



FIXED PRICE MENU

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LEAP
LAW
ENFORCEMENT
ACCOUNTABILITY
PROJECT

MENU

Hibiscus and Chia Cooler
Spiced Black Eyed Pea Spread with Teff Crackers
Steak and Collard Stew with Skillet Cornbread
Red Velvet Cupcake

PRAYER

We begin with a prayer. Seventy-four seconds of reflection on our ancestors and the wisdom and lessons they laid out for us before we were even born. Reflection on how they were of service to the community and how they protected their families to insure our survival. Seventy-four seconds being the amount of time between Jeronimo turning on his squad car lights and the last of seven bullets being shot at Philando's body.

DRINK

Where do the seeds of racism and bias come from? Children reflect the values and experiences of their caretakers. Are those experiences glimpses of unconditional love and treating others as we would want to be treated? Or are they divisive examples of us versus them? This drink is composed of ingredients that inspire the former. **Pouring a chia seed and hibiscus cooler that uplifts respect and hospitality while protecting the heart.**

APPETIZER

As we grow, we collect more lived experience and more patterns of behavior. I imagine, given their close ages, it was possible that Jeronimo and Philando may have gone to some of the same high school games or events in Minnesota. Did these high school years teach confrontation and brutality in moments of conflict? Or were they exposed to the necessity of de-escalation and communication? To eat from a shared dish is a sign of willingness to build trust. **Sharing a spiced black eyed pea spread and teff crackers is offered to acknowledge and honor shared humanity.**

MAIN DISH

Stopped twice by the same cop five years apart. What needed to be different the first time so that the second time wasn't fatal? The first stop was right after Jeronimo joined the police force. Had he already experienced the adrenaline and power of using force? Did he know that mistakes were usually erased with immunity? Was there still time to define the boundaries of protect and serve? **Serving a steak and collard stew with skillet cornbread, Philando's**

favorite foods, to insist that Jeronimo ingest Philando's perspective in 2011 so that 2016 could end differently.

DESSERT

Jeronimo had a child the year before he killed Philando. Did becoming a father teach him more empathy and loyalty? Did it make him more protective and willing to dehumanize suspects perceived as a danger? **Offering lastly a red velvet cupcake made with a raspberry cream cheese frosting and the authentic hue of sweet roasted red beets instead of the commonly used artificial dyes that can be lethal.** You'll see on the table that this cupcake is only partially complete on Jeronimo's plate. It transitions into a confusion of ingredients. It's up to you, and Jeronimo, to say whether this cupcake made to create accountability and possibility is falling apart or being made whole.

This menu provides a look at the influences and beliefs that led to Jeronimo succumbing to the inherent violence of his position and murdering Philando. At the menu's heart is the truth that allowing these traditions and cultures of fear, violence and indifference to continue uninterrupted will only lead to more death and suffering. Intentionally choosing empathy is crucial to the deconstruction of systemic racism. This meal creates space to reflect on the systems of accountability and cultural shifts that need to take root in order for us to survive together.

RECIPES

DRINK

Hibiscus and Chia Cooler

Yields: 8 servings

Ingredients

2 cups water

1/2 cup dried hibiscus flowers

3 tablespoons cane sugar, or to taste

1 teaspoon chia seeds per cup served

ice

Method

Seeds are full of the promise of new life. The potential that is cased in every seed resonates through this beverage with the strength of the ancient chia seeds.

In a small saucepan, boil the water over a high heat. While the water heats, rinse the hibiscus briefly in a fine mesh strainer to remove any debris. When the water boils, remove the saucepan from heat, add the hibiscus, cover the pot, and let the flowers steep for ten minutes.

After ten minutes, strain the liquid through a fine mesh strainer set in a 1-quart liquid container, pressing the solids to extract their liquid. Add additional water so that the liquid measures 2 cups once again. Stir in three tablespoons of cane sugar, or more to taste, and refrigerate until completely cool.

In nature, the delicate yet vibrant hibiscus flower blooms for such a short time yet it lingers leaving a lasting impact on the senses.

To serve: Put one teaspoon chia seeds in the bottom of a small glass focusing your intentions on the potential of each seed. Add 1/4 cup of the now cooled hibiscus cooler and stir to combine. Allow the beverage to sit for 15 minutes at room temperature. Top with ice to fill and serve with a small spoon or straw.

APPETIZER

Spiced Black Eyed Pea Spread with Teff Crackers

Yields: 4 servings

Ingredients

1 full head of garlic
5 tablespoons olive oil, divided
Kosher salt
freshly ground pepper
1 15-ounce can black-eyed peas, rinsed
1 tablespoon fresh lemon juice
1 teaspoon of berbere spice blend
1 tablespoon chopped fresh chives
1 tablespoon fresh flat-leaf parsley

Method

The hope for prosperity and new beginnings lives within every black eyed pea as the staple in both the ancestral food of enslaved Americans as well as the traditional meal of the New Year. Allow the promise of new beginnings to permeate every moment while making this spread.

Preheat oven to 425°. Rub off the papery skins from outside of the garlic and trim 1/2" off the top. Place on a sheet of foil, drizzle with 1 tablespoon oil, and season with salt and pepper. Wrap the garlic head in the foil, place it on a baking sheet, and roast the garlic until tender, 30–35 minutes; let cool slightly.

Squeeze the garlic cloves into a food processor. Add black-eyed peas, lemon juice, and berbere spice blend, and pulse until a coarse purée forms. Do not turn off the blender, but drizzle in the remaining 4 tablespoon of oil while the blender is still running. Transfer purée to a medium bowl and mix in chives and parsley; season with salt and pepper. Share with love and respect.

Teff Crackers

Yields: 20-25 crackers

Ingredients

½ cup brown teff flour

½ cup all-purpose flour
1½ teaspoon baking powder
1 teaspoon salt
1 tablespoon olive oil
½ tablespoon pumpkin seeds
1 ½ tablespoons assorted sesame seeds
⅓ cup + 1 teaspoon water

Method

Preheat the oven to 425F. In a bowl, combine the flours, baking powder, salt, oil, and seeds. Then mix it all together until clumpy. Witness how the ancient grain teff permeates the mixture and brings deeper texture that will translate into deeper flavor. Add small amounts of water at a time, knead into a soft dough. Take your time. Go slowly. Be present to the subtle transformation. Place the dough between two sheets of parchment and roll out as thin as you can. Using cookie cutters, cut into shapes or you can use a knife and slice into squares. Transfer the pieces to two parchment lined sheet pans and bake in the preheated oven for 8-9 minutes. Cool on a baking rack and store in an airtight container for up to 2 weeks. Each time you take a bite of one of these delicious crackers, remember your part in bringing ancient, healing wisdom into the present day.

MAIN DISH

Steak and Collard Stew

Yields: 6 servings

Ingredients

2 tablespoons olive oil
1 tablespoon unsalted butter
2 pounds of sirloin steak, cut into 1 inch cubes
1 yellow onion, diced
4 cloves garlic, minced
2 ribs of celery, sliced
2 carrots, sliced into ½ inch chunks
6 red potatoes, cut into ¾ inch chunks
1 heirloom or beefsteak tomato, diced
1 tablespoon tomato paste
1 teaspoon smoked paprika
1 teaspoon cumin
1 teaspoon coriander
½ teaspoon cayenne pepper
½ teaspoon mustard powder
1 teaspoon garlic powder
1 teaspoon salt, more to taste
1 teaspoon pepper

1 teaspoon molasses
4 cups vegetable broth
1 bunch collards, washed, destemmed, and rough chopped
parsley for garnish

Method

The way we eat collard greens in the United States is a representation of the melding of traditional African cooking techniques and the available ingredients in the American south. Ultimately, they carry the message of abundance. Steak carries the reputation of being a food of wealth and prosperity. This stew is an expression of powerful history and meaningful relationships in a single bowl.

First, salt the steak and let the meat sit while you heat the stew pot. Add oil and butter to the pot and then brown the steak. Remove the meat to a separate dish but leave the fats. In the stew pot saute the onion. Then add garlic, celery, carrots, potatoes, tomatoes, tomato paste, spices, and molasses. Stir to combine. Add the broth and collard greens and allow the vegetable mixture to simmer for 25 minutes. After simmering, add the steak back into the stew and cook for another 10 minutes.

Allow the vibrancy of the greens and decadence of the steak to bring balance not only to your meal but your soul.

Skillet Cornbread

Yields: 8 pieces

Ingredients

1 tablespoon butter
1 cup all purpose flour
1 cup fine cornmeal
2/3 cup cane sugar
1 teaspoon salt
1 tablespoon baking powder
1 egg
1 cup buttermilk
1/3 cup vegetable oil

Method

Preheat the oven to 400F and lightly grease a 10 inch cast iron skillet with butter. Think about whether your skillet got passed down to you from an elder generation? Are you the first to season your skillet with confidence and clarity? Will you hand it down to your child with specific caretaking instructions? In a large bowl, combine flour, cornmeal, sugar, salt and baking powder. In another bowl blend the egg, buttermilk and vegetable oil until well combined. Add wet ingredients to dry ingredients and lightly mix until slightly combined. Be careful not to

overmix. Pour the batter into the prepared, well seasoned skillet. Bake for 20 to 25 minutes until golden brown, and a toothpick comes out clean. Remove the skillet from the oven and allow the cornbread to slightly cool before serving. Cut into triangle shaped portions and slather on a generous smear of butter. Serve to the elders first, then the youngin's, then take a piece for yourself. Let the taste of this fluffy skillet cornbread remind you of the generations of care that came before you and that will live on into generations to come.

DESSERT

Red Velvet Cupcakes

Yields: 18 cupcakes

Ingredients

2 medium beets, peeled, roasted, and cooled (a little over 1/2 cup)
2 tablespoons honey
2 cups all-purpose flour
1/2 cup cane sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
3 eggs
3/4 cup canola oil
3/4 cup buttermilk
1 teaspoon vanilla
6 ounces bittersweet chocolate chopped into 1/2-inch pieces

Raspberry Cream Cheese Frosting

Ingredients

1/2 cup (1 stick) unsalted butter softened
8 ounces of cream cheese softened (brick-style)
6 ounces raspberries, fresh or frozen and thawed
1 teaspoon vanilla extract
1/4 teaspoon salt
4 cups powdered sugar (measured then sifted)

Method

Preheat the oven to 350F. Place cupcake liners into the cupcake pan. Whisk the dry ingredients into a large bowl and set aside. Place the beets (yes beets!) in a food processor with the honey, and process until smooth. Add the oil, buttermilk, eggs, and vanilla and process until smooth. Transfer mixture to a large bowl, and gently fold the dry ingredients into the wet mixture until combined. Add the chocolate and gently mix to combine. As you pour the batter into the cupcake liners and smooth the tops, think about the resistance you may have to putting a vegetable in your dessert. Is your mind telling you a story based only on your life experiences as opposed to imagining what's unexpected but possible? Bake for approximately 20-25 minutes. Check the cupcakes at 20 minutes by inserting a toothpick and seeing if it comes out clean.

When done, let cupcakes cool in the pan before frosting. Make the frosting while the cupcakes are baking. Combine butter, cream cheese and raspberries in the bowl of a stand mixer and beat until combined and creamy. Add vanilla and salt and stir well to combine. With the mixer on low, gradually add powdered sugar until completely combined. Take a cooled cupcake and a spatula covered in frosting and enjoy the anticipation of these flavors combining. Meet your expectations with wonder and fulfillment. Appreciate nature's ability to be more than one thing at once.