Black Catholic Apostolate Cookbook

Introduction

* Welcome to the Black Catholic Apostolate's Juneteenth cookbook, a collection of delicious recipes inspired by the rich culinary traditions of Black Americans. As an organization committed to promoting diversity and inclusivity, we were inspired by the incredible work of chefs like Nicole Taylor, who have spent years preserving and celebrating the unique flavors and stories of Juneteenth.

While we did not work directly with any chefs, we drew upon the incredible diversity of Juneteenth recipes available to us. Each recipe in this cookbook has been carefully crafted and curated to reflect the joy and community that surrounds this important holiday.

From classic Southern staples like sweet tea and pound cake, to more modern takes on traditional dishes like watermelon ginger beer and peppercorn rubbed fish, these recipes showcase the incredible range of flavors and techniques that make Juneteenth so special.

We are thrilled to share this cookbook with all those who attended our Juneteenth event at Blessed Sacrament on June 19th, 2023, as a token of our appreciation for your support and commitment to our mission. We hope that these recipes inspire you to explore the rich history and culture of Juneteenth through food, and that they bring joy and satisfaction to your tables.

Thank you for joining us in this celebration, and happy cooking!

Seasoning

* Our cookbook is filled with a collection of versatile and flavorful seasonings that will elevate your dishes to new heights. From the All-Purpose Seasoning, a blend of paprika, garlic powder, onion powder, oregano, thyme, black pepper, and cayenne pepper, to the Sweet Potato Seasoning, a delightful combination of smoked paprika, brown sugar, garlic powder, onion powder, kosher salt, cumin, cinnamon, ginger, and cayenne pepper, each seasoning adds a unique and delicious twist to your culinary creations. Explore the rich flavors of Juneteenth with these seasonings and let your taste buds embark on a culinary journey. Enjoy!
* All Purpose Seasoning
  + This recipe for All-purpose seasoning is a versatile blend of herbs and spices that can be used to add flavor to a variety of dishes, from meats and vegetables to soups and stews. Made with a combination of pantry staples, this seasoning blend is easy to make and can be stored in an airtight container for up to 6 months. This recipe is from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor.
  + Ingredients:
    - 1/4 cup paprika
    - 1/4 cup garlic powder
    - 1/4 cup onion powder
    - 2 tablespoons dried oregano
    - 2 tablespoons dried thyme
    - 2 tablespoons black pepper
    - 1 tablespoon cayenne pepper
  + Instructions:
    - In a medium bowl, whisk together the paprika, garlic powder, onion powder, dried oregano, dried thyme, black pepper, and cayenne pepper.
    - Transfer the seasoning blend to an airtight container and store it in a cool, dry place for up to 6 months.
    - Use the All-purpose seasoning to add flavor to a variety of dishes, such as meats, vegetables, soups, and stews.
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.
  + The cookbook features a collection of recipes that celebrate the history, culture, and cuisine of Juneteenth and Black celebrations.
* Sweet Potato Seasoning
  + This recipe for Sweet Potato Seasoning is from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor. This seasoning is a blend of spices that can be used to enhance the flavor of sweet potatoes. It is a simple yet flavorful seasoning that can be used to add a touch of warmth and sweetness to any dish. This recipe is perfect for anyone who loves sweet potatoes and wants to try a new way of seasoning them.
  + Ingredients:
    - 1 tablespoon smoked paprika
    - 1 tablespoon brown sugar
    - 1 teaspoon garlic powder
    - 1 teaspoon onion powder
    - 1 teaspoon kosher salt
    - 1/2 teaspoon cumin
    - 1/2 teaspoon ground cinnamon
    - 1/2 teaspoon ground ginger
    - 1/4 teaspoon cayenne pepper
  + Instructions:
    - In a small bowl, combine all of the ingredients and stir until well combined.
    - Store the Sweet Potato Seasoning in an airtight container until ready to use.
    - To use the seasoning, sprinkle it over roasted or baked sweet potatoes, or add it to mashed sweet potatoes for an extra burst of flavor.
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor., which features a collection of recipes that celebrate the history, culture, and cuisine of Juneteenth and Black celebrations.
* Peppercorn Rub
  + This recipe for Peppercorn Rub is a simple yet flavorful seasoning blend that's perfect for grilling or roasting meats. Made with a combination of black peppercorns, brown sugar, and other spices, this rub adds a delicious depth of flavor to any dish. This recipe is from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor.
  + Ingredients:
    - 1/4 cup black peppercorns
    - 2 tablespoons brown sugar
    - 2 tablespoons garlic powder
    - 2 tablespoons onion powder
    - 1 tablespoon paprika
    - 1 tablespoon kosher salt
    - 1 tablespoon dried thyme
    - 1 tablespoon dried rosemary
    - 1 teaspoon cayenne pepper
  + Instructions:
    - In a spice grinder or mortar and pestle, grind the black peppercorns until coarsely ground.
    - In a medium bowl, whisk together the ground black pepper, brown sugar, garlic powder, onion powder, paprika, kosher salt, dried thyme, dried rosemary, and cayenne pepper until well combined.
    - Rub the Peppercorn Rub onto your preferred meat or vegetables, making sure to cover all sides.
    - Let the meat or vegetables marinate in the rub for at least 30 minutes before cooking.
    - Grill or roast the meat or vegetables as desired, and enjoy the delicious, bold flavors of the Peppercorn Rub.
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor., a cookbook that celebrates the history and culture of Juneteenth and Black celebrations through a collection of recipes and personal stories.
* Fish Fry Mix
  + This recipe for Fish Fry Mix is a classic Southern blend of spices and flours that's perfect for coating fish before frying. Made with a combination of all-purpose flour, cornmeal, and spices, this mix adds a delicious, crispy crust to any type of fish. This recipe is from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor.
  + Ingredients:
    - 1 cup all-purpose flour
    - 1 cup cornmeal
    - 2 tablespoons kosher salt
    - 2 tablespoons garlic powder
    - 2 tablespoons onion powder
    - 2 tablespoons paprika
    - 1 tablespoon dried thyme
    - 1 tablespoon dried basil
    - 1 tablespoon cayenne pepper
  + Instructions:
    - In a large bowl, whisk together the all-purpose flour, cornmeal, kosher salt, garlic powder, onion powder, paprika, dried thyme, dried basil, and cayenne pepper until well combined.
    - Coat your preferred fish in the Fish Fry Mix, making sure to cover all sides.
    - Heat vegetable oil in a large skillet over medium-high heat until hot.
    - Fry the fish in the hot oil until golden brown and crispy on both sides, about 4-5 minutes per side.
    - Use a slotted spoon to remove the fish from the skillet and place it on a plate lined with paper towels to drain excess oil.
    - Serve the Fish Fry Mix with your favorite sides, such as coleslaw, hush puppies, and french fries.
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* Salsa Verde
  + This recipe for Salsa Verde is a tangy and flavorful sauce that's perfect for adding a bright, fresh flavor to a variety of dishes. Made with tomatillos, jalapeños, garlic, and cilantro, this salsa is a great accompaniment to grilled meats, tacos, and more. This recipe is from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor.
  + Ingredients:
    - 1 pound tomatillos, husked and rinsed
    - 2 jalapeño peppers, seeded and chopped
    - 4 garlic cloves, chopped
    - 1/2 cup chopped fresh cilantro
    - 1/2 teaspoon kosher salt
    - Juice of 1 lime
  + Instructions:
    - Preheat the broiler to high.
    - Arrange the tomatillos on a baking sheet and broil for 5-7 minutes, or until the tomatillos are lightly charred and soft.
    - Remove the tomatillos from the broiler and let them cool slightly.
    - In a blender or food processor, puree the tomatillos, jalapeño peppers, garlic, cilantro, kosher salt, and lime juice until smooth.
    - Transfer the Salsa Verde to a bowl and let it sit at room temperature for at least 30 minutes to allow the flavors to meld together.
    - Serve the Salsa Verde with your favorite dishes, such as grilled meats, tacos, or tortilla chips.
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.a cookbook that celebrates the history and culture of Juneteenth and Black celebrations through a collection of recipes and personal stories.

Lunch

* The lunch section of our Juneteenth cookbook offers a variety of refreshing and flavorful dishes that are perfect for any summer meal. From a Cucumber-Avocado Salad with Gooseberry Piri Piri Soup to a Southern-style Summer Succotash, these recipes showcase the incredible range of flavors and techniques that make Juneteenth cuisine so special. We hope these dishes inspire you to explore the rich history and culture of Juneteenth through food. Happy cooking!
* Cucumber-Avocado Salad with Gooseberry Piri Piri Soup
  + This recipe is a refreshing and vibrant take on a classic salad. The combination of crisp cucumber and creamy avocado pairs perfectly with the tangy and spicy Gooseberry Piri-Piri Soup. The Gooseberries used in the recipe add a unique tartness to the soup that complements the fresh flavors of the salad.
  + Ingredients:
    - For the Salad:
      * 2 cucumbers, peeled and sliced
      * 2 avocados, peeled and sliced
      * 1/2 red onion, sliced
      * 2 tbsp. chopped fresh cilantro
      * Salt and pepper to taste
    - For the Gooseberry Piri-Piri Soup:
      * 1 lb. gooseberries, stemmed and washed
      * 2 tbsp. olive oil
      * 2 garlic cloves, minced
      * 1/2 small onion, chopped
      * 1 red bell pepper, chopped
      * 1 small hot red chili pepper, chopped
      * 2 cups chicken or vegetable broth
      * Salt and pepper to taste
  + Instructions:
    - To make the salad, combine the cucumbers, avocados, red onion, and cilantro in a large bowl. Season with salt and pepper to taste.
    - To make the Gooseberry Piri-Piri Soup, heat olive oil in a large pot over medium heat. Add garlic, onion, red bell pepper, and chili pepper, and sauté until softened, about 5 minutes.
    - Add the gooseberries and chicken or vegetable broth to the pot, and bring to a boil. Reduce heat to low and let simmer for 15 minutes, or until the gooseberries are soft and tender.
    - Use an immersion blender or transfer the soup to a blender to puree until smooth. Season with salt and pepper to taste.
    - To serve, ladle the Gooseberry Piri-Piri Soup into bowls and top with the cucumber avocado salad. Enjoy!
  + Credit for this recipe goes to More Than Pepper: https://morethanpepper.com/salads/cucumber-avocado-salad-with-gooseberry-piri-piri-soup/
* Summer Succotash
  + Succotash is a traditional Native American dish that has been enjoyed for centuries. This Southern-style recipe for Summer Succotash features fresh corn, lima beans, and cherry tomatoes, all cooked together with bacon and a variety of herbs and spices. The result is a delicious and hearty dish that's perfect for any summer meal.
  + Ingredients:
    - 4 slices bacon, chopped
    - 1 medium onion, chopped
    - 2 garlic cloves, minced
    - 2 cups fresh corn kernels (about 2 ears of corn)
    - 1 cup fresh or frozen lima beans
    - 1 cup cherry tomatoes, halved
    - 1 tsp. dried thyme
    - 1/2 tsp. paprika
    - 1/2 tsp. salt
    - 1/4 tsp. black pepper
    - 1/4 cup chopped fresh parsley
  + Instructions:
    - In a large skillet, cook the bacon over medium heat until crispy. Remove the bacon with a slotted spoon and set aside on a paper towel-lined plate.
    - In the same skillet, add the onion and garlic and cook until softened, about 3 minutes.
    - Add the corn, lima beans, and cherry tomatoes to the skillet, and cook for 8-10 minutes, or until the vegetables are tender.
    - Add the thyme, paprika, salt, and black pepper to the skillet, and stir to combine.
    - Remove the skillet from heat and stir in the cooked bacon and chopped parsley.
    - Serve hot as a side dish or enjoy it as a light summer meal.
  + Credit for this recipe goes to Southern Bite: https://southernbite.com/summer-succotash/
* Victory Chicken Burgers
  + This recipe for Victory Chicken Burgers is a delicious and healthy alternative to traditional beef burgers. The patties are made with ground chicken, seasoned with garlic, cumin, and paprika, and then topped with a tangy yogurt sauce and fresh arugula. This dish is a great way to add some variety to your summer grilling routine!
  + Ingredients:
    - For the Burgers:
      * 1 lb. ground chicken
      * 1/2 cup breadcrumbs
      * 2 garlic cloves, minced
      * 1 tsp. ground cumin
      * 1 tsp. smoked paprika
      * Salt and pepper to taste
      * 4 hamburger buns
      * Fresh arugula, for topping
    - For the Yogurt Sauce:
      * 1/2 cup plain Greek yogurt
      * 2 tbsp. chopped fresh cilantro
      * 1 tbsp. lime juice
      * Salt and pepper to taste
  + Instructions:
    - In a large bowl, combine the ground chicken, breadcrumbs, garlic, cumin, paprika, salt, and pepper. Mix until well combined.
    - Divide the chicken mixture into 4 equal portions and shape each portion into a patty.
    - Heat a grill or grill pan over medium-high heat. Add the chicken patties and cook for 5-6 minutes per side, or until cooked through.
    - While the chicken is cooking, prepare the yogurt sauce. In a small bowl, mix together the Greek yogurt, cilantro, lime juice, salt, and pepper.
    - To assemble the burgers, place a chicken patty on each bun and top with a dollop of the yogurt sauce and a handful of fresh arugula.
  + Credit for this recipe goes to TODAY: <https://www.today.com/recipes/victory-chicken-burgers-recipe-t257338>
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.
* Plum and Super greens pesto salad
  + This recipe for Plum and Super Greens Pesto Salad is a fresh and flavorful dish that's perfect for a summer celebration. The salad features a combination of fresh greens, sweet plums, and a delicious homemade pesto made with superfoods like kale and spinach. This recipe is from the cookbook "Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations" by Nicole A. Taylor.
  + Ingredients:
    - For the Salad:
      * 4 cups mixed super greens (such as kale, spinach, and chard)
      * 2 ripe plums, pitted and thinly sliced
      * 1/4 cup crumbled feta cheese
    - For the Pesto:
      * 2 cups mixed super greens (such as kale, spinach, and chard)
      * 1/4 cup walnuts
      * 1/4 cup grated Parmesan cheese
      * 1/4 cup olive oil
      * 2 garlic cloves, minced
      * 2 tbsp. fresh lemon juice
      * Salt and pepper to taste
  + Instructions:
    - To make the pesto, combine the super greens, walnuts, Parmesan cheese, olive oil, garlic, and lemon juice in a food processor. Process until the mixture is smooth and well combined. Season with salt and pepper to taste.
    - In a large bowl, combine the mixed super greens, sliced plums, and crumbled feta cheese.
    - Drizzle the pesto over the salad and toss to coat.
    - Serve immediately and enjoy!
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor. The cookbook features recipes that celebrate African American culture and traditions and is a great resource for anyone looking to explore the history and flavors of African American cuisine.

Dinner

* The Dinner section of our Juneteenth cookbook presents a tantalizing array of dishes that celebrate the rich culinary traditions of Black Americans. From the juicy and succulent Grilled Pork Chops with Burst Blueberry Sauce to the flavorful and spicy Island Jollof Rice, these recipes embody the essence of Juneteenth cuisine. We invite you to indulge in these creations, allowing the flavors to transport you to the heart of Juneteenth celebrations. Enjoy the journey!
* Grilled Pork Chops with Burst Blueberry Sauce
  + This recipe for Grilled Pork Chops with Blueberry Sauce is a delicious and unique twist on a classic summer dish. The juicy pork chops are grilled to perfection and then topped with a sweet and tangy blueberry sauce that's sure to be a crowd-pleaser.
  + Ingredients:
    - 4 bone-in pork chops, about 1 inch thick
    - Salt and pepper to taste
    - 1 tbsp. olive oil
    - 1 tbsp. unsalted butter
    - 1 shallot, minced
    - 1/2 cup dry red wine
    - 1/2 cup chicken broth
    - 1/2 cup fresh blueberries
    - 1/2 tsp. fresh thyme leaves
  + Instructions:
    - Preheat a grill or grill pan to medium-high heat.
    - Season the pork chops with salt and pepper on both sides.
    - Brush the pork chops with olive oil and place them on the grill or grill pan. Cook for 4-5 minutes per side, or until the pork chops are cooked through and have nice grill marks.
    - In a small saucepan, melt the butter over medium heat. Add the minced shallot and sauté for 1-2 minutes, or until softened.
    - Add the red wine to the saucepan and bring to a simmer. Let simmer for 2-3 minutes, or until the wine has reduced by half.
    - Add the chicken broth, blueberries, and thyme leaves to the saucepan. Stir to combine.
    - Simmer the sauce for 10-15 minutes, or until the blueberries have burst and the sauce has thickened slightly.
    - Serve the grilled pork chops topped with the blueberry sauce and enjoy!
  + Credit for this recipe goes to Food & Wine: <https://www.foodandwine.com/recipes/grilled-pork-chops-with-blueberry-sauce>
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor. The cookbook features recipes that celebrate African American culture and traditions and is a great resource for anyone looking to explore the history and flavors of African American cuisine.
* Island Jollof Rice
  + This recipe for Island Jollof Rice is a flavorful and spicy dish that's perfect for any occasion. The dish features a combination of rice, chicken, and a variety of vegetables and spices, making it a hearty and delicious meal. This recipe is from chef Marcus Samuelsson's website.
  + Ingredients:
    - 2 tbsp. olive oil
    - 4 chicken thighs, bone-in and skin-on
    - Salt and pepper to taste
    - 1 onion, chopped
    - 1 red bell pepper, chopped
    - 2 garlic cloves, minced
    - 1 tbsp. tomato paste
    - 1 tsp. smoked paprika
    - 1 tsp. ground cumin
    - 1 tsp. ground coriander
    - 1/2 tsp. ground ginger
    - 1/2 tsp. ground turmeric
    - 1/4 tsp. ground cinnamon
    - 2 cups long-grain rice
    - 3 cups chicken broth
    - 1 can (14 oz.) diced tomatoes
    - 1/2 cup chopped fresh cilantro
  + Instructions:
    - Heat the olive oil in a large skillet over medium-high heat. Season the chicken thighs with salt and pepper on both sides and add them to the skillet. Cook for 5-6 minutes per side, or until the chicken is golden brown and cooked through. Remove the chicken from the skillet and set aside.
    - In the same skillet, add the chopped onion and red bell pepper. Sauté for 3-4 minutes, or until the vegetables are softened.
    - Add the minced garlic, tomato paste, smoked paprika, cumin, coriander, ginger, turmeric, and cinnamon to the skillet. Stir to combine and cook for an additional 2-3 minutes, or until fragrant.
    - Add the rice to the skillet and stir to coat with the spice mixture.
    - Add the chicken broth, diced tomatoes, and chopped cilantro to the skillet. Stir to combine.
    - Nestle the chicken thighs into the rice mixture.
    - Cover the skillet with a lid or foil and simmer for 20-25 minutes, or until the rice is tender and the chicken is heated through.
    - Remove the skillet from heat and let sit for 5 minutes before serving.
  + Credit for this recipe goes to Marcus Samuelsson: https://marcussamuelsson.com/recipe/island-jollof-rice
* Caraway Butter Trout
  + This recipe for Caraway Butter Trout is a simple yet elegant dish that's perfect for any occasion. The tender and flaky trout is coated in a flavorful mixture of caraway seeds, butter, and lemon, giving it a delicious and unique taste.
  + Ingredients:
    - 4 trout fillets, about 6 ounces each
    - Salt and pepper to taste
    - 2 tbsp. unsalted butter
    - 1 tsp. caraway seeds
    - 1/2 tsp. fresh lemon juice
  + Instructions:
    - Preheat the oven to 400°F.
    - Season the trout fillets with salt and pepper on both sides.
    - In a small saucepan, melt the butter over medium heat. Add the caraway seeds and lemon juice, and stir to combine.
    - Brush the caraway butter mixture over the trout fillets.
    - Place the trout fillets on a baking sheet and bake for 10-12 minutes, or until the fish is cooked through and flakes easily with a fork.
    - Serve hot and enjoy!
  + This recipe is from the cookbook "Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.. The cookbook features recipes that celebrate African American culture and traditions and is a great resource for anyone looking to explore the history and flavors of African American cuisine.
* Peach and Molasses Chicken
  + This recipe for Peach and Molasses Chicken is a perfect combination of sweet and savory flavors. The chicken is marinated in a mixture of peach jam, molasses, and spices, and then roasted in the oven until it's crispy and delicious.
  + Ingredients:
    - 1/2 cup peach jam
    - 1/4 cup molasses
    - 1/4 cup apple cider vinegar
    - 2 garlic cloves, minced
    - 1 tsp. smoked paprika
    - 1/2 tsp. ground cumin
    - 1/4 tsp. ground cinnamon
    - 1/4 tsp. ground allspice
    - Salt and pepper to taste
    - 4 bone-in, skin-on chicken thighs
  + Instructions:
    - In a medium bowl, whisk together the peach jam, molasses, apple cider vinegar, minced garlic, smoked paprika, ground cumin, ground cinnamon, ground allspice, salt, and pepper.
    - Place the chicken thighs in a large resealable plastic bag and pour the marinade over the chicken. Seal the bag and refrigerate for at least 2 hours, or up to overnight.
    - Preheat the oven to 375°F.
    - Remove the chicken from the marinade and place it in a baking dish.
    - Roast the chicken for 30-40 minutes, or until the chicken is cooked through and the skin is crispy.
    - Serve hot and enjoy!
  + Credit for this recipe goes to Nicole A. Taylor and The New York Times Cooking: <https://cooking.nytimes.com/recipes/1023220-peach-and-molasses-chicken>
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.. The cookbook features recipes that blend Southern and Brooklyn cuisines, creating a unique and delicious fusion of flavors.
* Apricot Lamb Chops
  + This recipe for Apricot Lamb Chops is a delicious and flavorful dish that's perfect for a special occasion. The juicy and tender lamb chops are coated with a sweet and tangy apricot glaze that's sure to be a crowd-pleaser.
  + Ingredients:
    - 8 lamb chops, about 3/4-inch thick
    - Salt and pepper to taste
    - 1/2 cup apricot preserves
    - 1 tbsp. balsamic vinegar
    - 1 tbsp. Dijon mustard
    - 1 garlic clove, minced
    - 1/4 tsp. dried thyme leaves
    - 1/8 tsp. ground allspice
  + Instructions:
    - Preheat the oven to 425°F.
    - Season the lamb chops with salt and pepper on both sides.
    - In a small saucepan, combine the apricot preserves, balsamic vinegar, Dijon mustard, minced garlic, dried thyme leaves, and ground allspice. Heat the mixture over medium heat, stirring occasionally, until the preserves are melted and the glaze is smooth.
    - Place the lamb chops in a baking dish and brush the apricot glaze over both sides of each chop.
    - Bake the lamb chops for 15-20 minutes, or until they reach an internal temperature of 145°F for medium-rare or 160°F for medium.
    - Remove the lamb chops from the oven and let them rest for 5 minutes before serving.
    - Serve hot and enjoy!
  + Credit for this recipe goes to MyRecipes: <https://www.myrecipes.com/recipe/apricot-lamb-chops>
  + This recipe is from MyRecipes, a website that features a wide variety of recipes and cooking inspiration.

Snack

* The Snacks section of our Juneteenth cookbook invites you to indulge in a delightful assortment of delectable treats that will satisfy any craving. From the crispy and tender Oto (Mashed Yam Patties) originating from Ghana to the classic and delicate Grandma's Old-Fashioned Tea Cakes, these recipes offer a diverse range of flavors and textures. These snacks are a testament to the rich culinary heritage celebrated on Juneteenth. Enjoy exploring the flavors and traditions of this meaningful holiday through these delightful treats. Happy snacking!
* Oto (Mashed Yam Patties)
  + This recipe for Oto, also known as Mashed Yam Patties, is a delicious and unique dish that originates from Ghana. The mashed yam is mixed with spices and fried until crispy on the outside and tender on the inside. This recipe is from chef Zoe Adjonyoh, founder of Zoe's Ghana Kitchen.
  + Ingredients:
    - 2 lbs. yams, peeled and chopped
    - Salt to taste
    - 1 tsp. ground ginger
    - 1 tsp. ground nutmeg
    - 1 tsp. ground cinnamon
    - 1/2 tsp. ground coriander
    - 1/2 tsp. ground cumin
    - 1/2 tsp. ground anise
    - 1/2 tsp. ground cloves
    - 1/2 cup vegetable oil, for frying
  + Instructions:
    - Place the chopped yams in a large pot and cover with water. Bring the water to a boil and cook the yams for 15-20 minutes, or until they are tender.
    - Drain the yams and mash them with a potato masher or fork.
    - Add salt, ground ginger, ground nutmeg, ground cinnamon, ground coriander, ground cumin, ground anise, and ground cloves to the mashed yams. Stir to combine.
    - Heat the vegetable oil in a large skillet over medium-high heat.
    - Scoop the yam mixture into patties, about 2-3 tablespoons each, and shape them into round disks.
    - Fry the yam patties in the hot oil for 3-4 minutes per side, or until they are golden brown and crispy.
    - Remove the yam patties from the skillet and place them on a paper towel-lined plate to drain any excess oil.
    - Serve hot and enjoy!
  + Credit for this recipe goes to Zoe Adjonyoh and Food & Wine: <https://www.foodandwine.com/recipes/oto-mashed-yam-patties>
  + This recipe is from chef Zoe Adjonyoh, founder of Zoe's Ghana Kitchen. Zoe has been pioneering modern West African food across hospitality platforms, food writing, and food media since 2010. Her mission has always been to bring the great flavors of West Africa to a wider audience and this has been acknowledged through great positive press and publicity for her food and concept.
* Tea Cake
  + This recipe for Grandma's Old-Fashioned Tea Cakes is a classic Southern treat that's perfect for any occasion. These soft and tender cookies have a delicate vanilla flavor and a light, fluffy texture that's sure to satisfy your sweet tooth. This recipe is from Allrecipes.
  + Ingredients:
    - 2 cups all-purpose flour
    - 1 1/2 tsp. baking powder
    - 1/2 tsp. salt
    - 1/2 cup unsalted butter, softened
    - 1 cup white sugar
    - 2 eggs
    - 1 tsp. vanilla extract
    - 1/4 cup milk
  + Instructions:
    - Preheat the oven to 375°F.
    - In a medium bowl, whisk together the all-purpose flour, baking powder, and salt.
    - In a large bowl, cream together the softened unsalted butter and white sugar until light and fluffy.
    - Add the eggs, one at a time, to the butter-sugar mixture, beating well after each addition.
    - Stir in the vanilla extract.
    - Gradually add the flour mixture to the butter-sugar mixture, alternating with the milk, and stir until the dough is smooth.
    - Drop the dough by spoonfuls onto an ungreased baking sheet.
    - Bake the tea cakes for 10-12 minutes, or until they are lightly golden brown around the edges.
    - Remove the tea cakes from the oven and let them cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
    - Serve the tea cakes and enjoy!
  + Credit for this recipe goes to Allrecipes: <https://www.allrecipes.com/recipe/25766/grandmas-old-fashioned-tea-cakes/>
  + This recipe is from Allrecipes, a popular website that features a wide variety of recipes and cooking inspiration.
* Tornado Sweet Potato
  + This recipe for Tornado Sweet Potato is a fun and unique twist on the classic baked potato. The sweet potato is sliced and twisted, then coated in a flavorful seasoning blend and baked until crispy on the outside and tender on the inside. This recipe is from Tasty.
  + Ingredients:
    - 1 large sweet potato
    - 2 tbsp. olive oil
    - 1 tsp. garlic powder
    - 1 tsp. paprika
    - 1 tsp. salt
    - 1/2 tsp. black pepper
  + Instructions:
    - Preheat the oven to 425°F.
    - Slice the sweet potato in half lengthwise.
    - Insert a skewer into the cut side of the sweet potato and gently twist it around to create a tornado shape.
    - In a small bowl, whisk together the olive oil, garlic powder, paprika, salt, and black pepper.
    - Brush the seasoning mixture over the sweet potato, making sure to coat it well.
    - Place the sweet potato on a baking sheet lined with parchment paper.
    - Bake the sweet potato for 30-35 minutes, or until it is crispy on the outside and tender on the inside.
    - Remove the sweet potato from the oven and let it cool for a few minutes before removing the skewer.
    - Serve the sweet potato and enjoy!
  + Credit for this recipe goes to Tasty: <https://tasty.co/recipe/tornado-sweet-potato>
  + This recipe is from Tasty, a popular website and social media platform that features a wide variety of recipes and cooking inspiration.
* Savory Elephant Ears
  + This recipe for Palmiers, also known as Elephant Ears, is a classic French pastry that's perfect for any occasion. These sweet and crispy cookies are made with puff pastry and a sprinkle of sugar, making them a perfect treat for a sweet tooth. This recipe is from Little Figgy.
  + Ingredients:
    - 1 sheet puff pastry, thawed
    - 1/2 cup granulated sugar
  + Instructions:
    - Preheat the oven to 400°F.
    - Sprinkle a clean work surface with half of the granulated sugar.
    - Unroll the thawed puff pastry onto the sugar.
    - Sprinkle the remaining sugar over the puff pastry.
    - Fold the puff pastry in half from the short sides and press gently to seal.
    - Using a sharp knife, slice the puff pastry into 1/4-inch slices.
    - Place the slices on a baking sheet lined with parchment paper.
    - Bake the palmiers for 15-20 minutes, or until they are golden brown and crispy.
    - Remove the palmiers from the oven and let them cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.
    - Serve the palmiers and enjoy!
  + Credit for this recipe goes to Little Figgy: <https://www.littlefiggy.com/palmiers/>
  + This recipe is from Little Figgy, a website that features a variety of recipes and food inspiration.

Drink

* The Drinks section of our Juneteenth cookbook invites you to indulge in a delightful array of refreshing and flavorful beverages that are perfect for celebrating this special occasion. From the invigorating Strawberry Punch, blending the sweetness of fresh strawberries with the tang of lemonade and ginger ale, to the vibrant Edouardo Jordan's Juneteenth Red Punch, featuring hibiscus tea, ginger ale, and fruit juices, each recipe is crafted to quench your thirst and uplift your spirits.These carefully curated beverage recipes are designed to complement the culinary journey of Juneteenth. We invite you to raise a glass and toast to freedom, unity, and the rich cultural heritage that makes Juneteenth such a cherished and meaningful holiday.
* Strawberry Punch
  + This recipe for Strawberry Punch is a refreshing and delicious drink that's perfect for any occasion. The combination of fresh strawberries, lemonade, and ginger ale makes for a sweet and tangy flavor that's sure to quench your thirst. This recipe is from The Kitchn.
  + Ingredients:
    - 1 lb. fresh strawberries, hulled and sliced
    - 1 cup granulated sugar
    - 1 cup freshly squeezed lemon juice
    - 1 liter ginger ale
    - Lemon slices and fresh mint leaves for garnish
  + Instructions:
    - In a large pitcher, combine the sliced strawberries and granulated sugar.
    - Using a muddler or the back of a spoon, gently mash the strawberries and sugar together until the sugar is dissolved.
    - Add the freshly squeezed lemon juice to the pitcher and stir to combine.
    - Just before serving, pour the ginger ale into the pitcher and stir gently.
    - Serve the strawberry punch over ice, garnished with lemon slices and fresh mint leaves.
    - Enjoy!
  + Credit for this recipe goes to The Kitchn: <https://www.thekitchn.com/strawberry-punch-recipe-23049786>
  + This recipe is from The Kitchn, a website that features a wide variety of recipes, cooking tips, and kitchen inspiration.
* Edouardo Jordan's Juneteenth Red Punch
  + This recipe for Edouardo Jordan's Juneteenth Red Punch is a refreshing and flavorful drink that's perfect for any Juneteenth celebration. The combination of hibiscus tea, ginger ale, and fruit juices makes for a sweet and tangy flavor that's sure to quench your thirst. This recipe is adapted by The New York Times from a recipe by chef Edouardo Jordan.
  + Ingredients:
    - 4 cups water
    - 1 cup dried hibiscus flowers
    - 1 cup freshly squeezed orange juice
    - 1/2 cup freshly squeezed lemon juice
    - 1/2 cup simple syrup
    - 1 liter ginger ale
    - 1 cup sliced strawberries
    - Lemon slices and fresh mint leaves for garnish
  + Instructions:
    - In a medium saucepan, bring the water to a boil.
    - Remove the saucepan from the heat and add the dried hibiscus flowers.
    - Cover the saucepan and let the hibiscus flowers steep in the hot water for 30 minutes.
    - Strain the hibiscus tea through a fine-mesh strainer into a large pitcher.
    - Add the freshly squeezed orange juice, freshly squeezed lemon juice, and simple syrup to the pitcher and stir to combine.
    - Just before serving, pour the ginger ale into the pitcher and stir gently.
    - Add the sliced strawberries to the pitcher.
    - Serve the red punch over ice, garnished with lemon slices and fresh mint leaves.
    - Enjoy!
  + Credit for this recipe goes to The New York Times and Edouardo Jordan: <https://cooking.nytimes.com/recipes/1021139-edouardo-jordans-juneteenth-red-punch>
  + This recipe is adapted by The New York Times from a recipe by chef Edouardo Jordan. Edouardo Jordan is a James Beard Award-winning chef and the owner of several popular restaurants in Seattle.
* Sorrel
  + This recipe for Caribbean Sorrel Drink is a refreshing and tangy beverage that's perfect for any occasion. Made from the petals of the hibiscus plant, this drink is popular in the Caribbean and is often enjoyed during the holiday season. This recipe is from In Search of Yummy-ness.
  + Ingredients:
    - 2 cups dried hibiscus flowers (sorrel)
    - 8 cups water
    - 1 piece of fresh ginger, peeled and sliced
    - 6 whole cloves
    - 1 cinnamon stick
    - 1 cup granulated sugar
    - 1/4 cup fresh lime juice
    - Rum (optional)
    - Lime slices and fresh mint leaves for garnish
  + Instructions:
    - In a large pot, bring the water to a boil.
    - Add the dried hibiscus flowers, fresh ginger, whole cloves, and cinnamon stick to the pot.
    - Reduce the heat to low and let the mixture simmer for 20 minutes.
    - Strain the mixture through a fine-mesh strainer into a large pitcher.
    - Add the granulated sugar and fresh lime juice to the pitcher and stir to combine.
    - Refrigerate the sorrel drink until it is chilled.
    - Just before serving, add a splash of rum to each glass of sorrel drink (if desired).
    - Serve the sorrel drink over ice, garnished with lime slices and fresh mint leaves.
    - Enjoy!
  + Credit for this recipe goes to In Search of Yummy-ness: <https://insearchofyummyness.com/caribbean-sorrel-drink/>
  + This recipe is from In Search of Yummy-ness, a website that features a variety of recipes and food inspiration.
* Watermelon Ginger Beer
  + This recipe for Watermelon Ginger Beer is a refreshing and unique beverage that's perfect for any Juneteenth celebration. The combination of watermelon, ginger, and lime makes for a sweet and tangy flavor that's sure to quench your thirst. This recipe is from Nicole A. Taylor's cookbook, Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations.
  + Ingredients:
    - 4 cups watermelon juice
    - 1/4 cup freshly squeezed lime juice
    - 1/4 cup ginger syrup (recipe follows)
    - 1 liter ginger beer
    - Lime slices and fresh mint leaves for garnish
  + Ginger Syrup:
    - 1 cup granulated sugar
    - 1 cup water
    - 2-3 inch piece fresh ginger, peeled and sliced
    - In a small saucepan, combine the granulated sugar, water, and sliced ginger.
    - Bring the mixture to a boil over medium-high heat, stirring until the sugar has dissolved.
    - Reduce the heat to low and let the mixture simmer for 15 minutes.
    - Remove the saucepan from the heat and let the ginger syrup cool.
    - Strain the ginger syrup through a fine-mesh strainer into a clean jar or container.
  + Instructions:
    - In a large pitcher, combine the watermelon juice, freshly squeezed lime juice, and ginger syrup.
    - Just before serving, pour the ginger beer into the pitcher and stir gently.
    - Serve the watermelon ginger beer over ice, garnished with lime slices and fresh mint leaves.
    - Enjoy!
  + Credit for this recipe goes to Nicole A. Taylor and her cookbook: <https://cooking.nytimes.com/recipes/1023219-watermelon-ginger-beer>
  + Recipe from Watermelon and Red Birds: A Cookbook for Juneteenth and Black Celebrations by Nicole A. Taylor, published by Ten Speed Press, an imprint of Penguin Random House LLC. Copyright © 2021 by Nicole A. Taylor.. Nicole A. Taylor is a Southern-born and Brooklyn-based cookbook author, food writer, and radio host who explores the intersection of food and culture.

Dessert

* Indulge your sweet tooth with our delightful Dessert section in our Juneteenth cookbook. We have curated a selection of mouthwatering treats that will satisfy your cravings and leave you wanting more. From refreshing and tangy Hibiscus Ginger Sorbet, made with dried hibiscus flowers and fresh ginger, this sorbet is a burst of flavor that will cool you down in the most delicious way to classic Southern desserts, like the Fresh Strawberry Cobbler. Made with luscious fresh strawberries and a buttery crumb topping, this cobbler is the epitome of summer sweetness. Celebrate the rich culinary heritage of Juneteenth with these delightful treats. Whether you're hosting a gathering or simply treating yourself, these desserts will add a touch of sweetness to your Juneteenth celebrations. Happy indulging and enjoy these sweet delights!
* Hibiscus Sorbet
  + This recipe for Hibiscus Ginger Sorbet is a refreshing and delicious dessert that's perfect for a hot summer day. Made with hibiscus flowers and fresh ginger, this sorbet is a tangy and spicy treat that's sure to cool you down. This recipe is from Saveur.
  + Ingredients:
    - 2 cups dried hibiscus flowers
    - 4 cups water
    - 1 cup granulated sugar
    - 1/2 cup fresh ginger, peeled and sliced
    - 1/4 cup freshly squeezed lemon juice
  + Instructions:
    - In a large pot, bring the water to a boil.
    - Add the dried hibiscus flowers, granulated sugar, and sliced ginger to the pot.
    - Reduce the heat to low and let the mixture simmer for 10 minutes.
    - Remove the pot from the heat and let the hibiscus mixture cool.
    - Strain the hibiscus mixture through a fine-mesh strainer into a large bowl.
    - Stir in the freshly squeezed lemon juice.
    - Pour the hibiscus mixture into an ice cream maker and churn according to the manufacturer's instructions.
    - Transfer the sorbet to a container and freeze for at least 4 hours, or until it is firm.
    - Serve the hibiscus ginger sorbet and enjoy!
  + Credit for this recipe goes to Saveur: <https://www.saveur.com/hibiscus-ginger-sorbet-recipe/>
  + This recipe is from Saveur, a magazine and website that celebrates the best of food and drink around the world.
* Millie Peartree's Texas Strawberry Crunch Sheet Cake
  + This recipe for Texas Strawberry Crunch Sheet Cake is a delicious and easy dessert that's perfect for any occasion. Made with fresh strawberries and a crispy topping, this cake is sure to impress your guests. This recipe is courtesy of Millie Peartree and is from Food Network.
  + Ingredients:
    - 1 box white cake mix
    - 1 (3.4-ounce) box instant vanilla pudding mix
    - 4 large eggs
    - 1/3 cup vegetable oil
    - 1 cup whole milk
    - 1 cup finely chopped fresh strawberries
    - 1 cup chopped pecans
    - 1 (3.4-ounce) box instant strawberry pudding mix
    - 1 1/2 cups cold milk
    - 1 (8-ounce) container whipped topping
  + Instructions:
    - Preheat the oven to 350 degrees F. Grease a 9-by-13-inch baking dish.
    - In a large bowl, combine the white cake mix, instant vanilla pudding mix, eggs, vegetable oil, and whole milk.
    - Beat the mixture with an electric mixer until well combined.
    - Fold in the chopped fresh strawberries and chopped pecans.
    - Pour the batter into the prepared baking dish and spread it out evenly.
    - Bake the cake for 25 to 30 minutes, or until a toothpick inserted into the center comes out clean.
    - In a medium bowl, whisk together the instant strawberry pudding mix and 1 1/2 cups of cold milk until well combined.
    - Fold in the whipped topping.
    - Spread the pudding mixture over the top of the warm cake.
    - Let the cake cool to room temperature, then refrigerate it for at least 2 hours before serving.
    - Serve the Texas Strawberry Crunch Sheet Cake and enjoy!
  + Credit for this Recipe Courtesy of Millie Peartree, as featured on Food Network fhttps://www.foodnetwork.com/recipes/texas-strawberry-crunch-sheet-cake-12752992
* Strawberry Cobbler
  + This recipe for Fresh Strawberry Cobbler is a sweet and fruity dessert that's perfect for the summer months. Made with fresh strawberries and a buttery crumb topping, this cobbler is easy to make and sure to impress your guests. This recipe is from Divas Can Cook.
  + Ingredients:
    - 4 cups fresh strawberries, hulled and sliced
    - 1 cup granulated sugar, divided
    - 1 cup all-purpose flour
    - 2 teaspoons baking powder
    - 1/2 teaspoon salt
    - 1 cup milk
    - 1/2 cup unsalted butter, melted
    - 1 teaspoon vanilla extract
  + Instructions:
    - Preheat the oven to 375 degrees F. Grease a 9-inch baking dish.
    - In a large bowl, combine the sliced strawberries and 1/2 cup of granulated sugar.
    - Stir the mixture until the strawberries are well coated in the sugar.
    - Pour the strawberry mixture into the prepared baking dish.
    - In a separate bowl, whisk together the flour, remaining 1/2 cup of granulated sugar, baking powder, and salt.
    - Add the milk, melted butter, and vanilla extract to the flour mixture and stir until well combined.
    - Pour the batter over the top of the strawberries in the baking dish.
    - Bake the cobbler for 45 to 50 minutes, or until the top is golden brown and a toothpick inserted into the center comes out clean.
    - Let the cobbler cool for a few minutes before serving.
    - Serve the Fresh Strawberry Cobbler warm with a scoop of vanilla ice cream or whipped cream, and enjoy!
  + Credit for this recipe goes to Divas Can Cook: https://divascancook.com/fresh-strawberry-cobbler-recipe-easy-dessert/
* Pound Cake
  + This recipe for Best Southern Pound Cake is a classic dessert that has a special place in many Black households. Pound cake is a simple yet delicious cake that can be enjoyed on its own or with fresh fruit and whipped cream. While the exact origins of the affection for pound cake in the Black community remain unclear, it has become a staple dessert that represents love, warmth, and hospitality. This recipe is from African Bites.
  + Ingredients:
    - 3 cups all-purpose flour
    - 1/2 teaspoon baking powder
    - 1/2 teaspoon salt
    - 1 cup unsalted butter, at room temperature
    - 2 3/4 cups granulated sugar
    - 6 large eggs, at room temperature
    - 1/2 cup whole milk
    - 1/2 cup sour cream
    - 2 teaspoons vanilla extract
  + Instructions:
    - Preheat the oven to 325 degrees F. Grease a 10-inch bundt pan.
    - In a medium bowl, whisk together the all-purpose flour, baking powder, and salt.
    - In a large bowl, cream the unsalted butter and granulated sugar together with an electric mixer until light and fluffy.
    - Beat in the eggs, one at a time, making sure each egg is fully incorporated before adding the next.
    - Gradually add the flour mixture to the butter mixture, alternating with the whole milk and sour cream, and mix until well combined.
    - Stir in the vanilla extract.
    - Pour the batter into the prepared bundt pan and smooth out the top with a spatula.
    - Bake the pound cake for 1 hour and 15 minutes to 1 hour and 30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
    - Let the pound cake cool in the pan for 10 minutes, then invert it onto a wire rack to cool completely.
    - Serve the Best Southern Pound Cake and enjoy!
  + This recipe is from African Bites, a website that features a variety of African-inspired recipes and culinary inspiration https://www.africanbites.com/best-southern-pound-cake/