

Seniors

Cookery

Recipe Book



**Recipes from around the world,
curated by local Wood Buffalo Senior Residents**



MULTICULTURAL ASSOCIATION OF WOOD BUFFALO

The recipes in this cookbook were used in part of the Multicultural Association of Wood Buffalo's Seniors Cookery Project, which took place in 2022.

Throughout this time, senior residents from over 20 different cultural backgrounds residing within the Regional Municipality of Wood Buffalo participated in video sessions where, alongside a local youth, they created their recipes.

You can find the videos on the Multicultural Association's YouTube Channel at bit.ly/MCA-Seniors-Cookery

The MCA would like to thank St. Aidan's Society for partnering with them for this project, as well as the Government of Alberta for sponsoring the Seniors Cookery.

MCA also thanks all of the Seniors as well as the youth participants who took part of this project to share their culture through food!

On behalf of the team at MCA, we sincerely hope you enjoy these recipes!



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Seniors Cookery Project

Throughout human history, food has been a significant staple in social life. Ask anyone from any background, and you are certain to find at least one treasured story surrounding food - anything from cooking a meal with grandparents, enjoying a family dinner whilst sharing stories, or even going for a memorable dinner with friends.

The purpose of the Seniors Cookery project was to bring intercultural and intergenerational understanding through the medium of food. The plan was to help seniors and youth connect with each other and help create fond memories that they can cherish forever.

We hope you enjoy these recipes curated by local senior residents, and thank you for supporting multicultural communities within the Regional Municipality of Wood Buffalo.

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Vegetable & Meat Medley

Culture: Indigenous

Recipe Submitted by: Lorraine Corrigan



Ingredients

- Turnip
- Small Potatoes
- Cabbage
- Celery
- Garlic Sausage, peel skin, if any
- Red and White Onions
- Large Carrots
- 2 cups vegetable broth
- Garlic Powder, to taste
- Celery salt, to taste
- Seasoning salt, to taste
- 1 bar of butter

Directions

1. Preheat oven to 360°F
2. Prep ingredients by chopping all vegetables into bite-sized pieces. Slice garlic sausage
3. Throw all ingredients into a turkey pan and bake until potatoes and sausage are cooked through

Hojaldres

Culture: Panamanian

Recipe Submitted by: Rosa E. Cummings



Ingredients

- 3 cups flour , sifted
- 2 teaspoons baking powder
- 3 teaspoons caster sugar
- 2 teaspoons salt
- 1 egg
- 1 tablespoon oil
- 1 cup water (more or less)
- Vegetable oil (for frying)

Messages from Chef Rosa

This is a recipe that has gone through generations in our family. It can be made for snacks, breakfast, lunch or dinner with any sides.

Directions

1. Mix all the dry ingredients in the bowl of a stand mixer.
2. Make a well in the center and break the egg in the center of this well. Add the oil.
3. Mix the ingredients, gradually incorporating the water until obtaining a smooth and homogeneous dough. The given amount of water is approximate and depends on the quality of the flour that is used.
4. Place the dough on a lightly floured work surface, cover it and let it rest for 2 hours.
5. Divide the dough into 12 to 15 pieces and form balls the size of a golf ball.
6. Pour a large amount of oil into a skillet and heat.
7. On a lightly oiled work surface, flatten each ball and, using both hands, stretch it until it is round, thin and flat (about ¼ inch / 5 mm thick).
8. You can also use a rolling pin to flatten them.
9. Fry each bread a few minutes on each side until golden brown.

Plantain Lasagna

Culture: Venezuelan

Recipe Submitted by: Hermes Guillen



Ingredients

- 5 bananas (not very ripe)
- 200 grams of grated mozzarella
- 3/4 cup grated Parmesan Cheese
- Enough oil for frying

For Tomato and Beef Sauce

- 500 grams ground beef
- 1/2 cup beef broth or water
- 3 tablespoons olive oil
- 1/2 minced onion
- 1 minced large green onion
- 5 large, ripe tomatoes
- 3 cloves of garlic, crushed
- 1/4 teaspoon pepper
- 1/2 teaspoon oregano
- 1/4 teaspoon cumin
- 1 teaspoon Italian seasoning
- 1 teaspoon white sugar
- Salt, to taste
- 2 bay leaves
- Basil, to taste
- 1 pinch baking soda

Directions

Preheat oven to 350°F

Step 1: Tomato Sauce

1. Blanche the tomatoes, cook them with little water and a pinch of salt, then peel the tomatoes.
2. Blend the peeled tomatoes and season with sugar, basil, Italian seasoning, salt, pepper, parsley, cumin, oregano, and a pinch of baking soda. Simmer covered for about 15 minutes, stirring occasionally. The number of aromatic herbs and spices will depend on your taste. Set aside.

Step 2: Beef Sauce

1. Dice the onion and garlic. Set aside
2. Heat a large skillet over medium high heat and add olive oil and ground beef to brown for a few minutes, or until there are no visible pink pieces. Set aside
3. In the same skillet, over medium heat, add the remaining olive oil and sauté the vegetables until tender.

Plantain Lasagna (continued)

Culture: Venezuelan

Recipe Submitted by: Hermes Guillen

4. Mix in the ground beef with the vegetables, then add the tomato sauce and simmer for 15 minutes. Add salt (to taste) and remove bay leaves. Set aside

Step 3: Fry the Plantains

1. Cut the ends off the plantains
2. Peel plantains
3. Make long strips of the plantains, cutting horizontally
4. Fry the plantain slices in plenty of hot oil and brown them on both sides

Step 4: Plantain Lasagna Assembly

1. Grease a rectangle or square baking dish with some butter
 2. Place a layer of plantain slices
 3. Cover with beef sauce and grated cheese
 4. Repeat steps 2-3 until you reach the top of the container
 5. Finally, top with grated cheese
 6. Bake uncovered for 30 minutes
 7. Cool plantain lasagna for 10 minutes before cutting
 8. If desired, you can serve with a green salad on the side, or avocado slices
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Messages from Chef Hermes

Why did you choose to cook this meal?

This meal is a representative dish of my state cuisine as the plantain and cheese is the birthday breakfast in our family.

What does this food mean to you and your family?

This food reminds us of where we originated from and teaches our grandchildren the cuisine of Venezuela

How did you learn to cook this meal?

I learned it from my wife. This is one of her favourite dishes and it is our birthday breakfast.

The lasagna sheets are replaced by fried banana slices. The combination of salty Bolognese sauce, cheese and sweet plantains is simply delicious!

Sabudana (Tapioca Pearls) Khichdi

Culture: Indian

Recipe Submitted by: Hina Shah



Ingredients

Sabudana

- 250 grams Tapioca Pearls
- 250 grams potatoes, chopped
- 150 grams dry peanuts
- Chili peppers, chopped
- Ginger, chopped
- 4 teaspoon sugar
- 2 teaspoon salt (or to taste)

For tempering

- Cooking oil
- Jeera (cumin)
- Cumin Leaves

Garnishing

- Coriander leaves, chopped, to taste
 - Farari Chevra (Fasting Indian Snack) *optional
 - Lemon
-

Directions

1. Wash the sabudana (tapioca pearls) 3 times, then drain quickly. Put aside the drained sabudana for 3-4 hours - it will grow in size. Check the consistency with hands, it should be soft.
2. Crush the peanuts, chopped chili and ginger. Add to the sabudana.
3. Using a frying pan set to medium heat, add cooking oil. Then add the jeera spice, curry leaves and chopped potatoes. Mix. Add the tapioca mixture to the pan, along with the sugar and salt. Cook on medium heat for 5 minutes. Set aside.

For Garnishing: add chopped coriander leaves and, if desired, farari chevla

Message from Chef Hina

This is a fluffy and non-sticky dish. This is a famous fasting dish during our festive seasons and provides its own nutritional value such as:

- Improves digestion
- Reduces blood pressure
- Makes the bones strong
- A very good source of energy

Kedjenou Chicken

Culture: Ivorian

Recipe Submitted by: Helene Keating



Ingredients

- 1 whole chicken, clean and chopped
- 2 eggplants
- 3 ripe tomatoes
- 1 onion
- 1 garlic clove
- Ground white pepper
- 1 spring of thyme
- 2 bay leaves,
- Grated ginger
- Broth or water as needed
- Oil (groundnut)
- Salt (to taste)

Directions

1. Chop all vegetables except eggplant. Finely dice garlic and ginger. Leave hot peppers whole. Remove skin from chicken, if desired. In large bowl or dish, combine these ingredients, along with salt, pepper, paprika, thyme and bay leaves. If time allows, marinate at least two hours.
2. Remove chicken, hot peppers and bay leaves and set aside. Chop eggplant and mix into remaining vegetable mixture. Add half of this mixture into a large pot. Next, layer on chicken, followed by bay leaves and hot peppers. Add a few more sprigs of thyme and a bit more salt and pepper. Crumble bouillon cube and sprinkle on top. Finish your layering by adding the remaining vegetables on top.
3. Place lid on pot. Place on stove set to medium hot heat and cook for 15 minutes. Reduce heat to medium low and cook and additional 45 minutes. During this time, shake the pot occasionally, but do not remove the lid. After the full hour, check your chicken for doneness. It should be fall off the bone tender. If not, add several minutes.
4. Optional: Depending on your heat tolerance, you can make this dish very spicy by piercing the peppers and mixing them into the stew. I recommend first tasting, then piercing only one pepper at a time, if desired. You can always add more, but you can't remove.

Sese Plantains

Culture: Cameroonian

Recipe Submitted by: Lydia Besong



Ingredients

- 1 pound goat meat, cut into 2 inch slices (*sub with cow meat, dried fish, smoked fish or other meat alternatives*)
- 2 medium onions, chopped
- 1 1/2 teaspoons salt
- 6 green (unripe) plantains
- 2 cups dried fish, bones removed
- 1/2 cup crayfish
- 1 cup red palm oil
- 2-3 inches ginger root, peeled
- 6-8 cloves garlic, peeled
- 4 Maggi seasoning cubes *4g cubes*
- 1 habanero or scotch bonnet pepper *optional*
- 4 cups baby spinach, *sub with kale*

Directions

1. Put goat meat in a pot. Pour in water to completely cover the meat. Add in 1/4 cup of the chopped onion and sprinkle in 1/2 teaspoon salt. Cover, bring to a boil and let it cook until the goat meat is tender but still has a bite to it. About 20 minutes.
2. Peel the plantains. To peel a plantain, cut the ends of the plantain then score the plantains from top to bottom being careful not to wound the flesh of the plantains. Give a 1-inch gap While the pot comes to a boil, blend the garlic and ginger into a paste (I used a small mortar to crush them).
3. After the pot comes to a boil, add in the blended garlic and ginger, the remaining 1 teaspoon of salt, then sprinkle on the seasoning cubes (Maggi). Also add the habanero pepper if using (I add the full pepper without crushing so it releases a bit of flavor but the meal isn't too spicy).

Sese Plantains (continued)

Culture: Cameroonian

Recipe Submitted by: Lydia Besong

4. Stir everything to combine. Cover the pot and let it cook for about 30 minutes until the plantains are very soft and break easily when pierced with a fork. Add more water to the level of the plantains if the water gets low. Sese Plantain needs to be saucy.
 5. Once the plantains are completely cooked, taste to ensure seasoning is perfect. Add more salt if needed.
 6. Roughly chop the spinach and add to the pot. Mix well to combine. Once the vegetables shrink and mix well with everything turn off the heat.
 7. Let the pot rest covered for 5 minutes then serve hot. Serve with some avocado on the side. So good!
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Messages from Chef Lydia

Cameroonian Sese Plantains is a one-pot plantain dish with red palm oil, crayfish and other delicious ingredients. It is hearty with a bit of smokiness and so much flavor from the spices used. Green plantains are a good source and if you haven't incorporated them in your diet yet you should. Hope you enjoy this meal which reflects my cultural heritage.

It is important that you let the plantains cook until very soft. When the plantains are not well cooked they could be hard and the meal will be unappealing.

Traditionally bitterleaf, a leafy green in West Africa is used to make Sese Plantains. Bitterleaf has some bitterness to it which adds a distinct delicious taste to Sese Plantains. Unfortunately I don't have any fresh bitterleaves so I used spinach. You could use kale as well.

Roast Chicken and Potatoes

Culture: Eastern Canada

Recipe Submitted by: Barbara Chamberlain



Ingredients

- 2 tablespoons olive oil
- 4 red potatoes, cut into large cubes
- 1 (16 oz.) package carrots, cut diagonally into bite-sized pieces
- 1 stalk celery, cut diagonally into bite-sized pieces
- 1 sweet onion, sliced and divided
- 1 (4.5 lb) whole chicken
- Salt and ground black pepper to taste
- Garlic powder, to taste
- 1/2 c. cubed margarine, divided
- 1 large lemon, sliced
- 1 teaspoon minced garlic
- 1 stalk celery, cut into 3 pieces
- 1 2/3 tablespoons minced garlic

Directions

1. Preheat oven to 385 F° (196 C°).
2. Pour olive oil into a large bowl; toss potatoes, carrots, bite-size pieces of celery, and 3/4 of the sliced onion in the oil to coat. Set remaining onion aside. Transfer oiled vegetables to a large cast iron skillet.
3. Rinse chicken and pat thoroughly dry with paper towels. Generously season the chicken, inside and out, with salt, black pepper, and garlic powder. Place the remaining 1/4 sliced onion, 1/4 cup margarine, lemon slices, 1 teaspoon minced garlic, and large pieces of celery into the cavity of the chicken.
4. Place the chicken atop the oiled vegetables; scatter remaining 1/4 cup of margarine pieces and 1 2/3 tablespoon minced garlic in small amounts around the vegetables.
5. Roast the chicken and vegetables in the preheated oven until the skin is browned and crisp, the vegetables are tender, and an instant-read meat thermometer inserted into the thickest part of the chicken thigh reads 165 F° (75 C°); about 1 hour and 45 minutes. Let the chicken rest for 10 minutes before carving and serving with vegetables.

Fish Cakes

Culture: French Acadian

Recipe Submitted by: Denise Brideau



Ingredients

- Salt fish (boiled and flaked)
 - Potatoes (boiled and mashed)
 - Onion (chopped)
 - 2 eggs (beaten in a separate bowl)
 - 1/2 tablespoon garlic powder
 - Salt and Pepper (to taste)
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Directions

1. Combine all ingredients, then mash or knead with hands.
2. Form mixture into cakes or patties, approximately 2 tablespoons per cake.
3. Fry in oil on skillet or frying pan at medium heat until golden brown.

Indian Masala Tea (Chai)

Culture: Indian

Recipe Submitted by: Aneri Marani



Ingredients

- 2 1/2 cups water
- 1 cup Milk
- 3 spoons Black tea
- 2 spoons grated or crushed Ginger
- 3 Mint Leaves
- 3 Cardamom pods, crushed in a mortar
- Sugar, to taste

Directions

1. Bring water to a boil, then add the black tea.
2. Add cardamom, mint leaves and ginger and let sit for 4 to 5 minutes, or until the desired strength of tea is reached.
3. Simmer over medium heat 2 - 3 minutes.
4. Add milk, then simmer for 5 minutes, stirring regularly.
5. Strain, serve and enjoy

Optional: If you would like to sweeten things up a bit, add enough sugar (or sugar substitute) to suit your taste.

Notes on the Recipe

Chai is basically black tea brewed with selected spices and milk. This is the most used traditional recipe of the classic Indian spiced tea. Chai tastes are personal and the making of chai requires experimenting with different amounts of spices, milk and ingredients to discover the specific blend of spices to suit your tastes. Be sure to use black tea for this recipe, not green or other specialized variety.

Besan Chilla (Chickpea Flour Pancake)

Culture: Indian

Recipe Submitted by: Aneri Marani



Ingredients

- 2 cups Besan (Chickpea Flour)
- 1/2 cup Spring Onions
- 1/2 cup Methi, spinach and green capsicum
- Seasonings - salt, pepper, cumin powder and coriander powder
- Green Chili, to taste
- Cilantro Leaves, to taste
- Water, to bind the ingredients

Directions

1. Add chickpea flour (besan) to a large mixing bowl.
2. Add in all the other ingredients (spring onions, Methi, fresh spinach leaves, green pepper, coriander, green chili, cumin, salt and pepper) to the bowl.
3. Mix well until combined
4. Slowly pour in water, whisking consistently to make a smooth, lump-free batter.
5. Before cooking, allow the besan puda batter to rest, uncovered, for 10 minutes. Meanwhile, preheat the skillet used for cooking over medium-low flame.
6. Grease the skillet with oil. Scoop 1/4 cup of the batter onto the skillet and spread around. Cook until bubbles cover the besan cheela surface, about 2 minutes.
7. Gently run a spatula under the besan cheela. Make sure it is not stuck to the pan and then flip it over.
8. Cook until the other side is lightly browned. Remove and serve.
9. Repeat steps 6 - 8 until all batter is used.

Notes on the Recipe

Besan ka puda (a.k.a. besan ka chilla) is a savoury Indian crepe. It is also referred to as a vegetable omelet. It is a veggie version of an omelete where eggs are swapped with gluten-free chickpea flour, which is combined with healthy vegetables and aromatic spices to create a protein-packed morning meal.

This recipe is perfect for all those who follow a gluten-free diet.

Dabeli

Culture: Indian

Recipe Submitted by: Aneri Marani



Ingredients

For Dabeli Potato Filling

- 3 medium potatoes – boiled, peeled and mashed
- 1 small onion, finely chopped
- 2 teaspoon dabeli masala
- 1 pinch asafoetida (hing)
- 1/2 teaspoon cumin seeds
- 2 tablespoon tamarind dates chutney
- 1/4 cup grated coconut
- 1/4 cup pomegranate seeds
- 1/4 cup chopped coriander leaves (or cilantro leaves)
- 2 tablespoons oil
- 2 tablespoons water
- Salt

For Red Garlic Chutney

- 1 - 2 red chillies
- 1/2 cup garlic cloves, chopped
- 1/2 tablespoon lemon juice
- Salt, to taste

For Dabeli Masala

- 1 teaspoon coriander seeds (or powder)
- 1/2 inch cinnamon
- 2 - 3 cloves
- 1/2 teaspoon cumin seed
- 1 dry red chili

For Serving Dabeli

- 4 - 5 buns or pav sliced and lightly roasted in some butter or oil
- 1/2 cup roasted peanuts
- 1/2 cup chopped coriander leaves
- 1/2 cup nylon sev
- 1/2 cup pomegranate seeds
- Garlic chutney to taste

Directions

Making the Dabeli Masala

1. Dry roast the red chili, cumin, cloves, cinnamon and coriander seeds.
2. Add all the ingredients in a dry grinder
3. Grind to a fine powder. You will have some powder left over even after adding it to the dabeli, which can be used in other veggie or rice recipes.

Making the Chutney

1. Soak the red chillies in warm water for 30-40 minutes. In a wet grinder, add the soaked chillies, garlic and lemon juice.
2. Grind to a smooth paste, adding water if required while grinding. Set paste aside.

Dabeli (continued)

Culture: Indian

Recipe Submitted by: Aneri Marani

Making the Potato Filling

1. Boil the potatoes in a pressure cooker or microwave oven. Peel and mash them then set aside.
2. In a pan or kadai, heat oil. Add cumin and chopped onion. Fry the onions until they become soft.
3. Add asafoetida (hing) and fry for one minute on low heat.
4. Add the tamarind dates chutney to onions and mix well.
5. Add the mashed potatoes and mix well.
6. Add the dabeli masala powder to the mashed potato mix. Mix well and add salt.
7. Cook for 2 - 3 minutes, stirring. If the mixture looks a little dry, then add 1 or 2 tablespoons of water.
8. Once cooked, spread the potato filling on a plate, then sprinkle some grated coconut on the potato filling.
9. Add chopped coriander, then add pomegranate seeds or grapes (or both).

Fry Bread

- Slice a bun or pav into two. On a tava, or griddle, melt some butter and lightly roast the buns or pav in butter. Set aside.

Making the Dabeli

1. Assemble all the ingredients required for making dabeli in one place.
2. Apply the sweet chutney on one slice of bun and the red garlic chutney on the other side.
3. Take a slice of the prepared potato filling and put it on top of one of the slices of bread.
4. Add some chopped onion and coriander.
5. Top it up with some roasted peanuts and pomegranate seeds. Sprinkle some dabeli masal as well.
6. The last topping is of sev. You can also roll the stuffed buns in the sev.
7. Cover with the other slice of bread.
8. Repeat steps 2 - 7, then serve these beautiful, yummy and gorgeous street food snacks to your loved ones.

Egusi Soup

Culture: Nigerian

Recipe Submitted by: Johnson Akinrola



Ingredients

- 3 Bell Peppers, sliced
- 4 Hot Jalapeño Peppers, sliced
- Ground Melon (egusi)
- 2 regular onions, sliced
- 1 Medium Whole Chicken
- 2 tablespoons Palm Oil
- Locust Beans (Iru)
- Ground Crayfish, to taste
- Dried fish, cleaned and cut into bite-sized pieces
- 2 Fresh Tomatoes, sliced
- 2 cloves of Garlic, chopped
- 3 cups bunched Spinach, chopped
- Pinch of Cameroonian Peppers

Directions

1. Cook the chicken and set it in a medium pot to boil. This is to prepare the stock for the soup. Set aside and keep the stock water.
2. Add all the vegetables except the spinach into a blender with water and blend until mixed – you want the mix to still have chunks of fruit and vegetables in it. Add the blended mix to the chicken stock water and mix in the palm oil, crayfish, fish, and locust beans, then cook for 5 minutes on medium-high heat. Add the chicken to the pot, then cook for another 5 minutes.
3. Drain out half of the water and then add the spinach. Cover and cook for 5 minutes.

Methi na Gota

Culture: Indian

Recipe Submitted by: Manoj Kumar Shah



Ingredients

- 1/2 cup Water
- 1 tablespoon Oil
- 1 tablespoon Sugar
- 1 Chili, finely chopped
- 1/2 teaspoon Ginger Paste
- 1/2 teaspoon Coriander Seeds, crushed
- 1/4 teaspoon Ajwain/Carom seeds
- 1/2 teaspoon Pepper, crushed
- 1/4 teaspoon Turmeric
- 1/2 teaspoon Kashmiri Red Chili Powder
- 1 pinch Hing/Asafoetida
- 1 tablespoon Lemon Juice
- 3/4 teaspoon Salt
- 1/4 teaspoon Baking Soda
- 3/4 cup Fenugreek leaves/Menthi, finely chopped
- 3 tablespoons Coriander, finely chopped
- 2 tablespoons Rava/Semolina/Suji, fine
- 1 cup Besan/Gram flour
- Oil for frying

Directions

1. In a large mixing bowl, add water, 1 tablespoon oil, sugar, chili and ginger paste, coriander seeds, pepper, turmeric, chili powder, hing, lemon juice, salt and baking soda. Whisk well, ensuring that all the spices are combined well.
2. Add fenugreek leaves and coriander. Mix well, then add rava and besan. Whisk and mix to form a lump-free, thick batter.
3. Drop the batter into hot oil, forming small balls.
4. Stir occasionally, making sure that the pakoda are cooked completely. Fry until the pakoda turns golden and crisp.

Misua Soup

Culture: Filipino

Recipe Submitted by: Veronica Sorino



Ingredients

- 3 ounces Misua
- 1 Knorr Pork cube
- 1 medium patola, sliced
- 1/2 cup chopped scallion
- 4 cloves garlic, crushed
- 1 medium yellow onion, minced
- 1/4 teaspoon ground black pepper
- 2 tablespoons patis fish sauce
- 6 - 8 cups water
- 3 tablespoons cooking oil

Meatball Ingredients

- 1 lb. ground pork
- 1 egg
- 1 medium yellow onion, minced
- 6 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Directions

1. Prepare the meatballs by combining all meatball ingredients in a bowl. Mix well. Scoop 1 1/2 tablespoons of the mixture and form into a ball. Perform this step until the mixture is completely consumed. Set aside.
2. Heat oil in a cooking pot. Once the oil becomes hot, pan fry the meatballs until the outer part turns light brown. *Note: the meatballs do not need to be cooked completely at this point.*
3. Remove the meatballs from the pot. Set aside.
4. Using the remaining oil, sauté garlic until golden brown. Add onion. Continue to cook until the onion softens.
5. Pour water. Let boil. Add the pan-fried meatballs back.
6. Add Knorr Pork Cube. Stir. Cover the pot and cook in medium-heat for 15 minutes.
7. Add misua and patola. Cover and cook for 5 minutes.
8. Season with patis and ground black pepper. Stir.
9. Add scallions. Transfer to a serving bowl.
10. Serve. Share and enjoy!

Spring Rolls

Culture: Filipino

Recipe Submitted by: Veronica Sorino



Ingredients

- Ground Pork
- Carrots, chopped
- Onions, chopped
- Garlic, minced
- 2 Eggs, mixed
- Spring roll wrapper
- Spring onion
- Bok choy
- Egg noodles
- Chicken broth
- 2 tablespoons salt
- Pepper, to taste

Directions

1. In a medium bowl, add the pork, carrots, onions and garlic. Mix with hands to combine all ingredients together.
2. Add all the dry ingredients to the bowl and mix. Add the eggs and mix again. Let the mixture sit for 2-5 minutes.
3. On a plate, place one spring roll wrapper sheet and brush the egg mix over one corner of the wrapper (this will help seal the wrap once it has been rolled). Place one small scoop of the pork filling on the sheet, shape it to the size you would like and roll, starting with the unbrushed corner of the wrap and up, tucking in the side corners as you roll. Repeat this step for all rolls. *Note: you want to ensure that the roll is not too short or too long.
4. In a frying pot, add cooking oil and heat. The oil is ready for frying when it reacts with a pinch of salt (it will start to sizzle and make bubbles). Place the rolls in the oil carefully and cook, turning the rolls over throughout the process so that all sides are covered – they should be a nice golden brown.
5. Once done, take the rolls out and place them on a tray lined with paper towel to absorb any excess oil.
6. Serve with a sweet chili sauce and enjoy!

Karachi Biryani

Culture: Pakistani

Recipe Submitted by: Uzma Afroz



Ingredients

- 1000g meat (beef or chicken)
- 750g rice
- 2 medium onions
- Spices: Shan Biryani Masalah (Karachi Beef Biryani)
- 20g raisins, soaked in water
- 20g or 1 medium golden onion, fried
- Yellow food colour
- Dry Spices: 2 star anise, 1 black cardamom, 1 teaspoon cumin seed)
- 3 tablespoons garlic ginger paste
- 1 cup oil

Directions

1. In a pan, add meat, sliced onion, oil, ginger garlic paste, and Shan spice.
2. Stir fry on medium heat for 10 minutes. Add dry spices and stir fry for another 5-10 minutes until the oil starts to separate from the meat and other gravy. When this happens, add 1.5 cup water (for chicken) or 2.5 cup water (for beef/mutton). Cook for 30 minutes on medium heat until meat gets tender.
3. Wash rice and soak in fresh water for 15 minutes.
4. In a separate pan with boiled water, cook rice on a medium-high flame until the rice is 3/4th cooked.
5. Drain the rice and add to the chicken/beef mixture. Add soaked raisins on top of the rice, sprinkle food colouring, and spread golden fried onion on top.
6. Put lid on pan and cook for another 15 to 20 minutes on low heat. There should be no excess moisture left in the pan once done.
7. Enjoy Karachi Biryani with yogurt Raita.

Nana Panjareh Window Bread

Culture: Persian

Recipe Submitted by: Naghma Najmi



Ingredients

- 20 grams of corn starch
 - 20 grams of rose water
 - 20 grams of milk
 - 50 grams of white flour
 - 5 grams of rice flour
 - 2 eggs
 - Pinch of saffron
 - 1/4 cup icing sugar
 - 1 teaspoon powdered cardamom
 - 1/2 teaspoon cinnamon
-

Directions

1. Mix corn starch, flour, milk, and rose water in a bowl into a paste.
2. Add eggs and beat until fully combined.
3. Add flour and mix until smooth.
4. Let the batter sit for 30 minutes.
5. Strain the mixture and add saffron.
6. Heat oil in a sauce pan or a deep pan until bubbles form around a toothpick touching the bottom of the pan.
7. Heat rosette iron by letting it stay in hot oil for 10-15 seconds.
8. Lift the iron, shake off the excess oil and immediately dip it into the batter so that just the edge of the iron is even with the surface of the batter. Dip the iron into hot oil, let the rosettes puff and then take the iron out of the oil.
9. Fry each side of cookies for 30 seconds until golden brown. Take the cookie out and place it on a paper towel.
10. Repeat steps 6 - 8 with the remaining batter.
11. Dust some powdered sugar, cinnamon and cardamom on top of cookies before serving.

Fasanjoon

Culture: Persian

Recipe Submitted by: Naghma Najmi



Ingredients

- 1 - 2 large yellow onions, chopped (or 3 cups)
- 3 tablespoons oil
- 3 tablespoons extra virgin olive oil
- 5 tablespoons pomegranate sauce
- 2 lbs. boneless skinless chicken thighs
- 2 c. onion stock/water/chicken stock
- 2 tablespoons (plus 2 teaspoons) sugar
- 3 tablespoons peanut butter
- 1/2 teaspoon turmeric
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground black pepper
- 1 tablespoon tomato paste
- 2 tablespoon Tamarind paste
- 2 grated apples
- 1/2 teaspoon salt
- Soy Sauce, to taste

Directions

1. Brown the chicken pieces on all sides:

- In a large pan, heat 3 tablespoon of oil over medium-high heat. Pat the chicken pieces dry again and place them in the pan, working in batches if necessary so as not to over crowd the pan. Cook until golden brown on all sides.
- Sprinkle the chicken with salt while they are cooking.

2. Sauté the onions:

- Use a slotted spoon or tongs to remove the chicken from the pan, set aside.
- Add tablespoon of butter and a tablespoon of oil to the pan. Lower the heat to medium low.
- Add chopped onions to the pan and sauté until translucent, stirring on occasion to release the browned bits from the bottom of the pan.

Fasanjoon (continued)

Culture: Persian

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3. Return the chicken pieces to the pan with the onions. Pour 2 cups of stock over the chicken and onions. Bring to a boil, reduce to a simmer, cover and simmer gently for 30 minutes.
4. Stir in the peanut butter, pomegranate molasses/sauce, sugar, and spices. Cover and cook on very low heat for 1 hour, stirring every 20 minutes or so to prevent burning the bottom of the pan and from sticking to the bottom of the pan.
5. Remove from heat and adjust sugar/salt to taste. At this point the chicken should fall apart tender.
6. Serve with rice.

Koshari

Culture: Egyptian

Recipe Submitted by: Amany Abdel Wahab



Ingredients

For Crispy Onion Topping

- 1 large onion, sliced into thin rings
- Salt
- 1/3 cup all-purpose Flour
- 1/2 cup cooking oil

For Tomato Sauce

- Cooking oil
- 1 small onion, grated
- 4 garlic cloves, minced
- 1 teaspoon ground coriander
- Optional: 1/2 - 1 teaspoon crushed red pepper
- 1 can (28 oz) tomato sauce
- Salt and Pepper
- 1-2 tablespoon distilled white vinegar

For Koshari

- 1 & 1/2 cup brown lentils, picked over and well-rinsed
- 1 & 1/2 cup medium-grain rice, rinsed and soaked in water for 15 minutes, then drained
- 1/2 teaspoon each salt and pepper
- 1/2 teaspoon coriander
- 2 cups elbow pasta
- Cooking oil
- Water
- 1 can (15 oz) chickpeas, rinsed, drained and warmed

Directions

Make the crispy onion topping

1. Sprinkle the onion rings with salt, then toss them in flour to coat. Shake off any excess flour.
2. In a large skillet, heat the cooking oil over medium-high heat. Cook the onion rings, stirring often, until they turn a nice caramelized brown. The onions must be crispy, but not burned (15-20 minutes)

Koshari (continued)

Culture: Egyptian

Recipe Submitted by: Amany Abdel Wahab

Make the Tomato Sauce

1. In a saucepan, heat 1 tablespoon cooking oil. Add the grated onion and cook on medium-high heat until the onion turns a translucent gold (do not brown). Now, add the garlic, coriander and red pepper flakes (if using) and sauté briefly until fragrant (30-45 seconds)
2. Stir in tomato sauce and a pinch of salt. Bring to a simmer and cook until the sauce thickens (15 minutes or so)
3. Stir in the distilled white vinegar and turn the heat to low. Cover and keep warm until ready to serve.

Make the Koshari

1. Cook the lentils. Bring the lentils and 4 cups of water to a boil in a medium pot or saucepan over high heat. Reduce the heat to low and cook until lentils are just tender (15-17 minutes). Drain from the water and season with a little salt.
***Note:** when the lentils are read, they should not be fully cooked. They should be only partially cooked and still have a bite to them as they need to finish cooking with the rice.
2. Now for the rice. Drain the rice from its soaking water. Combine the partially cooked lentils and the rice in the saucepan over medium-high heat with 1 tablespoon cooking oil, salt, pepper, and coriander. Cook for 3 minutes, stirring regularly. Add warm water to cover the rice and lentil mixture by about 1 & 1/2 inches (you will probably use about 3 cups of water here). Bring to a boil; the water should reduce a bit. Now cover and cook until all the liquid has been absorbed and both the rice and lentils are well cooked through (about 20 minutes). Keep covered and undisturbed for 5 minutes or so.
3. Now make the pasta. While the rice and lentils are cooking, make the pasta according to the package instructions by adding the elbow pasta to boiling water with a dash of salt and a little oil. Cook until the pasta is el dente. Drain.
4. Cover the chickpeas and warm in the microwave briefly before serving.

To serve, fluff the rice and lentils with a fork and transfer to a serving platter. Top with the elbow pasta and 1/2 of the tomato sauce, then the chickpeas, and finally 1/2 of the crispy onions for garnish. Serve, passing the remaining sauce and crispy onions separately.

Papa Rellena (Stuffed Potato)

Culture: Colombian

Recipe Submitted by: Adiela Lopez



Ingredients

- Vegetable oil, for frying
- 5 medium potatoes

For Filling

- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1 cup chopped tomato
- 1/3 cup chopped onion
- 1/3 cup chopped scallions
- 1 garlic clove, minced
- 1/2 teaspoon ground cumin
- 1/2 teaspoon sazon Goya with azafran
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 lb. ground beef

For Batter

- 1 egg
- 1/4 cup all-purpose flour
- 1 pinch salt
- 1/2 tablespoon sazon Goya with azafran
- 1/4 cup milk

Directions

1. Peel the potatoes and cut them into chunks, put them in a medium pot and cover with water and 1/4 teaspoon of salt.
2. Bring the potatoes to a boil over medium-high heat, then reduce the heat to medium and cook until fork tender (about 20 minutes)
3. Drain the potatoes and mash with a fork or masher. Set aside.

Filling:

1. In a large sauce pan, heat 1 tablespoon olive oil over medium heat and then add the onion, tomato, scallions, garlic, cumin, azafran, pepper and salt. Cook for 5 minutes or until the onions are translucent. Add the beef and cook, stirring occasionally (about 10-15 minutes). Set aside to cool.

To make the batter:

1. In a medium bowl, place all the batter ingredients and whisk until smooth. Set aside.

Papa Rellena (continued)

Culture: Colombian

Recipe Submitted by: Adiela Lopez

To Form the Stuffed Potatoes:

1. Divide the potato mash into 10 equal sized portions (about 1/3 cup each) and form each portion into a ball by rolling between the palms of your hands. Flatten into patties and place 1 & 1/2 tablespoons of the filling in the center of each one. Shape the potato mixture with the filling into balls to enclose the filling completely.
2. Fill a large, heavy pot with vegetable oil and heat over medium-high heat to 360°F
3. Dip the stuffed potato into the batter and carefully place them in the hot oil. Fry for about 4 minutes or until golden, turning over halfway through. Remove the potatoes from the oil using a slotted spoon and drain in a plate with paper towels. Transfer to a serving place and serve with Ají.

What are Papas Rellenas?

They are made with potatoes, formed into balls and stuffed with a mixture of meat, vegetables and spices, dipped in batter and fried. This dish is popular in Colombia and Latin America. In Colombia, we eat them for breakfast or as a snack. You can serve them hot or cold and they are delicious with ají sauce (hot sauce).

Salt Fish

Culture: Guyanese

Recipe Submitted by: Pamela Pierre



Ingredients

- Salt Cod
- Onions, to taste
- Tomatoes, to taste (optional)
- Hard Boiled Eggs, sliced

Directions

1. The salt fish is placed in fresh water for an hour, then drained and squeezed dry.
2. In a medium frying pan that has been oiled and placed on medium heat, cook the onions and fish. When the fish has been heated slightly, add the hard boiled eggs. If desired, tomatoes can also be added.
3. Once the onions have browned and the fish is thoroughly cooked, remove from heat and place in a serving dish.

Bakes

Culture: Guyanese

Recipe Submitted by: Pamela Pierre



Ingredients

- 2 cups flour
- 1 tablespoon baking powder
- Pinch of Salt
- 1 teaspoon sugar
- 1 teaspoon butter, crumbled
- $\frac{3}{4}$ cup water (plus $\frac{1}{4}$ if needed)
- Vegetable oil (for baking)

Directions

1. In a medium bowl, mix together the flour, baking powder, sugar and salt.
2. Add butter and knead into the dry mix. Gradually add the water, mixing until it becomes a soft dough. If the dough becomes too sticky, add more flour.
3. Place dough on rolling mat and roll it out flat, then cut into circles using a cutter or a glass.
4. In a small pot that is half-filled with oil, lower the bakes gently into the oil. The bakes should start to puff up. Once puffed, flip to other side and fry. Once the bake is puffed on both sides and is a nice brown, remove from oil and place in a bowl lined with paper towel.

Empanadas

Culture: Venezuelan

Recipe Submitted by: Mag Palez



Ingredients

For the Dough

- 1 & 1/2 cup (215 grams) of pre-cooked corn flour (P.A.N flour)
- 1/4 teaspoon of salt
- 1 & 1/2 cups cold water

For the Filling

- Ground or shredded meat stew; chicken; ham and cheese; etc.

Directions

1. In a bowl, place the pre-cooked corn flour and salt. Add water and mix until the flour is hydrated. Knead well until you get a soft and malleable dough, like plasticine. If the dough is very dry, add more water and if it is too runny, add more corn flour. Let the dough rest for about 10 minutes.
2. Take a portion of the dough and make a ball. Place it on slightly wet plastic wrap then spread it out with your hand or with the help of a plate or board. Place a spoonful of your chosen filling in the center of the dough, then fold into the shape of a crescent, with the help of the plastic wrap.
Note: You can also use a container to shape and cut the empanada. This helps them to be the same size and ensure that the edges are well sealed so that the filling does not come out.
3. Fry the empanadas in plenty of hot oil for about 5-8 minutes.
4. Transfer to a plate with paper towel to absorb the oil, then serve and enjoy!

Traditional Borsch

Culture: Russian

Recipe Submitted by: Jim Samaroden



*Optional ingredients: Bay leaf, green beans, peas, beet greens, shredded pork or pork sausage

Ingredients

- 1 cup of diced celery
- 1 cup of diced onions
- 2 cloves of garlic, grated or pressed
- 1 tablespoon butter (for sautéing celery & onions)
- 8 cups water, beef broth or chicken broth
- 1 can diced tomatoes
- 2 - 3 medium to large beets, peeled, half grated, half diced
- 1 - 2 medium carrots, peeled and grated
- 1 medium potato, peeled and diced
- 1/2 cup fresh dill weed
- Salt and Pepper, to taste

Directions

1. Sauté the onions, celery and cabbage with butter until soft and translucent
2. Add diced tomatoes and garlic, as well as all of chosen soup base (water or broth)
3. Bring to a boil over medium high heat, then reduce to medium heat and let simmer
4. Add beets, carrots and potato to the broth. If you would like to add any optional ingredients (i.e. beans, peas, beet greens, etc.), do so now.
5. Allow soup to simmer on medium until beets and potatoes are soft (you can tell by testing them with a fork), about 15 minutes. Remove soup from heat.
6. Stir in chopped fresh dill weed and salt and black pepper.
7. Serve hot with a dollop of sour cream and a slice of bread and butter (rye bread is recommended)