GOOD, CLEAN and FAIR RECIPES
to celebrate 30 years of Slow Food

Eating is an agricultural act.

Wendell Berry, American Author, Activist and Farmer
The Slow Food Story

Over thirty years ago, a large group of Italians gathered in Rome for a protest. Why? A fast food franchise was opening at the base of the iconic Spanish Steps. Instead of waving signs and yelling, they brought in a big bowl of penne pasta and shared it with the crowd that had gathered, chanting:

“We don’t want fast food. We want Slow Food!”

That gathering was the birth of the Slow Food movement. On December 10, 1989, at the Opéra Comique in Paris, an international delegation signed the Slow Food Manifesto and Slow Food officially became the international movement it is today.

Thirty years later, the heart of this movement keeps beating with joy and justice as protagonists in the food system come together to act. We highlight some of those leaders in this booklet, but there are many more. You are also one of these protagonists, because you buy and eat food every day. Our daily choices and political advocacy efforts make a huge impact on the climate and our environment. Slow Food is a call to action to return to a more traditional and sustainable relationship with the land, with our communities and with our food. It’s a call for good, clean and fair food for all.

As we look ahead to the next 30 years of Slow Food, we hope this booklet inspires you to gather friends and neighbors and together take action for the soul of our planet.

— Anna Mulé, Executive Director, Slow Food USA
After thirty years of Slow Food International and nearly twenty years of Slow Food USA, we have reached an important moment: we can see the impact of a powerful food movement and the potential of collective action for the future of our planet. So many people are now holding up the values of Slow Food: chefs, regenerative farmers, teachers, ranchers, thinkers, gardeners, activists, politicians, entrepreneurs and eaters like you.

Just as agriculture depends on biodiversity, food depends on a diversity of people who can contribute their traditions and knowledge to this movement. This book is important because its contributors, who come from different food traditions around the world, all share a commitment to regenerative agriculture and biodiversity.

When we eat food that is in season and has been grown regeneratively—with farming practices that rebuild the health of the soil and pull carbon out of the air—it is not only a corrective to climate change and the decline of rural communities, it is the key to our own health and happiness. Carlo Petrini taught me long ago that we need to win people over with taste and biodiversity, with friendship and respect. The future of food must be inclusive and collaborative. The future of our planet depends on it.

“When you have the best and tastiest ingredients, you can cook very simply and the food will be extraordinary because it tastes like what it is.”

Alice Waters

The Art of Simple Food: Notes, Lessons and Recipes from a Delicious Revolution, 2007
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Regina Escalante Bush is a member of Slow Food Mexico and the international Slow Food Cooks’ Alliance, that promotes conscious and sustainable consumption of products made under strict standards of quality while creating strong relationships between consumers and farmers. A long-time proponent of Slow Food values, Escalante participated in the 2018 Terra Madre Salone del Gusto as well as Slow Food Nations in Denver in 2019.

PREPARE

In bowl:
¾ cup peeled pumpkin seeds
8 pieces or 2.2 lbs fresh plum tomatoes with skin
½ onion or 3.5 oz whole white onion, unpeeled
1 clove fresh garlic, unpeeled
¼ cup finely chopped fresh cilantro with stems
¼ tsp chopped serrano pepper (if desired spicy)
1 tsp freshly squeezed lemon juice
1 Tbsp chopped fresh cilantro for garnish
1 tsp peeled pumpkin seeds, toasted and chopped

“Sikil Pak means ‘pumpkin seeds and tomato’ in the Mayan language. It’s my go-to recipe for a quick party spread, to eat with chips or to serve with fish. It has the earthy flavour of pumpkin seeds, but also a tanginess from the cilantro and lemon juice.”

yields about 2 cups

“Sikil Pak” by Regina Escalante Bush

INGREDIENTS

Process:

Preheat the oven to 350°F.

Spread the pumpkin seeds on a cookie sheet and place them in the oven until lightly toasted, about 5 minutes.

Take them out of the oven and let them cool for about 5 minutes. Wash and dry the tomatoes and place them over the flame of the stove or in a barbecue straight on the fire, with the half onion and the unpeeled garlic clove, until mostly charred.

Peel the onion and the garlic clove to remove skin.

Blend the toasted pumpkin seeds, charred tomatoes (if over-burnt, scrape some of it off), onion, garlic, cilantro, serrano pepper and lemon juice in a blender or food processor.

Serve cold with chips or crackers and garnish with fresh cilantro and chopped pumpkin seeds.
BADGER FLAME BEET TARTARE
by Dan Barber

“All the vegetal sweetness of the beet, without the polarizing earthiness—the brilliant Badger Flame is here to redeem the beet’s dirty reputation.” That’s what Row 7 Seed Company—makers of the Badger Flame Beet—have to say about it.

INGREDIENTS

For the beet puree:
2 medium sized Badger Flame beets (approximately 7 oz. total)
1 garlic clove
1 sprig of rosemary
2 tsp grape seed oil
½ cup vegetable stock
Salt and pepper

For the pickled beet:
1 Badger Flame beet, peeled
½ cup champagne vinegar
½ cup sugar
½ cup water

For the tartare:
2 Badger Flame beets
Salt
Quail egg yolks (optional)

PROCESS

To make the puree:

Preheat oven to 375 F.

Place beets, garlic and rosemary on a sheet of aluminum foil, drizzle some oil, season with salt and pepper and wrap. Repeat wrap with a second sheet of aluminum foil. Place the bundle on a tray and place in the oven for 50 minutes to 1 hour or until the tip of a knife easily pierces through a beet.

When beets are completely cooked through, peel the skin off and chop roughly.

Transfer the chopped beets to a blender and puree till smooth. Add a little stock if needed to aid in pureeing.

Recipe continued on next page.

Dan Barber is the chef and co-owner of Blue Hill at Stone Barns in New York, and author of The Third Plate. Barber also co-founded Row 7 Seed Company, which brings together chefs and plant breeders to develop new varieties of vegetables and grains. Barber has received multiple James Beard awards including Best Chef New York City in 2006 and the country’s Outstanding Chef in 2009. In line with Slow Food’s Ark of Taste initiative, Row 7 fights commodification by encouraging seed saving and cross-pollination while celebrating agricultural biodiversity in their pursuit of flavor.
To make the pickled beets:

In a pot, add champagne vinegar, water and sugar. Bring to a simmer and remove from heat.

Thinly slice beet (approx. ⅛ inch) into a mixing bowl. Pour the warm pickling liquid over the beets. Using a spoon, give them a quick stir to make sure the slices are not sticking to each other.

Let the beets cool, cover tightly and store in a refrigerator.

To assemble the tartare:

Peel and finely dice raw beets. Transfer to a mixing bowl.

Dice the pickled beets and add to diced raw beet.

Add beet puree and mix all the ingredients until bound together. Season with salt to taste.

Place ring mold onto a plate and fill with badger flame beet mix. Lift off the ring mold and place a quail egg yolk on top of the beet tartare.

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Eat food. Not too much. Mostly plants.

Michael Pollan, American Author, Activist and Farmer
This salad is especially great for the holidays, not only for its wonderful fall flavors but also because it’s hearty and can sit on a buffet table for hours without losing any integrity or flavor. In fact, you can mix the whole thing up to a day before, refrigerate it, and then bring it to room temperature before serving. If you can find delicata squash, try it (just seed it, no need to peel it).”

yields 4-6 servings

**Radicchio and Roasted Squash Salad**

by Julia Turshen

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**INGREDIENTS**

- 3 lbs butternut squash, halved lengthwise, tough skin peeled and ends trimmed and discarded, seeded, and cut into 1 inch pieces
- ¼ cup olive oil
- Kosher salt
- Freshly ground black pepper
- 2 Tbsp Dijon mustard
- 1 Tbsp honey or maple syrup
- ¼ cup apple cider vinegar
- 1 garlic clove, minced
- 3 heads radicchio, each about ½ lb, cored and thinly sliced

**PROCESS**

Position one rack in the center of your oven and a second rack in the top third and preheat to 400°F. Line two sheet pans with parchment paper.

Divide the squash evenly between the prepared pans, then drizzle each pan with 2 Tbsp of the olive oil and season generously with salt and pepper. Use your hands to toss everything.

Roast the squash, stirring once or twice along the way and switching the pans between the racks and rotating them back to front halfway through the roasting, until softened and browned, about 30 minutes. Set the squash aside to cool down a bit.

In a large bowl, whisk together the mustard, honey, vinegar, and garlic. While whisking constantly, slowly drizzle in the remaining ½ cup olive oil to make a dressing. Season to taste with salt and pepper. Add the reserved squash and the radicchio to the bowl and use your hands to combine everything gently (messy, but fun).

Transfer the salad to a serving platter and serve immediately (or within a few hours; it holds well at room temperature).

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**Julia Turshen** is the bestselling author of *Now & Again,* *Feed the Resistance* and *Small Victories.* She has written for The New York Times, The Washington Post, The Wall Street Journal, Vogue, Bon Appétit, Food & Wine, and Saveur. Turshen is the founder of Equity At The Table (EATT), an inclusive digital directory of women/non-binary individuals in food, and the host of the podcast “Keep Calm and Cook On.”
SQUASH GRILLED CHEESE

by Julia Turshen

Make delicious vegetarian sandwiches by spreading mayonnaise on both sides of two slices of bread, top with your favorite melting cheese (such as cheddar or muenster), and add a large handful of leftover radicchio and squash salad. Close the sandwich and cook in a skillet until browned on both sides and the cheese is melted, about 1½ minutes per side (the mayonnaise will help the exterior brown). Serve with mustard and pickles.

SCHOOL GARDENS

The Slow Food National School Garden Network aims to reconnect youth with their food by teaching them how to grow, cook and enjoy real food. Through increased confidence, knowledge gain and skill building, we want to empower children to become active participants in their food choices. By becoming informed eaters, today’s children will help make a positive impact on the larger world of food and farming well into the future.

ZERO WASTE

In a world where millions are undernourished and resources are limited, reducing food waste is an essential step in achieving a viable food future. According to the FAO, roughly one third of the food produced in the world for human consumption every year — approximately 1.3 billion tons — gets lost or wasted. At the center of our work is the strong belief that the key to fighting food waste is to give food back the value that it deserves. That work in your own home might start with creatively repurposing your leftovers so they don’t go to waste, like this very tasty grilled cheese featuring your salad leftovers!
**FETA, PEACH and TOMATO SALAD**
by Alex Seidel

“This dish combines some of the best of Colorado’s summer flavors. A briny salty sheep’s milk feta cheese from Fruition Farms, sweet ripe Palisade peaches and plums, with a punch of bright acidity from heirloom tomatoes and crunchy cucumbers.”

yields 4-6 servings

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**INGREDIENTS**

- 2 peaches
- 3 plums
- 2 large, ripe heirloom tomatoes
- 1 pint cherry tomatoes
- 1 medium sized cucumber
- ¼ cup red wine vinegar
- ¼ cup olive oil
- 1 pint Fruition Farms feta
- 1 pint loosely packed purslane
- ¼ tsp crushed chili flake
- Coarse sea salt
- Kosher salt
- Black pepper

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**PROCESS**

Cut your heirloom tomatoes into large chunks that still fit on a fork. Cut the cherry tomatoes in half. Lay the tomatoes out on a rimmed sheet tray, cut side up, and season with coarse sea salt, black pepper, and olive oil. Allow the tomatoes to marinate while you get everything else together.

Using a mandoline or a very sharp knife, slice the cucumber into thin rounds.

Cut the stone fruit in half from top to bottom and remove the pits. Cut into similarly sized pieces to the heirloom tomatoes.

Toss the feta into a food processor and let it run (without adding anything) until it is completely smooth.

Put the tomatoes and any liquid they have leached out into a large bowl with the cucumbers, stone fruit and purslane. Season with salt, more pepper, chili flakes, olive oil and red wine vinegar. Gently toss to combine.

In four shallow bowls, place a large spoonful of the whipped feta. Divide the dressed salad between the four bowls and spoon a little of the juices over the top of each to finish.

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**Alex Seidel** is chef and owner of Denver culinary treasures Fruition Restaurant, Mercantile Dining and Provision, Füdmill, and Chook. Seidel has been the recipient of many accolades, including the 2018 James Beard Foundation Best Chef Southwest, and also owns Fruition Farms Creamery, Colorado’s first artisan sheep’s milk creamery. Seidel enjoys furthering the culture of cuisine, championing food advocacy and mindfulness when it comes to eating habits and waste.
**PORTUGUESE BREAD SOUP**
by Steven Satterfield

“This is a riff on a very well-known soup from Portugal that transforms stale bread into a whole new taste experience. I like to take it a few steps further and rather than using whole chard leaves, I save my greens stems just for this soup. The original recipe calls for whole eggs poached in the flavorful broth, but since egg whites can be a by-product of making pasta or custards, this is an excellent way to use up your whites in a catch-all, one-pot meal.”

**INGREDIENTS**

- 2 cups cubed stale bread, preferably a country style sourdough or pain au levain
- ½ cup extra virgin olive oil
- 2 cups diced swiss chard stems (or stems from any other greens like collards, kale, mustards)
- 1 cup diced onion
- 3 cloves garlic, minced
- 1 Tbsp kosher salt, plus more to taste if desired
- ½ tsp freshly ground black pepper
- ⅛ tsp crushed red pepper
- 2 cups chicken stock
- 1 cup cooked white beans, drained and rinsed
- 1 cup egg whites
- 1 bunch of cilantro, washed and chopped, stems included

**PROCESS**

Heat oven to 350°F. Toss the bread cubes in ¼ cup of the olive oil and a pinch of salt and transfer to a baking sheet. Place the pan on middle rack of oven and bake until well toasted, about 10 minutes. Remove from oven and set aside.

In a medium saucepan, add remaining oil and place on burner over medium heat. When oil begins to shimmer, add greens stems, onion, garlic and salt. Stir frequently and cook for 5 to 7 minutes, then add the black pepper and red pepper. Cook for a minute more, then add chicken stock and white beans. Continue to cook until the mixture reaches a lively simmer. Taste for seasoning and adjust to your liking.

Stir in the egg whites in a steady stream to create long strands. The whites will create somewhat of a noodle effect if done this way. When all the whites are incorporated and set, taste for seasoning and adjust as needed.

Divide the toasted bread cubes among 4 bowls, then use a ladle to divide the soup amongst the bowls. Garnish with lots of chopped cilantro and serve immediately.

**Steven Satterfield** is the executive chef of Miller Union in Atlanta and author of *Root to Leaf: a Souther Chef Cooks Through the Seasons*. He holds leadership positions with Chefs Collaborative and Slow Food Atlanta, and is a proud, active member of the Southern Foodways Alliance and Georgia Organics. In 2017, Satterfield won the James Beard Foundation’s Best Chef Southeast award and Miller Union was recognized as one of the country’s best restaurants by Eater National. Satterfield’s dedication to seasonal cooking and his unwavering support for local farmers is the driving philosophy behind his restaurant and everything he does.
O.G. LENTIL SOUP
by Dr. Ietef “DJ Cavem” Vita

In a large pot, bring water to a boil and add all of your ingredients except the salt and lemon juice. Turn the heat down to medium and let it simmer with a vented lid, or place a lid on the pot slightly tilted, so that some steam may escape.

Stir the soup every 5 minutes or so. You will know the soup is done when the lentils have split into more of a mash and most of the water is gone, about 20 to 30 minutes.

Once done, remove from heat and add lemon and salt to taste. Stir that up, put it in a bowl, garnish with cilantro, chopped tomato and/or green onion, and eat!

INGREDIENTS

3 cups red lentils
½ cup chopped green onion
½ cup chopped red bell pepper
½ cup chopped tomato
¼ cup olive oil
1 Tbsp ground cumin
½ Tbsp ground coriander
½ Tbsp paprika
½ Tbsp onion powder
1 tsp garlic powder
Juice from ½ lemon
Sea salt
cilantro, tomato, green onion to garnish (optional)

PROCESS

Dr. Ietef “DJ Cavem” Vita began his eco-hip hop journey in 2007, leveraging rap as a medium to educate and inform people about climate change, food justice and plant-based foods. Vita has since performed at the Obama White House, been featured in Oprah Magazine and appeared on the Rachael Ray Show. His work’s alignment with his earth-centered values transformed Vita into activist, educator and vegan chef. Vita and his wife, Arasia, formed the Vita Earth Foundation, a non-profit organization that hosts health and wellness summer camps, Culinary Concerts and Recipes for Resistance workshops focused on culinary climate action.

Lentils are a superb and long-lasting pantry item, highly nutritious and a great source of protein. You can use any color lentil for this recipe. Red lentils are simply hulled and split yellow lentils, which means they cook very quickly and make for an easy weeknight meal!
CATFISH and CRAB STEW with JIMMY RED CORN GRITS
by Kevin Mitchell

Chef Mitchell’s cooking embraces traditional American flavors, sumptuous soul food flair and delicate French cuisine. This stew is a fantastic showcase of that stellar culinary combination and a wonderful meal for those of us lucky enough to have access to fresh and in-season seafood!

INGREDIENTS

- 6 oz olive oil
- 1 cup diced onion
- 1 cup diced green pepper
- 1 Tbsp minced garlic
- 1 cup sliced fresh okra
- 1 cup fresh or frozen corn kernels
- 3 cups low-sodium chicken stock
- 3 cups diced fresh tomato, peeled, seeded and diced
- 2 cups tomato purée
- ½ tsp cayenne pepper
- Kosher salt and freshly ground black pepper
- 2 lbs fresh catfish fillets, diced
- 1 lb lump crab meat, picked through to remove any shell
- 1 cup chopped green onion
- ½ cup chopped parsley

PROCESS

Heat 2 ounces of the olive oil in a medium pot over medium heat. Add the onion and pepper and sauté them until the onion begins to get tender, 3 to 5 minutes. Add the garlic and continue to sauté the vegetables for an additional 2 minutes. Add the okra and sauté for approximately 3-5 minutes. Add corn and sauté for 3 minutes more.

Increase the heat to medium-high. Add the chicken stock, tomato, and tomato purée. Bring to a strong simmer. Reduce the heat to low. Add the cayenne pepper. Season to taste with salt and black pepper.

Cook for 10 minutes. Add catfish and cook for an additional 10 minutes until fish is cooked.

Add the crab meat. Decrease the heat to medium and cook the stew for an additional 5 minutes to ensure catfish is fully cooked and crab is warmed through.

Add the green onion and cook for an additional 3 minutes. Add parsley. Adjust the seasoning with salt and pepper if needed.

Serve over steamed rice or grits, if desired. Recipe for Jimmy Red Corn Grits on next page.

Kevin Mitchell is a chef and culinary instructor at the Culinary Institute of Charleston. A Nathalie Dupree Graduate Fellow of the Southern Foodways Alliance, Mitchell focused his graduate studies on Southern Foodways, the preservation of Southern ingredients and the history of African Americans in the culinary arts. As a Slow Food Charleston Board Member and member of the Slow Food Cooks’ Alliance, Mitchell helps promote equity, inclusion, and justice in Slow Food.
**JIMMY RED CORN GRITS**

by Kevin Mitchell

**INGREDIENTS**

- 2 cups coarsely ground Jimmy Red Corn grits
- 6 cups water
- Salt and pepper
- 2 bay leaves, preferably fresh
- 3 Tbsp unsalted butter

**PROCESS**

Take ½ cup of the coarsely ground grits and put them in a spice or coffee grinder. Pulse them a few times until they are finely ground. Mix the finely ground grits with the coarsely ground grits in a bowl or a heavy-bottomed pot.

Cover the grits with water by about 2 inches, using as much of the 6 cups as necessary. Reserve any remaining water. Stir the grits, let them settle, then skim off any hulls that rise to the top. Cover container and let grits soak overnight at room temperature.

The next day, add any reserved water to the soaked grits. Bring to a boil over high heat in a heavy-bottomed pot, stirring constantly. The mixture will become creamy and begin to thicken.

Stir in 1½ teaspoons salt and the bay leaves. Reduce heat to low and simmer for 45 minutes to 1 hour, stirring constantly, until grits are tender and very creamy.

Discard bay leaves and season with salt and pepper. Serve each portion in an individual bowl with a dollop of butter.

Tip: Soaking grits overnight gives them a head start to perfect creaminess. It also shortens the cooking time.

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**SLOW FISH**

Within the Slow Food community, Slow Fish is a multidisciplinary, collaborative, global network of seafood harvesters, fishmongers, chefs, scientists, advocates, teachers, seafood eaters and others, whose primary mission is to support the diversity and resilience of coastal cultures, communities and ecosystems. The Slow Fish community embraces complex issues and promotes resilient practices and relationships, so that community-based fisheries can provide good, clean and fair access to seafood for all. Slow Fish works to counter the “blue economy” narrative that large industries use to exploit our oceans, and instead promote the “blue commons” narrative that seeks to steward waterways for all people.
CAPELLINI AGLIO y OLIO
by Eric Lee

“The great thing about this seemingly simple recipe is your opportunity to augment it to fit your palate and the season. If you love tomatoes in summer, add some with basil, pine nuts, a ton of parsley, and pecorino. If you love peas in spring, throw some of those in with mint, thyme, lemon zest, and a dollop of ricotta on top. Maybe add a fried egg, or some fried prosciutto with sage and chili, or winter squash thinly sliced after a hard roast with oranges in winter. It’s wonderful to make this recipe as is, but with some personal style, it’s always going to be better.”

INGREDIENTS

1 lb Capellini, good quality dried
4 oz extra virgin olive oil, not too grassy
1 bulb garlic, peeled
Seasonal ingredients (optional)
Fresh herbs (optional)

PROCESS

Bring a large pot of water to a rolling boil with enough salt to taste like the ocean.

Slice the garlic cloves paper thin. Heat olive oil over medium heat in a small saucepan.

Add the pasta to the water and stir well. Stir the pasta regularly to prevent clumping. Cook the pasta for about 3 minutes until al dente. Turn off the heat, quickly strain pasta in a colander and add back to the large pot with a touch of olive oil.

Add the sliced garlic to the saucepan with the olive oil and turn the heat to medium. Keep a close eye on it. When the garlic turns a beautiful deep gold color, turn off the heat and add garlic and oil to the pasta. If you’re adding other ingredients (excepting fresh herbs), it’s best to add them before the garlic and oil mixture so the oil can fry them a little and infuse the flavor.

Toss pasta, add herbs and serve immediately.

Eric Lee works hard to strengthen his partnerships with local farmers and ranchers while pushing the boundaries of his years of culinary experience as the Executive Chef at Acreage restaurant and cidery in Lafayette, CO. In rotating the Acreage menu seasonally, Lee works to showcases the bounty local farmers bring to his back door and allow the flavors of fresh ingredients to shine. Lee has worked as the head chef of the Slow Food Nations commissary kitchen for the past three years.
BULGARIAN LAMB KEBABS
by Alon Shaya

“A little like meatballs, a little like burgers, a little like dumplings, these kebabs have the best qualities of each. With texture this good, the flavors of the spices shine through; I remember the smell of cumin and paprika permeating the entire house as my safta fried them up...”

INGREDIENTS

1 ½ lbs ground lamb
3 slices soft white or whole wheat bread
½ cup buttermilk
½ yellow onion, finely chopped
1 ½ tsp Morton kosher salt
1 Tbsp smoked paprika
1 Tbsp ground cumin
1 tsp freshly ground black pepper
⅛ tsp baking soda
½ cup + 2 Tbsp lightly packed fresh parsley leaves, divided
½ cup milk powder
½ cup canola oil (for stovetop method only)
½ cup all-purpose flour (for stovetop method only)
¼ cup prepared tahini (page 17)
2 Tbsp extra-virgin olive oil
2 Tbsp fresh cilantro leaves

PROCESS

Chop the onion, de-stem your parsley and coarsely chop the bread. Toss the bread in a bowl with buttermilk until each piece is moistened. Add the lamb, onion, salt, spices, and baking soda. Add ½ cup parsley leaves to the mixture. Sift the powdered milk evenly over the mixture, and combine with your hands, a potato masher, or a spatula, mixing thoroughly but taking care not to mash too aggressively.

Scoop the mixture into ½ cup mounds and shape into logs that are 4 to 5 inches long. Place them on a plate, cover loosely, and refrigerate for at least 30 minutes; this step gives the fat in the lamb a chance to firm up before it cooks, so it keeps its integrity.

If you’re grilling the kebabs:

Heat the grill until the fire has burned out but the coals are white-hot (the fire needs to die down before you cook, or else the fat from the kebabs could melt and make it flare up).

Place each kebab directly on the grill, and cook for 3 to 4 minutes, until they’re deeply golden with a nice crust, then turn and cook for another 2 to 3 minutes. Cut into one to check: it should be cooked through but still very juicy.
If you're cooking on a stovetop and oven:

Heat your oven to 400°F, and add the canola oil to a large ovenproof skillet over high heat. Put the flour in a wide, shallow bowl, and set it aside. Test the oil by dropping a pinch of flour into the pan; you’re ready to cook when it sizzles right away but doesn’t immediately turn brown.

Lightly dredge the kebabs in flour, one at a time, so all sides are coated, patting them gently between your hands to reshape them and shake off any excess flour. Lay them side by side in the pan and decrease the heat to medium. Cook these in batches if you need to; it’s important that the pan doesn’t get overcrowded.

Let the kebabs cook, undisturbed, for 5 to 6 minutes, or until the bottoms are a deep golden-brown. Flip them, and immediately transfer the skillet to the oven. Bake for 7 to 8 minutes, until they’re no longer pink in the middle.

Move the kebabs to a serving platter, and drizzle the tahini and olive oil over them. Chop the cilantro and remaining 2 Tbsp parsley, and sprinkle on top.

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If we build a society based on honoring the earth, we build a society which is sustainable, and has the capacity to support all life forms.

Winona LaDuke, Environmentalist, Economist, Writer and honorary member of the Slow Food Turtle Island Association

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SLOW FOOD PRESIDIA

Presidia, or “fortress” in Italian, are Slow Food communities of producers who protect specific products at risk of extinction, putting Slow Food’s politics on agriculture and biodiversity into practice. Producers commit to environmental and social sustainability, and to Slow Food production protocols and philosophy.

The Navajo-Churro Sheep Presidium was founded in 2006 to revive the ancestral Navajo breed of sheep and to support the livelihoods of Diné shepherders. The goal of the Presidium is to foster a viable income for traditional Diné shepherders and weavers by establishing a niche meat market for Churro lamb and mutton, in addition to wool and fiber arts.
TAHINI SAUCE (FOR LAMB KEBAB RECIPE)
by Alon Shaya

INGREDIENTS

1/4 cup lemon juice
2 cloves garlic
1 1/2 cups raw tahini
1 tsp kosher salt
1 1/4 cups ice water, plus more if needed

PROCESS

Combine the lemon juice and garlic in a nonreactive bowl; set it aside for 30 minutes to steep.

Meanwhile, whip the tahini with a stand mixer or an electric mixer on high speed for about 10 minutes, until it’s glossy and light, like cake batter. It’s nearly impossible to overwhip it, so feel free to spend a little time here.

Strain the lemon juice. Decrease the mixer’s speed to medium, and add the juice and salt; the tahini will seize up at first, but don’t freak out! Keep whipping it at medium speed and it will be incorporated.

When the tahini has a uniformly tacky, almost fudgy consistency, add the ice water, about 1/4 cup at a time, and increase the speed to high. At first, the sauce may seize up again and look almost curdled, but keep adding the ice water, whipping well after each addition. It will smooth itself out and should look like a thick mousse. Every tahini is different; if, after you’ve added all the water, it’s still too thick, keep adding water by the tablespoon until it lightens up.

Prepared tahini will stay good for about 2 days in the fridge. If you’re making it in advance, let it warm up just slightly on the counter, and whip in 1 to 2 tablespoons of ice water to restore some of its lightness.

EQUITY, INCLUSION AND JUSTICE

We recognize that injustices — theft of land; farmworker, fisher-harvester and other food and seafood chain worker exploitation; lack of access to land, oceans, freshwaters, and healthy foods; food apartheid neighborhoods; and diet related health problems — are rooted in race, class and gender disparities.

Slow Food USA is committed to listening to those most impacted by food injustice; to being honest about how white supremacy, economic exploitation, and cultural domination have fundamentally shaped the agricultural history of the U.S.; to furthering our own education on how to build a just and equitable food system and supporting our local chapters to do the same; to honoring local knowledge; and to taking appropriate action to support, deepen or create local food justice and food sovereignty efforts.
Sunflower Cookies
Waȟčázi Tȟáŋka Sú
Aǧúyabskuyela
by Sean Sherman

“Our signature, sweet, sunflower cookies are delicious any time of day and are inspired by the sunflower cakes Native warriors relied on for strength and endurance. Sunflower is packed with magnesium, B vitamins, and protein—all extremely beneficial to girls and women.”

makes about 2 dozen cookies

INGREDIENTS

3 ¼ cups sunflower seeds, roasted, not salted
¼ cup maple syrup
½ cup agave syrup
½ Tbsp salt
½ cup water
Sunflower oil, for pan

PROCESS

Preheat the oven to 350°F (if using a convection oven, do not use the fan).

Place 3 cups of seeds (reserve ¼ cup for the top), syrups, salt and water into a food processor fitted with a steel blade and grind.

Add a little extra warm water if the dough becomes too stiff. Process until a ball starts to form.

Using a tablespoon, scoop up balls of the mixture and press a few of the reserved seeds into the top.

Place on a parchment lined, oiled cookie sheet and flatten slightly with your hand.

Bake the cookies until just firm and lightly golden brown, about 10 to 12 minutes.

Remove cookies from pan and set on a rack until cool.

Sean Sherman developed his culinary expertise from within his community and through three decades of experience in the culinary arts, and became deeply engaged and innovative in Indigenous foodways. He was honored with the 2018 James Beard Award for Best American Cookbook and the 2019 James Beard Leadership Award. Sherman’s proudest achievements, however, lie in his work as a food educator, designer, innovator, and author. Since he opened The Sioux Chef in 2014, Sherman has worked tirelessly to promote modern Indigenous foods, engaging and enlightening a broader public to questions of vibrant contemporary Native culture, the unique and richly regional cuisines of Dakota and Minnesota, and practices that sustain community physical and environmental health.
FONIO, ALMOND and MANGO CRISP
by Pierre Thiam

“Forget quinoa. Meet fonio (pronounced PHONE-YO), an ancient African supergrain that’s versatile, nutritious and gluten-free.”

Pierre Thiam was born and raised in Dakar, Senegal, and his cooking style is modern and eclectic, while also rooted in the rich culinary traditions of West Africa. Thiam is a chef, author, and social activist best known for bringing West African cuisine to the global fine dining world. He is the Executive Chef of the award-winning restaurant Nok by Alara in Lagos, Nigeria and the Signature Chef of the 5-star Pullman Hotel in Dakar, Senegal. He is also the executive chef and co-owner of Teranga, a fast-casual food chain from New York City. His company Yolélé Foods advocates for smallholder farmers in the Sahel by opening new markets for crops grown in Africa.

INGREDIENTS

- 4 cups diced mango (2 to 3 large or 4 medium mangoes)
- 3 1/2 Tbsp almond flour
- 1 Tbsp lemon juice

for the fonio-almond topping:
- 3/4 cup cooked fonio
- 1/2 cup brown sugar
- 6 Tbsp almond flour
- 6 Tbsp sliced almonds
- 3/4 tsp ground cinnamon
- 6 Tbsp unsalted butter, cold

PROCESS

Preheat oven to 350 º F.

Prepare the filling:

Put the mangoes in a 3-quart baking dish. Sprinkle the almond flour on top, then toss evenly to coat. Drizzle with the lemon juice.

Prepare the topping:

In a bowl, combine the fonio, sugar, almond flour, sliced almonds, and cinnamon. Stir together with a fork. Cut the butter into cubes and add to the bowl. Use your fingers to combine the ingredients until crumbly.

Sprinkle the topping evenly over the mangoes. Bake for 35 to 40 minutes, until the topping is golden brown and the mango filling is bubbly. Check after about 20 minutes; if the topping is browning too fast, place a piece of aluminum foil on top for the remainder of the baking time. Let the crisp cool for 15 minutes before serving.
This recipe is for a crowd! It yields approximately 8 servings, but can be scaled up or down depending on crowd size. You’ll need to make the lemon oleo-saccharum the day before and make the shrub before assembling the cocktail. The lemon oleo-saccharum is a versatile ingredient and the peach shrub is a great way to preserve the season’s fruit.

**INGREDIENTS**

- 1 ¼ cups Plantation Xaymaca Rum
- ¾ cups Laird’s Applejack
- 1 ¼ cups Earl Grey tea
- 1 cup charred peach shrub (recipe included)
- ¼ cup lemon oleo-saccharum (recipe included)
- 10 dashes Angostura bitters
- 6 medium lemons
- 3 cups sugar
- 4 peaches
- 1 ¼ cups apple cider vinegar
- 3 cinnamon sticks
- 2 fish peppers (substitute with habanero if unavailable)

**PROCESS**

To make the oleo-saccharum:

Peel the lemons, being careful not to get too much of the white pith. Put the peels in the sugar, lightly muddle and let sit overnight. Juice the lemons and set the juice aside.

The next day, the lemon peel and sugar mix should be wet with the oil from the peels. Add the peels and sugar to a pot along with the lemon juice and put over medium heat until the sugar dissolves, making sure that the mix doesn’t come to a boil.

Take off the heat and strain out lemon peels. Chill before using.

To make the shrub:

Halve the peaches and remove the pits. Char them over a grill or open fire, turning them so that they are evenly caramelized on both sides.

Add the charred peach halves, 2 cups sugar, vinegar, cinnamon and fish peppers to a medium saucepan and heat until the sugar dissolves. Lower the heat and let the mix simmer for 1 hour.

Remove from heat and let cool. Pour through a fine mesh strainer to remove the solids.

*Recipe continued on next page.*

Danny Childs is a mixologist at The Farm and Fisherman Tavern in New Jersey and a cocktail columnist for Edible Jersey. He is a member of the Northeast Ark of Taste Committee as well as the Slow Food Cooks’ Alliance. He approaches cocktails through an anthropological lens, reimagining historically and regionally relevant drinks using hyperlocal and seasonal ingredients.
To make the punch:
Add all ingredients to a punch bowl with a large block or a handful of ice. Give it a good stir. Pour into glasses and garnish with grated nutmeg and fish pepper (if available).

SLOW DRINKS

This punch features three Ark of Taste ingredients: a vinegar shrub, fish pepper and American apple brandy. Shrubs are an excellent way to preserve fruit at its peak, as was done here with charred Jersey peaches and fish peppers. In the 1800s, fish peppers were an extremely popular pepper that existed exclusively in the mid-Atlantic, mostly in African American communities between Philadelphia and Baltimore. American apple brandy is America’s oldest distilled spirit. The Ark of Taste’s ‘eat it to save it’ approach works in the beverage world too. Drink it to save it.

— Danny Childs

BIODIVERSITY and the ARK OF TASTE

Today, nearly 75% of the world’s food comes from just 12 plant and 5 animal species and 50% of our plant-derived calories come from wheat, corn, and rice. By contrast, there are over 30,000 edible types of plants all over the world. We are quickly losing heirloom plant varieties and heritage animal breeds due to industrialization, soil erosion, changing consumption patterns, climate change, the abandonment of rural areas and conflict.

Championing biodiversity is a central theme of the Slow Food movement. The Ark of Taste is a living catalog of delicious and distinctive foods facing extinction. By identifying and championing these foods, we keep them in production and on our plates.
Local Chapters

Over 150 Slow Food USA chapters across the country take action to create a food system that works for them and their communities. Local chapters and members engage with their local community to taste, celebrate and champion the foods and food traditions that are important to their regions. Join your local chapter to engage with a vibrant local community of individuals who want to see a better food future and are eager to build it together.

International Communities

Since its beginnings in Italy 30 years ago, Slow Food has grown into a global movement involving millions of people in over 160 countries. Slow Food communities are open and inclusive groups, rooted in local areas with Slow Food values at their core. They are based first and foremost on the assumption that everyone has the right to good, clean and fair food and that Slow Food will not give up the fight until every last person on this planet has access to it.

National Working Groups

Our national groups—which include Ark of Taste, Food and Farm Policy, Slow Fish, School Gardens, and Equity, Inclusion and Justice—allow us to make change across many layers of our food system.

Slow Food Youth Network

The Slow Food Youth Network (SFYN) connects the rising generation of passionate Slow Food leaders and members around the globe. SFYN members around the world are active in their communities with events like Disco Soup celebrations, Eat-Ins, and Food Film Festivals.

Indigenous Terra Madre Network

Indigenous Terra Madre (ITM) is a network of indigenous communities, partners and organizations. It was born out of the wider Terra Madre network to bring Indigenous peoples’ voices to the forefront of the debate on food and culture, to institutionalize Indigenous peoples’ participation in the Slow Food movement and its projects as well as to develop both regional and global networks.

Slow Food Turtle Island Association is the regional ITM network for North America, focused on preserving and cultivating heritage and traditional foods throughout Turtle Island. The association grew out of a decade-long process of collaboration between Native American farmers, food producers, chefs, and advocates with Slow Food International, Slow Food USA and the wider Terra Madre network.
THANK YOU TO OUR CONTRIBUTING CHEFS

DESIGN / PHOTOGRAPHY
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