

# Word Of Mouth

Asian American Artists Sharing Recipes

Edited by Laura Kina and Jave Yoshimoto

## Table of Contents

1	Introduction
4	<b>Anida Yoeu Ali:</b> Double-Fried Garlic Chicken
7	<b>Ruby Chishti:</b> Kabab Karahi
10	<b>HyeGyong Choi:</b> Kimchi
14	<b>Aram Han Sifuentes:</b> 떡볶이 ddukbokki
17	<b>Robert Farid Karimi:</b> A Recipe for Survival Spinach Casserole
20	<b>Baseera Khan:</b> Red October Daal
24	<b>Laura Kina:</b> Spam Musubi
27	<b>Phoebe Kuo:</b> Chinese Milk Bread
31	<b>Larry Lee:</b> “I’m a Pepper, you’re a Pepper, wouldn’t you like to be a Pepper, too” Chicago/LA kalbi marinade/serenade and Trader Vic’s Mai Tai
33	<b>Kathy Liao:</b> Milkfish Congee 虱目魚粥
36	<b>heather c lou:</b> “dumplings”
38	<b>Kiam Marcelo Junio:</b> Vegan Kare Kare
42	<b>Mia Matlock:</b> Pancit Guisado 2.0
46	<b>Jarret Min Davis:</b> Ground Pork Chapjae
48	<b>Genevieve Erin O’Brien:</b> Pork My Buns XXXX
52	<b>Valerie Soe:</b> Sourdough Starter Jian Bing
55	<b>Taro Takizawa:</b> Okonomiyaki
58	<b>Heinrich Toh:</b> Beef Chow Fun (Fried Rice Noodles)
61	<b>Mathew Tom:</b> SPAM and Eggs
63	<b>Lien Truong:</b> Fried Banana Cake
67	<b>Francis Wong:</b> Szechuan Spicy Alligator
70	<b>Kristina Wong:</b> Recipe for Political Action: The Auntie Sewing Squad
73	<b>Jave Yoshimoto:</b> Jave’s Omega Mapo Tofu

**Word of Mouth: Asian American Artists Sharing Recipes** features original recipes and stories from 23 Asian American and Asian diaspora artists from across the United States with contributions ranging from Los Angeles-based performance artist Kristina Wong's "Recipe for Political Action: The Auntie Sewing Squad" to New Orleans-based painter Francis Wong's family's Chinese restaurant recipe for stir fry Szechuan alligator. Conceived during the twin pressures of spring 2020 COVID-19 lockdown and in response to the rise in anti-Asian bigotry, this cookbook features original recipe illustrations by Laura Kina and Jave Yoshimoto as well as by contributing artists HyeGyeong Choi, Heather C. Lou, and Mia Matlock. Nathan Kawanishi is the cookbook graphic designer. Yvonne Fang is the web designer and programmer for the Virtual Asian American Art Museum special exhibition.

Each recipe comes with a backstory from the artist reflecting how their Asian American cuisine has been impacted by histories of war, migration, relocation, labor, and mixing and how we have used food to care, connect, build, and sustain diverse communities in our personal lives and artistic practices. Along with each recipe, is a featured artwork and the artist's bio. The artists included in this book represent a diverse range of emerging, mid-career, and established artists.

Taking inspiration from community cookbooks many of us grew up with, this artists' cookbook archives a specific moment of uncertainty during the pandemic when some of us, with the luxury of working remotely, found ourselves finding solace in food and spending inordinate amounts of time in the kitchen to keep our hands and minds busy. Others faced economic and food insecurity and yet still found the capacity to use their creativity to feed others in need and provide mutual aid. This pandemic cookbook project was a way to stay in touch, meet new artists, and build community during a time of isolation, grief, and loss.

### **About the authors:**

Laura and Jave were summer 2019 Artists-In-Residence at the Joan Mitchell Center in New Orleans during Hurricane Barry but the real storm would come during summer 2020 when they both experienced major health and personal traumas. They share a love of painting, cooking, and eating with other artists to get through tough times.

*Word of Mouth* is also an online exhibition through the [Virtual Asian American Art Museum](#). This project was funded by an Art Matters Foundation 2020 grant awarded to Laura Kina as well as by DePaul University Society of Vincent de Paul Professors. Laura also thanks her studio assistant Young Sun Choi for image documentation and Marke Werle and Helen McElroy for accessibility consultation. Special thanks to Jave Yoshimoto's studio assistant, Elisa Wolcott, for her moral support, timely jokes, wonderful dedication, and hard work throughout the process of this project. Thank you to all of the participating artists for sticking with us as this project slowly simmered along.



Laura Kina's studio, spring 2020

## **“Pandemic Comfort Cooking”**

I started this cookbook with Jave Yoshimoto before my world as I knew it fell apart. Before I was diagnosed with stage one breast cancer in the middle of the pandemic. Before I ran away from home and left my husband of 24 years and came out as queer. It was late April through early May 2020, at the beginning of the COVID-19 quarantine, and before widespread social justice protests erupted across the U.S. following the murder of George Floyd by a Minneapolis police officer.

I missed my friends and family. I missed community. I missed meeting new people. I was cleaning and cooking every day--working my way through my cookbooks and posting my creations on social media to stave off my panic. “Everything is going to be fine as long as I stay busy,” I lied to myself. Elaborate menus and hoarding shopping lists filled the little time I had in between pivoting to teach my DePaul University undergraduate art college classes online, running a graduate program in Critical Ethnic Studies, and taking care of my family. Masked and gloved trips to H-Mart to stock up on Asian cooking ingredients were part of my emergency supply runs. I bought a second fridge to put in my basement for my growing piles of goodies, which soon became a kimchi fridge that sat next to the stockpiles of toilet paper. It all seems like a middle-class petty response now, especially considering that so many others were facing food insecurities at the time. But I know from the whole sough dough bread phenomenon and the many months I spent posting in the Facebook group “Eating in the Time of Corona Virus” that I wasn’t the only one who turned to cooking as a form of self-care.

I was inspired to make a zine after seeing the amazing Asian American Feminist Antibodies: Care in the Time of Coronavirus zine created by the Asian Am Feminist Collective in March 2020. I was curious what my other Asian American artist friends were cooking and how they were holding up, especially considering the rising tide of anti-Asian sentiment that was fueled by the former president’s hate speech. I couldn’t muster up the focus to start a new series of paintings. I wanted to do something small that would help me stay connected. Somewhere in between thumbing through an 80’s spiral-bound cookbook from my dad’s Pī’ihonua, HI sugarcane plantation community and flipping through an illustrated cookbook by Picasso, I got the idea to do this project with Jave--whose art I had admired for some time. Jave and I both draw from our Japanese cultural background in our art and have a mutual penchant for high-intensity color, contour linework, and busy pattern that compliments each other.

But then I got sick. Very sick. Amid my surgery, chemo, and radiation treatments, I’d occasionally illustrate one of the recipes in this book, and holding onto this thin thread of my former life kept me going. There is going to be an after.

And so, the project inched along even when I was too weak and sick to cook anymore. There were long pauses when things got really bad but, in the moments I could think clearly, this book was there puttering along.

Almost two years later, I am now on the flip side of breast cancer and slowly rebuilding my life as we do the final edits for this book. Each time I test out one of these recipes, it makes me feel a little less alone. As you are introduced to the work of 23 Asian American artists from across the U.S., I hope you will find comfort and enjoy their recipes and stories as much as I do.

Laura Kina



## **“Departures and Connections”**

It was a sinking feeling as I watched my wife left, descending down the stairs. The sadness felt like a bottomless pit and I had no idea how long this feeling was going to last. As if having been diagnosed as diabetic and contracting Covid-19 where I was not able to breathe or move out of my bed for a while wasn't enough, my partner of 14 years leaving felt like the final nail in the coffin.

My situation wasn't unique of course, as the pandemic brought many challenges to everyone, leaving most of us lost in our lives and searching for an answer. We were all hoping to see the end sooner or later and for our lives to return to normal, whatever that means for any of us anymore.

Normal once used to look like being out in the lively public outdoor setting and eating out with friends. Such was my experience with Laura Kina, when we used to explore the streets of New Orleans to search out new local cuisines and recipes to enjoy. Foods such as shrimp etouffee left our mouths salivating and wanting more. We enjoyed these moments while sharing laughter and stories, and when the lockdown hit, we all thought it would be a very temporary setback.

Deterioration came in many forms, with physical body shutting down from not moving as much, to breakdowns of communications in relationships, to our own mental health barely keeping us afloat on the daily. When Laura first approached me with this idea of the cookbook, it seemed like a no-brainer. It was a way back to our roots, of happy times, of sharing stories, of joys and memories. This would be our chance to recover. Why not then invite other artists also to partake, those who have also used their comfort food as their coping mechanism through their personal moments of challenging times? We got to working, and I reached out to a few of my fellow Asian American artist friends to feel out some interests, as Laura looked around to cover a variety of regions for a more well rounded, and well represented body of recipe iterations around the country.

What was personally exciting for me was that I also wanted to share a recipe, but at the same time, I saw this as an opportunity to explore a number of new ones that I have never made before. My studio assistant, Elisa Wolcott, had been a consistent presence in my home studio, so I asked for her help to research and experiment new recipes. What came about were moments of little discoveries that were fantastic. Little nuances of what made flavors work, what ingredients might work in while considering combination of sauces and texture, learning how some culinary techniques were more difficult to pull off than others (exploding omelet was rather a memorable mess to clean up). In the end, all of the time that was spent in the kitchen, learning and trying new recipes, and connecting with a dear friend over warm meals in the kitchen, was what made it all special.



*Laura Kina & Jave Yoshimoto in New Orleans, July 2019*

I hope the readers can come away with their own positive stories and experiences through their exploration of these recipes. I hope that you can take away from each artist's stories, their experiences, their art works and begin to witness them for who they are; human beings who are trying their best to cope and live their lives like the rest of us, in search of joy through food and connection.

Jave Yoshimoto

## Anida Yoeu Ali • Double-Fried Garlic Chicken

When I got married at 24 years old and finally moved out of the house into my own home my mother gifted me a stone mortar and pestle. I have had this same one since 1998 when she first gifted it to me. Khmer food can be very complicated to make because it comes down to having so many ingredients that get pounded together to make a paste that becomes the base for soups, marinades, curries and medicine. Khmer cuisine is rooted in the pounding of fresh garlic, salt and pepper into a paste – everything else is added to the paste depending on the recipe – usually taught from generation to generation in the kitchen under the watchful eye of a matriarch. In my case, I learned to use a mortar and pestle at about 12 years old when my mom taught me the recipes to a range of Khmer cuisine. I remember how angry I was taking notes and scribbling her directions down into a pink spiral notebook. I hated that I had to learn to cook from her because I felt it made me domestic and unAmerican and unfeminist. I was wrong. I was terribly wrong and didn't treasure any of it until three decades later.

Unlike Western or Eurocentric cooking – we don't stand up and blend ingredients. We sit and pound. We sit on the floor, on a straw mat or directly on our linoleum floors. We pound with the pestle against the stone mortar. We pound while seated on the ground. I was taught to use a kitchen towel under my mortar and pestle and pound until things become a rough paste. It's lo-fi technology and I'd even say it's ancient. Kind of cool that it literally takes us back to the “stone” ages.

The double-fried garlic chicken wing recipe came out of my desire to make something super crispy and tasty that used the basic Khmer ingredients of garlic, salt, and pepper.

I came up with my recipe while living in Phnom Penh and wanted something I felt was both American and Asian. Essentially, I wanted American comfort food while living in Asia. The irony is I feel that my recipe is very Asian American. This recipe borrows the double-fried method of deep-frying chicken from a Korean chicken wings recipe I stumbled onto but preserves the garlicky taste I love in Khmer food. And as an American, who doesn't love a good crispy fried chicken!

I realized the trick is to make sure the garlic does not burn in the deep fryer. I usually save the marinated chunks and fry it at the very end after all the chicken has been fried. The secret is to sprinkle the fried garlic onto the chicken and garnish with some finely cut green onions. My family, especially my three kids, love this. It's delicious and they always request it for their birthday meals. Thank you, mom. Thank you for teaching me the tradition of using a mortar and pestle. Thank you for teaching me despite my resistance.



Laura Kina, *Anida Yoeu Ali's Double-Fried Garlic Chicken*, 2021, watercolor and pen on paper, 9" x 12".

# Double-Fried Garlic Chicken Recipe

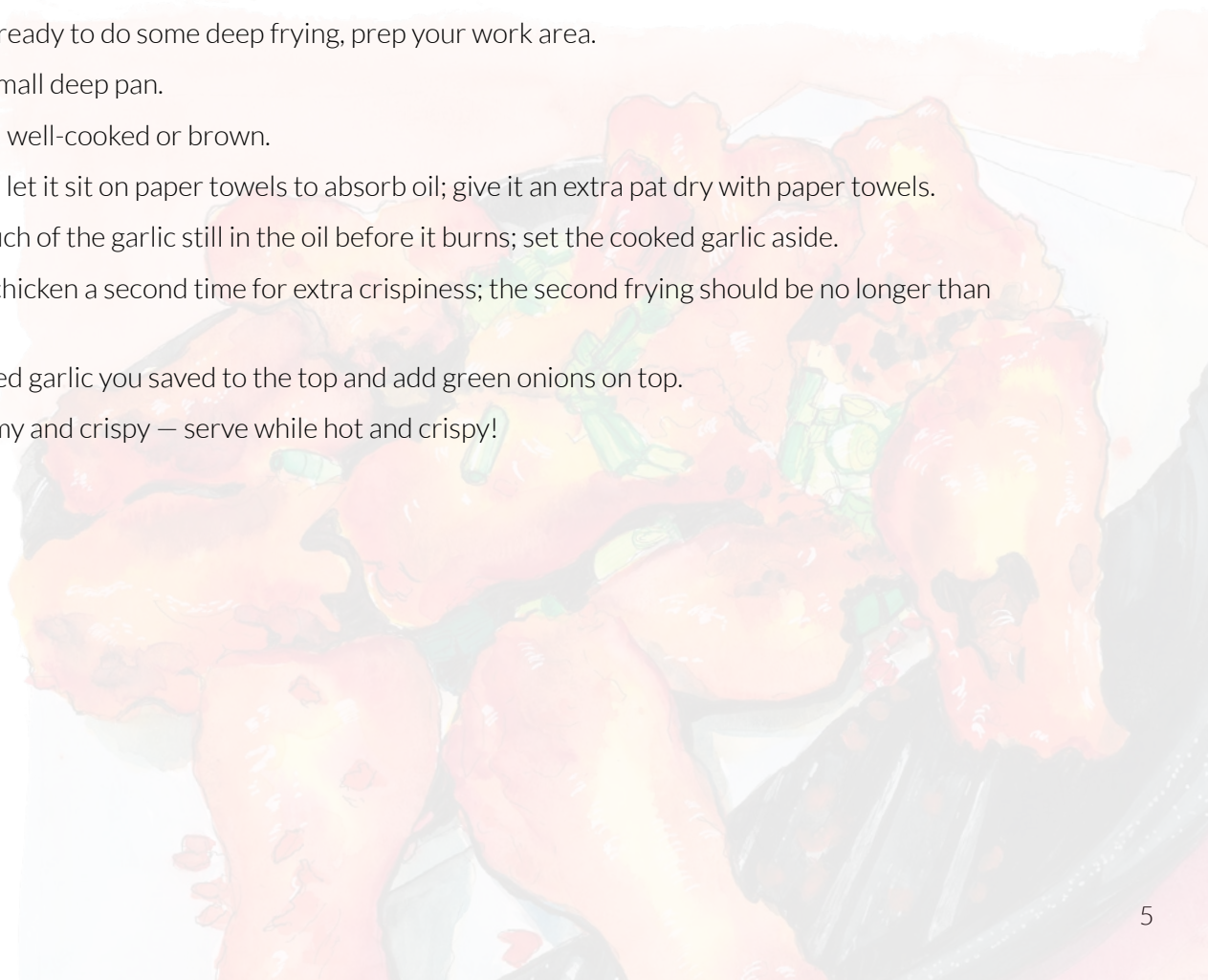
*Note: my measurements are by sight since I throw everything into a stone mortar and pestle so these are all approximations*

## Ingredients:

- 1-2 packages of wingettes & drumettes (basically mini drums and wings; each package is about 2 pounds)
- garlic (use an entire clove or half — up to your taste; the more the better)
- about 1.5 teaspoons of salt per package of chicken (depends on how many packages of wings you use)
- 1/4 teaspoon of grounded pepper, (can also use a pinch of peppercorn smashed up) just don't use too much since the garlic already gives it a kick
- A pinch of sugar after you marinate the chicken with the paste above (add the sugar as needed to balance the taste)
- Green onions (sliced up finely; set aside as a final garnish after the deep fry)

## Directions:

1. Using a traditional stone mortar and pestle, pound the garlic, salt and pepper until it becomes a mushy paste. Then, use this paste to marinate the chicken; use your hands so the paste is blended well into the meat; cover and set aside for as little as 20 minutes or as long as overnight in the fridge.
2. When you're ready to do some deep frying, prep your work area.
3. Heat oil in a small deep pan.
4. Deep fry until well-cooked or brown.
5. Pull it out and let it sit on paper towels to absorb oil; give it an extra pat dry with paper towels.
6. Pull out as much of the garlic still in the oil before it burns; set the cooked garlic aside.
7. Then fry the chicken a second time for extra crispiness; the second frying should be no longer than 1-2minutes.
8. Add the cooked garlic you saved to the top and add green onions on top.
9. It's very yummy and crispy — serve while hot and crispy!



## Anida Yoeu Ali



Anida Yoeu Ali is an artist, educator, and global agitator born in Cambodia, raised in Chicago and transplanted to Tacoma. Ali's multi-disciplinary practices include performance, installation, new media, public encounters, and political agitation. Utilizing an interdisciplinary approach to artmaking, her installation and performance works investigate the artistic, spiritual, and political collisions of a hybrid transnational identity. Ali has performed and exhibited around the world from the Palais de Tokyo to the Shangri-La Museum of Islamic Art, Culture, and Design.

Currently, Ali serves as a Senior Artist-in-Residence at the University of Washington, Bothell where she teaches art, performance, and media studies classes. Ali, a founding partner of the independent artist-run Studio Revolt, spends much of her time traveling and working between the Asia-Pacific region and the US.

[anidaali.com](http://anidaali.com)

Anida Yoeu Ali, "Push / 99 Eggs"  
(performance still)  
April 6, 2016 at Trinity College Chapel  
Performance: Anida Yoeu Ali  
Documentation: Pablo Delano  
Image courtesy of the artist



"This performance was a response to the issues students of color were attempting to address on our campus in 2016. Inside the chapel, I allowed myself to become the sacrificial lamb as 99 eggs were set out for people to take and "egg" me with. My hope was for students, staff, and faculty to take their anger and frustration out on me. It should be noted that I did give permission to everyone to participate and that in no way would my students be penalized for egging their professor."  
— Anida Yoeu Ali

## Ruby Chishti • Kabab Karahi

While growing up, feeding me any dish of meat was an impossible task for my mother. I had tons of logic ready for not eating it, “I am not going to eat this meat because the goat smells like it didn’t take a shower in its whole life” and another one was, “If I were an emperor, I wouldn’t let anyone take these live and roaming animals into our stomachs.”

Not only this, but I had to struggle mentally accepting the goat slaughtering ritual (Qurbani) on Eid ul Azha and the distribution of meat and cooking afterward. My reluctance to eat meat was seeing the animals slaughtered in front of us.

But many years later I discovered that I can only eat meat that does not look as if it was a part of an animal ever, does not smell like meat, and does not taste like meat :)

Then I tried making these kababs a few times and started to love them. So I eat about 2 square inches of beef or chicken once in a while. But it has to be perfect with lots of flavor of spices and green chilies.

You can fry and keep some frozen and wrapped to use another time. These are the favorites of my dear friend Jaishri Abhichandani. She calls it “Ruby’s Killer kababs” :). These kababs are now a reason to meet and see each other.



Jave Yoshimoto, *Ruby Chishti's Kabab Karahi*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# Kabab Karahi Recipe

## Ingredients:

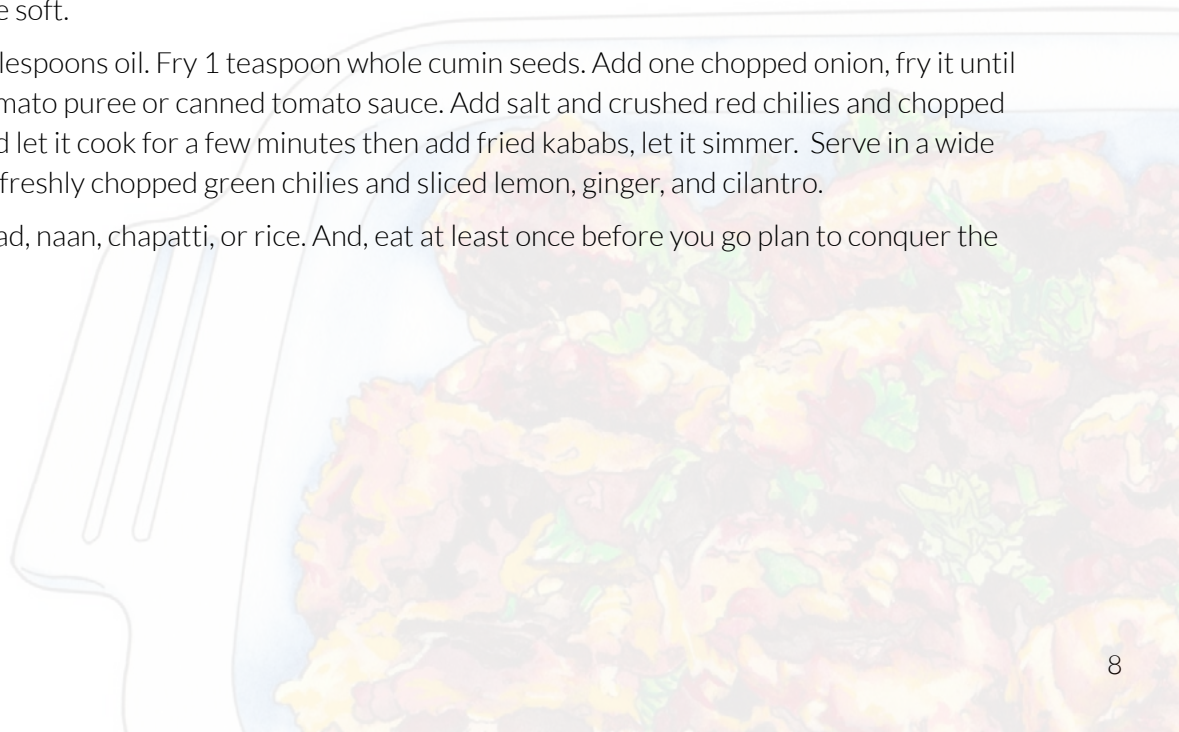
- 1 pound minced beef/chicken or boneless beef or chicken, cut into small pieces and finely chopped in a chopper (or a food processor)
- 1 teaspoon salt
- 1/2 teaspoon chili powder
- 1/2 teaspoon crushed red chili flakes
- 1 tablespoon corn flour
- 1 tablespoon graham flour
- 1 teaspoon garam masala (optional)
- 1 teaspoon cumin seeds, roasted and crushed
- 1 tablespoon coriander seeds, roasted and crushed
- 1 tablespoon ginger paste
- 1 teaspoon garlic paste
- 4-6 green chilies, chopped (save a little for garnish)
- 2 slices of bread, chopped
- 1/2 cup cilantro, chopped
- 2 small onions, chopped
- 3 tablespoons oil to shallow fry kababs

## For Gravy:

- 1 (small) canned tomato sauce or 2 cups diced tomatoes
- 1 medium onion, chopped
- salt, crushed red chilies to taste
- 2-3 green chilies, finely chopped
- 2-inch small piece of ginger, thinly sliced
- chopped cilantro for garnish

## Directions:

1. Mix all the ingredients into the minced beef/chicken. Refrigerate for 30 minutes.
2. Apply some oil on the palms of your hand and roll about 2.5-inch-long kababs (makes 20-24).
3. Heat oil in a pan on medium-high heat.
4. Shallow fry kababs on all sides until golden brown ...turn the heat low, cover, and let it cook for another 5 minutes. Cooking them on a high first makes them crispy on the outside and lowering the heat cooks the inside so it will be soft.
5. For gravy, heat 3 tablespoons oil. Fry 1 teaspoon whole cumin seeds. Add one chopped onion, fry it until soft and then add tomato puree or canned tomato sauce. Add salt and crushed red chilies and chopped green chilies. Stir and let it cook for a few minutes then add fried kababs, let it simmer. Serve in a wide platter, garnish with freshly chopped green chilies and sliced lemon, ginger, and cilantro.
6. Serve warm with salad, naan, chapatti, or rice. And, eat at least once before you go plan to conquer the world :).



## Ruby Chishti



Pakistani American visual artist Ruby Chishti is based in New York City. Primarily a representational sculptor, she was formally educated at the National College of Art in Lahore, Pakistan.

Over the last 22 years, she has produced a series of lyrical- sculptures and installations with re-cycled clothing that touch on the tenacity and fragility of human existence, the persistence of the passage of time, migration, Islamic myths, gender politics, memory, universal theme of love, loss, and being human.

Her fellowships and awards include the recent VSC/Pollock-Krasner Foundation Fellowship and Critic In Residence at Fiber Science and Apparel Design Dept, Cornell, Ithaca. Her work has been exhibited at Asia Society Museum, NY; Queens Museum, Rossi & Rossi, Hong Kong; Grosvenor Gallery, London; Aicon Gallery, NY; Vadehra Art Gallery, New Delhi, India; India Art Fair; and The Armory Show, NYC to name a few.

Her work is collected by Qatar Museum, Kiran Nadar Museum, India; V & A Museum of Childhood, London; Whitworth Art Gallery, Manchester among many others.

Chishti's work has been published in *Art Asia Pacific*, *Diacritics*, *Hyperallergic*, *NYTimes*, and books including, *A Companion to Textile Culture*, edited by Jennifer Harris, *The Eye Still Seeks: Pakistani Contemporary Art* by Salima Hashmi & Matand Khosla. Ruby Chishti currently lives and works between Bushwick, Brooklyn and Lake Peekskill, New York.

Instagram @rubychishti2019



Ruby Chishti, *The Present is a Ruin Without the People*, 2016, recycled textiles, wire mesh, thread, wood, embellishment, metal scrapes, and archival glue; with sound, 81 7/10" × 127 9/10" × 11 7/10".

## HyeGyeong Choi • Kimchi

My mom made this simpler version of kimchi when she visited Chicago for my graduation from the School of the Art Institute of Chicago in 2016. I had a hard time getting used to the kimchi from Korean markets in America because they are a bit too salty for me and not spicy enough. My mom's kimchi has a more refreshing taste so I started making my own kimchi ever since then. This kimchi is something between summer kimchi, which is chopped up before the salting process for a quick pickling process, and winter kimchi. I also added fresh red peppers. Koreans often use fresh red pepper for summer kimchi to bring a more refreshing taste when the kimchi from winter is done.



HyeGyeong Choi, *Kimchi Baby*, 2020, watercolor on paper, 9" x 11".

# Kimchi Recipe

## Ingredients:

- 1 Napa cabbage normally 4-8 pounds
- 1 cup coarse sea salt
- 8-10 fresh red peppers
- 1.5 cups Korean red pepper powder
- broth — dried pollock head or 1 cup of dried pollock (you can find it in a Korean store), a piece of dried seaweed, 1 cup dried shiitake mushroom
- 1 small radish (optional — you can skip it if the radish isn't that good because it's not in season)
- 1 small onion
- 3 tablespoons sweet rice flour
- 15-20 garlic cloves minced (approximately 4 teaspoons)
- 3 tablespoon anchovy fish sauce
- 1 tablespoon fermented shrimp sauce
- a bunch of chives
- 1 tablespoon sesame seeds

## Directions:

How to salt the cabbage:

1. Cut cabbage into 4-inch-long shapes.
2. 3 cups of coarse sea salt and 1.33 gallons of water – mix it so that the salt dissolves into the water.
3. Scatter the rest of the salt over the cabbage.
4. The container should be filled with this saltwater to about 2/3. Leave it for 1.5 – 2 hours.

*Tip – if you want to wrap this with a clean plastic wrap, it boosts the speed for salting so the salting should take only about 1 – 1.5 hours.*

5. Reverse the cabbage upside down and leave it for another 2-3 hours (the cutting side should face down) if you put a heavy pot on top of this, it can also speed up the process.
6. How to check it's done is to bend a leaf and you should be able to fold it without breaking it.
7. Rinse it under running water.

*Tip: if the cabbage is too salty, you can put it in a bowl and fill it with water then soak it for 30 – 40 mins.*

How to make the broth:

1. Pour the dried pollock fish and dried shiitake mushroom and dry seaweed into a pot filled with water (6.75 ounces).
2. Boil it for 15-20 minutes.
3. Cool it before using it.



## Kimchi Recipe (continued)

How to make rice porridge:

1. Boil 6.75 ounces of water (you can also use the broth you made).
2. Put 3 tablespoons of sweet rice powder (mix it into a very small amount of water first, then it's easier to mix in) into boiling water and mix well. You can replace the sweet rice powder with flour if needed.
3. Keep stirring until it gets thickened.
4. Cool it before using it.

How to make the sauce:

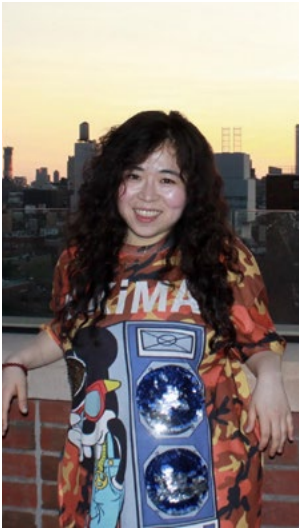
1. Soak the red pepper powder in the broth or the broth and porridge mix. Let it sit for 20 mins.
2. Grind onion, red peppers, radish, and garlic (you can skip the radish if radish isn't that good because it varies by season)
3. Mix fish sauce, shrimp sauce, porridge, chives, and ground ingredients (onion, radish, and garlic) into the red pepper mix
4. You can add more pepper powder if it's too watery.

The final step to make kimchi:

5. Open the cabbage from the bottommost layer and start rubbing the sauce onto each layer.
6. Add more sauce to the last layer of the cabbage piece.
7. Do the same thing for the rest of the 3 pieces of cabbage.
8. Pour in the rest of the sauce.
9. Leave the kimchi at room temperature for 1-2 days to help ferment the kimchi
10. Put it in the refrigerator. It gets perfectly fermented about 2 weeks after the day you make it.



## HyeGyeong Choi



HyeGyeong Choi is a painter who works to address social and cultural issues that she faces as a woman. As a Korean woman, she has been subject to commentary and criticism based on the South Korean “high” standards of ideal beauty that define womanhood in a limited way. Similarly, taboos revolving around sexuality are deeply embedded in Korean society inevitably shaping how women are treated and objectified, resulting in a high level of sexual harassment and assault. Her work addresses these points of social friction head-on, dealing with body image, identity, gender, and sexuality.

She is currently living and working in New York and has been in the U.S for 10 years. She holds a BFA from Chung Ang University in Korea and MFA from The School of the Art Institute of Chicago. Her work has been included in exhibitions at Anton Kern Gallery, Chart Gallery, Harper’s Gallery in NYC, Zolla/Liberman Gallery, Chicago, Seoul Auction in South Korea, Richard Heller Gallery in LA, and many others. Her work has been featured in and written on by *Washington Post*, *Artsy*, *Hyperallergic*, *Artnet News*, *Chicago Tribune*, *Sixty Inches From Art Center*, and many others.

[hyegyeongchoi.com](http://hyegyeongchoi.com)



HyeGyeong Choi, *Amazon Olympia*, 2020, acrylic on canvas, 42" x 50.5".

## Aram Han Sifuentes • 떡볶이 ddukbokki

Since we moved from South Korea in 1992, my parents work six days a week at their dry cleaning store and Sunday is their only day off. Knowing that *ddukbokki* has been my favorite food since childhood, my mom would make me this dish every Sunday morning. Even now as an adult living away from my parents, I make this dish on Sunday mornings so that I can continue this tradition with my own child.



Jave Yoshimoto, *Aram Han Sifuentes' Ddukbokki*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# 떡볶이 ddukbokki\* Recipe

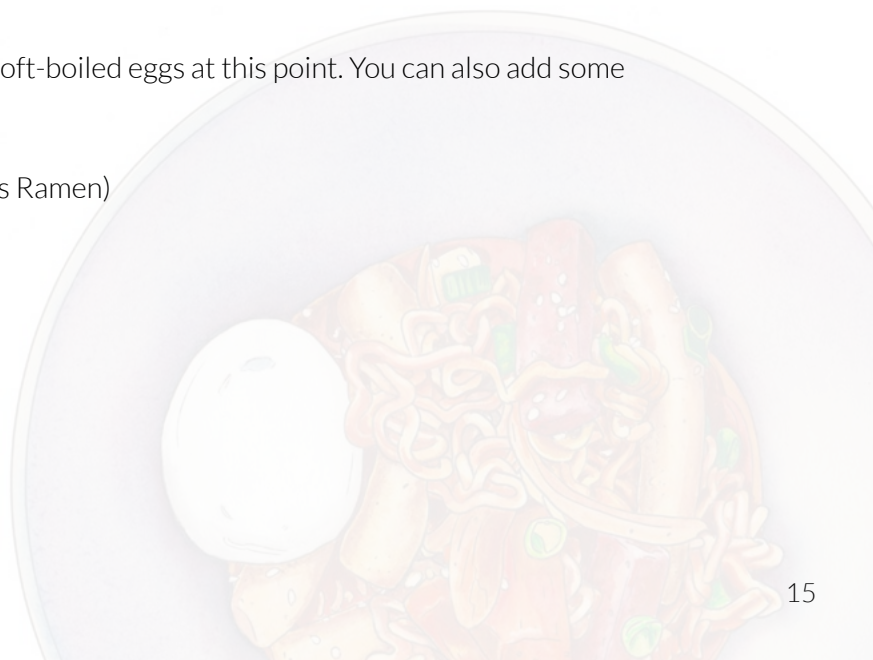
## Ingredients:

- *dduk* (fresh or frozen)
  - 1 can of Spam
  - 1 teaspoon sesame oil (I use premium perilla oil)
  - 1 medium sized onion
  - 3 cloves of garlic
  - 1 carrot
  - 1 tablespoon honey
  - 1-2 tablespoon *gochujang*
  - 1/2 teaspoon black pepper
  - 1 package of ramen
  - 1 teaspoon toasted sesame seeds
  - 2 green onions
- Optional: Make soft-boiled eggs

## Directions:

1. I usually use half the package of fresh *dduk* or about 1/3 of the frozen package. If it is frozen, defrost in cold water and leave it for 10 minutes. Fresh or frozen, you'll need to separate each of the *dduk* pieces from each other.
2. Mince 3 garlic cloves, slice the onion and carrot, and cut half the can of Spam. I like to cut the spam into small rectangles.
3. Throw garlic, onion, carrot, and spam into a deep sauté pan with 1 teaspoon of sesame or perilla oil. Cook over medium heat until the onions are translucent.
4. Then add the *dduk* and put in enough water to submerge the *dduk*. I use the water used to defrost the frozen *dduk* because it has starch in it to thicken. This isn't necessary.
5. Add 1 tablespoon honey, 1/2 teaspoon black pepper, and depending on how spicy you want it, add 1-2 tablespoon *gochujang*. Make sure you dissolve and mix the honey and *gochujang* well. Cook until the liquid boils and bubbles.
6. Once the liquid is boiling, add your dry ramen noodles. Make sure you can submerge this in the liquid. If there isn't enough, feel free to add more. Let it cook for another couple of minutes until the ramen is cooked then turn off the heat.
7. Add green onions and toasted sesame seeds.
8. Spoon onto your plate and you can add your soft-boiled eggs at this point. You can also add some shredded cheese on top.

\*(technically this is *Rabokki* because it includes Ramen)



## Aram Han Sifuentes



Photo credit: Virginia Harold/  
Pulitzer Arts Foundation

Aram Han Sifuentes is a fiber and social practice artist, writer, and educator who works to center immigrant and disenfranchised communities. Her work often revolves around skill sharing, specifically sewing techniques, to create multiethnic and intergenerational sewing circles, which become a place for empowerment, subversion, and protest.

Han Sifuentes earned her B.A. in Art and Latin American Studies from the University of California, Berkeley, and her M.F.A. from the School of the Art Institute of Chicago. She has been a recipient of a Smithsonian Artist Research Fellowship, Map Fund, Asian Cultural Council's Individual Fellowship, 3Arts Award, and 3Arts Next Level/Spare Room Award. Her project Protest Banner Lending Library was a finalist for the Beazley Design Awards at the Design Museum in London in 2016.

Solo exhibitions of her work have been shown at the Pulitzer Arts Foundation, Chicago Cultural Center, Jane Addams Hull-House Museum, Hyde Park Art Center, Museum of Contemporary Art Cleveland, and Skirball Cultural Center.

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*Messages to Our Neighbors: Tired of Waiting For Permission to Call America Home* © 2021 City of Philadelphia Mural Arts Program / Aram Han Sifuentes & Art Education Students, Castor & Tyson Avenues. Photo by Steve Weinik.

## Robert Farid Karimi • A Recipe for Survival Spinach Casserole

*“Gringos Love it, so they will love you.”*

My mother, Laura Colouch, gave me this recipe when I was a youthful undergrad at UCLA. I had a potluck Xmas office party. The rules: cook your own dish.

At that point in my life, my awkward, shy 19-year-old self, never been to a Xmas office party, and never cooked my own dish to bring.

I called my mom, and she suggested the following recipe because “Gringos love this. It makes them happy. Everyone will love it.”

My mother worked as an administrative assistant in a corporate office that did not treat her nicely. Many of the bosses’ xenophobic ways were repeated at our daily dinner table conversations. I knew what this meant. This was how my mom diffused them, through food. She was giving me a recipe for survival. A food force field.

She typed it up for me, so I would have it permanently. And any time, I needed to diffuse or placate or just please a diverse crowd of people who are not from my land of IranianGuatemalalandia, I use this dish. It works, every time.

Fast forward I made this for my Xmas Cooking Show in Houston. My alter-ego, Mero Cocinero needed to thwart a right-wing Oprah character who wanted to co-opt his show, so he made my mom’s casserole; he called it Spinach Frito Pie. The idea was to get the audience to have a vegetarian dish for the holidays, and to laugh at the twist I put on the Texan dish Frito Pie (there is no Frito, in it.)

Needless to say, it is the most popular recipe I am asked for to this day. For 2 years straight, older Mexicanas/Chicanas emailed me for the recipe, or they asked the producer Jorge Piña for it. Was it because it was delicious, or because they had to keep gringos happy, to stop xenophobia or racism? They never told me, quien sabe. Perhaps if we feed it to anti-immigrant legislators, they will change their policies. Or defund ICE. We can only hope food has that power.



# A Recipe for Survival Spinach Casserole

## Ingredients:

- 20 ounces chopped frozen spinach
- 1 can cream of potato soup (Campbell's)
- 16 ounces sour cream
- 1/2 cup parmesan cheese, shredded
- salt
- pepper
- shredded Monterrey Jack cheese for topping.  
*My mom was adamant..."the cheese must be Monterey Jack, no cheddar!! Monterey Jack!"*

## Directions:

1. Thaw spinach and remove as much liquid as you can.
2. Add soup, sour cream, salt, pepper, and parmesan cheese. Mix well.
3. Place in Pyrex dish and top it with shredded Monterrey Jack cheese.
4. Cover with aluminum foil and place in a 350°F degree oven, for 25 minutes.
5. Uncover and continue baking another 5 minutes or until cheese is melted.



Laura Kina, Robert Karimi's Spinach Casserole, 2021 watercolor and pen on paper, 9" x 12".

## Robert Farid Karimi



Robert Farid Karimi as Mero Cocinero. #ThePeoplesCook.  
Photo credit: Jeff Machtig

Critically acclaimed performer, author and social engagement artist, RobertFaridKarimi, designs interactive immersive game-performance experiences to spark players to imagine worlds of mutual community nourishment. A Creative Capital artist, Pushcart Prize-nominated writer, RobertFaridKarimi featured their work on *NPR*, *The Smithsonian*, *SouthXSouthWest*, HBO's *DefPoetryJam*, *Los Angeles Times*, *Callaloo*, *Total Chaos: an anthology of Hip Hop theory*, *Asian American Literary Review*, and *A Good Time for The Truth: Race in Minnesota*, and various platforms worldwide. Their research focuses on the power of play and playfulness in socially engaged art and the role of cultural collision in shaping the non-binary imaginary. Karimi serves as Associate Professor in the Music, Dance and Theater department at Arizona State University.

[RobertFaridKarimi.com](http://RobertFaridKarimi.com)



Robert Farid Karimi, playing cards from the game-performance: *once we honor and lift the weight we fly then we got to deal with the cages and the racism*, 2019, laminate game spaces, international symbols, card stock, Tibetan silver wings, referee outfit, whistle.

A modern take on Posada's Game of the Goose (Juego de la Oca), a Mexican take on Chutes and Ladders. In Karimi's version, gallery participants became geese trying to migrate borders and avoid receiving a yellow or red card from a haphazard referee — hoping to get a green card, which institutionally allows them to be fly free. The design uses international road fonts to bring home the global crisis that is U.S. immigration policy and the horrific and indiscriminate treatment of Central Americans in detention centers.

## Baseera Khan • Red October Daal

This was the meat and potatoes of my family growing up. We pooled money and resources together and performed mutual aid before mutual aid was a thing non-profit arts organizations started talking about in their mission statements — ha ha ha. Red and yellow daal gave me a sense of comfort and continues to do so, and I am very proud of myself for making it and making it well. My dad used to say this is the food for a true Marxist.



Laura Kina, *Baseera Khan's Red October Daal*, 2021, watercolor, pen, and colored pencil on paper, 9" x 12".

# Red October Daal Recipe

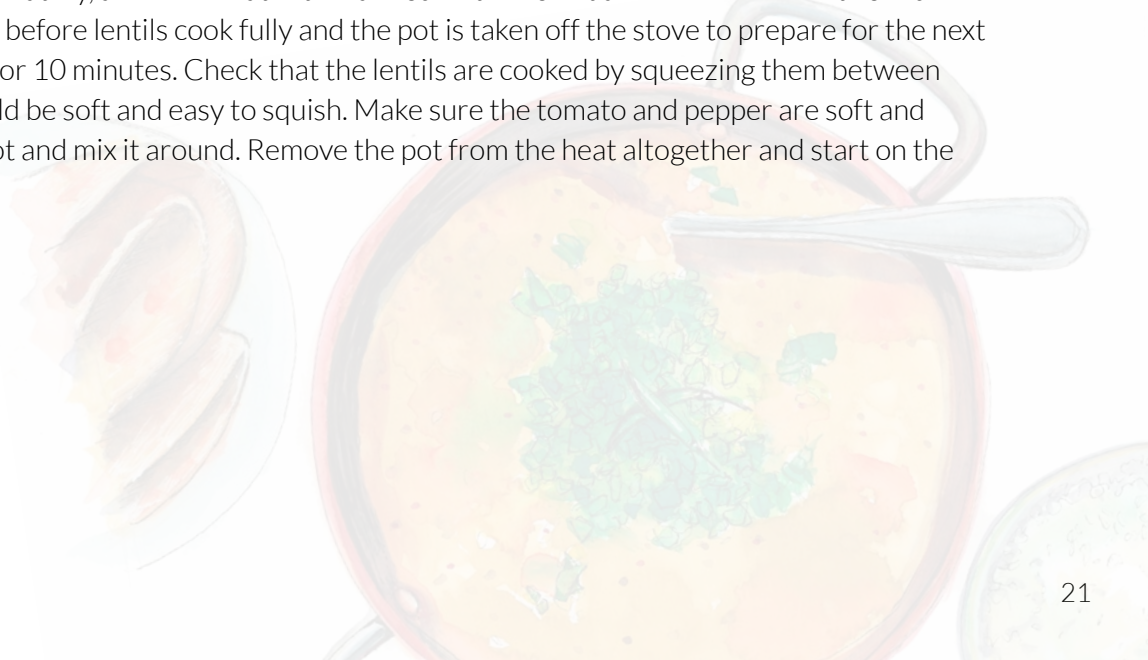
## Ingredients:

- 1 cup split red lentils or masoor daal (wash with room temperature water) (cooks fast! basically the minute you start washing it, it starts to get soft)
- 1 teaspoon whole cumin seeds
- 2 tomatoes roughly chopped
- 1 teaspoon of salt masala
- 1 tablespoon ghee or vegetable oil
- 1 large bay leaf
- 1 small onion chopped
- 2 garlic cloves chopped
- 1 teaspoon grated ginger
- 1 teaspoon grated turmeric (or use dried turmeric)
- 1 green Thai chili whole
- 1 teaspoon fenugreek leaves (or seeds) finely chopped
- 1 teaspoon garam masala
- 1 or 2 jalapeno peppers sliced
- 1 teaspoon black mustard
- 1 teaspoon fennel seed
- 1/2 a carrot, thinly sliced

Garnish and serve with a handful of freshly chopped coriander and a sprinkle of garam masala powder as the dish comes off the stove and is about to be served. Add Thai chili on top of plated Daal.

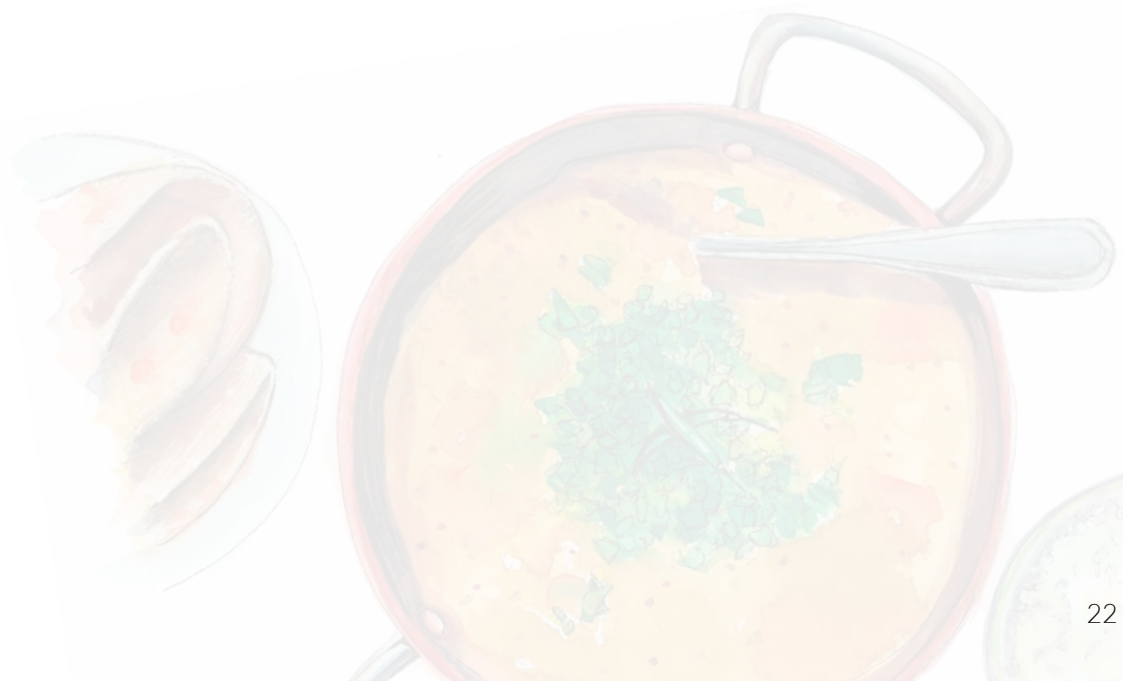
## Directions:

1. The first step is to clean the daal, it has extra starch on it, and may have bugs in it from its packaging. After washing the daal set it aside.
2. Get out a tall pot and add enough water in it to properly submerge the daal with around half an inch of water above it — like 4 parts water to 1 part lentil.
3. Start to heat the water and dump the clean lentils into the pot of water. Before the pot boils with the lentils also add a roughly chopped large tomato and 1 sliced green jalapeno, thinly sliced carrot. Put in a half teaspoon of salt. Have the water come to a boil, don't worry about the froth that appears yet. Make sure that the pot is still watery, add more water to make sure it does not all cook off. The froth should be skimmed off the top before lentils cook fully and the pot is taken off the stove to prepare for the next step. Leave to simmer for 10 minutes. Check that the lentils are cooked by squeezing them between your fingers, they should be soft and easy to squish. Make sure the tomato and pepper are soft and squish them into the pot and mix it around. Remove the pot from the heat altogether and start on the spice and curry pan.



## Red October Daal Recipe (continued)

4. In a separate frying pan heat up ghee, if you don't have ghee you can use, mustard oil, or high heat olive oil. Add a whole green Thai chili – make sure you puncture it first with a knife so it doesn't explode in the pan when it is heated up. Add the pepper and a large bay leaf to the pan. If you have curry leaves you can use that too, but it is sometimes hard to find. Now add the seeds one at a time. Make sure you smell the aroma between each added spice or herb. Add the cumin seeds, mustard seeds, and fennel seeds. When the seeds sizzle, remove the chili and set it aside for your garnish at the end.
5. Now as the seeds start to give off aroma, add the onion, wait until it is golden, then add garlic and ginger. Add turmeric if it is fresh (if it is powder it can be added after heat is reduced). Reduce the heat and then add tomatoes, turmeric (if powder) if you add too much turmeric it will taste chalky, fenugreek seeds, and more chopped Thai chili to taste. Gently let the ingredients cook down for about 10 minutes to make a thick masala paste. Tomatoes must get cooked down, add water if need be, to help break down tomatoes.
6. Now add a ladle or two full of the lentils we set aside to the masala paste in the frying pan and stir together. Make sure this stirring gets all the ingredients mixed well together. Then empty all the contents back into the pan with the lentils and stir. It should have the consistency of a thick soup but if it's too thick just add a little boiling water. Apply the pot to the heat and let it cook for a few additional minutes, if you prefer it thicker just leave it on the heat to reduce until you get the consistency you want. Check the seasoning and add a little salt if required. Stir in the garam masala, fresh-cut coriander. Top with the whole chilies to serve.
7. You can dish this up now. Top it off with the fried chilies you set aside.



## Baseera Khan



Photo credit: Jose Alejandro Espallat

Baseera Khan was born in Denton, Texas and lives and works in Brooklyn, New York. Upcoming solo exhibitions include: Public Art Fund, New York, NY; (2023); Atlanta Contemporary, Atlanta, GA (2023); and Moody Center For The Arts, Rice University, Houston, Texas, and Contemporary Arts Center, Cincinnati, Ohio (2022). Selected solo and two-person exhibitions include: Brooklyn Museum, New York (2021); The Kitchen, New York (2020); Simone Subal Gallery, New York (2019); Jenkins Johnson, New York (2019); Participant Inc. Gallery, New York (2017). Selected group exhibitions include: Wexner Center for the Arts, Columbus, OH (2021); NOMA, New Orleans, LA (2020); Gracie Mansion Conservancy, New York, NY (2020); Munich Documentation Centre for the History of National Socialism, Germany (2019); BRIC, New York (2019); Albany Museum, Albany, (2019); Simone Subal Gallery, New York, (2018); MoCA Tucson, Arizona (2018); Katonah Museum of Art, Katonah, New York (2018); The Kitchen, New York (2018); Sculpture Center, New York (2018); Aspen Art Museum, Aspen, Colorado (2018); Whitney Museum of American Art, New York (2017); Queens Museum, New York (2016); Socrates Sculpture Park, New York (2016); and Abrons Art Center, New York (2016).

[baseerakhanstudios.com](http://baseerakhanstudios.com)



Baseera Khan, *Blue White and Red (portals)*, 2020, leather, leather, c-print, grommets  
35 x 21.75 inches. Image courtesy of the artist and Simone Subal Gallery, New York.  
Photo: Dario Lasagni.

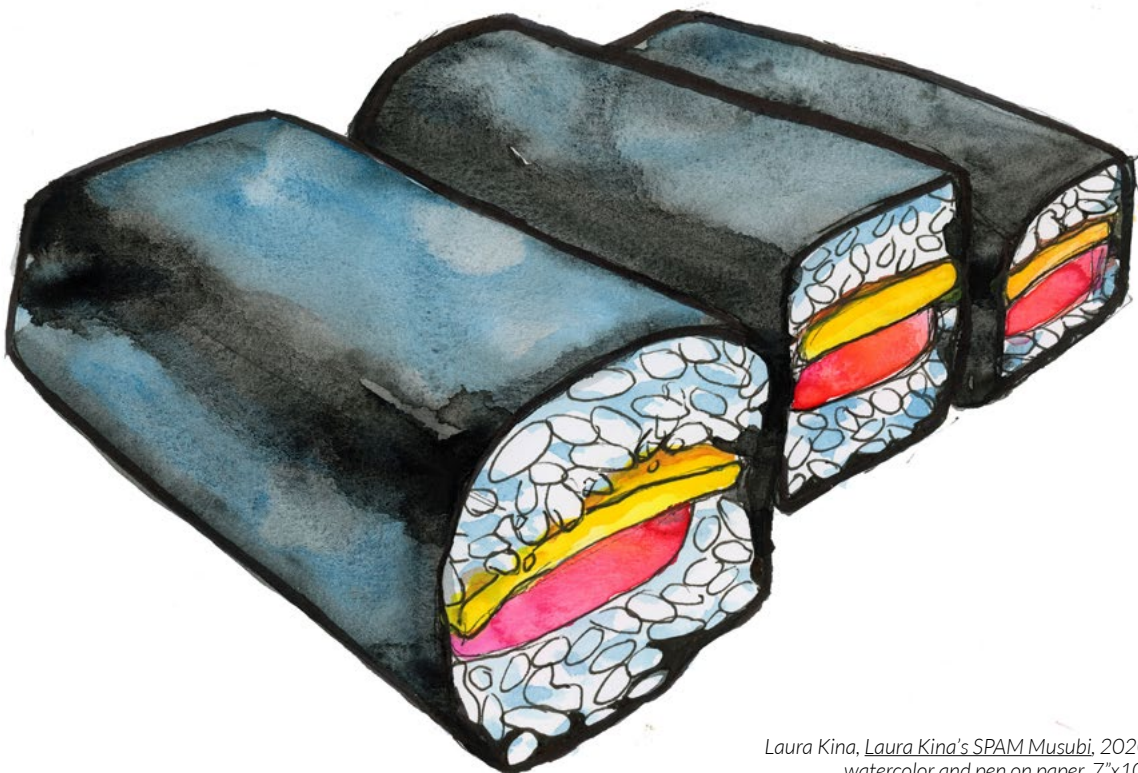
This work is a banner, a seal, portal, flag, a garment — I don't know yet. After a feverish dream in May 2020, I knew how to achieve this new series: a flowing system of layers grommited together to conceal and reveal different elements at different times. The cutout pleather patterns obscure intimate moments of photographic love. Akin to an older series of mine called the *Acoustic Sound Blankets*, this new body of work stems from radical-ornamentation histories.

## Laura Kina • Spam Musubi

SPAM became popular in Hawai'i during WWII and they still have the largest per capita consumption of SPAM in the U.S. When I was growing up in the Pacific Northwest in a Norwegian community, my Grandma Kina, who was from a sugarcane plantation on the Big Island of Hawai'i, taught us to enjoy making and eating SPAM sushi\* and it became symbolic of our identities as Uchinanchu (Okinawan diaspora) from Hawai'i. SPAM musubi is also my teenage-kid Midori's favorite food and she has fond memories of making this for big family reunions during our annual summer visits to my parents' house in Poulsbo, WA. During the COVID-19 pandemic in summer 2020, I was diagnosed with stage one breast cancer and Midori often took over for me in the kitchen when I was too sick to cook. This was one of the first dishes she mastered on her own. Between travel restrictions and my compromised immune system, we haven't been able to leave Chicago to see our family on the West Coast so Midori and I look for any excuse to make SPAM musubi. It's our guilty pleasure comfort food that helps us feel connected to family.

\*My grandma's version of SPAM sushi was Okinawan plantation style, which was very similar to Korean kimbap. She made oversized maki sushi rolls, which were seasoned strongly with white vinegar (salt and sugar) and rolled with either SPAM or canned tuna and whatever was around. Think recycling. Later we evolved these to be a mix of the California roll adding in strips of egg, cucumber, avocado, and sugar/soy sauce marinated dried gourd shavings (kampyo) and shitake mushrooms. Today I make the musubi style since it's more convenient.

This recipe was originally published, along with my Auntie Nora's mac salad recipe, in Kiam Marcelo Junio, *Filipino Fusions: A Culinary Critique*. Chicago, IL: Inside the Artist's Kitchen + Kiam Marcelo Junio, 2016, 36–40.



Laura Kina, *Laura Kina's SPAM Musubi*, 2020, watercolor and pen on paper, 7"x10".

# Spam Musubi Recipe

## Ingredients:

- 3 cups Japanese sushi rice
- 4 cups water (or one knuckle level over the rice)
- 1 can SPAM
- seasoned rice vinegar (Marukan brand) to taste
- 4 eggs
- 1/2 teaspoon soy sauce
- 1/2 teaspoon sugar
- 2 tablespoons vegetable oil
- package of sushi nori
- rectangular sushi rice press (or use the empty SPAM can with both top and bottom of can removed).
- *furikake* (Japanese rice seasoning. Wasabi Fumi Furikake is ono!)

## Directions:

1. Rinse the raw rice in cold water until the water is no longer cloudy (approximately 4 times). Put rice in a pot or rice cooker with enough water to cover. Use package or rice cooker instructions or measure the water so that it is one finger knuckle deep. If using a stovetop, soak rice in water for 15 minutes, then bring to a boil; reduce heat to low and simmer, covered, 20 minutes, or until liquid is absorbed. Remove from heat; let stand covered, 10 minutes. Fluff the rice with a rice paddle. Scoop out 2 cups at a time into a glass bowl (don't take it all out or it will get too hard) and season the rice to taste with seasoned rice vinegar. Make sure it's not too wet, but has a slight punch of vinegar.
2. Cut up 1 can of SPAM into 8 slices, approximately 1/4-inch thick. Put 1 tablespoon vegetable oil in a pan. When the pan is hot, fry the SPAM in a pan until light brown on both sides. Set cooked SPAM slices on a paper towel to absorb excess oil.
3. Mix eggs and lightly season with a splash of soy sauce and dash of sugar (optional variation – add a little *dashinomoto*). Put 1 tablespoon of vegetable oil in a pan. When the pan is hot, pour the egg mixture into the pan to form a thin omelet (*tamago*). Let the eggs set up and then carefully flip the omelet. Cook briefly and then slide it onto a plate to cool. Cut into rectangular shapes the same size as your SPAM slices.
4. Cut the sheets of nori in half. Place a sheet of nori on a cutting board. Put the sushi rice press in the middle and begin to assemble the layers of the musubi.
5. Put enough rice at the bottom of the press to make a 1/4-1/2-inch layer of rice. Use the press to gently flatten the rice down. Sprinkle a layer of *furikake* seasoning, add a layer of SPAM, add a layer of egg, and add a final layer of rice. Press to flatten rice and then push the layers through the mold. Fold the nori over the layers. Place musubi seam side down on a plate. The moisture from the hot rice will seal the nori.
6. After all 8 musubis are assembled, you can either eat them whole (a great option for lunches or snacks on the go) or you can cut them in half or in fourths to serve as appetizers sushi-style. Make sure that your knife blade is wet so that the rice won't stick to the blade. Make sure to wipe your knife blade each time. A simple way to do this is to just put water on a paper towel.

*Variations – marinate the SPAM in teriyaki sauce, omit egg and furikake and substitute a grilled pineapple slice.*

## Laura Kina



Laura Kina is Vincent de Paul Professor The Art School at DePaul University. Contemporary Asian American art; Okinawan, mixed race, and critical ethnic studies; and feminist/queer theory form the nexus of her intersectional art and scholarship. In 2020, she was awarded an ART Matters Foundation fellowship and she is a 2019 Joan Mitchell Foundation Artist-in-Residence awardee. Kina has exhibited at India Habitat Centre and India International Centre, Nehuru Art Centre, Okinawa Prefectural Art Museum, Chicago Cultural Center, Japanese American National Museum, Rose Art Museum, Smithsonian Archives of American Art, Spertus Museum, and Wing Luke Museum of the Asian Pacific American Experience, amongst others. Kina is co-editor of *Queering Contemporary Asian American Art* (University of Washington Press, 2017) and *War Baby/Love Child: Mixed Race Asian American Art* (University of Washington Press, 2013). In 2019, Bess Press published her trilingual (Pidgin/Japanese/Uchinaaguchi) illustrated children's book *Okinawan Princess: Da Legend of Hajichi Tattoos* written by Lee A. Tonouchi. She serves as a series editor for Critical Ethnic Studies and Visual Culture (University of Washington Press).

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Laura Kina, *Ufushu Gajumaru (giant banyan tree), Valley of Gangala, Okinawa, Japan*, 2019, acrylic on canvas, 48×72".

## Phoebe Kuo • Chinese Milk Bread

My first encounter with baked goods was prenatal. It was California in the 1980s, and my pregnant mother went to the office every day, where people smoked indoors, and a cloud of smoke always hung over her cubicle. My mother escaped periodically to rest on a vinyl chaise in the ladies room, and once a day at 10 am, my father fetched a cinnamon roll for her from the food truck outside. My mother never had a sweet tooth or much of an appetite at all, but now she ate for two, and this large, soft, sticky pastry became an essential ritual.

As a child, I was introduced to other American pastries and sweets. On Saturday mornings my parents walked me and my sisters to the local donut shop, where we pointed at our favorites in the glass case: a buttermilk bar, a glazed twist we called a unicorn horn. At Sunday School I received, with the reverence accorded to the Holy Communion, a handful of Mother's Circus Animal Cookies and a Dixie Cup of bright pink punch mixed from powder. In the public school cafeteria I watched classmates unwrap the Twinkies and Ding Dongs my parents refused to buy. My parents came from Taiwan to the US as grad students in the 1970s, and learned to cook without the help of family, reproducing remembered dishes with the offerings of our small-town supermarket—broccoli and spinach passing for *gai lan* and *kong xin cai*—and trying their hand at enchiladas, steak, and spaghetti. A family of five on a single salary, we rarely ate out; home cooking was nutritious and economical. My parents' one gesture toward baking, consistent with their sense of thrift, was the purchase of a bread maker, which produced a dreaded loaf—dense with a heavy crust, that I swallowed with a helping of filial piety.

What does it mean to reclaim a culinary heritage, when one is cut off from extended family traditions? In my early adulthood, I reached reflexively for cookbooks in the American canon, beginning my self-education with cupcakes and muffins from Irma S. Rombauer's accessible classic *The Joy of Cooking*, later advancing to scones and seasonal fruit galettes from activist chef Alice Waters. It was not until recently that I found my way into Taiwanese and Chinese culinary traditions. A flourishing of websites and Instagram accounts by diasporic Asian Americans offers personal stories alongside detailed illustrated recipes, making Chinese recipes accessible to English-speaking, second-generation Taiwanese-Americans like me. These resources have been an education, and a connection to a culture I never knew first-hand, filling in a cultural gulf opened by my parents' emigration from Taiwan in the 1970s.

When the Covid-19 pandemic arrived in the United States in 2020—and white-collar workers retreated into their homes, while essential workers continued to show up for their shifts at supermarkets, meatpacking plants, and growing fields, to keep food on our tables—I baked my way through our state-mandated lockdown, at first making focaccia and flatbreads, sourdough boules and sourdough discard crumpets, ordering sacks of flour from a local mill amid a months-long flour shortage in all major supermarkets. In my quarantine kitchen, pained by the President's anti-Asian rhetoric and the violence against Asian Americans he encouraged, I began to consider the racial valence of my baking frenzy. Thanks to food blogs, I attempted Chinese buns for the first time. Soon, shiny knots of milk bread replaced the sourdough boules; Swedish kardemummabullar moved aside for sesame-freckled pork buns.

It is hard to explain this late-arriving nostalgia for Asian breads I did not grow up with; at age 37, I am adding to my American repertoire new Asian recipes that nonetheless taste intimately familiar. It is now these sweets, and not the cinnamon roll I experienced through the umbilical cord, that I crave.

The following recipe for Chinese milk bread is a family recipe—but not mine. It is from *The Woks of Life*, a website created by parents Judy and Bill, with their daughters Sarah and Kaitlin, to document their family's history through food. I have relied heavily, and gratefully, on their knowledge during the pandemic.

# Chinese Milk Bread Recipe

## Ingredients:

- 2/3 cup heavy cream (160 ml, at room temperature)
- 1 cup and 1 tablespoon milk (250 ml, at room temperature)
- 1 large egg (at room temperature)
- 1/3 cup sugar (75 grams)
- 1/2 cup cake flour (tap measuring cup to avoid air pockets; 70 grams)
- 3.5 cups bread flour (tap measuring cup to avoid air pockets; about 500 grams)
- 1 tablespoon active dry yeast (11 grams)
- 1.5 teaspoons salt (7 grams)
- egg wash (whisk together 1 egg with 1 teaspoon water)
- simple syrup (optional: 2 teaspoons of sugar, dissolved in 2 teaspoons hot water)

## Directions:

1. In the bowl of a mixer, add ingredients in the following order: heavy cream, milk, egg, sugar, cake flour, bread flour, yeast, and salt. Use the dough hook attachment and turn on the mixer to “stir.” Let it go for 15 minutes, occasionally stopping the mixer to push the dough together. If you’re in a humid climate and the dough is too sticky, feel free to add a little more flour 1 tablespoon at a time until it comes together. If you don’t have a mixer and would like to knead by hand, extend the kneading time by 5-10 minutes.
2. After 15 minutes of kneading, the dough is ready for proofing. Cover the bowl with a damp towel and place in a warm spot for 1 hour. We proof the dough in our oven (We turned on our oven’s rapid proof setting for 5 minutes, turned the oven off, and then closed the oven door). The dough will grow to 1.5 times its original size.
3. In the meantime, grease two baking vessels on all sides with butter, such as 2 standard loaf pans or even a loaf pan and a 9-inch round cake pan.
4. After the hour of proofing, put the dough back in the mixer and stir for another 5 minutes to get rid of air bubbles. Dump the dough on a lightly floured surface, and cut it in half. You can make a loaf with one half of the dough by cutting it into 3 pieces and placing them in the loaf pan. With the other half of the dough, cut it into eight equal pieces and make buns. You can really shape the dough however you like. Once shaped, let the dough proof for another hour.
5. Position a rack in the middle of the oven and preheat to 350°F/175°C. Brush the risen dough with egg wash. Bake the loaves for 23-25 minutes. Remove from the oven and brush the buns with sugar water to give them a great shine, sweetness, and color.



Laura Kina, *Phoebe Kuo's Chinese Milk Bread*, 2021, watercolor and pen on paper, 9" x 12".

## Phoebe Kuo



Phoebe Kuo is a studio woodworker from San Francisco, CA, currently based in Oakland, CA, who makes site-specific sculpture using traditional furniture making techniques. She also teaches and practices design research. Born in Lompoc, CA, to Taiwanese-American mathematicians, Phoebe grew up navigating hybrid identities, which she continues to explore as a queer artist of color. Her taste for baked goods is similarly hybridized; forays into Asian pastry have not dampened her enthusiasm for yellow box cake with chocolate frosting. She earned her BS in Product Design from Stanford University and an MFA in Design from Cranbrook Academy of Art.

[phoebekuo.com](http://phoebekuo.com)



Phoebe Kuo, *Jewelry for Furniture*, 2018, coopered pine, 9 x 9 x 4 inches.

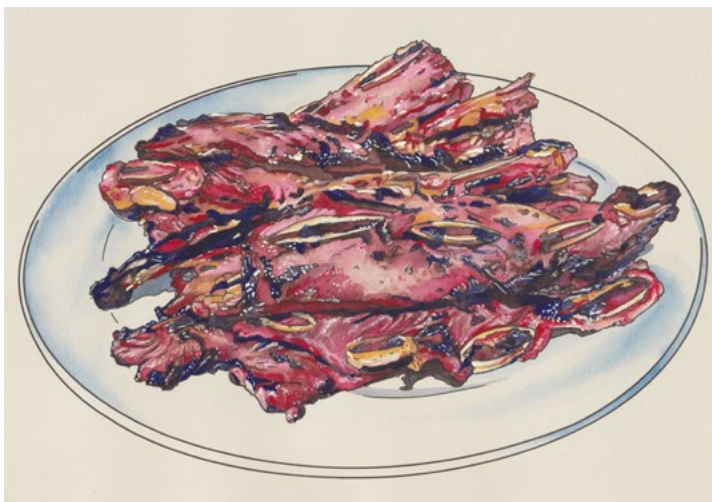
## Larry Lee

### **“I’m a Pepper, you’re a Pepper, wouldn’t you like to be a Pepper, too” Chicago/LA kalbi marinade/serenade and Trader Vic’s Mai Tai**

My dad worked during the ‘60’s and ‘70’s as a chef at Trader Vic’s, an upscale nightclub/restaurant in the basement of the Palmer House Hilton in downtown Chicago serving trademark Tiki cocktails while offering Americanized Cantonese cuisine disguised as posh Polynesian fare. For special occasion banquets, his specialty was roasting the “big pig”, whole with an apple in its mouth. And it came as no surprise really that I as the Number One Son would inherit his barbecuing gene given how the proverbial apple from the big pig’s mouth doesn’t fall far from the family tree...

So the origin of my recipe is circuitously linked to his employment there, as two decades later, when I was doing my MFA at the School of the Art Institute of Chicago whose scattered site campus is right across the street from Trader Vic’s, I met the other player in this narrative, my buddy Mark Werle finishing up his BFA at the same, both of us indulging in the half-price Mai Tai Happy Hour every Thursday, replete with free pupu platters of crab rangoons, egg rolls, BBQ spare ribs and if lucky, rumakis. Trading Trader Vic’s stories, we learned that our parents, my Chinese father and his Korean mother worked together, one in the kitchen, the other in the dining room for years as our shared tastes from shared likes formed shared experiences ultimately resulting in Mark sharing his mom’s secret ingredient of adding a can of Dr. Pepper to marinate kalbi. This caramel-colored nectar of the gods tenderizes the short ribs, and releases the sugars of the thinly sliced pear to sweeten the marinade for grilling.

With the coming together to grill and eat delicious kalbi also comes the need for the perfect drink as accompaniment. What recaptures the beauty of those magical moments before Trader Vic’s closed down than their iconic Mai Tai? Its smooth but sharp lime twang, an ideal complement.



Jave Yoshimoto, *Larry Lee's 'I'm a Pepper, you're a Pepper, wouldn't you like to be a Pepper, too' Chicago/LA kalbi marinade/serenade*, 2021, Ink, watercolor and gouache on paper, 9" x 12".



Laura Kina, *Trader Vic's Mai Tai*, 2020, watercolor, pen, and colored pencil on paper, 7" x 10".

## **“I’m a Pepper, you’re a Pepper, wouldn’t you like to be a Pepper, too” Chicago/LA kalbi marinade/serenade**

### **Ingredients:**

- 1 cup or so soy sauce
- 1 yellow onion diced or grated
- 3/4 cup brown sugar packed
- 3-5 garlic cloves minced
- 2 tablespoons of sesame oil
- 1/4 cup or so white wine (dry, such as Sauvignon Blanc)
- couple of healthy shakes of black pepper

### **Directions:**

1. Mix all of above together and pour into a bag or pot with short ribs then add 1 pear (ideally Asian pear) quartered and thinly sliced and 1 can of Dr. Pepper.
2. Refrigerate for at least 3-6 hours if not longer.
3. As you know, I usually eyeball rather than precisely measure so above should be decent enough amount of marinade for maybe 5 pounds of short ribs but okay to alter ratio or sometimes when I am lazy, I use any store-bought jar of kalbi marinade and add the pear and Dr. Pepper.
4. Just as good if not gooder.

## **Trader Vic’s Mai Tai** circa 1944

### **Ingredients:**

- 1 ounce amber Martinique rum
- 1 ounce dark Jamaican rum
- 1 ounce fresh lime juice
- 1/2 ounce orgeat syrup
- 1/2 ounce of Cointreau
- garnish with mint (a lime if you like)

### **Directions:**

Add all ingredients to a cocktail shaker, except the garnish. Shake and strain into a rocks glass filled with crushed ice. Garnish with fresh mint and a lime if you fancy that. You can also float some dark rum on top of the cocktail.



## Larry Lee



Larry Lee is a multimedia artist, independent curator and writer who earned his Bachelor of Fine Arts from the University of Illinois at Chicago and his Master of Fine Arts in Sculpture at the School of the Art Institute of Chicago where he also teaches Art History, Theory and Criticism.

His practice includes sculpture, video, installation and painting that “remakes” his personal history in specific and the Asian American experience in general into stylized multimedia objects and images he facetiously terms “orientalia”. His work has been exhibited in Chicago at the Chicago Cultural Center, Gallery 400 and Evanston Arts Center as well as New York City, San Francisco, Philadelphia, Dallas, Houston, Cleveland, New Haven and Glasgow, Scotland. In addition to his curatorial project, Molar Productions, Lee collaborates with the painter Jason Dunda to perform as “The International Chefs of Mystery!” in a long-running video series available on Vimeo.

[larryleechicago.com](http://larryleechicago.com)

Larry Lee, *Cooking The Books* (with Jason Dunda), 2011. Videography, Sound and Post Production by Joshua Slater. RT 25 minutes.



Part two following up the inaugural but little-seen *Boos and Bakin'*, your favorite so-called International Chefs of Mystery! Larry Lee and Jason Dunda return a year later and stir up trouble literally cooking the books this time for *The toy formerly known as...*, yet another summer group show at slow gallery in Chicago.

## Kathy Liao • Milkfish Congee 虱目魚粥

My mom grew up on the island of Punghu in Taiwan and she inhales seafood like a Midwesterner devours steaks. Of all the fishes in the sea, milkfish has a special place in her stomach. Growing up, I have fond memories of my mom, taking me to different street food stands, telling me how this stand has the best seafood congee, this stand has the best milkfish soup...etc. Some days, my mom would take me to the open market in our neighborhood in Taipei and buy fresh milkfish. Maybe because congee is so easy to cook, that is always her go-to home-cooked dish. When my dad was sick in the hospital, I remember my mom would search the local markets for milkfish congee, claiming that it is the most nutritious and nourishing for someone who is convalescing. If I ever get to request a last meal, this has to be it.



Jave Yoshimoto, *Kathy Liao's Milkfish Congee*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# Milkfish Congee Recipe

## Ingredients:

Congee:

- Milkfish belly and head, cut the fish into 2-inch pieces (you can substitute other white fish, but milkfish is the best)
- 1 cup of day-old rice
- 6-10 cups of water or fish stock (depend on how soupy you want the congee to be)
- (if using water, add 1 spoonful of dashi)
- salt

- dash of white pepper
- dash of sesame oil
- few slices of ginger

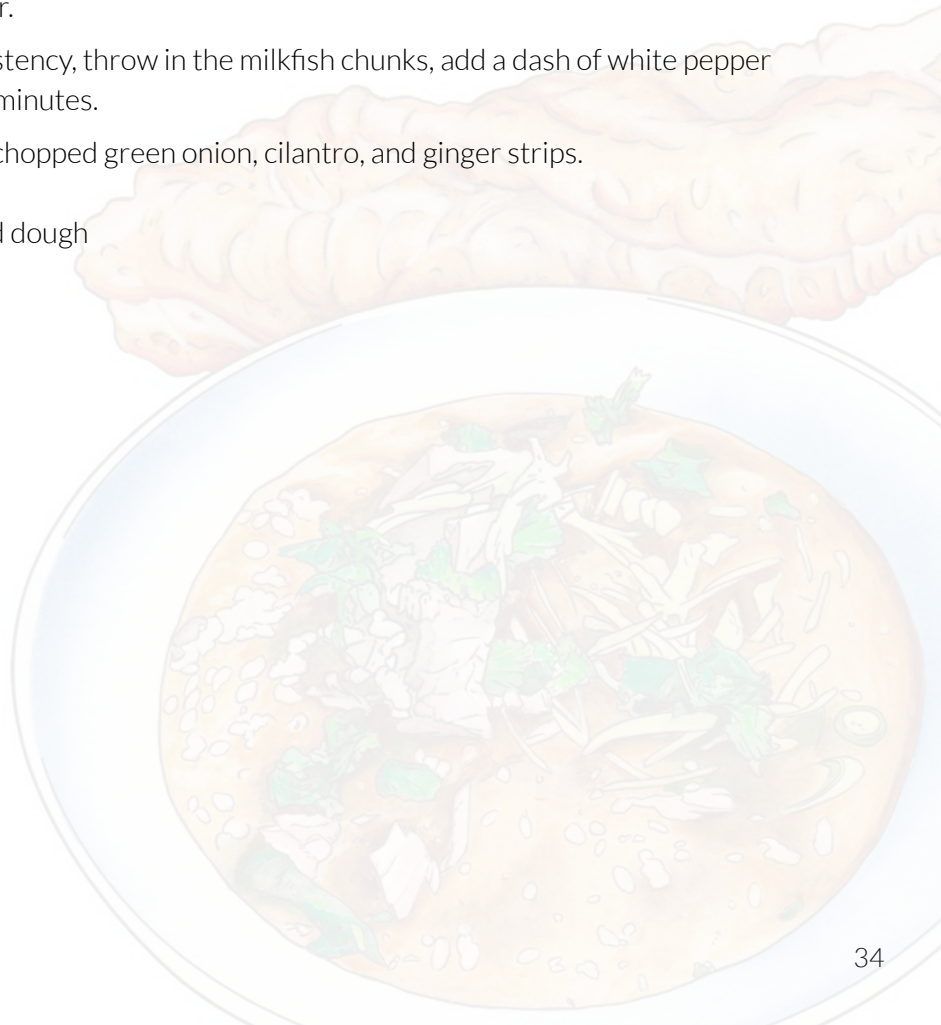
Garnish:

- 1 green onion (finely chopped)
- cilantro
- pickled ginger strips

## Directions:

1. Save a cup of left-over rice.
2. In a pot, add rice, fish stock (or water and dashi), salt, and ginger slices. Bring everything to a boil at high heat, and then turn it down to a simmer.
3. Cover and simmer for 20 minutes, or when the congee starts to thicken. Sometimes, I add more water/stock halfway through to make it soupier.
4. Once congee reaches the desired consistency, throw in the milkfish chunks, add a dash of white pepper and sesame oil, and let it cook for a few minutes.
5. Dish it out in a bowl and garnish it with chopped green onion, cilantro, and ginger strips.

\*best served with a side of Chinese fried dough



## Kathy Liao



Drawing inspirations from her diverse cultural background and personal history, Kathy Liao's mixed media work is about the intimate yet universal concept of relationships. Liao received her MFA in Painting from Boston University and BFA in Painting and Drawing from University of Washington, Seattle. Liao is a recipient of various awards including the 2020 Charlotte Street Foundation Visual Artist Award, Elizabeth Greenshield Foundation Grant, and artist grants and fellowships from Anderson Ranch Arts Center, Vermont Studio Center, and Jentel Artist Residency. Her work was shown in Boston, New York, Los Angeles, Seattle, Kansas City, and many other cities nationally and internationally. In the past, Liao was Director of the Painting and Printmaking Studio Art Program at Missouri Western State University and taught at Boston University, University of Washington, Seattle University, and Gage Academy of Art. She is currently part of the Artist Services team at Mid-America Arts Alliance in Kansas City.

[kathyliao.com](http://kathyliao.com)



Kathy Liao, *In Between the Lines*, 2019, site specific installation at H&R Block Artspace at the Kansas City Art Institute, collage, charcoal, marker, ink, silkscreen, oil on paper and canvas. approximately 252" x 132". Photo Credit EG Schempf.

## **“Dumplings”**

**By heather c. lou**

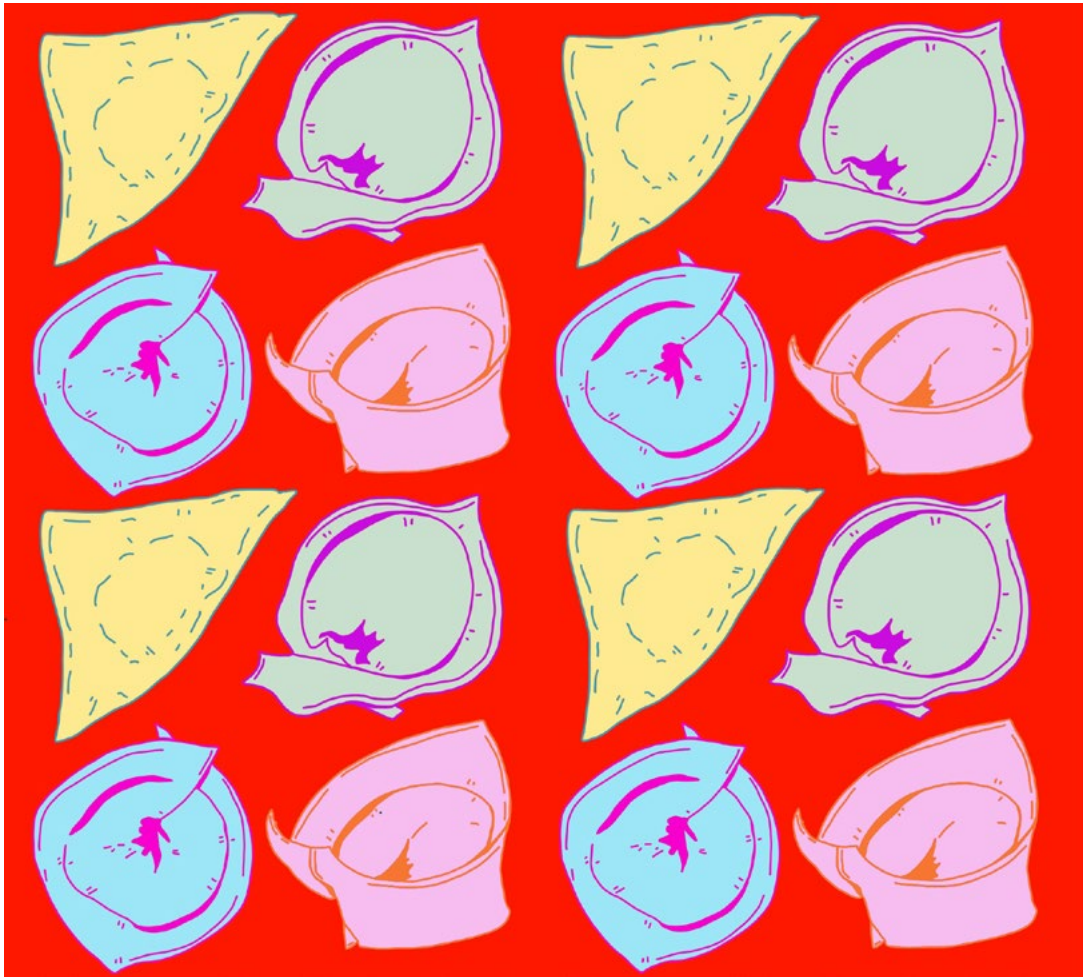
we sat across the table  
the back of my legs stuck to the plastic  
that covered the seats of her dining room  
chairs  
all of the ingredients laid perfectly arranged  
on the lazy susan, waiting to be  
assembled  
at six, my time had come to be written in  
on the lou family secret- how to wrap the  
perfect wonton  
in silence, amma showed me how to  
nourish myself and the ones i love for the  
generations to come  
just like her amma probably did for her  
her pale and wrinkled hands caressed the  
dough and perfectly portioned the meat  
dotted egg to bind  
pinched edges and folded with care  
bended quickly but not to tear the delicate  
package  
she made it look effortless  
as i followed her steps  
i fumbled  
i furrowed my brows  
bit my lips  
grumbled with frustration  
my tiny little wonton was a pile of mush  
she looked at me and simply said “again.”  
“again. again. again.”  
that day i made all of five wontons for our  
meal while amma made a bounty  
but what i didn’t know then  
was that amma had persevered  
she had fought and been silenced her  
whole life  
she had made wontons in a restaurant that  
she owned  
she struggled and had immigrated  
men cat called her  
called her their china doll  
she had been scared and alone

did she ever fight back  
did she ever say something to their sexist  
and sinophobic remarks  
and although her work seemed effortless  
it was a culmination of her many years of  
wisdom  
her guidance from ancestors  
love and nourishment  
resistance  
practice  
i have white hairs now  
i’m getting wrinkles and i’m getting rounder  
i’m walking like my amma more and more  
each day  
each time i make wontons, it’s becoming  
more like muscle memory  
i can feel amma with me each time i make  
them  
“again,” she says.  
“again. again. again.”

## heather c. lou



heather c. lou (she/her/hers) is an angry gemini earth dragon, multiracial, asian, queer, cisgender, gender expansive, disabled, survivor/surviving, anxious, and depressed womxn of color artist and educator based in st. paul, minnesota, which is the hxstorical occupied land of the Dakota and Ojibwe peoples. find out more about hclou at: [hclouart.com](http://hclouart.com) or [instagram.com/hclou](https://www.instagram.com/hclou)



heather c. lou, *dumplings reprise*, 2021, digital art, 12" x 12".

# Kiam Marcelo Junio • Vegan Kare Kare

## ANATOMY of a DISH

Kare Kare gets its name from the Tamil word *kari*, (better known as curry) which refers to a type of spiced sauce or gravy. Curry has numerous variations based on country, region, and even family recipe. In the Philippines, Kare Kare is a beloved national dish with elusive origins, likely developed as a melting pot of flavors from the country's illustrious history (mixing Spanish, Muslim, Indian, Malay, and Polynesian influences with Indigenous cultures).

Traditionally, this dish is made with oxtail, toasted glutinous rice, and crushed peanuts to give it its characteristically creamy texture. This adaptation puts a unique twist (vegan, with additional Pan-Asian spices) on the classic recipe that I learned from my mom.

With meal prep and delivery services now so widely available, it's easy to take our food for granted. We become so distanced from the origins and colorful histories of these ingredients. We forget that some of them traveled across far distances, picked and processed by countless hands before they reach our tastebuds.

Here is a small window into the colorful lives of several beloved ingredients:

## BLACK PEPPERCORNS

While now ubiquitous in kitchens and dining tables around the world, the humble black pepper still only grows near the equator and was once worth more than gold. During the Middle Ages, Arabs had a monopoly on the spice trade, and only the wealthiest Europeans could afford to use it. In fact, the search for pepper was one of the key driving factors of Columbus' failed expedition — he was searching for the Malabar region of India and ended up in the Bahamas instead. While peppercorns were nowhere to be found there, the indigenous people of the area widely used chili peppers to spice up their food. Chilies were much easier to grow in different types of weather, and this led to the cultivation of peppers in all its multicolored forms including sweet peppers and paprika.

## BOK CHOY

Got milk? No. How about Bok Choy? A cup of this low-calorie, high-fiber vegetable provides as much calcium as a cup of cow's milk. It's also high in vitamin A, B6, C, K, Folate, and Potassium. Bok Choy (or Pok Choy) is in the mustard family along with cabbage, turnips, broccoli, and kale.

## COCONUT

Even before the recent coco-craze, the coconut has always enjoyed widespread use all over the tropical world. The fruit provides nourishing water, healing oil, and full-bodied meat, which can be turned into all types of ingredients from flour, to sugar, butter, and many more. Growing up, we even used the coconut husks to polish our floors! Coconut has many health properties as it's high in medium-chain triglycerides (MCT's), which, unlike the long-chain triglycerides of animal fats, bypass the lower digestive tract to be absorbed directly into the liver, helping to burn more calories than it stores. Coconut oil is also used widely in skin and body care due to its antibacterial, anti-fungal, anti-inflammatory, and emollient (skin soothing) properties.

## EGGPLANT

These look nothing like eggs... what gives? Known in Europe as "aubergine" for its purple color, older cultivars of this plant pre-Industrial revolution were smaller and white or yellow, actually resembling eggs. Google it!

## GARLIC

Garlic is not only one of the best-loved ingredients in the world, it's also one of the most highly researched foods in science. Clinical tests indicate that this spice may help prevent or decrease the incidence of major diseases associated with old age, such as atherosclerosis, stroke, cancer, immune disorders, arthritis, and cataracts. No wonder the oldest living cultures love it so much!

## MISO PASTE

Miso paste is made from fermented soybeans and is available in different strengths including red, which is salty and flavorful, and white, which is milder and sweeter. Fermentation is a natural process used to make wine, cheese, and beer in which a carbohydrate (such as a starch or sugar) converts into an alcohol or acid, often with the use of yeast or bacteria. Fermented foods are high in prebiotics and probiotics — meaning the bacteria has had a chance to digest the food before eating, making it easier for the body to process — while also providing some much-needed beneficial bacteria for digestive health.

## ONION

First it makes you cry, then it heals your body. One of the most-used spices in the world, the ordinary onion (and its hundreds of varieties such as scallions and shallots) packs a punch for your health. It's rich in quercetin, a known cancer-fighting chemical shown to reduce risks for developing colon, breast, prostate, ovarian, esophageal, oral, kidney, endometrial, pancreatic, and stomach cancer. It's now easy to see why garlic and onion always go together.

## SAFFRON

If the bodacious black pepper can claim the title of “King of Spices,” then meet the Queen. Saffron is the world's most expensive spice — and for good reason. What we call saffron threads are the stigma (the pollen-gathering part) of the saffron flower. It takes 80,000 flowers and 250,000 dried stigmas to produce one pound of saffron. Here's more: the flowers are so delicate that traditionally only women and children were tasked to pick them. Chemically, the compounds crocin and safranal show great promise in relieving depression due to their ability to protect several brain chemicals such as serotonin, dopamine, and norepinephrine. Saffron bestows a rich golden color and an unmistakable aroma befitting royalty. It's a worthy investment, as a pinch is all you need.

## TURMERIC

Saving the best for last? Yes, indeed. Turmeric is perhaps the poster child for Food as Medicine. The compound curcumin is a powerful antioxidant and anti-inflammatory — which is a big deal as most modern diseases have inflammation as an underlying mechanism. Turmeric is the key ingredient (and color) of most curry blends. Traditional Kare Kare does not have Turmeric, relying instead on annatto for color. I decided to return this revered spice into my version of kare kare to bridge this traditional Filipino dish with its neighboring curry counterparts.

### References:

Aggarwal, B. *Healing Spices: How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease*. Sterling Publishing, New York, 2011.

Thompson, C. *Bok Choy: 10 Fun Facts. Feature Stories. WebMd: Food & Recipes*, 2014. <https://www.webmd.com/food-recipes/features/bok-choy-10-healthy-facts>

Trujillo, L. “The Elegant Eggplant.” *Journal of Horticultural News and Research*. The University of Arizona Cooperative Extension, 2003. <https://cals.arizona.edu/maricopa/garden/html/pubs/0203/eggplant.html>

“Miso Paste.” *Japanese Cooking 101*, 2021. <https://www.japanesecooking101.com/miso-paste/>

# Vegan Kare Kare

## Ingredients:

- 3 tablespoons vegetable oil (grapeseed, avocado, or coconut oil for additional flavor) 1 medium onion, chopped
- 6 cloves garlic, crushed
- 1 pinch of saffron threads
- 3 ripe tomatoes, diced
- 2 tablespoons red (or mixed) miso paste
- 1 teaspoon powdered turmeric
- 1.5 cup crunchy peanut butter
- 4 cups vegetable stock
- 2 small Asian eggplants, cut into 2-inch cubes
- 2 cups string beans, cut into 2-inch pieces
- 4 bunches baby bok choy, cut in half, with ends off

Serve with:

Steamed rice, coconut milk, chili-garlic paste, and crushed black pepper to taste

## Directions:

1. Heat oil in a large pan over medium heat.
2. Sauté onion, garlic, and saffron until onion is translucent and the garlic browned, about 4-5 minutes.
3. Add tomatoes and simmer until tomatoes are cooked down, about 2 minutes. Add turmeric and stir.
4. Add peanut butter and miso paste, stir until incorporated, about 2 minutes. Add vegetable stock. Bring to a boil, then reduce heat to low.
5. Add eggplant and string beans. Cover and cook until tender, about 10 minutes.
6. In the last 2 minutes of cooking, add baby bok choy as the final ingredient to maintain its crunch.
7. Serve with rice (white, brown, or wild), quinoa, or riced cauliflower.
8. Garnish with coconut milk, chili-garlic paste, and crushed black peppercorns to taste.



Laura Kina, *Kiam Marcelo Junio's Vegan Kare Kare*, watercolor and pen on paper, 2021, 9" x 12".



Laura Kina, *Ingredients for Kiam Marcelo Junio's Vegan Kare Kare*, 2021, watercolor and pen on paper, 9" x 12".

## Kiam Marcelo Junio



*Photo credit: Stephanie Jensen*

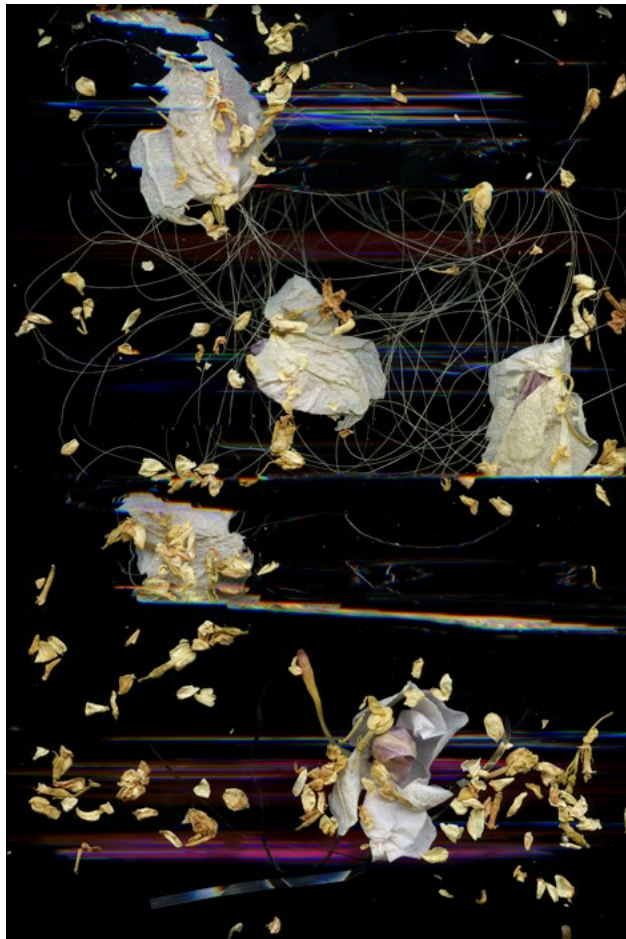
Kiam Marcelo Junio (b. Philippines) is a non-binary artist, certified holistic wellness coach and US Navy veteran. They hold a Bachelor of Fine Arts from the School of the Art Institute of Chicago and a Master of Science in Health and Human Performance at Pacific College of Health and Science.

As an artist, Kiam explores themes of spirituality, identity, and time. Their work eludes rigid definitions of discipline, taking shape as writing, sound, visual art, performance, as well as perfumery, cuisine, fashion, and graphic design — exploring and communicating through all five senses.

As a coach, Kiam works with queer leaders and creative professionals seeking to develop a stronger relationship with their body, mind, and purpose so they can show up more effectively for themselves, the people they lead, and the worlds they inhabit.

Kiam's mission is rooted in helping people cultivate excellence in all aspects of life through deep self-knowledge, sustainable self-love, and authentic self-expression.

Connect with Kiam on Instagram @iamkiam and [mahalhealingarts.com](http://mahalhealingarts.com)



*Kiam Marcelo Junio, Dona Nobis Pacem: Samskaras, 2017, Archival print on metallic paper, 24 x 36 inches.*

## Mia Matlock • Pancit Guisado 2.0

When I went vegan in 2016, I found myself at a difficult intersection between Western and Filipino values. On one hand, you are expected to refuse food that doesn't conform to your values. On the other, refusing food is considered a grave insult in Filipino culture. It has been a goal of mine to create a plant-based version of my family favorites that I could bring to holiday gatherings.

Filipinos will laugh at you for being a vegan. They won't be laughing for long when you serve them a pancit that puts tradition to bed. Shiitake broth and red miso help make up a more complex umami flavor profile than its traditional counterpart. Before you ask where the shrimp is, take one bite and you will find your answer. Lion's mane mushrooms and kelp pack a seafood flavor unlike any other. Every bite is full of meaty, savory mushrooms and crisp vegetables. You'll probably want to double this recipe; it's simply irresistible to constant "quality control" testing while cooking!



Mia Matlock, *Mia Matlock's Pancit Guisado 2.0*, 2020, digital illustration, 8" x 10".

# Pancit Guisado 2.0 Recipe

## Ingredients:

- 8 ounces rice noodles
  - 1 block extra firm tofu
  - 2 ounces dried shiitake mushrooms (about 8-10 pieces)
  - 3 cups of boiling water
  - 4 ounces brown button mushrooms, stems removed and sliced
  - 8 ounces lion's mane mushrooms, sliced into 1/2" bite-sized squares
  - 1 medium onion, sliced
  - 4-6 cloves of garlic, minced
  - 4 ounces cabbage, sliced into 1/2" wide strips
  - 4 ounces broccoli, florets cut into bite-sized pieces
  - 4 ounces shredded carrots
  - 4 ounces green beans, ends cut and sliced into 1" pieces
  - 1 bouillon cube of vegetarian chicken stock or 1 tablespoon vegetarian chicken stock concentrate, Better Than Bouillon
  - 1 tablespoon kelp seasoning (I used Bragg's)
  - 1 cup water
  - 4 tablespoons soy sauce
  - 1 teaspoon red miso paste
  - juice of 1 lemon
  - 1 teaspoon finely-ground black pepper
- \*This is meant to be very salty

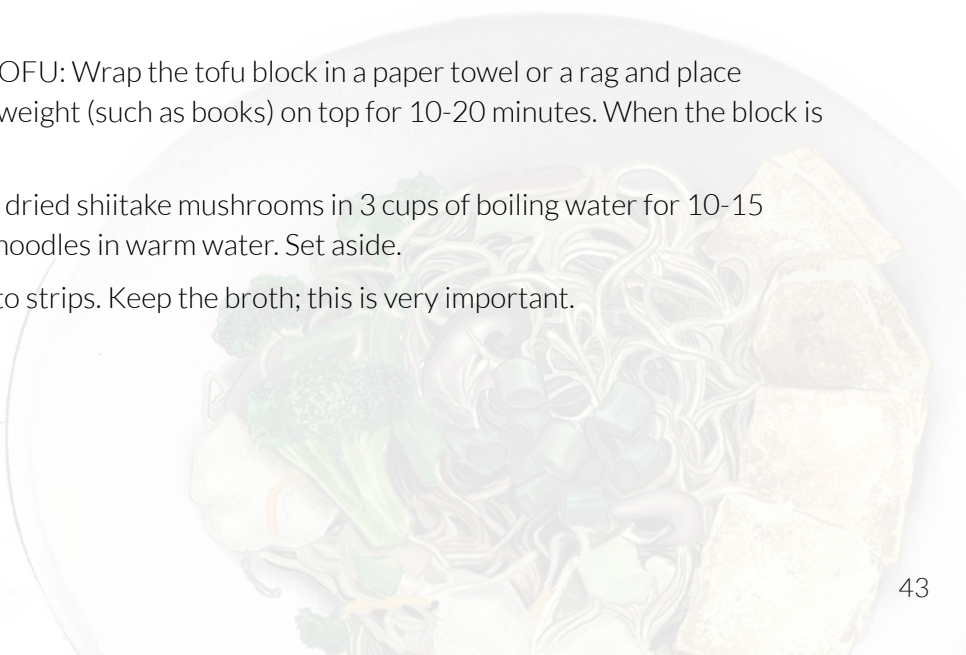
## Garnishes:

- lemon slices
- green onions
- pepper
- soy sauce
- black pepper

## Directions:

### PREPARE TOFU, NOODLES, AND SHIITAKE MUSHROOMS

1. Soak noodles in lukewarm water until soft and workable. If the noodles are too long, feel free to cut them.
2. EXTRACT WATER FROM YOUR TOFU: Wrap the tofu block in a paper towel or a rag and place between two plates. Place a heavy weight (such as books) on top for 10-20 minutes. When the block is dry, cut into 1-inch cubes.
3. SOFTEN MUSHROOMS: Soak the dried shiitake mushrooms in 3 cups of boiling water for 10-15 minutes. Meanwhile, soak the rice noodles in warm water. Set aside.
4. Once the shiitakes are soft, slice into strips. Keep the broth; this is very important.



## Pancit Guisado 2.0 Recipe (continued)

### PREPARE BROTH

5. Add stock concentrate (or bouillon cube) to the shiitake broth. Stir until dissolved. Once dissolved, add miso paste and stir until incorporated. Add in soy sauce, lemon juice, kelp seasoning, and pepper into the broth. Add 1/2 cup of water. This will have a very strong, salty taste.

### PREPARE TOFU AND VEGETABLES

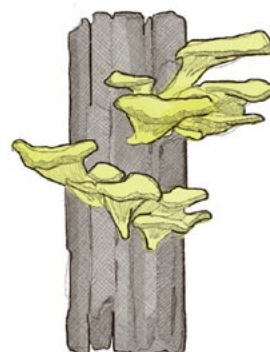
6. Heat 1/2-inch of oil in a heavy pot. Fry tofu until golden on all sides. Set aside on a paper towel to absorb any excess oil.
7. Heat oil in a large wok over medium high heat. Sauté the sliced onions until translucent, about 2 minutes. Add in garlic and cook until fragrant.
8. Add in shiitake and brown mushrooms along with a dash of salt. Stir until mushrooms are brown on all sides.
9. Add in green beans and broccoli. Cook until softened slightly. Add in cabbage and carrots. Stir frequently until the cabbage has softened slightly.
10. Add in the broth. Bring to a simmer and reduce heat.
11. Slowly incorporate rice noodles by adding a little at a time. Toss the noodles in the pan until coated in the broth. Repeat this process until all the noodles are incorporated.
12. Stir noodles until liquid has cooked off. Add fried tofu and incorporate thoroughly.
13. Garnish with green onions and more ground pepper. Serve with a lemon slice and soy sauce on the side.



SHIITAKE  
(*Lentinula edodes*)



LION'S MANE  
(*Hericium erinaceus*)



TREE OYSTER  
(*Pleurotus ostreatus*)

Mia Matlock, *Shiitake, Lion's Mane, Tree Oyster*, 2020,  
digital illustration, 8" x 10".

## Mia Matlock



Mia Matlock is a non-binary Filipino-American artist based in Omaha, NE. She received her BFA from the University of Nebraska at Omaha in 2017 with a focus in 2-Dimensional Art. Her work explores life as a second-generation Filipino, namely through gender politics and intergenerational trauma. When Matlock isn't making art, she is studying wild edibles in the hope of creating a native, Midwestern expression of plant-based Filipino cuisine. Matlock works in a variety of media but specializes in marker illustrations and screen printing.

Instagram @goose\_queen



*"Beautiful Apathy," relief print, 24" x 32", 2017.*

## Jarret Min Davis • Ground Pork Chapjae



Jave Yoshimoto, *Jarrett Min Davis' Ground Pork Chapjae*, 2021, ink, watercolor and gouache on paper, 9" x 12".

I am a Korean adoptee and was raised in the American South and Midwest by white parents. Assimilation was thought to be better for adopted children at the time and grew up with a general ignorance about my Korean heritage and culture. It wasn't until I got older that I became aware of all the delicious things that I missed out on growing up. This recipe for chapjae was the first one that I learned to make at home and is a regular staple of my cooking. Eating Korean food was my first step into the exploration of my identity as a Korean-American and served as the launching point for my future artistic and personal growth. Loving Korean food helped me love a part of myself that I didn't want to always embrace growing up.

### Ingredients:

- 1/2 pound ground pork
- 1/4 ounce shiitake mushrooms
- 1/2 onion, finely diced
- 1 carrot, thinly sliced
- 2 eggs, lightly beaten
- 1 tablespoon canola oil
- 1 tablespoon soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon sugar
- 1 bunch of spinach
- 2 tablespoons dry white wine, sake or chun-ha (Korean sake)
- sesame seeds
- 1 package Korean sweet potato glass noodles

### Directions:

1. Mix together soy sauce, sesame oil, and sugar to create a sauce.
2. Boil a large pot of water for noodles.
3. In a large skillet add canola oil and brown ground pork (add chun-ha to tenderize) over medium high heat until it starts to brown and add 1/3 of the prepared sauce. Remove ground pork when thoroughly cooked.
4. Add lightly beaten eggs, cook and dice and remove from skillet.
5. Add and cook onion, shiitake, and carrot until onions are translucent and add pork and eggs for 3 minutes and turn to low heat.
6. Cook noodles according to directions (DO NOT OVERCOOK).
7. Add cooked noodles and spinach and the remaining 2/3 of the sauce and mix thoroughly until spinach is wilted.
8. Serve and top with sesame seeds.

## Jarret Min Davis



Jarrett Min Davis was born in Seoul, South Korea, and adopted by American parents at the age of two. He was raised in St. Louis and earned a Bachelor of Fine Arts from the University of Dayton in Ohio. He then went on to earn a Masters of Fine Arts from the Maryland Institute College of Art and Design's Hoffberger School of Painting in Baltimore. He currently resides in Amesbury, Massachusetts, and teaches in the Studio Foundation Program at the Massachusetts College of Art and Design in Boston. He has exhibited work nationally and internationally with recent exhibitions in Boston, Baltimore and Bangkok, Thailand. He was recently the Artist-in-Residence at SACI: Florence, Italy.

Instagram: @jmindavis



Jarrett Min Davis, *Exploration of the Terrain between the Time We Were and We Were Not*, 2016, oil on panel, 30" x 40" x 2".

## Genevieve Erin O'Brien • Pork My Buns XXXX

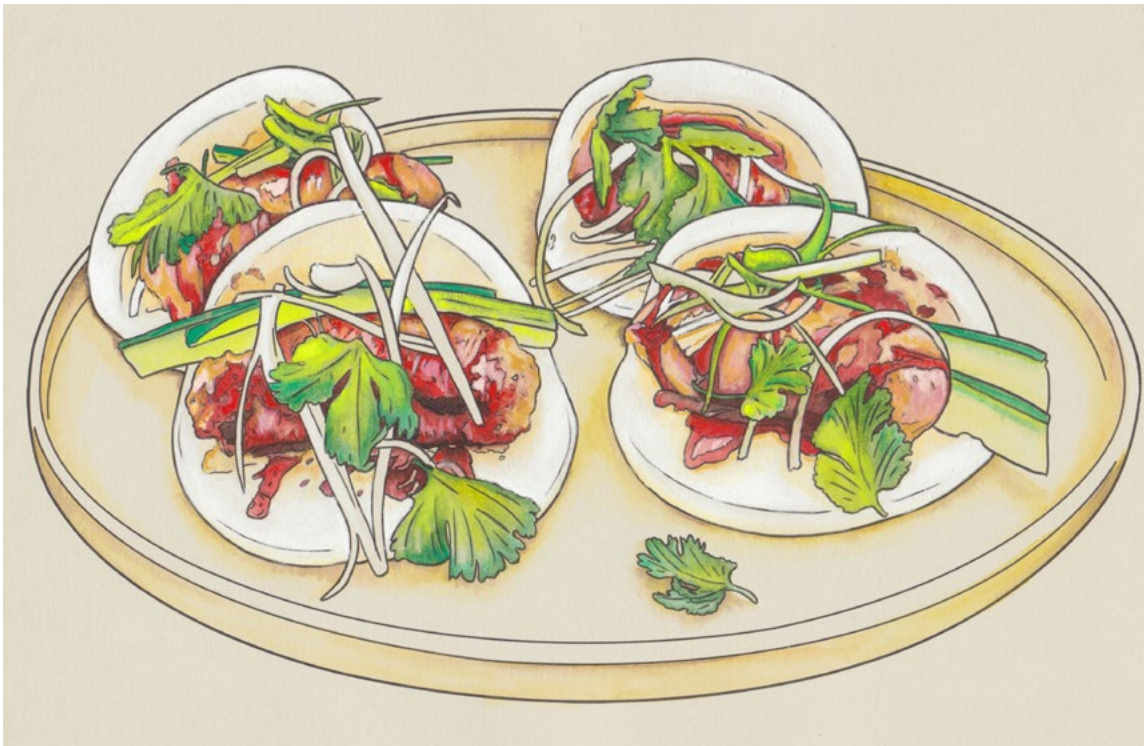
This recipe comes from my performance series *Meat My Friends* which originated in the gallery, but by popular demand became a regular pop-up event. *Meat My Friends* is a gathering of artisanal sausages that take storytelling to another stage, the plate. The sausages were developed as a performance, each sausage is inspired by the stories of my family and friends lives. The first series of homages are to my father. A variety of sausages are on offer at a series of pop ups and wholesale and the artist also collects stories and narratives to inspire new sausage homages.

*Meat My Friends* uses quality meat, local ingredients, organic where possible and strives to be an ethical sausage from all levels of production, including paying workers a living wage.

[eatmeatmyfriends.com](http://eatmeatmyfriends.com)

Pork My Buns XXXX is made in honor of Christopher Lee, an Asian American transgender filmmaker and founder of the SF transgender film festival (originally called TrannyFest), which continues to this day. A pioneer filmmaker, known for making trans porn, Lee's death catalyzed a movement for change. To the outrage of friends and community after his death, the coroner's office deadnamed and misgendered him on his death certificate. Friends were spurred to action and quickly organized to get California legislation "Respect After Death Act" passed. The "Respect After Death Act" mandates that a person's gender pronouns are respected after death.

Pork my Buns XXXX sounds dirty but it's just a little *char siu* BBQ pork. In Lee's honor, this sausage is made into little chubby, stubby, links that are cooked and serve in buns steamed and splayed open and slathered with hoisin and flogged with scallions and cilantro. Orientalize this!



Jave Yoshimoto, *Genevieve Erin O'Brien's Pork My Buns XXXX*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# Pork My Buns XXXX Recipe

## Ingredients:

### Meat:

- 10 pounds deboned or boneless pork shoulder
- 2-2.5 pounds pork fatback

### Seasoning:

- 1/2 cup honey granules
- 1/2 cup soy sauce or soy sauce powder if available (powder is ideal because when it comes to sausages you want less liquids)
- 1/2 cup hoisin sauce
- 1/4 cup rice wine (huangjiu if you can get it but any mijiū or shaoxing works)
- 1/4 cup fermented soybeans (*tương hột* or salted fermented soybean not the Japanese natto)
- 4 tablespoons fermented red bean curd (2 tablespoons liquid and 2 tablespoons beancurd)
- 3 tablespoons five-spice powder
- 2 tablespoons red yeast sea salt (you can also use regular diamond coarse salt if you can't find red yeast salt)
- 1 tablespoon sesame oil
- 1/2 tablespoon ginger powder

### Sausage:

- marinated and ground pork and pork fatback
- 1-inch pork casing

### Serving:

- steamed bao buns (the folded kind)
- hoisin sauce
- green onions
- firm cucumber
- cilantro leaves

## Directions:

5. Mix seasoning ingredients together and blend with stick blender.
5. Cut pork and pork fatback into 2-inch square pieces.
5. Pour marinade over pork and leave for at least 12-24 hours in the refrigerator.
5. Use meat grinder to coarse grind marinated pork. If you are using a lower powered grinder use a few ice cubes to keep the pork cool as you grind.
5. Use a sausage stuffer to stuff your sausages. Before you stuff the sausages, cook a little uncased sausage to make sure the flavor is right, should be little sweet and taste similar to *xá xíu* or *char su* (red roast pork). Adjust salt to taste and add more honey granules if it needs to be sweeter. The flavor will intensify when cooked in the casing so don't over salt it.

## Pork My Buns XXXX Recipe (continued)

6. Once you are done casing the sausages let them dry a bit in the fridge before linking. Link the sausage in 3-inch-long sausages by twisting every other sausage in the same direction.
7. Let the sausages dry in the fridge for a few hours. You want to give the links time to dry so they don't come undone when you cut them.
8. Take the chilled, now drier, linked sausages and use the sausage poker to poke each sausage a few times and then cut the links.
9. To cook the sausages, vacuum seal the sausage in BPA free bag and sous vide for 45 min at 145°F.
10. Remove the sausages from the bag and transfer to heavy pan, preferably cast iron, on stovetop to finish off.
11. Alternatively, you can cook the sausages directly from raw, but be sure to let the links come close to room temp and put them into the pan without oil slow and low. Don't put cold sausages in a hot pan, they will immediately explode and leak out the ends.
12. Serve the sausages in steamed folded bao buns with sliced green onions sliced lengthwise in 2-3 inch pieces, thin slices of cucumber, also cut lengthwise in 2-3-inch pieces and top with a few sprigs of cilantro and a squeeze of hoisin.



## Genevieve Erin O'Brien



Genevieve Erin O'Brien (they/them) is a Queer Vietnamese/Irish/German artist with 20+ years as a community organizer, trainer, cultural producer, and chef. O'Brien holds an MFA in Performance from the School of the Art Institute of Chicago and was a Fulbright Fellow to Vietnam in 2009. O'Brien has been a frequent lecturer in Asian American Studies. Their short film *For The Love of Unicorns* has screened internationally. O'Brien received the Department of Cultural Affairs, City of Los Angeles' Creative Economic Development Fund in 2015 and 2016. As a US Dept. of State/ZERO1 American Arts Incubator Artist, O'Brien traveled to Hanoi to develop a digital media project highlighting LGBTQ visibility and equality in 2016. Recent works *More Than Love on the Horizon* and *Sugar Rebels* were commissioned by the Smithsonian Asian Pacific American Center. The Critical Refugees Studies Collective of the University of California recently funded O'Brien's current performance series *Refugee Resistance Menu*. O'Brien, once a butcher's apprentice, is also a private chef and chef/owner of sausage enterprise *Meat My Friends* ([www.eatmeatmyfriends.com](http://www.eatmeatmyfriends.com)).

[erin-obrien.com](http://erin-obrien.com)



## Valerie Soe • Sourdough Starter Jian Bing

When the COVID-19 crisis started someone in my San Francisco neighborhood began giving away sourdough starter to anyone who wanted it. Since my last batch of starter had accidentally been thrown out a while ago, I quickly claimed a new starter and resumed baking bread. But as anyone knows who makes sourdough, the starter needs constant feeding to replenish and grow, and if you're not baking bread every day the unused starter accumulates pretty quickly. So, when my friend Karen Chow posted on Facebook that she had successfully made green onion pancakes with unfed starter and a little bit of salt and seasoning I followed suit, also making variations including kimchee pancakes (kimchiyeon 김치전). I then remembered a delicious breakfast food that I love that I'd had in Taiwan called *jian bing* (煎餅), or egg crepe, and decided to make a sourdough starter version.

Since 2013, I've traveled to Asia several times every year and I lived in both Hong Kong and Taiwan for a few months when I was making my latest film, *Love Boat: Taiwan*. Making and eating *jian bing* has helped alleviate some of the pain and longing I have from not being able to travel overseas during COVID-19. It reminds me of the time before the pandemic and offers the possibility of visiting Asia again if we all get through this to the other side.



Laura Kina, *Valerie Soe's Sourdough Starter Jian Bing*, 2021, watercolor and pen on paper, 9" x 12".

# Sourdough Starter Jian Bing Recipe

## Ingredients:

- 1/4–1/3 cup **unfed** sourdough starter
- 2-3 tablespoon water
- 3-4 sheets wonton pei (wrappers)
- *Everything but the Bagel Sesame Seasoning Blend* (Trader Joe's) or sesame seeds
- 1 egg
- 1 green onion, sliced into thin rings
- 1 teaspoon. sesame oil
- 1-2 tablespoon hoisin sauce
- A few squirts of sriracha to taste
- salt

## Directions:

1. Mix sourdough starter with water in a small bowl or measuring cup. It should be the consistency of a medium-thin crepe or pancake batter.
2. Beat egg with sesame seed oil.
3. Slice wonton pei into 1/2-inch strips. Fry in a small amount of oil until crisp and brown and set aside.
4. Heat 1 tablespoon cooking oil in a 10-inch cast iron skillet. Add thinned-out sourdough starter and swirl to cover the pan. It should be about as thin as a crepe, not a pancake.
5. Sprinkle with Everything But the Bagel seasoning or sesame seeds and a bit of salt. Cook over medium-high heat until the starter crepe rises a bit and looks cooked, being careful not to burn it.
6. When the crepe has risen, pour the beaten egg over it and swirl or spread the egg to cover the entire surface of the crepe. Scatter the green onions on the egg. Let it cook a bit until semi-firm but not fully cooked. With a large spatula flip the crepe/egg combo over so that the egg-side is down. Turn off the heat.
7. Spread the crepe-side, which is now facing up, with the hoisin sauce and sriracha sauce to taste.
8. Arrange the fried wonton skins on one third of the crepe. Roll up into thirds, egg-side out. Slide onto a plate and cut in half. Eat.



## Valerie Soe



Valerie Soe is Professor of Asian American Studies at San Francisco State University. Since 1986 her experimental videos, installations, and documentary films have won dozens of awards, grants, and commissions, and have been exhibited around the world. Her short experimental video, *All Orientals Look the Same* (1986, 1.30 min.) won Best Foreign Video, at the 1987 Festival Internazionale Cinema Giovani, Torino, Italy; First Place, Experimental Category, at the 1987 Sony Corporation Visions of U.S. Festival; and Honorable Mention, Experimental Video, at the 12th Atlanta Film and Video Festival. Other awards include Director's Choice Award, Image Film and Video Festival, Atlanta; Best Bay Area Short, San Francisco International Film Festival; Making A Difference Award, Commfest Global Community Film Festival, Toronto; and a Mediamaker Award, Bay Area Video Coalition, among others. Her experimental videos and installations have exhibited at venues such as the J. Paul Getty Museum in Los Angeles, the Museum of Modern Art, and the New Museum in New York City, and at film festivals, museums, and galleries worldwide. Her essays and articles have been published extensively in books and journals including *Countervisions: Asian American Film Criticism*; *The Palgrave Handbook of Asian Cinema*; *Amerasia Journal*, and *Asian Cinema*, among many others. Soe is the author of the blog [beyondasiaphilia.com](http://beyondasiaphilia.com) (recipient of a 2012 Art Writers' Grant from the Creative Capital/Andy Warhol Foundation), which looks at Asian and Asian American art, film, culture, and activism. Her latest film, *Love Boat: Taiwan*, was released in 2019 and has played to sold-out festival audiences across North America and in Taiwan.

[loveboat-taiwan.com](http://loveboat-taiwan.com) • Facebook, Twitter, Instagram: @LoveBoatTaiwan



*Love Boat: Taiwan* looks at the allure of the Taiwan Love Boat, one of the longest running summer programs in the world, where college-aged Taiwanese Americans get closer to their history, their culture, and each other. Throughout its history the Love Boat has served as a political tool for Taiwan's government, as a means for Taiwanese American parents to insure the preservation of Taiwanese bloodlines, and as a site for romance for young Taiwanese Americans, reflecting Taiwan's history as well as the history of the Taiwanese American community.

## Taro Takizawa • Okonomiyaki

Okonomiyaki is a savory pancake with a variety of ingredients, and often available as street food in Japan. There are few different styles, depending on which region you live in. Two popular styles are Osaka style and Hiroshima style. I personally grew up eating Osaka style, but my Okonomiyaki has turned into a kind of hybrid. This is one of my favorite comfort foods from home. It's easy to make at home, and also a great street food I could get at summer festivals while I was in Japan.

After experiencing Hiroshima style okonomiyaki, I made a small change in my recipe. While Osaka style okonomiyaki is mostly all ingredients mixed in the batter, Hiroshima style is in separate layers with the pancake, resembling a tortilla with shredded cabbage, fried egg, fried noodles, and meat. It's a great comfort food. Invite some friends over and enjoy it with beer.

This dish grew on me after leaving my home country. Okonomiyaki became my one of my "repeating menus" of Japanese dishes I cook at home. There were a lot of tough times in my life, but cooking is one of the few things that's consistent. The preparation, the aspect of performing, is my daily routine that brings order to my life. It is comforting, and I find more joy in cooking now during quarantine life. When it's time to cook, I can stop either working or stop trying to find tasks to do and go to the kitchen and cook something good.



Jave Yoshimoto, *Taro Takizawa's Okonomiyaki*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# Okonomiyaki Recipe

## Ingredients:

- 1 teaspoon hondashi
- 5 ounces water
- sliced pork belly (I used squid for mine, shrimp goes well with this as well)
- a pinch of black pepper
- 1/4 head cabbage, shredded (diced if you like more crunch)
- 1 scallion
- 2 eggs
- nagaimo/yamaimo: about 3 inches, grated
- 5.3 ounces chijimi powder (or all-purpose flour)
- katsuobushi (bonito flakes)
- dried seaweed flakes
- okonomiyaki sauce
- Japanese mayonnaise

## Directions:

1. Cut the pork belly in half (a small enough size to make it easier to eat). Salt and pepper lightly.
2. Mix water and hondashi in a bowl, add eggs, then nagaimo and mix well. Slowly add the chijimi powder to make the batter, then add cabbage.
3. Add vegetable oil into a frying pan or a skillet, drop an egg, and pour 1 serving of the mixed batter into a pancake shape. Lay a few pork belly slices on top and cook it on medium heat.
4. Flip the pancake after one side is cooked. Put the cover on the pan, turn it into low heat and cook it for another few minutes to make sure the pancake is cooked. Do the same to the rest of the pancakes.
5. Serve it on a plate, with okonomiyaki sauce, Japanese mayonnaise, katsuobushi, and some dried seaweed flakes.

Serves 3–4



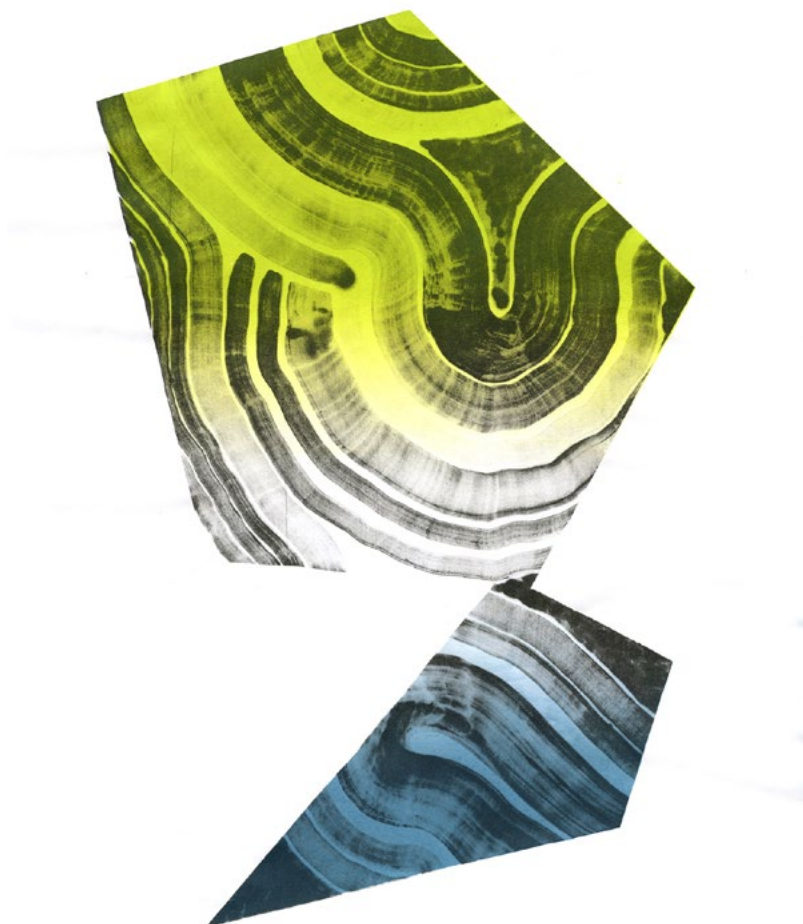
## Taro Takizawa



Taro Takizawa is an artist who focuses on printmaking, wall vinyl installations, drawings, and 2D designs. Born in Japan, he has been making images connecting what he has experienced in Japan, where he grew up, and the U.S., where he moved in 2002 and currently resides. His works contain both Western and Eastern aesthetics with an appreciation of traditional printmaking processes and mark making. He is fascinated with blending the boundaries of contemporary studio practice and traditional processes, printmaking, and installations, influenced by traditional Japanese patterns from textile designs, architecture, and crafts.

He received his BFA with an concentration in printmaking from Central Michigan University in 2011, and an MFA in printmaking from Syracuse University College of Visual and Performing Arts in 2017. While working on his master's degree, Takizawa has exhibited nationally and internationally including at Fowler-Kellogg Art Center, PARADOX European Fine Art Forum and its exhibition at CK Zamek in Poznan, Poland; ArtPrize 10 at Grand Rapids Public Museum; LUX Center for the Arts; Ty Pawb in Wales; and China Printmaking Museum. Recently he held artist residencies at Saltonstall Foundation for the Arts in Ithaca, NY; Morgan Conservatory in Cleveland, OH; and GoggleWorks in Reading, PA.

[cargocollective.com/tarotakizawa](http://cargocollective.com/tarotakizawa)



Taro Takizawa, *Ikasumi Pasta*, 2019, stone lithograph, 16" x 11"

## Heinrich Toh • Beef Chow Fun (Fried Rice Noodles)

With the vast variety of Asian dishes that I actually do cook, this Beef Chow Fun Noodles has to be one of my favorite comfort foods. It is probably one of the most popular Asian noodle dishes—with different variations based on your cultural background—in Southeast Asia.

A fairly easy dish to put together, vegetables or meat can easily be substituted depending on what is available. This is my modified version of a classic dish that never fails to remind me of home. It's definitely a dish that I would serve while hosting dinner parties with its different levels of sweet and salty flavors. This was one of the dishes I made during a dinner party I hosted when I first met Jave Yoshimoto.



*Jave Yoshimoto, Heinrich Toh's Beef Chow Fun, 2021, ink, watercolor and gouache on paper, 9" x 12".*

# Beef Chow Fun Recipe

## Ingredients:

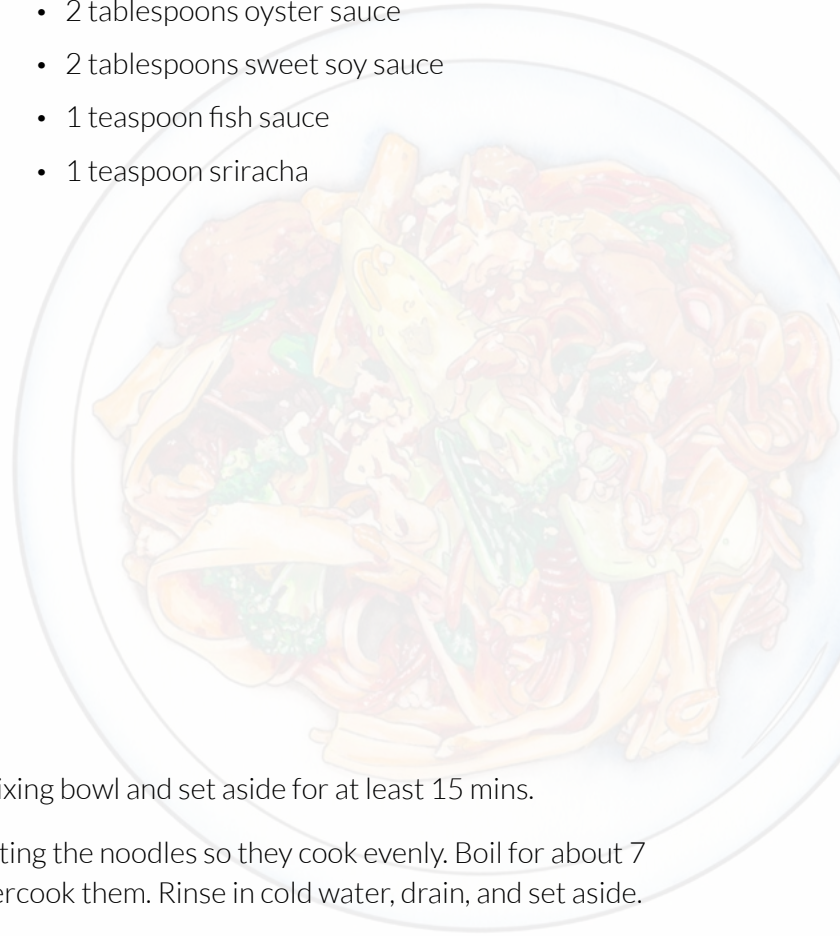
- 32 ounce bag of fresh rice noodles (found in the refrigerated section of most Asian grocery stores)
- 1 pound broccoli, chopped bite size.
- 1 pound choy sum, sliced to about 3-inch strips.
- 4 spring onions, sliced
- 1 tablespoon garlic, chopped
- 1 onion, sliced
- 2 tablespoons vegetable oil
- 1 tablespoon peanut oil
- 2/3 pounds sliced beef, sirloin

### Marinade:

- 2 tablespoons Chinese cooking wine
- 1 tablespoon low sodium light soy sauce
- 2 tablespoons oyster or mushroom sauce
- 2 teaspoons corn starch

### Sauce for noodles:

- 1 tablespoon low sodium light soy sauce
- 2 tablespoons dark soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons sweet soy sauce
- 1 teaspoon fish sauce
- 1 teaspoon sriracha



## Directions:

1. Marinate slices of beef with the marinade in a mixing bowl and set aside for at least 15 mins.
2. Place rice noodles in pot of boiling water, separating the noodles so they cook evenly. Boil for about 7 minutes or until al dente being careful not to overcook them. Rinse in cold water, drain, and set aside.
3. In a wok or large nonstick skillet fry garlic in 1 tablespoon of vegetable oil over medium heat until fragrant. Add the marinated beef and vegetables and stir fry for about a minute. Remove and set aside.
4. Heat 1 tablespoon of vegetable and 1 tablespoon of peanut oil over medium to high heat, add noodles, frying them for a minute before adding all the remaining sauces, tossing until noodles are evenly covered and seared.
5. Return the beef and vegetables to noodles and fry for another 2 minutes adding green onions before serving.

Serves: 4

Cook time: 40 mins.

## Heinrich Toh



Heinrich Toh is a printmaker and educator based out of Kansas City. He is a graduate of the Cleveland Institute of Art and the La Salle College of the Arts in Singapore where he grew up. His work is in public and private collections that include the Nelson Atkins Museum of Art, the Kemper-Albrecht Museum, Truman Medical Center, the Loews Kansas City Hotel, Dell Children's Medical Center in Austin, and the University Hospital in Cleveland. When not making art, he loves spending time in the kitchen creating culinary bedlam.

[heinrichtoh.com](http://heinrichtoh.com)



Heinrich Toh, *Dawning Wonder #Z*, 2020, monoprint, paper lithography on Rives BFK paper, 30" x 30".

## Mathew Tom • SPAM and Eggs

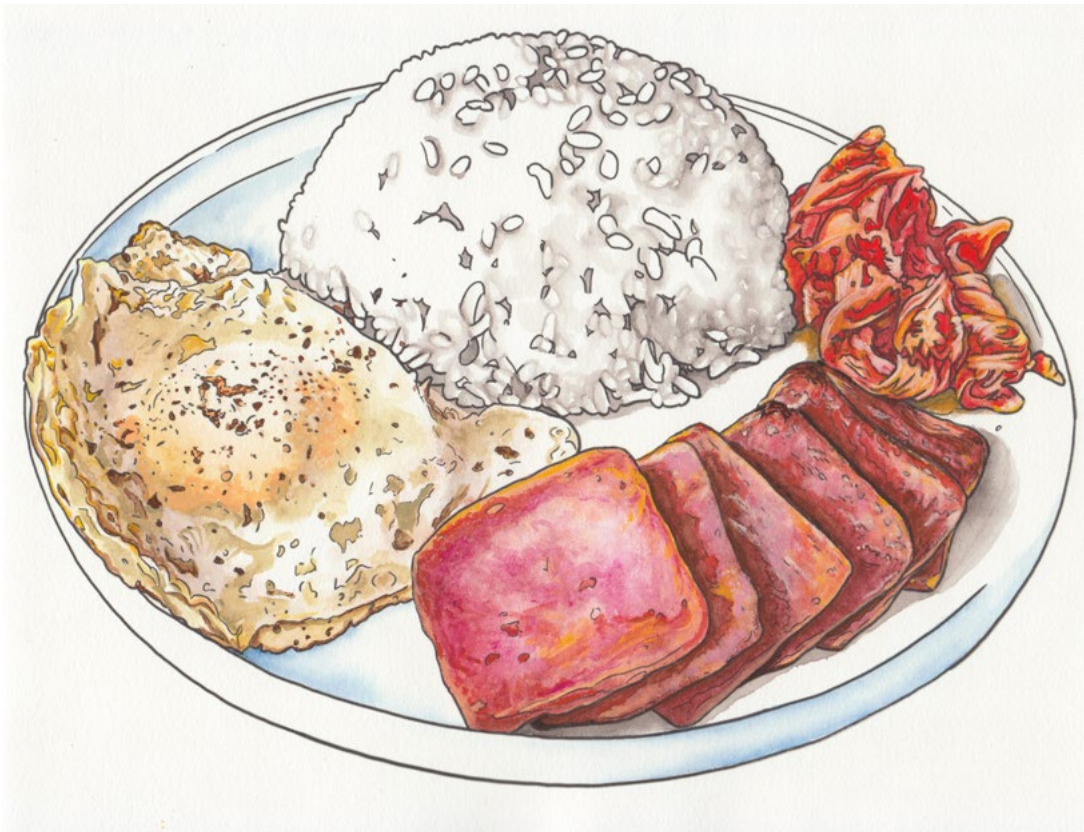
My ex-girlfriend is from South Korea and she cooked this dish for breakfast every day. Even though we are no longer together, this dish has stuck with me over the years and is a staple of my mornings. I like how it is both very American and very Asian. It is a simple but satisfying breakfast.

### Ingredients:

- 1/4 can of SPAM
- 1 cup of cooked rice
- 1/4 cup of kimchi
- 1 egg

### Directions:

1. Cut the SPAM into smaller squares then fry in a pan until crispy on both sides
2. Using the excess oil from the spam, fry the egg
3. Serve with white rice and kimchi



Jave Yoshimoto, *Mathew Tom's SPAM and Eggs*, 2021, ink, watercolor and gouache on paper, 9" x 12".

## Mathew Tom



Mathew Tom received his MFA from Goldsmiths, University of London, and previously studied at the School of the Art Institute of Chicago. He was a fellow at the Royal Academy in London where he was awarded the Starr Fellowship. He has shown internationally in the United States, England, Wales, Spain, The Netherlands, South Korea, and India. He currently lives in Brooklyn, New York.

[mathewtom.com](http://mathewtom.com)



Mathew Tom, *Looking For Love*, Oil on Linen, 2019, 48" x 60".

## Lien Truong • Fried Banana Cake

In 1995 my family and I took a trip to Vietnam to visit family and friends. The US had just established diplomatic relations and many families in the US were taking the opportunity to visit family they had not seen in decades. The visit was memorable and endearing, full of celebration and heartbreak, and FOOD. One of the young women I met during that trip was taking baking classes and brought home a banana cake. The *bánh chuối nướng* was delicious in flavor, and texture more like a bread pudding. At the time I was in college and working at a delicious organic bakery named The Flour Garden in Eureka, CA. The bakery owners Kevin and Ellen had a love for making exquisite, high-quality baked goods from locally harvested ingredients. They gave me a copy of Rose Levy Beranbaum's *The Cake Bible*. I set the task of bringing the fried banana flavors of Southeast Asia to a layer cake that could be frosted and potentially layered. This is an adaptation of the book's *Cordon Rose Banana Cake*, frying the bananas on both sides gives a rich banana caramel, enhanced by the addition of maple syrup.

Serves 8



Jave Yoshimoto, *Fried Banana Cake*, 2021, ink, watercolor and gouache on paper, 9" x 12".

# Fried Banana Cake

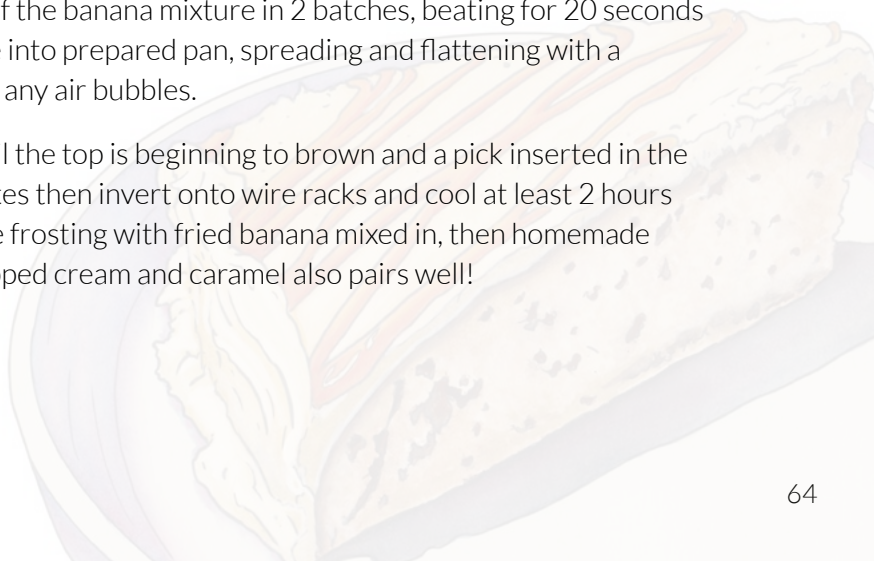
## Ingredients:

Cake batter:

- 5-6 very ripe bananas
- 1/4 cup coconut oil
- 1/3 cup maple syrup
- 2 tablespoons sour cream, room temperature
- 1.5 teaspoon vanilla
- 2 eggs, room temperature
- 2 cup unbleached all-purpose flour, spooned and leveled
- 1 teaspoon baking soda
- 3/4 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup sugar
- 8 tablespoons unsalted butter, room temperature

## Directions:

1. Preheat oven to 325°F.
2. In a large, flat frying pan, heat coconut oil on medium heat. Peel bananas and once oil is hot, place in sizzling oil. Fry on one side for about 8–10 min, until a dark rich brown, flip and brown on other side for 7-8 minutes. It should be fried until a rich, dark brown but not burnt. Let cool in pan for 15 minutes, then use a spatula to scrape the bottom altogether, then use a tool such as a hand potato masher to mash the banana, brown bits, and oil altogether until it is incorporated. Reserve 1 cup of banana mixture for cake batter. Any extra can be blended into cream cheese frosting option.
3. While bananas are browning, in a stand mixer place all dry ingredients and beat with a paddle attachment on medium speed for 30 seconds.
4. Combine 1 cup of fried banana in a food processor along with sour cream until smooth. Add vanilla and maple syrup and process, add eggs, and process briefly to blend.
5. Put softened butter in the mixer in the middle of dry ingredients. Take butter wrapper and grease bottom of 9" round cake pan and place parchment round on top of the bottom of the greased pan.
6. Add 1/2 cup banana mixture to the butter and dry ingredients. Mix on low speed until moistened then increase speed to medium and beat for 1.5 minutes to aerate and strengthen the cake's structure. Scrape down sides of the bowl. Add the rest of the banana mixture in 2 batches, beating for 20 seconds after each addition and scraping sides. Scrape into prepared pan, spreading and flattening with a spatula. Knock pan once on the floor to break any air bubbles.
7. Bake at 325°F for 35–38 minutes, or just until the top is beginning to brown and a pick inserted in the center comes out clean. Cool in pan 10 minutes then invert onto wire racks and cool at least 2 hours before frosting. My favorite is a cream cheese frosting with fried banana mixed in, then homemade caramel generously drizzled on top. But, whipped cream and caramel also pairs well!



## Fried Banana Cake - Topping Options

### **Cream Cheese Frosting:**

- 8 ounces cream cheese, room temperature
- 1/2 cup unsalted butter, room temperature
- 2.5 cups powdered sugar
- 1 teaspoon vanilla
- 1 leftover fried banana

The frosting can be mixed either with a hand or stand mixer, or food processor for a fine texture. Mix cream cheese and butter first, then add powdered sugar, vanilla, and any leftover fried banana. Mix or pulse till just blended, and creamy.

### **Whipped Cream and Caramel:**

Whipped Cream:

- 16 ounces heavy cream, cold
- 4 tablespoons powdered sugar or regular sugar
- 1 teaspoon vanilla

Place sugar in mixer, add cream, and mix until soft peaks form. Add vanilla and mix until stiff peaks form. Chill.

Caramel Sauce:

- 1/4 cup water
- 3/4 cup sugar
- 3/4 cup heavy cream
- 1/8 teaspoon salt

Combine water and sugar in a pot over high heat, bring to boil. Cook 6–8 minutes to light golden brown. Swirl very minimally if needed. Remove from heat and stir in cream and salt. Return to heat and bring to a boil. Pour in a glass/ceramic container and cool.



## Lien Truong



Born Saigon, Vietnam.

Lien Truong's art practice examines cultural and material ideologies and notions of heritage. Her work blends painting techniques, materials and philosophies, and military, textile and art histories, creating hybrid forms interrogating the relationship between aesthetics and doctrine. Her paintings have been presented in numerous exhibitions, including the National Portrait Gallery, North Carolina Museum of Art, Station Museum of Contemporary Art, Weatherspoon Art Museum, Oakland Museum of California, Cameron Art Museum, Art Hong Kong, Sea Focus in Singapore, Southern Exposure, Nhasan Collective and Galerie Quynh in Vietnam. Truong is the recipient of a 2019 Joan Mitchell Foundation Painters and Sculptors Grant, fellowships from the Institute of the Arts and Humanities, the North Carolina Arts Council, the Jack and Gertrude Murphy Fine Arts Fellowships, and residencies at the Oakland Museum of California and the Marble House Project. Her work is featured in several publications including *Art Asia Pacific*, *The San Francisco Chronicle*, *Houston Chronicle*, *Oakland Tribune*, *New American Paintings*, and *ARTit Japan*. She is an Associate Professor of Art in the Department of Art and Art History at the University of North Carolina at Chapel Hill.

[lientruong.com](http://lientruong.com)



Lien Truong, *The Passage Through Sea, Cloth and Bone*, 2020, oil, acrylic, silk, gold pigment on canvas, 84" x 72" diptych. Photo credit: Peter Paul Geoffrion.

## Francis Wong • Szechuan Spicy Alligator

I grew up in Mandeville, Louisiana. It's across a lake and a 24-mile bridge from New Orleans. My dad and his four brothers brought Chinese food to these small southern towns through their China Inn and Trey Yuen restaurants. They always tried using the fresh local seafood and ingredients and became the first restaurant to serve alligator after it became legal to do so. They had a steady supply year-round from the Kliebert Alligator farm in Ponchatoula, Louisiana. I saw my dad host many dinners in the VIP Room and always let the guests try an alligator dish. He would describe it as a mix between pork and chicken.



Francis Wong, *Szechuan Spicy Alligator*, 2021, watercolor and pen on paper, 9" x 12".

# Szechuan Spicy Alligator Recipe

## Ingredients:

- 1/2 pound alligator meat
- 1/2 cup celery (chopped)
- 1/2 cup carrot (thin julienne slices)
- 1/2 cup onion (thin julienne slices)
- 2 green onions (2-inch slices)
- 3 dried cherry pepper
- 1/2 teaspoon garlic (chopped)
- 1/2 teaspoon salt
- 1 teaspoon sesame seed oil
- 1/2 teaspoon crushed Szechuan pepper corn
- 2 tablespoon soy sauce
- 2 tablespoon sugar
- 1 tablespoon white vinegar
- 1 tablespoon sherry

## Marinade:

- 1/2 egg white
- 1 tablespoon soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon vegetable oil

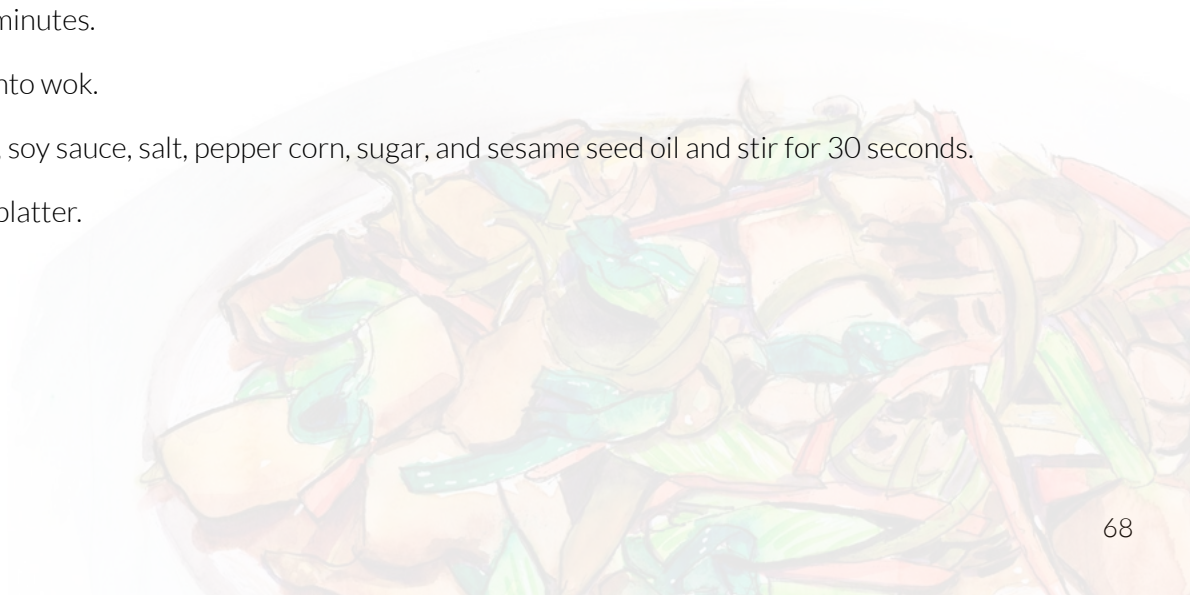
## Directions:

To Prepare:

Slice alligator 1/8 inch thick, removing fat and gristle. Season and marinate ingredients for 20 minutes. Cut all vegetables.

To cook:

1. Heat wok or heavy skillet until very hot, adding 5 tablespoon oil for 30 seconds.
2. Add alligator, stir-fry to separate until 70% done.
3. Remove meat from pan and drain oil.
4. Reheat pan with 3 tablespoons of oil. Break cherry pepper in half into the oil until it turns brown. Add garlic; then add vegetables.
5. Stir-fry for 2 more minutes.
6. Add alligator back into wok.
7. Add sherry, vinegar, soy sauce, salt, pepper corn, sugar, and sesame seed oil and stir for 30 seconds.
8. Remove to serving platter.



## Francis Wong



Francis Wong grew up in the New Orleans area and escaped into art from a young age. He attended the New Orleans Center for Creative Arts and attended the University of New Orleans studying fine art and film. Hurricane Katrina interrupted his college education but educated him on so much more in life. His work is influenced by the magical realness of life in New Orleans and Southeastern Louisiana. Through mixed media paintings, music, and video, he uses art to help heal ancestral trauma and PTSD. His work is a unique hybrid of his Chinese heritage and his Southern and American upbringing. Francis has exhibited his art across Louisiana as well as in New York and Oakland.

[postmedium.com/goodtimefrancis](https://postmedium.com/goodtimefrancis)



Francis Wong, *The Chariot*, 2019, mixed media on canvas, 2 x 4 feet.

## Kristina Wong • Recipe for Political Action: The Auntie Sewing Squad

While everyone else was working on their sourdough starters during the pandemic, I was screaming at people to feed me. This is why I don't have some innovative comfort recipe to contribute to this recipe book.

I am the "Factory Overlord" of the Auntie Sewing Squad, a national volunteer group of hundreds of mostly WOC mask makers who literally are running a shadow Federal Aid agency to put PPE on essential workers and very vulnerable communities. Our Aunties are college professors, award winning filmmakers, executive directors of non-profit organizations, healthcare workers, scientists, and award-winning artists, like myself.

Forget images of the quaint meditative seamstress at her machine. Running an amateur medical supply company in the absence of any government leadership turned me into Jack from *Lord of the Flies*. Avalanched by unending mask requests, onboarding new sewing Aunties every hour, making death defying post office visits, and trying to find ¼" braided elastic during a lockdown created such a mental tsunami that I hadn't noticed my period leaking through my pants for two days.

I screamed for help online: "If you can sew or cut, step up. If not, feed the ones who are." It's not that the Aunties are food insecure, we just need to know that while the rest of the world was baking sourdough bread and watching Netflix, we exhausted soldiers stopping genocide from our home sewing machines hadn't been taken for granted.

If there was ever a more complicated scheme to extort non-sewing friends for pizza and baked goods, this was it. Caring Aunties and Uncles sent us care and food offerings to fuel us for the sewing of 50k+ masks (at the time of this writing). The labor of sewing has become our currency, scarce to find fabric and elastic more valuable than the cash that buys it.

Three months into the pandemic, factory-made masks have surfaced across the market but there is still a need to sew masks for First Nations, day laborers, farmworkers, Black Lives Matter peaceful protestors, the incarcerated, and very poor communities of color. Our masks have been smuggled across the border into Mexico to migrants seeking asylum, some have gone as far North to Six Nations Reserve, which is Iroquois Confederacy in Seneca, NY. The Auntie Sewing Squad has grown to include a college class, a kids summer camp, multiple relief vans to seamstresses of the Navajo and Hopi People, a book, and most importantly, hundreds of new friendships grounded in a heart to heart connection we made with each other in the most fraught time in history.

We are contributing a pattern designed by Van Huynh, named after him by all the Aunties. We had learned that a free pattern we had been using on [freesewing.org](https://www.freesewing.org) named the "Fu Facemask" was actually named as a racist honorific by the Belgian patternmaker who literally googled "Asian names that start with F" in order to name this pattern that would honor "Asians for being the first to wear masks".

Van Huynh is an incredible human with a remarkable life story who also is a tailor who had modified the racist-named pattern. He has been sewing with his mother, a garment worker, while also working with his lawyers on his pardon-- all during quarantine. Because Van is an actual incredible human, not a googled Asian sound, we name this mask after him. We now refer to all two piece per layer masks as "UVH" or "Uncle Van Huynh masks."

1 This submission was originally drafted in Spring 2020. Kristina has since retired the Auntie Sewing Squad in September 2021 and went on to chronicle her experiences in her one-woman comedy show "Kristina Wong, Sweatshop Overlord" for New York Theater Workshop. Read more in Sarah Bahr's 10/29/21 New York Times review "Kristina Wong's Pandemic Story: Sewing with her Aunties." <https://www.nytimes.com/2021/10/29/theater/kristina-wong-masks.html>

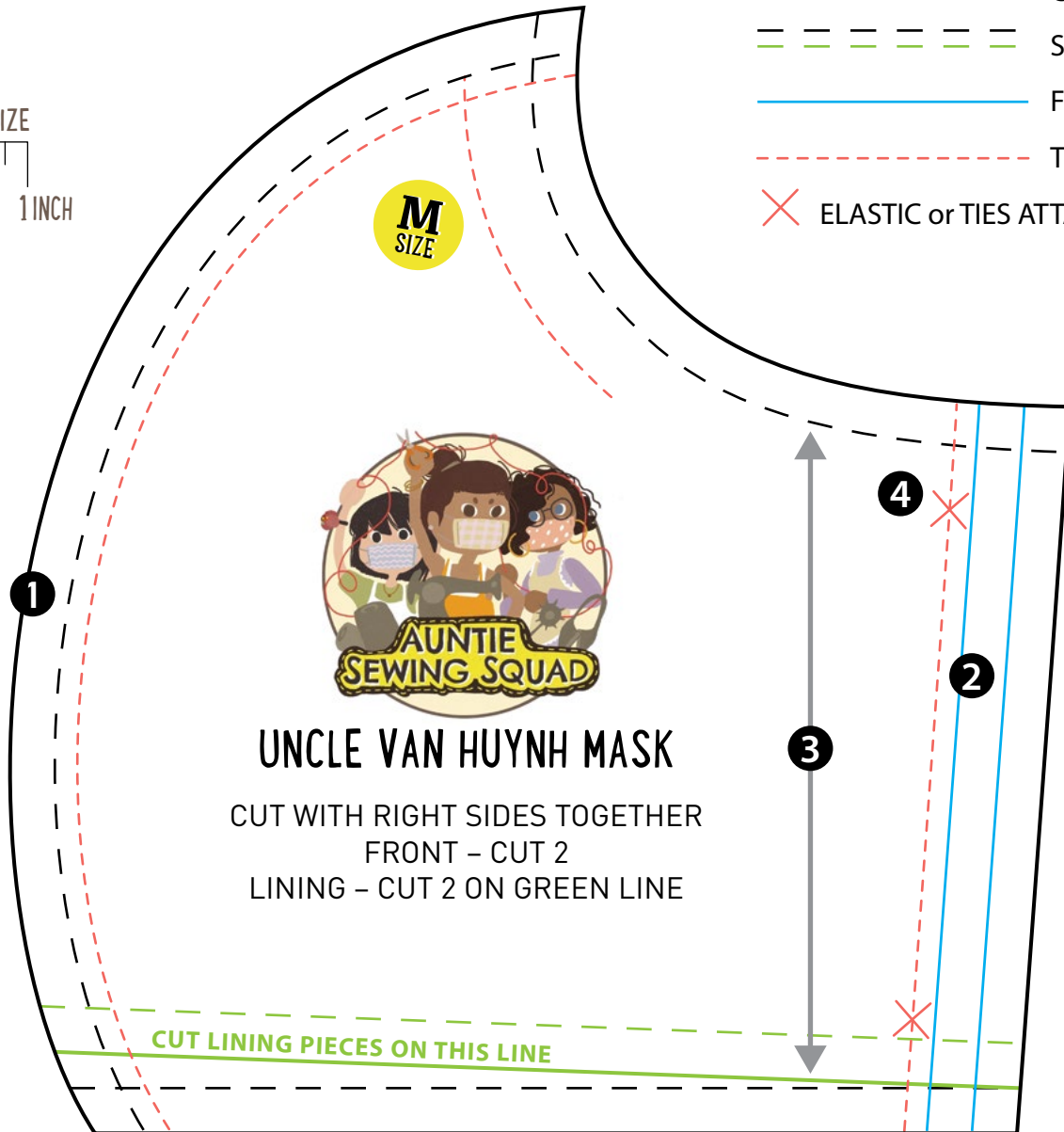


# UNCLE VAN HUYNH MASK

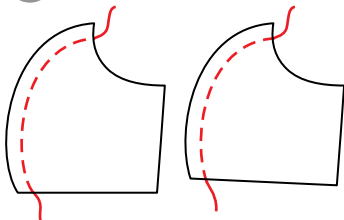
PRINT ACTUAL SIZE



- CUT LINE
- SEW LINE
- FOLD LINE
- TOPSTITCH
- ELASTIC or TIES ATTACH HERE

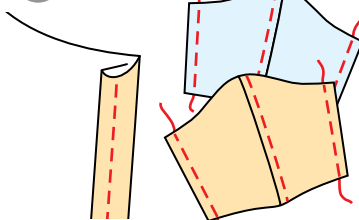


1



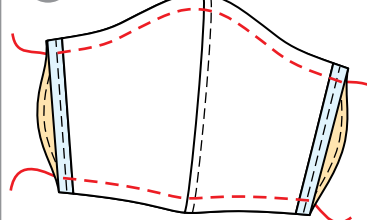
With right sides together, sew FRONT pieces together along center curved edge (1/4" seam). Repeat for LINING pieces.

2



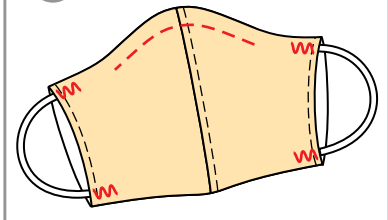
Finish ends of FRONT and LINING with 1/4" rolled hem. (Fold where indicated and stitch in place.) Topstitch center seams to keep flat.

3



With right sides together, match centers and edges. Sew FRONT to LINING (1/4" seam) along top and bottom. Leave sides open.

4



Turn right side out. Attach elastic or ties at ends. Optional: Topstitch 3/8" from top edge (as shown) to form sleeve for nose bridge insert.

## Kristina Wong • The Auntie Sewing Squad

**Auntie Sewing Squad** is a national network of people of all genders who have turned our living rooms into “sweatshops” because of the failure of the Federal Government to provide proper PPE to essential workers and vulnerable communities. We give our time to make masks to stop the spread of Covid-19, specifically in the most vulnerable of communities with no access to masks. In our working group, we work towards goals posted by our leadership and other Aunties. We believe in a system of community care and having a direct connection to our recipients. We share resources on patterns, fabric and elastic. The group was started by performance artist Kristina Wong on March 24, 2020 as a forum for sewers to support each other in the sewing of masks, it has since ballooned into a shadow Federal Government Aid Agency supporting communities that have long since bore the brunt of systemic racism and violence—First Nations, undocumented immigrants, day laborers, poor communities of color and migrants seeking asylum at the border. The Squad’s work has expanded to include relief vans to the Navajo Nation, and support to create “sewing factories” on the Navajo Nation, Standing Rock, and Rosebud. We also are a college course at San Francisco State taught by Grace J. Yoo and have a kids summer sewing camp. In 2021, the University of California Press published *The Auntie Sewing Squad Guide to Mask Making, Radical Care, and Racial Justice* with a foreword by Kristina Wong, the book was edited by Mai-Linh K. Hong, Chrissy Lee Yao, and Preeti Sharma.

**Kristina Wong** is a performance artist, comedian and elected representative of Koreatown, Los Angeles. When her national tour of “Kristina Wong for Public Office,” about her run and win for local elected office was sidelined by the pandemic, she pivoted to touring “Kristina Wong, Sweatshop Empire” on Zoom about how in ten days she went from out of work artist to the Factory Overlord of the Auntie Sewing Squad. In the “Before Times,” Kristina toured her award winning solo shows internationally, was a guest on late night television, and created the kids web series “Radical Cram School.”



### Van Huynh

I’m a 42nd-year student of Life. I was given birth on a small island in South Vietnam where my journey began. At 4 years old I escaped with my mom and sisters to... somewhere, anywhere.. safe. It seemed to me that we never found it because we never stopped searching - ... Japan, Florida, San Francisco, all over Southern California. My family finally stopped moving; maybe they found what they needed, but I didn’t. I continued to search, for acceptance, for my Self, for home, for purpose. I followed this calling right out of school, into the streets, in with a lost crowd, into the courtroom where I was given a multiple-life sentence at the age of 16. I continued to follow.. right into prison. I was practically condemned to take my last breath in prison, but 25 years later, I’m out. It’s not quite freedom because I’m ordered and waiting to be deported to Vietnam whilst on federal supervision and state parole.

As a teen, the judge gave me a slow death sentence, teaching me to continue the cycle of hate, vengeance, aggression, and violence. I did this for many years in prison, but social justice workers broke that cycle for me with love and kindness - turning that death sentence into a new opportunity to heal our communities. I have learned my true power and have found my purpose by knowing and accepting myself, my TRUTH. The Auntie Sewing Squad have found and accepted ME, and together we’re searching and finding ways to spread love through ACTION.

Pattern layout is by Chey Townsend.

## Jave Yoshimoto • Jave's Omega Mapo Tofu

My love for Mapo Tofu originated in Japan, where the flavor is considerably milder than the Szechuan version of the same dish to cater to the taste buds of the Japanese food lovers. Having grown up there in the first 9 years of my life, I've come to grow fond of this particular dish, and when I immigrated to the U.S., I kept searching for the same flavor and recipe by trying out the dish in various Chinese restaurants across the country.

What I found was that I liked little things that were done differently in each restaurant. Some restaurants only had the meat and the tofu. Others added onions or scallions, while another place added peas and carrots. I've come across one restaurant in Chicago that added mushrooms, which I truly enjoyed. As I learned to make this dish for myself, I decided to add every ingredient that I've come to enjoy and threw in my own mix of vegetables, such as spinach and bean sprouts. In the end, my mix of ingredients and sauces are something I still make to this day and share it with my friends and dear ones. I'm fairly proud to say that this is my studio assistant's favorite dish that she requests I make quite often.



Jave Yoshimoto, *Jave Yoshimoto's Mapo Tofu*, 2021, ink, watercolor and gouache on paper, 9" x 12".

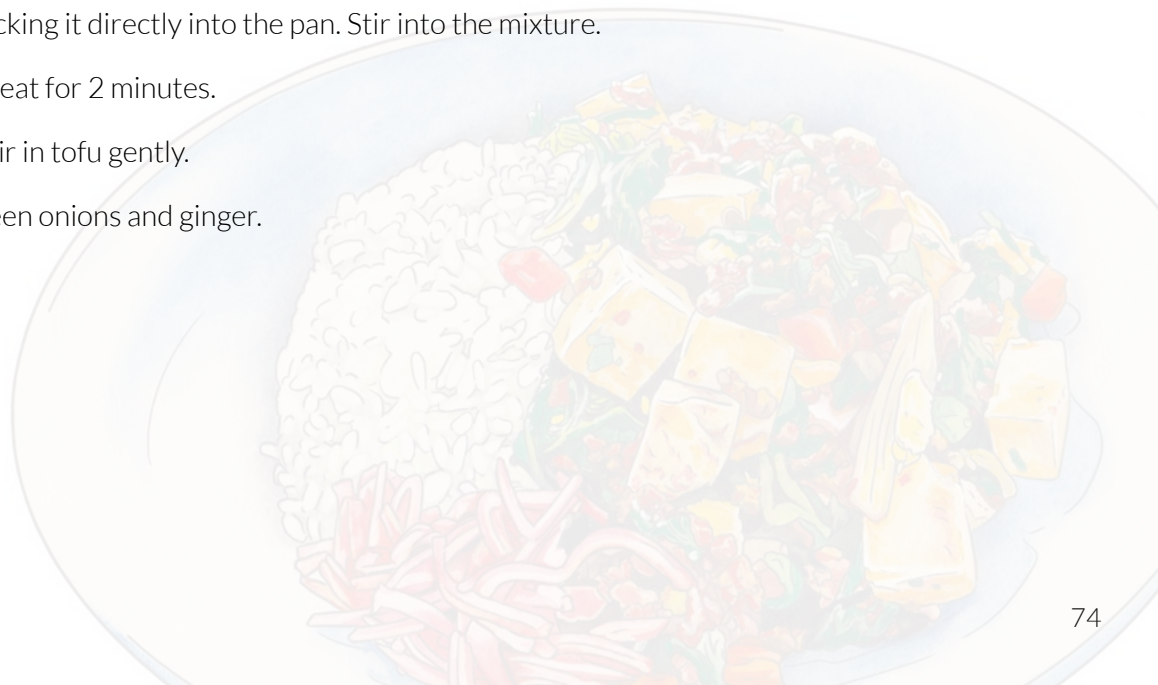
# Jave's Omega Mapo Tofu Recipe

## Ingredients:

- 1 pound ground meat of choice (traditionally pork, but any ground meat will work)
- 1 yellow onion, sliced
- 2/3 cup shitake mushrooms, sliced
- 1 tablespoon garlic, minced
- 2 large handfuls (or 1.5 cup) bean sprouts
- 1 cup frozen peas and carrots mixed vegetables
- 1 cup French style green beans
- 6 ounces (or 3/4 cup) frozen spinach
- 1 egg
- 3 ounces (or 1/3 cup) spicy bean sauce
- 3 ounces (or 1/3 cup) oyster sauce
- 1 tablespoon mirin
- 14 ounces container soft tofu
- 1 green onion stalk, chopped

## Directions:

1. 1 tablespoon vegetable oil in deep frying pan.
2. Sauté onion with 1 tablespoon garlic until golden brown.
3. Add the ground meat, stir until cooked.
4. Add the chopped mushrooms, peas and carrots mixture, and spinach. Stir.
5. Simmer for 2 minutes on medium heat.
6. Add green beans and bean sprouts. Stir.
7. Add mirin and spicy bean sauce. Stir, adding 1/3 cup water.
8. Add the oyster sauce. Stir with another 2/3 cup water.
9. Add the egg, cracking it directly into the pan. Stir into the mixture.
10. Simmer on low heat for 2 minutes.
11. Turn off heat. Stir in tofu gently.
12. Garnish with green onions and ginger.



## Jave Yoshimoto



Jave Yoshimoto is an artist and educator with a multi-cultural background. He was born in Japan to Chinese parents and immigrated to California at a young age. Yoshimoto has since traveled and lived in various states, which influenced his artistic practice. He believes in creating works that are socially conscious and true to his authentic self.

Yoshimoto received his Bachelor of Art from UC Santa Barbara, his Masters of Art in Art Therapy at the School of the Art Institute of Chicago, and his Masters of Fine Arts in Painting at Syracuse University.

He is a recipient of the 2015 Joan Mitchell Foundation's Painter's and Sculptor's grant, which he used to travel to Nepal and Lesbos Island in Greece to research on the topics of humanitarian crises, survival, and resilience. He has been featured in numerous publications such as Huffington Post, Chicago Tribune, New American Paintings, Guernica Magazine, among others. He received a letter of recognition from the United Nations, and exhibits his works nationally and internationally.

He has been artist in residence at various residencies across the U.S., including Vermont Studio Center, Kimmel Harding Nelson Center for the Arts, Jentel, Tulsa Artist Fellowship, Joan Mitchell Foundation, among others.

[javeyoshimoto.com](http://javeyoshimoto.com)



Jave Yoshimoto, *Memento Mori*, 2021, laser carved digital illustration, gouache on wood.

