This semester, the interns from UndocuWorkforce created a powerful zine exploring and celebrating their various cultures and identities. Cultural Cake: A Slice of the Past is a powerful vehicle for storytelling, containing a mix of recipes representing the interns' cultural heritage, resources for their communities, and personal stories.
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INGREDIENTS FOR HOMEMADE FLAN
~ 8 eggs
~ 1 can of condensed milk
~ 1 can of evaporated milk
~ 2 cups of regular milk
~ 1 cream cheese
~ 1 tablespoon of vanilla
~ Brown sugar
~ White sugar

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EASY STEPS
~ Caramelize the brown sugar
~ Blend everything
~ Pour blended on top of brown sugar
~ Preheat oven to 350 degrees
~ Bake for 1 hour
~ Let it rest for a few minutes
~ Eat!

Department of Homelessness and supportive housing in SF

For more info . . .
415-252-3232
dhsh@sfgov.org

https://hsh.sfgov.org/services/
Cultural Cake: A Slice Of The Past

Salvadoran empanadas recipe.

Salvadoran empanadas are unique in the region and the whole world. You have to try them to make you fall in love with their taste. This is the original recipe.

15 - 20 empanadas
~ 5 Ripe but not very soft bananas
~ 5 tablespoons of cornstarch (preferably vanilla)
~ 2 1/2 cup of milk * Cinnamon sticks * Sugar to taste
~ 1 cup of refried beans
~ Oil (enough to fry the empanadas)

1. We start by cutting the tips of the bananas and splitting them in half, then put them in a pot with enough water to cover them and boil them until they are cooked.

2. In another separate pot, heat 2 cups of milk and a cinnamon stick over low heat. Dissolve the cornstarch in the remaining half a cup of milk along with the sugar and when the milk on the fire is about to boil add the dissolved cornstarch and cook over low heat, stirring

by AHQ
constantly with a wooden spoon so that it does not stick. This process takes approximately 2 minutes. Cool and reserve.

3. When the bananas are warm, they must be ground, either in a blender or in a food processor, which is easier. It should have a slightly sticky and uniform consistency, without clumps or loose pieces (this will be the filling with which we will form the empanadas later). You should NOT add water, just be patient and grind them little by little.

4. For the side, we can prepare some delicious refried beans. The consistency should be similar to the filling we made with the bananas.

5. Put the oil in a pan to fry and heat it over a low heat so that when cooking the empanadas they do not burn.

6. To make the empanadas you need to have a little oil in a small plate since you will need it to spread your hands so that the dough does not stick.

7. To form the empanadas we take a little filling (from the banana that we previously cooked and ground) about a tablespoon and form a ball, then crush it with our hands and when they are crushed we put the milk that we cooked or the beans in the center fried.

8. Then we join all the edges so that it closes and wraps the filling and finally we shape it with our hands.

9. We fry in oil until golden brown and serve sprinkled with sugar and accompany them with a rich hot chocolate or coffee.
Mom’s tortitas en salsa roja

Andrea Alvarado

This is one of my favorite dishes I grew up with, you can serve yourself as many tortitas and as much salsa as you want. I always eat it with a side of white rice and queso fresco but the patty itself has a great amount of flavor and fulfillment. It’s both a delicious and veggie balanced dish:

Ingredients

Tortitas
- 2lb ground beef
- 2 potatoes
- 2 carrots
- 2 green zucchini squash
- 1 onion
- 1 red bell pepper
- Salt and pepper
- Olive oil

Red salsa
- 6 tomatoes
- 2 garlic cloves
- Half an onion
- Dry tree chile
- 1 tablespoon Knorr chicken powder

Preparation

Tortitas
1. Shred carrots, potatoes, and zucchini. Dice the bell pepper and onion finely. Place all veggies in the same bowl.
2. Place ground beef in a big bowl and season with salt and pepper
3. Add the veggies in the beef bowl, mix thoroughly with your hands and form thick patties.
4. Pour enough oil into a pan on medium heat to cover the whole bottom. Cook until brown/black and flip.

Red salsa
1. Boil tomatoes until soft, peel garlic cloves, chop onion and pour into the blender
2. In the blender add at least two tree chiles. The more you add, the spicier! And add chicken powder.
3. Blend until liquid with no bits and warm up on the stove.
MEXICAN STRUGGLE MEALS

For a lot of low-income families, food sometimes cannot be the main priority due to the high price of rent and bills. In this page, I will show some of the "meals" that I ate as a child to keep myself full while my parents were at work.

**Bolillo**

This is bread that is very often found in Latinx bakery shops. Often, you can get about 12 pieces for a very cheap price. I still find it delicious and filling. Especially when paired up with a cup of hot chocolate for cold days.

Photo Credit: www.daliaceja.com

**Tortilla with lemon and salt**

As a child, this was my go-to snack. A warm tortilla that I would rub lemon all over and then sprinkle some salt onto it. I would eat that alone or dip it into soup.

Photo Credit: Canva.com

**Beans and Rice**

One of the most famous Mexican dishes, and for good reason too! It's one you could never get tired of even after having to eat everyday. It's also one of the most affordable foods since beans and rice don't expire for a good while.

Photo Credit: Canva.com

**Food Resources in San Francisco:**

Apart from resources such as CalFresh or WIC, one well-known food bank in SF is the SF-Marin Food Bank. There are also free daily meals offered at St. Anthony's, Glide, Mother Browns Kitchen and more! Check out [sf.gov/get-food-resources](http://sf.gov/get-food-resources) for more or call 311 which is available 24/7.

by: B.E.
Banana Pudding Recipe

By: Cicoia Bolden
Step 1: Cut up fresh bananas

Step 2: Put condensed milk into a pot bring to low boil, add in: Sugar, Cinnamon, nutmeg and stir until thick.

Step 3: Align vanilla waffers inside clear baking tray & stack bananas after the first layer & repeat until you reach the top of the sheet top with waffers.

Step 4: Pour your liquid from the pot carefully to the baking tray, preheat the oven to 350 degrees.
Cultural cake
A slice of the past

When it comes to food that people make during Chinese Year New, I yell out "Dumplings", a traditional food people eat on the New Year. Dumpling is a broad classification for a dish that consists of pieces of dough, wrapped around a filling. They can be filled with meat, fish, cheese, vegetables, fruits or sweets. Dumplings may be prepared using a variety of methods, including baking, boiling, frying, simmering or steaming and are found in many world cuisines.

5 Simple Steps to make Dumplings

1. Buy/Make wrappers
2. Make fillings
3. Shape/Wrap your dumplings
4. Boil the dumplings
5. Make sauce (Soy sauce for sure)

https://omnivorescookbook.com/recipes/how-to-make-chinese-dumplings/
Making Dumpling Fillings

Chives Pork Dumpling Fillings
- 2 tablespoons of cooking oil
- Half pound of Chinese chives
- Half pound of fatty ground pork
- At least 1 tablespoon of salt
- 2 tablespoons of water
- About 1 tablespoon of crushed ginger

Mixing the ingredients
- Put all of the ingredients in a middle-sized bowl
- Add seasonings into the ingredient bowl
- Mix, keep it the same direction

Made by: Carson
12/3/2020

Cultural Cake: A slice of the past

Embracing Every Part of yourself

Being you can include everything from being a man or woman, to your sexuality, race, age, heritage. But just because you’re one thing already doesn’t mean you can’t be another and these things don’t define you, you define them. Even if you grew up in a household that’s not accepting of you there is always support to help you be YOU.

https://www.sfcenter.org

by C.Y.
"Mom's Meat Spiders Recipe"

Meat Spiders

- Boil beef meat for shredding with garlic cloves (add salt)
- Shred the meat
- Mix together some eggs
- Mix the shredded meat with eggs
- Fry the meat and egg in little patties

For the Chili sauce

- Boil tomatoes and green chilies
- Blend them together with water (add salt)
- Add to the "meat spiders" in a brazier/ rondo pot until it simmers

My family eats it with Mexican rice but there's other options and it is one of my personal favorite recipes
Paso 1. Lo primero es poner a cocer el pollo en agua y lo condimentas con pimienta molida negra, ajo molido, y sal. Cuando el pollo ya esté cosido, lo escurren en un traste aparte y lo dejas enfriar.

Paso 2. En un traste aparte, ponemos el achiote con sal, un poquito de aceite y un poquito de caldo de pollo, para deshacer el achiote de modo que quede una mezcla no muy aguada del achiote. Ya lista la mezcla del achiote, se procede a untárselo a el pollo que está frío.

Paso 3. Cuando el pollo se termina de untarle al achiote, ya está listo para poner el pollo en la brasa que puede ser al carbón o puede ser en una parrilla directo al fuego. Ya cocido el pollo con el achiote, se desmenuza y ya está listo para usarlo después.

Paso 4. Se utiliza masa regular para hacer la tortilla frita. La masa se prepara mezclando sal y harina. Una vez ya mezclado la masa se procede hacer una tortilla pequeña y freírla.

Paso 5. Se prepara una salsa de tomate frito. Esto se hace cuando se licúa el tomate y se pone a freír con sal y un poco de aceite. Aparte, se prepara la cebolla curtida (también conocida como roja), se corta la cebolla en pedazos largos y delgados, y se pone a remojar con limón o con naranja agría. Lo último es que se le agrega sal.

Modo de presentación

Paso 6. Como base se le pone la tortilla frita, se le pone una capa de lechuga, se le agrega el pollo desmenuzado (previamente asado), cebolla, un poco de salsa y una rebanada de aguacate. También se le puede agregar chile habanero al gusto.
QUEERNESS, IMMIGRATION, AND IDENTITY

By Itzel Ramos

Growing Up

Growing up in a household where sexuality was never discussed made me unaware of my own identity. It wasn’t until high school that I realized that there was a name for my feelings. That I wasn’t just weird. Being a part of the LGBTQ+ community made me feel welcome to a certain group but excluded from others. This uncertainty and inability to intersect my identity as an immigrant and queer person was definitely hard because I was not aware of resources available to me.

Identity

I was never sure what label to put on myself. Gay? Immigrant? POC? However, I realized that I am all and they all intersect in a unique way. I am not more or less of one but rather everything together. Being undocumented has always added a strain but I realize that it’s not bad. That there are resources for me out there. That I can thrive despite obstacles. I would describe my life like pozole. It has a bunch of ingredients like my identity but it all makes sense together.

Recipe and resources

1) 1 ounces dried ancho chile
2) 1 tsp salt + 2 tbsp of dry oregano
3) 3 pounds pork shoulder
4) 8 cloves garlic
5) 3 bay leaves
6) 1 tbsp ground cumin
7) Add red chili
8) Boil for 3 or 2 hours

Mental Wellness
- MENTAL HEALTH: TAKING CARE OF YOURSELF AND LOVED ONES
- MENTAL HEALTH & WELLNESS SUPPORT FOR THE UNDOCUMENTED COMMUNITY
- HEALTH RESOURCES FOR UNDOCUMENTED STUDENTS

Legal Resources
- GETTING LEGAL HELP
- NATIONAL IMMIGRATION LEGAL SERVICES DIRECTORY
- IMMIGRANT RESOURCES

Student Resources
- SCHOLARSHIP GUIDE FOR UNDOCUMENTED STUDENTS
- SCHOLARSHIPS FOR UNDOCUMENTED STUDENTS
- FINANCIAL AID AND SCHOLARSHIPS FOR UNDOCUMENTED STUDENTS
INGREDIENTS FOR ONLINE LGBT SAFETY

MAKE PRONOUNS VISIBLE
Not only does letting people know your pronouns through a social media bio let people know more about you, it also normalizes asking about them IRL.

USE A VPN
Bigots often will try to leak the personal information of LGBT folks to places that may put you in danger online, using a VPN protects and encrypts your data, making it hard for you to be targeted.

FIND AFFIRMING COMMUNITIES
Seeking out supportive spaces outside of only your normal circle allows you to educate yourself and limits the possibility of being a target of harassment.

CURATE YOUR SPACE
There's no shame in curating your online space, limiting your exposure to harmful content by muting or blocking certain things in your settings can create a more pleasant environment.
**Tres Leches**

Tres leches cake is one of the most known cakes in my community. And it's one of my favorite cakes ever. Recently I learned how to make it and it came out delicious.

(I did not make the dulce de leche)

**Ingredients**

- For cake:
  - 1 cup white sugar
  - 9.75 ounces all purpose flour
  - 3 tsp baking powder
  - 1/2 tsp salt
  - 2/3 cup milk
  - 1.5 tsp vanilla extract
  - Vegetable oil (for greasing pans)
  - 1 14 ounce can sweetened condensed milk
  - 1 1/2 ounce can evaporated milk
  - 4 ounces whole milk
  - Strawberries thinly sliced for garnish

- For whipped cream:
  - 8 ounces heavy whipping cream

**Whipped Cream:**

Mix 8 ounces of heavy whipping cream in a mixer with 2 Tbsp of sugar and 1 tsp of vanilla extract

2 Tbsp sugar

**Directions**

1. Separate 10 egg whites from egg yolks
2. Place whites in mixing bowl & beat on high speed w/ whisk adding 1 cup of sugar slowly
3. Separate bowl mix egg yolks with 1 cup of sugar Medium speed until thin
4. Separate bowl mix 9.5 oz of all purpose flour 3 tsp baking powder, 1/3 tsp of salt
5. Add 1/3 of cup to egg mixture w/ 1.5 tsp of vanilla extract
6. Add dry ingredients and mix until completely combined whites streaks are left
7. fold in the whites with the wet ingredients until no egg
8. Get pans ready
9. Fill pans halfway with batter
10. bake 350 for 25-35 minutes

**Video:**

[https://youtu.be/iIDX6xZOxR](https://youtu.be/iIDX6xZOxR)
These are my "yes" and my favorite childhood drinks which are roselle juice, lime juice with club soda, and water. I really enjoyed the sweet and fruity flavors of roselle juice. I also really like citrus flavors.

My "no" drinks are grape juice, coffee, and any type of milk. Coffee is too bitter for me. Milk is a more tolerable drink since I drank it all through out childhood. My family told me to drink it since it would make me "taller", but I never enjoyed it.

These are the "yes" and "no" types of reusable water. Grey water comes from our showers, bathtubs, and washing machines etc. It can be cleaned, and reused for flushing toilets or watering plants. Black water is a "no" type of reusable water which comes from toilets and urinals. Grey water is reusable since it doesn't contain harmful chemicals, while black water is usually contaminated with harmful chemicals so it can't be reused.
A taste from my childhood:  
**MASALA CHAI**

Chai is a loved hot beverage in South Asia. You may be familiar with chai tea lattes, but I urge you to try an authentic cup of the milk tea. Chai is made at least twice a day in my household, and we can’t get over our caffeine fix without it!

**Ingredients**

- 1 cup water
- 2 Cardamom seeds
- ½ spoon fennel seeds
- ¼ cinnamon stick
- 1 cup Milk
- 3 tablespoons of chai leaves

**Directions**

1. Bring water to a slight boil in a pot and drop in the cardamom, fennel seeds, and cinnamon stick.
2. Wait until big bubbles form, and then add chai leaves.
3. Let it boil for 2 minutes and then add in the milk till you get a preferred golden-brown color.
4. Boil the chai 5 times on high heat while the milk rises and then reduce the heat to low.
5. Simmer for 2 more minutes until the chai reaches desired consistency, and then serve.
1. Shanghai: It's an amazing city! The night in Shanghai is very great! It's so shiny. The day after, we ate the famous food called Xiaolongbao and it tasted very delicious! We visited the building in the center of Shanghai and took some amazing photos.

2. Jeju Island: It's a city of seafood!!! We went over lots of streets that had many different foods and people. The seafood and Korean BBQ are amazing! I really like kimchi and Korean chicken!!! And we went to the Black Beach for a while before we left.

3. Hong Kong: This city is near to my homeland. We visited lots of cultural-historical events that happened in Hongkong and ate some delicious foods. Like fishball, milk tea and seafoods etc…

4. Beijing: This is the capital city of China. We visited the museum of WWII and Guyon. It's very dry and hot in this city because we came in summer. Also we go to the Great Wall too. It is very long.

5. Xi An: This is a city with many many cultures because it was a capital city during the Qin Dynasty. We visited lots of museums and historic sites. There are lots of delicious foods in

by P.L.
Xi′An, but I can only eat some of it because it's very spicy!!!! Hui People Street is a very famous street for food but still very spicy.

6. Tian Jin: I only lived here for 1 night, but I still got to go somewhere and eat famous food in Tian Jin. This city is very nice and cool so I wish I could travel again and be more prepared.

7. Guangzhou: This is my homeland. It's a city that doesn't like to eat spicy food but we did cook lots of foods that other places don′t. There is a phrase called eat in Guangzhou. In Chinese, it means Guangzhou is a city of eats. I love my homeland and miss foodstuff!! I suggest everyone come here to eat our culture′s food!

by P.L.
Cookouts are basically barbecues or potlucks in a sense, where the whole family gets together and parties all night just having fun and being yourself. It is a time to come together as family and stay up all night sharing food and making lifelong memories.


Our hair is a way of expressing ourselves. Weave, braids and wigs are Black culture. It isn’t just a hairstyle for us, it is culture, a way of living, a sense of safety and so much more.

https://www.facebook.com/braidsforblackwomen/?pageid=882721965163297&ftentidentifier=2699011490200993&padding=0

HBCUs are Historical Black Colleges and Universities

- Providing black culture
- Black parties
- Black experiences
- Fraternities and Sororities
- Black EVERYTHING
Cultural Cake
a slice of the past

UndocuWorkforce Fall 2020