

# THE COMFORT REBELLION Cookbook

Designed by Keitlyn Alcantara  
Contributions by PAGE



KEAR



## **Welcome!**

To the Comfort Rebellion Cookbook.  
An outgrowth of Keitlyn's 2018-  
2019 PAGE (Publicly Active  
Graduate Education) Fellowship  
Project, this version is made up of  
contributions from 2018-2019 Co-  
Directors and fellows.  
Enjoy!

In January 2019, I sent a version of this email to my PAGE fellow cohort

Subj: Cookbook Idea  
From: Keitlyn  
To: PAGE

Hey all,

Hope everyone is tucked up nice and cozy against this cold front (or enjoying the warmth of the west coast!). I got around to drafting an outline of the cookbook idea that I mentioned in the webinar. Check out the proposal below when you have a minute, and let me know if you want to be a part of this.

**Project Idea: Cookbook- Finding Comfort in Graduate School.**

This idea is inspired by "[Feed the Resistance](#)" and "[Decolonize your diet](#)", cookbooks that intersperse recipes with essays, linking both to themes of social change (getting involved in activism, and finding freedom through food choices). I was thinking about how isolating and emotionally violent graduate school can be, and how so many times we think we are the only one that is flailing about trying to find balance. For me, food is one way I find balance, making sure I choose to eat things that make me feel good, or that make me feel taken care of (or both!)

The idea is to get each of you to think of some food you turn to for the sense of safety it brings, and share it as a recipe. It can be as simple as "Oreos dipped in hot chocolate" and your recipe can be something like:

*"Buy double stuffed oreos because they are the best. Heat the chocolate up so that it is cozy but not too hot. Dip an oreo one at a time and enjoy. Best served cuddled under a fuzzy blanket"*

Or it can be something more complex, like an old family recipe. The point is to illustrate the many ways that we find comfort.

**Thank you all for your amazing energies and support and rebellion against the way things are "supposed to be" done.**

**Keitlyn**

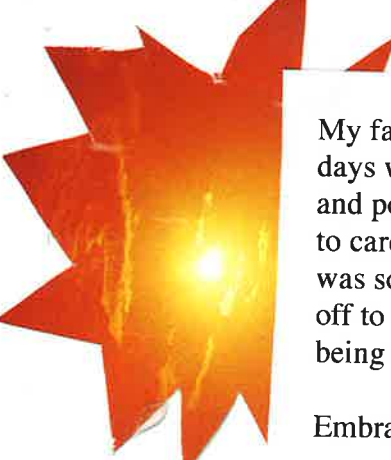
What resulted is what you now hold in your hands. Feel free to add to our cookbook, or start your own, tagging us with #thecomfortrebellion

my comfort looks like **BRIGHT, BEAUTIFUL**  
**FRUITS + VEGGIES**

&  
making space  
to  
create  
(food,  
art,  
poetry)



Keithlyn 2019-2021  
PAGE Co-Director



My favorite breakfasts are eggs in all their many forms, with lots of fresh veggies on top. On days when I can intentionally take time to cook in the morning, I feel calmly eased into my day and powered up to take on whatever comes up with minimal hanger. It took me a while to learn to care for myself in this way. While my parents always made sure I had a full belly as a kid, it was so easy to convince myself I would be more efficient if I just grabbed a granola bar and ran off to campus. The climate of hyper productivity in grad school so often strips us of care, of being confident that if we stop for a second and enjoy a meal, things will still be ok.

Embrace slowing down.

## Ancho Eggs

- i. tablespoons olive oil, divided
- ii. 1/2 white onion, roughly chopped
- iii. 3 cloves garlic, minced
- iv. 3 teaspoons ancho chili powder, divided
- v. 1 teaspoon salt
- vi. 1/2 cup chicken or vegetable broth
- vii. 1 cup tomatoes (fresh or canned)
- viii. 5-6 eggs

### Sauce:

Chop 1/2 an onion, sauté in a pot with 1 tbsp olive oil until soft. Add in 3 cloves garlic, 1 tsp salt, 2 tsp ground dried ancho chilies (or ancho chili powder), 1/2 cup broth, and a cup of fresh or canned tomatoes. Let it simmer and break down into a nice squishy sauce, then put it in a blender and puree. You can add greens (kale, turnip greens, chard) for some extra fiber and vitamins.

### Eggs:

Put the sauce back in the pan, spoon a little hole in the sauce, and crack an egg into the hole in the sauce (repeat for as many eggs as you want!). Spoon a bit of the sauce over the egg, and let the sauce bubble about 10 mins with a cover on the pot. Turn off heat and let the eggs sit for another ten minutes (for medium soft).

Serve up and enjoy! You can top with sprouts, goat cheese, pepper flakes, avocados....





DEAR INCREDIBLE GRADUATE STUDENT,

I AM SPEAKING TO YOU AS SOMEONE WHO HAS  $\cong$  HAD A ROUGH FIRST YEAR. LIKE EVERYONE ELSE, I FELT THE NEED TO PROVE MYSELF WHILE SIMULTANEOUSLY FEELING UNWORTHY. THROWN INTO THE DEEP END. I STRUGGLED AND WORKED HARDER THAN I KNEW I COULD. AND WHILE MY INTELLECT GREW, I HAD TO COMBAT INEVITABLE SYSTEMS AND IDEAS, GOING TOE-TO-TOE WITH PEOPLE MORE POWERFUL THAN ME AND, STILL, AT THE END OF MY FIRST YEAR, I AM LOOKING INTO MY FIRST RESEARCH-HEAVY SUMMER AND SECOND YEAR WITH PLEASURE AND SATISFACTION AND EXCITEMENT BECAUSE

I. AM. STILL. HERE.

I TRULY THINK I OWE SOME OF IT TO FROZEN YOGURT AND ICE CREAM, WHICH I WOULD CONSUME IMMODERATELY IN MY TIMES OF NEED. SO, I CAN'T THINK OF A BETTER WAY TO CELEBRATE THE JOY OF ICE CREAM AND THE TENSION BETWEEN THE STRUGGLE AND PASSION OF GRADUATE SCHOOL THAN THIS SHEL SILVERSTEIN POEM.

IN SOLI-DAIRY-TY,  
PRIYA 2018-2019 PAGE FELLOW





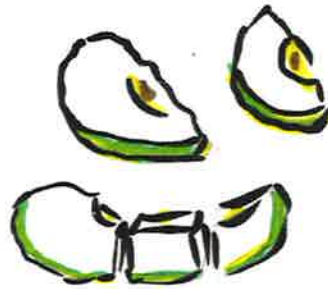
Eighteen luscious, scrumptious flavors –  
Chocolate, lime and cherry,  
Coffee, pumpkin, fudge-banana,  
Caramel cream and boysenberry,  
Rocky road and toasted almond,  
Butterscotch, vanilla dip,  
Butter-brickle, apple ripple,  
Coconut and mocha chip,  
Brandy peach and lemon custard,  
Each scoop lovely, smooth, and round,  
Tallest ice-cream cone in town,  
Lying there (sniff) on the ground.

- Shel Silverstein, *Eighteen Flavors*

# FRANCES' DAILY GREEN SMOOTHIE



HANDFUL OF FROZEN BERRIES



1/2 GRANNY SMITH APPLE, CHOPPED



SOME SEEDS (HEMP, CHIA, FLAX)



HANDFUL OF DARK LEAFY GREENS (chard, kale, spinach)



HIGH-POWERED BLENDER



1 BANANA, IN CHUNKS



ENOUGH WATER

- Blend until smooth
- Enjoy immediately (share with a friend!)

This is the one tasty, healthy routine that kept me going in grad school. It also keeps you regular... which is super important. It makes me feel good!

Frances Lee 4/1/19



Dear Graduate Students,

You are amazing. You deserve ample rest. You deserve plentiful nutrition. You deserve to protect your health. You deserve to be bodies, and not only abstracted minds. You deserve to feel pleasure and wholeness in your bodies. You deserve self, communal and ancestral healing. You deserve to be acknowledged for your hard work and for those efforts to honor those that came before you that allowed you to be here.

May this recipe be one of many guideposts to secure you in a place of goodness and connection.

You do not have to **do** anything to have value. Don't let anyone in these destructive institutions convince you otherwise. You know that these place was made to keep you and those like you out, and yet, here you are. The pleasure and benefit is theirs.

Lovingkindness meditation. Use daily or as needed:

*May I be happy.*

*(Despite their insinuations that you are not enough)*

*May I be well.*

*(Despite their intentionally unreasonable demands)*

*May I be safe.*

*(Despite the white supremacy of US universities)*

*May I be peaceful and at ease.*

Frances Lee, MA

Writer, designer, and 2018-2020 PAGE Co-Director

<https://hellofranceslee.com/>

# Vegan Gluten-Free Tamales

D. Romo 2018-2020 Codirector

I wanted to share my recipe that takes into account dietary restrictions. This is something important for me when striving to create a space in my home to cook with a group of people. Everyone should feel included in the process and have the opportunity to enjoy the end product... maybe even take some home to freeze up for another time. This recipe can be modified for folks that want some meat or even some tempeh—but when you are a graduate student on a budget a bag of potatoes and some chile can go a long way :P

Depending on how much dough is added to the husk and how much filling is added for each tamal—this recipe can make 50 to 80 tamales (maybe even more). This is meant to be done as a group. You will get tired and take a snack/drink break or rotate with another person in the space. Some will struggle at the beginning and need to talk through their process. Other will become instructors due to prior experience and/or because they have created a technique that work for them. In no time there whole place will be filled with conversations, laughter, music, cooked tamales smell, warmth, etc.

Your tamales will not come out the same: masa thickness, filling portions, sizes, and husk folding techniques. That's okay!!! It is all about the community building process and having fun. Like my dad always said, "No te lo vas a comer entero". So, let's enjoy the surprise that each tamal will bring you.

NOTE: You can store in refrigerator for up to a week or freeze for up to four months. You can defrost and reheat tamales in steamer until warmed through or in microwave on high for 2 minutes.



## INGREDIENTS:

3 dozen dried corn husks

sour cream container

### TAMALES DOUGH

- 13 1/2 cups Masa Maseca
- 1 tbsp salt
- 3 tbsp baking powder
- 1/3 cup Goya Adobo
- 12 cups warm water
- 3 cups non-hydrogenated shortening

### TAMALES FILLING

- 6 medium poblano pepper
- 5 medium potatoes

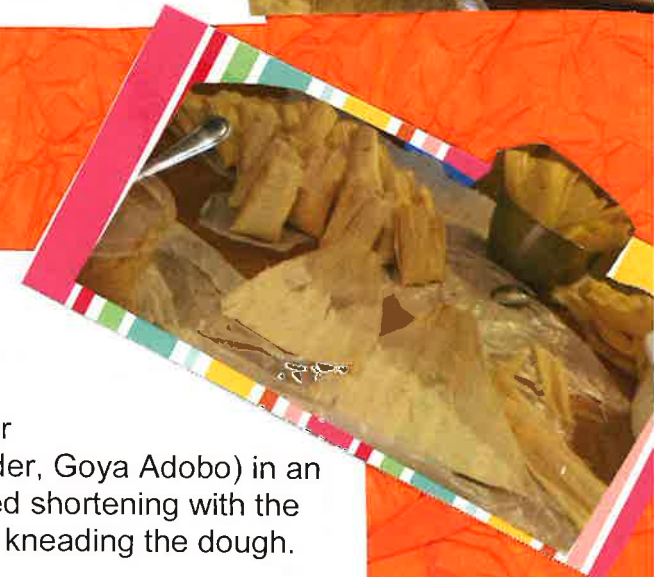
### GREEN SALSA

- 1 1/4 lb. tomatillos
- 1 large onion
- 4 serrano chiles
- 4 jalapeños
- 4 garlic cloves
- 1 1/2 tsp salt



## DIRECTIONS:

1. Soak corn husks in water for at least 1.5 - 2 hours
2. Make tamales dough:
  - Melt non-hydrogenated shortening and set aside for later
  - Add all dry ingredients (Masa Maseca, salt, baking powder, Goya Adobo) in an aluminum pan or bowl. Add the melted non-hydrogenated shortening with the rest of the ingredients. Slowly add the warm water while kneading the dough.
3. Make tamales filling:
  - Peel the skin off the potatoes and cut into strips (1.5 to 2 inches thick). Set the raw potatoes aside on a bowl for later.
  - Roast peppers on the grill, turning occasionally, until skin is completely charred and blackened all over. Place in a bowl, cover with plastic wrap, and let stand until cool enough to handle. Using paper towels, rub off charred skin, then stem and seed poblanos. Slice peppers into strips 1/4 inch thick and 2 to 3 inches long. Place in a separate bowl for later
4. Make green salsa:
  - Remove the papery husks from the tomatillos and rinse to remove the sticky residue. Cut onions in quarter. Add all of the ingredients except salt to a large pot and just cover with water. Bring the water and ingredients to a boil and then simmer for 10 minutes. Blend the cooked ingredients with the cooking water until smooth (about 30 seconds). use a strain when transferring form a blender to a separate bowl. Add salt (based on taste & can add adobo too)
  - Working one at a time, place a corn husk on work surface. Place 2-3 tablespoons of tamale dough on larger end of husk (on the soft side of the husk) and spread into a rectangle approximately 1/4 inch thick, leaving a 1-inch border around edges of husk. Place a few strips of peppers and potato down center of dough. Fold over sides of husk so dough surrounds filling, then fold bottom of husk up. Repeat with remaining husks, dough, and filling
5. Fill a large pot with 1 inch of water and bring to a boil. Rest tamales upright in a steamer insert or on rack above the water level. Cover with remaining corn husks and then steamer top. Depending on steamer size and the amount of tamales that you place in the steamer it can take 1 to 2 hours to cook.
6. Remove tamales from steamer and let rest until dough firms slightly.
7. You can serve immediately with green salsa and/or sour cream.



New York Times Best Seller

PLEASURE  
ACTIVISM

The Politics of Feeling Good

GRAVY

PODCAST

EMERGENT STRATEGY

SHAPING CHANGE, CHANGING WORLDS  
adrienne maree brown

LA LOBA LOCA

FREEDOM FARMERS



AGRICULTURAL RESISTANCE AND THE BLACK FREEDOM MOVEMENT

MONICA M. WHITE

Foreword by LaDonna Robinson, Founder of the Campaign for Food Justice

INSPIRATION AND RESOURCES

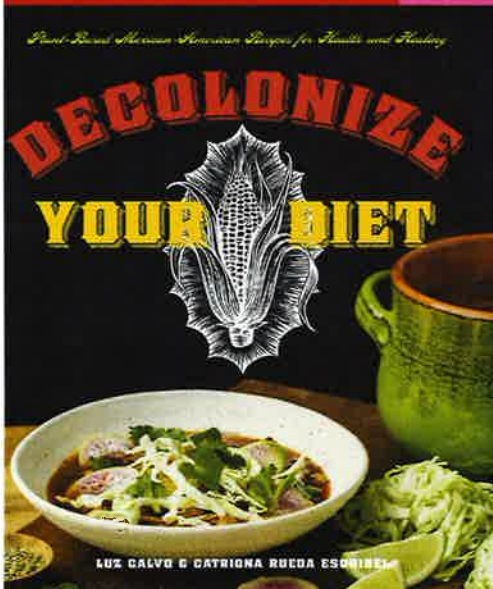


COOKING, QUEER POLITICS AND

PROCEEDS WILL BE DONATED TO THE ACLU

FEED THE RESISTANCE  
RECIPES + IDEAS FOR GETTING INVOLVED

JULIA TURSHEN



EDIBLE ACTIVIST



Full Service Radio



SHARE  
your own recipes of  
resistance:  
#the comfort rebellion

