



## Garden Caponata

Serves 6 as a side

- 1 large or two medium eggplants, chopped into 1 inch cubes
- 2/3rds cup thinly sliced celery
- 1 onion, diced
- 2 cloves garlic, minced
- 2 large tomatoes, chopped
- 1.5 tbs capers, drained
- ¼ cup green olives, drained
- 1.5 tbs red wine vinegar
- ¾ tsp sugar
- 1 small bunch fresh basil, chopped
- olive oil
- kosher salt
- black pepper

### Instructions:

- Place a large pot on the stove over medium heat and add enough olive oil to coat the bottom. Once the oil is warm, add half of the eggplant, stirring to coat in the oil, and allow to brown until golden, tossing often, adding additional oil if the eggplant begins to burn. Remove the first batch of eggplant to a dish, add more oil to the pot, and cook the remaining eggplant until golden as well. Add to the bowl of sautéed eggplant and set aside.
- Add a tbs of oil to the pot and, once warm, the celery, onion and garlic. Add ¼ tsp salt and allow to sauté over medium to medium-low heat until softened and beginning to brown, 5-7 minutes.
- Add the tomatoes to the pot along with ¼ tsp salt and ¼ tsp black pepper. Simmer for 5-7 minutes until the tomatoes have begun to break down and release their juices.
- Add the capers to the pot along with the olives, sugar, red wine vinegar and sugar. Return the eggplant to the pot as well and stir to combine. Bring to a simmer and cover, allowing to cook over very low heat for 15-20 minutes until reduced and the vegetables

have begun to meld. Taste and adjust seasoning to your preference. Mix in basil and serve warm or caponata may also be enjoyed at room temperature as part of an antipasto platter.

## **Traditional Nigerian Wedding Stew**

*Recipe courtesy of Ohomni Iseherien*

Serves 4

- 1 large onion, diced
- 2 bell peppers (red or green), diced
- 2 large tomatoes, chopped
- 1.5 tbs Knorr brand all purpose seasoning
- ¼ tsp red pepper flakes
- ¾ lb cod, skin removed and filet cut into small squares
- ¾ lb shrimp, shells removed and deveined
- 10 oz fresh spinach
- ½ cup vegetable oil
- Rice (Lindsey)

### **Directions:**

- Pour the oil in a large pot and warm over medium-high heat. Once the oil is hot, add the onion and bell pepper and saute until the veggies begin to soften, about 5 minutes.
- Add the tomatoes to the pot along with the Knorr seasoning and red pepper flakes. Allow the tomatoes to cook for 5-10 minutes over low heat, until they begin to break down and release their juice.
- Add the cod to the pot and simmer for 3 minutes before adding the shrimp. Toss to combine and then add the spinach to the pot as well. Cook for an additional 2-3 minutes until the shrimp and cod are just cooked through and the spinach has wilted. Taste and add salt and pepper if preferred. Serve over rice.

## **Gluten Free Fried Okra with Lemon Herb Aioli**

Serves 6

*Fried Okra*

- 1 lb fresh okra
- ⅓ cup rice flour
- ⅓ cup corn starch
- ½ cup very cold, plain soda water
- 1 egg yolk
- ¼ tsp red pepper flakes
- grapeseed or other neutral, high heat oil for frying
- Kosher salt
- Maldon salt
- pepper

*Aioli*

- 1 egg yolk
- ½ tsp dijon mustard
- 1 tsp fresh lemon juice
- ¼ cup olive oil
- 3 tbs grapeseed oil or other neutral oil
- 1 clove garlic, grated or pressed
- small bunch mixed tender herbs, minced (such as basil, chives, parsley, dill or cilantro)
- pinch kosher salt
- pinch black pepper

**Directions:**

*Fried Okra*

- In a medium bowl, whisk together the rice flour, corn starch, egg yolk, red pepper flakes, soda water and ¼ tsp salt and ⅛ tsp black pepper. Whisk until smooth, resembling the texture of a thin pancake batter. Set aside.
- Place a large pan with tall sides on the stove over medium high heat. Add enough grapeseed oil to the pan to come up ½ inch on the sides. Allow to warm to 350°. You can test the oil temp by adding a very small amount of the batter to the pan. If the batter drops and then quickly bubbles to the top of the oil, the temperature is just right. If it drops and doesn't come up right away, the oil is too cold. If it sizzles and blackens almost instantly, the oil is too warm.
- When the oil is ready, dip the okra in the batter, coating all sides and allowing any excess to drip off before placing in the hot oil. Cook okra for about 4 minutes, flipping midway through when the batter begins to bubble and brown at the base.
- Transfer okra directly to a plate lined with a paper towel and immediately sprinkle with Maldon salt. Move to your serving platter and serve with aioli alongside.

*Aioli*

- Place the egg yolk, mustard and lemon juice in a bowl and whisk to combine.
- In a separate bowl, mix the grapeseed oil with the olive oil. Slowly add the oil to the egg mixture a few drops at a time, whisking constantly, until all of the oil has been incorporated. If the mixture seems to separate along the way, simply stop adding oil and whisk until it pulls back together, then continue adding the remainder of the oil.
- Whisk in the grated garlic along with a pinch of salt and pepper. Stir in the minced herbs, taste and adjust seasoning to your preference. Serve alongside fried okra.

**Somali Yellow Cake with Cardamom Simple Syrup**

- ½ cup sugar
- 1 cup water
- ¼ cup cardamom pods
- 1 whole yellow cake, warm from the oven
- confectioners sugar for garnish

**Directions:**

- Place the sugar, water and cardamom pods in a small pot. Bring to a boil and stir.
- As soon as the sugar has dissolved, remove the pot from the stove and allow the syrup

to steep for 20-30 minutes. Taste and continue to steep for 10 minutes more if you want a stronger cardamom flavor.

- Strain the syrup into a jar. Spoon over warm yellow cake and garnish with confectioners sugar.