



Pedacito de la Tierra

Community Meal+Film Toolkit

INTRODUCTION

The 'Pedacito de la Tierra/Little Piece of Home' Community Meal and Film Premiere brings us into a shared experience. All are welcome to take a seat at our virtual table to cook together around an horno recently built at Casa de la Misericordia, and celebrate the premiere of 'Pedacito de la Tierra'. The film documents the transformation of a 200-resident community in Nogales, MX that provides support for people along their migration journey.

With your support, this can be the first of many spaces transformed, hornos built, and stories of community resilience to share from the borderlands.



SO WHAT IS IT?



Sit down at our decentralized table with community members in Nogales, Sonora and across the globe to prepare and enjoy a meal, watch the film premiere, and engage in conversations about cultivating belonging across borders and cultures.

We've invited the extended communities of Alight, Burning Man and friends to log into zoom for a 90 minute event with three different acts, each engaging a different part of ourselves: Hands, Hearts, and Heads.

TOGETHER we will:

View the world premiere screening
of the short film, "*Pedacito de la Tierra*"



Cook along recipes shared with us from the migrant community, with a cooking demonstration co-hosted by Charles Michel, food educator.



Engage in meaningful conversation
with one another and project instigators.



Prepare

Let's make sure you are both digitally and physically prepared for the event on February 6th:

Digital: Invite friends and family to join you on Saturday, February 6th at 11am PST in the way that is safe for you, or at a virtual table. Each household will need to register.

[Click Here to Register](#) **if you received this document directly via email, you are already registered*

If your group would like to create your own Zoom Room in your account, you can set-up a watch party by screen-sharing the [Facebook](#) livestream and engaging there.

Find the Livestream on the [Burning Man Project](#) official page at the start of the event.

Physical: Prepare any ingredients for the cooking demo or pre-made food so you can relax during the event:

Our cooking class with food educator Charles Michel will highlight a universal food present in a myriad of forms around the world: Bread. As humans, we all relate to bread in a way that touches our deepest emotions and most cherished memories of family, safety, and community. With this in mind, Charles invited the Nogales community, and guests chefs to prepare a recipe under the concept of “Bread, and...”

Charles will prepare a traditional Arepa recipe, a corn-flour bread that is a synonym of home for millions of people in Venezuela and Colombia, a region of the world that is currently experiencing one of the world's worst migration crises. Join us to prepare these bread recipes. Feel free to prepare your recipe ahead of time. If you plan to cook during the demo we recommend preparing all the ingredients ahead of time, to make it easier to cook along with Charles, and guests.



Arepas con Queso

By Charles Michel, Colombian/French food educator

“Arepas are a staple for millions of Colombian and Venezuelan peoples. At a time when so many forces polarise us, coming together around what unites us is essential. This technique is one I learnt from my Colombian granny, who made arepas with lots of cheese, in the way people do in the “Llanos”, eastern plains of Colombia where the food culture and music is very similar to the one on the other side of the border; in Venezuela. “Llanera” music, arepas, and hallacas are some of the cultural manifestations that unite us!”

Ingredients

- Pre-cooked Corn flour, or “masarepa”.
- Water (lukewarm)
- Salt
- One or two cheeses of your choice, “queso fresco” or any type of melty cheese.

Procedure

For the quantities, you are invited to play it by ear! Plan how many arepas you want to make and according to that, decide on the spot how much corn flour you will hydrate - roughly 2 spoonfuls of flour per medium-sized arepa.

You can also add any amount of grated cheese you like, Charles will show you how best to integrate the cheese depending on which type you use.

Utensils

To make the dough, you will need a small bowl, a cheese grater (if you want to use cheese), a spoon, and clean hands!

To cook the arepas, a simple non-stick pan will do. You can also cook them in an oven/horno, at high temperature, 200C or 390F. The best arepas are cooked with woodfire or on embers!

Arepas can be eaten with many kinds of bean, meat, or topping, feel free to prepare your favorite or experiment with what's in your refrigerator or cabinet. This project connects many traditions and dishes, and below are other recipes from the community in Nogales and beyond, that you may choose to prepare ahead of time.



ADDITIONAL Recipes

Recipes from Casa de la Misericordia

Juan Carlos Delgado Menjivar, a resident and horno (earthen oven) maker in Nogales, shared his Guatemalan “Bread, and...” recipe during the firing of the horno in November, 2020. This recipe is the inspiration for our cooking theme. Juan Carlos’ orally recorded recipe has been adapted by Recipes for Resilience author Shamini Selvaratnam.

[Guatemalan Sweet Cake with Cheese](#)

Recipes from Casa de la Misericordia Norma Castañeda Meza, one of the casa’s resident chefs, has authored the following recipe. The residents of Casa de la Misericordia bring many traditions to the daily meal preparation for the 200 community members, and this dish will be prepared by a group of women in Nogales for our shared community meal. [Estofado de Pollo Spanish Recipe](#) *(English Translation)*

Recipe from Chef Oso

Chef Guillermo “Oso” Campos Moreno, a culinary artist with experience at three-star Michelin restaurants in Europe, creates gourmet tacos, reimagined traditional and creative plates in his home city of Tijuana.

[Gorditas Sin Fronteras Spanish Recipe](#) *(plantain gorditas with blackened glaze)*

Recipes for Resilience

Recipes for Resilience is a community project at the intersection of cuisine, culture, and civic engagement. The project created a community cookbook that will take you on a fantastic food journey, rich with traditions of the homes, refugees, and migrant women living in Washington, DC. We are honored to introduce two recipes excerpted from this cookbook:

- [Pupusa with Pork](#)
- [Queso Fundido](#)

Recipes for Resilience was a 2019 Civic Ignition grant recipient with Burners Without Borders. Pedacito de la Tierra is inspired by and collaborating with Recipes for Resilience to produce a second Recipes for Resilience community cookbook, as more hornos are built along the border.

JOIN THE CONVERSATION

This event is a conversation starter—because we believe conversations are the best starting place for making a difference. Conversations allow distinct points of view and experience to emerge. They activate our imaginations and create shared understandings. They set things in motion.

While you're cooking we invite you to consider:

- Did any of the stories from the chefs stand out to you, if so which ones?
- How often do you consider where recipes originate from? Who wrote your favorite recipes?
- How are the recipes from the event similar or different to what you regularly eat at home?
- What ingredients are typical in your region? How far do other ingredients travel to get to your home?
- What is abundant, growing, and readily available where you live?
- What's a novel way to use something abundant around you?
- What does "food resilience" mean to you?

As you watch the film we invite you to consider:

- Which of the characters stood out to you in the film and why?
- What are some ways that you do or do not feel autonomy/ownership in your space (home, room, school)? In your city? In your country?
- How can we rebuild and restore throughout difficult moments in our life's journey?
- What's possible on the other side of struggle?
- How do shared values and community contribute to a sense of belonging?

If you're with younger kids, you can try these prompts:

- What makes a home to you?
- How do you know that you're at home?
- What does it mean to be "at home"?
- What does home look like? Sound like? Taste like?
- Who are the people that make me feel at home?
- What are the objects that make me feel at home?
- What is the feeling that I have when I "belong" somewhere?

Join The CONVERSATION

Two additional exercises we invite you try:

1. Try to build a list of ten ways you identify belonging. Share your list with someone else – do they identify belonging in the same way? Explore how you might help others in your own life feel more belonging.

Don't forget what we've learned in a year of the global pandemic:

Ask each other, *"What have we learned from our COVID-19 experience that can help us understand home, belonging, or community in a deeper or different way?"*

2. Create your own scenarios for creating belonging in human-worthy spaces

Choose a space in disrepair that you know in your own community:

for example, it might be a shelter, an empty lot, a medical or community center, a kitchen, school, or playground near you.

For each space, ask: What do people need to support a sense of belonging in this place—and in the face of competing values? If you could radically change the space today- what actions would you take to modify it?

Play out these actions over a ten-year timeline: What happens first? Then what happens next? And, what does the place look like at the end of the decade?

Ask: What kind of scenario is this? Try to build at least one transformation scenario—one clear path to a world that's different from the last decade.

Chicken Stew

(12 people)

Ingredients

12 Chicken Thighs

To marinate the chicken:

1 head of garlic, peeled

1 large onion

1 cda of oregano

½ spoon of black pepper

½ spoon of nail

1 spoon of powdered seasoner

2 spoons of salt

1 cup of water

Vegetables:

1 kg of tomato

1 kg of onion

1 kg of carrot

1 kg of potato

1 big pineapple

10 green olives

2 pieces of banana

¼ kg of pruned.

¼ kg of raisins

Butter at taste



Preparation:

Slices of banana and potato are made and fried a little.

Make carrot, onion, tomato slices, cut the pineapple into slices and make triangles.

A pan is greased with butter and a layer of sliced onion is first placed, then tomato, the carrot, the banana and the potato previously fried, the pruned, the raisins and, pineapple. Then, the slices of the marinated chicken are placed on top of that layers of vegetables. The chicken is covered with layers of vegetables in the same order, the olives are placed at the end. The pan is covered with aluminum paper and it's placed in the oven for approximately 4 hours with a temperature of 250 °C

Served with white rice and green sauce with avocado and pickled jalapeños.

Quesadilla: Guatemalan Sweet Cake with Cheese

Ingredients

4 eggs

$\frac{3}{4}$ cup heavy cream

1 cup rice flour

1 cup shredded queso fresco cheese*

1 cup cottage cheese

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ teaspoon baking soda

Directions

Preheat oven to 350 °F

Combine cottage cheese, queso fresco, whipping cream. Blend and set aside.

Combine rice flour and baking soda. Set aside.

Separate the egg whites from the yolks. Beat egg whites with a hand blender or whisk until soft peaks form. Add the sugar, 2 tablespoons at a time while beating, then the egg yolks and mix well.

Add the cheese mixture to the eggs and sugar and blend for 2 minutes. Then the dry ingredients to the and mix until a smooth batter forms.

Grease an 8 x 8-inch baking pan with cooking spray, or butter. Pour batter into the prepared pan and bake in the center rack of the oven for 40 to 45 minutes, or until a toothpick inserted in center comes out clean.

**If you cannot find queso fresco substitute with cotija or parmesan cheese.*

Chicharrón Pupusas

El Salvadoran Masa Flatbread with Pork Filling. Recipe by Ruby

Ingredients

12 cups instant corn masa flour

¼ cups water

Salt and pepper to taste

**1 lb boneless pork shoulder or butt cut
into 1-inch cubes**

**3 garlic cloves - (finely dice 2 cloves, keep
other whole)**

1 medium onion chopped

½ cup chopped tomato

2 tbsp chopped green bell pepper

¼ tsp freshly ground black pepper

2 tsp cumin

Directions

Season pork with salt, pepper, and cumin. Heat oil in a skillet on medium-high heat, add pork and cook until the pork is golden brown. Add 1 cup of water and 1 clove of garlic. Reduce heat to medium and cook uncovered until all the water is evaporated and the pork is crispy. Remove the pork from the heat and set aside.

In the same skillet with the drippings saute, onions and garlic and cook for a minute; then green peppers, tomatoes, and pork and cook for 5 -10 minsminutes. Remove from heat and let it cool. Transfer cooled mixture to food processor and pulse until it gets too pasty consistency. Ensure the filling stays at room temperature.

Combine masa flour, salt, pepper, and water in batches, working the dough until it is soft yet firm. Divide into 10 balls. Mix a cup of water and few drops of oil to wet your hands while making the pupusas for the mixture doesn't stick to your hands. Wet your hand in the water & oil mixture and flatten one of the corn balls in your hands, put a tablespoon of pork mixture in the middle. Bring all the sides together to create a ball and then flatten it with your hands.

Cook on a hot skillet for 4 minutes each side. Serve warm with tomato sauce

Queso Blanco

Mexican White Cheese Dip* | Recipe by Marin

Ingredients

15 oz. can Jack mackerel (*can substitute tuna*)

1 cup asadero cheese (*or chihuahua cheese*),

4 oz can of green chilies

1/4 cup half-and-half

1/2 medium yellow onions finely minced

2 tsp ground cumin

1/2 tsp salt

1 tbsp fresh cilantro, finely minced

1 small jalapeno pepper, finely minced

1 small plum tomato diced

1 - 2 tbsp oil

Directions

Shred Cheese (*Tip: buy Cacique brand*)

Heat oil in a skillet over medium heat, add onion, jalapeño, salt, and cumin and saute for 5 minutes. Add the can of green chilies and cook for another minute.

Add half and half, followed by shredded cheese, and stir until mixture is melted and smooth.

Pour into a serving bowl, and garnish with diced tomatoes and cilantro. Serve hot with tortilla chips.

**Authentic Queso is not orange, do not make it velveeta. It is an affront to Mexican food.*

GORDITAS SIN FRONTERAS

INGREDIENTES

- MASA DE MAIZ 500 GR
- PLÁTANO MACHO MADURO 500 GR
- QUESO COTIJA 5 GR
- QUESO CHEDDAR 100 GR
- SAL 5 GR

INSTRUCCIONES (PARA LA MASA)

1. COCINAR LOS PLÁTANOS MACHOS CON TODO Y PIEL YA SEA HORNEADOS O EN UN SARTÉN SIN ACEITE APROXIMADAMENTE 10 MIN Y RESERVAR.
2. QUITAR LA PIEL DEL PLÁTANO Y HACERLO PURÉ . MEZCLAR CON LA MASA DE MAÍZ , LA SAL.
3. AGREGAR QUESO CHEDDAR A LA MASA .. SI POR ALGUNA RAZÓN LA MASA ES MUY HÚMEDA DEJAR OREAR POR 1 HORA O HASTA QUE ESTÉ TRABAJABLE SIN QUEDARSE PEGADA EN LAS MANOS.
4. UNA VEZ LA MASA ESTÉ LISTA SE TRABAJA DE MANERA TRADICIONAL PARA HACER GORDITAS O TORTILLAS . QUEDA LISTA

PREPARATION: 20 MIN

COOKING: 30 MIN

READY IN: 40 A 60 MIN



GORDITAS SIN FRONTERAS

Receta para 15 pax

Ingredientes

- tortillas de maiz 1 kg (tostar hasta hacerlas cenizas/ quemadas negras)
- Cebolla 250 gr (tostar hasta hacerlas cenizas/ quemadas negras)
- Semillas de chiles secos 100 gr (tostar hasta hacerlas cenizas/ quemadas negras)
- Canela en barra 10 gr
- Vinagre (el que tenga disponible) 30 ml
- Jugo de naranja 100 ml
- Piloncillo 80 gr

Instrucciones (Para el glaseado negro)

1. Tostar en un sartén o en el horno todos los ingredientes secos hasta quedar negros . quemados

2. Una vez quemados licuar perfectamente junto con el vinagre y jugo de naranja debe de quedar una consistencia de puré sin grumos.

3. Pasar a una olla agregar el piloncillo y cocinar hasta que se disuelva por completo Debe de tener una consistencia de salsa espesa.

quise usar el glaseado para simbolizar la frontera . use el queso cotija al final para crear un contraste de dulce con salado

NOTA: Se puede utilizar para cualquier pan dulce, o hasta endulzar un café bien negro.