

DEEP ROOTS: STORIES & TASTES OF NEW HAVEN
A PROJECT FROM PUBLIC HUMANITIES AT YALE

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DECEMBER 2018

PROJECT DESCRIPTION

NEW HAVEN, CONNECTICUT IS UNIQUELY REPRESENTATIVE OF THE UNITED STATES--A CITY WHOSE DEMOGRAPHICS MIRROR THE CULTURAL AND SOCIO-ECONOMIC DIVERSITY OF THE ENTIRE COUNTRY. THIS RICH LEGACY IS MADE MANIFEST IN OUR CITY'S FOOD SCENE; VARIETY IS THE SPICE THAT SEASONS THE PLATES OF ELM CITY DINERS.

THIS COOKBOOK FEATURES THREE
BELOVED NEIGHBORHOOD RESTAURANTS
FROM ACROSS THE CITY: SANDRA'S
NEXT GENERATION IN THE HILL,
COSITAS DELICIOSAS IN FAIR HAVEN,
LUCIBELLO'S ITALIAN PASTRY SHOP
IN WOOSTER SQUARE, AND CITYSEED'S
SANCTUARY KITCHEN.

WHILE CITYSEED'S SANCTUARY KITCHEN WORKS WITH RECENTLY RESETTLED REFUGEES TO ESTABLISH NEW ROOTS, COSITAS DELICIOSAS BEGAN AS A STOREFRONT GROCERY STORE, AND NOW OFFERS A FULL MENU. SANDRA'S HAS GROWN FROM OFFERING \$5 TAKE-OUT DINNERS ON FRIDAYS, TO TWO SIT-DOWN LOCATIONS. WHILE EACH ESTABLISHMENT HAS HAD TO TRANSFORM AND ESTABLISH NEW ROOTS OVER TIME, EACH LOCATION ALSO ROOTS ITS COMMUNITY.

DEEP ROOTS IS A CELEBRATION OF THE PIVOTAL ROLE THESE RESTAURANTS PLAY IN DEFINING THE NEIGHBORHOODS OF NEW HAVEN. THIS COOKBOOK IS ONE COMPONENT OF THE COLLABORATIVE FINAL PROJECT FOR THE INTRODUCTION TO PUBLIC HUMANITIES COURSE AT YALE UNIVERSITY, LED BY DR. RYAN BRASSEAUX. THIS COOKBOOK WAS CREATED ALONGSIDE AN EVENING OF FOOD, FELLOWSHIP AND ORAL HISTORY ON DECEMBER 8, 2018, AT THE NEW HAVEN MUSEUM, AND A DIGITAL "COOKBOOK" FEATURING VIDEO DOCUMENTARIES, PHOTOS, AND RECIPES FROM EACH PARTNER CHEF. THE DIGITAL COOKBOOK CAN BE ACCESSED AT DEEPROOTSNEWHAVEN.COM.

T H E C O O K B O O K





"GET THE RECIPES AND WRITE THEM DOWN. OUR ANCESTORS WENT THROUGH A LOT. THAT'S ALL THEY HAD-FOOD AND LEFTOVERS. COMING UP WITH A DECENT MEAL FOR THEIR FAMILIES."

SANDRA PITTMAN SOLD HER FIRST MEALS OUT OF HER HOME ON EDGEWOOD AVENUE, BUT IT WAS HER MOTHER'S ALABAMA ROOTS THAT GAVE HER FOOD SOUL. AS A CHILD, SANDRA LEARNED HOW TO MAKE FRIED CHICKEN, COLLARD GREENS, AND THE OTHER STAPLES OF A SOUTHERN DIET. SHE NEVER THOUGHT ABOUT OPENING A RESTAURANT UNTIL HER HUSBAND, MIGUEL, SUGGESTED A SPOT ON CONGRESS AVENUE. IN 1989, THE COUPLE OPENED SANDRA'S IN THE HILL, DOWN THE STREET FROM THE CURRENT LOCATION. SANDRA'S BRIEFLY MOVED DOWNTOWN FROM 2000 TO 2007, WHERE SHE SERVED LOCALS AS WELL AS VISITORS FROM AROUND THE WORLD. AFTER CLOSING THE RESTAURANT DOWNTOWN, SANDRA RETIRED FROM THE BUSINESS BRIEFLY. IN 2010, SANDRA, WITH THE HELP OF HER HUSBAND AND ALL OF HER CHILDREN, REOPENED SANDRA'S NEXT GENERATION ON CONGRESS AVENUE. THE RESTAURANT KEEPS MOVING FORWARD, WITH DREAMS OF INSPIRING PEOPLE AND PROVIDING A LITTLE PIECE OF HOPE FOR THE NEIGHBORHOOD. SANDRA'S NEXT VENTURE? SHE CONTINUES TO EXPLORE ALL TYPES OF FOOD, INCLUDING VEGAN SOUL FOOD.

SANDRA'S FRIED CHICKEN 1. CLEAN 8 PIECES CHICKEN. 2. WASH THOROUGHLY. 3. DRAIN WATER FROM CHICKEN. 4. SPRINKLE WITH SEASON SALT. 5. 8 TABLESPOON HOT. SAUCE. 6. MARINATE 24HRS. 7. CRACK 2 EGGS. 8. MIX EGGS WITH CHICKEN. 9. FILL FRYING PAN WITH VEGETABLE OIL. 10. HEAT TO 350 DEGREES. 11. DREDGE CHICKEN PIECES IN FLOUR. 12. CAREFULLY PLACE CHICKEN IN PAN. 13. COOK CHICKEN 10 MINS ON EACH SIDE. 14. THEN COOK 5 MINS ON EACH SIDE. 15. PLACE CHICKEN ON PAPER TOWEL TO ABSORB EXCESS OIL.





SANDRA'S COLLARD GREENS

- ...4 BUNCHES OF GREENS...
- 1. REMOVE STEMS.
- 2. LAY COLLARD FLAT ON TOP OF EACH OTHER.
- 3. ROLL TIGHTLY.
- 4. CHIFFONADE 1 INCH THICK
- 5. WASH COLLARD THOROUGHLY.
- 6. PLACE IN POT.
- 7. ADD 3 CUPS OF WATER, 1/2 CUP OIL, 3 TABLESPOON SALT, PINCH OF SUGAR.
- 8. COVER AND COOK FOR 1 HOUR.







"FOOD IS THE CULTURE OF EVERY ENVIRONMENT BECAUSE IT DIFFERS NOT ONLY FROM CITY TO CITY, BUT ALSO WITHIN CITIES."

AT SANCTUARY KITCHEN. REFUGEE AND ASYLUM SEEKERS RESETTLED IN CONNECTICUT ARE INVITED TO STEP INTO THE HEART OF THE BUSTLING NEW HAVEN FOOD SCENE. SHARING THEIR CULINARY EXPERTISE AS STAFF CHEFS. LOCATED ON GRAND AVENUE, THE PROGRAM HOSTS COOKING DEMONSTRATIONS, HANDS-ON COOKING CLASSES, SUPPER CLUB MEALS, CATERING AND OTHER CULINARY EVENTS. ALL FOOD IS PREPARED BY SANCTUARY KITCHEN'S COOKS WHO COME FROM A VARIETY OF COUNTRIES INCLUDING MEXICO. THE DOMINICAN REPUBLIC. AFGHANISTAN, SYRIA, IRAQ, SUDAN, AND THE DEMOCRATIC REPUBLIC OF THE CONGO. SANCTUARY KITCHEN BELIEVES THAT FOOD IS A VITAL TOOL IN CREATING VALUABLE RELATIONSHIPS AMONG MEMBERS OF A COMMUNITY SHARING CAREFULLY PREPARED MEALS CREATES A SPACE FOR CULTURAL LEARNING BETWEEN LOCAL RESIDENTS AND NEW ARRIVALS. BY SHOWCASING THE CULINARY TALENT OF ITS CHEFS, SANCTUARY KITCHEN ENCOURAGES COMMUNITY WHILE ALSO PROVIDING SUPPORT, INCOME, AND ENTREPRENEURIAL OPPORTUNITIES TO THESE TALENTED INDIVIDUALS. CREATED IN 2017. IT IS A PROGRAM OF CITYSEED-A LOCAL NEW HAVEN NONPROFIT DEDICATED TO PROVIDING ACCESS TO FRESH FOOD FOR ALL-AND RUNS WITH THE HELP OF A NETWORK OF COMMUNITY VOLUNTEERS.



MUHAMMARA

INGREDIENTS:
2 LB FINE BULGUR
3 LB RED BELL PEPPER
3 HOT PEPPERS
2 TOMATOES
2 LB WALNUTS (SAVE SOME FOR GARNISH)
2 SMALL ONIONS
5 PIECES KA'AK (CRACKERS/BREADSTICKS)
1 SMALL JAR TAHINI
2 BOTTLES POMEGRANATE MOLASSES/SYRUP
1 CUP OLIVE OIL
4 LEMONS
SALT
FRESH MINT FOR GARNISH

DIRECTIONS:

1. WASH AND DRAIN THE BULGUR.

2. BLEND BULGUR, PEPPERS, TOMATOES, ONIONS, WALNUTS, AND CRACKERS IN FOOD PROCESSOR/GRINDER.

3. IN A SEPARATE BOWL, MIX TAHINI, POMEGRANATE MOLASSES, OLIVE OIL, SALT, JUICE FROM 2 LEMONS.

4. ADD TO BULGUR MIXTURE.

5. TRANSFER TO SERVING BOWL/PLATTER AND GARNISH WITH OLIVE OIL, WALNUTS, MINT AND LEMON.





KOUSSA MAHSHI

INGREDIENTS:

2 LB EGYPTIAN RICE (MEDIUM GRAIN)

12 SMALL (GREY) ZUCCHIN

1 CUBE OF MAGGI (BOUILLON) 2 FRESH TOMATOES, MINCED

1/2 BUNCH PARSLEY, CHOPPED

1 CLOVES GARLIC, CRUSHED

1/2 TSP CUMIN

1/2 TSP CURRY POWDER

1 PINCH SALT

1 PINCH CITRIC ACID

1/2 TEASPOON GROUND CARDAMOM

1/2 TEASPOON BLACK PEPPER

½ TEASPOON DRIED MINT 1 TBS OLIVE OIL

DIRECTIONS:

AND FN.JOY

1. SOAK RICE IN A BOWL OF WARM WATER, AT LEAST 10 MINUTES, THEN RINSE AND DRAIN UNTIL WATER RUNS CLEAR.

2. CUT OFF THE DRIED TIPS OF THE ZUCCHINI AT THE OPPOSITE ENDS WITHOUT REMOVING TOO MUCH FLESH. CAREFULLY HOLLOW OUT THE ZUCCHINI FROM THE STALK END BY PUSHING AND TURNING A CORER INTO THE FLESH.

3. IN A LARGE BOWL, MIX TOGETHER RICE, CRUSHED BOUILLON, TOMATOES, PARSLEY, GARLIC AND SPICES.

4. GENTLY FILL EACH ZUCCHINI ABOUT THREE-QUARTERS FULL WITH THE RICE MIXTURE. AVOID COMPRESSING MIXTURE TOO MUCH, SO RICE HAS ROOM TO EXPAND AS IT COOKS.

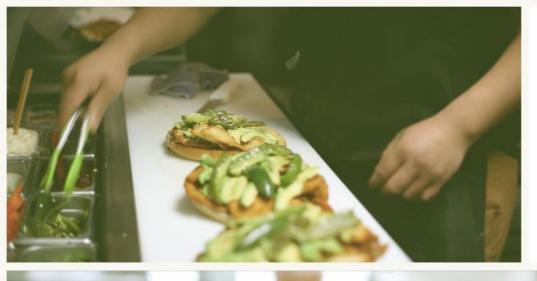
5. TO COOK, SELECT A DEEP POT IN WHICH ZUCCHINI WILL FIT SNUGLY, NESTLED IN UPRIGHT. ARRANGE ZUCCHINI IN POT, UPRIGHT WITH OPENING ON TOP. COVER WITH WATER AND PLACE A PLATE OVER SQUASH TO KEEP THEM SUBMERGED.

6. COVER POT, BRING TO A BOIL OVER HIGH HEAT, THEN REDUCE HEAT TO LOW AND LET SIMMER 60 MINUTES, UNTIL RICE IS COOKED AND ZUCCHINI IS TENDER.

7. CARFFULLY TRANSFER ZUCCHINI TO A SERVING PLATTER



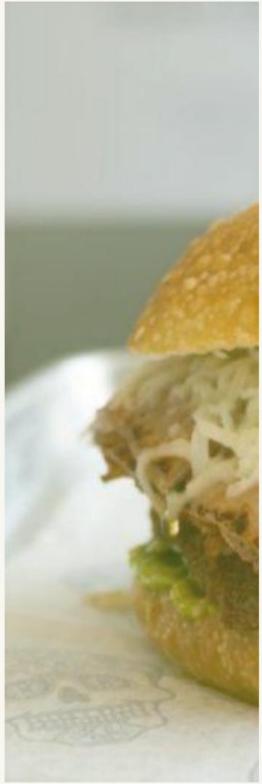




"IT MAKES ME SO HAPPY TO BE WALKING IN THE STREET AND TO SEE SOMEBODY WITH A SMOOTHIE OR SOMEBODY EATING SOMETHING FROM HERE, THAT MAKES ME SO PROUD."

MIGUEL XICOHTENCATL AND CECILIA SERRANO OWN COSITAS DELICIOSAS, A MEXICAN RESTAURANT IN THE FAIR HAVEN NEIGHBORHOOD OF NEW HAVEN. MIGUEL IS ORIGINALLY FROM TLAXCALA, MEXICO AND CECILIA IS FROM PUEBLA, MEXICO. MIGUEL AND CECILIA MET IN MERIDEN, CT, AND TOGETHER THEY BOUGHT THE BUSINESS, THEN A GROCERY STORY, IN 2015. EARLY ON, THEY INVESTED IN AN ITALIAN ICE MACHINE AND STARTED MAKING SPECIALITY MEXICAN DRINKS, WHICH QUICKLY BECAME VERY POPULAR. THIS INSPIRED THEM TO TRANSITION FROM GROCERY STORE TO A FULL RESTAURANT, WHICH OPENED IN 2017.

THE SPECIALTY AT COSITAS DELICIOSAS IS FRESH FRUIT, PREPARED THE MEXICAN WAY: IN A BOWL OR SMOOTHIE, GARNISHED WITH ANY COMBINATION OF CHILI, LIME, TAMARIND, AND CHAMOY. COSITAS DELICIOSAS ALSO SERVES A FULL MENU OF FOOD ITEMS, FROM TAMALES TO QUESADILLAS TO THEIR VERY POPULAR CEMITAS SANDWICH. THE COLORFUL AND BUSTLING LITTLE RESTAURANT AT 271 GRAND AVENUE BRINGS GREAT VITALITY TO THE DOWNTOWN OF FAIR HAVEN



CEMITAS

A CEMITA IS A TORTA ORIGINALLY FROM PUEBLA, MEXICO. COSITAS BUYS FRESH CEMITA BREAD FROM APICELLA'S BAKERY ON GRAND AVENUE. 1. SPREAD FRIJOLES REFRITOS, REFRIED BEANS, ON BREAD. 2. ADD SLICED RAW WHITE ONIONS.

- 3. ADD FRIED JALAPENOS.
- 4. ADD STRING CHEESE.
- 5. ADD AVOCADO.
- 6. ADD MILANESA, BREADED CHICKEN





MANGONADA

- 1. PREPARE CLEAN CUP.
- 2. SLICE FRESH MANGO AND ADD.
- 3. ADD CHAMOY.
- 4. ADD VALENTINA
- HOT SAUCE. 5. ADD TAJÍN.
- 6. ADD LIME AND
- SALT
- 7. ADD MANGO ITALIAN ICE.



