JUNETEENTH
Community
COOKBOOK
2020

MULTICULTURAL CENTER

50 YEARS
Foreword

We would like to thank the UT Dallas students, faculty and staff who contributed to make this inaugural cookbook a success. We look forward to seeing your photos of these recipes as you bring them to life.

And a huge thank you to the Juneteenth Planning Committee that made this happen. We could not have done it without you.

The Multicultural Center
CREAM CHEESE FLAN

INGREDIENTS

For Caramel:
- 3/4 cup of Sugar
- 1/2 cup of Water

Flan Mixture:
- 1 can of Condensed Milk
- 1 can of Evaporated Milk
- 4 large Eggs
- 2 ounces of Cream Cheese
- 2 tablespoons of Sugar (optional)
- A few drops of Vanilla Extract

*Makes 24 muffin sized pieces (silicon muffin pans recommended) or 1 1/2 quart round casserole dish
*You may use fat-free cheeses and milks if you'd like

PREP TIME: 20MINS
COOK TIME: 45MINS-1HR
TOTAL TIME: 1HR 20MINS

Submitted by Ashfia Salemin
Administrative Assistant II
Galerstein Gender Center

DIRECTIONS

*Pre-heat oven to 350 degrees Fahrenheit before preparation

Caramel sauce:
1. Mix sugar and water in a saucepan, let simmer on medium heat for 15 mins
2. Let mixture come to a boil until golden brown sauce (swirl saucepan occasionally)
3. Pour caramel sauce into baking pan and quickly coat the bottom of the dish evenly

Flan Mixture:
4. Add condensed milk, evaporated milk, eggs, cream cheese, sugar, and vanilla extract into a blender and blend for 2-3 mins (taste mixture to see if it needs more sugar)
5. Spray sides of baking pan with non-stick baking spray
6. Pour flan mixture into baking pan over caramel and cover with aluminum foil, then place pan into a larger dish containing hot water that should reach about 1/2 way up on the flan dish

Baking:
7. For ceramic dishes: Bake in middle rack for 50 mins - 1 hr 15 mins
   For metal pans: Bake for 45 mins - 1 hr
   For muffin pans: Bake for 25 - 40 mins
   *Poke a toothpick right to the side of the center of dish, if it comes out clean it is ready! Otherwise bake for an additional 10-15 mins

*Let dish cool in refrigerator for at least 1 hr or overnight
*Loosen flan with a knife on the sides then invert pan onto a plate, caramel will flow over the sides. Enjoy!!
MAC AND CHEESE

INGREDIENTS

- 1 box (16 oz.) Elbow Macaroni
- 4 eggs
- 4 cups of milk
- 2 teaspoons of each: salt, freshly ground pepper
- 4 cups of shredded Mexican-blend cheese
- 1 1/2 cups shredded sharp cheddar cheese

PREP TIME: 10 MINS
COOK TIME: 50 MINS
TOTAL TIME: 1 HR

DIRECTIONS

*Pre-heat oven to 350 degrees Fahrenheit before preparation

1. Cook macaroni noodles until al dente and according to package directions. Drain and set aside.

2. In a medium bowl, whisk together eggs, milk, salt and pepper.

3. In a large bowl, combine macaroni and the Mexican-blend cheese until evenly distributed then stir in milk mixture until well combined.

4. Transfer this mixture into a buttered 9x13 inch baking dish and top evenly with cheddar cheese, lightly pushing the cheese down into the mac mixture to moisten.

5. Bake for about 50 mins or until cheese is melted and top and sides begin to lightly brown.

Enjoy!!

Submitted by Adrienne Watson
Coordinator of Cultural Programs & Events
Multicultural Center
ROSEMARY FOCACCIA BREAD

INGREDIENTS

- 1 1/3 cup of warm water
- 2 teaspoons of sugar or honey
- 1 (0.25 ounce) package of active-dry yeast
- 3 1/2 cups of all purpose flour
- 1/4 cup of extra virgin olive oil, plus more for drizzling
- 2 teaspoons of flaky sea salt, plus extra for sprinkling
- 2 sprigs of fresh rosemary

PREP TIME: 75MINS
COOK TIME: 20MINS
TOTAL TIME: 1HR 35MINS

Submitted by Brooke Schafer
Degree Plan Evaluator III
Office of Graduate Education

DIRECTIONS

1. Proof the yeast:
   Add warm water (about 110°F) and sugar to the stand mixer bowl with the dough attachment, and stir to combine. Sprinkle the yeast on top of the water and give it a quick stir to mix with the water. Let sit for 5-10 minute until yeast is foamy.

2. Knead the dough:
   Gradually add flour, olive oil and salt as you mix on low speed. Increase speed to medium-low and continue mixing for 5 minutes. (If dough is too sticky add an extra 1/4 cup flour while it is mixing)

3. First dough rise:
   Remove dough from use hands to shape into a ball. Grease a bowl with olive oil or cooking spray and place dough back in bowl and cover with damp towel. Place in a warm location and let the rise for 45-60 mins or doubled in size.

4. Second dough rise:
   Turn the dough onto a floured surface and roll it out into a large circle or rectangle until that the dough is about 1/2-inch thick. Cover dough again with damp towel and let dough rise for another 20 mins.

5. Prepare the dough:
   Preheat oven to 400°F. Transfer the dough to a large parchment-covered baking sheet (or press it into a 9 x 13-inch baking dish). Use your fingers to poke deep dents all over the surface of the dough. Drizzle a tablespoon or two of olive oil evenly all over the top of the dough and sprinkle evenly with the fresh rosemary needles and sea salt.

6. Bake:
   Bake for 20 minutes, or until the dough is slightly golden and cooked through. Remove from the oven, and drizzle with a little more olive oil if desired. Slice, and serve warm and enjoy!!
CHURCH PUNCH

INGREDIENTS

- Country Time Pink Lemonade (19 oz) or Minute Maid Frozen Pink Lemonade (12 fl oz)
- Ginger Ale (2 Liter)

TOTAL TIME: 10 MINS

DIRECTIONS

1. In a large bowl or punch bowl (preferred). Pour Pink Lemonade in then add Ginger Ale (make sure that your Ginger Ale is room temperature).
2. Mix in Ginger Ale to taste.
3. Add Ice last or add to cups/glasses.

*Remember, the longer the ice is in the punch the more likely it becomes watered down.

Enjoy!!

Submitted by Arthur Gregg
Assistant Vice-President, Multicultural Affairs
Director, Multicultural Center
INGREDIENTS

- 1 Large package of strawberry gelatin
- 2 cups of boiling water
- 1 (16 oz) package of frozen sliced strawberries
- 2 (12 oz) angel food loaf cake
- 1 (16 oz) Cool Whip
- 1 pint of vanilla ice cream

PREP TIME: 20 MINS
COOK TIME: 12 HRS
TOTAL TIME: 12 HRS 20 MINS

Submitted by Monica Franco
Administrative Assistant II
Multicultural Center

DIRECTIONS

1. Break cake into bite-sized pieces and place in 9 X 13 in pan. *A glass pan works best since it has gelatin but is not a requirement.

2. In a bowl, dissolve gelatin in boiling water then add frozen strawberries and ice cream to bowl, stirring until partially thawed.

3. Pour mixture over angel food cake in pan and press down on angel food cake to ensure gelatin mixture completely covers the cake.


Enjoy!!

*Picture not provided by submission
SPINACH DIP

INGREDIENTS

- 1-8oz of Cream Cheese
- 1 cup of Plain Greek Yogurt
- 1 small package of frozen spinach
- 1 package of Knorr Vegetable Soup Mix

PREP TIME: 5 MINS  
COOK TIME: 10 MINS  
TOTAL TIME: 15 MINS

DIRECTIONS

1. Defrost frozen spinach in a bowl of hot water for 5 minutes
2. In a small bowl, mix cream cheese, Greek yogurt, and soup mix together
3. After spinach is thawed, squeeze out all excess water
4. Place spinach in mixture and mix until well combined

*Serve with your choice of chips or toasted bread and enjoy!

Submitted by Daniel Hernandez
Assistant Director Fraternity & Sorority Life
LEMON PEPPER WINGS

INGREDIENTS

Wings:
- 2 cups oil, or as needed
- 3-4 tablespoons extra-virgin olive oil
- 1 tablespoon lemon pepper seasoning (such as McCormick)
- 12 chicken wings

Ranch:
- 1 cup mayonnaise
- 1/2 cup sour cream
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- pinch of salt
- pinch of ground black pepper

DIRECTIONS

Wings:
1. Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).

2. Stir olive oil and lemon pepper together in a bowl (you may add more olive oil if too salty)

3. Fry the chicken wings in hot oil until no longer pink at the bone and the juices run clear, about 8 minutes (an instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C)).

4. Toss hot wings with olive oil mixture to coat.

Ranch:
1. In a large bowl, whisk together the mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt and pepper.

2. Cover and refrigerate for 30 minutes before serving.

Enjoy!!

Submitted by
Geonit Knecht
Junior
Multicultural Peer Advocate
Multicultural Center
**COLLARD GREENS**

**INGREDIENTS**
- 7 bunches collard greens
- 1 package of smoked turkey wings
- 1 tsp granulated sugar
- 2 tbsp olive oil
- 1 tbsp Creole seasoning
- 1 tsp black pepper
- ½ tsp sea salt
- 2 cloves of garlic, minced.
- 1 tsp crushed red pepper flakes (you can go down on this to 1/2 teaspoon if you like less heat.)
- 1 tsp garlic powder
- 1 tsp onion power
- 1/4 tsp paprika
- 1 yellow onion. finely chopped
- 2 stalks of celery, finely chopped
- 1 small bell pepper, finely chopped

**PREP TIME:** 30 MINS  
**COOK TIME:** 3 HRS  
**TOTAL TIME:** 3 HRS, 30 MINS

Submitted by Bruce August, Jr.  
Assistant Director  
Multicultural Center

**DIRECTIONS**
1. Rinse the turkey wings very well and add to a large pot along with enough water to fully submerge them. Add the crushed red pepper flakes and then cover with a lid. Cook over medium high heat for about 45 minutes or until the meat begins to pull away from the bone. Remove the wings from the stock and debone, subsequently shredding the turkey into bite-size pieces, placing the meat back into the stock for later use.

2. Start by pulling and tearing greens away from stems. Take a hand full of greens, roll them up and cut the rolls horizontally into small pieces. Discard the stems as they will be tough.

3. Next, add greens to an empty, clean sink or deep plastic container and wash them removing all grit, sand and debris thoroughly with cold water until water becomes clear.

4. Next, use a deep stock pot to parboil the greens on medium heat for 30 minutes. Drain the liquid from the greens afterwards and set aside.

5. Heat the olive oil on medium heat in the stock pot, and sauté the onions, celery and bell pepper 3-5 minutes or until the onions becomes translucent. Proceed to add the garlic, garlic powder, paprika, salt, pepper, and creole seasoning to the mixture and cook for an additional minute. Stir occasionally and be careful not to burn the garlic!

6. Add greens, turkey meat, turkey stock, and about 5-6 additional cups of water, or enough to just barely cover greens to the pot. Be sure to taste the liquid (aka the pot likker to ensure there is enough salt for your liking.)

7. Cook while covered for at least 2 hours or until completely tender. Most water should have evaporated by this point just having enough to barely cover the greens.
**INGREDIENTS**

- Seasoning of your choice (i.e. salt, pepper, garlic powder, onion powder) and Sugar (optional)
- Worcestershire Sauce
- 1 small can of tomato paste (6oz can)
- 2 stalks of celery chopped
- 1 medium onion chopped
- 1 teaspoon of chopped garlic
- 4 cups beef broth or use 4 cups of water and 2 beef bouillon cubes
- Olive oil
- 2 lbs. of cubed beef stew meat
- 1/2 bag baby carrots
- 6-8 small red skin potatoes cut into 4ths
- 1/4th cup of green peas
- Optional- french bread to serve with the stew and parsley flakes

**PREP TIME: 20 MINS**  
**COOK TIME: 1 HR, 30 MINS**  
**TOTAL TIME: 1 HR, 50 MINS**

Submitted by  
*Tineil Lewis-Moore*  
Assistant of Student Organizations,  
Chair of Large Campus Events  
Student Development

**DIRECTIONS**

1. Heat a stew pot on medium with 3 teaspoons of oil.  
2. Rinse, dry, and season your stew meat.  
3. Pan sear your stew meat in two batches. You want the meat to be brown on all sides; it doesn't have to be fully cooked.  
4. Once all the meat is browned, add it all back to the pot. Add the chopped celery. Add the chopped onion.  
5. Add the 4 cups of broth OR water with bouillon cubes. Add a dash or two of Worcestershire sauce.  
6. Add half the can of tomato paste. Add a 1/2 teaspoon of sugar to take away the acid from the tomato.  
7. Check your seasoning. Adjust as needed.  
8. Let the mixture cook for 30 to 40 minutes on medium low heat. You want the beef to get tender. If the mixture starts to dry out add more stock or water as needed.  
9. Once the beef is tender, add in half the bag of carrots or more if you want. Add in your quartered potatoes.  
10. Cook the meat, carrots, and potatoes another 20 to 30 minutes. You want the carrots and potatoes to be fork tender. Adjust seasoning as needed.  
11. If the mixture is too watery you can thicken with a little slurry made with flour and water.  
12. Once the carrots and potatoes are done, add the green peas. Stir them in.  
13. Adjust seasoning if needed. Sprinkle parsley over the top.  
14. Serve with oven warmed French bread or salad.
JAMAICAN ESCOVITCH FISH

INGREDIENTS

- 5 whole red snapper
  (other fish such as tilapia, cod or any firm white fish can be used.)
- 1 1/2 tsp. Pepper
- ½ tsp. Salt
- 3 Garlic cloves
- Cooking Oil
- White Vinegar
- 2 Onions
- 4 Scotch Bonnet Peppers
- 10 Pimentos

PREP TIME: 10 MINS
COOK TIME: 30 MINS
TOTAL TIME: 40 MINS

DIRECTIONS

1. Wash fish inside and out with one cup vinegar and two cups water, then rinse under running water Pat to dry the fish with paper towels and place on a plate
2. Cut two or three small deep gashes on each side of the fish and rub salt and pepper on outside and in the cavities you made and on the outside then put the fish on a plate or in a shallow bowl
3. Place oil in a frying pan/sauce pan, enough to fry one side of the fish. Do not submerge fish in oil
4. Place 2 cloves of Garlic in the pot and heat on high
5. Put cinnamon stick in a pot of boiling water to alleviate the smell of the frying fish and remove garlic cloves from pot
6. Carefully place fish on its side in to the hot oil. (as many as the frying pan can hold) Fry crisp and turn down the heat as necessary turn other side and fry crisp
7. Place fried fish on a plate with dry paper towels
8. Slice onions, scotch bonnet pepper and place onions, scotch bonnet pepper, and pimento in a small pot with vinegar
9. Boil contents on stove for approx. 5 min. (Be careful of your eyes burning if contents are overheated) and pour contents on the fried fish for a hot and spicy flavor
10. Serve with white rice, plantains or boiled green bananas

Submitted by Loreen Henry
Senior Librarian
McDermott Library
BRIANNA'S BAKED BEANS

INGREDIENTS

- 1 C. SAUTEED ONIONS & BELL PEPPERS
- 1/2 C. KETCHUP
- 1/2 C. BARBECUE SAUCE
- 1/4 C. BROWN SUGAR
- 2 CLOVES GARLIC, MINCED
- 2 TBSP. SPICY DIJON MUSTARD
- 2 TBSP. WORCESTERSHIRE SAUCE
- KOSHER SALT
- FRESHLY GROUND BLACK PEPPER
- 2 (15-oz.) 1 CAN OF PINTO BEANS
- 1 CAN OF RANCH STYLE BEANS
- 6 SLICES BACON

PREP TIME: 10 MINS
COOK TIME: 1 HR
TOTAL TIME: 1 HR, 10 MINS

DIRECTIONS

1. Preheat oven to 375°.

2. Sauteed Onions & Bell Peppers with a little bit of oil in a pot.

3. In a large bowl, whisk together ketchup, barbecue sauce, brown sugar, Dijon, Worcestershire, and garlic and season with salt and pepper.

4. Add beans and the sauce to the pot with the onions, stir until coated and a little boil has begun, then transfer to a large baking dish or Dutch oven.

5. Top with bacon and bake until browned and crispy, about 1 hour.

Enjoy!

Submitted by Brianna Hobbs
Assistant Director of Experiential Programs
University Career Center
CHICKEN SPAGHETTI

INGREDIENTS

- Seasonings of your choice (Salt Pepper Garlic powder Onion Powder Chili Flakes Paprika)
- 1 rotisserie chicken
- 1 package of your preferred spaghetti noodles
- 1-2 cups of chicken broth
- 1 can petite diced tomatoes or rotel
- 1 teaspoon of minced garlic
- 1/2 a chopped onion
- 1/2 chopped bell pepper
- Shredded Cheese
- 1 tablespoon of flour
- 1 cup of milk
- 2 tablespoons olive Oil
- 1 teaspoon of butter

PREP TIME: 30 MINS
COOK TIME: 45 MINS
TOTAL TIME: 1 HR, 15 MINS

Submitted by
Tineil Lewis-Moore
Assistant of Student Organizations, Chair of Large Campus Events
Student Development

DIRECTIONS

1. Cook your pasta in salted boiling water
2. While the pasta is cooking, remove your chicken from the bone and take off the chicken skin.
3. Heat a pot with 2 tablespoons of oil and a teaspoon of butter on medium heat.
4. Once heated add your diced onion and diced bell pepper and cook until the veggies soften about 3-5 minutes.
5. Add minced garlic and sauté one minute then add your can of diced tomatoes or rotel and 1 cup of chicken broth. Season to taste. Bring to a simmer and mix 1 tablespoon of flour with a little water to make a slurry. You are not looking to make a paste but a mixture as thick as heavy cream. If it is too thick add a little water to thin it out.
6. Add the 1 cup of milk to the broth, tomatoes, onions, and bell peppers. Let the mixture come up to a slight boil.
7. Stir in the flour and water slurry with a whisk stirring quickly to avoid lumps. Cook the mixture 2-3 minutes. If it becomes too thick add a little more chicken broth. Season to taste.
8. Add in your chicken and cooked pasta and stir to combine.
9. Add the prepared mixture to a greased 9x13 baking dish. Sprinkle shredded cheese and sprinkle with a little paprika for color.
10. Bake at 350 for about 15 minutes or until the cheese melts and gets a nice crust.