



RECIPES FOR LIFE

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**Qanita Ahmad
Tri Chau
Ensaf Ibrahim
Elizabeth Jackson
Carmela Nini
Chon + Ed Nguyen
May Phan
Molly Roberts
Sunita Saini + Manjula Singodia
Hannah Senitt
Dao Vo**

“Recipes for Life”

A Project by Lisa Hirmer with Qanitah Ahmad, Tri Chau, Ensaf Ibrahim, Elizabeth Jackson, Carmela Nini, Chon Nguyen, Ed Nguyen, May Phan, Sunita Saini, Hannah Senitt, Manjula Singodia and Dao Vo; with project support from Karen Kew.

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RECIPES FOR LIFE

This collaborative project began very simply with a series of weekly conversations about food at Immigrant Services Guelph Wellington with dedicated members of the seniors group as well as other interested community members. Each week, while sharing food with each other, the group exchanged cooking tips and advice for healthy eating, food related stories and memories, special family traditions and the simple everyday routines of getting everyone fed. Out of this the group decided we should put together a cookbook to capture this material so it could be shared with family and friends and preserved for future generations.

This book is not a comprehensive volume with lots of recipes. This is a time when hundreds of recipes for any dish can be quickly pulled up on the internet and we wanted to do something different. Instead it is a small carefully chosen collection—the kind of recipes we turn to over and over again or the kind that mean something very special to us. Food is never only about getting calories and nutrients. It touches every aspect of our lives: our culture and religion, family lives, personal histories, ethics, physical and emotional health. Food is about the ingredients but also the processes and traditions we bring to cooking, serving and eating. By combining personal stories and photographs with the recipes shared here, the hope is offer glimpses of the lives that these recipes are a part of and bring the food to life!

-LH



MAY

I love baking. Baking can bring friends and families together and help make relationships stronger. When I start baking, I place all the ingredients of the table. Every time I look at the main ingredients for baking: sugar, butter, eggs, I think sweet, smooth and sunshine. And I think about everyday life. We all need to have sweetness, smoothness and sunshine in our lives. I hope everyone has a sweet, smooth and sunshine-filled day!





MAY'S BANANA COOKIES

“This is a very simple and healthy recipe that goes well with black coffee, one of my favorite drinks!”

INGREDIENTS

- * 4 ripe bananas (mashed)
- * 2 cups quick oats
- * 1/4 cup milk
- * 1/4 cup shredded coconut
- * 1/4 cup dried cranberries

INSTRUCTIONS

- * Preheat oven to 350° F.
- * Combine the mashed banana with other ingredients in a large bowl and stir well.
- * Spoon cookie-sized amounts onto a baking sheet.
- * Bake for 15-20 minutes. Cool before eating.
- * Enjoy with coffee or your favorite hot drink!

*** Nutrition Tip: Foods that are high in soluble fibre, such as oats, may help improve blood sugar levels for people with diabetes. Oats also help to lower cholesterol and reduce inflammation.**



HANNAH

I've always admired my aunt Mary. She is so resourceful and can take a few simple ingredients and make the most amazing meal out of it. As a kid I would go visit her in Vermont and all the ingredients she used would be so fresh: eggs from the farmer down the street and Vermont cheese. This egg dish is inspired by her. Because it's full of butter, I only make it on the weekends. During the week we eat quick healthy yogurt parfaits with granola.



HANNAH'S WEEKEND EGGS

“This recipe can be changed to include whatever ingredients you like or have on hand. If you don’t like hot peppers, use a bell pepper; or when asparagus is plentiful in the spring, substitute that for the mushrooms. Basically, the recipe is just veggies that I have on hand, topped with an egg and my favourite cheese then enjoyed on toast.”

INGREDIENTS

- * butter
- * 1-2 mushrooms (sliced)
- * 1 jalapeño chopped (seeds removed)
- * 1 egg per person
- * 4-5 slices of cheddar cheese
- * small handful of spinach (or kale or other greens)
- * toast

INSTRUCTIONS

- * Prepare the ingredients while pan is warming up.
- * With the frying pan on medium heat, add butter. Then when butter starts to sizzle add sliced mushrooms.
- * Cook mushrooms until browned, then set aside.
- * Add more butter to pan if needed, then add chopped jalapeño and cook until soft.
- * Assemble veggies into a pile in the center of the pan, then create a well or indent in the middle.
- * Crack an egg into the well, then top with sliced cheese.
- * Add spinach to edges of pan, then cover and turn down the heat to low.
- * While eggs are cooking prepare toast.
- * Check the eggs by jiggling the pan. When the yolk is cooked to your preference, it is done.
- * Assemble on a plate by topping the toast (buttered of course) with spinach and mushrooms then place the egg on top. Enjoy with salsa!

*** Nutrition Tip: Eggs provide 14 important nutrients including vitamins A, D and E, folate, iron, zinc and choline. Eating eggs is good for your bones, teeth, skin and eyes.**





HANNAH'S WEEKDAY YOGURT PARFAIT

INGREDIENTS

- * 3 cups large oats
- * 1 cup whole wheat flour
- * 1/4 cup brown sugar
- * 1 teaspoon cinnamon
- * 1/4 teaspoon salt
- * 1/4 ground Ginger
- * 1/4 cup cooking oil
- * 1/4 cup honey
- * 1/4 milk

INSTRUCTIONS

- * Pre-heat Oven to 300° F.
- * Brush a large baking sheet or large pan with cooking oil.
- * Mix oats, flour, brown sugar, cinnamon, salt and ginger together in a bowl.
- * If you are using solid honey, warm oil, milk and honey together until honey is melted, then add to oat mixture.
- * Spread mixture onto baking sheet or pan and bake until light brown, stirring every 20 minutes (50-60 minutes total).
- * Optional: When granola has cooled you can add a small amount of your favorite dried fruit, such dried apricots or cranberries, nuts, sunflower seeds or even your favorite trail mix (which can be bought inexpensively at a bulk food store).

HOW TO EAT

- * I top a layer of granola with yogurt (usually plain), then another layer of granola and yogurt, then whatever fruit I have on hand.
- * In the winter blueberries are a great choice, fresh or frozen. In the summer strawberries and peaches are good. Bananas work super well with this too and you can even use apple sauce.
- * By mixing it up, you'll never get bored of this breakfast!



ENSAF

My mom taught me how to make falafel, which we call tamiea. All arabic countries have falafel and you can find this delicious treat across the world. Now I make falafel every weekend, especially when guests come over. It is the perfect food for guests. It's cheap to make and everyone likes it. Falafel also reminds me of my university days when my friends and I would buy falafel sandwiches for lunch. It was the best thing you could get because it was affordable and very filling.



ENSAF'S FALAFEL (TAMEIA)

INGREDIENTS

- * 2 cups chickpeas
- * 1 large onion (chopped)
- * 1 teaspoon cumin
- * 1 teaspoon salt
- * 4 cloves of garlic
- * 2 teaspoons baking powder
- * 1 egg
- * 1 teaspoon yogurt
- * 2 tablespoons sesame seeds
- * vegetable oil for frying

INSTRUCTIONS

- * Put chickpeas in a large bowl and cover with cold water for about 24 hours.
- * Drain and rinse chickpeas, then place in food processor along with the rest of the ingredients. Process until it has a consistency that is smooth but still thick.
- * Shape into balls or patties, then fry in hot vegetable oil. When the falafel start to turn golden brown they are ready.
- * Let falafel drain on paper towels then serve hot, either in a sandwich or on their own.

*** Nutrition Tip: Legumes are a delicious and inexpensive way of improving your nutrition. They are rich in fibre and protein, and have high levels of minerals such as iron, zinc, and phosphorous as well as folate and other B-vitamins.**



TRI

These are two simple to prepare but delicious Vietnamese dishes that I make all the time. Congee is a classic comfort food that you can eat for any meal of the day. And I like to make this salad for lunch especially when I have visitors.



TRI'S GA XE KHAI SALAD

INGREDIENTS

- * 2 cups shredded cabbage
- * 2 cups shredded carrot
- * 3-4 green onions (chopped)
- * 1 tbsp vinegar
- * 1 tbsp sugar
- * 1 tbsp fish sauce
- * 2 tbsp water
- * 1 cup cooked chicken breast (shredded)
- * 1/4 cup peanuts
- * finger mint or cilantro (chopped)
- * 1 tsp chili sauce
- * shrimp chips

INSTRUCTIONS

- * Toss the shredded cabbage and carrot together.
- * Mix vinegar, sugar, fish sauce and water together to make the dressing.
- * After putting shredded vegetables on a plate, place chicken breast, peanuts, finger mint (or cilantro) and chili on top.
- * Drizzle fish sauce over the salad.
- * Serve with shrimp chips, which can be used to scoop up the salad.

*** Nutrition Tip: Cabbage is a very healthy vegetable from the cruciferous family of vegetables. As a food it can be used raw, cooked or fermented and provides plenty of plant nutrition with anti-cancer, antioxidant and anti-inflammatory effects.**

TRI'S CONGEE (RICE PORRIDGE)

“Congee is a simple dish that is popular across many Asian cuisines. It is easy to make and comforting to eat. Congee recipes are forgiving and flexible. You can make it thick or thin, very simple or with other ingredients like vegetables or meat. These ingredient measures are approximate and you can adjust them to suit your preference.”

INGREDIENTS

- * 4 cups chicken broth
- * 1/2 cup rice
- * 1 tablespoon ginger (chopped)
- * 2-3 green onions (chopped)
- * water (if needed)

INSTRUCTIONS

- * Combine chicken broth, rice and ginger in a medium sauce pan.
- * Over high heat bring the broth to a boil.
- * Then turn down the heat and let congee simmer, stirring occasionally, for about an hour or until most of the liquid has been absorbed by the rice.
- * Add extra water if needed.
- * Sprinkle with green onions on top before serving.



LIZ

Many years ago, when visiting my soon to be mother-in-law, she served a delicious soup for dinner. It was so good I asked her for the recipe, which she had found in a magazine. Years later she lost her copy of the recipe and so asked me for it. When she looked at what I sent she was surprised; what she remembered as sweet potato was squash and white potatoes in my recipe and it now had lots of ginger. Over time the way I made the recipe had shifted so when the recipe came back to her, it was a totally different soup.



LIZ'S BUTTERNUT SQUASH GINGER SOUP

“This is a really flexible soup. You can use different vegetables and different herbs or spices to make it your own best comfort food. I love this soup when I have a cold. The ginger and garlic are like magic and always make me feel better.”

INGREDIENTS

- * 2 butternut squashes
- * 9 cloves garlic (4 whole, 5 chopped)
- * 4 large white potatoes (peeled and chopped)
- * 2 onions (chopped)
- * 8 cups vegetable stock
- * 1 teaspoon each sage, thyme, oregano, tumeric, cayenne pepper.
optional: celery seed and/or chili powder
- * salt to taste
- * squeeze of lime juice
- * 2-3 tablespoons natural peanut butter
- * 3 inches ginger root
- * option: yogurt, chopped cilantro and/or butter to top soup

INSTRUCTIONS

- * Slice and unseed butternut squash, drizzle with olive oil and nestle 4 cloves of garlic in the scooped out centres. Roast at 375° F for 40 minutes.
- * Fry chopped onions and garlic in olive oil.
- * When onions are golden brown, pour in the veggie stock.
- * Add potatoes to pot and boil for about 5 minutes.
- * Add squash and roasted garlic, continue to cook until potatoes are soft.
- * Add herbs, spices and lime juice, as well as salt, if wanted. You can tweak which herbs and their amounts to suit your taste.
- * Use a hand blender to blend the soup.
- * Add peanut butter, then grate in ginger root. Then blend again.
- * Cook until the ginger mellows to your taste.
- * Top with yogurt, chopped cilantro and/or a blob of butter. Enjoy.



QANITAH

When I was young my mom taught me how to cook and I'm so thankful for that. It's such an important life skill to have. I didn't want to push my daughter and I was worried about how would I teach her cooking. I love that she found an interest in cooking and baking on her own. She watches Masterchef Junior and tries to imitate them. She follows a recipe closely and carefully and rarely makes any mistakes. I am sure soon she will be able to play with the ingredients and methods, experiment, and create her own recipes.



QANITAH'S KABULI PULAWO (KABULI RICE)

“Before trying a recipe, I usually check many versions of that recipe and see how other people are making it. I also watch videos on the internet to see a live experience of how a certain recipe is made in the kitchen.

If I am using spices from “Shan” or “ National” brand, they give recipes on the box as well. The good thing about these brands is that they have all the necessary spices for a particular recipe in one box. Otherwise you have to buy all the spices separately. For this recipe I used “Shan” Kabuli Rice spice mix, which contains: salt, sugar, cumin, fennel, mace, coriander, black pepper, green cardamom, cinnamon, clove, ginger, garlic and pine nuts.

After understanding the recipe I try to shape it according to my own taste, experience and convenience. First I decide which ingredients I am using, which ones I am leaving out and if I am adding anything. I also modify ingredients according to my own and my family’s taste, i.e moderate salt, less sugar, no green or red chilies and just enough oil to stir. I also envision the whole process and figure out which step I am doing first, which one second and what I am leaving to last to increase efficiency and save time. Some recipes don’t put their steps in the most time saving order. That is why you should read and understand the whole recipe first before starting. Please also check that you have all the ingredients available before you start cooking.

Here is how I made the Kabuli Pulawo in the Guelph Community Kitchen. But remember no recipe is a fixed one for me. I change, mould and reshape it as I like or need to.”

INGREDIENTS

- * 1 whole chicken (or 8-10 leg pieces, chopped)
- * 2 cups basmati rice
- * 2 cups chickpeas (soaked overnight in warm water & boiled in fresh water)
- * 2 large onions (chopped)
- * 1-1/2 cup vegetable oil
- * 1 small bag pre-diced carrots or 2 large carrots finely chopped
- * 4 tablespoons sugar
- * 1 cup raisins (washed)
- * Shan Kabuli Rice spice mix
- * optional: 1 cup mixed nuts (washed)

INSTRUCTIONS

- * In a large pot stir fry chicken in a half cup of vegetable oil.
- * Add half of Shan Kabuli rice spice packet, stir, then cook for 5 minutes
- * Add a half cup water and boil for 8 minutes until water has evaporated. Set this aside.
- * In a large pan fry carrots for 7 minutes in a small amount of oil, then add raisins and fry for 3 minutes longer. Add sugar, stir and let cook a little longer. If you are using nuts, add them now as well.
- * Drain the carrots and raisins from oil. Place in aluminum foil and set aside.
- * In another large pot heat a half cup of oil and fry onions till golden brown.
- * Add the other half of the spice packet and 4 cups water. Bring to a boil.
- * Add the rice and the chickpeas cover with a lid and let simmer until the water dries up and rice is almost cooked.
- * Add the chicken to the rice. Cover the rice with the carrot, raisin and nut mixture, then cover the pot with the lid. Keep the pot on minimum heat for 8-10 minutes.
- * Serve with salad and plain yogurt.



QANITAH'S ROTI

INGREDIENTS

- * 2 cup whole wheat "atta" flour
(or 1 cup regular whole wheat flour and 1 cup unbleached flour)
- * pinch of salt
- * 3/4 cup of water

INSTRUCTIONS

- * Put flour into a large bowl, then slowly add water a little at a time, mixing with your hands.
- * When the water is incorporated, knead the dough with your hands until you get a stiff ball of dough.
- * After kneading, put the dough in a bowl, cover it with a damp cloth or lid and set aside for one hour.
- * Then, divide the dough into equal pieces. Take each piece and flatten it out in your hands.
- * Use a rolling pin to roll out each piece of dough. You can also flip it between your hands to help make it thin.
- * Cook each side on a hot pan until dark brown spots appear.
- * Keep the roti warm as you work by wrapping them in a dish towel.
- * Serve warm.



* **Nutrition Tip:** Canada's Food Guide recommends that we all "make at least half of our grain products whole grain each day." Making Qanitah's roti with whole wheat flour adds nutrition as well as fibre.



DAO

I want to share a kind of rice cake called the pork cake. The pork cake is a popular dish in Vietnam because it is quite easy to make and the ingredients are inexpensive. Like pho, it originated from the north of Vietnam, where the climate is temperate and people serve all kinds of hot food. Pork cake is made of rice dough filled with ground pork, shallot and wood ear fungus and is wrapped in banana leaves. This gives the cake a nice aroma.







DAO'S BÁNH GIÒ (PORK CAKES)

“Hope you enjoy these delicious pork cakes the way they are prepared in Vietnam.”

INGREDIENTS

- * 1 package rice flour (12 oz)
- * 1 can (2 oz) chicken broth
- * 5 cups water
- * 2 tablespoons cooking oil
- * cooked ground pork
- * wood ear mushrooms
- * hard boiled quail eggs

INSTRUCTIONS

- * Using the entire package of rice flour, mix with chicken broth and water.
- * Cook slowly over medium heat, adding the cooking oil.
- * Continue to stir until mixture is very thick and pours like honey.
- * Place a scoop of dough on the banana leaf, leaving enough room for the filling.
- * Place some meat, mushroom and a quail egg on top of the dough, then cover that with more dough.
- * Wrap the banana leaf around the filling.
- * Place in a double boiler and steam for 15 minutes.



CARMELA

Food is such an important part of our daily lives, and one of the most cherished components of our cultural identity. A meal shared with family and friends is always more tasty and immigrants make it possible for everyone to enjoy the array of mouth-watering culinary delights, literally bringing the world to our plate. Italian food is known all over the world for its regional diversity and for its simplicity. It reflects the local landscape as well as the unique flavours and specialty products of each of Italy's 20 regions. Italians are passionate about their food and the following are just a few of our favourite dishes. These delicious recipes are all very easy to prepare, healthy and also budget-friendly—good for family gatherings, or to divide into delicious single-serving freezer meals to treat yourself when you just do not feel like cooking. Buon Appetito!!!



CARMELA'S LASAGNA ROLLS

“This is great for a family feast or delicious single-serving freezer meals.”

INGREDIENTS

- * 1kg of lean ground meat (beef and pork mixed)
- * 2 tablespoons olive oil
- * 3 cloves of garlic
- * 1 medium onion
- * 1 small stalk celery
- * 3 carrots
- * 2 small green peppers
- * 1 cup of sliced mushrooms
- * 3 large cans of crushed tomatoes (796 ml each)
- * 1 teaspoon of dried oregano
- * 1 teaspoon of dried basil
- * 1 tablespoon freshly chopped parsley
- * salt and freshly ground black pepper to taste
- * 500g package lasagna noodles
- * 3 cups of shredded mozzarella mixed with 1 cup of Romano cheese.

INSTRUCTIONS

FOR THE MEAT AND VEGETABLE SAUCE

- * Heat the oil in a heavy stainless steel saucepan.
- * Crumble ground beef over oil then add garlic, onion, celery, carrots, peppers, and mushrooms all finely chopped. Mix well and cook over medium high heat for about 10 minutes.
- * Stir in crushed tomatoes, oregano, basil, parsley, salt and pepper. Bring it to a boil, then reduce heat, cover and simmer for about 45 minutes, stirring occasionally.

PREPARING THE NOODLES

- * Cook lasagna noodles according to package directions, drain, run quickly under cold water to stop the cooking process and lay each noodle flat on a tea towel to absorb moisture.

ASSEMBLING LASAGNA ROLLS

- * Preheat oven to 375 °F.
- * Start by spreading a layer of sauce on the bottom of your baking pan
- * Lay 3 or 4 noodles at a time on a tray or on a chopping board.
- * Spread each noodle with some sauce, sprinkle generously with the mixed cheese, roll gently and arrange each one in the baking pan, seam side down.
- * When you are done with rolling all the noodles, top with more sauce and cheese, cover loosely with aluminum foil and bake for about 40 minutes.
- * Remove from oven, let it rest for 10 minutes and serve.

USEFUL NOTES:

- * For delicious single-serving freezer meals, let rolls cool to room temperature, then place desired number of rolls in freezer containers or bags and freeze. When ready to enjoy, just defrost and reheat in the microwave or in the conventional oven.
- * The sauce freezes well and can be used for all your pasta recipes.
- * Sliced zucchini or eggplants could also be used in this sauce.
- * There are 19 to 20 noodles in a package of lasagna, therefore you will need 2 baking pans.
- * Since there is enough salt in the cheese, omit salt when cooking the noodles.
- * For smaller servings, cut strips of lasagna noodles in half and make 2 rolls instead of one.
- * For a vegetarian version, omit meat and increase the amount of vegetables. You can also use a béchamel sauce with a spinach and ricotta filling instead of the tomato sauce.

*** Nutrition Tip: Studies show that you eat more nutrients when dining with company. Try to be social for some of your meals. Share a potluck dinner with a friend or form a lunch group. Dine in a restaurant once in a while. Check your local senior centres; many serve weekly meals.**



CARMELA'S POLENTA

“Polenta is a simple Italian dish with a delicious earthy flavor. It is made from boiled cornmeal and therefore gluten free. It can be cooked to be creamy or thick and served in so many different ways. When creamy, all is needed is some butter and cheese, if allowed to set it can be sliced or spooned on a serving plate and topped with your favourite sauce and cheese. Any leftover polenta can be baked, fried or grilled and served as a side dish instead of pasta, rice or potatoes.

I remember my mother spreading the polenta on a wooden table (la spianatoia), topping it with sausages and freshly grated cheese, and we would just sit all around and enjoy it.”

INGREDIENTS

- * 2 cups yellow cornmeal flour (I usually mix fine and coarse ground)
- * 2 cups broth at room temperature
- * 6 cups water (5 cups if you want it thicker)
- * 1 teaspoon salt
- * 3 tablespoons butter
- * 1/2 cup freshly grated Parmigiano-Reggiano cheese
- * 2 cups of your favorite sauce (tomato, mushroom, ragu ...)

INSTRUCTIONS

- * Use a fork to mix broth and cornmeal in a bowl.
- * Use a large pot to bring water and salt to a boil.
- * Pour the cornmeal and broth mixture into the boiling water, stirring constantly, until the mixture thickens, about 3 minutes.
- * Add the butter. Turn down heat to low, then cover and simmer for about 30 minutes stirring often, to make sure it doesn't stick to the bottom.
- * Remove from heat and let the polenta rest for few minutes.
- * Scoop into individual dishes.
- * Top with your favorite sauce and sprinkle generously with cheese. Enjoy!



CARMELA'S MINISTRONE SOUP

“The word Minestrone comes from the Italian word “minestra” that translates to “big soup.” Because of its rustic roots, this soup is considered part of the “cucina povera,” literally meaning “poor people’s cuisine.” This healthy and delicious hearty soup is incredibly easy to prepare--It can be made with whatever vegetables are in season, or whatever vegetables are available in your fridge. There is therefore no set recipe to follow. The only heavy work would be dicing the vegetables, which can be simplified with the help of a food processor.”

INGREDIENTS

- * 1 cup each of as many as you have of the following vegetables, all either finely chopped or pureed: zucchini, broccoli, cabbage, eggplant, cauliflower, Swiss chard, spinach, celery, carrots, asparagus, tomatoes, green beans, potatoes, turnips and onion.
- * 1 cup of finely chopped fresh herbs (I use a mix of chives, parsley, basil, oregano, basil, thyme and dill)
- * 4 garlic cloves minced
- * 1 cup each of previously cooked peas, lentils, Romano beans, chickpeas, fava beans and corn
- * 6 cups chicken, beef or vegetable stock
- * Parmesan or Romano cheese to taste
- * Crushed hot pepper flakes and salt to taste

INSTRUCTIONS

- * In a large pot cover the diced/pureed vegetables and garlic cloves with the stock. Bring to a boil, then add the herbs, cover and cook over low heat for about one hour, stirring occasionally.
- * Add the previously cooked peas, lentils, Romano beans, chickpeas, fava beans and corn, season with salt and hot pepper flakes, simmer for an additional 30 minutes.
- * Your soup is ready to enjoy! You can freeze the leftover for later use.
- * Optional: Just before serving add a cup of cooked tubetti or any other small shape pasta; and/or serve soup, sprinkled with Parmesan or Romano cheese.



CARMELA'S BISCOTTI

“Italians use the term biscotti as a generic word for any type of cookies. Around the world however, “biscotti” is synonymous with the crunchy almond cookies that get the name from their original method of baking “Bis-Cotti” or “Twice-Cooked.” As its name implies, these cookies are in fact baked twice, first in the form of a log and then after they are sliced. These delicious, crisp cookies can be stored for long periods of time and come in a variety of flavors. The following recipe, from my Molise Region, is just one of the many traditional recipes.”

INGREDIENTS

- * 2 cups flour
- * 3/4 cup sugar
- * 3/4 cup unblanched whole almonds (ground fine in a blender or food processor)
- * 3/4 teaspoon baking powder
- * 1/2 teaspoon baking soda
- * 1/2 teaspoon cinnamon
- * 1/4 teaspoon salt (optional)
- * 3/4 cup unblanched whole almonds (roasted)
- * 1/3 cup honey
- * 1/3 cup lukewarm water
- * 1/2 teaspoon almond extract (optional) or 1 teaspoon vanilla (optional)

INSTRUCTIONS

- * Preheat oven to 350°F and prepare a baking pan 13-15 inches long with either cooking spray and foil or parchment.
- * Combine honey and water, then stir in almond extract and/or vanilla if desired and set aside.
- * Combine the dry ingredients, including the ground and the whole almonds.
- * Add honey-water and stir until all the ingredients are incorporated into a thick dough.
- * Divide the dough in half and form into 2 logs about 12 inches long. They spread out as they bake so place well apart from each other in the pan.
- * Bake at 350°F for at least 30 minutes; they should be well risen, firm, and a dark golden color.
- * After cooling for 5-10 minutes, slice the logs diagonally at 1/2 inch intervals. Then place the biscotti on their sides and bake about 10 minutes at 300°F until golden brown.
- * Allow to cool then store in a tin or tightly closed container.



MANJULA &SUNITA

I love cooking. One of my hobbies is to collect different recipes and learn new dishes. I also love to share my recipes with others. Today my friend Sunita and I are sharing a menu that is very close to a typical everyday meal in India. It's also a healthy meal that is suitable for a large family and very affordable.



MANJULA & SUNITA'S PAKORA

“Everyone loves pakora. I always make them when guests are over. Pakora remind me of my older days. My mom used to make pakora for me, my brother and sister on rainy days. We all enjoyed them while talking and eating together. Sunita tells me when her husband comes home from work, he likes to have a snack and she cooks these pakora for him all the time.”

INGREDIENTS

- * 4 potatoes (medium size)
- * 4 cooking onions (medium size)
- * 4 cups besan flour (chickpea flour)
- * 2 teaspoons salt (or to your taste)
- * 2 teaspoons hot red peper (or to your taste)
- * 1 teaspoon tumeric
- * 1 teaspoon roasted coriander seeds
- * 1/2 teaspoon crushed black pepper
- * 2 packets of spinach (each 10 oz.)
- * 2 cups water

INSTRUCTIONS

- * Peel and chop potatoes and onions into small pieces. Chop the spinach, then wash and dry.
- * Combine flour, potatoes, onions, spinach and all the spices. Mix well, then add the water a little at a time to make a batter. Do not make batter too thin. Keep it thick and smooth.
- * Allow batter to stand for 7 to 8 minutes.
- * Heat oil in a deep pan. To make sure oil is hot enough to fry, put a bit of batter in the oil; If it rises to the surface immediately then the oil is ready.
- * Put 1 tablespoon of hot oil into the batter and mix. Then drop a tablespoon of batter into the hot oil. You can cook 6 to 8 at a time, depending on the size of your wok.
- * They are done when they look brown and crispy.
- * Drain well and serve hot with chutney.

NOTE

- * Besan is the flour of brown chickpeas and is also known as channa. The brown chickpea is dehusked and then ground to make the flour. It is very high in protein and is gluten free.

MINT CHUTNEY

“This is a fairly strong chutney, but extremely good.”

INGREDIENTS

- * 1 cup chopped fresh mint leaves
- * 1/2 cup chopped scallion (or other onion)
- * 1 tablesppon finely chopped ginger
- * 1 fresh hot green chili peppers
- * 1/2 teaspoon salt
- * 1 lemon

INSTRUCTIONS

- * Place the mint, scallion, ginger, and chili pepers in a blender together with the salt, then squeeze the lemon over the ingredients and blend chutney to a fine paste.

CORIANDER CHUTNEY

INGREDIENTS

- * 1 cup finely chopped fresh coriander leaves (washed)
- * 1 tablesppon finely chopped ginger (finely chopped)
- * 1 large or 2 small fresh hot green chili peppers (finely chopped)
- * 1 tbsp brown sugar
- * 1/2 tsp salt
- * 1/4 lemon

INSTRUCTIONS

- * Place the corriander, chili and ginger in a blender with the brown sugar and salt, then squeeze the lemon over the ingredients and blend the chutney to a fine paste.
- * Serve with any Indian meal.



GARAM MASALA

“I like to buy my spices whole and grind them myself. It is cheaper this way and they are always fresh.”

INGREDIENTS

- * 1/2 cup coriander seeds
- * 2 tablespoons fennel seeds
- * 1 tablespoons cumin seeds
- * 3 green cardamom pods (remove the seeds)
- * 5 cloves
- * 1 tablespoon black pepper
- * 1 cinnamon stick
- * 1/2 teaspoon nutmeg powder

INSTRUCTIONS

- * Dry roast all ingredients in a pan over low heat until a nice aroma rises.
- * After cooling grind together in a coffee grinder.
- * Store in an air tight jar.

NOTE

- * Herbs and spices not only taste good but are often also used as traditional remedies.

*** Nutrition Tip: Turmeric, a wonderful Indian spice, is getting rave reviews for its nutrition power. Curcumin, found in turmeric, can help with the pain of osteoarthritis and has antioxidant properties.**

MANJULA & SUNITA'S MASOOR DAL

INGREDIENTS

- * 1 cup masoor dal (red lentils)
- * 4-1/2 cups water (for cooking dal)
- * 1 tablespoon oil or ghee
- * 1 small onion (chopped)
- * 1/3 cup crushed tomatoes
- * 2 cloves of garlic (mince into paste or finely chopped)
- * 1 inch ginger (mince into paste or finely chopped)
- * 2 green chilies or to your taste (split in half)
- * 1/4 teaspoon black mustard seeds
- * salt (to taste)
- * 1/2 teaspoon red hot chili powder (or to taste)
- * 1/2 teaspoon garam masala
- * 1/2 teaspoon turmeric, plus an extra pinch
- * 1 tablespoon lemon juice
- * 1 teaspoon of fresh coriander (chopped)

INSTRUCTIONS

- * Wash dal 3 to 4 times with warm water.
- * Put water washed dal in a medium pot and bring to boil. When water starts boiling, add dal and salt then cook on a high heat for 10 minutes.
- * Lower the heat and cook about 15 minutes more, or until dal is soft. Stir occasionally.
- * Once dal is cooked, add tomatoes, ginger, chili powder, garam masala, turmeric and lemon juice. Mix well and let simmer for about 10 minutes over medium heat.
- * In a small pot, heat oil or ghee over medium heat. As soon as oil is hot, add mustard seed. When mustard seeds start popping, add onion, garlic and green chili. As soon as the onion gets brown, add a pinch of turmeric.
- * Mix well, then pour over dal. Immediately partially cover the pot and simmer over low heat for about 3 minutes. Adjust the seasoning if needed.
- * Garnish with coriander and serve with rice or roti.

BHINDI SUBZI (OKRA OR LADYFINGERS)

INGREDIENTS

- * 1 pound okra/bhindi (washed, dried and chopped)
- * 1-1/2 tablespoons vegetable oil
- * 1 medium onion (sliced)
- * salt (to taste)
- * 1/4 teaspoon turmeric powder
- * 1/4 teaspoon dry mango powder (amchur)
- * red chili powder or green chili (to taste)
- * 1/4 small tomato (chopped)

INSTRUCTIONS

- * Add oil to a large pan on medium heat. Once hot, add onions and cook until they turn transparent.
- * Add salt, red chili powder and turmeric powder. Then add in the tomatoes and the bhindi, then lower heat.
- * Allow the bhindi to cook uncovered on low-to-medium heat, stirring occasionally, for 15-20 minutes.
- * Once bhindi is cooked, add in the dry mango powder and mix well.
- * Let rest for 2-3 minutes before serving.
- * Serve hot with chapatis, parathas or naan.

TIP: HOW TO HANDLE HOT CHILIES

- * Hot chilies are essential to many Indian dishes. Most recipes use only one chili but you can adjust the number you use to suit your taste.
- * Chilies require special handling. Their volatile oils can make your skin tingle and your eyes burn. Wear rubber gloves and be careful not to touch your face or eyes while working with them.
- * To prepare chilies, first rinse in cold water (never hot). While working under cold running water, pull out the stem of each chili then brush out the seeds using a knife.
- * The seeds are the hottest part of a chili.

MANJULA & SUNITA'S KIDNEY BEANS

“This is a new recipe for us that we recently got from a friend. It was such a delicious dish that we wanted to share it here.”

INGREDIENTS

- * 1 can of kidney beans (well rinsed)
- * 3 medium tomatoes, finely chopped
- * 1 large onion, finely chopped
- * 2-3 green chilies (or to taste), seeded and chopped
- * 1/2 teaspoon ginger paste
- * 1/2 teaspoon garlic paste
- * 1/2 teaspoon garam masala
- * 1/2 teaspoon cumin powder
- * 1/2 teaspoon red chili powder
- * a pinch tumeric powder
- * salt, to taste
- * a pinch hing
- * 2-1/2 cups of warm water
- * 1 tablespoon each of oil and ghee

INSTRUCTIONS

- * Heat oil and ghee in a large pot. Add hing, chopped chilies and onion, then fry until onion is golden brown.
- * Add tomato and fry until soft. Then add cumin powder, ginger and garlic pastes, red chili powder, tumeric and salt. Add beans and mix well.
- * Cook for 1-2 minutes, stir, then add warm water and simmer until beans are tender, keeping the heat medium low.
- * Sprinkle with garam masala and garnish with coriander.
- * Eat with rice or naan.

TIP

- * To make cumin powder just roast cumin seeds in pan and grind.

MANJULA & SUNITA'S CHICKPEAS WITH SAUCE

“We recommend preparing the chickpeas at home, but using canned chickpeas allows for a fast, convenient dish. With dried chickpeas you must plan to make this dish one day an advance.”

INGREDIENTS

- * 1 can of chickpeas (drained and rinsed)
- * 1 medium onion (finely chopped)
- * 2 small fresh tomatoes (or 2 tomatoes from a can with a little juice)
- * 1/4 teaspoon cumin seeds
- * 1/2 inch ginger (minced into paste)
- * 1 green chili (minced into paste)
- * 1 tablespoon oil and 1-1/2 tablespoon ghee (or butter)
- * 1/2 teaspoon salt (or to taste)
- * 1/2 teaspoon turmeric
- * 1/2 teaspoon coriander and cumin powder mixed
- * 1/2 teaspoon chili powder (or to taste)
- * 1 tablespoon yogurt
- * 1 teaspoon tomato paste
- * 1 teaspoon gram masala
- * 4 cups hot water (use soaking water, if using dry chickpeas)
- * fresh green coriander leaves chopped

INSTRUCTIONS

- * If you use dry chickpeas then soak 1 cup chickpeas in 3 cups of water overnight. The next day wash under running water, drain then add to 4 cups of water and cook in a pressure cooker for 12 to 14 minutes. Strain and save liquid to reuse in the recipe.
- * Place ghee and oil in large pot over medium heat. Add onions. When onions get brown, add cumin seeds, ginger, garlic, and chili. Fry for one minute, then add tomatoes and fry 3-4 minutes more.
- * Add salt, turmeric, coriander, cumin powder and chili powder and stir for 3-4 minutes. Then add yogurt and tomato paste and stir.
- * Add chickpeas and hot water, stir for 5 to 7 minutes, then cook on high heat for about 5 minutes.
- * Turn heat to medium and cook until sauce gets thick.
- * Season with gram masala and fresh coriander. Then serve with rice or puri.

MANJULA & SUNITA'S CUCUMBER RAITA

“There are many ways to make raita, which is a yogurt dish. You can add different vegetables including cucumber, carrot, onion and beet. There are also sweet versions made with fruit such as mango, pineapple or pomegranate.”

INGREDIENTS

- * 1 medium cucumber (finely chopped)
- * 1 cup yogurt
- * 1/2 teaspoon red chili powder (optional)
- * 1 teaspoon roasted cumin powder
- * 1/4 teaspoon salt (or to taste)
- * 1 tablespoon chopped coriander or mint leaves

INSTRUCTIONS

- * In a large bowl beat yogurt until smooth, then add in chopped cucumber and mix together.
- * Add red chili powder, cumin and salt, as well as chopped coriander or mint. Mix thoroughly.
- * You can garnish with extra coriander or mint leaves if you would like.

MANJULA & SUNITA'S SOOJI HALWA

“Sooji Halwa is a very popular sweet dish all over India.”

INGREDIENTS

- * 1/2 cup sooji (semolina flour)
- * 1/4 cup ghee (or butter)
- * 1/3 cup sugar
- * 1-1/2cup water
- * pinch cardamom powder
- * 1 tablespoon sliced almonds for garnish

INSTRUCTIONS

- * Place water, sugar and cardamom powder in a pan over medium-low heat, bring to a boil and set aside.
- * Melt ghee or butter in a frying pan on medium heat. Add sooji and roast while stirring constantly for 5 to 8 minutes. Sooji is ready when it is golden brown in color and has a light sweet aroma.
- * Add the syrup (boiled water and sugar). Do this slowly to prevent splattering.
- * Turn down the heat to medium-low and cook for 2-3 minutes. The sooji will absorb the water as it cools so keep it a little more softer than you want.
- * Best served hot. If you like, garnish with shaved pistachio, almonds or shredded coconut.



CHON & ED

This sticky rice cake is a must have for Vietnamese Lunar New Year (Tet) celebrations. It is made using glutinous rice, yellow beans and bacon and is wrapped in banana leaves, which turn the rice a pale shade of green and give it a nice flavour. Once assembled and wrapped the cakes are boiled for hours until the rice becomes a dense, sticky cake. When it is time to eat them, the cakes are usually cut using a ribbon or string.





CHON & ED'S BÁNH CHÚNG (NEW YEAR CAKE)

INGREDIENTS (for each cake)

- * 300g sticky rice
- * 170g uncooked bacon
- * 150g yellow beans
- * 1 bag frozen banana leaves
- * 1 teaspoon salt
- * 1 teaspoon sugar
- * 1 teaspoon black pepper
- * onion (small amount, optional)
- * nylon rope
- * wooden box (approx. 15cm x 13cm x 6cm)

PREPARING THE INGREDIENTS

- * Soak the banana leaves in hot water for 4 hours. Then remove and dry.
- * Soak sticky rice in warm water overnight with 1/4 teaspoon salt. Then rinse well and let dry.
- * Soak the yellow beans in warm water with 1/4 teaspoon salt for 4 hours. Then drain and dry.
- * Cut bacon in to 3-1/2 inch squares. Add the sugar, salt, black pepper and chopped onion, if using.

ASSEMBLE THE CAKES

- * Measure banana leaves next to box and cut to size
- * Place banana leaves in wood box (see photos) then put half the sticky rice into the box and gently push into place.
- * Place half the yellow beans on top of the rice, then add bacon on top of the beans.
- * Add the rest of the yellow beans on top of bacon, followed by the rest of the sticky rice on top.
- * Wrap the banana leaves over the top of the cake, then using fingers to hold the leaves in place, lift the box away, then tie with the nylon rope or ribbon.



COOK THE CAKES

- * Place leftover banana leaves in bottom of a large pot, then add cakes and cover with at least 1 inch of water.
- * Use a heavy plate to press cakes down.
- * Turn stove to high and heat until the water boils. Then turn down to medium heat and let simmer for 5-7 hours.
- * Once fully cooked remove cakes and soak in cold water for 30 minutes.
- * Remove cakes from water and use something heavy to push cakes down for a few hours.
- * Wrap finished cakes in plastic wrap.

TIP

- * You can eat the cakes the day you cook them or put them in the freezer. Reheat frozen cakes in the microwave or cook in simmering water for about 30 minutes.

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