

# From a Kitchen in the World House



MARTIN LUTHER KING JR. FREEDOM CENTER  
INSTITUTE FOR COMMUNITY LEADERSHIP



The 30 students who participated  
in the creation of this recipe exchange  
speak 22 languages and represent  
19 countries on five continents.

Paix Nabad سلام  
Sự thanh bình

Kimia 平和 

Karayaraan Paz  
和平 Frieden

Vuvamu Мир

Peace ਸ਼ਾਂਤੀ

Amani  
ငြိမ်းချမ်းရေး

ЭНХ ТАЙВАН

Ahotou ሰላም

Kilemna





# From a Kitchen in the World House

*From a Kitchen in the World House* recognizes that sharing food is a universal language of coming together. Our cookbook is an uplifting example of one way we can transform our world, one relationship at a time. Even if you are not in a position to travel the world or have not had the opportunity, we present this cookbook as a way to experience the deliciousness of foods of the world right in your very own kitchen.

By understanding various cultures and social groups, our students make positive connections between their own lives and the lives of their cohorts, constantly stepping outside individual comfort zones to grow as constructive world citizens. Differences among us are celebrated, we acknowledge these distinctions as beneficial—and in the case of multicultural foods, find them quite enjoyable.

We at the Martin Luther King Jr. Freedom Center know that learning about various cultures fosters appreciation for different perspectives in a way that breaks down negative stereotypes and personal biases about people who may not be like “us.” While our world has many differences in language, arts, religion, and other components of distinctive cultures, at the end of the day each and every one of us is a member of the one human race.

As you enjoy these recipes, please keep in mind that food is a universal connection and embracing diversity is a great way to bring richness and joy into our lives. After all, how satisfied would our palates be if the only thing we ate, every day of our lives, was totally, absolutely plain, dry, unflavored oatmeal?

Whenever you take time to share a meal, remember that multicultural food is a foundation upon which common ground can be built.

Bon appetit!  
**Elihu M. Harris**  
Chairman  
Board of Directors  
Martin Luther King Jr. Freedom Center

Young people are helping lead the way forward during these historic times. I am proud of the Freedom Center students and their colleagues at the Institute for Community Leadership. They have shown that we can, and must, join and work simultaneously within multiple jurisdictions for equality and justice for all. Whether we live in a small town or a large city, wherever we live in the nation—each one of us can contribute to the health and well-being of all.

I applaud the creative act of writing this incredible book during the COVID-19 pandemic. To exchange a recipe that comes from your family’s culture with a recipe that comes from the culture of a peer from a different race or culture forms the seed for the process of truth-telling and racial healing.

In his book *Where Do We Go From Here: Chaos or Community?* Dr. King constructed the blueprint for the World House. He pointed out how commerce and technology have made the world a global community, and that now we must create the sisterhood and brotherhood to make it a fair and just neighborhood.

Imagine the time and love the students gave to one another and their respective families going through the process of discovering family recipes, then getting the ingredients, then preparing and enjoying the meal; and doing all this while reflecting, taking photos and notes, and developing lifelong skills for being an active neighbor in the World House.

*From a Kitchen in the World House* is packed with great recipes for meals and great reflections on how we can live together, more sustainably, in a just and equitable democracy.

**Barbara Lee**  
Member of Congress  
13th Congressional District - California



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**Front Cover:** A three-day, intensive nonviolence seminar with Dr. Clayborne Carson, Founding Director of the Martin Luther King Jr. Research and Education Institute, held on the campus of Stanford University.



# From a Kitchen in the World House

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**T**his is a cookbook with down-home recipes that students picked from their own cultural choices. The book is also a declaration. Among the spices, grains, proteins, and carbs, arose within the hearts and minds of the students a fortified commitment to preparing and adding to the effort to construct the World House.

The World House currently lacks a strong moral foundation. We have put an overabundant emphasis on material gain and technological development. We have de-emphasized our moral, spiritual dimension. Today, our survival depends on closing the gap between our scientific progress and moral progress. Dr. King also teaches that sustaining the World House requires ending systemic racism and creating economic, political, and social equality and wholeness.

To live in the World House, we must end poverty. Poverty, like racism, scars the soul of all, both the victim and the privileged. All human beings are interdependent. What impacts one directly, impacts everyone indirectly. Another element in the World House is the necessity to replace war and human destruction with genuine peace and justice.

This book is also a chronicle, a story of 30 students from the Martin Luther King Jr. Freedom Center and the Institute for Community Leadership. They tell a story common to many around the world. It is a story about being united during a time of “shelter-in-place,” and being connected when the act of living requires separation. It is a story of wrestling with loss and experiencing lostness. It is also a story of deeper love and discovering the science of a more satisfying and sustainable way to live.

The students studied. They read Dr. King. They read the Declaration of Independence. They read poets and writers from diverse backgrounds whose living and writings are dedicated to democracy. For five months in the spring and summer of 2020 they met online with over 70 leaders, some

**“Besieged teens, who reject foolish and despairing ideas and stand erect with strong words and stronger curiosity, find ways to be relevant.”**

—Roy Wilson

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known and many less so, and candidly discussed topics of leadership and how to be one’s nobler self. To create the book, they formed couplets. That is, the 30 young warriors for justice formed 15 pairs, and between the two in each pair they exchanged one another’s cultural recipe.

Besieged teens, who reject foolish and despairing ideas and stand erect with strong words and stronger curiosity, find ways to be relevant. They worry like many others. They reach out for camaraderie and meaningful connections. Yet, unlike many of all ages, who write cynical putdowns on social media and wear several different faces, relevant teens smile warmly, comforting elders, and they ask frustrated adults if they can be of help. They measure others by the soberness and seriousness of their ideas and their contributions to the common good.

Some humanists long ago warned of the grave consequences of denying nature. The problematic profiteer attacks nature at every turn, cutting, splitting, crushing, pumping, and blasting elements of nature into large profits. Their dangerous ways involve hardworking people who need the job. In the effort to suck them in, the profiteers need a story that can cloud the





Working within the circle generates cultural and political power.

thoughts of people. Harsh edicts are coined denying natural science. Lies have been crafted and repeated over and over for generations. Systemic racism and economic exploitation need poetry, novels, plays, jokes, and especially movies that are devoted to blinding the people's view of our own interests. Exploitation of others needs fake news and grotesque whoppers. Today's teens suffer the fact that American society offers most of them only one role: to be consumers. Overconsumption forges a cold and empty role in a system of making money off money.

This book did not fall into the minds of those at the Freedom Center and Institute. It sprouted in the painful crevices of economic crises. It was discussed in the segregated housing enforced by a deadly, international, biological enemy. It blossomed in the street heat of righteous indignation and the demands for peace officers who work for the interest of community. The book grew from idea to reality, pulled out of a collective psyche by the liberatory possibility of a national, genuine process for racial healing and transformation. Its young creators emotionally struggled against the notion of staying in our protective structures while many others, including many of the students' parents and older siblings, went to work in hospitals and clinics, in transportation and logistics, in construction, and in public service as firefighters and other first responders. They were not struggling to be let loose or carefree. It was an existential struggle calling for the freedom to be of use.

Through dialectical dialogue students discovered that most people really do not know the essence of other peoples. Whether the identity be race or gender, age or nationality, or language or economic station, it became clear that we live in a time and in a nation and on a planet that require us to rush to get to know one another and figure out how all of us can best live together in a life-giving manner. The students know that sharing food and nutrition is life-giving and feeds not just the body, but the mind and soul as well. Their acts of studying another culture, another language, and other basic foods created mutual respect and friendship. They discovered the use of different grains as part of the basic diet. Corn, rice, teff, and wheat took on cultural identities among the students. The discussions brought excitement and joy. The recipe exchange required commitment—first, to organize their respective families into the immense vision and purpose of the process. Then, in many cases they needed help in finding necessary ingredients. They also brought members of their respective families into the cooking process and, of course, into the family dinner. The discussions between students, family members, extended relatives, educators, and many others offer a modest and true recipe for constructing the World House.

**Roy Wilson, Ed.D., Executive Director**  
Martin Luther King Jr. Freedom Center  
Institute for Community Leadership



# Martin Luther King Jr. Freedom Center

**T**he Martin Luther King Jr. Freedom Center seeks to strengthen democracy and expand social and economic justice by educating and preparing young people to become lifelong, active participants in a robust, fair, and equitable democratic process.

High school and college students integrate into intensive study of nonviolence, social justice, and the science of organizing. Each student engages in civic action that focuses on interracial, intergenerational, and multisector movements and campaigns that advance social change.

Students cultivate a dedication to self-control. The classes and civic engagement opportunities develop one's consciousness and critical thinking. The students develop the cultural power to know and understand themselves and the context of their living. They develop practical skills of team building and organizing for sustained, disciplined work. They learn and practice all aspects of mobilizing, from facilitating meetings, carrying out educational campaigns, storytelling, and building the trust that unifies and creates community.

Students and families study and practice the essence of public service. They are involved in social movements and actions that require self-transformation. Indeed, self-transformation comes about by serving a just and lofty cause greater than the self.

Students develop a commitment to lifelong learning. They learn to put distractions and diversions to the side, and to pick up the tools and tasks of healing the nation and improving the lives of everyone and every community.

Located in Oakland, California, the Freedom Center maintains projects in several counties throughout California and works with organizations in other states and nations. The work of the world, the work of constructing peace, equity, and democracy, is, like bread, for everyone.



Freedom Center students and staff share a moment during the Dr. King Life and Legacy Academy at Merritt College in Oakland, California.

## Martin Luther King Jr. Freedom Center Board Members



The Hon. Elihu Harris, Chair



Sandra Andrews, Vice Chair



Roy L. Roberts, Secretary Treasurer



Alton Jelks



Carol Johnson



Audree Jones-Taylor



Michael Lighty



Dr. William Riley



Dr. Roy Wilson



**T**he Institute for Community Leadership was born within the struggles of the farmworkers and Tribal Nations of the State of Washington during the epoch of the freedom struggles in the Southern Hemisphere countries around the world. It was a time of regaining balance from the loss of many leaders by assassination of the 1960s and early '70s. It was a time of changing roles and relying more on the power of money than the power of human tenderness and grit.

The Institute serves families, schools, and community organizations. It seeks to assist individuals and organizations in creating a vision of a more just nation and world and developing and sustaining within themselves the strength, hope, leadership, relationships, and organizational integrity to bring about that vision.

Individuals study the role of ethics and values in all aspects of living—in family, organizations, and in community organizing. Institute curriculum relies on poetry, philosophy, and the practical science of nonviolence.

While the Institute maintains projects and partnerships throughout the state of Washington, it focuses on the villages, towns, and cities along the shores of the Southern Salish Sea (Puget Sound).

Students, teachers, and community members study the life of the salmon and the cycle of life by working to care for the fish habitat along the streams, rivers, and lakes that flow into the Southern Salish Sea and the Pacific Ocean.

The Institute's headquarters, the Jack O'Dell Education Center, provides students, families, educators, and public service workers with classes in social and political development as well as classes in natural sciences. These areas of struggle intersect in the movement for environmental justice. Individuals are involved in civic engagement projects off campus, and, on campus, they organize and care for community vegetable gardens and berry fields, and a salmon-bearing stream. There is no line between the struggles for civil and human rights and the struggle to save humanity's home.



The Bear, the Killer Whale, the Sunbird, and students converse on a summer day at the Jack O'Dell Education Center in King County, Washington.

## Institute for Community Leadership Board Members



Alejandro  
Fernandez



David Gaines



Dr. Patricia  
Jones



Maira Pérez  
Velázquez



Dr. Roy Wilson





**This page:** Students shop for fresh, organic vegetables at the Sacramento Downtown Farmers Market. The city of Sacramento has a long history of organizing and supporting farmers markets.

**Opposite page:** A family soul-food recipe is passed along. The meal is made using organic vegetables grown by students throughout the summer, cultivated and harvested for families and local food banks.





# Learning to Live Together in Peace

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“We have inherited a large house, a great ‘world house’ in which we have to live together—black and white, Easterner and Westerner, Gentile and Jew, Catholic and Protestant, Muslim and Hindu—a family unduly separated in ideas, culture and interest, who, because we can never again live apart, must learn somehow to live with each other in peace.”

—Dr. Martin Luther King Jr.



# Enchiladas Mexicanas

NALANI HALL PREPARES CHRISTOPHER CASTRO-SALGADO'S ENCHILADAS MEXICANAS RECIPE



## NALANI'S REFLECTION

► Our hands are a medium that our gifts flow through. We harness the energy of love and compassion that dwells in our hearts. We guide each

other to use our hands as a tool and break down the barriers that divide us. When someone shares a favorite food from their culture, they wrap us in the graceful arms of their ancestors. We begin to realize how the ingredients used in a Dominican stew can be the same ingredients used across the Atlantic. The rolling of sticky dough and frying of sliced plantain feeds hunger, breaks stigmas, and unites a divided world. It takes a simple step, finding someone and sharing with them how to make bread for others.



Nalani facilitates a group discussion during an outdoor class.



## Enchiladas Mexicanas (Mexican Enchiladas)

### INGREDIENTS

1 chicken breast	18-20 tortillas
3-4 cups water	Oil
1 teaspoon salt	Sour cream
8 tomatillos, washed and peeled	Queso fresco
1 garlic clove	Onion rounds/slices
1/4 onion, diced	Avocado slices
3 jalapeño peppers	
Romaine lettuce, finely chopped	

### PREPARATION

Place chicken breast in a pot, add salt, and cover with water. Place pot over high heat and bring to a boil. Once boiling, turn heat down to medium. Simmer for 15 minutes.

Pour chicken broth water into a separate pot and set chicken aside to cool.

Place tomatillos, jalapeño peppers, garlic clove, and onion into the chicken broth and boil for approximately 8 minutes or until tomatillos change color.

Pour entire pot contents into a blender and blend to make green salsa.

Heat oil in a pan and slightly fry all tortillas quickly on both sides. Avoid letting tortillas break apart, get too crisp, or burn.

Shred cooled chicken.

In a separate pan, heat the green salsa.

Place slightly fried tortillas in the pan with salsa and flip to cover both sides with salsa.

Place sauced tortillas on a plate and add desired amount of chicken in center. Then roll tortillas, keeping chicken inside.

Once the desired number of enchiladas are on a plate, top with more green salsa.

Add desired toppings like lettuce, cheese, onion rounds, avocado, and sour cream on top.

Repeat until you have made all your plates. Serve and enjoy!





## Beef Empanadas

### INGREDIENTS

3 hard-boiled eggs	Dash of paprika
1 onion, diced	Dash of oregano
10 small pieces frozen flour empanada dough	Dash of cumin
1 pound ground beef	Dash of salt
1 egg, room temperature	Dash of garlic powder
10 olives, chopped	Dash of black pepper

### PREPARATION

Defrost empanada dough.

Preheat oven to 375°F.

Fry onions over medium heat until they turn a yellowish color.

Leaving heat at medium temperature, add meat and all seasonings.

Mixing occasionally, cook for about 10 minutes or until fully cooked.

Slice hard-boiled eggs.

Lay one piece of empanada dough on a cutting board or plate.

Place 1 tablespoon of the meat mixture in the center of the dough.

Place a bit of hard-boiled egg in center of the dough.

Repeat the above three steps for each empanada.

Be careful when removing the dough and do not overfill as this will make it hard to close later.

Fold the filled dough in half, then fold the edges and lay on an oiled or sprayed baking pan.

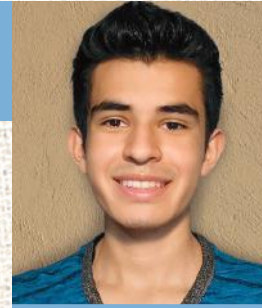
Crack the room-temperature egg and spread some egg on top of empanadas to brown in the oven.

Bake empanadas for 20 minutes.

After empanadas cool a bit, they can be served. Enjoy!

## Beef Empanadas

CHRISTOPHER CASTRO-SALGADO PREPARES NALANI HALL'S BEEF EMPANADAS RECIPE



### CHRISTOPHER'S REFLECTION

► We can be a few blocks away or an ocean apart and still be interconnected. Humanity is experiencing a rendezvous with chaos. We need to talk.

Everyone from all pieces and corners of the world. Because we all breathe different air, listen and learn in different languages, wear different clothes, maintain different rituals and religions, and we eat different foods. To avoid more chaos and create community, we need to get to know others in the world to truly make this work. Sharing food from diverse cultures builds lasting friendships.



The Washington State House of Representatives hosts Christopher, here giving a speech on the essence of nonviolence and the significance of Dr. King.



# Road Cabbage

KAREN ROJAS PREPARES URSA KAISER'S  
ROAD CABBAGE RECIPE



## KAREN'S REFLECTION

► Deep beneath our flesh tiny pieces of matter collectively form our physical bodies. Each body possesses a mind and spirit that strive for human

compassion and progress. Our cultures define our respective lived and living experiences. When we engage in the exchange of cultures, our differences help us define and make a more beautiful world. My days do not go by without expressing gratitude for the ability to be culturally proficient and loving.

My recipe partner, Ursa, introduced me to her road cabbage recipe. The sliced and chopped cabbage that went on the tortilla from her recipe was the same cabbage that topped the tacos de birria that my mother made later that night. Similarities may not always be physical, but it is our spirit in culture that resonates between you and another that provides a space where human connection is achieved.

To embrace the diversity among us is to embrace our ability to love and construct a just and fair future.



## Road Cabbage

### INGREDIENTS

1/2 head cabbage  
1 package tortillas  
1/2 pound Monterey Jack cheese, sliced  
1 tablespoon vinegar  
1 tablespoon olive oil  
Salt and pepper to taste  
Avocado, optional  
Spicy peppers or hot sauce, optional

### PREPARATION

Pour oil and vinegar into a bowl and whisk together to make a vinaigrette. Add salt and pepper to your liking.

Thinly shred cabbage (it's helpful to cut cabbage close to the knife handle for more leverage), then set shredded cabbage aside.

Preheat pan on medium heat, then warm tortilla in pan for about 2 minutes.

Flip tortilla and place a couple of slices of cheese on top.

When cheese melts, carefully move tortilla onto a plate.

Sprinkle a small handful of cabbage over the cheese.

Add vinaigrette to taste.

Add avocado and hot sauce, if desired.

Serve and enjoy!



# Frijoles Salvadoreños

URSA KAISER PREPARES KAREN ROJAS'  
FRIJOLES SALVADOREÑOS RECIPE



## Frijoles Salvadoreños (Salvadoran Beans)

### INGREDIENTS

1 pound dry Salvadoran kidney beans (red beans)  
1 clove garlic  
1 yellow onion  
Salt to taste  
Cheese and sour cream, optional

### PREPARATION

Rinse beans.

Place a medium-size pot filled with water on the stove on medium-high heat.

Peel and chop onion. Peel garlic and cut off the stem end.

Drop the garlic and onion into the water and bring to a boil.

Pour in beans when the water starts boiling.

About an hour in, add salt to your liking and simmer on medium heat.

Simmer another 45 minutes to an hour until the beans are soft. Then the beans are ready to be served.

Top with fresh Salvadoran cheese and sour cream. Enjoy!



### URSA'S REFLECTION

► Let's tell one another our stories, your story, and my story.

Together, we boil water—that common element that created

us all. In steam we prepare the meal and make connections.

Setting the table, you say, “the first table created was the first table shared.” Neither alone nor together can we grasp the time.

In this moment we settle for learning what gives you strength gives me strength too.

We both bring food our ancestors toiled over.

The plates we eat from, rich with color yours, a different shade than mine,

and both cut from the same useful mold

patiently hold a serving of Salvadoran red beans.

Our meals are made by many hands.

Onions from the United States,

garlic from China, and beans

from Morelos, Mexico.

No one will be forgotten here, tonight

together we share this table

and tomorrow, we will honor

those who sat with us. The ones

who continue to gather and cook.



# Homemade Pasta Sauce

ELIZABETH QUINTANILLA PREPARES AMAYA PROCTOR'S  
HOMEMADE PASTA SAUCE RECIPE



## ELIZABETH'S REFLECTION

► Who would've thought a plate of food would hold so much?

We all put thought into this dish. We thought of a recipe from our culture to share with each other.

Some of us asked our parents where they learned to make it and got a complete history lesson; others learned more about their culture, their parents, and their identities.

Patience was also put into this dish.

Patience was the key to read the instructions, figure out what spices were needed, and how everything would give our dish life.

We learned how to communicate and connect.

We communicated with our family, our partners, and we are communicating at this moment.

Preparing one another's recipes has created an image of how little things can make a big impact, can bring us together, and find out who or where we come from.

Who would've thought a plate of food would mean so much?



## Homemade Pasta Sauce

### INGREDIENTS

8 vine tomatoes, diced	1 teaspoon Italian seasoning
4 cloves garlic, diced	1/2 cup milk
1/4 cup butter	1 1/2 tablespoons heavy whipping cream
6 large mushrooms, sliced	1 small can roasted garlic tomato paste
1/2 lime, juiced	1 cup shredded sharp cheddar cheese
5 pinches sea salt	
4 pinches pepper	
2 pinches smoked paprika	

### PREPARATION

Melt butter in a large skillet on medium heat. Add tomatoes and garlic. Stir and add seasonings. Mash tomatoes into a thick consistency. Add lime juice. Stir. Pour in milk and heavy whipping cream. Stir. Let simmer for 2 minutes. Add roasted garlic tomato paste and stir. Let simmer for 3 minutes, stirring occasionally. Add cheddar cheese and let melt. Reduce heat to low and simmer for 3 minutes. Ready to serve over pasta.





## Chicken Tinga Tostadas

### INGREDIENTS

1 chicken breast  
1 onion  
5 garlic cloves  
3 tomatoes  
2 tablespoons chicken bouillon  
3 bay leaves  
1 chipotle chili  
Oil  
Tostadas

### PREPARATION

Boil chicken breast in a pot of water with half an onion, garlic cloves, bay leaves, and salt to make a broth.

After chicken is cooked, pour out broth and save for later.

Cool chicken, then shred and set aside.

Boil tomatoes in water and when soft, mix in blender with 2 garlic cloves, chipotle chili, and 1 tablespoon of chicken bouillon to make a sauce.

Cut remaining half of the onion into strips and cook in hot oil until they caramelize.

After the onion caramelizes, add tomato sauce from the blender.

Let simmer for 5 minutes, stirring constantly.

To the mixture, add shredded chicken and  $\frac{1}{2}$  cup of saved chicken broth.

Mix and cover for 7 minutes.

Serve on top of a Mexican tostada. Add any desired toppings.

Enjoy!

## Chicken Tinga Tostadas

AMAYA PROCTOR PREPARES ELIZABETH QUINTANILLA'S  
CHICKEN TINGA TOSTADAS RECIPE



### AMAYA'S REFLECTION

► This book holds more than recipes for delicious food. It also holds some ingredients on how to bring humanity together through cultural

exchange. Food ties and bonds. We nourish ourselves to grow and live. Our plates are our cultural canvas that serves a traditional story, passed down from our ancestors and their struggles.



Amaya presents her writing during the Days of Gratitude Academy.



## Tribal Sovereignty

► Tribal sovereignty, enshrined in the United States Constitution, forms the basis of tribal self-governance and autonomy. Solidarity with Tribal Nations, and the study of sovereignty assist in strengthening democracy for all.







**This page:** Quinault Nation Vice President Fawn Sharp and Quinault elder Phillip Martin present a leadership seminar to students. **Opposite page, clockwise from top right:** Students return with salmon from the Klamath River after Yurok Nation hosts took them to check their gill nets; Yurok Chief Judge Abby Abinanti participates in a leadership seminar; a teenage member of the Yakima Nation discusses the importance of maintaining culture for all people, at the Colville Confederated Tribes Pow Wow.



## Tribal Sovereignty



**This page:** Students serve 700 pies that they baked from scratch (and then froze) over a three-month period in Oakland, California, and Kent, Washington, for the annual Northwest Tribal Journeys, featuring canoe teams from over 50 tribal villages in the U.S. Northwest and British Columbia, Canada.

**Opposite page, clockwise from top:** Members of the Yocha Dehe Wintun Nation fire department discuss leadership with students in Brooks, California; conversing with an Ahousaht First Nation elder in Point Grenville, Washington; Billy Frank Jr., Chairman of the Northwest Indian Fisheries Commission, offers gratitude for students' role in restoring salmon habitat at Little Soos Creek, in King County, Washington.







# Mexican Hot Dogs

KEI YAMAMOTO PREPARES TRINITY PONCE'S  
MEXICAN HOT DOGS RECIPE



## KEI'S REFLECTION

► In my partner's recipe were ingredients for creating hope. The exchange connected us with each other's culture and history. No border can

separate that. In this act of opening up, we reveal to ourselves a recipe to create a better world, a more just world. Connection begins with us. The shape of the world today demands that we rush to get to know each other. When we experience the world as our neighbor does, that is a step towards unity and understanding.



## Mexican Hot Dogs

### INGREDIENTS

Tortillas (one for each hot dog)  
Hot dogs  
Cheddar cheese slices (1 slice for every 2 hot dogs)  
1/4 cup vegetable oil or canola oil

### PREPARATION

Microwave tortillas for 30 seconds. Repeat until soft. Tortilla must be warm when wrapping hot dog or it will start to rip apart.

Put hot dog and half a slice of cheese in a tortilla and roll together.

Put oil in medium-size pan and heat on medium. Oil is ready when a drop of water in the pan bubbles.

Place hot dogs in the pan, making sure tortilla flaps are facing down in the pan.

Turn continuously until sides brown and inside is cooked, approximately 3 minutes of cooking.

Serve and enjoy!



Kei attends a rally organized by the Oakland Education Association during a weeklong strike.



# Misoshiru

TRINITY PONCE PREPARES KEI YAMAMOTO'S  
MISOSHIRU RECIPE



## Misoshiru

### INGREDIENTS

1 teaspoon hondashi  
1/4 white onion, thinly sliced  
2 cups water  
1 1/2 tablespoons brown miso soy paste

### PREPARATION

In a pot, add water, hondashi, and onion. Turn heat to medium. Heat until boiling.

Taste the onion. If it is crunchy and raw, reduce heat to low and continue cooking. Check onion every minute until tender.

Turn heat off after onion is cooked.

Put the miso paste in a ladle, scoop hot water into the ladle, and stir the miso in the ladle with chopsticks or a small spoon.

As the water turns brown, gently pour the water back into the pot then scoop more into the ladle. Repeat this process until miso is dissolved and all is stirred into the pot.

Miso likes to separate from the water when it sits, so stir this miso soup every time you serve.

Serve and enjoy!



### TRINITY'S REFLECTION

► We like the Mexican restaurant down the street. The Chinese cuisine the next block over and the food truck in the parking lot out front.

The pizza parlor downtown and the grill around the corner. We enjoy a little taste of these cultures but never fully connect with them. It is better to bring people of other cultures into our homes, and into our hearts and minds. The best food of every culture comes from someone's own recipe, and from someone's family. We are learning that all cultures are important, and we're learning this one wonderful meal at a time.



Trinity picks fresh lemons to use for a cultural exchange activity.



# Chicken Adobo

SARINA RYE PREPARES CARLY VILLONGCO'S  
CHICKEN ADOBO RECIPE



## SARINA'S REFLECTION

### ► TURNING ON BRIGHT LIGHTS

How long is forever?  
When stars are fading, and the  
sun is breaking  
and Jupiter runs red,

if we don't share breaking bread  
will forever stop?

I'm not sure I remember  
what the world looks like  
but I think your dreams  
and mine are of love and light.

Here, stars differ  
from those above you. Still  
will you teach me to dance?



## Chicken Adobo

### INGREDIENTS

3-4 pounds chicken thighs and/or drumsticks  
5-6 cloves garlic, peeled and smashed  
 $\frac{3}{4}$  cup soy sauce  
 $\frac{3}{4}$  cup vinegar  
1 tablespoon peppercorn  
3 bay leaves

### PREPARATION

In a large pot, mix all ingredients together and cover.  
Place over high heat and keep the pot covered.  
Once it starts steaming, set heat to low for another 30 minutes.  
After 30 minutes, check that the chicken is thoroughly cooked  
and mix.  
Cook another 5-10 minutes if needed.  
Serve with steamed rice, tomatoes, and cucumbers.  
Enjoy!



Sarina reads her lines during a Leadership Poetry Workshop hosted by AFSCME California in Sacramento.



# Prashad

CARLY VILLONGCO PREPARES SARINA RYE'S PRASHAD RECIPE



## Prashad

### INGREDIENTS

1 cup sugar  
3 cups water  
1 cup ghee  
1 cup atta (whole-wheat flour)

### PREPARATION

Mix the sugar and water in a pot on medium heat until sugar dissolves. Once the sugar solution starts to boil, turn off heat.

In another pot or pan, melt the ghee on low heat.

Add the atta (flour) and fry this mixture while stirring to get out all the clumps. As it cooks, the color of the flour will change to golden brown and have a nutty smell.

When the flour is golden brown, add half of the sugar solution and stir until mixed well. Then add the second half.

Continue cooking and stirring until mixture starts to separate from the sides of the pot.

Turn off the heat when consistency changes to a thick pudding texture, and serve warm or hot.

Prashad can be served with raisins or nuts if you like, and can be eaten hot or refrigerated.

Prashad is a North Indian Punjabi dessert. It is served in Sikh temples and gurdwaras. It signifies blessings from the guru.

Enjoy!



### CARLY'S REFLECTION

► Picking up a spoon and a stick of butter seems like a normal way to start making a dish. Maybe a warm chocolate chip cookie. The homey smell

of a familiar food fills the air, offering a sense of comfort. Now, replace that cookie recipe with a new dessert, one that you may have never heard of. The new spices and smells punctuate your senses, giving you deeper understanding. Trying a new dish may be a small task, but it opens immense doors as to what we are able to learn about another culture.



Carly participates in a Pistahan Festival, celebrating the history and traditions of Filipino culture.



# Japanese Curry

JAYDA GRAY PREPARES AMELIE WAKATAKE'S  
JAPANESE CURRY RECIPE



## JAYDA'S REFLECTION

► Dr. King teaches about the World House. It includes all nations and peoples, brought together by commerce, science, and technology. Now, we are

constructing community where we relate to each other as sisters and brothers. In an individualist society, people tend to focus less on culture and more on acquiring material goods. Yet, the World House is visible, and unity is alive. My family experienced joy when we prepared Amelie's Japanese curry. The kitchen became alive with the aroma of spices once unknown and now will never be forgotten. The small act of exchanging our favorite food moves us forward.



Congresswoman Rashida Tlaib and Jayda exchange inspiration, discussing our common struggles to lead with a spirit of unity and cooperation.



## Japanese Curry

### INGREDIENTS

1 pound chicken, cut into bite-size pieces  
1 medium onion  
1/2 carrot  
1 potato, medium  
2 red peppers  
1 tablespoon cooking oil  
2 1/4 cups water  
1 box hot S&B Golden Curry

### PREPARATION

Rinse and chop onions, carrots, and potatoes into 1-inch-wide pieces.

Remove the core and seeds from peppers and discard, then chop into bite-size pieces.

Heat oil in large skillet and stir-fry meat with vegetables on medium heat until browned (about 5 minutes).

Add water and bring to a boil, then reduce heat, cover, and simmer for around 15 minutes until ingredients are tender.

Turn heat off, break the curry mix into pieces, and add to skillet.

Stir until the sauce mix is completely melted.

Simmer for around 5 minutes while stirring constantly.

Serve and enjoy!





# Perfect Sweet Potato Pie

AMELIE WAKATAKE PREPARES JAYDA GRAY'S  
PERFECT SWEET POTATO PIE RECIPE

## Perfect Sweet Potato Pie

### INGREDIENTS

1 pie crust, partially blind baked and glazed with a beaten egg yolk when warm	1/4 teaspoon allspice
3-4 large sweet potatoes, cooked and peeled	1 tablespoon molasses
2 tablespoons butter	2 tablespoons bourbon
3/4 cup sugar	1 teaspoon vanilla
1/2 cup brown sugar	1 cup heavy cream or evaporated milk
3/4 teaspoon kosher salt	1/4 cup sweetened condensed milk
1 teaspoon cinnamon	3 eggs and 1 egg yolk
3/4 teaspoon ground ginger	1/4 cup brown sugar to sprinkle on the bottom of the crust
1/4 teaspoon nutmeg	

### PREPARATION

Adjust oven rack to lower middle position. Preheat oven to 350°F.

Run sweet potatoes through a food mill or ricer, or mash with a fork.

Put 2 cups sweet potatoes into a large bowl and stir in butter. Set aside.

In a medium bowl, whisk together eggs, egg yolk, sugars, salt, cinnamon, ginger, nutmeg, and allspice.

Once combined, whisk in bourbon, molasses, vanilla, heavy cream, and condensed milk.

Slowly and gradually add the egg and milk mixture to warm sweet potatoes, stirring continuously until thoroughly incorporated.

Sprinkle remaining 1/4 cup brown sugar on pie crust bottom.

Pour the sweet potato mixture over brown sugar in the pie crust.

Bake on cookie sheet for 40-45 minutes. Filling should be set around the edges and just slightly jiggly in the very middle. Depending on oven temperature consistency, it may need an additional 5 minutes cooking time. Resist the urge to cook until pie is fully done as it will have carryover heat and continue to cook in the pan while cooling.

Let pie sit on a cooling rack for at least 2 hours.

Serve with whipped cream or a little vanilla ice cream.



### AMELIE'S REFLECTION

► When we truly coexist and love other cultures, we create a peaceful world. People come together, united, and filled with love for their own culture, and for others.



Amelie learns traditional drum-making from Titus Capoean, Quinault Nation Cultural Commissioner and Taholah School Board member, in a Zoom room due to COVID-19.



## Speaking Truth to Power

► People-powered policy development leads to a just and equitable distribution of the benefits of America—better health care, jobs with livable wages, and education based on ethics and democracy. “Oppressed people cannot remain oppressed forever. The yearning for freedom eventually manifests itself,” said Dr. King.







**This page:** Washington State Speaker of the House Laurie Jinkins and students discuss how civics classes and civic engagement opportunities are essential for a strong democracy.

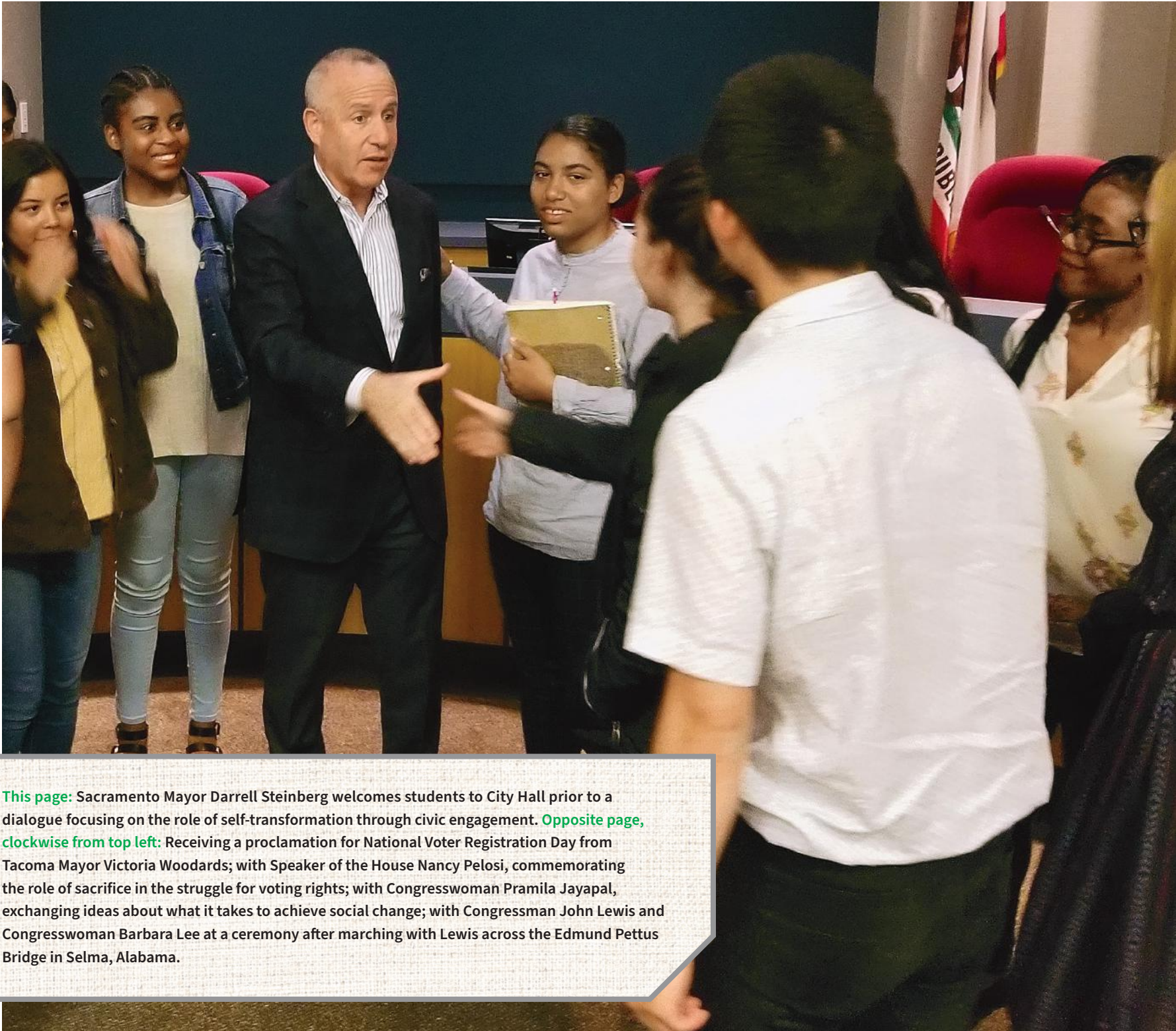
Jinkins is the first woman and first openly lesbian Speaker in Washington State history.

**Opposite page, clockwise from top right:** Reflecting with Vice President Kamala Harris on the sacrifices of those who have gone before; the Honorable Elihu Harris welcomes the audience to a Barbara Lee and Elihu Harris Lecture with a powerful call to action; on the Congressional Civil Rights Pilgrimage in Montgomery, Alabama, Secretary of the Interior Deb Haaland congratulates students on their commemorative address to Civil Rights luminaries.

The Pilgrimage is organized by the Faith and Politics Institute.



## Speaking Truth to Power



**This page:** Sacramento Mayor Darrell Steinberg welcomes students to City Hall prior to a dialogue focusing on the role of self-transformation through civic engagement. **Opposite page, clockwise from top left:** Receiving a proclamation for National Voter Registration Day from Tacoma Mayor Victoria Woodards; with Speaker of the House Nancy Pelosi, commemorating the role of sacrifice in the struggle for voting rights; with Congresswoman Pramila Jayapal, exchanging ideas about what it takes to achieve social change; with Congressman John Lewis and Congresswoman Barbara Lee at a ceremony after marching with Lewis across the Edmund Pettus Bridge in Selma, Alabama.







# Chicken Fajita Tacos

JADA LE PREPARES ROSA CARDENAS'  
CHICKEN FAJITA TACOS RECIPE



## JADA'S REFLECTION

► To hear stories of another  
people and taste  
vegetables and exploding  
flavors

dancing and listening to the sizzle,  
a whisper from the moon passing  
through generations, part sweet  
part salty. Smile. Breathe.



Jada reads her lines after a lesson on the Two Types and Three Kinds of Power in a Stand Up, Speak Up! class.



## Chicken Fajita Tacos

### INGREDIENTS

2 boneless chicken breasts, chopped  
2 tablespoons chicken bouillon  
3 tablespoons vegetable oil  
1/2 cup onion, chopped  
1/2 cup tomatoes, chopped  
1/2 cup green bell peppers, chopped  
1/2 cup red bell peppers, chopped  
1/2 cup yellow bell peppers, chopped  
1/2 cup orange bell peppers, chopped  
1 teaspoon garlic, chopped  
Tortillas

### PREPARATION

Heat oil in a large pan.  
Sauté onion and garlic.  
Add all bell peppers to onion and garlic. Stir and sauté.  
Take vegetables out of the pan and set aside.  
Add chopped chicken breast and chicken bouillon to the same pan.  
Cook and stir frequently on medium heat until chicken is tender and not pink.  
Add set-aside vegetables to the chicken. Mix together.  
Add the fajita mix to a warm tortilla.  
Enjoy!



# Asian Garlic Shrimp

ROSA CARDENAS PREPARES JADA LE'S  
ASIAN GARLIC SHRIMP RECIPE



## Asian Garlic Shrimp

### INGREDIENTS

1 tablespoon fish sauce  
1 tablespoon soy sauce  
2 tablespoons sugar  
1/4 tablespoon black pepper  
1/2 head garlic, minced  
2 tablespoons vegetable oil  
2 pounds shrimp, peeled and deveined

### PREPARATION

In a small bowl, mix together fish sauce, soy sauce, sugar, and black pepper. Set aside.

In a big pan on medium heat, add minced garlic to vegetable oil.

Fry until garlic is golden. Quickly scoop out garlic with a spoon, place on a plate, and set to the side for later use.

Without washing the pan, add the shrimp and fish sauce mixture from step one.

Cook on medium-high heat until shrimp are cooked through.

Turn off heat, toss the fried garlic into the pan, and mix with the shrimp.

Set on a serving plate and enjoy!



## ROSA'S REFLECTION

► Rice is a staple food in my family, so we cooked rice to go with Jada's family shrimp recipe. The garlic and salt brought out the flavor of the shrimp. Fish sauce was a new flavor to me and my family. When the shrimp was golden brown, I brought it to the table. My family was very excited. The shrimp was delicious. While we were eating, my family and I reflected on the recipe, and on Jada's family and culture. We feel honored to experience the food of Jada's ancestors.



Rosa serves casserole alongside community members at People's Park, a daytime sanctuary for Berkeley's low-income and homeless population.



# Banana Pudding

CHAR POTES PREPARES LIAM RYALS'  
BANANA PUDDING RECIPE



## CHAR'S REFLECTION

► Food has been connecting cultures for a long time. Many people's first exposures to other cultures is through their food. In fact, food is a language.

The difference between just eating cultural dishes and learning to cook them is like hearing someone speak a language and learning it yourself. Rather than just tasting the outcome, we understand the work that goes into developing the recipe, finding the ingredients, and making the dish. We learn not only the differences of our own cultures, but the similarities. When we learn the language of cooking from one another's cultures, we advance intercultural communication and strengthen peaceful relations.



Char interviews Congressman John Lewis on CNN. Lewis' advice to Char: "Tell them you've been touched by the spirit of history."



## Banana Pudding

### INGREDIENTS

1/4 cup granulated sugar	1 stick butter
1/3 cup all-purpose flour	2 boxes Nilla Wafers
4 cups whole milk	5 large bananas, sliced
4 large egg yolks	Whipped cream for topping
2 teaspoons vanilla extract	

### PREPARATION

Melt butter and milk on medium heat in a medium-size saucepan. Add sugar and whisk until smooth. Remove saucepan from heat.

In a separate bowl, while whisking the egg yolks vigorously, slowly add 2-3 tablespoons of the hot milk mixture to the yolks to temper the mixture.

Slowly spoon the egg mixture back into the milk mixture, 1 tablespoon at a time, until fully combined. Continue to whisk the mixture.

In a separate bowl, spoon 4-5 tablespoons of the mixture with the flour. Stir until completely combined, making sure that all lumps are removed.

Slowly combine the flour mixture back into the saucepan over medium heat.

Continue to whisk the mixture for about 8-12 minutes or until it is thick enough to coat the back of a spoon. Stir in vanilla.

Assemble in a 9 x 13 dish or large glass bowl in the following order: custard, wafers, sliced bananas. This will make 2-4 complete layers, depending on container size.

Cover the container with a sheet of plastic wrap. Press the plastic wrap directly onto the pudding so skin does not form.

Refrigerate until chilled, at least 2 hours.

To serve, top with whipped cream and more crumbled cookies.

Enjoy!



# Peanut Butter Fingers

LIAM RYALS PREPARES CHAR POTES'  
PEANUT BUTTER FINGERS RECIPE



## Peanut Butter Fingers

### INGREDIENTS

1/2 cup butter	1/4 teaspoon salt
1/2 cup sugar	1/2 teaspoon vanilla extract
1/2 cup brown sugar	1 cup flour
1 egg	1 cup oats
1/3 cup peanut butter (for bars)	16-ounce bag chocolate chips
1/4 cup peanut butter (for topping)	1/2 cup powdered sugar
1/2 teaspoon baking soda	2-4 tablespoons milk

### PREPARATION

Preheat oven to 350°F.

Cream together butter, sugar, and brown sugar in a mixing bowl.

Then blend in 1 egg, 1/3 cup peanut butter, baking soda, salt, and vanilla extract.

After the ingredients above are combined, mix in the flour and oats.

Spread into a 9 x 13 pan and bake at 350°F for 20 minutes.

While cooked peanut butter mix is still hot, pour on chocolate chips and spread with a spatula until smooth.

Mix the powdered sugar, 1/4 cup of peanut butter, and 2-4 tablespoons of milk.

Drizzle on top and serve!



## LIAM'S REFLECTION

► Char Potes and I exchanged recipes. I gave him my family's banana pudding recipe, and he gave me his family's recipe for peanut butter fingers.

Cooking Char's recipe with my family provided time for deep conversations. I learned from my stepmom how my family came to inherit banana pudding as a cultural dish. It is good to learn the value of certain recipes, and how to make them. It has been an honor for my family to experience making and sharing Char's family peanut butter fingers. I shared the dessert with my younger brothers and while eating we strengthened our bonds through conversations we would have never had if Char had not shared the incredible treat.



At a report-back from the eight-week and 6,000-mile To Us, You Matter Civic Engagement Tour, delegate Liam captivates the full house at the Building Trades Council. The event was hosted by the Alameda Labor Council.



# Tostadas Chapinas

JENOVIC LUZOLO PREPARES JOSE PABLO GONZALEZ ORDOÑEZ'S TOSTADAS CHAPINAS RECIPE



## JENOVIC'S REFLECTION

► To know your culture is a privilege and a blessing. Food is an important part of culture. It defines who we are. When we are forced to migrate, we take

our food with us. We keep our culture alive.

Sharing cultural recipes is important. It helps us to open our eyes and to see who we really are. My family showed me how to cook with joy. Why should I keep it for myself? Sharing who we are strengthens our community, to understand something beyond itself. The smell of a meal fills you with appetites to eat, learn, and grow. Sharing food is an act of love.



## Tostadas Chapinas

### INGREDIENTS

2 avocados  
1/2 onion  
2 limes  
1 cup Ducal refried black beans  
Oil  
2 tomatoes  
1 bag tostadas  
Cotija cheese  
Salt

### PREPARATION

Cut avocados in half, remove pits and peels, and place in a bowl. Smash and mix avocado into a soft paste texture.

Dice onion and add to avocado mixture.

Juice limes and mix into the avocado mixture. Salt to your liking.

Pour Ducal black beans into a hot pan with oil. Mix and cook beans thoroughly.

For the tomato salsa, boil tomatoes and then place in a blender. Add salt to taste.

To build two kinds of tostadas, either spread beans on a tostada and add tomato salsa and cotija cheese. Or, spread avocado mixture on a tostada, and add tomato salsa and cotija cheese.

You can make any combination.

Plate and enjoy!



Jenovic shares her lines in a class on legislation for the United States' first Commission on Truth, Racial Healing, and Transformation.





## Congolese Galette

### INGREDIENTS

2 eggs  
1/2 cup sugar, add more to taste  
1 pinch salt  
6 tablespoons butter  
3 tablespoons powdered milk  
1 teaspoon baking soda  
3 cups flour  
Oil or nonstick spray  
1 packet (9 g) of Oetker Vanilla Sugar (or similar)

### PREPARATION

In a bowl, crack the eggs, add sugar, and mix well.  
Add a pinch of salt. Mix well.  
Melt butter in a small microwaveable bowl.  
Add powdered milk to the egg mixture. Mix well.  
Add baking soda. Mix well.  
Add melted butter and vanilla sugar. Mix well.  
Start adding small amounts of flour, 1 cup at a time. Mix well. Mixture will start to thicken.  
Once mixture is thick, wash your hands and further mix the ingredients with your hands. This helps incorporate all of the flour into a dough.  
If dough becomes too thick, add more melted butter. If it is too runny, slowly add more flour as needed. Continue to mix with your hands.  
Wash your hands and heat waffle machine on high.  
Roll the dough into circles using your hands.  
Spray the waffle machine with oil or nonstick spray. Place the circles into the machine, spread out. Close machine and cook for 2 minutes.  
After 2 minutes, remove circles from machine and enjoy!

## Congolese Galette

JOSE PABLO GONZALEZ ORDOÑEZ PREPARES  
JENOVIC LUZOLO'S CONGOLESE GALETTE RECIPE



### JOSE PABLO'S REFLECTION

► Hay muchas personas, y muchos jóvenes en los Estados Unidos, que no sienten curiosidad. Algunos ven la cultura como un juego o como

algo sin importancia. Pero al compartir, en serio, nuestra comida cultural, encontramos belleza. Muchas personas pierden su cultura porque no mantienen relaciones serias. Puede ser porque no tenemos una conexión con alguien serio, a través de la amistad o en nuestras familias. Aprender unos de otros requiere que nos tomemos en serio a nosotros mismos y que estemos abiertos a aprender de personas quienes son diferentes de nosotros; no se vistan igual, no hablen el mismo idioma ni coman los mismos alimentos. Aprender de los demás y de nuestras familias nos ayuda a descubrir quiénes somos en realidad.



Jose Pablo has the honor of drumming with Titus Capoeira as they share reflections on the importance of song and language in their life journeys.



## Interracial, Intergenerational Organizing

▶ “The large house in which we live demands that we transform this worldwide neighborhood into a worldwide brotherhood. Together we must learn to live as brothers or together we will be forced to perish as fools,” said Dr. King. King’s “revolution of values” requires robust interracial, intergenerational, and international relationships.







**This page:** Discussing community organizing with Black Panther Party Founding Chairman Bobby Seale, who teaches, “The best way to fight racism is with solidarity.” **Opposite page, from top:** Civil rights luminary Jack Hunter O’Dell and students share a moment of joy during an interview with O’Dell; Dr. Sudarshan Kapoor, founder and first director of the Peace and Conflict Studies Program at Fresno State University, hosts students at Fresno State’s Peace Garden.



## Interracial, Intergenerational Organizing



**This page:** For the past 15 years our team has traveled annually as guests of Congresswoman Barbara Lee on the Faith and Politics Congressional Civil Rights Pilgrimage, hosted by Congressman John Lewis. Congressional members and delegates meet with movement luminaries, visit historic sites, and hear firsthand accounts of sacrifices and struggles. **Opposite page, clockwise from top:** With an unrelenting and infectious energy, Dr. Dorothy Cotton and students prepare for their respective speeches prior to a lecture. Dr. Cotton was the SCLC National Director of Education and a member of Dr. King's executive staff; sharing a moment of companionship with Juanita Abernathy, civil rights activist and widow of the Rev. Dr. Ralph Abernathy; Ambassador Andrew Young with Dr. Roy Wilson and student Jabari LaChaux in conversation on the need for interracial, intergenerational relations in today's civil and human rights struggles; Attorney General of the State of California Rob Bonta shares a moment with Dr. Karen Bohlke and the student team.







# Buuz

CIARRA COLLINS PREPARES ANKA BOLORSUKH'S BUUZ RECIPE



## CIARRA'S REFLECTION

► To join together is powerful. Whether the task is marching for justice, cleaning the community, speaking up, or cooking, when we work

together our respective lives change for the better. Exchanging recipes opened my eyes to other cultures and how we can learn and cherish one another. By learning other people's culture I deepened my understanding of my own culture and people.



In a virtual leadership seminar held during COVID-19, Washington State Senator Jeannie Darneille responds to Ciarra's question (pictured with hand raised), saying, "In social activism there is no such thing as overstepping. There is not enough time. You have to keep moving. In the process of moving, you have to bring support."



## Buuz (Mongolian Dumplings)

### INGREDIENTS

3½ cups all-purpose flour	3 scallions, chopped
2 teaspoons salt for dough	4 cloves garlic, chopped
1½ cups water	3 teaspoons ground coriander
1½ pounds ground lamb	3 teaspoons salt for filling
1½ cups onion, chopped	1 teaspoon ground black pepper

### PREPARATION

In a medium-size bowl, mix together flour and salt. Make a well in the center of the mix and gradually pour in water. Pull in flour from the side of the bowl until well mixed and a dough has formed.

Place dough on a clean work surface and knead with hands until dough is smooth. Add more flour or water if necessary.

Place dough in a bowl. Cover and put in the refrigerator to rest for 1 hour.

In a large bowl, combine lamb, onion, scallions, garlic, coriander, salt, and pepper. Mix until everything is well combined. (If needed, place a little bit on a plate and microwave about a minute to taste.)

Remove dough from the refrigerator, knead for about a minute, then roll into a log about 1 inch in diameter. Cut log into 1-inch slices.

Roll slices into balls and dust lightly with flour. Flatten a bit, then roll out more into a circle about 4 inches in diameter. Make the center slightly thicker than the edges.

Place about a teaspoon of lamb filling in the center of the dough circle.

Pinch the edge on one side, then create another fold next to it.

Continue this way while rotating the buuz as you go along. If done correctly, there will be a small opening in the center of the top.

Dip the bottom of each buuz into a bit of oil, or line a steamer rack with lettuce so that buuz does not stick to the rack. Arrange buuz on rack so they do not touch. A bamboo steamer works great; however, if you don't have one, a flat pasta strainer or cake rack will work as well.

Place the steamer in a pan or wok with about 2 inches of water in the bottom. Water should not touch the dumplings.

Bring water to a simmer, place the steamer into the pan, and cover.

Steam for 20 minutes without removing the lid. Serve and enjoy!



# Cheesecake

ANKA BOLORSUKH PREPARES CIARRA COLLINS' CHEESECAKE RECIPE



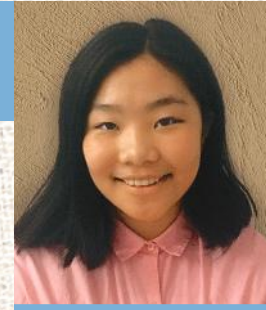
## Cheesecake

### INGREDIENTS

2 packages cream cheese, room temperature  
8 ounces (1/2 of a 1-pound bag) powdered sugar  
1 tablespoon vanilla  
1 pint heavy whipping cream  
1 premade graham cracker pie crust  
1 jar of your favorite pie filling

### PREPARATION

In a large mixing bowl, whisk cream cheese into a smooth consistency.  
Slowly add vanilla and powdered sugar.  
Slowly fold in whipping cream.  
Pour mixture into graham cracker crust and set in refrigerator for 3 hours for best consistency.  
Top with your favorite pie filling.  
Serve and enjoy!



### ANKA'S REFLECTION

► Once upon a time, the phone was used to communicate. Today, we use our phone to escape. This is one way of being violent. Sharing food is one way to practice nonviolence. Nonviolence is not the absence of violence; it is peace with justice. Sharing our cultural recipes helps create peace with justice.



After weeks of gathering signatures at markets and on street corners for California's Schools and Communities First Campaign, Anka offers an overview of the campaign and work at the Alameda Labor Council.



# Vam Leh Be

NATNAEL BERHANU PREPARES CING LAM SANG'S  
VAM LEH BE RECIPE



## NATNAEL'S REFLECTION

► In a place where there is connection we get to feel one another and understand one another. With connection we share love and ideas that

will change the world we live in today. When people connect they get to understand one's struggles and the teachings they got from them. In the world we live in today we learn not to be dependent on anyone but ourselves and to live an independent life. This teaches young children to break the bonds they have or not make any new ones, limiting them from connecting with others. One way we can be more connected is through our cultural selves; we can share one's culture with each other with ideas, teachings, and cultural foods.



## Vam Leh Be (Corn and Beans)

### INGREDIENTS

1 pound white corn grits  
1/4 pound red kidney beans (less than the amount of corn grits)  
About 6 cups water (a little over half of the stovetop pot)  
Salt, pepper, and other seasonings to taste

### PREPARATION

Place corn and beans in large pot and wash about three times. (To wash, add water, beans, and grits to the pot, mix, pour out water, and repeat three times.)

Fill pot over half full with water. Cover and bring to a boil over high heat.

Once boiling, remove lid and turn heat down to medium-high.

Continue boiling until grits are fully expanded and soup-like. Add water if needed.

Serve with side dishes of meat, vegetables, etc. Enjoy!



Natnael canvasses the neighborhood asking voters to, "Shoulder the Vote! We are students, too young to vote. We respectfully ask YOU to vote on our behalf."





## Ful

### INGREDIENTS

2 tablespoons oil	1 bell pepper, diced
3 small (14.5 oz) cans of pinto beans	4 hard-boiled eggs, optional
½ yellow onion, diced	Other seasonings to taste
1 tomato	

### PREPARATION

Preheat oil in pan on low or medium heat so beans do not stick.

Pour out half of the bean water from two of the cans, then pour all three cans into the pan.

Cook 8-10 minutes, stirring regularly.

While the beans cook, cut onion into very small pieces.

Pour 2 tablespoons oil into a pan and cook onion on medium-high heat until it starts to turn yellow. Stir often to prevent sticking or burning.

Dice tomatoes while onion cooks.

When onion is almost done, pour tomatoes into the pan.

Reduce heat to low.

Most of the bean water should be evaporated once the beans are cooked. Pour out any remaining water, reserving some.

Remove beans from stove and smash. Once smashed, return beans to stove and add cooked onions and tomatoes.

Mix well, top with bell peppers, mix again, and ful is ready to serve.

### SERVING SUGGESTION

There are two ways to eat ful. My family sets the whole pan on the table, lets it cool for 5 minutes or so, and then eats with bread straight out of the pan. You can also use a spoon to eat. Another way is to eat on separate plates, sometimes adding eggs on the side!



### CING'S REFLECTION

► Every process has a story. Every story is a path. Our continuous struggle for life and healing is a path forward towards hope and a healthy, secure community. Sharing cultures through our foods teaches us to perceive and feel the essence of another people. The ingredients that mix together create a sensation that liberates throughout the heart and the home.



Cing “slams” lines with jazz musician Dan Greenspan at the delegation’s campsite in the Redwood National Forest during the To Us, You Matter Civic Engagement Tour.



# Tibs

SARAH DELGADO PREPARES SEMHAL ABERA'S TIBS RECIPE



## SARAH'S REFLECTION

► Each recipe has a story, an origin. Learning about others' nationality and traditions helps us learn more about ourselves. When we share

the meaning of our culture's special foods, we learn about cooking techniques, ingredients, and seasonings. The food from some cultures is similar, and sometimes it is very distinctive and different. Even though we are different in appearances, thoughts, and opinions, we all share an appreciation for food.



Sarahi participates in a community beautification activity in her neighborhood.



## Tibs (Ethiopian Beef Dish)

### INGREDIENTS

1/2 onion	3 teaspoons salt
2 pounds Delmonico beef	1 teaspoon pepper
4 cloves garlic	2 teaspoons cumin
Jalapeño peppers	2 tablespoons berbere (Ethiopian spice) or to taste
Olive or canola oil	

### PREPARATION

It's helpful to prep all ingredients before cooking.

Cut onion into vertical pieces that are big enough to be visible in the dish but not so large that this looks like an onion dish.

Dice garlic into very tiny pieces.

Cut jalapeño peppers into a similar shape as the onions.

Cut beef into medium bite-size pieces.

Set all ingredients aside on a plate, making sure they are all separated.

Pour enough oil into a wide pan to cover the bottom surface.

Turn stove to medium heat.

Add meat to pan and stir until fully cooked.

Once beef is fully cooked, add onions, jalapeños, and garlic.

Stir until the onions are a brown color.

Add salt, pepper, cumin, and berbere. Stir until well mixed.

Let dish cool down for about 3 minutes.

This is originally served with injera, an Ethiopian bread. Can also be served with slices of other bread.



# Orange Pasta

SEMHAL ABERA PREPARES SARAH DELGADO'S  
ORANGE PASTA RECIPE



## Orange Pasta

### INGREDIENTS

1 box spaghetti pasta	1 tablespoon Knorr chicken bouillon
5 red tomatoes	2 cups water
2 serrano peppers, de-seeded	1 bay leaf
1/4 onion	1 tablespoon salt
1 tablespoon olive oil	3 tablespoons sour cream
1 garlic clove	2 tablespoons salted butter

### PREPARATION

Boil pasta with olive oil, bay leaf, and salt, approximately 8-12 minutes, or until ready. Drain pasta, rinse with cold water to prevent sticking, and set aside.

Boil tomatoes, onion, and serrano peppers for 20 minutes in 2 cups of water.

Put all ingredients in a blender with a little bit of water, garlic clove, Knorr chicken bouillon, and sour cream. Blend into a sauce.

After blending, grab a deep pot, melt butter, and add the sauce. Bring to a boil.

While sauce is boiling, add pasta with no water and stir.

Taste and add more salt if desired.

Serve and enjoy!



### SEMHAL'S REFLECTION

► We live in a time where many have not only lost hope but have stopped seeking it as well. During one of the darkest times in our history, 30 teenagers united to exchange recipes from our respective cultures. Each and every one of us felt the importance and relevance of the recipe exchange. We were under “stay in place” orders. The exchange allowed us to converse and to share. We experienced what others experience through the lenses of culture, of tradition. The sharing created excitement. Preparing and eating a shared dish helped us begin filling emptiness with hope, for the people around us and the communities they serve.



Semhal registers East Oakland citizens to vote in collaboration with the Joy and Justice Movement, a community civic engagement project initiated by Alameda County Supervisor Nate Miley.



## Civic Engagement

► Civic engagement amplifies essential conducts that manifest curiosity and gratitude. Civic engagement helps us learn how to learn and is necessary for the development of cultural and spiritual power. “When an individual is no longer a true participant, when [they] no longer feel a sense of responsibility to [their] society, the content of democracy is emptied,” said Dr. King.







**This page:** Horacio Amezcua, General Manager of San Jerardo Cooperative, discusses contamination of the community's wells in Monterey County, California. **Opposite page, clockwise from top right:** Secretary of State Dr. Shirley Weber and Black Panther Party Founding Chairman Bobby Seale converse at the governor's signing of AB 392, the California Act to Save Lives; a student presents on the topic of leadership and responsibility to the Washington State House of Representatives; registering a fellow young person to vote during a four-week voter registration effort that involved knocking on over 7,000 doors in Kern County, California.



## Civic Engagement



**This page:** Speaking with a reporter during an event on the importance of ethnic studies programs in high schools. **Opposite page, clockwise from top:** Testifying at the Senate Subcommittee on Health and Human Services in the California Senate; harvesting potatoes as part of an anti-childhood diabetes and obesity project at the Jack O'Dell Education Center in King County; Oakland-based Cantare Con Vivo, a 117-member choir, and full orchestra present the 19th-century Brahms Requiem, accompanied by students reciting their poetry.







# Surprise Meringues

ILWAD MAHAMMAD PREPARES KAYLA MILLHEIM'S SURPRISE MERINGUES RECIPE



## ILWAD'S REFLECTION

► Our countries are thousands of miles away from each other on different continents, but we both eat rice with vegetables and salad.

Look at the small details and see we are painted by the same brush.

Your glazed chicken and mine fill our respective homes with a familiar aroma.

We are more similar than we are different.



## Surprise Meringues

### INGREDIENTS

2 egg whites  
1/2 teaspoon salt  
1/8 teaspoon cream of tartar  
1 teaspoon vanilla  
3/4 cup sugar  
1 6-oz package chocolate chips  
1/2 cup chopped walnuts, optional

### PREPARATION

Beat egg whites, salt, cream of tartar, and vanilla until soft peaks form.  
Add sugar gradually, beating until peaks are stiff.  
Fold in chocolate chips and walnuts if used.  
Cover cookie sheet with parchment paper.  
Drop mixture on pan in rounded teaspoonfuls.  
Bake at 300°F for 23-26 minutes.  
Once cool, plate and enjoy!



Ilwad reads her lines with power to her peers, concluding a class on Dr. King's *Where Do We Go From Here: Chaos or Community?*



# Rice Wrap

KAYLA MILLHEIM PREPARES ILWAD MAHAMMAD'S  
RICE WRAP RECIPE



## Rice Wrap

### INGREDIENTS

1 cup rice of choice	Corn oil
2 chicken breasts	2 cups shredded cheddar cheese
Lemon pepper seasoning	½ cup flour
Paprika seasoning	Tortillas
Garlic powder	

### PREPARATION

Boil water and add rice (unless you have a rice cooker!).

While waiting for rice to cook, cut chicken breasts into pieces. Put into a bowl and coat with lemon, paprika, and garlic powder to taste.

Set cooked rice aside.

Coat a pan with corn oil and cook chicken pieces until golden brown.

Combine cooked chicken and rice in a bowl and add cheese.

Fill a small bowl with flour and put in a bit of water. Mix to a slimy texture, but not too watery! Set aside.

Place a pan, ½ full of corn oil, on the stove.

Slightly warm and soften tortillas using a skillet or microwave.

Lay tortilla flat and fill with a handful of the chicken, rice, and cheese mixture in a line near the edge of the tortilla.

Roll tortilla tightly, leaving a bit of space before fully wrapped.

Spread flour and water mix to a bit of space on the tortilla to act like glue.

Firmly wrap tortilla completely. Spread the flour and water mixture on the open spaces at the ends and pinch them closed.

To fry rolled tortillas, first heat corn oil and test if ready by ripping a small bit of tortilla to see if it fries.

When oil is hot, add tortilla wraps using tongs. Make sure to flip and cook on each side.

Once cooked, place on a plate and you're done!



### KAYLA'S REFLECTION

▶ Too many of us fail to grasp the humanity of other peoples; where the laughter of joy or cries of sorrow from another's life may never

penetrate our own. It is important we experience the vastness of the world beyond our home. To smell the aroma of a recipe passed down for generations in a different family and listen to the struggles and triumphs of a different story. Healing can be found in the creation of bridges that transcend our own experience.

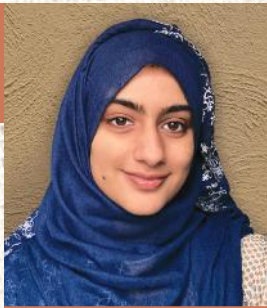


Kayla addresses her peers during a class on turning shattered dreams into an asset.



# Slammin' Southern Candied Yams

FATIMA CHAUDHARY PREPARES AYANNA BOATENG'S  
SLAMMIN' SOUTHERN CANDIED YAMS RECIPE



## FATIMA'S REFLECTION

► A task is not simply just a task. Baking and cooking are not simply tasks. What brings meaning are ingredients, recipe, texture, smells, and sounds,

and the opportunity for connecting with others. It is the joy of trying something new, sharing smiles and laughter, and sometimes tears—from cutting onions. Meaning comes from the people who come into the kitchen to be a part, who want to touch and taste and yes, to be fed. To appreciate culture is to appreciate people's experiences and stories and to allow ourselves to live in another's world. As Dr. King teaches, "We must learn how to live as brothers and sisters or we will perish as fools."



## Slammin' Southern Candied Yams

### INGREDIENTS

6-8 sweet potatoes, peeled  
1 cup sugar, with more to taste  
2 sticks butter  
2 teaspoons cinnamon  
Dash of nutmeg

### PREPARATION

Cut sweet potatoes into cubes.

Boil just enough water to cover top of sweet potatoes.

Add sweet potatoes to boiling water and boil for 10 minutes with the lid on.

If sweet potatoes are still firm, boil on high until water has nearly evaporated.

Once sweet potatoes are soft enough to easily insert a fork, add sugar, 1 to 2 sticks butter, and cinnamon. Everything goes in the same pot!

Let sweet potato mixture cook until sauce has soaked into the potatoes and the sauce is light brown in color and has a syrup-like texture.

Add extra sugar to taste.

Serve and enjoy.



Congressman John Lewis and Fatima share a moment of mutual appreciation.





## Mong Masoor Daal

### INGREDIENTS

1 cup masoor daal  
1 teaspoon garam masala  
1 teaspoon red mirch powder  
1 teaspoon zeera seeds  
1 teaspoon dennis powder  
1 teaspoon haldi powder  
1 teaspoon Chinese salt  
3 cups water  
1 tablespoon green chili, chopped  
1 tablespoon garlic, chopped  
1 tablespoon oil  
Pinch of fried onion

### PREPARATION

Rinse masoor daal in a strainer a few times.  
Heat a pot containing 3 cups of water on medium heat.  
Mix in garam masala, red mirch powder, zeera seeds, dennis powder, haldi powder, and Chinese salt into the pot.  
Mix in the green chili and garlic.  
Stir in masoor daal.  
Cook for 5 minutes until boiling.  
Add oil.  
Cover and let steam for 10 minutes.  
Remove lid and stir after 10 minutes.  
Turn off heat and let cool till warm.  
Serve warm with a sprinkle of fried onion and enjoy!

## Mong Masoor Daal

AYANNA BOATENG PREPARES FATIMA CHAUDHARY'S  
MONG MASOOR DAAL RECIPE



### AYANNA'S REFLECTION

► For centuries, human beings have connected and formed bonds despite the forces of greed and fear being busy at work. Amid brokenness, hundreds of thousands of dedicated people work tirelessly to change the systems of racism and hatred. Those of us alive today—we've got this! It's beautiful experiencing people around the world embracing those of a different race, gender, sexual preference, social-economic background, or a different religion or nationality. When we intentionally learn how other people perceive the world, we are participating in the kind of love that shines light into the darkest moments and places, transforming them into moments and places of happiness.



Ayanna speaks with KCRA News Channel 3 in Sacramento.



# Mandelskorpor

JENNIFER TRAN PREPARES MABEL MINNEY'S  
MANDELSKORPOR RECIPE



## JENNIFER'S REFLECTION

► One's cultural food offers the gift of our ancestors and the wisdom that we can work and live together in harmony. My family has made Mabel's

mandelskorpor several times. The baking process brings to the kitchen strong, sweet aromatic notes of almond extract. Once baked, the sweetness is matched by a buttery crunch that is unforgettable. Don't wait. Make mandelskorpor for your family and friends. I am sure they too will taste and feel the love of Mabel's family tradition. Cherish it.



Jennifer converses with Washington State Representative Lillian Ortiz-Self on the need to end economic inequities and poverty.



## Mandelskorpor (Swedish Almond Cookies)

### INGREDIENTS

1 cup sugar  
3 tablespoons sour cream  
1 cup butter  
2 eggs  
1/2 cup almonds, roasted and chopped  
3 cups flour  
1/8 teaspoon baking soda  
1/8 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon almond extract

### PREPARATION

Preheat oven to 350°F.

Mix the sour cream, sugar, and butter until smooth.

Slightly beat the eggs. Add almond extract and almonds.

Sift flour together with baking powder, baking soda, and salt, then add to the wet ingredients to make a dough-like mixture.

Roll dough into 4 long, narrow loaves about 3 inches long.

Bake on a baking sheet at 350°F for 20 minutes.

After 20 minutes, remove loaves from oven and slice into 1/2-inch-thick slices.

Stand slices on their sides to allow them to dry quickly.

For reference, these cookies should look smaller and softer than biscotti.

Bake an additional 10 minutes, flipping at the 5-minute mark.

Let cool. Serve and enjoy!





## Steam Egg Custard

### INGREDIENTS

3 eggs  
1-2 eggshells (to measure water)  
1 cup milk  
1/4 cup rock sugar (or any sweetener)  
1 tablespoon heavy cream

### PREPARATION

Fill a steamer with water and boil.

While waiting for water to boil, beat eggs with a whisk or chopsticks until yolks and whites are fully incorporated.

Fill an eggshell with water and pour into eggs. Continue beating egg mixture until water is fully incorporated.

Put up to 1/4 cup rock sugar into a pot (depending on how much sweetness is desired), and heat pot on stove over low heat. Stir sugar constantly with a silicone spatula until fully melted. Make sure sugar doesn't burn. Once sugar is melted, set aside to let cool.

Pour sugar into the egg mixture and mix until fully incorporated.

At this point, mixture should still be cool to touch and should not cook the egg.

Add milk and heavy cream to egg mixture and stir until the sugar and milk are one. Look for a lot of bubbles when beating egg mixture.

Place a mesh strainer on top of a serving bowl and pour in mixture until almost full. The mesh strainer helps make the eggs creamier and smooth. If making individual serving bowls, repeat this process for each bowl.

Cover with aluminum foil and place bowl(s) in the steamer.

Boil steamer on medium-low heat for 12-16 minutes until custard is solid.

Once fully cooked, remove the bowl(s) or keep in the steamer with heat off until ready to be served.

Best served warm or hot.

## Steam Egg Custard

MABEL MINNEY PREPARES JENNIFER TRAN'S  
STEAM EGG CUSTARD RECIPE



### MABEL'S REFLECTION

► We are not alone in the world. Look around! There are people in every country carrying out acts of kindness. Listen! There are languages, songs, and sounds unique and diverse. Hear the hopes, poems, and music from all over, each individually beautiful and all together a true symphony of the gift of life. Don't be late for dinner! The flavors and ingredients, many times unique and sometimes similar, form a universal life-giving exchange. When we share one another's meals, there is love and history in every dish. We are not alone.



Mabel and fellow students take a contemplative walk in the mist beside the Pacific Ocean.



## Organizing and Educating

- ▶ The practice of nonviolence, expressed Dr. King, “requires dedicated people, because it is a backbreaking task to arouse, to organize, and to educate tens of thousands for disciplined, sustained action.”



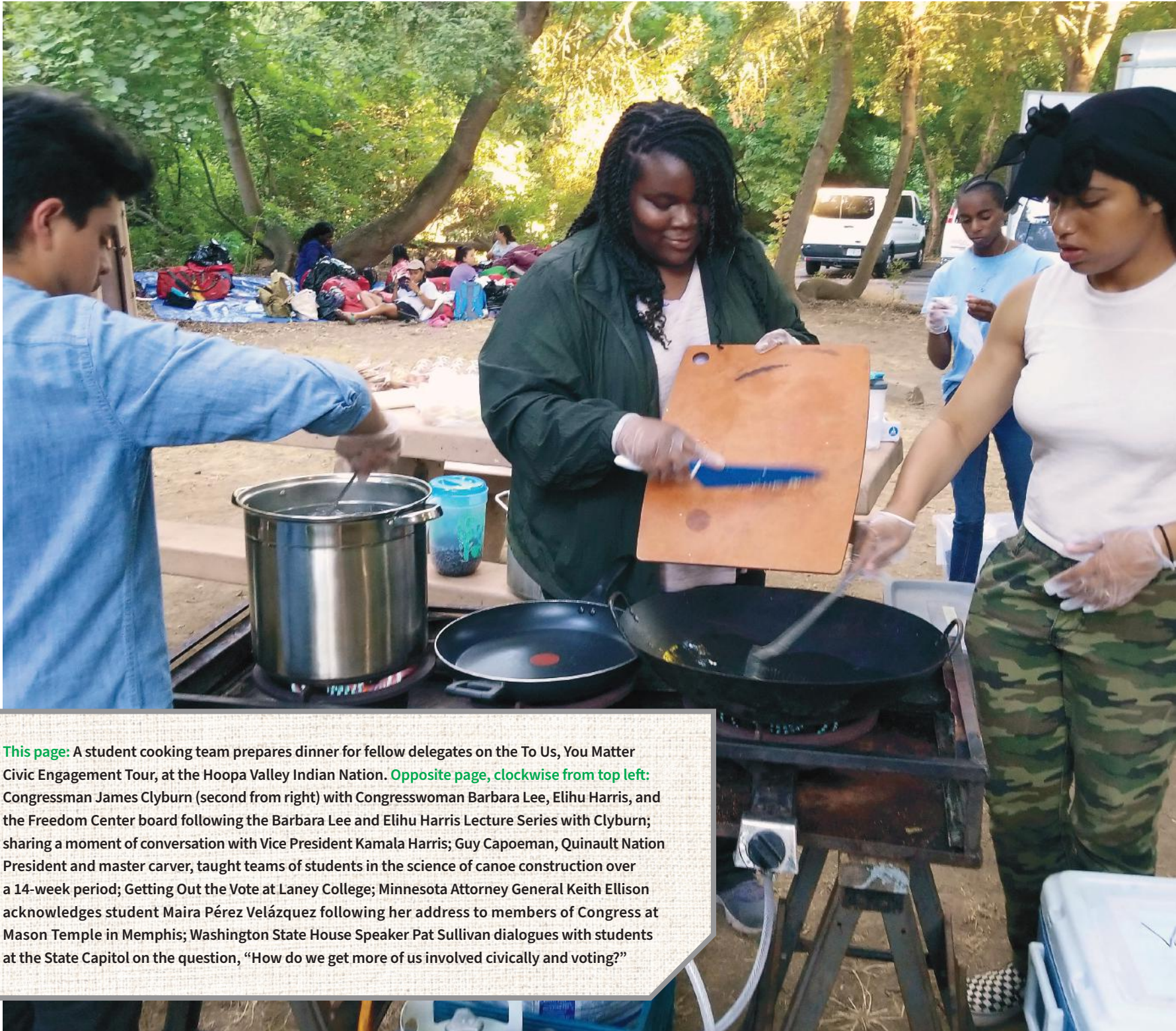




**This page:** Commemorating Dr. King Day at the State Capitol, student delegates engage members with relevant mandates for strengthening educational equity and inclusion. Washington State Senator Mona Das (back to camera) and students discuss these topics. **Opposite page, from top right:** Lieutenant Governor Denny Heck receives gratitude after a leadership seminar at the O'Dell Education Center; student David Gaines keynotes the Families Belong Together Rally advocating against separating families at the border; journal writing in Redwood National Park.



## Organizing and Educating



**This page:** A student cooking team prepares dinner for fellow delegates on the To Us, You Matter Civic Engagement Tour, at the Hoopa Valley Indian Nation. **Opposite page, clockwise from top left:** Congressman James Clyburn (second from right) with Congresswoman Barbara Lee, Elihu Harris, and the Freedom Center board following the Barbara Lee and Elihu Harris Lecture Series with Clyburn; sharing a moment of conversation with Vice President Kamala Harris; Guy Capoeman, Quinault Nation President and master carver, taught teams of students in the science of canoe construction over a 14-week period; Getting Out the Vote at Laney College; Minnesota Attorney General Keith Ellison acknowledges student Maira Pérez Velázquez following her address to members of Congress at Mason Temple in Memphis; Washington State House Speaker Pat Sullivan dialogues with students at the State Capitol on the question, “How do we get more of us involved civically and voting?”







## Student Bios

**Amaya Proctor** is a 10th grader at San Leandro High School in San Leandro, CA. She appreciates the dedication and hard work that goes into educating each other and striving to do better. Amaya likes to cook, take hikes, and make music.

**Amelie Wakatake** is an 11th grader at Kentwood High School in Kent, WA. Amelie believes that through community, we can provide all students with a sense of cultural and political power. She enjoys playing basketball and softball.

**Anka Bolorsukh** is a 10th grader at Oakland Charter High School in Oakland, CA. She believes that civic engagement study and practice assist us to understand what is important and what to struggle for. Anka enjoys archery.

**Ayanna Boateng** is a first-year student at Tulane University in New Orleans and is from Sacramento, CA. She notes that while some organizations teach us to seek comfort in the midst of chaos, leadership inspires and pushes us to get out of our comfort zones and to take action.

**Carly Villongco** is an 11th grader at Moreau Catholic High School in Hayward, CA. Carly believes cultural exchanges allow for a deep dive into our own cultures as well as an understanding about someone else's. She enjoys participating in student government, choir, and theater.

**Char Potes** attends the College of Alameda in Alameda, CA. Char believes that improvement through comments, criticisms, and coaching helps us grow as people and as nonviolence practitioners. He has been a part of the Freedom Center since his freshman year in high school and enjoys drawing, and painting with gouache.

**Christopher Castro-Salgado** is an 11th grader at Kentwood High School in Kent, WA. He believes that through his participation in the Institute for Community Leadership he has tapped into his purpose in life. Chris says this has assisted him in personal transformation—specifically, to be confident and speak up. He enjoys playing tennis.

**Ciarra Collins** is a 12th grader at Lincoln High School in Tacoma, WA. Ciarra believes that consistent communication helps us grow, especially when community dialogue is encouraged. She enjoys making art and playing tennis.

**Cing Lam Sang** is a 12th grader at Foster High School in Tukwila, WA. Cing suggests we all find spaces that allow reflection and properly unlearning what we have previously learned to challenge ourselves to be the people we are supposed to be. She enjoys singing in choir, art, and band.

**Elizabeth Quintanilla** is an 11th grader at San Lorenzo High School in San Lorenzo, CA. Elizabeth believes nonviolence will achieve peace if we are all willing to change something about ourselves. She likes helping people, especially kids, and is interested in becoming a Spanish teacher.

**Fatima Chaudhary** is a 12th grader at Kentwood High School in Kent, WA, and attends Green River College. Through Ethical Leadership classes, Fatima has developed a profound understanding of the need to confront one's fears in order to wield the levers of power. Fatima enjoys creating cultural art, drawing, and community building.

**Ilwad Mahammad** is an 11th grader at Kent Meridian High School in Kent, WA. She affirms that a group of awake people can assist in informing each other on issues for which we should remain awake. Ilwad likes to play guitar and draw.

**Jada Le** is a 10th grader at the Alameda Science and Technology Institute in Alameda, CA. Jada affirms that open, nonjudgmental environments will allow for people to understand one another. She likes to volunteer at her old elementary school by helping students with their homework.

**Jayda Gray** is an 11th grader at Oakland Technical High School in Oakland, CA. Jayda believes that reading, writing, and presenting poetry to others allows for a strong connection between thinking, saying, and doing, which in turn allows for personal transformation. She enjoys drawing, learning, and reading about those who paved the way for us today.

**Jennifer Tran** is a 12th grader at Foster High School in Tukwila, WA. Jennifer affirms that meeting students of various backgrounds and interests, who are willing to speak up, leads to developing a deep understanding of humanity. She enjoys participating in robotics club and in laboratory work.

**Jenovic Luzolo** is an 11th grader at Lincoln High School in Tacoma, WA. She believes leaders constantly push themselves out of their comfort zone. Leaders have to speak up. Jenovic is in a book club and plays basketball and tennis.





**Jose Pablo Gonzalez Ordoñez** is a 10th grader at Fremont High School in Oakland, CA. He believes to change the world around us, we must understand ourselves, our history, and how our ancestors would have wished us to be and to act. Jose Pablo enjoys drawing and painting landscapes on canvas. He cooks family recipes he learned from his grandmother, Matilde Lopez Hernandez.

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**Karen Rojas** is a 12th grader at the NEA Community Learning Center in Alameda, CA. She believes that through embracing the cultures of others with love and understanding we unify our personalities and become our more noble selves. Karen enjoys dancing, practicing crystal healing, and meditation.

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**Kayla Millheim** is an 11th grader at Oakland Technical High School in Oakland, CA. She believes coaching relationships are essential to receiving constructive feedback. Kayla likes babysitting, debate club, writing, and baking.

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**Kei Yamamoto** believes in taking action on the issues most relevant to our community and world. Kei likes to read historical nonfiction and fiction, and plays soccer.

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**Liam Ryals** is a 12th grader at Oakland Technical High School in Oakland, CA. He affirms that being a part of the Freedom Center is a method of social and political participation where he is motivated to change himself and his community. Liam enjoys debating with the Bay Area Urban Debate League at school.

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**Mabel Minney** is a 10th grader at the Alameda Science and Technology Institute in Alameda, CA. Mabel appreciates engaged and meaningful relationships based on deep concepts that help develop social consciousness. She enjoys hands-on learning with Oaktown 4H.

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**Nalani Hall** is a 12th grader at Kentwood High School in Kent, WA. Nalani highlights the importance of defending human rights as well as practicing personal transformation to become one's nobler self. Nalani runs track, hikes, draws, sings, writes songs, and bakes in her free time.

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**Natnael Berhanu** is an 11th grader at Tahoma High School in Maple Valley, WA. Natnael believes in taking collective, community action to fight for what is right. Natnael likes to play sports, especially football.

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**Rosa Cardenas** is a first-year student at Chabot College and is from San Lorenzo, CA. She urges us to appreciate various cultures and traditions through learning more about values and using our voices. Rosa enjoys cheerleading and is interested in becoming a teacher's aide for special education students.

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**Sarahi Delgado** is a 10th grader at San Lorenzo High School in San Lorenzo, CA. Sarahi believes we often fail to act on opportunities to use our voice to make a change in our community. She wants to change that. Sarahi enjoys trying new recipes and sketching.

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**Sarina Rye** is a 12th grader attending Sacramento Country Day School in Sacramento, CA. She values the opportunity to have classes outside of school that push us to be serious coaches for our own self-development and the development of those around us. Sarina is on the Sacramento Youth Commission and plays the violin and ukulele.

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**Semhal Abera** is a 10th grader at Oakland Charter High School in Oakland, CA. Semhal values learning and discussing hard-hitting issues that affect us all. She accents the significance of keeping in touch with her Ethiopian culture through learning and practicing traditions.

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**Trinity Ponce** is a 12th grader at Natomas Pacific Pathways Prep in Sacramento, CA. Trinity trusts developing personal connections, in a way that encourages everyone to speak up, is the key to making an impact. She has been playing soccer since she was 4 years old.

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**Ursa Kaiser** is an 11th grader at Oakland Technical High School in Oakland, CA. Ursa appreciates coaching for leadership, which comes from love, and the community responsibility that comes with it. Ursa enjoys serving on student government and sings in choir.

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# Every Recipe Offers a Pathway to Community

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**T**he ingredients are here, with us and among us. Very few ingredients are rare or unimagined. Most are commonplace. Whether savory or sweet, hearty or light, every meal holds the potential for bringing forth love and hope. With each meal we make we reaffirm the existence of a world house. Recipes come into reality by people repeating the basic yet glorious task of sustaining life. Everywhere around the planet, the task is to arrange the ingredients and put them together in ways that unify and construct cohesion and cooperation. It is no accident that corporate fast-food chains provide unhealthy ingredients that are put together in exploitative ways. The purpose there is profit. The purpose of putting together ingredients for a meal with family and friends is health and happiness.

Humanity risks great peril when food production and consumption become separated from the protection and promotion of worldwide unity of action. The good news is that each time we prepare a meal we can become more conscious of our part in a global, interconnected, and interdependent network.

The students' reflections tell a story of their own conceptualizing processes. They have learned that conduct creates character and from character, consciousness blooms. Conduct that unifies and brings together develops a character that produces a broader consciousness, an awareness of others. Conduct that disunifies and segregates creates a character that produces narrow consciousness. If one's conduct is primarily disunifying, that person's character creates a lack of consciousness. In some cases, the conduct is so disunifying that the person cannot see their own interest; they cannot act, or work, or vote for their own economic, social, and political interests. Conduct that brings unity, cohesion, and integrity constructs community.

After the meal is over, the dishes done, and before we go about our days, permit a moment to visualize our own conduct that produces unity, wholeness, and happiness. The students did not start the recipe exchange process thinking of it as a metaphor for doing community-building work that can heal the nation and promote justice and democracy. Nor did

**“With each meal we make we reaffirm the existence of a world house. Recipes come into reality by people repeating the basic yet glorious task of sustaining life.”**

—Roy Wilson

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they think the actual work of exchanging the recipes, organizing family and friends, and taking responsibility for preparing meals would lead to a unifying, energy-boosting excitement.

Dr. King calls for “a revolution of values.” His recipe includes identifying the internal realm and the external realm. The internal is the goal for our lives, the “why we live.” It is composed of art, literature, food, language, clothing, ritual, poetry, theater, and religion. The external realm is “how we live.” It includes our jobs and what we do, paychecks, and material possessions. King's directive stems from his view that we have allowed the “how we live” to overtake the “why we live.” A revolution of values will flip this formula, and a focus on the conduct that addresses the “why we live” will bring about justice, peace, and democracy. From the distractions and diversions in our lives, we must put something down, and from the hope for community and justice in our lives, we must pick something up.

Dr. King affirms, “Our hope for creative living in this world house that we have inherited lies in our ability to re-establish the moral ends of our lives in personal character and social justice. Without this moral and spiritual reawakening, we shall destroy ourselves in the misuse of our own instruments.”



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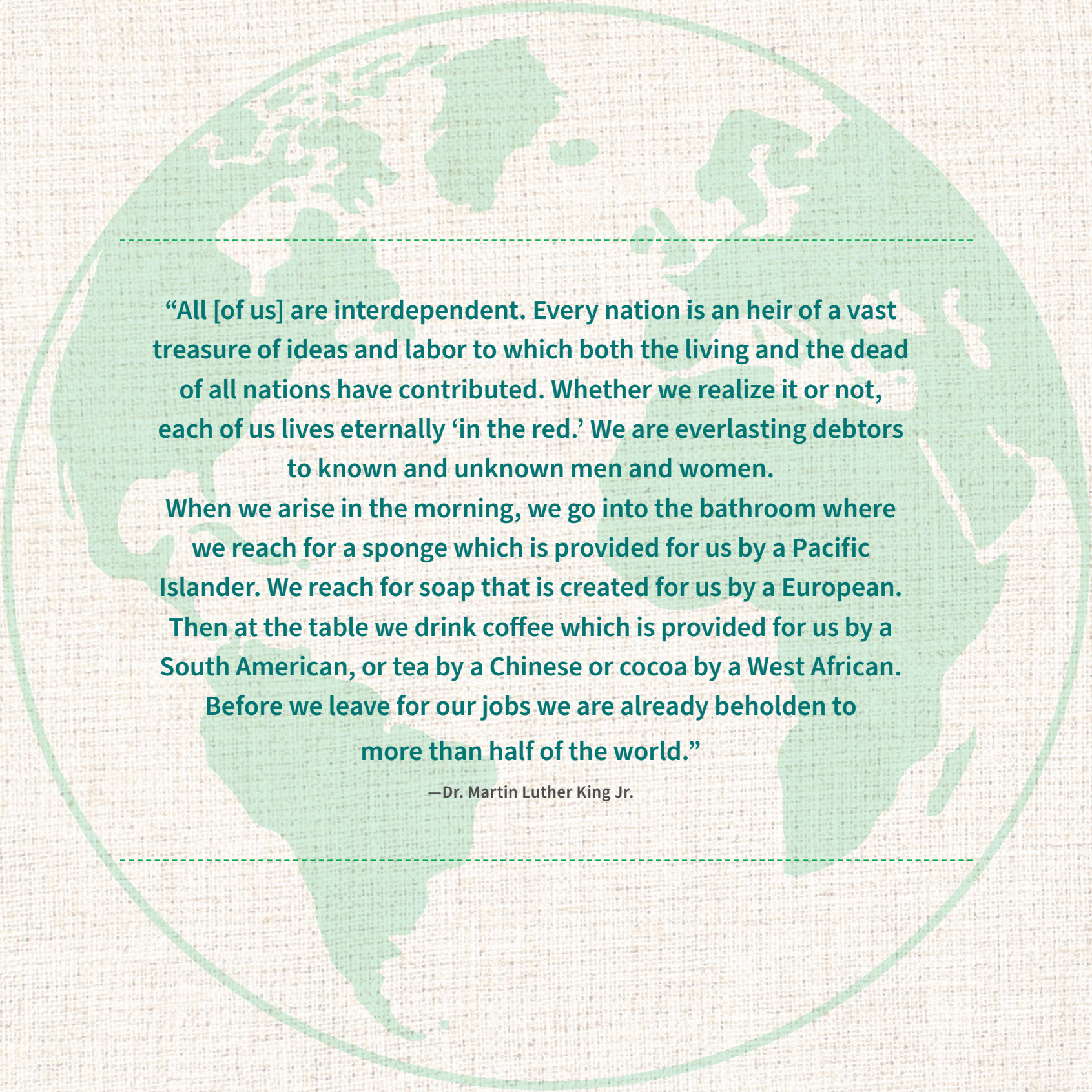
Congresswoman Barbara Lee (center) delivers a Congressional Record for lifetime achievements in the civil rights, labor, and peace movements to Jack O'Dell; Lee is accompanied by Dr. Jane Power.

Luzmaria Velázquez Payán  
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 Victor Uno  
 Dave Upthegrove  
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 Dr. Karen White  
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 Jackie Wong  
 Victoria Woodards  
 Niel Young

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**“All [of us] are interdependent. Every nation is an heir of a vast treasure of ideas and labor to which both the living and the dead of all nations have contributed. Whether we realize it or not, each of us lives eternally ‘in the red.’ We are everlasting debtors to known and unknown men and women.**

**When we arise in the morning, we go into the bathroom where we reach for a sponge which is provided for us by a Pacific Islander. We reach for soap that is created for us by a European. Then at the table we drink coffee which is provided for us by a South American, or tea by a Chinese or cocoa by a West African. Before we leave for our jobs we are already beholden to more than half of the world.”**

**—Dr. Martin Luther King Jr.**



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**“Indeed, these students are not struggling for themselves alone. They are seeking to save the soul of America. They are taking the whole nation back to those great wells of democracy which were dug deep by the Founding Fathers in the formulation of the Constitution and the Declaration of Independence.”**

**—Dr. Martin Luther King Jr.**

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**Martin Luther King Jr.**  
— FREEDOM CENTER —

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*“From a Kitchen in the World House is packed with great recipes for meals and great reflections on how we can live together, more sustainably, in a just and equitable democracy.”*

—Barbara Lee, Representative for California’s 13th Congressional District

*“By understanding various cultures and social groups, our students make positive connections between their own lives and the lives of their cohorts, constantly stepping outside individual comfort zones to grow as constructive world citizens. Differences among us are celebrated, we acknowledge these distinctions as beneficial—and in the case of multicultural foods, find them quite enjoyable.”*

—Elihu Harris, former Mayor of Oakland

*“These students are organizing in the context of the struggle to win and establish greater constitutional democratic civil-human rights. Their actions of exchanging recipes and reflections form the creative conduct necessary to generate economic and ecological empowerment. On each page of the book, the reader encounters thoughts and actions displaying the humanism so necessary for our survival.”*

—Bobby Seale, Founding Chairman and National Organizer of the Black Panther Party

*“When you think of it, who would want a World House without a kitchen in it? And how can we create the World House without feeding one another, learning from one another, and sharing our kitchens? The students featured in this project have made a tremendous contribution to education for the World House—a paramount duty for a healthy democracy.”*

—Dr. Clayborne Carson, Founding Director and Professor Emeritus,  
Martin Luther King Jr. Research and Education Institute, Stanford University

*“The beautiful diversity of our cultures offers so many opportunities for learning and understanding. Our young people’s contributions and reflections in this cultural recipe exchange are not only the ingredients for nourishing the body, but the seeds for strengthening our democracy.”*

—Rob Bonta, Attorney General of the State of California

*“There is so much we can learn from what we all have in common, as well as from what makes us each unique. The reflections and learning shared by the students featured in this cultural recipe exchange are a beautiful example of how making time to get to know one another makes our shared civic society stronger.”*

—Laurie Jinkins, Speaker of the Washington State House of Representatives