

CPS CHEF COUNCIL

Chef Athenia Travis



Chef Athenia Travis' passion for food started as a young girl in the kitchen with her mother and grandmother making caramel cakes. "I really was trying to eat Lol," said Chef Travis. As a high school student, she met instructor Darlene Austin at Englewood high school who pushed her to compete in the C-Cap competition. Upon graduation she won a scholarship to Sullivan College. With her degree, Chef Travis returned to Chicago and worked for Lettuce Entertainment and a host of other catering companies.

Now, with over twenty-four years' experience, she's at Southside Occupational Academy as a Culinary Instructor and has been working for CPS for twenty-one years. In her free time, she bakes beautiful cakes, teaches youth cooking classes, hip hop dance, and swim lessons throughout the summer. "Just a note, if you are unsure what you want to do in life: Culinary has so many doors that can provide for you in the long run so try it out!" emphasized Chef Travis.



NUTRITION
SUPPORT
SERVICES



Korean Tofu Tacos with Cucumber Slaw & Cilantro

Chef Athena Travis

INGREDIENTS

1 garlic clove, minced
1 oz fresh ginger, peeled and minced
1 tbsp gochujang
2 tbsp sun butter
1 tsp sugar
1 tbsp sesame oil
10 oz organic extra firm tofu, patted dry
and cut into ½-inch cubes
4 oz coleslaw blend
2 oz or ¼ of a cucumber
3 tbsp General Tso sauce
3 tbsp mayo
6 corn tortillas
½ oz fresh cilantro, leaves and tender
stems roughly chopped
1 tbsp vegetable oil
Salt and pepper

Allergens: peanut, sesame,
soy, wheat

INSTRUCTIONS

Gochujang Sauce

Preheat the oven to 350°F.

Add garlic, just 2 tsp ginger, gochujang, sun butter, sugar, sesame oil, and 2 tbsp warm water to a medium bowl.

Whisk the gochujang sauce.

Tofu

Heat 1 tbsp vegetable oil in a large nonstick skillet over medium-high heat.

Add tofu and cook until crispy in places, 3 to 5 minutes.

Add gochujang sauce and cook another 2 to 3 minutes.

Cucumber Slaw

Add coleslaw blend, sliced cucumber, mayo, and a pinch of salt and pepper to a large bowl and toss to combine

To serve: Wrap tortillas in foil and place them in the oven to warm, 4 to 5 minutes. Divide warm tortillas between plates and top with Korean tofu and cucumber slaw. Top the Korean tofu tacos with cilantro.

Tips: The oven will be used to warm the tortillas. You can use a toaster oven or microwave instead if you prefer. Save any remaining ginger for your own use.