

# TASTE OF ART



## FEATURED RECIPES

*from the Kellyn Foundation*

### 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. adobo 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 CARIBBEAN 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

### 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.

Enjoy Warm!

**Makes approximately**

**4 servings**

(about 3/4 cup mofongo + 1 1/2 cups stew per serving)



Share your photos and tag us on social media at @LUArtGalleries for a chance to win a restaurant gift card.

**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 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.



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



The Kellyn Foundation is a 501(c)(3) non-profit corporation with a mission to develop, support, facilitate and implement programs that encourage family and community physical and emotional wellness. They focus on healthy lifestyles with positive outcomes that can be sustained and taught to future generations, while helping to reduce the individual, family, community and national chronic disease burden. For more info visit [kellyn.org](http://kellyn.org).

Puerto Rican culture and cuisine is a unique blend indigenous of Taino 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 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 Nuyorican and Puerto Rican, the Puerto Rican diaspora in New York, the political status of Puerto Rico, and the perception of Puerto Rico abroad.



This project was made possible in part by the Institute of Museum and Library Services, American Rescue Plan for Museums and Libraries.

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