

ChicaGourmets!



Washburne Culinary Institute at Kennedy-King College
740 W 63rd St, Chicago 60621

Flavors of Africa Luncheon
Saturday, August 21, 2010 at Noon

Sikia in Swahili describes an array of human senses that include both the physical capacity to hear, smell, and feel, but also the more intangible ability to understand and perceive. It represents a complex experience, one in which concrete and abstract senses work together to make up total knowledge, **Sikia** combined with the image of the West African **Adinkra** symbol for harmony together form the name and logo of Washburne's African-inspired restaurant.

Drawing on the diversity that is Africa, Sikia celebrates the flavors of a continent where the exotic mingles with the familiar. From the memorable tagines of Morocco to the savory stews of the eastern grasslands and the curries of the Swahili coasts, all of our dishes celebrate the variety of African cultures who prize wholesome, economical and thoroughly delicious cuisine.

Lee Jamison Sikia Restaurant's Chef/Instructor, has over 30 years experience in hotels and private clubs including the Quadrangle Club at University of Chicago, Marriott Hotels and Allerton Hotel in Chicago. He joined the Washburne staff in August 2002 and became the chef/instructor for Sikia Restaurant in 2008. The culinary arts degree program students work in Sikia.

For additional information on African cuisines, see Bill Reynolds' (Provost of Washburne) article in *Chef Educators Today* magazine at: <http://www.chefedtoday.com/digitals/2010/0510CET/26.html>. Guest of Honor Provost Reynolds will be discussing this article at our luncheon.

Join *ChicaGourmets!* Membership is \$45 per year per household.

Please reserve online at www.ChicaGourmets.org Discover, MasterCard and Visa accepted.

Prepaid reservations must be received by August 16, 2010; no refunds after that date.

Reservations are secured with receipt of payment on a first-come basis. Events often sell out early!

E-mail: DonaldNewcomb@att.net Tel: 708-383-7543

For non-internet reservations, mail to: ChicaGourmets! Premier Bank, 1210 Central Ave, Wilmette, IL 60091

SIKIA Reserve _____ at \$42.00 per member, _____ at \$52 per non-member, inclusive = \$ _____ enclosed.
Aug. 21, 2010 _____ Membership/Renewal payment (\$45) enclosed. See expiration (exp) date on mailing label.

Name(s) _____

Address _____ Email: _____

City/State _____ Zip _____ Phone # _____



HORS D'OEUVRE & WINE RECEPTION

Demitasse Cups of Senegalese Peanut Soup
Piri Piri Shrimp
Akara Black Eye Pea Fritters with Red Pepper Relish

LUNCHEON SERVED WITH:

2009 Fair Valley Chenin Blanc, South Africa
2009 Sebeka Cabernet Pinotage, South Africa,
Western Cape

APPETIZER

African Martini Salad
Three Salads layered in a Martini Glass
Sweet Potato, Plantain, Dates and Cashews
Ivory Coast Lentils with Cucumber and Tomato
Moroccan Broccoli and Cauliflower

FISH COURSE

Wild Salmon Charmoula with Cous Cous and Raisins

MEAT COURSE

West African Goat and Ground Nut Stew with
Hand-Ground Coarse Grits

DESSERT

South African Malva Pudding with Banana Ice Cream
Coffee, Tea
Iced Ethiopian Spiced Tea

ChicaGourmets! Host Don Newcomb