Exchanging Cultures through School Food: Developing Culturally Relevant Meals for the School Cafeteria

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Agenda

- Why incorporate cultural diversity into school food?
- Finding recipes
- Converting recipes from family style to recipes ready for the lunch line
- Taste tests!
- Challenges
- Success
- Discussion

Importance of Cultural Diversity

"Food can be about your family, your home, where you're from. It can be an adventure! I hope that by having a dish like chicken biryani for lunch, other students will learn to appreciate different cultures like mine."

-Zaahid, 7th grade



Words from Wildwood Elementary

(Video to be uploaded)

Finding Recipes

- Community Engagement
 Team in Cambridge
- Parent Groups
- School staff
- Ask the students!





Chicken Biryani

Ingredients

2.5 lbs raw chicken (boneless or with bone)

½ cup of yogurt

3 cups of raw basmati rice

2 onions, processed to paste

4 - 5 large onions sliced thin and fried until crisp

10 inch long piece fresh ginger, processed to paste

10 cloves of garlic, processed to paste

6 cinnamon sticks

3 teaspoons garam masala

6 tablespoons olive oil

2 tablespoons rose water

1-2 teaspoons kewra water essence (optional)

8 pods of green cardamom

Salt to taste

Water as needed

4 cups of oil for fried onions and 2 sticks of butter

How to Prepare

- First, combine the ginger, garlic, onion paste, yogurt, salt, 3 cinnamon sticks, 4 cardamom crushed, and garam masala in a large non-metal bowl. Stir together and add the chicken. Use a large pot for cooking. Take the chicken from the sauce and cook for 15 minutes. Cook boneless chicken for 8 to 10 minutes, with-bone 15 minutes.
- Slice the onions thinly and fry in the oil until crispy.
- Cook the rice part way by putting the rice in a pot with 10 cups of boiling water, 3
 cinnamon sticks, 2 tablespoons of olive oil, 4 green cardamom, 2 teaspoons of salt, 1
 teaspoon kewra essence (optional). Boil until 75% cooked and drain off the liquid.
- 4. When the chicken is done cooking get a large oven safe pot with a cover. First put in the chicken and the sauce in the bottom of the pot. Layer the fried onions on top. Add rose water and kewra essence (optional). Put the rice on top. Do not mix. Cover the pot.
- 5. Preheat the oven to 400 degrees. Turn it down to 350 when you put the biryani in the oven. Allow it to cook for 1/1/2 hours and check to see if the chicken is done. Put back in the oven if needed and check every few minutes until the chicken is cooked through. Stir up the layers and serve with salad.

Serves 12 to 15

Selecting Recipes

- Are the ingredients available for order?
 - o Can the ingredients be found at a store near the schools?
 - o Example: Recao leaves at Market Basket
- Can staff be trained to make the recipe?
 - o Is the staff time available?
- Is the recipe modifiable without losing authenticity?



Original Recipe to School Recipe

Fricasé de Pollo

Origin: Puerto Rico

Traditional chicken stew, commonly made as a family dinner Submitted by Debbie Bonilla, Title I program, family recipe

- 4 pound chicken cut into pieces
- 1 tablespoon of salt
- 1 teaspoon of pepper
- 1/2 tablespoon dried oregano
- 3 tablespoons safflower oil
- italian frying pepper, seeded and diced
 tablespoon white-wine vinegar
- 2 cups of tomato sauce
- 2 cups of tornato sauc
- 2 cups of wa
- 3 bay leaves

1/2 cup of alcaparrado (mixture of olives, capers, and diced pimiento)

1/2 cup of recaito

Recaito:

- 1/2 med yellow onion diced
- 1 italian frying pepper, seeded and diced
- 2 garlic cloves, peeled
- 3 sweet chili peppers, seeded
- 3 sprigs of cilantro

Blend together (makes 1/2 cup)

Season chicken with salt, pepper, and oregano. Set aside. Heat oil in large skillet and saute <u>recaito</u>, frying pepper, and <u>alcaparrado</u> medium heat, 5 mins. Add chicken and cook for 5 mins more. Stir in remaining ingredients. Bring to a boil, then reduce the heat and simmer for 25 mins.

This serves about 6 people.

Note: They are looking for her grandma's recipe book which has other recipes.

Sent in email 1-26-18 dbonilla@cpsd.us

	5. Layer chicken tightly in (4) 4" hotel pans being sure to divide the marinade evenly between the pans. 6. Add 4 bay leaves per pan pushing them into the sauce 7. Cover tightly with foil and bake for 45 minutes. 8. Lower oven to 300° and bake uncovered for an additional 60 minutes. 9. Break/shred chicken into smaller serving pieces using 2 tongs,				Pulse in a food processor until pureed. Store in lidded containers and refrigerate for up to 1 week or freeze in 2 quart portions.		
)	1. Cut the chicken in half across the grain. 2. In a large bowl mix chicken and sofrito. Cover tightly, pl refrigerator, and let marinate overnight. 3. On service day, add the crushed tomatoes, water, and re vinegar. Mix together. 4. Preheat oven to 350°				METHOD OF PREPARATION		
	METHOD OF PREPARATION				Kosher Salt	1	cup
				_	Black Pepper	1/4	cup
				-	Garlic Cloves	12	cloves
				_	Cilantro	4	bnch
					Red Peppers, chopped (about 12)	1	gal
					Green Peppers, chopped (about 12)	1	gal
	Bayleaves	12	leaves	-	Spanish Onion, chopped (about 10)	2	gal
	Red Wine Vinegar	1	cup		INGREDIENTS	QUANTITY	UNITS
	Water	1	#10 can	Start Prep time:	2 hours		
	Tomatoes, crushed	1	#10 can		12 Quarts		
	Chicken, boneless thighs Sofrito	40	lbs	Food Item:	Sofrito	Recipe #	
	INGREDIENTS	QUANTITY	UNITS				
Start Prep time				_			
	: 150 - 3 oz portions	тестре и		_			
Food Item:	Fricase de Pollo	Recipe #					

create a very saucey dish.

Creating Recipes for the Lunch Line

- Scaling recipes from family size
- Kitchen capacity (equipment, staff, etc.)
- Purchasing ingredients
- Utilizing commodity products
- Creativity and authenticity





Creating Recipes for the Lunch Line

- Bold flavors
- Variety of textures
- Visual appeal
- Meets NSLP meal pattern requirements (2 oz. M/MA, 2 oz. WG, ¼ cup vegetable)

Banh Mi Sandwich (To be tested in Boston Public Schools, December 2016)

Makes 100 Sandwiches

Ingredients:

12.5# White meat chicken strips

3 cups soy sauce

1# fresh ginger, minced

1# fresh garlic, minced

¼ cup brown sugar

6# Coleslaw mix

3 bunches fresh Cilantro, finely chopped

3 bunches scallions, thinly sliced

1 cup apple cider vinegar

¼ cup white sugar

2 tbsp salt

3 quart mayonnaise

2 cups hot sauce

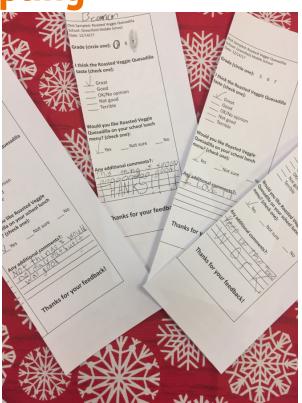
100 6" Whole wheat sub rolls

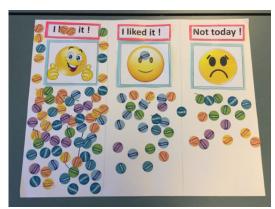
Directions:

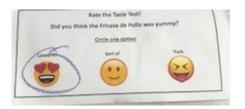
- Mix together soy sauce, ginger, garlic and brown sugar until sugar has dissolved. Place chicken in deep hotel pan and cover with marinade. Mix well, cover with food service film and set aside to allow flavors to develop, for at least an hour (This step can be done a day head so the chicken marinate overnight. Longer to marinate = more flavor!)
- Place covered hotel pan with chicken in steamer and cook until heated through. Internal temperature of chicken should be 165 degrees F. Hold hot in warmer.
- In a large mixing bowl, combine coleslaw mix, cilantro, scallions, apple cider vinegar, sugar and salt.
- 4. In a separate bowl, mix together mayonnaise and hot sauce to make spicy mayo.
- Make sandwiches by spreading 1 oz. spicy mayo on sub roll, add 2 oz. of chicken and top with 1/3 cup prepared coleslaw mix.

Taste Tests & Sampling

- Testing the recipe helps the kitchen perfect the dish and exposes students to the new offering.
- Collect feedback and talk with the students.







Challenges

- Staff pushback
- Costs
- The item isn't selling
 - o Loss of popularity over time
- Finding the resources for Taste Tests
 - Testing the recipe across the district





Successes

- "This reminds me of my abuela...it tastes just like her chicken she makes me at home" -1st grader in Cambridge
- Increase in scratch cooking
- Meeting the requests of parents and caregivers



Discussion

Welcome the Experts

Mellissa Honeywood, Cambridge Public Schools

Sasha Palmer, Amherst-Pelham Regional Schools

Dawn Olcott, Cambridge Public Health Department





Thank You!





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