TASTE OF ART
COMMUNITY COOKBOOK

Lehigh University Art Galleries
This culinary masterpiece is the delightful result of a unique partnership between our local businesses and some of the unique treasures within LUAG’s collection of nearly 20,000 objects. Within these pages, you’ll find a delectable fusion of flavors and history, where each recipe is not just a feast for the taste buds but also a journey through time, blending the stories of our heritage with the brilliance of artistic expression. Welcome to a culinary and artistic adventure like no other, where we celebrate our local treasures and invite you to savor the flavors of our community.

Taste of Art weaves culture and history together by pairing cuisine and recipes from the local SouthSide Bethlehem community with works of art from LUAG’s permanent collection. Through interactive lectures, DIY- at-home tastings, storytelling, and discussion, individuals of all ages and backgrounds experience the intersection of art, cultural heritage, and cuisine.

In 2022, Lehigh University Art Galleries (LUAG) was among 390 museums, libraries and Native American tribal organizations across the U.S. to have been awarded a federal grant through the Institute of Museum and Library Services (IMLS) American Rescue Plan. The grant program supports organizations in addressing community needs created or exacerbated by the COVID-19 pandemic and in assisting with recovery.
BOLON DE VERDE
recipe from Couchpota.doh! Kitchen

INGREDIENTS
2 green plantains
½ cup shredded mozzarella cheese (or queso fresco)
1 tsp green onion (finely chopped)
Salt (to taste)
3 tbsp oil (2 tbsp for frying bolon & 1 tbsp for frying egg)

DIRECTIONS
1. Add water and salt to a small saucepan, and bring to a boil.
2. While waiting for water to boil, cut off the tips of green plantain.
3. Cut plantains into 4 quarters, and carefully slice along the length on peel only (do not cut into plantain, slicing along peel will quicken the process of softening plantain inside and easier for peeling later).
4. Once water comes to a boil, carefully place plantains into water (be aware of splashing). Let boil 15 minutes, or until tender in middle.
5. Once tender, drain and let the sit 5 minutes, or until cool enough for handling.
6. Once room temp, or comfortable to handle, mash, remove plantain peel and place plantain in a bowl.
7. Mash plantain with a potato masher (or a fork) until lumps are no longer prominent.
8. Add shredded cheese, chopped green onion, and salt to taste, mash together.
9. Add 2 tbsp oil to a frying pan and heat on medium/low flame.
10. Take a handful of mashed plantain mixture and form into an oval shape (some prefer ball shape, but our Mom always made oval mini football-like Bolon).
11. Carefully place Bolon into the frying pan, oil will be hot (be aware oil splattering). Repeat to make multiple Bolon.
12. Fry until a crunchy skin develops, then flip over to repeat on the other side. Place onto a plate.
13. Add 1 tbsp oil into the pan for frying the egg. Traditional Bolon is usually topped with a fried runny egg. Careful not to overcook the yolk.
14. Once egg is cooked, place atop your Bolon de Verde and enjoy with a black coffee (traditional way it is served in Ecuador).

SERVES 1
**SQUASH, APPLE AND SWEET POTATO SOUP**

*recipe provided by Bethlehem Farmers’ Market*

**INGREDIENTS**
- 3 tbsp butter
- 1 yellow onion, diced
- 2 pounds squash of choice (acorn, butternut, long-neck or pumpkin), halved
- 2 sweet potatoes, peeled and cut into 1-inch cubes
- 4 cups chicken or vegetable broth
- salt and pepper
- 1 apple, cored, peeled and cut into ½-inch pieces
- ½ tsp allspice
- 1 cup heavy cream, optional

**DIRECTIONS**
1. Preheat oven to 400°F.
2. Slice the squash in half and season with olive oil, salt and pepper. Remove seeds. Place cut side down in a parchment lined sheet pan and roast for 40 to 50 minutes. When cooked and cool enough to handle. Scoop out the flesh, place in a bowl and set aside.
3. Melt the butter over medium heat in a Dutch oven. Add the onions and cook, stirring occasionally, until soft and translucent, about 5 minutes.
4. Add the sweet potatoes, apples and broth. Season with salt and pepper.
5. Bring to a boil, cover and reduce. Simmer until the sweet potatoes and apples are tender, about 15 minutes.
6. Turn off the heat. Add the roasted squash and puree until smooth. Stir in the allspice and heavy cream.
7. Bring to a simmer, taste and adjust the seasoning.

**SERVES 8**

**EQUIPMENT NEEDED**
- Cutting board, knife, Dutch oven or large pot, stirring spoon, handheld immersion blender or regular blender, measuring cups and spoons

Join us for an inspiring journey into art, history, and autumn flavors influenced by our vibrant market community. We will embark on a sensory journey through the Bethlehem Farmers Market, a local, producer-only market brought to you by Lehigh University’s Office of Sustainability, where the autumn season is on full display through seasonal produce and handmade goods. Farmers markets play a vital role in supporting local businesses and bringing communities together through fresh healthy ingredients and sustainable goods. Discover some of the artists featured in the exhibition Bodies of Knowledge at Lehigh University Art Galleries, and how the fusion of culinary and art experiences enhance community well-being and connection.
PAN DE BATATA

recipe provided by Made by Lino

INGREDIENTS

2 lb Batata (White Sweet Potato or Orange Sweet Potato)
3/4 c chickpea flour
1 c Full Fat Coconut milk (can)
1 1/2 c whole milk (sub soy milk for vegan)
4 eggs
2 c Brown Sugar
1 c unsweetened coconut flakes, fine
1 tbsp freshly grated ginger
1 tbsp Cinnamon
1 tsp black pepper
1/2 tsp nutmeg
1/2 tsp allspice
1/4 tsp clove
1 tsp salt
1 stick butter
9x5 bread pan or any vessel you have available to bake with nonstick spray

EQUIPMENT NEEDED

9” x 5” bread pan or any vessel you have available to bake with, medium saucepan, peeler, hand grater or food processor, whisk, large bowl, stirring spoon, knife, parchment paper

DIRECTIONS

1. Preheat oven to 350º F.
2. In a saucepan, heat coconut milk, whole milk, butter and spices on medium for about 7-10 minutes. We are looking for a slow simmer/a gentle rolling boil.
3. Turn off burner after 10 - 12 minutes.
4. While the milk is heating, peel and grate your sweet potatoes. A food processor works great here or this can also be done with a hand grater - small/medium sized.
5. Whisk sugar, eggs, coconut flakes, chic pea flour and batata together.
6. Once the milk mixture isn’t scorching hot, slow stream into the sugar, egg and batata mixture, whisking constantly as you slow stream.
7. Line your bread pan with parchment paper or spray with nonstick spray.
8. Pour your combined mixture into your baking vessel and bake for 40-50 minutes or until the top is browned and the batter is thoroughly cooked.

Unleash your senses as you experience the tastes, smells, sounds and visuals of the Dominican Republic. Join us as we travel south and partner up with Melanie Lino, Founder and Head Baker of Made by Lino. Melanie Lino was born & raised in Allentown PA, spending parts of her childhood with family in the Dominican Republic during the summer months. She is a small business owner and activist in the Lehigh Valley.

The program also explores the use of soil and sand in Latin-American art, exemplified by Marie Carmen Orizando’s series of photographs called “Relatos (Narratives), 2013-14” which features the sands of various Dominican regions creatively arranged on a white background.

The photos invite multiple interpretations, but the artist encourages the viewer to consider how sand and soil reflect ideas of cultural identity - such as geography, territory, place, roots, and self-identification for refugees who travel from one place to another. Like the sands, they leave a place and carry their place of origin with them, but over time adapt to a new place and leave their mark.

Made by Lino

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KALE TUMERIC PANCAKES

recipe provided by Jenny’s Kuali

**INGREDIENTS**

- 1 ½ cup all-purpose flour
- ½ cup rice flour
- 2 tbsp turmeric
- 1 tbsp salt
- 1 ¼ cup cold water
- 1 cup coconut milk
- Vegetable oil for frying
- 1 cup chopped kale, leeks, or chives
- ½ cup sliced shallots
- 1 cup bean sprouts
- 1 cup diced shrimp, optional

**DIRECTIONS**

In a large bowl, mix the all-purpose and rice flours with turmeric and salt. Add cold water and coconut milk. Stir until smooth and let rest for 10 minutes. Heat the skillet to high heat and add 1 tablespoon of oil. When hot, pour the batter to make 4 to 5-inch pancakes. Add the kale, shallots, bean sprouts, and shrimp (if using). Reduce the heat to medium and cook for about a minute until brown and crispy. Flip and cook for another minute. Repeat with the remaining batter and serve with ginger garlic sauce.

**MAKES ABOUT A DOZEN PANCAKES.**

**EQUIPMENT NEEDED**

Measuring cups and spoons, bowls, whisk, cutting board, knife, saute pan, spatula

Travel across the globe to the warm tropics of Malaysia for the first Taste of Art program in partnership with Jenny’s Kuali. We explore the exotic flavors and spices that reflect the diverse and complex cuisine from this region, as well as the tropical environment and ecosystem that inhabits and surrounds the peninsula.

Malaysia is part of the Coral Triangle, home to more than 75% of the world’s coral species. Despite being ecologically and economically important to the region, coral reefs are under increasing threats from human pressures such as overfishing, pollution, tourism, and coastal development. They also face natural threats from climate change and global warming.

In Fall 2019, Lehigh University Art Galleries hosted the Crochet Coral Reef exhibition by Margaret and Christine Wertheim and the Institute for Figuring. The exhibition and international project respond to the environmental crisis of global warming and the escalating problem of oceanic plastic trash by highlighting not only the damage humans do to the earth’s ecology but also our power for positive action. As a creative response to the exhibition community members created a Lehigh Satellite Reef which is now part of the LUAG collection.
NAPA CABBAGE KIMCHI
recipe provided by Wonder Kitchen

INGREDIENTS
FOR SALTING CABBAGE
1 head Napa cabbage (~1.5-2 lbs.)
1 tbsp pink Himalayan salt

VEGETABLES
1/2 cup daikon radish, optional
2 scallion stalks, optional

FOR MAKING PORRIDGE
1/4 small apple, cored & chopped
1/4 cup minced onion
1 garlic clove
2 inch piece of ginger, minced
1 tsp of Sprite
1 tsp rice flour
1.5 tbsp water
4 tbsp Gochugaru

DIRECTIONS
PREPARE AND SALT THE CABBAGE
Cross-cut the cabbage into 1 inch wide strips. Mix them with salt and water into a big container. Keep the water level about one inch lower than the cabbage. Let the cabbage soak in salt water about 24 hours. Squeeze the water out.

MAKE PORRIDGE
Add apple, onion, garlic, ginger, and Sprite to a blender, and blend until smooth. Mix red pepper flakes into the mixture. Combine the water and the rice flour in a small pot. Mix well with a wooden spoon and let it cook over low heat. Keep stirring until rice flour become translucent and sticky. Add the cooked rice flour into the mixture and mix well.

MAKE KIMCHI
In a large bowl, add chopped radish and scallions into cabbage. Mix well with porridge. Separate them into jars. The kimchi will start fermenting a day or two at room temperature. If you’re using a sealed jar with a lid, be sure to open it once in a while, let it breathe, and press down on the top of the kimchi. Once it starts to ferment, store in the refrigerator and use as desired. This could slow down the fermentation process, which will make the kimchi more and more sour as time goes on.
**BUTTER TART**

recipe provided by The Flying V Poutinerie

**INGREDIENTS**

**PASTRY**
- 3/4 cups flour
- large pinch brown sugar
- 2 tsp salt
- 2 tsp shortening, very cold
- 1/6 cup butter, very cold cut in cubes
- 1-3 tbsp ice water, enough to bring dough together

**FILLING**
- 2 eggs
- 2 cups of brown sugar
- 1 tsp vanilla extract
- 1/2 cup of butter (melted)
- 1/3 cup of corn syrup

**DIRECTIONS**

**TO PREPARE THE PASTRY**
1. Pulse the cold butter and shortening into the flour, sugar and salt using a food processor until the shortening or butter is reduced to pea sized pieces.
2. Sprinkle the water over the surface and toss with a fork until the water is just incorporated into the dough. Do not overwork the dough; handle it only enough so that the dough stays together.
3. Form the dough into two rounds about an inch thick.
4. Wrap in plastic wrap and let rest in the fridge for about a half hour.
5. Roll out on lightly floured surface. Cut into rounds with 4 inch cutter. Fit into muffin cups.
6. Chill in the fridge or freezer while you prepare the filling. Cold pastry heading into a hot oven will always be flakier.

**TO MAKE THE FILLING**
1. Beat eggs until well blended.
2. Beat in sugar and add vanilla.
3. Stir in melted butter and corn syrup. (be sure to allow time for melted butter to cool before adding, so it doesn’t cook the egg while mixing).

**ASSEMBLE/BAKE**
1. Roll the dough to about 1/8 inch thick.
2. Cut pastry in circles large enough to line tart tins with pastry to top edge. Re-roll the scraps and cut out more circles to make 10. Place some raisins or nuts in each if desired.
3. Fill to 2/3 full with butter mixture.
4. Bake in a hot oven (425°F) first 10 minutes. Then, reduce temperature to moderate (350°F) and bake for 10 minutes more, or until filling is almost firm. “Oven times may vary.”

**MAKES 10 TARTS**

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Join us as we explore our neighbor to the north and gain an understanding of the culture and delicious food that Canada has to offer. Featured recipes include the quintessential Canadian Butter Tart brought to us by The Flying V Poutinerie in Bethlehem, and a Canadian inspired cocktail or mocktail. We will also discuss photographer George Zimbel who immigrated to Canada from the United States and how this move was made to keep the ideals of family and community. The Flying V Poutinerie’s recipes are passed down from family members and the food truck and restaurant has made itself home in the Bethlehem community, including hiring local artists to create a mural inspired by local history on the exterior of their building.

George Zimbel; “Puppy at the Window”, Bona Fide Farm, 1976; Photograph, Gift of George Stephanopoulos In Honor of Ricardo Viera; LUF 2018 1432

SCAN QR CODE TO LEARN MORE
**COLLARD GREENS**

*recipe provided by The Taste Smokers*

**INGREDIENTS**

- 4-5 bunches of fresh collard greens
- 1-2 pieces of smoked meat of choice (we prefer smoked turkey tails, thighs, wings, or drums)
- 1 medium onion - white or yellow
- 1 small bunch of fresh thyme
- 4-6 cloves of garlic
- 1/3 cup of brown sugar
- 2 tbsp seasoned salt
- 3 tbsp olive oil
- 1/4 cup apple cider vinegar

**TASTE SMOKERS RUB**

- granulated garlic
- granulated onion
- dark brown sugar
- pink salt or kosher salt
- paprika
- cumin
- cayenne pepper
- cajun seasoning

**DIRECTIONS**

1. Clean the greens. Soak in water to remove grit and sand. Pick the greens and remove the stem.
2. Chop greens into 1-2” pieces, and dice the garlic and onions.
3. Saute the onions, thyme, garlic, and smoked meat in the olive oil on medium heat until the onions are translucent.
4. Add water into the pot until its half full. Bring to a boil.
5. Add cut greens to broth and bring to a boil.
6. Add in dry seasoning and apple cider vinegar, cover with lid and cook on medium heat for 1.5-2 hours until green are tender and there is about 1” of broth.

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Featuring Chicago-style Barbecue, The Taste Smokers is an upgraded street-food culinary experience brought to Bethlehem by Pit Master Quartez “Q” and Veronica Moore. The program features The Taste Smoker's signature green side “soul-food” menu item and small batch rub, and its connection to the influence that was brought to Chicago during the “Great Migration,” a long-term movement of African Americans from the South to the urban North between 1916-1970.

We will also explore works by artists included in the traveling exhibition Young, Gifted and Black that was featured in LUAG’s Main Galleries in Spring 2022. Young, Gifted and Black is the first stand-alone public exhibition curated from the exceptional collection of the Lumpkin-Boccuzzi Family Collection of Contemporary Art and showcases works in a variety of media, by emerging artists, alongside works by established artists who have paved the way for the younger generation.
BLACK BEAN SALSA
recipe provided by The Kellyn Foundation

INGREDIENTS
1 15 oz. can black beans, drained and rinsed
1 cup corn kernels
1 cup tomato, diced
1 cup bell pepper, diced
1/2 cup red onion, chopped
1/2 jalapeño, seeded and diced
2 tbsp fresh cilantro, chopped
1/4 cup fresh lime juice
1 tsp garlic powder
1 tsp cumin
1/2 tsp salt
1/8 tsp cayenne pepper

DIRECTIONS
1. In a large bowl combine the black beans, corn, tomato, bell pepper, red onion, jalapeno, and cilantro.
2. In a small bowl whisk together the lime juice, garlic powder, cumin, salt, and cayenne. Pour over the black bean mixture.
3. Enjoy with Triscuits, tortilla chips or on top of your favorite taco!

YIELD: 8 1/2 PORTIONS

SCAN QR CODE TO LEARN MORE

Scan the QR code below to watch a video featuring Stacie Brennan from LUAG and Maite Gomez-Rejón of ArtBites as they explore the origins and significance of salsa while making connections to identity and culture. The video also provides instructions for how to create your own collage inspired by the work of Mexican artist Tatiana Parcero.

The haunting images found in the photographs of Tatiana Parcero are autobiographical histories. She maps her own body with ancient Aztec codices. By layering images laden with biographical and mythical content, she re-invents her own personal experiences while also allowing these juxtapositions to reflect the experiences of others. For more information about Tatiana Parcero please visit @universustatianaparcero.
MOFONGO
with sofrito & vegetarian stew

recipe provided by The Kellyn Foundation

DIRECTIONS
1. Start by placing all sofrito ingredients in a food processor and process until finely chopped, but not liquefied. If you do not have a food processor, you can dice very fine and combine.

2. For the stew, heat up the extra virgin olive oil. Add the sofrito until it is warm. Add the bell pepper, onion, squash, tomato and garlic. Sauté for approximately 8 minutes or until the onions are translucent.

3. Add the diced tomatoes, and beans. Mix in the sofrito. Cover and simmer for an additional 5-10 minutes until thickened and tender. Season with salt and pepper as needed.

4. While stew is cooking, prepare the mofongo.

5. Peel the plantains by slitting the peels and peeling off the skin and then slice into small rounds.

6. Heat 3 tablespoons olive oil in a large skillet until very hot. Add the sliced plantains and cook plantains, turning over to cook both sides with tongs, for about 4-5 minutes, until the plantains turn dark golden-yellow in color, but not brown.

7. Remove cooked plantains and place on a plate lined with paper towels to drain off excess oil.

8. Place cooked plantains in a medium bowl with salt, adobo seasoning and garlic and mash until soft, but with chunks remaining.

9. Fill 4 small soufflé cups or ramekins with plantain mixture and pat firmly.

10. To serve, turn out formed mofongo on a dinner plate, and serve with a generous portion of stew.

YIELD: 4 SERVINGS

INGREDIENTS

SOFRITO
Can also be purchased at the store or at Gardens Bests in South Bethlehem
1/2 large green bell pepper, sliced (use remaining in stew)
1/2 large red bell pepper, sliced (use remaining in stew)
1/2 large onion, sliced (use remaining in stew)
2 garlic cloves, minced
1/4 cup cilantro, fresh
1 tsp extra virgin olive oil
1 small red chili
1/2 tbsp adobo salt seasoning (buy prepared, or mix equal parts salt, paprika, black pepper, oregano, cumin, onion powder, garlic powder, and chili powder)
2 garlic cloves, minced

VEGETARIAN STEW
1 tsp extra virgin olive oil
2 garlic cloves, minced
1/2 green bell pepper, coarsely chopped
1/2 red bell pepper, coarsely chopped
1/2 large white onion, coarsely chopped
1 small summer squash (yellow or green)
1 large tomato, cut into large pieces
1 (14.5-ounce) can fire roasted tomatoes, with juice
1 (15-ounce) can kidney beans, rinsed, drained
1 tsp salt
1/2 tsp pepper

MOFONGO
2 plantains, green
2 tbsp extra virgin olive oil
1/2 tsp adobo salt seasoning (buy prepared, or mix equal parts salt, paprika, black pepper, oregano, cumin, onion powder, garlic powder, and chili powder)
2 garlic cloves, minced

Puerto Rican culture and cuisine is a unique blend indigenous of Taíno, Arawak, Spanish, African and American ingredients and techniques. The exotic flavors and combinations include a focus on native ingredients such as the plantain, root vegetables, and adobo spices. Join Kellyn Foundation and ArtBites as we explore the classic Puerto Rican recipes of Mofongo and Sofrito with a contemporary and vegetarian flair. Learn about the culinary history and influence that shaped this recipe. We will also explore the work of Nuyorican conceptual artist, photo documentarian and visual satirist ADAL (Adal Maldonado) from the collection at Lehigh University Art Galleries. ADAL was born in the mountains of Puerto Rico and then moved to the Bronx with his family at a young age. His work addresses his fluid identity between Nuyorican and Puerto Rican, the Puerto Rican diaspora in New York, the political status of Puerto Rico, and the perception of Puerto Rico abroad.
CUBAN SANDWICH
adapted from Café the Lodge

**INGREDIENTS**

**PORK MARINADE**
3 pounds pork butt or shoulder
3 cups chicken stock
1 cup orange juice
½ cup lime juice
2 tbsp honey
2 tbsp olive oil
1 medium onion, quartered
2 tbsp garlic
1 tbsp cumin
1 tbsp oregano
salt and pepper

**FOR THE SANDWICHES**
6 loaves of pan Cubano (Portuguese roll), Mexican bolillo or hoagie roll, halved lengthwise

**DIRECTIONS**
1. Combine all ingredients for the marinade in a blender and blend until smooth. Pour half of the marinade over the pork, cover, refrigerate and marinate for 6 to 8 hours. Set the other half of the marinade aside.
2. Bring the pork to room temperature, about 1 hour. Remove from the marinade and place in a large baking dish or roasting pan. Discard the marinade.
3. Preheat the oven to 350°F. Roast the pork for 5 to 6 hours or until it is easy to pull apart. (This can also be done in a slow cooker at medium-high heat.)
4. Cook the remaining marinade in a saucepan until it slightly thickens. Add thickened marinade to the cooked pulled pork.
5. Assemble the sandwiches. Butter each slice of bread. Spread yellow mustard on the inside of each piece of bread then layers with the pulled pork, cheese, ham, and pickles. Repeat with the remaining bread.
6. Spread butter on the hot griddle and place the sandwiches on the pan. Flatten the sandwich with a heavy skillet and cook for two to three minutes on each side. (This can also be done in a Panini press or grill.)
7. Once the cheese is melted and the bread is golden brown on both sides, slice in half diagonally and serve with a side of potato chips, black beans, or a light salad.

**MAKES 6 SANDWICHES**

**EQUIPMENT NEEDED**
Measuring cups and spoons, lemon squeezer, baking dish or roasting pan, saucepan, slow cooker (optional), cutting board, serrated knife, butter knife, griddle or Panini press.

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Join us as we travel to the Caribbean island of Cuba to discuss artists as a catalyst for building and strengthening community. Featured recipes will be the Cuban Sandwich adapted from Café the Lodge in South Bethlehem, and traditional Cuban Mojito Cocktail or Nojito Mocktail. Examining works by famous Cuban artists who immigrated to America, we will discuss the critical role of artists in expressing their identity, sharing stories and building connections within the community. In addition we will examine the significance of the café culture as a gathering place and the importance of organizations like Café the Lodge in providing spaces that encourage collaboration and experimentation, as well as building creative communities.
**INGREDIENTS FOR MOLE**

- 2 dry ancho chiles
- 2 dry guajillo chiles
- 1/2 cup toasted peanuts
- 2 tbsp sesame seeds
- 1/2 onion
- 2 cloves garlic, peeled and smashed
- 3 Roma tomatoes
- 1 corn tortilla, toasted
- vegetable oil
- 1 ripe plantain, peeled and chopped
- 1 tbsp dried Mexican oregano
- 2 1/2 cups chicken broth
- ¼ tsp ground allspice
- 1 1/2 ounce (40 grams) Mexican semi-sweet chocolate
- salt and pepper

**INGREDIENTS FOR ENMOLADAS**

- warm mole sauce
- 12 tortillas
- 3 tbsp vegetable oil
- 2 cups crumbled queso fresco
- refried black bean
- salt and pepper

**EQUIPMENT NEEDED**

- Cutting board, knife, skillet, medium pot or Dutch oven, blender, tongs, bowls, stirring spoons

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**DIRECTIONS**

**PREPARE THE MOLE**

1. Stem and deseed the chiles and place in a bowl. Cover with boiling water. Let sit until fully rehydrated.

2. In a dry skillet over medium, individually toast the peanuts and then the sesame seeds until lightly browned and aromatic. Be careful not to burn them. Place in a blender. (If using toasted nuts, omit.)

3. In the same dry skillet, brown the garlic, onion, and tomatoes. Add to the blender.

4. Toast tortilla on the dry skillet or directly over an open gas flame and add to the blender.

5. Heat about 1/4 cup oil to the skillet and fry the plantains until golden brown. (You may need to add a little more oil.) Add to the blender.

6. Remove the rehydrated chiles from the water and add to the blender along with the oregano and 2 cups chicken broth. Purée until smooth.

7. Add about 2 tablespoons vegetable oil to a medium pot of Dutch oven. When hot, carefully add the puree and mix well. Bring to a simmer, add the allspice, chocolate, salt and a little pepper to taste. Add another 1/2 cup chicken broth.

**PREPARE THE ENMOLADAS**

1. Set a plate covered with paper towels aside.

2. Add 1/4 cup oil to a skillet on high heat. One hot, turn the head to medium and start frying the tortillas, turning once. The tortillas should soften. Place over the paper towel lined plate to absorb the oil but keep warm.

3. After frying all the tortillas, dip them one by one using tongs in the mole. Place on a plate, fill with cheese and fold in half. Repeat.

4. Garnish with sesame seeds, serve with refried black beans.

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**ENMOLADAS**

*(mole enchiladas)*

*recipe from Maite Gomez-Rejon of Artbites*

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**Héctor García Cobo** was an acclaimed Mexican photographer and photojournalist. As a three time receiver of the National Journalism Award, Cobo was known for his work that portrayed life in Mexico, focusing on social class, during the mid-1900s. His photographs captured many moments in Mexico City that served as a strong reference of social photography during the 50’s and 70’s, earning him the nickname “photographer of the city.” Cobo also photographed many famous artists and intellectuals in Mexico, including his contemporary, Frida Kahlo.
This unique experience combines the rich, velvety taste of handmade chocolate fudge with the artistry of creating a digital pinhole camera inspired by the captivating photographs found in Lehigh’s permanent art collection by Mexican photographer Carlos Jurado and American photographer Lydia Panas.

The history of chocolate begins in Mesoamerica. Fermented beverages made from chocolate date back to 1900 BC. The Aztecs believed that cacao seeds were the gift of Quetzalcoatl, the god of wisdom and self-reflection. The seeds held so much value that they were used as a form of currency. Originally prepared only as a drink, chocolate was served as a bitter, frothy liquid mixed with spices or corn puree. It was believed to have aphrodisiac powers and to give the drinker strength. Sweetened chocolate didn’t appear until Europeans discovered the Americas and sampled the native cuisine. From there it has evolved over time into one of the most beloved sweet treats around the world.

Lydia Panas is a visual artist working with photography and video. A first-generation American, she was raised between Greece and the United States. Panas’ work looks at identity and what lies below the surface, investigating questions of who we are and what we want to become. All her work is made in the fields, forests, and studio of her family farm in Pennsylvania. The connection she feels to this land is the foundation of her work.

Carlos Jurado was a Mexican photographer that is well known for his use of centuries-old camera techniques such as the camera obscura and pinhole cameras to capture the beauty and essence of the everyday. He published a book on his technique called El arte de la aprehensión de las imágenes y el unicornio (The Art of Capturing Images and the Unicorn) in 1974 by the Universidad Nacional Autónoma de México (National University).

CHOCOLATE FUDGE

**INGREDIENTS**

- 1 (14-ounce) can sweetened condensed milk
- 10 ounces chocolate chips of choice (dark, milk or semisweet)
- 1 tsp vanilla extract
- pinch salt

**EQUIPMENT NEEDED:**

- 8 or 9-inch square pan, parchment paper, large bowl, large saucepan or microwave, stirring spoon, knife

**DIRECTIONS**

1. Line an 8 or 9-inch square pan with parchment paper letting the edges of the paper hang over the sides of the pan.
2. Combine the sweetened condensed milk, chocolate chips, vanilla and pinch salt in a large bowl placed over a double boiler. Stir until the chocolate has melted and the mixture is smooth. (This step can also be done in a microwave in 30-second intervals.)
3. Pour the mixture into the prepared pan and chill until firm – at least 2 hours.
4. Lift the fudge out of the pan and cut into small squares with a sharp knife.

**MAKES ABOUT 2 DOZEN 1-INCH SQUARES**
1. Wash and dry the lettuce. Arrange on a platter.


3. Fill a medium pot with 2 or 3 inches of water. Add the potatoes and 1 tablespoon of salt. Bring to a boil and cook until tender, 10 to 15 minutes. Remove the potatoes using a slotted spoon, place in a bowl, and let sit until cool enough to handle.

4. Add the green beans to the boiling water and cook for 1 to 3 minutes. Drain and transfer to a separate bowl.

5. While still warm, separately dress the potatoes and beans with some of the vinaigrette.

6. Arrange a bed of butter lettuce on a serving platter and drizzle with some vinaigrette. Mound the tuna in the center of the lettuce. Artfully arrange the potatoes, green beans, tomatoes, red onions and cucumber around the tuna. Scatter with olives and peaches, if using. Drizzle with a little more vinaigrette and serve immediately.

**EQUIPMENT NEEDED**

Bowls, measuring cups and spoons, whisk, cutting board, knife, large pot, slotted spoon, colander

**FOR THE VINAIGRETTE**

¼ cup red wine vinegar
1 clove garlic, minced
2 tsp Dijon mustard
½ cup olive oil
¼ tsp pepper

**FOR THE SALAD**

2 heads of butter lettuce
¼ pound small red potatoes
½ pound green beans, stems removed
2 5-ounce cans tuna, drained
6 small tomatoes, halved
½ red onion, thinly sliced
1 small cucumber, thinly sliced
1 avocado, thinly sliced
¼ cup black olives
thinly sliced peaches, optional

Join us as we explore the secrets behind a Composed Summer Salad or French “salade composée,” inspired by the concepts and aesthetics of Maurice Prendergast’s sketchbook that was featured in the Thinking Through Drawing Exhibition at Lehigh University Art Galleries in the Fall of 2021. Witness the magical transformation of ingredients into a work of edible art. Learn how Prendergast’s use of colors and shapes influenced the arrangement of ingredients, bringing a feast for the eyes and the palate and join us for a drawing exercise in composition.
We want to express our heartfelt gratitude for the delightful compilation of recipes contributed by our program partners and made possible through the generous support of the Institute of Museum and Library Services.

**ABOUT THE LEHIGH UNIVERSITY ART GALLERIES**

“We advance critical thinking, cultural understanding, and well-being for campus and community through transformative experiences with art.”

- **LUAG mission**

Located on Lehigh University’s campus, LUAG is a free art museum committed to making the collection and exhibitions inclusive and accessible, both in person and online, for individual and collective learning, scholarship, creative practices, civic engagement, and general enjoyment. With nearly 20,000 works of art from diverse time periods and cultures, seven galleries on three campuses, two art study centers, and an outdoor sculpture collection of over 50 works, there is something for everyone at LUAG.

**Join us**

to explore our exhibitions and participate in free programs and events for all ages.

Learn more at [www.luag.org](http://www.luag.org).
OUR PARTICIPATING RESTAURANTS

1. Couchpota.doh  306 Brodhead Ave, Bethlehem, PA 18015
2. Bethlehem Farmers Market  1 Farrington Square, Bethlehem, PA 18015
3. Made by Lino  26 E 3rd St, Bethlehem, PA 18015
4. Jenny’s Kuali  102 E 4th St, Bethlehem, PA 18015
5. Wonder Kitchen  102 E 4th St, Bethlehem, PA 18015
6. Flying V Poutinerie  201 E 3rd St, Bethlehem, PA 18015
7. Taste Smokers  318 E 3rd St, Bethlehem, PA 18015
8. Kellyn Foundation on Greenway  Polk St. and Greenway, Bethlehem, PA 18015 | Fridays 3-6 pm
9. Cafe the Lodge  427 E 4th St, Bethlehem, PA 18015
10. Lehigh University Art Galleries  420 E Packer Ave, Bethlehem, PA 18015