

# AFROS & AUDIO PODCAST FESTIVAL

## Connecting the Diaspora

### DESCRIPTION:

Connecting the Diaspora through our universal love of food, culture, and storytelling. This unique Live Show experience will be an interactive lunch & learn with Yorm Ackuaku, host of *Item 13: An African Food Podcast*.

Chef Adé Carrena, invites you to cook an authentic West-African meal as she instructs you from her own kitchen. Yorm will moderate with questions and context about the importance and connection of food in our culture throughout the diaspora.

This fun and interactive lunch hour was a great hit at last year's festival and the food was amazing! This special lunch is limited to 30 attendees. So, make sure you're the first to sign up and get ready to eat, drink, and be merry for the culture!

Join us Saturday, November 13<sup>th</sup> from 12:00 to 1:30 PM. The shopping list and recipe will be provided two weeks before the festival!



## *Mánh/Collard Greens*



### *ingredients*

- 1-2 bunch collards greens, washed and chopped
- 1 small red onion, chopped
- 1 tbsp minced garlic
- ½ tbsp minced ginger
- 1-2 tbsp lemon
- Salt to taste
- Olive oil

### *instructions*

- Heat 2 tbsp olive oil in pan over medium heat
  - Sauté onions until translucent, 2-3 minutes
  - Add garlic and ginger, cook until fragrant, 30 seconds
  - Add collards and sauté 3-4 minutes
  - Add lemon juice
  - Salt to taste
- Note: we are looking for collards to remain bright and green. The nutrients stay in when we don't overcook our greens!

## *Rice*



### *ingredients*

- 1 Cup Jasmine Rice
- 1 1/2 Cup Water
- 1 Bay Leaf
- 1 TBSP Olive Oil
- Salt to Taste

### *instructions*

- Add all ingredients in a small saucepan, cover and simmer for 15-20 minutes.

# *Alloco*



## *ingredients*

- 2 Ripe Plantains
- Vegetable Oil
- Salt to Taste

## *instructions*

- Heat oil over medium heat
- Cut both ends of plantain and peel
- Cut lengthwise first then into 1 inch slices
- Add plantains to oil and cook about 3-4 minutes
- Remove from oil and add salt.

# *Abobo/Hoppin' John*

## *ingredients*

- 2 cups cooked black eyed peas
- 1 cup green bell pepper, chopped
- 1 cup sweet onion, chopped
- ½ cup pancetta, diced
- 2 tbsp garlic, minced
- 1 tbsp ginger, minced
- 2 Roma tomatoes, diced
- 1 stout(Guinness)
- Smoked paprika
- Cayenne
- Salt to taste
- Olive oil

## *instructions*

- Heat oil in pan over medium heat
- Add bell peppers, onion and pancetta and sauté until onions are translucent and pancetta starts to crisp, 3-5 minutes
- Add garlic and ginger, cook for 30 seconds
- Add paprika
- Add about a cup of stout and bring to a boil
- Add peas, cover and simmer on low heat about 15 minutes
- Add tomatoes, cook another 5 minutes
- Salt to taste

## Host:

**Yorm Ackuaku** is the founder of esSense 13, a platform dedicated to raising the profile of African food globally through interactive online and offline experiences.

Since its inception in 2014, esSense 13 has hosted several events including the African continent's first food hackathon, food business pitch competitions, and dining experiences in Accra, New York City, Washington D.C., and London.

In 2018, Yorm launched and is the host of 'Item 13: An African Food Podcast', an audio production that celebrates the stories of African food entrepreneurs around the world. After 2 years of self-production, Item 13 is now part of Heritage Radio Network, America's premier food radio station.

Yorm also serves as a speaker and event curator, and in 2020 was included in Dine Diaspora's annual '*31 Days of Black Women in Food*', an annual celebration of the contributions of dynamic black women in the food and beverage industry.

A former CPA, Yorm graduated Magna Cum Laude from Marquette University with a BS in Accounting and Information Technology. She holds an MBA degree from Northwestern University's Kellogg School of Management and has lived and worked in the U.S. for over 10 years, with work experience in Europe, the Middle East, and Africa.

## Guest Chef:

Born in Porto-Novo, Benin, **Adé Carrena** owner of Dounou Cuisine started her culinary journey in the United States when she was adopted at the age of 10. Though then she cooked just with her family. She says her passion did not grow until a few years ago when her perception of food changed. "I saw that food is more than an edible but is instead a shared emotion and an ever-evolving yet traditional canvas for our history as beings." Adé's objective is to bridge cultural gaps by providing authentic African dining experiences and sharing the land's rich culture while also honoring her blended upbringing within a Puerto Rican home. For the last few years, she hosted Pop-up dinners in which her perception of West African food was showcased. She offers Personal Chef services, catering, Pop-ups, and more. "Where I come from we say, *Wa mi Dounou*. Which means, come share a meal with me. I cherish this thought because there is nothing more special than gathering with fellow beings, nourishing our bodies, exchanging cultures, and creating memories, all in the simple act of savoring a meal. I look forward to sharing a meal with you"!

## LOGISTICS:

**Time:** 40-minute Cooking Instruction  
40-minute Lunch/Live Show  
10-minute Q & A

**Format:** Live Show

**This session is limited to 30 participants. The shopping list and meal prep information will be provided early November. All participants are expected to have food prepped and ready to cook 12:00 prompt.**