

Recipes & Restaurant Suggestions Fill In for 2022 Cultural Cook-Off

Loretta Logan, DPM, MPH, Professor and Chairman, Department of Orthopedics & Pediatrics, forwarded an email from **Jasmine J. Christie Reid, B.S. (2023)**, President, Pediatrics Club, President, SNPMA, Vice President/ Treasurer, International Podiatry Club, to the NYCPM/FCNY community that announced a creative, celebratory solution to a pandemic-induced cancellation. In lieu of the annual Cultural Cook-Off, SNPMA shared recipes of cultural dishes and restaurant recommendations in recognition of Black History Month.

A total of five recipes plus restaurant recommendations reached NYCPM mailboxes during February and early March. Ms. Reid said “we hope that some of you will have the opportunity to try the recipes and enjoy the delicious dishes, and /or dine at the suggested restaurants, for a taste of cuisine from communities of color. On behalf of SNPMA, we honor and celebrate our students, faculty, administration, staff and all other employees of color.”

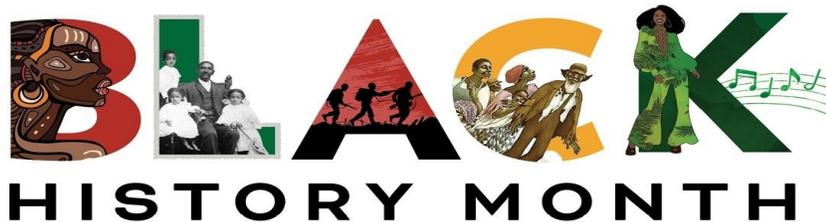
Find all of the mouth-watering recipes below!

Recipes & Restaurant Suggestions Fill In for 2022 Cultural Cook-Off

SNPMA

STUDENT NATIONAL PODIATRIC MEDICAL ASSOCIATION

IN CELEBRATION OF



RECIPE & RESTAURANT SUGGESTION # 1 – **Courtesy of Jasmine Christie Reid – Class of 2023**

Southern Fried Cabbage

Ingredients:

- Olive oil
- 1 medium onion
- 1 red pepper
- 1 green pepper
- 1 head green cabbage cored and thinly sliced
- Salt and pepper
- Goya Ham Seasoning Concentrate
- 1/4-1/2 teaspoon Cajun seasoning
- 1/4 teaspoon red pepper flakes

Instructions:

1. In a large skillet over medium heat cover pan in olive oil
2. Add onions and peppers and cook until tender
3. Add the cabbage and cook until tender stirring several times to make sure it does not stick to the pan or burn.
4. Season to taste with Goya Ham seasoning concentrate, salt, pepper and other seasonings
5. Add Cajun seasoning/ red pepper flakes if desired
6. Enjoy!

Restaurant Suggestion: Red Rooster- Black Owned

Cuisine Type: Southern Food

Address: 310 Lenox Ave, New York, NY 10027

<https://www.yelp.com/biz/red-rooster-harlem-new-york-3?osq=Southern+Food>

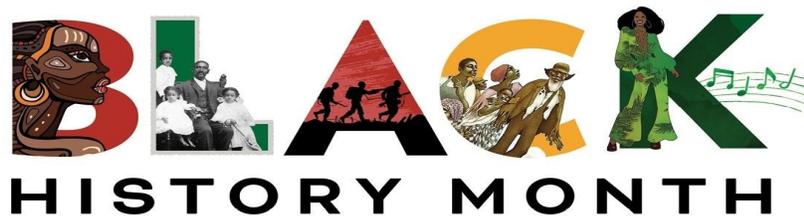
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RECIPE & RESTAURANT SUGGESTION # 2 – **Courtesy of Léthicia K. Paul, Class of 2023**

Haitian Macaroni and Cheese

Ingredients:

- 8 oz pasta (penne or rigatoni)
- 1/2 tablespoon of unsalted butter
- 1/2 finely chopped white onion
- 1/3 cup sliced red and yellow bell peppers (or red and green)
- 1 clove finely minced garlic
- 6 oz evaporated milk (Nestle Carnation)
- 3/4 cup cheddar cheese or Mexican style cheese
- 1/4 cup freshly grated Parmesan cheese
- Salt and pepper

Instructions:

1. Preheat oven to 375 degrees.
2. In a large pot, bring water to boil and salt to taste. Cook pasta in accordance with the directions on the box.
3. Melt the butter in a separate medium skillet over medium heat. Once butter starts sizzling, add the onions to the skillet and sauté for 2 minutes. Then add peppers and garlic.
4. In the same skillet, add evaporated milk, cheddar (or Mexican style) cheese and parmesan cheese. Season with salt and pepper to taste. Mix until the cheese starts to melt, then add pasta.
5. Mix everything up evenly before transferring to a baking dish. Top with extra cheese.
6. Bake for 20-25 minutes or until the cheese has melted and the top is golden.
7. Remove from oven and allow to sit for 5-10 minutes before serving. (Serving size 2-4 people)
8. Enjoy! 😊

Restaurant Suggestion: Rebel Restaurant and Bar. - Haitian Owned restaurant serving Haitian food.

Address: 29 Clinton St New York, NY 10002

<https://www.yelp.com/biz/rebel-restaurant-and-bar-new-york>

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RECIPE & RESTAURANT SUGGESTION # 3 – Courtesy of Obiozor Nneamaka Emeagwali,
Class of 2023

RECIPE – Nigerian Jollof Rice

INGREDIENTS

For the red pepper base:

- 3 medium Roma tomatoes (about 12 ounces total)
- 1 large red bell pepper (about 8 ounces)
- ½ large red onion (6 to 7 ounces)
- 1 (1-inch) piece ginger
- 1/2 to 1 habanero pepper
- 5 cloves garlic

For the jollof rice:

- 1/2 large red onion (6 to 7 ounces)
- 4 cups uncooked jasmine or basmati rice
- 1/2 cup vegetable oil
- 3 tablespoons tomato paste
- 1 tablespoon kosher salt, plus more as needed
- 2 teaspoons curry powder
- 4 sprigs fresh thyme, or 1 teaspoon dried thyme
- 1 teaspoon ground white pepper
- 2 bay leaves
- 3 cups beef, chicken, or vegetable broth

INSTRUCTIONS

For the red pepper base:

1. Core and coarsely chop 3 medium Roma tomatoes. Place in a blender. Trim and coarsely chop 1 large red bell pepper. Add to the blender and blend on high speed until smooth, about 1 minute.

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RECIPE & RESTAURANT SUGGESTION # 4 – Courtesy of Ame Anteyi, Class of 2024

RECIPIE – Puff (Deep Fried Dough) – West African

INGREDIENTS (Serves 6-8)

- 2 cups of warm water
- 1 (1/4-ounce) packet active dry yeast
- 2/3 cup plus 1 teaspoon of granulated sugar
- 3 cups of all-purpose flour
- 1 ½ teaspoons of kosher salt
- ½ teaspoon of ground or freshly grated nutmeg
- 3 cups of vegetable oil, for deep frying

INSTRUCTIONS

1. **Activate the yeast:** Pour 2 cups of warm water in a medium bowl. Sprinkle with 1 packet active dry yeast and 1 teaspoon of the granulated sugar. Stir to combine. Set aside until the yeast begins to foam (usually takes about 10 minutes).
2. **Make the dough:** Place 3 cups all-purpose flour, 2/3 cup granulated sugar, 1 ½ teaspoons kosher salt, and ½ teaspoon nutmeg in a bowl and whisk to mix them together
3. Pour the yeast mixture into the flour mixture and mix until there are no visible lumps of flour (wooden spoon or spatula can be used to mix).
4. Cover the bowl with a kitchen towel and let the dough rise at room temperature. This usually takes approximately 1-2 hours.
5. Heat 3 cups vegetable oil in a large saucepan in a low heat. Test to make sure the oil is hot enough by putting a drop of batter in the oil. If the oil is not hot enough, the batter will stay at the bottom instead of rising to the top.
6. Using a medium cookie scoop (if you have one), drop the batter in 1-tablespoon portions (in the shape of a ball) into the oil. Try not to crowd the saucepan.
7. Fry for a few minutes until the bottom side is golden brown and then turn the ball over for a few minutes until the underside is golden brown.

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RECIPE & RESTAURANT SUGGESTION # 5 – Courtesy of Eliza Ansar, Class of 2024

RECIPIE – Chicken Biryani - Pakistani

INGREDIENTS:

750g (1.5 lb) chicken thighs , skin on, bone in

MARINADE:

2/3 cup (150 ml) plain yogurt
1/2 cup (125 ml) water
2 tbsp vegetable oil
6 garlic cloves
2 tsp finely grated fresh ginger
1/8 tsp ground turmeric
1/2 tsp cayenne (adjust spiciness to taste)
2 tsp garam marsala
2 tsp coriander
1 tbsp cumin
2 tbsp paprika
1 3/4 tsp salt

BOILED RICE:

2 tbsp salt
5 dried bay leaves
1 star anise
2 1/4 cups (450g) uncooked basmati rice

CRISPY ONIONS:

2 medium onions halved and sliced (yellow, brown)
1 cup (250 ml) oil for frying

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SAFFRON:

1 tsp saffron threads (loosely packed)
2 tbsp warm water

BIRYANI:

1 cup coriander / cilantro , chopped
1/4 cup (60g) ghee or unsalted butter , melted

GARNISH:

crispy onions (above)
chopped coriander / cilantro
yogurt

INSTRUCTIONS

BOILED RICE:

1. Bring 3 liters / 3 quarts water to the boil, add salt and spices.
2. Add rice, bring back up to the boil then cook for 4 minutes, or until rice is just cooked still a bit firm in the middle
3. Drain it and set aside.

CRISPY ONIONS:

1. Heat oil in a large saucepan over medium high heat. Cook onion, in batches, for 3 to 4 minutes, until golden brown. Don't burn - they become bitter.
2. Remove onto a paper towel lined plate. Repeat with remaining onion.

SAFFRON:

1. Place in a bowl, leave for 10 minutes+.

BIRYANI:

1. Place a pot with chicken in it onto a stove over medium heat. Cover and cook for 5 minutes.
2. Remove the lid. Cook for 5 minutes, turning chicken twice.
3. Turn chicken so skin side is down - it should cover most of the base of the pot.
4. Scatter over half the onion then half the coriander.
5. Top with all the rice. Gently pat down and flatten the surface.
6. Drizzle saffron across the rice surface, then drizzle over oil.
7. Place the lid on. Return to the stove over medium heat.
8. As soon as you see steam, turn down to low then cook for 25 minutes.
9. Remove from the stove, rest with the lid on for 10 minutes.
10. Mix the rice and the chicken, serve with garnish and enjoy!

Restaurant Recommendations:

1. Kashmir 9

478 9th ave New York, New York 10018

2. Lahore Restaurant

1277 Paterson Plank Rd, Seacucus, New Jersey 0709