



Food FOR Thought

It's almost impossible to replicate the connections people experience around a dinner table — a place for breaking bread and breaking down barriers. Conversations flow from seat to seat, with momentary pauses to absorb flavors that transport you. Food has the power to teach us about our ancestors and our modern ways of life simultaneously.

Food for Thought invites you to consider the histories that have shaped our state's foodways. We hope you think about the impact of migration to and through our state, our changing traditions, and the legacy we're leaving for future generations.

We hope that as you try these recipes, you'll savor the stories served with them and add a spoonful of your own memories to the mix.

Winding Wednesday, a program of Traditional Arts Indiana, is a place for the Chin community to connect to preserve their cultural heritage. When we visited, we learned about sabuti, a traditional corn soup.

Sabuti



For Corn Soup

3 cups hominy or corn
3 lbs of cleaned and trimmed beef
(organ meats/tripe/intestine)

For Fry Beef

2 lbs of beef roast
2 tbsps turmeric

For Baya Kyaw

2 cups besan gram flour
2 eggs
1 tsp baking soda
1 tbsps salt
1 bundle of green onion
1 bundle of cilantro

For Catani

1 head of celery
2 onions
2 tbsps vegetable oil
roasted chilli powder to taste

Step 1 - Prep Sabuti

Soak dried hominy or corn in water for 8 hours. After soaking, rinse and cook it with all the meat (organ meats and beef roast for Fry Beef) for 3 hours or until meat reaches 140°-150°F. Pull beef roast out and chop into thin (1/4") slices. Set aside.

Step 2 - Make Baya Kyaw

Whisk gram flour, baking soda, & 2 eggs together. Then, add sliced green onion, chopped cilantro and mix. Sprinkle in salt and oil and whisk everything together. Should be a thick batter. Deep fry the batter into small pancakes in a wok filled with hot oil. Flip at about a minute.

Step 3 - Fry Beef

Mix the reserved beef roast slices with salt and turmeric. Set it aside and let it marinate for about ten minutes. After marinating, take the beef and deep fry in hot oil.

Step 4 - Make Catani

Slice celery and onion thinly and mix it. Add pepper flakes and a little oil and mix well.

Step 5 - Combine and Serve

Scoop Sabuti out of pot using a ladle and into a serving bowl. Top with fried beef and Catani salad. Enjoy with your community!



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About Indiana Humanities

Indiana Humanities connects people, opens minds and enriches lives by creating and facilitating programs that encourage Hoosiers to think, read and talk.

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