



Chat Log (Abridged)

00:18:22 **Susan Mull:** hello all!

00:18:29 **Olivia Ford:** *Our presenter Bose says, "Welcome to Nigeria!"
Ready to make delish bean cakes?!*

00:19:17 **Tamara Oyola Santiago:** Tamara from The Bronx saying Hello!

00:19:54 **Susan Mull:** yes, ready!

00:20:08 **Olivia Ford:** Greetings and hello everyone!

00:20:19 **Susan Mull:** Hi, Gina!

00:20:52 **Olivia Ford:** *Krista Martel reminds us that, if someone needs a little extra emotional support during the meeting due to all that's going on in the world at the moment, Gina Brown is here with her social worker hat on and you can chat her privately <3*

00:22:06 **Susan Mull:** oh, awesome! writing!

00:23:30 **Nancy Duncan:** Hi everyone, hope all are well!

00:23:49 **Olivia Ford:** *Next session: CAB member Aryah will take us through using writing as a way to cope with challenges*

00:25:33 **Olivia Ford:** I will be watching the chat box for any time-sensitive questions anybody needs to ask Bose during the presentation - will just round them up and come on the video to ask them every few minutes

00:27:37 **Olivia Ford:** *Bose Oladayo introduces herself! She has been a CAB member for almost 10 years - she has 13-year-old boys and a daughter, Megan, almost 10 (who we may see on the session today!) and does outreach to youth around HIV*

00:27:56 **Olivia Ford:** *Akara (ooooo looks so good!) is a dish made with peeled beans*

00:28:44 **Olivia Ford:** *Common delicious snack or meal!*

00:29:40 **Tamara Oyola Santiago:** reads amazingly yummy

00:30:41 **Olivia Ford:** *In addition to the ingredients on the screen, you can put akara with garlic, ginger, even beef - but most people just eat it plain*

00:31:17 **Olivia Ford:** *From Alberto: wow I'm so hungry now I would like to try it*

00:31:54 **Olivia Ford:** Alberto, I knooooow me too!

00:33:10 **Susan Mull:** This looks great!

00:33:48 **Olivia Ford:** *From Sandra: Delish... Gonna try to gather the ingredients today...*

00:34:00 **Olivia Ford:** Sandra, that'd be awesome!

00:34:50 **Olivia Ford:** Remember, folks, if you want to have your chats reach ALL ATTENDEES and not just us panelists, click on the "To" line on your chat and make sure it is set to "ALL PANELISTS AND ATTENDEES" <3

00:35:23 **Susan Mull:** I have my ingredients ready for the oil and skillet! I worked on my beans this A.M.!

00:35:51 **Jyoti Surve:** What kind of oil?

00:36:25 **Olivia Ford:** Jo, it's vegetable oil!

00:36:39 **Jyoti Surve:** Gotcha, Olivia <3

00:37:07 **Olivia Ford:** *This is the blended bean paste with the salt she's stirring*

00:37:21 **Olivia Ford:** *Needs a little more salt!*

00:37:43 **Jyoti Surve:** Ahhhh, so the bean has to be soaked the whole night and blend in the morning?

00:38:34 **Krista Martel:** Jo, the beans just have to soak about an hour and then peel them (which takes some time).

00:38:37 **Susan Mull:** I soaked my beans about 2 and a half hours and started peeling off the skins.

00:39:23 **Jyoti Surve:** Thanks Kris.....I will make it tooooooo and post it on FB

00:39:29 **Krista Martel:** Yep, Susan--I agree that soaking time can vary!

00:39:44 **Krista Martel:** Hi Megan and Orion!

00:39:58 **Juliana Hawawini:** Great idea Jo! I'll do the same :)

00:40:21 **Krista Martel:** if you make it, post #akarawithbose :)

00:40:30 **Krista Martel:** I'm working on mine now too!

00:40:56 **Susan Mull:** we see it!

00:41:15 **Krista Martel:** I think Bose recommends pinto beans or black eyed beans

00:41:23 **Susan Mull:** I used chickpeas!

00:41:35 **Krista Martel:** Looks delicious!

00:43:13 **Jyoti Surve:** WoW!!! I can see it frying.....look delish!!

00:49:04 **Krista Martel:** *From my mom: This is Krista's mom. This looks so much more delicious than the pots of pinto beans I grew up on in Texas! Thank you!*

00:49:04 **Susan Mull:** It does look delish! yum!

00:49:35 **Olivia Ford:** *Bose: Turn the heat down if the oil gets too hot!*

00:49:44 **Susan Mull:** I put mine in the skillet, so my kitchen smells amazing! 😊

00:50:00 **Olivia Ford:** Susan! So fab you're doing it at the same time! :-D

00:50:09 **Linda H Scruggs:** Wow what is she cooking?

00:50:32 **Susan Mull:** 😊 Yes!

00:50:49 **Krista Martel:** Susan, do you want to show your progress?

00:51:02 **Gina Brown:** Susan Mull Fedex me a plate...lol

00:51:15 **Krista Martel:** @Linda she is making bean cakes (akara). will share the recipe!

00:51:43 **Krista Martel:** i just tried mine! delicious!

00:51:52 **Jyoti Surve:** A question : Is it a bean "cake" or is it a bean "fritters" ??

00:52:03 **Susan Mull:** Gina, I want to get in my car and come to New Orleans!

00:52:43 **Olivia Ford:** *The peeled beans can be frozen! Once they're peeled, they've been in water so they need to either be dried and cooked or frozen*

00:52:56 **Susan Mull:** Bose, do you ever make hummus with beans that may be left over?

00:52:59 **Krista Martel:** @Jo, I think it can also be described as a fritter!

00:53:00 **Gina Brown:** I miss you Susan!

00:53:20 **Susan Mull:** I miss you Gina!

00:54:26 **Olivia Ford:** *If you buy beans in large quantity to store in house, you need a large freezer so they won't go bad!*

00:55:40 **Krista Martel:** I just tried one with a little hot sauce--was yummy!

00:56:02 **Krista Martel:** What are other people cooking during their time at home? Feel free to share any recipes!

00:56:20 **Susan Mull:** This is great!

00:57:40 **Barb Cardell:** I have been baking a lot... ALL THE CARBS

00:58:13 **Olivia Ford:** *The seasoning Bose is holding up is dried pepper with some salt - good with the akara! Also with grilled beef, chicken, etc*

00:59:29 **Krista Martel:** Hi Barb! I need to bake more. everyone seems to be baking bread. Haven't tried that yet!

00:59:45 **Linda H Scruggs:** She got my baby daddy on her t-shirt

00:59:57 **Olivia Ford:** Mmmmm, I know from firsthand experience that Barb is a kick-butt baker! Bring it on!!! :-D

00:59:59 **Krista Martel:** Ha linda! I noticed her awesome shirt!

01:00:06 **Linda H Scruggs:** I have that picture framed in my office

01:00:22 **Krista Martel:** @Linda, that's great!

01:00:56 **Jyoti Surve:** yes, Ginger!! Easily available here in India

01:01:05 **Olivia Ford:** *Can add ginger and garlic while blending - if you don't want to slice/mince those things*

01:01:34 **Olivia Ford:** *Some people may sweeten their akara but the beans are already a little sweet so Bose just uses salt*

01:04:09 **Linda H Scruggs:** Looks delish

01:04:27 **Susan Mull:** mine are darker - I love chili powder

01:04:44 **Jyoti Surve:** This fritters will go perfectly well with tea..... that's how Indians have their snacks. <3

01:04:59 **Linda H Scruggs:** Do we have the recipe?

01:05:15 **Krista Martel:** <https://www.thewellproject.org/bean-cakes-akara-point-bose>

01:05:26 **Jyoti Surve:** Whatta vibe, Bose.....love ya!! <3

01:05:27 **Linda H Scruggs:** Thanks Krista

01:05:53 **Olivia Ford:** YES, Jo, these would be fab with some tea <3

01:05:54 **Gina Brown:** I dance and sing when I cook!

01:05:59 **Linda H Scruggs:** Love it!!!!!!

01:06:03 **Krista Martel:** I love this!!

01:06:04 **Jenna Conley:** amazing!!!!

01:06:07 **Krista Martel:** Gina, let's see!

01:06:09 **Linda H Scruggs:** Clapping

01:06:10 **Gina Brown:** Love it!

01:06:27 **Olivia Ford:** *Yaaaa, Bose just sang a Yoruba song sung while making akara!!!*

01:06:30 **Gina Brown:** Lol Krista

01:06:44 **Jyoti Surve:** So sweet....who is she?

01:06:58 **Olivia Ford:** That's Bose's daughter Megan!!

01:07:11 **Olivia Ford:** And the other girl is her play-niece, Happiness!

01:07:20 **Jyoti Surve:** Oh...Hiiiiiiiiii Megan <3

01:07:27 **Gina Brown:** Thank you, Bose!!!

01:07:31 **Olivia Ford:** *Sandra says: thank you for the Food Dance and Love!!!*

01:07:34 **Jyoti Surve:** Happiness is the name? I love love love it

01:07:34 **Susan Mull:** me too - I use Sly and the family Stone and Dance to the Music! 😊

01:07:59 **Nancy Duncan:** Looks like she made a nutritious and good dish.

01:08:06 **Krista Martel:** <https://www.thewellproject.org/bean-cakes-akara-point-bose>

01:08:13 **Krista Martel:** #akarawithbose

01:08:30 **Juliana Hawawini:** Yes, thank you so much Bose!

01:08:41 **Linda H Scruggs:** Thank you our Sister

01:09:03 **Jyoti Surve:** Thank you Bose.....Love the virtual TWP tea party

01:11:18 **Krista Martel:** Thank you everyone! We can't wait to see your Akara!

01:14:02 **Olivia Ford:** *From Sandra: God Bless You Bose! Keep up the Excellent work.*

01:16:54 **Jenna Conley:** love you, Bose!!!

01:17:11 **Gina Brown:** Bye y'all!

01:17:16 **Joanne Lindsay:** Thank you for a wonderful session!

01:18:13 **Jyoti Surve:** <3<#