

The Soul of Food

Soul of Food Lesson 5: The Upper South



Photo: Brett Jordan from Unsplash.com

"Most of my friends who contributed recipes live in Alexandria, Virginia, although many were originally from other parts of the South. They are all Negroes, as am I; many are professional cooks--I am not; and they all have and use the two basic ingredients--'a Good Heart and a Light Hand.'" - Ruth Gaskins

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Cover Page Quote from the book "The Jemima Code" by Toni Tipton Martin

Note: Please use this educational material with integrity.

(A Word from [Soul Fire Farm](#) about using and repurposing educational materials, which is good for us all to practice.)

Lesson 5: The Upper South

Where We Going? Virginia

Capital: Richmond | Population: 8.5 million

Land and Original People



Note on the Map: Many of these groups were more fluid in their locations than what a map can illustrate, but this map gives an idea of where they were generally. If you look at the maps of nearby states, you can see the location of indigenous people spread in and outside the United States border lines. However, once European colonizers arrived in the 1500s/1600s many indigenous groups were forced off their land to other areas of what is now the U.S., and state lines like those of Virginia were created to become what we see today.

Virginia is located on what was once the territory of several indigenous groups including the **Tutelo and Saponi, Powhatan, Tuscarora, Croatan, Catawba, Cherokee, and Yuchi.**

The Powhatan were a powerful chiefdom that was made up of about 30 groups of woodland indigenous people near the Chesapeake Bay and along the Chickahominy River. Like other east coast peoples they relied on the cultivation of crops like corn and tubers, as well as foraging and hunting for food. Women played significant roles throughout the matrilineal society of Powhatan villages. They were in charge of cultivating the harvest and gathering food, as well as leading the task of creating the materials for constructing village houses and building them when the houses began to biodegrade back into the earth¹. Indigenous towns like these would move every year or so, and often be near resources like marshes, woods and rivers like the Chickahominy. The soils were rich and loamy which was good for growing important crops such as corn.

One of the most well known Powhatan people is Pocahontas, whose story has been romanticized in many forms but especially the titular Disney movie. While Pocahontas was her nickname meaning “playful one”, her real names were Amonute and Matoaka². She was the daughter of the chief Powhatan and was about 11 in the year 1607 when English colonizers such as John Smith began to settle in the areas around her village.

Pocahontas was about 17 when she moved to England, and while historians still debate whether she left by force to be assimilated into European culture or left by choice, she would die just a few years later at the age of 21.

Many Powhatan people resisted and fought back against violent acts and kidnappings of their people, however by the mid-1600s most of the Powhatan population had been decimated, and in place the British had established their Jamestown colony. Jamestown would become the site of one of the first few slave trade ports in the United States, and later Richmond, VA along with Charleston, SC would become a major port of importing and exporting enslaved West Africans throughout the Southern and Northern states and Caribbean.



¹ Powhatan Indian Women <https://www.jstor.org/stable/pdf/483170.pdf?refreqid=excelsior%3A825eb5274bcf81b766f5e7f11031d0d5;https://www.nps.gov/cajo/learn/historyculture/powhatan.htm>

² National Park Service: Pocahontas: Her Life and Legend <https://www.nps.gov/jame/learn/historyculture/pocahontas-her-life-and-legend.htm>

Edna Lewis

Chef

Born: 1916 | Freetown, Virginia



- **Edna Lewis was born in 1916 into a town founded by former enslaved people of the African diaspora which included her grandfather.** These freed people bought the land and founded a vibrant farming community there. Here Ms. Lewis would master a Virginia-style of Southern cooking, anchored in the use of farm-fresh ingredients.
- Moved to Washington D.C. and NYC as a teenager, and wrote for the Communist Party paper *The Daily Worker*.
- Opened the restaurant *Cafe Nicholson* in 1949 as the head chef.
- **Went on to write several cookbooks** centering Southern cuisine and foodways, particularly those of Virginia. *A Taste of Country Cooking* is one that details her life growing up in Freetown, VA.
- **Ms. Lewis was cooking and writing about the use of fresh ingredients and supporting local food systems** long before White-savior types like Alice Waters and Michael Pollan, who are often credited with bringing such concepts to mainstream attention.
- **Retired to Georgia to live with her good friend Scott Peacock**, who cooked with Edna and took care of her until she passed away in 2006.

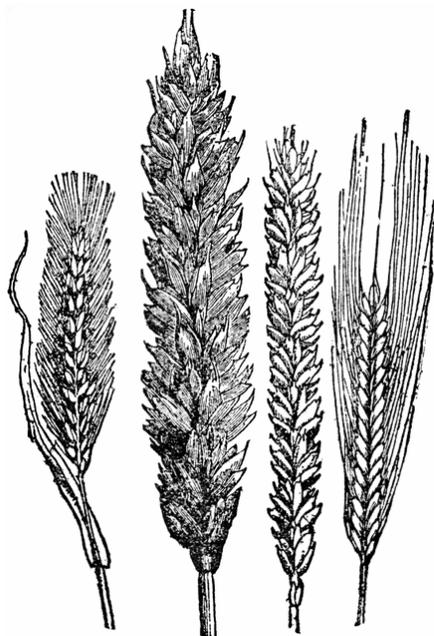
Learn More:

- The Grand Dame of Southern Cooking <http://specials.myajc.com/edna/>
- The Edna Lewis Foundation Profile <https://www.ednalewisfoundation.org/meet-ms-lewis>
- Kinfolk Profile <https://kinfolk.com/edna-lewis/>
- The People of Freetown <https://popula.com/2018/09/26/the-people-of-freetown/>
- Interview with Edna Lewis <https://www.youtube.com/watch?v=34hEzh-D7Qo>
- Fried Chicken and Sweet Potato Pie: A Mini-Documentary on Edna Lewis' Life <https://www.youtube.com/watch?v=cl6JVMoMN44>

Wheat

Triticum (Latin) - *Weit* (Dutch) - *Weizen* (German) - *White/Wheat* (English)

PLANT ORIGIN AND HISTORY



Wheat is a grain that comes from the Poaceae (Grass) family. Although wheat is known and used around the world, its origins are in a section of the Southwest Asian and North African (SWANA aka *The Middle East aka The Levant aka The Fertile Crescent*) region that includes many countries like Syria, Lebanon, and Turkey.³ However, the name for wheat comes from the German word for “white”.



The **wheat** (*T. aestivum*) we know of today evolved from the plant **einkorn** (*T. monococcum*). Einkorn was first domesticated in the Karacadag Mountains of Turkey over 11,000 years ago by Anatolian farmers. Over time einkorn was bred with other wild wheats and evolved into emmer wheat (about 7800 years BCE), and then emmer wheat was bred with more wild wheat plants to become the **common bread wheat** we know today (*Triticum aestivum*).⁴

WHEAT'S MIGRATION TO OTHER LANDS

Wheat was traded with European countries in the Middle Ages, then prior to and during the transatlantic slave trade it was brought to North America by British colonizers. Wheat likes a cool to cold climate and neutral, loamy soil, so it thrived in Upper South states like Virginia, Maryland, and Kentucky⁵, but did poorly in Deep Southern states and West African countries when Europeans tried to grow it in those regions.

Virginia's Piedmont and Shenandoah regions played a huge role in the wheat-growing market during the 1800s, and served as an epicenter for production as well as invention. For example, Virginia was tied only with Baltimore, Maryland as the site for high-quality wheat, and exported much of its production to Brazil.

Virginia was also where the reaper machine was invented due to the high demand for wheat production. The reaper machine was a predecessor to the modern combine machine (*both pictured below*) which is used to thresh and collect wheat stalks to be bundled into sheaves.

³ *Wheat Domestication* by Martin Jones

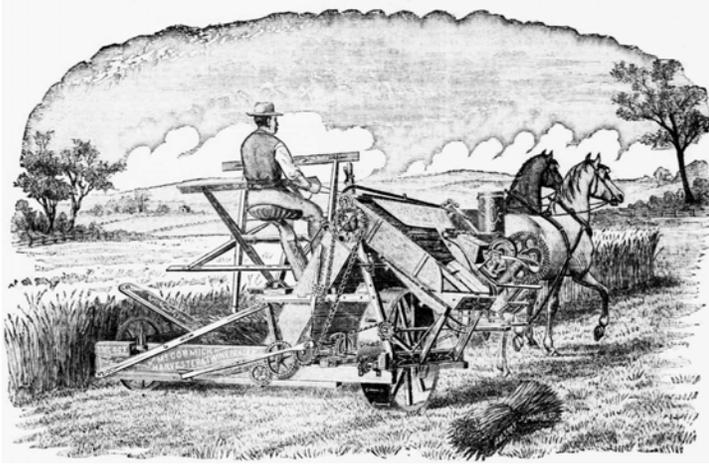
https://www.jstor.org/stable/pdf/2894533.pdf?ab_segments=0%2Fbasic_SYC-5055%2Fcontrol&refreqid=search%3A85241e109f2d1a1dfdb40e165b0246a4;
https://en.wikipedia.org/wiki/Taxonomy_of_wheat; <https://www.nytimes.com/1997/11/18/science/new-clues-show-where-people-made-the-great-leap-to-agriculture.html>

⁴ https://www.cerealsdb.uk.net/cerealgenomics/WheatBP/Documents/DOC_Evolution.php; <https://www.wheatworld.org/wheat-101/wheat-facts/>

⁵ *Slavery and American Agricultural History* by Gavin Wright

https://www.jstor.org/stable/pdf/3744933.pdf?ab_segments=0%2Fbasic_SYC-5055%2Fcontrol&refreqid=search%3A4934dea48d4cb715887c0439b5843b69; *The Story of the Reaper* <https://www.farmcollector.com/steam-traction/the-story-of-the-reaper>

White slave-owning Virginians such as Cyrus McCormick and others would take credit for inventing industry game-changers like the reaper machine in the mid-1800s. However, it was enslaved African American ironsmiths and mechanics like Joe Anderson and Edmund (no last name given), respectively, who were the ones to manufacture, test, refine, and repair these tools and thus played a huge part in their successful development⁶.



CULTURE - GROWING AND EATING WHEAT

Although enslaved African Americans were the ones sowing, harvesting, and processing wheat as well as manufacturing the tools needed for wheat production, they rarely had the luxury of eating it prior to emancipation. It was more common for enslaved people to have access to cornmeal than wheat flour, as wheat flour was reserved for White people and seen as a sort of status symbol.

The only time enslaved African Americans had access to wheat flour was for special occasions, or to be prepared in the kitchens of white slave owners for their families. In either case flour was strictly rationed out to them by their masters and mistresses. Therefore, it was only after African Americans were emancipated and began to have increased access to their own means of income, that they were able to purchase wheat flour and use it more frequently in meals or for baked goods. Wheat flour could be used for frying foods and baking desserts like pies and pound cake.

⁶ *Slavery's Capitalism* edited by Sven Beckert, Seth Rockman - Chapter 3: An International Harvest The Second Slavery, the Virginia- Brazil Connection, and the Development of the McCormick Reaper Daniel B. Rood
https://www.jstor.org/stable/pdf/j.ctt1dfnrs7.6.pdf?ab_segments=0%2Fbasic_SYC-5055%2Fcontrol&refregid=search%3A4934dea48d4cb715887c0439b5843b69;
Written and Compiled by Maya Marie S. for *The Soul of Food* 2020

AGRICULTURE - Types of Wheat

Some Common Types of Wheat Flours⁷ (excluding oats, barley, and rye, the ones pictured below are all types of wheats)



Type of Grain	Flour Types	Wheat(s) Used	Protein Content	Elasticity	Used For
Common Bread (T. aestivum aestivum)	Whole Wheat Flour	Whole grain wheat (Bran, Endosperm, & Germ Used)	15%	Low elasticity, very strong	Bread, nutrient dense cakes and cookies
	Bread Flour	Hard Red Wheat (Endosperm Only)	13-14%	Very elastic yet strong	Yeast Breads; pretzels, cookies, noodles, etc.
	All-Purpose Flour	80% Hard Red Wheat, 20% Soft Red Wheat (Endosperm Only)	12%	Medium elasticity and strength	Quick breads, yeast breads, cakes, cookies, pastries, etc.
	Pastry Flour	Hard white wheat (Endosperm Only)	10%	Elastic, not strong	Pastries
	Cake Flour	Soft red wheat (Endosperm Only)	7.5-9%	Elastic, not strong	Cakes and really light desserts
Durum (T. turgidum)	Durum, Semolina, or Kamut	Durum wheat	15%	Strong Not very elastic	Pasta, macaroni, etc.
Hard Spelt (T. Aestivum spelta)	Spelt	Dinkel wheat	16%		Quick breads, yeast breads, cakes, cookies, pastries, etc.

⁷On Food and Cooking: The Science and Lore of the Kitchen by Harold G. McGee

The Six Classes of Wheat

A look at the six classes of wheat grown in the U.S. and the food products made from them.



Hard Red Winter

Versatile, with excellent milling and baking characteristics for pan bread, Hard Red Winter is also a choice wheat for Asian noodles, hard rolls, flat breads, general purpose flour and cereal.



Hard Red Spring

The aristocrat of wheat when it comes to "designer" wheat foods like hearth breads, rolls, crescent rolls, bagels and pizza crust, Hard Red Spring is also a valued improver in flour blends.



Soft Red Winter

A versatile weak-gluten wheat with excellent milling and baking characteristics, Soft Red Winter is suited for cookies, crackers, pretzels, pastries and flat breads.



Soft White

A low moisture wheat with high extraction rates, providing a whiter product for exquisite cakes, pastries and Asian-style noodles, Soft White is also ideally suited to Middle Eastern flat breads.



Hard White

The newest class of U.S. wheat, Hard White receives enthusiastic reviews when used for Asian noodles, whole wheat or high extraction applications, pan breads and flat breads.



Durum

The hardest of all wheats, Durum has a rich amber color and high gluten content, ideal for pasta, couscous and some Mediterranean breads.



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The Kernel of Wheat

Sometimes called the wheat berry, the kernel is the seed from which the wheat plant grows. Each tiny seed contains three distinct parts that are separated during the milling process to produce flour.

Endosperm

The endosperm comprises about 83 percent of the kernel weight and is the source of white flour. The endosperm contains the greatest share of protein, carbohydrates and iron, as well as the major B-vitamins such as riboflavin, niacin and thiamine. It is also a source of soluble fiber.

Bran

Bran makes up about fourteen and a half percent of the kernel weight. Bran is included in whole wheat flour and can also be bought separately. The bran contains a small amount of protein, large quantities of the three major B-vitamins, trace minerals and dietary fiber— primarily insoluble.

Germ

Germ is about two and a half percent of the kernel weight. The germ is the embryo — or sprouting section — of the seed, often separated from flour in milling because the fat content (10 percent) limits flour's shelf-life, the germ contains minimal quantities of high quality protein and a greater share of B-complex vitamins and trace minerals. Wheat germ can be purchased separately and is part of whole wheat flour.

⁸ <https://appreciategoods.com/durum-wheat/>; <https://dontwastethecrumbs.com/the-different-types-of-wheat-and-what-theyre-used-for/>; <https://www.thespruceeats.com/all-about-flour-995124>

Chicken

Phasiandae and Numididae Families (Latin) - Chicken, Fowl (English)

ANIMAL ORIGIN AND NAME HISTORY

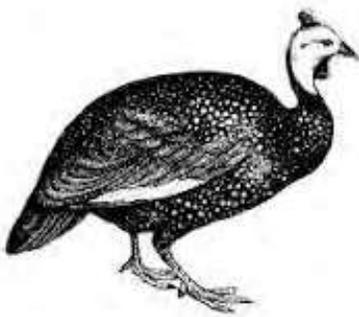


Red Jungle Fowl

Domesticated in Asia

The chickens most commonly known and cooked with today in North American and European countries are hugely different from their ancestors, and also not the same ones that were eaten by West Africans prior to the trans-atlantic slave trade. The chickens sitting in most supermarkets today come from the Red Jungle Fowl aka *Gallus gallus* in the Phasiandae family, and are native to the large area of Eurasia which comprises several European and Asian countries like India, Thailand, China, and Russia.

Some sources say red jungle fowls were first domesticated in Thailand around 7,500 B.C.⁹, while others say domestication happened later in 1,400 B.C.¹⁰ or somewhere in between those times. Wherever the red jungle fowl was first domesticated, it's descending species of chickens (e.g. Cornish and White Plymouth Rock fowls) would eventually be bred together in North America and European countries during the 1900s to become the big broiler chickens most Americans are familiar with eating.



Guinea Hen

Domesticated in West Africa

Prior to and during the trans-atlantic slave trade, chickens were not valued by Europeans in the same way that they valued beef and pork. Chickens were viewed by Europeans as common wild animals that roamed freely and if they were kept it was for their eggs, and occasionally slaughtered for their meat.



White Plymouth Rock Fowl

Domesticated in North America/Europe

Enslaved West Africans saw the value in intentionally raising chickens because they had a relationship to birds prior to the transatlantic slave trade, and this relationship would cause generations of people from the African diaspora to shift the significance of chicken in the culinary world for years to come. Although the chickens we know today originated in Asian and European countries, people of the African diaspora have a connection to birds that traces back to West and Central Africa, where enslaved Africans from those regions had a native bird all their own.

⁹ On Food and Cooking by Harold G. McGee

¹⁰ Building Houses Out of Chicken Legs by Psyche Williams Forson

The Helmeted Guinea Hen (or Guinea Fowl) aka *Numida Meleagris*, is native to countries in the African savannas (e.g. Guinea, Ghana, Nigeria, and Senegal and many more) where it has been domesticated for thousands of years. Fowl were significant in these countries for several dietary and spiritual reasons. Spiritually chickens were used in West African religions to honor deceased relatives and friends as well as an offering to deities¹¹. Chickens were also important for celebrations, and would often be roasted or fried.

CULTURE - RAISING AND EATING CHICKENS



Chickens were abundant in the environments of Southern people and were one of the few items that some enslaved African Americans were allowed to raise along with their subsistence crops. Aside from slaughtering chickens for food, enslaved Africans, mostly women, would raise, slaughter, and cook chickens for sale to have more economic freedom.

During slavery some White enslavers allowed enslaved people to bring their wares such as chickens and eggs to local markets for sale, and here they could socialize with others and have

some autonomy from the plantation. This wasn't this case everywhere, but in some states it was very common. After slavery, during the early 20th century, African American women continued their entrepreneurial pursuits via chicken by selling fried chicken on the sides of railroads in states such as Virginia.¹²

African Americans continued their relationship with chickens into the 40s and 50s when they would slaughter chickens during the war, and also in the establishment of Black food eating spots. Chicken also played a role in feeding African American communities around the country during their travels, notably The Great Migration. Dishes like fried chicken along with biscuits or other breads would also be prepared by women like Georgia Gilmore and other women during the Civil Rights Era to support protesting efforts.¹³

Chickens can be seen throughout the culinary landscape of African diasporic foodways but especially within southern, Caribbean or African cultures¹⁴. Throughout the Southern United States chicken is fried, roasted, barbecued and braised. Similar and parallel methods of cooking methods are used throughout Caribbean and African food cultures with variations in seasoning, spices, and procedure, making chicken dishes simultaneously connected yet distinct from one another. Jamaican jerk chicken, Haitian poulet creole, beri beri chicken, chicken and slippery dumplings, and several other dishes make up the vast slate of ways in which chickens are prepared in the African diaspora. Considering all of this is a reminder as to why chicken remains an important staple food in the African diaspora and Southern U.S.

¹¹ Hog and Hominy by Federick Douglass Opie (pp. 13, 33) and In the Shadow of Slavery by Judith Carney (pp. 88)

¹² Building Houses Out of Chicken Legs by Psyche Williams Forson

¹³ The Potlikker Papers by John T. Edge

¹⁴ Hog and Hominy by Federick Douglass Opie (pp. 11, 25)

Michele's Chesapeake Bay Fried Chicken

This is my all-time favorite, go-to recipe for fried chicken from my mom, and I believe she got this recipe from a John Shields cookbook. She'd only make this chicken for birthdays, special occasions, or when her girlfriends were visiting. It's distinctive feature is the use of Old Bay, a Maryland origin spice blend that is typically used on crabs or crab cakes and distinctly smells like summer to me. I do a 3-step battering method when I make this recipe, but you can also simply coat the chicken in flour once and it'll still be amazing, I do that when I want fried chicken and am feeling lazy.

Ingredients:

4 pounds	Whole Chicken, broken down into pieces, or 4 pounds of your favorite chicken pieces	*Homemade Buttermilk Combine in a large pitcher or container: 8 cups Milk ¼ cup Vinegar (<i>any kind</i>) or lemon juice
1 quart	Buttermilk, store bought or homemade*	
6 cloves	Garlic, peeled and smashed	
¼ cup	Spice Mix**	**Spice Mix Combine in a small bowl (makes ~8 tablespoons): 3 tablespoons Old Bay Seasoning 1 tablespoon Paprika 1 teaspoon Cinnamon 1 teaspoon Cayenne pepper, red chili flakes or hot sauce 1 teaspoon Black Peppercorn, freshly ground 2 tablespoons Kosher Salt
3 cups	All-purpose flour (separated into 2 cups and 1 cup)	
4 medium	Eggs	
½ cup	Milk	
4 cups	Oil for deep frying	

Directions:

1. Place chicken in a large bowl, rub pieces with a ¼ cup of the spice mix, and then add buttermilk and garlic cloves. Cover with plastic wrap or transfer to a plastic container with a tight lid. Allow to marinate overnight or about 4-6 hours. *(After you've marinated the chicken you can batter it up however you like, but in my recipe I like to use a 3-step battering method which is explained below. The reasoning behind this is so that the skin gets crispy and brown while keeping the interior meat tender and juicy. However, feel free to simply dip the chicken in just the seasoned flour and fry from there, it'll taste awesome either way!)*
2. Heat oil in a medium sized stock pot, or deep fryer if you have it, and bring to a temperature that's hot enough to toss in a pinch of flour and cause it to sizzle. Then set up a sheet pan with a wire rack so your chicken doesn't sit in oil or steam when it's done cooking.
3. To create a kind of chicken battering assembly line place each of the following into medium sized bowls: The 1 cup of plain flour by itself, the eggs and milk whisked together, and 2 cups of flour with 2 tbsp. of spice mix in a small bowl.
4. Dip the chicken pieces into each bowl in the order they appear above. You can discard the buttermilk liquids. I usually fry dark meat first since it takes longer, and sometimes even place it in a 200F oven to keep it warm and also make sure it's thoroughly cooked (which should be an internal temperature of 165F or more). Then cook other smaller pieces and white meat.
5. Enjoy!

Jenné Claiborne's Spicy Fried Cauliflower

I adapted this recipe from Jenne Claiborne's original recipe that can be found [here](#). If I were to ever pick any recipe as a substitute for fried chicken I'd choose this one without question. It's flavorful, crispy, and just as insanely satisfying as my mom's fried chicken!! Plus, as much as I like [seitan substitutes](#), I like a vegan recipe that uses vegetables in a clever and delicious way without processing them a ton. Yes, this recipe is fried, but at least the cauliflower isn't boiled, ground up, and extensively manipulated to the point that any nutrients it had have been obliterated. I love that!

Ingredients

1 cup	All-Purpose Flour
1 tablespoon	Cornstarch
½ teaspoon	Salt
½ teaspoon	Cayenne Pepper
½ teaspoon	Black Pepper
½ teaspoon	Onion Powder
½ teaspoon	Garlic Powder
½ teaspoon	Paprika
¼ teaspoon	Old Bay seasoning
⅓ cup	Hot Sauce
¼ cup	Unsweetened plain non-dairy milk
1 tablespoon	Dijon mustard
5 cups	Safflower oil, or other frying oil
1 large head	Cauliflower, cut into large floret chunks

Instructions

1. In a medium-sized mixing bowl combine the flour, arrowroot powder, salt, cayenne pepper, white pepper, onion powder, garlic powder, paprika, Old Bay, and nutritional yeast.
2. In another bowl combine the hot sauce, soy milk, and Dijon mustard and whisk until creamy.
3. Heat the frying oil in a large dutch oven or fryer. It should be around 350°.
4. Use one hand to carefully dip a cauliflower floret into the wet mixture, then drop it into the flour mixture. Use your other dry hand to coat it completely. Dip it back into the hot sauce mixture, and again into the dry mixture, keeping one hand devoted to wet and one to dry.
5. Carefully lower the twice coated cauliflower into the hot oil. Repeat with remaining cauliflower until you can't fit any more into the pot. Cook for about 4-5 minutes, until the pieces are golden.
6. Transfer fried cauliflower to a large plate covered with two sheets of paper towel to absorb excess oil. Continue to cook the remaining cauliflower. Serve hot.

Featherlight Biscuits

This is another recipe I memorized from working at the bakery. As the name says, they're feather light and that's due to a minimal amount of kneading the dough and evenly distributed butter. You want to knead the dough just enough to activate some gluten, but not so much that you create blocks of stiff gluten. This recipe originally used real milk and butter, but those are easy to swap out for non-dairy substitutes which I typically reach for when I make these, and they taste pretty identical.

Yields: A dozen 2" circle biscuits

Ingredients:

1½ cups	Milk (dairy or non-dairy)
1 tbsp.	Vinegar
3 cups	Flour (plus some extra bench flour)
1 cup	Whole Wheat Flour
1 ½ tbsp.	Sugar
2 tbsp.	Baking Powder
1 tsp.	Salt
1 tsp.	Baking Soda
1 ½ sticks	Butter (dairy or non-dairy works), cut into ½" cubes

Directions:

1. Heat the oven to 350F (325F if using a convection oven). Lightly oil an 11x13" baking sheet. Set aside.
2. Combine soy milk and vinegar in a small bowl. Set aside.
3. Place flours, sugar, baking powder, salt, and baking soda in a medium bowl and mix together thoroughly. Then sift your ingredients into a large bowl.
4. Add cubes of butter to the flour mixture and use a fork (or pastry cutter or your fingers) to combine flour with butter. Your goal is to have pebbles of butter coated in flour, a granular flour/butter mixture, not a sandy flour/butter texture.
5. Add in milk mixture and combine with flour until you have a moist, sticky dough.
6. Place dough on a floured surface and knead 3 times, then shape into a ½" thick rectangle. Use a floured, round cutter (1½"-2" diameter) and cut out 12-8 biscuits. Place each dough round on a baking sheet and place in the oven for 25-30 minutes, or until biscuits are risen and lightly browned. Their bottoms should be a caramel brown color and lift easily from the pan.

Blueberry Jam

Ingredients:

1 pint	Blueberries
½ cup	Sugar
½ medium	Lemon, zested

Directions:

1. Place blueberries in a small saucepan with sugar and lemon zest. Bring to a boil and then lower heat to a simmer.
2. Simmer blueberries until they've reduced by half, about 25-30 minutes. Then removing

Cool Down Coleslaw

I love coleslaw! Growing up my palate around coleslaw was developed around bottle slaw dressings and Popeyes. However, after many a chef instructor banished me from buying any bottled vinaigrette or creamy dressing so that I'd practice making my own dressings and vinaigrettes, I developed a taste for coleslaw dressing made from scratch. That being said, I think there's a middle ground between making things from scratch and using bottled products. This recipe uses a vegan coleslaw dressing, and is one I make when I want a fast train to something sweet, tangy, and crunchy. It goes nicely with fried chicken and biscuits.

Ingredients:

1 bunch	Collard Greens, finely shredded
1 large	Carrot, finely shredded
1 medium	Apple, julienned
⅓ cup	Tahini (ground sesame)
2 medium	Lemons, zested and juiced
1 medium	Shallot or 1/2 small Onion, minced
1 clove	Garlic, minced
1 tsp.	Ground Mustard seeds
1 tsp.	Paprika
1-2 tbsp.	Honey
1-2 tsp.	Salt

Directions:

1. **Finely shred your collards:** To separate the leaves from the stem, use your fingers to slide down the stem of collard leaves. Then stack your leaves, five or so at a time, and slice them into very fine strips (¼"), place in a bowl. Discard stems into a compost bowl or in the freezer for a stock later.
2. **Add carrots and apples to the bowl** with shredded collard leaves.
3. **Make the dressing:** In a medium bowl mix together tahini, lemon juice, lemon zest, shallots, garlic, mustard seeds, paprika, honey and salt. Taste and adjust seasoning as needed. Pour over chopped veggies and allow to marinate in the fridge for at least an hour. Enjoy on its own, or serve with your favorite sandwich!