



4-H Ontario

www.4-hontario.ca

4-H ONTARIO PROJECT



Our Heritage

CRAFT AND RECIPE SUPPLEMENT

The 4-H Pledge

I pledge my Head to clearer thinking,
my Heart to greater loyalty,
my Hands to larger service,
my Health to better living
for my club, my community and my country.

The 4-H Motto

Learn To Do By Doing

4-H Ontario Provincial Office

111 Main Street, Box 212
Rockwood, ON N0B 2K0
TF: 1.877.410.6748
TEL: 519.856.0992
FAX: 519.856.0515
EMAIL: inquiries@4-hontario.ca
WEB: www.4-HOntario.ca

Project Resource Information:

Updated by: Elizabeth Johnston, 4-H Ontario
Cover Photo by: Marianne Fallis, 4-H Ontario
Photo taken at Country Heritage Park, Milton, Ontario
Layout by: Mary Kathleen Dunn
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Perth 4-H Association

4-H volunteers – Joanne Elg, Jennie Nichol

4-H members – Jane Buchanan, Courtney Elg, Kaitlyn Elg, Lexie Feldskov, Kayla Fletcher, Bronwyn Garniss, Ashley Glaze, Robyn Graber, Bethany Hamilton, Valerie Hamilton, Jolene Horn, Emily MacKay, Aurora McArthur, Brianna Nichol, Natalie Nichol, Emily Skinner, Andrew Terpstra, Bernadette Terpstra, Mackenzie Terpstra

Thank you to the following 4-H volunteers who contributed to this project:

Brenda Dunster, Leeds 4-H Association
Helen Martin, Waterloo 4-H Association
Anne Snyder, Waterloo 4-H Association
Shonna Ward, Oxford 4-H Association

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4-H Ontario



CRAFT AND RECIPE SUPPLEMENT

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BEADING

Native beadwork tells a story. The colour, design and type of beadwork reveal when it was produced and often what tribe it came from. Before the arrival of the white man and the Italian beads he brought with him, shells, bone and clay beads were used for decoration. Later, dyed porcupine quills were used in embroidery. Records show that the Ojibwa in the Great Lakes region were using beads as early as 1711. The first beads brought by the white traders were larger than the seed beads now in common use and were known as pony beads. At first, because beads were not plentiful, porcupine quills and bead were often used together in the same piece of embroidery.

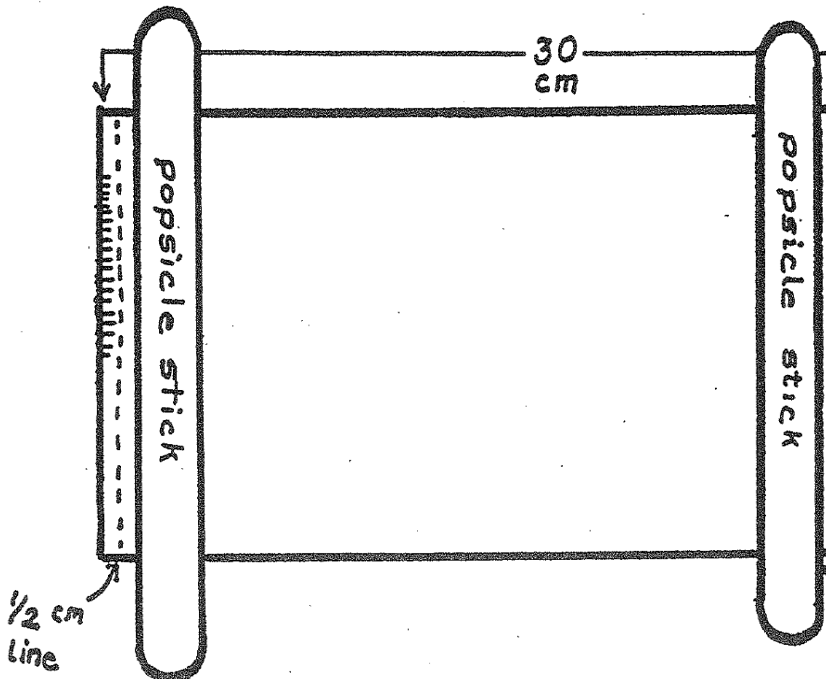
Loom Beading

Materials Needed:

- Firm cardboard, approximately 10cm x 30cm
- Seed beads (available from most craft stores)
- Beading needles (the long variety is best suited to loom work)
- Beading thread (nylon thread, not fishing line)
- Bees wax
- Felt or leather

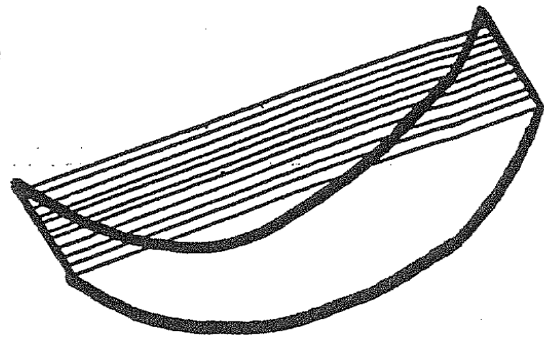
Making the Loom

1. On the piece of cardboard, mark a line $\frac{1}{2}$ cm from both narrow edges.
2. On the narrow edge, make a series of small cuts every 3mm. Keep these cuts about 3cm from the outer edges (see diagram)
3. Glue popsicle sticks about 1 cm from the narrow edges to give the loom support. Do not string the loom until the glue has dried.



Stringing the Loom

1. Tie a knot at the end of the thread and tape at the centre back of the loom.
2. Wax the thread by running it through a piece of beeswax.
3. Wrap one long piece of thread (known as the loom thread) around the length of the cardboard so that it passes through the first of the short cuts. The thread should pass through each successive cut each time it is wound around the cardboard. While winding the thread, use a tension that results in the cardboard having a bow when it is completely wrapped.
4. Wrap the thread so there is one more thread than the number of beads to a pattern row. When there is an even number of beads, a thread will be the centre of the pattern (see example one). When there is an odd number of beads, one bead will be the centre of the pattern (see examples two and three). Tape the end of the thread to the centre back when finished stringing.



The Pattern

Remembering the lengthwise lines on the graph paper represent loom threads, plot a design that is not too complex if this is your first beading project. See the examples below. Coloured pencils make it easier to follow a pattern when beading.

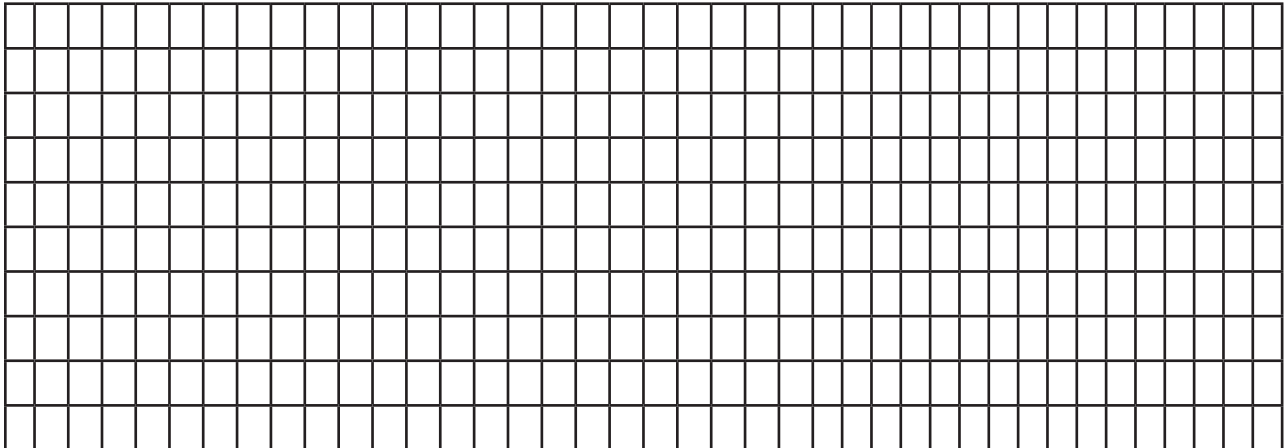
Example One

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11 threads
10 beads across

Colour A
Colour B *

Your Pattern

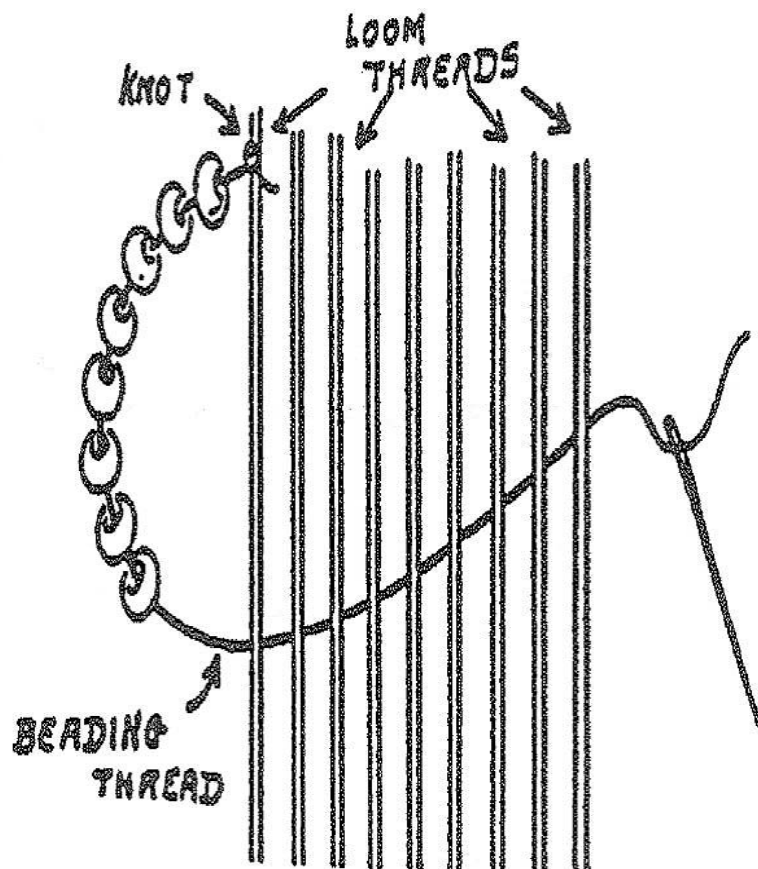


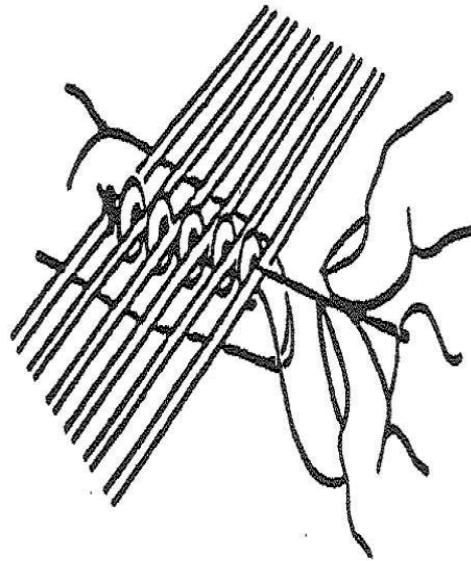
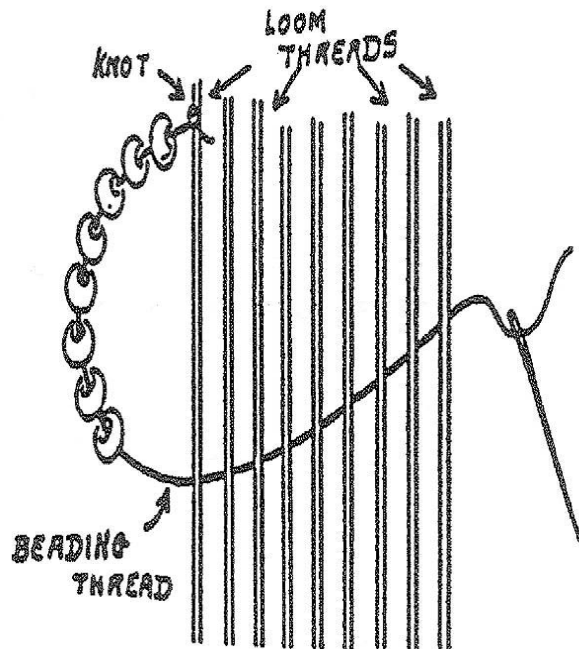
You can use this to plot your own design. Each square represents one bead.



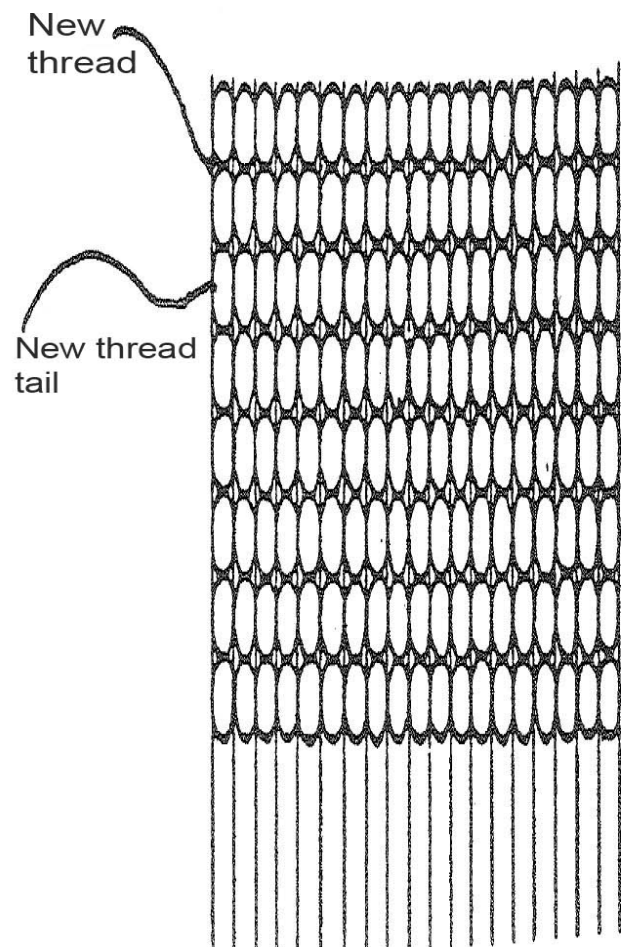
Beading on the Loom

1. Cut a piece of thread about 50cm long. Wax the thread and thread one end through the eye of a beading needle. This thread is called the beading thread.
2. Tie the long end of the beading thread to the outside loom thread. Beading is done with a single thread.
3. Keeping the beading thread under the loom threads, string the appropriate number of beads of the right colour for the first row of the pattern.
4. From the bottom, press beads up between the proper loom threads. Holding a finger under the beads to keep them secure, pull the beading thread taut. Now put the needle through the bead holes above the loom threads.



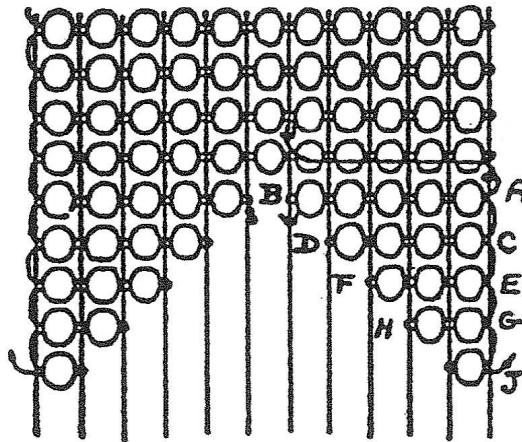


5. Do the next row of beading the same way. When more thread is needed, start a new thread by working it through the third last row completed leaving a short tail handing. Knot the new thread over the outside loom thread before running the thread through the second last row completed. Now run the thread through the last row of beading. This will secure both the "old" thread and the "new" thread. The tails can be trimmed later.



Finishing the Project

A strip of loom beading can be used for many projects – headbands, wristbands, necklaces, belts, barrettes and bookmarks. There are a number of ways to finish off a piece of loomwork. If you do not want a uniform straight edge, choose one of the alternative edges from below.



Right Side

Row 1:

A to B = $\frac{\text{Number of beads per row minus one}^*}{2}$

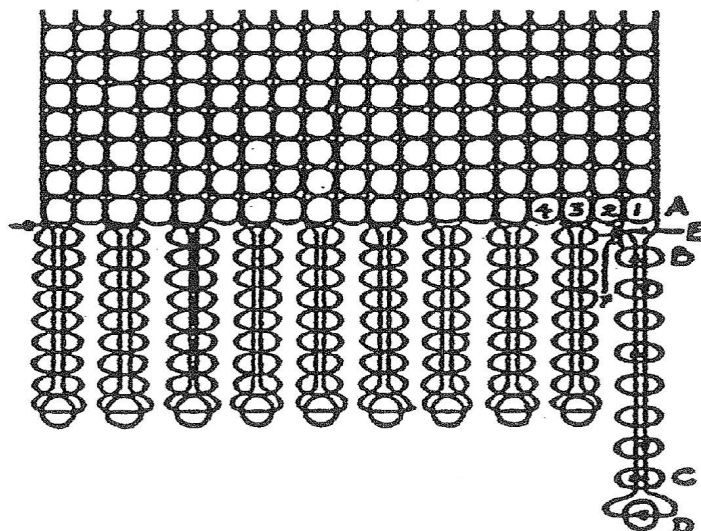
$$= \frac{11-1^*}{2} = 5$$

In the first row 5 beads will be worked. Decrease 1 bead each row until only 1 remains. Work left half the same.

*Subtract 1 only if the number of beads per row is an odd number.

Fringe Edge

When the last loom row is completed the thread is at A. String fringe beads B to D (Note that beads B to C are turned in the opposite direction). Go back through fringe beads C to B and through loom bead 2. Repeat the fringe step and take the thread through loom bead 3. Continue to the end of the loom row.



After the edge of your choice has been completed

1. Take the project off the loom. Leave the loom threads long enough to weave back into some beads. If making a necklace or bracelet, proceed to Step 4 before completing this step.
2. Tie a knot with each thread, then weave the thread through three beads or more beads before cutting off the tail.
3. If you are making a belt, wristband or barrette, sew the beadwork securely onto the backing of your choice appropriate for the project you have chosen to complete. Felt or a soft leather make a suitable backing. Remember to cut the backing larger than the piece of beading so a buckle, snap, barrette form can be attached to complete the item.
4. If you are making a necklace or bracelet you need not dew the beading onto a backing. Jewellery clasps can be attached with a secure knot. Tie this knot with the loom threads before weaving back into the beads to finish the weaving. A drop of clear nail polish or glue on the knot will ensure the knot will stay tied.

CANDLEMAKING

The only artificial light in the early settler homes was provided by the fireplace, pine knots used as torches or grease lamps. Candles were rare and had to be purchased. The fats available to the settler could not be used for candlemaking. Pork lard was kept for use in the frypan as frying was the common way to prepare a meal. Beef fats were used in the soap making process and for wagon wheel grease. Mutton (sheep) fat was suitable for candlemaking but the settlers preferred to use it for greasing leather shoes and clothing.

Later candles were made by dipping, puring or moulding. Poured candles were made by pouring melted wax down the wick. To make a molded candle, a length of wick was stuck to the bottom of a candle mould. Then, melted wax was poured into the mould while the wick was kept straight. Candle dipping was the easiest way to make candles.

Hand-Dipped Candles

Materials Needed:

- Slow cooker
- Candle wick or thick cotton thread
- Unrefined paraffin wax
- Crayon (optional)
- Candle scent (optional)

Method:

1. If heavy cotton thread is being used for the wick, braid this thread. If a single strand of thick cotton thread was to be used, the wick would have to be trimmed constantly as it burned. Braided cotton ensures the wick curls downwards toward the hottest part of the flame and is consumed as the candle burns.
2. Fill the slow cooker half full with water. Wax will melt at temperatures varying 50°C to 71°C (122°F to 160°F). Set the temperature to the low setting. Set the blocks of paraffin wax gently on top of the water. For reasons of safety, the temperature of the water should be kept only about 10 degrees warmer than the melting point of the paraffin you have purchased. **This is why the high setting on the slow cooker is not used.**
3. If you want to make colour candles, add crayon(s) to the wax and gently stire to mix with the paraffin. Be careful not to mix the water into the melted paraffin.
4. If scented candles are desired, the scent is added once the wax is melted. Scent can be purchased in craft supply stores that carry other candle making supplies. Stir gently to mix.
5. Dip wick into the melted paraffin. Straighten this by drawing the wick between two

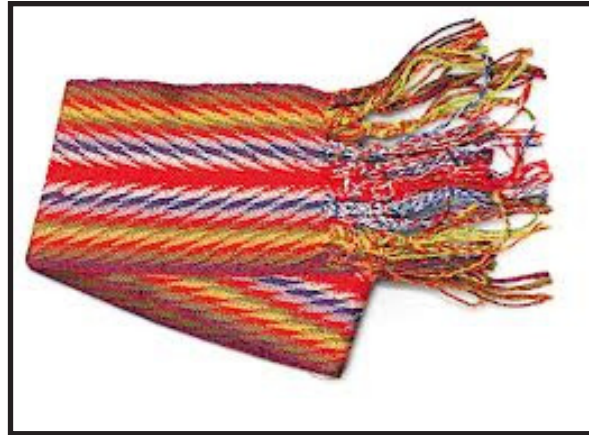
fingers as you remove it from the paraffin. Let cool.

6. When the wick has cooled and the paraffin on it has set, dip into the melted paraffin again. Draw the wick out of the melted paraffin. Repeat this step until your candle is the desired thickness. Be sure to let the paraffin harden between dippings. The finished candle will tend to be thicker at the bottom. This is called a taper candle.

If you lived in a settler home, you might place your taper candle in a candle stick holder made by the local blacksmith.

CEINTURE FLECHEE

The woolen ceintures flechees or “arrow sashes” were important articles of trade at the forts. The original sashes were hand woven by French Canadian women. These varied in size. The largest were almost five metres (over 15 feet) long. The various patterns of red, yellow, green, blue and white were unique to the different regions of Quebec. Brock was wearing such a sash when he was killed at the Battle of Queenston Heights in the War of 1812.



Source: www.quebecauthentique.com

The following are instructions to make a bookmark using the unique fingerweaving technique used in making the ceinture fleche. By increasing the length of yarn, you might make a sash or headband.

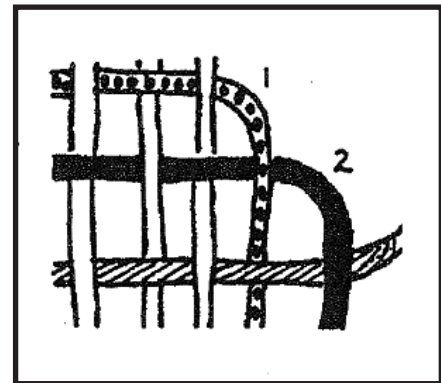
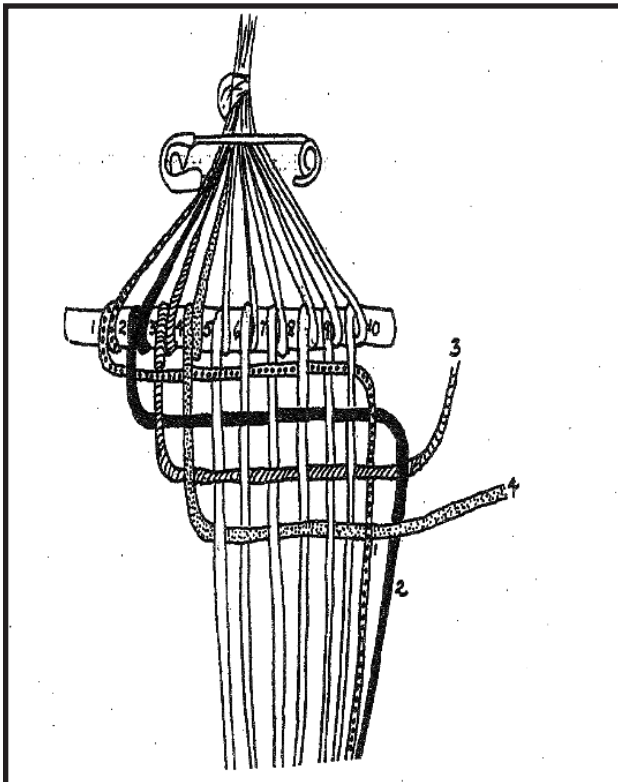
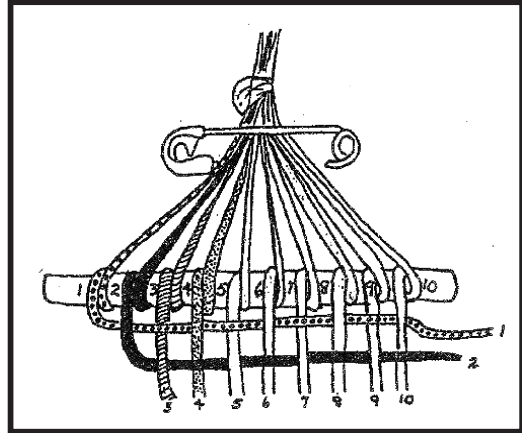
Materials Needed:

- Safety pin
- Wooden (popsicle) stick
- Three colours of wool yarn – a small amount of each (use yarns of the same weight. The weight of yarn used will affect the size of the completed weaving. Four ply yarn works well for this project) **if you dyed yarn using the Dyeing Method in this manual, you may want to use some of it for this project)

Method:

1. Cut 45cm (18 inch) lengths of yarn as follows: three of colour A, four of colour B and three of colour C.
2. Knot the lengths of yarn together approximately 8cm (3 inches) from one end. Use the safety pin to secure the knot to a pillow or other working surface.
3. Loop each yarn over the popsicle stick. The colours can be in any order. Blocks of colour may make a more distinctive pattern. To do this, loop colour A over the stick, then colour B and finally colour C. The popsicle stick makes it easier to weave and will be removed later.

4. Starting with the outside yarn (yarn #1) on the left side, weave the end under the second thread, over the third thread, under the fourth thread, etc. until it has been woven across all the yarns.
5. Repeat step 4 using yarn #2 (which is now the outside yarn on the left side of your work) as you did yarn #1.
6. When you reach the right side of your work, bring yarn #1 over yarn #2 to begin the right hand edge.
7. Continue to weave from left to right in this manner.



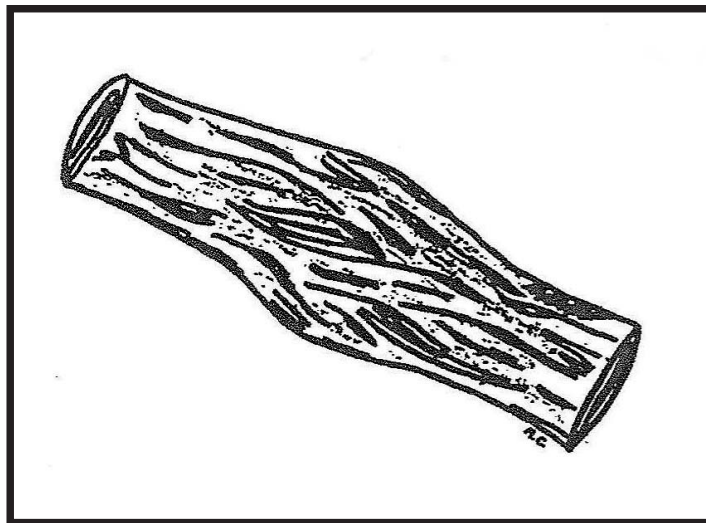
8. When weaving has reached the desired length, finish off the bookmark by braiding the ends. Tie each braid with a knot at the end. Untie the knot you tied at the beginning. Remove the popsicle stick and braid these ends as well.

DIAMOND WILLOW

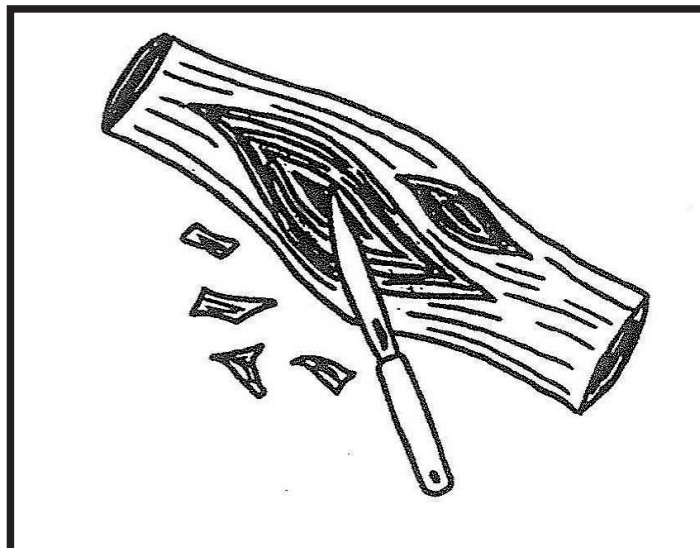
Creating a household article from a piece of “diamond” willow is one example of “devising something out of nothing.” Diamond willow refers to willow shorts or branches that are diseased. These are often found in wooded marshy areas. A “diamond” forms where there is a canker or disease on part of the willow. When the bark of the willow is removed, the wood exposed at the site of the diamond is darker than that of the rest of the piece. It is the variation in colour that makes this willow attractive. Canes, candle holders, lamps, picture frames and some furniture have been created from this wood.

Method:

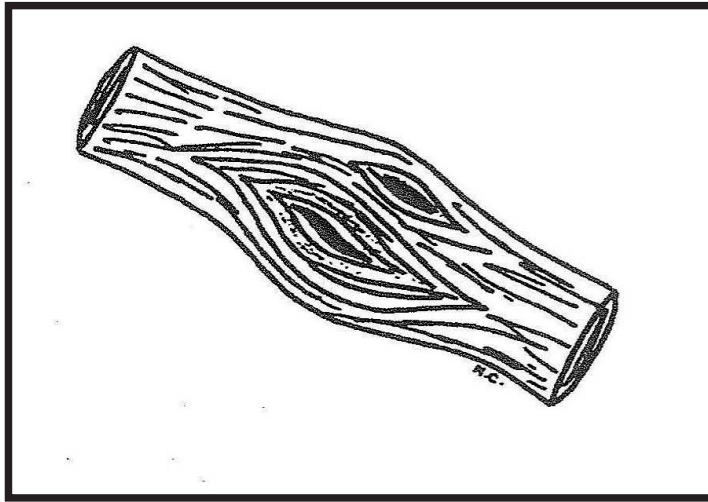
1. Select a piece of willow with knots (cankers) that add interest.



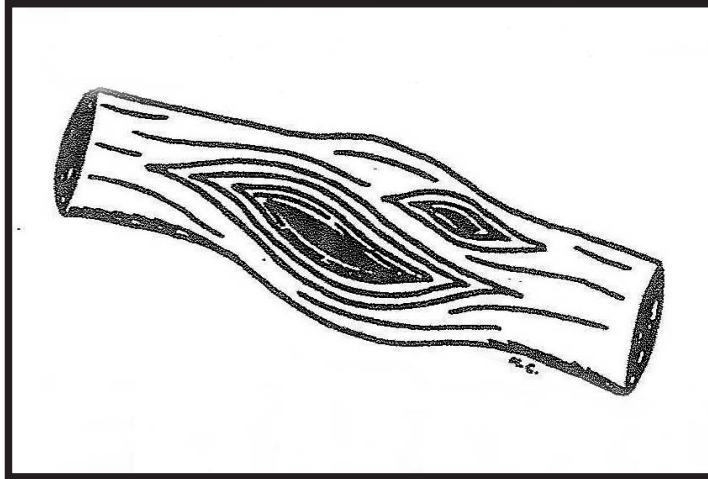
2. With a penknife, strip off the bark until the wooden core is reached. Work carefully, keeping the blade of the knife away from you.



3. Clean out the diamonds. Be sure to remove all the bark and dead wood. The diamonds will appear darker than the surrounding wood.



4. Sand the wood until smooth. Apply a coat of varathane. Let dry. Repeat this step three times. When the last coat of varathane is dry, set the piece on a table or shelf where you can enjoy your work. If you have had some woodworking experience, you could use the wood to make one of the items mentioned above.



Completed Candle Holder



Source: www.etsy.com

DYEING

Dyeing is one of the oldest known crafts. The earliest dyes were from natural substances such as vegetables, seddsm roots, bark and insects. The colour from these dyes was never exactly the same. They produced a more subtle colour than the chemical dyes which came later. Ontario settlers used materials they found in the fields and woods for dyestuff or bought a small amount from a peddler or local general store. Red and blue dyes had to be imported so were highly valued. Indigo blue came from India; red from the cochineal insect of the desert. It was not unusual for a package of red or blue dye to be given as a wedding present.

It was important the dye not bleed (run when wet) or fade in the sunlight or when washed with soap (a dye that did that was called fugitive). To prevent bleeding or fading another substance was added to the dyepot along with the dyestuff. This was called a mordant. Here are some common mordants available to the pioneer settlers.

Mordants

Urine: Collected in the thundermugs (chamber pots). Ammonia is used today.

Salt: Only used occasionally by the pioneers as it was expensive.

Iron: Rusty nails or a horse were added to the dyebath or an iron dyepot was used. This "saddened" or dulled the colour.

Alum: Commonly used for pickling. This brought out the yellow in a dye. Oak bark and burdock leaves and roots could be used as a substitute for this mordant.

Cream of tartar: Used with alum to bring out the brilliance. Alum and cream of tartar were available from the peddler and were less costly than salt.

Copper: later dyepots had copper bottoms. This brought out the green in a dye.

Dyeing was done outdoors in the summer. Fresh and/or dried materials were added to water to make a dye. The following are some of the common dyes used by the early settlers in Ontario.

Dyes

For brown: butternut and walnut hulls. No mordant was necessary.

For yellow: willow bark, onions, goldenrod. If iron was used as a mordant, the results colour would be a soft green.

For rusty red: madder root, bloodroot.

For red-brown: grey lichen off rocks. No mordant was necessary.

For blue: Indigo had to be purchased. Urine was used as a mordant. This dye did not need to be cooked but had to be kept warm or would not work.

For green: lily-of-the-valley leaves.

CAUTION: Lily-of-the-valley is poisonous if ingested. Only use this plant for a dye bath with extreme caution and only if an adult is present at all times.

Did you know that your ancestors knew how to tie-dye? To make yarn alternately light and dark, tight bands of cotton were wound around skeins of yarn at equal intervals before the skeins were placed in a dyebath.

Materials Needed:

- Yarn or fabric for dyeing
 - If dyeing yarn, you may wish to use the yarn after dyeing is completed to make a ceinture flechee.
 - Fabric may be sewn to make a scarf, then tied at random with elastic bands before immersing in the dye bath. This will result in a tie dyed scarf. It is advisable to sew the scarf before dyeing as it may not be possible to find thread to match the result colour. Natural fibres (cotton, silk or linen) will yield the best results. Alternately, a plain white t-shirt can be used for dyeing to understand the effect of dyeing clothing.
- Large pot
- 1 kg material to give desire colour
- Soft water (approx. 16 litres)
- Source of heat (this can be an outdoor fire or stove element)
- 60g alum
- 30g cream of tartar
- Piece of muslin to strain dye

Method:

1. Collect material that will give you the colour you desire. You will need approximately 1kg. Be sure to collect enough. It is easy to make the dye too weak.
2. Crush and shred material. Cover with cold water and leave overnight. Soft water is preferable. If water in your area is hard, you might catch some rainwater for this project. You will need about 16 litres.
3. The next day, simmer the material you are preparing to use as a dye for an hour. Let cool.
4. When it is cool enough to work with, strain dye through a piece of muslin into the pot to be used for dyeing. Add mordant if required. It is recommended alum and cream of tartar be used in a ratio of 2:1. Experiment with 60g of alum and 30g of cream of tartar. The pot you are using can affect the colour. Iron kettles are not recommended as they tend to dull the colour. Copper kettles will give a brighter colour and brass will result in the brightest colour. Enameled pots will not affect the colour. Add item to be dyed to pot. Let simmer for 1 hour.
5. When the colour looks right, remove the item from the dye. Rinse. Let dry.

SOAPMAKING

Making your own soap can be easy, fun and you can save money as well! The following recipes for soap follow the melt and pour method of making soap.

Materials Needed:

- Mixing bowl
- Grater (or knife)
- Vegetable oil
- Water
- Glycerin soap
- Various scents (optional)
- Various additives (see recipes below)
- Food colouring (optional)

Basic Preparation Method:

1. Take a transparent/glycerin soap and cut it into small pieces.
2. Transfer these pieces into a bowl.
3. Melt the soap pieces either in a microwave oven or by using a gas stove. You can also grate the soap into flakes and melt the flakes.
4. Add required quantity of fragrance to the melt (optional).
5. You can add a few drops of desired liquid food color to the melt (optional).
6. Take a hand blender and mix the ingredients to get a clear liquid. You can also mix the ingredients using your hand by simultaneously adding water to the mixture, until it gets the form somewhat like playdough.
7. Pour the mixture into soap molds. If you have made the mixture into dough, then rub a few drops of vegetable oil on your hands and shape the soap dough, in the desired shape and size.
8. Let the soap stand overnight and then remove it from the molds. Your soap is ready to be used!

Cucumber and Aloe Soap

Materials Needed:

- Glycerin soap
- Grater/knife
- Cucumber essential oil
- Aloe vera gel
- Food colour
- Loofah
- Microwave bowl
- Blender or beaters
- Plastic wrap
- Moulds

Method:

1. Take soap flakes and put them in a bowl. You can even grate a soap bar to make the soap flakes at home.
2. Slice the loofah into thin round pieces.
3. Add the soap flakes, sliced loofah, aloe vera gel, colorant and cucumber oil into a bowl.
4. Mix them well into a microwave-friendly bowl using a blender or beater.
5. Cover the bowl with a cling wrap and place it in the microwave for a minute.
6. Stir any remnants of the undissolved soap pieces.
7. Pour the mixture into a soap-making mold of the desired shape!
8. Make sure to let the soap dry for 2 to 3 days before taking it out of the mold!

Oatmeal Melt and Pour Soap

Materials Needed:

- Glycerin soap
- Melt and pour soap base
- Oatmeal
- Fragrance
- Food colouring (optional)
- Microwave bowl
- Mixing spoon
- Moulds

Method:

1. Melt 8 oz. of clear melt and pour soap base and 8 oz. of white/transparent soap base.
2. Combine the two melted bases and add colorant, if you want to.
3. Add fragrance to the mixture and stir it properly.
4. Grind ½ oz. of oatmeal and add it to the mixture.
5. Remember that the oatmeal should remain suspended in the mixture and should not sink. If it is sinking, it indicates that the mixture is not thick enough. If so, stir it

- further so that the mixture is thickened or just let it cool for some time.
6. Once the oatmeal particles are suspended in the mixture, pour the mixture into moulds.
 7. You should wait for 2 - 3 hours for the soap to dry, or it is advisable to wait overnight for the soap to pop out of the mold easily

Pumpkin Fragrance Soap

Materials Needed:

- Glycerin soap
- Cloves
- Pumpkin fragrance oil
- Ground cinnamon
- Food colouring (optional)
- Decorations (e.g. pumpkin seeds, cinnamon sticks, etc.)
- Plastic wrap
- Microwave bowl
- Mixing spoon
- Moulds

Method:

1. Cut the glycerin soap into small chunks and place them in a microwave-friendly bowl.
2. Keep the bowl in a microwave until the chunks melt.
3. Remove it from the microwave and add clove, pumpkin fragrance oil, ground cinnamon, and liquid food color.
4. Stir well and pour this mixture into soap moulds.
5. Place these moulds in the freezer for about 10 minutes.
6. After 10 minutes, take moulds out of the freezer and pop the soap out of the moulds.
7. You can decorate them by using different things like pumpkin seeds, cinnamon sticks, etc., and wrap them in plastic wraps.
8. You can start using the soap when it is dry.

Milk and Honey Soap

Materials Needed:

- Milk soap
- Honey
- Finely crushed oatmeal
- Fragrance
- Food colouring (optional)
- Microwave bowl
- Mixing spoon
- Moulds

Method:

1. Take chopped pieces of milk soap and melt them for about 30 seconds in a microwave.
2. Once it completely melts, pour raw honey in it and blend it well.
3. Add finely-crushed oatmeal, your favorite fragrance, and colorants.
4. All you need to do is to pour the mixture into soap moulds.
5. Allow this to dry so that it can easily pop out.
6. Once the soap portions are dried, take them out of the soap moulds and let them air dry.

Treasure Soap**Materials Needed:**

- Glycerin soap
- Small trinkets
- Moulds (or paper cups)
- Microwave bowl
- Fragrance (optional)
- Food colouring (optional)

Method:

1. Select a small treasure to place inside your soap – a piece of jewelry, an eraser, a creepy crawly, a kids' meal toy, etc. – and place it inside the soap mould.
2. Cut the glycerin soap into small cubes and heat in a microwave bowl.
3. Add in a few drops of fragrance oil, if desired.
4. Pour the melted soap into the mould and fill to the top. This should completely encase your “treasure.”
5. Allow the soap to cool and harden for 20-40 minutes.
6. Pop the finished bar out of the mould and wrap in cellophane.

Tips:

- To have your treasure facing the right direction when the soap is finished, place the object face down in the mould.
- Want to keep the treasure a surprise? Use colored soap in place of the clear glycerin.

BAKING BASICS

Cooking is fun! It's exciting working with food, trying a recipe and seeing the results. Half of the fun comes in tasting your creation. Then, there is a special happiness in serving your creation to family and friends.

Before you Begin

- ✓ Check with an adult in your home to see if it is a good time to be making a recipe.
- ✓ Roll up your sleeves. Put on an apron to keep your clothes clean. Remove rings and bracelets. Wash your hands well with soap and water. If your hair is long, pull it back so it doesn't get in your way or in the food.
- ✓ Make sure the kitchen is clean and tidy. It isn't a healthy idea to be working in and around dirty dishes or leftover food.

Read the Recipe

- ✓ Read and re-read the recipe before you begin to make sure you are completely familiar with the ingredients and equipment required and the procedures.
- ✓ Get out all the ingredients and equipment listed in the recipe. Place on a tray. Then when the tray is empty, you'll know you haven't left anything out of the recipe.
- ✓ Some cooks find it helpful to check off the steps in the recipe as they complete each step.

Even Great Cooks Need Help

- ✓ Many chefs need help to make recipes. It's a good idea to have an experienced cook around to help you. That person may be able to answer questions and help with certain equipment or procedures (like food processors, microwaves or the stove and oven).
- ✓ Some recipes have directions for using the microwave.

The Best Cooks are Clean Cooks

- ✓ Clean up as you go along. Keep a damp cloth handy to wipe up spills as they happen.
- ✓ Put away ingredients such as butter and milk as you finish with them.
- ✓ Rinse dishes as you go along. Cold water usually works best. If you have a dishwasher, load it with rinsed bowls and cutlery as you finish.
- ✓ Finish washing and drying equipment. Put it away. Wash counters. Wipe off stove top and wipe inside of microwave if you've used it.
- ✓ Leave the kitchen clean and tidy.

Kitchen Safety

A few basic points to remember when working in the kitchen to make it a fun and safe time:

Accident Prevention

- Make sure that you have permission to cook and use the appliances in the kitchen.
- Tie back long hair and roll up long sleeves as these could catch on fire when you lean over.
- Wash and dry your hands before starting. Wet hands are slippery.
- When using the stove, remove any clutter: paper towels, boxes, towels, pot holders which could catch on fire.
- If you are too short to reach the counter top use a stool so that you are not reaching. Reaching may cause a fall or spill.
- Keep cupboard doors and drawers closed so that you will not hit your head.

Prevent Fire by Avoiding Hazards – DO's and DON'T's

DO...

- Clean up any spilled grease as it burns very quickly. If a fire should start, cover it with a lid or bigger pan to smother the fire.
- Have baking soda, a lid and an ABC fire extinguisher close at hand if you should need them.
- Avoid reaching over the stove for items. Keep things you need right beside you.
- Turn all pot handles inwards so that they will be out of the reach of younger children, and you will not knock them off the stove with your arm.
- Keep all appliances with cords on the counter top (do not let the cord hang down where a child could pull the appliance over). Replace any frayed or broken cords.
- Protect yourself against steam when opening a cooking item, especially when using the microwave. Open the lid or covering away from your face. Steam can cause serious burns.
- Use oven mitts when handling hot bowls, dishes and pans. Dish towels are too bulky for this job.
- Always make sure there is a smoke alarm on every floor of the house.

DON'T...

- Carry a burning pan outside as that could spread the fire more.
- Pour water or flour on the fire as that will only spread the fire more.
- Leave a cooking area unattended to answer the phone or to work on the computer. It does not take long for things to burn and time passes quickly when you are doing something else.
- Leave the stove on and unattended.

To Treat Injuries

- If a minor burn should occur, immediately place the area under cold running water and keep it there for several minutes. This will prevent further burning and will help to reduce pain and blistering. Make sure parents are notified immediately.
- If the burn is any more serious, contact the family physician or go to the hospital.

Food Safety - It's in YOUR Hands.

There are 4 steps that you can do to reduce the risk of food poisoning:

Step	Action	Method
1	CLEAN	<ul style="list-style-type: none"> • Wash your hands (for at least 30 seconds, make sure under the nails are clean), utensils and surfaces with hot, soapy water before, during and after preparing foods • Sanitize countertops, cutting boards and utensils with a mild bleach and water solution so cross contamination from other foods is prevented.
2	SEPARATE	<ul style="list-style-type: none"> • Keep raw meats and poultry away from other foods during storage and preparation • Separate cutting boards for raw meats and vegetables. Always keep foods covered. • Store foods according to directions on the package. • Check the "best before" date. • Thaw food correctly. • If a food does look right, smell right or feels different, throw it away.
3	COOK	<ul style="list-style-type: none"> • Cook food thoroughly. Cooking times and temperatures vary for different foods. Cooked food should be held and served at 60oC. • Prepare food quickly and do not let foods stay at room temperatures for long periods. • A food thermometer is very important to ensure that food is stored, cooked and served safely.
4	CHILL	<ul style="list-style-type: none"> • Refrigerate or freeze perishables, prepared foods and leftovers within 2 hours. • Internal refrigerator temperature should be between 0o and 4oC (40oF). Frozen foods should be kept at -18oC (0oF). • Chill foods quickly by putting the food in smaller, shallow containers. • Once food has thawed it must be cooked. After thoroughly cooking it can be frozen again.

Temperature Conversion Values

$60^{\circ}\text{C} = 140^{\circ}\text{F}$

$150^{\circ}\text{C} = 300^{\circ}\text{F}$

$230^{\circ}\text{C} = 450^{\circ}\text{F}$

$70^{\circ}\text{C} = 150^{\circ}\text{F}$

$160^{\circ}\text{C} = 325^{\circ}\text{F}$

$240^{\circ}\text{C} = 475^{\circ}\text{F}$

$80^{\circ}\text{C} = 140^{\circ}\text{F}$

$180^{\circ}\text{C} = 350^{\circ}\text{F}$

$260^{\circ}\text{C} = 500^{\circ}\text{F}$

$100^{\circ}\text{C} = 170^{\circ}\text{F}$

$190^{\circ}\text{C} = 375^{\circ}\text{F}$

$270^{\circ}\text{C} = 525^{\circ}\text{F}$

$120^{\circ}\text{C} = 200^{\circ}\text{F}$

$200^{\circ}\text{C} = 400^{\circ}\text{F}$

$290^{\circ}\text{C} = 550^{\circ}\text{F}$

$140^{\circ}\text{C} = 275^{\circ}\text{F}$

$220^{\circ}\text{C} = 425^{\circ}\text{F}$

Measurement Conversion Values

$50\text{mL} = \frac{1}{4} \text{ cup}$

$1\text{ml} = \frac{1}{4} \text{ teaspoon (tsp.)}$

$75\text{mL} = \frac{1}{3} \text{ cup}$

$2\text{mL} = \frac{1}{2} \text{ teaspoon (tsp.)}$

$125\text{mL} = \frac{1}{2} \text{ cup}$

$5\text{mL} = 1 \text{ teaspoon (tsp.)}$

$150\text{mL} = \frac{2}{3} \text{ cup}$

$15\text{mL} = 1 \text{ tablespoon (tbsp.)}$

$175\text{mL} = \frac{3}{4} \text{ cup}$

$250\text{mL} = 1 \text{ cup}$

Special Heritage Notes

The recipes in this book have been especially chosen to celebrate the historical and ethnic heritage that belongs to the residents of Ontario. The historical and ethnic quality of recipes has been retained whenever possible. A few adaptations have been made to guarantee success when trying the recipes as well as to incorporate some modern cooking preferences.

NATIVE

MAN-O-MIN (OJIBWA WILD RICE)

Wild rice, called Man-O-Min by the Ojibwa of Central Canada, quadruples in size when cooked.

Yield: 12 servings

Time: 50 minutes

Ingredients:

- 250mL (1 cup) wild rice
- 1000mL (4 cups) water
- 5mL (1 tsp.) salt

Equipment:

Dry measures, liquid measures, small measures, colander, large saucepan, spatula

Instructions:

1. Wash the wild rice in a colander or bowl, changing the water two or three times.
2. Measure water into a large saucepan. Add salt. Heat the water to boiling.
3. Slowly add the rinsed rice to the boiling water. Lower heat to medium and simmer the rice, undisturbed, for about 40 minutes. (Do not stir the rice.)
4. The rice grains will swell to four times their original size.
5. Serve hot or at room temperature.

NATIVE

PEMMICAN CAKES

Pemmican is a nutritious, high calorie food that can be prepared in large quantities and stored. The French and English explorers, trappers, and traders, bought large quantities of pemmican from the Aboriginals, and even learned to make pemmican. Pemmican would be sealed inside an animal skin or stomach cavity to preserve it. Europeans carried these pemmican stores on long furtrading expeditions.

Yield: 12 servings

Time: 25 minutes

Ingredients:

- 1 package beef jerky
- 250mL (1 cup) dried berries, such as dried blueberries, cranberries, or cherries
- 250mL (1 cup) chopped nuts or sunflower seeds
- 50mL (¼ cup) beef suet or vegetable shortening
- 15 to 45mL (1 to 3 tbsp.) honey to taste (1 to 3 teaspoons)

Equipment:

Knife, saucepan, spatula, mixing spoon, muffin tin, paper muffin cup liners

Instructions:

1. Read and understand what you will be doing.
2. Line muffin cups with paper liners (or grease cups well).
3. Grind or chop beef jerky into confetti size pieces to make about 250mL (1 cup).
4. Melt suet or shortening in a saucepan.
5. Remove from heat, stir in beef jerky, dried berries, and seeds.
6. Stir in honey.
7. Spoon about 50mL (¼ cup) of the pemmican mixture into each muffin cup. Press down firmly to make a cake, smoothing the top.
8. Refrigerate until well set.

NATIVE

SUCCOTASH

The Iroquois people shared this recipe with the early settlers. Fresh vegetables were used in summer and dried vegetables in winter. Corn and dried beans were a staple food in early Ontario.

Yield: 4 servings

Time: 10 minutes

Ingredients:

- 250 mL (1 cup) corn
- 250mL (1 cup) green lima beans
- 15 mL (1 tbsp.) butter
- Salt and pepper to taste

Equipment:

Dry measures, saucepan (if vegetables are frozen), small measures, frying pan

Instructions:

1. Read the entire recipe before starting.

Using frozen vegetables:

1. Cook frozen vegetables according to package instructions.
2. Melt butter in frying pan. Add vegetables and heat through.
3. Season with salt and pepper.

Using canned vegetables:

1. Drain canned vegetables.
2. Melt butter in frying pan. Add vegetables and heat through.
3. Season with salt and pepper.

NATIVE

THREE SISTERS SOUP

Yield: 8 to 10 servings Time: 1 hour 15 minutes

Ingredients:

- 3 cans chicken broth
- 500mL (2 cups) frozen corn, thawed
- 250mL (1 cup) green beans or yellow wax beans, washed and ends trimmed off
- (375mL (1½ cups) butternut squash (or pumpkin)
- 2 bay leaves
- salt and pepper to taste

Optional spices:

- 2mL (½ tsp.) red pepper flakes or
- 5mL (1 tsp.) each fresh (or ½ teaspoon each dried) parsley, basil, and oregano

Equipment:

Dry measures, small measures, large saucepan, mixing spoon, spatula, blender

Instructions:

1. Read the entire recipe.
2. Pour the chicken broth into a large saucepan or kettle. Heat until the broth begins to boil.
3. Add the corn, beans, squash and bay leaves.
4. Lower heat and simmer for 45 minutes.
5. Add optional spices if desired, and simmer 15 more minutes.
6. Remove the bay leaves, and transfer the soup in batches to the blender to puree if desired. Serve with bannock (bread).

NATIVE

WILD RICE CAKES

Time: 45 minutes

Ingredients:

- 250mL (1 cup) wild rice
- 1000mL (4 cups) water
- 5mL (1 tsp.) salt
- 50mL (¼ cup) cornmeal
- 15-30mL (1–2 tbsp.) bacon drippings (or butter)

Equipment:

Dry measures, liquid measures, small measures, sieve (colander), saucepan, wooden spoon, skillet, spatula, paper towels

Instructions:

1. Rinse the wild rice in a sieve under cold running water and drain.
2. Measure the 1000mL (4 cups) of water into a saucepan and add rice and the salt. Heat until the water boils, reduce heat, and simmer for about 30 minutes. The rice should be tender but not soft.
3. Add the cornmeal slowly, stirring constantly with a wooden spoon and cook for 3 or 4 minutes. Remove from the heat.
4. Melt bacon drippings (or butter) in a skillet.
5. Shape the rice mixture into pattie-like cakes about 4cm (1½ inches) in diameter.
6. Sauté the patties until they are brown on one side (about 5 minutes).
7. Carefully turn the cakes over to brown the other side. Drain on paper towels.

NATIVE

WILD RICE SOUP

Yield: 6 servings

Time: 90 minutes

Ingredients:

- 125 mL (1/2 cup) wild rice
- 500 mL (2 cups) water
- 2 mL (1/2 tsp.) salt
- 50 mL (1/4 cup) butter
- 1 medium onion, diced
- 50 mL (1/4 cup) green pepper, diced
- 125 mL (1/2 cup) celery, diced
- 4 strips bacon, cooked until crisp
- 125 mL (1/2 cup) flour
- 1 L (4 cups) chicken broth
- 125 mL (1/2 cup) cream

Equipment:

Dry and liquid measures, small measures, small saucepan, medium saucepan, wooden spoon, knife, cutting board, rubber spatula

Instructions:

1. Read the recipe.
2. Place rice, water and salt in small saucepan. Cover.
3. Bring mixture to a boil. Reduce heat and simmer until the liquid is absorbed, 45 to 60 minutes. This makes 250 mL (1 cup) cooked wild rice. Set aside.

OR

Combine water, rice and salt in a covered 1 L glass casserole dish. Microwave on 100% power for 5 minutes. Then microwave on 50% power for 30 minutes. Let stand 10 to 15 minutes. Set aside.

4. Melt butter in medium saucepan. Add onion, green pepper, celery to saucepan. Cook over medium high heat, stirring often to soften vegetables, about 3 minutes.

5. Crumble bacon and add to vegetables.
6. Sprinkle flour over vegetable mixture, stirring lightly to coat vegetables and bacon.
7. Pour chicken broth slowly into the saucepan, stirring until the mixture is well combined with no lumps.
8. Heat over moderate heat, stirring often as mixture thickens.
9. Add cooked wild rice.
10. Stir in cream. Heat gently over low heat. Do not let the mixture boil.
11. Serve hot.

VOYAGEUR

En route from Montreal to Fort William, the voyageur would eat peas or corn and grease, galette (when flour was available) and when possible, wild foods such as game, birds, fish and vegetation. Upon arrival at Fort William, the North West Company would issue 1 loaf of white bread, approx. 1/4kg (1/2 pound) butter and 1 gill of rum (200mL or 5/8 cup) as a special treat.

BANNOCK (Scottish)

GALETTE (French Canadian)

PAKWEJIGAN Indian Bread (Ojibwa)

Bannock may be baked in the oven or over a charcoal or open fire (recipe for Bannock on a Stick follows).

Time: 45 minutes

Ingredients:

- 1000mL (4 cups) all-purpose flour
- 15mL (1 tbsp.) sugar
- 30mL (2 tbsp.) baking powder
- 2mL (½ tsp.) salt
- 500mL (2 cups) milk (or water)

Equipment:

Dry measures, liquid measures, small measures, large mixing bowl, fork, cookie sheet

Instructions:

1. Read the entire recipe.
2. Preheat oven to 180°C (350°F).
3. Combine flour, baking powder, sugar, and salt in a large mixing bowl.
4. Measure the milk (or water) and add it to the flour mixture, stirring with a fork to combine. A dough should form. If the mixture seems too dry and crumbly, add more liquid, 15mL (1 tbsp.) at a time.
5. Turn the dough out onto a surface lightly coated with flour. Knead for about 3 minutes. (To knead, press down the dough, turn it clockwise, fold it in half and press it down. Repeat.)
6. Pat the dough into a circle about 2cm (¾-inch) thick. Transfer the dough to a well-greased cookie sheet. Prick the surface of the dough all over with a fork.
7. Bake about 20 to 30 minutes, or until golden brown.

VOYAGEUR

BANNOCK ON A STICK

Yield: 10 to 12 servings

Instructions:

1. Read the recipe.
2. Prepare Bannock dough (see preceding recipe).
3. Have ready several sticks, 3- to 4-feet in length.
4. Divide the dough into balls slightly larger than golf balls. Shape each ball into a rope about 20cm (8 inches) long by rolling it between the hands.
5. Wrap each dough rope around a stick. Hold the dough over a bed of red hot coals (charcoal, wood, or gas grill flame set at medium.)
6. Turn the stick frequently to bake the dough evenly.

VOYAGEUR

INDIAN CAKE

Adapted Recipe – courtesy of Old Fort William

Yield: 9 servings

Time: 1 hour

Ingredients:

- 250 mL (1 cup) flour
- 175 mL (3/4 cup) cornmeal
- 50mL (1/4 cup) sugar
- 15 mL (1 tbsp.) baking powder
- 5 mL (1 tsp.) salt
- 1 egg
- 250 mL (1 cup) milk
- 50 mL (1/4 cup) vegetable oil

Equipment:

Mixing bowls, dry measures, liquid measures, small measures, fork, rubber spatula, 20cm x 20cm (9”) greased cake pan

Instructions:

1. Read recipe.
2. Preheat oven 200°C (400°F).
3. Mix flour, cornmeal, sugar, baking powder and salt together in one mixing bowl using a fork.
4. Beat egg, milk and vegetable oil together in a second bowl.
5. Pour liquid ingredients into dry ingredients and stir lightly just until ingredients are moistened.
6. Pour into greased cake pan.
7. Bake in hot oven 35-45 minutes until firm.
8. Serving warm with maple syrup.

FRENCH CANADIAN

FRENCH PEA SOUP

Yield: 8 to 10 servings

Time: 45 minutes

Ingredients:

- 2500mL (10 cups) water
- 500mL (2 cups) dried yellow peas
- 1 small onion, chopped
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 potato, cut into bite-sized chunks
- 125mL (½ cup) diced ham (or 2–3 slices cooked bacon, crumbled)

Equipment:

Dry measures, liquid measures, colander, saucepan

Instructions:

1. Measure peas into a colander and rinse well, picking out any discolored peas or pebbles.
2. Measure the water into a saucepan and heat over high heat until the water begins to boil. Add the rinsed peas to the boiling water.
3. Lower heat immediately, and simmer peas until they are very soft (about 1 to 1½ hours).
4. Add remaining ingredients and salt to taste and simmer for about 30 minutes longer, until vegetables are tender.
5. Serve immediately.

FRENCH CANADIAN

BAKED BEANS

Yield: 8 servings

Time: 6 to 7 hours

Ingredients:

- 454g (1 pound) pkg. white pea beans
- 1250 mL (5 cups) cold water
- 1 large onion, chopped
- 5 mL (1 tsp.) salt
- 10 mL (2 tsp.) cider vinegar
- 2 mL prepared mustard
- 1 170mL can tomato paste
- 75mL (1/3 cup) brown sugar
- 25 mL molasses or maple syrup
- 4-6 slices bacon

Equipment:

Large saucepan, bowl or casserole, liquid measures, dry measures, small measures, large casserole, cutting board, knife, wooded spoon

Instructions:

1. Read recipe.
2. Soak beans using one of the following methods:

Quick Soak: Bring water and beans to boil in a large pot. Cover and boil for 2 minutes. Remove from heat and let stand 1 hour. Drain, reserving liquid to be used later. Proceed with recipe.

OR

Overnight Soak: Combine beans and water in large bowl. Let stand overnight in refrigerator. Drain, reserving liquid to be used later. Proceed with recipe.

OR

Microwave Soak: Heat water in a large microwaveable casserole until hot using 100% power for about 5 minutes. Add beans. Cover. Heat on 100% power for 15 minutes

or until boiling. Let stand 1 hour. Drain, reserving liquid to be used later. Proceed with recipe.

3. Combine beans in casserole with all remaining ingredients except bacon slices. Stir well.
4. Cover with reserved soaking water. Place bacon slices on top of casserole.
5. Cover and bake in a slow oven at 150°C (300°F) for 4-5 hours. Add more water if necessary during cooking to give desired consistency.

FRENCH CANADIAN

TOURTIERE

Tourtiere is one of the most widely known French Canadian dishes. It was served by the Ursuline Sisters of Quebec City as early as 1646. In pioneer days, tourtieres were made with such game as partridge, teal, blackbirds, ducks and tourtes. Tourtes are a variety of pigeons from which the dish is said to have derived its name. Later, when the game birds became scarce, porcupine, caribou, beaver, hare and venison were substituted. Today, tourtiere is made with pork or a mixture of pork and veal. It is traditionally served by many French Canadian families, including those in Northern Ontario, on Christmas Eve after the family returns from midnight Mass.

Yield: 6 servings

Time: 1 hour

Ingredients:

- 500 g ground lean pork OR group pork and ground veal, mixed (can substitute with ground beef)
- 250 mL (1 cup) water
- 1 medium onion, finely chopped
- 1 clove garlic, minced OR 2 mL (1/2 tsp.) garlic powder
- 2 mL (1/2 tsp.) savory
- 2 mL (1/2 tsp.) sage
- 1 mL (1/2 tsp.) nutmeg
- 2 mL (1/2 tsp.) salt
- 1 mL (1/4 tsp.) pepper
- 15 mL (1 tbsp.) chopped parsley
- 50 mL (1/4 cup) fresh bread crumbs
- Pastry enough for one 2-crust 22cm (10") pie. Make your own (see page 43 for Perfect Pie Pastry) or use purchase pastry)

Equipment:

Liquid measures, small measures, deep frying pan or heavy saucepan with lid, cutting board, knife, wooden spoon, rubber spatula, rolling pin, floured surface, 22cm (10") pie plate, fork

Instructions:

1. Read recipe.
2. Preheat oven to 200°C (400°F).
3. Place meat in deep frying pan or heavy saucepan. Add water, onion, garlic, savory, sage, nutmeg, salt, pepper and parsley. Turn on heat to medium. Cover. Bring to boiling point; then reduce heat and allow mixture to simmer, uncovered for about 20 minutes.
4. Add bread crumbs. Let stand for about 10 minutes to let mixture cool before putting pastry shell.
5. Roll half of the pastry to a thickness of 2mm. Line pie plate. Fill with meat mixture.
6. Roll remaining dough for top crust. Place over meat. Trim pastry edge with knife and crimp edges of pastry together. Prick top pastry crust with fork to let steam escape.

OPTIONAL: Garnish tourtiere with leftover pastry trimmings. Create your own cutouts or use small cookie cutters. Moisten with a little water before putting on top crust.

OR

Try a piggie's tail. Roll a small piece of pastry into a thin rope, about 12 cm long. Loop to make a bow knot. Cut a tiny circle from the centre of the top crust and place piggie's tail over the hole.

7. Bake in hot oven for 25 to 30 minutes or until crust is golden brown.

FRENCH CANADIAN

PERFECT PIE PASTRY

Yield: pastry for 3 double crust pies Time: 25 minutes

Ingredients:

- 1300 mL (5 ¼ cups) all-purpose flour
- 10mL (2 tsp.) salt
- 454 g (1 pound) lard or shortening
- 15 mL (1 tbsp.) vinegar
- 1 egg, lightly beaten
- cold water

Equipment:

Large mixing bowl, dry measures, small measures, liquid measures, pastry blender, fork, floured surface, rolling pin, knife

Instructions:

1. Read recipe.
2. Combine flour and salt in large mixing bowl.
3. Cut lard or shortening into flour using a pastry blender or two knives.
4. Using a fork, beat vinegar and egg in a 250 mL (1 cup) liquid measuring cup. Add enough cold water to make 250 mL (1 cup) of liquid. Mix well.
5. Add liquid slowly to flour, stirring constantly with a fork. Use only enough liquid to hold dough together.
6. Gather into a ball and divide into 6 portions.
7. Dough may be wrapped individually and chilled in the refrigerator for up to 7 days or frozen for 4 to 5 months.
8. Roll out each portion of dough on a lightly floured surface, rolling from the centre to form a circle that provides 2.5cm (1") overhang on pie plate.
9. To transfer dough, wrap loosely around rolling pin and unwrap in a pie plate.
10. For single crust pies, trim overhang to 1 cm, tuck it under and flute edge. For baked pies, fill and bake according to recipe. For double crust pies, trim bottom crust flush with edge of pie plate. Fill pie and top with pastry. Tuck under bottom crust and flute edge. Slash to allow steam to escape.
11. Bake according to recipe.

FRENCH CANADIAN

TARTE AU SUCRE (SUGAR PIE)

Yield: 6 to 8 servings

Time: 1 hour

Ingredients:

- 1 pastry for 9" pie, or frozen pie crust
- 500mL (2 cups) brown sugar, firmly packed in the measuring cup
- 30mL (2 tbsp.) flour
- 2mL (1/2 tsp.) salt
- 2 eggs
- 1 egg yolk (discard egg white or reserve for other use)
- 250mL (1 cup) milk
- 5mL (1 tsp.) vanilla

Equipment:

Rolling pin, pie plate, mixing bowls, mixing spoon, electric mixer, spatula

Instructions:

1. Roll out pastry and fit into 9" pie plate, trim and flute edges.
2. In bowl, blend sugar, flour, and salt.
3. In separate bowl using electric mixer, beat eggs and yolk till frothy; beat in milk and vanilla.
4. Stir egg mixture into sugar mixture till smooth. Pour into prepared pie shell.
5. Bake in 200°C (400°F) oven for 10 minutes; reduce to 180°C (350°F) and bake for about 35 minutes or till crust is golden brown and filling is set.
6. Allow to cool on rack.

FRENCH CANADIAN

MAPLE PUDDING CHOMEUR

Yield: 8 servings

Time:

Ingredients:

- 250 mL (1 cup) all-purpose flour
- 125 mL (1/2 cup) granulated sugar
- 20mL (4 tsp.) baking powder
- 1mL (1/4 tsp.) nutmeg
- 175 mL (3/4 cup) milk
- 60 mL (1/4 cup) butter, melted
- 5 mL (1 tsp.) lemon rind, finely grated
- 125 mL (1/2 cup) raisins

Sauce:

- 375mL (1-1/2 cups) water
- 250 mL (1 cup) maple syrup
- 30 mL (2 tbsp.) butter, melted
- 5 mL (1 tsp.) cornstarch

Equipment:

Dry measures, liquid measures, small measures, mixing bowls, mixing spoon, square glass baking dish, whisk

Instructions:

1. Read the recipe.
2. In a bowl, whisk together flour, sugar, baking powder and nutmeg.
3. In a separate bowl, whisk together milk, butter and lemon rind. Pour over dry ingredients. Sprinkle with raisins. Stir just until combined.
4. Spread in greased 2L (8-inch) square glass baking dish.

Sauce:

5. In bowl, whisk together water, maple syrup, butter and cornstarch; pour over batter. Bake in centre of 180°C (350°F) oven until golden and firm to the touch, approximately 40 to 45 minutes.

FRENCH CANADIAN

CREPES (PANCAKES)

Yield: 8 to 10 servings

Time: 30 minutes

Ingredients:

- 250mL (1 cup) flour
- 2mL (½ tsp.) baking powder
- 2mL (½ tsp.) baking soda
- 2mL (½ tsp.) salt
- 2 eggs
- 175mL (¾ cup) milk
- vegetable oil

Equipment:

Dry measures, liquid measures, small measures, mixing bowls, mixing spoon, whisk, skillet, soup ladle, paper towel

Instructions:

1. Read the recipe.
2. Break eggs into a large mixing bowl and beat with a wire whisk.
3. Measure flour, baking powder, baking soda, and salt into another bowl and stir to combine. Add gradually to egg mixture.
4. Add milk gradually, continuing to stir with the wire whisk. The batter should be smooth, with no lumps.
5. Pour oil into an 8-inch skillet to cover the bottom. Heat the oil over medium-high heat.
6. Using a soup ladle, carefully pour a ladleful (about 50mL (¼ cup)) of the batter into the hot oil. Tilt the pan carefully to spread the batter into a large, thin crêpe that covers the bottom of the skillet.
7. Cook until the crêpe is golden brown on the bottom (about 3 to 4 minutes).
8. Carefully flip the crêpe over to cook the other side. Remove crêpe from pan, and blot on paper towel to remove excess oil.
9. Serve with maple syrup.

GREAT BRITAIN

SCOTTISH OATCAKES

Flat cakes, made mainly from oats, have for centuries been considered the Scottish national bread.

Oatcakes are to Scotland what a baguette is to the French. The flat cakes, made mainly from oats, have for centuries been considered the Scottish national bread. They are quick and easy to make and make a delicious snack or accompaniment to cheese.

Yield: 8 servings

Time: 60 minutes

Ingredients:

- 125g (4 oz.) medium oatmeal, plus extra for kneading
- 2mL (1/2 tsp.) baking soda
- pinch of salt
- 30mL (2 tbsp.) melted fat (goose or bacon)
- 15mL (1 tbsp.) hot water

Equipment:

Small measures, large mixing bowl, mixing spoon, rolling pin, baking sheet, spatula

Instructions:

1. Read the recipe.
2. Preheat the oven to 190°C (375°F).
3. In a large bowl mix together the oatmeal, salt and bicarbonate of soda. Then drizzle in the melted fat and stir vigorously to a thick paste.
4. Cut the paste into two small balls, sprinkle a work surface with oatmeal and roll each ball on the surface to coat and to prevent sticking. Knead each ball for a few minutes until the mixture starts to dry slightly and stops sticking to the surface. Add a little more oatmeal as required.
5. Roll each ball into a .75cm (1/4 inch) thick disc, then cut into quarters.
6. Place on a greased baking sheet and bake for 30 minutes in the oven or until brown at the edges.
7. Alternatively, the oatcakes can be cooked in a hot frying pan, 3 minutes on each side.

GREAT BRITAIN

TOAD IN THE HOLE WITH ONION GRAVY

Toad in the Hole is a great British recipe and is basically a variation on a Yorkshire Pudding filled with great British Sausages.

Yield: 6 servings

Total Time: 1 hour, 30 minutes

Ingredients:

For the Toad in the Hole:

- 4 large, fresh eggs, measured in a jug
- 200 mL (2/3 cup) milk
- 200 mL (2/3 cup) plain/all purpose flour
- pinch of salt
- 15mL (1 tbsp.) lard, beef dripping or rapeseed oil*
- 6 beef or pork sausages, partially fried

For the Onion Gravy:

- 2 medium onions, peeled and thinly sliced
- 30mL (2 tbsp.) vegetable or cold-pressed rapeseed oil
- 30mL (2 tbsp.) butter
- 5mL (1 tsp.) sugar
- 5mL (1 tsp.) balsamic vinegar
- 750mL (3 cups) beef stock
- 20mL (4 tsp.) corn flour/corn starch
- 20mL (4 tsp.) cold water
- salt and black pepper
- 5mL (1 tsp.) ice-cold butter

Equipment:

Dry measures, liquid measures, small measures, large mixing bowl, electric or hand whisk, large roasting pan, large saucepan, spatula, heatproof bowl,

Instructions:

1. Read the recipe.
2. Heat the oven to the highest temperature possible, no more than 250°C (475°F).
3. Pour the eggs, milk and flour into a large mixing bowl with the salt. Using an electric or hand whisk beat together to form a thick, smooth, airy batter. Leave the batter to stand for a minimum of 30 minutes, longer if possible - up to several hours if you can.
4. About 10 minutes before the end of the resting time, place the lard, dripping or a tablespoon of oil into a large roasting pan. Add the sausages spacing evenly in the tin. Place the tray in the preheated oven and heat until the fat is slightly smoking but not burning approximately 10 minutes.
5. Give the batter another good whisk then pour into the hot roasting pan. Please be careful, the fat may splutter when the batter is added. The batter should cover the whole of the bottom of the tin and be approximately 2cm (3/4 inch) deep. If you have batter leftover, don't worry, you can always make extra Yorkshire puddings.
6. While the Toad in the Hole is cooking, make the gravy.
7. In a large saucepan, melt the oil together over a low heat. Add the onion and cover with the pan with a lid. Cook slowly for approximately 10 minutes or until the onions are soft and translucent, taking care not to burn. The onions should not be browned.
8. Add the sugar plus the balsamic vinegar to the onions, stir well. Cover again with the lid and continue to cook for a further 5 minutes, again making sure they don't burn.
9. Add the stock and boil gently uncovered for 5 minutes.
10. In a heatproof bowl, mix the corn starch/flour with the cold water to create a thin paste. Pour a little of the hot onion and stock into the starch mixture and mix thoroughly. Then pour the starch mixture back into the gravy, raise the heat to high and boil for 10 minutes or until slightly thickened. Keep warm.
11. Once the Toad is cooked, whisk 5mL (1 tsp.) of ice cold butter into the finished gravy. Cut the Toad into quarters and serve covered with the onion gravy. Mashed potatoes are great served with this dish. They soak up the gravy.

GREAT BRITAIN

YORKSHIRE PUDDING

A classic Yorkshire Pudding is quick and easy to make. A traditional Yorkshire Pudding fresh from the oven should be well-risen, golden brown with a crisp exterior and soft middle. It is a classic British recipe and one of the major components of England's national dish, Roast Beef and Yorkshire Puddings.

Yield: 6 servings

Total Time: 1 hour, 10 minutes

Ingredients:

- 4 large, fresh eggs, measured in a jug
- equal quantity of milk to eggs
- equal quantity of all purpose/plain flour to eggs
- pinch of salt
- 30mL (2 tbsp.) lard, beef dripping or vegetable oil

Equipment:

Jug, small measures, large mixing bowl, electric hand beater or hand whisk, sieve, Yorkshire pudding tin (or a 12 hole muffin tin), large spoon

Instructions:

1. Heat the oven to the highest temperature possible, however, do not exceed 230°C (450°F) or the fat may burn
2. Pour the eggs and milk into a large mixing bowl and add the pinch of salt. Whisk thoroughly with an electric hand beater or hand whisk. Leave to stand for 10 minutes.
3. Gradually sieve the same volume of flour (as the eggs) into the milk and egg mixture, again using an electric hand beater or hand-whisk to create a lump free batter resembling thick cream, if there are any lumps pass the batter through a fine sieve.
4. Leave the batter to rest in the kitchen for a minimum of 30 minutes, longer if possible - up to several hours.
5. Place a pea-sized piece of lard, dripping or 2mL (½ tsp.) vegetable oil into your chosen Yorkshire pudding tin or 12-hole muffin tin and heat in the oven until the fat is smoking. Give the batter another good whisk adding 30mL (2 tbsp.) of cold water and fill a third of each section of the tin with batter and return quickly to the oven.

6. Leave to cook until golden brown (approximately 20 minutes). Repeat the last step again until all the batter is used up.

Serving Yorkshire Pudding

In Yorkshire, serving the pudding is traditionally done with gravy as a starter dish followed by the meat and vegetables. More often smaller puddings cooked in muffin tins are served alongside meat and vegetables.

Cold left-over Yorkshire Puddings make a great snack with a little jam or honey.

Yorkshire Puddings do not reheat well and will become brittle and dry.

GREAT BRITAIN

BEEF STEW

Traditionally stew has been associated with the Irish although it was enjoyed by people throughout the British Isles. When the first settlers arrived in the New World, stew was a convenient dish. Whatever game and vegetables were available were added to a pot over the fire.

Yield: 6 servings

Time: 1 hour 30 minutes

Ingredients:

- 750g stewing beef, cut in bite size pieces
- 125 mL (1/2 cup) flour
- 50 mL (1/4 cup) bacon fat or butter
- 250 mL (1 cup) water
- 10 mL (2 tsp.) salt
- pepper, to taste
- 5 medium potatoes, diced
- 5 carrots, coined
- 1 medium onion, diced
- 1 clove garlic, minced
- 15 mL (1 tbsp.) parsley
- 375 mL (1 ½ cups) boiling water
- 125 mL (1/2 cup) frozen peas or green beans

Equipment:

Dry measures, plastic bag, large heavy saucepan or casserole (suitable for range top and oven), wooden spoon, liquid measures, small measures, cutting board, knife

Instructions:

1. Read recipe.
2. Preheat oven, if finishing in cooking in oven, to 180°C (350°F).
3. Place meat and flour in plastic bag, shaking to cover meat pieces with flour.
4. Melt fat in saucepan or casserole dish on range top. Add floured meat pieces.

5. Brown on all sides, pushing pieces around with wooden spoon.
6. Add 250 mL (1 cup) water to meat mixture. Cover and simmer for about 45 minutes.
7. Add salt, pepper, potatoes, carrots, onion, garlic, parsley and boiling water to meat mixture. Cover and simmer until meat and vegetables are tender, about 45 minutes to 1 hour depending on the size of vegetable pieces. Add frozen peas during the last 10 minutes to heat through but not to overcook and change colour.

NOTE: Stew may be cooked in the oven for Steps 6 and 7.

Serve stew hot with scones (recipe on Page 58).

GREAT BRITAIN

TRADITIONAL IRISH STEW

Ireland's national dish is Irish stew. A traditional Irish stew was always made with mutton, but more often nowadays, is made with lamb. Controversy reigns over whether vegetables other than potatoes should be added. Adding onions, leeks and carrots not only adds extra flavour but also nutrition to the stew. Irish Stew is traditionally eaten on St Patrick's Day although most Irish eat stew year round.

Yield: 5 to 6 servings

Total Time: 2 hours, 40 minutes

Ingredients:

- 30mL (2 tbsp.) vegetable oil
- 500g (1 lb.) mutton or lamb cutlets (bone removed) cut into 5cm (2 inch) chunks
- 1kg (2lb) potatoes, peeled and cut into quarters
- 250mL (1 cup) onion, roughly chopped
- 250mL (1 cup) leeks, cleaned and finely sliced
- 250mL (1 cup) carrots, roughly chopped
- 750mL (3 cups) dark beef stock
- 2 or 3 cabbage leaves, thinly sliced (optional)
- salt and pepper, to taste

Equipment:

Dry measures, liquid measures, small measures, large frying pan, paring knife, casserole dish, spatula

Instructions:

1. Read the recipe.
2. Heat the oven to 180°C (350°F)
3. In a large frying pan heat half the oil to hot but not smoking. Add half the lamb pieces and brown all over. Remove the lamb and place in a casserole dish. Cover with a half of the potatoes, onions, leeks and carrots.
4. Add the remaining oil to the frying pan, heat again then add the remaining lamb and brown all over. Add to the casserole and cover with the remaining vegetables.

5. Add the stock, cover with a tight fitting lid, cook in the oven for 1 hour.
6. Add the cabbage (if using) replace the lid and cook for another hour. Check from time to time to make sure the stock isn't reducing too much. If it is, add a little boiling water. The meat and vegetables should always be covered by liquid. If the sauce is too runny at the end, cook a little longer with the lid removed.
7. Season with salt and pepper.
8. Serve piping hot.

GREAT BRITAIN

CAWL

Cawl is the national dish of Wales. Welsh Cawl is a stew made from bacon, Welsh lamb or beef, cabbage and leeks. Cawl can be eaten in one bowl, though often the broth will be served first followed by the meat and vegetables. The flavours in Welsh Cawl do improve for keeping for a day or two, so don't be afraid to make it in advance or save any leftovers for reheating.

Yield: 8 to 10 servings Time: 3 hours

Ingredients:

- 15mL (1 tbsp.) lard or bacon fat
- 2 large onions, thickly sliced
- 1 medium swede, peeled and cut into 2.5cm (1inch) cubes
- 4 large carrots, peeled thickly sliced.
- 4 leeks, cleaned and sliced
- 450g (1 lb) potatoes, peeled and quartered
- 450g (1 lb) brisket of beef
- 450g (1 lb) piece of smoked bacon, cut in to 2.5cm (1 inch) cubes
- 1 bay leaf
- sprig fresh thyme
- salt and freshly ground pepper.

Equipment:

Small measures, knife, large stock pan, slotted spoon, cutting board, soup ladle

Instructions:

1. Read the recipe.
2. Melt the lard in a large stock pan over a high heat. Take care not to burn the fat.
3. Add all the vegetables except the potatoes to the hot fat and brown for about 3 minutes, stirring constantly. Remove the vegetables with a slotted spoon and keep to one side.
4. Raise the heat and add the beef to the pan and brown on all sides. Return the

browned vegetables to the pan with the bacon pieces and herbs.

5. Cover the meat and vegetables with cold water, bring to the boil, then lower the heat to keep the water simmering and cook for 2 hours, or until the beef is tender.
6. Lift the beef from the pan and keep to one side. Add the potatoes and bring back to a boil and cook for another 20 minutes or until the potatoes are cooked.
7. Meanwhile, once the beef is cool enough to handle, cut into 5cm (2 inch) cubes. Once the potatoes are cooked, add the beef back to the pot and cook for a further 10 minutes.
8. Season well with salt and pepper and serve while piping hot. The broth from the pot can be served first as a soup, followed by the meat and vegetables, the choice is yours.

GREAT BRITAIN

SCONES

Yield: 8 scones

Time: 30 minutes

Ingredients:

- 500 mL (2 cups) flour
- 25 mL (5 tsp.) sugar
- 25 mL (5 tsp.) baking powder
- 1 mL (1/4 tsp.) salt
- 50 mL (1/4 cup) butter
- 125 mL (1/2 cup) milk
- 1 egg

Equipment:

Dry measures, small measures, mixing bowl, fork, pastry blender, liquid measures, wooden spoon, floured surface, rolling pin, knife, lightly greased cookie sheet

Instructions:

1. Read recipe.
2. Preheat oven to 200°C (400°F).
3. Mix flour, sugar, baking powder and salt together in mixing bowl using fork.
4. Cut butter into flour mixture using the pastry blender.
5. Measure milk into liquid measure. Break egg into milk. Beat well with fork.
6. Stir milk and egg mixture into flour mixture, lightly mixing to make a soft dough.
7. Turn dough onto floured surface. Knead twice.
8. Roll dough into a circle, about 2 cm thick.
9. Cut dough into 8 triangles
10. Place scones on lightly greased cookie sheet. Bake in preheated oven 10 to 15 minutes or until light brown.

NOTE: While scones are good served with beef stew, they are delicious served warm with butter and preserves.

GREAT BRITAIN

IRISH SODA BREAD

Yield: 1 loaf Time: 50 minutes

Ingredients:

- 1L (4 cups) all purpose flour, (can substitute 1/2 the all purpose flour with whole wheat)
- 15mL (1 tbsp.) granulated sugar
- 5mL (1 tsp.) baking soda
- 5mL (1 tsp.) salt
- 500mL (2 cups) buttermilk

Equipment:

Dry measures, liquid measures, small measures, large bowl, whisk, parchment paper (or greased baking sheet), knife

Instructions:

1. Read the recipe.
2. In a large bowl, whisk together sugar, baking soda and salt. Make a well in middle of the flour, and add buttermilk all at once.
3. Use your hands to mix buttermilk into flour to form a soft dough.
4. Turn dough out onto lightly floured surface. Lightly knead the dough a few times to make a smooth ball.
5. Place loaf onto parchment-lined or greased baking sheet. With sharp knife, score a large 'X' on the top of the dough.
6. Bake in the centre of a 220°C (425°F) oven for about 35 minutes. The loaf is done when browned and sounds hollow when tapped on the bottom.
7. Serve warmed with butter and honey.

GREAT BRITAIN

EGG CUSTARD TART

The all-time classic British baked egg custard tart is a traditional bake in the British and Irish kitchen. Delicious served hot, cold, for tea time or as a pudding.

Yield: 12 tarts

Time: 1 hour

Ingredients:

- 150g (6 oz.) plain flour
- pinch of salt
- 75g (3oz.) butter or an equal mix of butter and lard, cubed
- 30-45mL (2 - 3 tbsp.) cold water
- 3 large eggs, plus 2 large egg yolks, lightly beaten
- 55g (2 oz.) caster sugar
- 570 mL (2 1/3 cups) light cream
- 1mL (1/4 tsp.) vanilla extract (optional)
- 2mL (1/2 tsp.) whole nutmeg, freshly grated

Equipment:

Dry measures, liquid measures, small measures, knife, large bowl, plastic wrap, tart tin, pastry brush, wooden spoon, sieve, baking sheet

Instructions:

1. Read the recipe.
2. Heat the oven to 220°C (425°F)

Make the Pastry

1. Place the flour, butter and salt into a large clean bowl. Rub the butter into the flour with your fingertips until the mixture resembles fine breadcrumbs, working as quickly as possible to prevent the dough becoming warm. Add the water to the mixture and using a cold knife stir until the dough binds together. Add more cold water a teaspoon at a time if the mixture is too dry. Wrap the dough in plastic wrap and chill for a minimum of 15 minutes, up to 30 minutes.

The Filling

1. Gently roll the pastry and line a 4cm (1½ inch) deep x 18cm (7 inch) base tart tin. Be careful not to over stretch the pastry while rolling it or it may crack in the oven.
2. Brush the pastry all over with a little of the beaten egg. This will help seal the pastry during cooking. Place the pastry in the fridge while you make the filling.
3. In a large bowl beat the eggs and egg yolks lightly with the sugar.
4. Warm the cream to a gentle simmer, then pour slowly over the beaten eggs, stirring constantly. Be careful not to overheat the cream or it will curdle the eggs.
5. Add the vanilla extract if you are using it.
6. Pour the egg and cream mixture through a sieve into the pastry case. Sprinkle over the grated nutmeg.
7. Place the tart tin onto a baking sheet and bake in the center of the preheated oven for 10 minutes to brown the pastry. Lower the temperature to 180°C (350°F) and continue cooking for a further 20 minutes or until the custard is set.

GREAT BRITAIN

SCOTTISH SHORTBREAD

Scottish Shortbread is one of the most famous Scottish biscuits. They are eaten around Christmas time and are an essential part of a traditional Scottish New Year.

The secret to making successful shortbread is to know how to handle the dough with care. Do not pound or knead heavily and make sure your hands and the dishes you use are cold. The resulting shortbread will then be light and crumbly with a dense buttery taste. Choose the method you prefer for 'rolling' out the dough. You can either roll with a pin, or press directly into a tin or a shortbread mould if you have one.

Yield: approx. 2 dozen biscuits Total Time: 1 hour, 30 minutes

Ingredients:

- 225g (1/2 lb.) butter
- tiny pinch of salt
- 125mL (½ cup) fine/caster sugar, plus extra for sprinkling
- 500mL (2 cups) all-purpose/plain flour, plus extra for dusting
- 125mL (½ cup) cornflour

Equipment:

Dry measures, small measures, large bowl, mixing spoon, sieve, wire cooling rack
Parchment paper, fork, cookie cutters and baking sheet OR Swiss roll tin and fork

Instructions:

1. Read the recipe.
2. Preheat the oven to 170°C (325°F).
3. In a large bowl cream together the butter, salt and sugar until light and fluffy and pale in colour. This can take at least 10 minutes. Alternatively use a food mixer.
4. Mix together the flour and cornstarch and sieve into the bowl of butter and sugar. Mix quickly and thoroughly to bring all the ingredients together but do not over mix.
5. Tip the mixture onto a lightly floured work surface and knead lightly and quickly to form a loose dough. then either:
 - Roll out the dough between 2 sheets of parchment paper to ¼"/1 cm thick. Prick the surface all over with a fork. Cut into desired shape or rounds

using cookie cutters. Place the Scottish shortbreads on a lightly greased baking sheet and bake for 25 mins or until pale brown and crisp. Sprinkle the warm Scottish shortbreads with fine sugar and leave to cool on a wire cooling rack.

- Grease a Swiss roll tin 23 x 33cm (9" x 13") with butter. Press the dough into the tin and press with your fingers to level the surface. Prick all over with a fork. Bake in the preheated oven for 45 minutes or until golden brown. With the shortbread still in the tin, cut into squares or fingers, leave to cool for 15 minutes then carefully remove to a wire cooling rack.
6. Store in an airtight tin or box.

GREAT BRITAIN

LEMON MERINGUE PIE

Lemon Meringue Pie is a famous traditional British dish.

Yield: 8 servings (1 pie) Time: 1 hour, 50 minutes

Ingredients:

- 9"/ 23cm baked pie crust (see Perfect Pie Pastry, page 43)

For the Filling:

- 45mL (3 tbsp.) corn starch/corn flour
- 150mL (2/3 cup) water
- 4 juice and grated rind of 4 unwaxed lemons
- 125mL (1/2 cup) sugar
- 3 large egg yolks + 1 whole egg
- 30mL (2 tbsp.) soft butter

For the Meringue:

- 4 large egg whites
- 250mL (1 cup) superfine/caster sugar
- 10mL (2 heaped tsp.) corn starch/corn flour

Equipment:

Dry measures, liquid measures, small measures, lemon zester (grater), medium saucepan, spatula, whisk (or electric beaters),

Instructions:

1. Read the recipe.
2. Preheat the oven to 200°C (400°F)

The Filling:

3. In a medium saucepan mix the cornstarch/cornflour with the water, add the lemon juice and grated rind and slowly bring to a gentle boil, stirring constantly as the mixture begins to thicken.
4. Once thick, add the sugar and stir well.

5. Remove the pan from the heat and leave to cool slightly.
6. Once cooled add the egg yolks and whole egg and beat well until all the egg yolk is incorporated, then beat in the softened butter. Pour into the prepared pie shell.

The Meringue:

7. In a clean bowl whisk the egg whites with either a hand or electric whisk until the whites are beginning to rise. Add the sugar, a couple of tablespoons at a time while still whisking, until half the sugar has been added. Add the corn starch and whisk again. Finally add the remaining sugar gradually, again while still whisking. You should have an extremely thick, glossy cream in the bowl.
8. Pile the stiff egg whites onto the lemon filling beginning at the edges then filling into the middle. Lightly flick the surface of the meringue to create soft peaks.
9. Bake in the center of the hot oven for approximately 20 minutes or until the meringue is crisp and golden brown.
10. Remove from the oven, leave to cool in the tin for 30 minutes. It is best if the pie is eaten the same day.

GREAT BRITAIN

MULLED APPLE CIDER

Yield: 6 servings

Time: 30 minutes

Ingredients:

- 1L (4 cups) apple cider OR 1.36L can apple juice
- 5 mL (1 tsp.) whole allspice
- 5 mL (1 tsp.) whole cloves
- sticks cinnamon

Optional garnish: unpeeled apple rings or unpeeled apple slices

Equipment:

Liquid measures, large saucepan, small measures, piece of cheesecloth, clean string, ladle, serving mugs

Instructions:

1. Read recipe.
2. Pour apple cider or apple juice into a large saucepan.
3. Place spices in a piece of cheesecloth and tie with clean string. Add spice bag to saucepan.
4. Simmer covered for 20 to 25 minutes.
5. Remove spice bag. Ladle into heat proof mugs. Add apple rings or slices for garnish, if desired.
6. Serve hot.

HINT: To keep apple rings or apple slices from turning brown, dip pieces in lemon juice immediately after cutting.

EUROPE

CABBAGE ROLLS

Yield: 12 servings

Time: 2 hours

Ingredients:

- 454g (1 lb) lean ground beef
- 454g (1 lb) ground sausage
- 1 onion, finely chopped
- 175mL (3/4 cup) uncooked white rice
- 250mL (1 cup) water
- salt to taste
- ground black pepper to taste
- 1 large head cabbage
- 1 (32 ounce) jar sauerkraut

Equipment:

Dry measures, liquid measures, large mixing bowl, large pot, strainer, spoon

Instructions:

1. Read the recipe.
2. In a large bowl, combine the ground beef, sausage, chopped onion, rice, water, and salt and pepper.
3. Bring a large pot of water a boil. Separate 12 to 15 large cabbage leaves from the head and place in boiling water. Boil until soft (approximately 2 to 3 minutes). Remove from water and set aside.
4. In the center of each leaf, place a small amount of the meat mixture. Fold in the sides, and roll up from the bottom. Secure with a toothpick.
5. Place a layer of sauerkraut in the bottom of a large pot. Arrange cabbage rolls in a single layer over the sauerkraut. Cover with remaining sauerkraut.
6. Pour in enough water to cover the rolls. Bring to a boil, lower heat, and simmer for 90 minutes.

EUROPE - GERMANY

Oktoberfest originated as a festival to celebrate the harvest of hops from which German beer is brewed. The tradition began in the Munich and Bavarian regions of Germany. In Canada, the largest Oktoberfest is held in the Kitchener-Waterloo area. A parade draws a large attendance on the second Monday of October. Music, singing, dancing, eating and drinking are all part of the festivities. Hot potato salad is one food often served at Oktoberfest.

GERMAN HOT POTATO SALAD

Recipe courtesy of the Rainy Lake Multicultural Association, Fort Frances.

Yield: 6 servings

Time: 30 minutes (using previously cooked potatoes)

Ingredients:

- 6 slices of bacon
- 1 onion, chopped
- 25 mL (2 tbsp.) cornstarch
- 25 mL (2 tbsp.) sugar
- 5 mL (1 tsp.) salt
- 5 mL (1 tsp.) celery seed
- 125 mL (1/2 cup) white vinegar
- 175 mL (3/4 cup) water
- 6 to 7 medium potatoes, cooked, cooled and sliced

Optional garnish: chopped parsley, pimento or red pepper

Equipment:

Frying pan or microwave bacon rack, small measures, paper towel, cutting board, knife, liquid measures, dry measures, microwave mixing bowl, wooden spoon

Instructions:

1. Read recipe.
2. Cook bacon until crisp in frying pan using medium heat. Remove bacon to paper towel. Drain fat, reserving 25 mL (2 tbsp.). Return this amount to the frying pan.
3. Add onion to the fat in the frying pan. Saute using medium heat stirring often. Cook until onion is soft.

4. Blend cornstarch, sugar, salt and celery seed into the onion mixture.
5. Add vinegar and water. Bring to a boil. Boil until thick and clear.
6. Crumble bacon. Add bacon and the sliced, cooked potatoes to the pan mixture.
7. Heat thoroughly, tossing slightly so that potatoes keep their shape a little.

EUROPE - AUSTRIA

WIENER SCHNITZEL

Few foods are more evocative of Austrian cuisine than Wiener Schnitzel, or Viennese Cutlet. As with many simple recipes, the quality of the ingredients is especially important. Old oil or meat should be avoided and watch your schnitzel carefully to avoid burning. Eating it fresh is also important.

Yield: 4 servings

Time: 20 minutes

Ingredients:

- 4 veal cutlets (traditional) pounded to .75cm (1/4 inch) thickness (about 5 oz. each) (you may use chicken or pork, as well)
- 50mL (1/4 cup) flour (all purpose or brown rice)
- 1mL (1/4 tsp.) salt
- 125mL (1/2 cup) bread crumbs
- 2 eggs
- oil or lard for frying (lard is traditional)

Equipment:

Dry measures, small measures, plastic wrap, meat mallet, frying pan, shallow dishes (3), fork

Instructions:

1. Read the recipe.
2. To pound meat thin you may want to place the cutlet between sheets of plastic wrap for easier washing up. Use a heavy, flat-surface pan to pound if you don't have a meat mallet.
3. Pound the meat evenly to .75cm (1/4 inch) thickness for best results.
4. Do not press the bread crumbs into the meat. The crust should not adhere completely, but form a loose shell around the schnitzel.
5. Make sure the breaded meat "swims" in fat. Contrary to instinct, the breading will take on less oil than if the meat is sticking to the pan. Also, the breadcrumb topping has a chance to puff up a little and your clean up is easier.
6. Set up 3 shallow dishes. Place the flour and 1/2 teaspoon salt in one and breadcrumbs in another. Beat eggs well and place in the third dish.

7. Heat at least .75cm (1/4 inch) of oil in the pan to 180°C (350°F).
8. Working one at a time, dredge cutlets first in flour until the surface is completely dry. Dip in egg to coat, allow the excess to drip off for a few seconds and then roll quickly in the breadcrumbs until coated. Do not press breadcrumbs into the meat. Place meat immediately in the pan with the hot oil. Do not crowd the pan. Cook the schnitzel in batches, if necessary.
9. Fry the schnitzel for 3-4 minutes on one side. You may want to swish them around a little with your fork to make sure they are not sticking to the pan. Turn them over once and fry until both sides are golden brown. Remove from pan, allow the oil to drain off and place on a plate.
10. Serve immediately.

EUROPE

APPLE STRUDEL

Here's an easy version of Apple Strudel, made with dressed-up apple pie filling and filo dough. If you want to use fresh apples, peel and slice 2-3 apples. Cook in a saucepan with 2 tablespoons apple juice, 1 tablespoon flour, a pinch of salt, and 1/4 cup brown sugar until the apples are crisp-tender. Cool and use as directed.

NOTE: RECIPE CONTAINS NUTS

Yield: 8 servings Time: 1 hour

Ingredients:

- 1 21 oz. ounce can apple pie filling (or use fresh apples following recipe below)
- 250mL (1 cup) chopped walnuts (optional)
- 2mL (1/2 tsp.) cinnamon
- 5mL (1 tsp.) lemon zest
- 9 sheets filo dough, thawed
- 75mL (1/3 cup) butter
- 50mL (1/4 cup) sugar
- 2mL (1/2 tsp.) cinnamon

If using fresh apples in place of apple pie filling:

- 2 to 3 fresh apples, peeled and sliced
- 30mL (2 tbsp.) apple juice
- 15mL (1 tbsp.) flour
- pinch of salt
- 50mL (1/4 cup) brown sugar

Equipment:

Dry measures, liquid measures, small measures, knife, saucepan, slotted spoon, small bowl, pastry brush, spoon, spatulas (2), wire cooling rack

Instructions:

1. Read the recipe.
2. If using fresh apples, cook apples in a saucepan with the apple juice, flour, salt and 50mL (1/4 cup) brown sugar until the apples are crisp-tender. Cool and use as directed in place of apple pie filling.
3. Preheat oven to 190°C (375°F).
4. Using a slotted spoon, remove apples from the pie filling, discarding much of the thick liquid. Place in medium bowl; stir in walnuts (optional), 2mL (1/2 tsp.) cinnamon, and lemon zest.
5. In small bowl, combine 50mL (1/4 cup) sugar and 2mL (1/2 tsp.) cinnamon and mix well. On work surface, place one sheet of filo dough. Brush with butter and sprinkle with a generous teaspoon of the cinnamon sugar mixture. Repeat layers, using all of the filo dough.
6. Spoon apple filling across one long end of the filo stack, leaving a 5cm (2 inch) border along one long edge and the sides. Brush edges around apple filling with butter. Fold in side edges, then roll up filo dough, enclosing the filling. Brush edge with butter and seal. Brush butter over the entire roll.
7. Using two spatulas, carefully place on ungreased cookie sheet. Bake at 190°C (375°F) for 20-30 minutes or until pastry is golden brown and crisp.
8. Cool on pan for 10 minutes. Using two spatulas, remove to wire rack to cool.
9. Serve warm.

EUROPE

SPECULAAS

These cookies should be thin and crisp and very spicy.

Yield: approx. 3 to 4 dozen cookies Time: 40 minutes (plus refrigeration)

Ingredients:

- 250mL (1 cup) unsalted butter, softened
- 10mL (2 tsp.) vanilla
- 250mL (1 cup) white sugar
- 300mL (1 1/4 cups) dark brown sugar
- 2 large eggs
- 875mL (3 1/2 cups) flour
- 10mL (2 tsp.) baking soda
- 37mL (2 1/2 tbsp.) speculaas spice*
- 5mL (1 tsp.) kosher salt

* Speculaas spice:

- 8 parts cinnamon
- 2 parts nutmeg
- 2 parts ground cloves
- 1 part white pepper
- 1 part ground ginger
- 1 part cardamom

This combination of spices can be found in recipes dating back to the fifteenth century

Equipment:

Dry measures, small measures, mixing bowls, mixing spoon, whisk, plastic wrap, rolling pin, cookie cutters, baking sheet

Instructions:

1. Read the recipe.
2. Preheat oven to 180°C (350°F).
3. Cream butter, vanilla and both kinds of sugar until light and fluffy. Add both eggs and blend well.
4. Whisk all of the dry ingredients together and slowly add to the butter mixture, combining until the dough pulls from the side of the bowl.
5. Divide the dough in half. Wrap each half in plastic wrap and refrigerate for several hours or overnight.
6. Let the dough warm up slightly.
7. Roll out dough to .75cm (1/4 inch) thick and cut with cookie cutters.
8. Bake at 180°C (350°F) degrees for 10-12 minutes.

EUROPE

OLD-FASHIONED OLIEBOLLEN

Traditional 'oliebollen' (literally, 'oil balls') have often been called the precursor of the donut, the popular American treat. In fact, it seems very probable that early Dutch settlers took their tradition over to the New World, where it evolved into the anytime-anywhere snack the donut is today. In Holland, however, they pretty much remain a seasonal treat: made and enjoyed specifically to ring in the New Year.

Oliebollen can be made with raisins and currants and even bits of chopped apple. A seasonal snowfall of white powdered sugar and earthy ground cinnamon are a must, however.

Yield: enough for 10 people Time: 2 hours

Ingredients:

- 5mL (1 tsp.) sugar
- 125mL (1/2 cup) hand-hot water
- 2 small packets of (instant) dry yeast
- 1000mL (4 cups) flour
- 50mL (1/4 cup) sugar
- 2 eggs
- 500mL (2 cups) milk
- 5mL (1 tsp.) salt
- 2L (8 cups) vegetable/sunflower oil
- powdered sugar
- ground cinnamon

Equipment:

Dry measures, liquid measures, small measures, small bowl, spoon, large bowl, mixing spoon, microwave, whisk, damp dish towel, large deep pan (or deep fryer), wooden spoon, 2 large spoons, slotted spoon, baking sheet, paper towels, sieve

Instructions:

1. Read the recipe.
2. In a small bowl, mix the 5mL of sugar into the hand-hot water. Sprinkle the

yeast on top and allow to stand for 10 minutes (if the yeast doesn't bubble, discard and buy new yeast as it means the yeast is no longer active). Stir to combine.

3. Mix together the flour and sugar in a large bowl and make a well in the middle. Add the eggs as well as the yeast mixture.
4. Warm up milk in the microwave (it should be lukewarm). Add half of the milk to the well in the flour and mix until all ingredients are combined. Add the rest of the milk and whisk until smooth.
5. Cover the bowl with a damp dish towel and allow to rise in a warm area for about an hour. Once the dough has doubled, stir in the salt.
6. Heat the oil in a large, deep pan or in a deep fryer. To check whether the oil is at the right temperature, stand the handle of a wooden spoon in the oil. If little bubbles form around it, the oil is ready.
7. You will need two table spoons to form and handle the dough as well as a slotted spoon to remove the 'oliebollen' from the hot oil. Quickly dip the two tablespoons into the oil and form small balls of the dough with the oiled tablespoons, carefully scraping and dropping the dough into the hot oil. The 'oliebollen' will sink to the bottom of the pan and then pop right back up. You should be able to fry at least 6 'oliebollen' at a time, but don't crowd the pan. (see Tips below). Fry until golden brown on both sides, carefully flipping when required. Drain on a tray lined with paper towels.
8. Sieve powdered sugar over the 'oliebollen' as well as a dusting of ground cinnamon.
9. Serve warm.

Tips:

- Don't store the uncooked dough for more than an hour or two (covered with a damp dish towel), because the yeast will remain active. Instead, make and fry the dough as needed.
- If the fritters are uncooked on the inside, the oil is either too hot or too cold. The oil should not be hotter than 180°C (350°F). Oil that is too cold is the result of frying too many 'oliebollen' at one time.
- Allow leftover 'oliebollen' to go stone cold and then store them in an airtight container at room temperature. They will keep for approximately two days.
- Leftovers can be warmed in a preheated oven at 200°C (390°F) for 15 minutes or in the microwave on high for 20 to 30 seconds.
- Leftovers can also easily be frozen and will keep in the freezer for about 2 months. To eat, allow to defrost and then warm as above.

EUROPE - NETHERLANDS

A loud knock on the door of a Dutch home on the eve of December 6th announces to the children that St.Nicholas has just visited and left gifts for them. St.Nicholas was a generous bishop who lived in Turkey during the fourth century. He is considered to be the patron saint (protector) of children. Dutch families celebrate his day on December 6th.

DUTCH CHOCOLATE TRUFFLES

NOTE: RECIPE CONTAINS NUTS

Yield: 24 truffles

Time: 1 hour or more

Ingredients:

- 4 squares semisweet chocolate
- 15 mL (1 tbsp.) cream
- 5 mL (1 tsp.) orange flavouring
- 50 mL (1/4 cup) butter
- 1 egg
- 250 mL (1 cup) icing sugar
- 50 mL (1/4 cup) nuts, chopped very finely
- 50 mL (1/4 cup) cocoa

Equipment:

Double boiler or microwave bowl, dry measures, small measures, mixing bowls, spatula

Instructions:

1. Read the recipe.
2. Place chocolate in the top of a double boiler. Place over gently boiling water and melt chocolate slowly.
3. Add cream, orange flavouring and butter to chocolate. Stir well. Remove from heat as soon as the butter has melted.
4. Mix egg with icing sugar in separate mixing bowl. Slowly add chocolate mixture. Mix well.
5. Place in refrigerator until completely chilled. This may take several hours. Mixture must be chilled enough to be handled for shaping. However, mixture will

still be sticky.

6. Roll into balls about 2.5cm (1 inch) in diameter. Immediately roll in either chopped nuts or cocoa. Coat balls completely.
7. Store in refrigerator.

These candy-like goodies are attractive placed in tiny paper or foil cups available at cake decorating shops.

JEWISH

In December, around the time of the winter solstice (December 21st), Jewish families celebrate Chanukah. This is sometimes known as the Jewish Festival of Lights. It is a very old celebration. In 164 B.C. Judah Maccabee with a group of Hebrews, managed to recapture the temple in Jerusalem from the Syrians who were ruling the area. The temple was cleaned and purified. The holy temple lamp, known as the menorah, was relit and the temple re-dedicated to God. The story is told that only one jar of holy oil was found in the temple. This was barely enough to keep the lamp lit for one day, but the lamp burned for eight days until more oil was prepared. When Jewish families celebrate Chanukah, a special candleholder with nine candles is lit each evening before the sun goes down. The ninth candle is a worked candle, used to light the number of candles appropriate for the day of the festival. Special foods for this festival include a potato pancake, known as latke.

LATKES – POTATO PANCAKES

Yield: 12 pancakes

Time: 30 minutes

Ingredients:

- 6 medium potatoes
- 3 L (12 cups) cold water
- 10 mL (2 tsp.) salt
- 2 eggs
- 75 mL (1/3 cup) flour
- 50 mL (1/4 cup) finely minced onion
- 2 mL (1/2 tsp.) salt
- 15 mL (1 tbsp.) bacon drippings or butter

Equipment:

Potato peeler, large bowls, liquid measures, fork, dry measures, small measures, grater or food processor, sieve, paper towels, frying pan, lifter

Instructions:

1. Read recipe.
2. Peel potatoes. Place potatoes in large bowl of cold water (3 L) to which 10 mL (2 tsp.) of salt is added.
3. Beat eggs in another large bowl using fork. Gradually beat in flour, then onion

and salt.

4. Drain water from potatoes and grate coarsely using grater or food processor. If using food processor, cut potatoes into 4 or 5 pieces to place in feed tube.
5. Immediately place grated potato in sieve and press down using paper towels to squeeze out as much moisture as possible.
6. Stir grated potatoes into egg mixture. Combine well.
7. Melt 15 mL (1 tbsp.) bacon drippings or butter in frying pan using medium-high heat. Pour in 50 mL (1/4 cup) potato mixture and flatten somewhat into a pancake. Fry 2 minutes on each side.
8. Repeat with remaining batter, adding more bacon drippings or butter if necessary. Keep warm in 120°C (240°F) oven.
9. Serve plain or with apple butter, applesauce or sour cream.

JEWISH

CHALLAH

Traditional egg bread for the Jewish Sabbath.

Yield: 2 braided loaves

Time:

Ingredients:

- 625mL (2 1/2 cups) warm water (45°C/110°F)
- 15mL (1 tbsp.) active dry yeast
- 125mL (1/2 cup) honey
- 60mL (4 tbsp.) vegetable oil
- 3 eggs
- 15mL (1 tbsp.) salt
- 2000mL (8 cups) unbleached all-purpose flour
- 15mL (1 tbsp.) poppy seeds (optional)

Equipment:

Dry measures, liquid measures, small measures, large bowl, mixing spoon, damp cloth, floured board, baking trays (2), pastry brush

Instructions:

1. Read the recipe.
2. In a large bowl, sprinkle yeast over barely warm water. Beat in honey, oil, 2 eggs, and salt. Add the flour one cup at a time, beating after each addition, graduating to kneading with hands as dough thickens. Knead until smooth and elastic and no longer sticky, adding flour as needed.
3. Cover with a damp clean cloth and let rise for 1 1/2 hours or until dough has doubled in bulk.
4. Punch down the risen dough and turn out onto floured board. Divide in half and knead each half for five minutes or so, adding flour as needed to keep from getting sticky.
5. Divide each half into thirds and roll into long snake about 1 1/2 inches in diameter. Pinch the ends of the three snakes together firmly and braid from middle. Either leave as braid or form into a round braided loaf by bringing ends

together, curving braid into a circle, pinch ends together.

6. Grease two baking trays and place finished braid or round on each. Cover with towel and let rise about one hour.
7. Preheat oven to 190°C (375°F).
8. Beat the remaining egg and brush a generous amount over each braid. Sprinkle with poppy seeds if desired.
9. Bake for approximately 40 minutes. Bread should have a nice hollow sound when thumped on the bottom.
10. Cool on a rack for at least one hour before slicing.

MAKING MEALS IN A NEW COUNTRY

UNSALTED BUTTER

Yield: 125mL

Time: 15 minutes

Ingredients:

- 250mL whipping cream, room temperature
- cold water

Equipment:

Small bowls, sieve, egg beater or electric beaters, rubber spatula, wooden spoon

Instructions:

1. Read the recipe and understand what you will be doing.
2. Pour the cream into a bowl and beat with egg beater. Keep beating until lumps of fat form.
3. Pour butter and liquid (buttermilk) into sieve. If there is any butter on the beater, scrape it off and place in sieve.
4. Pour cold water over butter to wash off buttermilk.
5. Transfer butter to bowl. Using the back of a wooden spoon, flatten the butter against the side of the bowl. This will remove any trapped buttermilk.
6. Rinse with cold water, mold and chill.
7. To make salted butter, add 0.5mL salt and mix well before molding.

MAKING MEALS IN A NEW COUNTRY

MAPLE BUTTER

Yield: 250mL

Time: 5 minutes

Ingredients:

- 125mL butter, softened
- 125mL maple syrup

Equipment:

Small bowls, sieve, electric mixer, liquid measure, dry measure

Instructions:

1. Read the recipe and understand what you will be doing.
2. Beat butter until light and fluffy in small bowl.
3. Slowly add maple syrup, beating continuously until well blended.

MAKING MEALS IN A NEW COUNTRY

EASY AS PIE APPLE PIE

Yield: 8 servings

Time: 1 hour, 10 minutes

Ingredients:

- 2 refrigerated pie crusts (use Perfect Pie Pastry recipe from page 43)
- 1 egg white
- 8 large Golden Delicious apples, peeled, cored and thinly-sliced
- 75mL (1/3 cup) granulated sugar
- 30mL (2 tbsp.) all-purpose flour
- 5mL (1 tsp.) cinnamon

Equipment:

Dry measures, small measures, knife, pie plate, pastry brush, large mixing bowl, aluminum foil

Instructions:

1. Read the recipe.
2. Preheat oven to 200°C (400°F).
3. Put one of the pie crusts into a 9-inch pie plate. Brush with egg white (this prevents the crust from getting soggy). Let the egg white dry while you prepare the filling.
4. Toss apples with remaining ingredients. Pile into prepared crust.
5. Using the second pie crust, place it over the apples, tucking the excess under the bottom crust. Now crimp the edges with your fingers.
6. Cut 3-4 slits in the top crust to allow steam to escape. Cover the pie loosely with a sheet of aluminum foil.
7. Bake 10 minutes.
8. Remove the foil, lower the temperature to 190°C (375°F) and bake another 30-40 minutes.

CARIBBEAN

Steel drum bands, reggae and calypso music and fantastic costumes are all part of the colour and excitement of pre-Lenten celebrations on the Caribbean Islands (For Christians, Lent is the 40 day period which precedes Easter). This festival is called Carnival. In 1967, people from the Caribbean Islands began a similar celebration, “Caribana”, in Toronto on the holiday weekend in August. A week of concerts, dances and beauty pageants ends with a huge parade.

There is a large East Indian population in the Caribbean. The original Indian natives there invented the barbecue. Strips of meat were placed on green boughs over burning embers. This way a smoky flavour and crispy crust were obtained. The next time you enjoy barbecued foods, remember this method of cooking originated in the Caribbean.

The following recipe comes from Jamaica, an Island of the Caribbean.

JAMAICAN MEAT PATTIES

Yield: 12 Patties

Time: 1 hour 15 minutes

Ingredients:

Filling:

- 500 g ground beef
- 1 medium onion, finely chopped
- 2 mL (1/2 tsp.) salt
- 5 mL (1 tsp.) curry powder
- 2 mL (1/2 tsp.) thyme
- 0.5mL (1/8 tsp.) cayenne (optional) **
- 125 mL (1/2 cup) fresh bread crumbs
- 250 mL (1 cup) water

Pastry:

- 500 mL (2 cups) flour
- 10 mL (2 tsp.) baking powder
- 5 mL (1 tsp.) curry powder
- 2 mL (1/2 tsp.) salt
- 2 mL (1/2 tsp.) turmeric (optional)

- 175 mL (3/4 cup) shortening
- 125 mL (1/2 cup) cold water
- water

**** Cayenne is very hot. Note that this recipe calls for only 0.5mL!**

Equipment:

Dry measures, liquid measures, small measures, knife, large frying pan, cutting board, wooden spoon, mixing bowl, fork, pastry blender, rolling pin, floured surface, pastry brush, baking sheets

Instructions:

1. Read the recipe.
2. Combine beef and onion in frying pan. Cook over medium heat, stirring often until beef is brown. Pour off any fat.
3. Add remaining ingredients for the filling. Cook and stir for 5 minutes.
4. Preheat oven to 180°C (350°F).
5. Measure flour, baking powder, curry powder, salt and turmeric into mixing bowl. Blend thoroughly using fork.
6. Cut shortening into flour mixture using pastry blender until mixture is like rolled oats.
7. Add cold water gradually, tossing lightly with fork. Shape dough into a ball using hands. Cut into 12 portions.
8. Roll each portion of dough on lightly floured surface into a thin circle about 16cm in diameter.
9. Moisten edges of pastry circles with water by using a pastry brush. Place 50 mL (1/4 cup) of meat filling a little off centre on each circle. Fold pastry over filling, pressing edges of pastry together. Seal edges by pressing with a floured fork. Pierce top 4 times with fork to let steam escape.
10. Place patties on baking sheets. Bake in oven for 25 to 30 minutes.

CARIBBEAN

CARIBBEAN TRINIDAD ROTI

Yield: 6 servings

Time: 45 minutes

Ingredients:

- 250mL (4 cups) all-purpose flour
- 10mL (2 tsp.) baking powder
- 5mL (1 tsp.) salt
- 50mL (1/4 cup) oil
- 250mL (1 cup) water
- 15mL (1 tbsp.) butter, melted

Sweet Potato and Chickpea Filling:

- 30mL (2 tbsp.) butter, melted
- 3 garlic cloves, minced
- 1 small red onion, diced
- 1 large sweet potato, scrubbed and diced
- 300mL (1 1/4 cups) water
- 30mL (2 tbsp.) curry powder
- 5mL (1 tsp.) hot sauce (Caribbean style)
- .5mL (1/8 tsp.) salt
- 1 (16 ounce) can chickpeas, drained

Chicken and Pumpkin Filling:

- 30mL (2 tbsp.) butter, melted
- 4 garlic cloves, minced
- 125mL (1/2 cup) red onion, diced
- 1 scotch bonnet peppers or 1 jalapeno pepper, seeded and minced
- 30mL (2 tbsp.) curry powder

- 10mL (2 tsp.) hot sauce (Caribbean style)
- 5mL (1 tsp.) coriander, ground
- 2mL (1/2 tsp.) salt
- 1000mL (4 cups) pumpkin flesh or 1 (20 ounce) canned pumpkin
- 500mL (2 cups) water
- 454g (1 lb.) boneless chicken, cooked and diced

Equipment:

Dry measures, liquid measures, small measures, mixing bowl, mixing spoon, floured surface, skillet, wide spatula, knife

Instructions:

1. Read the recipe.
2. Combine the dry ingredients in a mixing bowl. Gradually add the oil and water while mixing and kneading the dough. Set the dough aside for 15 minutes.
3. Divide the dough into 6 equal-sized balls. Flatten each slightly and roll out into 8 inch squares.
4. Fill the middle of each square with about 125mL (1/2 cup) of filling mixture. Wrap the dough around the mixture to seal the filling inside.
5. To cook the roti, place the butter in a skillet over high heat until it sizzles. Reduce the heat to medium and place the rotis in the pan.
6. Cook for 2-3 minutes, until the crust is light brown. Turn with a wide spatula and continue cooking. Repeat the process with the remaining rotis. Serve immediately.

Sweet Potato Filling:

1. Place the butter, garlic, and onion in a deep skillet and sauté for 3-4 minutes over medium heat.
2. Add the potato, water, curry powder, hot sauce, and salt and cook for 15 minutes, until the potatoes are soft but not mushy.
3. Add the chickpeas and cook another 5-10 minutes, stirring occasionally.
4. Set the filling aside.

Chicken Filling:

1. Place the butter, garlic, onion and pepper in a deep skillet and sauté for 3-4 minutes over medium heat.

2. Add the curry powder, hot sauce, coriander, and salt and sauté for another 2 minutes.
3. Add the pumpkin and water and cook over medium heat for 20 minutes, stirring occasionally.
4. Stir in the chicken and simmer for another 5 minutes. Set aside.

CHINESE

Chinese religious heritage is a mixture of Buddhism, Confucianism and Taoism. These religions were built from a more ancient nature worship and ancestor worship religions. It is customary for Chinese to honour their ancestors as well as living family members. Traditional Chinese families celebrate the old Chinese Festival of the Winter Solstice on December 21st with prayers and offerings to their ancestors.

BEEF CHOP SUEY

Recipe courtesy of Rainy Lake Multicultural Association, Fort Frances.

Yield: 6 servings

Time: 30 to 45 minutes

Ingredients:

- 500-700 g (1 to 1 1/2lbs.) beef steak, preferably inside or outside round
- 50 mL (1/4 cup) vegetable oil
- 30 mL (2 tbsp.) soy sauce
- freshly ground pepper to taste
- 750 mL (3 cups) celery, cut in 2.5cm (1 inch) pieces
- 2 large onions, sliced
- 15 mL (1 tbsp.) molasses
- 500 mL (2 cups) beef stock
- 75 mL (1/3 cup) cornstarch
- 75 mL (1/3 cup) water
- 500 mL (2 cups) fresh bean sprouts OR 1-540 mL can bean sprouts, drained

For serving: 1500 mL (6 cups) hot, cooked rice

Equipment:

Sharp knife, cutting board, liquid measures, wok or large frying pan, small measures, wooden spoon, slotted spoon, dry measures

Instructions:

1. Read recipe.
2. Slice beef steak in thin slices, cutting across the grain on the diagonal. (Hint: Put meat in freezer for a few minutes to allow ice crystals to form. This make slicing much easier).

3. Heat oil in wok or frying pan using high heat. Add sliced meat and stir-fry about 3 minutes or just until meat loses pink colour.
4. Add soy sauce and papper. Stir well. Remove meat from pan using a slotted spoon. Set aside, keeping warm.
5. Add celery, sliced onion, molasses and stock to the same wok or frying pan. Bring to a boil and then reduce heat to simmer about 8 to 10 minutes. Stir frequently. Vegetables should be cooked but still crisp.
6. Return cooked meat to vegetable mixture.
7. Mix cornstarch and water in small measuring cup. Add to meat and vegetable mixture. Cook until thickened, stirring constantly.
8. Add bean sprouts. Heat through about 1 to 2 minutes.
9. Serve immediately over hot cooked rice.

CHINESE

WONTON SOUP

Yield: 8 servings

Time: 1 hour 15 minutes

Ingredients:

- 225g (1/2 lb.) boneless pork loin, coarsely chopped
- 60g (2 oz.) peeled shrimp, finely chopped
- 10mL (1 tsp.) brown sugar
- 15mL (1 tbsp.) Chinese rice wine
- 15mL (1 tbsp.) light soy sauce
- 5mL (1 tsp.) finely chopped green onion
- 15mL (1 tsp.) chopped fresh ginger root
- 24 (3.5 inch square) wonton wrappers
- 750mL (3 cups) chicken stock
- 25mL (1/8 cup) finely chopped green onion

Equipment:

Liquid measures, small measures, large bowl, mixing spoon, large pot, spoon OR wok, spoon

Instructions:

1. Read the recipe.
2. In a large bowl, combine pork, shrimp, sugar, wine, soy sauce, 5mL chopped green onion and ginger. Blend well, and let stand for 25 to 30 minutes.
3. Place about 5mL of the filling at the center of each wonton skin. Moisten all 4 edges of wonton wrapper with water, then pull the top corner down to the bottom, folding the wrapper over the filling to make a triangle. Press edges firmly to make a seal. Bring left and right corners together above the filling. Overlap the tips of these corners, moisten with water and press together. Continue until all wrappers are used.

To make the soup:

1. Bring the chicken stock to a rolling boil. Drop wontons in, and cook for 5 minutes. Garnish with chopped green onion, and serve.

Uncooked wontons will keep in freezer for a good 2 months if well wrapped. Thaw before frying, but they can be boiled straight from frozen and cooked 2 minutes longer.

To fry:

Heat 500mL to 750mL (2 to 3 cups) of oil in a wok until hot. Deep-fry wontons in batches until golden, 2 to 3 minutes on each side. Drain. Serve with dipping sauce or duck sauce, also called plum sauce.

EAST INDIAN

The preparation and use of freshly ground seasonings makes East Indian cuisine unique. The aroma of the food is very important. Curry is associated with East Indian foods. Did you know the term “curry” refers to a “highly seasoned stew with plenty of sauce?” Indian cooks do not purchase a blended form of curry powder. Each spice is bought individually and added to a dish in a specific order. A blend of a dozen spices or more and herbs gives a distinctive flavour to each dish.

CHICKEN CURRY

Yield: 4 to 6 servings

Time: 20 minutes

Ingredients:

- 25 mL (1 tbsp.) butter
- 1 small onion, chopped
- 1 small apple, chopped
- 284 mL can cream of chicken soup
- 10 mL (2 tsp.) curry powder
- 1 mL (1/4 tsp.) salt
- 500 mL (2 cups) cooked chicken, cut in bite size pieces
- hot cooked rice for serving

Equipment:

Small measures, saucepan, cutting board, sharp knife, wooden spoon, dry measures, rubber spatula

Instructions:

1. Read the recipe.
2. Melt butter in saucepan using medium heat.
3. Add chopped onion and apple and cook and stir until soft and lightly coloured.
4. Stir chicken soup, curry powder and salt into the onion and apple. Heat gently.
5. Stir in chicken and heat thoroughly.
6. Serve immediately over a bed of hot cooked rice.
7. Add bowls of garnishes if desired.

EAST INDIAN

Canadian Hindus celebrate a three day version of Navaratri, an Indian festival known as “the festival of the nine nights”. It starts on the seventh day of the new moon following the harvest moon (in September or October). Durga is a Hindu goddess who has the power of food to destroy demons. During this festival, the story of the creation of Durga is read. On the final day of the festival, all quarrels that have started since the spring festival are supposed to be resolved. Indians visit many homes to exchange hugs and eat sweets. New clothes and charity to the poor are also part of this festival.

Rice pudding and yogurt can be traced back 5,000 years. The following is an adaptation of an ancient East Indian recipe. It is probably a thinner consistency than rice pudding you have eaten before.

RICE PUDDING

NOTE: recipe contains nuts

Yield: 6 servings

Time: 2 hours

Ingredients:

- 250mL (1 cup) water
- 125 mL (1/2 cup) rice (short grain is best)
- 75 mL (1/3 cup) sugar
- 5 mL (1 tsp.) cornstarch
- Pinch of salt
- 1 L (4 cups) milk
- 0.5 mL (1/8 tsp.) saffron OR 125 mL (1/2 cup) finely grated carrots
- 125 mL (1/2 cup) slivered almonds
- 2 egg yolks

Optional Garnish: pistachio nuts

Equipment:

Liquid measures, heavy saucepan, dry measures, small measures, wooden spoon, fork, rubber spatula, serving bowl, wax paper

Instructions:

1. Read the recipe.
2. Bring water to a boil in a heavy saucepan. Add rice. Cover. Simmer gently for 15 minutes or until water is absorbed.
3. Combine sugar with cornstarch and salt in large measuring cup or small mixing bowl. Stir in 250 mL (1 cup) of milk.
4. Add sugar/milk mixture to the rice in the saucepan. Add remaining milk (750mL, 3 cups) to the rice as well. Stir thoroughly.
5. Stirring constantly bring mixture to the boil. Immediately reduce heat to lowest setting. Cover and cook 1 hour. Stir occasionally.
6. After one hour, stir in saffron or carrots and almonds. Continue to cook for 30 minutes more.
7. Beat egg yolks in a separate measure. Remove pudding from heat. Using a fork, stir a little of the pudding into the yolks. Then add yolk mixture to the rest of the pudding. Return to heat and cook one minute. Remove from heat.
8. Pour rice pudding into serving bowl. Place a piece of wax paper directly on surface of pudding. This will prevent a "skin" from forming. Refrigerate.
9. Garnish with pistachio nuts, if desired, at serving time.

GREECE

Greek dishes are not always known for being quick to make - although there are many that are - but most Greek cooking is not difficult. Greek cuisine is very diverse and although there are many common characteristics amongst the culinary traditions of different regions within the country, there are also many differences, making it difficult to present a full list of representative dishes.

SAGANAKI – PAN-SEARED GREEK CHEESE

Saganaki dishes take their name from the pan in which they are made. A saganaki is a two-handled pan that is made in many different materials. In the market, look for a small paella pan, small cast iron skillet, or even an oval au gratin dish.

This can be served as an appetizer, as an hors d'oeuvre or as part of a meal made up of a varied selection of mezethes. The key to success with this dish is to get the oil hot (before it starts to smoke) before frying.

Yield: 6 servings

Time: 25 minutes

Ingredients:

- 454g (1 pound) kefalotyri or kasseri cheese (or pecorino romano)
- 125mL (1/2 cup) olive oil
- 175mL (2/3 cup) flour (for dredging)
- 2 to 3 lemons, quartered

Equipment:

Knife, cutting board, saganaki (or small heavy-bottomed frying pan), liquid measures, dry measures, small measures

Instructions:

1. Read the entire recipe before starting.
2. Cut the cheese into slices or wedges that are 1.25cm (1/2 inch) thick by 6.25cm to 7.5cm (2 1/2 to 3 inches) wide.
3. Moisten each slice with cold water and dredge in the flour.
4. In a saganaki (Greek pan used for this dish) or a small heavy-bottomed frying pan (cast-iron works best), heat the oil over medium-high heat and sear each slice in 15mL (1 tbsp.) of oil until golden-brown on both sides.
5. Serve hot with a last-minute squeeze of fresh lemon juice.

GREECE

MOUSSAKA WITH EGGPLANT

Moussaka is a casserole made by layering eggplant with a spiced meat filling then topping it off with a creamy bechamel sauce that is baked to golden perfection. While it can be time consuming to prepare, it is perhaps the most widely recognized of all Greek dishes.

This eggplant version is the traditional rendition, however you can also layer in potatoes, zucchini, or whatever vegetables you prefer. It's hearty and filling so you won't need many side dishes.

Yield: 8 to 10 servings

Time: 2 hours, 45 minutes

Ingredients:

- 3 to 4 eggplants (about 1.8kg (4 pounds) total)
- 454g (1 pound) potatoes
- 675g (1 ½ pounds) ground beef (or lamb)
- 2 large onions, finely diced
- 60mL (1/4 cup) fresh parsley, chopped
- 5mL (1 tsp.) ground cinnamon
- 1mL (1/4 tsp.) ground allspice
- 250mL (1 cup) tomato puree (or crushed tomatoes)
- 30mL (2 tbsp.) tomato paste
- 5mL (1 tsp.) sugar
- salt & pepper to taste
- 500mL (2 cups) plain breadcrumbs
- 8 egg whites, lightly beaten (reserve yolks for béchamel)
- 250mL (1 cup) grated Kefalotyri or Parmesan cheese

Bechamel Sauce:

- 250mL (1 cup) salted butter
- 250mL (1 cup) flour
- 1000mL (4 cups) milk, warmed
- 8 egg yolks, lightly beaten
- pinch of ground nutmeg

Equipment:

Dry measures, liquid measures, small measures, vegetable peeler, knife, colander, plate, heavy can, cooking pots, baking sheet (with aluminum foil), fork, sauté pan, whisk, deep baking pan (lasagne pan), spatula

Instructions:

1. Read the entire recipe before starting.

Prep the Vegetables:

1. Using a sharp peeler, partially peel the eggplants, leaving strips of peel about 2.5cm (1 inch) wide around the eggplant.
2. Slice the eggplant in to 1.25cm (1/2 inch) slices.
3. Place the eggplant slices in a colander and salt them liberally.
4. Cover them with an inverted plate that is weighted down by a heavy can or jar.
5. Place the colander in the sink so that excess moisture can be drawn out. They will need to sit for at least 15-20 minutes, preferably an hour. The salt also helps to remove some of the bitterness of the eggplant.
6. Peel the potatoes and boil them whole until they are just done. They should not get too soft, just cooked enough so that they no longer crunch.
7. Drain, cool and slice them in 3/4cm (1/4 inch) slices. Set aside.
8. Preheat the oven to 200°C (400°F).
9. Line two baking sheets with aluminum foil and lightly grease. Add a splash of water to the egg whites and beat them lightly with a fork. Add breadcrumbs to a flat plate.
10. Rinse the eggplant slices and dry with paper towels. Dip the eggplant slices in the beaten egg whites and then dredge them in the breadcrumbs, coating both sides.
11. Place breaded eggplant slices on baking sheets and bake for 1/2 an hour, turning them over once during cooking.
12. When eggplant is finished cooking, lower the oven temperature to 180°C (350°F).

Make the Meat Filling:

1. In a large sauté pan, brown the ground beef (or lamb) until the pink color disappears.
2. Add onion and sauté until translucent, about 5 minutes.
3. Add garlic and cook until fragrant, about 1 minute.

4. Add cinnamon, allspice, parsley, tomato paste, crushed tomatoes, and sugar.
5. Allow the sauce to simmer uncovered for approximately 15 minutes so that excess liquid can evaporate. It should be a drier, chunkier, tomato sauce.
6. Season to taste with salt and pepper.

Make the Béchamel Sauce:

1. Melt butter over low heat.
2. Using a whisk, add flour to melted butter whisking continuously to make a smooth paste. Allow the flour to cook for a minute but do not allow it to brown.
3. Add warmed milk to mixture in a steady stream, whisking continuously.
4. Simmer over low heat until it thickens a bit but does not boil.
5. Remove from heat, and stir in beaten egg yolks and pinch of nutmeg.
6. Return to heat and stir until sauce thickens.

Assemble the Moussaka:

1. Lightly grease a large deep baking pan (lasagna pan).
2. Sprinkle the bottom of pan with breadcrumbs.
3. Leaving a 3/4cm (1/4 inch) space around the edges of the pan, place a layer of potatoes on the bottom.
4. Top with a layer of eggplant slices.
5. Add meat sauce on top of eggplant layer and sprinkle with 1/4 of the grated cheese.
6. Top with another layer of eggplant slices and sprinkle once again with 1/4 of the grated cheese.
7. Pour the béchamel sauce over the eggplant and be sure to allow sauce to fill the sides and corners of the pan.
8. Smooth the béchamel on top with a spatula and sprinkle with remaining grated cheese.
9. Bake at 180°C (350°F) oven for 45 minutes or until béchamel sauce is a nice golden brown color.
10. Allow to cool for 15 – 20 minutes before slicing and serving.

This dish can be made ahead up until the béchamel sauce and refrigerate. Make the béchamel sauce right before you intend to bake it.

ITALIAN

People of Italian origin are often labelled with a “pasta image.” Pizza and pasta are popular in Naples, a southern Italian province. Most immigrants from Italy come to Canada from the southern part of the country so we are familiar with foods the Neapolitans enjoy. Fish and seafood dishes are also enjoyed in Naples.

In Italy, many of the celebrations are associated with the Roman Catholic religion. Holiday times like Christmas and Easter, as well as All Saints Day, are popular celebration times.

FETTUCCINI ALFREDO

Recipe courtesy of Rainy Lake Multicultural Association, Fort Frances.

Yield: 4 to 6 servings

Time: 30 minutes

Ingredients:

- 3 L (4 cups) water
- 2 mL (1/2 tsp.) salt
- 1 900 g pkg. fettuccini pasta (approximately) OR 500 mL (2 cups) egg noodles
- 125 mL (1/2 cup) butter
- 250 mL (1 cup) whipping cream
- egg
- 125 mL (1/2 cup) grated Parmesan cheese
- 125 mL (1/2 cup) chopped parsley
- 2 mL (1/2 tsp.) freshly ground pepper

Additional: Parmesan cheese for passing as a garnish.

Optional Garnish: pistachio nuts

Equipment:

Large saucepan, liquid measures, small measures, dry measures, colander or strainer, wooden spoon, fork

Instructions:

1. Read the recipe.
2. Place water and salt in large saucepan. Bring to a boil

3. Add fettuccini pasta. Boil 8 to 10 minutes (egg noodles may not take as long).
4. Pour noodles into colander or strainer to drain.
5. Melt butter in same large saucepan. Immediately return fettuccini to the saucepan.
6. Stir in cream over low heat. Beat egg using a fork and stir into fettuccini. Stir well, cooking one minute.
7. Add parmesan cheese, parsley and pepper. Toss well to thoroughly coat fettuccini and to heat through.
8. Serve on warmed plates, passing more Parmesan cheese and pepper, if desired.

ITALIAN

CANNOLI TOPPED WITH CHOCOLATE

Originating for festivals and celebrations, this Italian pastry is a special treat. The combinations of sweet fillings and toppings are endless. Stuffed with sweetened ricotta cheese and topped with chocolate, this delicious dessert is a favourite in Italy and beyond.

Ingredients:

Shells:

- 750mL (3 cups) all purpose flour
- 15mL (1 tbsp.) lard (shortening)
- 15mL (1 tbsp.) sugar
- 2mL (1/2 tsp.) cinnamon
- 2 egg yolks
- 2 egg whites
- 1mL (1/4 tsp.) salt
- 15mL (1 tbsp.) butter
- vegetable oil for deep frying

Equipment:

Dry measures, small measures, cannoli forms, knife, plastic wrap, pasta machine

Instructions:

1. Read the recipe.
2. To begin, you will need cannoli forms to wrap the dough around. These are metal tubes approximately 12.5cm (5 inches) long and 2cm (3/4 inches) round.
3. Break the lard up into small pieces and place into flour.
4. Add sugar, cinnamon, egg yolks and salt and knead into a firm sticky dough. (Or, use a food processor to mix the dough.)
5. Place dough on a floured board and knead into a ball.
6. Cover the dough with plastic wrap and let rest for about 2 hours.
7. Cut the dough into three pieces and place through a pasta machine starting at

the largest number and working your way to the thinnest dial. (Or roll thin with a rolling pin.)

Ingredients:Filling:

- 675g (1 ½ pounds) ricotta cheese
- 375mL (1 ½ cups) powdered sugar
- 5mL (1 tsp.) vanilla
- 454g (16 ounces) semi-sweet chocolate pieces
- powdered sugar (for sprinkling)

Equipment:

Large bowl, strainer, cheesecloth, mixing spoon, spoon (or piping bag), double boiler (or microwave)

Instructions:

1. Read the recipe.
2. Place the ricotta in a strainer on top of a bowl and put in the refrigerator overnight.
3. Place the ricotta in a cheesecloth and squeeze out the remaining water. The filling is better if dry.
4. Mix ricotta with the powdered sugar, vanilla and about 100g (5 ounces) of semi-sweet chocolate morsels.
5. Gently stuff the cannoli shells with the filling. Use a spoon or a piping bag. Try to stuff the shells just before serving to avoid making them soggy.
6. In a double boiler melt around 150g (7 ounces) of chocolate or melt in a microwave for about 1 minute.
7. Chop the remaining chocolate and set aside.
8. Dip the ends of the cannoli into the chopped chocolate then drizzle the top with the melted chocolate and refrigerate until cool.
9. Sprinkle cannoli with a little powdered sugar and you are ready to serve.

ITALIAN

KID CANNOLI

Yield: 5 servings Time: 5 minutes

Ingredients:

- 7 ounces low fat cream cheese, softened
- 75mL (1/2 cup) icing sugar
- 5 mL (1 tsp.) vanilla
- 30 mL (2 tbsp.) mini chocolate chips
- 5 sugar ice cream cones

Equipment:

Dry measures, small measures, rubber spatula, serving bowl, re-sealable bag

Instructions:

1. Read the recipe.
2. Blend cream cheese, powdered sugar and vanilla until smooth.
3. Stir in chocolate chips.
4. Pipe into ice cream cones using a re-sealable bag with a small hole in one corner.

NOTE: This is best served immediately because the cones get soggy after being in the refrigerator overnight.

JAPAN

Japan is known for its unique culture and heritage, which has been preserved by the Japanese people since ancient times.

JAPANESE MEATBALLS

Ingredients:

For the meatballs:

- 454 g (1 pound) ground chicken
- 30mL (2 tbsp.) corn starch
- 1 egg, beaten
- 30mL (2 tbsp.) minced fresh ginger
- ½ a minced scallion (green onion)
- 15mL (1 tbsp.) vegetable oil
- 5mL (1 tsp.) toasted sesame oil

For the soy sauce:

- 125mL (1/2 cup) soy sauce
- 15mL (1 tbsp) rice wine vinegar
- 30mL (2 tbsp.) diced scallion (green onion)
- granulated sugar

Equipment:

Dry measures, liquid measures, small measures, mixing bowl (2), mixing spoon, sauté pan, whisk

Instructions:

1. Read the entire recipe before starting.

For the meatballs:

1. Combine the chicken, the cornstarch, the egg, the ginger and the scallion until everything is combined. With wet hands, form into small balls.
2. Heat the vegetable and sesame oils in a sauté pan over medium heat and cook the meatballs until browned and cooked through. Serve with the sauce.

For the soy dipping sauce:

1. Whisk together the soy sauce, rice wine vinegar, scallions and a pinch of sugar.

JAPAN

COLD SOBA NOODLES

Ingredients:

- 225g (8 ounces) soba noodles
- 2 scallions, sliced
- 10mL (2 tsp.) sesame oil
- 10mL (2 tsp.) reduced-sodium soy sauce
- 10mL (2 tsp.) toasted sesame seeds

Equipment:

Large pot, colander, medium bowl, mixing spoon

Instructions:

1. Read the recipe.
2. Cook noodles according to package directions.
3. Drain the noodles in a colander and rinse under cold running water until cool.
4. Transfer to a medium bowl and toss with scallions, oil, soy sauce and sesame seeds.

POLAND

In Poland, Andrzejki (St. Andrew's Day) is observed on November 30th. Fortunes are told by pouring wax, melted by a burning candle, into a bowl of water. The resulting shape of the wax indicates what a person's fortune will be.

For many centuries people have lit fires to celebrate the longest day of the year. Early civilizations believed that by honouring the sun when it was blazing at its strongest, it was possible to help keep it strong. In Poland, midsummer's eve is called Sobotka. Naturally, this celebration takes place near the end of June.

POLISH CHEESE PIE

Recipe courtesy of the Rainy Lake Multicultural Association, Fort Frances.

Yield: 6 to 8 servings

Time: 1 hour

Ingredients:

- 250mL (1 cup) cottage cheese
- 125mL (1/2 cup) sugar
- 2mL (1/2 tsp.) salt
- 2mL (1/2 tsp.) cinnamon
- 2 eggs
- 125mL (1/2 cup) cream
- 150mL (2/3 cup) raisins
- 1 unbaked pie shell

Equipment:

Electric mixer or food processor, liquid measures, dry measures, small measures, large mixing bowl, rubber spatula

Instructions:

1. Read the recipe.
2. Preheat oven to 190°C (375°F).
3. If using a food processor, place cottage cheese in work bowl. Process until smooth. Add all remaining ingredients except raisins. Process until well combined.
4. If using an electric mixer, beat cottage cheese in large bowl until smooth. Add all remaining ingredients except raisins and beat well.
5. Sprinkle raisins in bottom of unbaked pie shell. Pour cheese mixture over all.
6. Bake in oven until firm and lightly browned, about 30 to 40 minutes.

POLAND

JAM KOLACHES

Yield: approximately 2 dozen

Ingredients:

- 125mL (1/2 cup) butter, softened
- 85g (3 ounces) cream cheese, softened
- 300mL (1 ½ cups) all-purpose flour
- 50mL (1/4 cup) strawberry jam (or substitute with your favourite jam)
- 50mL (1/4 cup) sifted icing sugar

Equipment:

Dry measures, small measures, mixing bowl, beaters (or wooden spoon), rolling pin, knife, spoon, baking sheet, wire rack

Instructions:

1. Read the entire recipe before starting.
2. Beat butter or margarine and cream cheese in mixer bowl until light and fluffy.
3. Add flour gradually, beating well after each addition.
4. Roll dough to .3cm (1/8 inch) thickness on lightly floured surface.
5. Cut into 5cm (2 inch) circles.
6. Spoon 4mL (1/4 tbsp.) jam into centre of each circle.
7. Fold opposite edges together, slightly overlapping edges.
8. Place 5cm (2 inches) apart on a greased baking sheet.
9. Bake at 190°C (375°F) for 15 minutes.
10. Remove to wire rack to cool.
11. Sprinkle with confectioners' sugar.

SWEDEN

On the morning of St. Lucia Day, December 13th, the oldest daughter in a Scandinavian household wears a special white dress with a red sash and wakes the members of her family. On her head she wears a crown of flickering candles. She represents St. Lucia, a saint who makes darkness disappear. The original St. Lucis, from Sicily, died because of her faith 304 A.D. Tradition has it that on the shortest day of the year, Lucia sailed from Sicily to Sweden.

SWEDISH MEATBALLS

Ingredients:

- 1.4kg (3 pounds) ground chuck (hamburger)
- 454g (1 pound) ground lean pork
- 1 onion, finely minced
- 500mL (2 cups) dry bread crumbs
- 15mL (1 tbsp.) minced parsley
- 25mL (5 tsp.) salt
- 2mL (1/2 tsp.) Worcestershire sauce
- 75mL (1/3 cup) whole milk
- 2 eggs
- butter for frying

Equipment:

Dry measures, liquid measures, small measures, large mixing bowl, mixing spoon, frying pan

Instructions:

1. Read the recipe.
2. Mix everything (except butter) into an even batter.
3. Form small meatballs, approximately 2.5cm (1 inch) in size
4. Brown in a frying pan, using butter.
5. Serve immediately, store in an air-tight container in the refrigerator for a few days or store in an air-tight container in the freezer.

SWEDEN

COOKIE STICKS

Yield: approximately 5 dozen

Time: 1 hour

Ingredients:

- 250mL (1 cup) butter, softened
- 125mL (1/2 cup) sugar
- 1 egg
- 5mL (1 tsp.) almond extract
- 750mL (3 cups) all-purpose flour

For the topping:

- 2 eggs, beaten
- 125mL (1/2 cup) sugar
- 250mL (1 cup) finely chopped almonds

Equipment:

Mixing bowl, liquid measures, dry measures, small measures, wooden spoon, floured surface, small mixing bowl, fork or whisk, 2 saucers, well greased cookie sheet, lifter, rack

Instructions:

1. Read the recipe.
2. Preheat the oven to 180°C (350°F).
3. Cream butter and 125mL sugar until smooth and creamy.
4. Add egg and almond extract. Stir.
5. Add flour first working it in with a wooden spoon, then working with hands until it is a smooth dough. The dough will be crumbly at first, but keep working until a ball can be formed. Flour hands if necessary.
6. On a lightly floured smooth surface, roll dough with your hands into long rolls, about 1 to 1.5cm thick.
7. Cut rolls into pieces, about 5 to 7.5cm thick.
8. Beat eggs in a small mixing bowl with a fork or whisk.

9. Place 125mL (1/2 cup) sugar in one saucer and finely chopped almonds in a second saucer.
10. Assemble dough, egg mixture, sugar and almonds in assembly line fashion. Dip rolls in egg mixture, then sugar and almonds.
11. Bake on greased cookie sheets for 10 to 12 minutes or until cookies are very light brown.
12. Remove from oven and immediately place on a rack to cool.
13. Store in a tightly covered container.

UKRAINE

Both the Ukraine and Hungary claim the title of the “breadbasket of Europe.” Ukrainians bake bread for many special occasions. For example on Christmas Eve, three round braided loaves are placed one on top of each other. A candle is set in the middle of the bread. This Kolach, as the bread is called, is used as the centrepiece of the Christmas Eve Supper. It is symbolic of Christ. Historically, the Kolach is a very old symbol of food, luck, prosperity and bountiful life. It is used for other religious and family rituals as well.

Ukrainians and other people from Eastern Orthodox churches celebrate Christmas on January 7th because they follow the Julian calendar. Twelve traditional dishes are prepared for Christmas Eve Supper. No meat or dairy products are used. The first of the twelve dishes is Kutia. It is made of boiled wheat, honey, nuts and ground poppy seed. The other dishes served include borsch and pyrohy made without dairy products (for example pyrohy with a sauerkraut filling).

BORSCH (Beet Soup)

Yield: 8 to 10 servings

Time: 1 hour, 30 minutes

Ingredients:

- 1kg (a little over 2 pounds) fresh beets (12 small or 2-398mL cans diced beets, drained)
- 500mL (2 cups) shredded red or green cabbage
- 1 medium onion, chopped
- 1 medium potato, peeled and shredded
- 1 medium carrot, peeled and shredded
- 1 stalk celery, thinly sliced
- 75mL (1/3 cup) finely chopped celery leaves
- 1L (4 cups) water
- 250mL (1 cup) canned tomatoes or tomato juice
- 1 bay leaf
- 50mL (1/4 cup) vinegar or lemon juice
- 10mL (2 tsp.) salt

For serving:

- 250mL (1 cup) sour cream

Equipment:

Can opener, vegetable peeler, knife, cutting board, grater or food processor, dry measures, large soup pot, liquid measures, small measures, wooden spoon

Instructions:

1. Read recipe.
2. Peel and shred beets if using fresh beets.
3. Prepare remaining vegetables using knife and cutting board or a food processor. A food processor does an excellent job.
4. Bring water to a boil in soup pot. Add all remaining ingredients except sour cream. If using whole tomatoes, mash them lightly.
5. Cover and simmer 1 hour.
6. Taste soup and season with additional salt, if necessary. Remove bay leaf.

Soup may be served hot or cold. Either blend in sour cream just before serving or garnish each soup with a dollop of sour cream.

UKRAINE

PYROHY

These plump, filled dumplings might be called perogies, pyrohy or varenyky. No matter what the name, there are very much a part of the Ukrainian heritage.

Special note: This recipe is definitely one for experienced cooks or for a 4-H member who has experienced help with them in the kitchen. It's fun and great to know how to do but it does require a lot of patience.

Yield: about 36

Time: 1 to 2 hours

Ingredients:

Dough:

- 750mL (3 cups) all-purpose flour
- 7mL (1 ½ tsp.) salt
- 175mL (¾ cup) water
- 15mL (1 tbsp.) vegetable oil
- 1 egg

Filling:

- 250mL (1 cup) cold mashed potatoes
- 175mL (¾ cup) shredded old cheddar cheese

For serving:

- 25mL (5 tsp.) butter
- 1 onion, sliced
- sour cream

Equipment:

Dry measures, small measures, mixing bowls, liquid measures, fork, wooden spoon, floured surface, plastic wrap or damp cloth, grater, large pot of boiling water, rolling pin, 8 cm cookie cutter, slotted spoon, frying pan

Instructions:

1. Read the recipe.
2. Combine the flour and salt in mixing bowl.

3. Measure water and oil in liquid measure. Add egg and beat well with a fork.
4. Stir egg/water mixture into flour to make a soft but not sticky dough that holds together in a ball.
5. Turn dough out onto floured surface. Knead about 10 times or just until smooth.
6. Cut dough in half. Cover the two pieces with plastic wrap or a damp cloth. Let rest 15 minutes.
7. Meanwhile, prepare filling. Combine mashed potato with grated cheese in a small bowl, mixing well.
8. Prepare the large pot of boiling water.
9. Roll one portion of dough to about 1.5mm thickness. Keep remaining dough covered. Using 8cm round cookie cutter, cut dough into rounds.
10. Place 5mL (1 tsp.) of filling on each round. Fold dough over and pinch edges to form a half moon.
11. Place on a cloth and cover with a damp cloth to prevent drying out.
12. Add perogies in small batches of about 6 to the rapidly boiling water. Cook about 2 minutes or until they float to the top. Stir gently with slotted spoon to prevent sticking.
13. To finish, remove perogies to colander to drain.
14. Melt butter in frying pan over medium heat. Add onion. Cook about 5 minutes. Add perogies and toss to coat and warm through.
15. Serve with sour cream.

ADD YOUR OWN RECIPES!
