



Gather Together
Juneteenth Book of Recipes
A collection of recipes from the kitchens of
Melwood staff and their families
with a healthy dollop of **LOVE**



Multicultural Friendship Recipe for Kids (and adults too)

Ingredients:

1 pint of diversity

1 dash of curiosity

2 cups of kindness

1 cup of gratitude

2 tablespoons of language

1 sprinkle of empathy

1 cup of smiles

1 bag of sharing

Directions

Mix all ingredients together with lots of love and simmer with patience. Stir in some community. Spread over a lifetime and serve with culture.

From the *Multicultural Kid Blogs*

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Uncle Buddy's Oysters

INGREDIENTS:

- 1 pint of freshly shucked oysters –
- (Maryland or Chincoteague, Virginia are preferred)
- All purpose flour- enough for a thin batter
- 1 tsp yeast powder (Rumford's)
- 1 small onion – diced
- 1 tsp seasoned salt
- 1 tsp black pepper

DIRECTIONS:

1. Rinse and strain oysters.
2. Pat oysters dry.
3. Combine all ingredients into a thin batter consistency.
4. Fry in ¼ inch oil until golden brown on both sides.
5. Oyster fritter should be the size of a small pancake.
6. Place cooked oyster on a paper towel to absorb excess oil.

Serve with yellow mustard on a toasted roll.

Also good with sliced tomato, fresh lettuce, and a lemon wedge.



Reason why I chose this recipe— *“My uncle was a Maryland Eastern Shore waterman and a former cook on an army ship. He was a master at preparing seafood dishes (and many other foods) and accompanying them with the freshest ingredients in the area. Oysters are an eastern shore staple and delicacy. We could never visit his home without being forced to partake in a meal.”*

-Marchesa Whittington

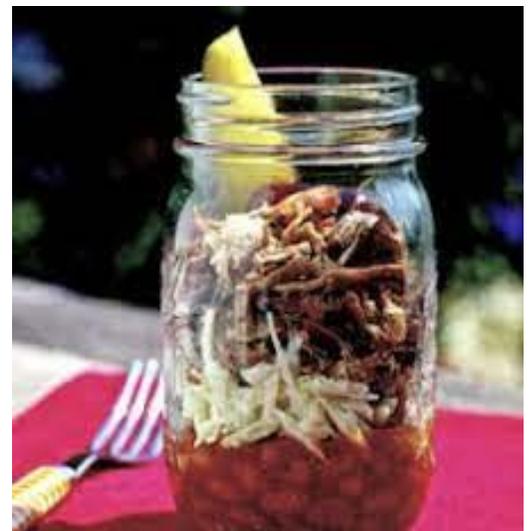
BBQ in a Jar

INGREDIENTS:

- 4 cups cooked and shredded pulled pork (or protein of choice)
- 4 cups cooked mashed potatoes
- 4 cups cooked baked beans
- 4 cups coleslaw
- BBQ sauce for topping
- Pickles for topping
- 4 16 oz wide mouth mason jars

DIRECTIONS:

Layer ingredients into mason jars, as desired, and serve warm!



Buttermilk Fried Chicken with Sour Cream and Honey Sauce

INGREDIENTS:

- 2 pounds of chicken
- 3 cups of buttermilk
- Lawry's garlic salt
- Rosemary
- Red pepper flakes
- Onion powder
- Smoked paprika
- 2 cups of flour
- ½ cup of corn starch



DIPPING SAUCE:

- Sour cream with honey drizzled on top
- Scallions, for garnish

DIRECTIONS:

1. Soak chicken in buttermilk for 4 hours (up to overnight) in the refrigerator.
2. Remove chicken from the buttermilk and pat dry – save the buttermilk in the refrigerator.
3. Season the chicken with the seasonings listed above – there are no real measurement of each just coat both sides of the chicken with them, light on the red pepper flakes and rosemary and heavy on the garlic salt, onion powder, and smoked paprika. Trust me, you can't go wrong.
4. Let the seasonings sit on the chicken for about 20 minutes.
5. In a large mixing bowl, combine flour and cornstarch.
6. Heat canola oil in a deep pan, oil should be about 4-5 inches deep in the pan. Heat to roughly 320-340 degrees Fahrenheit.
7. Grab the bowl of buttermilk from the fridge and set it next to the flour mixture. Dredge chicken into the flour mixture, dip it into the buttermilk, and then back into the flour mixture – make sure the chicken is doused in flour, none of the meat should be exposed.
8. After dredging the chicken, let it sit for about 5 minutes and then add to the oil. Cook until the chicken is golden brown.
9. Let chicken cool on a cooling rack with a paper towel underneath to sop up the oil.
10. In a small bowl, add sour cream and drizzle with honey. Sprinkle scallions on top.
11. Add chicken to a large plate. Chop up some scallions and sprinkle over top of the chicken.

Enjoy!

Honey Jerk Shrimp

INGREDIENTS:

SHRIMP

- 1 teaspoon salt
- 1 stalk of green onion (thinly diced)
- 1/2 red bell pepper (diced)
- 1/2 green bell pepper (diced)
- 2 tablespoons honey
- 1 tablespoon Thai sweet chili
- 1 teaspoon brown sugar
- 1 tablespoon vegetable oil
- 1 pound medium sized shrimp (tails on & deveined)
- 1 tablespoon dry jerk seasoning
- 1 teaspoon soy sauce

JERK SAUCE BLEND

- 1 tomato
- 4 stems of thyme
- 1 Scotch Bonnet pepper (seeds removed)
- 1/2 lemon (juiced)
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 tablespoon dry jerk seasoning
- 1 tablespoon jerk sauce paste (mild)

DIRECTIONS:

1. Season shrimp with 1 tablespoon of dry jerk seasoning and 1 teaspoon of salt. Then set aside.
2. Heat up vegetable oil over medium heat in large skillet
3. In a blender, blend dry jerk seasoning, honey, tomato, thyme, Scotch Bonnet, lemon, jerk paste, and soy sauce.
4. Set aside.
5. Add diced green onion and bell peppers to skillet
6. Sauté for 3-5 minutes.
7. Mix in jerk blend and bring to a boil.
8. While boiling, mix in added soy sauce, Thai chili sauce, brown sugar, and honey
9. Reduce heat to a simmer and allow to cook for 10-15 minutes (the sauce should thicken)
10. Bring heat back to medium heat and stir in shrimp. Allow to cook for 3-5 minutes until shrimp becomes pink. You do not want to overcook.

Serve and enjoy!



Sweet Potato Biscuits

(Yields 1 dozen biscuits)

INGREDIENTS:

- 4 cups flour
- ½ cup shortening
- 4 tsp baking powder
- 2 cups sweet potatoes
- ½ cup sugar

DIRECTIONS:

1. Wash sweet potatoes, slice, and boil until tender.
2. Allow potatoes to cool
3. Peel off potato skin
4. Pre-heat oven to 375°.
5. Mix sweet potatoes and sugar until blended.
6. Add flour, baking powder and shortening; knead until well blended.
7. For more moisture, add a few drops of water or milk.
8. Shape the mixture into biscuits.
9. Bake 15-20 minutes.



"It brings back great childhood memories of seasoned(senior) family members that took great care and pride in formally entertaining other family members and teaching younger generations how to prepare and present foods; having the table dressed ever so elegantly—even if it was a luncheon or family planning meeting. There was always something to eat or drink and served quite nicely."

-Marchesa Whittington

Squash Casserole

INGREDIENTS:

- 3 cups cooked squash
- 1 medium onion, diced
- 1 bell pepper, diced
- 1 cup crushed crackers
- ½ stick of unsalted butter
- 2 large eggs, well beaten
- Salt and pepper to taste
- 1 cup ham bits (optional)
- 1 can cream of mushroom soup

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Slice and preboil squash.
3. Sauté onions and peppers.
4. Mix all ingredients except crackers and pour into a casserole dish.
5. Roll crushed crackers in melted butter.
6. Sprinkle crackers on top of the casserole.
7. Bake for roughly 30 minutes.



"When I met my husband John, he HATED squash. He just had never had my squash LOL."

-Debora Purcell

Lacinato Kale Salad

INGREDIENTS:

- 2 bunches of Lacinato Kale (sliced)
- 1 large shallot (sliced)
- ¼ cup of olive oil
- Juice from 1 lemon
- 1 teaspoon pink Himalayan salt
- ½ cup of shaved or grated parmesan cheese
- 1 gallon plastic bag for massaging kale



DIRECTIONS:

1. Wash kale bunches and dry well.
2. Separate kale stems from leaves (stems can be used to make pesto).
3. Slice kale and add the very dry leaves to the plastic bag.
4. Peel and slice shallots and set aside.
5. Add ¼ cup of olive oil, juice of one Lemon and teaspoon of Pink Himalayan salt into the bag with the kale.
6. Close bag and massage kale and ingredients until the amount of the kale is half of what you started out with.
(Massaging the kale will break down the fibers and make it easier to chew and digest.)
7. Empty kale onto serving platter.
8. Sprinkle the sliced shallots and parmesan cheese over the top of the kale.

Serve immediately!

Only make the amount you intend to consume immediately as the salad will get soggy after sitting.

This salad is great to take to a potluck.

You can put everything in a plastic bag except the parmesan cheese and shallots.

Massage once you get to your destination, add to serving tray, garnish with parmesan cheese and shallots and you will have a beautiful show stopping salad that everyone will love.

“Greens have always held an important place on the table of African Americans. While this is a bit different from how our Ancestors consumed greens, this is my updated version. I chose this Lacinato Kale Salad as it’s my favorite Summer Salad and it travels well. The origin of this recipe is my Southern Kitchen in Maryland and I came up with it in my quest to eat healthy and Lacinato Kale is my favorite green. I wanted to make a dish that did not destroy the Vitamins and Minerals in the kale itself so not cooking the Kale kept it in its natural state.”

-Bobbyetta Matthews

Brown Butter Honey Cornbread

INGREDIENTS:

- 1 cup all-purpose flour
- 1 cup corn meal
- 1 tablespoon baking powder
- 1/4 cup white sugar
- 1 cup buttermilk (I used coconut milk with a teaspoon of lemon)
- 1/2-1/3 cup honey (sweeten to taste)
- 1/2 stick salted butter
- 2 large eggs
- 1 tsp vanilla extract
- 1/4 cup canola or vegetable oil
- Shortening
- Cast iron skillet



DIRECTIONS:

1. Preheat oven to 400 degrees Fahrenheit.
2. In a sauté pan, melt butter over medium heat and wait until butter begins to brown. (Be careful not to burn.)
3. Remove from heat and cool.
4. In a large bowl, whisk together all-purpose flour, corn meal, baking powder and sugar until well mixed. In a separate medium sized bowl, whisk together buttermilk, honey, cooled browned butter, eggs, vanilla extract, and oil.
5. Slowly add wet mixture to dry mixture and mix together until well combined.
6. Coat cast iron skillet with shortening until fully covered.
7. Place cast iron skillet in preheated oven for 4-5 minutes.
8. Remove cast iron skillet from oven and add cornbread mixture to skillet.
9. Place back in oven for 22-25 minutes until cornbread is done.
10. Remove from oven and serve.

Happy Baking!

Summer Berry Salad

INGREDIENTS:

- 1 pint of blueberries & blackberries
- 8oz of strawberries
- 1 lime (you will zest and juice)
- 2 tablespoons honey
- Chopped fresh mint



DIRECTIONS:

1. Wash and prep your berries. Chop strawberries in half and add all berries to a medium bowl
2. Zest 1 lime over berries in medium bowl
3. In a small bowl squeeze the juice of 1 lime and add 2 tablespoons of honey. Whisk lime juice and honey mixture then pour over berries. Mix well.
4. Let the berry mixture cool in the refrigerator for 1 hour or until ready to serve.
5. Optional: chop up fresh mint and sprinkle on top when you are ready to serve.

Cauliflower Macaroni and Cheese

INGREDIENTS:

- 2 heads of cauliflower washed and leaves removed
- Salt to taste
- Black pepper to taste
- Garlic powder to taste
- 1/2 cup mascarpone cheese
- 2 large eggs
- 1/4 cup heavy whipping cream
- 3 cups of shredded cheeses (creamy Havarti, Colby jack, and mild cheddar cheeses)
- Fresh chopped parsley for garnish



DIRECTIONS:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Pour approximately 2 inches of water into a large pot with a steamer basket. Warm water over medium-high heat and add cauliflower heads to the steamer basket. Cover the pot with a lid. Steam the cauliflower for approximately 10 minutes or until easily pierced.
3. Once cauliflower is softened, chop the heads into small chunks that are approximately 1-inch in diameter. Place cauliflower chunks into a baking dish (at least 9 inches wide).
4. Season cauliflower with salt, pepper, and garlic powder to taste. Set aside.
5. In a medium bowl, whisk together the mascarpone cheese, eggs, and heavy cream to form a custard. Pour the custard into the cauliflower and mix until cauliflower is evenly coated.
6. Mix 2 cups of shredded cheeses into the cauliflower mixture. Top the dish with the remaining cup of cheese. Season the top of the dish with additional pepper.
7. Bake the cauliflower mac and cheese for 35 minutes or until bubbly.
8. To brown the top cheese, broil for 1-2 additional minutes.

Garnish with fresh parsley if desired.

Pickled Dandelion Greens

INGREDIENTS:

- 1 bunch of dandelion greens
- 1 small onion
- 1 bunch of dill
- 1 teaspoon of cloves
- ½ cup of water
- 1 teaspoon of sugar
- A pinch of salt
- ½ cup of vinegar



DIRECTIONS:

Place in a mason jar with lid in a cool place overnight. Enjoy the next day!

Grandma Josephine's Homemade Pound Cake

INGREDIENTS:

- 6 eggs
- 1 block (8 oz) of Philadelphia cream cheese
- 2 sticks of butter
- Big spoon of Crisco
- 3 cups of sugar
- 1/2 teaspoon of baking powder
- 3 cups plain flour - gold medal, white lily, box of cake flour Swanns red and white
- 1 tablespoon vanilla; 2 tablespoons lemon flavor (can adjust amount to taste)



**Grandma Josephine's
Homemade
Pound
Cake**



***Make sure all ingredients are at room temperature (very important) ***

DIRECTIONS:

1. Sift flour 3 times and set aside
2. Whip butter, cream cheese, and big spoon of Crisco together, then add sugar and beat
3. Blend eggs (one at time) into butter and sugar mixture until you don't see any yellow
4. Add flour into the mixture, one cup at time, adding extract in between. In the last cup of flour you sift, add in the baking powder.
5. Flour the bottom of the cake pan before pouring mix into it. Swirl a knife in the mixture to pop any air bubbles in the batter.
6. Put in oven 325 degrees for about an hour and 10 minutes, pull it out and check with toothpick (time will vary for different ovens)
7. Let sit out for about 20 minutes before pouring icing over it.

For Icing:

- 1 cup of white confection powdered sugar
- 1/2 stick of butter
- 1 tbsp of milk (until it is runny enough to pour, but not too runny)
- Less than a tablespoon of lemon and vanilla extracts (to taste)
- Cream cheese - 1 block (8 oz)

Mix icing ingredients all together.

Pour icing over room temperature cake.

Lemon Jell-O Cake

INGREDIENTS:

- 1 small box (3oz.) lemon Jell-O
- 1 box plain yellow or lemon cake mix
- ¾ cup vegetable oil
- 4 eggs
- 1 teaspoon lemon flavor extract
- 1 teaspoon vanilla flavor extract
- 1 cup hot water

Glaze:

- 1 cup of sugar
- Juice from 1 to 2 lemons

DIRECTIONS:

1. Dissolve Jell-O in hot water. Let cool.
2. Mix all other ingredients together in large bowl.
3. Add Jell-O
4. Beat and then bake for 45 minutes at 350 degrees in a 9 x 13 ½-inch pan

Glaze as follows:

After cake cools for 5 minutes, take a fork and pierce holes through to bottom of cake.

Pour glaze over top

Leave cake in pan to serve.



Sweet grilled peaches

INGREDIENTS:

- 6 peaches (washed, halved, and pits removed)
- 2 tablespoons brown sugar
- 2 tablespoons butter

DIRECTIONS:

1. Wash and dry peaches, cut in half and remove the peach pit. Leave skin on peaches.
2. Preheat grill to a medium heat.
3. In a microwave safe bowl, add your brown sugar and butter and melt for 30 seconds.
4. Lay halved peaches on a baking sheet and brush the brown sugar mixture over the tops of the peaches.
5. Grill peaches flesh side down for 3-5 minutes, turn over and grill skin side down for 1 minute.

Remove from grill and enjoy.

Add ice cream for an extra sweet dessert.

“In the heat of a June summer day nothing beats enjoying delicious cool and sweet fruit as we sit around and tell family stories and reflect on how our ancestors worked hard and endured so much so we could live free today.”

-Reagan Chaney

Pound Cake

INGREDIENTS:

- 4 sticks butter
- 5 eggs
- 3 ¼ cups of flour
- 2 ¾ cups sugar
- ¾ cups whole milk
- 1 tsp rum extract
- 1 tsp vanilla extract
- 1 tsp lemon extract
- 1 tsp coconut extract

DIRECTIONS:

1. Beat butter and sugar for 20 minutes.
2. Add eggs, flour, milk, and flavoring. Beat well.
3. Pour in greased and floured Bundt pan
4. Bake 300° for 1 ½ hours



"This cake is the epitome of a basic delicious pound cake and can be dressed up with beautiful berries and homemade whipped cream for the perfect dessert. Many of my friends ask for this dessert during holiday celebrations."

-Marchesa Whittington

Pecan Pie

DIRECTIONS:

1. Preheat Oven to 400 degrees.
2. Using two 9-inch pie shells.
3. Bake the empty pie shells for 5 – 7 minutes (so that the crust isn't gooey).
4. Reduce oven temp to 300 degrees.
5. Spread 1 cup of pecans over the bottom of the prebaked shells, flat side down.
6. Mix 3 large eggs, 1/3 to ½ cup sugar (as desired), ¼ cup melted butter, 1 teaspoon pure vanilla extract, ¼ teaspoon Salt, 1 cup light Karo syrup.
7. Pour mixture over pecans.
8. Bake pies for 40-45 minutes or until golden brown and center is firm.



Enjoy!!

Southern Strawberry Sweet Iced Tea

INGREDIENTS:

- 4-5 family-size tea bags (ex. Luzianne)
- 6 cups water divided
- 4 cups ripe strawberries make about 1 cup of juice
- 1 1/2 cups granulated sugar
- Frozen or fresh strawberries
- Mint (optional garnish)

INSTRUCTIONS:

1. In a small pot, bring two cups of water to a boil. (Could also heat in the microwave)
2. Remove from heat and add tea bags.
3. Let tea bags steep for 10 minutes before discarding them.
4. Meanwhile, dice up strawberries.
5. Place in a food processor and puree.
6. Strain pureed strawberries through a mesh strainer, reserving the juice and discarding the pulp.
7. In a large pitcher, add tea, strawberry juice, and sugar.
8. Stir until sugar is dissolved.
9. Stir in 4 cups of cold water.
10. Refrigerate until ice cold. Pour over ice and serve immediately.
11. If desired, use frozen strawberries as ice cubes and fresh strawberries or mint as garnish.



Blackberry Ginger Soda

INGREDIENTS:

- Sparkling Dry Ginger (or ginger ale), chilled
- Blackberry Syrup
- Club Soda
- Blackberry Ice Cubes

DIRECTIONS:

1. Fill glasses with ice cubes.
2. Pour desired amount of ginger into glass, followed by a few drizzles of the syrup.
3. Top with a couple splashes of soda.
4. Stir until combined.

Enjoy!

