

Culture and Connection in the Kitchen

In all cultures, storytelling evolves from the culinary experiences of people preparing and enjoying food. These stories act like cultural recipes, guiding us and helping make sense of who we are as members of our communities, as families, or members of our institutions. In honor of Multicultural Day 2020, we invite you to submit a cooking story of culture and connectivity. Share stories of how you and your culture celebrate milestones, weather struggles, express gratitude, welcome newcomers, enjoy each other's company or display any number of human emotions and experiences through food and cooking.

Directions: Please complete this form if you would like to submit a recipe and story for the written cookbook or a video recipe. Please see the recipe examples and video instructions for your submissions. The story should share the cultural connection of your recipe to your personal or workplace culture, heritage, or histories. The written story should be 150 words or less; the video should be no longer than five minutes.

Please title your document and/or video: Firstname_Lastname_RecipeTitle

Please submit photos labeled: Firstname_Lastname_RecipeTitle_Photo(number if more than one)

Once you have completed the form please save a copy and upload to the UCOP 2020 Multicultural Week Box folder indicated below.

If you have any questions or difficulties with this form, please email culture@ucop.edu. Thank you.

First Name:

Last Name:

Role:

Department:

Submission for:

Written cookbook

Video submission

Mystery Ingredient Challenge

Category:

Submit your recipe and photos for the written book [here](#).

Submit your recipe and video for the video submissions [here](#).



Culture and Connectivity in the Kitchen

UCOP Multicultural Day 2020

Submission Form

Recipe

(please complete the sections with "*" for both written and video submissions)

*Recipe name:

*Recipe ingredients

*Recipe instructions

Connection to my cultural history (150 words or less)

Sample written recipe submission (Main dish)

Recipe name: Pollo en Cazuela (Whole chicken in a pot)

Ingredients

1 whole chicken	½ red pepper, sliced
½ cup dry white wine (not cooking wine)	2 tbsp oil
½ onion, sliced	½ cup water
½ green pepper, sliced	Spices: salt, pepper, fresh garlic, lemon juice, cumin, 1 bay leaf

Instructions

In a bowl, season chicken to taste with the spices. Pour the wine over the chicken and let stand for 2 hours. Remove the chicken from the liquid (reserving liquid) and brown in oil. Add the reserved liquid, water, onion and peppers. Cover and simmer at medium high. Baste chicken with occasionally making sure that the onions and peppers do not burn. When chicken is done (thermometer reading 165 degrees in the thickest part of the chicken), uncover and allow liquid to reduce. Serve with white rice.

Connection to my cultural history

This is my favorite old-school chicken recipe because it has been passed on from generation to generation. It is an authentic Cuban recipe, one of the few that remains unchanged by its travels from Cuba to America. There were five siblings and my mother would teach each of us how to cook this recipe individually. While we cooked she would share stories of meals she had with her family in Cuba. We would all sit around the kitchen table listening to the stories while the one person cooking took mental notes. It was a way for us to connect with all of our Cuban relatives that we never had the chance to meet.

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UCOP Operations

Sample written recipe submission (Food for Thought)

Recipe name: Recipe for happy office buddies

Ingredients

1 dash quiet understanding

1 scoop loyalty

1 smidgen of gossip

1 handful mutual confidence

1 pinch of acceptance

1 truck load of sense of humor

Instructions

Mix mutual confidence and loyalty to create a smooth consistency. Add acceptance and quiet understanding to build strength into the mixture. Sprinkle a smidgen of light-hearted gossip to spice the pot and stir in mass quantities of humor to lighten the brew. Serve with a positive attitude, a hot beverage and anything that can be bought at your favorite bakery.

Connection to my workplace cultural

A friend of mine whose idea of cooking is a drawer full of take-out menus shared her favorite recipe for being successful at work. It was a while ago but I think it still works today.

Sample video instructions

The video segment should focus on the story associated with your recipe, not necessarily every step of the cooking process. However, we would like the final product to be included in the video.

Instruction for creating a video via Zoom

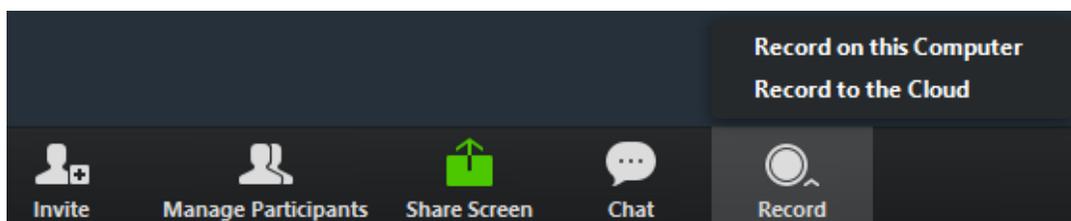
To record a video using Zoom, login to Zoom and start a new meeting.

Starting a cloud recording (from Zoom)

Note: Only hosts and co-hosts can start a cloud recording. If you want a participant to start a recording, you can [make them a co-host](#) or use [local recording](#). Recordings started by co-hosts will still appear in the host's recordings in the Zoom web portal.

To record a meeting to the cloud:

1. Start a meeting as the host.
2. Click the **Record** button in the Zoom toolbar.
3. Select **Record to the Cloud** to begin recording.



4. To stop recording, click **Pause/Stop Recording** or **End Meeting**.



Once the recording has been stopped, the recording must be processed before viewing. Zoom will send an email to the host's email address when the process is completed.

For additional video instructions, please click [here](#).

Sample video by Emily Breed, UCOP employee (storybook to be included as a voiceover)

<https://ucop.box.com/s/41nvY0uqvubssrsc94t4hshnw7vv7s45>

Recipe link: <https://food52.com/recipes/83821-green-chile-cherry-tomato-pickle-recipe>