**Topic: A Culinary Journey through Black History**

**Location: 1120 Woodfield Road**

**Rockville Center, NY 11570**

**Date of meeting: 2.17.2018**

**Sponsor: Lakeview Public Library**

**Name: Sean Edwards, Chef**

This food demonstration was in recognition of Black History month. The Chef mentioned that he recently visited South Africa. He prepared several dishes and provided some basic history on the meals that he prepared, the dishes included Chapati East Africa Flat Bread, Jollof Rice made with tomato stew, Misser Wat (Red Lentils with Vegetables), Southern Buttermilk Fried Chicken, Cajun Crawfish, Shrimp Etouffe and Malva pudding. The Chef mentioned that “Jerking” was a method used for food preservation, the Chef used a very spicy season called Periperi to marinate the Cajun Crawfish and Shrimp Etouffe. The Jollof Rice can be mixed with curry and is said to be similar to dirty rice and rice and peas which is a popular dish that is prepared on Sundays in some of the Caribbean islands.

The Chef mentioned that a lot of southern cooking was introduced by African influences. He stated that Ethiopian’s serves food on a large platter and bread is eaten with the right hand, the lentil stew is scooped with bread using the right hand. According to Ethiopians the left hand is unclean. The Cajun Crawfish and Shrimp Etouffe is a combination of French and African influences, the Chef used a rue as the base during preparation it requires constant stirring as the flour is added to prevent clumping while the mixture thicken. The chef mentioned that shrimp has a better flavor when it is cooked in the shell and the liquid can be used as a stock. The Malva Pudding is usually consume after Sunday lunch in some parts of Africa it also has Dutch influence, according to the chef the pudding was made popular in recent years by Oprah’s Chef when Oprah started the school for girls in Africa. The Chef also spoke about Antelope which is dried Caterpillar cooked, a popular dish in West Africa.

The things that I would do different in this food demo is I would use a power point presentation while cooking / demonstrating, have the attendees looking forward instead of looking down of the handouts to follow the food demonstration. I would monitor the temperature of the fryer better to prevent over cooking, the fried chicken was too brown and dry. The Chef used black gloves during the meal preparation, I would use clear gloves instead. The Chef did not ask attendees if they have food allergies. If I was presenting and conducting a food demonstration one of the first thing I would ask if anyone have food allergy especially when dealing with sea foods and nuts. Overall the meals were delicious even though the chicken was a little over done, all the meals were appropriate they all had African history and influences.

