

# FCJ REFUGEE CENTRE COMMUNITY KITCHEN

2007



# THE AROUND THE WORLD COOKBOOK



[www.theodora.com/maps](http://www.theodora.com/maps) 

## AKNOWLEDGEMENTS

The FCJ Refugee Centre would like to thank the organizers of the Community Kitchen who helped us in the coordination of this event every month.

We also wish to express our sincere gratitude to Second Harvest (In Kind Donation) and the Toronto Heart Health Partnership Community Partnership Initiative, for their support and partnership in making this program a success.

Last but not the least, many thanks go to all the women who participated and shared their wonderful recipes with us. You taught us how to prepare these delicious recipes but also gave us insight into your wonderful and rich cultures. We will be savouring these recipes for years to come!



Toronto Heart Health Partnership



## **INTRODUCTION**

The FCJ Community Kitchen is a group of immigrant and refugee women who get together once a month to cook and share healthy and nutritious meals from their country of origin. This program is a fantastic way for the women in our community to come together and prepare and enjoy a meal. The program enhances the capacity of participants to acquire skills in preparing affordable recipes, providing fresh fruits & vegetables. From recipe selection, to shopping, cooking, and clean-up, everyone participates.

The program makes it a priority to maintain the highest standards of respect and integrity. One of the major aims of the program is to overcome barriers that often impact newcomers such as isolation, poverty, and racism; in turn it celebrates the participants' cultures and therefore builds self-esteem. In addition, the Community Kitchen creates a supportive network for participants of the programs.

The FCJ Community Kitchen has shown how it is possible to bring people together and build a community around food.

# TABLE OF CONTENTS

**Acknowledgments.....1**  
**Introduction.....2**

**Haiti (January).....3- 5**  
 Rice and Red Beans  
 Fried Plantains

**Ghana (February) .....6- 8**  
 Bakuu  
 Okra Soup

**El Salvador (March).....9- 10**  
 Pupusas

**Tibet (April).....11- 13**  
 Momos

**Zimbabwe (May).....14- 17**  
 Curry Chicken  
 Peanut Butter Greens  
 Sadza

**Eritrea (June).....18- 21**  
 Injera  
 Be'Geh Zigni (Lamb Stew with Spices)  
 Tum'tumo (Lentils in a Savory Sauce)

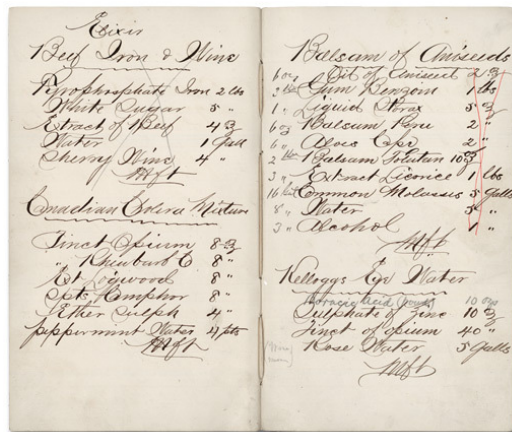
**Colombia (August).....22- 24**  
 Sancocho de Gallina (Chicken Soup)

**Japan (September).....25- 27**  
 Temaki-Zushi (Handroll Sushi)  
 Angel Hair Salad/ Japanese Style Summer Salad

**Canada (October).....28- 32**  
 Baked Turkey  
 Mashed Potatoes  
 Cranberry Sauce  
 Apple Crisp

**Mexico (November).....33- 34**  
 Pozole Rojo (Red Pozole Soup)

\* No Community Kitchen in July and December due to holidays



# HAITI



Haitian cuisine is an interesting mix of African cooking styles combined with French cuisine; this makes the Haitian style of cooking something no cook or food enthusiast should miss. Haiti is too small to offer distinct regional cooking styles and noticeably different cuisines in the parts of the country. Visitors and locals alike enjoy the roast goat called 'kabrit', the fried Pork 'griot' or poultry with a Creole sauce 'poulet creole', to name just some of the most popular meat dishes. Haiti displays a general coastal cuisine, with fish, meat, lobster, shrimp and sea-food readily available. Fruit including guava, pineapple, mango, banana, melons, and breadfruit is often used in many delicious desserts. Sugarcane is often prepared and sold on streets and enjoyed at home as well as a tasty treat or snack. Coconuts are often the number one choice when it comes to beverages.



**JANUARY 2007**

**RICE AND RED BEANS**

Country of Focus: **Haiti**  
Head Cook: **Lidy Antoine**

**Ingredients:**

- 2 Cups of long grain rice
- 1 Cup of red kidney beans
- 1 Finely chopped onion
- 1 Chopped hot green pepper
- 1/4 Cup salt pork or bacon cut into small cubes
- 1 Tablespoon of butter
- 2 Chopped cloves of garlic
- 2 Tablespoons of vegetable oil
- Salt and pepper to taste



**Preparation:**

- 1) Cook the beans in 4 cups of water for 2 hours or until tender in a medium pot.
- 2) Drain the beans but keep the water which will be used to cook the rice.
- 3) Fry the salt pork or bacon until crisp (use oil if needed). Add the onion, garlic, and green pepper.
- 4) Add the beans along with salt and pepper to taste. Add the water used to cook the beans and bring to a boil
- 5) Add the rice and cook for 20-25 minutes

# FRIED PLANTAINS

## Ingredients:

- 2 Green plantains
- 1 Cup of vegetable oil for frying
- Salt and pepper

## Preparation:

- 1) Peel the plantain and cut off both ends.
- 2) Thinly slice the plantain into  $\frac{1}{4}$  -  $\frac{1}{2}$  inch rounds.
- 3) In a large, heavy skillet, heat the vegetable oil over medium heat keeping a close watch on it.
- 4) Once the oil sizzles when a slice of plantain is added, add several plantain slices and brown them for about 2 minutes on each side.
- 5) Transfer them to towels to drain the excess oil.
- 6) On a cutting board, use a rolling pin to flatten each slice into a flat round.
- 7) Add the flattened rounds into the oil once again and brown on each side for a minute more on each side.
- 8) Drain again on the towels, add salt and pepper and serve at once.



# GHANA



Ghana is situated on the West coast of Africa. The Ghanaian cuisine is very much influenced by the natural resources and surroundings of Ghana and by the local climate of the country. Fishing is a main activity in Ghana and that is why so many meals are based on fish: from soups, to snacks and main courses. All the local plants and fruit are used as bases for the main foods. The fruits, such as: bananas, avocados, grapefruits, mangos, papayas, coconut and plantains are not only used for sweet meals, but also as the main course. The most important local vegetables: cassava (with edible roots), eggplant, maize, okra (locally called ngumbo), chili pepper, sweet potatoes, onions, tomatoes, turnip, yam (edible tubers) are bases for fufu, locally known as foofoo, the most significant Ghanaian meal.





**FEBRUARY 2007**

**BAKUU**

Country of Focus: **Ghana**  
Head Cook: **Emilia Mpiani**

**Ingredients:**

- 1 Bag of corn powder
- 1 Bag of cassava starch

**Preparation:**

- 1) Mix corn powder and water together. Let the dough rest for 2-3 days until it rises.
- 2) Mix corn with cassava starch powder.
- 3) Add water, stir it and place it in medium heat until it is well cooked.



## OKRA SOUP

### Ingredients:

Beef, chicken or dry fish  
Tomatoes  
Hot peppers  
Chopped onions  
Okras  
Akano  
Seasoning cubes  
Salt



### Preparation:

- 1) Place chunks of meat, onions and oil in a large saucepan. Cook it for 5 minutes.
- 2) Add chopped tomatoes and grind hot peppers.
- 3) Add a small amount of water and seasoning cubes. Let it simmer.
- 4) After simmering, add about 1cup of water.
- 5) Add akano and chopped okra to the mixture.
- 6) Constantly stir everything until the okra is soft.
- 7) Serve when the okra is soft.

# EL SALVADOR

The cuisine of El Salvador is similar to that of its Central American neighbors. There is a strong reliance on indigenous foods like corn, beans, squash and tomatoes. The influence of Mayan culture on common dishes is quite strong, mixed in with contributions from the Spanish kitchen. But this tiny country on the Pacific coast has made a unique and rich contribution to the region's cuisine that is out of proportion to its small size.



## Pupusas

Pupusas are El Salvador's version of the tortilla, only thicker and often stuffed with cheese, beans or meat. The pupusa originated in El Salvador, but it is also popular in neighboring Honduras, and in large North American cities, such as San Francisco, Los Angeles, Toronto, among others. Salvadoran restaurants that serve pupusas are called *pupuserías*. So fundamental is the pupusa to the cuisine of El Salvador that the country has gone so far as to declare November 13th "National Pupusa Day." Curtido, a type of coleslaw, is typically served with pupusas, along with a simple tomato sauce (*salsa roja*).

**MARCH 2007**

**CHEESE AND REFRIED BEANS PUPUSAS**

Country of Focus: **El Salvador**

Head Cooks: **Loly Rico, Erika Garcia and Jazmin Monge**

**Ingredients:**

- 5 Cups of masa flour
- 4 Cups of water
- 16-24 Ounces of canned refried beans
- 3 Cups of mozzarella cheese
- Light vegetable or olive oil



**Preparation:**

- 1) In a large mixing bowl, gradually stir water into flour until dough forms a ball that can be handled.
- 2) In a separate bowl, empty the refried beans.
- 3) Place the grated cheese into a separate bowl.
- 4) Divide dough into about 25 pieces.
- 5) Roll each into a ball and flatten between the palms of your hand to about ½ inch thick.
- 6) Put a spoonful of beans and a small handful of cheese into the center of each pupusa. Flatten again with the filling inside.
- 7) Heat a heavy, wide-bottomed or flat skillet until hot.
- 8) Brush with oil and cook pupusas on each side for 4-5 minutes until they are golden-brown.

# TIBET

The cuisine of Tibet is quite distinct from that of its neighbours, since only a few crops (not including rice) grow at such high altitude. The most important crop is barley. Dough made from barley flour, called tsampa, is the staple food of Tibet. This is either rolled into noodles or made into steamed dumplings called momos. Meat dishes are likely to be yak, goat, or mutton, often dried, or cooked into a spicy stew with potatoes. Mustard seed is cultivated in Tibet, and therefore features heavily in its cuisine. Yak yoghurt, butter and cheese are frequently eaten, and well-prepared yoghurt is considered something of a prestige item.



## Momos

Momos are made of simple flour and water dough, white flour is generally preferred, and sometimes a little yeast or baking soda is added to give a more 'doughy' texture to the finished product. Momos are commonly made in Tibet, Kathmandu, Bhutan, Sikkim, Himachal Pradesh, Siliguri, Kalimpong and Darjeeling. In Siliguri fast food stalls selling momos are very common in street corners and is one of the most popular fast foods of the town.

Momos made out of Buff (meat of water buffalo) are very popular in Kathmandu, Nepal. Also popular are Momos of chicken, mutton, pork, and fish which are served in different restaurants of Kathmandu.

**APRIL 2007**

## **MOMOS**

Country of Focus: **Tibet**  
Head Cook: **Tenzin Seldon**

### **Ingredients:**

#### Dough:

- 3 Cups of all-purpose flour
- 1 Tablespoon oil
- 1 Cup water
- Pinch of salt

#### Filling:

- 1 Pound of lean ground beef
- 1 Cup onion (finely chopped)
- ½ Cup of green onions (finely chopped)
- 1 Bunch of coriander (finely chopped)



### **Preparation:**

#### Dough:

- 1) In a large bowl combine flour, oil, salt and water.
- 2) Mix well, and knead until the dough becomes homogeneous in texture (about 8-10 minutes).
- 3) Cover and let stand for at least 30 minutes.
- 4) Knead well again before making wrappers.

#### Filling:

- 1) In a large bowl combine all filling ingredients.
- 2) Mix well, and adjust for seasoning with salt.

### Assembly:

- 1) Give the dough a final knead. Prepare 1 inch dough balls.
- 2) Take a ball and roll between your palms to spherical shape.
- 3) Dust working board with dry flour. On the board gently flatten circles, cover with a bowl. Use a rolling pin to roll out each flattened circle into a wrapper.
- \* For well executed momos, it is essential that the middle portion of the wrapper be slightly thicker than the edges to ensure the structural integrity of dumplings during packing and steaming.
- 4) Hold the edges of the semi-flattened dough with one hand and with the other begin rolling the edges of the dough flour, swirling a bit at a time.
- 5) Continue until the wrapper attains 3 inches in diameter (circular shape). Repeat with the remaining semi-flattened dough circles. Cover with bowl to prevent from drying.
- 6) For packing, hold wrapper on one palm, put one tablespoon of filling mixture and with the other hand bring all edges together to the center, making the pleats.
- 7) Pinch and twist the pleats to ensure the absolute closure of the stuffed dumpling. This holds the key to a good tasting, juicy dumpling.
- 8) Heat up a steamer, oil the steamer rack well. This is critical because it will prevent dumplings from sticking.
- 9) Arrange uncooked momos in the steamer. Close the lid, and allow steaming until the dumplings are cooked through; it takes about 20-25 minutes.
- 10) Take the dumplings out of the steamer, and immediately serve.

# ZIMBABWE

Zimbabwe is situated in Southern Africa and is marked by two important rivers of Africa: Zambezi and Limpopo. These rivers provide a great quantity of fish, which are used in the Zimbabwean cuisine. The plantations of Zimbabwe include corn and coffee, which are two staple elements of the Zimbabwean diet. Maize is another staple food used both for the national beverage and as a meal: there is the sadza (a stiff maize dish) and the whawha (maize beer). Due to the fact that Zimbabwe is a cosmopolitan society, composed of various African nations, like Shona, Tonga or Ndebe, and also Europeans and Asians, the Zimbabwe cuisine presents a variety and flexibility of meals and tastes.



## Sadza

Sadza is the Shona language name for a cooked pulverized grain meal that is the staple food in Zimbabwe. Other names include *isitshwala* (Ndebele). Sadza in appearance is a thickened porridge. The most common form of sadza is made with white maize (Mealie-Meal). This maize meal is referred to as *hupfu* in Shona. Despite the fact that maize is actually an imported food crop to Zimbabwe, it has become the chief source of carbohydrate and the most popular meal for indigenous people. Locals either purchase the meal in retail outlets or produce it in a grinding mill from their own maize. Before the introduction of maize, sadza was made from millet flour.

The sadza is usually served in a communal pot and is taken with the right hand, rolled into balls, and dipped into sauce, gravy, or stewed vegetables.



**MAY 2007**

## **CURRY CHICKEN**

Country of Focus: **Zimbabwe**  
Head Cook: **Maggie Matemba**

### **Ingredients:**

- 1 Chicken (grilled, fried or slightly boiled)
- 1 Can of tomatoes (chopped)
- 1 Green pepper
- 2 Cloves of garlic
- 1 Onion
- 2 Tablespoons of olive oil
- ½ Cup of water (approximately)
- 1 Coriander leaf
- 1 Bay leaf
- Turmeric
- Curry powder
- Cumin seeds
- Chili powder
- Salt and pepper



### **Preparation:**

- 1) Heat cooking oil and add onion, garlic and all spices.
- 2) Fry them for 3-5 minutes.
- 3) Add green peppers and tomatoes and a small amount of water.
- 4) Add chicken and mix everything well.
- 5) Simmer for 5-10 minutes and serve hot.

# PEANUT BUTTER GREENS

## Ingredients:

- 2 Cups of collard greens
- 1 Tomato
- 1 ½ Olive oil
- 2 Tablespoons of peanut butter
- Hot peppers
- Salt and pepper

## Preparation:

- 1) Chop greens and place in a pot.
- 2) Let vegetables boil for 10 minutes.
- 3) Add all ingredients and boil until cooked.
- 4) Serve hot.




# SADZA

## Ingredients:

- 4 Cups water
- 2 ½ Cups white cornmeal (regular cornmeal may be used)

## Preparation:

- 1) Bring 3 cups of the water to a boil in a large pot.
  - 2) Combine 1½ cups of the cornmeal with the remaining 1 cup water.
  - 3) Reduce heat to medium to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon. Cook for about 5 minutes.
  - 4) Slowly add the remaining 1 cup of cornmeal. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate.
  - 5) Use a wooden spoon to shape the mixture into a round shape.
  - 6) You may use wet hands to help shape the *sadza*.
- 

# ERITREA

The main traditional foods in **Eritrean cuisine** are *tsebhis* (stews) served with *injera/taita* (flatbread made from teff, wheat, or sorghum), and hilbet (paste made from legumes, mainly lentil, faba beans). Eritrean and Ethiopian cuisine are very similar (especially in the northern half), given the shared history of the two countries. Most Eritreans, with the exception of the Saho, like their food hot and spicy. *Berberere*, a kind of dried chili pepper, accompanies almost all dishes. Stews include *zigni*, which is made of beef, *dorho tsebhi* which is made of chicken, and *alicha* which is made without *berbere*. In the lowlands, the main dish is akelet, a porridge-like dish made from wheat flour dough.



## Injera

Eritrean food habits vary regionally. In the highlands, *injera* is the staple diet and eaten daily among the Tigrinya. *Injera* is made out of *teff*, wheat or sorghum, and resembles a spongy, slightly sour pancake. When eating, diners generally share food from a large tray placed in the centre of a low dining table. Numerous *injera* are layered on this tray and topped with various spicy stews. Diners break into the section of *injera* in front of them, tearing off pieces and dipping them into the stews.

The stews that accompany *injera* are usually made from beef, chicken, mutton or vegetables.

**JUNE 2007**

## **INJERA**

Country of Focus: **Eritrea**

Head Cooks: **Gieday Bahilu, Tigest Gulbet, and Afrah Mohammed**

### **Ingredients:**

- 1 ½ Cups flour, all-purpose
- ½ Cup flour, whole wheat
- 1 Tablespoon baking powder
- ½ Teaspoon salt
- 2 ½ Club soda
- 2 Lemons (juice only)



### **Preparation:**

**Basic Steps:** Mix → Chill → Sauté

- 1) Mix all dry ingredients together well. Stir in club soda and mix to a smooth batter. Should have the thin consistency of a pancake batter.
- 2) Heat a large cast-iron skillet over a medium-low flame. Wipe with a paper towel soaked in a little oil. Pour about 1/2 cup of the batter at a time into the skillet and spread with a spatula to make as large a crepe as possible. Let bake in the skillet till all bubbles on the top burst and begin to dry out, about 2-3 minutes.
- 3) Carefully turn the injera and bake on second side another minute or two. Try not to brown.
- 4) Remove the injera to a warm platter and repeat with the rest of the batter, wiping the skillet clean with the paper towel each time.
- 5) After the batter is used up, brush each injera all over with the lemon juice. Serve immediately, or hold covered in a warm oven.

## BE'GEH ZIGNI (LAMB STEW WITH SPICES)

### Ingredients:

- 3 Tablespoons olive oil
- 1 Medium onion (chopped)
- 2 Teaspoons hot sauce
- 1 Pound lamb (cubed)
- 1 Medium potato (chopped)
- 1 Can tomato paste
- ½ Teaspoon salt
- 3 Cups beef broth



### Preparation:

- 1) Sauté onion in oil for 5 minutes.
- 2) Add hot sauce and lamb, sauté for 10 minutes.
- 3) Add potato, tomato paste, salt and broth.
- 4) Bring to a boil, simmer for 20 minutes.
- 5) Serve with injera or pita bread.

## TUM'TUMO (LENTILS IN A SAVORY SAUCE)

### Ingredients:

- 2 Cups lentils
- 1 Medium onion (chopped)
- 3 Teaspoons olive oil
- 1 Teaspoon salt
- ½ Teaspoon hot sauce
- 1 Can of tomatoes (chopped)
- 1 Can tomato paste
- 2 cloves garlic (chopped)



### Preparation:

- 1) Bring lentils to a boil with 6 cups of water. Simmer for 20 minutes.
- 2) Sauté onions in oil until browned.
- 3) Add salt, hot sauce, tomatoes, tomato paste, and ½ cup of water. Simmer for 5 minutes.
- 4) Add garlic and lentils. Simmer for another 5 minutes.
- 5) Serve with injera or pita bread.

# COLOMBIA

The Colombian cuisine mixes European style of food preparation and flavors with traditional indigenous peoples' cuisine, and varies significantly within regions and sub-regions. Some of the most common elements found in the Colombian diet are: corn, beans, tomatoes, beef, plantains, coffee and cocoa drinks. The regional cuisines of Colombia are represented by important cities and the areas surrounding them. Around Bogotá, there is the Andean region, where the traditional dish is the *ajiaco*, which contains yucca, guasca and potatoes. The soups are flavored with plantain chips, lemon and avocado. On the Caribbean coast, there is the spicy cooking style, represented by spicy lobster with coconut rice. In the Llanos area, the meats are barbequed, like the *terra llanera* or the *Amarillo*. In the Amazons, the Brazilian and the Peruvian cuisines are very much represented in the local dishes. The main meal of a Colombian's day is lunch, usually eaten between 12:30 and 2:30 pm.



## Sancocho

Sancocho is a popular national dish from Colombia. It is a fairly rustic dish. Ingredients usually include hen, plantain, corn, coriander, cassava root, and other seasonings. Sancocho made with chicken is called *Sancocho de gallina*. Sancocho de gallina is the most traditional dish in the city of Cali, often made for special occasions or on weekends. This soup is usually consumed to start the lunch or dinner meal.



**AUGUST 2007**

**SANCOCHO DE GALLINA (CHICKEN SOUP)**

Country of Focus: **Colombia**  
Head Cooks: **Dora Alicia and Dayana Mateus**

**Ingredients:**

- 1 ½ Gallons of chicken stock
- 1 Cassava (peeled and cut into small cubes)
- 2 Plantains (peeled and cut into small cubes)
- 2 Red potatoes (peeled, and medium sliced).
- 3 Whole chicken breasts (skinned and quartered with bones left on)
- 2 Lemons (juice only)
- 1 Tablespoon of cumin
- 1 Bunch scallions
- 1 Bunch cilantro
- Salt and pepper
- Roux (2 Tablespoon all-purpose flour and 2 Tablespoon butter, mixed and microwave for 30 seconds into a yellowish sludge)

**Preparation:**

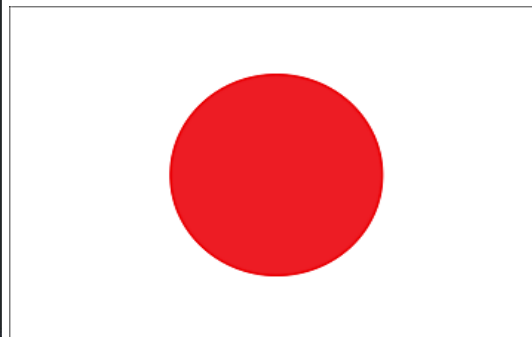
- 1) In one cup of chicken stock, simmer scallions, cilantro, and cumin for a few minutes. Set it aside till cool. Then process it into a smooth, green-colored flavoring element to be added to the final soup.
- 2) In the remaining 1 and ¼ quarts of chicken stock, simmer the quartered, skinned chicken breasts.
- 3) Get rid of scum which floats off the chicken breasts as they start to cook; may be skimmed off with a ladle, and discarded.

- 4) The chicken will take about an hour to cook. As the chicken starts to simmer, add cut-up, peeled cassava, and cut-up potatoes. You may continue to skim off scum after the cassava and potatoes are in the soup.
- 5) About a half hour from completion time, add cut-up plantains. Plantains are more delicate, and require less cooking time than other elements of the soup.
- 6) Ten minutes before completion time, add the processed scallions-cilantro-cumin, and the juice from 2 lemons.
- 7) Add roux to "bind" the soup, stirring to mix it well.
- 8) Make sure the potatoes and cassava are cooked to softness, and examine a piece of chicken to check if well cooked.
- 9) If overcooked, the cassava, potato, and plantain disintegrate, but their rich flavors remain.
- 10) Add salt and pepper to taste.



# JAPAN

Japanese cuisine is world-renowned for its highly skilled preparation methods and unique and refined presentation. A traditional Japanese diet has high fiber content, and is low in calories and cholesterol. Rice is the main starch and is present in almost every Japanese meal. *Udon and soba* noodles (hot or cold with many different types of accompaniments and dressings) are an important staple. Fish, soya bean products, beans, seaweeds, vegetables, and fruit are an ever-present force in Japanese cuisine. *Teriyaki, Tempura and Yakitori*, (steamed, deep-fried, broiled and one-pot dishes), fill out a large part of Japanese cuisine. Finally no Japanese meal can be complete without a cup of green tea! Served before, during, or after a meal, it is cleansing to the body, palate, and soul.



## Hand Roll Sushi (temaki-zushi)

The key to understanding Japanese cuisine however is to realize the important role that seafood plays in a typical Japanese diet; this is where *Sushi* comes to mind. *Sushi* can be defined as a dish, which contains sushi rice and cooked rice that is prepared with sushi vinegar, and it may contain cooked or uncooked fish. It is dipped in a *Wasabi* (green Japanese horseradish), pickled ginger, and soy sauce combined or left separate. *Sake* (brewed rice wine) goes fantastically with a sushi meal and generally it is served warm.

**SEPTEMBER 2007**

**HANDROLL SUSHI (TEMAKI-ZUSHI)**

Country of Focus: **Japan**  
Head Cook: **Ritsuku Kerfoot**

**Ingredients:**

- 1 Bag of dry seaweed (cut each sheet in half)
- 3 Cups of sushi rice (sticky rice)
- 4 Cups of water
- ½ Cup of rice vinegar
- 10 Tablespoons of sugar
- 2-3 Tablespoons of salt
- 1 Tube of wasabi
- 1 Bottle of soy sauce



**Preparation:**

- 1) Combine rice and water and cook to make sticky rice.
- 2) In a separate bowl combine rice vinegar, sugar and salt to make “sushi vinegar.”
- 3) Pour sushi vinegar to cooked rice and let it cook down.
- 4) Cut the following ingredients (except lettuce, tuna and mayonnaise) into thin and long slices (like sticks).

Vegetables

Japanese pickles  
Japanese leaf  
Cucumber  
Sesame seed

Tuna

Can of tuna  
Mayonnaise  
Cucumber  
Lettuce

California

Imitation Crab  
Avocado  
Cucumber  
Lettuce  
Mayonnaise

- 5) Spread one tablespoon of cooked rice on top of seaweed sheet. Lay any of the cut ingredients of your choice diagonally on top of the rice. Roll everything in a cone shape.

## **ANGEL HAIR SALAD/JAPANASE STYLE SUMMER SALAD**

### **Ingredients:**

50gm Angel hair  
25gm Imitation crab  
25gm Cucumbers  
5gm Dried seaweed  
½ Lemon skin

### **Contents A: Salad Dressing**

50ml Vinegar  
6-8 Tablespoons of sugar  
1-2 Salt  
1-2 Lemon juice  
A little bit of sesame seeds

### **Preparation:**

- 1) Soak dried seaweed for 10-15 minutes in water.
- 2) Soak angel hair for 1 hour in water.
- 3) Put 1 cup of water in the pot. After it has started to boil add the soaked angel hair.
- 4) After 5 minutes drain boiling water and soak angel hair in cold water.
- 5) Cut cucumber into slices. Cut lemon in skinny lines. Break off small pieces of imitation crab. Drain water from angel hair and dried seaweed.
- 6) Mix all ingredients in a bowl and add content A. Mix everything together.

# CANADA

Canadian cuisine varies widely from region to region. Generally, the traditional cuisine of English Canada is closely related to British and American cuisine, while the traditional cuisine of Quebec and French Canada has evolved from French cuisine and the winter provisions of fur traders. The basis of both groups is traditionally on seasonal, fresh ingredients, and preserves. The cuisine includes a lot of baked foods, wild game, and gathered foods. The cuisine of the western provinces is heavily influenced by German, Ukrainian, Polish, and Scandinavian cuisine. The traditional cuisine of The Arctic and the Canadian Territories is based on wild game and Inuit and First Nations cooking methods. The cuisines of Newfoundland and the Maritime provinces derive mainly from British and Irish cooking, with a preference for salt-cured fish, beef, and pork.

At the forefront of Canadian cuisine is the fusion of modern culinary techniques and uniquely Canadian ingredients, such as wild blueberries and Saskatoon berries, fiddleheads, mussels, caribou, bison, salmon, wild rice, maple syrup and locally produced wine, beer, ice wine and cheeses.



## Thanksgiving Dinner

The history of Thanksgiving in Canada goes back to an English explorer, Martin Frobisher, who had been futilely attempting to find a northern passage to the Orient. He did, however, establish a settlement in Canada. In the year 1578, Frobisher held a formal ceremony in what is now the province of Newfoundland and Labrador, to give thanks for surviving the long journey. This event is widely considered to be the first Canadian Thanksgiving, and the first Thanksgiving

celebrated by Europeans in North America. More settlers arrived and continued the ceremonial tradition initiated by Frobisher, who was eventually knighted and had an inlet of the Atlantic Ocean in northern Canada named after him—Frobisher Bay.

It should be noted that the 1578 ceremony was not the first Thanksgiving as defined by First Nations tradition. Long before the time of Martin Frobisher, it was traditional in many First Nations cultures to offer an official giving of thanks during autumnal gatherings. In Haudenosaunee culture, Thanksgiving is a prayer recited to honor "The Three Sisters" (i.e., beans, corn, and squash) during the fall harvest.

In 1957, the Canadian Parliament declared Thanksgiving to be "a Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed," and officially decided that the holiday take place on the second Monday in October.

**OCTOBER 2007**

**THANKSGIVING DINNER**

Country of Focus: **Canada**

Head Cooks: **Erika Garcia, Dayana Mateus, Jessica Morales and Leslie Lane**

**BAKED TURKEY**

**Ingredients:**

- 1 Turkey (12 pounds)
- ½ Cup of butter (sliced)
- ½ Cup of vegetable oil
- 4 Cloves large garlic (crushed)
- 1 Teaspoon ground allspice
- 1 Teaspoon seasoned salt



**Preparation:**

- 1) Preheat oven to 350 F.
- 2) Clean and rinse out turkey cavity and pat dry.
- 3) Place turkey in a roasting pan.
- 4) Carefully lift skin over breasts, thighs, and drumsticks and insert butter.
- 5) Rub oil and crushed garlic cloves over turkey, then sprinkle with allspice and seasoned salt. Tie or skewer legs together to hold shape during cooking. Cover with aluminum foil.
- 6) Bake for 4 hours, or about 20 minutes per pound. Meat thermometer should read 180 F when inserted into the thickest portion of the breast away from the bone.
- 7) Remove foil during last 30 minutes of cooking; baste with pan juices and brown skin.



## BASIC MASHED POTATOES

### Ingredients:

- 2 Pounds of potatoes
- 1 Teaspoon of salt
- 1 Teaspoon of pepper
- 1 Cup of half and half (half milk & half cream)
- 6 Tablespoons of butter



### Preparation:

- 1) Clean and cut potatoes into half.
- 2) Place then in a large pot of boiling water. Drain them until soft
- 3) Peel skin off and mashed them one by one and add slowly half and half, butter, salt and pepper. Serve hot.

## CRANBERRY SAUCE

### Ingredients:

- 1 Pound of fresh or frozen cranberries
- 2 Cups water
- 2 Cups sugar



### Preparation:

- 1) Rinse cranberries with cool water, and remove any stems or blemished berries.
- 2) Heat water and sugar to boiling in a 3 quart saucepan over medium heat, stirring occasionally.
- 3) Stir in cranberries. Heat to boiling over medium heat, stirring occasionally. Continue boiling about 5 minutes longer, stirring occasionally, until cranberries begin to pop. Pour sauce into bowl or container. Refrigerate about 3 hours or until chilled.

# APPLE CRISP

## Ingredients:

### Filling

- 4-5 Cups of apples (Macintosh)
- 1/4- 1/2 Tablespoons cinnamon
- 3 Tablespoons of sugar or less
- 3 Tablespoons of flour

### Crisp

- 1 Cup of flour
- 1 Cup oats
- 1 Cup brown sugar
- 1 Cup cold butter



## Preparation:

- 1) Slice apples into a 9 x13 glass pan. In a small bowl mix 3 tablespoons flour, 2-3 tablespoons sugar, 1/2 tablespoon cinnamon. Pour this into the pan of apples and mix.
- 2) In a large bowl mix the 1 cup of flour, oats and brown sugar.
- 3) Slice cold butter into bowl and cut in with a fork, trying not to get the butter too warm as that will make more of a dough. We want it to crumble.
- 4) Spread over the apples.
- 5) Place in oven uncovered for about 45 minutes at 350 degrees, or until golden brown. Cool for 30 minutes. Serve with ice cream.

# MEXICO

Traditionally, Mexican cuisine is centered on three national staples: tortillas, beans and chili peppers. Regionally, however, it can be incredibly varied and amazingly complex. The adventurous traveler will want to sample everything from the coasts' deliciously fresh seafood dishes to Oaxaca's exquisite *moles* (rich sauces) to Puebla's specialty - *chiles en nogada* (meat-stuffed chiles covered in cream and sprinkled with pomegranate seeds). The list goes on and on, so eat up and enjoy! Mexico is also famous for its alcoholic beverages - *mezcal* and tequila in particular.



## Pozole

Pozole (also spelled posole) is a Mexican soup. The soup is made with a special type of corn which has been soaked in a solution of lime ([ca](#)). The traditional corn that is used is called maiz blanco or "[cacahuazintle](#)" [kaw-kaw-WAH-SEEN-til]. This is a very large-kernelled white corn grown in Mexico.



**NOVEMBER 2007**

**POZOLE ROJO (RED POZOLE SOUP)**

Country of Focus: **Mexico**

Head Cook: **Laura Mena and Maria Martinez**

**Ingredients:**

- 2 Tablespoons corn oil
- ½ Cup chopped onion
- ½ Head garlic, cloves peeled and chopped
- 2 Pounds pork stew meat, cut into cubes
- 3-5 Cups of homemade pork broth
- 4 Ancho chiles, seeded and deveined, soaked in hot water until soft
- 4 Guajillo chiles, seeded and deveined, soaked in hot water until soft
- 4 Cascabel chiles, seeded and deveined, soaked in hot water until soft
- 1 Teaspoon dried marjoram
- 1 Teaspoon dried thyme
- 8 Cups prepared *pozole* (*nixtamal* or *hominy*). *Hominy* is dried corn kernels which have had the hulls and germ removed either mechanically or chemically. For our *Posole*, we purchased canned hominy, but you can also buy it dried.
- 2 Whole jalapenos, canned or fresh, chopped (optional)
- ½ Teaspoon black pepper



Salt to taste

Garnish:

Lime wedges, Chopped onion, Shredded lettuce Dried oregano.

**Preparation:**

- 1) In a large stockpot, heat oil, add the onion and garlic, and sauté until the onion is transparent. Add the meat and the pork broth to cover. The amount of broth used will depend on how thick the pozole is desired; more may be added with the hominy later on.
- 2) Bring to a boil, cover, reduce heat and cook until the pork is tender.
- 3) Meanwhile, puree the softened chiles with just enough broth to allow movement of the blender blades.

- 4) Add the chile puree, marjoram, thyme, black pepper, jalapenos (optional) to the hominy and continue cooking until the hominy is tender. This will require less time if canned hominy is used.
- 5) Serve the hot pozole in deep bowls, with separate bowls of garnish ingredients on the table so that diners can add their own.