

Dear Scott

I hope you enjoy
trying some of the
recipes.

Love,
Mom

SENTIMENTS ON FOOD.

I have very vivid memories of my mother wielding a hammer and a heavy butchers knife and cutting through chicken legs all through my life and my grandma always steadily picking apart food, peeling quails eggs, segmenting tangerine slices, taking the moringa leaves off of the stem into a big pile on top of plastic placemats with images rubbed out from spilled acetone, or showing me the kumquats growing off a bush, cutting persimmons in her hand. Pomegranates thrown against the concrete, exploding into pieces so we could eat the seeds. Trying to start a garden with my mother whenever I saw something that made me want to. Never yielding more than dry soil and once chives that quickly grew flowers. My grandmother loved orchids and kept them all alive for years and my mother loved them too and eventually could sustain them for a season. I wanted to know my father so I sat in the kitchen with him and opened cans and peeled vegetables. My matzo ball soup attempting to be my grandmother's, the closest offering I can give a woman I never got to know enough. Smoke filling the house. Spilling salt and my mother feeling it under her feet. Making chocolate lava cake for mother's day. Learning to love coffee. Promises for dessert if I tried something that I wasn't sure of eating. The longanisa at grandmas house looking so bright red, thinking it had blood in it and eating it anyway. Spitting milk into the sink. Breaking my veganism to eat my grandma's lumpia. Eating a pepper my uncle grew as a feat of strength. Watching him roast tomatoes for salsa. My mom telling me she heard her dog howl in the streets after it ran away, (perhaps one of her last gifts from her father) she told me that the dog was probably eaten. Her father cutting chickens' heads off. My birthday gifts have become meals over time. I can assuage the sour feelings I have in my stomach by feeding people, a meal I labored over. I have never had good knife skills, or a delicate manner of preparation. Good morning pretty rosebud. Early bird special.



Adobo

vinegar

soy sauce

annato (color red orange)

salt

pepper

garlic

small ginger -

water to cover

meat till

tender

add more water

till tender

little oil (if no part
fat)

turn now + then

FOLAKLIA

- 1 TSP YEAST
- 5 1/2 / 800 G AP FLOUR
- 1 1/2 CUP SOURDOUGH STARTER
- 2.5 TSP HONEY
- 2 TBSP SALT
- 2 C WATER
- 1/4 C OLIVE OIL
- +
- 1/3 C WATER
- 1.5 TSP SALT (BRINE)
- +
- OIL FOR PAN & TOP

450° 20m

FLAVORS =

- GARLIC
- OLIVES
- ROSEMARY

INSTR. CONT.

MIX WATER & SALT & POUR
ON TOP OF THE DOUGH
COOK @ 450° for 20-25m
OR UNTIL GOLDEN
SPRINKLE NICE SALT ATOP
TO FINISH
ENJOY WARM!

MIX WATER (LUKE WARM) WITH YEAST & WATER
COMBINE FLOUR & SALT
MIX WATER & YEAST W/ FLOUR & SALT → ADD STARTER
ADD OIL. DOUGH SHOULD BE QUITE SLACK
LEAVE IN BOWL COVERED FOR 4-8 HOURS @ ROOM TEMP
MAKE OIL & TOPPING: LIGHTLY SOFTEN BIG CHUNKS OF GARLIC
IN OIL, CARAMELIZE LIGHTLY
WHILE OIL IS HOT POUR INTO A VESSEL THAT HAS YOUR ROSEMARY
& HALVED OLIVES
IN AN OILED PAN POUR OUT YOUR DOUGH & TOP W/ A DRIZZLE OF
OIL... LEAVE IN FRIDGE COVERED OVER NIGHT / 12 HOURS
BRING TO ROOM TEMP WHILE OVEN HEATS
GENTLY TUCK YOUR TOPPINGs INTO THE DOUGH & DIMPLE IT.
SPREAD THE FLAVORED OIL ON TOP AS WELL



Preparing a good breakfast for someone you love:

White rice

Garlic

Butter/oil/fat

Longanisa

Two eggs

Take some minced up garlic, no need to be precious with preparation, do as much as you want a good smash with the back of your knife is enough

Start to fry it up in a pan with butter or oil, depending on preference and the decadence of the meal and day. Once it starts to warm throw in your cooked rice, short grain rice is preferable for me, but any kind you like works

Cook it all well, attempting to gain little bits of golden crisped rice

Place it into your bowl.

Next throw in the longanisa, use the same pan, this is meant to be easy and simple

While that crisps and cooks in the pan crack in your eggs and maybe throw a cover on top to steam so the whites are fully cooked and the yolks remain soft and liquid

Many times the eggs are poached but life is simplest for me this way

Season your eggs sparingly while they cook, the longanisa is salt and the eggs should be catching their drippings

Once it's all cooked throw it onto your plate and maybe throw on some scallions or cilantro if you have some in your fridge or garden. Eat on a day that is easy with no rush.



Making really delicious and satisfying food is one joy that I wish everyone in my life would revel in, at least with me for a short while. Making and eating a good meal is a small way to make any day more manageable to the soul. Why not make some slight adjustments so that it is really fulfilling? Like getting some nicer bread, from a small bakery in your neighborhood. Buying a nice tomato. Taking the extra time to rub a clove of garlic on toasted bread to really enjoy that flavor with some raw vegetables. Even if you are having instant ramen, adding an egg or a vegetable or cilantro or scallions can make your meal feel more whole. Occasionally purchasing the cultured butter and putting thick slabs onto your toast; eat this meal with pickles.



I used to feel fear around cooking for others, that the meal wouldn't be authentic enough, or homemade enough, or delicious enough. But it becomes easier to share your efforts, especially in knowing that you put your best into something, it can only grow better. So anytime I share a dish I know it is the best I've given. Even if you make mistakes you can learn something and still enjoy the pleasure of eating.

