welcome

TASTEFULLY SOUTH JERSEY IS A CELEBRATION OF THE COMMUNITIES AND RESOURCES OF THE REGION THAT ARE BOUND TOGETHER BY TRADITIONAL FOOD AND FOODWAYS. OUR FARM FAMILIES PRODUCE THE INGREDIENTS FOR THE PRACTICES THAT ARE PASSED FROM GENERATION TO GENERATION IN BOTH LONG-ESTABLISHED AND NEWLY-ARRIVED COMMUNITIES.

HERE YOU WILL MEET MANY OF THE ARTISANS WHO KEEP THOSE TRADITIONS ALIVE WITH "A PINCH OF THIS AND A DRIZZLE OF THAT," A STURDY MORTAR AND PESTLE, A GRANDMOTHER’S RECIPE, A CAST IRON POT, AN ARRAY OF HEALTH-GIVING HERBS, A LOCAL PRODUCE STAND, AN ETHNIC RESTAURANT, AND PROJECTS THAT "SHARE THE BOUNTY" THROUGH MUTUAL SUPPORT.

THE ORIGINAL ON SITE EXHIBITION WAS IN THE SUMMER OF 2018. THIS VIRTUAL MINI EXHIBITION OF TASTEFULLY SOUTH JERSEY #1 FEATURES FIVE OF OUR CULTURAL ARTISANS. WE INVITE YOU TO CAPTURE THE RECIPES AND PARTICIPATE IN A CELEBRATION OF WORLD FOOD TRADITIONS.

BON APPÉTIT!
ROASTED CHERRIES

Ingredients: for 4 people

4 bowl of Salted Cherry
1 pound Onion
2 tbsp butter
4 tbsp olive oil

Recipe:
First wash the Yellow Cherries. Put some of the bottom of the jar. Add sea salt on top. Put cherries on it again. Repeat it until jar fills up. Wait one month at least.

Roasting:
After taking the seeds from cherries, put them in water for getting rid of salt for a few hours. Melt the butter in a pan and add olive oil with chopped onions and roast in 5 min. Add cherries on it and roast them all 5 min more. It’s ready to eat.

Enjoy.
At the age of ten Ylvia spent a lot of time in the attic of her Grandfather Ahmed’s herb store. There she would smell the herbs and read remedies that he scribed and shared with his customers. He opened the store at the Black Sea in Giresun, Turkey in 1924, the same year that the Ottoman dynasty was expelled and a few months after Turkey was declared a republic.

From 6th to 12th grade, Ylvia attended a vocational technical High school for girls. The art classes included visual, fiber and culinary arts. She watched the women’s clubs get together and prepare such foods as börek, vegetable salad and baklava. The Black Sea delicacy, hamsi (anchovies), most often adorned the plate. “The food is healthy” shares Ylvia. “There are no chemicals. It’s organic.”

Arriving in America in 2003, Ylvia continued to weave her childhood experiences into her daily life and artistry. She uses anise to soothe the stomach and regularly makes poppy seed dressing because her grandfather advised of its high mineral content. Ylvia treasures the table linen her sister created from the same source in which her grand-father designed his shirt 80 years ago - the marijuana plant. She teaches courses in Turkish culinary arts, lace making and belly dancing at Perkins Center for the Arts and shares her talents and gifts through the NJSCA Homebound program, bringing smiles to those who have limited ability to leave their homes.
Cerasus

**Artist:** Ylvia Asal  
**Date:** Spring of 2018

Ylvia was born in Cerasus, Turkey (currently known as Giresun). Cerasus is regarded as the place of discovery of the first cherry tree. The cherry was first exported from Cerasus in the first century BCE. Ylvia delightfully discovered this fact on trivia inside of a Snapple cap.
The New Jersey Map

Artist: Ylvia Asal
Date: 2014

This piece was commissioned by Art Pride New Jersey for the NJ State Municipalities Conference.

It was created by Ylvia Asal with lace pieces she has been designing since the age of 14 in Turkey. Foods best known in specific NJ counties are represented in the work, including blueberries and tomatoes.
PIEROGIES

Dough
2 1/2 cups all purpose flour
1/2 tsp salt
1 egg
1/4 cup sour cream
2/3 cup lukewarm water

Filling
1 1/2 lbs potatoes
1/2 tsp salt
1/4 tsp pepper
2 large onion
2 tbs clarified butter
1/3 cup cream cheese

Wash, peel, cut and cook potatoes (Boil the water first, add potatoes and after 10 min. of cooking, add salt). Cut the onions, heat the butter, stir in the onions, cook until golden brown. Mix well. Prepare the dough. In the bowl, mix the flour with the salt. Make a well and add the sour cream, egg and the water. Knead the dough on a flour board (do 50 turns), cover and let rest for for 10 min. Take 1/3 of the dough at a time and roll out to 1/8 inch thick. Cut out circles. Spoon about 1 tbs of the filling onto the middle of each circle. Pinch around with your fingers. Set on the towel. In a big pot, boil the water, salt to taste. Drop pierogi into the rapidly boiling water. Boil for 3 to 4 min. (When they come to the top boil for 1 more min.) Take pierogi out with the draining spoon. Place on plate, garnish with remaining onions and butter.

Towel. In a big pot, boil the water, salt to taste. Drop pierogi into the rapidly boiling water. Boil for 3 to 4 min. (When they come to the top boil for 1 more min.) Take pierogi out with the draining spoon. Place on plate, garnish with remaining onions and butter.
It wasn’t easy coming from communist Poland to America. But, Anna Felcyn arrived in New York upon the Stephan Batory on April 23, 1972. She brought with her the treasured possession of her Polish heritage. Anna’s Polska Kuchina (Polish kitchen) alights with the aroma of sauerkraut and kielbasa on any given weekday. The traditional Barszcz Soup on Christmas eve is filled with beets, celery and vegetables. Being a loving babcia, for her grandchildren she prepares, Uszkas (dumplings that look like little ears). Anna’s Slavic traditional pierogies are one of her husband’s favorites.

For Easter, Anna and her sisters prepare for the Blessing of the Baskets. After adding the eggs symbolizing new life, ham and kielbasa for well-being, horseradish representing the bitterness of suffering, bread for the body of Christ and lamb for the resurrection, she gingerly covers the basket with her two-decade old Serweta handstitched by her ancestral sister.

When you dine with the Felcyns all five senses percolate with the culture of Poland. You’ll drink from coffee cups with costume-adorned illustrations of dances from various regions of Poland like the mountain region of Gorali. Appetizers, main dishes and deserts are served from Bolesławiec pottery that is made not too far from Anna’s home town of Lesna where the land is rich in natural clay deposits. You will savor Anna’s cultural delights, as well as the stories.


Polish Pottery from Bolesławiec

**Artist:** Unknown  
**Date:** Unknown

The history of the famed Polish pottery town of Bolesławiec began several thousand years ago. The remarkable pottery created by artisans in Bolesławiec has roots dating back to at least 6,000 B.C.

Potters wanted to attract the favor of royalty and nobility to ensure they would have continued income. This led to the famous peacock pattern as well as the royal blue color that Polish Pottery is most widely known for. Male peacocks have historically been a symbol of wealth and royalty in Europe. Because of this, ceramic artists began basing their design motifs on the patterning of the male peacock, specifically their beautiful tails. The swirling designs found in this pattern are a direct correlation to the peacock's tail.
Vintage Favolina Polish Folk Dance Polonez Coffee Mugs

**Artist:** Unknown
**Date:** Post WWII era

The figures on the mug come from paintings by Polish artist Zofia Stryjenska. Each figure represents a different traditional regional Polish dance:

- Goralski (from the mountain part)
- Polonez (a traditional dance done at the Kings Palace)
- Kujawiak (middle of Poland)

These dances are typically reserved for special occasions. Anna acquired these mugs at a Polish store in Philadelphia.
GHANA JOLLOF RICE

INGREDIENTS for 6

- 4 cups Rice
- 8 cups Water
- ½ cup crushed fresh tomato
- ½ tsp cayenne pepper
- 1 medium can tomato sauce
- ¼ tsp crushed ginger
- ¼ tsp crushed garlic
- 1/3 cup crushed onions
- Salt to taste
- 1 tbsp peanut oil

Heat oil in nonstick deep pan
Add onions, garlic, ginger until lightly brown, add tomatoes & tomato sauce. Simmer for 15 minutes, add salt & water.
Cover on medium heat for 30 minutes, add rice, stir & cover on very low heat. Stir occasionally until soft. May add mixed vegetables & ¼ tsp curry.
Some of Naana’s favorite memories from her home in Winneba in the Central Region of Ghana are the celebrations she enjoyed at the May Aboakyer Festival. It is also known as the deer hunting festival, where people come from all over the world to witness a challenge between two warrior teams. The goal is to see who can catch the fastest and strongest deer with their bare hands. For three days traditional, authentic and ancient foods such as Mpopow and rice water are prepared. On moonlit nights the Simpafo people passed on the story of the migration from on Timbuktu to Winneba through songs and war chants. The festival is also an occasion to ask for a successful harvest and spiritual guidance.

As Naana grinds ginger in her Yaabee, she shares this story, other family traditions and healthy remedies. Her father, Kwesi Nyan Bailey Kittoe was a tailor for Kwame Nkrumah, the first president of Ghana. Naana carries forth this legacy and fuses the two art forms with her hand embroidered grand bubas. The Dadisan is a handmade metal pot mainly used for banku, porridge, soups, and rice balls. Jollof rice and stews begin in the charcoal powered coal pot.

Naana’s healing hands blend herbs and spices in both drinks and culinary dishes. Her African hibiscus tea is a morning elixir that boosts the immune system and fights high blood pressure and high cholesterol. She cooks to nourish and fortify. She says, “We are what we eat.”
The Buba was previously worn in all West African countries, specifically by Muslim women. In modernity, the Buba has become more internationally known throughout Africa and is worn by women of all faiths. The garment is comfortable and one-sized.

Naana embroidered on the Buba the Yaeebaee and the Coal Pot, both authentic cooking tools of Ghana. Ghananian forefathers did not have stoves, so the Coal Pot was used outside to prepare meals, as well as to warm the house on cold nights.
Yaaebae

Artist: Unknown
Date: Unknown

The Yaaebae is a handcrafted wooden kitchen tool used in Ghana for blending and grinding. This piece was contributed by Naana Kittoe Manful.
PICADITAS

Tortillas
Beans
Sauces
½ chopped medium onion
¼ cup of olive or corn oil
Mexican cream
Queso Fresco or Cotija Mexican Cheese

Heat oil in griddle.
Place tortillas on griddle.
Make picaditas to taste.
Add sauce of choice.
Add beans.
Sprinkle onions.
Scoop on Mexican cream.
Sprinkle Queso fresco or cotija Mexican cheese.
Remove tortilla from stove.
Serve with refreshing Tamarindo.
Elizabet learned how to cook from her grandmother Socorro in Mexico City. “When you mad or sad, don’t cook, Elizabet, it makes the food ugly.” Although her grandmother cooked in a large comal, Elizabet still uses the non-measuring technique. You won’t find measuring spoons in her kitchen drawers and it’s the aroma that renders the final judgment. “I can smell when it is done.”

“There were a lot of poor people in Mexico City, Puebla. Milk was a luxury. My grandmother always cooked with us. Tortillas, spicy soup, eggs with beans, eggs with salsa, it was always spicy.” Elizabet and her siblings waited with bated breathe for the first tortilla. “It’s just like that first cookie when you open the bag. “We don’t eat meat everyday. We were happy and we didn’t drink milk.” When mom came back from America, she brought milk, but we wouldn’t drink it. We loved to make our tea from cinnamon and the lemon tree that grew in our back yard.”

Before putting the final touches on the picaditas, Elizabet pounds the salsa ingredients in her molcajete to get it ready for the tortilla. “My grandma would say ‘come on you have to learn, because you have to get married.’” When you know how to turn the tortilla just right, you are ready to be married.” She has been happily married for 19 years and passes her traditions down to her two children.
Elizabet's Molcajete comes from her home town of Mexico City. The Molcajete was used by pre-Hispanic Mesoamerican cultures, including the Aztec's and Mayan's, stretching back several thousand years.

Traditionally carved out of a single block of vesicular basalt, Molcajetes are typically round in shape and supported by three short legs. Like Elizabeth's Molcajete, they are frequently decorated with the carved head of an animal on the outside edge of the bowl, giving the molcajete the appearance of a short, stout, three-legged animal. The pig is the most common animal head used for decoration of this type.