

BONNARROOTS

A photograph of a man in a grey t-shirt holding a white plate of food, likely lentils and rice, at an outdoor festival. The background shows a large group of people sitting at long tables under a white tent, eating and socializing. The scene is set outdoors with trees and a banner visible in the distance. The overall atmosphere is festive and communal.

Hungry for change, but feel intimidated by the idea of cooking for a crowd? What if we told you that you'd be making a four-course feast for 150 people, sourcing it all within a couple hundred miles, cooking with an all-volunteer team, and preparing it out of a 90 degree tent in the middle of the largest camping music festival in the country? You'd have cause to freak out a little! Seriously, what kind of twisted reality show is this?

This reality is the makings of our Bonnaroots community feasts, a series of dinners at the heart of Bonnaroo Music and Arts Festival. Eat for Equity partners with Oxfam America and Bonnaroo to bring together festivalgoers around an epic shared meal and a common cause.

Why do we do it? Because music and food are the great connectors. Because that's how we connect people to each other, to where their food is coming from, to who it's grown by, and to the power that our food choices have to make change. Because we know you can have fun, and do good. You can have your banana cream pie, and eat it, too.

Cooking for a crowd is Eat for Equity's bread and butter. Or, if you prefer, bread pickles and pimento cheese. Or grilled bread and green tomato chutney - all of which are on the menu at Bonnaroots.

We know you can do this, because our meals at Bonnaroo are made entirely by volunteers. If you peeked into our pop-up kitchen at Bonnaroo, you'd see volunteers grilling meat, stirring large roasters of grits, playing with bread dough, chopping hundreds of pounds of vegetables, making sauces and slaws and

dozens of pies. They're artists, nurses, writers, and brand strategists, not seasoned kitchen professionals.

Here's what we hope you do with this mini-cookbook:

- 1) **Make your own feast** for 8, 20, 50, or any number of family, friends, neighbors, and strangers.
- 2) **Invite your guests to give in a way that is meaningful to them.** That could be bringing one of these dishes to share, giving what one might have spent on a night out, pledging a couple hours of volunteer time, or giving in another way.
- 3) **Let us know how it goes!** How'd the meal turn out? What causes did you support? What stories came out of it? Share your meal with others with the tags #bonnaroots and @eatforequity - or by [sending us a quick note!](#)
- 4) And if you like it, **show your love** for Eat for Equity with a [donation of support.](#)

With gratitude,
Emily Torgrimson, Executive Director

With special thanks to our partners, including Clara Herrero [left] and Bob Ferguson from Oxfam America, and Laura Sohn [right] from Bonnaroo. Big thanks to Roseanne Pereira, our editor.



MENU

DRINKS

DIY Soda Bar

APPETIZERS

Cheddar Pimento

Fresh Pickles

Green Tomato Chutney

SALAD

Rainbow Salad with Golden Dressing

MAIN

Pulled Pork with Buttermilk Slaw

Creamy Parmesan Polenta

BBQ Sea Island Peas

DESSERTS

Banana Cream Pie

Coffee County Cream Pie



GAME PLAN

KITCHEN // FRONT OF HOUSE

ONE MONTH - AT LEAST TWO WEEKS BEFORE

- INVITE YOUR GUESTS and extend an invitation to help. Do they want to bring anything? If so, share a recipe with them, then cross it off your list!
- GATHER KITCHEN TOOLS. Ask your neighbors and friends if they have tools you need. Pick a drop-off/pick-up day and label items.
- PICK ORGANIZATION[S] to SUPPORT. Connect with the organization and share information about its mission with guests.
- GATHER EQUIPMENT. Collect or borrow items like folding tables, chairs, plates, and other serving ware.

ONE WEEK to TWO DAYS BEFORE

- GO SHOPPING
- MAKE: soda syrups
- green tomato chutney
- golden dressing
- CONFIRM RSVPs
- CONFIRM VOLUNTEERS
-
-

UP TO TWO DAYS BEFORE

- MAKE: cheddar pimento
- pickles
- pie crusts
- pastry cream
- coffee pastry cream
- pulled pork [sear and slow cook]
- bbq sauce for peas
- SOAK: bbq peas
- SOAK: polenta
- MAKE: pulled pork [sear and cook]
- MAKE: buttermilk slaw
- CLEAN HOUSE
- WASH DISHES
-
-

DAY OF FEAST

- CARBONATE soda water [opt]
- SET UP SPACE: music, tables and plates
- UNLOAD any remaining EQUIPMENT

FOUR HOURS BEFORE

- CHOP: veggies for rainbow salad
- WHIP: cream
- FILL: assemble pies
- MIX: peas and BBQ sauce
- MAKE: polenta
- WASH DISHES
- CHECK IN and ORIENT VOLUNTEERS: Give them a food safety rundown: Wash Hands, Knife Safety, Communication, and Cross-Contamination

TWO HOURS BEFORE

- CHOP: garnishes
- HEAT: pulled pork
-
- WASH DISHES
- SET UP: soda bar and drink station
-

ONE HOUR BEFORE

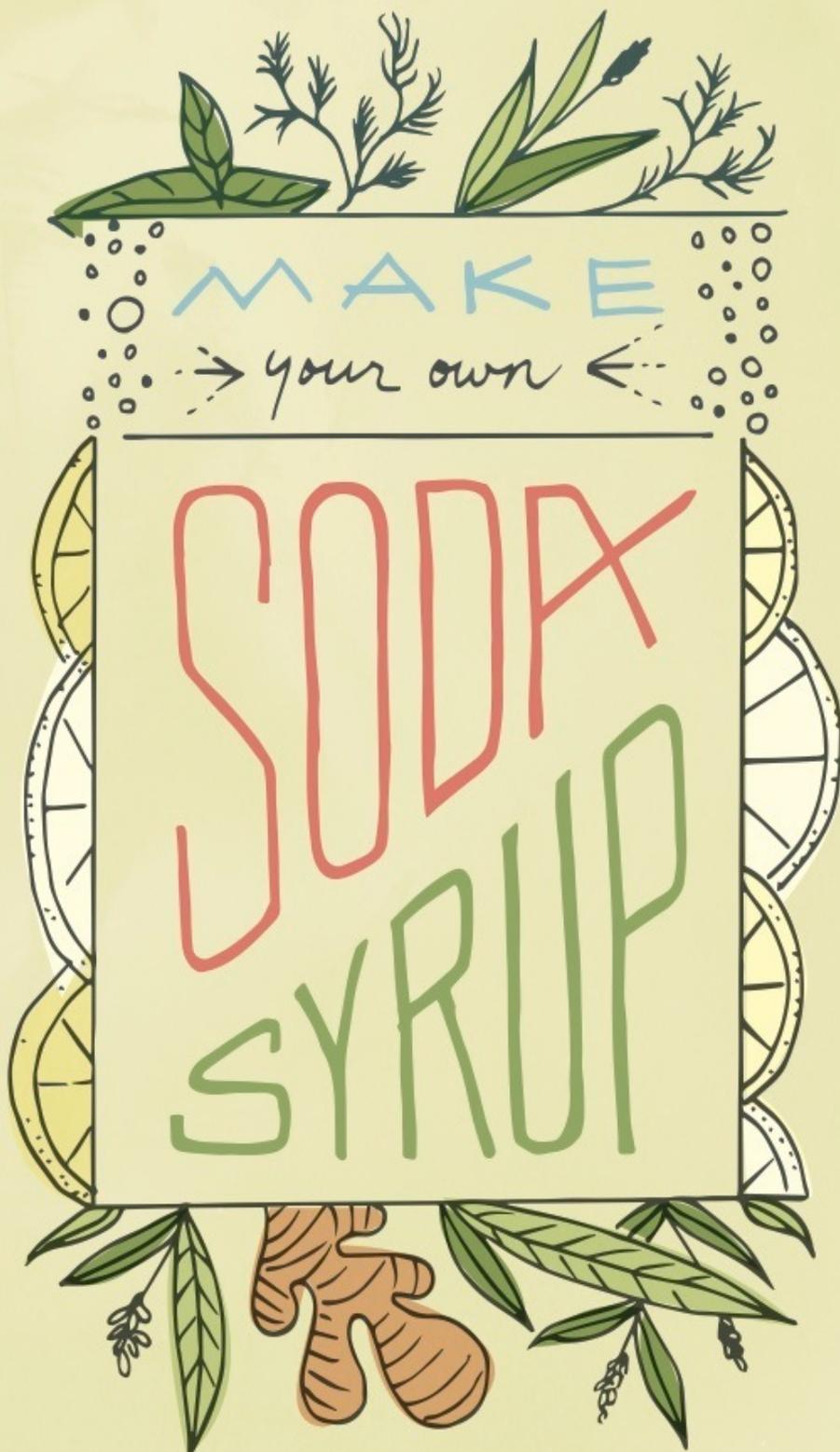
- ASSEMBLE: rainbow salad
- TASTE TEST: everything!
- PLATE: pickles, chutney, pimento
- GREET GUESTS!
- WASH DISHES
- TIDY UP SPACE

FEAST

- PLATE: peas, polenta, pork, slaw
- SLICE: pies
- ENJOY!
- SERVE: appetizers, salad, and main
- SERVE: pies
- ENJOY!

POST-FEAST

- WASH and SORT DISHES
- LOAD any EQUIPMENT



diy soda bar

You can call it soda, pop, bubbly, or coke. And you can make it however you like, with a DIY bar that includes a variety of syrups to add to club soda.

DIRECTIONS The following syrups share similar directions. Essentially, heat the sugar and water in a pot to a gentle boil, then add your flavoring [whether it's fruit, herbs, ginger]. Simmer for a few minutes, then steep to let the flavors soak in. If you have more delicate flavorings like hibiscus flowers, you may want to just steep [and not simmer]. Strain out the flavorings, and cool. Refrigerate until you're ready to use, and then mix with ice and club soda to serve.

EQUIPMENT strainer, pitcher or pourer

fruit syrup

INGREDIENTS [serves 8]

- 1 cup water
- 1 cup sugar

- 1 1/2 cups berries, frozen or fresh
- 2 quarts club soda
- 1 pound ice

lemon verbena syrup

INGREDIENTS [serves 8]

- 2 cups water
- 1 2/3 cups sugar

- 2 cups fresh lemon verbena leaves
- 2 quarts club soda
- 1 pound ice

ginger hibiscus syrup

INGREDIENTS [serves 8]

- 2 cup water
- 1 cup sugar
- 4 ounces fresh unpeeled ginger, roughly chopped

- 2 ounces dried hibiscus flowers
- 2 quarts club soda
- 1 pound ice



Photos by Austin Aho



WHAT CAN I DO? Pour concentrate into a pitcher or pourer. Set out an ice bucket with tongs. Make a sign for the different syrups. Set out glasses, club soda, and syrups for guests to make their own soda, pop, bubbly, or coke.



ADAPTATIONS We carbonate our own club soda, using a tank of CO₂ [carbon dioxide] and 5-gallon kegs of cold water. Our friends at [Fair State Brewing Cooperative](#), one of the first cooperative breweries in the country, set us up with a system.

FLAVOR ADAPTATIONS

- Use a sweetener that's local to your area. Maybe it's honey, or maple syrup, or sorghum syrup, or melado de cana [sugar cane syrup]. Test the sweetness as you go, and add more sweetener if necessary.
- Add in lime or lemon juice to accentuate and brighten the sweetness of the syrup.
- Substitute in a favorite herb for the lemon verbena. For example, mint, anise hyssop, thyme, fennel, basil are all incredible and sometimes surprising flavors.
- Herbs are great in combination with fruits. For example, blueberry thyme, lime basil, peach mint.

fresh pickles

June in Tennessee is like August in Minnesota, where Eat for Equity is based. It's so exciting to hear from our farmers that cucumbers, cauliflower and beets are at the peak of their season for Bonnaroo - a full two months before we hope to get a taste of them up here.

Maybe that's partly why these pickles taste so good. Fresh vegetables with a light but flavorful preparation that celebrates the first taste of summer.

INGREDIENTS (serves 8)

BRINE

- 1 1/3 cup water
- 1/2 cup red wine vinegar
- 1 1/4 tablespoons salt
- 1 1/3 tsp coriander seeds
- 1 teaspoon whole black peppercorns
- 2/3 teaspoon fennel seeds
- 2/3 teaspoon yellow mustard seeds

- 1/3 teaspoon whole allspice
- 1 bay leaf
- 1 serrano chile

VEGETABLES

- 2 beets [red or yellow]
- 1 head cauliflower
- 1 - 2 cucumbers
- 2 carrots
- 1 small red onion

EQUIPMENT strainer

DIRECTIONS Bring vinegar, spices, sugar, and salt to boil in heavy medium saucepan. Cool.

Chop vegetables into large, bite-size chunks. We cut the cucumbers into long wedges, but you can cut them any which way you like. A mandolin is helpful, but not necessary, for slicing the beets into consistent circles or half-moons. Keep beets separate from other vegetables, so that they don't bleed their color into the rest of the mix.

Strain the brine syrup and pour over vegetables and sprigs. The brine should cover the vegetables completely. Let stand at room temperature at least 2 hours. Cover and chill until ready to use. You can make this up to 2 days ahead.



ADAPTATIONS Bronze fennel grows around the Solar Stage, and we like to swap part of the dill for fennel fronds. Do you have an abundance of fennel, or cilantro, or thyme? Try it here!

green tomato chutney

This chutney hits all the notes - tangy, sweet, spicy, and herbaceous. It's a great way to use the last [or the first] of the tomatoes in the garden.

INGREDIENTS (serves 8)

- 2 jalapeños
- 1/4 cup fresh cilantro
- 1/4 cup fresh mint
- 2 garlic cloves
- 1/4 cup apple cider vinegar
- 1-inch section ginger, peeled and chopped
- 1/2 pound green tomatoes
- 1/2 teaspoons salt
- up to 1 1/2 cups sugar

EQUIPMENT peeler, knife, medium stockpot, food processor

DIRECTIONS In a blender or food processor, blend the jalapeños, herbs, ginger, garlic, cider vinegar, and salt until smooth. Add the mixture to a heavy-bottom pot with the sugar. Similarly, pulse the green tomatoes in the food processor until roughly chopped [not a puree], and add the pot.

Place on medium heat, bring to a simmer and cook on low till glossy and thick, about 15 minutes. Stir occasionally to prevent the jam from sticking to the bottom of the pan.

ADAPTATIONS Try peeling ginger with the back of a small spoon, instead of using a peeler. You can use the spoon to reach into the folds of the ginger.



Photo by Austin Aho

rainbow salad

My grandmother would always say that your plate should look like a rainbow. A little bit of green, a little bit of red, orange, yellow. It might have been her way of teaching us intuitive eating - when you have a range of colors on your plate, you also get a range of nutrients and vitamins. Her saying definitely inspired this salad packed with a whole lot of color and love.

You can adapt this dish to use vegetables that are in season. Go through the produce aisle or your farmers' market and pick a little bit of red, a little bit of orange, yellow, that looks good to you. In fall and winter, use carrots, golden beets, red cabbage and blue potatoes. In spring, use radishes, peas. In summer, use tomatoes, bell peppers, cucumbers.

INGREDIENTS (serves 8)

- Red: 1 beet
- Orange: 5 carrots
- Yellow: 2 golden beets
- Green: ½ pound of salad greens
- Blue/Purple: 1 cup chopped cabbage

OTHER IDEAS

- Red/Pink: red beet, heirloom tomato, watermelon radish, red pepper, apple
- Orange: carrot, orange bell pepper, orange
- Yellow: golden beet, yellow bell pepper
- Green: broccoli, cucumber, romanesco, green bell pepper, snap pea, kale, green radish, cucumber
- Blue/Purple: red cabbage, red beet, blue potato, red onion, purple carrot

EQUIPMENT sharp knife or mandolin, cutting board

DIRECTIONS Cut vegetables however you darn like. Some options include shaving raw beets and carrots thinly into half moons or circles with a mandolin, or shredding the root vegetables. A reminder that golden beets will lose their color when cooked [they turn almost black] and when exposed to air for a long time. After cutting them, soak in water or toss with salad dressing. Red beets will share their color with everything they touch, so you may want to keep them separated from other vegetables until right before serving.



Photo by Emily Rumsey



ADAPTATION Wondering how to serve salad for a crowd? A MacGyver trick we've used is to serve the salad on rimmed cookie sheets on the serving table, or to saran wrap clean storage lids and lay the salad right on top.

We also roll double layers of butcher paper right onto the table, and arrange the salad on top. It makes for quite a statement to see the salad take over the table - and you may be able to make a claim for World's Largest Salad. Romanesco or broccoli florets can benefit from a quick blanching in salt water. Drop them in simmering water for 30 seconds. Drain, then plunge them into a bowl of ice water. After they are cool, drain again.

If using red onions, slice as thinly as possible and soak in water, vinegar, or the salad dressing to remove a little of its sharp bite. Potatoes can be cut in half and sautéed in a pan on the stovetop or roasted in the oven.

If you're using vegetables like potatoes, sweet potatoes, beets, or butternut squash, chop into bite-sized chunks or thin wedges and toss with olive oil and salt. Bake at 375 degrees on a sheet pan until tender and little crispy on the outside. You can serve these vegetables hot or at room temperature.



WHAT CAN I DO? Take a photo of this beautiful creation before anyone digs in! #rainbowsalad and #worldslongestsalad to see what other people are doing. Please tag us! We'd love to see what you're up to @eatforequity

Introduce yourself to another guest, and ask them, "What was your favorite veggie growing up, and what's your favorite vegetable now?"

What's your favorite song that references a color? You can play a game where you challenge another guest to come up with a song for a particular color. For example: Blue? "Tangled up in Blue"! Red? "Raspberry Beret"!

golden dressing

This dressing is so good you might just find yourself drinking it. And why not, when it's packed with B vitamins, amino acids, and healthy oils? It's an easy recipe to whip up or quadruple on short notice. This recipe is adapted from the Hollyhock cookbooks.

Just make sure you have the secret ingredient in stock. If nutritional yeast is a new ingredient for you, note that it is **not** baker's yeast but is sometimes called brewer's yeast. It can be found in either fine powder or flake form, is yellow, and has an addictive nutty and cheesy taste. You can usually find nutritional yeast in the bulk or spice aisle in a grocery cooperative or at most Whole Foods stores [sometimes, in the vitamins section, since it's so darn good for you].

INGREDIENTS (serves 8/makes 1 cup)

- ¼ cup nutritional yeast
- 3 tablespoons tamari/soy sauce/amino acids
- 3 tablespoons apple cider vinegar
- 3 tablespoons water
- 1 large clove garlic
- ½ cup sunflower or olive oil

EQUIPMENT blender [immersion or regular]

DIRECTIONS In a blender, combine all ingredients except for the oil. Blend until the garlic is smooth, then pour in the oil as you continue to blend. And that's it. Drink up!



ADAPTATIONS Don't have a blender? Work the garlic into a paste with a little salt and the flat side of a chef's knife, or finely grate with a microplane. Pour into a jar and shake, shake, shake.



WHAT CAN I DO? You can do it all! This is a great job for your guests to take on all by themselves.

Our rockstar crush Lizzo says this dressing makes salad taste like "butter on bread." Don't believe us? Try it for yourself, and come up with your own tagline. And then share it with us!

buttermilk slaw

You've just got to have a coleslaw with a Southern meal. This slaw gets its bite from Cruze Farms buttermilk and lots of herbs. We use it to add a crunchy garnish for pulled pork, but it can also stand alone as well.

INGREDIENTS (serves 8)

DRESSING

- 1/4 cup dill
- 1/2 cup chives
- 1 1/4 cup and 2 tablespoons sour cream
- 1/3 cup and 2 tablespoons buttermilk

- 1 garlic clove
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 teaspoon lemon juice
- 1/8 teaspoon Tabasco sauce

SLAW

- 1 large green cabbage

EQUIPMENT mandolin, opt: blender/immersion blender

DIRECTIONS Chop dill and chives, and save some chives for garnish. Whisk all the dressing ingredients together. [You can use a blender or immersion blender, but know that sour cream will lose its emulsion if you over-blend it.] Taste and adjust seasoning if necessary.

Cut the cabbage into quarters and cut out the core. Using a knife or a mandolin, shred each quarter into whisper-thin slices. If any pieces are a little long, cut them in half.

Add half the dressing to the cabbage and toss until the dressing is evenly distributed. Add more dressing a bit at a time if needed, until the salad is dressed to your liking. Garnish with chives.



ADAPTATIONS The dressing will keep well in the refrigerator for a few days. The dressing will thicken up to more of a dip consistency as it chills. And yes, it makes a real good "ranch" dip for those fresh vegetables.



Photo by Emilie Hitch



Photo by Austin Aho

garlic parmesan polenta

Polenta could be a body double for mashed potatoes. Like its look-alike, polenta is a flavorful, creamy base for just about anything.

That said, polenta is even easier to cook than mashed potatoes. If you can make oatmeal, you can make polenta. The trick is to steadily whisk to prevent clumping and burning the bottom of the pot.

INGREDIENTS (serves 8)

- 2 cups coarse cornmeal [polenta grind]
- 5 cups water
- 1 cup cream
- 1 clove garlic
- 1/2 cup shredded parmesan
- 1 teaspoon salt [to taste]

EQUIPMENT stock pot or electric roaster, whisk, opt: microplane

DIRECTIONS Whisk the cornmeal and water together in a saucepan. Bring to a boil over medium-high heat, and then reduce the heat to low and simmer. Whisk in cream and cook for about 30 minutes, whisking every few minutes until the liquid is absorbed and the grains are very soft. If you're cooking for a crowd, make sure to use a big enough pot to allow the polenta to triple in size, and to give yourself enough time.



Photo by Emily Rumsey

Before serving, use a microplane to finely grate the garlic into the hot polenta. Add in parmesan and salt to taste, stirring gently until incorporated.

ADAPTATIONS Need to free up stovetop space? An electric oven or turkey roaster works well to heat relatively quickly, or you can start in a crockpot early in the day. Save cooking time by soaking the polenta overnight or soak for a few hours before cooking.



"WHAT CAN I DO?" Whisk, baby, whisk. There really can't be too many cooks in the kitchen looking out for the bottom of a polenta pan. Whenever you pass the pot, give it a whisk, to prevent it from the stick and burn! For an extra challenge [or to double as your workout for the day], use your non-dominant arm to whisk - work those biceps!



bbq sea island peas

These peas make quick friends. Guaranteed, every time we serve these, we get recipe requests. Tangy, smoky, and sweet, they even made a seven-year-old boy a fan – he promised to make them for his parents. This is adapted from Bryant Terry's *Vegan Soul Kitchen*.

INGREDIENTS (serves 8)

- 1 pound (2 cups) Anson Mills Sea Island peas or dried black-eyed peas, soaked overnight
- 2 tablespoons olive oil
- 1/2 cup diced onions
- 1/2 cup diced green pepper
- 2 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 2 tablespoons lime juice
- 1/2 cup tamari
- 1 large chipotle chile
- 1/4 cup brown sugar
- 1 tablespoons ground cumin
- pinch cayenne
- 1 teaspoon dried thyme
- 1 cup canned tomatoes

EQUIPMENT immersion blender/blender

DIRECTIONS Sort through peas, removing any stones or peas that float to the top when rinsed. Soak peas overnight. Drain soaking water, then cover black-eyed peas with enough water to cover them by 2 inches. Bring to a boil, and skim off any foam. Then, simmer, partially covered, until just tender, 45 minutes to 1 hour. Drain the beans, reserving a cup of cooking water.

While the beans are cooking, combine the olive oil, onion, and pepper in a medium-size sauté pan over medium heat. Sauté for 5 to 7 minutes, or until the vegetables are softened. Add the garlic and cook for an additional minute. Preheat the oven to 350 degrees.

In a blender, combine the rest of the ingredients [minus the tomatoes] and the reserved bean water to make the bbq sauce. Puree until smooth, then add tomatoes. Combine the beans with the bbq sauce and sautéed vegetables. Bake, uncovered, for 2 hours, stirring occasionally.



Photo by Emily Rumsey



WHAT CAN I DO? Come up with a good name for the BBQ sauce. For example: [Adjective] Uncle/Aunt [Name]'s Special Sauce. See: Crazy John's Black Eyed Pea Juice.

ADAPTATIONS To cook beans in an electric roasting oven, soak overnight, then put peas, salt, and fresh water in an electric roaster. Turn to high, cover, and check in an hour. Stir occasionally, adding water if needed.



banana cream pie

What kind of pie doesn't need to be baked? Sometimes creative challenges lead you to the most delicious solutions. We don't have an oven at Bonnaroo, so instead of baking bread, we grill it. And instead of baking pie or other sweets, we make desserts that don't need any oven time - like this banana cream pie.

Our rockstar crush Lizzo told us, "This banana cream pie is like, 'F-you!'" Agreed. And not only is it so f-ing good, the crust also happens to be gluten-free, raw, and vegan.

EQUIPMENT food processor, pie tin, electric scale, whisk, mesh strainer, electric beater, opt: pastry bag and tips

INGREDIENTS (serves 8, makes 1 pie)

CRUST

- 1 cup [3 1/2 ounces] pecans
- 1 1/2 cups [5 1/4 ounces] shredded, dried, unsweetened coconut
- 1/8 teaspoon sea salt
- 8 [2 ounces] soft Medjool dates, pitted
- coconut oil spray [or melted coconut oil]

FILLING

- 1 cup whole milk
- 1 cup cream
- 1/2 vanilla bean, split, seeds scraped

FILLING, CONT.

- 2 medium [3 ounces] eggs
- 1 large [1/2 ounce] egg yolks
- 2 teaspoons [3/4 ounce] cornstarch
- 1/2 cup [4 ounces] sugar
- heaping 1/8 teaspoon salt

TOPPING

- 2 bananas, sliced
- 1 cup heavy cream
- 1 tablespoon powdered sugar
- 1/2 teaspoon vanilla extract
- opt: handful dried banana chips

Photo by Emilie Hitch



DIRECTIONS // CRUST: Combine the nuts and coconut in a food processor and process until it becomes fine crumbs. Add the sea salt and dates and process until the mixture starts to come together when squeezed. Measure 10 1/2 ounces of mixture into each pie tin. Press into the bottom and up the sides of pie-tin, sprayed with non-stick coconut oil spray. Place in the freezer while you prepare the filling.

FILLING: Add scraped vanilla seeds and pod to milk and cream in a heavy-bottomed pot. Bring close to a boil, then remove from heat.

Meanwhile, beat together eggs, egg yolks, cornstarch, sugar, and salt with a whisk. To avoid scrambled eggs, temper the egg mixture by slowly whisking in the hot milk. Cook over low heat until thickened, whisking often. It will continue to thicken as it cools.

In case you inadvertently curdle the custard, you can still save it by whizzing the mixture in a blender or with an immersion blender.

Strain through a mesh strainer and into a shallow bowl or pan. This will remove the vanilla bean pods and any clumps. Cover the pastry cream with plastic wrap and transfer to the fridge or an ice bath to cool.

TOPPING: Whip the cream, powdered sugar, and vanilla together with an electric beater until soft peaks form.

To assemble banana cream pie, lay sliced bananas in the bottom of the pie-shell. Spread about 1 1/2 cups of pastry cream on top of bananas. Fill a pastry bag with whipping cream and decorate, either covering the entire pie or just the edges. Garnish with dried banana chips [optional].

ADAPTATIONS: COFFEE COUNTY CREAM PIE



FILLING: Add 1 1/2 teaspoons of instant espresso or coffee to the milk and cream. Follow the other steps and ingredients, as is.

TOPPING: Instead of bananas on the bottom, make a chocolate ganache by combining equal parts semi-sweet chocolate and cream [for one pie, 1 ounce chocolate and 1 ounce cream. One ounce of chocolate is about half of a chocolate bar]. Heat the cream in a saucepan over medium heat. Keep an eye on the cream — it's not necessary to boil or simmer it. It just needs to get hot, and then you can take it off the stove.

Chop the chocolate into fine pieces and add to the cream. Let sit for a few minutes to melt. And then stir with a spatula until it comes together. Let cool slightly before pouring onto the crust. If you're not using it immediately, store the ganache in the fridge.

Swirl the ganache around or spread with a spatula to cover the bottom of the crust. Scoop about 2 cups of cooled coffee cream into the pie. Spread with an offset spatula to smooth, and then top with whipping cream and dust with cocoa powder.



WHAT CAN I DO? Whip it, whip it good.

If whipping cream, it helps to start with a cold bowl, but it's not necessary. If you remember, stick a bowl into the freezer or fridge for a few minutes up to an hour. You'll need an electric mixer and beaters, a bowl, whipping cream, and a sweetener. Add a drizzle of honey or maple syrup, or a couple teaspoons of sugar [either powdered or granulated] to start, and see how sweet you like it. Taste testing is just one of the perks of helping out.

Put your biceps into it. Don't have an electric mixer? Find a whisk, and you've just found yourself a new party game. Pass the bowl from guest to guest and have them beat that whipping cream until their right arm has had enough! Then they pass it to the next guest. Eventually, you'll have whipped cream!

eat for equity

So, why do all this?

Because it's fun. Because it's delicious.

Because of the element of surprise. You never know who you might break bread with when you create a feast and share it.

Because how we show up for one another is important.

Because how we take care of our community matters.

Because who we see as our community can be impacted by who we cook with, eat with, laugh with, create with.

Because life is about who you meet and what you create with them.

Because cultivating a culture of generosity is up to each of us.





soda bar

serves 20	serves 50	
FRUIT SYRUP		
2 cups	3 cups	water
2 cups	3 cups	sugar
3 cups	4 1/2 cups	berries, frozen or fresh
GINGER HIBISCUS		
5 cups	8 cups	water
2 1/2 cups	4 cups	sugar
10 ounces	1 pound	ginger
5 ounces	8 ounces	dried hibiscus flowers
LEMON VERBENA		
5 cups	8 cups	water
4 cups	6 1/2 cups	sugar
5 cups	8 cups	lemon verbena
1 gallon [4 quarts]	2 gallons [8 quarts]	club soda
3 - 5 pounds	5 - 10 pounds	ice

pimento cheese

serves 20	serves 50	
3 large	7 large	canned pimento peppers, drained and chopped
4 ounces	10 ounces	cream cheese
1/2 cup	1 1/4 cup	mayonnaise
1/2 teaspoon	1 1/4 teaspoons	hot sauce
1/2 teaspoon	1 1/4 teaspoons	kosher salt
1/4 teaspoon	1/2 teaspoon	sugar
1/8 teaspoon	1/4 teaspoon	white [or black] pepper
1/8 teaspoon	1/4 teaspoon	smoked paprika
1/4 cup	2/3 cup	pickled green onions, chopped
2 teaspoons	2 tablespoons	pickle brine
1 pound	2 1/2 pounds	sharp cheddar cheese, grated



fresh pickles

serves 20	serves 50	
3 cups	6 cups	water
1 cup	2 cups	red wine vinegar
3 tablespoons	6 tablespoons	salt
1 tablespoon	2 tablespoons	coriander seeds
2 1/2 teaspoons	1 1/2 tablespoons	whole black peppercorns
1 1/2 teaspoons	1 tablespoon	fennel seeds
1 1/2 teaspoons	1 tablespoon	yellow mustard seeds
3/4 teaspoon	1/2 tablespoon	whole allspice
1	2	bay leaf
1	2	serrano chile, halved (with seeds)
3/4 pound	1 1/2 pounds	cucumbers, cut into wedges
1 small	1 1/2 onions	large red onion, thinly sliced
1 head	2 heads	cauliflower florets
1 1/2 pounds	2 1/2 pounds	carrots
1 pound	2 1/2 pounds	beets
5	10	fresh dill sprigs or fennel sprigs



green tomato chutney

serves 20	serves 50	
4	10	jalapeños
1/2 cup	1 1/4 cups	fresh cilantro
1/2 cup	1 1/4 cups	fresh mint
5 cloves	12 cloves /1 head	garlic
1/2 cup	1 1/4 cup	apple cider vinegar
2-inch section	5-inch section	ginger, peeled and chopped
1 pound	2 1/2 pounds	green tomatoes
1 teaspoon	3 teaspoons	salt
up to 3 cups	up to 6 cups	sugar

rainbow salad

serves 20	serves 50	
1 pound	2 pounds	golden beets
1 pound	2 pounds	red beets or chionga beets
1/2 pound	1 1/2 pounds	radishes
1 1/4 pounds	3 pounds	mixed salad greens
1 pound	2 pounds	romanesco or broccoli
1/2 pound	1 small	red cabbage
1 pound	3 pounds	blue potatoes
1 1/2 pounds	3 pounds	carrots
1/4 cup	1	red onion

golden dressing

serves 20	serves 50	
2/3 cup	1 1/3 cups	apple cider vinegar
2/3 cup	1 1/3 cups	tamari
2/3 cup	1 1/3 cups	water
8 cloves	1 1/2 heads	garlic
1 cup	2 cups	nutritional yeast
2 cups	4 cups	sunflower or olive oil

pulled pork

serves 20	serves 50	
1 Tablespoon	2 Tablespoons	brown sugar
1 Tablespoon	2 Tablespoons	kosher salt
1 Tablespoon	2 Tablespoons	ground black pepper
1/2 Tablespoon	1 Tablespoon	paprika
1/2 cup	1 cup	dijon mustard
6 1/2 pounds	16 - 17 pounds	bone-in pork shoulder [butt], skin removed
1/4 cup	1/2 cup	green onions or chives

buttermilk slaw

serves 20	serves 50	
1/2 cup	1 bunch	dill, finely chopped
1 cup	2 cups and 2 tablespoons	chives, finely chopped
3/4 cup	1 3/4 cups	sour cream
3/4 cup and 2 tablespoons	2 cups	buttermilk
2	5	garlic cloves, minced
3/4 teaspoon	2 teaspoons	salt
1/4 teaspoon	3/4 teaspoons	pepper
2 teaspoons	1 1/2 tablespoons	lemon juice
1/4 teaspoon	1/2 teaspoon	Tabasco sauce
2 large	5 large	green cabbage

parmesan polenta

serves 20	serves 50	
5 cups	12 1/2 cups	coarse cornmeal
11 cups	2 gallons	water
4 cups [1 quart]	6 cups [1 quart + 1 pint]	cream
3 cloves	1 head	garlic
1 cup	3 cups	shredded parmesan

bbq sea island peas

serves 20	serves 50	
2 pound	5 pound	dried black eyed peas
1/3 cup	3/4 cup	extra virgin olive oil
1 cup	2 1/2 cups	diced onions
1 cup	2 1/2 cups	green pepper, diced
4 cloves	1 head	garlic, minced
1/4 cup	2/3 cup	red wine vinegar
1/4 cup	2/3 cup	lime juice
1 cup	2 1/4 cups	tamari
2 cups	5 cups	canned tomatoes
2	5	large chipotle chiles
1/2 cup	1 1/4 cup	brown sugar or honey
2 tablespoons	1/3 cup	ground cumin
1/2 teaspoon	1 1/2 teaspoons	cayenne
2 teaspoons	1 1/2 tablespoons	dried thyme



banana cream pie

serves 20	serves 50	
CRUST		
makes 3 pies	makes 8 pies	
3 cups [10 1/2 ounces]	8 cups [1 pound 12 ounces]	pecans
4 1/2 cups [15 3/4 ounces]	12 cups [2 pounds 10 ounces]	shredded dried unsweetened coconut
heaping 1/4 teaspoon	1 teaspoon	sea salt
24 [6 ounces]	64 [1 pound]	soft medjool dates, pitted and chopped
FILLING		
3 cups	2 quarts	whole milk
3 cups	2 quarts	cream
1	2	vanilla bean(s)
10 1/2 ounces [~7 eggs]	1 pound 8 ounces [~16 eggs]	eggs
1 1/2 ounces	4 ounces	egg yolks
2 1/4 ounces	6 ounces	cornstarch
12 ounces	2 pounds 3 ounces	sugar
heaping 1/4 teaspoon	1 1/2 teaspoon	salt
TOPPING		
6	10 -12	bananas
1 quart	2 quarts	heavy cream
1/4 cup	1/2 cup	powdered sugar
1/2 tablespoon	1 tablespoon	vanilla extract

