



(image credit: *Philadelphia City Life*, 2015)

## Let's Eat -- Philly Style! A Lesson About How We Eat - Globally and Locally!

**What:** One of the ways that we connect with each other is through food, sharing meals and recipes for every day or special occasions. Our food choices can reflect our cultures, heritages, and interests, and we have a great city in which to explore limitless possibilities. Since Philadelphia commemorates its status as a World Heritage City annually in September, we can celebrate our city's unique culinary heritage then and year 'round!

In 2020, [Pat Nogar](#), a noted local food and lifestyle celebrity, researched recipes that are significant in Philadelphia's history and presented them in a special episode of her internet show "[Saturday Morning With Pat](#)." Together with her guest Zabeth Teelucksingh, Executive Director of [Global Philadelphia Association](#), Pat also debuted an original cocktail "Philly Joy" that she created for adults for the celebration of Philadelphia's fifth anniversary as a Heritage City, as well as a mocktail "Philly Liberty." You can explore the foods and beverages included with this lesson.

**Why:** Recognizing Philadelphia's status as a World Heritage City gives us the chance to explore and examine our city's relationship to food in many different ways, virtually or in person, across neighborhoods, resources, and settings.

**How:** Here are some possibilities for projects for families, teachers, and students:

1. What about a focus on personal backgrounds and their favorite traditional foods on their tables at home? What recipes are favorites from the past? What ingredients are often used? Who prepares the food? How does the recipe represent the family's heritage?
2. How about discovering what global foods are available throughout the city through a scavenger hunt? Here's a list of foods to look for: wonton soup, jollof rice, pepper pot, guava paste, doro wot, fried cauliflower, collard greens, yiros, quiche lorraine, bratwurst, kimchi, pho, and tandoori chicken. What other global foods interest you? What are their origins? Where are they available in our city?
3. What can you find out about foods that originated in Philadelphia? (Hint...think Tastykakes, Jacquin's Brandy or Sweetzel's Spiced Wafers!)
4. What about examining other World Heritage Cities and the foods that are popular in them? Just to get started, "visit" [Mexico City](#), [Berlin](#), [Moscow](#), and [Konya](#). And, how about finding these cities' locations on global maps? Where do these foods show up in Philadelphia?
5. Who is helping out Philadelphians who don't have enough food to eat? Here are a few organizations to start with - [Philabundance](#), [Broad Street Ministry](#), and [Mt. Airy Groceries](#). What are some examples of neighbors helping each other? How has the pandemic affected people's abilities to provide food for themselves?
6. Did you know that the United Nations' Sustainable Development Goals (SDGs) includes one goal that focuses on food availability? How is the city of Philadelphia helping to fulfill [SDG #2 Zero Hunger](#)?
7. Did you know that Philadelphia's Free Library has a [Culinary Literacy Center](#)? Maybe you want to experience one of its virtual cooking classes.
8. Have you explored the [Philadelphia World Heritage Coloring Book](#)? If you follow Caleb and Olivia along the way as they chase their kite across the city, they are certainly going to get hungry. Where would they stop and what would they eat?

## Resources:

[History of Philly Foods](#)

[A history of Philadelphia in 10 dishes](#)

[Foods Invented In Philadelphia: The Complete Guide](#)

[History of Restaurants in Philadelphia](#)

[Eat the World: Philadelphia's World Food Scene](#)

[Asian Markets of Philadelphia | Extraordinary food finds among Philadelphia's Asian Grocery Stores](#)

[My Daughter's Kitchen](#)

[The People's Kitchen at El Compadre in South Philly tackles food insecurity and social justice](#)

### **Philadelphia recipes direct from Pat Nogar!**

America is a nation of immigrants and its foods reflect that fact. Spend time in any city and you will soon learn how it was settled and by whom. As Italians, Germans, Ethiopians, Mexicans, Asians and Africans (to name a few) arrived in this country, they brought their traditional foods and beverages with them, making them a part of the fabric of the communities in which they settled.

### **Philly Cheesesteak Shooters**

Every city has a signature food and for Philadelphia it is, without a doubt, cheesesteaks. And though Philadelphians are sharply divided on who makes the best, they all agree that it's the hometown dish. The following is Pat's version of the cheesesteak - Philly Cheesesteak Shooters! The dish is divided up between small "shooter" glasses, perfect for individual servings.

#### **Ingredients:**

5 cups cooked elbow macaroni  
1 lb thinly sliced ribeye steak  
Salt & pepper to taste  
3 TB salted butter  
½ white onion, diced  
1 green pepper, diced  
1 cup sour cream  
1 (10.5 oz) can cream of mushroom soup  
1 cup milk  
½ TB fresh black pepper  
1 cup freshly grated provolone cheese  
toasted Panko crumbs

#### **Directions:**

1. Preheat oven to 350 degree F. Cook elbow macaroni per instructions on the box.
2. While macaroni is cooking, brown and cooked sliced ribeye in a skillet. When fully cooked, remove from the skillet and set aside.
3. In the same pan, add butter, onions, and green pepper and cook over medium heat for 4 minutes.
4. Add the cooked steak back to the pan and season mixture with salt and pepper, to taste. Then cook an additional 4 minutes on medium.
5. Add the cooked macaroni and meat/green pepper/onion mixture into a 1 quart casserole dish.
6. In a bowl, mix sour cream, soup, milk and pepper until combined.
7. Add the mixture to the casserole dish and mix together evenly.
8. Top with freshly grated provolone cheese.

9. Bake, uncovered, for about 20 minutes or until the cheese is melted and bubbly.
10. Let cool for 5 minutes.
11. Spoon warm mixture into individual shooter glasses. Top with toasted Panko crumbs.

Note: To toast Panko crumbs, melt salted butter in a skillet. Add Panko crumbs and toast until browned, stirring frequently so that they don't burn.

### **Hoagie Salad**

In a close second to cheesesteaks, the hoagie sandwich has been enjoyed by generations of Philadelphians. Here's a lighter version of this deli classic.

#### **Ingredients:**

1 medium shallot, thinly sliced  
3 TB apple cider vinegar or red wine vinegar  
½ large fennel bulb, trimmed and thinly sliced, lengthwise  
½ cup canned or jarred artichoke hearts, drained and roughly chopped  
¼ cup sliced pepperoncini, drained  
2 oz salami or soppressata, torn into bite-sized pieces  
4 oz provolone, torn into bite-sized pieces  
8 cups chopped mixed greens (radicchio, romaine, and Little Gem)  
3 TB extra virgin olive oil  
Juice of ½ lemon, + more to taste  
Kosher salt and freshly ground pepper

#### **Directions:**

1. In a large bowl, combine shallots and vinegar. Let sit while shallots soften and turn bright pink, at least 20 minutes. Add fennel and artichoke hearts. Then add pepperoncini, soppressata and provolone. Toss to combine.
2. Add mixed greens, olive oil and lemon juice. Toss together gently until ingredients are evenly distributed. Season with salt and pepper, to taste. Add more lemon juice, if needed. Serve immediately.

### **Spaghetti and Crabs**

As a Philadelphia transplant, this dish was entirely new to me. But my friends who are native Philadelphians grew up eating it and it's definitely a "shore" treat. Spaghetti and Crabs has its roots in Southern Italy, finding its way to South Philly via the [Palizzi Social Club](#). A members' only club, it takes patience and persistence to dine there, but the Spaghetti and Crabs are worth it, I'm told. While I have the Palizzi Club's recipe, I wanted to share a version that was less labor-intensive. I think this one fits the bill, although I'm still waiting to snag a table in South Philly.

**Ingredients:**

⅓ cup extra virgin olive oil  
1 lb thawed frozen cooked king crab legs, cut into 3” pieces  
1 tsp celery seed  
¾ tsp red chili flakes  
8 leaves fresh basil, plus more for garnish  
1 large onion, finely chopped  
4 cloves garlic, smashed  
2 (28 oz) cans whole peeled tomatoes, undrained  
2 TB half and half  
1 lb lump crabmeat  
Kosher salt, to taste  
1 lb spaghetti

**Directions:**

1. Heat oil in a 6 quart pot over high heat. Add crab legs and cook, turning occasionally, about 5 minutes. Transfer crab to a plate. Add celery seed, chili flakes, basil, onions and garlic to the pot. Cook, stirring occasionally, until onions are soft, about 9 minutes.
2. Transfer mixture to a blender, along with tomatoes and half and half and puree. Transfer puree back to the pot over medium heat. Add reserved crab pieces and any juices from the plate and simmer, stirring occasionally, for 30 minutes. Add lump crabmeat and continue to cook for another 15 minutes. Season sauce with salt, cover and set aside.
3. Meanwhile, bring an 8 quart pot of salted water to a boil. Add pasta and cook, stirring occasionally, until al dente, about 10 minutes. Drain pasta and transfer to sauce; toss to combine. Serve garnished with torn basil.

**German Butter Cake**

Like the gooey butter of my youth in the midwest, Philadelphia’s German Butter Cake is a staple in many neighborhoods. As its name implies, the recipe traveled to America in the suitcases of German immigrants and is now as much of part of Philadelphia history as Tastykakes. Well, almost. Don’t be intimidated by the fact that this recipe calls for yeast. It’s actually pretty easy to make.

**Ingredients:**

**Base:**

¼ granulated sugar  
¼ cup salted butter  
¼ tsp salt

1 large egg (room temperature)  
1 (¼ oz) packet active dry yeast  
½ cup warm milk (105-155 degrees F)  
2 ¼ cups flour, sifted  
2 tsp vanilla

Topping:

1 cup unsalted butter  
⅔ cup flour  
2 cups superfine sugar  
2 large eggs  
4 TB milk  
1 tsp vanilla

Directions:

1. In the bowl of a stand mixer fitted with a paddle attachment, mix sugar, butter and salt on low speed until combined. Add egg and beat on medium speed for one minute.
2. In a small bowl, dissolve the yeast in warm milk.
3. To egg/sugar mixture, add flour, then yeast mixture and vanilla, beating about 3 minutes (with dough hook or by hand). Turn the dough onto a lightly floured board and knead for 90 seconds. Place in a lightly greased bowl, cover with a towel, and allow the dough to rise until doubled in size, about one hour.
4. Toward the end of the rising period, start preparing the topping. In a stand mixer fitted with the paddle attachment, cream the butter until light and fluffy, about 2 minutes on medium speed. Add the flour and sugar to the mixture, and continue beating on medium speed until fully combined. Add the eggs one at a time, allowing the first to fully incorporate into the batter before adding the second. Add in the vanilla. Add the milk, one tablespoon at a time. If consistency is any thinner than pancake batter, don't add more milk.
5. Grease or line a 9"x13" aluminum with parchment paper.
6. Once the dough has doubled in size, punch it down. Remove it from the bowl, and pat it into the bottom of your prepared pan. Crimp the edges of the crust halfway up the sides of the pan so it will hold in the filling.
7. Spread the topping evenly over the dough. Let stand for 20 minutes. Meanwhile, preheat the oven to 375 degrees F and position a rack in the middle position.
8. Bake for 30 minutes or until browned on edges but still quite gooey in the middle. It will solidify as it cools. Wait until it has cooled completely before serving; store in the refrigerator.

## **“PHILLY JOY” Cocktail**



**(image credit: Pat Nogar)**

The base of this cocktail is Jacquin’s Wild Cherry Flavored Brandy. Based in Philadelphia, it was founded by Charles Jacquin, a Frenchman who immigrated to Philadelphia in the late 1800’s. It is the oldest producer of cordials in the United States and the only cordial producer in Pennsylvania. So, it seemed appropriate to begin with this spirit. Maybe you can create a version of this beverage that is suitable for children!

### **Ingredients:**

1 oz Jacquin’s Wild Cherry Flavored Brandy  
1 oz Sweet Vermouth  
 $\frac{3}{4}$  oz Simple Syrup  
 $\frac{3}{4}$  oz freshly squeezed lime juice  
2 dashes orange bitters

### **Directions:**

Add all ingredients to a cocktail shaker filled with ice. Shake. Strain into a chilled cocktail glass. Garnish with a wide swatch of thinly peeled orange rind.

Note: Simple syrup is made by combining 1 cup water and 1 cup sugar. Simmer until sugar disappears. When cooled, store in the refrigerator.

## **“PHILLY LIBERTY” Mocktail**



**(image credit: Pat Nogar)**

The base of this mocktail is a fruit “shrub”, which allowed Pat to replicate the flavor of the Cherry Liqueur used in “Philly Joy.” Shrubs came to America via China and Great Britain, taking hold in America in the early 1800’s. They were seen as an acceptable alternative to alcohol and were also used as a cooling drink in the heat of summer.

A shrub is made of water, sugar, vinegar and fruit. In later years, ginger was added as an alternative ingredient. Today, commercial shrubs are available in a wide variety of flavors.

### **Ingredients:**

- 1 oz Cherry Shrub (recipe below)
- 2 oz fresh squeezed orange juice
- 1/2 oz fresh squeezed lime
- 1/2 oz club soda

Add all ingredients to a cocktail shaker. Stir. Fill a rocks glass with ice. Pour contents of shaker over ice. Garnish with a twist of lime.

### **Cherry Shrub**

#### **Ingredients:**

- One cup water
- One cup granulated sugar
- One cup pitted sweet cherries
- One cup apple cider or white vinegar (do not use distilled vinegar)

Simmer one cup water and one cup sugar over low heat until sugar has dissolved. Add sweet cherries, lightly mashed, to sugar and water mixture. Continue to simmer while stirring and lightly muddling the fruit. Keep simmering until mixture has taken on the color of the fruit and the fruit is soft. Then, maintaining a gentle simmer, stir in vinegar. Finally, place a fine strainer over the mouth of a glass jar and pour mixture over strainer. Discard solids. Chill in refrigerator.