

JUNE TEENTH

*Community
Cookbook*



TABLE OF CONTENTS

- 1 History
- 3 Church Punch
- 4 Mac and Cheese
- 5 Brianna's Baked Beans
- 6 Rosemary Focaccia Bread
- 7 Spinach Dip
- 8 Collard Greens
- 9 Lemon Pepper Wings
- 10 Beef Stew
- 11 Jamaican Escovitch Fish
- 12 Chicken Spaghetti
- 13 Strawberry Mess
- 14 Cream Cheese Flan
- 16 The Best Homemade Spaghetti Sauce
- 17 Cajun Shrimp Pasta
- 18 Granny's Banana Bread
- 19 Chocolate Chip Cookies with Flaked Salt
- 20 Coconut Cream Pie Filling & Meringue





History

Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation – which had become official January 1, 1863.

The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance.

Juneteenth **2021**





Church Punch

TOTAL TIME: 10 MIN

Ingredients

Country Time Pink
Lemonade (19 oz) or Minute
Maid Frozen Lemonade
Pink Lemonade (12 fl oz)
Ginger Ale (2 Liter)

Directions

1. In a large bowl or punch bowl (preferred).
2. Pour Pink Lemonade in then add Ginger Ale (make sure that your Ginger Ale is room temperature).
3. Mix in Ginger Ale to taste.
4. Add Ice last or add to cups/glasses.

Note: *Remember, the longer the ice is in the punch the more likely it becomes watered down.

Enjoy!!

Juneteenth Fact:

Following the issuing of the Emancipation Proclamation on January 1, 1863, not all enslaved people immediately found freedom.

The Emancipation Proclamation freed slaves in states then in rebellion against the United States. Union troops operating in said states gave teeth to the Proclamation.

This, however, did not apply to the border states.

Submitted by Arthur Gregg
Assistant Vice-President,
Multicultural Affairs
Director, Multicultural Center



Mac and Cheese

PREP TIME: 10 MIN

COOKING TIME: 50 MIN

TOTAL TIME: 60 MIN

Ingredients

- 1 box (16 oz.) Elbow Macaroni
- 4 eggs
- 4 cups of milk
- 2 teaspoons of each: salt, freshly ground pepper
- 4 cups of shredded Mexican-blend cheese
- 1 1/2 cups shredded sharp cheddar cheese

Directions

- Pre-heat oven to 350 degrees Fahrenheit before prep
1. Cook macaroni noodles until al dente and according to package directions. Drain and set aside.
 2. In a medium bowl, whisk together eggs, milk, salt and pepper
 3. In a large bowl, combine macaroni and the Mexican-blend cheese until evenly distributed then stir in milk mixture until well combined
 4. Transfer this mixture into a buttered 9x13 inch baking dish and top evenly with cheddar cheese, lightly pushing the cheese down into the mac mixture to moisten.
 5. Bake for about 50 mins or until cheese is melted and top and sides begin to lightly brown

Juneteenth Fact:

Juneteenth has been celebrated under many names. Freedom Day, Jubilee Day, and Cel-Liberation Day, Second Independence Day, and Emancipation Day to name just a few.

Submitted by Adrienne Watson
Coordinator of Cultural Programs & Events
Multicultural Center



Brianna's Baked Beans

PREP TIME: 10 MIN

COOKING TIME: 60 MIN

TOTAL TIME: 70 MIN

Ingredients

- 1 c. Sauteed Onions & Bell Peppers
- 1/2 c. ketchup
- 1/2 c. barbecue sauce
- 1/4 c. brown sugar
- 2 cloves garlic, minced
- 2 tbsp. Spicy Dijon mustard
- 2 tbsp. Worcestershire sauce
- Kosher salt
- Freshly ground black pepper
- 2 (15-oz.) 1 can of pinto beans
- 1 can of ranch style beans
- 6 slices bacon

Directions

Preheat oven to 375°.

1. Sautee Onions & Bell Peppers with a little bit of oil in a pot.
2. In a large bowl, whisk together ketchup, barbecue sauce, brown sugar,
3. Dijon, Worcestershire, and garlic and season with salt and pepper.
4. Add beans and the sauce to the pot with the onions, stir until coated and a little boil has begun, then transfer to a large baking dish or Dutch oven.
5. Top with bacon and bake until browned and crispy, about 1 hour.

Juneteenth Fact:

Juneteenth has been celebrated under many names. Freedom Day, Jubilee Day, Second Independence Day, and Emancipation Day - to name just a few.

Submitted by Brianna Hobbs
Assistant Director of Experiential Programs
University Career Center



Rosemary Focaccia Bread

PREPPING TIME: 75 MIN

COOKING TIME: 20 MIN

Ingredients

- 1 1/3 cup of warm water
- 2 teaspoons of sugar or honey
- 1 (0.25 ounce) package of active-dry yeast
- 3 1/2 cups of all purpose flour
- 1/4 cup of extra virgin olive oil, plus more for drizzling
- 2 teaspoons of flaky sea salt, plus extra for sprinkling
- 2 sprigs of fresh rosemary

Directions

1. Proof the yeast:

Add warm water (about 110°F) and sugar to the stand mixer bowl with the dough attachment, and stir to combine.

Sprinkle the yeast on top of the water and give it a quick stir to mix with the water. Let sit for 5-10 minute until yeast is foamy.

2. Knead the dough:

Gradually add flour, olive oil and salt as you mix on low speed.

Increase speed to medium-low and continue mixing for 5 minutes. (If dough is too sticky add an extra 1/4 cup flour while it is mixing)

3. First dough rise:

Remove dough from use hands to shape into a ball.

Grease a bowl with olive oil or cooking spray and place dough back in bowl and cover with damp towel. Place in a warm location and let the rise for 45-60 mins or doubled in size.

4. Second dough rise:

Turn the dough onto a floured surface and roll it out into a large circle or rectangle until that the dough is about 1/2-inch thick.

Cover dough again with damp towel and let dough rise for another 20 mins.

5. Prepare the dough:

Preheat oven to 400°F.

Transfer the dough to a large parchment-covered baking sheet (or press it into a 9 x 13-inch baking dish).

Use your fingers to poke deep dents all over the surface of the dough. Drizzle a tablespoon or two of olive oil evenly all over the top of the dough and sprinkle evenly with the fresh rosemary needles and sea salt.

6. Bake:

Bake for 20 minutes, or until the dough is slightly golden and cooked through. Remove from the oven, and drizzle with a little more olive oil if desired. Slice, and serve warm and enjoy!

Submitted by Brooke Schafer
Degree Plan Evaluator III
Office of Graduate Education



Spinach Dip

PREP TIME: 5 MIN

COOKING TIME: 10 MIN

TOTAL TIME: 15 MIN

Ingredients

1-8oz of Cream Cheese
1 cup of Plain Greek Yogurt
1 small package of frozen spinach
1 package of Knorr-
Vegetable Soup Mix

Directions

1. Defrost frozen spinach in a bowl of hot water for 5 minutes
2. In a small bowl, mix cream cheese, Greek yogurt, and soup mix together
3. After spinach is thawed, squeeze out all excess water
4. Place spinach in mixture and mix until well combined

*Serve with your choice of chips or toasted bread and enjoy!

Juneteenth Fact:

On June 17, 2021, President Biden signed the Juneteenth National Independence Day Act, which officially made Juneteenth a federal holiday.

Submitted by Daniel Hernandez
Assistant Director
Fraternity & Sorority Life



Collard Greens

PREP TIME: 30 MIN

COOKING TIME: 90 MIN

TOTAL TIME: 120 MIN

Ingredients

- 7 bunches collard greens
- 1 package of smoked turkey wings
- 1 tsp granulated sugar
- 2 tbsp olive oil
- 1 tbsp Creole seasoning
- 1 tsp black pepper
- ½ tsp sea salt
- 2 cloves of garlic, minced.
- 1 tsp crushed red pepper flakes
(you can go down on this to 1/2
teaspoon if you like less heat.)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 tsp paprika
- 1 yellow onion, finely chopped
- 2 stalks of celery, finely chopped
- 1 small bell pepper, finely chopped

Directions

1. Rinse turkey wings and add to large pot along with water to fully submerge. Add the crushed red pepper flakes and cover with lid. Cook over medium high heat for 45 minutes or until the meat begins to pull away from the bone. Remove the wings from the stock and debone, subsequently shredding the turkey into bite-size pieces, placing the meat back into the stock for later use.
2. Start pulling/tearing greens from stems. Take hand full of greens, roll them up and cut the rolls horizontally into small pieces. Discard stems as they will be tough.
3. Add greens to an empty, clean sink or deep plastic container and wash -removing all grit and debris until water becomes clear
4. Next, use a deep stock pot to parboil the greens on medium heat for 30 minutes. Drain liquid from greens and set aside.
5. Heat olive oil on medium heat in stock pot, and sauté onions, celery and bell pepper 3-5 minutes or until the onions becomes translucent. Add the garlic, garlic powder, paprika, salt, pepper, and creole seasoning to the mixture and cook. Stir occasionally and careful not to burn garlic!
6. Add greens, turkey meat, turkey stock, and about 5-6 cups of water, or enough to just barely cover greens. Be sure to taste the liquid (aka the pot likker to ensure there is enough salt for your liking.)
7. Cook while covered for at least 2 hours or until completely tender. Most water should have evaporated by this point just having enough to barely cover the greens.

Submitted by Bruce August, Jr.
Assistant Director
Multicultural Center



Lemon Pepper Wings

PREP TIME: 20 MIN

COOKING TIME: 40 MIN

TOTAL TIME: 60 MIN

Ingredients

Wings:

- 2 cups oil, or as needed
- 3-4 tablespoons extra-virgin olive oil
- 1 tablespoon lemon pepper seasoning (such as McCormick)
- 12 chicken wings

Ranch:

- 1 cup mayonnaise
- 1/2 cup sour cream
- 1/2 teaspoon dried chives
- 1/2 teaspoon dried parsley
- 1/2 teaspoon dried dill weed
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- pinch of salt
- pinch of ground black pepper

Directions

Wings:

1. Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
2. Stir olive oil and lemon pepper together in a bowl (you may add more olive oil if too salty)
3. Fry the chicken wings in hot oil until no longer pink at the bone and the juices run clear, about 8 minutes (an instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
4. Toss hot wings with olive oil mixture to coat.

Ranch:

1. In a large bowl, whisk together the mayonnaise, sour cream, chives, parsley, dill, garlic powder, onion powder, salt and pepper.
2. Cover and refrigerate for 30 minutes before serving.

Enjoy!!

Submitted by Geonit Knecht
Junior, Multicultural Peer
Advocate Multicultural Center



Beef Stew

PREP TIME: 20 MIN

COOKING TIME: 1 HOUR, 30 TOTAL TIME: 1 HOUR, 50 MIN

MIN

Ingredients

Seasoning of your choice (i.e. salt, pepper, garlic powder, onion powder) and Sugar (optional)
Worcestershire Sauce
1 small can of tomato paste (6oz can)
2 stalks of celery chopped
1 medium onion chopped
1 teaspoon of chopped garlic
4 cups beef broth or use 4 cups of water and 2 beef bouillon cubes
Olive oil
2 lbs. of cubed beef stew meat
1/2 bag baby carrots
6-8 small red skin potatoes cut into 4ths
1/4th cup of green peas
Optional- french bread to serve with the stew and parsley flakes

Directions

1. Heat a stew pot on medium with 3 teaspoons of oil.
2. Rinse, dry, and season your stew meat.
3. Pan sear your stew meat in two batches. You want the meat to be brown on all sides; it doesn't have to be fully cooked.
4. Once all the meat is browned, add it all back to the pot. Add the chopped celery. Add the chopped onion.
5. Add the 4 cups of broth OR water with bouillon cubes. Add a dash or two of Worcestershire sauce.
6. Add half the can of tomato paste. Add a 1/2 teaspoon of sugar to take away the acid from the tomato.
7. Check your seasoning. Adjust as needed.
8. Let the mixture cook for 30 to 40 minutes on medium low heat. You want the beef to get tender. If the mixture starts to dry out add more stock or water as needed.
9. Once the beef is tender, add in half the bag of carrots or more if you want. Add in your quartered potatoes.
10. Cook the meat, carrots, and potatoes another 20 to 30 minutes. You want the carrots and potatoes to be fork tender. Adjust seasoning as needed.
11. If the mixture is too watery you can thicken with a little slurry made with flour and water.
12. Once the carrots and potatoes are done, add the green peas. Stir them in.
13. Adjust seasoning if needed. Sprinkle parsley over the top.
14. Serve with oven warmed French bread or salad

Submitted by [Tineil Lewis-Moore](#)
Assistant of Student Organizations,
Chair of Large Campus Events
Student Development



Jamaican Escovitch Fish

PREP TIME: 10 MIN

COOKING TIME: 30 MIN

TOTAL TIME: 40 MIN

Ingredients

5 whole red snapper (other fish such as tilapia, cod or any firm white fish can be used.)

1 ½ tsp. Pepper

½ tsp. Salt

3 Garlic cloves

Cooking Oil

White Vinegar

2 Onions

4 Scotch Bonnet Peppers

10 Pimentos

Directions

1. Wash fish inside and out with one cup vinegar and two cups water, then rinse under running water Pat to dry the fish with paper towels and place on a plate
2. Cut two or three small deep gashes on each side of the fish and rub salt and pepper on outside and in the cavities you made and on the outside then put the fish on a plate or in a shallow bowl
3. Place oil in a frying pan/sauce pan, enough to fry one side of the fish. Do not submerge fish in oil
4. Place 2 cloves of Garlic in the pot and heat on high
5. Put cinnamon stick in a pot of boiling water to alleviate the smell of the frying fish and remove garlic cloves from pot
6. Carefully place fish on its side in to the hot oil. (as many as the frying pan can hold) Fry crisp and turn down the heat as necessary turn other side and fry crisp
7. Place fried fish on a plate with dry paper towels
8. Slice onions, scotch bonnet pepper and place onions, scotch bonnet pepper, and pimento in a small pot with vinegar
9. Boil contents on stove for approx. 5 min. (Be careful of your eyes burning if contents are overheated) and pour contents on the fried fish for a hot and spicy flavor
10. Serve with white rice, plantains or boiled green bananas

Submitted by Loreen Henry

Senior Librarian

McDermott Library



Chicken Spaghetti

PREP TIME: 30 MIN

COOKING TIME: 45 MIN

TOTAL TIME: 1 HOUR, 15 MIN

Ingredients

Seasonings of your choice (Salt
Pepper Garlic powder Onion
Powder Chili Flakes Paprika)
1 rotisserie chicken
1 package of your preferred
spaghetti noodles
1-2 cups of chicken broth
1 can petite diced tomatoes or rotel
1 teaspoon of minced garlic
½ a chopped onion
½ chopped bell pepper
Shredded Cheese
1 tablespoon of flour
1 cup of milk
2 tablespoons olive Oil
1 teaspoon of butter

Directions

1. Cook your pasta in salted boiling water
2. While the pasta is cooking, remove your chicken from the bone and take off the chicken skin.
3. Heat a pot with 2 tablespoons of oil and a teaspoon of butter on medium heat.
4. Once heated add your diced onion and diced bell pepper and cook until the veggies soften about 3-5 minutes.
5. Add minced garlic and sauté one minute then add your can of diced tomatoes or rotel and 1 cup of chicken broth. Season to taste. Bring to a simmer and mix 1 tablespoon of flour with a little water to make a slurry. You are not looking to make a paste but a mixture as thick as heavy cream. If it is too thick add a little water to thin it out.
6. Add the 1 cup of milk to the broth, tomatoes, onions, and bell peppers. Let the mixture come up to a slight boil.
7. Stir in the flour and water slurry with a whisk stirring quickly to avoid lumps. Cook the mixture 2-3 minutes. If it becomes too thick add a little more chicken broth. Season to taste.
8. Add in your chicken and cooked pasta and stir to combine.
9. Add the prepared mixture to a greased 9x13 baking dish. Sprinkle shredded cheese and sprinkle with a little paprika for color.
10. Bake at 350 for about 15 minutes or until the cheese melts and gets a nice crust.

Submitted by [Tineil Lewis-Moore](#)
Assistant of Student Organizations,
Chair of Large Campus Events
Student Development



Strawberry Mess

PREP TIME: 20 MIN

Ingredients

- 1 Large package of strawberry gelatin
- 2 cups of boiling water
- 1 (16 oz) package of frozen sliced strawberries
- 2 (12 oz) angel food loaf cake
- 1 (16 oz) Cool Whip
- 1 pint of vanilla ice cream

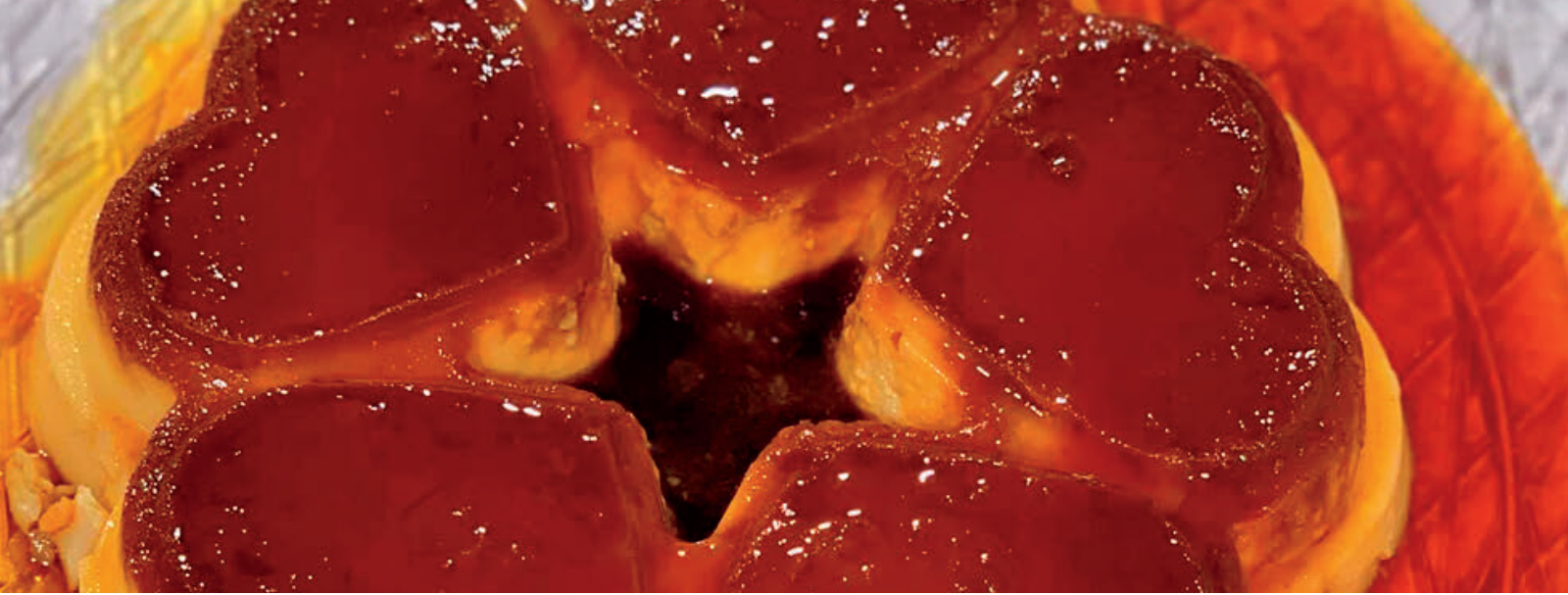
Directions

1. Break cake into bite-sized pieces and place in 9 X 13 in pan. *A glass pan works best since it has gelatin but is not a requirement.
2. In a bowl, dissolve gelatin in boiling water then add frozen strawberries and ice cream to bowl, stirring until partially thawed
3. Pour mixture over angel food cake in pan and press down on angel food cake to ensure gelatin mixture completely covers the cake
4. Chill in refrigerator for 12 hours or overnight. Before serving add Cool Whip as a topping.

Juneteenth Fact:

The Civil War ended in the summer of 1865. Union General Gordon Granger and his troops traveled to Galveston, Texas to announce General Orders No. 3 on June 19, 1865. June 19th would go on to be known and celebrated as Juneteenth.

Submitted by **Monica Franco**
Administrative Assistant II
Multicultural Center



Cream Cheese Flan

PREP TIME: 20 MIN

COOKING TIME: 45 MIN

TOTAL TIME: 1 HOUR, 20 MIN

Ingredients

For Caramel:

3/4 cup of Sugar

1/2 cup of Water

Flan Mixture:

1 can of Condensed Milk

1 can of Evaporated Milk

4 large Eggs

2 ounces of Cream Cheese

2 tablespoons of Sugar (optional)

A few drops of Vanilla Extract

*Makes 24 muffin sized pieces

(silicon muffin pans recommended)

or 1 1/2 quart round casserole dish

*You may use fat-free cheeses and milks if you'd like

Directions

*Pre-heat oven to 350 degrees Fahrenheit before prep

Caramel sauce:

1. Mix sugar and water in a saucepan, let simmer on medium heat for 15 mins

2. Let mixture come to a boil until golden brown sauce (swirl saucepan occasionally)

3. Pour caramel sauce into baking pan and quickly coat the bottom of the dish evenly

Flan Mixture:

4. Add condensed milk, evaporated milk, eggs, cream cheese, sugar, and vanilla extract into a blender and blend for 2-3 mins (taste mixture to see if it needs more sugar)

5. Spray sides of baking pan with non-stick baking spray

6. Pour flan mixture into baking pan over caramel and cover with aluminum foil, then place pan into a larger dish containing hot water that should reach about 1/2 way up on the flan dish

Baking:

7. For ceramic dishes: Bake in middle rack for 50 mins- 1 hr 15 mins

For metal pans: Bake for 45 mins- 1 hr

For muffin pans: Bake for 25- 40 mins

*Poke a toothpick right to the side of the center of dish, if it comes out clean it is ready! Otherwise bake for an additional 10-15 mins

*Let dish cool in refrigerator for at least 1 hr or overnight

*Loosen flan with a knife on the sides then invert pan onto a plate, caramel will flow over the sides. Enjoy!!

Submitted by Ashfia Salemin
Administrative Assistant II
Galerstein Gender Center

Juneteenth **2022**





Submitted by Asmita Mohanta
Graduate Student
Business Analytics

Cajun Potatoes

PREP TIME: 20 MIN

COOKING TIME: 30 MIN

TOTAL TIME: 40 MIN

Ingredients

For Frying the Potatoes:

1. Baby Potatoes – 35 to 40 (approx. 3 lbs)
2. Corn flour – 6 tbsp
3. Common flour – 6 tbsp
4. Salt – 3 tsp or as per taste
5. Black Pepper Powder - 1 tsp
5. Cooking Oil - 3 tbsp

For Cajun Sauce:

1. Mayonnaise – 6 tbsp
2. Common Salt – 3 tsp or as per taste
3. Black Pepper Powder – 2 tsp
6. Sweet Paprika – 3 tsp
7. Onion Powder – 3 tsp
8. Garlic Powder – 6 tsp
9. Black Salt – 1 tsp
10. Mixed Italian Herbs – 3 tsp
11. Milk – 10 to 12 tbsp or as required
12. Fresh Lemon – 1

For Garnishing:

1. White Onion – chopped
2. Fresh Cilantro - chopped
3. Green Pepper or Jalapeno - chopped

Directions

Step 1: Boiling the potatoes

Wash the baby potatoes, add 3tsp of salt and boil the potatoes with peels on. You may cut bigger potatoes in half before boiling to have a consistent size.

Cool down boiled potatoes and flatten the potatoes gently against a solid flat surface to make them ½ cms thick. Make sure that the potato peels are ruptured and still intact with the body while flattening.

Step 2: Coating and frying the potatoes

In a bowl add said amount of cornflour, common flour, salt as per taste, black pepper powder. Add a little water and mix thoroughly without lumps to make a thin slurry.

Take flat frying pan and heat cooking oil. Dip the flattened boiled potatoes in the slurry, thinly coat them with the flour mixture, and shallow fry them in batches in the frying pan.

Fry the potatoes for 2 to 3 minutes until they become slightly golden brown on both sides. It takes around 5 to 7 minutes to completely fry the potatoes. Take out the fried potatoes from the pan and keep them aside.

Step 3: Making the Cajun Sauce

Take a bowl and add mayonnaise, common salt, black pepper powder, sweet paprika powder, onion powder, garlic powder, black salt, and mixed Italian herbs. Mix well. Add milk gradually to make a nice consistency of the sauce. Squeeze the lemon into the mixture at the end.

Step 4: Serving

Take 6 to 7 fried potatoes on a serving plate. Pour some cajun sauce to cover the top of the potatoes. Garnish with some chopped onions, cilantro, and jalapenos.



Submitted by Lucien Finley
Analog Center
Assistant Director of Operations

The Best Homemade Spaghetti Sauce

PREP TIME: 30 MIN

Ingredients

2-lbs ground beef
3/4-lb bulk Italian sausage (I use 1-lb)
4 medium onions
8 garlic cloves, minced
4 (14.5 oz) cans of diced tomatoes (I use canned tomato sauce)
4 (6-oz) cans tomato paste)
1/2 cup water
1/4 cup sugar
1/4 cup Worcestershire sauce
1 tablespoon canola oil (I use olive oil)
2 teaspoons dried basil
1 teaspoon dried oregano
4 bay leaves
1 teaspoon rubbed sage (I use ground)
1/2 teaspoon salt
1/2 teaspoon dried marjoram
1/2 teaspoon pepper
hot cooked spaghetti (I use angel hair pasta)

Directions

- 1) In a Dutch oven, cook the beef, sausage, onions, and garlic over medium heat until meat is no longer pink; drain.
- 2) Transfer to a 5-qt slow cooker.
- 3) Stir in the diced tomatoes, tomato paste, water, sugar, Worcestershire sauce, oil, and seasonings.
- 4) Cover and cook on low for 8 hours or until bubbly.
- 5) Discard bay leaves.
- 6) Serve with spaghetti

Servings per recipe: 12

Calories: 392.9

Cholesterol: 73 mg

Sodium: 1160.9 mg

Total carbohydrate: 29.5 g

Protein: 22.2 g

Juneteenth Fact:

There is a Juneteenth Flag of Freedom. It is half red and half blue with a star in the middle.

Each year a Juneteenth Flag raising ceremony is held in Galveston.



Submitted by Josh Holmes
Graduate Student

Cajun Shrimp Pasta

PREP TIME: 15 MIN

COOKING TIME: 20 MIN

TOTAL TIME: 35 MIN

Ingredients

Salt
Black Pepper
Pasta of your choice (recommend penne or fettuccine)
1 pound raw shrimp (deveined, cleaned, tail removed)
Cajun seasoning
Olive Oil
Butter
1/2 Onion
1 Garlic clove
Cooking Wine (optional)
1 cup heavy cream
Parmesan Cheese
Parsley

Directions

1. Add salt to pot of water and bring to a boil. Cook pasta al dente. Once pasta is finish, save at least ½ cup of the pasta water. Drain pasta and set aside.
2. While the pasta is cooking, prep the shrimp. Combine shrimp with Cajun seasoning, and other seasonings you may want to add, with olive oil in a bowl. Combine well. After, dice onion and garlic.
3. Heat large skillet over medium high heat. Add butter until melted and add shrimp in a single layer and cook until golden brown (or blackened) on each side, turning only once (about 5 minutes). Once done cooking, transfer cooked shrimp out the pan and reduce heat to medium low.
4. Add in the diced onions and cook until translucent. Once onion is finished, add the garlic and cook until fragrant. Add heavy cream to pan and scrape bottoms to release any food that is stuck to the bottom. Allow cream to bubble. Reduce heat to low and stir in Parmesan cheese to melt. If sauce becomes too thick, slowly add in the pasta water to the sauce to reduce (Note: You decide how creamy or thick you want the sauce, so add in as much water as you see fit. Additionally, if sauce is lacking flavor, don't be afraid of adding more seasoning).
5. Add cooked pasta and shrimp and stir to coat.
6. Finish the dish off with freshly chopped parsley and Parmesan cheese. Pair w/ Toasted Bread with a spreadable cheese or oil dressing, salad, and drink of your choice.



Submitted by Tab Beu
Living and Learning Community
Coordinator

Granny's Banana Bread

PREP TIME: 20 MIN

COOKING TIME: 45 MIN

TOTAL TIME: 55 MIN

Ingredients

- 2 eggs
- 1 1/2 cups of sugar
- 1 stick of slightly softened butter
- 3 medium very ripe, peeled bananas (previously frozen then thawed to room temp)
- 1 tsp vanilla
- 1/2 buttermilk (or substitute 1/2 cup milk with 1/4 tsp apple cider vinegar)
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 cup of chocolate chips (or substitute for pecans or walnuts)
- 1 tsp nutmeg
- 1 tsp cinnamon

Directions

- Pre-heat oven to 350
1. Cream eggs, sugar, butter, and bananas together
 2. Add vanilla and buttermilk- mix well
 3. In a separate bowl mix together flour, baking soda, and salt
 4. Add the flour mixture a little at a time to the banana mixture- mix well
 5. Add chocolate chips (or nuts) to mixture and fold into the mix
 6. Divide mixture evenly into 2 loaf pans- cook at 350 degrees for 45-50 minutes"

Juneteenth UTD Fact:

It has been estimated that the Multicultural Center at the University of Texas at Dallas had their can be traced back to a Juneteenth celebration on campus in the early 1990's.



Submitted by Katy Jordan Sanders
Hobson Wildenthal Honors College
Honors Program Specialist

Chocolate Chip Cookies with Flake Salt

PREP TIME: 16 MIN

COOKING TIME: 14 MIN

TOTAL TIME: 30MIN

Ingredients

- 1 c. salted butter
- ½ c. dark brown sugar
- ½ c. light brown sugar
- ½ c. granulated sugar
- 1 ½ tsp vanilla
- 2 lg eggs
- 2 ⅓ c. flour
- 1 tsp baking soda
- 1 tsp table salt
- 1 c. semi-sweet chocolate chips
- 1 c. dark chocolate chips
- Flake salt for topping

Directions

Cream together softened butter, dark brown sugar, granulated sugar, and vanilla. You will want to mix well for at least 2 minutes.

Add eggs and mix well.

Combine flour, salt, and baking soda in separate bowl. Slowly add flour mixture to butter mixture and stir until combined and no flour clumps remain. Be careful not to overmix.

Use spatula to stir in chocolate chips.

Cool cookie batter in refrigerator for at least 20 minutes and preheat oven to 350°F convection or 375°F for regular.

Scoop cookies on to parchment paper lined cookie sheets and bake for 10-14 minutes.

As soon as you remove cookies from the oven sprinkle with flake salt.

Serve warm or store in airtight container once cooled.



Submitted by Christina McGowan
Multicultural Center
Administrative Assistant

Coconut Cream Pie Filling & Meringue

PREP TIME: 30 MIN

COOKING TIME: 30 MIN

TOTAL TIME: 3 HRS

Ingredients

Filling:

- 1 cup of Sugar
- 1 1/2 cup milk
- 5 egg yolks
- 1 cup shredded coconut
- 2 Tablespoons corn starch
- 1 Tablespoon vanilla

Meringue:

- 5 egg whites
- 2 Tablespoons of sugar
- 1/2 teaspoon cream of tartar.
- Shredded coconut for decoration

Directions

Bring sugar and 1 1/2 cup of milk to boiling. Add egg yolks that have beaten well. Add cornstarch creamed in a little water. Cook until thickened. Remove from heat and add vanilla and shredded coconut. Put in cooked pie shell. Chill in fridge for a minimum of 2 hours, but ideally 24 hours.

In another clean bowl, use egg whites. Beat until stiff peaks adding 2 tablespoons of sugar, and 1/2 teaspoon of cream of tarter.

Cover top of pie filling. Sprinkle with shredded coconut.

Bake 350 to toast meringue, or use kitchen torch.

Juneteenth Fact:

Major Gen. Gordon Granger Galveston message:
"The people of Texas are informed that in accordance with a Proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and free laborer."