado o molido
- 2 latas de atún de aproximadamente 180 g en aceite
- 1 cebolla blanca mediana -si no hay blanca, puede ser roja- picada en cuadritos
- 2 paltas cortadas en tajadas
- 2 tazas de mayonesa
- Sal y pimienta al gusto

Para decorar encima:
- Perejil
- 8 aceitunas
- 3 o 4 huevos cocidos
- Tiras de pimiento

Preparación:
- Picar la cebolla en cuadraditos pequeños y dejarla macerando con limón por una media hora. Escurrir el agua que sale al cabo de ese tiempo.
- Cocinar las papas en agua con sal. Pelarlas y prensarlas de manera que se forme un puré. Amasar y condimentar con sal, pimienta blanca, limón, ají y aceite.
- Macerar el atún con limón.
- Mezclar el atún con la mayonesa y la cebolla picada y macerada.
- Extender sobre un recipiente -rectangular o circular, de preferencia de vidrio para cortar y servir directamente de allí-, la mitad de la papa ya trabajada y sazonada.
- Mezclar con mayonesa el atún macerado con limón. Formar una segunda capa con el atún y las tajadas de palta.
- Extender encima de esta preparación una tercera capa con la segunda mitad de la papa amasada.
- Decorar con un poco de perejil picado, aceitunas negras enteras o cortadas, huevo cocido cortado en láminas o rodajas, palta en tajadas (con unas gotas de limón para que no se pongan negras). Si se desea, también se puede poner un poco de mayonesa y unas tiras de pimiento.

¡Que lo disfruten!
Vanessa Bobis

FRESH FROM THE GARDEN FINGER FOOD!

1. Grow Basil and tomatoes!
2. Gather with your friends, neighbors, and at least one person you hardly know.
3. Have everyone pick one leaf of basil and one tomato.
4. Roll tomato into basil leaf and place into mouth.
5. Chew, look at the people around you, and smile.

Recommended: repeat as much as possible with wide audiences.
Kasey Bullerman

I recently learned about Depression glass. A glassware produced and distributed for free around the time of the Great Depression. Movie theaters and businesses would hand it out just for walking in the door.
Laurie Beth Clark

I learned to make this recipe when I lived in Albuquerque, where it could be made with fresh Hatch chilies instead of canned. There’s both politics and pride to the identification of this plant as the official state “vegetable” of New Mexico. Growing the pepper is specific to a very local terroir and distribution is regionally limited, making it a quintessentially local food. There, all restaurants offer the choice of red or green chili, an alternative not known in other parts of the chili-eating world. However, in many places, big pots of hearty red chili (with and without meat) have sustained protesters through social movements.

It’s one of the simplest recipes I know. If all the ingredients are in the house, you and your tired friends can be eating ten minutes after you start cooking.
NEW MEXICO GREEN CHILI

4 tbsp. butter
1 medium to large onion chopped
4 4 oz. cans chopped green chilies (mild)
1 14.5 oz. can crushed tomatoes
1 14.5 oz. can pinto or black beans

Sauté onions in butter until tender
Add contents of cans and heat through.
Top with grated cheese.
Serve with warmed tortillas.

Félix de la Concha

Although cooking is not my talent, congratulations and thanks. Yours is a great idea. And I hope to learn from your experiment.

I send you this article. It is from a Spanish article, something from León in Spain, my hometown. The person mentioned, Isabel Carrasco, was murdered recently in a shocking event. It was in the news all over the world. A personal vendetta in a town so peaceful. I was there when this happened.

As for another option for food of resistance, my first thought was the hunger strike. But I do not know if this is a good idea.
El '15M' parodia la tradicional comida del PP con un menú del 'Mesón Carrasco'

Ensalada de profesores y médicos, spaghetti de estudiantes o jubilados a la plancha ha sido el menú de los indignados que han querido denunciar los recortes sociales.

El Parador de San Marcos ha sido el escenario escogido para la celebración este domingo de dos comidas populares que, a pesar de llevar el mismo nombre, en nada se asemejaban.

Mientras todos los miembros del PP de León con su presidenta Isabel Carrasco a la cabeza han celebrado la tradicional comida de Navidad del partido, varios miembros del '15M' también han disfrutado, eso sí en plena calle, de una comida popular que además ha servido para celebrar los primeros siete meses de vida de la agrupación.

Un almuerzo donde han sido numerosas las referencias a Isabel Carrasco en carteles en los que se podía leer el menú del 'Mesón Carrasco' elaborado a base ensalada de profesores y médicos y profesores, spaghetti de estudiantes o jubilados a la plancha. Un menú más que irónico que ha servido para denunciar los recortes que están sufriendo determinados sectores de la ciudadanía.

Mientras todos los miembros del PP celebran en el interior la tradicional comida de navidad donde han coincidido con los miembros de la UPL que también escogieron este domingo y el Parador para acoger esta tradicional reunión que el PSOE celebró este sábado por la noche.

John Englebrecht

There used to be a "free bread bin" outside the co-op in Iowa City for the first 7 or 8 years I lived here. There were many a time when this bread supplemented my kid’s lunches, our Sunday morning french toast, or was the counterpart to our SOUP events. A couple years ago they stopped making this bin accessible (starting adding garbage to it as well, thus making it less appealing). So my "recipe" is simple:

1) bake bread (any kind, simple or complex)
2) share it with others.
MICHAEL’S SIMPLE NO-KNEAD BREAD

This technique was developed at the Sullivan Street Bakery in New York and made famous by the New York Times. My version is even simpler.

Throw together in a bowl:
3 cups flour (about 425 grams)
1/2 teaspoon yeast
1 1/2 teaspoon salt

Mix with your hand.
Add 1 1/2 cups water (345 grams)

Stir with your hand for about 30 seconds. The dough should just barely hold together and be very sticky.

Cover the bowl with a dish towel and let it rise 12-18 hours at room temp.

Wet your hand and sort of punch down the dough and loosely shape it back into something resembling a ball. Use more water on your hands if you need to.

Cover the bowl and rise 1-2 hours, until it looks doubled.

Pre-heat the heck out of your oven at 450 or 500f, with a large cast-iron dutch oven and lid inside.

Be careful not to burn yourself. Take the pot out of the stove, uncover, and with a wet hand sort of flip/slide the dough into the pot. Don't worry about evenness or what it looks like. Put the lid on and put it back in the oven.

Bake 30 minutes. Uncover.
Bake 15-30 minutes more. (Internal temperature will be at least 185 or 190f).
Katie Hargrave

I have been working on a project about the history of sugar production in the US, specifically beet sugar, which was introduced to the US by David Lee Child as an abolitionist tactic (grow sugar in the north, deprive the south of the need for sugar plantation slaves). I live in MN, where most beet sugar is grown, and where there has been in the past several years an emphasis on union labor politics and food production. More about that project here:

http://katiehargrave.us/inpoortasteagood.html
But when I think about food and activism, I often think about the lunch counter sit ins and this image:

I don't know specifically what was poured on their heads, but I always imagined it to be milkshakes like I always order when I am at a diner.

Charles Henry

My recipe that I want to contribute is SMOKED BEER CAN CHICKEN. Over the past three years myself and one of my good friends started smoking meat on the weekends, and sure enough we not only became fascinated with the technique of preparing food but we were addicted. Something so simple turned into an outlet for us to be creative and then share it with our close friends. Our Weber smokers have in a way transformed as meeting place for us and are friends to socialize around and enjoy life.

Ingredients:
1 full chicken
1 can beer
olive oil
BBQ rub
wood chips
charcoal
Preparation:

Light the charcoal and fire up the smoker to obtain a desired heat between 200 degrees F and 250. Then cut the access fat of the chicken, while doing this you can enjoy half a can of beer. Rub the chicken with oil and then put the rub on. Place the chicken on the can of beer and then it is ready to be put on the smoker.

Cook Time:

Once the chicken is on the smoker it takes about 4 hours to cook. Using a meat thermometer the internal temperature of the chicken should be 160 degrees F.

Then enjoy with friends and family.

F. John Herbert

**RITA BENTON'S SPAGHETTI**

2 tablespoons of olive oil
1 onion, chopped
1 pound of pork tenderloin or pork chops, finely cut
1/2 pound of mushrooms, sliced
1 8-oz. can tomato paste
1 can water
1 bay leaf
Salt and pepper
1 pound spaghetti
1 cup of grated Parmesan Cheese

Heat the oil in heavy-bottomed skillet, add onions and brown; add meat cut by hand (not ground), add mushrooms, tomato paste, water and seasonings. Cover pan and simmer thirty minutes or until pork is tender. Cook spaghetti in salted boiling water eight to ten minutes. Drain. Pour on sauce and stir to blend. Serve with cheese. Yield: 4 portions.

Courtesy of the Thomas Hart Benton Home & Studio.
Anita Jung

Fry bread was a diet staple and has become a traditional food served at Navajo Native American gatherings. It is an act of hospitality (a core Dine value), culture and celebration. The ability to make good fry bread is a source of pride.

I am interested in daily acts of activism that contribute to keeping a culture alive. I offer this recipe so that my friend Melanie Yazzie will be here with us. The last time I ate fry bread was at her home with her family.

http://whatscookingamerica.net/History/NavajoFryBread.htm
NAVAJO FRY BREAD RECIPE - INDIAN FRY BREAD RECIPE
by Cynthia Detterick-Pineda

Fry bread is wonderfully lumpy (puffed here and there). It can be served as a dessert or used as a main dish bread. Our family will often take them and stuff them, much like one might use bread or tortilla to dip into their food.

Yields: 4 servings, Prep time: 15 min, Cook time: 8 min

Ingredients:
1 cup unbleached flour
1/4 teaspoon salt
1 teaspoon powdered milk
1 teaspoon baking powder
1/2 cup water
Vegetable oil for frying
Extra flour to flour your hands

Preparation:
Sift together the flour, salt, powdered milk, and baking powder into a large bowl. Pour the water over the flour mixture all at once and stir the dough with a fork until it starts to form one big clump.

Flour your hands well. Using your hands, begin to mix the dough, trying to get all the flour into the mixture to form a ball. You want to mix this well, but you do NOT want to knead it. Kneading it will make for a heavy Fry Bread when cooked. The inside of the dough ball should still be sticky after it is formed, while the outside will be well floured.

Cut the dough into four (4) pieces. Using your floured hands, shape, stretch, pat, and form a disk of about 5 to 7 inches in diameter. Don’t worry about it being round. As Grandma Felipa would say “it doesn’t roll into your mouth.”

In a deep heavy pot, heat the vegetable oil to about 350 degrees F. You can check if you oil is hot enough by either dropping a small piece of dough in the hot oil and seeing if it begins to fry, or by dipping the end
of a wooden spoon in and seeing if that bubbles. Your oil should be about 1-inch deep in a large cast-iron skillet or other large heavy pot.

Take the formed dough and gently place it into the oil, being careful not to splatter the hot oil. Press down on the dough as it fries so the top is submersed into the hot oil. Fry until brown, and then flip to fry the other side. Each side will take approximately 3 to 4 minutes to cook. Place the cooked Fry Bread on a paper towel to absorb excess oil.

Indian Fry Bread can be kept warm in a 200 degree F. oven for up to 1 hour. They refrigerate well and can be reheated in a 350 degree F. oven for 10 to 15 minutes before serving.

Sarah Kanouse

In Chiapas, I hear they eat fresh corn tortillas.

In Montreal, during the protests against the FTAA, Food Not Bombs served dal to hundreds of us beneath a highway overpass.

In Wisconsin, people around the world ordered pizzas for the occupation of the capitol.
**SIMPLE MUNG DAL SOUP**, Serves 4 to 6  
by Yamuna Devi Dasi

This smooth, liquid mung dal soup is seasoned with a simple chunk. It is very easy to prepare and easy to digest, and its light consistency makes it appealing in any season. Serve it accompanied by a wheat bread or rice and a vegetable. To complete the meal, serve yogurt or green salad.

**Preparation time (after assembling ingredients):** 10 minutes  
**Cooking time:** 1 ½ hours or 25 minutes in a pressure cooker

**Ingredients**
- Split moong dal, without skins - 2/3 cup (145 g)
- Water (5 ¾ cups/1.3 liters if pressure-cooked) - 6 ¼ cups (1.5 liters)
- Turmeric - 1 teaspoon (5 ml)
- Ground coriander - 2 teaspoons (10 ml)
- Scraped, shredded or minced fresh ginger root - 1 ¼ teaspoons (7 ml)
- Minced seeded hot green chili *(or as desired)* - 1 teaspoon (5 ml)
- Ghee or vegetable oil - 2 table spoons (30 ml)
- Cumin seeds - 1 teaspoon (5 ml)
- Coarsely chopped fresh coriander - 2 table spoons (30 ml)
Preparation

1. Sort, wash and drain the split mung beans as explained on page 21.

2. Combine the mung beans, water, turmeric, coriander, ginger root and green chili in a heavy 3-quart/liter nonstick saucepan. Stirring occasionally, bring to a full boil over high heat. Reduce the heat to moderately low, cover with a tight-fitting lid and boil gently for 1 hour or until the dal is soft and fully cooked. For pressure cooking, combine the ingredients in a 6-quart/liter pressure cooker, cover and cook for 25 minutes under pressure. Remove from the heat and let the pressure drop by itself.

3. Off the heat, uncover, add the salt and beat with a wire whisk or rotary beater until the dal soup is creamy smooth.

4. Heat the ghee or oil in a small saucepan over moderate to moderately high heat. When it is hot, toss in the cumin seeds. Fry until the seeds turn brown. Pour into the dal soup, immediately cover and allow the seasonings to soak into the hot dal for 1-2 minutes. Add the minced herb, stir and serve.

Daniel Kinney

INDIAN CALABACITAS

1. Cut ends off of zucchinis and quarter lengthwise.

2. Chop quarters into coin-size pieces.

3. Heat olive oil in a large skillet; add salt and pepper.

4. Saute zucchini pieces. Add curry mix (yellow) containing turmeric.

5. Continue to sauté on low heat unitl zucchini is soft and slightly browned.

6. Remove and serve.
Greg Mock

KIMCHI

-Kimchi needs to be fermented, so make it at least a week out from when you plan on using it.

-You will need a 2-quart or 2-liter glass jar with a tight fitting lid to hold the kimchi while it ferments. Do not use plastic, as the odors and color from the kimchi can be hard to remove from plastic.

INGREDIENTS
- 1 (2-pound) napa cabbage
- 1/2 cup kosher salt
- About 12 cups cold water, plus more as needed
- 8 ounces daikon radish, peeled and cut into 2-inch matchsticks
- 4 medium scallions, ends trimmed, cut into 1-inch pieces (use all parts)
- 1/3 cup Korean red pepper powder (kochukaru)
- 1/4 cup fish sauce
- 1/4 cup peeled and minced fresh ginger (from about a 2-ounce piece)
- 1 tablespoon minced garlic cloves (from 6 to 8 medium cloves)
- 2 teaspoons Korean salted shrimp, minced (sauejeot)
- 1 1/2 teaspoons granulated sugar

INSTRUCTIONS

1. Cut the cabbage in half lengthwise, then crosswise into 2-inch pieces, discarding the root end. Place in a large bowl, sprinkle with the salt, and toss with your hands until the cabbage is coated. Add enough cold water to just cover (about 12 cups), making sure the cabbage is submerged (it’s OK if a few leaves break the surface). Cover with plastic wrap or a baking sheet and let sit at room temperature at least 12 hours and up to 24 hours.

2. Place a colander in the sink, drain the cabbage, and rinse with cold water. Gently squeeze out the excess liquid and transfer to a medium bowl; set aside.

3. Place the remaining ingredients in a large bowl and stir to combine. Add the cabbage and toss with your hands until evenly combined and the cabbage is thoroughly coated with the mixture. Pack the mixture tightly into a clean 2-quart or 2-liter glass jar with a tightfitting lid and seal the jar. Let sit in a cool, dark place for 24 hours (the mixture may bubble). Open the jar to let the gases escape, then reseal and refrigerate at least 48 hours before eating (kimchi is best after fermenting about 1 week). Refrigerate for up to 1 month.
Lisa Moline and Lane Hall

We are sending pizza as the food of the revolution. Specifically, Ian's Pizza in Madison, which fed the protestors who occupied the Capitol with donations from around the world, and Palermo's Pizza in Milwaukee, which was the subject of a strike based upon their refusal to allow workers to form a union. Of course, OLB was forged in the WI uprising, and the Palermo's Pizza strike was an ongoing issue touching upon unions, safe workplaces and immigration reform.

For those who need background on Ian's Pizza, a NYT article has some good info: http://www.nytimes.com/2011/02/26/us/26madison.html?_r=0

Here is the recipe for Ian's Mac n Cheese pizza:


That is not a pizza variety we have eaten, since there is such a thing is too many carbs, but Ian's is famous for it.
Mac and Cheese Pizza

Recipe courtesy Nick Strachan, Ian's Pizza, Madison, Wisconsin

Total Time: 2 hr 30 min
Prep: 20 min
Inactive Prep: 2 hr
Cook: 10 min
Yield: One 12-inch pizza

INGREDIENTS

- 1/2 cup grated mozzarella
- One 12-inch pizza base, recipe follows
- 1/4 cup creme fraiche
- 1 cup elbow macaroni, fully cooked
- 1/2 cup sliced Chicago-style hot dogs, optional
- 1/2 cup grated Cheddar

PIZZA DOUGH:

- 1 teaspoon sugar
- 1 cup warm water
- 1/4 ounce dried yeast
- 3 cups all-purpose flour, plus more if needed
- 2 tablespoons olive oil, plus more for bowl
- 1 teaspoon salt
- Cornmeal, for dusting

DIRECTIONS

Preheat the oven to 500 degrees F.
Sprinkle the grated mozzarella evenly over the pizza base, then drizzle the creme fraiche over the top. Add the elbow macaroni, again sprinkled evenly on top. Add the Chicago-style hot dogs as an optional extra, or other toppings according to taste. Cook in the oven until the pizza base has cooked through and the cheese has melted, about 8 minutes.

Remove from the oven and sprinkle lightly with the Cheddar. Pop back into the oven for another couple of minutes for the cheese topping to melt.

This recipe was provided by a professional chef or restaurant and may have been scaled down from a bulk recipe. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

In a large mixing bowl, dissolve the sugar in the warm water, and then add the yeast. When the mixtures starts to foam on top, after about 3 minutes, add the flour, olive oil and salt. Knead for 5 minutes until the dough is smooth and shiny. Add more flour if necessary to get the right consistency. Place the dough in a large, lightly-oiled bowl, cover with cling film and set aside to rise, 1 to 2 hours. When the dough has doubled in size, remove from the bowl and knead again. Divide into 4 equal dough balls and allow to rest before shaping into thin 12-inch round pizza bases. Makes four 12-inch pizzas.

© Recipe courtesy Nick Shrochen, Ian’s Pizza, Madison, Wisconsin

Traci Molloy

For 8 years, I worked as the Visiting Artist/Artistic Director of America’s Camp. America’s Camp (AC) was a one week overnight camp for children that lost a parent or guardian on 9/11/01, or for a child that lost a parent (firefighter/police officer) in the line of duty. On average annually, there was 200-300 children that attended AC, as well as over 150 counselors and staff members from all over the world. Every summer, on the final evening of AC, the Director’s wife made a 2 giant challah breads. Just huge - usually 3' or so in length. Often some of the campers would help her make the braids. She would talk to all of us briefly about community and love and how challah bread relates to her culturally. We would all simultaneously eat a piece of the bread. It was always a very comforting moment in what would inevitably be an extremely emotional evening. Creating change can come in different ways. Sometimes it is through radical kindness, other times it is through radical actions.

Sorry, I don’t know her recipe so I am sending along one I found on line.
http://allrecipes.com/recipe/decadent-challah-bread/
Decadent Challah Bread

INgredients:
- 1/3 cup honey
- 1 1/2 teaspoons salt
- 1 1/4 cups warm water
- 2/3 cup olive oil
- 2 1/4 teaspoons active dry yeast
- 2 eggs
- 5 cups unbleached flour, plus more if needed
- 2 tablespoons olive oil
- 1 egg white
- 1 1/4 cup milk
- 1 tablespoon white sugar

Directions:
1. Dissolve the honey in the water in a large mixing bowl, and stir in the yeast. Set the mixture aside until the yeast forms a creamy layer on top, about 15 minutes. Stir in the salt, 2/3 cup of olive oil, and beaten eggs. Add the flour 1 cup at a time until the dough is slightly tacky, but not sticky wet.

2. Turn it out onto a floured surface, and knead until smooth and elastic, about 10 minutes. Lightly oil a bowl, place the dough in the bowl, turn the dough over a few times to oil the surface, then let rise until doubled in a warm, draft-free place, about 90 minutes.

3. To make the loaves, punch down the dough, and cut it into 2 equal-sized pieces. Cut the first piece into 4 equal parts. Set the second piece aside under a cloth to prevent drying out while you braid the first loaf.

4. To braid the first 4-strand loaf, roll the 4 pieces of dough into thin ropes about the width of your thumb, and about 14 inches long. Make the tops and bottoms of each rope thinner than the middle area. Pinch the tips of the 4 ropes together, and fan the 4 ropes out so they don’t touch.

5. To make an “under-2, over-1 braid,” take the left-most rope, and move it to the right to cross underneath the next 2 ropes, then move it left to cross back over the strand immediately to its left. Take the far right strand, and move it to the left and cross it under the two strands to its left (they are already crossed from the previous braid); then move it right to cross back over the strand immediately to its right. Repeat until the 4 strands are braided together all the way to the end, and pinch the ends tightly together. Repeat the steps to braid the second loaf, and let the braided loaves rise for 1 hour.

6. Preheat an oven to 350 degrees F (175 degrees C), and line baking sheets with parchment paper.

7. Make a glaze by whisking together the milk, 2 tablespoons of olive oil, the egg white, and the sugar in a bowl. Brush the braided loaves with the glaze, to make a shiny crust, and bake the loaves on the prepared baking sheets in the preheated oven until they are light golden brown, about 30 minutes.
Michael Peterson

EGYPTIAN KOSHARI - This popular street snack was celebrated as the food of the revolution in Cairo's Tahrir Square.

for the base:
1 cup rice
1 cup lentils
1 cup pasta
1 cup canned chickpeas
salt
vegetable broth

for the spicy tomato sauce:
1 can tomato passata
5 garlic cloves, minced
1 onion, finely chopped
2 tbsp. ground cumin
1 tsp. ground coriander
1 knife's point harissa (more to taste or to serve on the side)
1 bay leaf
1 tbsp. olive oil
1 tsp. sugar
1 tsp. fleur de sel

for the fried onions:
6 onions, finely sliced
3 tbsp. ghee

for an additional, individual spice punch:
2 tbsp. ground coriander
2 tbsp. ground cumin
1 tsp. chili flakes
2 garlic cloves, crushed
4 tbsp. red wine vinegar

for optional, individual garnish:
1 bunch coriander, finely chopped, optional

start by cooking the carbs (hehehe): you can cook the rice and lentils together, with the double amount of water, but don't add any salt until tender, or the lentils won't turn soft. Shortly before they're done, stir in some vegetable broth. put aside. cook the pasta in salted water, drain, set aside. drain the chickpeas. set everything aside, but keep warm.

in the meantime, make the tomato sauce: mince the garlic cloves and finely chop the onion. heat the olive oil in a saucepan, fry the onion for a while, then add the garlic, cumin and coriander and sweat for a minute or so. add the tomato sauce and the bay leaf. bring to a boil. season with salt, sugar, harissa and vinegar. keep warm.

for the fried onions, heat the ghee in a large frying pan and fry, on medium heat, for a long while, i guess, maybe 20 minutes? until the onions are crispy and golden brown to dark brown. remove from the pan and distribute on a kitchen paper to cool and dry and get rid of the excessive grease. they should crisp up.
for the spice punch, dry toast (meaning without any oil) the cumin, coriander and chili flakes in a frying pan until fragrant. add the garlic and fry for a minute. remove from heat, pour in a bowl and mix with the vinegar. this is to individually sprinkle over the koshari.

to assemble, start by ladling some rice and lentils into a bowl, then layer some pasta on top. add a generous spoonful of the pasta sauce, then scatter a handful of chickpeas on top. sprinkle with fried onions. serve with the spice punch for individual spice and coriander on the side, for those who want.

note on enjoying koshari: heidi told me to explicitly make it clear that it needs to be layered first. you know, how everyone always keeps the best part on a plate for last? yeah, you can't with koshari. first, because you need to mingle everything to have a bit of everything with every bite. and secondly, because everything is good on its own.

thanks to detailed instructions from scarlett’s friend heidi from the blog Fork & Flower

Michael Peterson
DIRECT ACTION BLACK IPA

Coffee is the most important beverage of activism and progressive politics, but rather than a recipe for bad coffee, here’s one for the second most important beverage—pretty good beer.

Grain (all Wisconsin-grown):
9# Briess Organic 2-Row Malt
3# Briess 6-Row Brewer’s Malt
8oz Briess Victory Malt
8oz Briess Midnight Wheat

Columbus Hops (boil 60)
Columbus Hops (boil 30)
Columbus Leaf hops (dry hop 10 days)

American Ale II (Wyeast Labs 1272)
Jonathan Rattner

Rice: When asked what food I associate with activism and/or progressive politics, my mind went immediately to rice in Thailand.

One artist that has influenced how I think about my own art is Rirkrit Tiravanija who, with Kamin Letchaiprasert, initiated “The Land Foundation” in Thailand in 1998. Rirkrit’s early work was centered around using art as a forum for bringing people together. As such, the idea behind the “The Land” was to create an open space, integrated within and around a rice field in northern Thailand, where artists, architects, farmers, and community members could work, create, converse, and experiment together.

In 2012, my friend and I traveled to Thailand for a film project about contemporary Thai artists, and we made visiting “The Land” a priority. As in its beginning, “The Land” is a working rice farm set in the outskirts of Chiang Mai. Though the intention of the place was to inspire interactive communication, we experienced this intention on our way to “The Land.” The farm was actually quite difficult to locate, so much so that we began questioning the truth of its existence. However, we made it
there after speaking with a chain of people, and in the end, hitched a ride with a coffee shop owner named Uncle Shrimp (Goong). Upon our arrival, a motorcyclist drove up through the rice patties to meet the three of us. We spoke with the rice farmer who gave us a tour, and then wandered around together for an hour in silence.

Rice is a major food staple around the world, and has a major impact on international economics and politics. Rice is one of Thailand’s highest sources of income. Recently, rice farmers in Thailand were not paid for a year, and the Prime Minister, Yingluck Shinawatra, was found to play a role in the corruption. This, among other issues, led to protests and the recent military coup d'état. The military junta made disbursement of money to rice farmers one of the first orders of business after taking power.

Jen Delos Reyes

Food Associated with Activism: Ice Cream. Artists Anna Grey and Ryan Wilson Paulson who are fellow adjunct educators at PSU have been organizing a series of ice cream socials to bring together and mobilize the PSU School of Art adjunct population.
MICHAEL’S SIMPLE VANILLA ICE CREAM

2 cups of heavy cream
1 cup of whole milk
6 large egg yolks (make meringue with the whites)
3/4 cup of sugar
Vanilla extract to taste (or use a vanilla bean in the custard step)
Salt to taste

Whisk yolks and sugar. Add diary and a pinch of salt.
Heat gently until it forms a custard (coats the back of a spoon).
Chill, then add vanilla. Taste and add some more.

Churn.

Leslie-Anne Stake

I have chosen PAN DE SAL—a bread recipe from the Philippines. The food of the Philippines itself shows a correlation of their history of various countries that have had control of the Philippines. Specifically pan de sal, in my opinion, seemed like a food staple for native Filipinos following their freedom from Spain as they progressed to a free-market economy. They were controlled by Spain, and Spain introduced wheat to the Philippines. The Filipinos took the Spanish bread and sprinkled bread crumbs on it, which made it different. In addition, the Spanish American war gave control of the Philippines to America and so pan de sal gained further influence of American techniques in the baking process to become the recipe it is today. So I feel pan de sal is a representation of the history of the Philippines.

I also read that pan de sal was referred to as "poor man’s bread" during the war era because when food was scarce and only the rich could afford rice, bread became the cheaper alternative.
PAN DE SAL

MAKES 20 ROLLS

INGREDIENTS
6 cups bread flour, plus more (1 - 1 1/2 cups extra depending on dough consistency)
3/4 cup, plus 1 tbsp. sugar
1 1/2 tsp. kosher salt
2 1/2 cups milk, heated to 115°
1 tbsp. active dry yeast
4 tbsp. unsalted butter, melted, plus more
1 egg
1 cup plain bread crumbs

INSTRUCTIONS
1. Whisk flour, 3/4 cup sugar, and salt in a bowl. Stir 1 tbsp. sugar, 1 cup milk, and yeast in another bowl; let sit until foamy, about 10 minutes. Add remaining milk, plus the melted butter and egg; whisk until smooth. Slowly stir in dry ingredients until dough comes together. On a lightly floured surface, knead dough until smooth, about 3 minutes. Transfer to a lightly greased bowl and cover loosely with plastic wrap; set in a warm place until doubled in size, about 1 hour.

2. Place bread crumbs on a plate. On a lightly floured surface, divide dough into 4 equal pieces. Working with 1 piece at a time, pat dough into a 4" x 9" rectangle about 1/4" thick. Working from one long end, roll dough into a tight cylinder, like a jelly roll, but tight. Cut dough crosswise into five 1 1/4" rolls. Gently coat cut sides of rolls in bread crumbs; place cut side up on parchment paper-lined baking sheets, spaced about 2" apart. Cover loosely with plastic wrap; set in a warm place until doubled in size, about 1 hour.

Kalmia Strong

SOURDOUGH RYE BREAD WITH AIOLI

prepared and eaten by many at Bread & Puppet Theater shows and daily meals on their farm in Glover VT

half rye and half wheat flour, or wheat flour with rye berries, using sourdough starter

bake small loaves in a wood-fired oven (temporary ones can be built in many places)

aioli is just olive oil and garlic (green garlic is good), maybe salt

pound the garlic to a paste with the oil, in a mortar and pestle
Susan White

I love Conflict Kitchen in Pittsburgh. I am sending a link. I have eaten amazing food from Iran there. Currently they are cooking food from Afghanistan.

http://conflictkitchen.org/

KOOKOO-E SABZI
herb and egg frittata served on nan with mast-o khiar, fresh herbs, sumac and onion

SHARBAT
sweet chilled persian drink
mint and vinegar
rhubarb and lime
Conflict Kitchen is a restaurant that only serves cuisine from countries with which the United States is in conflict. Each Conflict Kitchen iteration is augmented by events, performances, and discussions that seek to expand the engagement the public has with the culture, politics, and issues at stake within the focus country. The restaurant rotates identities every few months in relation to current geopolitical events.

Our current Afghan version introduces our customers to the food, culture, and politics of Afghanistan. Developed in collaboration with Afghans in Pittsburgh and Afghanistan, our food comes packaged in wrappers that include interviews with Afghans on subjects ranging from culture to politics. As is to be expected, the thoughts and opinions that come through the interviews and our programming are often contradictory and complicated by personal perspective and history. These natural contradictions reflect a nuanced range of thought within each country and serves to instigate questioning, conversation, and debate with our customers.

Operating seven days a week in the middle of the city, Conflict Kitchen uses the social relations of food and economic exchange to engage the general public in discussions about countries, cultures, and people that they might know little about outside of the polarizing rhetoric of governmental politics and the narrow lens of media headlines. In addition, the restaurant creates a constantly changing site for ethnic diversity in the post-industrial city of Pittsburgh, as it has presented the only Iranian, Afghan, Venezuelan and North Korean restaurants the city has ever seen.

Rachel Williams

I have two thoughts.

I work in prisons and food can become a subversive pleasure—especially fresh cheese.

Here is a link to a great description of jail cheese:
http://www.cheesemaking.com/includes/modules/jwallace/chsmkrs/cchzfromjail.html

Let a few ½ pint cartons rest for 48 hours. When opened there should be a small cube of curd formed at the bottom. (If it’s floating or smells bad, throw it out.) Pour off the whey and dump the curd into a drainer. (I use a small Styrofoam bowl with small holes made with a pencil, stack it in another bowl to catch the whey and cover it.) Turn the curd every so often, about every 15 minutes. When it firms up you can cut it to help it drain. After 2-3 hours, smash it in a bowl, salt it to taste and then press it. Turn it often. After an hour or two I take it out and let it rest on a few pencils (the drying “rack”!) It’s ready! It’s soft and a lot like Queso Fresco—we just call it queso. We crumble it on burritos or slice it with crackers.
I also think of Southern cooking and civil rights. This SWEET POTATO FLUFF goes well with BBQ, collards, and Mac and cheese. Desert might be a coconut lawyer cake, banana pudding, or lemon meringue pie.

SWEET POTATO FLUFF

Boil, peel and mash 4 large sweet potatoes or yams
Using a mixer mix in a can of shredded pine apple, raisins, cinnamon(1/2 tsp), all spice 1/2, and a 1/2 cup of brown sugar and a 1/2 stick of butter. One egg is optional.
By hand mix in 1/2 a cup of fresh chopped pecans-(pecan rhymes with big man)
Put in a Corning ware dish and bake for twenty minutes on 350. Pull out and cover in small marshmallows. Return to the oven until the marshmallows are melted and slightly brown.

Jon Winet

Cornbread for me is a "go-to" food to bring to potlucks. I think most people like cornbread and don't always have time to bake, so eat it less than they would perhaps like to. It's an honest American food, like most home-baked goods, is made to share.

In a culture where meals are increasingly eaten on the fly, supplied by fast-food outlets, home baking and shared meals take on a new meanings. Simple acts like riding a bike, cooking at home, sharing meals in a leisurely way take on textured, progressive, political meanings.

I'll be making a modified version of "Grandmother's Buttermilk Cornbread" (http://allrecipes.com/recipe/grandmothers-buttermilk-cornbread/) adding diced chiles and/or jalapeños and corn niblets to the recipe.
Grandmother's Buttermilk Cornbread

*Grandma's recipe for a sweet, moist cornbread likely to become your favorite!*

**INGREDIENTS:**
- 1/2 cup butter
- 2/3 cup white sugar
- 2 eggs
- 1 cup buttermilk
- 1/2 teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- 1/2 teaspoon salt

**DIRECTIONS:**
1. Preheat oven to 375 degrees F (175 degrees C). Grease an 8 inch square pan.
2. Melt butter in large skillet. Remove from heat and stir in sugar. Quickly add eggs and beat until well blended. Combine buttermilk with baking soda and stir into mixture in pan. Stir in cornmeal, flour, and salt until well blended and few lumps remain. Pour batter into the prepared pan.
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean.

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Paul Wittenbraker

In 2012 Civic Studio operated out of the American Bread Company, a former bakery and neighborhood diner in Grand Rapids, MI. The bakery had been closed for several years, but not long enough to destroy customer’s connection to some of the food they once served. Whenever we were working in the space it was a regular occurrence for customers to bang through the door and ask “Do you have any of those ____?” It would either be “donuts” or “Polish Rye” (with occasionally “Lithuanian” or “Russian” substituted for “Polish”). The preference for donuts was 50% and for the Rye 50%. Whichever product was desired the excitement level was equally high.

For those of us in the project this became a significant part of the experience; getting asked the question and then our various failed responses. This clean bifurcation of desired products also connected to our experiences with the back kitchen area, which included evidence of donut production (deep fryer and glaze-covered coating equipment) and a large inventory of 50lb sacks of caraway seed, an essential ingredient for the Rye Breads.
There was something significant about the food and meaning connections in this experience which could be represented in the juxtaposition of donut and bread, or more abstractly offered in a pair of matching jars, one with caraway seed and the other with glaze.

Kim Yasuda
I am sending you two recipes for beer bread and jello shots from the illustrious "Brooklyn Mistress of Jello" as my contribution. Will explain upon arrival.
BEER BREAD by Gerald Norman

Prep Time: 3 mins  
Cook Time: 1 hr  
Servings: 6-8

3 cups flour (sifted)  
3 teaspoons baking powder (omit if using Self-Rising Flour)  
1 teaspoon salt (omit if using Self-Rising Flour)  
1/4 cup sugar  
1 (12 ounce) can beer  
1/2 cup melted butter (1/4 cup will do just fine)

Directions:
1. Preheat oven to 375 degrees.  
2. Mix dry ingredients and beer.  
3. Pour into a greased loaf pan.  
4. Pour melted butter over mixture.  
5. Bake 1 hour, remove from pan and cool for at least 15 minutes.
6. This recipe makes a very hearty bread with a crunchy, buttery crust. If you prefer a softer crust (like a traditional bread) mix the butter into the batter instead of pouring it over the top.

7. Sifting flour for bread recipes is a must-do. Most people just scoop the 1 cup measure in the flour canister and level it off. That compacts the flour and will turn your bread into a "hard biscuit" as some have described. That's because they aren't sifting their flour! If you do not have a sifter, use a spoon to spoon the flour into the 1 cup measure. Try it once the "correct" way and you will see an amazing difference in the end product.

8. I have had many email from you kind folks about using non-alcoholic beverages instead of beer. That is fine to do but I highly recommend adding a packet of Dry Active Yeast or 2 teaspoons of Bread (Machine) Yeast so that you get a proper rise.

9. The final result should be a thick, hearty and very tasteful bread, NOT A BRICK! ;).

10. Thank you all for the incredibly nice comments and those of you who left a bad review - learn to sift sift SIFT! You will be amazed at the results you get.