



JUNE 19

JUNETEENTH

UNITY IN FREEDOM:
A JUNETEENTH COMMEMORATION



LIVE COOKING DEMO WITH CHEF TERRY BRAGGS

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 Risotto Style Jambalaya and Fried Green Tomato Salad. This flavorful menu showcased the fusion of African and Caribbean influences. 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

Livestream Recording:

rde.stanford.edu/juneteenth-2024

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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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RISOTTO STYLE JAMBALAYA

Yield: 6 servings

- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chopped garlic
- 4 tablespoons butter
- 13 oz Cajun-style andouille smoked sausage, cut into 1/4 inch rounds
- 4-6 boneless skinless chicken thighs
- 2 cups risotto rice
- 14.5 oz can diced tomatoes
- 2 teaspoon Cajun seasoning
- 1 cup white wine
- 3 1/2 cups chicken stock
- 1/4 cup fresh parsley, chopped

DIRECTIONS:

1. Heat the oil in a dutch oven or skillet with high sides on high heat. Add the sausages and cook until slightly browned, then remove them onto paper towels.
2. In the same skillet sear the chicken thighs on both sides 3 to 4 minutes. Then remove and chop. Chicken will most likely be uncooked in the middle, that's fine.
3. Add in the onion and bell peppers and gently sauté for about 3-5 minutes, avoiding any browning. Add in the butter and stir until melted. Sauté for another few minutes more.
4. Add the rice in with the peppers and allow the rice to slightly toast in the butter for a couple minutes. Pour in the white wine and gently deglaze the pan. Stir in the diced tomatoes and cajun seasoning.
5. Reduce the heat to medium-low. Working with one cup of chicken stock at a time, pour the stock into the rice and gently stir to combine. Allow the rice to simmer in the stock and when it starts to soak it all up, add in another cup of stock. This labor of love will take 15-20 minutes.
6. When you get to the last cup of chicken stock, add in the chopped chicken and sliced sausages as well. Gently stir to combine. Let the risotto and shrimp simmer in the last cup of stock until it is absorbed about 5-8 minutes. Stir in the fresh parsley and season to taste with salt and pepper. Enjoy!

FRIED GREEN TOMATO SALAD

Yield: 3 to 6 servings

Fried Green Tomatoes:

- 3 large green tomatoes trimmed and sliced into ½-inch rounds
- 1 cup all-purpose flour
- 1 tablespoon chili powder
- 3 eggs
- 1 cup heavy cream or buttermilk
- ½ cup breadcrumbs plus more as needed
- ½ cup cornmeal plus more as needed
- Neutral oil for frying
- Salt and pepper to taste

Baby Kale Salad:

- 1 habanero trimmed and deseeded if desired
- 1 meyer lemon juiced
- 1 teaspoon Dijon mustard
- 1 –2 tablespoons maple syrup plus more as needed
- ½ cup extra virgin olive oil
- 5 ounces baby kale
- 2 golden zucchini trimmed and shaved into ribbons with a vegetable peeler
- ¼ fresh mint leaves loosely packed
- ¼ cup fresh cilantro leaves loosely packed
- ¼ cup fresh Cotija cheese crumbled
- Salt and pepper to taste

DIRECTIONS:

1. Arrange the tomatoes on a wire rack and season all over with salt. Let them sit for 15 minutes before patting dry thoroughly.
2. Prepare the vinaigrette
3. Combine the habanero and the lemon juice in a food processor and pulse until the habanero is finely chopped.
4. Transfer the juice to a bowl. Add the Dijon and maple syrup and whisk until incorporated. Taste and add more maple syrup if your pepper is quite spicy.
5. Whisking continuously, slowly add the extra virgin olive oil. Continue whisking until completely emulsified. Taste and season to your preferences. Set aside. Whisk before serving.
6. Dredge the tomatoes:
7. Prepare your dredging station. Gather three shallow bowls. Combine the flour, chili powder, and a sprinkle of salt and pepper in one bowl. Whisk together the eggs and heavy cream in a second bowl. Combine the breadcrumbs, cornmeal, and a sprinkle of salt in the third bowl.
8. Heat 1 inch of oil in a wide pot over medium heat. Pat the tomatoes dry once more. Place a tomato in the flour and shake off any excess. Next, coat it in the cream mixture. Finally, coat it with cornmeal.
9. Transfer to the dredged tomatoes to the hot oil. Fry for 2-4 minutes per side until golden-brown and crispy. Continue frying the tomatoes in batches. Transfer to a wire rack to cool and to allow any excess oil to drip off.



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What is Juneteenth?

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.