

BLACK EYED PEA *Pancakes*

Chef Lachelle Cunningham

Yield: 2-4 servings



**HEALTHY
ROOTS**
INSTITUTE

Ingredients

**3/4 cup black eyed pea or
other flour**

3 tablespoons sugar

**1 tablespoon baking
powder**

1/4 teaspoon salt

**1/8 teaspoon freshly
ground nutmeg**

**2 large eggs, at room
temperature**

**3/4 cups milk, at room
temperature**

**1/2 teaspoon pure vanilla
extract**

**3 tablespoons unsalted
butter, plus more as
needed**

Extra butter for cooking

Method

1. In a large bowl, whisk together the flour, sugar, baking powder, salt, and nutmeg.
2. In another bowl, beat the eggs and then whisk in the milk and vanilla.
3. Whisk the wet ingredients into the dry ingredients. Once well mixed, set aside and allow to rest for at least 2 hours.
4. Once the mixture has rested for at least 2 hours, melt the butter and whisk it into the batter until well incorporated
5. Melt the butter in a large cast iron skillet or griddle over medium heat.
6. Keeping the skillet at medium heat, ladle about 1/4 cup of batter onto the skillet, to make a pancake. Make 1 or 2 more pancakes, taking care to keep them evenly spaced apart. Cook, until bubbles break the surface of the pancakes, and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook about 1 minute more on the second side. Serve immediately or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more butter to the skillet as needed.

CITRUS DATE

Syrup

Chef Lachelle Cunningham

Yield: 2 cups/8-12 servings



Ingredients

1 cup dates
1 -2 cups water
½ tsp orange zest
½ cup fresh squeezed
orange juice
pinch of salt
dash of cinnamon to
taste

Method

1. Blend all the ingredients in a blender until smooth.
2. If too thick, blend in more water or orange juice.
3. Enjoy drizzled over pancakes, waffles and other baked goods.

SAVORY BLACK EYED PEA CAKES *with Kadani Sauce*

Curated by Chef Lachelle Cunningham

Inspired by Chef Pierre Thiam's book *Yolele: Recipes from the Heart of Senegal* Yields: 2-4 Servings



Cake Ingredient

1 1/2 cup Black Eyed Pea
Flour

2 tablespoons onion,
coarsely chopped

1 teaspoon baking soda

1 teaspoon salt + more for
finishing

1 1/2 cup water or vegetable
stock

Oil or butter for cooking

Method

1. Mix together the black eyed pea flour, onion, baking soda and 1 teaspoon of salt until incorporated.
2. Whisk in the water and once well mixed, set aside and allow to rest for at least 2 hours. The batter should be a smooth like pancake batter
3. Once the mixture has rested for at least 2 hours, melt the butter or oil in a large cast iron skillet or griddle over medium heat.
4. Keeping the skillet at medium heat, ladle about 1/4 cup of batter onto the skillet, to make a pancake. Make 1 or 2 more pancakes, taking care to keep them evenly spaced apart. Cook, until bubbles break the surface of the pancakes, and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook about 1 minute more on the second side. Serve immediately or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more butter to the skillet as needed.

HOT PEPPER “KAANI”

Sauce



**HEALTHY
ROOTS**
INSTITUTE

Curated by Chef Lachelle Cunningham

Inspired by Chef Pierre Thiam's book *Yolele: Recipes from the Heart of Senegal*

Yields: 2-4 Servings

Sauce Ingredients

- 1 tablespoon olive, sunflower or grapeseed oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 6 ripe roma tomatoes, chopped,
- 1 habanero pepper
- 1 bay leaf

Method

1. Heat the oil in a saucepan over medium-low heat and saute the chopped onion and garlic until soft and fragrant.
2. Add tomatoes, habanero and bay leaf. Simmer for 30 minutes, stirring often.
3. Add salt and pepper and blend until smooth.
4. Season to taste for salt and pepper.

VEGAN GARDEN

Pesto

Chef Lachelle Cunningham

Yield: 2 cups/8-12 servings



Ingredients

2 cups tightly packed fresh garden herbs and greens (dandelion, plantain, purslane, mint, mustard, spinach, kale, basil, green onion, parsley, cilantro or a combination)

½ cup sunflower seeds*

1 to 2 cloves garlic

½ cup extra-virgin olive oil**

Sea salt and freshly ground pepper, to taste

1 tablespoon lemon juice

3-5 tablespoons nutritional yeast

Method

1. Place the fresh herbs, sunflower seeds, and garlic in a blender or food processor fitted with the S blade.
2. Pulse to combine, until the mixture is coarsely ground.
3. Turn the motor on and drizzle the olive oil in a thin stream.
4. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine.
5. Taste and add more seasonings as needed

DECONSTRUCTED

Cobbler

Chef Lachelle Cunningham

Yield: 12-16 Servings (half pan)



**HEALTHY
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Ingredients

FRUIT FILLING

9 lbs frozen fruit of choice

1 cup cane sugar

1 cup brown cane sugar

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1 Tbsp fresh lemon juice

2 Tbsp cornstarch

FOR COBBLER

2 cups spelt, cassava or AP flour

1/2 cup cane sugar

1/2 cup brown cane sugar

2 teaspoons baking powder

1 teaspoon salt

12 tablespoons unsalted butter, cut into small pieces and kept cold

1/2 cup cold water

FOR SPRINKLING

3 tablespoons white sugar

Method

1. Preheat oven to 400°

2. To make the fruit filling, in a large bowl, combine the frozen fruit, sugars, cinnamon, nutmeg, lemon juice, and cornstarch. Toss to coat evenly, and pour into 1/2 pan baking dish. Bake in the preheated oven for 45 to 1 hour until the fruit is cooked and syrup is thickened.

3. Meanwhile, in a large bowl, combine flour, sugars, baking powder, and salt.

4. Blend in the cold butter with your fingertips, or a pastry blender, until mixture resembles coarse meal. Gradually mix in just enough water to make the mixture a little moist but not saturated; it should still be crumbly and not a dough.

5. Remove cooked fruit from the oven, and drop spoonfuls of the crumble topping over them.

6. Sprinkle the entire cobbler with the sugar. Set your baking dish on a baking sheet as the cobbler can drip.

7. Bake until the topping is golden, about 30 minutes.

AFRICAN SPICED Black Tea

Chef Lachelle Cunningham
(inspired by Chef Jamal Hashi)



Ingredients

- 1 cinnamon stick
- 6 cardamom pods (green)
- 4 cloves crushed
- 6 cups water
- 2 tablespoons loose leaf Kenyan black tea
- 2 inches fresh ginger peeled and sliced
- 1/2 cup honey or cane sugar
- 3-4 cups coconut, oat or almond milk

Method

1. Toast the whole spices (cinnamon, coriander, cardamom, cloves, cumin) in a dry skillet over medium-low heat and stir frequently just until they become very fragrant and darken slightly. It shouldn't take more than a few minutes; watch carefully so they don't burn.
2. Remove the toasted spices from the heat and allow to cool before grinding them in a spice or coffee grinder.
3. In a deep saucepan, bring the water to a boil. Reduce heat to low and add the tea and toasted spices. Simmer for 3 minutes.
4. Stir in the milk and continue to simmer for another 2 minutes.
5. Remove from heat and immediately stir in the honey or cane sugar until dissolved.
6. Pour through a fine mesh sieve and serve hot.