



The Great
Fall Feast

• A CULTURAL CULINARY JOURNEY •



Recipe Guide



*Exploring dishes from the
finest chefs near and far.*



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November 2021



WHYY
PBS npr

Mole Verde with Pork and Beans

Serves 6-8

SOUPS

From Pati's Mexican Table, Season 6, "The Art of Mole"

PORK AND BEANS

- 4 pounds country style ribs cut into 2-inch chunks, no bones
- 1 head of garlic cut in half lengthwise
- 1 white onion, halved
- 3 bay leaves
- 10 black peppercorns
- 1 tablespoon kosher or coarse sea salt
- 1 pound dry small white beans such as navy beans

MOLE VERDE

- 2 pounds tomatillos, husked and rinsed
- 1-2 serrano or jalapeño chiles, stemmed
- 3 garlic cloves
- ½ cup white onion, coarsely chopped
- 1 teaspoon kosher or coarse sea salt
- ¼ teaspoon freshly ground black pepper
- 4 whole cloves
- 4 cups of pork broth reserved from cooking the pork, divided
- 2 tablespoons vegetable oil
- ½ cup coarsely chopped fresh epazote leaves and upper parts of stems
- ½ cup coarsely chopped fresh parsley leaves and upper parts of stems
- 3-4 teaspoons fresh hoja santa leaves torn into pieces, or substitute 1 teaspoon dried and crumbled, or skip

Chopped white onion to garnish

Thinly sliced radishes to garnish

Quartered limes to squeeze to garnish

1. FOR THE PORK AND BEANS: Place the pork, garlic, onion, bay leaves, peppercorns and salt into a large soup pot. Cover generously with water. Set over high heat and bring to a rolling boil. Skim off any foam that forms on top, then cover, reduce heat to low and cook until meat is tender, about an hour. Take off the heat. Remove the pork chunks and place in a bowl, set aside.

2. Strain the pork cooking liquid into a large bowl. Set aside 4 cups to use for making the mole verde, and pour the rest of the liquid back into the soup pot. Set over high heat, incorporate the beans and bring to a boil. Reduce heat to low, cover and cook for an hour or until tender. Remove from the heat and set aside.

3. FOR THE MOLE VERDE: Place the tomatillos and chiles on a baking sheet and set under the broiler until they are completely charred, soft and mushy, anywhere from 8 to 10 minutes.



4. Place the roasted tomatillos and chiles along with the garlic, onion, salt and pepper in the jar of a blender. Remove and discard the stems from the whole cloves, and add the tops or "berries" (may have already been crumbled) into the jar as well. Add 1 cup of the reserved pork broth and puree until completely smooth.

5. Heat the oil in a large casserole over medium-high heat. Once hot, but not smoking, add the tomatillo puree. Cover partially with a lid and cook for 10 minutes, stirring occasionally, until thickened considerably and has deepened in color.

6. In the jar of the blender, place the epazote, parsley and hoja santa along with remaining 3 cups of broth, and puree until completely smooth. Add to the casserole with the sauce and stir. When it comes to a simmer, add the reserved pork chunks and beans.

7. Continue cooking at a medium simmer for 25 minutes or until meat is completely coming apart and mole verde has thickened again. Serve and let people garnish as they please with onion, radishes and squeezes of lime.

Down-the-Bayou Hot Soft-Shell Crabs

APPETIZERS

Serves 4

From Kevin Belton's *Cookin' Louisiana, "Lafayette Parish: Epicenter of Cajun Cuisine"*

INGREDIENTS

Cooking oil for frying

- ¼ cup milk
- 3 eggs
- 1 tablespoon Louisiana-style hot sauce
- 1 cup all-purpose flour
- 1 cup cornstarch
- 1 tablespoon Creole seasoning
- 2 teaspoons kosher salt
- 4 soft-shell crabs, cleaned
- ½ cup butter
- 1 tablespoon Worcestershire sauce
- 1 tablespoon cayenne pepper
- 3 tablespoons brown sugar
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- Dill pickle slices, for serving
- French bread, for serving

1. Preheat the oil in a deep fryer or a cast iron skillet to 360 degrees.
2. In a medium bowl, whisk the milk, eggs and hot sauce until combined. In another medium bowl, whisk together the flour, cornstarch, Creole seasoning and salt.
3. Rinse the crabs and pat dry. Dredge the crabs in the flour mixture, then in the milk mixture, then in the flour once more. Be sure to shake off the excess after each step.
4. Fry the crabs, two at a time, until golden brown (2–3 minutes on each side). Remove from the fryer and place on a wire rack over a baking sheet.



5. To make the hot coating, melt the butter in a heatproof bowl. Add Worcestershire sauce, cayenne pepper, brown sugar, paprika and garlic powder. Whisk together until well combined.
6. Baste the hot coating over each side of the crabs. Serve immediately with pickles and French bread.

FUN FACT

Kevin has spent 30 years teaching the foundation of Louisiana cooking. That's over 7,000 classes!

Grilled Corn Salad

Serves 4

APPETIZERS

From *Pati's Mexican Table*, Season 6, "A Queen In The Land Of The Gods"

INGREDIENTS

Cooking oil for frying

- 6 ears of corn
- 10 scallions
- 5 tablespoons olive oil, plus more for brushing grill
- 1½ pounds cherry tomatoes
- 1 teaspoon kosher or coarse sea salt, plus more to taste
- ¼ cup fresh mint, chopped
- ¼ cup fresh chives, chopped
- 2 tablespoons red wine vinegar
- Freshly ground black pepper to taste

1. Preheat the grill to medium, or set a grill pan over medium heat. Once hot, brush with oil.
2. Cook the corn for about 20 minutes, flipping with tongs every once in a while. Also, cook the scallions for about 10 minutes, flipping occasionally as well. Remove both from the heat when charred, cooked and softened. Set aside.
3. Heat 5 tablespoons of olive oil in a skillet over high heat. Once the oil is hot, add the tomatoes, salt and pepper, and cook for 6 to 7 minutes until charred and softened. Remove from the heat, making sure to reserve the oil and tomato juices as well.
4. Shave the corn kernels off the cobs and place in salad bowl. Cut white and light green parts of the scallions into 1-inch pieces and add to the bowl. Add the mint, chives, vinegar and the reserved oil and juices from the tomatoes. Mix well. Incorporate the tomatoes. Gently toss and serve.



WANT MORE?

Watch these episodes and more at whyy.org/video.

Ginger-Miso Salmon

Serves 4

ENTRÉES

From *Simply Ming, Season 18, "Ginger Miso"*

GINGER-MISO SALMON WITH SESAME CUCUMBERS

1.5-2 pound center cut fillet of salmon,
skin removed, saved
½ cup shiro miso
3 tablespoons honey
2 tablespoons tamari
2 tablespoons minced ginger
Zest and juice of 1 lemon
¼ cup grape seed oil
1 large English cucumber, sliced
½ tablespoon sesame oil
1 tablespoon toasted sesame seeds
1 bunch scallions, sliced, white and green parts
Kosher salt and freshly ground black pepper to taste
Cooked Sushi Rice

SUSHI RICE

8 cups short grain of sushi rice

1. FOR THE SALMON AND CUCUMBERS: In a bowl, whisk together the miso, honey, tamari, ginger, juice of half a lemon and drizzle in oil. Set aside.

2. Toss the cucumber slices with a good amount of salt, let stand for 15 minutes.

3. Turn oven on broil and place the rack in the middle of oven. Heat a cast iron on med-high heat. Season salmon and coat pan lightly with oil. Sear nice side down until GB&D (golden, brown and delicious), about 5-6 minutes and flip. Coat salmon with miso glaze and place in oven on middle rack. Broil for 5-6 minutes until GB&D.

4. Meanwhile, rinse the salted cucumbers and place in bowl. Add juice of half a lemon, zest, sesame oil, sesame seeds and scallion whites. Let macerate for 10 minutes.

5. On an oval platter, lay out hot rice and top with broiled salmon, garnish with cucumber salad and scallion greens.

6. FOR THE SUSHI RICE: Place 8 cups of sushi rice in a bowl or large capacity rice cooker insert and add water to cover it generously. Swish the rice in a single direction to rinse off residual starch. Drain, refill the bowl or insert and swish again, rinse and repeat 3 or 4 times until the water is clear.



Enfrijoladas

Serves 2-4

ENTRÉES

From No Passport Required, Season 1, "Chicago"

INGREDIENTS

- 4 corn tortillas
- 2 tablespoons black bean purée
- 4 tablespoons ground pork season with cumin
- 1 tablespoon red onion, sliced or diced
- 1 tablespoon fresh cheese (like cotija or queso fresco)
- 1 poached egg
- 1 teaspoon chopped cilantro
- 1 tablespoon mole verde

1. In a deep saucepan, heat oil to 370 degrees.
2. Quickly flash-fry tortillas in deep fryer, just enough to make them soft and pliable, not crispy. Once cool enough to touch, fold the tortillas into quarters and arrange on plate.
3. Drizzle black bean purée and cooked ground pork over tortillas. Add cheese, onion and egg. Finish with mole verde.



Beef Shish Kabob

Serves 4

ENTRÉES

From No Passport Required, Season 2, "Los Angeles"

INGREDIENTS

- 1 slab of flap meat, cut into 2.5" cubes
- 1 whole onion, sliced
- 6 tablespoons salt
- 3 tablespoons black pepper
- 3 tablespoons aleppo pepper
- 1 cup vegetable oil
- 8 ounces water

1. Trim the excess fat and skin off the flap meat. After fabricating make 2.5 x 2.5 inch cubes of steak, place them in a bowl and run with cold water. Run water through meat until it's free of blood. Strain and leave a little water in the bowl.

2. Add sliced onions, salt, black pepper, aleppo pepper and oil. Mix and coat all the meat and let it sit over night.

3. After 24 hours, skewer the meat. Place over charcoal and grapevines and cook both sides for about 4 minutes. After it's reached medium rare, take steak off the skewer and serve with lavash.

Hummingbird Cake

Serves 12

DESSERTS

From Kevin Belton's *Cookin' Louisiana*, "St. Bernard Parish: New Orleans' Most Historic Neighbor"

CAKE

- 2 cups pecans, chopped, divided
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon allspice
- ½ teaspoon kosher salt
- 2 cups mashed bananas
- 1 can crushed pineapple, drained (8 oz.)
- 3 large eggs, room temperature
- ⅔ cup vegetable oil
- 1 cup packed dark brown sugar
- ¾ cup sugar
- 2 teaspoons vanilla extract

CREAM CHEESE FROSTING

- 16 ounces cream cheese, softened
- ¾ cup butter, softened
- 5 cups powdered sugar
- 2 teaspoons vanilla extract
- 1 tablespoon milk
- ⅛ teaspoon salt, plus more to taste

1. FOR THE CAKE: Preheat oven to 300 degrees. Spread pecans onto a baking pan lined with parchment paper. Toast for 8 minutes. Remove from the oven. Turn oven up to 350 degrees then grease and lightly flour three 9-inch cake pans.

2. Whisk the flour, baking soda, cinnamon, allspice and salt together in a large bowl. Combine the bananas, pineapple, eggs, oil, brown sugar, sugar and vanilla in a medium bowl. Pour wet ingredients into dry ingredients and stir until completely combined. Fold in 1½ cups toasted pecans.

3. Spread batter evenly between the prepared cake pans. Bake for 25–30 minutes or until a toothpick inserted in the center comes out clean. Rotate pans halfway through baking.

4. Remove cakes from the oven and allow to cool completely in the pans set on a wire rack. Once completely cooled, remove cakes from pans and level the tops off so they are flat.



5. FOR THE FROSTING: Use a hand or stand mixer to beat the cream cheese and butter together in a large bowl until smooth and creamy. Add powdered sugar, vanilla, milk and salt. Beat on low speed for 30 seconds then switch to high speed and beat for 2 minutes. Taste. Add more salt if needed.

6. Place 1 cake layer on a cake stand or serving plate. Evenly cover the top with frosting. Top with second layer and evenly cover the top with frosting. Finish with the third cake layer and spread the remaining frosting all over the top and sides. Garnish with remaining toasted pecans. Refrigerate for at least 30 minutes before slicing or else the cake may fall apart as you cut.

WANT MORE?

Watch these episodes and more at why.org/video.

Kelewele Plantains

Serves 2-4

DESSERTS

From *No Passport Required*, Season 2, "Houston"

INGREDIENTS

- 4 ripe plantains with black marks on the peel
 - ¼ medium-sized peeled red onion (approx. 0.12 oz)
 - 2 tablespoons chopped ginger
 - 2 teaspoons of minced garlic
 - 2 teaspoons cayenne pepper
 - 1½ teaspoons lemon juice
 - 1½ teaspoon chicken bouillon
(*substitute vegetable stock to make this dish vegan*)
 - 1 teaspoon salt
 - ½ teaspoon ground nutmeg
- Oil for deep frying

1. PREPARE THE PLANTAINS: Peel plantains. Cut the peeled plantains in half, vertically. Slice plantains into diagonal pieces, roughly the width of your pinky finger, and set aside.



Tip: To peel, cut both ends of the plantain and then cut a vertical seam down the outer skin.

2. PREPARE THE KELEWELE MARINADE: In a blender, liquify the onion, ginger and garlic, using just enough water to facilitate blending process.

3. Add cayenne pepper, lemon, nutmeg, salt and bouillon. Mix evenly and set aside

4. MARINATE THE PLANTAINS: Place In a large bowl, toss the plantain slices in the kelewele marinade. Allow the plantains to marinate in the refrigerator for 45-90 minutes.



**NO PASSPORT
REQUIRED**
with MARCUS SAMUELSSON



5. FRY THE PLANTAINS: Heat approximately ¾" of oil in a large skillet on medium-high heat. Fry the plantain slices, turning once, until golden brown. Do not overcrowd the pan. Fry in batches if necessary.

6. Remove the plantains from the pan and place on a drying rack to remove excess oil. Serve warm.



Tip: As an alternative to a drying rack, use a plate lined with a napkin.



FUN FACT

No Passport Required came to Philadelphia to learn about the Italian food scene. Marcus visited iconic Philly spots, such as Di Bruno Bros, Ventri Cucina and more.

Learn more and watch the episode [here](#).

Orange-Ginger Wine Spritzer

Serves 1


From *Simply Ming*, Season 18, "Ginger-Miso"

COCKTAILS

INGREDIENTS

- 1 orange
- 1 large slice of peeled ginger
- 1 bottle New World sauvignon blanc or your favorite inexpensive wine
- 1 bottle sparkling water

1. With a peeler, make 2 large flags of orange peel, then juice. Add juice to a shaker with 1 orange peel and ginger slice and muddle.
2. Strain to a large wine glass filed with ice.
3. Fill with 2 parts wine and 1 part sparkling water.
4. Garnish with orange flag and enjoy.

 **Tip:** This can be made non-alcoholic by omitting the wine and topping with sparkling water only.



Sake Royal

Serves 1

From *Simply Ming*, Season 18, "Sushi from Maui"

COCKTAILS

INGREDIENTS

- 2 ounces Junmai sake, chilled
- ¼ cassis
- 1 lemon, long peel
- Sparkling wine to top

1. Chill a champagne flute.
2. Add sake and cassis, top with bubbles and lemon peel.

Cassis-Lime Spritzer

Serves 1

From *Simply Ming*, Season 18, "Sushi from Maui"

COCKTAILS

INGREDIENTS

- 1 ounce cassis
- 1 ounce lemon juice
- Club Soda or sparkling water
- Lemon slice

1. In a highball filled with ice, drizzle in the cassis and lemon juice.
2. Top with bubbles and garnish with lemon slice.