



Lou Stoumen. *Farmers Market, Bethlehem, PA. 1939.*
Gelatin silver print. LUF 83 1031.

TASTE OF ART COMMUNITY COOKBOOK



Lehigh University
Art Galleries



In the heart of our vibrant community, where the rich tapestry of culinary traditions and the colorful world of art intersect, we proudly present the **Taste of Art Community Cookbook**.

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.



Scan the QR code to view cooking demonstrations led by art historian and chef Maite Gomez-Rejon. Each video provides easy-to-follow instructions for how to cook the recipes at home while simultaneously connecting the cuisine to a larger historical and cultural context.

Maite Gomez-Rejón, founder of ArtBites, explores the nexus of art and culinary history through lectures and cooking classes in museums across the country, including the Metropolitan Museum of Art and the J. Paul Getty Museum. She has been a guest on the *Today Show*, featured in *Food & Wine* and *Hyperallergic* and interviewed on KCRW's *Good Food* and the BBC's *The Food Programme*. She is a contributor to *Life & Thyme*, *Eaten Magazine*, *Gastro Obscura*, and the *Oxford Research Encyclopedia of Latin American History* among other publications. She is co-host of the *Hungry for History* podcast on iHeart Radio. Maite has a BFA from the University of Texas at Austin, an MFA from the School of the Art Institute of Chicago, and a Grand Diplôme from The French Culinary Institute in New York City.

FOR MORE INFO VISIT

artbites.net

artbites
COOKING ART HISTORY



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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 (beware 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.

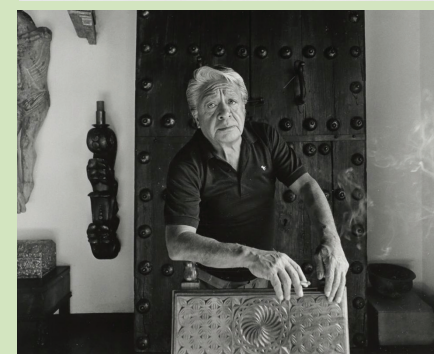
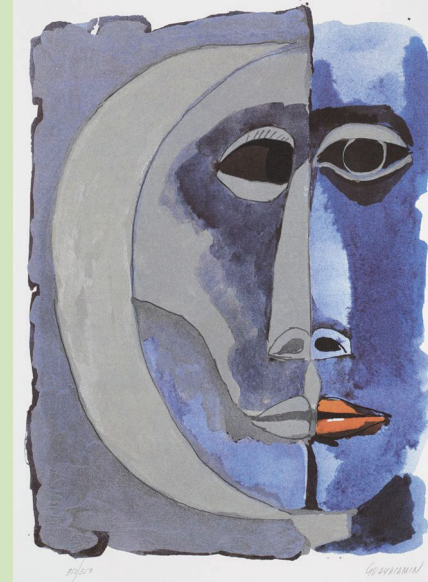
6. Once room temp, or comfortable to handle, remove plantain peel and place plantain in a bowl.
7. Mash plantain with a potato masher (or a fork) until lumps are no longer prominent.
8. Add shredded cheese, chopped green onion, and salt to taste, mash together.
9. Add 2 tbsp oil to a frying pan and heat 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 (beware 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

Couchpota.doh!



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(Top) Oswaldo Guayasamín, Ecuadorian, 1919 - 1990
La Luna, 1989 Edition: 350/350, from De Orbe Novo Decades
Portfolio Ralph L. Wilson '21 Endowment II Purchase, LUG 92
1012 (Bottom) Mario Algaze, Cuban, b. 1947 (Portrait)
Oswaldo Guayasamín, Quito, Ecuador, 1990, Gift of Mario Algaze,
LUF 93 1116

Oswaldo Guayasamín was an Ecuadorian artist who brought his unique styles of expressionism and cubism to Ecuadorian art and culture. Born in 1919 of Kichwa and Mexican heritage, Guayasamín used real life experiences and tragedies to pursue the only thing that ever interested him from a young age: art. Guayasamín wanted to make a change and difference through creating works that spoke out against violence but also showed the potential for greatness and prosperity. He is one of the most influential and well-known Ecuadorian artists and established the Fundación Guayasamín dedicated to the maintenance, enhancement and development of the Cultural Heritage of Ecuador.



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.

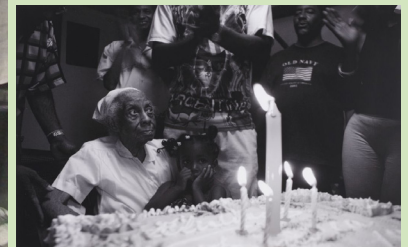
SERVES 8

EQUIPMENT NEEDED

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

BETHLEHEM
Farmers'
Market

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(Left) Ilse Bing. *Old Woman Eating, Paris*. Photograph. 1947. Gelatin silver print. Gift of George Stephanopoulos. LUF 2016 1584. (Top Right) *Cosecha (Harvest)*. 1989. Gelatin silver print. Gift of Carla Stellweg. LUF 2015 1231. (Bottom Right) Arien Chang Castan. *Untitled*, from the series: Long Life. Digital print. Gift of the artist, facilitated by Visura Media. LUF 11 1081.

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.



Photo credit Petra Somers



PAN DE BATATA

recipe provided by Made by Lino

INGREDIENTS

2lb Batata (White Sweet Potato or Orange Sweet Potato)

3/4c chickpea flour

1c Full Fat Coconut milk (can)

1 1/2c whole milk
(sub soy milk for vegan)

4 eggs

2c Brown Sugar

1c 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"x5" 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 350° 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.



(Left) Marie Carmen Orizondo Diaz. Cabo Rojo. "Estrella Roja Del Suroeste", from the portfolio "Relatos". 2013. Digital print. LUF 2015 1190 D. (Middle) Marie Carmen Orizondo Diaz. Enriquillo. "El Cacique Del Sur", from the portfolio "Relatos". 2013. Digital print. LUF 2015 1190 F. (Right) Marie Carmen Orizondo Diaz. Punta Ocoa. "El Sol Del Sur", from the portfolio "Relatos". 2013. Digital print. LUF 2015 1190 A. Gift of Marie Carmen Orizondo Diaz

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 Mari Carmen Orizondo'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.



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KALE TURMERIC PANCAKES

recipe provided by Jenny's Kuala

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 Kuala. 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.



Photo credit: Stephanie Veto



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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.



wonderkitchen
farm to table cuisine

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Lobsang Drubjam Tsering. *Medicine Buddha Palace* (copy of first painting from the set of Tibetan Medical Paintings from Mentsikhang Lhasa). Rebgong county, Qinghai Province, China; 2012–2013. Pigments on cloth. Rubin Museum of Art. SC2013.6

Gateway to Himalayan Art introduces the main forms, concepts, meanings, and traditions of Himalayan art with objects from the collection of the Rubin Museum of Art, New York.

In addition to sculptures and paintings, the exhibition features a stupa, prayer wheel, and ritual implements that demonstrate how the commissioning, creation, and use of such objects are tied to the accumulation of merit and hopes for wealth, long life, and religious goals. Elsewhere medical instruments and related paintings address the prevention, diagnosis, and treatment of sickness. Special installations include displays detailing the process of Nepalese lost-wax metal casting and the stages of creating a thangka, Tibetan hanging scroll painting.

This traveling exhibition is organized and provided by the Rubin Museum of Art and curated by Senior Curator of Himalayan Art, Elena Pakhoutova.



BUTTER TART

recipe provided by The Flying V Pouterie

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

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 Pouterie 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 Pouterie'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.



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

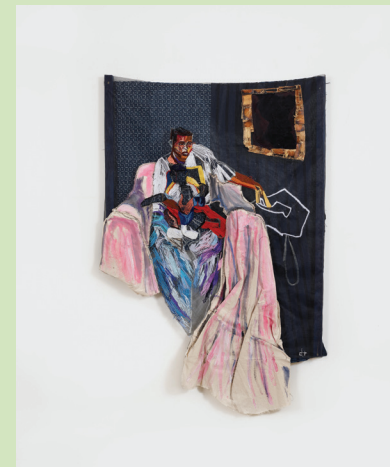


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DIRECTIONS

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.

THE
Taste Smokers
* * * *



Chiffon Thomas. *A mother who had no mother.* 2017. Embroidery floss, acyllic paint, and canvas on window screen. ©Chiffon Thomas

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



(Top) Tatiana Parceró, *Interior Cartography Series #I (Eyes)*. 1994. Silver gelatin print. LUF 2015 1222. (Middle) Tatiana Parceró, *Interior Cartography (#36)(Mano-Mapa)(Hand-Map)*. 1996. Acetate and tracing paper. LUF 2015 1213 (Bottom) Tatiana Parceró, *Interior Cartography Series #II (Hands)*. Silver gelatin print. LUF 2015 1214

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 Parceró.

The haunting images found in the photographs of Tatiana Parceró 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 Parceró please visit @universustatianaparceró.



**SCAN QR CODE
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MOFONGO

with sofrito & vegetarian stew

recipe provided by
The Kellyn Foundation

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

¼ cup cilantro, fresh

1 tsp. extra virgin olive oil

1 small red chili

1/2 tsp adobe salt seasoning (buy prepared, or mix equal parts salt, paprika, black pepper, oregano, cumin, onion powder, garlic powder, and chili powder)

1/2 tsp salt

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 adobe 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



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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. Saute 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 souffle 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



ADÁL (Adalberto Maldonado). *El Spanglish Sandwich on Plate and Bodega Bag*, 2000. Assemblage with photographic image, porcelain, paper bag. LUF 02 1012 A,B. Gift of the artist.

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 Nuyorcan conceptual artist, photo documentarian and visual satirist ADÁL (Adal Maldonado) from the collection at Lehigh University Art Galleries. ADÁL 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 Nuyorcan 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

3 tbsp butter, at room temperature
yellow mustard
pulled pork
½ pound sliced Swiss cheese
1 pound sliced ham
dill pickle slices

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.

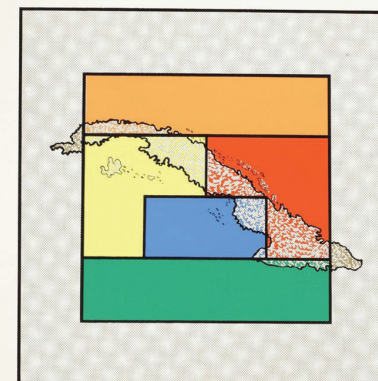
MAKES 6 SANDWICHES

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.

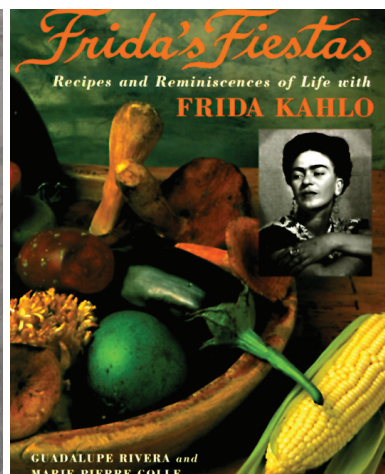


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(Top) **Ricardo Viera.** *El Laberinto De La Caridad*. 1982. Screen print on paper. Gift of Martha Marchena. LUG 12 1012. (Bottom) **Mario Algaze.** *Domino Park*, from the Little Havana Series. 1983. Cibachrome. Wilson Endowment Purchase. LUG 01 1040.

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.



ENMOLADAS (mole enchiladas)

recipe from Maite Gomez-Rejon of Artbites

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 tortillas, toasted vegetable oil
- 1 ripe plantain, peeled and chopped
- 1 tbsp dried Mexican oregano
- 2 1/2 cups chicken broth
- 1/4 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
- toasted sesame seeds
- refried black bean
- salt and pepper



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EQUIPMENT NEEDED

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



Frida's Fiestas, the cookbook pictured on the above, is a personal account in words and pictures of many important events in the life of Mexican artist Frida Kahlo. This comprehensive scrapbook, assembled by her stepdaughter, includes recipes for more than 100 dishes that Frida served to family and friends with her characteristic enthusiasm for all the pleasures of life.

Renowned Mexican Artist, Frida Kahlo, was also an excellent cook who loved to explore and learn recipes that reflected Mexican cuisine, ingredients, and culture.

DIRECTIONS

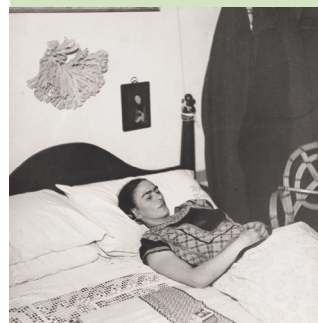
PREPARE THE MOLE

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 heat 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.



(Left) Héctor García Cobo. Mexican. 1923 - 2012. *Frida in Bed (with coral above bed)* 1949. Photography Endowment Purchase. LUF 2015 1314. (Middle) Héctor García Cobo Mexican, 1923 - 2012 *Frida with Painting "The Love Embrace of the Universe, the Earth, Myself, Diego and Senor Xolotl"*, Casa Azul, Coyoacán. 1949 (Printed 1980's). Gelatin silver print. Gift of Carla Stellweg. LUF 2015 1312. (Right) Héctor García Cobo. Mexican. 1923 - 2012. *Frida in Bed (with Head Resting - Looking Up)*, Casa Azul, Coyoacán. 1949. Photography Endowment Purchase. LUF 2015 1313.

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 an iconic 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.



Lydia Panas. *Chocolate #19*, from *Chocolate Dark*. 2017. Archival pigment print. Partial Purchase and Gift of Lydia Panas. LUF 2018 1529.

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

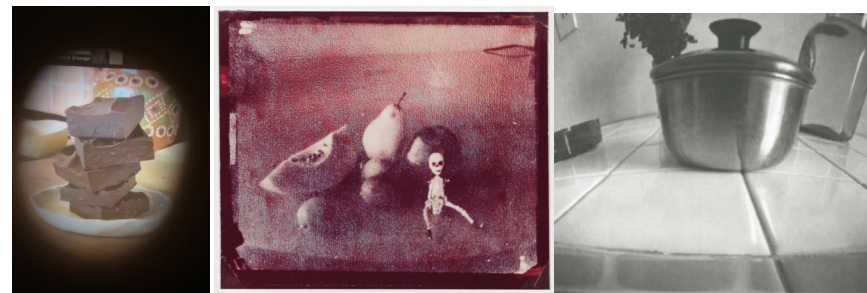
EQUIPMENT NEEDED:

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



(Left) *Fudge with Digital Pinhole Camera*. **(Middle)** **Carlos Jurado**, *Untitled*. c.1990s. Chromogenic print from pinhole camera. Gift of Zinzuni Jurado. LUF 01 1075. **(Right)** **Carlos Jurado**, *C-18 Bodegon*. 1985. Gelatin silver print from pinhole camera. Gift of Zinzuni Jurado. LUF 01 1074.

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).



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COMPOSED SUMMER SALAD

FOR THE VINAIGRETTE

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

1. Wash and dry the lettuce. Arrange on a platter.
2. Make the vinaigrette. Combine mustard and vinegar in a bowl and whisk until combined. Slowly drizzle in olive oil. Season with salt and pepper. Set aside.
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.

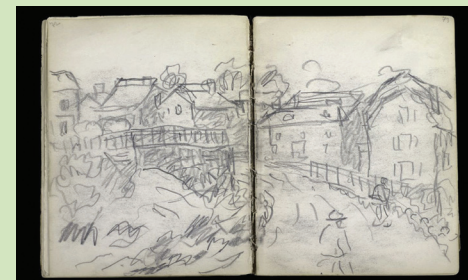
EQUIPMENT NEEDED

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

artbites
COOKING ART HISTORY



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Maurice Prendergast. *Sketchbook.* c. 1920-1923. Pencil, crayon, and watercolor on paper. Gift of J. Douglas Breen '68 in Honor of 50th Reunion. LUG 2017 1018

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.



This project was made possible by



Lehigh University Art Galleries

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.



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 Pouterie** 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