

# Murals highlight Atlanta's civil rights legacy

By KATE BRUMBACK  
Associated Press

ATLANTA — As Atlanta prepares to host the Super Bowl, artists there are painting murals that highlight the city's civil rights and social justice legacy.

The artwork adorning neighborhoods near the downtown stadium where the game will be played is part of an initiative called "Off The Wall: Atlanta's Civil Rights and Social Justice Journey." The project is a collaboration between arts advocacy group WonderRoot and the Super Bowl host committee. While the murals' installation was timed to coincide with the Feb. 3 sports extravaganza, they are meant to be lasting public works of art for Atlantans to enjoy long after the football fans have left.

The idea was to celebrate Atlanta's role in the civil rights struggle of the 1950s and 1960s and connect that rich legacy with more contemporary struggles for justice and equality, WonderRoot executive director Chris Appleton said.

"We definitely have works that, for good reason, make Atlanta proud of its role in the civil rights movement and the human rights movement, and we have murals that invite and challenge us in Atlanta to continue striving for that beloved community," Appleton said.

The term "beloved community" was made popular by the Rev. Martin Luther King Jr., an Atlanta native, to describe a society centered on equal opportunity and justice and rooted in the philosophy of nonviolence.

Several dozen "community conversations" brought out unheard and untold stories about the struggle for justice that needed to be elevated, Appleton said. The artists sat in on those conversations and used them to inform their mural designs, which then went through two rounds of community feedback.

"I really believe the artists have done a great job of amplifying and complexifying narratives around justice issues in Atlanta and beyond," Appleton said. "The murals, as a collection, are cele-



AP Photo/John Bazemore, File

**Muhammad Yungai paints a mural on a building near the Mercedes Benz Stadium in Atlanta on Dec. 13, 2018. A series of about 30 murals on walls around the downtown Atlanta stadium that will host the Super Bowl aims to highlight Atlanta's civil rights legacy.**

bratory in some cases, are aspirational in some cases and are rooted in truth-telling."

A nomination and selection committee invited artists from around the country to apply, and the panel chose 10 applicants. An 11th spot, dubbed "Atlanta's choice," was open only to Atlanta area artists and was voted on by the public. In total, they plan to install roughly 30 murals.

Muhammad Yungai, the muralist selected by public vote, drew inspiration from a community conversation held at Spelman College, where he learned about

students who volunteered at a nearby community farm.

His mural, "Community Roots," is on a wall in Atlanta's Castleberry Hill neighborhood. It showcases actual students from four historically black colleges and universities in Atlanta — Spelman, Morehouse, Clark Atlanta and Morris Brown — and the produce they help grow. He wanted to shine a light on the four schools, which sit a stone's throw from Mercedes Benz Stadium, where the Super Bowl will be played, and on urban farming and community gardening.



AP Photo/John Bazemore, File

**Shanequa Gay paints a mural on a MARTA station wall near the Mercedes Benz Stadium in Atlanta on Dec. 14, 2018.**

The 44-year-old middle school art teacher and professional muralist said his work often focuses on education.

"I believe education is the biggest thing that we can do as a culture to ensure that everyone can achieve the life they want," Yungai said.

Shanequa Gay, 40, was inspired by a community conversation at Covenant House, which provides housing and support for homeless young people. Her mural, "Excuse me while I kiss the sky," adorns the walls of the Vine City transit station, across

the street the stadium.

Gay said she wanted to represent people who sleep under the trees and bushes. Dark outlines of leaves and flowers that she said are inspired by Georgia's abundant vegetation are layered over brightly colored profiles of young people she met at Covenant House.

"I went and took photographs of these young people making kissy faces to kind of humanize homelessness because we don't attribute kissing with being homeless — or joy or laughter or young people," she said.

## AMERICA'S TEST KITCHEN



Carl Tremblay/America's Test Kitchen via AP

**Tabbouleh as it appears in the cookbook "Complete Mediterranean."**

## Key tips on how to avoid making your tabbouleh salad soggy

Tabbouleh is a signature Levantine salad made of bulgur, parsley, tomato, and onion steeped in a penetrating mint and lemon dressing.

We started by salting the tomatoes to rid them of excess moisture that otherwise made our salad soggy. Soaking the bulgur in lemon juice and some of the drained tomato liquid, rather than in water, allowed it to absorb lots of flavor as it softened.

Chopped onion overwhelmed the salad; two mild scallions added just the right amount of oniony flavor. Parsley, mint, and a bit of cayenne pepper rounded out the dish. Adding the herbs and vegetables while the bulgur was still soaking gave the components time to mingle, resulting in a cohesive dish.

Don't confuse bulgur with cracked wheat, which has a much longer cooking time and will not work in this recipe.

### Tabbouleh

Servings: 4-6

Start to finish: 2 hours, 30 minutes

3 tomatoes, cored and cut into 1/2-inch pieces

Salt and pepper  
1/2 cup medium-grind bulgur, rinsed  
1/4 cup lemon juice (2 lemons)  
6 tablespoons extra-virgin olive oil

1/8 teaspoon cayenne pepper  
1 1/2 cups minced fresh parsley  
1/2 cup minced fresh mint  
2 scallions, sliced thin  
Toss tomatoes with 1/4 teaspoon salt in fine-mesh strainer set over bowl and let drain, tossing occasionally, for 30 minutes; reserve 2 tablespoons drained tomato juice. Toss bulgur with 2 tablespoons lemon juice and reserved tomato juice in bowl and let sit until grains begin to soften, 30 to 40 minutes.

Whisk remaining 2 tablespoons lemon juice, oil, cayenne, and 1/4 teaspoon salt together in large bowl. Add tomatoes, bulgur, parsley, mint, and scallions and toss gently to combine. Cover and let sit at room temperature until flavors have blended and bulgur is tender, about 1 hour. Before serving, toss salad to recombine and season with salt and pepper to taste.

## For foolproof poached chicken, turn to sous vide cooking

Poached chicken gets a bad rap for being tough, dry, and a little squeaky between your teeth. But that's probably because poaching is a relatively imprecise cooking method.

If your poaching water's too hot, the meat overcooks; if you leave the meat in the water too long, it overcooks; if you use too little water, the meat—you guessed it—undercooks. There are a lot of variables when poaching chicken. Thankfully, cooking sous vide eliminates most of them.

For foolproof poached chicken, we cook chicken breasts at a moderate temperature for about an hour, which results in a juicy, tender texture that's just firm enough that it doesn't fall apart. While this recipe is finished in an hour, you can hold the chicken in the bath for up to 3 hours before the texture starts to change—giving you some flexibility.

This perfectly poached chicken is great on its own or sliced over salad. In addition, this method is a great starting point for experimentation and variation, so feel free to add spices, herbs, or boldly flavored marinades to the bag (just don't add fresh garlic; it is particularly susceptible to botulism).

### Foolproof poached chicken breasts

Servings: 4  
Sous Vide Temperature: 150 F  
Sous Vide Time: 1 to 3 hours  
Active Cooking Time: 25 minutes

4 8 ounce boneless, skinless chicken breasts, trimmed  
Salt and pepper  
1/4cup vegetable oil

Using sous vide circulator, bring water to 150 F in 7 quart container.

Season chicken with salt and pepper. Place chicken and oil in 1 gallon zipper-lock freezer bag and toss to coat. Seal bag, press-



Steve Klise/America's Test Kitchen via AP

**Foolproof Poached Chicken Breasts as they appear in the cookbook "Sous Vide for Everybody."**

ing out as much air as possible. Gently lower bag into prepared water bath until chicken is fully submerged, and then clip top corner of bag to side of water bath container, allowing remaining air bubbles to rise to top of bag. Reopen 1 corner of zipper, release remaining air bubbles, and reseal bag. Cover and cook for at least 1 hour or up to 3 hours.

Transfer chicken to paper towel-lined plate and let rest for 5 to 10 minutes. Serve.

### Variations:

#### Foolproof Lemon-Thyme

#### Poached Chicken

— Combine 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon garlic powder, 1/2 teaspoon minced fresh thyme, and 1 teaspoon grated lemon zest in bowl. Sprinkle chicken with salt mixture.

#### Foolproof Soy-Ginger Poached Chicken

— Omit salt and pepper. Whisk 1/4 cup soy sauce, 1/4 cup sugar, 1 teaspoon grated fresh ginger, 1 teaspoon toasted sesame oil, and 1/2 teaspoon white pepper together in bowl. Substitute soy sauce mixture for oil.