



# JUNETEENTH

*The Journey For Freedom*



# LIVE COOKING SESSION

**Chef Terry Braggs**, *Executive Chef of Student Food Experiences* and **Chef Junelle Fronda**, *Executive Chef at Casper and Branner R&DE Stanford Dining, Hospitality & Auxiliaries*

During this session, Chef Braggs prepared Red Velvet Waffles with Fried Chicken Wings, and Shrimp & Fonio Grits. This flavorful menu showcased the fusion of African and Caribbean influences.

Livestream Recording:

[rde.stanford.edu/juneteenth-cooking-session](https://rde.stanford.edu/juneteenth-cooking-session)

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**Stanford Residential & Dining Enterprises**



## Chef Terry Braggs

Executive Chef of  
Student Food Experiences

Terry Braggs is currently executive chef of student food experiences in Residential & Dining Enterprises at Stanford University. His goal is to bring mindfulness into the kitchen as well as confidence and sustainable practices to food preparation. At Stanford, he is part of R&DE's Stanford Food Institute in pursuit of education, policy, business, and holistic approach to the role food plays in our lives.

Chef Terry practices daily meditation and applies breathing techniques while cooking to remain "present." He shares these tools with students, staff, and faculty while teaching weekly cooking lessons in the teaching kitchen. With over 18 years of professional culinary experience, his passion for food and creativity are undeniable

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## RED VELVET WAFFLES

### ALLERGENS: WHEAT, DAIRY

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 1 3/4 cups buttermilk
- 1/2 cup unsalted butter, melted
- 2 teaspoons vanilla extract
- 1 tablespoon red food coloring
- Cooking spray or additional melted butter for greasing the waffle iron

### Cream Cheese Syrup:

- 4 ounces cream cheese, softened
- 1/4 cup unsalted butter, softened
- 1 cup powdered sugar
- 1 teaspoon vanilla extract
- 1/4 cup milk (adjust as needed for desired consistency)

### Optional Toppings:

- Fresh berries
- Whipped cream
- Chopped nuts
- Chocolate shavings

### DIRECTIONS:

1. Preheat your waffle iron according to the manufacturer's instructions.
2. In a large mixing bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, and salt until well combined.
3. In a separate bowl, beat the eggs until lightly frothy. Then add buttermilk, melted butter, vanilla extract, and red food coloring. Mix well until the wet ingredients are thoroughly combined.
4. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not over mix; a few lumps are okay.
5. Lightly grease the preheated waffle iron with cooking spray or melted butter.
6. Pour the batter onto the center of the waffle iron, spreading it slightly with a spatula. The amount of batter will depend on the size of your waffle iron, so adjust accordingly.
7. Close the waffle iron and cook the waffles according to the manufacturer's instructions until they are crisp and cooked through.
8. While the waffles are cooking, prepare the cream cheese syrup. In a medium bowl, beat the softened cream cheese and butter together until smooth. Gradually add the powdered sugar and vanilla extract, mixing until well combined. Slowly add milk, a tablespoon at a time, until you achieve the desired syrup consistency.
9. Once the waffles are ready, transfer them to a serving plate. Drizzle the cream cheese syrup generously over the waffles.
10. Garnish with fresh berries, whipped cream, chopped nuts, or chocolate shavings if desired.

Serve the red velvet waffles warm and enjoy this delightful and indulgent treat!

Note: Make sure to adjust the cooking time and temperature of your waffle iron according to its specifications, as different models may vary.

## BUTTERMILK FRIED CHICKEN

**Yield: 4 servings**

- 1 chicken, approximately 3 to 3½ pounds, cut into 10 pieces (or use a mix of thighs and drumsticks)
- 3 to 4 cups buttermilk
- 1 egg
- 3 tablespoons kosher salt, more as needed
- 2 teaspoons ground black pepper, more as needed
- 2 tsp garlic powder
- 2 tsp paprika
- 2 tsp dried thyme
- 1 tsp dried ancho chile or cayenne pepper
- 4 cups all-purpose flour
- 4 cups peanut oil, lard or a neutral oil like canola, more as needed

### DIRECTIONS:

1. Place chicken pieces in a bowl and toss them with buttermilk and egg, 2 tablespoons salt and a healthy grind of black pepper. Cover and marinate for at least an hour and up to a day.
2. Combine flour, 1 tablespoon salt, 2 teaspoons pepper + all other spices in a large bowl or, ideally, a paper bag large enough to accommodate the flour and the pieces of chicken.
3. Pour oil into a large, heavy-bottomed cast-iron skillet with high sides and a lid, to a depth of at least a few inches. Heat oil over medium-high heat to 350 degrees.
4. Set a rack on a baking sheet or tray. Place the chicken pieces in the paper bag filled with the flour mixture and shake well to coat, or toss them in the bowl with the flour mixture to achieve a similar result.
5. Shake off excess flour and fry the pieces of chicken skin-side down, in batches so as not to crowd the pan, for about 7 to 9 minutes until they are cooked through and a deep golden brown. Use a cooking thermometer to confirm the inside temp of the chicken. Cooked chicken is at least 160 degrees.
6. Color is as, or more, important than time: Watch your chicken and get it out when it's golden brown.
7. Remove chicken to the rack to drain and rest, sprinkle with salt and serve warm or at room temperature.

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## SHRIMP & FONIO GRITS

### ALLERGENS: WHEAT, DAIRY

- 1 lb shrimp, peeled and deveined
- ½ poblano pepper, diced
- ½ cup red bell pepper, diced
- ½ cup roma tomato, deseeded and chopped
- 3 garlic cloves, chopped
- 1 tbsp flour
- 2 tbsp butter
- 3 tsp cajun spice blend
- 1 cup half & half
- 1 tbsp fresh parsley
- ¾ cup fonio
- 1 tbsp butter
- 1 small yellow sweet potato, large diced
- 3-4 cauliflower florets
- 2 green onion, sliced
- salt & pepper to taste
- 1 lemon, cut in wedges

### FOR THE FONIO:

1. Prepare a large pot with a steam rack. If you don't have a steam rack you can use the lid of a mason jar.
2. Place the cauliflower + sweet potato in a metal or microwave safe bowl and top with dry fonio. Fill your pot with around 2-3 cups of water. Make sure to watch your water level while cooking, add more water if necessary.
3. Steam the cauliflower, sweet potato and fonio on high heat for 10 minutes or until the cauliflower and sweet potatoes are tender. (The fonio will still have a bit of bite to it.) You can check if it's ready by inserting a paring knife into the cauliflower and sweet potato. The knife should go through the sweet potato easily. Immediately transfer ingredients to a blender or food processor. Remember to use oven mitts and a large spoon. It'll be very hot!
4. Blend for about a minute. It should purée easily and quickly. Leave your blender covered to allow the fonio to continue cooking. Discard the water in the pot used to steam.
5. Add the purée to the pot and cook for another 3 to 5 minutes, stirring frequently. Add the butter and mix thoroughly. Season with salt and pepper. Set aside.

### SAUCE:

1. In a large skillet on medium high heat add the butter and flour. Stir until the butter has melt 1-2 minutes.
2. Then add the garlic and chopped veggies to saute for 4-5 minutes or until the veggies are tender
3. Turn the heat down to medium so the dairy doesn't burn or separate, then pour in the half & half slowly stirring with a wooden spoon.
4. Let simmer for another 5 minutes, stirring occasionally and season with salt, pepper and Cajun spices.
5. Next add the thawed shrimp and stir until well incorporated. Simmer as the shrimp cook in the mixture. Taste to adjust flavors.
6. In a shallow bowl add your fonio grits in an even layer. Using a ladle or serving spoon pour over the shrimp mixture, then garnish with chopped fresh parsley and a lemon wedge. ENJOY!

# What Is Juneteenth?

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Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. Juneteenth is now a federal holiday. Juneteenth 2023 will occur on Monday, June 19.

Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas—until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.”

## The Emancipation Proclamation

The Emancipation Proclamation issued by President Abraham Lincoln on January 1, 1863, had established that all enslaved people in Confederate states in rebellion against the Union “shall be then, thenceforward, and forever free.”

But in reality, the Emancipation Proclamation didn’t instantly free any enslaved people. The proclamation only applied to places under Confederate control and not to slave-holding border states or rebel areas already under Union control. However, as Northern troops advanced into the Confederate South, many enslaved people fled behind Union lines.

## Juneteenth and Slavery in Texas

In Texas, slavery had continued as the state experienced no large-scale fighting or significant presence of Union troops. Many enslavers from outside the Lone Star State had moved there, as they viewed it as a safe haven for slavery.

After the war came to a close in the spring of 1865, General Granger’s arrival in Galveston that June signaled freedom for Texas’s 250,000 enslaved people. Although emancipation didn’t happen overnight for everyone—in some cases, enslavers withheld the information until after harvest season—celebrations broke out among newly freed Black people, and Juneteenth was born. That December, slavery in America was formally abolished with the adoption of the 13th Amendment.

The following year, freedmen in Texas organized the first of what became the annual celebration of “Jubilee Day” on June 19. In the ensuing decades, Juneteenth commemorations featured music, barbecues, prayer services and other activities, and as Black people migrated from Texas to other parts of the country the Juneteenth tradition spread.

In 1979, Texas became the first state to make Juneteenth an official holiday; several others followed suit over the years. In June 2021, Congress passed a resolution establishing Juneteenth as a federal holiday; President Biden signed it into law on June 17, 2021.

“What Is Juneteenth?” *HISTORY*, 19 June 2015, [www.history.com/news/what-is-juneteenth](http://www.history.com/news/what-is-juneteenth).