



**HEALTHY  
ROOTS**  
INSTITUTE

## KITCHEN SUPPLY LIST

RECIPES BY CHEF LACHELLE CUNNINGHAM

### GENERAL SUPPLIES NEEDED

Cutting board  
Chef's knife  
Dry measuring spoons & cups  
Liquid measuring cups  
Tasting spoons  
Salt & pepper

### BLACK EYED PEAS AND FORBIDDEN BLACK RICE

6 quart stock pot, for black  
eyed peas  
2 quart sauce pot, for rice  
Wooden or metal spoons for  
stirring

### STEWED GREENS

8 quart stock pot, for greens  
10 inch saute pan, for  
aromatics

### COCONUT CORNBREAD

Small saucepan  
8 inch square pan, or cast iron  
skillet  
2-3 mixing bowls  
Whisk  
Rubber spatula

### VEGAN BANANA PUDDING

Medium saucepan  
Whisk  
Rubber spatula  
1-2 mixing bowls  
Electric stand or hand mixer  
8 inch round or square baking  
dish

### SEASONAL LEMONADE

3-4 quart saucepan or pot  
Mesh strainer (medium or  
large), or cheesecloth  
4 quart pitcher  
Whisk  
Ice



**HEALTHY  
ROOTS**  
INSTITUTE

# BLACK EYED PEAS AND FORBIDDEN BLACK RICE

RECIPE BY CHEF LACHELLE CUNNINGHAM  
SERVES 4 to 6

## INGREDIENTS

- 2 cups dried black eyed peas (sorted, washed and soaked overnight in 8 cups water and drained. \*see quick soak method below)
- 1 cup black (forbidden) rice
- 2 ½ cups vegetable stock or water
- 2-3 Tbsp cooking oil (grapeseed, olive oil, etc)
- 2 onions, small dice
- 4 garlic cloves, minced
- 1 green pepper, small dice
- 2-3 celery stalks, small dice
- 2 tomatoes, diced (fresh or canned)
- 4 -6 cups water or veg stock
- 1-2 bay leaves
- Salt & pepper to taste

## METHOD

1. Combine 1 cup forbidden rice with 2 ½ cups of vegetable stock or water and bring to a boil. Reduce heat to low and simmer for 30-35 minutes until tender and liquid is evaporated. Check the liquid often and add more if rice isn't tender before the liquor evaporates.
2. While the rice is cooking, heat cooking oil in a large stock pot over medium heat. Add diced onions and saute until transparent and fragrant. Stir in minced garlic and cook for 2-3 minutes. Add diced green peppers and celery stir and saute for 5 minutes. Add diced tomatoes, stir and saute for 7-10 minutes.
3. Pour the soaked and drained beans or peas and add 4 cups of water or veg stock.
4. Reserve the remaining stock to use as needed during the cooking process if the beans soak up liquid before they are tender. If you run out of stock, use water.
5. Simmer until beans or peas are tender (adding stock or water as needed) and the stew thickens to have more of a gravy/sauce consistency with most of the whole peas remaining intact, not mushy.
6. Season to taste with salt, pepper or other desired seasonings (i.e hot or pepper sauce).
7. Serve or over a cooked rice or grain.

### **\*An alternative to soaking overnight is the quick soak method:**

1. Add dried peas or beans to a pot with 8 cups of water and bring to a boil. Cover and boil for 2 minutes. Leave covered, remove from heat and let sit for 1 hour. Drain beans and cook according to recipe for soaked peas.



**HEALTHY  
ROOTS**  
INSTITUTE

## STEWED GREENS

RECIPE BY CHEF LACHELLE CUNNINGHAM  
SERVES 4 to 6

### INGREDIENTS

3 bunches leafy greens (collard, mustard, turnip, kale, cabbage, etc. or a combination thereof), remove stems, cut/torn into bite-size pieces & triple washed  
Water  
1 Tbsp kosher salt  
2-3 oz. grapeseed oil  
2 large tomatoes, diced  
1 onion, diced  
4-6 garlic cloves, minced  
2 bay leaves  
Salt & pepper to taste  
2 pinches of oregano  
3+ dashes hot sauce, to taste  
Extra virgin olive oil for finishing

### METHOD

1. Place greens in a large pot and cover with water, add 1 Tbsp kosher salt and bring to a boil, then reduce to a simmer for 60 minutes or until tender.
2. While greens are cooking In a non-reactive frying pan, heat oil over medium, add onion and sauté until very soft and translucent, about 6-7 minutes.
3. Add the minced garlic and cook until garlic is toasted and the mixture is very soft and fragrant.
4. Add tomatoes, bay leaves and cook until mixture boils and reduce heat. Simmer for 20 minutes, stirring often; sauce will turn orange-ish color.
5. Add 2 pinches of oregano and season to taste with salt and pepper.
6. Drain  $\frac{1}{3}$  -  $\frac{1}{2}$  water from greens and then add the tomato sauce, 3+ dashes of hot sauce and stir.
7. Season to taste, drizzle with extra virgin olive oil and then simmer for 20-30 minutes.
8. Taste again, add more olive oil and correct seasoning if needed.



**HEALTHY  
ROOTS**  
INSTITUTE

## COCONUT CORNBREAD

RECIPE BY CHEF LACHELLE CUNNINGHAM  
MAKES 16 pieces of cornbread

### INGREDIENTS

1 cup coconut oil (butter for traditional cornbread)  
2/3 cups cane sugar  
2/3 cups honey  
4 eggs  
2 cups buttermilk  
1 teaspoon baking soda  
2 cups cornmeal  
2 cups all-purpose flour  
1 teaspoons salt

### METHOD

1. Preheat oven to (375/conventional; 325-350/convection). Grease 8 inch square pan with coconut oil.
2. Melt coconut oil (or butter for traditional cornbread). Remove from heat and stir in sugar & honey. Mix together cornmeal, flour, baking soda and salt in a bowl. Pour melted coconut oil/sugar/honey mixture over dry ingredient mixture and blend. Whisk together eggs and buttermilk and stir into the mixture. Pour batter into the prepared pan.
3. Bake in the preheated oven for 30 to 40 minutes, or until a toothpick inserted in the center comes out clean. Remove from oven and immediately rub top with butter.



**HEALTHY  
ROOTS**  
INSTITUTE

## VEGAN BANANA PUDDING

RECIPE BY CHEF LACHELLE CUNNINGHAM  
MAKES .....16 pieces of cornbread.....

### INGREDIENTS

#### **FOR THE BANANA PUDDING:**

2 ½ cups pea protein milk  
4 tablespoons cornstarch  
1/4 cup organic sugar  
2 teaspoons vanilla extract  
½ teaspoon cinnamon, ground  
2 large bananas, sliced  
2 cups fresh berries  
12-15 vegan vanilla wafers of your choice

#### **FOR THE MERINGUE TOPPING:**

1/2 cup aquafaba\*\* (chickpea water)  
1/4 teaspoon cream of tartar  
splash of vanilla extract  
2 tablespoons organic sugar

**\*\* Aquafaba is the leftover water from cooking chickpeas. It is best to use the aquafaba from chickpeas you cooked from dried (I usually drain the cooked beans and then simmer and reduce the liquid by half before using). You can also use the aquafaba from canned chickpeas, just be careful of the salt content (you may need to add more sugar to the meringue or use a reduced sodium brand).**

### METHOD

1. In a measuring cup, combine 1 1/2 cup pea protein milk with cornstarch and 3/4 cup sugar. Whisk until dissolved then pour the mixture in a saucepan with the remaining milk and warm over medium heat. Bring to a low boil and continually whisk until mixture starts to thicken, for about 2 minutes.
2. Remove from heat, stir in vanilla extract and cinnamon then transfer to a bowl and allow to cool. Cover and refrigerate for a minimum of 3 hours or up to overnight.
3. Once the pudding is thickened, use a hand mixer to beat it until smooth.
4. In an 8x8" dish cover the bottom with vanilla wafers.
5. Top with a layer of bananas then cover with pudding. Refrigerate while you make the topping.
6. In a large bowl, add the aquafaba along with 3/4 teaspoon cream of tartar. Beat on high for about 7-10 minutes, until stiff peaks begin to form.
7. Add sugar and vanilla extract then continue to beat until dissolved. Taste test and add more vanilla or sugar as desired.
8. Spread the meringue topping on top of the pudding layer, using the back of the spoon to create little peaks.
9. Place under the broiler for about 20-30 seconds, or until the top is light golden brown; watch carefully so that it doesn't burn.
10. Refrigerate for another hour before serving.



**HEALTHY  
ROOTS**  
INSTITUTE

## RED CLOVER LEMONADE

RECIPE BY CHEF LACHELLE CUNNINGHAM  
MAKES .....eight 8oz glasses.....

### INGREDIENTS

- 2 quarts water
- 1 cup red clover blossoms (add more for a stronger tea)
- 1 cup fresh squeezed lemon juice
- 1 cups honey (plus  $\frac{1}{4}$  -  $\frac{1}{2}$  cup more to taste)

### METHOD

1. Add water and red clover blossoms to a stock pot and bring to a boil. Reduce heat to medium and allow the tea to simmer for 15 minutes.
2. When the tea is done simmering, remove from heat and allow to cool slightly, then drain.
3. Meanwhile, stir together 1 cup of honey and the fresh lemon juice in a pitcher.
4. When the red clover tea is cool enough to handle, pour it into the picture with the honey and lemon juice and stir. Taste and add more honey if desired.
5. Allow to chill in the refrigerator and enjoy over ice!