



## **José Andrés D.C. Urban Adventure Kit - Transcript**

### **Stop #1 JALEO**

#### **Fabiola R. Delgado:**

Hola hola! Mi nombre es Fabiola R. Delgado y soy tu anfitriona en esta experiencia del museo comunitario de Anac- *[scratch sound]* - Okay, even though my first language is Spanish (as is our guest's), chances are that you're an English speaker, so let's switch it up.

My name is Fabiola R. Delgado and I work at the Smithsonian's Anacostia Community Museum. Welcome to our second Urban Adventure! This experience was inspired by our current exhibit "Food for the People: Eating and Activism in Greater Washington" (come check it out!) it touches on many food-related issues: food access, food sovereignty, food policy, food workers... and who better to help us navigate these issues than Chef and Humanitarian, José Andrés?

It may be hot out here, so find a shady comfortable spot to listen.

*[Short music pause]*

You may have heard of his many restaurants... global feeding organization...Nobel Peace prize nomination... but throughout this journey, we want to connect with the everyday José here in Washington D.C. We'll hear from the chef himself as he tells us about the places and moments in his life that transformed the way he thinks about food; and we're starting here, where he got his big break: Jaleo. – José: Of all places in the world, how does a young man from Spain end up in DC?

#### **José Andrés:**

Well, for me, Washington DC was a very important place, because early in my life I was a sailor with the Spanish Navy; I was on a ship with foremast traveling the world. And the first time I really left Europe, really left Spain was on that ship. First time I came to America was on that ship. And for me, maybe because I have this spirit of the sailor and the ship, throwing the anchor overboard is a very unique moment because in a way you want to see the world, you want to discover new people, new places; but in a way, when you fall in love somewhere with the people and the places, you want to throw the anchor.

Richard Melman, one of the best restaurateurs in the history of America; when I was 22, in Chicago, told me: "Jose, when you find a place, you throw the anchor and began creating a life around the place". And that place for me was Washington DC. I fell in love with the city,



with the people. Obviously, I met my wife a few weeks after arriving; she became my anchor. My restaurant Jaleo, in the corner of Seventh and E became my anchor. The Shakespeare Theater became my anchor, Clara Barton, next door, the founder of the missing soldiers office, and then the Red Cross. Her apartment was found right across the street from where Jaleo was open. That was my anchor. The Navy Memorial 50 meters away from Jaleo, that was my anchor. And Senator Thompson and Senator Moynihan coming into my restaurant were I believe longer tables, even people from different parties of sure they respect each other and of sure they can work together on issues even everybody has a different perspective. That also became my anchor.

**Fabiola R. Delgado:**

You've clearly left a mark in Penn Quarter with Jaleo, but it sounds like it also left a mark on you.

What was the neighborhood like back then?

**José Andrés:**

Well, Pen Quarter was a neighborhood in the making, right? But if you think about it, every neighborhood is a neighborhood in the making. Every neighborhood had better moments and not so good moments. But what every neighborhood had is people with a drive to work as hard as they can to make it the best they can for them, for their own, and then for the visitors.

For me, Penn Quarter was a place that was perfect for me, almost like a white canvas to do my little mark in a neighborhood like everybody should do their own mark in their neighborhood; by smiling to foreigners when they come walk in the streets, or guiding them when they get lost, or us giving them the comfort to know that they are welcome.

That was back in 93, a place that was hip and cool. Nights were lonely, because not a lot of people were there. And I realized the power of a restaurant, and the power of any business: for profit, nonprofit, small or big, that you become almost like a lighthouse for others to come visit you. You become safe haven for them. You are the one that becomes the reason why people will move into the neighborhood or you can become the reason why others will visit you.

And I saw for the last almost 30 years of my life, how not only the Penn Quarter, but how Washington DC became a better city even still with a lot of issues and problems we have to solve, knowing that there are enough citizens that care for our city, that care for our communities, to understand that sometimes problems are there to give a reason for people I guess, to be people of service.



**Fabiola R. Delgado:**

There's a great quote by community leader, Geno Baroni... "*People don't live in cities, they live in neighborhoods.*" Maybe that's the first step. To create great change, you gotta start small, right where you are.

Alright, let's get something to eat! You got a \$5 token in your kit to spend at this location, so go inside Jaleo and enjoy your treat!

We'd love to see pictures of your journey! So tag us! You can find us on social media as @SmithsonianACM, and use the hashtag #JoseAndresAdventure to follow along. Hasta la próxima! On to the next stop!

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**Stop #2**

**THE PEOPLE'S ARCHIVE AT MLK JR. MEMORIAL LIBRARY**

**Fabiola R. Delgado:**

Welcome back to ACM's URBAN ADVENTURE! And welcome to The People's Archive at the Martin Luther King Jr. Memorial Library. The fourth floor is dedicated to our own D.C. history, through exhibits (which you can check out later!) and of course, archives! – The People's Archive is the library's local history center. In this room you'll find books, newspapers, maps, postcards, genealogy and family histories... histories of our city and the people who've made an impact in it. Everyday people, like you and me; who inspire us to take action and make this city a better place for all. Some of the items they have are so precious that they're kept in that area to your left, handled and kept by archivists with immense care.

Find a librarian and tell them José Andrés sent you. - They'll escort you to the special archives and... well, I don't want to ruin the surprise! Pause the recording here, and come back after you're done with the archives portion.

*[Pause]*

**Fabiola R. Delgado:**

In times like these, you can't help wondering "does anything I do even matter?" It's really difficult to see the world go through so much, and really easy to feel discouraged. *I know!* Even though you know me as a museum worker, I used to be a Human Rights lawyer, which is a whole n'other story, but something I learned from my decision to change careers is that we all have something to offer, just not always in the way we think. I was looking for



justice, so Human Rights Law made sense... until it didn't. Now I strive for justice in new ways and new spaces. And I'm sure you have your own approach to justice as well. We hope you looked through the archival boxes and found some great solutions to food issues by your fellow adventurers, and that you added your own creative solution to the bunch!. Now, it's time to head down to the cafe on the first floor, cause we got one more story to hear! So pause the recording here and press play when you're downstairs.

*[Pause]*

**Fabiola R. Delgado:**

This cafe is run by DC Central Kitchen, an organization that fights hunger and poverty through job training and job creation. Back in 1989, their concept was to pick up food waste, turn it into well-balanced meals for shelters, and in the process train people without jobs in culinary arts. José Andrés has been a long-time volunteer, changing his whole perspective on using his means and success to help other people. Inspired by DCCK, he founded World Central Kitchen, which provides meals in response to humanitarian, climate, and community crises across the globe.

DCCK serves scratch-cooked farm-to-school meals in DC schools, delivers fresh, affordable produce to corner stores in neighborhoods without supermarkets, and operates two fast-casual cafes: the DC Central Kitchen Cafe at THEARC, in Ward 8, and Marianne's, named after Marianne Ali, the former director of DCCK's famous Culinary Job Training Program. Even José graduated from it! And he was a consultant for Marianne's menu and operations; all pro-bono!

Take a break and spend your \$5 token for a treat at Marianne's. We hope you enjoy the rest of your adventure, and remember to tag us @SmithsonianACM and use the hashtag #JoseAndresAdventure when sharing your journey on social media! See you then!

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**Stop #3**  
**LOS COMPAÑEROS**

**Quique Avilés:**

*[Musical vocalization]*

There are some things that just come to you; to woo you; to give and take from you, regardless of being lonely or with a crew. That thing you know is you: Manhattan, La Perla, Fonseca, or Waterloo. DC, el DF, Managua, or right here, in the middle of Rhite, Wed, and Blue.



Hay cosas que uno las sabe, las siente siempre aquí en el vientre o en la mente. ¡Tú sabes que eres tú! You know it's you! Because it comes directly from you: ranchera, bachata, cumbia, fandango, or boogaloo... Yes! This is my stew! Carne guisada, arroz con pollo...*[fades]*

**Fabiola R. Delgado:**

That was DC poet, performer, and community activist, Quique Avilés, who grew up not far from here. Bienvenidos a Columbia Road! I mean, Columbia Road *[chuckles]*.

Adams Morgan and Mount Pleasant have been since the 50's a safe haven for its many Latinx/Hispanic populations. Today, we're an estimated 79,000 Latinos in D.C. (even though we're under-counted by the Census) and this area is the unofficial Barrio Latino. Though, you may notice a very international air: yes, Latin, but also Asian, Caribbean, African, European restaurants up and down the block, and down 18th street! – This commercial district is undoubtedly one of the most diverse in the city, and many of us come here to find a home away from home. I know I did! When I arrived from Venezuela 11 years ago, I couldn't find arepas, but I found pupusas! Now arepas are pretty well known.

Now, we're gonna hear why Adams Morgan is so important to José, so feel free to wander around the neighborhood and take it all in. If you wanna sit on a bench or under a tree to listen, Kalorama Park is only a couple blocks up the road.

Back to the story: this restaurant has seen a lot! –It wasn't always Los Compañeros. Back in the early '90s this was a Dominican-owned, Pan-Latin restaurant called "Café Atlántico", and our dear guest, José Andrés worked a second job there when he first got to D.C. In the next decades, this place went from Pan-latin, to American, to Mexican, thanks to owners Ann Cashion (for whom José worked as well!) and John Fulchino. You may see them hanging around and saying hi to customers!

José, why don't you share a bit of your time in the neighborhood?

**José Andrés:**

For me, Adams Morgan is very important because in 1993 is where I met my wife. Very important because while I came to open in the Penn Quarter Jaleo; very quickly the co-founder and co-owner of Jaleo was also the owner of a place called Café Atlántico on Columbia Road. And he needed help and I gave him help. So I became chef of Jaleo and I became kind of consultant for Café Atlántico. So I very quickly moved from doing Spanish cooking to also doing Latino cooking.

So for me anyway, to open in Adams Morgan Café Atlántico and be part of that; meet my wife there, is a place we would go almost every week, at least once. To eat and to party!



And by going to Adams Morgan that even you describe it as the Latino place, is the place I went to my first Ethiopian meal in Meskerem. Or the first time I saw like Drag Queen brunch at Paris. I didn't even know what a Drag Queen was! And for me, I learned, you know, the celebration of people that they may be or look different than me, but at the end, they were people like me, just willingness to be accepted. Willingness to belong, like I try to belong and everybody else. And you celebrating who they were.

And you began going and going and you began saying wow, the Salvadorian restaurant El Tamarindo opened very late at night. Even there you saw there was more dishes than in Salvador. So it's very funny that a restaurant far away from the country of origin becomes the ambassador for the people that they've never been there. And this is the reality of what happens in the world. And the melting pot is something should be celebrated. If no, no cooking will ever move. We will all be less rich in knowledge. But because cooking and ingredients and recipes and people travel, they become great. More than ambassadors they become cultural messengers, bringing different people and cultures and ways of understanding life closer together.

**Fabiola R. Delgado:**

Do you think that working here and being immersed in such diversity, from the neighborhood and the restaurant industry, influenced your views on immigration?

**José Andrés:**

Very much the lives of restaurants are surrounded by a ton of immigrants. In my restaurants myself, I wouldn't be where I am without a country called El Salvador or a country called Guatemala, or a country called Honduras or a country called Venezuela. We wouldn't, because I have people from all the countries and many more I don't mention.

**Fabiola R. Delgado:**

It's funny; people from all over the world come and work for you at your restaurants, but you also go out and work for them! It's incredible to see what you do with World Central Kitchen: feeding people during crises all around the world. On top of that, you let them guide you; partnering with local chefs, creating networks of local volunteers, and preparing meals that are culturally appropriate to those you serve.

**José Andrés:**

I don't know if in a way when I go to maybe into Venezuela going to help feed some neighborhoods, some hospitals, maternity centers... Maybe when I went to cook in Honduras after hurricane or to Guatemala, maybe this a way to pay back my respects to the many people helped me before.



No only Adams Morgan-Mount Pleasant, but the mix of all the lessons I learned on my life. I realized that I've been an immigrant all my life, even in Spain. I grew up in a little mining town called Mieres. But growing up in Asturias, moving very young to Barcelona, people speak different languages, they have different accents, they have different ingredients, different foods. And you bring with you your own identity. My mom she brought with her her blue cheese, Cabrales, and some of her dishes, Favada Asturiana, that she began making home and where our new home, Barcelona, Catalonia, Catalan friends will come to her home to enjoy those dishes she brought with her from far.

So for me coming America, and then really an immigrant, everybody gave me an opportunity to succeed, and contribute to my success, and me being in America and getting a job, I felt like it was my duty, like the duty should be of every immigrant that makes it through in a faraway country, that we all need to take little bit of time to try to fight on behalf of the voiceless and trying to offer others the opportunities that you were lucky to receive.

So places like Adams Morgan but more important having many people from different countries in my restaurants, that I realize I am who I am, thanks to every one of them. That obviously gave me all the energy I needed. But at the same time, the responsibility to say let me be a voice on immigration reform. Let me be one more voice. I've been putting a lot of personal time knocking on the doors in the Capitol, to senators and congressmen, to anybody in the right moment that will need to listen a message from an immigrant on behalf of fellow immigrants. I'm not the only one doing this; I'm so proud I'm next to an army of people, especially people like The DREAMers, young men and women that they are part of America. Where you learn that you are not American because a passport, but you are American because the love you have for the country that gave you the opportunity.

Life becomes fascinating. That then a cook like me, doesn't only try to cook the cooking of the country was born, Spain, but then trying to honor the cooking of other countries. Without realizing, you are not only trying to share your culture, one plate of food at a time, but you understand that that plate itself is cooked by people that you must do more for them. Because the people that make that plate happen from the farmers and the fishers, the guys doing distribution, and very often the guys cooking the food or the guys, the people serving you the food, that they are in a country that somehow the system doesn't fully allow them to belong. And they're there. They have names they have last names, they have history in their shoulders.

**Fabiola R. Delgado:**

As immigrants, we can't have "belonging" without "longing". And food is one of the many ways we connect: with our families, our communities, our heritage... and also with others! –



Behind every dish there are generations of recipes and traditions we carry on. – DC is an immigrant city, just like America is an immigrant country. We may not all have come here the same way, but maybe we have more in common than not. We all want familiarity. We all want to feel at home.

If you've wandered far from Los Compañeros, head back and exchange your \$5 token for an item on their menu.

We hope you make a new food connection today!

Remember to tag us @SmithsonianACM and use the hashtag #JoseAndresAdventure so we can follow your journey. Let's keep the adventure going!

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## Stop #4 FRESHFARM DUPONT CIRCLE MARKET

### **Fabiola R. Delgado:**

Hello again, and welcome to FRESHFARM's Dupont Circle Market, the biggest farmers market in the city and one of the few open year-round. FRESHFARM is a D.C. nonprofit trying to fix some of the issues in our regional food system, and they connect people to food through education, food distribution programs, and farmers markets.

Did you know the U.S. produces enough food to feed everyone in the country? Yup! Even with our dysfunctional and unequal food system. Still, 11% of U.S. households are food insecure, meaning they have limited or uncertain access to affordable, nutritionally adequate food.

Farmers Markets can help alleviate that, and this one in particular is special to José. Take your time and pace around the market. Take in the colors... the aroma... and let's listen to José as he shares why this place is so special to him.

### **José Andrés:**

The Dupont Circle market hmm... We bought the house in Newport place. My wife was very smart. We were living in downtown DC in the Penn Quarter at The Lansburgh, only because there was a super affordable apartment they gave me next to the elevator that was very noisy and nobody wanted, but was convenient and the price was right, but she found this very big deal and we moved into this place called 2140 Newport Place. We love it because was very close to the Embassy where she work, close to what was going on in Dupont Circle; not too far away walking from the Adams Morgan we love; close to the





subway... but I think the moment that for us was critical is when the Dupont Circle market opened. We remember it very well because it was around the time my first daughter, Carlota, born. She's 23 now so you can guess around 23, 24 years ago.

And I remember that every single meal once she passed the moment of drinking milk and being mainly fed from my wife for the first few months, of her life; me going to the farmers market and filling up my house with vegetables of all sorts and making my daughter very much the meals out of that market became part of the tradition.

**Fabiola R. Delgado:**

What a lucky baby! You know, I used to come here when I first moved to the city, but sometimes it was overwhelming to see so many options! I struggled to decide which foods to buy from which farmer. Do you have any tips to navigate a market like this?

**José Andrés:**

If you go to a farmers market and this is your first time ever, you will look like if you've never been to a football game. And you're looking around and you say what do I do here? Well, this has happened to me first time I went to the Super Bowl, but in a farmers market, almost you have to enjoy the moment. First, do a very big quick walk out all around the farmers market. And just analyze and mentally make a list of everything you see that you may like, or the things that you see and you don't know what they are. So once you finish this first tour around the market, yes, start in one end and finish in the other, and start going to the places of the foods you feel you want to buy. Eggs is probably one of the best buys quality price that you can have in those markets. Chickens that they're gonna be super good, super well treated, that they are going to be eggs that probably be the best eggs you'll ever eat! Everybody should always be buying fresh eggs in those farmers markets. If you are a meat eater, obviously if you find somebody that has chickens; buy one or two of those chickens. And if you can buy them whole. Dollar per dollar is always the best value you can have. But then I think the true value in the farmers markets are all the vegetables and all the fruits.

In a market like Washington D.C. you're gonna have some of the best apple producers anywhere in America. And when I say apples means you're gonna have 20, 30 different types of apples. And that's a good moment for you to learn and to see that apples have different sizes, forms, that the ones that look super ugly are actually maybe the tastiest ones. And buy some of them, the ones that you feel you love the most because you can try them usually in those markets. And then one thing you will find amazing carrots in season amazing leeks in season. You will find sometimes great cabbage, great cauliflower; buy one of each! Buy whatever you like or whatever you want to try for the first time. This is a great way to be building your basket of things that then you go home.



And probably you will go back like I've done for almost the last 25 years of my life that since the first Dupont Circle market that opened. Now, I don't go always to the same one. Even sometimes for me, it's the most easy thing to do. But I love time to time to move around the beautiful Washington D.C. region, and in the process of going to those farmers markets, I learn more about the city that sometimes we never know enough about. You will see other people, other neighborhoods, or people from different parts of America or different parts of the world. In the process you will learn about farmers you didn't even knew existed in the surrounding areas where you live. And all of a sudden a farmers market is a great way to build the bridge between the urban citizens and the people living in the rural America. At the end, we are very similar; not as different that some politicians try to portray us. We are the same people. Some leave from work in the city. Others leave from work in the countryside. At the end, We The People.

**Fabiola R. Delgado:**

At the end, We The People. – Farmers deserve all the acclaim and recognition for giving us, as you've said in other times, "the goodness of the earth". Food is the foundation of our health. It's fuel for our bodies and fuel for the world!

You may have already redeemed your gift certificate, but if not, head back to the info table and get your market money. Use your \$5 gift to buy something that will nourish you!

Thanks for exploring with us and we hope you're enjoying the adventure! Make sure to tag us @SmithsonianACM and use the hashtag #JoseAndresAdventure so we can follow along your journey! See you next time!

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**Stop #5**  
**YOUR OWN KITCHEN**

**Fabiola R. Delgado:**

Qué tal? Congratulations on making it to this location: your kitchen! Bet that was an easy commute, huh? But, I mean, what kind of Food Aventure would this be without a cooking challenge? - Well, Chef José Andrés has come up with the perfect assignment: a rescue mission inspired both by his childhood and one of his greatest passions: stopping food waste.

Some of José's favorite meals growing up were the ones his parents made at the end of the month, when they were waiting for their next paycheck and had to stretch a few pesetas and cook whatever was left in their groceries. He remembers the refrigerator



getting emptier and emptier, but somehow his mom would work magic and come up with dishes made of a boiled egg, half a chicken breast, and béchamel sauce. He loved that!

So for this mission, you'll use José's recipe for Migas, a popular Spanish dish that literally translates to "crumbs". It's crispy stale bread with leftover meats, veggies, and even fruit... There are many variations on the dish depending on the region, and personal preferences, but the idea is to transform ingredients in the twilight of their lifespan into a delicious and satisfying meal. So, feel free to experiment with the recipe! The ethos of this dish is *"Use what you have"*

Now, we know José is always on the move, especially when setting up kitchens around the world and providing meals in the midst of humanitarian crises. He's doing that now in Ukraine; so, to help us with this recipe, we gave a call to José's trusted Chef Ramón Martínez, Culinary Director of the Jaleo concepts. Ramón, cuéntanos, where do we start with Migas?

**Ramón Martínez:**

So today we're making a very special dish: migas. So all you need to do is get that bread that you have old, really, really, you know, dry, and try to break it apart with like a knife with like a peeler, maybe you get pieces and roll it around your hands; the whole purpose is to make this bread into crumbs. That what's the name of the dish, "migas".

Once you have the bread like that, you want to sprinkle some water, not too much, you don't want the bread to be too wet. You just want to hydrate it a little bit, you know, the so it's not that dry. So you want to sprinkle some water, you know, move it around, and pull it apart.

On a pan, you're gonna put extra virgin olive oil and you're gonna put that garlic that the you're ready smashed. Put the garlic slowly until it get nice and brown, you're gonna feel that smell of the garlic cooking, it is amazing, it's magic. Then you're gonna put like the chorizo or the leftover pieces of meat you have, or even bacon, or anything that you had and you will roast it really nice also with the garlic, you know, making sure all those flavors get together.

Once everything is cool, you're gonna put everything apart, you're gonna separate that garlic and that meat from the oil. And in that oil, you're gonna start slowly cooking those crumbs, those migas that you prep previously, you previously have, you know, crumbled around. So you're gonna put those migas and you're gonna slowly cook them, you know, it's gonna take time, but that's the most important part because we want to get a nice and soft center and a crunchy outside.



So you want to put those migas, you know in slowly, slowly, you know, like cook them on that oil cooking them, you know, like, almost like slowly, really slowly frying them until you get like you know, like this crunchy brown, golden brown and soft inside bread. You want to put some salt, you know, and while you're doing that also going to have a pan and you're going to fry an egg because this is the best, best pairing for that dish, you know, fried egg. So you're going to pull that oil and you're gonna fry an egg and you have your migas already cooking, you're gonna put the you know, like all the garlic and the chorizo and the meats back into the migas on top, you're gonna sprinkle some pimenton you know the Spanish smoke pimenton which is like almost like very similar to a paprika, super good which gonna give it a smokiness that it's going to bring the dish to a new level. so good.

So then you're gonna, you know, put a little bit of salt, you're gonna put the grapes that you have cut in half, those grapes are going to make that dish so nice and light. So you want to make sure that you know that you cut them in half and you enjoy them also. The acidity, like pairs really really nice with those migas. Once you have that, you know it's time to like put the fried egg next to it. Make sure that yolk is runny. Put salt on the egg, break that egg and can mix it with the migas and man, that will change your life!

**Fabiola R. Delgado:**

There's something fascinating about this kind of cooking. It's a common story across the world; so many meals come from leftovers: croquetas, fattoush, chilaquiles, hallacas, shepherd's pie...

It's alarming that 40% of food in America goes uneaten. Food is wasted at every stage: from production to distribution, to sadly, our own homes, so taking advantage of every product and cooking creatively are great ways to help stop the waste.

And I hope you're hungry, cause now it's time to eat! But first, we would love to see your culinary creations on social media. Did you use the exact recipe, or did you experiment with it a little? Tag us @SmithsonianACM and share away using the hashtag #JoseAndresAdventure.

*[Music transition]*

Hasta aquí llegamos! This is it for us! – Thank you so much for coming along this journey! For listening, and engaging with our city in a fun new way!

You can take a deeper dive into the social justice issues we touched upon in this experience by visiting our exhibit "Food for the People: Eating and Activism in Greater Washington". It will be up until September 17, 2022.



We invite you to follow us on Twitter and Instagram as SmithsonianACM, and on Facebook and YouTube as Smithsonian's Anacostia Community Museum.

This program was made possible by the Hillside Foundation - Allan and Shelley Holt, and the National Museum of the American Latino with generous support from the Ford Foundation.

We could not have done this without the help of:

- Think Food Group
- World Central Kitchen
- Quique Avilés
- The GALA Hispanic Theater
- Hola Cultura!
- The National Museum of the American Latino
- The Martin Luther King Jr. Memorial Library
- Los Compañeros
- FRESHFARM
- Y por supuesto, José Andrés! – ¡Muchísimas gracias!

¡Hasta la próxima! See you next time!