

Culinary Team-Building

Create a one-of-a-kind experience for your group!

Select a tier from our options below and let us help you with all of the heavy lifting that comes with planning a culinary event!



Tier One

3 hours, \$115/person (6 person minimum)

A 3-hour team-building experience including happy hour with an appetizer and sodas, 90-minutes of cooking with Chef, and time to enjoy your meal together!

Select a cuisine and choose **one appetizer + one entree + two sides**.

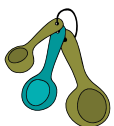


Tier Two

2 hours, \$99/person (7 person minimum)

A 2-hour team-building experience including 90 minutes of cooking with Chef and time to enjoy your meal together!

Select a cuisine and choose **one entree + two sides**.



Tier Three

1.5 hour, \$65/person (12 person minimum)

A 1.5-hour team-building experience including 60 minutes of cooking with Chef and time to enjoy your meal together!

Select a cuisine and choose **one entree + one side**.

California Menu

Appetizers

Californian Clam Chowder: Originating during the 1849 Gold Rush when New Englanders brought their creamy recipe to San Francisco. This regional variation features minced garlic, bacon, and sherry for added depth.

Pan-Seared Scallops: California-style pan-seared scallops are celebrated for their shimmering, golden-brown crusts that give way to a buttery, tender center, brightened by a vibrant lemon reduction and a delicate garnish of greens.

Entrees

Baja Fish Taco: A culinary fusion that emerged in the mid-20th century in coastal cities, where local fishermen adapted Japanese tempura techniques to create the iconic combination of beer-battered fried fish, shredded cabbage, and creamy white sauce on a corn tortilla.

Cioppino: A signature San Francisco seafood stew developed in the late 1800s by Italian immigrant fishermen. A classic bowl of is a robust stew featuring a bounty of fresh seafood simmered in a rich tomato broth seasoned with garlic, onions, and fresh herbs.

Tetrazzini: Named after the legendary Italian opera star Luisa Tetrazzini, widely believed to have been created circa 1908 by chef Ernest Arbogast at San Francisco's Palace Hotel. A baked pasta casserole featuring tender morsels of chicken and sliced mushrooms folded into a rich cream sauce, topped with a golden, bubbly layer of Parmesan cheese and breadcrumbs.

Mission Style Burrito: Originating in San Francisco's Mission District during the 1960s. A culinary icon defined by its massive size and "super" fillings, consisting of a large flour tortilla stuffed with meat, Mexican rice, whole beans, salsa, and onions.

Sides

Cobb Salad: Famously "cobbled" together in 1937 at The Brown Derby in Hollywood when owner Robert Howard Cobb raided the refrigerator for a midnight snack and accidentally created a California culinary icon. Featuring neat rows of bacon, avocado crescents, hard-boiled eggs, and tangy Roquefort crumbles layered over a crisp, chilled bed of lettuce and drizzled with a zesty vinaigrette.

Cole Slaw: A reimagining of the classic side, featuring a crisp medley of shredded cabbage tossed in a zesty citrus dressing and flecked with seasonal flavors.

Crab Louie: Emerging on the West Coast in the early 20th-century, with its true origin sparking a friendly rivalry between San Francisco's Solari's (where it appeared on menus as early as 1914) and Seattle's Olympic Club. Featuring a mound of sweet crab meat served over a bed of iceberg lettuce, garnished with hard-boiled eggs, tomato wedges, asparagus spears, and olives, all brought together by a signature creamy dressing with a spicy yet refined kick.

Cajun Menu

Appetizers

Cajun Shrimp Dip: A creamy, spicy delight that features the Cajun trinity and Creole seasoning. This hot, bubbly baked dip is a modern evolution of Cajun & Creole culinary traditions.

Beignets: Synonymous the world over with New Orleans. Warm, pillowy, deep-fried pastry that puffs up into a golden-brown square, covered in a generous cloud of powdered sugar.

Entrees

Cajun Pasta: A vibrant, flavor-packed dish, featuring tender pasta coated in a rich, creamy sauce infused with bold Cajun spices shrimp, smoky andouille sausage, colorful bell peppers, sweet corn, tomatoes, and fresh parsley, creating a perfect balance of smoky, spicy, and savory.

Etouffee: Originating in Breaux Bridge Louisiana during the 1920's. This classic dish features a rich, velvety-thick, and savory sauce, the Cajun Trinity, and is loaded with succulent shrimp and served over a bed of fluffy white rice.

Shrimp Creole: A vibrant, elegant "party on your plate: showcasing the sophisticated urban flair of New Orleans cooking. Shrimp simmered in a savory tomato sauce built on the "holy trinity", all seasoned with a zesty blend of garlic, hot sauce, and aromatic Creole spices.

Sides

Smothered Okra & Tomatoes: Often called Okra Gumbo a soulful, slow-cooked melody of summer garden favorites. Sliced okra is slow cooked alongside the "holy Trinity" in a rich tomato base, heightened with smoky bacon, and a dash of Creole seasoning.

Cajun Collard Greens with Bacon: A dark, leafy masterpiece of patience, transformed from sturdy garden greens into a silky, melt-in-your-mouth treasure. The greens are braised in the rendered bacon, every leaf is coated in a silken, salty richness.



Caribbean Menu

Appetizers

Fried Plantains: Golden-brown and slightly crisp around the edges, offering a sweet and soft texture. The warmth enhances their naturally sweet flavor, creating a comforting and delicious experience.

Soup Jou Mou: Originally forbidden to enslaved Haitians and reserved only for French colonial masters, it became the dish of liberty following the 1804 revolution. Squash, beef stock, marinated beef, cabbage, and golden potatoes are simmered with an epis of garlic, scallions, and habanero peppers.

Entrees

Jamaican Rasta Pasta: A fusion dish featuring al dente penne tossed with a colorful trio of sautéed red, yellow, and green bell peppers in a jerk-infused cream sauce that balances fiery Caribbean heat with savory Parmesan cheese. Created in 1985 by chef Lorraine Washington at the Paradise Yard Restaurant in Negril, this neo-classic is a staple all over the island and the world.

Jerk Chicken: Bone-in pieces grilled until the skin is beautifully charred and crisp, enveloping juicy meat infused with a fiery, aromatic marinade of peppers, allspice, fresh thyme, and savory scallions. A 17th-century culinary fusion between Jamaica's indigenous Taíno people and the Maroons remains a titan of Jamaican cuisine.

Peppered Shrimp: Whole shrimp sautéed in a fiery brine of peppers, allspice, and fresh thyme, finished with a splash of vinegar and annatto. A traditional West African-influenced survival meal transformed into a fiery snack that defines the regional identity of Middle Quarters.

Arroz con Pollo: A Latin American classic featuring seared chicken thighs nestled into a bed of rice. The rice is simmered in a rich, saffron-infused broth with a traditional sofrito of sautéed garlic, onions, and bell peppers, finished with the briny pop of Manzanilla olives and sweet peas.

Sides

Arroz Congri: A cornerstone of Cuban gastronomy, known for its deep savory flavor. Long-grain rice and black beans simmered together alongside a fragrant "sofrito" of sautéed onions, garlic, and green bell peppers, and seasoned with cumin, oregano, and bay leaves.

Pikliz: The fiery punctuation mark of Haitian cuisine. It is a spicy, pickled vegetable slaw that serves as an essential flavor-balancing condiment, prized for its ability to cut through the richness of fried and fatty foods.

Diriak Pwa: Translating to Rice & Beans, Combines African agricultural wisdom with Caribbean ingredients to create a dish that provides both strength and comfort. Rice and red kidney beans simmered together in a base of aromatic cloves, fresh thyme, and the fruity heat of a habanero pepper.

East Asian Menu

Appetizers

Pho: The culinary soul of Vietnam; cherished globally for its restorative warmth, a noodle soup consisting of flat rice noodles and thinly sliced beef, served in a fragrant broth slow-simmered with charred ginger, onions, and warming spices.

Ramen: A deeply soulful bowl that balances extraordinary depth of flavor with vibrant simplicity. Ramen is a harmonious blend of Kansui (wheat noodles), a deeply flavorful broth, and aromatic oil, finished with an array of carefully selected toppings.

Entrees

Bulgogi: A comforting Korean classic featuring slices of beef bathed in a velvety, sweet-and-savory marinade of soy sauce, toasted sesame oil, and garlic, then sweetened with Asian pear. This iconic dish traces its roots back over two thousand years to the ancient Goguryeo era.

Orange Chicken: A joyful comfort dish featuring crispy, golden-fried chicken bites tossed in a glossy glaze made from fresh orange juice, aromatic ginger, and a hint of brown sugar for a perfect balance of citrus brightness and warmth. Born in 1987 at a Panda Express in Hawaii, orange chicken was a brilliant spark of culinary fusion by Chef Andy Kao.

Pad Thai: A vibrant dance of textures and flavors, weaving together chewy rice noodles, succulent shrimp, in a signature sauce of tangy tamarind, salty fish sauce, and sweet palm sugar, all crowned with a crunch of roasted peanuts and a bright zest of fresh lime. Born in the 1930s as a symbol of national pride, it was championed by Prime Minister Plaek Phibunsongkhram to unify the nation and conserve rice during World War II.

Kung Pao: A beloved Sichuan stir-fry that brings together tender, velvety chicken and crunchy roasted peanuts in a complex sauce of soy sauce, aromatic ginger, and garlic, all balanced by the signature smoky heat of dried red chilies. Kung Pao chicken originated in the 19th-century Qing Dynasty and is named after Ding Baozhen, a Sichuan governor.

Sides

Edamame: Vibrant, immature soybeans harvested in their youth to preserve a delicate balance of natural sweetness, grassy freshness, and a buttery, nutty undertone that comes alive when cooked and lightly dusted with salt.

Fried Rice: A soul-warming medley of fluffy grains and crisp vegetables, all brought together in a searing wok with the nutty aroma of toasted sesame oil, savory soy sauce, and the golden richness of scrambled eggs. Tracing back to the Sui Dynasty (589–618AD), fried rice began as a practical way to avoid food waste by stir-frying leftover grains with seasonal scraps.

Gamja Jorim: A heartwarming Korean staple featuring tender baby potatoes braised to a glossy sheen in a sweet and savory glaze of soy sauce, garlic, and honey, all finished with the nutty aroma of toasted sesame oil and seeds.

Italian Menu

Appetizers

Bruschetta: A stunning Italian staple that celebrates the harmony of simple, high-quality ingredients. Featuring thick slices of rustic bread toasted golden-brown, juicy vine-ripened tomatoes, fresh basil, and olive oil.

Minestrone: Minestrone is Italy's soup; a thick and soulful celebration of the harvest that captures the essence of cucina povera (the "poor kitchen"). A hearty, slow-simmered tumble of garden-fresh vegetables meld with creamy cannellini beans and tender pasta in a robust, tomato-kissed broth deepened by the savory essence of a melted Parmesan rind.

Entrees

Cacciatore: A dish that captures the spirited essence of the hunter's style (alla cacciatora). Bone-in chicken thighs slow-braised until succulent and tender in a robust, rust-hued sauce of crushed San Marzano tomatoes and earthy Chianti.

Chicken Parmesan: The Italian American comfort dish, featuring tender, golden-fried chicken cutlets nestled in a vibrant tomato marinara and crowned with a warm, bubbling blanket of melted mozzarella and salty Parmesan cheese. Its soul resides in the old-world tradition of Italian eggplant parmigiana; it was born in the early 20th century as a beautiful act of Italian American innovation.

Marsala: A dish of profound elegance that captures the warmth of a Sicilian autumn. Chicken creates a savory crust that acts as a sponge for the sauce. The wine transforms the sauce into a silken, amber nectar. Mushrooms are sauteed in the sauce until they become tender. Born in 19th-century Sicily through the fusion of local fortified wine and elegant French culinary techniques.

Saltimbocca: An Italian classic whose name means "jump in the mouth". Tender, pan-seared chicken cutlets layered with crisp, salt-cured prosciutto and aromatic fresh sage. Finished with a reduction of white wine and butter.

Sides

Focaccia: Originally a humble hearth-baked flatbread known to the ancient Romans as panis focacius. It evolved over centuries from a simple ritual offering into a diverse Italian staple. Famously perfected in the Liguria region as the soft, dimpled, and olive oil-rich bread we know today.

Caesar Salad: Invented in Tijuana, Mexico, and defined by its masterful balance of contrasting textures and deep, savory umami flavors. It is a culinary icon that transforms simple ingredients into a sophisticated sensory experience.

Mushroom Risotto: "Risotto ai Funghi" is a cornerstone of Northern Italian gastronomy. Arborio rice is pearlized in butter. Porcini provides a deep umami foundation. Aged Parmigiano-Reggiano creates a consistency that Italians call all'onda, meaning "like a wave".

Mediterranean Menu

Appetizers

Gambas al Ajillo: (Garlic Shrimp) Emerging from the tapas culture of southern and central Spain as a staple of traditional tabernas. Tail-on shrimp sizzled in a pool of olive oil infused with garlic, red chili pepper for a subtle heat, a splash of lemon juice, and finished with fresh parsley.

Hummus: The first verifiable appearance of this treasured dish came in the 13th-century Arabic cookbooks. A purée of tender chickpeas blended with rich, nutty tahini, fresh lemon juice, and a hint of garlic, finished with a pool of extra-virgin olive oil and a dusting of smoky paprika.

Entrees

Moussaka: Tracing its lineage to 13th-century Arabic vegetable stews, it was reimaged in the 1920s by French-trained chef Nikolaos Tselementes, who Westernized Greek cuisine by introducing the signature layers of rich eggplant and meat topped with a thick blanket of béchamel sauce.

Paella: Originating in the 18th century as a humble one-pot lunch for Valencian farmworkers, who combined locally grown rice with readily available ingredients. a mosaic of saffron-stained Bomba rice topped with a bounty of fresh Mediterranean seafood.

Souvlaki: With a history that spans nearly four millennia, its modern identity was cemented in the early 20th century with the introduction of the pita-wrapped version by refugees from Asia Minor. Tender chicken marinated in a blend of olive oil, fresh lemon juice, and oregano before being skewered and grilled.

Tagine: The history dates to the 8th century. A traditional Moroccan tagine consists of tender pieces of bone-in chicken braised with an array of aromatic ingredients, including saffron, ginger, and cinnamon, offset by the sweetness of dried fruit and the tang of lemons and olives.

Sides

Patates Lemonates: A cornerstone of Greek home cooking, evolving from a village staple into a culinary treasure. Potato wedges roasted in a savory bath of stock, olive oil, and fresh lemon juice, seasoned with oregano and garlic to create a golden exterior and a soft, citrus-infused center.

Pitas: A soft, slightly chewy disc of leavened bread that, when baked, puffs into a golden balloon to create its signature steam-filled inner pocket, perfect for stuffing with savory fillings.

Salatet Batata: Representing the region's ability to transform the humble potato into an example of Mediterranean hospitality, essential to any traditional mezze spread. A dairy-free Lebanese potato salad featuring tender potatoes in a dressing of olive oil, fresh lemon, and minced garlic. Finished with parsley, green onions, and mint.

Mexican Menu

Appetizers

Chips & Salsa: Experience the harmony of two authentic flavors. **Salsa Roja** - A deeply smoky and robust tomato salsa with a slow-building warmth. **Salsa Verde** - A zesty, electric green salsa featuring tangy tomatillos, serrano peppers, and a flash of lime.

Paired with warm, crispy corn totopos (chips) that are light, airy, and salted to perfection.

Elote: A celebration of contrast that transforms a humble ear of corn into a “symphony of flavors,” a journey from the sacred fields of the ancient world to the bustling street corners of modern Mexico City, representing a deep culinary fusion of indigenous and European traditions.

Entrees

Carne Asada: Steak tenderized in a vibrant marinade of freshly squeezed citrus, garlic, and cracked black pepper. Grilled to then thinly sliced to ensure every bite is perfectly tender. Born from the rugged ranching culture of 16th- century Northern Mexico, evolving from a rustic meal prepared over open desert fires.

Enchiladas Suizas: Featuring tender flour tortillas filled with shredded chicken and blanketed in a salsa Verde enriched with Mexican crema, topped with a bubbling layer of Oaxaca cheese. Originating in the early 20th century at Sanborn’s in Mexico City, where the dish’s signature creamy green sauce was named Swiss-style.

Burritos: A culinary embrace from Northern Mexico. You will make Chihuahua Style, considered the traditional standard. Featuring flour tortillas simply rolled around a flavorful guisado deshebrada (shredded beef with chili strips) accompanied by a layer of refried beans and melted cheese.

Tacos de Chorizo: A celebration of spice and smoke-a dish that captures the spirit of the Mexican street stall. Warm corn tortillas filled with smoky, crumbled pork sausage that has been seasoned with chilies, garlic, and warm spices. Finished with fresh cilantro, diced white onions, and a squeeze of lime.

Sides

Arroz Rojo: A “culinary bridge” between the Old and New Worlds. Rice toasted until golden and simmered in a vibrant puree of fresh tomatoes, onions, and garlic, all enriched with savory chicken stock and fresh vegetables.

Chiles en Nogada: A stunning patriotic masterpiece featuring roasted poblano peppers stuffed with a savory-sweet picadillo of shredded meat, seasonal fruits, and aromatic spices, all draped in a white walnut cream sauce. Born in 1821 in the city of Puebla, famously created by Augustinian nuns to honor General Agustin de Iturbide and the newly won Mexican independence.

Frijoles Refritos: A soul-warming Mexican staple featuring tender pinto beans mashed and sizzled with sauteed onions and garlic, all seasoned with a fragrant blend of cumin, salt, and oregano. They get their beautiful name not from being fried twice, but from a Spanish intensifier that translates to “thoroughly” or “well- fried,” celebrating the patient process.

New England Menu

Appetizers

Clam Chowder: A thick, ivory comfort that serves as a culinary postcard of the Atlantic coast. Often called Boston Style, it is a dish defined by its velvety richness and the deep, briny soul of the sea.

Crab Cakes: The crown jewel of the Chesapeake, is the essence of the sea takes center stage. Sweet jumbo lump crab meat bound lightly with a creamy mixture of mayonnaise, Dijon mustard, and a splash of Worcestershire sauce, all elevated by the savory heat of Old Bay seasoning.

Entrees

Coney Dogs: In New York, the Coney dog traces its roots to the bustling boardwalks of Coney Island in the early 1900s, where immigrants sold hot dogs smothered in meat sauce to hungry crowds, turning seaside street food into an American classic. A natural-casing hot dog topped with a savory, fine beef chili, diced onions, and yellow mustard.

Lobster Rolls: A classic Maine lobster roll features succulent, chilled chunks of sweet lobster lightly tossed in mayonnaise and served nestled in a golden, butter-toasted split-top bun. Bridging the gap between working-class roots and high-end culinary status while representing Maine.

Philly Cheesesteak: A classic Geno's Philly Steak is crafted with high-quality, thinly sliced rib-eye beef that is grilled without being chopped and served on a fresh Italian roll with a choice of Cheez Whiz, provolone, or American cheese and the option of "wit" or "wit-out" sautéed onions.

Chicken Riggies: A classic from Utica NY. Tender ridges of rigatoni are submerged in a velvety pink sauce balancing rich cream with zesty tomato. Then tossed with chicken, onions, and garlic. Creating a decadent harmony of savory heat and silky comfort.

Sides

Amish Macaroni Salad: Featuring tender elbow pasta drenched in a glossy yellow dressing that balances a distinct sugary tang with the mellow creaminess of mayonnaise. The vivid crunch of finely diced celery and red peppers, hard-boiled eggs and a dusting of paprika add a savory depth.

Boston Baked Beans: Navy beans slow-cooked in a heavy pot until tender and enrobed in a thick, mahogany glaze of sweet molasses, pungent dry mustard, and rich, salty pork. Boston got its famous "Beantown" nickname from this essential staple of New England community gatherings.

Succotash: A medley of sweet corn kernels and tender cranberry simmered with savory salt pork and minced onions in a light, buttery broth enriched with a splash of heavy cream. Originally a vital 17th-century survival food gifted by the Wampanoag and Narragansett peoples to struggling colonists.

Pasta Menu

Appetizers

Antipasto Salad: The traditional first course of an Italian meal, literally meaning “before the meal”. An edible mosaic that captures the festive spirit of an Italian deli in a single bowl. It is a “celebration of contrast” where every bite offers a new discovery of flavor and texture.

Bruschetta: A stunning Italian staple that celebrates the harmony of simple, high-quality ingredients. Featuring thick slices of rustic bread toasted golden-brown, juicy vine-ripened tomatoes, fresh basil, and olive oil.

Minestrone: It's Italy's soup; a thick and soulful celebration of the harvest that captures the essence of cucina povera (the “poor kitchen”). An aromatic, deep-red broth teems with a rustic harvest of tender cannellini beans, pasta, and a colorful confetto of fresh garden vegetables. All brightened by a final, fragrant flourish of basil and sharp Parmesan.

Entrees

Cacio e Pepe: A masterpiece of Roman minimalism, cacio e pepe transforms humble ingredients into a luxurious silk of tangy, aged Pecorino Romano and the tempering heat of toasted black pepper, clinging to every al dente strand in a velvety, golden emulsion.

Spaghetti & Meatballs: Tangled mounds of al dente spaghetti are crowned with tender, slow-simmered meatballs crafted from a savory blend of beef and pork, all cloaked in a vibrant, herb-flecked tomato sauce and finished with a snowy dusting of aged Parmesan. Often celebrated as a quintessential Italian classic, it is actually an Italian American innovation born in New York City around 1900, as immigrants adapted their traditions to the abundant and affordable ingredients here in the US.

Ravioli: Tender, hand-folded pillows of pasta bursting with creamy ricotta and earthy spinach are bathed in a deep, brick-red ragù, where slow-simmered beef and pork meld with the sweetness of San Marzano tomatoes and the aromatic whisper of fresh basil. Ravioli first appeared in 14th-century Italian manuscripts as a delicacy for the upper class. The 16th-century introduction of tomatoes allowed it to be paired with ragù that became a hallmark of regional Italian celebrations.

Carbonara: Authentic carbonara is a silky emulsion of golden egg yolks and sharp, salty Pecorino Romano. Emulsified with rendered bacon and tossed into hot pasta with a generous dusting of freshly cracked black pepper. The exact origins are a mystery, widely believed to have emerged in Rome following the Allied liberation, local cooks combined Italian pasta with the bacon and powdered eggs from American military rations.

Pasta Menu

Sides

Focaccia: Featuring a pillowy, olive-oil-soaked crumb topped with blistered cherry tomatoes that burst with sweetness against a fragrant tapestry of freshly torn basil and crunchy flakes of sea salt.

Caesar Salad: A tableside spectacle of crisp, chilled Romaine hearts slicked in a velvety, umami-rich emulsion of garlic, egg yolks, and salty anchovies, all crowned with shards of nutty Parmigiano Reggiano and golden, butter-toasted croutons that provide an addictive, percussive crunch.

Caprese Salad: An edible portrait of the Italian summer, famously echoing the green, white, and red of the Italian flag. It is a dish that relies on absolute simplicity to showcase the peak quality of its few essential components. Tomatoes, fresh mozzarella, basil and olive oil.

Southern Menu

Appetizers

Fried Green Tomatoes: Slices of tart green tomatoes bathed in tangy buttermilk and hot sauce before being dredged through a seasoned crust. Then sizzled in a cast-iron skillet of hot oil until they achieve a golden-brown finish.

Hush Puppies: A symbol of Southern hospitality passed down through generations. A thick, savory batter made from cornmeal and flour is seasoned with onions and spices, enriched with buttermilk and eggs, and then deep-fried into golden, bite-sized nuggets.

Entrees

Biscuits & Gravy: Emerging in the post-Revolutionary War South as a modest, calorie-dense breakfast for the working class. Golden-brown buttermilk biscuits are split open and smothered in thick, white gravy simmered with savory drippings, cracked black pepper, and crumbles of pan seared pork sausage.

Chicken Purloo: A Gullah Geechee dish with roots in West African rice-growing traditions, brought to the Lowcountry by enslaved people. A savory one-pot dish where rice absorbs a rich, aromatic broth consisting of the “holy trinity”, chicken, andouille sausage, and a warming blend of thyme and cayenne.

Low Country Boil: Deeply rooted in the Gullah Geechee traditions of the South Carolina coast., this feast was modernized in the 1960s as “Frogmore Stew” by National Guardsman Richard Gay before gaining fame as the “Lowcountry Boil”. A classic Lowcountry boil features shell-on shrimp and andouille sausage tumbled together with ears of corn and red potatoes, all dusted in an aromatic coating of Old Bay seasoning.

Shrimp & Grits: Originally a simple breakfast shrimp dish rooted in West African and Gullah Geechee traditions of the Lowcountry. A classic bowl features plump, shrimp and smoky Andouille sausage atop a bed of white grits, all smothered in a rich, savory gravy of crispy bacon lardons, sautéed bell peppers, and bright green scallions.

Sides

Collard Greens: Tracing their journey from ancient Mediterranean to the American South, where enslaved West Africans utilized their agricultural knowledge to transform the hardy leaves into a foundational staple of soul food. A traditional pot features thick, emerald ribbons of hardy leaves flavored with simmered with smoked turkey wings, yellow onions, and a fiery pinch of red pepper flakes.

Mac & Cheese: Authentic Southern macaroni and cheese is a decadent, custard-style masterpiece featuring tender elbow pasta enveloped in a rich, hand-shredded blend of cheeses, all baked until it achieves a bubbling, golden-brown crust with a soulful, pull-apart stretch.

Cornbread: The history of cornbread is recognized as a vital culinary intersection where Native American expertise in grinding maize met the resourcefulness of enslaved West Africans and European settlers, creating a foundational Southern staple born from the region’s hot climate that made wheat difficult to grow.