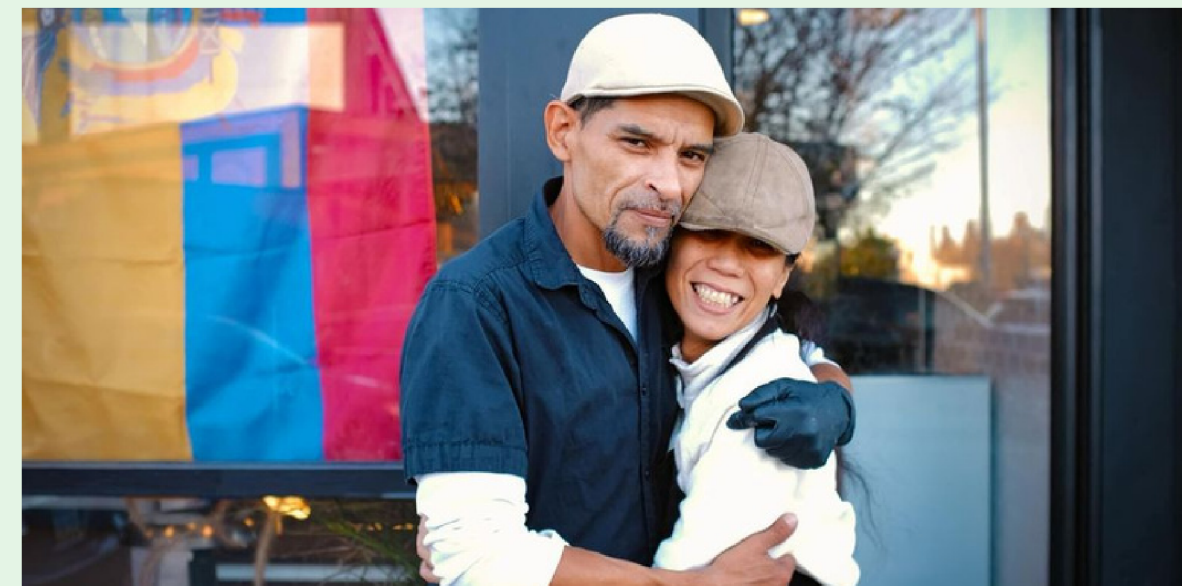




**Couchpota.doh! Kitchen** Owners, William & Marylou Seixas, serve up authentic Ecuadorian street food from their restaurant and food truck. Their signature dish? CHEESE EMAPANADAS sprinkled with sugar. Delicious!



Couchpota.doh! Kitchen Owners, William & Marylou Seixas

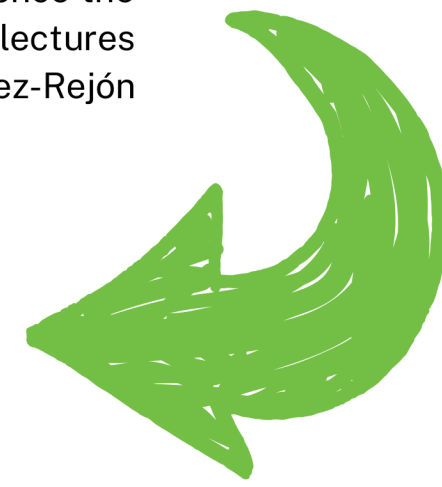
# TASTE OF ART

## WITH LEHIGH UNIVERSITY ART GALLERIES

Taste of Art weaves culture and history together by pairing cuisine and recipes from the local SouthSide Bethlehem community with works of art from Lehigh University Art Galleries (LUAG) permanent collection.

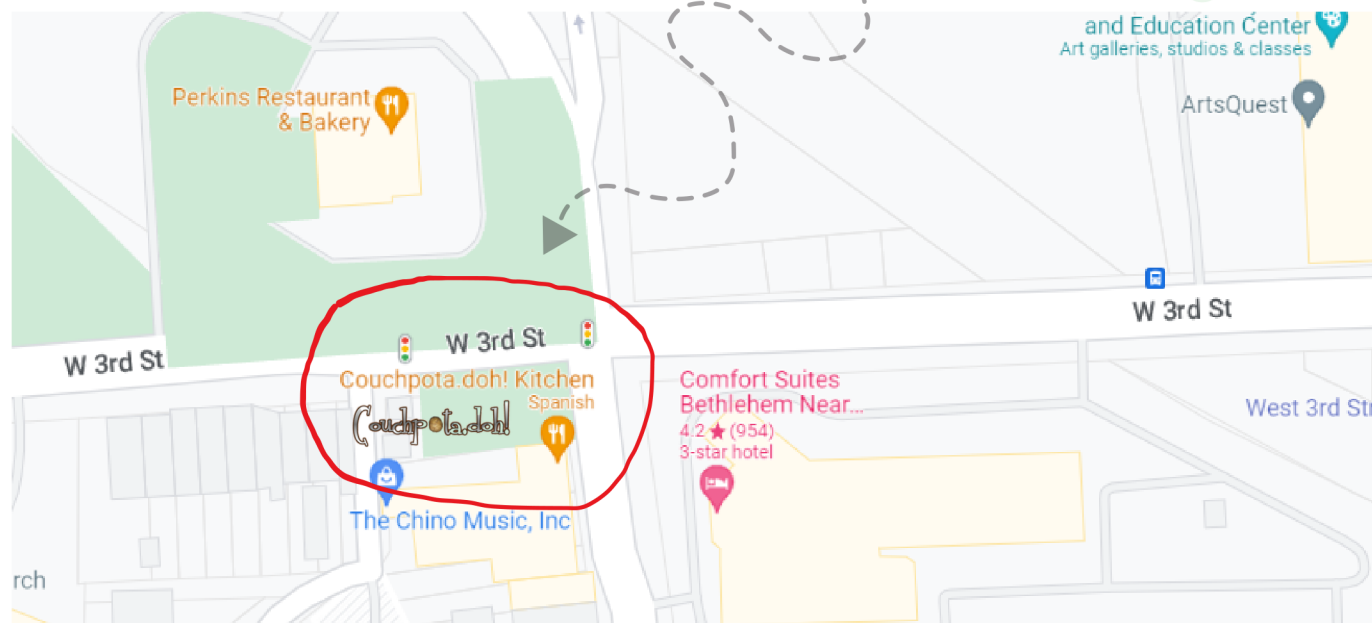
Through interactive lectures, DIY-at-home tastings, storytelling, and discussion, individuals of all ages and backgrounds will experience the intersection of art, cultural heritage, and cuisine. Interactive lectures and cooking demos are offered in partnership with Maite Gomez-Rejón of ArtBites.net. For more information visit [www.luag.org](http://www.luag.org).

### TASTE OF ART PARTNER RESTAURANT:



## FIND THE RESTAURANT

SOUTH BETHLEHEM, PA



Couchpota.doh! Kitchen is located at 306 Brodhead Ave, Bethlehem, PA 18015 - about a 10 minute walk from the center of Lehigh University's campus! The restaurant is located right across the street from Comfort Inn in Southside Bethlehem.





# TASTE OF ART

RECIPE FROM [COUCHPOTA.DOH!](http://COUCHPOTA.DOH!) KITCHEN

## BOLON DE VERDE

(SERVES 1 PERSON)

### 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)

### COOKING 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 mins, or until tender in middle.
5. Once tender, drain and let the sit 5 mins, 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).

## FEATURED DRINK RECIPE

RECIPE FOR CUÁKER (PRONOUCED KWAH-KËR)

POPULAR ECUADORIAN OATMEAL DRINK, SERVE HOT OR COLD

### INGREDIENTS

- Pineapple peeled and cut into rounds
- 1 cup rolled oats (not instant)
- ½ lb to ¾ lb panela (if no panela, substitute w. brown sugar)
- 2 cinnamon sticks
- 5 cups of water

(SERVES 4)



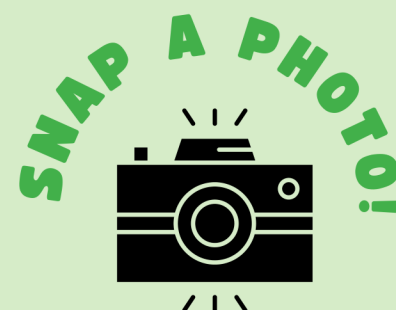
### DIRECTIONS

1. Add all ingredients to a large pot and bring to a boil over medium heat.
2. Reduce to medium/low and simmer for 20 - 30 mins, stirring frequently
3. Remove cinnamon sticks and pineapple
4. Pour remaining liquid through a strainer, pressing on the solids to extract all liquids. Once strained and pressed, discard the solids
5. Pour into cups, garnish with a cinnamon stick, and serve

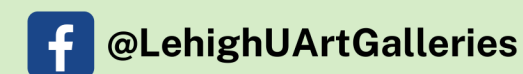
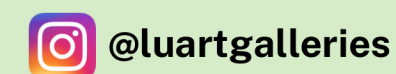


## Join us online!

Join our live Taste of Art event online and learn about the art, the restaurant, and the recipe! Missed our Zoom event? No worries! Recordings are available post-event at [www.luag.org](http://www.luag.org)



Tag us on social media with a photo of your recipe for a chance to win a gift card from our partner restaurant!





# LUAG | Lehigh University Art Galleries

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

### LUAG Mission Statement

LUAG is home to **19,000 works of art** from diverse time periods and cultures, **seven galleries** on Lehigh University's three campuses, and **52 Outdoor Sculptures!**

## FREE & OPEN TO THE PUBLIC PROGRAMS | EVENTS | WORKSHOPS

LUAG presents a variety of free public programs that range from lectures and symposia to hands-on artmaking and student-led workshops. We are committed to making the collection and exhibitions inclusive and accessible, both in-person and online.

Check out [www.luag.org](http://www.luag.org) for our events calendar and registration information.



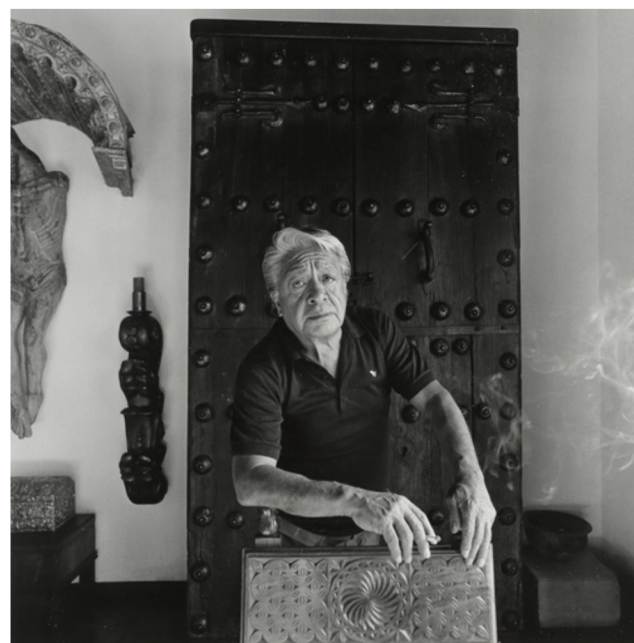
Maite Gomez-Rejon of ArtBites



Taste of Art interactive lectures and cooking demos are offered in partnership with Maite Gomez-Rejon of ArtBites: Cooking Art History. Maite has dedicated her career to exploring the nexus of art and culinary history through lectures, cooking classes, and tastings presented in museums across the country and through her podcast, Hungry for History. For more info: [www.artbites.net](http://www.artbites.net).

# ABOUT THE ARTIST

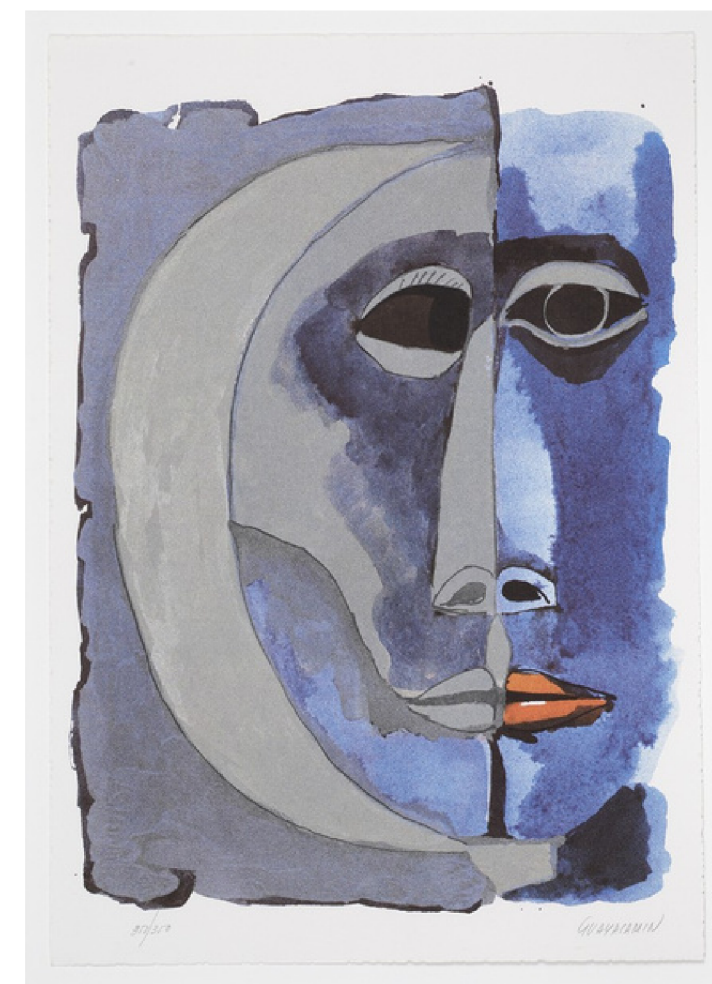
Learn about artwork from the Lehigh University Art Galleries Permanent Collection



Mario Algaze, Cuban, b. 1947  
(Portrait) Oswaldo Guayasamin, Quito, Ecuador, 1990,  
Gift of Mario Algaze, LUF 93 1116

# Oswaldo Guayasamín

Born: 1919. Quito, Ecuador  
Died: 1999, Baltimore, Maryland, USA  
Studied at School of Fine Arts in Quito



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

**Oswaldo Guayasamín** was an Ecuadorian artist who brought his unique styles of expressionism and cubism to Ecuadorian art culture. He is often referred to as the Southern Picasso. Born in 1919 in Quito, Ecuador, Guayasamín used real life experiences and tragedies to pursue the only thing that ever interested him from a young age: **art**. Not only was Guayasamín one of the most influential artists from Ecuador, he wanted to make a change and difference. This was Guayasamín's life mission and to this day, he is one of the most influential and well-known Ecuadorian artists.