



YOU HAVEN'T EXPERIENCED NEW YORK
UNTIL YOU TASTE HARLEM!

Taste Harlem Food & Cultural Tours was founded in 2007 by Jacqueline Orange, a Chicago native, woman of color. We provide professionally guided bus and walking tours of Harlem and New York. The tours are customized to focus on ethnic foods, history, music, architecture, and local artisans.

Our target market is individuals who enjoy ethnic food, history, and all things New York. We designed custom tours for corporate events, family reunions and student groups, to name a few. Tours are available in English and Spanish.

Our tours are changing. That said, the new vision is still of a tour, but one that is self-guided. It is a “Tour-In-A-Box”. The box will contain some of the prepared food items normally available on our tours, recipes, and ingredients for customers to cook certain dishes at home, how to videos, sauces, specialty/blended teas, and other products. There is enough food in the box to feed four people. As our recipes expand we will add pages to this book. You will also meet new Harlem personalities on upcoming journeys that will allow you to Taste the many flavors of Harlem.

The foods you are about to prepare will take you on a journey from Africa into the southern United States and then, of course through the great migration we arrive into the neighborhood of Harlem.





Soul food (African American heritage cooking) has a rich and important history that ties Black culture to its African roots, and that history is deeply reflected in ingredients and staple recipes.

Several ingredients in soul food link to African traditions that were brought over during America's dark past – slavery.

Ingredients such as **Rice**: This grain never existed in these regions before the arrival of Africans. **Black-eyed peas**, are native to Africa. Europeans fed black-eyed peas to captives during "The Middle Passage," – the forced voyage of Africans across the Atlantic Ocean to the New World – where rations were calculated to provide the cheapest, minimal nutrition to keep enslaved people alive. **Okra**, a southern staple is prominent in West African cooking, especially soups such as Senegal's *soupikandia*. Harlem has the largest Senegalese population in North America and this dish can be found in local Harlem African restaurants.

Common American dishes such as Jambalaya (mixed rice, meat and vegetables), Gumbo (okra stew), and *hopping johns* (black-eyed peas) are all reminiscent of dishes from West Africa countries of Senegal, Nigeria, Guinea and Benin.

It is the memory palette of the last generation born in slavery and would become a cuisine of ethnicity, a bridge to the past, and a road to new possibilities for the black food of the future.



(2) Twitty,
The Cooking Gene,
page 409

Through *The Great Migration* (c. 1916 – 1970), Black Americans brought with them a taste for traditional foods such as hominy grits.

Grits is a porridge made from boiled cornmeal.

Hominy grits are a type of grits made from hominy – corn that has been treated in a process with an alkali.

Although, Africans were familiar with corn from the Motherland, grits were first introduced by Native American Muskogee tribes in the 16th century. The tribes are credited with grinding dried

The Great migration was the largest movement of people in American History where Black Americans fled from the South to the North from 1915 to 1970. They left to improve their social and economic conditions as human beings.

corn into a coarse, gritty texture we now know of as grits, and serving it to colonists. They continued to rise in popularity over hundreds of years. Grits are found all over the South at almost every meal for breakfast, lunch, and dinner. In 1976, South Carolina declared grits the official state food.

Foods you might know that use grits to prepare: Porridge, polenta, and Mexican tamales. Grits are a great staple to have in your home, like rice.



FRIED CHICKEN & WAFFLES

There are many stories about Chicken and Waffles and how to prepare it. Let me set the record straight: It is not a southern dish. Ask any southerner and they will tell you they did not grow up eating this combination. Many folks have had chicken and they have eaten waffles. But chicken and waffles *on the same plate*? Not really.

Nothing beats the union of sweet and salty, soft and crunchy, maple and...chicken soul food combo.

Chicken and Waffles was created by Joseph T. Wells a restaurateur in New York City during the Harlem Renaissance. In 1938, the combination appeared in Harlem at *Wells Supper Club* and became a favorite for the locals – especially the late-night musicians who arrived too late for dinner and too early for breakfast.

Later in the 70s, the dish spread to Los Angeles when Harlem native, Herb Hudson, opened the restaurant *Roscoes's House of Chicken and Waffles*. With the explosion in the culinary experience, we can now enjoy many variations of Chicken and Waffles in different cities throughout the U.S. I hope you enjoy the culinary introduction!



THE BOX



Sylvia's Hot Sauce, and Fried Chicken Mix –

The world famous Sylvia's Restaurant opened in Harlem in 1962. The founder and owner, Sylvia Woods, became known as the “Queen of Soul Food”. As a teenager, Sylvia moved to New York from Hemingway, South Carolina to join her mother in 1930, who came for better opportunities. The restaurant is known for fried chicken, ribs, grits, cornbread, collard greens and black-eyed peas.

African Americans who landed in New York from the South typically came from the Carolinas, Virginia or Georgia. We wanted

to provide you with grits, like the ones Ms. Sylvia grew up with, fresh from the farm. **Palmetto Farms Grits** come from a corn farm in South Carolina that produces a delicious all natural, stone-ground, gluten free, and non-GMO product.

VickyCakes Pancake & Waffle Mix* was selected to provide you with a great waffle complement to go with the fried chicken. In Harlem, there are several restaurants that serve chicken and waffles as a favorite soul-food entrée. Similar to Ms. Sylvia, Vicky was born and raised in the Mississippi Delta and later moved north in the 70s, bringing this great recipe with her. The waffles or pancakes made with this product are reminiscent of the dishes that drew huge crowds at Wells Supper Club in Harlem in the 1930s. Make sure you try your chicken and waffles a few ways: For example, pour maple syrup over the chicken and the waffle, use the hot sauce or mix the hot sauce with the syrup, or try it with the Mama's One Sauce. There isn't a wrong way to do it!

The **vanilla extract is included for use in the VickyCakes mix.*

Rugelach is a traditional Jewish pastry, in this case, prepared by Alvin Lee Smalls of **Lee Lee's Baked Goods** in Harlem. Known and beloved as "Mr. Lee", the baker has been perfecting this pastry for over 50 years. The dough is made with cream cheese, then rolled with walnuts, raisins, apricots, and loads of butter. It has become famously known as *Rugelach by a Brother!*

Mama's One Sauce celebrates Vy Higginsen. Executive Director of the Mama Foundation for the Arts - an entertainment and arts education company dedicated to presenting, preserving and promoting the history and culture of gospel, jazz and R&B. Vy's family has lived and worked in Harlem for over 100 years. The Mama's One Sauce is a soulful addition to a variety of foods, including meats, salads, vegetables, dips, and more.

Corbin Hills Honey comes from Corbin Hills Farms Food Project - a Harlem-based farm share program distributing farm fresh foods to communities throughout New York City. Their flexible model prioritizes the needs of the communities they serve, with an emphasis on serving low-income communities and communities of color. The **Maple Syrup** is made on a local family farm - Ringwood Farms in Cooperstown, NY - and is included in the Corbin Hills farm share package.

The Hibiscus Tea hails from Serengeti Teas and Spices, a beloved artisan tea café in Harlem. Serengeti specializes in authentic African herbal teas, custom blended with aromas and flavors that have no limits.

NOW IT'S TIME TO GET COOKING!

Be sure to watch the videos before you begin cooking or while you are cooking:

<https://www.tasteharlem.com/videos>

You will need a few additional items that are not in the box:

1 whole chicken cut up or 8 individual pieces

Salt & Pepper

Milk

1/2 Stick Butter

2 Fresh Garlic cloves or (Garlic Powder)

3 eggs,

32 oz vegetable oil,

Optional: 1 can of Pam spray oil, Buttermilk, Bay leaf

Cooking Instructions_____

PALMETTO FARMS ALL-NATURAL STONE GROUND GRITS

Ingredients needed:

Grits

Salt

Milk or water

Butter (as needed)

Bay leaf for a twist (optional)

Cheese (optional)

Servings	1	2	4
Water or Milk	1 cups	2 cups	4 cups
Grits	¼ cup	½ cup	1 cup
Salt (optional)	Dash	1/8 tsp	¼ tsp

Stove top directions:

1. Bring water or milk to a boil. You can also use half milk and half water.
2. Slowly stir in grits in the saucepan and add salt.
3. Bring to boil, stirring often for 5 minutes.
4. Cover with a lid and reduce heat to simmer.
5. Cook for approximately 20-30 minutes stir occasionally.
6. Remove from heat, cover, let stand until thickened, add butter and stir.

*For thicker grits use less water, for thinner grits use more water or milk.

FRIED CHICKEN WITH SYLVIA'S RESTAURANT RECIPE MIX

Ingredients needed:

Whole cut up Chicken or 6 – 8 chicken parts

2 cloves Fresh garlic (or 2 tsp garlic powder)

2 tsp Salt

2 tsp Black Pepper

2 eggs

30 oz bottle of
vegetable oil

½ bag of Crispy

Fried Chicken mix



Cooking instructions

For best results season chicken 24 hours in advance and refrigerate.

1. Rinse chicken with cold water then pat dry. Season the chicken with grated garlic or garlic powder, salt and pepper by massaging into chicken under the skin. Cover and refrigerate until ready to cook.
2. Heat vegetable oil in a large, skillet over medium- high heat.
3. Beat eggs in a bowl and set aside.
4. Using a plastic bag or large bowl, combine ½ bag of the fried chicken mix with 1 teaspoon of salt and 1 teaspoon of pepper. Mix everything up well. Set aside.
5. Dip each piece of seasoned chicken into the egg mixture, be careful to coat each piece.
6. Coat each piece of egg dipped chicken with chicken mix by rolling individual pieces in the bowl into mix or shake up in the bag. Set aside on a plate.

7. Test oil by dropping a pinch of chicken mix into the hot oil. If it bubbles, it's ready.
8. Reduce heat to medium.
9. Carefully place the chicken in the pre-heated oil, using tongs. (Add 3 to 4 pieces slowly, so that the temperature does not drop). Cook chicken for 8-10 minutes on each side to reach a perfectly golden brown color. For darker color cook a bit longer and depending on the size of the pieces. Check for doneness by piercing the meat; the juices should run clear.
10. Drain chicken on paper towels.

**When finished leave the oil to cool. After enjoying your meal, return the strained oil into the original bottle to reuse, or simply discard it.*



VICKYCAKES

Pancakes & Waffle Mix

Ingredients needed:

1 egg

1 cup whole milk

¼ cup buttermilk (if not available can substitute for whole milk)

4 tps vanilla flavor

3 tbsps water

2 tbsps cooking oil or Pam (spray oil)

**See Vegan Options on the package*

Cooking instructions

1. Heat 1 tbsp of cooking oil in a pan or waffle iron
2. Mix the entire bag of Vicky Cakes into a bowl with one wet ingredient at a time and stir.
3. Pour batter into hot skillet or waffle iron.
4. Cook for 2-3 minutes and flip when batter bubbles up on top. Cook opposite side for 1 minute or until golden brown.
5. Cook the waffles according to the waffle maker's instructions.

SERENGETI TEAS AND SPICES

Hibiscus tea, also known as Agua de Jamaica, Sorrel, or Bissop, is an all-season beverage. You can drink it as a steaming hot cup of tea in winter to warm yourself and also have it as a chilled beverage in summer to feel refreshed. Cold hibiscus tea is easy to prepare but takes longer to steep. On the other hand, hot tea needs a little effort but is ready within minutes.

Depending on the season, you may choose to prepare the different versions of the non-caffeinated drink. The best part about it is that both methods require almost the same ingredients!



Optional ingredients:

- honey as needed (or any other sweetener, optional)
- 1 cinnamon stick (optional)
- 3-4 leaves mint (optional)
- 1 wedge lime (optional)
- 4-5 slices ginger (fresh and peeled, optional)
- 4-5 cubes ice (if you opt for cold hibiscus tea)

Hibiscus Tea Brewing Guide

TO MAKE HOT HIBISCUS TEA

TEA: 1 teaspoons **loose hibiscus**

WATER: 1 cup (8 fl. oz.)

STEEP TIME: 5 minutes

Sweeten with honey or agave to taste

TO MAKE COLD BREW HIBISCUS TEA

TEA: 1 teaspoons loose hibiscus

WATER: 1 cup cold (8 fl. oz.)

Or 1 Pitcher HIBISCUS COLD BREW ICED TEA

- 3 tablespoons dried hibiscus loose tea
- 4 cups cool spring water
- **STEEP TIME:** 12 hours

FOR SIMPLE SYRUP (optional)

- 1/2 cup water
- 1/2 cup sweetener of choice (honey, sugar, agave, maple syrup)

Jacqueline Orange
Owner

**Taste Harlem Food and
Cultural Tours**

www.tasteharlem.com

212.866.7427

202.262.8840 mobile

FB & IG: @tasteharlem