

**THE BLACK CHURCH:
THIS IS OUR STORY,
THIS IS OUR SONG**

**DINE
AND
DISH**

So, you've watched **THE BLACK CHURCH: THIS IS OUR STORY, THIS IS OUR SONG** and want to talk about it with friends? You've come to the right place! This guide—created in partnership with renowned chefs, and children of the Black Church, Kwame Onwuachi and Kelis Rogers—is a one-stop shop to host your very own Dine and Dish session.

WHAT'S IN THIS GUIDE?

This guide is centered around recipes created by Chef Kelis and Chef Kwame Onuwachi that reflect the history of the Black Church. Along with these recipes, you'll find a brief exploration of the significance and history of food in the Black Church, and conversation starters inspired by the series to help you transform a virtual cooking session with your friends, or your family's dinner table, into a meaningful discussion.

HOW TO DINE AND DISH

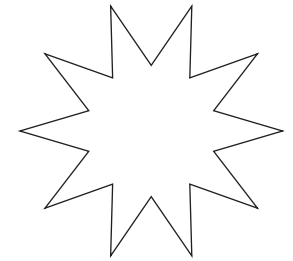
First, watch **THE BLACK CHURCH: THIS IS OUR STORY, THIS IS OUR SONG**. Then, invite your friends to join you on video to cook the provided recipes together, gather your family around the dinner table, or catch up with faraway loved ones over a virtual dinner. All that matters is that you come together—and that's exactly what the conversation guide is there to do! Go around the table (or screen) and use these thought starters to reflect on the role of food in the Black Church.

Food is as important to the Black Church as music and the written Word. The communal activity of breaking bread with one another often serves as a bonding moment or reprieve for churchgoers. Whether it's in-house church dinners, at restaurants affiliated with churchgoers, or in their homes, for African Americans, the act of eating together is not only biblical but spiritual. Episode Three of **THE BLACK CHURCH: THIS IS OUR STORY, THIS IS OUR SONG** touches upon the importance of dining in the context of the Civil Rights Movement. In the 1960s, establishments like Dooky Chase in New Orleans would serve as meeting places for “strategy sessions and dialogue over meals” between freedom fighters like Martin Luther King Jr., Rev. A.L. Davis, and Rev. Avery C. Alexander.

What was on the menu was just as important as who was dining. “Soul food” would derive its name from deeply comforting dishes that pull ingredients from foods that were available to Southern Blacks. Often out of necessity to make something out of nothing when given the scraps from plantation owners,

foods like chitterlings, oxtails, and cornmeal were transformed into staple dishes still eaten today. The infusion of African, French, Spanish, and Indigenous seasonings and cooking methods resulted in a vibrant body of recipes that are regularly served at Black Church gatherings.





USE THE QUESTIONS BELOW TO GUIDE YOUR DISCUSSIONS WHILE COOKING OR GATHERED AROUND THE DINNER TABLE

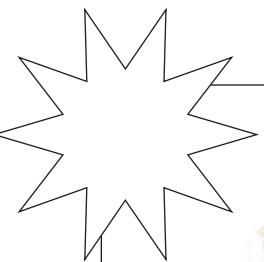
- ◆ Share your earliest memory of cooking. What did you cook?
Who was there? How did it feel?
- ◆ What's one meal that always gathers your loved ones together?
- ◆ In one word, what's your favorite meal? Share a memory you associate with that meal.
- ◆ Tell a story about a time food helped you bridge a divide.
- ◆ Describe some of the mealtime or food traditions that have been passed down to you.
- ◆ What food traditions would you like to pass on?



CARROT AND YAM SOUFFLÉ

Chef Kelis

The Grammy Award nominated singer, songwriter and Le Cordon Bleu-trained Chef, Kelis published her first cookbook, **My Life on a Plate** in 2015. Kelis describes it as “an exploration of tastes and cultures, and my experience as a chef, musician, mother, and wife.” Kelis is currently living on a farm outside of Los Angeles and working on Bounty and Full, her line of sauces made with love.



CHEF KELIS

In her own words...

You often hear people say that there's no such thing as American food, but that's not true. Candied yams, baked with marshmallows on top, is as American as it gets. Yams have a long history with Black American culture, being a staple in the West African diet and often packed on the ships crossing the Middle Passage. However, in America, yams were not as accessible, so sweet potatoes took their place. In turn, sweet potatoes became a way for our people to hold onto our culinary traditions and history.

This recipe was inspired by a similar dish I used to eat at this little restaurant in Georgia where the Grannies would go after church. The ladies who worked there were old and often grumpy. When I would ask them about different things on the menu, they would just say, "Little girl, do you want it or not?" I always wanted it, whatever it was. They served a carrot and yam soufflé but they would never tell me how to make it, so I would order it every week and try to figure out how it was made. This is my version and I hope that you enjoy it!

INGREDIENTS

¾ CUP (1 ½ STICKS) unsalted butter, melted, plus cold butter for greasing the baking dish

3 LARGE yams (about 2 pounds), peeled and coarsely chopped

5 LARGE carrots (about 12 ounces), peeled and coarsely chopped

1 CUP heavy whipping cream

1 CUP turbinado (raw) sugar

4 extra-large eggs, lightly beaten

½ CUP all-purpose flour

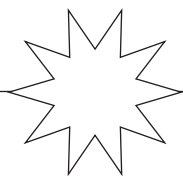
1 TABLESPOON ground cinnamon

2 TEASPOONS freshly grated nutmeg

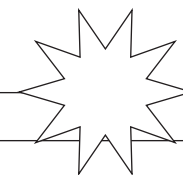
½ TEASPOON baking powder

¼ TEASPOON kosher salt

ONE 10.5-OUNCE PACKAGE miniature marshmallows



1. Position an oven rack in the center and preheat the oven to 350° F. Grease a 9- x 11-inch baking dish and set it aside.
2. In the bowl of a food processor fitted with a metal blade, finely chop the yams and carrots on high speed. Add the cream, sugar, eggs, flour, cinnamon, nutmeg, baking powder, and salt, and pulse to combine.
3. Pour the batter into the greased baking dish and spread it evenly with a rubber spatula. Bake on the center rack for 15 minutes.
4. Remove the soufflé from the oven and scatter the marshmallows on top.
5. Return the soufflé to the oven for another 15 to 20 minutes, until the soufflé has puffed up and the marshmallows are golden brown. Serve warm.

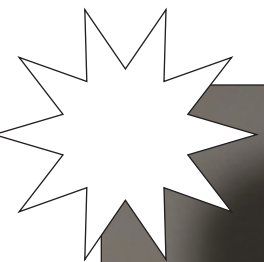


Before you add the marshmallows, make a crumble with a stick (½ cup) of butter, 2 to 3 tablespoons (maybe more) of flour, and 1 cup sugar. Add pecans depending on if you like them. When the soufflé is almost done, put the crumble mixture on top. Then, at the very end, add the marshmallows on top. The three different textures: really spectacular.

SMOTHERED PORKCHOPS

Chef Kwame

Chef Kwame is a James Beard Award-winning chef and author of **Notes from a Young Black Chef**. He was born on Long Island and raised in New York City, Nigeria, and Louisiana. From toiling in the bowels of oil cleanup ships to working at some of the best restaurants in the world, he has seen and lived his fair share of diversity. A former **Top Chef** contestant, he has been named one of **Food & Wine's** Best New Chefs, **Esquire Magazine's** 2019 Chef of the Year, and a 30 Under 30 honoree by both **Zagat** and **Forbes**.



CHEF KWAME

In his own words...

When you are a member of a church, you are a part of a family. One of the best parts for me was the food that was served once a month after service. The same love and attention put into spreading the gospel is transformed into a restorative meal. You would see everything from fried catfish to mac and cheese to potato salad. The one dish that always stood out to me were the collard greens—studded with smoked pork, laced with vinegar, and stewed and simmered for hours until everything was tender. That humble side dish was the star of the show. At home, my mother would also make a prized dish once a month, smothered pork chops. I wondered as a child how these two would taste together. Would the smoky vegetables pair well with the juicy pork chop? Well, now I no longer have to wonder. This dish fuses two memorable parts of my past, rooted in love and now cemented in the present. I pan sear the Pork Chops instead of frying them and blanket the dish in a savory, Creole spiced gravy. This dish will remind you of family in many ways, the ones formed outside and inside the home.

INGREDIENTS

Marinated pork chops (recipe below)

1 STICK unsalted butter

5 cloves minced garlic

1 diced medium yellow onion

1 diced green bell pepper

1 diced celery stalk

3 TABLESPOONS flour

6 CUPS chicken stock

1 TEASPOON Browning
(recipe below)

3 fresh thyme sprigs

3 fresh bay leaves

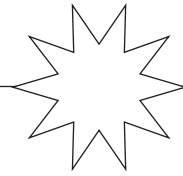
15 TABLESPOONS

House Spice (recipe below)

1 TABLESPOON chopped parsley

Salt to taste

Canola oil as needed

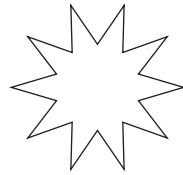


1. An hour before you're ready to cook the pork, make the gravy: Melt the butter in a large pot over medium heat. Add the garlic and sauté until fragrant, 2 to 3 minutes, then add the onion, bell pepper, and celery. Sauté until translucent, about 10 minutes.
2. Add the flour and cook, stirring constantly, until the mixture smells a little toasty, 6 to 8 minutes. Whisk in the chicken stock, then add the Browning, thyme, bay leaves, and House Spice. Simmer gently, stirring frequently, until the gravy is reduced by a third, about 35 to 45 minutes—you should have about 4 cups gravy. It will still be relatively loose, about the texture of a thin chowder.
3. While the gravy simmers, heat 2 tablespoons canola oil in a large pan over medium-high heat. Once the oil shimmers, sear pork chops on all sides until golden brown about 4 minutes per side. Be careful not to crowd the pan; do this in batches if necessary.
4. Add the seared pork chops to the reduced gravy, turn them to coat, and simmer 20 minutes, until the gravy has thickened. Garnish with parsley and serve.

INGREDIENTS

MARINATED PORK CHOPS

- 4 one inch bone-in, center-cut pork chop
- ½ lemon
- 6 TABLESPOONS kosher salt
- 3 TABLESPOONS sugar
- 4 peeled garlic cloves
- 3 fresh bay leaves
- 2 CUPS boiling water
- 6 CUPS ice water
- 1 TEASPOON House Spice (recipe below)
- 8 minced garlic cloves
- 1 TEASPOON black pepper, freshly ground



DIRECTIONS

1. Squeeze the lemon half into a large bowl and toss in the rind.
2. Add the remaining ingredients, except the ice water and pork chops, and stir until the salt and sugar dissolve, then stir in the ice water.
3. Place the pork chops in a large zip-top bag and add brine to cover completely. Press out as much air as possible, then seal the bag and place in a large bowl.
4. Refrigerate for 24 hours.
5. Combine the House Spice, garlic, and pepper.
6. Toss with brined pork chops in a large bowl, then cover and refrigerate overnight.

PORK CHOP

INGREDIENTS

HOUSE SPICE

3 TABLESPOONS + 1 TEASPOON kosher salt
4 TABLESPOONS + 1 TEASPOON black pepper, freshly ground
3 TABLESPOONS + 1 TEASPOON granulated garlic
2 ½ TABLESPOONS granulated onion
2 TABLESPOONS + 2 TEASPOONS Worcestershire powder
2 TABLESPOONS cayenne
2 TABLESPOONS hungarian paprika

1. Combine all ingredients in a large bowl and whisk well to combine.
2. House spice keeps in an airtight container in a cool dark place for up to 4 months.

INGREDIENTS

BROWNING

3 TABLESPOON sugar
¼ CUP canola oil
¼ CUP water

1. In a small pot or pan, heat oil over high heat. When it shimmers, add the sugar and cook to a dark caramel, about 3 minutes, swirling the pan occasionally to cook the sugar evenly—it should be very dark and almost smoking. Remove the pan from the heat and carefully stir in the water 1 tablespoon at a time, being cautious of hot sugar splatter!
2. Keep in an airtight container at room temperature. Stir well before using.

PORIK CHOP