

THE FEBRUARY ISSUE

Hello, and welcome to the LDIC February Newsletter! Buckle up, because this month's edition is a big one.

First, it's time to celebrate the Lunar New Year. We'll learn what it is, and how different countries celebrate it in different ways. This year will be the year of the Ox, so we will be looking at what that means, what that symbolizes for a few members of the Lotame family (including Andy).

This month is also the celebration of Purim, the Jewish holiday that commemorates the saving of the Jewish people from a Persian Empire official. We'll learn more about the history of this holiday and the traditions associated with it.

Next, we have some brief shameless plugging of a few things from our HR department, as well as some great events coming up soon!

Let's get back to it. We have another celebration, Carnival! We will be taking a look at how the Dominican Carnival is celebrated and how that differs from Mardi Gras in the US.

February is also Black History Month. After an introduction from Henry, we will take a look at 14 important black inventors that have improved your daily lives in one way or the other.

Want to back some black businesses? We have added some resources if you would like to support them this month, or any time you'd like!

And of course, February is also when we celebrate Valentine's Day. We have some fun Valentine's ideas for your special quarantine valentine, as well as some quarantine approved e-cards.

Finally, we will leave you with a variety of recipes, please enjoy them and this packed edition of the LDIC newsletter!



CONTENTS

LUNAR NEW YEAR

.....

YEAR OF RESILIENCE

.....

CULTURE COMPARISON

.....

PURIM:

CELEBRATION & UNITY

.....

HR CORNER &

UPCOMING EVENTS

.....

CARNAVAL DOMINICANA

.....

WHAT IS BLACK HISTORY?

.....

BLACK TECHNOLOGISTS

& INVENTORS YOU

SHOULD KNOW

.....

BACK BLACK BUSINESS

.....

SUPPORT BLACK ORGS &

BLACK YOUTH

.....

WE DIDN'T FORGET

VALENTINE'S DAY

.....

YOU KNOW: RECIPES

LUNAR NEW YEAR



Lunar New Year (or commonly known as Chinese New Year, or Spring Festival) is the most traditional Chinese holiday which takes place February 12th, 2021.

The Chinese New Year, the Lunar New Year, and the Spring Festival are all related to one another, but they are not the same thing. The Chinese New Year is based on the Chinese lunar calendar and the festive tradition begins on the first day of the first month in the Chinese calendar, lasting 15 days.

The lunar calendar is a calendar based on complete cycles of phases of the Moon. Basically, the Chinese New Year marks the start of a new lunar year. The dates of the holiday vary slightly from year to year since the lunar calendar doesn't line up directly with the Gregorian calendar we are all familiar with. It usually begins sometime between January 21 and February 20 according to the Greagorian calendar.

So, if you are greeting someone during this time, use the phrase “Lunar New Year”, unless you know they are specifically celebrating Chinese New Year, Spring Festival, etc., since many cultures share in the holiday.

Lunar New Year has had an influence on the new year celebrations of its geographic neighbors, as well as cultures with whom the Chinese have had extensive interaction such as Koreans, Tibetans and Bhutanese, Mongolian, and Vietnamese.

Common phrases to greet someone for Lunar New Year:

Mandarin: Gōng xǐ fā cái (Mandarin) meaning “Wish you wealth and prosperity”

Cantonese: Gong-hay-fah-choi (Cantonese) meaning “Wish you wealth and prosperity”

Vietnamese: Chúc Mừng Năm Mới meaning “Happy New Year”

Korean: Saehae bok mani badeuseyo meaning “Happy New Year”

Tibetan/Bhutanese: Tashi delek meaning “May good be with you forever”

Mongolian: Amar baina uu? meaning “Are you living peacefully?”

YEAR OF THE OX



YEAR OF RESILIENCE

The Chinese zodiac is a repeating 12-year cycle of animal signs and attributes. It rotates in 60-year cycles, based on 12 earthly branches, each represented by an animal year and five-element years (wood, fire, earth, metal, and water). The Chinese New Year marks the transition from one animal to the next. This year marks the transition from the year of the Rat to the year of the Ox.

According to legend, when the Jade Emperor held his race across the river, the Ox was assured to win first place as a natural-born swimmer. Out of kindness, however, he carried the cunning Rat on his back, who jumped off his snout at the end of the race, landing on the bank in the first place.

Therefore, the Ox is the second animal of the Chinese zodiac and denotes hard work, positivity, resilience, and honesty that will be manifested in all of us in the coming 12 months, according to astrologers.

Those who are lucky to be born an ox have personality traits such as being grounded, loyal, gentle, and trustworthy. And if you happen to be a Metal Ox, you are known to have incredible physical, mental, and emotional strength and stamina which are all traits needed to be resilient.

In honor of the Ox and resilience, and an ode to surviving 2020, here's some quotes or words directly from fellow Lotamites:

ZUZANA

Head of Data Solutions, APAC

"After a difficult year, I'm grateful for the agility and resilience of friends, family and colleagues the world over. It just goes to show that relationships are core to our survival, whether we can gather in person or not." (Herself)

ANDRE

Manager, Network Engineering

"Just as the maintaining of good health may require the taking of unpleasant medicine, so the condition of being able to do the things we enjoy often requires the performance of a few we don't. Remember my friend that it is not what happens that counts, it is how you react to them. Your mental attitude determines what you make of it, either a stepping stone or a stumbling block." (Bruce Lee)

NICK

VP, Global Customer Operations

"I bend that I do not break." (Unknown)

A popular statement among yoga & martial arts practitioners. I like this because it speaks to the heart of resilience. The ability to weather the storm is not found simply in strength, but in the flexibility to accept challenges and face fears with an attitude of confidence. If I am too rigid, too in-flexible...intolerant, then surely I will eventually break and be overrun.

"Do not judge me by my success, judge me by how many times I fell down and got back up again." (Nelson Mandela)

This rings true through 2020 and will define us in 2021. Success as defined by the world often ignores the blood, sweat, and tears that went into making it happen. Therefore, I choose to measure our success by the continued efforts of each individual on the team in keeping up their daily challenge to Improve, Adapt, and Overcome!

(Commentary from Nick, himself.)

PROSE FROM ANDY ON RESILIENCE

Resilience.

Hanging in. When times are the toughest, the light barely shines in, and your soul is at its lowest --- it is at those times you find out about yourself, and those around you.

Hanging in. Hanging Around.

Living to fight another day. Living. Rallying. Quieting the inner urge to go low, get negative, or transmit weakness by throwing in the towel, and quitting.

Resilience is not just about bouncing back, but about hanging in.

Lotame hangs in. We flourish by being resilient, by being patient, and by never ever displaying negativity, or going low...

Reliance on good energy, and surrounding oneself with good people make being resilient that much easier.

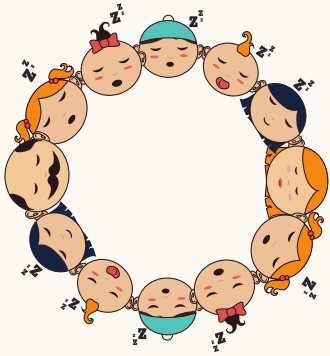
This company has all of these qualities, and I'm proud of our characteristics and capabilities to survive and flourish for many years, by being able to flourish and grow, around uncertainty.

I love how we have grown into a corporate teenager (15 years old.) I'm looking forward to company adulthood. :)



WAIT, MY MOM TOLD ME THAT, TOO: A BRIEF CULTURE COMPARISON

Looking at similarities or differences between cultures...



While on the subject of Lunar New Year, there are a few customs that come with it: wearing red, lighting fireworks, lion dances and more; but none of these are at random. As you know, most cultures have meanings behind all of their customs and rituals, so we wanted to look at a few different Chinese takeaways and compare them to other regions/cultures. They may be similar, or it may be different strokes for different folks...

*Note: Some parts of certain regions may have differing views on the below or have more to the story. These are just either the common or majority but not always the case!

THE COLOR RED

China: good fortune, warding away evil

India: good fortune, purity

Middle East: danger, caution

Latin America: passion, religion (when used with white)

Western/Americas: passion, love

South Africa: mourning

THE COLOR WHITE

China: purity, mourning

India: peace, mourning

Middle East: peace, mourning

Latin America: peace

Western/Americas: innocence, purity

South Africa: peace, purity

Other than North America and some Western countries, most cultures wear white to funerals rather than black.

WARDING AWAY EVIL EYE OR SPIRITS

China: lion/dragon dances, anti-demon door masks

India: salt around the house, high pitches noises during celebrations, black eyeliner on babies, black string bracelets

Middle East: blue amulet, or adorning 'hamsa'

Latin America: plants or salt in strategic places in the home, uses of eggs

Western/Americas: N/A

South Africa: wearing amulets or seashells

OTHER DIFFERENCES

China: Belching loudly to send compliments to the chef

Singapore: Chewing gum is illegal

Bringing your thumb to your fingers: In India, "Do you want to eat?"; in Italy it's flipping someone off; and in the Middle East, "Please hold on one second".

Thumbs up: In America, that's a good sign, it means "yup that's fine." In Germany, it is the equivalent of giving the finger.



This year, the holiday of **Purim** will be celebrated beginning on the evening of Thursday, February 25 and ending Friday, February 26. It commemorates the (divinely orchestrated) salvation of the Jewish people in the ancient Persian empire from Prime Minister Haman's plot to destroy all Jews in a single day, as recorded in the book of Esther.

Purim (poo-REEM, PUH-rim) means "lots" in ancient Persian. The holiday received its naming since Haman had thrown lots (drawn straws) to determine when he would carry out his scheme. It is also known as the "festival of lots". Celebration practices include the following:

- Reading the book of Esther, which recounts the story of the Purim miracle; Usually done in a synagogue
- Exchanging gifts of food and drink known as *mishloach manot* ("sending of portions")
- Donating charity to the poor known as *mattanot la-evyonim*, including the recognition of others to participate equally
- Eating a celebratory meal known as a *se'udat Purim* ("commanded meal")
- Dressing up in costumes/masks

Throughout the holiday, *hamantaschen* are often eaten - triangle-shaped shortbread cookies filled with flavored filling (raspberry, cherry, poppy, apricot, prune).



**HAPPY
PURIM**

PURIM: CELEBRATION & UNITY



There is a spirit of liveliness and fun - and this is the day to dress up in costume, celebrate, and give and count how many Purim gifts you've received from others. Children and adults alike will dress up in costume and/or wear masks (not the COVID-19 kind, the Mardi Gras kind). This alludes to the nature of the Purim miracle and that the face directing events is not always the face that is seen. Our fellow Lotamite family celebrates by:

- Spending time with local food banks
- Sharing baskets of fruit and food with friends
- Eating hamantaschen of all kinds of flavors including chocolate, cherry jam, apricot, and more!
- Receiving homemade hamantaschen, quiches, and jelly sandwiches
- Giving wine and chocolates
- Wearing fancy Cinderella-like dresses with crowns and necklaces
- Wearing a Scooby-Doo costume



HR CORNER

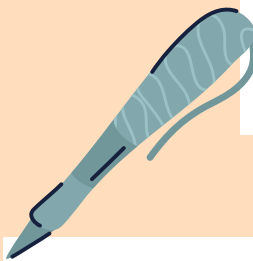


Become A Lota-Buddy!

Want to mentor Lotame's newest hires? Volunteer as a Lota-Buddy to be paired with a new hire and serve as a valuable resource by welcoming new team members, creating a trusting relationship, and showing them the 'ropes.'

This program was created to enhance the new hire experience, help with internal communication, increase employee engagement, shorten the ramp-up times for training, and reinforce our culture of collaboration and teamwork.

If you wish to be considered to be a mentor or want to nominate someone, please contact Olivia Romal.



Did you know last month we launched a new goal setting and performance management tool?!

You are now able to create and track personal and team goals right in ADP. These goals can be for anything from projects, professional development and more!

Check out this [resource guide](#) for step by step instructions.

HR Hint: ADP Goal Setting



EVENTS COMING UP...



From Scotland to Japan: Whisky Tasting

Thursday, Feb. 18th 4:30PM EST

Some of you might be thinking: Japan has their own whisky? Yes they do! Japanese importers originally brought Scotch whiskey to Japan in the late 1800s and since then Japanese whisky has become some of the most expensive and awarded types of this malt. And no, Japanese whisky is not misspelled. As opposed to the accepted English spelling of "whiskey," Japanese whisky omits the "e" just like the Scottish do.

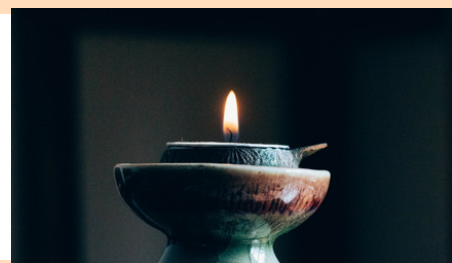
If you weren't able to sign up for your shipment feel free to bring your own happy hour favorites and join in to learn more about Japanese Whisky and hang out with your fellow Lotamites!

Grounding & Re-Centering Meditation

Monday, Feb. 22nd 12:30PM - 12:55PM EST

Instructor: Scarlett de la Torre

Following Scarlett's breathing exercises. You'll feel more grounded, stronger, and prepared to rise to whatever challenge life presents.



Legs / Lower Body Group Class

Thursday, March 4th 4:30PM - 5PM EST

Trainer: Andrea Rogers

Sculpt strong, lean legs with exercises that target your lower half while helping you slim down all over. Join via Zoom, but video not required! Equipment needed: chair (+ ball if you have one)

Sound Meditation

Monday, Feb. 22nd 12:30PM - 12:55PM EST

Instructor: Scarlett de la Torre

Following Scarlett's breathing exercises, you'll feel more inner peace and intention for the rest of the day.



Kids Drawing Session

Wednesday, March 10th 3:30PM - 4PM EST

Join Alex Theriault and her son on a drawing adventure for the whole family. Bring your paper, markers or colored pencils, pencil and eraser. Kids AND adults welcome!

EVENTS COMING UP...

LIVE Pilates with Olivia Romal

Tuesday, March 16th 8:30AM - 9AM EST

Join Lotame's own for a live pilates class via Zoom! Follow along as we work our core, lower body and upper body movements. No equipment needed.



Cooking with Matt Scarpato: Ricotta Gnocchi

Thursday, March 18th 5PM EST

If you missed Matt's pasta event in January, here is your second chance! Join him as he shares his passion for cooking and teaches you how to make his delicious Ricotta Gnocchi recipe.

Sign up [here](#) to let us know you will be attending! Ingredient list and calendar invite to come.



Body Burner Group Class

Tuesday, March 23rd 8:30AM - 9AM EST

Trainer: Sophia Rose

You know what's coming just from the name. She will get you through—but make sure you fuel up first for this beast of a workout. No equipment needed.

Anniversaries



- Rosa Collins, 1 year
- Calvin Monterrosa, 2 years
- Signurd Knippenberg, 4 years
- Danielle Smith, 5 years
- Alfonso Curto, 5 years
- Henry Olawoye, 7 years
- Ashish Shah, 8 years
- Corrie Nixon, 8 years



Birthdays



- Ruby Brenden, 2nd
- Pratik Singh, 8th
- Annie Enriquez, 11th
- Nick Martin, 12th
- Mark Sanders, 13th
- Wilson Zhu, 17th
- Madison Koenig, 23th
- Calvin Monterrosa, 23th
- Krissy Tretick, 25th



Want to host our next event?
Reach out to Olivia Romal to be a part of our events calendar to showcase your skills and passions.

CARNAVAL DOMINICANO

THE DOMINICAN REPUBLICAN'S AFRICAN HERITAGE is reflected in the wildly colorful masks and costumes that are brought out and into the streets for the annual El Carnaval de la Vega celebrating the pre-Lent season, one of the oldest and most popular Dominican traditions. The El Carnaval de la Vega dates back to the time when the first European settlers arrived in the 1500s.

Beginning as a religious activity to celebrate the time just before Lent, El Carnaval de la Vega's theme revolved around the victory of good over evil. In recent years, this festival has evolved to include the celebration of Dominican independence, which falls on February 27 every year. During the entire month of February, carnivals are celebrated on weekends and have spread to include most provinces, but El Carnaval de la Vega remains the biggest of them all.

For El Carnaval de la Vega, they pull out all the stops: Music, costumes, food, drinks, and more all add up to a colorful and vibrant celebration of the island's traditions and folklore. Some of the activities that take place during the festival include a choosing of Miss Carnaval Vegano in a pageant, the crowning of the king of the festival, an opening parade, a concert every Sunday with popular singers, and a closing parade.

La Vega, where the festival is held, is the largest city and municipality of the central Dominican Republic and the third largest of the whole country. The area was settled by Europeans when Christopher Columbus built a small fort in 1494 near what is today the city. The fort was originally intended to guard a route that interior gold deposits were carried along on their way out of the country, but the keepers eventually allowed a Spanish settlement to grow around it. In 1562, the town was destroyed and completely buried by an earthquake.



WHAT IS BLACK HISTORY?

BY HENRY OLAWOYE

There isn't much I can tell you about Black History month that you don't already know. In the time it took you to read that sentence I'm willing to bet at least one of these three names came to mind. Martin Luther King Jr, Malcolm X, Rosa Parks; all of these names are synonymous with Black History.

Every year February comes right after January, you can set your clock to it. As sure as we know February is coming, we know that well-meaning people (of all backgrounds) all over this country will say everything they're expected to say about the contributions of Black people to this country. To me, those words often fall short, and seem out right hollow, these nice things are being said to save revenue, or not incur the wrath of the general public. Think back to the outpouring of verbal support of the Black (BIPOC) community this past summer, after the death of George Floyd. It's not enough to know that you need to address an issue, you have to get to the bottom of why it's happening. Fixing things is exponentially easier when you understand how and why they are broken.

Please tolerate me as I try to connect the ramble above to the one below...

To truly understand American history you have to be honest with yourself, and reflect on the fact that so much of the Black history that the average American knows, is in spite of America actively holding Black Americans (and other minorities) back. To some people that statement might feel divisive and if you've taken it that way I'm always open to hearing why. The true sentiment of that statement is to acknowledge that you can not make something whole, without acknowledging all contributing parts; it's the complete opposite of divisive. Black history month is about true acknowledgement. Yes, Hank Aaron & Jackie Robinson hit a lot of home runs, Guion Bluford was the first Black astronaut, there are so many Black names who have done amazing stuff, that we've documented; there are many modern and important aspects of Black History that are acknowledged. On the other hand, part of the reason these things are celebrated like this is due to the fact so many Black stories from history have been erased; many were snuffed out before they could even begin.

True acknowledgement requires understanding, and an imagination, the ability to put yourself in someone else's shoes, and in many cases it requires compassion.

Hearing these words used to describe how to think about Black history might be foreign to some of us, and I can understand why. It's easy to assign Black history to people; but, assigning humanity to the historical figures we can name, and even more importantly to those that the history books don't tell us about, there's difficulty in that.

Understanding Black History month is really an exercise, and as with all exercise it is painful in the beginning. You're destroying cells, bad habits, muscle, all in an attempt to improve the way your body works. You have to think outside the box, and view your understanding of Black history in such a manner. Tear down the preconceived notions you may have, challenge others about their thoughts, talk about Black History--the reality of it and its erasure of most of it-- because it is American History.

I'll try and draw another parallel, using an analogy. If you're lucky enough to have had a guardian that you love (think of a mother, father, grandparent etc), at some point in your path towards being an actual adult you start to understand that though you have high esteem for these individuals, they are humans, nuanced and with faults. Parents had nicknames given by those in their past, they've had whole lives before deciding to change their lives to take care of you. They've made mistakes. They've lied, stolen, cheated, abused, some have done things you couldn't imagine them doing (ask them)! To see them for who they truly are, if you want to, you have to take into account all their parts, traits, all actions that have shaped who they are today, in your mind. I say all of that to say, to truly understand American history, it's imperative that you understand the Black history you are familiar with, acknowledge there are parts of Black history you have yet to learn and probably the most underrated part, imagine the untold Black history stories we will never know. I don't see any other way to truly understand America in its entirety than to understand the stories of the people who've built so much of the social capital, financial backbone and historical wealth of this country, there has to be acknowledgement.

I'll leave you with one short exercise. When you get a chance go listen to the "Strange Fruit", performed by Billie Holiday. Many of you will have heard the song before, that's great. Listen to the song with your eyes closed, and understand what the song is about. After you've understood it, acknowledge what this means, maybe do a little research further into the subject. Lastly, imagine yourself there. What position do you imagine yourself in? Did you imagine the situation from more than one point of view? Imagine being the "strange fruit" in the final moments. Imagine being a child, or loved one stumbling across this sight hours after. Imagine being an onlooker as it happens. Now, understand that Abel Meeropol who wrote the original poem is an American of Russian Jewish descent. He immersed himself in a picture, and it haunted him so much that it drove him to write one of the saddest/yet most authentically real songs I've ever heard. What I'm asking you to do is far easier than creating a masterpiece. If you're going to embrace American history, embrace it in its entirety. We can start with Black History Month.

WHAT IS BLACK HISTORY?

To honor the words of our fellow friend and colleague, and a common underlying sentiment of the Black community, the Culture Curators think it would be great if everyone could take some time to research some Black American history that has either been forgotten or erased. To help you on your journey of acknowledgment, we've linked a few articles below and wanted to highlight some standouts.



UNITY

During World War II, historically Black universities and colleges were a place of refuge for persecuted Jews seeking asylum from Nazi Germany. (Source [here](#).)

RESILIENCE

The youth of Birmingham, Alabama, led a nonviolent Children's Crusade in 1963. (Source [here](#).)



COMPASSION

“Teachers have to stop thinking of their students as students and start thinking of their students as citizens,” said King. “You have to think of them as future police officers, judges, lawyers, and doctors and it’s important for citizens to understand other citizens. (LaGarrett King, director of the Carter Center for K-12 Black History Education at the University of Missouri, source [here](#).)

14 BLACK TECHNOLOGIST & INVENTORS YOU SHOULD KNOW

CITATION: PAMELA ROSARIO PÉREZ



Dr. Shirley Jackson

Dr. Shirley Jackson is an American physicist who received her Ph.D. from the Massachusetts Institute of Technology in 1973. She was the first African-American woman to earn a doctorate in nuclear physics at MIT. In addition to her lengthy list of academic achievements, she also has an impressive number of inventions under her belt. Her experiments with theoretical physics paved the way for numerous developments in the telecommunication space including the touch-tone telephone, the portable fax, caller ID, call waiting, and the fiber-optic cable.

Today, Dr. Shirley Jackson is the 18th president of Rensselaer Polytechnic Institute in Troy, New York.

Lewis Latimer

Inventor and engineer Lewis Latimer was born in Chelsea, Massachusetts, on September 4, 1848. He collaborated with science greats Hiram Maxim and Thomas Edison. One of Latimer's greatest inventions was the carbon filament, a vital component of the light bulb. His inventions didn't stop there; Working with Alexander Graham Bell, Latimer helped draft the patent for Bell's design of the telephone. This genius also designed an improved railroad car bathroom and an early air conditioning unit. So the next time you're escaping a hot day inside your cool house, don't forget to thank Lewis Latimer.



Marie Van Brittan Brown

Did you know that the first home security system was invented by a Black nurse? Meet Marie Van Brittan Brown. Although she was a full-time nurse, she recognized the security threats to her home and devised a system that would alert her of strangers at her door and contact relevant authorities as quickly as possible. Her original invention consisted of peepholes, a camera, monitors, and a two-way microphone. The finishing touch was an alarm button that, when pressed, would immediately contact the police. Her patent laid the groundwork for the modern closed-circuit television system that is widely used for surveillance, home security systems, push-button alarm triggers, crime prevention, and traffic monitoring.



Otis Boykin

Otis Boykin's most notable contribution to science was likely the circuit improvements he made to pacemakers after losing his mother to heart failure — a contribution that has saved countless lives since. But this single improvement was among a long list of achievements. Boykin had 26 patents in his name and is famed for the development of IBM computers, burglar-proof cash register, chemical air filters, and an electronic resistor used in controlled missiles and other devices.



Lonnie G. Johnson

Did you ever enjoy water gun fights as a kid? Well, meet Lonnie Johnson, the man that gave us the most famous water gun — the Super Soaker. Lonnie wasn't a toymaker, he was actually an Aerospace Engineer for NASA with a resume boasting a stint with the US Air Force, work on the Galileo Jupiter probe and Mars Observer project, and more than 40 patents. Yes, he is also working on the Johnson Thermoelectric Energy Converter (JTEC) which converts heat directly into electricity — but it's the squirt gun he created that has given us all the most joy.



Charles Drew

Every two seconds, someone in the U.S. needs blood. Thanks to Charles Drew, that blood is available. Drew was a physician, surgeon, and medical researcher who worked with a team at Red Cross on groundbreaking discoveries around blood transfusions. In World War II, he played a major role in developing the first large-scale blood banks and blood plasma programs. He also invented the -- and get ready because this name is pretty charming -- bloodmobile. These are the refrigerated trucks that, to this day, safely transport stored blood to the location where it is needed most. Drew was one of the most prominent doctors working in his field, and one of the only African-Americans, during a time when blood donation was still separated along lines of race. Drew eventually resigned from his position with the American Red Cross over their insistence on adhering to this policy. It was 1950 before the Red Cross finally recognized all blood as being equal.



Marian R. Croak

In 2013, Marian Croak was inducted into Women in Technology International's hall of fame, a move that recognizes her remarkable achievements in tech. Croak holds over 135 patents, primarily in voice-over Internet protocol (VoIP), some in other areas. She has another 100 patents currently under review. Today, Marian is an SVP at AT&T, serves as a mentor for women in AT&T labs, and sits on the board for the Holocaust, Genocide and Human Rights Education Center.



Lisa Gelobter

If you ever enjoyed an animated Gif on the web, then you have Lisa Gelobter to thank. Gelobter was integrally involved with the advent of Shockwave, a technology that formed the beginning of web animation. She also played a major role in the emergence of online video, later serving on the senior management team at Hulu. Previously, Lisa was the Interim Head of Digital for BET Networks and ran Technology, Product and Business Operations. She served as the Chief Digital Service Officer for the United States Department of Education during the Presidency of Barack Obama.



Philip Emeagwali

Due to cost, Philip Emeagwali was forced to drop out of school at age 14. But this didn't stop him from becoming one of the greatest computer pioneers of our time. In fact, he's often called "The Bill Gates of Africa." As an adult, Emeagwali began studying nature, specifically bees. The construction of the honeycombed inspired him to rethink computer processing. In 1989, he put this idea to work, using 65,000 processes to invent the world's first super computer — able to perform 3.1 billion calculations per second.



Jesse Ernest Wilkins, Jr.

Jesse Ernest Wilkins, Jr. is one of America's most important contemporary mathematicians. At 13, he became the University of Chicago's youngest student. Wilkins continued his studies there, earning bachelor, master, and eventually earning his doctorate degree in mathematics at the age of 19. He's published papers in mathematics, optics, and nuclear engineering. As a mathematician for the American Optical Company in Buffalo, N.Y., he perfected lens design for microscopes and ophthalmologic uses. His greatest contribution to scholarship was the development of mathematical models to explain gamma radiation and his work on developing a shielding against gamma radiation. His other claim to fame came from working on the Manhattan Project. At the Manhattan Project, Wilkins worked with future Nobel laureate Eugene Wigner and made significant contributions to nuclear-reactor physics, now known as the Wilkins effect and the Wigner-Wilkins spectrum.

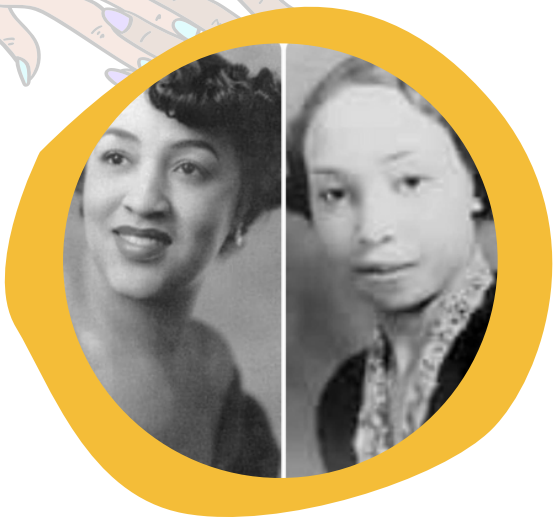
Elijah McCoy

Often regarded as one of the most famous black inventors ever, McCoy was credited for 50 inventions over the span of his career. In an effort to improve efficiency and eliminate the frequent stopping necessary for lubrication of trains, McCoy devised a method of automating the task. In 1872 he developed a "lubricating cup" that could automatically drip oil when and where needed — vital in avoiding sticking to the track. The lubricating cup met with enormous success and orders for it came in from railroad companies all over the country. It was so popular that when other inventors attempted to steal his idea and sell their own versions of the device, companies were not fooled. They insisted on the authentic device, calling it "the Real McCoy."



Garrett Morgan

Those who survived either of the World Wars thanks to a gas mask have Garrett Morgan to thank. Morgan first created the “safety hood” to help firefighters navigate smokey buildings, later modifying it to carry its own air supply— making it the world’s first effective gas masks. He also had the good sense to add a third position to the traffic signal — yes, there was a time when traffic signals just said indicated “stop” or “go” — an addition that further reduced automobile accidents.



Mary and Mildred Davidson

Mary and her sister Mildred patented many practical inventions. They didn’t have technical education, but they were both exceptional at spotting ways to make peoples’ lives better. Together, they invented the sanitary belt. Later, Mary invented the moisture-resistant pocket for the belt. While disabled from multiple sclerosis, Mary went on to invent the walker and the toilet-tissue holder.

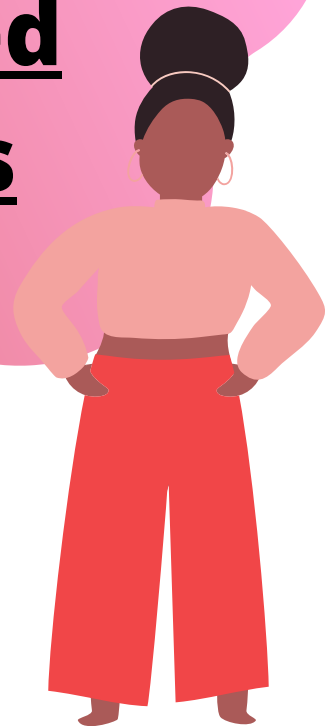
THANK
YOU



BACK BLACK BUSINESS

Want to support Black businesses? We've made it easy! Click the link for our master list of black owned businesses. Buy yourself something, buy someone else something, enjoy some food, invest and bank!

The LDIC Guide to **Black Owned** **Businesses**





SUPPORT BLACK ORGANIZATIONS AND BLACK YOUTH



How to make a positive impact on Black communities: Organizations, volunteering, donating and more!

Want to support Black communities, but don't know how? Below is a list of resources, organized by category, to get you started today.

A one-off donation to any of these organizations is great but, if you can, consider setting up a monthly donation!



ORGANIZATIONS AND
WHERE TO DONATE



POLITICAL ACTION
GROUPS



YOUTH



CAREER/WORK



HEALTH & MENTAL
WELLBEING



BLACK-LED LGBTQ+
ORGANIZATIONS



GETTING INVOLVED
AND VOLUNTEERING



VALENTINE'S DAY

THE SEASON OF LOVE

Valentine's Day is celebrated across the world to commemorate love. Lovers, friends, and strangers across the world express their love by offering gifts, exchanging thoughtful memories, and spending time together. Valentine's Day in 2021 will be a challenge due to COVID.

Here are some ideas for COVID-friendly Valentine's Day date nights:

Get Sculpting & Create Pottery.

Local
Restaurant
Meal Kit

Go On A Hike

Plan a Movie
Marathon

Try an Online
Cooking
Class

Candle
Making Kit

Exchange Love
Letters

Have a Game
Night

Breakfast In
Bed

Virtual
Mixology
Class

We know gift giving can be stressful at times. However, not all gifts have to be a tangible item.

Here are a few Valentines Day gift ideas to get you started:

- *Hamper of snacks & treats*
- *Flowers*
- *Stuffed animas*
- *A poem, letter, drawing, playlist*
- *An act of service or an IOU*
- *A framed picture or collage*
- *Cooking their favorite meal*
- *Participating in their favorite hobby*
- *A book*
- *Hot cocoa & baileys*
- *Desserts or sweets*

Lastly, to get you in the Valentine's Day mood, we've attached a few ecards websites. Feel free to share with your loved ones. Happy Valentine's Day!

Valentine's
Day Memes

You're
The
Syrup
To
My
Pancake.

I hope you made us
incredible Valentine's
Day plans that entail
not leaving
the house.



someecards

Hallmark
E-cards



YOU KNOW: RECIPES

WE'VE COME TO A CONCLUSION THAT EVERYONE LOVES FOOD: WHETHER LOOKING AT IT, COOKING IT, OR JUST INHALING IT. SO LET'S GET INTO IT.



THIS ISSUE INCLUDES

Southern Green
Shakshuka

Beef Keplach Soup

Groundnut Stew

Lunar New Year
Longevity Noodles

30 Minute
Korean Bibimbap

Szechuan-Style
Chili

Memphis Dry-Rub
Mushrooms

Potstickers

Dua Hahn
(Pickled Shallots)

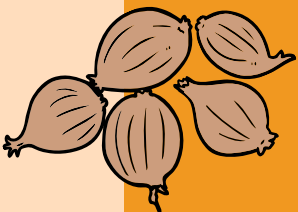
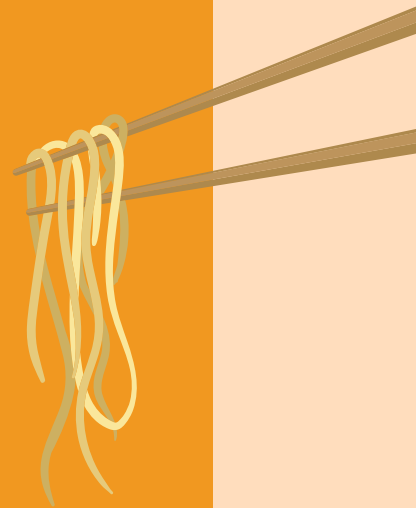
Chili Garlic
Chinese Eggplant
(vegan)

Quinoa Hush
Puppies
with Chile Aioli

Pudìn de Pan
with ice cream

Sweet Potato
Meringue Pie

Hamantaschen



SOUTHERN GREENS SHAKSHUKA

INGREDIENT LIST

6 LARGE EGGS
2 TABLESPOONS OLIVE OIL
1/2 LARGE ONION, THINLY SLICED IN HALF-MOONS
1 1/2 POUND TOMATILLOS, HUSKED AND RINSED
2 JALAPEÑO PEPPERS
ONE SMALL BUNCH COLLARD GREENS, STEMS REMOVED
ONE SMALL BUNCH MUSTARD GREENS, STEMS REMOVED
ONE SMALL BUNCH GREEN KALE, STEMS REMOVED
ONE SMALL BUNCH SWISS CHARD OR RED CHARD, STEMS REMOVED AND RESERVED AND DICED INTO SMALL PIECES
TWO TABLESPOONS CHOPPED CILANTRO (STEMS AND LEAVES)
1 TEASPOON HONEY
4 CLOVES GARLIC
1 TEASPOON GROUND CUMIN
1 1/2 TEASPOON KOSHER SALT (I USED DIAMOND CRYSTAL SALT)
1/2 TEASPOON RED PEPPER FLAKES
1/4 GROUND BLACK PEPPER
1/4 CUP OLIVE OIL
1/2 CUP ICE CUBES



INSTRUCTIONS

1. Fill a large mixing bowl with water and ice cubes to make an ice bath.
2. Place the tomatillos and the whole jalapeño peppers on a foil-lined sheet pan and roast under the broiler or in a 450 degree oven until the tomatillos are browned all over and have begun to release their juices and the jalapeños are evenly charred. Remove from the oven and allow to cool.
3. After they are cool, peel the skins from the jalapeño peppers. Discard the stems, slice in half and remove and discard the seeds. Puree the tomatillos and jalapeños in a food processor until smooth.
4. Bring a large pot of water to a boil over high heat. Add a generous pinch of salt, then in batches, blanch the greens for one minute, or until the color intensifies. Remove the greens from the boiling water with tongs and immediately plunge into the ice water bath to stop the cooking. Squeeze the excess water from the blanched greens and set aside.
5. Heat two tablespoons of olive oil in a large heavy bottomed skillet. Sauté the onion in the olive oil over medium-high heat until softened, about 5 minutes. Add the reserved, chopped chard stems and cook for 3-5 minutes. Pour in the tomatillo mixture and simmer while you prepare the greens.
6. Rinse the base of the food processor. Working in batches, use the food processor fitted with a chopping blade to roughly chop the collards, mustard greens and kale. Add the chopped greens to the tomatillo mixture and stir in the honey. Lower the temperature and simmer over medium heat.
7. Place the chard leaves, garlic cloves, 1/4 cup olive oil, cumin, salt, red pepper flakes, ice cubes in the base of the food processor fitted with the chopping blade. Pulse a few times to bring the ingredients together, then puree until very smooth. Add the puree to the greens and tomatillos and simmer for 5 minutes more.
8. Use a spoon to make a six depressions in the mixture. Crack an egg into each depression, place the lid on the pan and simmer until the egg whites are set and the yolks are runny. Alternatively, you can cook the eggs by placing the pan under the broiler or in a 375 degree oven. Sprinkle the eggs with flaky salt, pepper and garnish with more cilantro, chopped fresh herbs or micro greens.
9. Serve with grilled bread.

BEEF KREPLACH SOUP

INGREDIENT LIST

1 TABLESPOON OLIVE OIL
1 SMALL ONION, MINCED
1 GARLIC CLOVE, MINCED
1 POUND GROUND BEEF
1 ½ TEASPOONS PAPRIKA
1 TEASPOON KOSHER SALT
½ TEASPOON FRESHLY GROUND
BLACK PEPPER
ABOUT 36 WONTON WRAPPERS
1 TABLESPOON CHOPPED FRESH DILL



INSTRUCTIONS

1. Heat the oil in a large skillet over medium-high heat. Add the onion and garlic and cook, stirring occasionally, until the onion is softened, about 5 minutes.
2. Add the beef to the skillet and cook, breaking up the meat with a spatula and stirring occasionally, until the meat is browned.
3. Drain excess fat from the skillet.
4. Stir in the paprika, salt, and pepper. Set aside to cool for several minutes.
5. Set a medium saucepan of lightly salted water on the stove to boil.
6. Arrange wonton skins on a work surface.
7. Dollop about 1 heaping teaspoon of filling on each wonton skin (place it towards one of the corners).
8. Moisten the 2 edges of the wonton skin adjacent to the filling and then fold the wrapper over to form a triangle encasing the filling. Press the sides together to seal them well.
9. Add the kreplach to the water, which should now be at a low boil, and cook, stirring occasionally, for 2 to 3 minutes, until the wrapper is tender. Drain.
10. Serve the kreplach on their own or in chicken soup or broth, garnished with chopped fresh dill.

GROUNDNUT/AFRICAN PEANUT STEW (VEGAN, GF)

INGREDIENT LIST

1 TABLESPOON EXTRA VIRGIN OLIVE OIL (OPTIONAL*)
1 ONION, FINELY CHOPPED (ABOUT 2 CUPS)
1 JALAPENO, CORED AND FINELY CHOPPED (ABOUT 2 TABLESPOONS)
4 GARLIC CLOVES, MINCED (ABOUT 2 TABLESPOONS)
2-INCH KNOB FRESH GINGER, PEELED AND MINCED (ABOUT 2 TABLESPOONS)
2 TEASPOON CUMIN
1/4 TEASPOON CAYENNE
3 TABLESPOONS TOMATO PASTE
1 LARGE (1-LB) SWEET POTATO, PEELED AND CUT INTO 1-INCH CUBES (ABOUT 2 CUPS)
1/2 CUP UNSWEETENED CREAMY PEANUT BUTTER
4 CUPS VEGETABLE BROTH
1 CUP WATER
1 BUNCH COLLARD GREENS, STEMS REMOVED AND CHOPPED
FRESH CILANTRO, COOKED BROWN RICE, ROASTED PEANUTS AND LIME JUICE FOR SERVING



INSTRUCTIONS

1. In a large pot over medium heat, warm the olive oil. Add the onion, sprinkle with salt and cook for 3 minutes, until translucent. Add the garlic, jalapeño, ginger, cumin and cayenne then stir together and cook for about 2 minutes.
2. Next add the tomato paste and stir together. Add the sweet potato, peanut butter, vegetable broth and water. Stir together then bring to a boil. Reduce heat to medium-low, cover and cook for 15 minutes. Add the chopped collard greens to the pot, stir, then cover and continue to cook for another 15 minutes, until sweet potato is tender.
3. Using the back of the spoon, mash some of the sweet potato to help thicken the broth. Boil uncovered for 5 minutes. Serve warm with rice and garnish with cilantro, peanuts, and lime juice. Enjoy!

LUNAR NEW YEAR LONGEVITY NOODLES

INGREDIENT LIST

3 TABLESPOONS SOY SAUCE
3 TABLESPOONS TOASTED SESAME OIL
2 TABLESPOONS DOUBANJIANG (SZECHUAN CHILE BEAN PASTE)
2 TABLESPOONS RICE VINEGAR
2 TABLESPOONS NEUTRAL OIL (SUCH AS VEGETABLE OIL), DIVIDED
1 MEDIUM-SIZE YELLOW ONION, THINLY SLICED (ABOUT 1¼ CUPS)
1 (2-INCH) PIECE FRESH GINGER, PEELED AND MINCED (ABOUT 2 TABLESPOONS)
1 ½ TABLESPOONS FINELY CHOPPED GARLIC CLOVES
4 CUPS TORN AND SLICED MIXED MUSHROOMS (SUCH AS FRESH ENOKI MUSHROOMS, FRESH OYSTER MUSHROOMS, AND REHYDRATED DRIED SHIITAKE MUSHROOMS) (ABOUT 11 OUNCES)
1 POUND FRESH LO MEIN NOODLES, PREPARED ACCORDING TO PKG.
DIRECTIONS
½ CHOPPED SCALLIONS (WHITE AND GREEN PARTS)
½ CHOPPED FRESH CILANTRO (OPTIONAL)
FURIKAKE (OPTIONAL)



INSTRUCTIONS

1. Stir together soy sauce, sesame oil, doubanjiang, and rice vinegar in a small bowl; set aside.
2. Heat 1 tablespoon neutral oil in a large wok over high until shimmering and fragrant. Add onion, ginger, and garlic; stir-fry until mixture is fragrant and onion begins to soften, about 30 seconds. Transfer mixture to a small bowl; set aside. Do not wipe wok clean.
3. Add remaining 1 tablespoon neutral oil to wok over high. Add mushrooms; stir-fry until softened, about 1 minute and 30 seconds. Add cooked noodles, soy sauce mixture, and cooked onion mixture; cook, tossing and stirring constantly, until noodles have absorbed sauce, about 2 minutes. Remove from heat. Transfer to a large serving dish; top with scallions and, if desired, cilantro. Garnish with furikake.

30 MINUTE KOREAN BIBIMBAP

INGREDIENT LIST

1 CARROTS, CUT INTO
MATCHSTICKS
1 ZUCCHINI, CUT INTO
MATCHSTICKS
1 CUP SHIITAKE MUSHROOMS,
SLICED
1 CUP BEAN SPROUTS
2 CUPS FRESH BABY SPINACH
1 CUP KIMCHI OPTIONAL
16 OZ STRIPLOIN STEAKS THINLY
SLICED (OR 1LB GROUND BEEF)
2 TSP BAKING SODA
2 CLOVES GARLIC, MINCED
3-4 TBSP SOY SAUCE DIVIDED
1 TBSP SRIRACHA OR GOCHUJANG
2 TBSP SESAME OIL DIVIDED
6 EGGS
SESAME SEEDS, TO SERVE

RICE
2 CUPS WATER
1 CUP WHITE RICE
1 TSP BUTTER
1 PINCH SALT



INSTRUCTIONS

1. Cook rice according to package instructions in a rice cooker.
2. Saute mushrooms in pan with 1 tsp sesame oil and 1 tsp soy sauce for 1-2 min on high heat. Continue cooking all veggies this way individually in the same pan, setting aside in a large bowl each time.
3. Meanwhile, cut up steak into thin strips and toss with baking soda. You could use ground beef if you're in a pinch, but steak is better. Toss meat with baking soda, garlic, 2 tbsp soy sauce and sriracha (or gochujang instead if using).
4. Heat 1 tbsp sesame oil over med-high heat, then cook steak for 2-3 min. Remove from pan.
5. Using another tiny bit of sesame oil, heat the same pan on high and add egg. Cook on med-low for 3-4 minutes until egg is semi-cooked.
6. Add a bit of rice to each bowl. I use pasta bowls because I love how wide they are and they are great for presentation. Picking out veggies one at a time, place each in circle around bowl, then add kimchi and cooked beef. Top with egg, then sprinkle bowl with sesame seeds and serve.

SZECHUAN-STYLE CHILI

INGREDIENT LIST

CHILI BLEND (*FOOTNOTE 1)

16 CHINESE FACING HEAVEN CHILI PEPPERS
16 CHINESE RED LANTERN CHILI PEPPERS
1 AND 1/2 TABLESPOONS SICHUAN PEPPERCORNS
2 TEASPOONS CUMIN POWDER
2 TEASPOONS DRIED OREGANO
2 TEASPOON SALT

CHILI

1 TABLESPOON OLIVE OIL (OR VEGETABLE OIL)
1 YELLOW ONION , MINCED
5 CLOVES GARLIC , COARSELY CHOPPED
2 LBS (1 KG) GROUND BEEF
4 TABLESPOONS DOUBANJIANG CHINESE FERMENTED SPICY CHILI PASTE
1 CAN (28 OZ) CANNED DICED TOMATOS
1 CUP CANNED TOMATO SAUCE ABOUT 1/2 CAN (7 OZ. TOMATO SAUCE, OR 2 TABLESPOONS TOMATO PASTE)
2 TABLESPOONS SHAOXING WINE
1 TABLESPOON SOY SAUCE
1 CUP BEEF BROTH
2 CAN (14 OZ) KIDNEY BEANS , DRAINED

SERVE (OPTIONAL)

FINELY CHOPPED CILANTRO
CUBED AVOCADO OR SOUR CREAM
STEAMED RICE



INSTRUCTIONS

Make the chili paste

1. Toast the Sichuan peppercorns in a small saucepan over medium heat until you can smell the fragrance and the Sichuan peppercorns turn a little darker. Transfer the peppercorns to a small bowl and set aside.
2. Soak the chili peppers in 2 cups of hot water until softened, 15 minutes or so. Use your fingers to press the air out from the chili peppers so they soak evenly. Once soaked, remove the tough stems of the chili peppers and discard them.
3. Combine the soaked chili peppers, Sichuan peppercorns, cumin powder, dried oregano, and salt in a blender or in a tall glass and use an immersion blender. Add 1/2 cup of the pepper soaking water without adding the residue at the bottom. Blend until it forms a fine paste.

Cook

1. Heat oil in a 5.5 quart dutch oven over medium heat and add the yellow onion. Cook and stir until the onion just starts to soften, 5 minutes or so.
2. Use your spatula to move the onion to the edge of the pan and add the ground beef in the center. Add the Doubanjiang. Let cook for a minute without moving. Then stir with a spatula to break the meat into smaller pieces and coat with the Doubanjiang. Cook, stirring frequently, until the meat is cooked and turns into small pieces.
3. Add the chili paste. Cook and stir for 2 minutes.
4. Add the diced tomato, tomato sauce, Shaoxing wine, and soy sauce. Cook and stir for 2 minutes.
5. Add the beef broth. Cook until bringing to a simmer. Turn to medium-low heat. Simmer, covered, until the beef turns soft, 30 minutes.
6. Add the kidney beans and stir to mix well. Cook for another 5 minutes. Taste the chili carefully and add more salt if needed.
7. Serve the chili over steamed rice. Garnish with chopped cilantro and avocado, if using. Serve as a main course.

MEMPHIS DRY-RUB MUSHROOMS

INGREDIENT LIST

FOR THE RUB:

½ (PACKED) CUP DARK BROWN SUGAR
¼ CUP HOT PAPRIKA
2 TABLESPOONS KOSHER SALT
2 TABLESPOONS ONION POWDER
2 TABLESPOONS GARLIC POWDER
1 TABLESPOON GROUND BLACK PEPPER
1 ½ TEASPOONS CUMIN SEED
1 ½ TEASPOONS DRY MUSTARD

FOR THE MUSHROOMS:

2 POUNDS LARGE CLUSTERS OF BLACK OYSTER MUSHROOMS OR LION'S MANE, OR PORTOBELLO MUSHROOMS
½ CUP CANOLA OIL OR GRAPESEED OIL
¼ CUP WORCESTERSHIRE SAUCE



INSTRUCTIONS

1. Make the rub: In a large bowl, combine all rub ingredients and mix well. Reserve 1/4 cup rub for the mushrooms and put the rest in an airtight container for another use, such as chicken, salmon or cauliflower.
2. Prepare the mushrooms: Heat the oven to 400 degrees. Using a slightly damp kitchen towel, wipe the mushrooms to remove any dirt. (Don't rinse the mushrooms or submerge them in water.) Carefully cut or tear the mushrooms into 6 large pieces about the size of a hand.
3. Place the mushrooms on a large sheet pan and drizzle them with the oil and Worcestershire sauce. Gently massage the reserved 1/4 cup dry rub into the nooks and crannies of the mushrooms.
4. Roast the mushrooms on the top rack until deeply browned and crisp at the edges, about 40 minutes.

POTSTICKERS/DUMPLINGS

INGREDIENT LIST

5 - 6 DRIED SHIITAKE MUSHROOMS
1 ½ CUPS FINELY CHOPPED CHINESE
CABBAGE (NAPA CABBAGE)
½ TSP SALT
250 G / 0.5 LB FATTY PORK MINCE
¼ CUP GARLIC CHIVES , FINELY
CHOPPED*
2 TSP LIGHT SOY SAUCE (LIGHT OR
DARK SOY ALSO OK)
1 1/2 TSP CHINESE WINE (
½ TSP SESAME OIL *
¼ TSP WHITE PEPPER (BLACK ALSO
OK)
1 GARLIC CLOVE , MINCED
½ TSP GRATED FRESH GINGER

TO COOK:
30 - 35 ROUND DUMPLING WRAPPERS
(NOTE 5)
1/2 CUP WATER PER BATCH
4 - 6 TSP VEGETABLE OIL



INSTRUCTIONS

1. Make sure your pan has a lid that fits it half decently (Note 6).
2. Heat 2 tsp oil in a non stick pan over medium high heat. Add dumplings, pressing down firmly to flatten the base onto the pan. Cook around 8 to 10 per batch.
3. When the base is golden brown (check them), add 1/2 cup of water into the pan.
4. Immediately clamp the lid on, then leave for 7 minutes (any less and the pleats won't be cooked through so if your water dries out, add a bit more).
5. Remove lid - most of the water should be evaporated, the pleats should be cooked through. Leave the pan on the stove until the base dries and the underside of the dumplings are once again crisp.
6. Remove dumplings from pan and transfer to serving plate. Repeat with remaining Dumplings.
7. Serve with Dipping Sauces of choice.

For prep and dumpling construction, click [here](#).

DUA HAHN (PICKLED SHALLOTS)

INGREDIENT LIST

10 OUNCES SMALL SHALLOTS

(ABOUT 2 CUPS; SEE NOTE)

BOILING WATER

2 TABLESPOONS FINE SEA SALT

½ CUP GRANULATED SUGAR

1 CUP DISTILLED WHITE VINEGAR



INSTRUCTIONS

1. Put the shallots in a small heatproof bowl and cover them with boiling water. Let stand for 2 to 3 minutes to loosen the skins. Pour out the hot water, then refill the bowl with cold water to quickly cool the shallots. Drain in a colander.
2. Using a paring knife, cut off a bit of the stem end of a shallot. Working from the stem end, peel away the outer skin and dry-looking layers underneath. Separate any twin bulbs to fully remove the skin. Finally, cut away the root end, taking care to leave enough so the shallot won't fall apart. Repeat with the remaining shallots.
3. In the bowl that held the shallots, stir the salt into 1 cup warm water until dissolved. Return the peeled shallots to the bowl. Let stand at room temperature, loosely covered, at least overnight or up to 24 hours to remove some of their harshness.
4. Drain the shallots and rinse well under cold running water. In a small saucepan, combine the sugar and vinegar and bring to a rolling boil, stirring occasionally, until the sugar dissolves. Add the shallots. When the liquid returns to a simmer, immediately remove the pan from the heat. Use a slotted spoon to transfer the shallots to a pint jar. Pour in the hot brine to the rim. Weigh down the shallots with a small dish if they bob up. Let cool completely, uncovered, then cap and refrigerate.
5. Allow the shallots to mature for 5 days before serving (halve bigger ones, if you like). They will keep refrigerated for several weeks, though they are likely to be long gone by then.

CHILI GARLIC CHINESE EGGPLANT (VEGAN)

INGREDIENT LIST

2 SMALL CHINESE LONG EGGPLANT ,
CHOPPED TO BITE-SIZE PIECES
1 TEASPOON SALT
1 TABLESPOON CORNSTARCH

SAUCE

1 TABLESPOON SOY SAUCE
1 TABLESPOON WATER
1/2 TEASPOON DARK SOY SAUCE
2 TEASPOONS SUGAR
1 TEASPOON CORNSTARCH

STIR-FRY

2 1/2 TABLESPOONS PEANUT OIL (OR
VEGETABLE OIL)
1 TEASPOON GINGER , MINCED
3 CLOVES GARLIC , CHOPPED



INSTRUCTIONS

1. (Option 1) Place eggplant in a large bowl and add water to cover. Add 1 teaspoon salt, mix well. Place a pot lid on top to keep the eggplant under water for 15 minutes. Drain and pat dry.
2. (Option 2) Spread the sliced eggplant out on a paper towel. Sprinkle Kosher salt on both sides of the eggplant slices. Allow to rest for 45-60 minutes. Pat dry without rinsing.
3. Combine the sauce ingredients in a small bowl, mix well.
4. Sprinkle eggplant with 1 tablespoon cornstarch and mix by hand, until eggplant is evenly coated with with a thin layer of cornstarch.
5. Add 2 tablespoons oil to a big nonstick skillet and heat over medium high heat until hot. Spread eggplant across the bottom of the skillet without overlapping. Cook the eggplant one side at a time until all the surfaces are charred and the eggplant turns soft, 8 to 10 minutes in total. Transfer the eggplants to a plate. If the skillet gets too hot and starts to smoke, turn to medium heat.
6. Add the remaining 1/2 teaspoon oil, the ginger and garlic into the same skillet. Stir a few times until fragrant. Add all the eggplant back into the skillet. Mix the sauce again until cornstarch is fully dissolved and pour it over the eggplant. Immediately stir a few times, until the eggplant is evenly coated and the sauce thickens. Transfer everything to a big plate.

QUINOA HUSH PUPPIES WITH CHILE AIOLI

INGREDIENT LIST

FOR THE HUSH PUPPIES

170 GRAMS QUINOA (1 CUP)
1 GRAM SALT (1/4 TEASPOON), PLUS MORE
FOR SPRINKLING
1/3 CUP FINELY CHOPPED YELLOW ONION
1 SMALL CLOVE GARLIC, FINELY CHOPPED
90 GRAMS ALL-PURPOSE FLOUR (3/4 CUP)
2 GRAMS BAKING POWDER (1/2 TEASPOON)
1 LARGE EGG
1/4 CUP BUTTERMILK
FINELY GRATED ZEST OF 1/2 A LEMON
2 TABLESPOONS CHOPPED PARSLEY
2 TABLESPOONS CHOPPED DRAINED
CAPERS
SAFFLOWER OR PEANUT OIL, FOR FRYING

FOR THE CHILE AIOLI

2 GRAMS CHILE POWDER (1/2 TEASPOON)
1 PINCH OF CAYENNE PEPPER
1/2 CUP MAYONNAISE
1 ANCHOVY FILET
1 SMALL CLOVE GARLIC, MINCED



INSTRUCTIONS

1. Place the quinoa in a large sieve. Add cold water and stir the quinoa with your hand or a wooden spoon. Let the water drain. Repeat at least once. Place the drained quinoa in a medium-size pot. Add 1 cup of water and 1/4 teaspoon salt. Bring the quinoa and water to a boil with lid on, then turn heat down to a simmer. Simmer quinoa for 12 minutes. Remove pot from the heat and allow quinoa to sit five minutes with the lid still on. Fluff quinoa with a fork and spread out evenly on a small rimmed pan to cool.
2. In a bowl, combine the cooled quinoa with the remaining hush puppies ingredients except for the frying oil. Mix until the batter comes together.
3. Heat a pot with 2 inches of oil. It is hot enough when a pinch of batter thrown in sizzles (350 degrees). Carefully spoon heaping tablespoons of batter into the oil, about 5 at a time, and fry 2 to 3 minutes, flipping occasionally with a slotted spoon or wire spider, until crisp and golden brown. Place the fried hush puppies on a tray lined with paper towels and immediately sprinkle with salt. Repeat until all the hush puppies are fried.
4. To make the chile aioli, combine the spices, mayonnaise, anchovy and garlic in the bowl of a blender. Blend on high speed until smooth. Serve with the fried hush puppies.

PUDÌN DE PAN WITH ICECREAM

INGREDIENT LIST

2 1/2 CUPS OF EVAPORATED MILK
2 LARGE EGGS
2 TEASPOONS OF VANILLA EXTRACT
1 TEASPOON OF CINNAMON POWDER
1/2 TEASPOON OF GRATED GINGER
ROOT OR GINGER POWDER
1/2 TEASPOON OF CLOVE POWDER
1/4 TEASPOON OF SALT
1/2 CUP OF BROWN SUGAR
3 CUPS (5 OZ [142 GR]) OF DAY-OLD
BREAD CUT INTO SMALL CUBES
1/4 CUP OF GOLDEN AND DARK
RAISINS OR WHICHEVER YOU HAVE
1/3 CUP OF SOFTENED BUTTER

FOR GREASING PAN
4 TABLESPOONS BUTTER ROOM
TEMPERATURE
1/4 CUP OF BROWN SUGAR FOR
DUSTING PAN



INSTRUCTIONS

1. Mix the eggs: Add the eggs to half a cup of milk (you will use the rest of the milk later). Mix well, and strain to remove undissolved egg parts. Set aside.
2. Cook the bread: In a pot, mix the remaining milk with vanilla, cinnamon, ginger, cloves, salt, and sugar. Heat this mixture over low heat, and when it breaks the boil add the bread and raisins. Stir until all the bread is soaked in the milk. Add the butter and stir until it melts and mixes completely.
3. Remove from heat.
4. Mix bread and eggs: Add the bread to the milk and egg mixture you had set aside and stir quickly until well combined. Set aside while you prepare the pan.
5. Prepare the baking pan: Butter a 6-cup baking pan (I used a bundt pan). Sprinkle with sugar until evenly coated, and most is left on the bottom. Pour the bread mixture into the baking pan, taking care not to disturb the sugar coat.
6. Bake: Bake in a preheated oven at 400°F [200°C] for 35 minutes, or until you insert a toothpick and it comes out clean.
7. Remove from mold: Once you remove the pudding from the oven, let it cool down to room temperature. Carefully remove it from the mold with a toothpick. Put a plate or tray on the mold, and turn it over.
8. Serve: Some people prefer it a bit cold (put it in the fridge), although I prefer it at room temperature.

SWEET POTATO MERINGUE PIE

INGREDIENT LIST

FOR THE PIE:

PERFECT PIE CRUST, PREPARED FOR A CUSTARD PIE AND CHILLED
3 LARGE EGGS
½ CUP/110 GRAMS LIGHT BROWN SUGAR
½ CUP/100 GRAMS GRANULATED SUGAR
1 TEASPOON VANILLA EXTRACT
3 TABLESPOONS UNSALTED BUTTER, MELTED
2 CUPS/510 GRAMS SMOOTHLY MASHED SWEET POTATOES (FROM ABOUT 1 ½ TO 2 LARGE SWEET POTATOES, PEELED AND BOILED)
1 TEASPOON GROUND CINNAMON
1 TEASPOON GROUND GINGER
½ TEASPOON GROUND NUTMEG
½ CUP/120 MILLILITERS HEAVY CREAM
EGG WASH (1 LARGE EGG MIXED WITH 1 TABLESPOON WATER)

FOR THE MERINGUE TOPPING:

3 LARGE EGG WHITES
¼ TEASPOON CREAM OF TARTAR
1 CUP/200 GRAMS GRANULATED SUGAR



INSTRUCTIONS

1. On a lightly floured surface and using a lightly floured rolling pin, roll out a disk of dough into a circle about ¼-inch thick. Starting at one end, gently roll up the dough onto the rolling pin. Unfurl the dough over a 9-inch pie plate, preferably ceramic, and press it in lightly, making sure it's lining the plate.
2. Trim so that there's about ½ inch of excess dough hanging over the edge of the pie plate. (If the dough feels warm, refrigerate it for 15 minutes.) Tuck the excess dough under itself so it is flush with the edge of the pie plate; leave the pie like this for a straight-edge finish, or crimp as desired. Dock the base and sides all over with a fork and refrigerate at least 30 minutes, and up to 2 hours.
3. Place a rack on the bottom shelf of the oven, and place a baking stone, if you have one, on the rack. Heat the oven to 425 degrees. Use a small brush to evenly paint egg wash on the edge of the crust. Cut a square of parchment paper and use it to line the crust. Fill with pie weights (or dried beans) up to the top edge. Place the plate on a baking sheet lined with parchment or foil.
4. Transfer the baking sheet to the oven, placing it directly on the baking stone if using. Bake crust until the outer edge is just starting to turn golden brown, 12 to 15 minutes. Remove the parchment and pie weights, and continue to bake until the base appears set, 2 to 4 minutes more. If the dough puffs up anywhere, you can puncture it with a fork. Cool the crust completely. Reduce the oven temperature to 375 degrees.
5. Make the filling: In a medium bowl, whisk the eggs, brown sugar, granulated sugar, vanilla and melted butter to combine.
6. Add the sweet potatoes, cinnamon, ginger and nutmeg and mix to combine. Whisk in the heavy cream until evenly incorporated. (If you have an immersion blender and want to get the texture even smoother, you can blend it now too.) Transfer the pie plate to the prepared baking sheet and pour the custard into the crust.

For the rest of the recipe, visit [here](#).

HAMANTASCHEN

INGREDIENT LIST

4 CUPS FLOUR
2 TEASPOONS BAKING POWDER
1/4 TEASPOON KOSHER SALT
2/3 CUP VEGETABLE OIL
2 LARGE EGGS PLUS 1 LARGE EGG YOLK
1 CUP SUGAR
ZEST OF 1 LEMON
JUICE OF 1/2 LEMON
JUICE OF 1/2 ORANGE
2 TABLESPOONS BRANDY
RASPBERRY OR APRICOT PRESERVES, OR
POPPY SEED FILLING, RECIPE FOLLOWS,
FOR FILLING
1 EGG, LIGHTLY BEATEN

POPPY SEED FILLING:
1/2 CUP RAISINS
3/4 CUP FRESH POPPY SEEDS* (SEE
COOK'S NOTE)
1/2 CUP MILK
4 TO 5 TABLESPOONS SUGAR
PINCH SALT
1/4 CUP HONEY
1 TEASPOON LEMON ZEST PLUS 1/2
TEASPOON OF THE JUICE
1 SLIGHTLY BEATEN EGG



INSTRUCTIONS

1. In a medium bowl, stir together the flour, baking powder and salt; set aside. In a large bowl, whisk the oil, eggs, egg yolk, sugar, zest, both juices and brandy until smooth. Gradually stir in the flour mixture until a sticky dough is formed. Wrap in plastic wrap, flatten into a disk and chill overnight.
2. When ready to bake, preheat oven to 375 degrees F.
3. Working with about one quarter of the dough at a time and leaving the remaining in the refrigerator, roll on lightly floured surface a little less than 1/4-inch thick. Cut circles (or other fun shapes) using cookie cutters 2 1/2 to 3 inches. Place a spoonful of filling in center (about 1 teaspoon per cookie) and then pinch one side up. Turn and pinch second and then third to make a triangular shape. Leave a little bit of the filling showing at the top. For non-traditional shapes, use your imagination: tubular, squares, bite-size or even some flat cookies depressed in the center with a bit of filling there.
4. Place cookies on parchment paper on cookie sheet, brush with a little beaten egg for sheen and bake until nicely browned, 10 to 15 minutes.
5. Keep room temp in airtight container but consume within 3 to 4 days, tops.
6. Poppy Seed Filling Yield: Makes enough to fill 2 1/2 dozen Hamentashen
7. Combine everything except the lemon zest and juice and the beaten egg into a saucepan and cook over moderate heat until thick, 10 to 15 minutes. Stir often. Add zest and juice. Take a bit of the filling and mix it into the beaten egg. Repeat, then mix the egg mixture into the pot of filling. Cool overnight.



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If you are enjoying these newsletters, want to suggest a future topic, contribute and/or help compile content...

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PEACE OUT