

Soul Food

A COLLECTION OF FAMILY RECIPES & TRADITIONS
IN CELEBRATION OF BLACK HISTORY MONTH



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Introduction



Each February, Americans observe Black History Month as a time to reflect on the achievements and trials of the past, celebrate equality, and raise awareness in an effort to create positive societal change.

Our theme for this year's Black History Month celebration is, "Past, Present, and Future." To celebrate the history and traditions of our team members, ASI's Diversity & Inclusion Council has compiled a collection of traditional soul food family recipes.

In this cookbook, you'll find a wide range of dishes, from festive holiday drinks to hearty stews and mouth-watering desserts.

Some of these recipes have been passed down from generation to generation. Others are modern spins on classic favorites. All of them have one thing in common - a heaping spoonful of heart and soul.

These recipes celebrate a variety of cultures and traditions. It is our hope that you will enjoy these dishes with your family and friends while taking the time to reflect on Black history and its incredible contributions to American culture. Perhaps these dishes will help spark some meaningful conversations about what changes are still needed and what you can do to make a difference.

From our family to yours, enjoy!

Creimas

Submitted by Cristina Alcine
Coordinator, Advertising & Marketing Services



Ingredients:

- 1 can of evaporated milk
- 2 cans of sweetened condensed milk (Eagle Brand)
- 1 can of Coco Lopez (cream of coconut)
- 1 teaspoon grated nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon almond extract
- 1 teaspoon anise star extract
- 1 teaspoon vanilla extract
- 1 teaspoon lime juice
- 1 cup of rum; Rhum Barbancourt (Haitian rum), or you can substitute with gin, clear rum or Bacardi

Directions:

In a large bowl add 1 can of evaporated milk and 2 cans of sweetened condensed milk. Add the cream of coconut (preferably Coco Lopez). The mixture should be sweet enough since both the Coco Lopez and the condensed milk are sweet, but if more sweetness is desired, add sugar by the teaspoon until you get the desired sweetness. Add vanilla, almond, Anise Star, cinnamon, and nutmeg to the mixture.

Add the lime juice to the mixture to slightly thicken it. Finally, add the dark rum into the mix and mix thoroughly (if more alcohol is desired, add to taste). Let the mix stand in the fridge for an hour or so then use a funnel to pour into bottles. Serve over ice and enjoy! Do not drink and drive!

“Creimas is a popular Haitian alcoholic beverage served during the holidays (similar to Coquito). If you prefer the non-alcoholic version, nix the rum.”

Note: This is the quickest way to make cremas. The longer way would be to buy a couple of coconuts, break the shells, save the juice, grind the coconuts and use the coconut milk instead of the Coco Lopez.

Collard Greens

Submitted by Stephanie Turner-Scott
Executive Director, ASI Show Operations



Ingredients:

- 6 bunches collard greens (or precut Glory Greens in 2 large bags)
- 1 tbsp. extra-virgin olive oil
- 1 yellow onion, finely chopped (about 1 cup)
- Pinch of kosher salt
- 1 lb. smoked turkey (legs or wings)
- 2 chicken bouillon cubes
- 1 tbsp. garlic powder
- 1 tbsp. onion powder
- 1 tsp. black pepper
- 1/2 tsp. red pepper flakes

Directions:

Tear the greens from their stems. Take a handful of greens, roll them up and cut horizontally into small pieces.

Add greens to an empty, clean sink full of water and wash them, removing all grit, sand, and debris thoroughly with cold water until water becomes clear.

Sauté onion in olive oil over medium-low heat with a pinch of salt, stirring until onion is translucent, about 5 minutes.

In a large stock pot or Dutch oven, add greens and enough water to just barely cover the greens (about 4 or 5 cups).

Add the smoked turkey, bouillon cubes, garlic and onion powders, black pepper and red pepper flakes. Bring to a rolling boil, then cover and lower heat to medium/low. Cook until greens are completely tender, at least 2 hours. Most of the water should have evaporated by this point, with just barely enough left to cover the greens. The meat should also pull away from the bones.

Take the meat out of the pot, transfer to a cutting board, and shred the meat with two forks. Once shredded, add meat back to the pot and stir until well combined. Taste and adjust seasonings.

Cajun Ragin Cabbage

Submitted by Jamaal Jackson
Account Executive, Distributor Services



Ingredients:

- One head of cabbage
- Andouille sausage
- Green and red peppers
- Onions
- Salt
- Pepper
- Garlic powder
- Cajun seasoning
- Minced garlic
- Old Bay seasoning
- About a half cup of chicken stock

Directions:

Chop and slice the sausage (thin-sliced), cabbage, and onion.

In a large nonstick pan or skillet, precook the sliced sausage about 4 minutes. Remove andouille sausage from pan and set aside.

In the same pan, melt about a half stick of butter. Add sliced cabbage, onion (sliced thin), minced garlic, green and red pepper (sliced thin) and cook on medium-high for about 5 minutes.

Add remaining ingredients, and the andouille sausage into the pan with your cabbage.

Place lid on your pan and cook for about 12 minutes. In between, check in and stir cabbage around.

Remove the lid, let your cabbage breathe, and finish cooking on low heat until you have that desired softness.

Southern Candied Yams

Submitted by Virginia Lucas

Senior Product Designer

Adapted from PinkOwlKitchen.com



Ingredients:

- 3 lbs. sweet potatoes about 5 large, sweet potatoes
- 8 tablespoons butter unsalted, one stick
- 1 cup granulated sugar
- ½ cup dark brown sugar or light brown sugar
- 2 teaspoons ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg
- ½ teaspoon salt
- ¼ teaspoon ground cloves
- 2 teaspoons vanilla extract

Directions:

Preheat your oven to 375°F. Butter a 9 x 13-inch baking dish and set it aside.

Wash, peel, and slice the sweet potatoes into ½-inch thick rounds. Place the sweet potatoes in the buttered baking dish and set them aside.

Heat the butter, granulated sugar, brown sugar, cinnamon, ginger, nutmeg, cloves, and salt in a medium saucepan over medium-high heat until the butter melts. Stir in the vanilla extract and remove the pan from the heat.

Pour the butter and sugar mixture over the sweet potatoes and use a wooden spoon or your hands to stir, making sure each potato slice is coated in the syrup. Cover the pan with foil and bake the yams in the preheated oven for 30 minutes.

After 30 minutes, remove the foil from the pan, carefully spoon some of the cooking syrup over the yams, and continue cooking the yams, uncovered, for an additional 20 to 25 minutes, or until the sweet potatoes can be easily pierced with a fork and the cooking liquid is syrupy.

Allow the candied yams to cool for about 10 minutes and enjoy!

Soul Food Macaroni and Cheese

Adapted from [IHeartRecipes.com](https://iheartrecipes.com)

<https://iheartrecipes.com/soul-food-macaroni-and-cheese-recipe/>

Ingredients:

- 1 lb. elbow macaroni pasta, uncooked
- 1 tsp. salt to salt the water for the pasta
- 8 cups water
- 1 cup evaporated milk
- 1 1/2 cup half & half
- 4 tbsp. unsalted butter (not margarine)
- 2 tbsp. all purpose flour
- 4 oz. cream cheese
- 8 oz. gouda cheese shredded or cubed
- 8 oz. creamy havarti cheese shredded or cubed
- 8 oz. sharp cheddar cheese, shredded
- 4 oz. mozzarella cheese, shredded
- 4 oz. colby jack cheese, shredded
- 1 tsp. seasoning salt OR plain salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1/2 tsp. freshly cracked black pepper
- 1 tsp. smoked paprika

Directions:

Pour 8 cups of water into a pot, and sprinkle in 1 tsp. of salt.

Bring the water to a boil, over high heat, then add in the elbow macaroni pasta.

Cook the pasta until it is al dente (cooked but still firm), then drain the pasta and rinse it under cool water.

Place a large sauce pan over medium heat, then toss in 4 tbsp. of butter.

Melt the butter down completely, then sprinkle in 2 tbsp. of flour.

Whisk the ingredients until they are well incorporated, then pour in the evaporated milk and half & half.

Whisk the ingredients and continue to cook it over medium heat for about 3 minutes.

Reduce the heat to low, then add in the cream cheese, gouda, and Havarti.

“There is something about homemade macaroni and cheese that makes me want a complete soul food meal. I’m talking about crispy fried chicken, tender collard greens with ham hocks, buttery cornbread, and super creamy cheesy mac and cheese. Yassss! Just the thought of it takes me back to my childhood!”

Directions (continued):

Stir the mixture until the cheese melts, and you have a nice creamy cheese sauce.

Sprinkle in the seasoning salt, pepper, paprika, onion powder, and garlic powder. Mix until well incorporated.

Toss the macaroni pasta into a large pot and pour in the cheese sauce.

Stir everything until it is well combined, then pour half of the macaroni and cheese mixture into a 9 x 13 baking dish.

Sprinkle some of the sharp cheddar, mozzarella, and Colby jack on top of the mac and cheese.

Next, add the remaining macaroni and cheese into the baking dish and top it off with the remaining cheese.

Bake the macaroni and cheese in a preheated oven on 350 degrees F for 25-30 minutes.

Remove from the oven and let sit for 5 to 10 minutes.

Serve and enjoy!



Black-Eyed Peas with Smoked Turkey

Submitted by Stephanie Turner-Scott
Executive Director, ASI Show Operations

"It is a southern tradition to eat black-eyed peas with collard greens. The peas represent good luck, and the greens represent prosperity. Cornbread, often served with black-eyed peas and greens, represents gold."

Ingredients:

- 16 oz. bag of Goya (or any brand) black-eyed peas
- 1 pound of smoked turkey wings
- 2 onions
- 1 tsp. salt
- 1 tsp. pepper
- 1 tsp. garlic powder



Directions:

Soak the black-eyed peas in water for 3-4 hours; some people like to soak them overnight to soften them for cooking.

Cook the turkey wings in a slow cooker for 6-8 hours until the meat falls off the bone.

Put the peas in a large pot, add 1/2 stock and all meat from the slow cooker.

Dice 2 onions.

Add a teaspoon each of salt and pepper (1 season to taste).

Let simmer until the peas are tender (not mushy) and the stock is beige in color.

Southern Fried Whiting Fish

Submitted by Jamaal Jackson
Account Executive, Distributor Services



Ingredients:

- Corn meal
- Louisiana seasoned fish fry breading mix (mix in with cornmeal, less than half of the cornmeal). Cornmeal should be majority.
- Garlic powder
- Onion powder
- Seasoned salt
- Black pepper
- Salt
- Cayenne pepper
- Goya adobo seasoning

Directions:

Please clean your fish by rinsing your filets. Then sit them in cold water with about less than half a cup of lemon juice for about 30 minutes.

Remove the fish from the cold water and lemon juice, and then pat dry.

It's very important to season the fish (front and back) with garlic powder, onion powder, and black pepper before adding it to the cornmeal.

With the seasoned fish fry mix, make sure to add all the ingredients in the cornmeal and fish fry mix and then coat your fish filets into the mix and fry between 5 to 6 minutes.

Fish fries very fast so please keep that in mind. (Preferably use peanut or canola oil.)

Okra Stew

Submitted by Lorianne Harris
Customer Success Manager



Ingredients:

- 1.5 lb. beef chuck roast
- 1-2 tbsp. olive oil
- 1 tsp. salt
- 4 large tomatoes, chopped, or 2 cans stewed or crushed tomatoes (28 oz.)
- 1 medium onion chopped
- 1 stalk celery chopped
- 4 ears of sweet corn cut from cob, or 1.5 cups frozen corn
- 2 cups lima beans, fresh or frozen
- 2 cups okra, fresh or frozen
- 2 bay leaves
- 2 tsp. of thyme
- 1 tsp. of dried basil
- 1 tsp. black pepper
- 2 tbsp. tomato paste

Directions:

Brown chuck steak in olive oil. Season meat with salt. Add onions and celery. Cook until vegetables soften.

Add water to cover steak. Bring to boil. Add bay leaves, thyme, basil, and black pepper.

Simmer until meat is tender. Approx. 1-1 ½ hour.

Add tomatoes, lima beans, and okra. Simmer until vegetables are nearly cooked.

Add corn, tomatoes, and tomato paste. Simmer until vegetables are cooked. Approximately ½ hour more in total.

Taste and adjust seasonings as needed.

Serve with steamed rice.

“My grandmother lived in Charleston, South Carolina. Every summer I would visit my grandma and one of the dishes I looked forward to having whenever I arrived in Charleston was my grandmother’s Okra Stew over rice. The stew is often prepared with fresh shrimp and without meat, however, this recipe is shown with beef.”

Big Mama's Fried Chicken

Adapted from [GrandBabyCakes](https://www.grandbabycakes.com)

<https://food52.com/recipes/28160-big-mama-s-fried-chicken>

Ingredients:

- 8 pieces chicken
- 3 large eggs, beaten
- 1 teaspoon hot sauce
- 1 teaspoon Worcestershire
- 2 1/2 cups all-purpose flour
- 3 tablespoons seasoned salt
- 3 tablespoons cornstarch
- 2 teaspoons paprika
- 1/2 teaspoon cayenne pepper
- 2 teaspoons black pepper
- 1/2 teaspoon garlic powder
- 1 tablespoon onion powder



Directions:

In a medium sized bowl, whisk together eggs, hot sauce and Worcestershire and set aside.

Next, add flour, cornstarch, seasoned salt, paprika, cayenne pepper, black pepper, garlic powder and onion powder to a paper bag and shake to mix well.

Dip each piece of chicken into egg wash, coating both sides, then dip into seasoned flour thoroughly coating each piece. Then add piece to baking sheet to rest.

Finish coating all chicken and let sit for 10-15 minutes until coating has set.

While coating sets, add 1-1/2 inches of oil to a cast iron skillet or heavy bottom skillet and heat over medium high heat. Preheat oven to 275 degrees.

Toss a tiny bit of flour in the oil; if it begins to fry and

sizzle, the oil is ready.

Fry four pieces at a time on each side starting with dark meat since it takes longer. Make sure you don't overcrowd the pan. After each side has turned slightly golden, put the top on the skillet to steam the inside of the chicken ensuring doneness. After a couple of minutes, remove the top and continue to fry until the crust is crispy again and completely golden brown.

Remove chicken from oil and place on paper towels or rack to drain. Place chicken on a baking sheet covered with parchment and add to warmed oven while finishing the other chicken pieces.

Fry the remaining chicken pieces and drain and add to oven. Add the remaining chicken to the oven.

Serve chicken when ready.

Maple Glazed Salmon

Submitted by Virginia Lucas

Senior Product Designer

Adapted from GrandBabyCakes.com



Ingredients:

For the Maple Glaze:

- 1/2 cup maple syrup
- 3 tbsp. brown sugar
- 1 1/2 tbsp. fresh lime juice
- 2 tsp. minced garlic
- 1/4 tsp. paprika
- 1/8 tsp. black pepper

For the Seasoning:

- 2 lbs. wild salmon cut into filets
- Salt and pepper to taste
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. paprika
- 1/8 tsp. creole seasoning
- 1/8 tsp. cayenne pepper (optional)

Directions:

For the Maple Glaze:

Preheat oven to 375 degrees.

Whisk together all glaze ingredients and set aside.

For the Seasoning:

Pat each side of salmon with a paper towel to remove extra moisture, then season both sides with salt and pepper to taste.

Whisk together the remaining spices and set aside.

Add salmon to the direct center of a large piece of greased or nonstick foil with enough on the sides to fold over when baking. Sprinkle seasoning on top of salmon and make sure to pat in.

Spoon the maple glaze over the top of the salmon. Fold the sides of the foil up to completely enclose the salmon. If you need more foil, just layer over the top and close.

Bake for about 14-15 minutes or until salmon is almost done cooking. Remove salmon from the oven.

Change your setting to broil, uncover the foil and place salmon under the broiler for about 2 minutes or until golden then remove from oven.

Can't-Eat-Just-One-Piece Carrot Cake

Submitted by Venus Antoine
Senior Technical Product Support Analyst

"The recipe belonged to my grandma who worked at a bakery in Douglas, GA. Although all the cakes from the bakery were good, my gran had her own recipe for the classic carrot cake."

Ingredients:

For Cake:

- 3 cups of grated raw carrots
- 2 cups of sugar
- 4 eggs
- 1 ½ cups of vegetable oil
- 3 tsp. cinnamon
- ½ tsp. salt
- 2 cups all-purpose flour (sifted)
- 2 tsp. baking soda

For Icing:

- 8 oz. package of cream cheese
- ½ cup butter
- 1 box 4x confectioners' sugar
- 1 cup chopped walnuts
- 1 tsp. vanilla extract

Directions:

Preheat oven to 350 degrees.

Beat eggs, gradually adding sugar.

Mix in 1 ½ cups vegetable oil and add sifted flour, baking soda, salt and cinnamon. Fold in grated carrots. Line 2- or 3-layer pans with waxed paper and pour in mixture.

Bake for 30-35 minutes.

Let the cakes cool before frosting.

Make the frosting:

Blend cream cheese with butter and vanilla extract; add confectioners' sugar* to taste. Fold in nuts.

**I do not use an entire box of confectioners' sugar. Add a small amount first to test sweetness.*



Red Velvet Cake

Submitted by Angela Finney
Account Executive, Supplier Sales



Ingredients:

- 2 ½ cups flour
- 1 ½ cups sugar
- 1 tsp. baking soda
- 1 tsp. salt
- 2 tsp. unsweetened cocoa
- 1 ½ cups vegetable oil
- 1 cup buttermilk
- 2 eggs
- 2 tsp. red food color
- 2 tsp. vanilla extract

Directions:

Preheat oven to 350 degrees.

Mix dry ingredients in bowl. Set this to the side.

Mix remaining ingredients. Slowly add in dry ingredients to wet ingredients.

Split in three 6" round cake pans. Bake at 350 degrees for 35 minutes. Use buttercream icing* cake once it is cool.

**See "Can't-East-Just-One-Piece Carrot Cake" on previous page for a buttercream frosting recipe.*

Ophelia's Simple Cake

Submitted by Lorianne Harris
Customer Success Manager

"My Grandma in NJ lived to be over 101 years old. She was the kind of lady that loved to see you eat her delicious meals. The Simple Cake was a cake I grew up eating and I can remember sitting at her table as a little kid, patiently waiting for her to cut my piece."

Ingredients:

- ½ lb. butter
- 6 eggs
- 2 tsp. baking powder
- 1 ½ tsp. vanilla
- 2 cups of sugar
- 3 cups cake flour
- 1 cup of milk
- 1 ½ tsp. lemon flavoring

Directions:

Cream butter and sugar. Add eggs, two at a time, until all is mixed well.

Add flour alternately with milk; add flavoring and, last, baking powder.

Bake in a well-greased and floured 10-inch tube pan at 350 degrees for 45 to 50 minutes.



Gâteau au buerre Hatien (Haitian Butter Cake)

Submitted by Cristina Alcine

Coordinator, Advertising & Marketing Services

Ingredients:

- One 12-inch cake pan
- 4 sticks of unsalted butter at room temperature
- 8 large eggs, at room temperature (separate the whites from the yolks – put them in different bowls)
- 5 1/2 cups of gold medal flour (sift the flour first – 1 cup at a time)
- 2 teaspoons of pure Haitian almond extract (Noyau Essence brand – [can purchase on Etsy](#))
- 1 teaspoon of pure Haitian vanilla extract (100% Haitian Vanilla Essence Sonaprod brand – [can purchase on Amazon](#))
- 2 pinches of ground nutmeg
- 1 teaspoon of ground cinnamon
- 1 pinch of salt
- 1 teaspoonful of lemon or lime peel (grated)
- 1 1/2 cans of carnation milk (undiluted)
- 2–3 teaspoons of baking powder
- 4 cups of granulated sugar
- 1 box of vanilla Cook & Serve pudding – preferably a large – Haitians do not put this in their cake, but it makes it more moist and adds more flavor (sometimes I use different flavors for taste)
- 1 packet of Dream Whip (not used by Haitians, but it makes it tastier and adds more volume to the cake)
- 2 tablespoons [Rhum Barbancourt](#) (optional)

Directions:

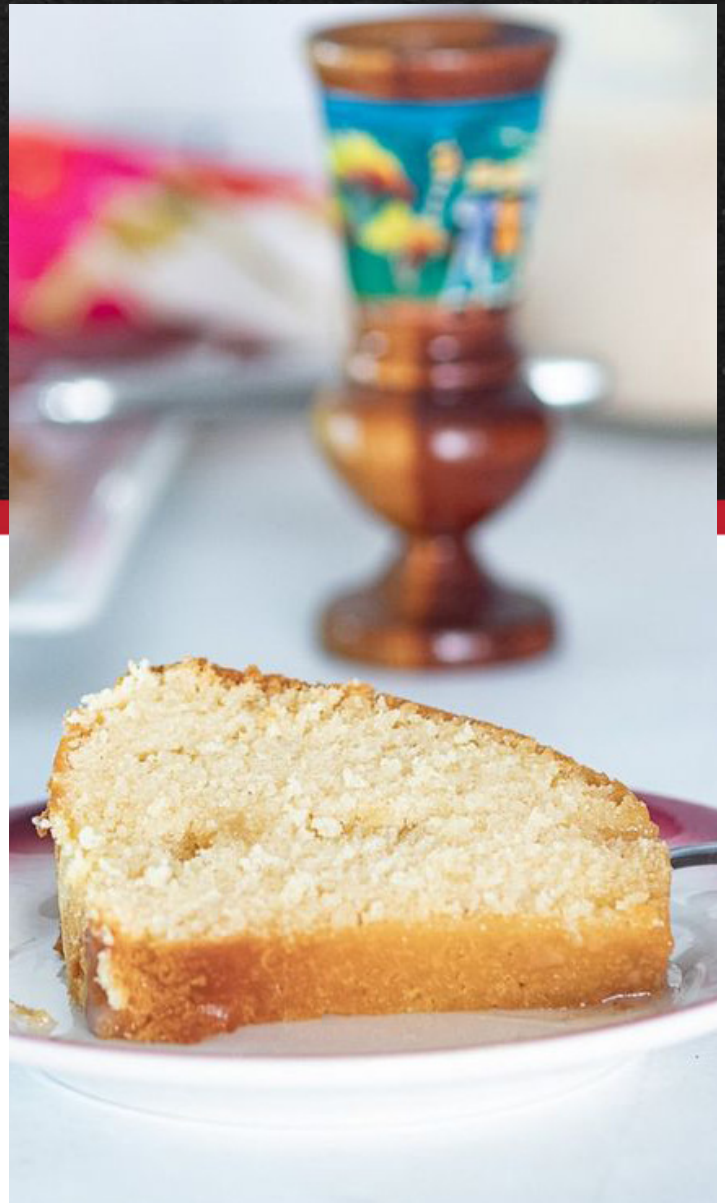
Preheat oven at 325 degrees.

Grease the pan with butter and dust it with the flour, shaking off the excess.

Put the softened butter in a large bowl with sugar until it becomes soft – make sure to use a mixer to create a creamy consistency, as this will take a long time. Add egg yolks one at a time at low speed, to avoid a dry cake.

Add the remaining dry ingredients into a separate bowl (flour, nutmeg, cinnamon, salt, grated lemon or lime peel, baking powder, vanilla Cook & Serve pudding and Dream Whip).

Add the dry ingredients mixture to the egg yolk mixture, 1 cup at a time, then add 1/2 cup of carnation milk. You can stir with a wooden spoon, as you continue to add the cup of the dry mixture, following up with a 1/2 cup of milk. Alternate between the cup of dry ingredients and the carnation milk until finished.



Directions (continued):

The batter should feel light, and it should look thick. It should have the consistency of a pudding.

Whip the egg whites in a clean, non-greased bowl using a hand mixer at medium speed, until the top forms a peak (it should be firm). Add the egg whites to the batter, slowly stirring and mixing it at low speed. Add the vanilla extract, the almond extract, and the rum.

Pour the batter in the pan, tap the pan on the counter 2-3 times to get rid of all the air bubbles, and bake for about 40 minutes. Do not open the oven door until the cake rises or it will drop and you will end up with a very chewy pancake. Once it rises, open the oven door and use a toothpick to test the cake to see if it is done. The toothpick should come out clean if the cake is done. If it does not, put it back in the oven for about 10 more minutes. If the side of the cake is cooking faster than the center, use a strip of aluminum foil and wrap it around the pan. It should make sure that the heat is distributed evenly around the cake.

Once the cake is done, let it cool in the pan on top of a rack on the counter for about 1/2 an hour. It should come out of the pan easily. If you want to frost it, you can do that when the cake is completely cooled down.

What really distinguishes this cake from your typical pound cake is the lemon/lime peel, the Naylor, and the Sonapron... I would advise against substituting these ingredients as this is what adds to the robust flavor and really takes the cake to a whole new level of scrumptious. From my mother's kitchen to yours. Mange Bien! (Eat Well!)

Not Yo' Mama's Banana Pudding

Submitted by Virginia Lucas
Senior Product Designer
Adapted from Number-2-Pencil.com



Ingredients:

- 6 large bananas
- 1 5.1 oz. box of vanilla JELL-O instant pudding
- 2 cups whole milk
- Two to three 7.25 oz. bags of Pepperidge Farms Chessmen cookies
- One 8 oz. package of cream cheese at room temperature
- One 14 oz. can of sweetened condensed milk
- 2 cups of heavy whipping cream
- 1 teaspoon of vanilla extract
- 4 tablespoons of sugar

Directions:

In the bowl of a stand mixer, whip chilled cream, sugar and vanilla together until soft peaks form. Measure out 3 cups of whipped cream and refrigerate remaining whipped cream to serve as topping.

In a small bowl, whisk together pudding mix and two cups of milk.

Rinse the bowl of the stand mixer. Using paddle attachment, beat together softened cream cheese and sweetened condensed milk until smooth.

Add pudding to stand mixer and continue to stir until combined.

Then, gently fold in 3 cups of homemade whipped cream.

To assemble banana pudding:

Line bottom of 9x13 casserole dish with 20 Chessmen cookies.

Slice bananas and arrange over cookies Spread pudding mixture over bananas.

Finally arrange another layer of 20 Chessmen cookies on top of pudding mixture.

Cover and refrigerate for 2-3 hours or until chilled through.

Serve with additional whipped cream if desired.