

KITCHEN TABLE

At the round table
we talk
over scrambled eggs
on paper plates
and
red solo cups
full of

Apple Cranberry

a tribute

a

shared
silence

a

missing sound

two bodies
absent of the mind
stuck in the past

Reliving the same memory

at the round table

RED BEANS AND RICE

1 cup basmati rice
1 tablespoon vegetable oil
1 package smoked andouille sausage
1 white onion, diced
1 green bell pepper
2 tablespoons celery
4 cloves minced garlic
3 teaspoons Old Bay
3 cups of chicken stock
1 teaspoon of red hot hot sauce
2 bay leaves

Rinse basmati rice to remove starch and set aside.

In a large pot heat vegetable oil over medium heat. Once oil is hot add in sausage and cook until golden brown. Add in the diced onion, bell pepper, and garlic stirring occasionally until soft. Once the vegetables are soft add in tomato paste and coating the soft veggies. Add in chicken stock, hot sauce, red beans, and bay leaves. Bring the pot to a boil, cover, then reduce to a simmer for 15-20 minutes. Uncover the pot and continue to simmer for 15-20 minutes until reduced.

While the beans continue to simmer cook rice in whatever way you see fit. Smash beans slightly with a wooden spoon after they have rested and serve over hot rice.

CAST IRON

Dear Father,

I pray
for strength

and for structure

a shield against pain
and a body that won't falter

Spin my skin from
cheesecloth

make me
impenetrable

Craft my bones from
cast iron

make me
invincible

from the high heat that lies on the road ahead
the road to an
unfortunate freedom

of forgetting

SHRIMP AND GRITS

SHRIMP

1 pound tail on shrimp
1 ½ cups chicken stock
4 teaspoons paprika
2 tablespoon garlic powder
3 tablespoons onion powder
2 teaspoons ground black pepper
1 green onion
2 cloves fresh minced garlic
1 serrano pepper
1 cup of white flour
½ cup butter

GRITS

½ cup Albers quick grits
1 ½ cups water
¾ heavy cream
¾ whole milk

Begin by cleaning and detailing all shrimp. Set the tails in a small pot and cover with chicken broth, bring to a simmer and let simmer for 5-10 minutes before removing from heat. Take clean shrimp and mix with paprika, garlic powder, onion powder, salt, and pepper. In a sauce pan melt ¼ cup of butter and once it begins to bubble add in shrimp cooking on each side for 1-2 minutes before removing and setting aside. In the same pan using a whisk add in a tablespoon of butter and begin whisking, slowly adding in flour to create a gravy ruc. Once ruc is at desired color add in the shrimp tail stock making sure not to let any shrimp tails enter into the pan. Simmer for 5-10 minutes until gravy is thick adding half a sliced serrano pepper to the pan. Add back in the shrimp and toss in the gravy on low heat for 3-5 minutes. Once finish remove from the heat and serve over grits, garnishing with chopped green onion.

For the grits, begin by bringing the water, heavy cream, and milk to a boil. Once boiling, add in grits, 2 teaspoons of salt and cut heat to low stirring until thick. Once at desired thickness add in ¼ cup of butter cover with lid and prepare to serve.

BITTERSWEET

Our memories are carved
into hard chestnut

they are the scratches
in cutting board surfaces
and the
Knife

Blade
Nicks
on cold stone

countertops

rough jagged fragments

of the past

cut into the
fruit like flesh
of my skin

this feeling is
raw

unadulterated

Bitter
sweet

SALMON CROQUETTE

2 cans of bone in pink salmon
1 1/2 cup all purpose flour
2 teaspoons paprika
1 tablespoon garlic powder
2 tablespoons onion powder
2 teaspoons ground black pepper
1 onion
1 green bell pepper
1 red bell pepper
1 large egg
1 1/2 cup japanese panko breadcrumbs

Finely dice onion, red bell pepper, and green bell pepper and set aside in a small bowl. In a large bowl empty both cans of salmon and remove all pieces of bone from the meat. In a third bowl combine the paprika, garlic powder, onion powder, pepper and salt together. Crack two eggs into the salmon add in the diced bell pepper and onions and mix until combined. Season liberally with spice mixture to taste. Add one tablespoon of spice mixture to flour and mix until combined.

Slowly sprinkle flour mixture into the wet salmon mixture and mix until slightly firm (use as much flour as necessary, not the entire amount). Take the slightly firm mix sure and make patties using 1/3 scoops of the mixture. Coat patties in panko breadcrumbs and set aside on a cover baking sheet or plate. Once completed with all patties place in fridge and begin heating up oil in. A small sauce pan or cast iron skillet. When oil is hot take croquettes out of the fridge and lay into hot oil. Cook for 3-5 minutes on each side until golden brown. Remove croquettes from oil and lay them on a wire rack or pan to rest, serve then enjoy with grits, eggs, or rice.

HOUSE

I am writing this to the grey house on the hill
that now sits empty
to her muted green kitchen tiles
and sharp slamming screen door
to the stillness of her pantry
and draft of her halls
I know she is empty
yet
I close my eyes
and see you at the kitchen table
see you cooking on the stove
hear you telling stories of a spellman
and the echoes of your whistle in the den
House
Although she is empty now
her bones have not changed
She has history baked into her floorboards
And memories hidden away in every room
House
I hope the laughs that haunt your hallways
stay bold

CORN MEAL SHORT WAFFLE

1 tsp kosher salt
1 tsp baking powder
½ tsp baking soda
1 cup buttermilk
1 cup milk
⅓ cup vegetable oil
2 large eggs separated
¼ cup brown sugar
½ cup white sugar
¾ cup flour
¾ cup Jiffy
¼ cup cornstarch

In a large bowl sift and mix together all dry ingredients except for ¼ cup of white sugar. In a separate bowl separate 2 large eggs and set aside. Mix all wet ingredients except for eggs together. Take egg whites and whisk together with ¼ cup of white sugar until fluffy, once fluffed set aside. Mix wet mixture with dry slowly stirring the two together. Once mixed, fold egg white sugar mixture into batter. Heat a waffle iron to medium high heat before spraying iron and cooking waffles.