restaurant in the Old Tybee Depot. Her celebrated catering menu included rich seafood dishes such as Creamy Crab Soup spiked with sherry; Shrimp Toast, a deep-fried appetizer; Lobster Thermidor; Stuffed Baked Shad with Shrimp Sauce; the Savannah specialty Low Country Shrimp; and Coffee Liqueur Sauce for ice cream that is essentially homemade Kahlua.

146 *Miscellany*

Rose Petal Wine

Bea collects the petals from fading roses and uses them to make a sweet white wine. Fermentation takes about five months. White or red petals can be used.

Ingredients
1 gallon white or red rose petals
1 gallon boiling water
6 cups sugar

Method
Crush the rose petals in a heavy Pyrex bowl and pour the boiling water over them. Cover with a clean cloth and set aside in a warm place to ferment for three days.

On the fourth day, add the sugar and stir until the sugar dissolves. Cover with a clean cloth and let stand in a warm place for three weeks.

Strain the liquid through cheesecloth into four quart jars. Tie a cloth over the mouths of the jars and let stand for four months, or until the wine is no longer effervescent.

Strain the wine into clean wine bottles, cork with a clean cork and store in a dark place until ready to serve. Makes about 1 gallon.

Ruth Jenkins had a knack for pie perfection long before she became known for her fork-tender country ham, crisp french-fried cauliflower (served as an appetizer with a rich mustard dip), and coconut cake. She "meticulously pinpointed" the measure of each ingredient to ensure that the book-buying public could achieve her results. Chilled Caviar Pie, Quail in a Bag, and Barbecued Chuck Roast with a splash of bourbon are specialties that stand alongside Southern staples.

Beatrice Mize was an innovative and resourceful cook who made her living by turning leftover ham into ham mousse and yesterday's chicken into today's chicken à la king. She began her career by cooking traditional Southern specialties and earned fame for dishes with international origins as well. In 1919 she took over the Dew Drop Inn, her father's small café in Cornelia, Georgia. She earned honors for the meals that she and her father cooked and served to three hundred workers on the Tugalo Dam project in Tallulah Falls. And she was remembered for her Brown Sugar Pound Cake, topped with a pecan glaze, and Rose Petal Wine.

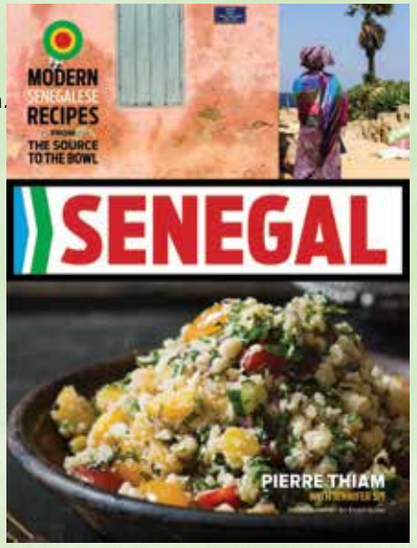
William Mann Jr. contributed recipes taken from the handwritten cookbook he kept during the 1920s, formulas he attributed to the Southern cooking teacher Mrs. S. R. Dull. Others he acquired from visitors to his employers' home. The remainder, such as Junior's Dove Pie, Roast Leg of Lamb basted with white wine, and the light gingerbread he adapted from an old English recipe, are his "own inspired creations."

TRANSATLANTIC

SENEGAL

TRANSATLANTIC TASTES

YOU WOULD BE FORGIVEN for thinking that Senegal is not part of the American South. In fact, you'd be right, in the geographic sense. In terms of foodways, though, Senegal is a close neighbor of both the Lowcountry and the Gulf Coast. Scholars such as Jessica B. Harris have written at length on this culinary kinship and its roots in the slave trade. The recipes and stories that follow are excerpted from Senegal: Modern Senegalese Recipes from the Source to the Bowl, by Pierre Thiam with Jennifer Sit. Flipping through the book, poring over the holy-cow-I-want-to-go-there-right-now photos by Evan Sung, a grocery list of familiar ingredients appear: Black-eyed peas. Peanuts. Okra. And rice. Lots of rice. Fans of Louisiana jambalaya will quickly warm to thiebou jenn, a rice-vegetable-fish concoction. We've included Thiam's thiebou jenn recipe here, along with a moving argument for translating the success of Carolina Gold rice to the Senegalese market.



THIEBOU JENN

THIS IS THE ONE DISH THAT UNITES ALL SENEGALESE. Thiebou jenn, our national dish, is served daily in many Senegalese households, each with their own special recipe. Though very traditional, no Senegalese cookbook would be complete without a thiebou jenn recipe. This version calls for certain ingredients that may not be accessible in many Western markets, but that shouldn't discourage you, as Vietnamese or Thai fish sauce is a good substitute that will bring the fermented flavor characteristic of thiebou jenn.

The selection of root vegetables to be used is up to you. Traditionally thioff, a very popular fish in Senegal, is used in thiebou jenn, but any firm-fleshed fish such as grouper, sea bass, haddock, or halibut will work. If you have your fishmonger cut your whole fish into steaks, make sure you keep the head and tail to add to the pot. There are many different ways to prepare thiebou jenn and this is a slightly more traditional version than the recipe in my first cookbook, Yolele!

Thiebou Jenn

SERVES 10

1 large whole thioff or grouper (about 5 lbs.), scaled, gutted, and cut into steaks about 1½ inches thick, reserving the head and tail

1 cup rof (recipe follows)

½ cup vegetable oil

Salt

2 white onions, chopped

1 green bell pepper, seeded and chopped

2 cups tomato paste

5 cups water

1 cup dried white hibiscus flowers (optional)

2 whole Scotch bonnet peppers

Freshly ground black pepper

2 palm-size pieces guedj (a dried, salted, and smoked fish product)

2 pieces yeet, rinsed (a dried, fermented shellfish product)
½ head green cabbage, cut into 3 wedges
1 turnip, peeled and cut into thick wedges
1 globe eggplant, halved lengthwise
1 small butternut squash, peeled, seeded, and cut into large chunks
1 yuca (4 to 5 inches long), peeled and cut into large chunks
2 carrots, peeled and cut into large chunks
2 bitter eggplants (optional)
¼ lb. small whole okra pods, trimmed
1 handful shelled tamarind pods or 1 Tbsp. tamarind paste
2 cups broken white rice, or jasmine or basmati rice, washed and drained
2 limes, cut into wedges
Note: If you can't find guedj and yeet, substitute with Vietnamese or Thai fish sauce, using about a total of ¼ to ½ cup, to taste.

Cut two 2-inch-long slits into the meaty part of each fish steak. Stuff each slit with about 1 tsp. of the rof. Place the fish, including the head and tail, in a shallow bowl or baking dish and coat with the remaining rof. Cover and refrigerate until needed.

Heat the vegetable oil in a large pot over medium-high heat. Add 2 pinches of salt, the onions, green pepper, and tomato paste. Reduce the heat to low and stir well. Stirring occasionally to avoid scorching, cook for 10 to 15 minutes, until the vegetables are soft and the tomato paste turns a dark orange. (You may need to add 1 to 2 Tbsp. water to further prevent scorching.)

Add the water and stir well. The paste will thin out and become sauce-like. Return to a boil, reduce the heat, and simmer for about 30 minutes, until the oil separates and rises to the surface.

Carefully add the fish steaks, including the head and tail, along with the hibiscus (if using), Scotch bonnets, and a pinch of black pepper. Cook uncovered over medium heat for about 15 minutes, until the fish is cooked.

Carefully remove the fish and set aside in a large bowl. Cover and keep warm. Add the guedj and yeet (or ¼ to ½ cup fish sauce) to the pot. Partially cover the pot, leaving the lid ajar, and simmer for 10 minutes.

Add the cabbage, turnip, eggplant halves, squash, yuca, carrots, and bitter eggplants (if using). Return to a boil and season with salt and pepper. Reduce the heat and simmer for another 20 minutes. Add the okra and cook for 10 more minutes, until the vegetables are tender.

Remove the vegetables and place in the bowl of fish. Add a few ladles of broth and the tamarind.

Line a large colander with cheesecloth and add the washed rice. Place over the simmering broth and cover. Let steam for 10 to 15 minutes.

Add the rice to the broth and give it a big stir. Bring to a boil, then reduce the heat to low. Use a ladle to skim the excess oil from the top; discard the oil. There should be just enough broth to cover the rice; if not, remove the excess broth with the ladle. Tightly cover with a lid and cook until the rice is tender and the liquid absorbed, about 20 minutes.

When the rice is finished, arrange the rice on a large platter. Scrape the crust from the bottom of the pot and place in a bowl to be served on the side. Arrange the fish and vegetables in the center of the rice. Serve with lime wedges.

ROF

MAKES ABOUT 1 CUP

3 garlic cloves
1 bunch parsley, coarsely chopped
1 white onion, coarsely chopped
3 scallions, chopped
1 vegetable or fish bouillon cube (optional)
1 Tbsp. chile flakes
1 Tbsp. freshly ground black pepper

Place all the ingredients in a food processor and pulse until coarse, or pound in a mortar with a pestle.

A SYSTEM OF RICE PRODUCTION, BROKEN

AFRICA PRODUCES MORE GRAINS than any other continent. Oryza glaberrima, one of two principal varieties of rice that exist in the world, was born in West Africa. It is the same rice that was brought to the Americas through the slave trade along with the captives, experts in its cultivation. Those captives were taken to the Carolinas, among other places in the Americas. There, the new crop quickly became a boon to the economy, and was even nicknamed "Carolina Gold." Among the captives were many Diola men and women from the Casamance region of Senegal, where part of my family originates and rice is held sacred.

The story of how our native rice became immensely successful across the Atlantic and neglected at home is a case study. Thiep (meaning "rice" in Wolof) is what Ivorians jokingly call Senegalese people. We are big rice consumers indeed. Rice is eaten more than any other grain in Senegal, but alas, only 45 percent of rice consumption is sourced locally. In a country where more than 30 percent of the daily caloric intake comes from rice, this reliance on such a heavily imported sustenance grain is alarming. According to research by the German Development Institute, "no other country in sub-Saharan Africa is so food-import-dependent, especially on one specific product: rice."

Although rice production in West Africa has doubled since 1985, consumption has increased at an even higher rate due to population growth, further intensifying our dependence on rice imports. However, rice wasn't always central to the staple diet in Senegal. During precolonial times, the main cereal was millet; rice production was for the most part limited to the confines of Casamance and its consumption elsewhere was a luxury.

Senegal's dependence on rice and its struggle to become self-sufficient dates back to colonial times, when the French imposed the cultivation of cash crops such as peanuts and cotton. The French heavily promoted the cultivation of peanuts in Senegal in order to produce peanut oil for European markets. We subsequently became one of the world's leading exporters, producing almost one-quarter of the world's peanuts in the early 1960s.

Since much of our farmland was now dedicated to cash crops, we began importing our subsistence crops. Indochina, whose rice production was also controlled by the French, conveniently became our supplier. The French imported cheap broken rice, which is considered an inferior, substandard product (the leftovers from rice processing) on the international market. Broken rice became the rice of choice in Senegalese households and, half a century since independence, that preference remains today, especially in urban areas. Embraced by the population, it became the favorite choice in the preparation of popular dishes such as thiebou jenn. According to the Food and Agriculture Organization of the United Nations (FAO), today more than 95 percent of the rice Senegal imports is broken rice. We are in fact the largest market for the product worldwide, with rice coming from not only Thailand and Vietnam, but also India, Pakistan, and Brazil. Since urban markets represent 65 percent of Senegalese rice consumers, and 90 percent of the urban market buys imported broken rice, this preference is a key obstacle to shifting consumption to domestic rice.

The food crisis in 2008 was a harsh awakening for countries such as Senegal, showing how our large dependency on imported rice makes us incredibly vulnerable to the volatility in the international market. It was a key opportunity to turn to domestic rice, but the supply could not meet the demand. In response, the government invested heavily in initiatives for boosting domestic production. However, as the import prices for rice soared, the government temporarily eliminated tariffs and even subsidized imports to try to keep the prices low, which conflicted

with the goals of their own domestic programs. What is at stake beyond the livelihoods of rice growers and those directly involved in the industry is the food security of an entire nation and the opportunity to alleviate poverty and bring economic growth.

Of course, achieving such self-sufficiency is no simple task. On the supply side, there needs to be a greater and more reliable marketable surplus. Right now, the supply chain is challenged by a number of issues including a lack of fertilizer and seed markets that function well, high transaction costs, and limited access to credit. Government programs have focused on increasing production, but they have largely ignored how to create a demand for local rice and bring it to market.

Two of the biggest obstacles are the existing preference for broken rice and the perception that local rice is of low quality. The small, informal mills that most harvesters use do not sort rice mechanically because it's a task that rural households are used to taking on themselves at home. Ungraded conventional rice found at market is also usually a mix of varieties, sometimes of differing quality. So the first challenge is to upgrade the quality of the rice by improving the processing, milling, and drying. Such upgrades to infrastructure will surely require private sector investments. Once there is a high-quality product that aligns with consumer preferences, there are the challenges of bringing it to market and creating demand and awareness through branding, marketing, and promotion.

A few years ago, there was an experimental auction that showed that consumers in Dakar and Saint-Louis were willing to pay a premium price for branded, local, high-quality rice. There is amazing potential, but we seem stuck in an unsustainable system that our so-called independence hasn't yet figured out a way to resolve. Meanwhile, our native and much more nutritious rice only barely survives thanks to its sacred place in Diola culture. Oryza glaberrima, aka the prized Carolina Gold across the Atlantic, patiently awaits the day that it will become "Senegal Gold."

EXCERPTED FROM Senegal: Modern Senegalese Recipes from the Source to the Bowl, by Pierre Thiam with Jennifer Sit, photographed by Evan Sung. Lake Isle Press, September 2015. "A System of Rice Production, Broken," written by Jennifer Sit. PHOTOS, PAGES 25, 27, 29, and 30 by Evan Sung.

RECIPES

HONORING THE GROUND CREW

STORIES AND RECIPES FROM NEW SOUTH FAMILY SUPPER

EACH SPRING, Anne Quatrano and Clifford Harrison of Bacchanalia restaurant in Atlanta invite chefs to join them for New South Family Supper, a celebration of the region's diversity that also serves as a benefit for the Southern Foodways Alliance. This year the April 12 event celebrates the unsung heroes of the restaurant world, including dishwashers, waiters, valets, hosts, prep cooks, bussers, and more. All impact the dining experience. Few get recognized for their work.

Think about it. Farmers are finally beginning to get their due. Chefs got their due a while back. Now it's time to celebrate the "members of the ground crew." That's the term Martin Luther King Jr. used to describe the workaday men and women who put their lives on the line during the civil rights movement. This edition of the New South Family Supper pays homage to the unsung heroes of the restaurant world, the workaday men and women who sustain the industry.

To develop the menu for New South Family Supper, Anne asked each chef to create a dish that pays homage to members of his or her team. More than twenty chefs from across the region will cook together. All will conceive dishes and tell stories like the ones that follow. The stories here are from Atlanta. At the New South Family Supper, we will celebrate the good work of ground crew members across the region. All year long, SFA encourages you to celebrate the unsung who work in the restaurants you know and love.

NEW SOUTH Family SUPPER

A BENEFIT FOR THE SFA