

BLACK HISTORY MONTH 2026 AT MC

COOKING WITH CHEF GRANT

FEBRUARY 10, 2026, 1-3 P.M.

Hybrid: online and Rockville Campus
Marriott Teaching Kitchen

Experience African American heritage through flavor, history, and storytelling at Cooking with Chef Jerome Grant. This exciting culinary event celebrates resilience, creativity, and perseverance, showcasing how food connects culture, community, and legacy.



Register Now

In-person: [BIT.LY/CHEFGRANTMC](https://bit.ly/CHEFGRANTMC)
Space limited to 15 spots

Online: Register via [Zoom link](#)

**MC MONTGOMERY
COLLEGE**



HOT FRIED CHICKEN & WAFFLES



WHERE THE CLASSIC COMBINATION of chicken and waffles originated is disputed, but most agree that Wells, an eatery in Harlem, was where it became best known. The spot was a late-night hangout for musicians, who, having finished their gigs around town, would head to Wells to wind down and savor a meal that combined the fried chicken of dinner with the waffles that meant breakfast.

CHEF'S NOTE

At the Café, southern ingredients like sorghum, cornmeal, and bourbon are added for a new twist on the traditional dish. Look for corn flour at well stocked supermarkets and specialty food stores; Bob's Red Mill is a popular brand.

CHICKEN

6 (about 5 ounces each) boneless, skinless chicken breasts
2 cups buttermilk
3 garlic cloves, chopped
1 tablespoon fresh thyme leaves
2 teaspoons hot sauce
½ teaspoon smoked paprika
¼ teaspoon kosher salt
⅛ teaspoon freshly ground black pepper
1½ cups Seasoned Flour (page 104)
1½ cups peanut or vegetable oil

SPICED SORGHUM SYRUP

2 ounces bourbon
1 teaspoon pure vanilla extract, preferably Bourbon vanilla

2 cinnamon sticks
2 whole cloves
Zest of ½ orange (no white pith)
1½ cups sorghum syrup

WAFFLES

½ cup yellow cornmeal, preferably stone-ground
½ cup corn flour
1 cup all-purpose flour
2 teaspoons baking powder
½ teaspoon baking soda
½ teaspoon fine sea salt
3 large eggs, separated
1 cup buttermilk, preferably full fat
1 teaspoon freshly ground black pepper
2 tablespoons unsalted butter, melted
Salted butter, for serving

TO MAKE THE CHICKEN

Trim the chicken breasts of any fat or skin and pat dry with a paper towel.

Combine the buttermilk, garlic, thyme, hot sauce, paprika, salt, and pepper in a medium bowl and mix well.

Put the chicken in a large bowl and pour over the seasoned buttermilk. Marinate in the refrigerator for 4 to 6 hours. (Toward the end of the marinating time, prepare the waffle batter.)

When the marinating is complete, drain the chicken in a colander, then dredge each breast in Seasoned Flour, coating well on all sides.

Heat the oil in a large cast iron skillet to 350°F on a deep-frying thermometer. Fry the chicken until golden brown all over and the internal temperature reaches 165°F on an instant-read thermometer, about 4 minutes on each side.

continues



NORTHERN
STATES

SERVES
4 to 6

ACTIVE TIME
45 MINS

TOTAL TIME
**6 HRS
45 MINS**

TO MAKE THE SPICED SORGHUM SYRUP

In a small saucepan, combine the bourbon, vanilla, cinnamon sticks, cloves, and orange zest over low heat. Gently simmer for 5 minutes to infuse the flavors (maintain a minimal heat to avoid any flaming of the alcohol).

Add the sorghum to the pan and gently simmer for another 10 minutes. Remove from the heat and allow the flavors to steep for 1 hour. Pass the syrup through a fine-mesh strainer and reserve. The syrup can be made up to 1 week in advance and stored in the refrigerator.

TO MAKE THE WAFFLES

Sift the cornmeal, corn flour, all-purpose flour, baking powder, baking soda, and salt together into a medium bowl.

Whisk the 3 egg yolks with the buttermilk and black pepper in a second medium bowl, then fold the egg mixture into the cornmeal mixture to create the batter. Stir the melted butter into the batter.

Whip the egg whites to stiff peaks and fold into the batter. Set aside while you start frying the chicken (see page 105).

While the chicken is frying, preheat a waffle iron. Once it is hot, spray with vegetable-oil cooking spray. Following the manufacturer's instructions, cook the waffles. They should have a crispy golden crust.

Reheat the sorghum syrup.

Serve the chicken and waffles with warm sorghum syrup and butter.



AGRICULTURAL
SOUTH

MAKES

4

CUPS

ACTIVE TIME

8 MINS



TOTAL TIME
8 MINS

- 4 cups all-purpose flour
- 2 tablespoons kosher salt
- 1½ tablespoons onion powder
- 1 tablespoon freshly ground black pepper
- 1 tablespoon garlic powder
- 1½ teaspoons sweet Hungarian paprika
- 1 teaspoon freshly ground white pepper

SEASONED FLOUR

In a large mixing bowl, combine all the ingredients. Whisk the mixture until the seasonings are well blended with the flour.

If not using right away, transfer to an airtight container and store at room temperature for up to 1 month.





AGRICULTURAL
SOUTH

MAKES
1
2-INCH
LAYER
CAKE

ACTIVE TIME
45 MINS
Ⓢ
TOTAL TIME
**3 HRS
15 MINS**

ALTHOUGH MANY THINK that red velvet cake has been an American standby for centuries, it is actually a twentieth-century invention, having originated in the 1920s. The ruby-hued chocolate cake was later adopted with delight by African Americans and began turning up on their menus. The famous Amy Ruth's soul food restaurant in Harlem began serving it in 1998, and Cake Man Raven opened one of the first bakeries devoted to the cake in Brooklyn in 2000.

RED VELVET CAKE



CAKE

2½ cups cake flour
2 tablespoons Dutch-process cocoa powder
1 teaspoon baking soda
½ teaspoon fine sea salt
1½ cups vegetable oil
2 large eggs
1½ cups granulated sugar
1 cup buttermilk, preferably full fat
2 tablespoons red food coloring
1 teaspoon pure vanilla extract, preferably Bourbon vanilla
1 teaspoon distilled white vinegar

FROSTING

½ pound (2½ sticks) unsalted butter, at room temperature
4 cups confectioners' sugar, sifted
1 teaspoon Bourbon vanilla extract
1 pound cream cheese, at room temperature
½ cup mascarpone cheese
½ cup pecans, finely chopped

TO MAKE THE CAKE

Preheat the oven to 350°F. Butter and lightly flour two 8-by-3-inch nonstick cake pans.

In a medium bowl, whisk together the flour, cocoa, baking soda, and salt.

Combine the oil, eggs, sugar, buttermilk, food coloring, vanilla, and vinegar in the bowl of a stand mixer. Using the whisk attachment, mix on medium-low speed until the mixture is smooth.

Set the mixer at low speed and gradually add the dry ingredients, mixing just to the point a batter has formed. Stop the machine, scrape down the sides of the bowl, and then mix for another 30 seconds.

Evenly divide the batter between the prepared cake pans. Bake until the cake pulls away slightly from the sides of the pans, about 30 minutes. A toothpick inserted in the center should come out clean. Invert the cakes onto wire racks, lift off the pan, turn upright, and let cool to room temperature.

TO MAKE THE FROSTING

Combine the butter, sugar, and vanilla in the bowl of the stand mixer. With the paddle attachment, mix the ingredients on medium speed until they are smooth and creamy. Add the cream cheese and mascarpone and mix until well blended.

TO ASSEMBLE THE CAKE

Using a long serrated knife, shave off a very thin layer of cake from the top and bottom of each cake layer (this will help the frosting cling to the cake). Place the trimmings in the bowl of a food processor and process to very fine crumbs; reserve for the decoration.

Set one of the cake layers on a cake stand. With a narrow offset spatula, spread a layer of frosting across the top of the first layer, spreading it to an even depth of $\frac{1}{2}$ inch. Place the second cake layer on top. With the remaining frosting, evenly cover the sides and top of the cake.

Mix together the reserved cake crumbs and pecans. Immediately after applying frosting, decorate the sides of the cake with a thin layer of the crumb mixture. The top of the cake should remain frosted white. Store the cake in the refrigerator for up to 2 days.



SWEET CHERRY LEMONADE



LEMONADE IS POPULAR throughout the South, and the addition of homemade sweet cherry syrup turns it red, making it an ideal drink for Juneteenth picnics and celebrations. Red drinks are traditional at Juneteenth events and may recall the celebratory hibiscus and kola nut teas of West Africa.

SWEET CHERRY SYRUP

1 pound pitted fresh or frozen Bing cherries

$\frac{1}{2}$ cup sugar

1 cup water

LEMONADE

$1\frac{1}{2}$ cups sugar

8 cups cold water, divided

$1\frac{1}{2}$ cups freshly squeezed lemon juice, about 10 lemons

2 lemons, thinly sliced and seeded, for garnish

TO MAKE THE SWEET CHERRY SYRUP

Combine the cherries, sugar, and water in a saucepan, bring to a simmer, and simmer for 15 minutes. Remove from the heat and strain through a fine-mesh strainer, pressing against the solids to extract as much syrup as possible. Pour into a bottle and chill well before using.

TO MAKE THE LEMONADE

Combine the sugar and 1 cup of the water in a saucepan. Bring to a boil over medium-high heat, reduce to a simmer, and simmer, stirring occasionally, until the sugar is completely dissolved, 2 to 3 minutes. Remove from the heat and allow to cool to room temperature.

Add the lemon juice and the remaining 7 cups water to the cooled sugar water and mix well. Refrigerate for 4 to 6 hours, until well chilled.

Serve the chilled lemonade over ice in tall glasses. Invite guests to sweeten it to their liking with the Sweet Cherry Syrup.

CONTINENTAL
UNITED STATES

MAKES
2½ qts.

ACTIVE TIME
45 MINS
⊙
TOTAL TIME
**6 HRS
45 MINS**

