

Creating Community through Cooking

Course: Gastropoetica Latinoamericana

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Recipes and Tradition

Throughout the semester, we've explored how recipes are passed down through generations and across cultures. For our activity with the kids from Puentes de Salud, we asked Karen's mother to share her recipe for *tinga de pollo*. Following her directions, we recreated the dish together.

Cooking Together

We prepared the chicken in the ECC kitchen ahead of time and brought it to Puentes de Salud, along with a variety of toppings. Each student was able to assemble their own tostada based on their tastes and preferences to make the experience fun and collaborative, while allowing for individual connection.



- Recipe* :
- shredded chicken
 - onion
 - tomatoes
 - chipotle peppers in adobe sauce
 - chicken bouillon
 - garlic
 - oregano
 - salt
 - pepper

Food and Memory

When we sat down to eat together, one of the volunteers at Puentes shared a story of how when she first came to this country, her grandmother made *tinga de pollo* for her to eat. She hadn't had it since then, and our food made her think of that memory.

Conclusion

Food, cooking together, and sharing a meal brings people together across cultures. While it remains a way to feel connected to your roots, it also allows people to understand and learn about other cultures.