

In the early 1900s, suffragists penned cookbooks to gather support for their cause. We have taken inspiration from that chapter of culinary/political history, and made a zine for the 2020 election season. Comfort food, party mix, a cocktail, and even a green salad for a fresh outlook.

- Two slices from a large loaf of crusty bread, like sourdough
- 1 tablespoon butter
- 2 tablespoons mayonnaise
- 3 to 4 slices “melt” cheese such as Cheddar, Gruyère, or Comté
- Fresh ground pepper

For one sandwich:

This ultimate American comfort food has countless incarnations—from white bread oozing kid-friendly Kraft cheese to elevated “adult” ver-sions made with prestige ingredients. This version occupies a space between the two—allowing for fatty indulgence with the inclusion of mayo but remaining refined by using cheese that doesn’t resemble plastic! Guilty pleasures meet gourmet to ease your election anxiety!

Grilled Cheese Sandwich

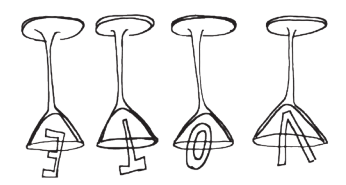
Spread mayonnaise on the “side up” sides of each piece of bread. Heat a nonstick pan over medium heat. Add butter and let it melt and coat the surface of the pan. Place on slice of bread, mayonnaise side down, on the heated pan. Top with cheese and season with pepper. Top with the second slice of bread, mayonnaise side up. When the bottom slice begins to brown (3 to 5 minutes) carefully flip the sandwich and push down. Cook until the other side is golden and the cheese is melted. Eat immediately.

Calm the Fuck Down Herbal Tea

For when you need to forget the world is happening and go the fuck to bed.

Equal parts:
Dried hops, valerian, chamomile, and passion flower (passiflora)

Use about 1 heaping tablespoon for 1 cup (240 milliliters) water. Don’t have the ingredients to mix your own? Boil water, add a bag of chamomile or peppermint tea, and follow the same routine as above.



Shake all together with ice and pour into a chilled cocktail glass. Garnish with electoral hope.

**Pomegranate molasses:* Simmer 1 cup pomegranate juice, 2 tablespoons sugar, and 1/2 tablespoon lemon juice for about 20 minutes and a syrupy consistency is achieved.

- 2 ounces rum (your choice)
 - 1/4 ounce pineapple juice
 - 1 teaspoon pomegranate molasses*
- This cocktail comes to us from Forest Collins, founder of the cocktail and spirits blog 52Martini. Forest took the original Pennsylvania cocktail and updated it—replacing the original grenadine with a seasonal pomegranate molasses—in honor of voting, Joe Biden’s home state, and this important election season.

Pennsylvania 2020 Party Mix

- 2 cups crisp square cereal (rice, corn, etc.)
 - 1 cup of nuts (your choice)
 - 1 cup pretzels type thing (optional)
 - 1/2 teaspoon salt
 - 1 teaspoon chipotle or chili powder
 - 1/4 teaspoon ground black pepper
 - 2 tablespoons olive oil
 - 1 tablespoon Dijon mustard
- Preheat oven to 300°F (150°C). Mix the dry ingredients in a bowl. Mix together the wet ingredients, pour over the dry ingredients, and toss together until coated. Bake for about 30 minutes, making sure to stir a couple of times. Let cool before serving.

Butter Lettuce with Orange, Avocado, and Shallot Vinaigrette

Adapted from The Zuni Café Cookbook by Judy Rodgers (2002, Norton)

This extra zesty rendition of the quintessential California salad recipe from San Francisco restaurant Zuni Café uses seasonal cold weather ingredients and is a shout out to the home state of Senator—and first Black woman to be a major party vice presidential candidate—Kamala Harris. Treat yourself to some healthy greens after voting for a better, greener future with Biden/Harris 2020!!

- 2 medium oranges, chilled
- 1 to 2 heads green butter lettuce
- 1/2 small red onion, thinly sliced
- 1/2 cup (120 ml) extra-virgin olive oil
- 2 tablespoons Champagne or white wine vinegar
- 1 medium shallot, finely chopped
- 1 large or 2 small ripe avocados, chilled
- Lemon zest from 1 small lemon + a squeeze of juice
- Salt to taste

Slice off both ends of each orange, then carve away the skin and pith. Carefully remove each segment of the oranges, removing seeds as you go.

Combine oil, vinegar, shallot, lemon zest, and a little juice from the oranges and lemon. Taste and adjust as you see fit, maybe add a little salt. Toss lettuce and sliced onions with just enough dressing to coat (set aside remaining vinaigrette) then arrange on a plate or platter.

Cut the avocados into wedges then arrange, with the oranges, tuck them in randomly among the lettuce leaves. Dress with remaining vinaigrette and serve immediately.

“Women cannot make a worse mess of voting than men have.... [they] will use the ballot to better effect than men have used it.”

*- Irvin S. Cobb
The Suffrage Cookbook
(1915, The Equal Franchise Federation of Western Pennsylvania)*



“Is it not strange how custom can stale our sense of the importance of everyday occurrences, of the ability required for the performance of homely, everyday services? Think of the power of organization required to prepare a meal and place it upon the table on time! No wonder a mere man said, “I can’t cook because of the awful simultaneousness of everything.”

*-Julia C. Lathrop,
The Suffrage Cookbook
(1915, The Equal Franchise Federation of Western Pennsylvania)*

For more Quaran(Tiny) Guides please visit comestiblejournal.com