

**10TH ANNUAL  
CULINARY WEEK**



Anderson University Center  
April 2-6, 2018

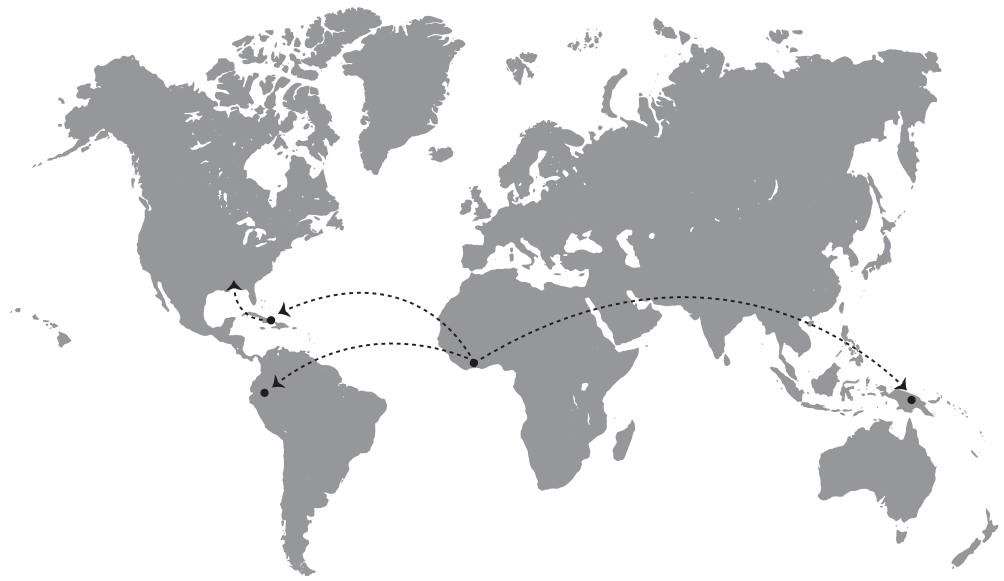


Following the way  
food evolves as  
populations migrate.



# SIDE DISHES ACROSS BORDERS

Hosted by:  
Daun Wafer





## Sweet Potatoes Southern Style

*Heat Oven to 350°F*

### Ingredients:

3 large sweet potatoes	½ cup granulated sugar
8 oz of butter cubed	½ tsp nutmeg
½ cup brown sugar	2 ¼ tbsp cinnamon
	¼ cup water

### Method

Cut into thin rounds. Combined sugars and nutmeg. Layer sweet potatoes in pyrex dish or cake pan. Add sugar mixture and butter on top repeat. Pour water around sides cover for 35 minutes remove for remaining 25 minutes or until tender.

## Peas and Rice

### Ingredients:

1- Can Pigeon Peas	2 cups cup water
3 cups rice	3 bay leaves
1 cup coconut milk	1 tbsp minced oregano
½ onion chopped fine	1 tsp pepper
½ green bell pepper	2 ½ tsp of salt
1 tbsp minced garlic	¼ of lemon juiced

### Method

Saute green bell pepper and onion to translucent. Add garlic stir 2 minutes. Add rice, pigeon peas, coconut milk, water and remaining ingredients stir.

Cook in medium saucepan on medium high heat, lower to a simmer cover for 20-25 minutes.

Fluff with fork serve.