



CANADA  
4-H Ontario

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## 4-H ONTARIO PROJECT



A World Of Food In Canada

**RECIPE BOOKLET**

## Credits

### 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,  
my country, and my world.

### The 4-H Motto

Learn To Do By Doing

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**CANADA**  
4-H Ontario

Original 'A World of Food in Canada' 4-H project released in 1967 for Canada's Centennial year.

Thank you to the 4-H A World of Food in Canada Committee members who assisted with the update of this resource:

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4-H Ontario is pleased to be able to provide project resource reference manuals for use by volunteers in clubs. 4-H Ontario screens and trains volunteers to equip them with the tools to serve as positive role models for youth. With so many topics to choose from, 4-H volunteers are trusted to use these resources to provide safe and quality programming while using their judgement to assess the appropriateness of activities for their particular group of youth. By downloading any 4-H resource, you agree to use it for 4-H purposes and give credit to the original creators. Your provincial 4-H organization may have restrictions on the types of 4-H projects or activities which can be completed in your region.

4-H Ontario grants permission to 4-H Volunteers to photocopy this 4-H project resource for use in their local 4-H program. All information presented in this Project Resource was accurate at the time of printing.

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## 4-H Inclusion Statement

4-H in Canada is open to all\* without discrimination based on race, national or ethnic origin, colour, religion, sex, age or, mental or physical disability.\*\*

4-H is dedicated to providing a safe and inclusive environment that allows for universal access and participation. Where barriers to participation are identified, 4-H will, with reasonable accommodation, adapt programs, rules, policies, or expectations to reduce or remove the barriers.

Any accommodations, changes or exceptions will be assessed on an individual basis, taking into account the individual experience of the member and their family. The physical safety and emotional well-being of members, leaders, staff and volunteers is 4-H's highest priority, and is the ultimate consideration in final decisions.

4-H Canada and local 4-H organizations consider inclusion a priority. Leaders are encouraged to work with individuals and their families to identify and discuss accommodations as required, and to reach out to provincial or national office staff for help with unresolved concerns.

*\*This applies to youth members (ages 6 to 21), volunteers, leaders, staff and professionals.*

*\*\*Definition of discrimination as per Canadian Charter of Rights and Freedoms.*

## Déclaration sur l'inclusion des 4-H

L'adhésion aux 4-H au Canada est ouverte à tous les jeunes\* sans discrimination fondée sur la race, l'origine nationale ou ethnique, la couleur de la peau, la religion, le sexe, l'âge ou le handicap mental ou physique. \*\*

Les 4-H ont pour mission d'offrir un environnement sécuritaire et inclusif qui permet l'accès et la participation de tous. Lorsque des obstacles à la participation sont décelés, les 4-H adapteront, à l'aide de mesures d'adaptation raisonnables, les programmes, les règles, les politiques ou les attentes afin de réduire ou d'éliminer ces obstacles.

Toute mesure d'adaptation, modification ou exception sera évaluée au cas par cas, en tenant compte de l'expérience personnelle du membre et de sa famille. La sécurité physique et le bien-être émotionnel des membres, des animateurs et des animatrices, des membres du personnel et des bénévoles sont la priorité absolue des 4-H et constituent le facteur ultime à considérer lors de la prise des décisions définitives.

Les 4-H du Canada et les organisations locales des 4-H considèrent l'inclusion comme étant une priorité. Les animateurs et les animatrices sont encouragés à collaborer avec les personnes et leurs familles afin de définir et d'examiner les mesures d'adaptation, selon les besoins, et de communiquer avec le personnel du bureau provincial ou national pour obtenir de l'aide en cas de préoccupations non résolues.

*\*Ceci s'applique aux jeunes membres (âgés de 6 à 21 ans), aux bénévoles, aux animateurs, aux membres du personnel et aux professionnels.*

*\*\*Selon la définition de discrimination en vertu de la Charte canadienne des droits et libertés*

**Learn To Do By Doing**

**Apprendre en travaillant**

# Welcome to 4-H Ontario's A World In Food In Canada!

Welcome to the RECIPE BOOKLET for A World In Food In Canada. Experimenting with recipes is a very important part of 4-H food projects and it's fun! These recipes have been chosen with 4-H participants in mind. The booklet includes a very large selection of recipes.

Participants are encouraged to try recipes at home. Be sure to check with an adult in the home to see if it is a good time to be making a recipe. Check for the availability of ingredients and equipment, too.

Preparing food is fun! It is exciting to work with a variety of ingredients. It is fun to see the results. After all, we learn best by doing. Tasting and serving to family and friends are great things to do, too.

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# Before You Cook

Plan your meetings well. Review all the information well in advance so you are prepared and ready!

## Before The Recipe

- Read and re-read the entire recipe to check that you are completely familiar with the ingredients, and the equipment that you need.
- Check the method description. Do you understand what you must do to make the recipe?
- Check the estimated preparation and cooking or baking times. Do you have enough time to make the entire recipe?
- Is there anything you need to do before you start? Do you need to grocery shop?



- Check with an adult in your home to see if it is a good time to be making a recipe.
- Make sure the kitchen is clean and tidy.
- Put on a clean apron. Closed-toe shoes are a good idea.
- Remove rings and bracelets. Roll up sleeves. Tie back long hair.
- Put cell phones and other electronic devices out of the way; they really carry a lot of germs from constant handling.
- Wash your hands with soap and warm water. Scrub for at least 20 seconds.
- Get out all the ingredients and equipment listed in the recipe.
- Prepare all the ingredients according to the recipe and set on a tray. You may need to use small bowls. These are called “prep bowls”. As the tray is emptied, you will know that you haven’t left out anything. This practice is known as “mise en place”, a culinary term that means “a process of preparing”.
- Place a clear plastic cover over your recipe. This will help should spills happen.
- Some people find checking off ingredients and steps in the method to be a useful way to follow a recipe.



# A Word About Measuring

## Basic Measuring Equipment

All kitchens need the following basic equipment to prepare recipes:

- Dry measures
  - made of plastic or stainless steel
  - cups with handles that nest together
  - used for measuring dry ingredients such as flour, sugar, and grains
- Liquid measures
  - made of glass or plastic with spouts for pouring
  - graduated markings on the measure
  - sturdy handle
  - space to avoid spillage
- Measuring spoons
  - Typically, in sets of four or five: 1/8 tsp (0.6 mL), 1/4 tsp (1 mL), 1/2 tsp (2 mL), 1 tsp (5 mL), 1 tbsp (15 mL)
  - Used to measure small amounts of liquid or dry ingredients such as baking powder, salt, dried herbs and spices, etc.



To measure **dry ingredients**, lightly fill the measure so that the contents are slightly rounded and then level off with a straight edge such as a dinner knife. Brown sugar should be packed into the measure.

Note: For flour it is best to spoon flour into the dry measure and then level off with a straight edge. Dipping into a flour bag or cannister packs more flour into the measure, as does shaking the dry measure to level the flour.

To measure **liquid ingredients**, set a liquid measuring cup on a solid, level surface. Then pour liquid into the cup and check the measurement at eye level.

## Methods to Measure Fat (butter, shortening, margarine, lard)

1. **Dry Cup** – Pack fat into dry cup measure. Pack firmly with a little over the top. Doing this will remove most of the air bubbles. Level off the excess with the back of a knife. Then use a rubber scraper to transfer the fat into the measuring bowl.
2. **Stick** – Use the measurement lines on packages and wrapping papers.
3. **Water Displacement** – Fill a large measuring cup part way with water. Add fat until the total measurement is the same as the original amount of water PLUS the amount of fat needed. For example, if 1/2 cup (125 mL) of fat is needed, measure 1 cup (250 mL) of water into the liquid measure. Add fat until the 1 1/2 cup line (375 mL) line is reached. Pour out the water and add fat, as required.

### How to Measure Ingredients (video)

[https://www.youtube.com/watch?v=0v-ulU\\_mi7o](https://www.youtube.com/watch?v=0v-ulU_mi7o)

## The Best Cooks are Clean Cooks

- Clean up as you go along. Keep a clean, damp cloth handy to wipe up spills as they happen. Dispose of compostable materials such as eggshells and peelings in an acceptable way.
- Put away perishable foods such as butter and milk as you finish with them.
- Rinse dishes. Cold water works well and especially for bowls where dough has been made.
- If you have a dishwasher, load it with the rinsed bowls, cutlery, and utensils as you finish.
- Wash knives separately in hot, soapy water. Dry and put away safely.
- Wash and dry equipment and put away. Have a storage system with everything in its place.
- Be sure to wash counters, stove tops and the inside of a microwave oven, if you have used it.
- Wipe out sink(s) and dispose of any food bits.
- Launder dish cloths and tea towels.
- Sweep the floor.
- Leave the kitchen clean and tidy.

## A Word about Kitchen and Food Safety

**Kitchen Safety** is about the prevention of accidents. **Food Safety** is about the prevention of food borne illness. Both go together. Here are a few basics to remember.

### Kitchen Safety

#### Knife Safety

- Use the kind of knife suited to the job. A French knife or Chef's knife is great for slicing or chopping while a serrated knife is good for slicing bread, tomatoes or cake.
- Always cut away from your body.
- If a knife slips, let it fall – don't try to catch it.
- Never run with a knife in your hand.
- Pass a knife handle first.
- Never point with a knife.
- Use a knife for cutting along with a cutting board. Remember that a knife is not a can opener or a hammer.
- If you cut your finger or hand, clean the area with soap and water. Apply pressure to the cut with a clean cloth to stop the bleeding. Once the bleeding is stopped apply a little antibacterial ointment and a bandage. You may want to continue with a disposable glove. If the bleeding is severe or doesn't stop after applying direct pressure for 15 – 20 minutes, seek medical attention.

#### Fire Safety

- Remove any clutter that might be near stoves such as paper towels, oven mitts, tea towels or boxes.
- Avoid reaching over a stove; keep things you need right beside you.
- Turn all pot handles inwards.
- Use pans that fit the size of the elements.
- Use oven mitts when handling hot bowls, dishes or pans. Be sure to replace worn oven mitts. Dish towels do not substitute for oven mitts. Never use a wet cloth since the moisture transmits heat.
- Never leave a cooking area unattended. If you need to talk on the phone or check a computer, make sure you can go safely. Turn everything off, if needed.
- Spilled grease burns easily and quickly, clean as you go to avoid fires. If a fire should start, smother the fire with a lid or bigger pan. Baking soda may work to smother flames. Never use water to put out a

grease fire, this will only spread the fire further.

- Never carry a burning pan outside; this could spread the fire.
- Know where your fire extinguisher is located and know how to use it.
- Protect yourself from steam burns when opening a cooking item and especially when using the microwave oven. Open the lid or covering away from your face. Steam can cause serious burns.
- If a minor burn happens, place the area under cool running water. This will prevent further burning and may help reduce pain and blistering. A serious burn will require medical attention from a doctor or hospital.

### **Preventing Falls and Other Accidents**

- Be sure to clean up spills or broken glass as they happen.
- Keep cupboard doors and drawers closed.
- Use a proper step stool to reach items that are placed in high places.
- Never use unsafe equipment such as chipped glassware or pans with insecure handles.
- Use electrical appliances for their intended use.
- Do not use an electrical appliance if its cord is frayed or cracked.
- Do not overload an electrical outlet with too many appliances.
- Do not run cords in and around kitchen sinks.



## Food Safety

These simple practices are the best ways to prevent food-borne illness (food poisoning).

|  |  |
|--|--|
| <p style="text-align: center;"><b>CLEAN</b></p> <ul style="list-style-type: none"><li>• Wash hands for at least 20 seconds with warm water and soap along with plenty of scrubbing. Wash hands before, during and after food preparation, and touching your face or hair.</li><li>• Wash utensils and equipment with hot soapy water, dry well and put away.</li><li>• Wash all counters and tables with hot, soapy water.</li><li>• Sanitize countertops, cutting boards and utensils if you have been working with raw meat or poultry. Use a mild bleach and water solution so cross contamination from other foods is prevented.</li><li>• Clean up spills as you go.</li><li>• Use clean dish cloths, scouring pads and tea towels. Wash these often in hot, soapy water</li></ul> <p>BLEACH SANITIZER: Combine 5 ml (1 tsp) of bleach with 750 ml (3 cups) of water. After cleaning, spray sanitizer on the surfaces and let stand briefly. Rinse with plenty of clean water. Air dry or use clean towels.</p> | <p style="text-align: center;"><b>COOK</b></p> <ul style="list-style-type: none"><li>• Cook foods to safe internal temperatures.</li><li>• Use a meat thermometer when cooking meat. Follow correct temperature guidelines.</li><li>• Keep hot foods at or above 60°C (140°F).</li><li>• Bring sauces, soups, and gravies to a boil when you reheat them.</li><li>• Stir or rotate the food in the microwave halfway through the cooking time to eliminate any cold spots.</li></ul>               |
| <p style="text-align: center;"><b>SEPARATE</b></p> <ul style="list-style-type: none"><li>• Keep raw meats and poultry away from other foods during storage and preparation. Always place meat products on lower shelves of refrigerator or in a separate part of the shopping cart.</li><li>• Place raw meat products in leak-resistant containers or plastic bags when transporting or thawing.</li><li>• Use separate cutting boards for raw meats and vegetables.</li><li>• Make sure cutting boards are in good repair.</li><li>• Check “best before” and expiry dates.</li></ul>  | <p style="text-align: center;"><b>CHILL</b></p> <ul style="list-style-type: none"><li>• Refrigerate food at 4°C (40°F) or lower. This is a standard refrigerator temperature.</li><li>• Place leftovers in shallow dishes in the refrigerator or freezer within two (2) hours of cooking or preparing to prevent growth of bacteria.</li><li>• Once food has been thawed, it must be cooked. After thoroughly cooking, it can be frozen again.</li><li>• Thaw foods in the refrigerator.</li></ul> |

**If in doubt, throw it out! Keep hot foods hot and cold foods cold!**

Adapted from: Ontario’s Tasty Fruit and Vegetables



## **Canadian Cuisine**

## NANAIMO BARS

The pride of Nanaimo, British Columbia, this sweet treat is a Canadian Classic. It can be traced back to three women in Nanaimo after the Second World War. It was first deemed the Nanaimo bar by Vancouver Sun columnist Edith Adams in 1953 when she wrote that the dessert came from Nanaimo after it appeared in a local hospital auxiliary cookbook in the early '50s.

**Yield:** 25 servings

**Equipment:** Mixing bowl, Mixing spoon, Parchment paper, Square baking pan, Mixmaster, Double boiler, Knife, Liquid and dry measures

### Ingredients:

- Base
  - 1 cup (250mL) graham cracker crumbs
  - ½ cup (125mL) sweetened shredded coconut
  - ⅓ cup (80mL) finely chopped walnut
  - ¼ cup (60mL) cocoa powder
  - ¼ cup (60mL) granulated sugar
  - ⅓ cup (80mL) butter melted
  - 1 egg lightly beaten
- Filling:
  - ¼ cup (60mL) butter softened
  - 2 tbsp (30mL) custard powder
  - ½ teaspoon (2mL) vanilla
  - 2 cups (500mL) icing sugar
  - 2 tbsp (30mL) milk (approx)
- Toppings:
  - 4 oz (4 squares) semisweet chocolate chopped
  - 1 tbsp (15mL) butter

### Method:

#### Base:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In bowl, stir together graham crumbs, coconut, walnuts, cocoa powder and sugar.
3. Drizzle with butter and egg, stirring until combined.
4. Press into parchment paper-lined 9-inch (2.5 L) square cake pan.
5. Bake in 350°F (180°C) oven until firm, about 10 minutes.
6. Let cool in pan on rack.

#### Filling:

1. In bowl, beat together butter, custard powder and vanilla.
2. Beat in icing sugar alternately with milk, making 3 additions of sugar and 2 of milk and adding up to 1 tsp more milk if too thick to spread.
3. Spread over cooled base.
4. Refrigerate until firm, about 1 hour.

#### Topping:

1. In heatproof bowl over saucepan (double boiler) of hot (not boiling) water, melt chocolate with butter.
2. Spread over filling.
3. Refrigerate until chocolate is almost set, about 30 minutes.
4. With tip of knife, score into bars; refrigerate until chocolate is completely set, about 30 minutes. (Make-ahead: Wrap and refrigerate for up to 4 days or overwrap in foil and freeze for up to 2 weeks.)
5. Cut into bars.



Recipe Source: Canadian Living <https://www.canadianliving.com/food/baking-and-desserts/recipe/classic-nanaimo-bars>

## COWBOY CUPCAKES

Most conversations about food in Alberta start with the beef—and for good reason. The province has close to two million more cattle than it does humans and is known for producing some of the highest quality beef on the planet. Alberta is also home to the Calgary Stampede, a 10-day event hailed as the world's largest outdoor rodeo.

**Yield:** 12 servings

**Equipment:** Large skillet, Spatula, Mixing bowl, Mixing spoon, Cooking spray, Oven mitts, Liquid and dry measures

### Ingredients:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> 1 pound (0.45 kg) lean or medium ground beef | <input type="checkbox"/> 1 tbsp (15mL) minced green onion or chives | <input type="checkbox"/> 1 cup (250mL) grated Parmesan cheese     |
| <input type="checkbox"/> ½ cup (125mL) minced onion                   | <input type="checkbox"/> Salt and pepper                            | <input type="checkbox"/> 1 cup (250mL) shredded mozzarella cheese |
| <input type="checkbox"/> ½ cup (125mL) minced mushrooms               | <input type="checkbox"/> 24 wonton wrappers                         |   |
| <input type="checkbox"/> 1 cup (250mL) pasta sauce                    |   |   |
| <input type="checkbox"/> ¾ cup (180mL) ricotta cheese                 |   |   |
| <input type="checkbox"/> 2 tbsp (30mL) chopped fresh basil            |   |   |

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 375°F (190°C).
3. Pan-fry ground beef, onions and mushrooms thoroughly in large skillet. Drain if necessary.
4. Add pasta sauce and heat through.
5. Meanwhile, combine ricotta with basil, green onion, salt and pepper to taste. Set aside.
6. Spray a 12-cup muffin tin with cooking spray. Press a wonton wrapper firmly into the bottom of each muffin cup.
7. Spoon in 1 tsp (5mL) each of Parmesan, mozzarella and ricotta cheeses and top with 1 tbsp (15mL) of the meat mixture.
8. Layer a second wonton into each cup and top each with approx. 1 tsp (5mL) each of the cheeses. Divide meat mixture evenly among the cups (approx. ¼ cup (60mL) each).
9. Top with additional grated Parmesan or mozzarella if desired.
10. Bake for 15 to 20 minutes or until edges are brown and cupcakes are bubbling.
11. Remove from the oven. Let stand for 5 to 10 minutes.
12. Use a knife to remove each cupcake from muffin tin.

**Chili Style:** While adding tomato sauce stir in ½ cup salsa, ⅓ cup canned kidney beans (drained and rinsed), 2 tbsp chili powder and 1 tsp ground cumin. Use shredded Cheddar or Tex-Mex Cheddar cheese instead of mozzarella.

**Greek Style:** While adding tomato sauce stir in 1 ½ tsp dried oregano leaves or Italian seasoning and ¼ tsp ground cinnamon. Use crumbled feta cheese instead of mozzarella.

Recipe Source: Canada Beef <https://canadabeef.ca/recipes/cowboy-cupcakes/>





## FLAPPER PIE

Originating in Canada, Flapper pie is a vanilla custard pie topped with meringue (or sometimes whipped cream in Southern Saskatchewan). The Graham cracker cream pie dates back to the 19th century but entered Western Canadian pop culture in the 20th century as flapper pie. The pie is a staple of the Canadian prairie culture and is an old prairie favourite.

**Yield:** 6 servings

**Equipment:** Mixing bowls, 9-inch pie plate, Heavy bottomed saucepan, Spatula, Whisk, Electric beaters, Oven mitts, Liquid and dry measures

### Ingredients:

- Crust:
  - 1 ¼ cups (310 mL) graham cracker crumbs (about 18 crackers whizzed in your blender or food processor)
  - ⅓ cup (80 mL) melted butter
  - ⅓ cup (80mL) sugar
  - ½ tsp (2 mL) cinnamon
- Filling:
  - 2 ½ cups (625 mL) milk
  - ½ cup (125 mL) white sugar
  - ¼ cup + 2 tsp (70 mL) cornstarch
  - 3 (large) egg yolks
  - 1 tsp (5 mL) vanilla
  - pinch of salt
- Meringue Topping:
  - 3 (large) egg whites
  - ¼ cup (60 mL) sugar
  - ¼ tsp (1 mL) cream of tartar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Mix all crust ingredients together with a fork.
4. Set aside 2 tbsp (30 mL) of mixture, then press the remainder into the bottom and up the sides of a 9 inch pie pan.
5. Bake for 10 minutes. Let cool slightly.
6. Mix all filling ingredients in a heavy bottomed saucepan. Stirring constantly, heat over medium heat until the mixture bubbles and thickens. This will happen very suddenly! Once this happens, it's a good idea to remove the pan from the heat and whisk energetically to ensure no lumps.
7. Pour into the crust and smooth the top.
8. Use an extremely clean metal or glass bowl for the meringue topping. Any trace of fat and your egg whites will not whip. With a mixer, beat the egg whites until foamy, then add the sugar and cream of tartar.
9. Continue to beat until the egg whites hold a stiff peak (when you pull the beaters out of the whites they will stand up straight).
10. Pile the beaten whites on top of the filling. Carefully spread to the edges of the crust, ensuring the whites touch the crust so your meringue won't shrink back in the oven.
11. Sprinkle with the reserved crumbs.
12. Bake at 350°F (180°C) for 10 minutes. Watch the pie carefully during the last two minutes as the whites can brown up quite quickly. You want them to be golden.
13. Remove to a rack and allow to cool.

This pie needs to sit for several hours to set. When you are ready to serve, run your knife under hot water before each cut. This ensures a clean slice through the meringue. This pie tends to be a bit soft and will collapse somewhat on the plate.

Store any leftovers in the fridge, but note, this pie is best served the day it is made.

Recipe Source: Alberta Milk <https://albertamilk.com/recipes/>

Image: <https://12tomatoes.com/canadian-flapper-pie/>

## SASKATOON BERRY PIE

Saskatoon is not only a city in Canada, its also the Cree word for a specific sweet Canadian berry – the Saskatoon berry. Sometimes called the serviceberry or juneberry, Saskatoon Berry Pie is a classic Canadian treat.

The indigenous people of Canada used Saskatoon berries as a food source, grinding them into a paste and drying them for storage over the winter. Later, they were used in pemmican, pies, and various desserts. The city of Saskatoon in Canada is named after these berries.

**Yield:** 6 servings

**Equipment:** Pie plate, Mixing bowl, Mixing spoon, Liquid and dry measures

### Ingredients:

- 2 pies shells
- 5 cups (1250mL) Saskatoon berries fresh or frozen
- ½ cup + 1 Tbsp (140mL) granulated sugar divided
- 3 tbsp (45mL) cornstarch
- 2 tbsp (30mL) unsalted butter cubed
- 1 large egg beaten with 1 tbsp (15mL) water



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 350°F. Place the rack in the lower third of the oven.
3. Line a baking sheet with aluminum foil to catch drippings.
4. To make the filling, place the saskatoon berries in a large bowl and stir in the 1/2 cup sugar and the cornstarch until well combined.
5. Pour the berry mixture into the bottom of the pie. Dot with the butter.
6. On a lightly floured surface, set out the pastry/pie shell for the top crust.
7. Use a ruler to guide you when cutting the pastry into 6 wide, long strips to keep the edges straight.
8. Save the 2 end pieces in case you need to do any patching.
9. Weave the pastry strips, going over and under, making sure they connect with the edges of the pie crust.
10. Fold over the edges of the bottom crust, tucking in the lattice ends. This will help to trap the juices and give a rustic look. If you prefer a cleaner, tidier look, you can trim the overhanging pieces and crimp the edges with a fork.
11. Brush the top of the pie with the egg wash.
12. Sprinkle with the remaining tbsp (15mL) sugar.
13. Place the pie on the prepared baking sheet and bake it for about 90-100 minutes, until its golden brown and bubbling.
14. Remove the pie from the oven and place it on a wire rack to cool.
15. Serve the pie warm or at room temperature with whipped cream or ice cream.
16. This pie needs to sit for several hours to set. When you are ready to serve, run your knife under hot water

This keeps well if covered with plastic and refrigerated for up to 4 days.

Recipe Source: Canadian Food Focus <https://canadianfoodfocus.org/recipes/classic-canadian-recipes-saskatoon-pie/>



## CLASSIC CHEDDAR CHEESE & ONION PEROGIES

Manitoba is the gateway to Western Canada, but the province is actually situated at the very center of the country. Manitoba has a unique cultural mix found nowhere else in Canada, with influences from English, French, Ukrainian, Jewish, Mennonite, Icelandic, First Nations, Métis, and more recently, Filipino. One of the most characteristic foods of Manitoba are perogies.

**Yield:** 40 perogies

**Equipment:** Large bowl, Whisk, Cooking Pot (2), Small frying pan, 3" (8cm) round cutter, Baking sheet (pan), Parchment paper, Oven mitts, Liquid and dry measures

### Ingredients:

- Perogi Dough:
  - 2 ½ cups (625mL) all-purpose flour
  - ¼ tsp (1mL) salt
  - 1 egg, beaten
  - 1 cup (250mL) low fat sour cream
  - 3 Tbsp (45mL) canola oil
- Cheddar Cheese & Onion Filling:
  - 2 medium yellow potatoes, peeled, cooked and mashed
  - 2 tbsp (30mL) canola oil
  - 1 small onion, finely chopped
  - 1 ½ cups (375mL) shredded old Cheddar cheese
  - ¼ tsp (1mL) salt
  - ¼ tsp (1mL) pepper

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

### Dough:

2. In large bowl, whisk together flour and salt.
3. In separate bowl, whisk together egg, sour cream and canola oil until well mixed.
4. Add liquid ingredients to dry ingredients. Gently mix ingredients together.
5. Before ingredients are completely mixed, transfer to a lightly floured work surface.
6. Knead ingredients 7-8 times to form a soft ball.
7. Do not over-work the dough or it will be tough.

### Filling

8. Cook potatoes and set aside.
9. In small frying pan, heat canola oil over medium heat. Add onion to the pan and cook onion for about 5 minutes, or until onions have softened.
10. Add to potato, along with shredded cheese and salt & pepper.
11. Set aside to cool.

### Assembly:

12. Divide the dough in half.
13. Roll out each half of the dough to 1/8" (0.5 cm) thickness.
14. Cut the dough with a 3" (8 cm) round cutter.
15. Line baking sheet with parchment paper.
16. Place about 1 tbsp (15 mL) filling on each round.
17. Lightly moisten edge of half of the round with water and fold over filling.
18. Pinch edges together to seal. Repeat with remaining dough and filling.
19. Place perogies on parchment paper, while preparing them, and keep covered with a slightly moist towel, until ready to cook.
20. Cook pierogies in boiling salted water, in batches. Stir gently, until perogies float, about 2-3 minutes. Do not over-cook or dough will be tough.

This keeps well if covered with plastic and refrigerated for up to 4 days.

Recipe Source: Great Tastes of Manitoba <https://greattastesmb.ca/recipe/classic-cheddar-pierogies/> and Manitoba Canola Growers <https://canolagrowers.com/>

## MINI BEAVERTAILS

A classic BeaverTail is a Canadian pastry made of whole-wheat dough, hand-stretched, and shaped like a beaver's tail. It often comes with a choice of sweet toppings like whipped cream, banana slices, chocolate drizzle, or even ice cream.

The beaver is Canada's largest rodent and symbolic icon. Early settlers began to cook their bread over an open fire, taking inspiration from traditional methods of preparing meat over an open fire. The bread was quick and easy to cook over an open fire, stretched across one or two sticks in the shape of a beaver's tail, using a dough that required little to no rising. This bread is known as Bannock and is comparable to the dough used for BeaverTails today. Many consider it to be the beginning of Canada's classic sweet delicacy.

**Equipment:** Large mixing bowl, Wooden spoon or spatula, Plastic wrap or tea towel, Large nonstick baking sheet (pan), Liquid and dry measures

### Ingredients:

- 2 ½ tsp (12mL) active dry yeast
- 1 tsp (5mL) granulated sugar
- ¼ cup (60mL) warm water
- 2 cups (500mL) all-purpose flour
- ½ cup (125mL) whole-wheat flour
- ½ tsp (2mL) salt
- 2 tsp (10mL) cinnamon, plus more for dusting
- 2 tbsp (30mL) brown sugar
- 1 tsp (5mL) vanilla extract
- ½ cup (125mL) milk
- 1 egg



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large mixing bowl, stir together the yeast, sugar and warm water and let sit for 3 minutes in a warm spot. Once bubbles have formed, stir, then add in the remaining ingredients and mix well.
3. Knead for about 5 minutes by using the palm of your hand and pushing down and stretching out the dough, then bring it back into a ball. Repeat several times. Your dough should now be a smooth tight ball.
4. Place in a large bowl, spoon a little oil on it, top with plastic wrap or tea towel and let sit in a warm place in the kitchen, about 30 minutes.
5. Preheat the oven to 350°F (180°C).
6. Punch down the dough and take a small amount of dough (about the size of a ping-pong ball). Roll into a ball, then flatten and stretch out into the shape of a beavertail (an oval).
7. Continue with the rest of the dough, placing each on a large nonstick baking sheet.
8. Transfer the sheet to the oven and bake for 20 minutes, or until light golden.
9. Remove from the oven and dust with a little cinnamon.

Recipe Source: Dieticians of Canada – Kid Food Nation <https://kidfoodnation.ytv.com/recipes/>

## HEALTHY POUTINE

Known as Canada's national dish, poutine is a French-Canadian meal featuring three ingredients: fries, cheese curds, and gravy. Created in the 1950s in Quebec, the dish can be found everywhere today.

**Equipment:** Knife, Large bowl, Large baking sheet, Medium saucepan, Whisk or fork

### Ingredients:

- 2 large russet or baking potatoes
- 3 tbsp (45mL) olive oil
- $\frac{3}{4}$  cup (180mL) cheese curds or small chunks of mozzarella
- $\frac{1}{4}$  cup (60mL) ( $\frac{1}{2}$  stick) butter
- $\frac{1}{4}$  cup (60mL) flour (or corn starch)
- 2 cups (500mL) beef stock or canned low-sodium beef broth
- Salt and pepper to taste

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 450°F (230°C).
3. Wash the potatoes well, cut in half lengthwise, cut the halves in half widthwise, and then cut into thin straight sticks, about  $\frac{1}{4}$ -inch thick.
4. In a large bowl, combine the potatoes and the olive oil. Place the potatoes on a large baking sheet in a single layer.
5. Place in the oven and bake for about 20 minutes.
6. Remove from the oven, and then sprinkle the cheese on. Place back into the oven and cook another 20 minutes, until cheese is melted and potatoes are golden brown.
7. Meanwhile, 10 minutes before the potatoes are ready start the gravy. Melt the butter in a medium saucepan over moderate heat.
8. Once it has melted, add the flour slowly, whisking or using a fork, as it gets incorporated well.
9. Cook for 3 minutes, until it becomes a darker brown.
10. Slowly add the beef stock or broth, again whisking constantly, until it combines thoroughly and is simmering.
11. Cook for 3 minutes. (You can always add more stock/broth if it gets too thick or more flour if it gets too thin.)
12. Remove the fries from the oven, and put onto a large serving platter.
13. Pour as much gravy as you would like over the cheese fries and serve straight away.

Recipe Source: Dieticians of Canada – Kid Food Nation <https://kidfoodnation.ytv.com/recipes/healthy-poutine-please/>



## CROCK POT SPLIT PEA SOUP

Hunger is the necessity of invention for many traditional Canadian foods and pea soup is the mother of them all. It's been part of the Canadian culinary appendices for more than 400 years, starting in Quebec, then spreading to the Maritimes and across the country.

The staple ingredients necessary for pea soup, yellow split peas and pork, were easy to transport and to store so it was as good for sailors as it was for fur traders, and like most dishes from this period, it was easy to carry, cheap to make and calorie rich.

**Yield:** 8 servings

**Equipment:** Slow cooker, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 (16-ounce) (454g) package dried split peas, rinsed
- 1 meaty medium ham bone, 2 ham hocks, or 2 cups (500mL) diced ham
- 3 medium carrots, peeled and sliced
- 1/2 cup (125mL) coarsely chopped onion
- 2 stalks celery, with leaves, coarsely chopped
- 2 cloves garlic, minced
- 1 large bay leaf
- 1/4 cup (60mL) coarsely chopped fresh parsley, or 2 teaspoons dried parsley flakes
- 1/2 tsp (2mL) freshly ground black pepper
- 1 tbsp (15mL) seasoned salt, more to taste
- 6 cups (1500mL) hot water, or broth

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Layer the ingredients in a slow cooker in the order given—split peas, ham, carrots, onion, celery, garlic, bay leaf, parsley, pepper, and salt.
3. Add the water or stock. Do not stir the ingredients.
4. Cover and cook on high for 4 to 5 hours or on low for 8 to 10 hours until peas are very soft and the ham falls off the bone.
5. Remove the meat from the bones and chop.
6. Remove and discard the bay leaf.
7. Before serving, mash the peas slightly to thicken the soup or blend the soup in batches for a smoother texture.
8. Add the meat back to the soup, reserving some for garnish, if desired, and serve.

Note: Almost any vegetable can be added to this soup. Vegetables used can vary from what is listed in this recipe.

Recipe Source: Insanely Good Recipes <https://insanelygoodrecipes.com/canadian-foods/> and Canadian Food Focus <https://canadianfoodfocus.org/canadian-food-stories/>

## TOURTIERE

Tourtiere is one of the best known French Canadian dishes, 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 (large black birds from which the dish is said to derive its name). Later when game birds became scarce, porcupine, caribou, beaver, hare and venison were substituted. In the Gaspé and Maritime provinces fish was used. Nowadays it is made with pork or a mixture of pork and veal, and is traditionally served by many French Canadians on Christmas Eve, often after the family returns from midnight Mass.

This is just one of the many ways of making this delicious savory pie.

**Yield:** 6 servings

**Equipment:** Heavy saucepan, Knife, Rolling pin, Pie plate, Measuring cups and measuring spoons

### Ingredients:

- 1 ½ to 2 lb (680g to 900g) lean pork shoulder or pork and veal
- 1 cup (250mL) water
- 1 onion finely chopped
- 1 clove garlic finely chopped or
- ½ tsp (2mL) garlic powder
- ½ tsp (2mL) savory
- ¼ tsp (2mL) nutmeg
- ½ tsp (2mL) salt
- ¼ tsp (1mL) pepper
- 1 tbs (15mL) chopped parsley (optional)
- Pastry for two-crust pie (make your own or use a mix)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Wipe meat with a damp cloth. Chop finely or cut in small cubes. Place in heavy saucepan with any bone and water and seasonings. Cover and bring to boiling. Let simmer for about an hour or until meat is tender. Add water if necessary to keep from sticking; mixture when finished should be thick.
3. Remove bone and let mixture cool.
4. Make pastry. Roll half the dough about 1/2" thick; line 9-inch pie plate. Fill with cooled meat mixture.
5. Roll dough for top crust, place over meat. Trim and crimp edges. Prick top with fork to let steam escape.
6. Bake in a hot oven 425°F (220°C), for 25-30 minutes or until golden brown. Serve hot from the oven, with chili sauce if desired.

The baked pork pies may be cooled, wrapped and frozen to be reheated as needed. To reheat- remove wrappings and heat in a moderate oven 350°F (175°C), for 30-40 minutes.

When used as a main course for dinner or supper, serve one or two hot vegetables along with the pie, or a hot vegetable and a crisp, green salad.

Recipe Source: A World of Food in Canada 4-H Project, 1967



**BROWN BREAD (OATMEAL MOLASSES BREAD)**

Everywhere else in Canada, “brown bread” generally refers to whole wheat bread. But in the Maritimes “brown bread” means molasses brown bread. There are two versions of molasses brown bread: the steamed version (which is more associated with Boston) and the baked version, which is made with oatmeal. Its chewy, moist and slightly sweet. Its also the traditional accompaniment to baked beans on a Saturday night. Crosby’s Molasses is based out of Saint John, New Brunswick and has been around since 1879.

**Yield:** 2 loaves

**Equipment:** Large mixing bowl, Small mixing bowl, Loaf pans (2), Dish towel, Oven mitts, Liquid and dry measures

**Ingredients:**

- 2 cups (500mL) boiling water
- 2 tbsp (30mL) butter
- 2 tsp (10mL) salt
- 1 cup (250mL) rolled oats
- 2 tbsp (30mL) dry yeast
- 1 cup (250mL) warm water
- 2 tsp (10mL) sugar
- ½ cup molasses
- 6 cups (1500mL) flour

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large bowl combine butter, salt and rolled oats.
3. Pour the 2 cups (500mL) of boiling water over the rolled oats mixture. Cool to lukewarm.
4. In a small bowl combine 1 cup (250mL) of warm water and sugar. Stir in yeast then add to the cooled oat mixture.
5. Mix in molasses.
6. Gradually add flour. (You may need to turn the dough out onto the counter to incorporate the final cup or two of flour.)
7. Divide dough in half, shape into loaves, and place in two greased loaf pans.
8. Cover with a clean dish towel and let rise until doubled in bulk (about 1.5 hours, but depends on how warm your kitchen is).
9. Bake at 350°F (180°C) for 45 minutes to an hour, until loaves sound hollow when tapped.
10. Remove from pans to cool.

Recipe Source: Crosby Foods <https://www.crosbys.com/oatmeal-brown-bread-recipe/>

## CLASSIC HALIFAX DONAIR

If you're not from Halifax or the Maritimes, you might not even know what it a Donair is. Its kind of a hidden gem, an "only the locals know" kind of thing. True Halifax Donair is made of 100% ground beef and is fully bound together with all the best spices (coriander, garlic powder, onion powder, oregano, thyme, cayenne), baked and thinly shaved to order.

**Donairs Yield:** 4 servings

**Donairs Sauce Yield:** 300mL

**Equipment:** Stand mixer (or electric beaters), Parchment paper, Loaf pan, Rubber spatula, Oven mitts, Mixing bowl, Mixing spoon, Liquid and dry measures

### Ingredients:

#### Donair

- 2 lb (908g) ground beef
- 1 tbsp (15mL) ground coriander (can be substituted with cumin, masala, curry powder or garam masala)
- 2 tbsp (30mL) onion powder
- 2 tbsp (30mL) garlic powder
- 2 tbsp (30mL) oregano
- 2 ½ tsp (12mL) kosher salt
- 1 tbsp (15mL) black pepper
- ½ tsp (2mL) cayenne pepper
- Pitas, steamed
- Donair sauce
- Tomatoes, diced
- White onion, chopped fairly fine

#### Donair Sauce

- 1 can evaporated milk
- ¾ cup (180mL) white sugar
- 3 tsp (15mL) garlic powder
- 6 tbsp (90mL) white vinegar

### Method:

#### Donair:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Add all ingredients into the bowl of a stand mixer affixed with the paddle attachment.
4. With the speed set to medium, paddle the mixture for 5 min or until smooth and pasty. Make sure to whip it in the stand mixer (or with beaters). If it's not whipped enough you'll have a crumbly meatloaf consistency.
5. Once the Donair mixture is fully paddled, drop it onto the counter and shape into a log.
6. Gently place the log into a parchment laced loaf pan.
7. Using a rubber spatula to gently force all air out of the pan to allow even cooking. The meat should rest tightly together.
8. Place into an oven set to 350°F and cook for 90 minutes.
9. Once the Donair is finished, remove from the oven and allow to cool and rest before slicing, 10-15 minutes.
10. Thinly slice the meat. For extra flavour and crispness, toss into a hot pan with heated oil and sauté until golden brown.





11. Serve with steamed pita (can be microwaved or heated in the oven), donair sauce, diced tomatoes and white onion.

**Donair Sauce:**

1. In a bowl mix together the evaporated milk, sugar, garlic powder.
2. Next add in the white vinegar a tablespoon (15mL) at a time. Do not stir immediately. Let the milk curdle slightly, and then gently stir after 3 minutes.
3. Enjoy!

Recipe Source: East Coast Kitchen <https://theeastcoastkitchen.com/classic-halifax-donair/>

## MAKE-AHEAD MASHED POTATOES

Prince Edward Island Potatoes are recognized worldwide for their unique taste and excellent quality. The rich, red soil and clear air of Prince Edward Island (PEI) are the perfect recipe for growing potatoes. PEI is the largest producer of potatoes in Canada. PEI Potatoes come in white, red, yellow, and blue.

**Yield:** 2 servings

**Equipment:** Large cooking pot, Colander, Food mill/masher, Mixing spoon, 9-by-12-by-2-inch oval baking dish (or pan of similar size), Oven mitts, Liquid and dry measures

### Ingredients:

- 3 pounds (1.4kg) large Yukon gold potatoes, peeled and cut in  $\frac{3}{4}$  -inch (1.8cm) chunks
- 5 large garlic cloves
- Kosher salt and freshly ground black pepper
- $\frac{1}{2}$  pound (225g) garlic-and-herb goat cheese, at room temperature, such as Montrachet (or use your favourite cheese)
- 4 tbsp ( $\frac{1}{2}$  stick) (60mL) unsalted butter, at room temperature
- 1  $\frac{1}{2}$  cups (375mL) sour cream
- $\frac{1}{2}$  cup (125mL) half-and-half cream or milk
- $\frac{1}{2}$  cup (125mL) freshly grated Parmesan cheese

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 375°F (190°C).
3. Place the potatoes, garlic and 1 tbsp (15mL) salt in a large pot with enough water to cover the potatoes.
4. Bring to a boil over high heat, reduce to a simmer and cook for 20 to 25 minutes, until very tender.
5. Drain the potatoes and garlic and process them together through a food mill fitted with the coarsest blade set on top of a bowl.
6. While the potatoes are still hot, stir in the goat cheese, butter, sour cream, half-and-half, 4 teaspoons (20mL) salt and 2 teaspoons (10mL) pepper until smooth.
7. Pour the mixture into a 9-by-12-by-2-inch oval baking dish, smoothing the top.
8. Sprinkle the Parmesan on top.
9. Bake for 30 to 40 minutes, until lightly browned. Serve hot.

Note: This can be made ahead. Assemble the dish, including the parmesan, and refrigerate for up to 3 days. Bake before serving.

Recipe Source: Food Network <https://www.foodnetwork.ca/recipe/ina-gartens-make-ahead-mashed-potatoes/>

## JIGGS DINNER

Jiggs dinner, also called boiled dinner or cooked dinner, is a traditional meal commonly prepared and eaten on Sundays in rural Newfoundland and Labrador. This recipe is flexible when it comes to the amount and variety of root veg included because it's all in one big pot. The name of the dish is also occasionally spelled as Jigs dinner or Jigg's dinner.

**Yield:** 6 servings

**Equipment:** Mixing bowls (3), Large stockpot, Pudding canvas bag/cheesecloth, Knife, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 pounds (454g) salt beef (corned beef can be used)
- 1 cup (250mL) yellow split peas
- 1 head of green cabbage cut into large wedges
- 4-6 carrots peeled and cut into quarters lengthwise
- 1 large turnip peeled, halved cut into wedges
- 6-8 potatoes peeled and cut in half
- 2-3 tbsp (30-45mL) butter
- black pepper to season

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. The night before, break salt beef into big chunks and soak in water overnight, at least 8-10 hours. Put split peas into a bowl and cover with water to soak overnight.
3. Drain the salt beef and place it into a large stockpot. Cover with fresh water, at least 6-7 litres.
4. Place the split peas into a peas pudding canvas bag or triple layer of cheesecloth and tie, making sure to leave room for peas to expand inside the bag.
5. Put the bag inside the pot, tying the strings to the outside handle so it doesn't stick to the bottom of the pot with the salt beef. Bring to a boil, then lower the heat and simmer for 2 hours.
6. Remove the peas pudding bag and empty contents into a bowl, mixing with butter and pepper for taste. Set aside.
7. Add your cabbage to the pot and boil for 20 more minutes. Then add turnip, carrots and potatoes then boil for 20 more, or until vegetables are tender.
8. Remove salt beef and vegetables from the pot and put them on a platter along with the peas mixture.
9. Use the cooking liquid in two ways; as a pot liquor which some people like to drink or reduce it to make a jus or gravy to pour over the meal.

Note: This can be made ahead. Assemble the dish, including the parmesan, and refrigerate for up to 3 days. Bake before serving.

Recipe Source: Canadian Food Focus [https://canadianfoodfocus.org/recipes/classic-canadian-dishes-jiggs-dinner/?gclid=CjwKCAiAt5euBhB9EiwAdkXWO-w3GTUIWxZsBpsrd7gJ94RB5nYfW4C7lvYwMRitIQFD\\_L4ddJBh0RoCxmoQAvD\\_BwE](https://canadianfoodfocus.org/recipes/classic-canadian-dishes-jiggs-dinner/?gclid=CjwKCAiAt5euBhB9EiwAdkXWO-w3GTUIWxZsBpsrd7gJ94RB5nYfW4C7lvYwMRitIQFD_L4ddJBh0RoCxmoQAvD_BwE)

## BABY GREENS AND HERBS SALAD WITH SMOKED TROUT

The Northwest Territories is famous for its fish and is among Canada's finest. The area features a wide variety of fish such as great northern pike, lake trout, arctic grayling, arctic char, Dolly Varden, whitefish, inconnu, walleye and burbot.

**Equipment:** Mason jar, Large mixing bowl, Liquid and dry measures

### Ingredients:

Salad:

- 8 – 10 cups (2000-2500mL) of mixed baby greens (arugula, kale, chard, mesclun greens)
- 1 cup (250mL) of yellow, red and orange cherry tomatoes, halved
- 1 cup (250mL) of loosely packed fresh herbs, chopped (basil, cilantro, chives)
- Smoked trout

Dressing:

- ½ cup (125mL) extra virgin olive oil
- 2 tbsp (30mL) apple cider vinegar
- 1 tbsp (15mL) of lemon juice
- 1 shallot, chopped
- 1 ½ tsp (7mL) of Dijon mustard
- 1 tbsp (15mL) chives, chopped
- Sea salt
- Freshly ground pepper

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

### Dressing:

1. Mix all ingredients except for salt and pepper in a mason jar. Shake to mix.
2. Season with salt and pepper

### Assembly:

1. Mix greens in a large bowl.
2. Toss well with dressing.
3. Top with smoked trout.

Recipe Source: The Voice of Canada's Far North <https://www.uphere.ca/articles/few-northern-fish-recipes-you-have-try>

## SOURDOUGH BREAD

During the Klondike Gold Rush between 1896 – 1903 in Yukon Territory, mining prospectors brought their sourdough starters with them packed deep in sacks of flour up over the Chilkoot Pass. They depended on them as life-saving source of calories manifesting in the campfire breads they could produce. Without the convenience of access to daily bread at plentiful groceries, the isolated people of the North retain the skill of minding this living breathing organism that is a sourdough starter.

A sourdough bread starter recipe allows you to make bread by growing your own yeast! You can buy a ready-made sourdough starter and keep it growing or you can make one by collecting natural yeast that is in the air. It is a science lesson in itself to watch your starter bubble, create it into a loaf of bread and then continue to feed it and use it.

**Equipment:** Glass bowl or pitcher, Mixing spoon, Paper towel, plastic wrap or light towel, Mixing bowl, Loaf pan or baking sheet, Liquid and dry measures

### Ingredients:

#### Sourdough Starter:

- 1 cup (250mL) warm water
- 1 cup (250mL) flour

#### Sourdough:

- 2 cups (500mL) sourdough bread starter recipe \*save some of your starter for another batch
- 2 cups (500mL) warm milk
- 2 tbsp (30mL) butter
- ¼ cup (60mL) honey
- ¼ cup (60mL) sugar
- 2 tbsp (30mL) yeast
- 2 cups (500mL) flour
- 2 tsp (10mL) salt
- 4 cups (1000mL) whole wheat flour (or white flour)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

#### Sourdough Starter

1. In a glass bowl or pitcher combine 1 Cup warm water with 1 Cup flour. You can use wheat or white flour as you choose.
2. Cover your bowl with a paper towel, plastic wrap or light towel. Hold it in place with a rubber band if needed.
3. Keep it out on the counter. For 1 week add ½ cup warm water and ½ cup flour. Stir well and cover again.
4. You will see within days it will start to smell sour and start to bubble as yeast does.
5. After one week, mix your sourdough bread dough together.

#### Sourdough Bread:

1. In a mixing bowl blend together sourdough bread starter recipe, warm milk, butter, honey, sugar, yeast, flour, salt.
2. Blend together until all ingredients are wet.
3. Set aside in a warm place for 30 minutes.
4. Continue to beat dough with whole wheat flour (or white flour).
5. If your dough is too sticky add a little more flour or if it is too dry add a little warm water. Sourdough

starter varies in how "wet" it is so your recipe may vary. You want your dough to be not too sticky and forms into a nice loaf.

6. When all blended together place on a floured counter and knead several minutes until the dough is elastic.
7. Shape dough into 3 loaves or rolls.
8. Let rise another 30 minutes.
9. Bake at 350°F (180°C) for 30-35 minutes.

Save your remaining sourdough bread starter recipe for the next batch. Continue to feed it every day if you leave it out on the counter. You can store it in the fridge but bring it out to room temperature before you feed it and feed it once a week. The starter works better after you have taken some out and continued to feed it.

Recipe Source: Kids Cooking Activities <https://www.kids-cooking-activities.com/sourdough-bread-starter-recipe.html>



## Arctic Char

For generations the Inuit have been catching various species of marine life in imaginative ways. Traditionally, they fished using dams called saputis. These fish traps were created in rivers and streams by using rocks to build a V-shaped funnel into a closed-off pond. This is where fish could be caught by hand or speared with three-pronged fishing spears known as kakivaks.

Nearly every community in Nunavut has its own secret spots to catch the Arctic Char - a beautiful pink-red-purple salmonid that migrates to freshwater in the spring or summer to spawn. Arctic char is a cold-water fish, native to alpine lakes and arctic/subarctic coastal waters. It tastes like a cross between salmon and trout (closer to trout). Unlike Salmon, Arctic Char doesn't die after spawning and can live for up to 25 years and grow up to 25 pounds.

**Yield:** 4 servings

**Equipment:** Large mixing bowl or resealable bag, Broiler pan, Tinfoil, Saucepan, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 tbsp (30mL) vegetable oil, plus more for brushing
- 4 tbsp (60mL) soy sauce
- Juice of 2 lemons
- 1/2 onion, finely chopped
- 2 tbsp (30mL) packed light brown sugar
- 2 cloves garlic, minced
- 1 tsp (5mL) toasted sesame oil
- Freshly ground pepper
- 4.5 to 6-ounce (128g to 170g) Arctic Char fish, skin removed (wild salmon or trout fillets could be substituted)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine 2 tbsp (30mL) vegetable oil, the soy sauce, lemon juice, onion, brown sugar, garlic, sesame oil, and pepper to taste in a bowl or large resealable plastic bag.
3. Add the salmon and turn to coat.
4. Refrigerate for at least 3 hours, preferably most of the day.
5. Preheat the broiler and line a broiler pan with foil.
6. Place the salmon on the foil (reserve the marinade) and brush with vegetable oil.
7. Broil for 5 to 7 minutes, or until the salmon is opaque.
8. Meanwhile, strain the marinade and simmer in a saucepan over medium-low heat until slightly reduced.
9. Serve the salmon with the sauce on the side.

Recipe Source: Food Network <https://www.foodnetwork.com/recipes/melissa-darabian/kid-friendly-salmon-recipe-1972803>





## BUTTER TARTS

Butter tarts are one of the few pastries with a genuinely Canadian origin. A butter tart is a small pastry tart, which generally consists of butter, sugar, syrup, and egg, filled into a flaky pastry and baked until the filling is semi-solid with a crunchy top.

The first published recipe came in 1900 in Simcoe County with The Women's Auxiliary of the Royal Victoria Hospital Cookbook. However, the origin is believed to be much older, most likely the result of the filles du roi (King's Daughters), in which approximately 800 young women were sent to Québec from France between 1663 and 1673 to help colonize. These young ladies brought with them their traditional European recipes but were forced to adapt them according to what was available. The sugar pie, a single-crust pie with a filling made from flour, butter, salt, vanilla, and cream, is a likely precursor to the butter tart.

**Yield:** 12 to 15 tarts

**Equipment:** Large mixing bowl, Fork, Plastic wrap, Rolling pin, Cookie cutter, drinking glass, small bowl, Muffin tins, Small mixing bowl, Rubber spatula, Small ladle, Wire rack, Oven mitts, Liquid and dry measures

### Ingredients:

#### Tart Shells:

- 2 ½ cups (625mL) all-purpose flour
- 1 cup (250mL) shortening
- ¼ tsp (1mL) salt
- 1 egg
- ¼ cup (60mL) cold water
- 1 tbsp (15mL) distilled white vinegar

#### Filling:

- 1 cup (250mL) brown sugar
- ½ cup (125mL) butter
- 2 eggs
- 1 cup (250mL) currants (or raisins, walnuts, etc.) (optional)

Recipe for filling submitted by Mrs. Malcolm MacLeod in the Women's Auxiliary of the Royal Victoria Hospital Cookbook, Simcoe County, 1900, page 88.

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).

#### Tart Shells:

1. In a large bowl, combine flour and salt. Cut in shortening until it resembles coarse crumbs.
2. Mix egg, water and vinegar together. Pour into flour all at once and blend with a fork until dough forms a ball.
3. Wrap with plastic and chill in refrigerator.
4. When ready to make tarts, roll out dough on a floured surface.
5. Using a drinking glass, small bowl or cookie cutter, cut out circles of dough (3-3.5" (7.5-8.75cm)) and place in muffin tins.
6. Gently press pastry dough rounds into the bottom and up the sides.
7. Place the muffin pan in the freezer for 15 minutes.

**Filling:**

1. Soften butter.
2. In a separate bowl, beat eggs.
3. Mix butter, sugar, eggs and currants.
4. Pour/ladel mixture into tart shells.

**Baking:**

1. Bake tarts at 350°F (180°C) for 20 to 25 minutes.
2. Once baked, remove from the oven and cool for 10 minutes before transferring to a wire cooling rack.

Recipe Source:

Pastry: Best of the Bakery 4-H Project, Saskatchewan 4-H, 2012

Filling: Women's Auxiliary of the Royal Victoria Hospital Cookbook, Simcoe County, 1900, page 88

County of Simcoe Archives <https://www.simcoe.ca/Archives/Pages/Mrs-MacLeods-Butter-Tarts.aspx>

## GRANOLA

This homemade granola recipe is easy to make and customize and has an ingredient list that keeps things as low-impact and local as possible! All ingredients can be produced in Canada.

**Yield:** 12 to 15 tarts

**Equipment:** Small pot, Large mixing bowl, Baking sheet

### Ingredients:

- 2 cups (500mL) rolled oats
- ¼ cup (50mL) sunflower seeds
- ¼ cup (50mL) pumpkin seeds
- ¼ cup (50mL) hemp seeds
- ¼ cup (50mL) peanuts (optional)
- ¼ cup oil (sunflower, canola, etc.)
- ¼ cup (50mL) honey or maple syrup, or a mix of both
- ¼ cup (50mL) cup seed butter (pumpkin seed, sunflower seed, tahini, peanut, etc. or a mix of any)
- 1 tsp. (5mL) cinnamon

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 325°F (165°C).
3. In a small pot, melt together the oil, seed butter, honey or maple syrup and cinnamon.
4. Pour the melted ingredients into the dry ingredients and mix well.
5. Pour the mixture onto a baking sheet and press down evenly.
6. Bake for 20-35 minutes, stirring every 10 minutes to ensure nothing burns. You want everything to be an even golden colour.
7. Remove from oven and allow the granola mixture to cool on the baking sheet undisturbed. This helps create big granola clusters.
8. Once cooled, store the leftovers in a clean, reusable jar.

Recipe Source: 4-H Canada My Plate and the Planet <https://4-h-canada.ca/resources-education/healthy-living-initiative/my-plate-and-the-planet>



## HAWAIIAN PIZZA

Despite the name, Hawaiian pizza did not come from the US island state of Hawaii. The pizza was created in Canada in 1962 by a Greek immigrant named Sam Panopoulos. Panopoulos, along with his brothers, owned a restaurant in Chatham, Ontario. Hawaiian pizza combines tomato sauce, cheese, cooked ham and pineapple.

**Yield:** 1 pizza

**Equipment:** Large mixing bowl, Mixing spoon, Pizza Pan, Knife, Cheese shredder, Rubber spatula, Oven mitts, Liquid and dry measures

### Ingredients:

#### Pizza Crust:

- 1 tbsp (15mL) sugar
- 1 tsp (5mL) active dry yeast
- ¾ cup (175mL) warm water (43°C to 46°C (110°F to 115°F))
- ¾ tsp (3mL) salt
- 1 tbsp (15mL) olive oil
- 2 cups (500mL) bread flour
- Extra flour
- Extra olive oil

#### Filling:

- Pizza sauce
- Mozzarella cheese, shredded
- Ham (diced)
- Pineapple chunks

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

#### Pizza Crust:

1. Pour the warm water in a large mixing bowl. Add the sugar and teaspoon of yeast. Stir the mixture until dissolved. Let the mixture sit to allow the yeast to become “active” (for about 10 minutes). The mixture will appear to be foamy and clouded and it will begin to release a familiar “yeasty” aroma.
2. Add the salt and olive oil and stir again to combine the ingredients.
3. Add 125mL (½ cup) of the flour to the mixture and whisk it until its dissolved.
4. Add another 125mL (½ cup) of the flour and whisk it in until the mixture is smooth.
5. Add another 125mL (½ cup) of flour and combine evenly. The dough mixture should now be fairly thick.
6. Add the last 125mL (½ cup) of flour and, with your hands, begin to combine and knead the dough.

You may need to add a dusting of flour from time to time to reduce the stickiness of the dough. Be patient, folding the dough mixture in on itself, over and over again.

7. When the flour has absorbed all of the moisture and congealed into a firm mass, remove it from the bowl to a floured tabletop to knead it. Keep folding the mass in half, then in quarters, for perhaps 8-10 minutes or so. The dough ball will eventually lose its stickiness and become pliable and elastic. Kneading is complete when the dough transforms into a silky, smoothly-textured ball slightly larger than a large grapefruit.
8. Coat the dough ball with a thin layer of olive oil and place it in the bottom of a large mixing bowl which has also been coated on the inside with olive oil. Stretch a piece of kitchen plastic wrap over the top of

the bowl and set it in a warm place such as an un-lit oven (ambient temperature of 70°F to 80°F). Allow the dough to rise, undisturbed, for 60 to 75 minutes. The dough will have grown to at least twice its original size.

9. Take the raised dough mass out of the bowl. Take the raw dough and pat it down flat on a cutting board to press out and release the air that has developed inside. Hand-mold it into a ball, smoothing the outer surface and tucking each portion into itself from underneath. This action can be likened to stuffing or folding a sock into itself.

Some dough makers “proof” (or re-raise) the dough ball at this point. They can be set apart in bowls or plastic trays and covered at room temperature to “rest” for an additional 15 or 20 minutes, if you wish. Some recipes call for up to an additional hour for “proofing.”

10. Working with the dough at room temperature, roll out the dough ball into a 1 cm (3/8 inch) thick circle, about 35cm (14 inch) in diameter. “Pan” the dough into a pizza pan. Then, let the panned dough “proof” for 5-10 minutes in the pan before adding your sauce, cheese and toppings. This step will give the dough a chance to “blossom,” resulting in a thicker, fuller and chewier crust edge.

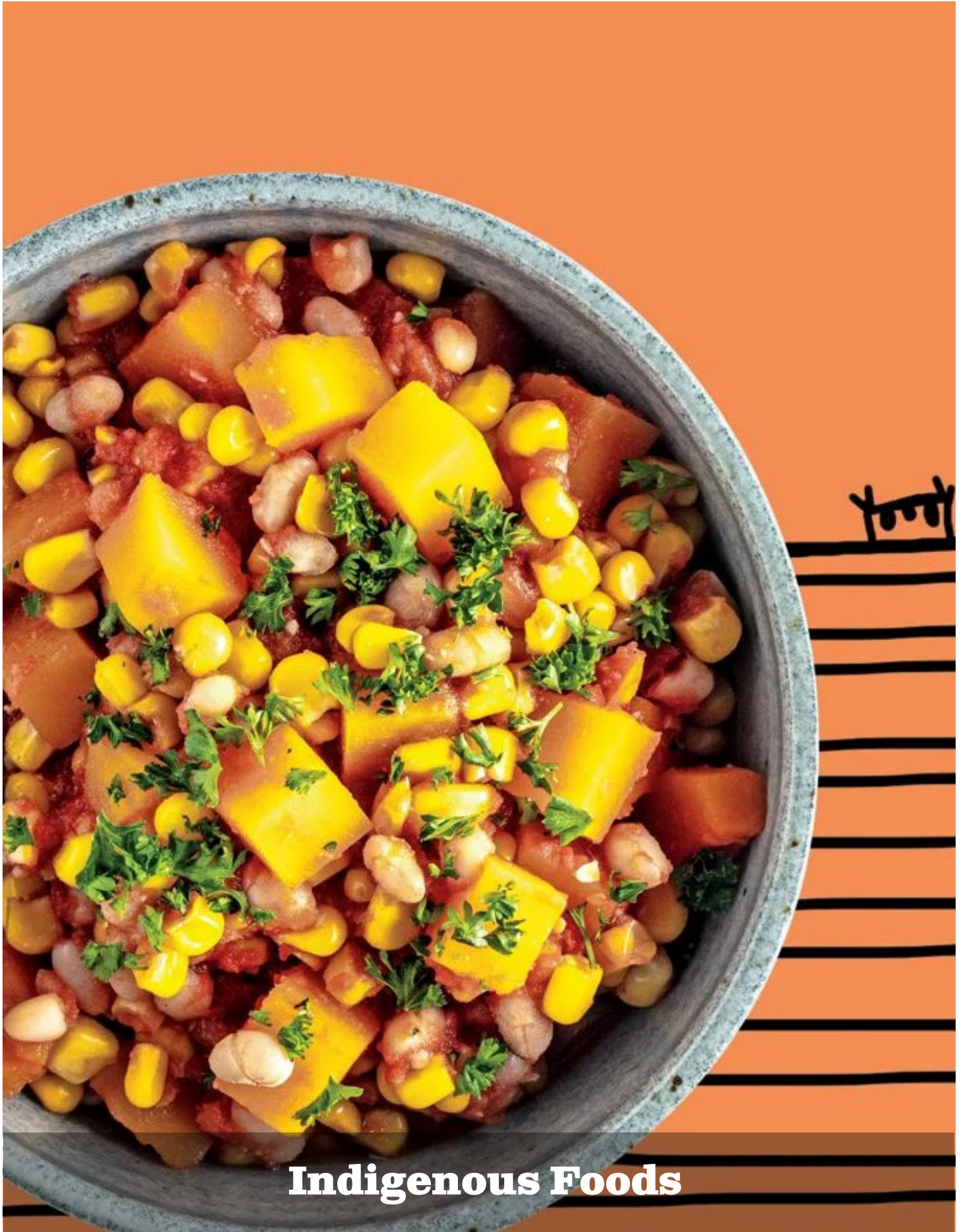
If you wish to store the dough for later use, by either freezing or refrigeration, you can place the dough balls in re-sealable bags. Squirt a little olive oil into each of the bags to keep the balls moist and pliable and to make it easier to remove when ready for use. If you choose to freeze or refrigerate, the dough ball balls may continue to rise until they are substantially cooled down or frozen which is okay as long as they don’t break out of their bags. If they do, mold them back down into balls and re-bag them.

When you are ready to use the stored dough, allow the dough to warm (thaw) to room temperature before attempting to roll out and pan.

**Baking:**

12. Bake the pizza for 12-15 minutes at 450°F (230°C).

**Recipe Source:** 4-H Pizza Project, 4-H Ontario, 2015



## **Indigenous Foods**

## BAKED INDIGENOUS PUDDING

Indigenous meal or corn meal, ground laboriously by hand from dried corn kernels was made into “mush” or porridge, Johnny cake, and puddings such as this. Maple sugar was an early sweetener; molasses, imported from the West Indies, and spices were used as they became available.

Formerly, corn meal was more coarsely ground than today and this dessert required several hours of baking in the oven of the wood stove which was always hot, since the stove was used for heating as well as cooking. This version made with fine corn meal bakes in about half an hour. .

**Yield:** 6 servings

**Equipment:** Double boiler, Casserole dish

### Ingredients:

- 2 cups (500mL) milk
- 1/4 cup (60mL) yellow corn meal
- 2 tbsp (30mL) sugar
- 1/3 cup (80mL) mild table molasses
- 1/4 tsp (1mL) salt
- 1/4 tsp (1mL) cinnamon
- ¼ tsp (1mL) ginger
- 2 tbsp (30mL) butter
- 2 eggs, slightly beaten

### Hard Sauce:

- ½ cup soft butter
- 1 cup sifted icing sugar
- ½ tsp vanilla
- Pinch of salt

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Scald 1 ½ cups (375mL) milk in a double boiler.
4. Mix corn meal, sugar, molasses, salt and spices with remaining ½ cup (125mL) milk. Cook over low heat, stirring until slightly thickened. Cook 5 minutes more in double boiler.
5. Add butter and stir in beaten eggs.
6. Pour into lightly greased 3 quart casserole and set in a pan of hot water. Bake in moderate oven at 350°F (180°C) for 35 minutes, or until knife inserted in, comes out clean. Serve hot with plain or whipped cream, ice cream, or hard sauce.

### To make hard sauce:

1. Cream butter and sugar together.
2. Add vanilla and salt. Combine until smooth, and chill.

This sauce is also good on steamed fruit pudding or baked hot gingerbread.

Recipe Source: A World of Food in Canada 4-H Project, 1967



## BANNOCK

Bannock, also called Lusknikn, is a traditional bread that has been served as a staple and comfort food in many Indigenous communities for centuries. Although it is made from only a few simple ingredients, families typically pass recipes down from one generation to the next which makes every Bannock unique. There are many regional variations of Bannock made with different types of flours, cooking methods, and the addition of dried or fresh fruits. This traditional bread is very easy to make and can be enjoyed with sweet or savory toppings.

**Yield:** 12 servings

**Equipment:** Large mixing bowl, Round cake pan

### Ingredients:

- 5 cups (500mL) white flour
- 1 tsp (5mL) salt
- 4 tsp (20mL) baking powder
- ½ cup (125mL) vegetable oil
- 2 ¼ cups (550mL) water
- 1 tbsp (15mL) melted butter



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
3. In a large bowl, mix together flour, salt, and baking powder.
4. Make a well in the centre of the flour mixture and fill it with oil and some water. Stir it gently with a fork.
5. Continue adding water gradually to the middle. Keep stirring until a soft ball of dough forms. You may need to add more water or flour as you stir.
6. Leave enough flour on the side of the bowl to knead the bread.
7. Inside the bowl, gently knead the dough for about a minute.
8. Pat the dough flat into a 10" (25 cm) round cake pan or bread pan of choice.
9. Make a cross on the bread and then cut it into 12 sections. The cut is about ¼" (.6 cm) deep.
10. Bake for about 45 minutes or until the sides and top are golden brown.
11. Take out from the oven. Spread butter over the top to make it soft.
12. Cover with a clean dish towel and let cool.

Recipe Source: Wholesome Kids Catering, <https://wholesomekids.ca/recipes/bannock/>

## BUFFALO BEEF STEW

Bison was (and is!) a significant resource for Indigenous peoples in Northern Canada and in the wide-open prairies. Don't forget to serve it with some delicious bannock on the side.

**Equipment:** Large pan, Knives, Oven mitts, Liquid and dry measures

### Ingredients:

- ¼ cup (60mL) canola oil or olive oil
- ¼ cup (60mL) butter
- 2 lb(s) (908g) buffalo stew meat, cubed
- 2 onions, chunky slices
- 2 cloves garlic, diced
- 4 cups (1000mL) beef broth
- 1 tbsp (15mL) Worcestershire sauce
- 2 tbsp (30mL) steak spice
- Few sprigs fresh thyme and rosemary
- 1 bay leaf
- 4 medium carrots, peeled and sliced
- 4 medium potatoes, peeled and diced chunky
- 4 stalks celery, diced
- 2 cups (500mL) corn
- 2 cups (500mL) peas
- Salt and pepper to taste

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Using a large pan, heat oil and butter.
3. Add the buffalo meat and brown the meat on all sides.
4. Add onions and garlic and cook until translucent.
5. Add beef broth, Worcestershire sauce, steak spice, thyme, rosemary, bay leaf and bring to a boil.
6. Add carrots, potatoes, celery, corn and peas.
7. Continue to simmer until vegetables are tender, approximately 2 hours.
8. Remove bay leaf.
9. Serve with fresh hot baked bannock or buns of your choice!

Note: To thicken stew, shake 1-part flour to 1-part cold water in a covered shaker. Add slowly to the buffalo stew until desired thickness is reached.

Recipe Source: Food Network <https://www.foodnetwork.ca/recipe/buffalo-beef-stew/>

## CRISPY OVEN FISH

The traditional diet of Indigenous people was made up of the animals and plants found on the land and in the sea around them. This included moose, caribou, elk, seal, whale, buffalo, rabbit, many species of birds and all kinds of fish.

**Yield:** 12 servings

**Equipment:** Small bowl, Baking pan, Oven mitts, Liquid and dry measures

**Ingredients:**

- 1 tbsp (15mL) vegetable oil
- 1 lb (454g) fish fillet (walleye, pike, sole, flounder and/or whitefish are recommended)
- 1 cup (250mL) milk
- 1 tsp (5mL) salt
- 24 unsalted soda crackers, crushed fine

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 450°F (230°C).
3. Season fish with salt and pepper.
4. Dip both sides of fish in milk and gently coat with cracker crumbs.
5. Place in single layer on baking pan.
6. Bake for 10-15 minutes until crispy and firm to touch.

Recipe Source: Native Women's Association of Canada <https://www.nwac.ca/>

## MAN-O-MIN (OJIBWA WILD RICE)

The Ojibwa people have always proclaimed the virtue of Manomin (wild rice) as a food rich in flavor and high in nutrition. As a staple food source for the Ojibwa people and other Nations, wild rice served as an essential source of nutrients. Wild Rice is a type of grass, which grows naturally in the freshwater lakes of central North America.

**Equipment:** Colander, Large saucepan, Liquid and dry measures

**Ingredients:**

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

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Wash the wild rice in a colander or bowl, changing the water two or three times.
3. Measure water into a large saucepan. Add salt. Heat the water to boiling.
4. 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.) The rice grains will swell to four times their original size.
5. Serve hot or at room temperature.

Recipe Source: Native Women's Association of Canada <https://www.nwac.ca/>

Image source: <https://heavymtable.com/on-manoomin-and-wild-rice/>



## MOOSE MEAT LOAF

Wild game animals, large and small, along with many varieties of fish and fowl formed a large part of the Indigenous diet. Most game meat has significantly fewer calories than domestic fed beef, pork and chicken. Game meat has much more lean body tissue than domestic meat and tends to be a drier meat.

**Equipment:** Small bowl, 9x5x3 inch loaf pan, Liquid and dry measures

**Ingredients:**

- 1 ½ lb (692g) ground venison or moose
- 1 tsp (5mL) minced onion
- 1 cup (250mL) milk
- 1 egg
- 1 ½ tsp (7mL) salt
- 1 cup (250mL) oatmeal

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Mix all ingredients together.
4. Place in a greased 9x5x3 inch loaf pan.
5. Bake for 1 hour.

Recipe Source: Native Women's Association of Canada <https://www.nwac.ca/>

## PEMMICAN CAKES

Pemmican is one of Canada's oldest high-energy snacks. The name of this recipe comes from the Cree word pimîhkân, which comes from the word pimî, "fat, grease". Traditionally, pemmican was prepared from the lean meat of huge animals like buffalo, elk, deer, or moose. Similar in shape to a mini meatball or cake, it used to be carried in an animal skin to preserve it.

**Yield:** 12 servings

**Equipment:** Nonstick muffin tin, Blender or food processor, Saucepan, Spoon, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) coarsely chopped beef jerky
- ½ cup (125mL) dried berries, such as dried cranberries, blueberries or cherries
- ¼ cup (60mL) sunflower seeds
- ¼ cup (½ stick) (60mL) butter, plus more for greasing
- 2 tsp (10mL) honey

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Grease a nonstick muffin tin (or use paper liners).
3. In a blender or food processor, combine the beef jerky, berries and seeds until they are finely ground.
4. Melt the butter in a saucepan over moderate heat. (Or, melt in a microwave-proof bowl with plastic on top of the bowl.)
5. Add the beef jerky mixture and the honey and stir. Remove from the heat. Let cool for 2 minutes.
6. Spoon 2 tbsp of the warm mixture into each muffin cup. Press firmly to make a cake, smoothing the top. Refrigerate until firm, about an hour.

You may need to add a dusting of flour from time to time to reduce the stickiness of the dough. Be patient, folding the dough mixture in on itself, over and over again.

Recipe Source: Dieticians of Canada – Kid Food Nation <https://kidfoodnation.ytv.com/recipes/pemmican-cakes/>



## SAUTÉED FIDDLEHEAD FERNS WITH PARSLEY AND GARLIC

Every Spring, Indigenous families on the East coast would make an outing of fiddlehead picking. The young children were taught to hunt for fiddleheads along rivers, streams, and brooks. They were also taught how to recognize them, by their brown papery scale-like covering on the uncoiled fern and by the smooth stem. Fiddleheads are picked when they are an inch or two above ground.

A Fiddlehead is a fern so young and new that it hasn't yet "unfurled" and opened its leaves. The end is still curled in a tight spiral, ready to unroll as the sun warms it and it gathers strength and size. This spiral shape reminds many people of the end of a violin, hence the name "Fiddlehead." Fiddleheads grow in clusters and is one of the first Spring plants to bloom.

Fiddlehead ferns are a good source of vitamins A and C. Health Canada advises that fresh fiddleheads must be properly cooked before being consumed.

**Yield:** 12 servings

**Equipment:** Large Skillet, Knife, Rubber spatula, Liquid and dry measures

### Ingredients:

- 1 lb (454g) fiddleheads
- 1 or 2 garlic cloves, minced very fine
- ¼ cup (60mL) butter or extra-virgin olive oil
- 2 tbsp (30mL) finely chopped fresh parsley
- Salt and freshly ground black pepper

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Trim and wash fiddleheads in cold water, removing the brown covering as you go. Drain and pat dry.
3. Heat half of the butter (or olive oil) in a large skillet over medium heat.
4. Add the fern shoots and turn the heat up to medium-high. The ferns should sizzle, but don't allow the butter to burn. Toss and stir for about 5 minutes.
5. Add the other half of the butter (or oil), the garlic, and the parsley.
6. Continue cooking for one minute longer, or until you can smell the garlic and the ferns are tender.
7. Season with salt and pepper and serve immediately on hot plates.

Recipe Source: Native Women's Association of Canada <https://www.nwac.ca/>

## SUCCOTASH

Maize (corn) a food new to European settlers, was grown by the Iroquois who had learned to cultivate the wild plant. The sowing and harvesting was done by the women who then dried the corn in the sunshine. They used the dry kernels for food and made dolls for their children from the dried husks.

Early settlers often combined corn and beans - a dish they learned to make from the Iroquois who called it "Sukquttahhash". In summer fresh vegetables were used; in winter, dried corn and various types of dried beans were staple foods. Now, modern methods of preservation make it possible to make this simple but tasty dish all year round.

**Yield:** 4 servings

**Equipment:** Large skillet pan

**Ingredients:**

- 1 cup (250mL) cooked corn cut from the cob
- 1 cup (250mL) cooked green lima beans
- 1 tbsp (15mL) butter
- Salt and pepper to taste
- Chopped parsley (optional)

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine ingredients and heat well before serving.

Succotash may be made with canned or frozen kernel corn, canned or frozen lima beans. Cook frozen vegetables according to package directions. Heat canned vegetables and drain if necessary.

Recipe Source: A World of Food in Canada 4-H Project, 1967



## THREE SISTERS SOUP

There are many versions of this soup but the basic ingredients remain the same and reflect the Indigenous tradition of the three sisters: squash, beans and corn.

**Yield:** 4 servings

**Equipment:** Large saucepan, Measuring cups and measuring spoons

### Ingredients:

- 3 cups (750mL) chicken or vegetable broth
- 2 cups (500mL) diced winter squash such as butternut or buttercup
- 1 cup (250mL) canned or frozen sweet corn or kernels from 1-2 fresh cobs
- 1 cup (250mL) green beans cut in 1inch (2.5 cm) pieces or lima beans
- 1 bay leaf
- Salt and pepper to taste
- Optional: ¼ tsp red pepper flakes or ½ tsp dried parsley, basil or oregano
- Bannock for serving (if desired)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Pour broth into a large saucepan. Heat to boiling.
3. Stir in squash and bay leaf.
4. Lower heat, cover and simmer for about 20–30 minutes or until squash is soft.
5. Remove bay leaf. Mash the squash lightly to thicken the soup.
6. Add corn, beans and optional herbs. Simmer for about 10 more minutes.
7. Serve in bowls with bannock.

Bannock is a form of unleavened bread. It was popular with Indigenous peoples and helped Europeans survive. There are many recipes for bannock but essentially the bread is flour, water and a little salt. It can be cooked over an open fire or fried. Modern versions bake the bread although frying is well-known, too. Check out the recipe for Bannock found in this Recipe Book.

Recipe Source: Ontario's Tasty Fruits & Vegetables 4-H Project, 2019



# Foods of North and South America

## APPLE CRISP WITH A MAPLE TWIST

Deemed the “king of fruits,” apples were first cultivated in Canada by early French settlers, with the first planted trees appearing in Nova Scotia’s Annapolis Valley around 1633. While Nova Scotia can claim much of Canada’s early apple-related history, New Brunswick, Quebec, Ontario and British Columbia have since become producers in the industry. McIntosh, various red types of Delicious, Northern Spy, Spartan, Cortland, Gala, Golden Delicious, Empire, Jonagold, Honeycrisp, Ambrosia, and Mutsu are important in Canada, and smaller amounts of many other cultivars are also grown. Of these, McIntosh, Spartan and Ambrosia are the only ones that originated in Canada. In 2018, Ontario produced almost 40% of the apples grown in Canada. The top five varieties in Ontario (based on acreage planted) are Gala, Honeycrisp, Ambrosia, McIntosh, and Red Delicious.

(Sources: Agriculture & Agri-Food Canada, 2022, Statista & Ontario Apple Growers)

**Equipment:** Casserole dish, Knife, Cutting board, Large mixing bowl, Medium mixing bowl, Oven mitts, Liquid and dry measures

### Ingredients:

- 6 cups (1500mL) apples, any variety, peeled and cut into slices
- 1/3 cup (80mL) flour
- 3 tbsp (45mL) flour
- 1/4 cup (60mL) brown sugar (can substitute for maple sugar)
- 1/4 cup (60mL) white sugar
- 1/2 cup (125mL) rolled oats
- 1/3 cup (80mL) pure Sweet Ontario maple syrup
- 4 tbsp (60mL) butter, softened
- 2 tsp (10mL) cinnamon
- 1/2 tsp (2mL) nutmeg
- 1/2 cup (125mL) chopped pecans or walnuts (optional)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C). Grease a casserole dish with butter.
3. Place apples, 3 tbsp (45mL) flour, maple syrup, cinnamon, and nutmeg in a large bowl. Toss to coat and place in greased casserole dish.
4. Mix the remaining 1/3 cup flour (80mL), butter and sugar together in a medium bowl until the mixture becomes crumbly. Add nuts (if using), oats and salt. Spread on top of apples in the casserole dish.
5. Bake 15 minutes, then reduce temperature to 325°F (163°C) and bake until cooked through and bubbly (roughly 1 hour).

Recipe Source: Ontario Maple <https://www.ontariomaple.com/apple-crisp-with-a-maple-twist/>

## MAPLE BACON MAC'N CHEESE CASSEROLE

North America was solely responsible for global maple syrup production in 2022. The Canadian maple syrup industry accounts for approximately 78% of the world's maple syrup production, with 92% of the Canadian production originating from Quebec, 5% from New Brunswick, 3% from Ontario, and less than 1% from Nova Scotia. The United States is the world's second-largest producer, accounting for approximately 22% of global production.

Canadian maple products were exported to 72 different countries around the world in 2022; 61.9% of the exports were destined to the United States, 9.8% to Germany, 5.0% to France, 5.0% to the United Kingdom, 4.6% to Japan, and 4.2% to Australia, with the other export destinations accounting for the remaining 9.6% of total export values.

(Source: Agriculture & Agri-Food Canada, 2022)

**Equipment:** Stockpot, Wooden spoon, Collander, Skillet/frying pan, Rubber spatula, 9x13 inch (22cmx33cm), baking dish, Small mixing bowls (2), Large saucepan, Whisk, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 lb (454g) uncooked large elbow macaroni
- 1 ½ tsp (7mL) salt, divided
- ½ cup (125mL) Parmesan cheese, shredded or grated
- ½ lb (225g) bacon slices, cooked and crumbled
- ⅓ cup (80mL) all-purpose flour
- 1 tsp (5mL) black pepper
- 1 tsp (5mL) dry mustard
- 3 ½ cups (875mL) milk
- ¼ cup (60mL) maple syrup
- ⅓ cup (80mL) unsalted butter, plus more for greasing dish (can also use bacon fat from bacon cooking)
- 3 ½ cups (875mL) Cheddar cheese, shredded (we used old cheese for a richer flavour)
- 2 large eggs, well beaten

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350F (180C).
3. Bring water to a boil in a large stockpot, then add pasta and return to boil. Cook, stirring occasionally, until pasta is tender but still firm (al dente). Drain. Return pasta to pot and cover to keep warm.
4. Cook bacon and crumble.
5. Grease 9x13 inch baking dish.
6. Combine parmesan cheese, approximately 2 strips of bacon, crumbled, and ½ cup (125mL) grated cheese and set aside. This is your topping.
7. Combine flour, pepper, mustard, 1 ½ teaspoons salt in a small bowl and set aside.
8. Beat two eggs until they are well combined and frothy.
9. Heat milk in a medium saucepan until steaming but not boiling.
10. Melt butter (or heat bacon fat) in a large saucepan. Add flour mixture. Cook, whisking often, until mixture is smooth and is golden coloured. Slowly whisk in warm milk and bring to a boil. Cook, stirring frequently, until thickened to the texture of cream.
11. Stir remaining shredded cheese into milk mixture. Remove saucepan from heat. Stir in eggs until mixture

- creates a smooth and silky sauce. Add maple syrup and combine.
12. Pour sauce over macaroni and combine. Add remaining bacon and combine.
  13. Pour macaroni mixture into prepared baking dish and sprinkle top evenly with bacon and parmesan cheese mixture.
  14. Bake for 35-45 minutes.

Recipe Source: Ontario Maple <https://www.ontariomaple.com/maple-bacon-mac-n-cheese-casserole/>





## ROPA VIEJA

Ropa Vieja is the national dish of Cuba and is one of Cuba's most popular and beloved dishes. Ropa Vieja meaning "old clothes" is named for the way this braised and shredded beef dish looks once finished, like the fibers of old clothes.

**Yield:** 6 servings

**Equipment:** Large skillet, Slow cooker, Knives, Cutting board, Forks, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 tbsp (15mL) vegetable oil
- 2 pounds (908g) beef flank steak (or a small beef roast, e.g. chuck roast)
- 1 cup (250mL) beef broth
- 1 (8 ounce) (227g) can tomato sauce
- 1 (6 ounce) (170g) can tomato paste
- 1 green bell pepper, seeded and sliced into strips
- 1 small onion, sliced
- 2 cloves garlic, chopped
- 1 tsp (5mL) ground cumin
- 1 tsp (5mL) chopped fresh cilantro
- 1 tbsp (15mL) olive oil
- 1 tbsp (15mL) white vinegar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat vegetable oil in a large skillet over medium-high heat. Add flank steak and cook until browned, about 4 minutes per side.
3. Transfer steak to a slow cooker; pour in beef broth and tomato sauce. Add tomato paste, bell pepper, onion, garlic, cumin, cilantro, olive oil, and vinegar; stir until well blended.
4. Cover and cook on Low for up to 10 hours.
5. Shred steak in the slow cooker with two forks.
6. Serve over hot rice.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/79301/cuban-ropa-vieja/>

# Dominican Republic

## LA BANDERA DOMINICANA

La Bandera Dominicana is considered one of the national dishes of the Dominican people. The dish's name “La Bandera Dominicana” comes from the similarities of the Dominican Flag. The beans represent the red, the rice represents the white and the meat (whether its chicken, beef or pork) represents the blue. Lunch is the biggest meal of the day for most Dominicans and the meal they have most often is La Bandera.

**Equipment:** Large bowl, Colander, Cooking pots with lids, Potato masher, Knives, Bowl with a lid, Rubber spatula, Oven mitts, Liquid and dry measures

- **Stewed Chicken:**

- 2 lb (908g) chicken, cut into small pieces
- 2 limes
- ¼ tsp (1mL) ground oregano
- 1 small red onion, chopped
- 1 tsp (5mL) salt (more may be necessary)
- ½ tsp (2mL) garlic, crushed
- 2 tbsp (30mL) vegetable oil
- 1 tsp white sugar
- 2 cups (500mL) water
- 4 tomatoes, cut into quarters
- 2 green bell peppers, chopped
- 1 cup (250mL) tomato sauce
- 1 bunch fresh cilantro leaves
- ¼ tsp (1mL) black pepper
- White Rice:
- 5 tbsp (75mL) vegetable oil
- 2 tsp (10ml) salt
- 4 cups (1000mL) long grain white rice

**Ingredients:**

- **Stewed Beans:**

- 2 cups (500mL) dry red kidney beans
- 1 tbsp (15mL) olive oil
- 1 tbsp (15mL) ground oregano
- 1 bell pepper, chopped
- 1 onion, chopped
- 1 garlic clove, crushed
- 1 cup (250mL) tomato sauce - 1 cup
- ½ tsp (2mL) fresh cilantro, chopped
- Salt to taste

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.

**Stewed Beans:**

2. Soak the beans overnight. This will lessen the cooking time.
3. Remove the beans from the soaking water and boil in fresh water until they are very soft.
4. Drain the beans and save the liquid.
5. In a pot heat the oil over medium heat. Add oregano, bell pepper, onion, garlic, tomato sauce, and cilantro. Cook and stir for half a minute. Add the beans and simmer for two minutes.
6. Pour in 4 cups (1000mL) (of the water in which the beans boiled (complete with freshwater if necessary)). Once it reaches a rolling boil, lightly mashed the beans with a potato masher to break them out of the skin and making creamier beans. Cook until it reaches a creamy consistency.
7. Season with salt to taste.

**Stewed Chicken:**

8. Cut the chicken into small pieces and place in a bowl that has a lid. Squeeze the juice from the limes onto the chicken.
9. Add the oregano, onion, celery, salt, and garlic and mix. Marinate for 30 minutes.
10. In a pot heat the oil over medium heat, add sugar, and wait until it starts to turn brown. Add the chicken (reserve all the other things in the marinade for use in a later step) and cook and stir until the meat is light brown.
11. Add 2 tbsp (30mL) of water. Cover and simmer over medium heat for 15 minutes, stirring and adding



water by the tablespoon as it becomes necessary to prevent it from burning.

12. Stir in the vegetables that you had set aside from marinating the chicken, plus the peppers and tomatoes. Cover, and simmer until the vegetables are cooked through, adding water by the tablespoon and stirring as it becomes necessary.

13. Add the tomato sauce and half a cup of water, simmer over low heat to make a light sauce. The vegetables will be very soft, the sauce a bit thick, and the chicken fall-off-the-bone tender.

14. Add the fresh cilantro. Season with salt and pepper to taste.

**White Rice:**

1. Combine oil, salt, and water and heat over medium heat.

2. Add the rice when the water begins to boil stirring regularly to prevent it from sticking to the bottom.

3. When the water has evaporated, cover with the lid and cook over very low heat for 15 minutes.

4. Add the remaining oil and cover again. This oil will make the concón crispier.

5. Cook for an additional 5-10 minutes until rice is soft.

6. As soon as the rice is ready, remove it from the pot and place it in a serving dish (this prevents the concón from getting soggy). Scrape off the concón (rice stuck to the bottom) and serve on the side.

Recipe Source: Travel Food Atlas <https://travelfoodatlas.com/la-bandera-dominicana-recipe>

## JAMAICAN BEEF PATTIES

The beef patty is a product of the long history of Jamaica, mixing pasties introduced by Cornish immigrants and cumin, curry and cayenne pepper introduced by Indigenous labourers and African slaves who were brought to the country.

The traditional version of Jamaican Beef Patties uses the very hot Scotch Bonnet pepper. It can be replaced though with the milder hot pepper, the jalapeno as shown in this recipe. If you don't like spicy food, skip the jalapeno pepper and use sweet mild bell peppers instead.

An heirloom treasure from Jamaica, the Scotch Bonnet pepper is fruity and full bodied, providing the backbone of countless Caribbean delicacies. It is named for its unique shape which resembles the famous "tam o shanter" Scottish hat.

**Yield:** 8 patties

**Equipment:** Mixing bowls, Mixing spoon, Plastic wrap, Barbeque or large skillet, Oven mitts, Liquid and dry measures

### Ingredients:

- **Dough:**
  - 3 ½ (875mL) cups all-purpose flour
  - 2 tsp (10mL) kosher salt (fine salt)
  - 1 tbsp (15mL) granulated sugar
  - 1 tbsp (15mL) Jamaican curry powder
  - 2 tbsp (30mL) turmeric powder
  - 1 cup (2 sticks) (250mL) unsalted butter, grated
  - 1 cup (250mL) ice cold water
- **Beef Filling Mixture:**
  - 1 tbsp (15mL) olive oil
  - 1 pound (454g) lean ground beef
  - 1 large yellow onion, peeled and finely chopped
  - 1 jalapeno, seeded and finely minced (optional)
  - 2 medium cloves garlic, peeled and minced
  - Pinch cayenne pepper, or more to taste
  - 1 tbsp (15mL) curry powder
  - 1 tsp (5mL) salt
  - ¼ cup (60mL) breadcrumbs
  - 1 egg

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

#### For the dough:

2. In a large bowl, add the flour, salt, sugar, curry powder, and turmeric powder together. Whisk the dry ingredients well to combine. Then add in (or grate the butter over the bowl) the grated butter. Use your hands (fitted with disposable gloves, if desired) to pinch the butter into the dry mixture until little pea-sized bits form throughout and all the butter is coated with the flour mixture.
3. Then make a small well in the center of the mixture and pour in the ice-cold water. Use your hands to bring everything together as much as you can. Empty out the bowl and all residual bits onto a clean surface. Use your hands to knead the dough together, squeezing the dough onto itself until the dough

forms into one cohesive mass with no dry bits.

4. Shape the dough into a ball and then cover with plastic wrap. Transfer the dough into the refrigerator to chill for at least 30 minutes.

**For the beef filling mixture:**

5. Warm the olive oil in a large frying pan over medium-high heat.
6. Add beef, breaking it up. Cook about 6 minutes or until cooked through and no longer pink.
7. Add the onion, jalapeno and garlic. Cook for 3 minutes.
8. Add the cayenne, curry, salt and breadcrumbs and cook for 10 minutes more. Set aside.

**Beef patty assembly & cooking:**

9. Preheat the oven to 375°F (190°C). Position the oven rack into the center of the oven. Then line a large baking sheet with parchment paper or tinfoil and then set the baking sheet aside.
10. Meanwhile, with a cookie cutter or rim of a bowl, cut the dough into 6-inch circles. Set circles on a large platter or cutting board.
11. Place 2 tbsp (30mL) of the meat filling onto half of each round of dough.
12. In a small bowl, beat the egg with ¼ (60mL) cup water.
13. With a pastry brush or your finger, brush the edges of the dough with egg and water wash.
14. Fold dough over the filling to make a half-moon shape. Press edge with the back of a fork to seal tightly.
15. Place on a large baking sheet.
16. Put in the oven and bake for 25-30 minutes, or until the pastry is golden brown. Serve.

Recipe Source: Kid Food Nation – Dieticians of Canada <https://kidfoodnation.ytv.com/recipes/speedy-jamaican-patties/> and Butter Be Ready <https://www.butterbeready.com/jamaican-beef-patties/>



## JAMAICAN JERK CHICKEN

Jerk is a style of cooking native to Jamaica, in which meat is dry-rubbed or wet marinated with a hot spice mixture called Jamaican jerk spice. Jerk chicken is believed to have been conceived when the Maroons introduced African meat cooking techniques to Jamaica which were combined with native Jamaican ingredients and seasonings used by the Arawak Indians.

**Equipment:** Mixing bowls, Mixing spoon, Plastic wrap, Barbeque or large skillet, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 envelope Italian salad dressing mix
- 2 tbsp (30mL) brown sugar
- 2 tbsp (30mL) oil
- 2 tbsp (30mL) soy sauce
- 1 tsp (5mL) cinnamon
- 1 tsp (5mL) thyme
- ½ teaspoon (2mL) ground red pepper
- 2 ½ lb (1140g) chicken pieces

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Mix all ingredients except chicken in bowl.
3. Place chicken pieces in a bowl.
4. Pour mixture over chicken. Coat chicken thoroughly.
5. Cover bowl with plastic wrap and marinate for one hour or overnight in fridge.
6. Remove the chicken from the marinade and grill the chicken on a barbeque or in a large skillet.

Recipe Source: Food.com <https://www.food.com/recipe/simple-caribbean-jerk-chicken-33170>

## EASY GUACAMOLE DIP

Avocados are found in Southern Mexico, where they naturally grow. Because of this, guacamole was inherently created by the Aztecs who inhabited that region of Mexico. Avocados contain a lot of health benefits, natural fats, and nutrients.

Most of the world's avocados are produced in the Mexican state of Michoacan. This state rests in the presence of a volcanic land base that is prime territory for the growth of avocados. This has made it the world's largest territory for avocado production.

**Yield:** 8 patties

**Equipment:** Large mixing bowl, Knives, spoons, Masher

### Ingredients:

- 1 large avocado
- 1 clove garlic, minced
- 1 small bunch fresh cilantro (coriander), chopped
- 1 small purple onion, chopped (optional)
- 1 tomato, diced
- 1 lime
- Salt and pepper
- Tortilla chips



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Slice avocado around seed, separate, and scoop out flesh into bowl.
3. Mash avocado well.
4. Add garlic, cilantro, onion, tomato and stir.
5. Add a squeeze or two of lime and a dash of salt and pepper to taste.
6. Stir well.
7. Serve with tortilla chips.

**Tip:** Place avocado seed in the middle of the dip to keep the avocado from browning.

Recipe Source: Easy Kids Recipes <https://www.easy-kids-recipes.com/easy-mexican-recipes.html>

## TAQUITOS

In Nicaragua, tacos are made out of maize, rolled up in a tube, and deep-fried in a pot of oil. Nicaraguan cuisine has many similarities to Mexican cuisine, as well as Honduran and Guatemalan influences. Rice, corn and beans are staples in their diet, and corn tortillas are consumed at every meal, often used as an edible scoop instead of utensils. Meat is not generally on the menu, although they raise beef in great quantities and export it.

Nicaragua is the largest country in Central America, with Honduras bordering it to the north and Costa Rica sharing a border to the south. It is also the poorest country in Central America, with more than 40 percent of its citizens living below the poverty level. Most of those who live below the poverty line are in rural areas.

**Yield:** 8 tacos

**Equipment:** Large skillets (2), Rubber spatula, Knife, Cutting board, Comal or crepe pan (or microwave), Kitchen towel, Spoons, Toothpicks, Plate with paper towel, Mixing bowl, Oven mitts, Liquid and dry measures

### Ingredients:

- **For Tacos:**
  - 1 tbsp (15mL) ghee (can substitute with unsalted butter)
  - 1 leek, 6 inches (15cm) cut from green stem and chopped
  - 2 pounds (908g) ground beef
  - ½ red bell pepper, chopped
  - 2 red tomatoes, chopped
  - 1 tsp (5mL) garlic-infused olive oil
  - 1 tsp (5mL) paprika
  - 1 tsp (5mL) cumin
  - 1 tsp (5mL) chili powder
  - 1 tsp (5mL) berbere spice
  - 8 tortillas (made out of cornmeal if possible)
  - ½ cup (125mL) duck fat (or preferred type of animal or vegetable fat for frying)
- **For Salad:**
  - 1 head of romaine lettuce, thinly sliced
  - 1 tomato, chopped
  - 1 lemon, juiced
  - ¼ -½ cup (60-125mL) olive oil
  - 2 avocados or guacamole

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Prepare 2 large skillets. Melt ghee in the first skillet over medium heat.
3. Add chopped leek and sauté until pieces soften.
4. Add ground beef, peppers, tomatoes, garlic-infused olive oil, and spices to the meat.
5. Break down the meat into small pieces as it cooks. Cook for 15 minutes or until done, then cover with a lid and place to the side while you prepare the tortillas.
6. Warm tortillas in a comal or crepe pan (or in the microwave) for a minute on each side, then place on a kitchen towel and wrap to steam.
7. While the tortillas are warming, heat duck fat in second large skillet.
8. Place a spoonful of meat in each of the tortillas. Roll up each tortilla tightly and secure with a toothpick, if necessary.

9. Place all of the taquitos into the duck fat, slowly turning them as they fry.
10. Once the tortillas are crispy all the way around, remove them from the fat and place on a plate with a paper towel to soak up extra grease.
11. Toss romaine, tomato, lemon juice and olive oil in a bowl. Serve on top of tacos with a spoonful of guacamole or avocado.

Recipe Source: Prima Foodie <https://www.primafoodie.com/home/taquitos>

**PELAU**

Pelau is a very popular rice-based dish in Trinidad and Tobago. Pelau's roots go back to rice pilaf, or polow, which is commonly found in Central Asia and the Middle East. The dish arrived in Trinidad & Tobago from East Indian indentured servants, who came to the islands from colonial India. Pelau has become a really common food, something residents of Trinidad & Tobago may have on the table once a week.

**Yield:** 6 to 8 servings

**Equipment:** Large mixing bowl, Deep heavy-bottomed pot or Dutch oven with a lid, Fork, Oven mitts, Liquid and dry measures

**Ingredients:**

- **For Tacos:**

- 3-4 lb (1350g-1800g) chicken pieces (whole chicken thighs or drumsticks, cut up), washed and drained
- 1/2 cup (125mL) green seasoning (see recipe below)
- 1 tbsp (15mL) tomato ketchup, optional
- Salt and pepper (to season chicken)
- 2-3 cups (500-750mL) parboiled rice, washed and drained
- 2 cups (500mL) cooked beans or pigeon peas (1 cup (250mL) uncooked / if using canned—wash thoroughly and drain) (can substitute with regular green peas)
- 2 celery stalks, diced (about ¾ cup (180mL))
- 1 medium onion, chopped (about ¾ cup (180mL))
- 1 medium red sweet pepper, diced (about ¾ cup(180mL))
- 1 medium carrot, diced (about ¾ cup)
- 1 lb (454g) pumpkin, cubed (optional)
- 4 scallions, chopped (can substitute with green onions)
- 6 tbsp (90mL) brown sugar
- 2 cups (500mL) fresh coconut milk (dilute milk with water if using canned coconut milk)
- 1-2 cups (250-500mL) water or reserved liquid if using.
- Salt and pepper to taste

- **Green seasoning for chicken (or use your favorite blend):**

- 6 large cloves garlic
- 4 scallions, chopped (about 1 cup (250mL)) (can substitute with green onions)
- 1 small bunch thyme (you can always add separately)
- 1-3 pimentos (not hot) or scotch bonnet pepper (**HOT!!!**)

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.

**To make Green seasoning:**

2. In a food processor or blender, add garlic, scallions, thyme, onion and pimento or scotch bonnet pepper and chop finely. You can use ½ cup pre-made green seasoning.

**To make Pelau:**

3. To the chicken, add green seasoning, ketchup (optional), salt and pepper to taste. Mix well to coat the chicken with the seasonings. Marinate for at least an hour or overnight.

4. In a dry large deep heavy-bottomed pot or Dutch oven, cook the sugar over moderately high heat, stirring constantly with a fork, until it is melted completely and starts to froth, bubble and darken (but not black and smoking).

5. Immediately add the seasoned chicken, stirring frequently to coat, about 5 minutes. Cover, reduce heat



- to low, and cook for about 10-15 minutes or until the chicken releases its juices and then evaporates.
6. Add the rice to the chicken, cook for 3 minutes. Continue to stir frequently to prevent sticking to the pot.
  7. Add beans or peas, diced sweet red pepper, carrot, celery and the remainder of the green seasoning. Mix well. Cook for a few minutes.
  8. Pour in coconut milk and water or other cooking liquid to completely submerge contents of the pot. Season with salt and pepper to taste. Mix well.
  9. Cover pot and bring to a boil. When the liquid comes to a boil, reduce heat to low or simmer and cook for about 30-45 minutes or until rice is cooked and all (or most) of the liquid has evaporated—cook to your preference—soft or grainy.

Recipe Source: Cooking with Ria <https://cookingwithria.com/2011/07/trinidad-pelau/>



## AMERICAN APPLE PIE

The pilgrims came to America to gain independence from Britain, so they began distancing themselves from British culture in every aspect of their lives. Rather than keep making traditional English desserts (like scones and bread pudding), they started making a new kind of treat introduced to them by Dutch immigrants in the 1700s. Dutch and German immigrants taught them how to make a flaky, buttery crust, which the colonists then filled with sliced apples and spices, creating the iconic American apple pie.

While this wasn't the first time an apple pie was baked, it was the first time any colonists had tried the dessert. A recipe for apple pie was included in the first American cookbook, *American Cookery*, published in 1796, a few years after America had won its independence. Apple pie is associated with the Fourth of July because the holiday celebrates independence from Britain, and baking an apple pie carried a similar meaning for early colonists.

**Equipment:** Deep dish pie plate, Mixing bowl, Apple corer, Knife, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 recipe pastry for a 9 inch double crust pie
- $\frac{1}{3}$  (80mL) cup packed light brown sugar
- $\frac{1}{3}$  (80mL) cup white sugar
- 1 tbsp (15mL) all-purpose flour
- 1 tsp (5mL) lemon juice
- $\frac{1}{3}$  teaspoon (2mL) ground cinnamon
- 7  $\frac{1}{2}$  cups (1825mL) peeled, cored and sliced apples
- 1 cup (250mL) raisins (optional)
- 1 egg, beaten
- Extra white sugar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. Spray deep dish pie plate with cooking spray.
4. Combine white sugar, light brown sugar, flour, lemon, cinnamon, and mix well.
5. Add apples and raisins to sugar mixture; stir until fruit is well coated.
6. Spoon apple mixture into pie crust. Place second piecrust on top of filling, and trim edges.
7. Lightly glaze top of pie with a beaten egg, then sprinkled with a little sugar.
8. Bake till golden brown, about 35-40 minutes.
9. Place on a wire rack, and cool 30 minutes.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/12092/american-apple-pie/>

## FEIJOADA (BRAZILIAN BLACK BEAN STEW)

Feijoada (pronounced fay-jwa-da) is the National Dish of Brazil. Feijoada is most commonly served with sliced oranges and rice, though fried bananas and chilies are also common accompaniments. Feijoada is made virtually everywhere in Brazil, from the humblest home to the most sophisticated restaurant in Rio. Reflective of its popularity, some restaurants even feature a “Feijoada Day.” It is the ultimate comfort dish of Brazil.

Typically, this is a slow-cooked dish but in the essence of time, this recipe is a quick version of Feijoada.

**Yield:** 8 servings

**Equipment:** Large pot, Rubber spatula or wooden spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 strips bacon, diced
- ½ cup (125mL) minced onion
- ½ cup (125mL) minced green bell pepper
- 2 tbsp (30mL) chopped fresh cilantro (optional)
- 2 cloves garlic, minced
- 1 bay leaf
- 2 (15 ounce) (444mL) cans black beans, drained
- ½ cup (125mL) chicken broth, or more as needed
- 1 tsp (5mL) vinegar
- salt and ground black pepper to taste
- 1 dash hot sauce to taste (optional)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Cook bacon in a pot over medium heat until almost crisp, 3 to 5 minutes.
3. Add onion and green pepper to bacon; cook and stir until onion is translucent, about 5 minutes.
4. Mix in cilantro, garlic, and bay leaf; cook and stir until flavors combine, 1 to 2 minutes.
5. Stir beans, chicken broth, vinegar, salt, pepper, and hot sauce into the onion mixture. Cover and let simmer until the flavours combine, 10-15 minutes.
6. Add more chicken broth if you would like the beans to be soupier.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/254350/easy-brazilian-black-bean-stew/>



## PAN DE YUCA

This easy and delicious gluten-free cheese bread made with tapioca flour, has its roots in Ecuador. Yuca (not to be confused with Yucca), also known as manioc or cassava, is a tuber that cooks similarly to potato but has a unique and satisfying flavor all of its own. In North America tapioca starch/flour is used in this recipe, which is the powdered form of this much loved Latin American root. While traditionally made with freshly made queso blanco in Ecuador, this recipe uses a blend of feta & parmesan cheeses

**Yield:** 12 bread rolls

**Equipment:** Cookie sheet, Parchment paper, Large mixing bowls (2), Oven mitts, Liquid and dry measures

### Ingredients:

- 2 ½ (625mL) cups tapioca flour
- 1 tsp (5mL) baking powder
- 1/8 (0.5mL) tsp salt
- 2 eggs
- 2 cups (500mL) feta cheese crumbled
- 2 cups (500mL) parmesan cheese shredded
- ½ cup (125mL) butter melted
- 2 tbsp (30mL) coconut milk

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 450°F (230°C).
3. Line a cookie sheet with parchment paper, set aside.
4. In a large mixing bowl, sift together dry ingredients.
5. In a separate bowl, mix wet ingredients & cheese until evenly combined.
6. Pour wet ingredients into dry ingredients and stir until smoothly combined. Let batter sit for a few minutes.
7. Knead dough until you have one smooth round ball. Divide dough into 12 rounds.
8. Place rounds on your parchment lined baking sheet & place on the middle rack of your preheated oven
9. Bake for 20 minutes, then turn on the broiler and broil for 10 minutes or until firm & beginning to brown.
10. Best served fresh & warm but also stores well in the fridge & reheats well in oven.

Recipe Source: Mom and Spoon and Yum <https://moonandspoonandyum.com/pan-de-yuca-gluten-free/>

## LAPIZ

Lapiz is one of the favourites among Surinamese desserts. It is a fresh and cool sweet dish.

**Yield:** 15 pieces

**Equipment:** Saucepans (2), Sieve, Whisk, Rubber spatula or wooden spoon, 25cm x 25cm glass dish, Oven mitts, Liquid and dry measures

**Ingredients:**

- 1 cup (250g) cornstarch
- 1 cup (250g) sugar
- 1 pinch salt
- 800 mL coconut milk
- 1.2 L water
- Lemongrass (optional)
- Food colouring

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place the lemongrass and water together in a pan on low-medium heat for 15 minutes. (if not using lemongrass, heat water only to it is ready for step #4)
3. In a separate large saucepan sieve the cornstarch and mix with sugar and salt.
4. Mix the coconut milk and lemongrass-water in the first saucepan.
5. Slowly add the liquid to the dry ingredients while whisking.
6. Place the saucepan on a medium heat and keep stirring gently from the bottom for 30 minutes until the mixture thickens.
7. Let the mixture simmer for a further 10 minutes on a low heat until the mixture starts to look glassy.
8. Pour half of the mixture in a 25cm x 25cm glass dish.
9. Add food colouring to the other half and mix well, then slowly pour the mixture into the same glass dish, on top of the first half.
10. Place Lapiz in the refrigerator for a minimum of 30 minutes and allow it to set before serving.

Recipe Source: Bliss is my Food <https://blissismyfood.sathyasai.org/recipe/lapiz/>

## CACHITOS (HAM CRESCENT ROLLS)

This is a favorite breakfast in Venezuela. Cachitos are a staple in Venezuelan cuisine. Normally, they are eaten during breakfast hours, but they are also known to be eaten throughout the day. In Venezuela, some bakeries have made sure that the scent of fresh Cachitos are in the air by the time the country wakes up, but outside of the country it is hard to find such delicacies from the local bakery. They are usually accompanied by natural juices, coffee or malta.

**Yield:** 16 rolls

**Equipment:** Large glass mixing bowl & cover, Rubber spatula or wooden spoon, Cookie sheet, Pastry brush, Oven mitts, Liquid and dry measures

### Ingredients:

- ½ tbsp (8mL) yeast (one package)
- ¼ cup (60mL) warm water
- 1 tsp (5mL) granulated sugar
- ¼ cup (60mL) sugar
- ½ tbsp (2mL) salt
- ¼ cup (60mL) vegetable oil
- ½ cup (125mL) milk
- 2 ⅓ (560mL) cups flour
- 1 egg, lightly beaten
- 2 tbsp (30mL) butter, melted
- 1 cup (250mL) ham, finely diced

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Activate yeast by mixing it with ¼ cup (60mL) warm water and 1 teaspoon (5mL) granulated sugar. Let stand for 10 minutes.
3. In a large glass bowl mix sugar, salt oil, milk and flour. Knead until mixed. Add the egg and continue kneading, adding the yeast last.
4. Cover and let the dough rise in a warm place for two hours.
5. Knead the dough again, and then divide it in half. Working with one half at a time, roll into a 10" circle. Cut the flattened dough into 8 triangles. Place ham in the widest part of each triangle. Then roll from the wide end to make a crescent. Place on a cookie sheet.
6. Cover the rolls with plastic and let rise for one hour in a warm place. Pre-heat oven to 350-375°F.
7. Brush melted butter on each roll and bake 15 minutes or until they are light golden.
8. Remove and brush with egg white. Return them to the oven until they are golden brown.

Recipe Source: Food.com <https://www.food.com/recipe/cachitos-de-jamon-ham-crescent-rolls-243446>





## **Foods of Europe**

## SALATA

This salad is one of the most popular in Bulgaria. "Salata" simply means salad. Salata is a traditional cold salad that is also one of the national dishes of Bulgaria. It was originally created in the 1950s, when Bulgarian top chefs were asked to create dishes that would attract tourists to the country.

**Yield:** 2 servings

**Equipment:** Salad bowl, Knife, Cutting board, Mixing spoon, Liquid and dry measures

### Ingredients:

- 4 roasted sweet peppers (green or red or 2 fresh ones)
- 300g tomatoes
- 1 cucumber (about 250 g)
- 1 onion or 1 bunch green onions
- Fresh parsley
- 100g feta cheese (or less)
- Vegetable oil
- Vinegar (lemon juice can be used instead of vinegar) (optional)
- Salt

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Peel the roasted peppers, remove the seeds and cut them into ½ inch (1.25cm) squares.
3. Cut the tomatoes into large cubes and the cucumber in two long halves and then in slices.
4. Mince the onion and the parsley and put them in a salad bowl with the vegetables.
5. Add oil, vinegar and salt to taste and mix well.
6. Sprinkle the salad with the grated feta cheese and some chopped parsley.

Excerpts taken from: A World of Food in Canada 4-H Ontario Project resource, 1977

Recipe Source: Food.com <https://www.food.com/recipe/shopska-salata-salad-60723>

## GOULASH

This traditional meal is Hungary's national dish. Gulyás, known to English speakers as goulash, is a spicy meat stew containing lots of paprika. Originally, it was eaten by the country's cattle herders and stockmen. Gulyás pronounced almost the same as goulash only with no L, and is a word for a Hungarian herdsman or cowboy.

**Yield:** 6-8 servings

**Equipment:** Mixing bowl, Dutch oven (or a slow cooker or crock pot), Rubber spatula, Medium size pot, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 -3 lb (908-1362g) boneless chuck roast, cut into 1-inch chunks
- Kosher salt (or fine salt)
- Fresh ground black pepper
- 2 tbsp (30mL) all-purpose flour
- 3 tbsp (45mL) olive oil, divided use
- 4 medium sweet onions, sliced and separated into rings
- 8 ounces (225g) baby portobello mushrooms or 8 ounces (225g) cremini mushrooms, brushed clean and cut in half
- 1 head garlic, peeled, large cloves cut in half (about 12 cloves)
- 2 ¼ cups (560mL) beef broth
- ¼ cup (60mL) sweet Hungarian paprika (see Note)
- 1 cup (250mL) sour cream
- 4 cups (1000mL) cooked noodles, buttered, with chopped parsley

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place beef chunks in a large bowl. Sprinkle liberally with kosher salt and freshly ground pepper.
3. Toss with the flour.
4. Heat a heavy Dutch oven over medium high heat and add 1 tbsp (15mL) of the olive oil. Swirl to coat the bottom of the pan. Place beef chunks in a single layer and brown on two sides. You will probably need to do this in batches. Do not crowd the meat or it will boil instead of brown. Remove browned beef chunks to a bowl.
5. Reduce heat to medium-low. To the drippings in the Dutch oven, add the remaining 2 tbsp of olive oil, sweet onion rings, mushrooms, and garlic. Toss to coat with the olive oil. Cover tightly and sweat the vegetables, stirring occasionally, until onions are limp but not browned and mushrooms are releasing their liquid, about 10 minutes.
6. Add ½ cup (125mL) of beef broth to the vegetables and cook 2 minutes. Add the remaining beef broth and paprika. Return beef to the pan. Stir until well-combined. Cover tightly, reduce heat, and simmer on low heat for 1-½ to 2 hours, stirring occasionally, until beef is fork-tender.
7. Remove Dutch oven from heat and wait for boiling to subside. Taste and add additional salt if necessary. Stir in sour cream until completely incorporated into the gravy.
8. Serve Hungarian goulash over hot buttered noodles with chopped parsley.

**Note:** The amount of paprika is correct. Use it all. The goulash may be frozen, before the addition of the sour cream. Reheat and add the sour cream just before serving.

Recipe Source: Food.com <https://www.food.com/recipe/easy-hungarian-goulash-146256>

## SARMALE (ROMANIAN CABBAGE ROLLS)

Sarmale is the national dish of Romania. It is always found on the tables of special celebrations such as a wedding, christening, or funeral, or from the holiday meals of Christmas or Easter. No matter how modern a wedding is, there will always be sarmale as one of the main dishes.

**Yield:** 8 servings

**Equipment:** Large stock pot, Paper towel lined plate, Small bowl, Slow cooker, Oven mitts, Liquid and dry measures

### Ingredients:

- 200g rice
- 2 kg pickled cabbage
- 500g minced pork
- 300g minced beef
- 200g smoked pork ribs / smoked pork meat
- 1 big onion
- 1 big red bell pepper
- 100mL tomato sauce
- 2 tbsp (30 mL) sunflower oil
- 1 tsp (5mL) caraway seeds
- 2-3 bay leaves
- 1 tsp (5mL) turmeric
- 1 tsp (5mL) dried thyme
- 15 peppercorns

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Wash the rice and put it in a bowl with 1 tbsp (15mL) of coarse salt. Mix well, then change the water and wash the rice two more times, without the salt. Leave it in cold water until it's used in the recipe.
3. Prepare the pickled cabbage by separating the leaves, one by one. This is what you will wrap the filling with to make the Romanian cabbage rolls.
4. Combine the two types of meat and then mix it with the onion, turmeric, caraway seeds and thyme. Don't add salt. Add 100 mL of water over the mixture then add the rice. Make sure you mix the ingredients well.
5. Take a cabbage leaf and put 1 tbsp (15mL) of the mixture in the middle. Wrap it to form a roll and then seal the edges.
6. Do the same until you finish the meat. Make sure to put aside 2-3 cabbage leaves. Chop the rest of the remaining leaves into julienne (chop into match sticks). Chop the red pepper the same way.
7. Get a big pot that has a lid and put the oil at the bottom. Add half of the chopped cabbage and the red pepper to the pot. Pour half of the tomato juice over them. Arrange the rolls in the pot very close to each other, one by one.
8. Between them, put the smoked pork meat, chopped in rough chunks. Once you finish putting all the rolls in the pot, add the peppercorns and the bay leaves on top, and cover with the rest of the chopped cabbage and red pepper.
9. Pour the rest of the tomato sauce over it. Cover the pot with the 2-3 cabbage leaves you saved earlier.
10. Add boiling water to cover the rolls if needed, and then place a large oven-resistant plate on top of the pot. This is important to avoid the rolls lifting to the surface whilst boiling. Cover with a lid.

11. Put it over medium heat, until they start to boil. Reduce the heat to a minimum and let them simmer for

two to three hours.

12. The cabbage rolls are served hot, with sour cream on top and alongside polenta.

Recipe Source: The Romanian Cookbook <https://theromaniancookbook.com/romanian-sarmale-recipe/>



## BRYNDZOVE HALUSKY

Bryndzové halušky is often considered the national dish of Slovakia consisting of tender dumplings tossed in a creamy cheese sauce and topped with salty bacon. It's made with bryndza, a strong sheep's milk cheese. Since sourcing this cheese outside of Europe may be difficult, a feta-yogurt substitute works great.

**Yield:** 6 servings

**Equipment:** Large skillet, Large and small mixing bowls, Large pot, Grater, Spaetzle maker or colander, Rubber spatula, Large slotted spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 3 slices thick-cut bacon, cut into small pieces
- Kosher salt (or fine salt)
- 1 pound (454g) all-purpose potatoes (about 2 medium potatoes or 1 very large potato)
- 1 cup (250mL) all-purpose flour
- 1 large egg
- 1 ¼ cups (310mL) bryndza cheese (see note below)
- Chopped scallions or chives, for serving (optional)

Note: Bryndza is a sheep's milk cheese made mainly in Slovakia. It's creamy and white and has a very strong flavour. Finding it outside of Europe may be difficult, but you can make a substitute by pureeing 1 cup (250mL) of crumbled feta cheese with ½ cup (80mL) plain whole-milk yogurt (not Greek) in a food processor.

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Add the bacon pieces to a large skillet over medium-low heat and cook, stirring, until golden and crisp, about 6 minutes for slab bacon and 4 minutes for thick cut. Transfer the bacon and rendered fat to a small bowl. Set aside.
3. Bring a large pot of salted water to a boil.
4. Peel the potatoes and grate them on the small holes of a box grater over a large bowl (keep all the liquid). Add the flour, egg and 1 tbsp salt. Stir to combine. The batter should be thick but pourable (like really thick pancake batter).
5. Put the bryndza cheese (or feta-yogurt mixture) in a large serving bowl and set near the boiling water.
6. Set a spaetzle maker or colander over the boiling water (make sure the bottom is not touching the water; remove some water if you need to). Add about a third of the batter to the spaetzle maker and push through into the water according to the equipment instructions. Alternatively, use a rubber spatula to push the batter through the perforations of the colander into the water. Boil the dumplings until firm and tender, about 3 minutes. Remove with a large slotted spoon or spider, shaking off excess water, and drop them onto the cheese in the bowl. Continue with the rest of the batter, making sure the water is back at a rolling boil before each batch.
7. Toss to coat the hot dumplings with the cheese (it will look slightly like risotto). Spoon the bacon with the rendered fat over the dumplings and scatter the scallions on top, if using.
8. Finish with the tiniest sprinkle of salt.

Recipe Source: Food Network <https://www.foodnetwork.com/recipes/food-network-kitchen/bryndzov-haluky-11930999>

## BORSCHT

The national dish of Ukraine is red borscht, a well-known beet soup, of which many varieties exist. Borscht is typically a vegetable soup made out of beets, cabbage, potatoes, tomatoes, carrots, onions and dill. There are about 30 varieties of Ukrainian borscht. It may include meat or fish.

**Yield:** 8 servings

**Equipment:** Large stock pot, Paper towel lined plate, Small bowl, Slow cooker, Oven mitts, Liquid and dry measures

### Ingredients:

- **For the stock:**
  - 12 cups (3 litres) cold water (see note below)
  - 1 ½ lb (600g) pork ribs or beef attached to a bone
  - ½ onion
  - 1 carrot
  - 2 celery sticks
  - 2 bay leaves
  - 5 peppercorns
  - 1 tsp (5mL) salt
- **For the borscht:**
  - 2 medium beets peeled and grated
  - 3 medium potatoes peeled and cut into 2 inch chunks
  - 2 medium carrots grated
  - 1 to 1 ½ cups (250-375mL) medium onion chopped
  - 2 cloves garlic minced
  - 1 bay leaf
  - 3 tbsp (45mL) tomato puree/paste
  - ½ small white cabbage cored and sliced
  - 1 lemon juice only or 1 tsp (5mL) of white vinegar
  - salt to taste
  - pepper to taste
  - sour cream
  - fresh dill or parsley

Note - Alternatively you can skip making your own stock and purchase a good quality beef or chicken broth from a supermarket. Use 2 litres/8 cups of chicken or beef stock for this recipe.

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.

#### **For the stock:**

2. In a large stock pot combine water, pork ribs cut into smaller chunks to fit the pot, quartered half onion, celery sticks and carrot cut in half, bay leaves and peppercorns and a pinch of salt.
3. Bring to a boil and then lower the heat to simmer for 1 hour to 1.5 hours until the meat is nearly falling off the bones. Remove the scum that floats to the top with a slotted spoon several times through the process.
4. When the stock is done, let it cool slightly, then remove the ribs to a separate plate and strain the stock by pouring it over a sieve. Discard the vegetables.
5. When the meat is cool enough to handle, take it off the bones and shred with two forks or by hand. Set

aside until needed. Discard the bones. The stock could be made in advance and frozen until needed.

**For the borscht:**

6. Prepare all the vegetables by peeling and grating the beets and carrots separately, chopping the onions, peeling and cutting the potatoes and slicing the cabbage. Have all vegetables ready before starting on the soup.
7. Add the stock to the large soup pot, then add shredded meat, grated beets, potato chunks, tomato puree, a pinch of salt and one bay leaf. Bring to a boil, then lower the heat and let it simmer.
8. Meanwhile heat 1 tbsp (15mL) of vegetable oil in a pan, then add the grated carrots and chopped onions and saute over low heat for 7-10 minutes until caramelized, then add minced garlic and stir fry for 30 seconds.
9. When the onions and carrots are done, add them to the soup pot together with sliced cabbage and cook for 15 minutes or until the cabbage leaves are tender but not mushy. Then add the juice of one lemon or 1 tsp (5mL) of white vinegar and salt and pepper to taste.
10. Serve borscht with a spoonful of sour cream and sprinkled with fresh dill or parsley.

Recipe Source: Vikalinka <https://vikalinka.com/borscht-recipe/>



## Smorrebrod

The art of making Danish Smorrebord (open sandwiches) is a Danish specialty. Smorrebrod simply means “butter bread” and the idea dates from the times when slices of bread were used as plate.

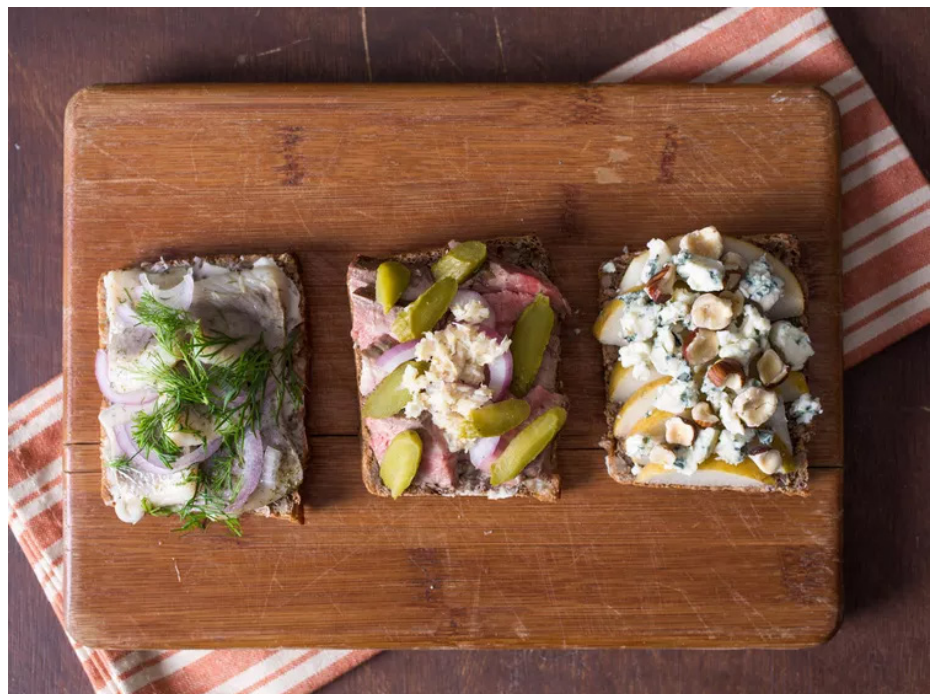
The base of all Smorrebrod is a thin slice of light or dark bread, a nice layer of butter and from there, whatever the imagination suggests in the way of cooked fish, liver paste, thinly sliced meat or meat combinations, salads, eggs, cheese, fruit, etc. The top is decorated with tomatoes, mushrooms, onions, watercress, pickles, cucumbers, radishes – anything that goes together in flavour and appearance. Two, or at most three of these make a meal. They are eaten with a knife and fork.

### Method:

1. Use variety in the bread slices – white, brown, rye, etc. Butter and filling should come only to the edge of the bread. Here are a few ideas:
  - Slice of ham with a diagonal ribbon of scrambled egg; garnish with chives
  - Lettuce leaf, slice of hard-cooked egg, small cooked sausage held in place with wooden pick
  - Cheese slice, tomato slices, chopped parsley
  - Cheese spread, radish slices, cucumber finger
  - Salami sausage, onion rings
  - Lettuce, egg salad, radish slice
  - Canned salmon, lemon wedge, sliced cucumber
  - Hard-cooked egg slices, anchovy, tomato section
  - Sliced chicken or turkey with ribbon of cranberry sauce
  - Many small shrimps in even rows with a teaspoon of mayonnaise and cucumber twist
  - Liver paste with slices of tomato and crisp bacon
  - Thick layer or raw, minced beef. Top it with an onion ring. Put a raw egg yolk in the centre, garnish with chopped onion
  - A row of well drained, small sardines with a twist of lemon and finely chopped green onion tops

Information and Recipe Source: A World of Food in Canada 4-H Ontario Project resource, 1977

Image Source: <https://www.serious-eats.com/smorrebrod-introduction-danish-sandwich>



## Yorkshire Pudding

When wheat flour began to come into common use for making cakes and puddings, cooks in northern England (Yorkshire) devised a means of making use of the fat that dropped into the dripping pan to cook a batter pudding while the meat roasted.

Originally, the Yorkshire pudding was served as a first course with thick gravy to dull the appetite with the low-cost ingredients so that the diners would not eat so much of the more expensive meat in the next course. Because the rich gravy from the roast meat drippings was used with the first course, the main meat and vegetable course was often served with a parsley or white sauce. In poorer households, the pudding was often served as the only course. Using drippings, a simple meal was made with flour, eggs and milk. This was traditionally eaten with a gravy or sauce, to moisten the pudding.

**Yield:** 12 puddings (serves 6)

**Equipment:** Blender (or food processor), 12-hole Yorkshire pudding tray or muffin tray, Small ladel, Oven mitts, Liquid and dry measures

### Ingredients:

- 4 large eggs
- 1 ½ cups (375mL) whole milk
- ½ teaspoon (2mL) coarse salt
- 1 ¼ cups (310mL) all-purpose flour
- 4 tbsp (60mL) vegetable oil (or beef drippings)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 425°F (220°C).
3. In a blender, combine the eggs, milk, flour, and salt. Blend until well combined and place in the refrigerator until ready to use (allow to rest for at least 30 minutes).
4. Put 1 teaspoon (5mL) of the oil (or beef drippings) into each section of a 12-hole Yorkshire pudding tray or muffin tray and put into the oven on the top shelf until very hot, almost smoking.
5. As soon as you take the tray from the oven, pour in the batter to three-quarters fill the tins (it should sizzle) and immediately put back into the oven.
6. Bake until the Yorkshire puddings are well risen, golden brown and crisp, 15-20 minutes. Don't open the oven door until the end or they might collapse.

Recipe Source: Food.com <https://www.food.com/recipe/gordon-ramseys-yorkshire-pudding-424498>



## MULGIKAPSAD (SAUERKRAUT WITH PORK AND BARLEY)

A traditional dish hailing from southern Estonia, mulgikapsad is an enriched version of sauerkraut that combines sauerkraut with barley and pork or bacon. It uses inexpensive, locally-available ingredients and is traditionally eaten as a side, served alongside grilled meat and boiled potatoes. A hearty dish in cold weather, mulgikapsad is popular wintertime fare.

**Yield:** 5 servings

**Equipment:** Large skilled, Large and small mixing bowls, Large pot, Grater, Spaetzle maker or colander, Rubber spatula, Large slotted spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 lb (900 g) sauerkraut
- 1/2 cup (125mL) barley groats
- 1 lb (450 g) bacon
- 2 onions, chopped
- Salt and sugar to taste
- Water as needed

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Put sauerkraut, barley, and meat in a saucepan with water to cover.
3. Cover the pan and cook slowly, checking periodically to see that the water does not boil off.
4. Add salt and sugar to taste as the mixture reaches the boiling point.
5. The dish is cooked when the barley groats are soft.
6. Separately, fry the onions.
7. Add onions just before serving.

Recipe Source: A to Z World Food <https://www.atozworldfood.com/estonia/side-dishes/mulgikapsad-sauerkraut-w-pork-and-barley.html>

## Irish Soda Bread

This uniquely Irish wheat bread is leavened with soda and buttermilk rather than yeast. It dates back many centuries and was first baked by the open fires in thatch-roofed cottages. It is still popular in Ireland and is often made in farm houses and sold at country markets.

**Yield:** 1 loaf

**Equipment:** Mixing bowl, Board for kneading bread, Baking Sheet

### Ingredients:

- ½ cup (125mL) all-purpose flour
- 1 ½ tsp (7mL) baking powder
- ½ tsp (2mL) baking soda
- ½ tsp (2mL) salt
- 1 tsp (5mL) sugar
- 1 ½ cup (375mL) whole wheat flour
- 1 cup (250mL) buttermilk

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Into mixing bowl sift flour with baking powder, soda, salt and sugar.
3. Add whole wheat flour and mix well.
4. Stir in buttermilk to moisten dry ingredients.
5. Turn out on a lightly floured board, knead 8-10 times and shape into a round loaf. Put loaf on a greased baking sheet. With a sharp knife cut a cross in the top, marking the loaf into four sections.
6. Bake in a moderate oven, 350°F (175°C) for 50 minutes. When cool, cut through the cross markings into four sections, or “farms” as they are called. Slice each farm and serve with butter.

Recipe Source: A World of Food in Canada 4-H Project, 1967



## Afternoon Tea Scones

Afternoon tea scones are a quintessential part of British culture. Scones are a baked treat which is made from a dough (not a batter), lightly sweetened and served with butter, and/or jam and cream. Savoury scones are also delicious when served with soup, such as cheese scones or parsnip scones.

**Yield: 8 medium size scones)**

**Equipment:** Mixing bowl, Large measuring cup, Fork, Knife or pastry blender, Wooden spoon, Pastry brush, Baking sheet, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 cups (500mL) all-purpose (plain) flour
- 2 tsp (10mL) baking powder
- 2 tbsp (30mL) sugar
- A pinch of salt
- ½ cup (80mL) salted butter (cold)
- One egg, room temperature
- ½ cup (125mL) + 1 tbsp (15mL) buttermilk
- ¼ cup (60mL) raisins or currants (optional)
- Cream and jam to serve

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat oven to 400°F (205°C)
3. In a bowl, place the dry ingredients. Mix lightly to combine.
4. In a measuring jug, put the buttermilk (including the 1 tbsp).
5. Beat the egg in a small bowl, then pour into the buttermilk. Stir to combine.
6. Place the butter in the center of the dry ingredients and cut with a knife into about 16 pieces.
7. Next, take another knife, or pastry blender and cut/mix the butter into the flour until resembles coarse crumbs, finishing off the pastry using your hands once the pieces have become quite small.
8. Make a well in the center of the dry ingredients and pour in the egg and buttermilk, (reserving one tbsp of liquid in the jug).
9. Mix gently with a wooden spoon until a dough forms, just about 10 seconds. (If you are adding dried fruit or any additions, add it now.)
10. Place dough onto a clean, well-floured surface. Form into a ball, then pat out to approximately ¾" (1.8cm) in thickness. Do not knead the dough or it will make the scones tough.
11. With sharp cutters, cut out scones and place on silicone baking mat or parchment lined baking tray. Gently knead scraps together and repeat until dough is finished, (make a "runt" with the remaining little bit of dough).
12. Using a pastry brush, brush the tops of the scones with the remaining egg/buttermilk mixture.
13. Place in middle of preheated oven for about 9 minutes, then turn tray 180°C and continue to bake for another 9 minutes or until scones look golden brown on top.
14. Remove from oven, and place in a towel lined basket, or on a cooling rack if you wish to serve them on a plate. Serve with butter, or real cream and jam.

Recipe Source: Christina's Cucina <https://www.christinascucina.com/british-afternoon-tea-scones/>

## Shortbread Cookies

Traditional Scottish shortbread is a simple recipe made with sugar, butter, flour, and salt. Other shortbread styles will include leavening agents like baking powder and baking soda, which makes them crisp instead of crumbly like traditional Scottish shortbread.

**Yield:** 12 cookies

**Equipment:** Mixing bowl, 11 ½ x 7 ½-inch sheet tray or jelly roll pan, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 ½ cups (625mL) all-purpose flour
- 1 cup (250mL) butter, at room temperature
- ½ cup (125mL) white sugar
- 1 tbsp (15mL) white sugar, or as needed

Note: some traditional Scottish shortbread recipes call for light-coloured brown sugar instead of white sugar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 300°F (150°C).
3. Mix together flour, butter, and 1/2 cup (125mL) sugar in a bowl with your hands until well combined. Press dough into an ungreased 11 ½ x 7 ½-inch sheet tray or jelly roll pan. Sprinkle with 1 tbsp (15mL) sugar.
4. Bake in the preheated oven until edges are light brown, 20-30 minutes.
5. Cut shortbread into squares in the pan while still warm. Cool completely before removing squares from the pan.

Note: Dough can also be pressed out flat on a lightly floured board and cut into shapes with a cookie cutter instead of being pressed into a pan.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/232956/scotch-shortbread/>



## KIFLICE (JAM FILLED CRESCENT COOKIES)

Kiflice is one of the most common and widespread dishes across Central Europe. In Croatia they are known as kiflice, which means small rolls. Breads or pastries in the shape of a crescent moon are believed to have been served in ancient times as offerings to the goddess of the moon, Selene. The shape is also reminiscent of horns. Both are associated with ancient symbolism and considered the oldest surviving pastry shape.

**Yield:** 64 cookies

**Equipment:** Mixing bowls (2 small, 1 large), Mixing spoon, Fork, Knife, Electric mixer, Cookie sheet, Oven mitts, Liquid and dry measures

### Ingredients:

- **Cookie:**
  - 1 tsp (15mL) instant yeast
  - 2 tbsp (30mL) sugar
  - ½ cup (125mL) milk warm
  - 1 egg
  - 2 egg yolks
  - 3 tbsp (45mL) sour cream
  - 3 cups (750mL) all purpose flour plus extra for kneading
  - 1 cup (250mL) cold butter
  - 1 cup (250mL) plum jam or other filling of your choice
  - 1 packet Vanilla sugar
- **Sugar Coating:**
  - 1 cup (250mL) granulated sugar
  - 1 packet vanilla sugar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Dissolve yeast with sugar and vanilla sugar in warm milk. Put aside for 5 minutes.
4. In a separate bowl combine eggs with sour cream with a fork. Add in yeast mixture.
5. Shred cold butter (make sure butter is cold – this makes for flakier pastry).
6. In a large mixing bowl, combine flour, shredded butter and mix until blended together.
7. Add in yeast mixture and mix on medium speed until well combined.
8. Remove from mixer and knead briefly to form a large ball.
9. Divide into 7-8 even-sized balls. If making 8 balls, the finished kiflice will be smaller in size.
10. Keep dough in fridge until ready to roll.
11. Roll each to an 8 inch (20cm) circle. Cut each circle into 8 triangular slices (like a pizza).
12. Add 1-2 tsps (5-10mL) of filling to the wide edge of the triangle (as much as will stay in when the pastry is rolled).
13. Turn the corners in a little bit (helps to keep the filling from draining out).
14. Starting on the wide side of the triangle, roll each triangle to form small crescent shapes.
15. Arrange onto ungreased cookie sheet or parchment paper about 1" (2.5cm) apart.
16. Bake for 14-16 minutes, until slightly golden.
17. Dip in a small bowl of sugar (mix of granulated and vanilla sugar) while still warm.

Recipe Source: Sustain My Cooking Habit <https://sustainmycookinghabit.com/kiflice-jam-filled-crescent-cookies-recipe/>

## CANNOLI CREAM DIP

Cannoli was first created on the Italian island of Sicily, specifically in the Palermo and Messina regions. Sicilians developed the dessert, especially for their Carnevale celebrations. Carnevale has numerous similarities to Mardi Gras.

**Yield:** 4 servings

**Equipment:** Hand mixer, Large mixing bowl, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) ricotta cheese
- 8 oz (½ pound – 227g) cream cheese, softened
- 1 cup (250mL) powdered sugar
- 1 tsp (5mL) vanilla extract
- ⅓ cup (160mL) mini chocolate chips, plus more for topping
- Mini waffle cones

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Beat ricotta and cream cheese with a hand mixer until smooth.
3. Add powdered sugar and continue mixing until well combined.
4. Add vanilla extract and beat an additional 30 seconds.
5. Fold in mini chocolate chips.
6. Serve dip immediately with broken waffle cones for dipping.

Recipe Source: Oklahoma State Food, Fun, 4-H Around The World Project, 2021

<https://4h.okstate.edu/projects/nutrition-health-wellness/food-fun-4h/food-fun-4h-around-the-world-2021/>

## POLENTA

Polenta is a northern Italian dish made of yellow cornmeal. It's soft and creamy when it's freshly cooked, with a texture similar to porridge. When it cools, it becomes firm enough to be easily sliced with a knife.

**Yield:** 8 servings

**Equipment:** Large saucepan with lid, Whisk, Wooden spoon, Serving bowl, Oven mitts, Liquid and dry measures

### Ingredients:

- 4 cups (1000mL) water
- 1 tsp (5mL) fine salt
- 1 cup (250mL) polenta (cornmeal can be used if polenta is not available at the grocery store)
- 3 tbsp (45mL) butter, divided
- ½ cup (125mL) freshly grated Parmigiano-Reggiano cheese, plus more for garnish

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Bring water and salt to a boil in a large saucepan; pour polenta slowly into boiling water, whisking constantly until there are no lumps.
3. Reduce heat to low and simmer, whisking often, until polenta starts to thicken, about 5 minutes. Polenta mixture should still be slightly loose. Cover and cook for 30 minutes, whisking every 5-6 minutes. When polenta is too thick to whisk, stir with a wooden spoon. Polenta is done when texture is creamy and the individual grains are tender.
4. Turn off heat and gently stir 2 tbsp (30mL) butter into polenta until butter partially melts. Mix ½ cup (125mL) Parmigiano-Reggiano cheese into polenta until cheese has melted. Cover and let stand for 5 minutes to thicken.
5. Stir polenta and transfer to a serving bowl. Top polenta with remaining 1 tbsp (15mL) butter and about 1 tbsp (15mL) freshly grated Parmigiano-Reggiano cheese for garnish.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/234933/how-to-make-perfect-polenta/>





## ALCATRA

Alcatra is a Portuguese pot roast that is simmered in onions, wine, bacon and spices that is rich and flavourful. Alcatra, from Terceira Island is one of the most renowned dishes of the Azores archipelago. Its best served with bread (portuguese sweet bread) to soak up the juices and can also be served over warm polenta, rice or quinoa.

Note: this recipe takes almost 9 hours to prepare and cook.

**Yield:** 6 servings

**Equipment:** Large stock pot, Paper towel lined plate, Small bowl, Slow cooker, Oven mitts, Liquid and dry measures

### Ingredients:

- ½ lb (225g) bacon cut into small pieces
- 1 large onion diced
- 2 bay leaves
- 1 tbsp (15mL) allspice berries
- ¼ tsp (1mL) ground cinnamon
- 5 whole cloves
- 16 whole black peppercorns
- 4 garlic cloves minced
- 2 tbsp (30mL) tomato paste
- 2 tsp (10mL) salt
- 1 tsp (5mL) ground black pepper
- 5 lb (2.27kg) chuck roast or rump roast
- 2 cups (500mL) red wine
- 2 cups (500mL) water or beef stock

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large stock pot, fry bacon until just crisp over medium-high heat. Remove to a paper towel lined plate and allow to drain. Remove all but 1 tbsp (30mL) of bacon fat and add the onion, bay leaves, allspice, cinnamon, cloves, peppercorns, garlic and tomato paste. Cook until onions are soft and translucent, about 10 minutes. Remove the onion mixture to the slow cooker.
3. In a small bowl mix the salt and pepper and spread over the chuck roast evenly. Sear the roast on each side in the hot stock pot. When all sides have been browned, place the roast on top of the onion mixture in the slow cooker.
4. Turn the heat up to high and add the wine and water and scrape up all of the browned bits on the bottom of the stock pot. Allow the wine mixture to boil for 5 minutes. Pour over the roast and top with the bacon. Add more water, if necessary, to just cover the roast. Cover and set the slow cooker for 8 hours (or follow your manufacturers suggestions for 8 hours). At the 4-hour mark, flip the roast over, cover and continue to cook.

Recipe Source: Farmgirl Gourmet <https://www.farmgirlgourmet.com/2012/03/alcatra-portuguese-pot-roast-in-slow.html>

## SAUSAGE AND TOMATO BAKE

Many favourite Belgian dishes are a combination of meat with vegetables and gravy or sauce. This recipe is a Canadianized version of one of these savoury mixtures.

**Yield:** 6 servings

**Equipment:** Frying pan, Sauce pan, Shallow baking dish

### Ingredients:

- 1 pound (454g) sausage
- 2 cups (500mL) freshly stewed or canned tomatoes
- 1 tbsp (15mL) flour
- ½ tsp (2mL) salt
- ½ tsp. (2mL) sugar
- ¼ tsp (1mL) dried basil or thyme
- 4 eggs
- Salt and pepper
- 1 cup (250mL) soft breadcrumbs
- 2 tbsp (30mL) butter

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Fry sausages until browned and cooked through. Drain off fat.
3. In saucepan, combine tomatoes with flour, sugar, salt and basil or thyme, and cook, stirring until thickened. Pour into shallow baking dish.
4. Arrange sausages in tomato sauce.
5. Break eggs, one at a time, into a saucer and slip gently between sausages. Season eggs with salt and pepper.
6. Cover surface with bread crumbs, dot with butter and bake in a moderate oven, 350 degrees for 20 minutes or until eggs are firm. Remove from oven and let stand for 3 minutes before serving.

Recipe Source: A World of Food in Canada 4-H Project, 1967

## FRENCH-STYLE ONION SOUP

France has an international reputation for excellent cooking. Onion soup is a specialty of the house in many French restaurants, each with its own method of preparation and method of seasoning.

The onion has been known and respected for centuries. Its distinctive flavor is traced to an oil that blends easily with fats in foods. A good way to develop the flavor is to fry onions slowly in a little fat until transparent before adding to other ingredients, as is done in the following recipe.

**Yield:** 6 servings

**Equipment:** Large saucepan, Liquid and dry measures

### Ingredients:

- 2 tbsp (30mL) butter
- 2 tbsp (30mL) cooking oil
- 4 medium cooking onions, very thinly sliced
- 1 tbsp (15mL) flour
- 1 tsp (5mL) salt
- ¼ tsp (1mL) pepper
- 4 cups (1000mL) hot water
- Croutons, French bread or toast slices
- Butter
- Parmesan cheese

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat butter and oil over low heat. Add sliced onions, stirring often until golden, about 6-8 min. Sprinkle with flour and stir until blended. Add salt and pepper.
3. Stir in water, cover, bring to boil, then simmer for 20 min. Taste and adjust seasoning if necessary.
4. Serve in bowls. Float croutons on top, sprinkle liberally with grated Parmesan cheese or other hard cheese. In place of croutons, slices of French bread or squares of toast may be placed on top of soup, then sprinkle with cheese.

### To Make Croutons:

1. Remove crusts from stale bread, butter lightly, cut in cubes. Bake on cookie pan in slow oven, 300-325°F (150-165°C), stirring occasionally to brown evenly, until crisp, about 15-20 min.
2. To vary the flavor of this soup, add 3 to 4 chicken or beef bouillon cubes at step 2, or use soup stock when available in place of water.

Recipe Source: A World of Food in Canada 4-H Project, 1967

## HOT POTATO SALAD

A hearty salad popular to German homes, this recipe came to us by way of the German Loyalists who emigrated to Upper Canada from Pennsylvania long before Confederation. In the original recipe, potatoes were scrubbed, boiled in their jackets, then peeled while hot. Peel before or after cooking, as you wish.

**Yield:** 6-8 servings

**Equipment:** Large saucepan, Frying pan, Serving bowl, Liquid and dry measures

### Ingredients:

- 6 medium potatoes
- 4 slices bacon
- 1 medium onion, chopped
- 1 tsp (5mL) salt
- ½ tsp (2mL) pepper
- 1 tbsp (15mL) sugar
- 1/3 cup (75mL) cider vinegar
- 2 tbsp (30mL) water
- 2 hard-cooked eggs

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Peel potatoes, cook in boiling water till just tender. Cool slightly, then cut in thin slices.
3. Fry bacon until crisp; add onion; fry two minutes. Pour off excess bacon fat, reserving 2 tbsp (30mL) with bacon and onion in the pan.
4. Add remaining ingredients except eggs and heat till bubbly. Pour over hot potatoes. Toss gently.
5. Serve in bowl, garnished with chopped hard cooked eggs.
6. Serve hot potato salad with hot or cold sliced meat and tomato slices or jellied tomato salad to make a colorful accompaniment.

Recipe Source: A World of Food in Canada 4-H Project, 1967



## SPECULAAS

Speculaas are cookies that originated in the Netherlands. They are thin, crunchy, or baked in chunks, and spiced with cinnamon, nutmeg, cloves, ginger, cardamom, and sometimes white pepper. They are usually shaped into festive figures or patterns using wooden molds or cookie cutters.

Some speculaas are filled with almond paste or other sweet fillings. They are traditionally eaten on St. Nicholas' Day (December 5th) or around Christmas time, but they are delicious any time of the year.

**Yield:** 6 servings

**Equipment:** Mixing bowls (2), Electric beaters or mixing spoon, Plastic wrap, Rolling pin, Cookie cutters, Baking sheet, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) unsalted butter, softened
- 2 tsp (10mL) vanilla
- 1 cup (250mL) white sugar
- 1 1/4 (310mL) cups dark brown sugar
- 2 large eggs
- 3 1/2 cups (875mL) flour
- 2 tsp (10mL) baking soda
- 2 1/2 tbsp (37.5mL) speculaas spice\*
- 1 tsp (5mL) 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.

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 350°F (180°C).
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. Divide the dough in half. Wrap each half in plastic wrap and refrigerate for several hours or overnight (the dough can be kept in the fridge for several days before using).
5. Roll out dough to 1/4" (0.6cm) or 1/8" (0.3cm) thick and cut with cookie cutters. Place on baking sheet.
6. Bake for 10-12 minutes.

Recipe Source: The Dutch Baker's Daughter <https://www.thedutchbakersdaughter.com/2009/12/speculaas.html>





## Foods of Asia and Oceania

## ALMOND CAKES

A Chinese meal in a restaurant often ends with small almond cakes served with cups of Chinese tea. One way to make these dainties is given below. They are not unlike some of our shortbreads here in Canada but the texture is different.

**Yield:** 8 dozen

**Equipment:** Mixing bowl, Cookie sheet

### Ingredients:

- 1 tsp (5mL) almond extract
- 1 cup (250mL) shortening
- 2 cup (500mL) sifted all-purpose flour
- $\frac{3}{4}$  cup (180mL) sugar
- $\frac{3}{4}$  tsp (4mL) salt
- Blanched almonds, whole or halved

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Blend almond extract into shortening, creaming until soft.
3. Gradually work in the flour, then the sugar and salt. Mix well. Knead with hands until dough ceases to crumble.
4. Shape into a roll about 1 1/2" (3.75cm) in diameter, then cut in slices 1/4 inch (6cm) thick. Place on ungreased cookie sheet, press an almond into the centre of each.
5. Bake in a slow oven 300°F (150°C) for 30 to 35 minutes. Almonds will be slightly browned, but cookies will be a lighter colour on the top than on the under surface. Remove from oven and allow to cool on wire rack.

Recipe Source: A World of Food in Canada 4-H Project, 1967

## KHACHAPURI (GEORGIAN CHEESE BREAD)

Khachapuri is a boat-shaped Georgian bread with a cheese-stuffed crust and an egg baked into the center. It is enjoyed at every type of occasion and any time of day, whether for breakfast, as a quick snack or as part of a lavish dinner feast known as a supra. Khachapuri is a staple that comes in dozens of forms.

Khachapuri dates back to the 12th century when Georgia went through the Renaissance. The name connects two different cultures. The word “khacha” in Georgian means “curdled cheese” and “puri”, which comes from India and means “bread”.

**Yield:** 4 servings

**Equipment:** Mixing bowls (2), Cheese grater, Parchment paper, Rolling pin, Baking sheet, Oven mitts, Liquid and dry measures

### Ingredients:

- **Dough:**

- ½ cup (125mL) warm milk
- ½ cup (80mL) warm water
- 1 (.25 ounce) package active dry yeast
- 1 ½ tsp (7mL) white sugar
- 2 ¼ cups (560mL) all-purpose flour, or more as needed, for dusting
- 2 tsp (10mL) olive oil
- 1 ½ tsp (7mL) kosher salt (or 1 1/8 tsp (6mL) of fine salt)
- Vegetable oil

- **Cheese Blend:**

- 8 ounces (227g) feta cheese, crumbled
- 4 ounces (114g) Monterey Jack cheese, shredded
- 4 ounces (114g) low-moisture mozzarella cheese, shredded

- **Filling:**

- 2 large eggs
- 1 tbsp (15mL) butter, cut into 4 pats
- Sea salt to taste
- 1 pinch cayenne pepper, or to taste (optional)

Note: You can use 1 pound (454g) of any cheese blend, but feta adds a tangy flavour.

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Make dough: Combine milk, water, yeast, and sugar in a large bowl. Let stand until yeast forms a creamy foam, about 5 minutes. Add 2 cups (500mL) flour, olive oil, and salt; mix until a sticky dough forms.
3. Turn dough out onto a floured surface. Knead for about 3 minutes, adding in remaining ¼ cup (60mL) flour as needed, until dough is very soft but still workable. Form into a ball and place in a lightly oiled bowl. Cover and let rise in a warm spot until doubled in volume, 1 to 1 ½ hours.
4. Preheat the oven to 475°F (245°C).
5. While the dough rises, prepare cheese blend: Toss together feta, Monterey Jack, and mozzarella cheese in a medium bowl. Refrigerate cheese mixture until needed.
6. Punch down dough and turn out onto a floured surface. Flatten slightly and cut in half. Place 1 dough half on a sheet of parchment paper dusted with flour. Roll out into a rectangle about 1/8 (0.3cm) to 1/4-inch (0.6cm) thick.
7. Arrange 1/4 of the cheese mixture in 2 rows, 1 to 2 inches (2.5 to 5cm) from the longest sides. Roll sides up tightly over cheese, forming a canoe shape. Pinch and twist ends to seal. Trim excess parchment and

lift dough onto a baking sheet. Shape and stuff remaining dough half. Fill canoes with remaining cheese mixture.

8. Bake in the preheated oven for 15 minutes. Form a well in the center of each khachapuri using a spoon; crack an egg inside each well.
9. Return to the oven and bake until eggs are mostly set, 3 to 4 minutes. Place 2 pats of butter over each egg, then sprinkle with salt and cayenne.
10. Put khachapuri on a plate. Tear off one end and use it to stir butter into egg.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/272625/khachapuri-georgian-cheese-bread/>

## CHICKEN CURRY CASSEROLE

In India as elsewhere, food culture is shaped by climate, land, and access to natural resources. The food system emphasizes eating agricultural and natural produce “in season,” such as mangoes and local greens during the summer, pumpkins during the rainy monsoon months, and root vegetables during the winter months.

**Yield:** 6 (one cup/250mL) servings

**Equipment:** Large sauce pan/rice cooker, Large pan, Large mixing bowl, 9” x 9” non-stick baking pan

### Ingredients:

- 1 cup (250mL) brown rice, long-grain, regular, dry
- 1 tbsp (15mL) canola oil
- ¼ cup (60mL) low-sodium chicken broth
- ¾ cup (180mL) fresh celery
- 1 cup (250mL) fresh onions, peeled, diced
- 1 ¼ cup (310mL) fresh carrots, peeled, shredded
- 1 ½ tsp (7mL) curry powder
- 1 tsp (5mL) garlic powder
- ½ tsp (2mL) ground black pepper
- ¾ tsp (4mL) salt
- ½ cup (125mL) low-fat plain yogurt
- 2 cups (500mL) cooked fajita chicken strips, diced

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 400°F (205°C).
3. Combine brown rice and 2 ½ cups (625mL) water in a large pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Set aside. A rice cooker may be used with the same quantity of brown rice and water.
4. In a large pan, heat canola oil and chicken broth over medium heat for 2-3 minutes. Add celery, onions and carrots. Cook an additional 5-7 minutes or until vegetables are tender.
5. In a large mixing bowl, combine curry powder, garlic powder, pepper, salt and yogurt. Add vegetables, brown rice and chicken. Mix well.
6. Pour mixture into a 9” x 9” nonstick baking pan. Bake uncovered at 400°F (205°C) for 15 minutes. Heat to an internal temperature of 165°F or higher for at least 15 minutes (use a food thermometer to check the internal temperature).
7. Serve hot.

Recipe Source: Georgia State 4-H <https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/>



## CHICKEN SHAWARMA

Shawarma is a popular Middle Eastern meal that is made from marinated meat, such as lamb, beef, and chicken. It is one of the world's most popular street foods and is now a staple at most Middle Eastern restaurants. Shawarma is a mouth-watering meal that is sure to please food and meat lovers.

**Yield:** 4 servings

**Equipment:** Mixing bowl, Mixing spoon, Knife, Baking sheet, Oven mitts, Liquid and dry measures

### Ingredients:

- 4 chicken breasts, sliced
- ¼ cup (60mL) olive oil
- 2 tbsp (30mL) lemon juice
- 2 tsp (10mL) cumin
- 2 tsp (10mL) paprika
- 2 tsp (10mL) turmeric
- 1 tsp (5mL) garlic powder
- Salt and pepper to taste
- Pita bread
- Chopped lettuce
- Sliced tomato
- Chopped onion
- Tahini sauce
- Garlic sauce

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a bowl, mix together olive oil, lemon juice, cumin, paprika, turmeric, garlic powder, salt and pepper.
3. Add sliced chicken into the bowl, coat and marinate for at least 1 hour.
4. Preheat oven to 400°F (200°C).
5. Place chicken on a baking sheet and bake for 25-30 minutes.
6. Warm pita bread in the oven while chicken cooks.
7. Build shawarma wrap with lettuce, tomato, onion, chicken, tahini sauce, and garlic sauce.

Recipe Source: Recipes.net <https://recipes.net/cuisine/israeli/israeli-chicken-shawarma-recipe/>



## CHICKEN TERIYAKI

Japanese food is one of the most popular cuisines in the world. Traditional Japanese cooking emphasizes variety and balance. This is achieved using five colors, five cooking techniques, and five flavours. The traditional cuisine of Japan is based on rice. Side dishes often consist of fish or chicken, pickled vegetables, and vegetables cooked in broth.

**Yield:** 4 servings

**Equipment:** Large frying pan, Garlic press, Mixing bowl

### Ingredients:

- 1 pound (454g) boneless skinless chicken breasts
- 1 to 2 tsp (5-10mL) sesame oil
- ½ cup (125mL) soy sauce
- ¼ cup (60mL) cup water
- ¼ cup (60mL) rice vinegar
- 2 tbsp (30mL) honey
- 2 tbsp (30mL) brown sugar
- 1 garlic clove, crushed
- 1 tsp (5mL) crushed fresh ginger (or ¼ tsp (1mL) dried ground ginger)
- Sesame seeds to serve

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Begin heating a large frying pan over high heat.
3. Meanwhile, pat the chicken breasts dry with paper towels.
4. Cut chicken breasts into cubes.
5. Add sesame oil to the hot pan followed by the chicken.
6. Brown the chicken well on all sides. Remove from pan and set aside.
7. In a bowl, mix together soy sauce, water, rice, vinegar, honey, brown sugar, garlic and ginger.
8. Pour sauce into the pan. Allow the sauce to come to a boil and cook for 1 to 2 minutes until it starts to thicken.
9. Add the chicken back to the pan. Cook for 4-5 more minutes until chicken is cooked and thoroughly coated in the sauce.
10. Remove from heat. Sprinkle sesame seeds over chicken and serve.

Recipe Source: Oklahoma State Food, Fun, 4-H Around The World Project, 2021 <https://4h.okstate.edu/projects/nutrition-health-wellness/food-fun-4h/food-fun-4h-around-the-world-2021/>

**TABOULI**

Tabouli (or tabouleh) is a classic Middle Eastern salad. The salad originally came from the mountains of Syria and Lebanon. It's healthy, tastes great, and goes with most meat dishes. You can also serve tabouli with Lebanese bread or pita bread as a dip.

**Yield:** 4 servings

**Equipment:** Large stock pot, Colander, Knife, Liquid measures

**Ingredients:**

- 1 large bunch parsley, chopped
- 1 tbsp (15mL) fresh mint, chopped
- ¼ cup (60mL) cracked burgul wheat (fine cracked wheat)
- 2 large ripe tomatoes, diced
- ½ tbsp (8mL) lemon juice
- 2 tbsp (30mL) olive oil
- Salt and pepper to taste

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Soak burgul wheat in warm water for 20 minutes.
3. Remove stems and chop parsley. Dice tomatoes.
4. Add parsley and tomatoes to salad bowl.
5. Drain water from burgul wheat and squeeze out excess water with your hands.
6. Add burgul wheat to parsley and tomatoes.
7. Mix lemon juice and olive oil together and pour over tabouli.
8. Add salt and pepper to taste. You can adjust lemon to suit your taste.
9. Mix tabouli with your hands.
10. Refrigerate and serve cold.

Recipe Source: Easy Kids <https://www.easy-kids-recipes.com/lebanese-recipes.html>

## HUMMUS

The word hummus is actually the Arabic word for chickpea. It is made of softened and pureed chickpeas, garlic, olive oil, and lemon juice. Hummus is one of the most widely eaten and popular foods in the Middle East. In North America it is often served as a dip or appetizer with flatbreads or fresh vegetables.

**Yield:** 2 cups

**Equipment:** Blender

**Ingredients:**

- ¼ cup (60mL) lemon juice
- 2 cups (500mL) canned chickpeas (garbanzo beans), drained and rinsed
- ¼ (60mL) cup olive oil
- 2 tsp (10mL) chopped garlic
- 1 tsp (5mL) grated lemon zest, optional
- ½ tsp (2mL) salt

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place all ingredients in a blender or food processor.
3. Process until the texture is slightly chunky. Taste and add more lemon juice if desired.
4. Serve with pita bread, fresh vegetables, or crackers.

Recipe Source: Illinois State 4-H Cooking 101 4-H Project <https://4h.extension.illinois.edu/>



## JAPCHAE (SWEET POTATO NOODLE STIR FRY)

Japchae is one of the most popular menu items on the Korean table. It's made from potato starch noodles stir-fried with mixed vegetables and seasoned with soy sauce and other toppings. Japchae is the most served dish at most celebratory occasions or during traditional holidays.

**Yield:** 4 servings

**Equipment:** Mixing bowls (4), Plastic wrap, Pot, Colander, Kitchen scissors, Non-stick pan/skillet, Rubber spatula, Liquid and dry measures

### Ingredients:

- **Main:**
  - 250g Korean sweet potato starch noodles (8.8 ounces)
  - 100g beef rib eye (3.5 ounces), cut into strips
  - 1 carrot (120g / 4.2 ounces), rinsed, peeled & julienned
  - 110g baby spinach (3.9 ounces), rinsed
  - ¼ red capsicum (bell pepper, 50g), rinsed & julienned
  - ½ yellow onion (105g), peeled, rinsed, & thinly sliced
  - 100g fresh shiitake mushroom, cleaned, stems removed & thinly sliced
- **Spinach Seasoning:**
  - ¼ tsp (1mL) fine sea salt
  - ½ tsp (2mL) minced garlic
  - 1 tsp (5mL) toasted sesame oil
- **Beef Marinade:**
  - 1 tbsp (15mL) soy sauce
  - 1 tsp (5mL) rice wine (mirin)
  - ½ tsp (2mL) minced garlic
  - ¼ tsp (1mL) ground black pepper
  - 1 tsp (5mL) toasted sesame oil
- **Noodles & Mushroom Marinade (Mix these in a small bowl):**
  - 4 tbsp (60mL) soy sauce
  - 1 tbsp (15mL) honey
  - 1 tbsp (15mL) brown sugar
  - 1 tbsp (15mL) toasted sesame oil
  - 1/8 tsp (0.5mL) ground black pepper
- **Finishing Touch:**
  - 1 tbsp (15mL) toasted sesame seeds
  - 1 tbsp (15mL) toasted sesame oil
  - 1 egg (extra large, Optional) rinsed, egg white and yolk separated
- **Other:**
  - Cooking oil
  - Fine sea salt
  - Water to boil the spinach and the noodles

Note: julienned – cut into long strips (similar to match sticks)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place the beef strips into a medium bowl. Add the "beef marinade" and gently mix the sauce into the meat. Cover the bowl with food wrap and set it aside while you're working on other ingredients.
3. Prepare the vegetables as instructed in the "main ingredients" section. Prepare the "noodles & mushroom

marinade” and the “spinach seasoning.”

4. Put the sliced mushroom into a medium bowl and add 1 Tbsp (15mL) of “noodles & mushroom marinade” mixture. Mix well. Set it aside until you cook it (in about 20 minutes).
5. Blanch the spinach in rolling boiling water (5-10 seconds). Drain the water and quickly cool it down by running it under cold tap water. Squeeze the spinach to remove any excess water and put it into a mixing bowl.
6. Add the "spinach seasoning" and mix gently and evenly. Put it into a large mixing bowl where the rest of prepared ingredients will be added in later.
7. Boil some water in a large pot. Once the water starts to boil (6 to 8 mins later), add the noodles and boil them for 6 to 7 mins. Drain the water. Rinse in cold water to cool down and let the water drain for 1 to 2 mins.
8. Cut the noodles with a pair of kitchen scissors a couple of times. (Between 15 to 20 cm / 6 to 8 inches length is good). Move the noodles into a mixing bowl and pour in the rest of the "noodles & mushroom marinade" mixture. Mix well. Set aside until you cook it (in about 10 minutes).
9. Start cooking the prepared ingredients (as per steps 11 to 18). Follow the order if you can. Cook lighter color to darker colour (to minimize the color transfer and avoid washing up in between) and use only one non-stick pan/skillet.
10. Once each step is completed, move them into the large mixing bowl (except for the first two – egg white and egg yolk), where we will be mixing all ingredients in before serving.
11. Beat the egg white with a fork. Add some cooking oil (1 tsp) on a well heated pan and spread it well. Pour the egg white mixture and cook both sides on low heat (1-2 mins). Transfer it onto a clean cutting board and set aside.
12. Beat the egg yolk with a fork. (If necessary, add more cooking oil onto the pan and spread it well.) Pour the egg yolk mixture and cook both sides on low heat (1-2 mins). Transfer it onto a clean cutting board and set aside.
13. Add more oil if necessary. Cook the onion with a pinch of salt over low to medium heat until it softens (1-2 mins). Transfer it to the large mixing bowl.
14. Add more oil if necessary. Cook the carrots with a pinch of salt over medium heat until it softens (1-2 mins). Transfer it to the large mixing bowl.
15. Add more oil if necessary. Cook the red capsicum with a pinch of salt over low to medium heat until it softens (1-2 mins). Transfer it to the large mixing bowl.
16. Add more oil if necessary. Pour in the marinated mushroom (incl. the residue sauce from the bowl) and stir fry until it is cooked (1-2 mins) over low to medium heat. Transfer it to the large mixing bowl.
17. Add more oil if necessary. Pour in the marinated meat and stir fry until it is cooked (2-3 mins) over medium heat. Transfer it to the large mixing bowl.
18. Add more oil if necessary. Stir fry the marinated noodles until the noodles are well coated with the sauce (2-3 mins) over low to medium heat. Transfer it to the large mixing bowl.
19. Thinly slice the egg white and egg yolk like match sticks. Add them into the large mixing bowl as used above.
20. Add the rest of the “finishing touch” ingredients – sesame oil and sesame seeds in the large mixing bowl and mix them gently and evenly with your hands.
21. Watch your hands, as the ingredients, particularly the noodles might be still hot. You can also use a salad server to mix initially then mix with your hands once it cools down enough.
22. Serve.

Recipe Source: Recipe Source: My Korean Kitchen <https://mykoreankitchen.com/korean-glass-noodle-stir-fry-japchae/>

## PHO SOUP

Originally from Vietnam, Pho is a famous noodle soup dish. This soup is a hearty treat. The secret is in the long, slow boiling process. Top this hot soup with fresh cilantro and bean sprouts.

**Equipment:** Large stock pots (2), Colander, Knife, Liquid and dry measures

### Ingredients:

- Main:
  - 8 cups (2000mL) water
  - 2 pounds (908g) beef bones
  - ¾ pound (340g) steak, cubed
  - 2 green onions
  - 1 tsp (5mL) fresh ginger, minced
  - 2-3 tsp (10-15mL) fish sauce to taste
  - 16 ounces (one pound – 454g) thick rice noodles
- Topping:
  - fresh bean sprouts
  - fresh cilantro (coriander) leaves
  - fish sauce

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Add water to a large stockpot.
3. Add bones and steak.
4. Add green onions and ginger.
5. Cover and bring to a boil, then turn down to low and simmer for 3 to 4 hours.
6. Add fish sauce to taste at the end.
7. Remove bones.
8. Remove cubed beef. It should be tender.
9. Shred beef and return to pot. The beef broth should be thick and rich.
10. In a separate pot, boil water and cook noodles and drain.
11. Serve soup in soup bowls making sure each bowl has a share of beef pieces.
12. Top with bean sprouts and cilantro.

Recipe Source: Easy Kids Recipes <https://www.easy-kids-recipes.com/vietnamese-recipes.html>





## LAMINGTONS

This Australian cake was first invented in Queensland, with a recipe appearing in the Queensland Country Life newspaper as early as 1900. According to Queensland Government House, the lamington was created by the chef of the state's eighth governor, Lord Lamington, to feed unexpected visitors.

**Equipment:** Large mixing bowls, Sifter, Round cake pan, Oven mitts, Liquid and dry measures

### Ingredients:

- Sponge cake
- 2 cups (500mL) powdered sugar
- 4 tbsp (60mL) cocoa powder
- 1 stick butter (1/4 of a pound of butter) (1/2 cup/250mL)
- 1 tsp (2mL) vanilla
- Warm water
- 2 cups (500 mL) finely shredded coconut

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Sift powdered sugar and cocoa into a mixing bowl.
3. In a separate bowl, melt butter then add vanilla and beat into the sugar and cocoa mixture. Beat well and add a little warm water to make the icing sticky and not runny.
4. Then take an ordinary sponge cake and cut into 4 inch (10cm) squares.
5. Next pour the coconut into a shallow tray.
6. Take one lamington at a time and dip in the chocolate icing, then roll in the shredded coconut while the icing is still moist.
7. Place lamingtons on a wire rack and let icing harden.

Recipe Source: Easy Kids Recipes <https://www.easy-kids-recipes.com/australian-food.html>

## Pavlova

The Pavlova is a meringue-based dessert named after the Russian ballerina Anna Pavlova. It is believed to have been created in New Zealand in the 1920s. Pavlova is an elegant and impressive dessert of crisp white meringue that's fluffy and marshmallowy inside, topped with whipped cream and fruit. It's often enjoyed during holidays and gatherings and holds a special place in New Zealand's culinary culture.

**Yield:** 1 pavlova (8 servings)

**Equipment:** Baking sheet, Parchment paper, Pen/marker, Glass, metal or ceramic bowl, Medium size bowl, Flat serving plate, Rubber spatula, Knife, Cutting board, Oven mitts, Liquid and dry measures

### Ingredients:

- 4 large egg whites
- 1 ¼ cups (310mL) white sugar
- 2 tsp (10mL) cornstarch
- 1 tsp (10mL) vanilla extract
- 1 tsp (10mL) lemon juice
- 1 pint (473mL) heavy cream
- 6 kiwi, peeled and sliced (or fruit(s) of your choice)

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat the oven to 300°F (150°C).
3. Line a baking sheet with parchment paper. Draw a 9-inch (22.5cm) circle on the parchment paper.
4. Beat egg whites in a glass, metal, or ceramic bowl until stiff but not dry. Gradually add sugar, about 1 tbs (15mL) at a time, beating well after each addition. Continue beating until meringue is thick, white, and glossy.
5. Gently fold in cornstarch, vanilla extract, and lemon juice.
6. Spoon mixture inside the circle drawn on the parchment paper. Working from the center, spread mixture toward the outside edge and build the edge slightly. This should leave a slight depression in the center.
7. Bake in the preheated oven until meringue is dry and sounds hollow when tapped, about 1 hour. Cool on a wire rack.
8. Beat heavy cream in a medium bowl until stiff peaks form; set aside. Remove meringue from the parchment paper and place on a flat serving plate.
9. Fill the center of meringue with whipped cream and top with kiwi slices (or fruit(s) of your choice such as strawberries, pineapple, mango, etc.).

### Recipe Tips:

- Make sure that no trace of grease or egg yolk gets into the whites as this will prevent them from forming stiff peaks.
- To prevent your meringue from being flat and grainy, beat the egg whites until stiff but not dry. Overbeaten egg whites lose volume and deflate when folded into other ingredients.
- If you prefer sweetened whipped cream, add 2 teaspoons (10mL) of sugar while whipping the cream.

Recipe Source: All Recipes <https://www.allrecipes.com/recipe/12126/easy-pavlova/>

## KAUKAU

Kau kau is a delicious baked sweet potato recipe. In Papua New Guinea, this dish is comfort food at its best. It's made by baking sweet potatoes, scooping out the flesh and mixing it with coconut cream, coconut flakes, onion, ginger and garlic. The mix is then loaded back in the skin and baked until golden on top.

The common foods in the daily life of a Papuan include mostly the root crops like sago, sweet potatoes, taro, cassava, coconut and other tropical fruits. Their traditional meat is pork and is often consumed only during special occasions. The Papuans are mostly vegetarian.

**Yield:** 4 servings

**Equipment:** Tinfoil, Baking sheet, Knife, Spoon, Mixing bowl, Fork, Parchment paper, Mixing spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 sweet potatoes (kaukau)
- 4 tbsp (60mL) butter, diced
- 3 tbsp (45mL) grated fresh coconut (or unsweetened shredded coconut)
- ½ cup (125mL) coconut cream
- ½ onion, finely chopped
- 2 cloves garlic, crushed
- 1 (1-inch/2.5cm) piece fresh ginger grated
- 2 tbsp (30mL) orange juice
- Salt to taste
- Pepper to taste

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Rinse the sweet potatoes, then wrap each of them in aluminum foil (tinfoil) and place on a baking sheet.
3. Bake in preheated 400°F/200°C oven for 1 hour or until cooked through.
4. Cut sweet potatoes in two lengthwise.
5. Scoop out about ¾ of the sweet potatoes with a spoon into a bowl.
6. Immediately add the butter. Add salt and pepper, and mash with a fork to get a smooth purée.
7. Set the skins of the half hollowed sweet potatoes on a baking sheet lined with parchment paper.
8. Add the coconut cream, onion, garlic, ginger and orange juice to the mashed sweet potatoes. Mix well.
9. Fill the hollowed half sweet potatoes with the mashed mixture.
10. Bake in the oven for another 5 minutes before serving.



Recipe Source: 196 Flavors <https://www.196flavors.com/papua-new-guinea-coconut-kau-kau/>

## PANI POPO (COCONUT BUNS)

Pani popo, which means 'coconut bun' in Samoan, is Samoa's national sweet treat. The buns are soaked in a sweet coconut and syrup sauce and then baked in the oven until golden on top. Sweet, fluffy and versatile, this delicious treat is a great breakfast food, snack or with a coffee.

**Yield:** 18 rolls

**Equipment:** 9x13 baking dish, Saucepan, Small bowl, Rubber spatula/missing spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 18 frozen ready to bake dinner rolls
- 1 (13 ½ ounce) (400mL) can coconut milk
- Water
- 1 cup (250mL) sugar
- 2 tbsp (30mL) cornstarch

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Lightly grease a 9x13-inch baking dish. Line the 18 rolls (3 across and 6 down) and set aside to let rise according to package directions.
3. In a saucepan, add the coconut milk, fill the can with water and add to saucepan, add the sugar. In a small bowl, mix cornstarch with 2 tbsp (30mL) of cold water until all the clumps are gone, set aside. Bring the coconut sauce to a boil and then add the cornstarch mixture. Simmer for about 3 minutes (sauce will thicken a little), then remove sauce from heat.
4. Bake rolls. After 10 minutes take rolls out of oven and pour the coconut sauce over the rolls till ½ to ¾ of each bun is covered in sauce. Place the rolls back in the oven and continue baking the rolls with the sauce until the tops of the rolls are golden brown.
5. Remove pan and allow a few minutes to cool. Serve warm.
6. Leftover sauce can be used to smother rolls when served individually or just make a second pan of Pani Popo.
7. Top with bean sprouts and cilantro.

Recipe Source: Food.com <https://www.food.com/recipe/easy-pani-popo-samoan-coconut-bread-316305>



## **Foods of Africa**

## MUAMBA CHICKEN (MUAMBA DE GALINHA)

Chicken muamba is an extremely popular chicken stew in Central Africa and is considered Angola's national dish. It is rich with the aromatic flavors of garlic, tons of onions, spiced up with hot pepper and thickened with okra.

**Yield:** 4 to 5 servings

**Equipment:** Large bowl or saucepan, Wooden spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 3 – 3 ½ pounds (1350-1575g) chicken cut in pieces
- Juice ½ lemon optional
- 1 tsp (5mL) white pepper
- 1 tsp (5mL) minced garlic
- ½ tsp (2mL) dried thyme
- 1 tsp (5mL) salt
- ½ tsp (2mL) smoked paprika
- ½ tsp (2mL) chicken bouillon powder
- ¼ cup (60mL) canola oil
- ¼ cup (60mL) palm oil
- 4-5 garlic minced
- 2-3 onions sliced
- 2 tomatoes diced
- 1 tsp (5mL) white pepper
- 1 tsp (5mL) smoked paprika
- Whole hot pepper pierced chili, Scotch bonnet \*
- ½ -1 pound (225-454g) butternut squash cut into large cubes
- 18-20 okra sliced in half
- 2 cups (500mL) or more chicken broth or water
- Salt to taste

Note: Scotch bonnet peppers are extremely hot. Substitute with jalapeno pepper or bell pepper

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place chicken in a large bowl or saucepan. Rub with lemon juice.
3. Then add salt, garlic, thyme, white pepper and chicken bouillon.
4. Mix chicken with a spoon or with hands until they are well coated. Set aside.
5. When ready to cook, heat up large saucepan with palm and canola oil. Then add chicken. Brown both sides for about 4-5 minutes.
6. Add garlic, chili pepper and smoked paprika. Stir for about a minute then add onions and tomatoes. Sauté 2-3 minutes until onions is translucent.
7. Add chicken stock if necessary to prevent any burns.
8. Next add chicken stock or water (about 2 cups or enough to cover chicken). Add chicken bouillon, and squash. Bring to a boil and let it simmer until sauce thickens. It might take about 20 minutes or more depending on the type of chicken used. Add in okra. Continue cooking until desired texture is reached (about 5 minutes or more).
9. Adjust recipe for salt, pepper and stew consistency.
10. Serve warm with cornmeal mash or rice.

Recipe Source: African Bites <https://www.africanbites.com/muamba-chickenmuamba-de-galinha/>

## CANDIED NUTS (GROUNDNUT SWEET OR SUGAR PEANUTS)

Peanuts are called groundnuts in Cameroon. Bambara groundnut is indigenous to sub-Saharan Africa where it is widely cultivated. The centre of origin is North-Eastern Nigeria and Northern Cameroon.

**Yield:** 4 servings

**Equipment:** Cookie pan, Oven mitts, Liquid and dry measures, 12-inch (30cm) skillet, Rubber spatula, Baking sheet, Parchment paper

### Ingredients:

- 2 cups (500mL) peanuts, shelled
- $\frac{2}{3}$  cup (160mL) water
- $\frac{2}{3}$  cup (160mL) granulated sugar
- $\frac{1}{2}$  cup (80mL) brown sugar (or granulated sugar)
- 2 tsp (30mL) ground cinnamon
- $\frac{1}{2}$  tsp (2mL) nutmeg, freshly grated
- $\frac{1}{2}$  tsp (2mL) vanilla extract (or 1 vanilla bean)
- $\frac{1}{4}$  tsp (1mL) cayenne pepper

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Bake shelled peanuts in the oven at 325F (163C) on a cookie pan in a single layer for 15-20 minutes. Stir the peanuts, occasionally rotating the tray for even roasting. Remove and set aside.

### Method 1:

1. Heat water in a 12-inch (30cm) skillet over medium heat, add sugar, cinnamon, nutmeg, vanilla extract (or vanilla bean), and bring to a boil. Add the roasted peanuts.
2. Turn up the heat to medium-high to high, stirring occasionally, until the sugar is grainy and crystallized, 15 to 18 minutes. Do not caramelize the sugar.
3. Remove from heat and spread the peanuts on a cookie sheet or tray. Let them cool and serve.

### Method 2:

1. Preheat the oven to 325°F (163°C).
2. In a 12-inch (30cm) skillet over medium heat, combine sugar, cinnamon, nutmeg, vanilla extract, and water.
3. Bring to a boil and stir until the sugar is dissolved. Add peanuts and cook while stirring over medium heat until peanuts are evenly coated and crystallized. (Do not let it caramelize.)
4. Remove the peanuts and spread them on a baking sheet lined with parchment paper.
5. Bake in the oven for 20 minutes, stirring every 5 minutes for even roasting. Remove from the oven and let them cool.

Recipe Source: African Bites <https://www.africanbites.com/groundnut-sweet-sugar-peanuts-aka-candied-nuts/>

# Sao Tome and Principe

## BANANA BOLO (BANANA CAKE)

Sao Tome and Principe is an island country of Central Africa, located on the Equator in the Gulf of Guinea. São Tome and Principe is the second-smallest and second-least populous African sovereign state.

They have over seven types of bananas on the islands of Sao Tome and Principe. Banana bolo is a amazing dessert recipe. The cake is light with a banana topping. It is bananas in a caramel sauce that has just a few hints of spice like nutmeg, cinnamon and vanilla

**Yield:** 8 servings

**Equipment:** 9 inch (22.5cm) cake pan, Cooking spray (or butter), Large mixing bowls (2), Spoon, Electric mixer Small saucepan, Rubber spatula, Small mixing bowl, Serving plate, Oven mitts, Liquid and dry measures

### Ingredients:

- For the batter:
  - 1 ½ cups (375mL) all-purpose flour sifted
  - 2 tsp (10mL) baking powder sifted
  - ¼ tsp (1mL) salt
  - ½ cup (125mL) unsalted butter at room temp
  - 1 cup (250mL) sugar
  - 1 tbsp (15mL) pure vanilla extract
  - 2 large eggs at room temp
  - ½ cup (125mL) whole milk
- For the topping:
  - 4 tbsp (60mL) unsalted butter cut in small pieces
  - ¾ cup (180mL) brown sugar
  - ½ tsp (2mL) ground cinnamon
  - ⅛ tsp (0.5mL) ground nutmeg
  - ¼ tsp (1mL) pure vanilla extract
  - 2 ripe bananas peeled sliced diagonally 1/4 inch (0.6cm) thick

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Place rack in the center of the oven.
4. Grease a 9 inch (22.5cm) cake pan with butter or a non-stick cooking spray.
5. In a large bowl, sift together the flour, baking powder, and the salt.
6. Using an electric mixer, beat the butter and sugar until light and fluffy.
7. Mix in the vanilla extract.
8. Add the egg yolks, one at a time, mixing well after each one.
9. Add the flour mixture, then some milk then repeat until flour mixture and milk is used up.

### Next, prepare the cake topping (caramel):

10. Place the butter, brown sugar, and spices in a small saucepan and stir over medium heat until butter melts and the sugar has dissolved . Without stirring, continue cooking for a few more minutes or until bubbles start to form around the outside edges of the mixture and the sugar begins to caramelize.
11. Then remove from heat, add the vanilla, and stir.
12. Pour into a greased cake pan. Evenly arrange the sliced bananas on top of the caramel.
13. In a separate bowl, whisk the egg whites at low speed until frothy. Add the lemon juice.



14. Then, beat increasing the speed gradually to high until the whites form a firm peak.
15. With a large rubber spatula gently fold the beaten egg whites into the cake batter.
16. Pour the batter into the caramel and banana lined cake pan. Smooth the top. Bake for about 45 minutes, or until a toothpick inserted into the center of the cake comes out clean. Remove from oven.
17. Place on a wire rack to cool for approximately 10 minutes. Run a knife around the edge of the pan. Invert the banana cake onto a serving plate. Serve the Banana cake warm.

Recipe Source: International Cuisine <https://www.internationalcuisine.com/sao-tome-banana-bolo/>

## INJERA

Injera is a popular Ethiopian flatbread that's a key component of Ethiopian and Eritrean cuisine. Made with a fermented batter of teff flour, water, and yeast, it's known for its unique texture and slightly sour taste. It's a sourdough flatbread unlike any other sourdough. It starts out looking like a crepe but then develops a unique porous and slightly spongy texture. The bottom remains smooth while the top develops lots of pores which makes it ideal for scooping up stews and sauces. Injera is the traditional accompaniment to Doro Wat.

Injera is traditionally made out of teff flour, the world's tiniest grain and also one of the earliest domesticated plants having originated in Ethiopia and Eritrea. Its production is limited to only areas with adequate rainfall though so it's relatively expensive for most African households. As such, many will replace some of the teff content with other flours like barley or wheat. For those who can afford it, injera made entirely of teff flour has the higher demand.

Traditional injera takes at least 4 days to make to allow the flour and water mixture to ferment. This recipe uses yeast to speed up the process.

**Yield:** 12 injera (flatbreads)

**Equipment:** Large mixing bowl, Whisk, Towel, 9" (22.5cm) non-stick or cast-iron skillet with loose fitting lid, Cooking spray, Plate, Plastic wrap, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) teff flour\*
- ½ cup (125mL) all purpose flour
- 1 tsp (5mL) Instant yeast
- ½ teaspoon (2mL) sea salt
- ¼ teaspoon (1mL) baking soda
- 2 cups (500mL) warm water
- 1 tbsp (15mL) apple cider vinegar

Note: Teff flour can be substituted with buckwheat flour

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. In a large mixing bowl, combine teff flour, all purpose flour, instant yeast, salt and baking soda. Mix well. Stir in apple cider vinegar and warm water. Whisk vigorously into a smooth batter without lumps. Cover with a towel and set aside for 1 hour in a warm spot.
3. Preheat a 9" non-stick or cast-iron skillet on high heat for 5 minutes. Lightly spray the skillet with cooking spray. Pour ¼ cup (60mL) of the batter on the outside of the hot pan and work in a spiral toward the center. Tilt the pan to fill in any holes. Immediately cover the pan with a loose-fitting lid and let the injera cook for 2-3 minutes.
4. Injera is done when the top is no longer shiny or wet and feels firm to touch. Transfer the cooked injera to a plate and cover immediately with a kitchen towel or a plastic wrap. Repeat with the remaining batter.
5. Stack the injera on top of each other. Keep them covered to keep them moist and soft.

Recipe Source: Cook's Hideout <https://www.cookshideout.com/quick-ethiopian-flatbread-injera-style-recipe>



## DORO WAT (BEBERE SPICED CHICKEN)

Doro Wat is an Ethiopian spicy chicken stew. There are many types of Wat (stew) in Ethiopian cuisine, but Doro Wat is one of the most popular. It can be found at many Ethiopian restaurants.

Berberere is a spice blend made from paprika, fenugreek, garlic, allspice, ginger, chilis, coriander, cinnamon, and black pepper. Its typically paired with chicken and onion. This hearty chicken stew is best eaten with a large serving of bread to scoop it up.

**Yield:** 4 to 6 servings

**Equipment:** Blender (or food processor), Knife, Large skillet (or Dutch oven), Rubber spatula, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 yellow onions, quartered
- 2 pounds (908g) boneless, skinless chicken thighs
- 2 tbsp (30mL) freshly squeezed lemon juice
- 2 tsp (10mL) kosher salt
- ½ cup (1-stick) (125mL) butter
- 3 cloves garlic, finely minced
- ½ inch (1.25cm) fresh ginger, peeled and grated
- 3 ounces (85g) tomato paste
- ¼ cup (60mL) berbere spice
- 1 ½ cups (375mL) water
- optional - serve with 4 soft boiled eggs, Injera, Naan, or rice

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Blitz the onions in a food processor until they are a chunky puree.
3. Cut the chicken thighs into 1-inch cubes. Toss the chicken with the salt and lemon juice in a bowl. Set aside.
4. Add butter to a large skillet or dutch oven over medium-high heat. Cook the onions for 10 minutes or until they are golden brown.
5. Add the garlic and ginger and stir for 30 seconds.
6. Add tomato paste and berbere spice and stir to combine. Reduce the heat to low and cook for 5 minutes., stirring often.
7. Deglaze the pan with one cup of water. Let reduce for 2 minutes.
8. Add chicken and ¾ cup of water. Reduce heat and simmer until thickened and chicken is cooked to tenderness, about 10 minutes.

Recipe Source: This Healthy Table <https://thishealthytable.com/blog/berbere-spiced-chicken/>

## SADZA

Sadza is a Zimbabwean porridge-like dish made by cooking maize meal (cornmeal) in hot water, until it forms a stiff, dough-like consistency. Other flours such as sorghum, millet, and cassava flour can be used to make it. It is a staple that is not only popular in Zimbabwe, but in other parts of Africa as well, where it goes by different names such as Pap in South Africa and Namibia, and Nsima in Malawi.

Sadza is the most common dish found in Zimbabwe and is widely considered to be the national dish of Zimbabwe.

**Yield:** 3 servings

**Equipment:** Cooking pot, Wooden spoon, Oven mitts, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) maize meal (also known as maize flour, mealie meal or cornmeal)
- 1½ (375mL) cups cold/room temperature water
- 2 cups (500mL) hot water

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Add ½ cup (125mL) maize meal to a bowl. Mix it with 1½ (375mL) cups of cold / room temperature water, to form a smooth, runny paste.
3. Transfer the contents from the bowl to a small pot and set it on the stove at high heat. Keep stirring until it starts boiling. Next, slowly add the hot water, stirring continuously to prevent the sadza from forming lumps.
4. Keep stirring until it starts to bubble. Cautiously cover the pot, reduce the heat to a medium-low, and allow it to simmer for 10 minutes. The consistency should resemble porridge at this point. If it is too thin, simply make a little slurry in a small cup, comprising a few tablespoons (approx. 30mL) of maize meal and hot water, similar to the first step above, and stir it in. If too thick then add some more hot water.
5. Stir in the maize meal, a little at a time, making sure it is well mixed in, before adding some more. This helps prevent lumps. The sadza will continue thickening as it cooks.
6. Continue stirring for about 5 minutes. This is very important as it helps give the sadza a smooth texture. Cover and allow it to cook on low for a further 15 minutes. Once this time is over, uncover the pot and stir again for 1-2 minutes.
7. Once cooked, use your wooden spoon to gather the sadza into one mass. Use your wooden spoon to form it into round balls, on a plate. Shape as preferred, and serve it hot, with some beef stew, kapenta, or your favourite relish.

Recipe Source: We Eat At Last <https://weeatatlast.com/sadza-recipe/>

## FUL MEDAMES (EGYPTIAN FAVA BEANS)

Ful medames is a staple, comfort food served across the Middle East and North Africa (especially in Egypt) often eaten for breakfast. This recipe is a standard Egyptian take on ful medames.

**Equipment:** Large pot (or Dutch oven), Rubber spatula, Blender (or food processor), Liquid and dry measures

### Ingredients:

- 1 tbsp (15mL) olive oil
- 1 medium red onion, sliced
- 3 cloves garlic, minced
- 1 tap (5mL) cumin
- 1 tsp (5mL) salt
- ½ teaspoon (2mL) freshly ground black pepper
- 2 (14.5 ounce) (429mL) cans fava beans, drained and rinsed
- 1 ½ (375mL) cups water
- optional - cherry tomatoes, sliced cucumbers, pita bread

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Heat a large pot or dutch oven over medium-high heat. Add the olive oil and once it's hot add the onion. Sauté the onion for 7 to 8 minutes or until it starts to brown and caramelize. Add the garlic and sauté for 30 seconds.
3. Add the cumin, salt, and pepper to the pot and stir for 30 seconds until the spices are fragrant.
4. Add the fava beans and water, increase the heat and bring to a low boil, then reduce to a simmer for 20 minutes.
5. Remove the pot from the heat and allow to cool slightly before blending the bean mixture with a blender or food processor until it's mostly broken down but still slightly chunky.
6. Serve with optional fresh herbs, a sprinkling of sea salt, more olive oil, or other desired toppings like cut cherry tomatoes or feta cheese. Toast some pita bread for dipping.

Recipe Source: We Eat At Last <https://weeatatlast.com/sadza-recipe/>



## MOROCCAN MINT LEMONADE

Moroccan Mint, also known as *Mentha spicata*, is a type of mint that is native to North Africa and is known for its unique flavour and aroma. It has a sweet, refreshing flavour with a hint of spiciness that sets it apart from other mints. It also has a strong, pleasant aroma that is slightly sweeter than other types of mint. This aroma is due to the high levels of essential oils in the leaves, which are released when the leaves are crushed or brewed in hot water.

**Equipment:** Blender, Fine mesh strainer, Liquid and dry measures

### Ingredients:

- 2 lemons, cut into small pieces, skins on, with seeds removed
- juice of 2 lemons
- 35 leaves of fresh mint
- 4 cups (1000mL) cold water
- 2 cups (500mL) ice
- 1 cup (250mL) of granulated sugar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Combine all ingredients in a blender.
3. Blend until all the lemon pieces are pureed, about 3 minutes.
4. Empty the blender through a fine mesh strainer, into a pitcher.
5. Discard the pulp.
6. Serve the mint lemonade over ice with additional mint garnish.

Recipe Source: <https://coupleinthekitchen.com/moroccan-mint-lemonade-recipe/>



## FARKA

Couscous, called kosksi, is the national dish of Tunisia, and can be prepared in many ways.

Traditionally Farka is cooked with couscous, sugar, oil water and enriched with nuts and dates. The mix is baked in an oven and served with extra milk and sugar. Even though this seems like dessert, Tunisians actually have it for breakfast.

**Yield:** 8 servings

**Equipment:** Large mixing bowl, Heavy-large saucepan, Towel, Fork, 13x9x2-inch baking dish, Tinfoil, Oven mitts, Liquid and dry measures

### Ingredients:

- 2  $\frac{2}{3}$  cups (660mL) couscous (about 1 pound (454g))
- 2  $\frac{2}{3}$  (660mL) cups water
- $\frac{1}{2}$  cup (125mL) sugar
- $\frac{1}{4}$  cup (60mL) vegetable oil
- 1  $\frac{1}{2}$  cups (375mL) chopped toasted mixed nuts (such as walnuts, blanched almonds, hazelnuts, pistachios and pine nuts)
- 1 (8 ounce (225g)) box pitted dates, cut into pieces
- 2 cups (500mL) milk, hot
- additional sugar

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Place couscous in large bowl. Bring 2  $\frac{2}{3}$  cups (560mL) water,  $\frac{1}{2}$  cup (125mL) sugar and oil to boil in heavy large saucepan, stirring to dissolve sugar. Pour mixture over couscous and stir until well blended. Cover with a towel and let stand 10 minutes. Fluff with fork to separate grains. Mix nuts and dates into couscous.
3. Transfer couscous to 13x9x2-inch baking dish. Cool. Cover with foil. (Can be prepared 4 hours ahead. Let stand at room temperature.)
4. Preheat oven to 350°F (180°C). Bake couscous until heated through, about 20 minutes. Spoon into bowls.
5. Serve, passing hot milk and additional sugar separately.

Recipe Source: Food.com <https://www.food.com/recipe/tunisian-farka-breakfast-pasta-from-north-africa-232778>



## PHAPHATA

Phaphata is basically a flattened dumpling that is cooked without water. The shape of the phaphatha is flat and circular and it is cooked in a frying pan without any fat. It is usually consumed at breakfast or as a snack. Locals enjoy a hot cup of tea or coffee with fresh warm phaphatha stuffed with chicken liver or chicken stew at 10am in the morning. Because it is so plain, it's usually paired with a protein stew or can be served on its own with jam or butter.

**Yield:** 6 to 7 servings

**Equipment:** Mixing bowl, Damp cloth, Rolling pin, Plastic cup/cookie cutter, Skillet/frying pan, Rubber spatula/flipper, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 cups (500g) flour
- half a packet of yeast (1 1/8 tsp (5.5mL))
- 1 cup (250mL) lukewarm water
- extra flour for kneading
- 2 tsp (10mL) sugar
- ½ tsp (2mL) salt

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Sift the flour and yeast into a bowl.
3. Add the sugar and salt.
4. Gradually add water and combine with your hands to form a dough. Only add enough water to form the dough.
5. Knead the dough for about 5 minutes till it's soft and pliable.
6. Put aside in a bowl covered with a damp cloth and leave to rise for 30 minutes.
7. On a floured surface, roll out the dough to about half an inch (1.25cm) thickness. Using a round object like a plastic cup or cookie cutter, cut the dough into circles. (Alternatively, divide the dough into 6 or 7 balls and then roll out each ball to approx. half an inch (1.25cm) thickness).
8. Dust the phaphathas liberally on both sides and place in a flat pan on medium heat with enough space between them to allow for rising. The heat should not be too high or the phaphatha burns before it fully cooks on the inside.
9. The phaphatha should rise while cooking. When bubbles appear on the surface of the dough, turn over to cook on the other side.
10. Remove from heat when cooked through and enjoy!
11. Alternatively, stuff with whatever you like to make a sandwich. (Stuffings could include ground beef, ham, chicken, fried egg, bacon, cheese – use your imagination!)

Recipe Source: A Hungry Africa <https://ahungryafricanoriginal.wordpress.com/2014/07/23/haphathadiphaphatha-from-botswana/>

## BOBOTIE

Pronounced ba-boor-tea, this much-loved South African dish is a delicious mixture of curried meat and fruit with a creamy golden topping. Bobotie is the national dish of South Africa and is cooked in many homes and restaurants. The traditional way of serving bobotie is with some yellow rice, then often with slices of banana and some pickle or chutney on the side.

**Yield:** 6 servings

**Equipment:** Shallow pan, Knife, Cutting board, Skillet/frying pan with lid, Rubber spatula, 9x13 inch (22x33cm) ovenproof dish (5-6cm (2 inches) deep), Mixing bowl, Electric beaters, Oven mitts, Liquid and dry measures

### Ingredients:

- 2 slices white bread
- 2 onions, chopped
- 2 tbsp (28g) butter
- 2 garlic cloves, crushed
- 1kg packet lean minced beef
- 2 tbsp (30mL) Madras curry paste
- 1 tsp (5mL) dried mixed herbs
- 3 cloves
- 5 allspice berries
- 2 tbsp (30mL) peach or mango chutney
- 3 tbsp (30mL) sultana raisins
- 6 bay leaves
- **For the topping:**
  - 1 ¼ cups (310mL) full-cream milk
  - 2 large eggs



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Pour cold water over the bread and set aside to soak.
4. Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the curry paste, herbs, spices, chutney, sultanas and 2 of the bay leaves with 1 tsp(5mL) salt and plenty of ground black pepper.
5. Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended.
6. Tip into an oval ovenproof dish (23 x 33cm and about 5-6cm deep). Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.
7. For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.

Recipe Source: BBC Good Food <https://www.bbcgoodfood.com/recipes/bobotie>

**VETKOEK (FRIED BREAD)**

South African traditional vetkoek (fat cake) makes a great dinner or snack. They can be made any size you wish. They're a great party snack when made small. They can be filled with meat, tuna and mayo, syrup, curried minced meat, cheese, or basically anything you feel like using. They're fast, easy, and very tasty.

**Yield:** 12 servings

**Equipment:** Small and large mixing bowls, Clean cloth, Deep fryer or large saucepan, Paper towels, Oven mitts, Liquid and dry measures

**Ingredients:**

- 2 cups (500mL) lukewarm water
- ¼ cup (60mL) white sugar
- 1 (.25 ounce) package active dry yeast
- 7 cups (1750mL) all-purpose flour
- 2 tsp (10mL) salt
- 3 cups (750mL) oil for frying

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
  2. Mix lukewarm water, sugar and yeast in a small bowl. Let stand until yeast softens and bubbles slightly, about 5 minutes.
  3. Sift together flour and salt in a large bowl.
  4. Pour yeast mixture over flour mixture and knead until dough is smooth and elastic, 5-7 minutes. Cover bowl with a clean cloth and let dough rise until doubled in volume, about 45 minutes.
  5. Pinch off a piece of dough about the size of a tennis ball; roll until smooth. Flatten ball of dough until it is palm-sized; set aside on a floured work surface. Repeat with remaining dough.
  6. Heat oil in a deep-fryer or large saucepan to 350°F (175°C).
  7. Fry in hot oil, 2 to 3 pieces at a time, until golden brown, about 3 minutes per side. Drain on paper towels.
- NOTE: do not leave oil unattended and have adults present when cooking with oil.

Recipe Source: AllRecipes <https://www.allrecipes.com/recipe/245683/south-african-traditional-vetkoek-fried-bread/>



**RIZ GRAS**

Translated in English as 'fat rice', Riz Gras is Burkina Faso's national dish. Riz gras is a one-pot dish consisting of white rice, tomato, onion and other vegetables that are cooked in a generous amount of oil to form a thick rice stew.

**Yield:** 4 servings

**Equipment:** Mixing bowl, Knife, Cutting board, Saucepan, Rubber spatula, Oven mitts, Liquid and dry measures

**Ingredients:**

- 4 tomatoes, roughly chopped
- 3 chillies, adjust to your spice preference
- ½ red capsicum
- ½ cup (125mL) water
- 3 tbsp (45mL) oil
- 1 onion, finely sliced
- 4 cloves garlic
- 3 tbsp (45mL) tomato paste
- ½ tbsp (7mL) cumin
- ½ tbsp (7mL) garam masala
- ½ tsp (2mL) fennel seeds
- ½ tsp (2mL) mustard seeds
- 1 tsp (5mL) chili flakes
- 4 whole cloves
- 1 cup (125mL) vegetable stock
- 1 ½ cup (375mL) long grain white rice, rinsed
- 3 tbsp (45mL) parsley
- Salt & pepper to taste

**Method:**

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Blend together tomatoes, red capsicum and chillies with ½ cup (125mL) of water.
3. Heat 3 tbsp (45mL) of oil in large saucepan over medium heat. Add sliced onions and cook until lightly brown.
4. Add garlic and cook for another 30 seconds, then add in tomato paste and spices and sauté for 5 minutes. Add water to the pan if it's getting too dry.
5. Add the blended mixture and a cup of vegetable stock and bring to a boil.
6. Add in rinsed rice, reduce heat and cover. Allow to simmer for 20-25 minutes, stirring occasionally to ensure rice on bottom of pan doesn't burn.
7. Once most liquid is absorbed, take off heat and allow to sit for five minutes before serving.

Recipe Source: BBC Good Food <https://www.bbcgoodfood.com/recipes/bobotie>



## JOLLOF

Jollof Rice, originally belonging to the Wolof tribe found in Senegal, Gambia and Mauritius, has spread throughout Africa, priding itself as one of Africa's most tasty and most consumed meals. It is a delicate meal, highly treasured for its aesthetic, sensory and nutritional qualities. It is one of the most popular foods in Ghana.

**Yield:** 10 servings

**Equipment:** Blender, Dutch oven\*, Wooden spoon, Tinfoil, Oven mitts, Liquid and dry measures

\*If you don't have a Dutch oven, this dish can be made in a stovetop pot, then transferred to a deep oven-safe dish for baking.

### Ingredients:

- **Aromatics and tomatoes:**

- 1 small onion, peeled and cut in half
- 2 small scotch bonnet (or habanero), stems removed\*
- 2-inch ginger, peeled
- 1 red bell pepper, seeds removed, cut in half
- 3 garlic cloves, peeled
- 1 cup unsalted crushed tomatoes

- **Jollof Rice:**

- 1 cup vegetable oil (canola and sunflower oil also work well)
- 1 medium-large Spanish onion, sliced thinly
- 2 bay leaves (optional)
- 1 Tbsp tomato paste
- 2 medium tomatoes, chopped
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 ½ tsp curry powder
- 1 bouillon cube, chicken, beef or shrimp (optional)
- 1 pinch nutmeg (optional)
- salt, to taste
- 5 cups Jasmine rice
- 2 ½-3 cups water

### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Blend aromatics and crushed tomato in a blender, combine onion, scotch bonnet, ginger, bell peppers and garlic with crushed tomato. Blend until smooth and set aside.
3. In a Dutch oven over medium heat, add vegetable oil, sliced Spanish onion and bay leaves (if using). Stir with a wooden spoon for 10 minutes on medium heat until onions begin to lightly brown and soften.
4. Add tomato paste and fry for 5 minutes, stirring frequently to make sure it doesn't burn.
5. Add chopped tomatoes and simmer for 10 minutes, stirring constantly so it does not burn. Mash them lightly with the back of your wooden spoon.
6. Add all seasoning: paprika, garlic powder, onion powder, curry powder, plus bouillon cube and pinch of nutmeg if using, and mix well.
7. Simmer over low heat, stirring periodically until there is a layer of oil over the tomato stew.

8. Add the prepared smooth blended aromatics and crushed tomatoes to the Dutch oven.
9. Cover partially and simmer over low, stirring constantly for 30-40 minutes. Stirring every 2 minutes or so is important because near the end of the 30 minutes, tomato stew can burn easily. You want the oil to separate from the stew yet again. Ghanaians cook their stews for a very long time when making jollof to get the best results.
10. Near the end of cooking, wash Jasmine rice by rinsing it with water and pouring it off the water, repeat until the water runs nearly clear, this may take up to 4 rinses and pours.
11. After oil has resurfaced on the stew and the stew has reduced in volume and darkened slightly, taste and add salt to taste.
12. Add washed Jasmine rice after seasoning. Mix rice into stew thoroughly until all of the rice is coated.
13. Add 2 ½ cups (625mL) of water, or until it's about ½ cm above the rice (be sure not to add any more or the rice will get mushy). Taste and add more salt if necessary. The water-stew-rice mixture should be well seasoned or the jollof rice might be under seasoned.
14. Cover Dutch oven with tin foil. Place the tin foil so that it is touching the rice, then place lid over it.
15. Place in the oven and bake for 1 hour 15 minutes at 325F (163C).
16. After 1 hour 15 minutes, check doneness of rice – it should be well cooked but not mushy. If undercooked, add up to ¼-½ cup (60-125mL) of water depending on how hard the rice is, cover tightly with tin foil and bake for an additional 20 minutes. If the rice is overcooked, bake uncovered for about 15 minutes to dry out.
17. Once rice is cooked to your preference, serve with your favourite protein and sides.

Recipe Source: Food Network Canada <https://www.foodnetwork.ca/recipe/ghanaian-jollof-rice/>

## SPICED CARROT MILLET

Pearl millet, commonly called millet, is an important cereal crop mainly grown in the Northern part of Nigeria. The crop thrives well in locations where rainfall does not last long enough to deter its growth.

**Yield:** 4 servings

**Equipment:** Small skillet, Rubber spatula, Saucepan, Liquid and dry measures

### Ingredients:

- 1 cup (250mL) whole millet
- ½ cup (125mL) carrot puree
- ¼ cup (60mL) raw grated carrot
- 1 tbsp (15mL) chopped carrot top greens
- 1 tbsp (15mL) chopped cilantro
- 1 tsp (5mL) turmeric
- ½ tsp (2mL) onion powder
- ½ tsp (2mL) garlic powder
- ½ tsp (2mL) cumin
- ½ tsp (2mL) sweet paprika
- ¼ tsp (1mL) coriander
- a squirt of fresh lemon juice



### Method:

1. Read the recipe completely. Assemble all ingredients and equipment.
2. Toast the millet in a small pan over medium heat for about 5 minutes until slightly golden brown.
3. Bring 2 cups (500mL) of water to a boil and add the toasted millet. Cover the pot and cook on low for about 20 minutes, until all the liquid is absorbed and the millet is fluffy.
4. Now add all the rest of the ingredients to the cooked millet and mix well to combine.
5. Serve with extra cilantro or carrot top greens to garnish.

Recipe Source: <https://strengthandsunshine.com/african-spiced-carrot-millet-gluten-free-vegan-allergy-free/>