

and you will know  
it's done when  
the oil stops bubbling

A Community-Developed Cookbook and Storytelling Performance

Created by lead artist **MIKE DURKIN**

with participation from Kensington community members

In Partnership with Mural Arts Philadelphia



Food is community,  
food is power,  
food is legacy,  
food is memory,  
food is love,  
food is home,  
food is life.

SEASON AT EVERY STEP OF THE WAY  
BE CAREFUL NOT TO OVERFILL IT  
HOW MANY FOLDS ARE TOO MANY FOLDS?  
DON'T FORGET TO LICK THE SPOON  
AND YOU WILL KNOW IT'S DONE WHEN THE OIL STOPS BUBBLING

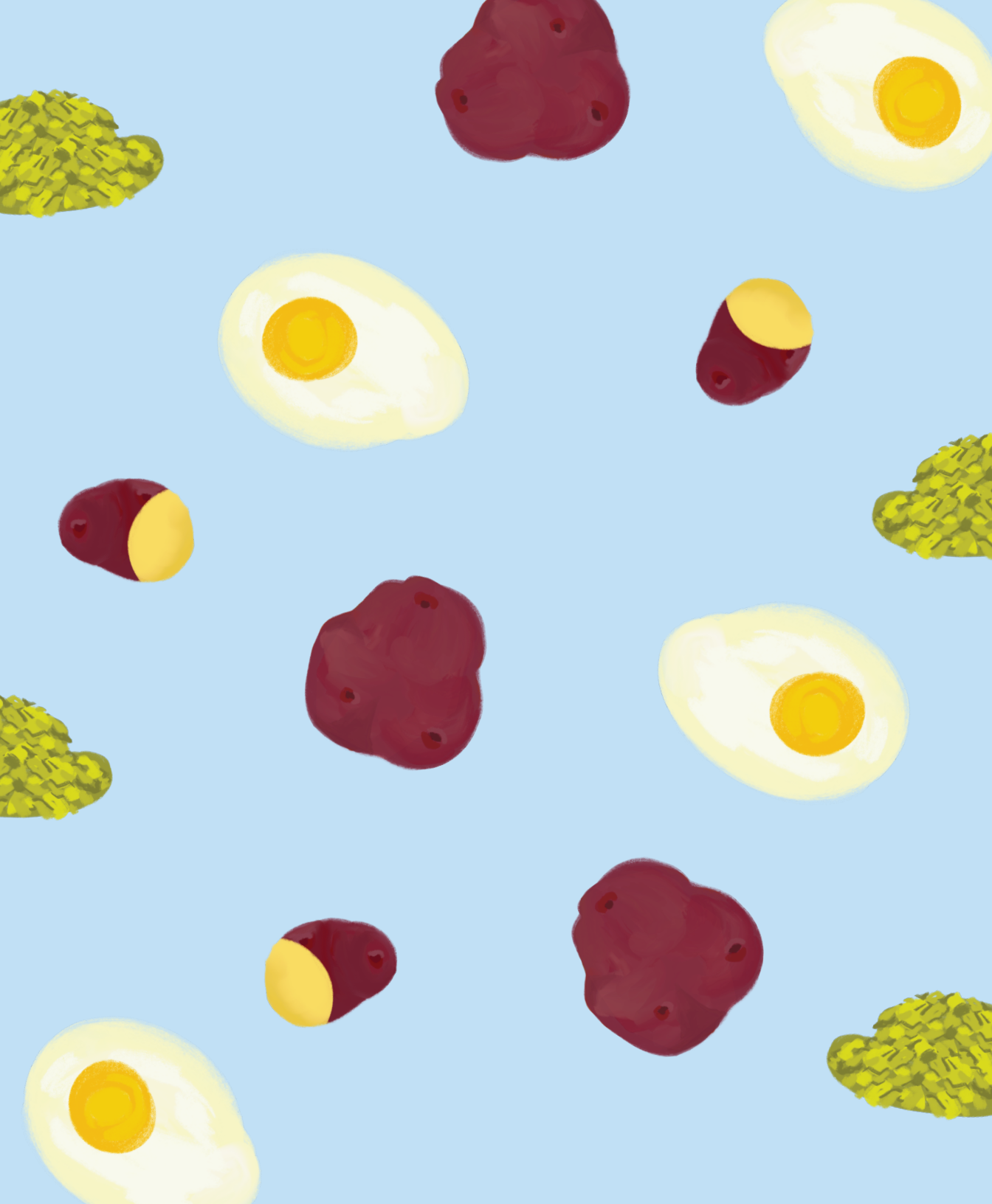
CONTRIBUTED RECIPES FROM

Christina Arroyo, Wanda Leticia Cantres, Gloria "Smooches" Cartagena,  
Shane Claiborne, John F., Oliver Jorgensen, Katarina Love, Noel D. Matthews II,  
Sunny Phanthavong, José Rios, Heather and Denise Rosar

Food has the capacity of bringing folks from different backgrounds together. Food is personal history, oral history, and oral tradition. Whether it's a recipe that has been passed down from generation to generation, or the recipe we've made because it makes us feel good, recipes hold special places in our lives. We think about traditions and rituals that bond us together. We think about how we have a particular way we observe and practice food-making and eating. Whether it is at a table, or in front of the refrigerator- food holds deep value to all of us. This is a project that looks at these traditions and finds unions between multiple traditions.

The recipes and accompanying installations look at important dishes to the contributors. In gathering the recipes, I put emphasis on not needing the most amazing dish, but the dish that is made amazingly. It doesn't matter the complexity of the recipe, or the expensiveness of ingredients, but the joy it contains for the contributor and the memories and stories that accompany it. You will see recipes contributed by Kensington community members coming from various cultures and socioeconomic levels.

These installations are interactive. You can chat with the participants, spend time with them. Feel at home, or your version of home in these installations. At select stations, you will be asked to do some prompts, feel free to do these to the best of your ability.



# Trina's Potato Salad

CONTRIBUTED BY KATARINA LOVE

Dedicated to her Grandma

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## INGREDIENTS:

Red-skinned potatoes

Eggs

Mayo

Relish *(the secret ingredient,  
it makes it nice and tangy)*

Ketchup

Sugar

Pepper

Lawry's seasoned salt

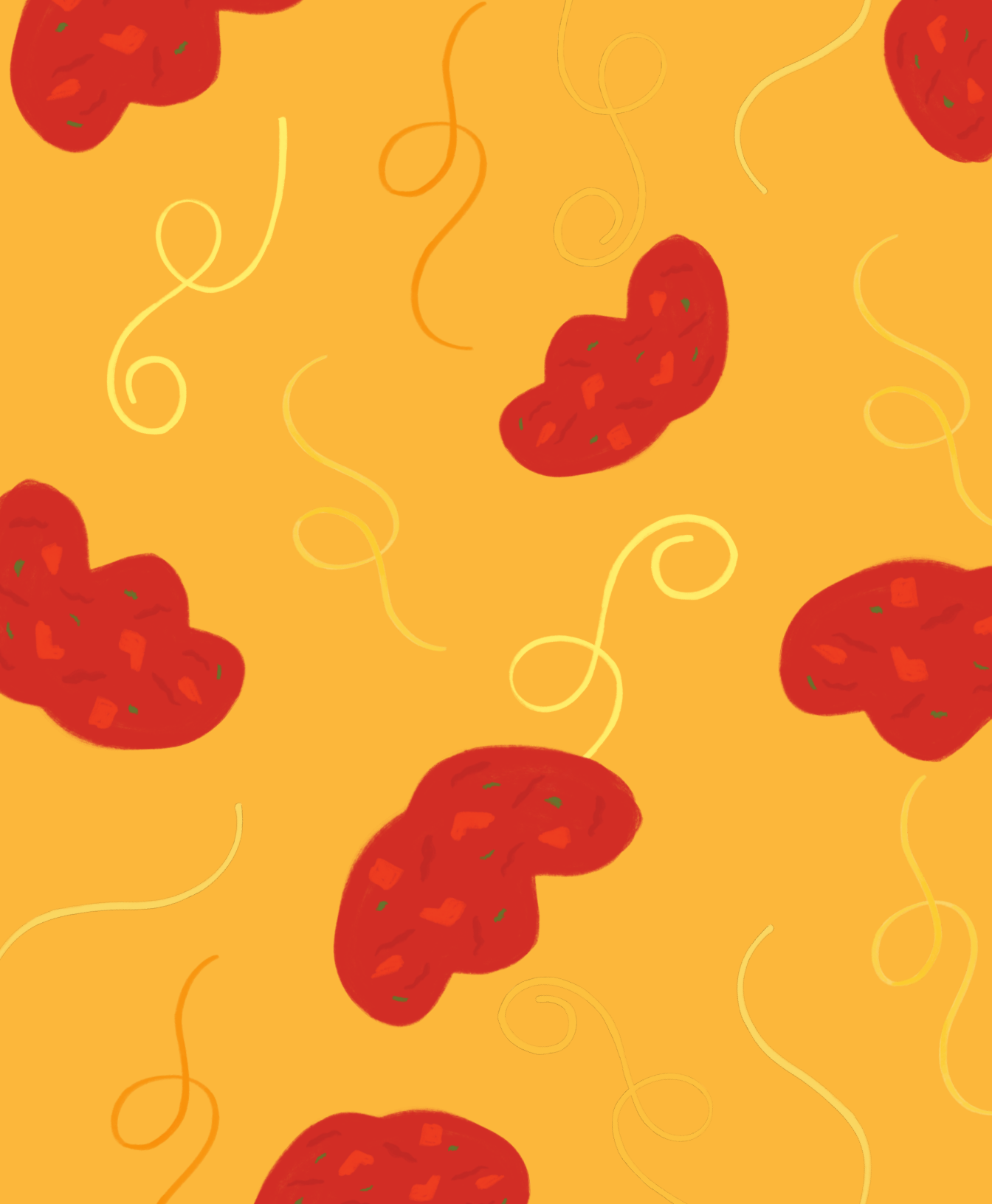
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## DIRECTIONS:

Boil the eggs. Boil the potatoes. Mix all the ingredients together. Enjoy with kids running around. Prepare while watching TV and listening to some gospel music.

## Food as Celebration

This dish is to be served at cookouts and large family functions, during the summer, well, anytime of year. It's an opportunity for family and friends to come together. This dish is passed down from generation to generation. Trina started learning how to cook when she was 8, by the age of 12 she could make almost any dish. Over the years, she perfected her grandma's Potato Salad recipe. "Black people-there's one thing we know about, and that's potato salad."



# Make It Happen Pasta

CONTRIBUTED BY NOEL D. MATTHEWS II

Dedicated to those at the dormitory that were taught  
a great dish can be made in the microwave.

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## INGREDIENTS:

Spaghetti	Pepper	Onion salt
Pasta Sauce	Water	Parmesan Cheese
Salt	Oil and Butter	Background sounds of Julia Child's cooking and Prince's live albums
	Any bread <i>(optional)</i>	

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## DIRECTIONS:

Boil the water until it's steaming in a large microwave safe bowl. Break spaghetti in half and add to water. Add salt, oil, and butter and cook for another 5 minutes at least. In a separate bowl, combine onion salt, pepper, and sauce. Microwave sauce for 6 minutes. Remove, and add back in pasta for another 2 minutes. Combine and enjoy with parmesan cheese and a side of bread. Put on a live album of Prince, and listen to some 'Raspberry Beret' and enjoy your homemade dish.

## Food as Resourcefulness

The microwave can be used to prepare a great meal as long as you have proper utensils, bowls, time and creativity. Once the pasta reaches the sauce it will create a special flavor and combination that Chef Boyardee would love!





# Puerto Rican Pastelillos

CONTRIBUTED BY WANDA LETÍCIA CANTRES

Dedicated to her mother Karen, and Abuela Felicita.

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## INGREDIENTS:

Goya discs	1 lb of ground beef
(empanada shells, orange kind)	1 tbsp of salt and pepper
1 can of tomato sauce	1/2 cup of cilantro
1 can of diced olives	Olive oil
2 tbsp of sofrito	Listening to some Sheila E.
1 pack of Sazón	Drinking a glass of wine
2 tbsp of Adobo	Maybe dancing to some salsa
1 tbsp of minced garlic	or merengue in your kitchen

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## DIRECTIONS:

Cook ground beef, drain, add olives, seasonings, garlic, cilantro, tomato sauce. Mix together. Fill each disc with 1 1/2 tbsp of mixture, close with warm water and fork. Boil the pastelillos until the shell is cooked through. Serve with arroz con gandules.

## Food as Legacy

This recipe, and many other dishes, came from Wanda's Abuela, Felicita. Felicita taught Wanda, and her mother, Karen, how to cook these Puerto Rican dishes.

This recipe honors Wanda's Puerto Rican heritage, and her abuela, who is no longer around.  
"Rest in Paradise Wela!"



# No-Bakes

CONTRIBUTED BY SHANE CLAIBORNE  
Dedicated to his sweet tooth

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## INGREDIENTS:

- |                        |   |
|------------------------|---|
| 1 stick of Butter      | 1 tsp of Vanilla                              |
| 1/2 cup of Milk        | 2 1/2 cups of Minute oats                     |
| 2 cups of Sugar        | "Know your Enemy" by Rage Against the Machine |
| 6 tbsp of Cocoa powder | (Nothing like making no bake cookies with     |
| 1 cup of Peanut butter | the soothing sounds of punk rawk music.)      |
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## DIRECTIONS:

Melt butter, sugar, cocoa, and milk stirring constantly. Add in peanut butter, vanilla, and oats. Stir, and drop on waxpaper. Savor while head banging to some Bad Religion, but also Rich Mullins, bluegrass, Tracy Chapman, and Dolly Parton.

## Food As Soothing

This recipe is a dish Shane can make in a pinch, something that satisfies his sweet tooth. Something that reminds him of his Tennessee roots, and his mother raising him. Shane has garnered an affinity for making and organizing. A community activist, as well as a fixture over at The Simple Way, Shane has made hard things soft. Turning guns into garden tools, and jewelry. Combining his passion for community advocacy, and metalwork, Shane has shared a dish that hopefully will inspire others to find the softness in hard spaces.

# José's Spam and Tostones

CONTRIBUTED BY JOSÉ RIOS

Dedicated to his mother, Evidalia

## INGREDIENTS:

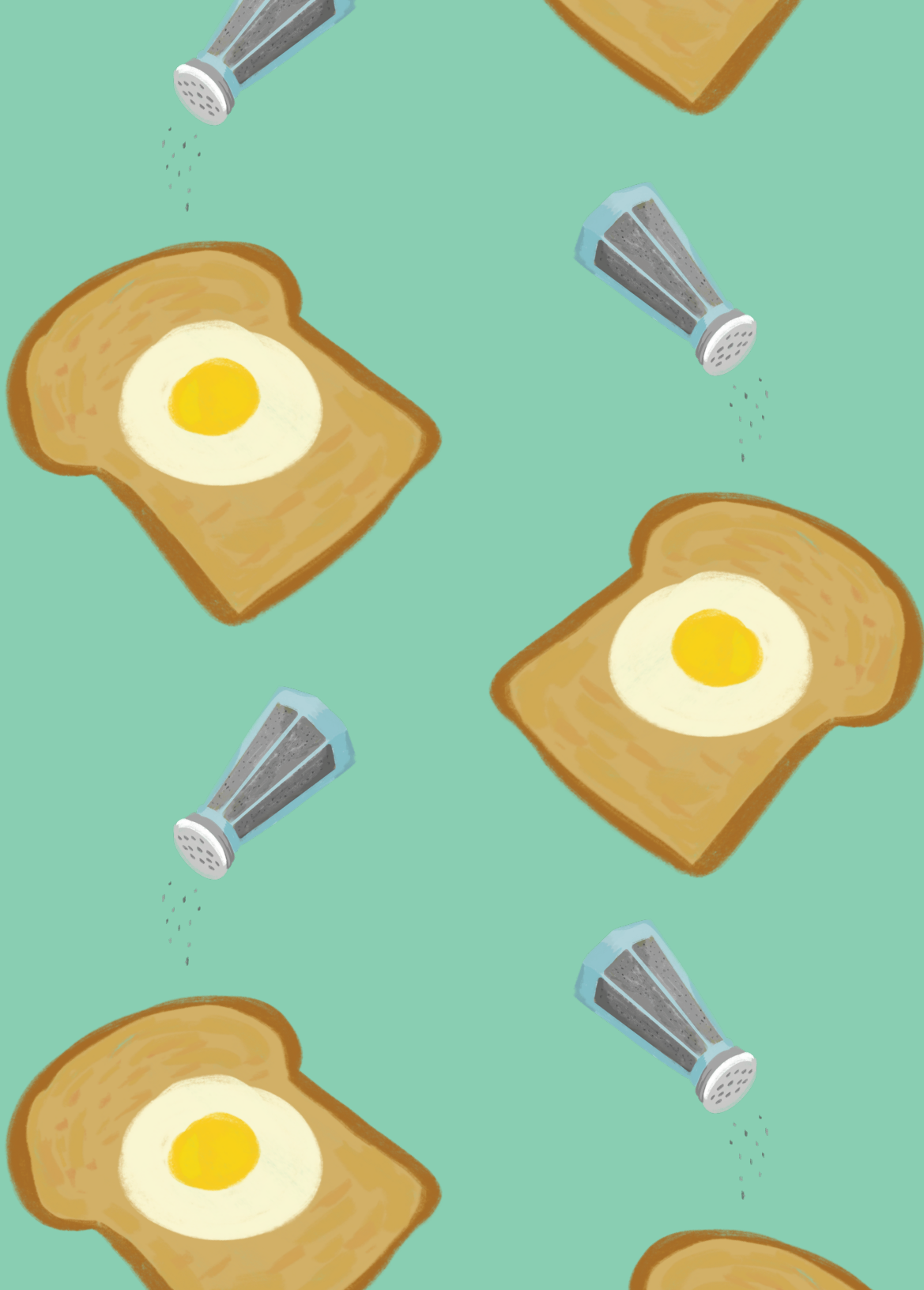
Chicken legs	Plátanos	Color pencils
White rice	Goya Malt beverage	Spanish music playing on the radio
SPAM	Pens	Action figures
Ketchup	Sketchbook	

## DIRECTIONS:

While listening to Spanish music on the radio, assemble your custom made action figures. Boil and cook the rice. "My mom usually makes the rice, I don't know how to cook it." Cook the chicken in oil. Cook the SPAM in oil, or microwave it until it is dark red. Cook the plátanos in oil. Dip the chicken and SPAM into ketchup, and wash it all down with some Malta.

## Food as Meditation

José's dish is an opportunity to give himself some piece of mind against the chaos of the world. He has been through lots of hardships and uses his food, and his art to give him some peace. José is an accomplished illustrator and makes his own action figures. He puts such attention to detail with his art, as well as the food he makes. He wants to make more, honor his Puerto Rican heritage and make his family proud of him.



# Egg in the Middle

CONTRIBUTED BY JOHN F.

INGREDIENTS:

Butter	Salt	Tom and Jerry Cartoons
Bread (1 slice)	Pepper	The sounds of Cool Kyle, and Spoony G
Eggs	Cans of spray paint	Empty wall

DIRECTIONS:

Take slice of bread and cut a hole in it. Melt butter in pan and place bread over butter. Crack an egg directly in the hole of bread. Season with salt and pepper. Enjoy while tagging an empty wall, watching Saturday morning cartoons, and listening to Spoony G.

## Food as Positive Outlet

Eating this food gave John a sense of freedom. Similarly to writing on walls. This helped him feel free. He spent his youth being sent to his room, only allowed out to eat. So he would make quick things, like Egg in the Middle. On the way to school he carried cans of spray paint with him and would write on walls. This recipe is an opportunity to replay his youth. A chance to honor getting through the hard times, honor his resiliency, and honor his freedom. Today, he finds lots of joy helping others, teaching art, and sharing his wisdom to whomever wants to listen to.





# Naam Khao

CONTRIBUTED BY SUNNY PHANTHAVONG OF VIENTIANE BISTRO  
Dedicated to her Grandmother, Soudao Phanthavong

**INGREDIENTS:**

*Most of these ingredients can be found at any Asian markets.*

Jasmine rice	Fried garlic	Cilantro
Red curry paste	Lime juice	Scallion
Coconut flakes <i>(found in frozen aisle)</i>	Fish sauce	Romaine lettuce
Lemongrass	Sugar	Listening to popular Laotian music of the time

**DIRECTIONS:**

Dream of your grandmother, her passed down wisdom, and kindness. Cook jasmine rice; thaw out coconut flakes. Thinly slice lemongrass, cilantro and scallions. Cook red curry paste with 3 tbs of oil for 3 mins. Put cooked rice into a large bowl to cool (10 mins). Now add curry paste and coconut flakes. Mix well by kneading for 5 mins. Form into golf ball size, deep fry in oil at 350 degrees for 3 mins. Crumble the rice balls and add lime juice, fish sauce, fried garlic, sugar, scallion and cilantro. Eat with romaine lettuce like a wrap.

## Food as Preservation of Cultural Heritage

Naam Khao dish is a very popular party food. It is only made for special occasions like birthdays, weddings or even funerals. Every household has their own special unique flavors and twists. Sunny only recently learned that her grandmother made this dish back home in Vientiane, Laos as a food stall vendor and this dish was her best seller. Coincidentally, Sunny's Naam Khao is Vientiane Bistro's best seller. That fact is something Sunny's grandmother would tease her about, almost like she's responsible for Sunny's success.

You'll know when this dish is done when you smell the citrus lime and fresh chopped cilantro.



# Easy Greens with Rice and Canned Tuna

CONTRIBUTED BY OLIVER JORGENSEN

Dedicated to the Indian healers and teachers who have made it possible for Oliver to study and practice Yoga Therapy and Ayurvedic Medicine.

INGREDIENTS:

- Steamed greens  
*(spinach and swiss chard are my favs)*

Basmati rice

Ginger paste

Garlic paste

Ghee
- Canned tuna fish

Pre-roasted veggies  
*(golden beets, kombucha squash, fennel bulb, leeks, broccoli, and cauliflower)*

Seasonings  
*(powdered turmeric, cumin, and fennel seed)*

Coconut Milk

DIRECTIONS:

Place desired veggies on a tray and put in a toaster oven. Coat veggies in ghee, add 1 tbsp garlic paste and 1 tbsp ginger paste. Add 1/2-1 tsp powdered turmeric, cumin, and fennel seed. Once cooked, refrigerate. Cook 1 cup rice. To greens add 1/4 tbsp ginger paste, 1/4 tbsp garlic paste, 1/4 tsp turmeric, 1/4 tsp cumin, about a tsp of melted ghee, and salt and pepper to taste. Steam greens for 10 mins. Plate roasted vegetables, rice, greens and add 1/4 can of tuna

## Food as medicine

If Oliver had a particularly hard day OR was feeling grumpy, they will add coconut aminos for taste to make the dish extra comforting. Their secret ingredient for all their cooking: Ghee, aka clarified butter. It's probably important to note Oliver is an in-training Yoga Therapist studying Ayurvedic Medicine. They are learning from a tradition of medicine that originated in Southeast Asia. Oliver has been fortunate enough to be gifted some knowledge from this very old system of medicine by generous Indian teachers and other Westerners, who deeply value integrative and holistic medicine.





# Christina's Pork Ribs with Rice

CONTRIBUTED BY CHRISTINA ARROYO  
Dedicated to her family and husband

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## INGREDIENTS:

Pork ribs  
Oil  
Tomato sauce  
Garlic

Onions  
Bell peppers *(red and green)*  
BBQ sauce

White rice  
A TV  
A Puerto Rican flag

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## DIRECTIONS:

Put on the news, preferably CNN. Put pork ribs, water, and vegetables in a pressure cooker. Let cook for 45 minutes. Take the ribs out, and put in a pot with the tomato and BBQ sauce. Let it simmer for another 20 minutes. Put  $\frac{3}{4}$  cup of rice with  $\frac{1}{4}$  cup of water and some oil in a pot. Let it cook for about 30 minutes. Put the ribs over the rice and enjoy while watching CNN.

## Food as Love

This comfort dish is a way for Christina to decompress from a long day of working at The Simple Way. This dish celebrates her Puerto Rican heritage as well as fills her and her husband's bellies. She unwinds watching CNN and tries to be informed about the world around herself.

# Beef Stew with Potatoes

CONTRIBUTED BY HEATHER AND DENISE ROSAR

Dedicated to their family

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## INGREDIENTS:

Beef stew (bag)

Small whole white potatoes (peeled)

Sliced carrots

Onion and garlic powder

Family time

A precocious 3 year old named Xavier

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## DIRECTIONS:

Put on some classic R&B from the 90s and early 2000s. Mix the bag of beef stew with small whole potatoes and a can of sliced carrots. This could be great with white rice.

## Food as Family Affair

This dish makes the best with what you have and extends pre-made ingredients to create new dishes. Heather balances work and taking care of her son and her family with lots of dietary restrictions. Time is always an issue, but she takes pride in adapting and experimenting with different food combinations. She loves cooking and has many many recipes and it was so hard for her to choose just one.



# Arroz Con Dulce

CONTRIBUTED BY GLORIA "SMOOCHES" CARTAGENA-HART

Dedicated to Dad and Mom who inspired her to teach her family a traditional cultural dish to keep passing down generation to generation. "Thank you dad and mom who in heaven may be proud of their oldest daughter Smooches."

## INGREDIENTS:

Rice	Nutmeg	Some Bows
Coconut cream	Coconut Pieces	Lots of glitter
Coconut Milk	Raisins	And an ongoing sense
Cloves	Brown sugar	of compassion for
Salt	Some butterfly decorations	community and family
Sugar	Some bling	The sounds of Tito Puente

## DIRECTIONS:

Soak rice for 2-3 days to get rid of the starch. Put on some Tito Puente. In a big steel pot, simmer the coconut milk, cream, cloves, nutmeg, brown sugar, and raisins, to blend flavors together. Add rice. Let it cook on medium heat as you keep stirring. Once rice is tender and soft, transfer to large tray, spread out in an even layer, cover with foil. Let chill overnight. Cut into pieces and serve chilled.

## Food as Community

Gloria epitomizes the community connector, known affectionately as "Smooches," Gloria prides herself on her Puerto Rican heritage, her community advocacy work, and the love for her friends and family. Someone who always brightens up people's days, Gloria likes to share her love via her cooking. She loves making all sorts of dishes, but she keeps coming back to her desserts. Whether it's her Flan, Tres Leches cake, or her Arroz con dulce, she keeps the neighbors and her families fed.

Food as bringing people together. We think about how we can bond over some Arroz con dulce. How if we can agree upon liking this dish, maybe we can agree upon other things. Food that can dissolve barriers. That is tantamount to any of Gloria's interactions in the community. Bringing people together.