Meat

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| **Name of Dish**  Sweet and Sour Pork/**咕嚕肉** | | **Type:**  Entrée/  Meat: Pork | | **Ethnicity**:  China/ Guangdong | **Source**: http://southernfood.about.com/od/sweetandsourporkrecipes/r/bl30207m.htm | **Contributor**:  Aaron Wong (500183740) |
| Quantities | Units | | Ingredients | | | |
| 1 ½  1  20  ¾  ¼  1  ¼  ½  2  2  ½  1  2 | lb  Tbsp  oz  cup  cup  Tbsp  cup  tsp  Tbsp  Tbsp  cup  small  cup | | Boneless pork loin, sliced ½ -inch thick  Vegetable oil  Pineapple chunks in juice  Water  Vinegar  Soy sauce  Brown sugar  Salt  Cornstarch  Water  Thinly sliced onion  Green pepper, cut in thin strips  Hot cooked rice | | | |
| Directions:  1. Cut pork slices into strips around 3 inches long and 1/2 to 1 inch wide. Sauté the pork strips in hot oil over medium heat until lightly browned and drain afterward.  2. Drain the pineapple but reserve juice. Combine the pineapple juice with 3/4 cup water, vinegar, soy sauce, brown sugar and salt. Then, pour over the pork in skillet and cover and simmer 1 hour until the meat is tender.  3. In a cup, combine both cornstarch and 2 tablespoons of water; stir until it gets smooth. Afterward, add cornstarch mixture to pork mixture.  4. Cook over with low heat and stir it constantly until the mixture is thickened and bubbly. Then, add the pineapple chunks, onion and green pepper.  5. Cover and simmer the sweet and sour pork for 10 minutes or longer until the vegetables get tender. Serve sweet and sour pork over rice as the final step.  (Serve 4-6 people) | | | | | | |
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| **Name of Dish**  Thai Curry Chicken with Vegetables | | **Type:M** | | **Ethnicity**: Thai | **Source**: Mom | **Contributor**:  Alice Li (500 190 775) |
| Quantities | Units | | Ingredients | | | |
| 1  1/3  2  1  1  ½  1  1  1  1  1 | tbsp  cup  tbsp  tsp  tsp  lbs  tbsp  cup  lb  small  large | | vegetable oil  basil  fish sauce  sugar  salt  eggplant  red curry paste  coconut milk  chicken breast  onion  red bell pepper | | | |
| Directions:  1. Cut chicken breast into ¼ inch strips.  2. Cut eggplant into bite sized pieces. 3. Coarsely chop onion, red pepper and basil.  4. Heat the vegetable oil in a wok over low heat and add the red curry paste. Cook for one minute while stirring the oil and curry paste together.  5. Add the coconut milk to the curry mixture. Stir constantly.  6. Turn up heat to medium-high and add the chicken, sugar, salt, and fish sauce. Heat until boiling.  7. Add the chopped onion and red pepper. Simmer for 8-10 minutes.  8. Add chopped basil just before serving.  9. Serve with rice or rice noodles. | | | | | | |

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| **Name of Dish:**  Steak Pie | | **Type:**  M | | **Ethnicity**:  British | **Source**:  Mother and Delia Smith | **Contributor**:  Alison McDougall |
| Quantities | Units | | Ingredients | | | |
| ***Pie filling:***  2  8  2  8  5  2  1 ½  2  ½  1  ¼  ***Pastry:***  12  pinch  3  3  1  1 ½ | lb  oz  oz  oz  large  oz  Tbsp  tsp  pint  pint  tt  tt  oz  oz  oz  Tbsp | | Braising steak, cut into 1 inch cubes  White mushrooms, quartered  Lard (or butter)  Onions, peeled and thickly slicked  Carrots  Garlic cloves  Plain flour  Worcestershire sauce  Finely chopped fresh thyme  Beef stock  Ale  salt  ground pepper  Plain flour (plus a little extra for rolling)  Salt  Lard (at room temperature)  Butter (at room temperature)  Beaten egg (to glaze)  Cold water | | | |
| ***Pie filling directions:***   1. Melt the lard in a large frying pan 2. Pour the flour over the chopped braising steak and mix together with your hands. Make sure all the steak is covered by the flour, because this will provide a thick gravy later on. 3. When all the lard is melted, put the flour covered steak in the frying pan, and fry until the meat is well-browned—about 7 minutes. 4. Use a slatted spoon to remove the meat from the frying pan, leaving any fat in the pan. 5. Turn the heat down low—add the carrots, mushrooms, onions, garlic and thyme to the frying pan—simmer on low heat for about 5 minutes. 6. Return the steak to the frying plan with the vegetables and add the beef stock, ale and Worcestershire sauce 7. Sprinkle with salt and pepper to taste and bring the mixture to a boil. 8. Turn down to a low heat, cover with a lid, and simmer for 2 ½ hours until the steak is tender—stir the mixture at least twice whilst cooking to stop it sticking to the bottom of the pan. 9. When cooked transfer the mixture to a casserole dish and leave to cool for at least 1 ½ hours   ***Pastry:***   1. Sift the flour with the pinch of salt into a large bowl holding the sieve up high to give it a good airing. 2. Add the lard and butter and, using on your fingertips, lightly and gently rub the fat into the flour, again lifting the mixture up high all the time to give it a good airing. 3. When the mixture becomes crumbly, sprinkle in the cold water. 4. Start to mix the pastry with a knife and finish off with your hands, adding more drops of water until you have a smooth dough that leaves the bowl clean. 5. Put the pastry in a ziplock bag and let it rest in the refrigerator for 30 minutes 6. Dust a clean dry surface along with a rolling pin 7. Roll the pastry out with a rolling pin that is large enough to cover the casserole dish   ***Final Steps***   1. Preheat the oven to 425oF 2. Take the pie filling and pour it into the casserole dish 3. Dampen the top edges of the casserole dish with water to help the pastry stick to it. 4. Roll the pastry over the top of the filling and remove the excess pastry with a knife 5. Using both hands or a fork, ‘crimp’ the pastry around the edge of the pastry 6. Make 2 holes with a knife in the centre of the pastry to allow steam to come out during cooking 7. Lightly brush the top of the pastry with beaten egg mixture to give it a light brown colour when cooked. 8. Put the pie in the oven (at 425oF) and cook for 35-40 minutes. | | | | | | |

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| **Name of Dish**  Kare-Kare | | **Type:**  M | | **Ethnicity**:  Filipino | **Source**:  Aunt, Peach Tolentino | **Contributor**:  Alyssa Tolentino |
| Quantities | Units | | Ingredients | | | |
| 16  24  8  8  1  4  1  4 | oz  oz  oz  oz  tsp  Tbsp  Tbsp  oz | | beef (cut into cubes)  peanut butter  eggplant (cut diagonally)  long green beans (cut 2” length)  crushed garlic  onion  cooking oil  bagoong (sautéed shrimp fry) | | | |
| Directions:  1. Boil beef in 8 cups water and simmer until meat is tender, leaving about ½ cup stock. Set beef aside.  2. Sauté garlic and onion.  3. Add beef to the sautéed garlic and onion.  4. Dissolve peanut butter in 1 cup stock and add. Add remaining stock. Stir and simmer for two minutes.  5. Add eggplant and long green beans. Simmer for 3 minutes. Stir once in a while to avoid sticking to the pan.  6. Serve with bagoong (sautéed shrimp fry). | | | | | | |

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| **Name of Dish**  BEEF ROULADEN | | **Type:**  **M**eat | | **Ethnicity**:  German | **Source**:  Family friend | **Contributor**:  Amanda Matsushige |
| Quantities | Units | | Ingredients | | | |
| 2 per person  1 slice of bacon per roll  ¼ of pickle per roll  1 slice per roll  2 onions  1 Egg  2 per roll  1 can  8 whole mushroom | Med.  Med.  ¾ pds  1 tbsp  1 cup  large  Reg.  2 tbsp  2 tbsp  10 ounce  Med or large | | Sirloin tip, sliced paper thin (2 slices per person)  Bacon  Dill pickles  Cheddar cheese  Yellow onions, finely chopped  finely cut white button mushrooms  Lemon juice  bread crumbs  unbeaten egg  Toothpicks  **Sauce**:  butter  flour  condensed consommé soup  Mushrooms cut in half | | | |
| Directions:  1. Preheat oven to  2. Heat a frying pan on medium and add 1 tbsp of butter and once melted sauté the onions for approx. 2-3 minutes (until soft) and add mushrooms, cook for another 4 minutes.  3. Once onions and mushrooms are cooked add breadcrumbs, lemon juice and the unbeaten egg to the mixture and stir for an additional 2 minutes.  4. Set the stuffing aside and let cool down.  5. While you let the stuffing cool down, take the sirloin beef and pound out each piece to ½ inch thick.  6. With each piece of meat, place 1 piece of bacon, cheese, pickle and divide the stuffing among the pieces of meat  7. Roll the sirloin beef starting at the end where the filling begins and secure with toothpicks  8. Once you have finished rolling the pieces of Rouladen, heat a frying pan on medium and add all of the rolled meat to brown the outside for approximately 1-2 minutes.  9. When the Rouladen is browned set aside and get out a large oven baking dish and line it with tinfoil paper.  10. In the baking dish, combine consommé, butter and flour.  11. Add the Rouladen meat to the sauce in the baking dish, cover and seal with another piece of tinfoil  12. Place baking dish in the middle rack of the preheated oven and bake for one hour  13. Once an hour has gone by, take out the baking dish and let rest for 5 minutes.  14. Serve the hot Rouladen with a side of rice and ENJOY! | | | | | | |

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| **Name of Dish**  Beef Tacos | | **Type:**  **M** | **Ethnicity**:  Mexican | | **Source**:  Mom | **Contributor**:  Amanda Rao |
| Quantities | Units | | | Ingredients | | |
| 1  1  2  1  1  1-2  8-10   * 1. ½   1  ½ | Lb  medium  cloves  15oz  16 oz  Tbsp  cup(s)  cup  cup | | | ground beef  onion  minced garlic  can of refried beans  jar of chunky salsa  chilli powder or Taco Seasoning  taco Shells  shredded Cheddar Cheese  shredded lettuce  sour Cream | | |
| Directions:  1. Preheat the oven to 400°F.  2. Sautee beef with onion until beef is brown making sure to break up the meat as it cooks.  3. Add chilli powder / taco seasoning to taste when beef is almost cooked. Drain well when done.  4. While placing cheese, lettuce, sour cream in separate dishes, place re-fried beans in skillet to warm up.  5. Place taco shells in oven to warm through for approximately 3-5 minutes.  6. To assemble tacos place ground beef at the bottom and layer beans, cheese, salsa and sour cream.  7. Serve immediately. Serves 4-6 people. | | | | | | |

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| **Name of Dish:**  Com Tam  (Vietnamese Broken Rice) | | **Type:**  M | **Ethnicity**:  Vietnamese | **Source**:  Mother | **Contributor**:  An Luu |
| **Quantities:** | **Units:** | **Ingredients:** | | | |
| 1 | cup | ***Rice*** | | | |
| 500  5  500 | g  tbsp  tt  g | ***Bi*** (Shredded Pork Skin)  Rice powder  Salt  Barbeque pork (from Asian restaurant/supermarket) | | | |
| 1  1  ½  2  1  2  2  1 | lb  Bundle  tbsp  cup  tbsp  tbsp  medium  tbsp | ***Cha Trung Hap*** (Steamed Pork and Egg Custard)  Ground Pork  Bean thread noodles (soaked, drained, cut into 2-3 inch length)  Black fungus (soaked and drained)  Pepper  Salt  Eggs  Egg yolks (beaten)  Olive oil | | | |
| ½  3  2  1  2 | lbs  tbsp  tbsp  tbsp  tbsp | ***Suon Nuong*** (Grilled Pork Chops)  Sliced pork chops  Fish sauce  Sugar  Sesame Oil  Minced Garlic | | | |
| 1  1  1  2 | part  part  part  parts | ***Nước mắm*** (Fish Sauce)  Lime/lemon juice  Fish sauce  Sugar  Water | | | |
| **Directions:**  ***Rice***   1. Wash and rinse the rice. Place it into a rice cooker or cooking pot with 1 ½ cup of water.   ***Cha Trung Hap***   1. Mix everything together except for the egg yolks 2. Place the mixture into a pan and even it out. 3. Place the pan of mixture into the oven with 680º F and let it bake for 15 minutes. 4. Once 15 minutes is up, check the mixture to see if it has settled and the pork is no longer pink. Then, pour the beat yolk on top of the mixture and bake it for another 5 minutes. 5. Once the time is up, take the *cha* out of the oven and let it cool down.   ***Bi***   1. Boil a small pot of water. Once the water is boiling, place the *bi* in the pot and leaves it in for 5 minutes. After 5 minutes, drained the *bi,* rinse in cold water and set it aside in a bowl. 2. Cut the barbeque pork to thin shredded strips. 3. Pour the rice powder and barbeque pork into the bowl of *bi, combine the ingredients together,* and set it aside.   ***Suon Nuong***   1. Mix all the ingredients together to marinate the pork chops. Place the pork chops on a pan and begin grilling them until it is completely cooked.   ***Nước mắm***   1. Combine all the ingredients together into a bowl until everything is dissolved.   ***Plating the Dish***   1. Place the rice on the dish. 2. Then place all the other toppings, bi, cha trung hap, and suon nuong on top of the rice. 3. Pour the nước mắm on the dish or have it on the side in a small bowl. 4. Enjoy! | | | | | |

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| **Name of Dish**  Cabbage Rolls | | | **Type:**  **M** | | **Ethnicity**:  **R**omanian | | | **Source**:  Paula Botezatu | | **Contributor**:  Anda Botezatu | | | |
| Quantities | | Units | | Ingredients | | | | | | | | | |
| 16  0.5  0.5  1  2  1  1  1  3  1  1  1  3 | | medium  lb  lb  medium  small  tsp  tsp  tsp  Tbsp  cup  tsp  tsp  small | | cabbage leaves  ground beef  ground pork  potato  onions  sweet paprika  hot paprika  thyme  tomato sauce  white rice  pepper  salt  bay leaves | | | | | | | | | |
| Directions:   1. Put twelve cabbage leaves into a pot and pour enough water to completely cover them. Let the water reach boiling point and then boil the leaves for about three minutes. When done, take them out, drain them, and lay them flat. 2. Shred the potato. 3. Cut both onions as fine as possible, in the form of cubes. 4. Mix all the ground beef with all the ground pork, the shredded potato, the finely cut onions, all the sweet paprika, all the hot paprika, all the thyme, two Tbsp of tomato sauce, the white rice, 0.5 tsp of pepper and the one tsp of salt. 5. Cut the remaining four fresh cabbage leaves into any desired size. 6. Take a medium pot and put the four cut up cabbage leaves at the bottom of the pot, along with one Tbsp of tomato sauce, the three small bay leaves, and the 0.5 tsp of pepper. Put it aside for now. 7. Cut the twelve boiled cabbage leaves into halves. 8. Take approximately two tsp of the meat mixture and put it on the side of one of the ½ leaves and roll it in. 9. Repeat the procedure with the rest of the cabbage leaves and the meat mixture. 10. When done, you should have twenty-four cabbage rolls. 11. Take the cabbage rolls and put them in the medium pot, in layers, laying them on their sides. 12. When all the cabbage rolls are layered, pour two cups of water on top of them. 13. Completely cover the pot with a lid. 14. Put the covered pot into the oven. 15. Cook the cabbage rolls for two hours at 350° F. 16. After two hours, take the pot out of the oven and take the lid off of it. 17. Leave the cabbage rolls to cool down for about ten minutes. 18. The twenty four cabbage rolls should be enough for about 6 portions (4 cabbage rolls per portion). 19. For extra taste, enjoy them with one or two Tbsp of sour cream on top. | | | | | | | | | | | | | |
| **Name of Dish**  Beef enchiladas | | | | | **Type:**  Casserole | | | **Ethnicity**:  Mexican | | **Source**:  Mom | | **Contributor**:  Andrea | |
| Quantities  1  1  1  1 1/2  1 1/2  16  1 | | | | | | Units  Lb.  cup  cup  Cups  Cups  (2 bags)  16oz | | | | | Ingredients  Hamburger meat  Green pepper-diced  Yellow onion- diced  Monterey jack cheddar cheese  Mozzarella cheese  Small soft corn tortillas  Tomato enchilada sauce (can) | | |
| Directions:   1. Preheat oven to 375° on bake 2. Brown beef on medium heat; salt and pepper to taste. 3. Drain beef & add green peppers and onions to the mix. 4. Add 1/3 of the sauce to the meat. Let simmer on low heat. 5. Fry all of the tortillas until they are a light golden color 6. After frying tortillas let them sit on paper towel until the oil drains 7. Mix the two types of cheese in a large bowl 8. In a casserole dish place one tortilla, add one table spoon of meat mix and a handful of cheese mix, then roll like a burrito 9. Repeat until tortillas are done 10. Add the remainder of the sauce onto the top of the rows of beef enchiladas then cover with remainder of cheese 11. Place in oven for 30 to 35 minutes 12. Let sit for 5 to 10 minutes then Enjoy! | | | | | | | | | | | | | |

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| **Name of Dish**  Cassoulet | | **Type:**  Meat | | **Ethnicity**:  Provencal french | **Source**:  Riad Nasr & Lee Hansen (Balthazar’s) | **Contributor**:  Andrew Higgs |
| Quantities | Units | | Ingredients | | | |
| 1  2  2  1  4  2  8  6  1  ½  1  3  6  ½  2  2  1  6  1  6  1  ¼ | lb  cups  lbs  head  whole  med  sprigs  sprigs  tblsp  cup  large  large  large  cup  cup  cloves  bunch  cup  lb  legs  cup  cup | | fresh pork belly  kosher salt  tarbais beans  garlic, halved horizontally  cloves  bay leaves  thyme  rosemary  whole black peppercorns  duck fat  yellow onion (diced)  carrots (diced)  celery stalks (diced)  tomato paste  canned plum tomatoes (drained and chopped)  garlic (minced)  bouquet Garni  (a bundle of herbs either tied together with string or wrapped in cheesecloth. 6-8 sprigs parsely, 3 sprigs thyme, bayleaf)  chicken stock  garlic sausage (each cut in half)  confit duck  bread crumbs  chopped flat leaf parsely | | | |
| Directions:  DAY 1  1. Cure the pork belly: In a large casserole dish or deep bowl, cover the pork belly generously in the salt. Refrigerate over night  DAY 2  2. Soak the beans: pick through the beans and discard any pebbles or discoloured ones. Pour them in a large bowl, cover with water, and soak overnight.  3. Remove the pork belly from the refrigerator and rinse away the salt. Return the meat to the casserole dish and add the head of garlic, cloves, bay leaves, thyme, rosemary, and peppercorns. Cover with plastic wrap and allow the flavours to intermingle over night.  DAY 3  4. Assemble and cook the cassoulet: Remove the pork belly from the refrigerator and cut into 1-inch cubes. Add the herbs and spices to the bouquet garni.  5. Preheat the oven to 350F. Drain the beans.  6. In a large ovenproof casserole or Dutch oven, melt the duck fat over a medium flame. Add the diced onion and cook for 5 min to soften but not brown. Add the carrots and celery and continue to cook for 5 min more. Add the blanched beans, tomato paste, chopped tomatoes, 2 cloves minced garlic, bouquet garni, and the pork belly. Stir well to combine. Add the stock and bring to a simmer. Skim away any foam that accumulate on the surface, cover, and transfer to the preheated oven.  7. While the beans are cooking, brown the duck confit legs in a pan until skin is golden and crisp (approx. 7-10min)  8. Cook beans for 2 hours, at which point the beans should be tender. Remove the casserole from the oven and add the sausage pieces and duck confit. Stir gently to combine.  9. Combine the bread crumbs, and chopped parsley in a small bowl. Mix thoroughly and sprinkle ver the casserole. Return uncovered to the oven and bake for 30 min, until the crumbly top browns, bubbles, and looks delicious | | | | | | |

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| **Name of Dish**  Minced Beef and Egg in Tomato Sauce | | **Type:**  **M V** | **Ethnicity**:  Chinese | **Source**:  Lorna Chan | **Contributor**:  Andrew Khoo |
| Quantities | Units | | Ingredients | | |
| 4  ½  4  1  1  2  1  1  4  2 | Large  Lb  Large  Small piece  Clove minced  Stems  Tsp  Tsp  Tsp  Tsp | | Tomato  Minced Beef  Egg  Ginger  Garlic  Chopped green onions  White pepper  Corn starch  Sugar  Salt | | |
| Directions:  1. Marinate beef for ½ hour with corn starch, white pepper and 1 tsp salt  2. Chop tomatoes; 4-6 pieces each tomato  3. Scramble eggs with 1 tsp of salt and cut into strips  4. Pan fry lightly the garlic and add marinated minced beef for 2 minutes  5. Pour tomatoes into a hot oiled wok  6. Add sugar to tomatoes  7. Crush tomatoes in wok and cook for 10 minutes or until simmer under medium heat  8. Add egg strips, lightly cooked minced beef and chopped green onions  9. Allow to simmer for 5 minutes  10. Serve desired portions on top of steamed white rice | | | | | |

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| **Name of Dish :**  Guinness Stew | | **Type:**  Meat/Vegetable Stew | **Ethnicity**:  Irish | **Source**:  Internet/Family | | **Contributor**: Andrew O’Riordan |
| **Quantities**  2  3  2  --  1  2  1  2  1+1/4  2  1 | **Units**  lbs  Tbsp  Tbsp  tt  pinch  large  medium  Tbsp  cups  cups  pinch | | | | **Ingredients**  lean stewing beef  oil  flour  salt/pepper  cayenne  coarsely chopped onions  garlic Glove  tomato puree  guinness stout  diced carrots  fresh thyme | |
| Directions:  1. Trim the meat of any fat, and cut into 2-inch cubes  2. Toss beef cubes with one tbsp of oil  3. In small bowl, season the flour with salt, pepper, and cayenne  4. Toss meat with seasoned flour  5. Heat remaining 2 tbsp of oil in a large skillet over high heat and brown all sides of meat  6. Reduce heat and add the onions, crushed garlic, and tomato puree to the skillet  7. Cover and cook at slightly lower temp for 5 mins  8. Transfer contents of skillet to cooking pot for simmering  9. Add Guinness stout, carrots, and thyme to pot  10. Cover the casserole and simmer over low heat or in a 300 degree F oven until the meat is tender, 2 to 3 hours.  11. Stir occasionally and adjust seasonings to your liking | | | | | | |

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| **Name of Dish**  Tonkatsu Curry | | **Type:**  **M** | **Ethnicity**:  Japanese | | **Source**:  http://teczcape.blogspot.com/2007/01/do-don-done.html | **Contributor**:  Andrew Salkey |
| Quantities | Units | | | Ingredients | | |
| 4  1  1/2  1 1/2  1  1  2  3  tt | 1 inch thick  large  cup  cups  package  cup  cups  cups | | | Boneless pork chops  Egg  Flour  Panko brand bread crumbs  Japanese curry sauce (prepared)  Plain rice  Water  Vegetable oil for frying  Fukujinzuke Pickles | | |
| Directions:  1. Pound the pork chops using a meat tenderizer till they are around 1/2 inch think  2. Beat egg until fully mixed  3. Lightly coat both sides of pork chop with flour, then dip into egg  4. Coat the pork chops thoroughly with Panko bread crumbs  5. Pour oil into frying pan, until at least 1 inch deep, and bring to frying temperature  6. Place one pork chop in at a time, and fry for around 3 minutes per side till golden brown  7. Cook rice with water  8. Boil the curry sauce in the package, following the labelled directions  **Plating** (One pork chop per person)  1. Fill half of dish with rice  2. Cut pork chop into 1 inch strips, and place next to rice  3. Cover the rice, and half of the pork chop with the curry sauce  4. Add fukujinzuke pickles to taste | | | | | | |

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| **Name of Dish**  Jerk Chicken | | **Type:**  M | **Ethnicity**:  Jamaican cuisine | | **Source**:  “Sugar Reef Caribbean Cooking” by Devra Dedeaux and My mother | **Contributor**:  Angelese Petgrave |
| Quantities | Units | | | Ingredients | | |
| ½  2  2  1  ½  1  2  2  2  4  4  4  4  2  5 to 6  ½ | Cup  Tbsp  cups  cup  cup  Tbsp  Tbsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  lb  cup | | | malt vinegar (or white vinegar)  dark rum  scotch bonnet peppers with seeds, chopped  red onion, chopped  green onions tops, chopped  dried thyme  olive oil  salt  freshly ground black pepper  ground allspice (also known as Jamaican pepper)  ground cinnamon  ground nutmeg  ground ginger  molasses  roasting chicken, cut in half, lengthwise  lime juice | | |
| Directions:  1. Put vinegar, rum, hot peppers, onion, green onion tops, thyme , olive oil, salt, pepper, allspice, cinnamon, nutmeg, ginger and molasses into a blender until mostly smooth  2. Place chicken in a baking dish or a large freezer bag and pour lime juice over the chicken and coat well  3. Add the jerk paste (made in step 1) to the chicken pieces and coat well. Seal the bag or cover the chicken with a plastic wrap and place in the refrigerator overnight approx. 8 hrs.  4.When its time to cook the chicken remove it from the bag or pan place into a plate and put the remaining marinade into a small saucepan to boil then simmer for about 10 minutes.  Grill Method   1. Preheat grill to medium high. 2. Place chicken halves, skin side down on the grill grates. 3. Cover and cook for approx. 1 hour keeping the grill temperature between 350 º F and 450 º F and occasionally turning and basting the chicken with remaining marinade. 4. The chicken is cooked when the liquid running from the chicken is clear not pink 5. Transfer chicken to a platter     Oven Method   1. Pre heat oven 350 º F 2. Place remaining marinade on both sides of the chicken 3. Place the chicken in a baking pan with the skin side up 4. Roast for 50 – 60 minutes 5. The chicken is cooked when the liquid running from the chicken is clear not pink 6. Transfer chicken to a platter   Serves up to 8 | | | | | | |

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| Name of Dish: Devolaje | | **Type:**  **M**eat | **Ethnicity:**  **P**olish | **Source:**  Granny Anne | **Contributor:** |
| Quantities | Units | | Ingredients | | |
| 2  1  1  half  4  1  1  half | 6 oz  large  Tbsp  cup  Tbsp  tt  tt  lb | | boneless skinless chicken breast  egg  flour  breadcrumbs  butter  salt  pepper  cheddar cheese | | |
| Directions  1. Preheat oven to 350°F  2. Cut cheddar into 2 long equal pieces  3. Slice an opening horizontally into the thickest end of each chicken breast (so the cheese can fit nicely inside)  4. Crack the egg and mix it with salt, pepper, spread all over the chicken breast  5. Place the chicken breast into flour, ensuring all areas covered  6. Cover the chicken with breadcrumbs.  7. Heat the butter on a frying pan, place the chicken on pan and ensure all sides are fried.  8. Transfer the chicken to oven, baking it for an additional 20-30 minutes  9. Remove from oven, let sit for 5 minutes and serve. Bon appetit! | | | | | |

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| **Name of Dish**  Chicken Biryani | | **Type:**  Main | | **Ethnicity**:  Indian | **Source**:  Mom | **Contributor**:  Anne Roshani Anton |
| **Quantities** | **Units** | | **Ingredients** | | | |
| 2  ¾  ½  1  3  1  ½  1  ½  2  1  1  2  ½  1  1  2  1  7 | cups  kg  cup  cup  medium  tsp  tsp  tsp  cup  tsp  tsp  tsp  tsp  tsp  pinch  tsp  tbsp  tsp  tbsp | | basmati rice  chicken pieces  milk  curd yogurt  onions sliced thin  ginger paste  garlic paste  green chilli paste  tomato puree  red chilli powder  roasted cumin powder  turmeric powder  garam masala powder  green cardamom powder  saffron powder  coriander powder  green coriander leaves  salt to taste  oil | | | |
| **Directions:**  1. Make a mixture with tomato puree, yoghurt, ginger garlic paste, green chilli paste, red chilli powder, turmeric powder, roasted cumin powder, garam masala powder, coriander powder and salt. 2. Take the chicken and marinade it in the same mixture. Let it rest for 3-4 hours. 3. Put oil in a pan, heat it and fry onions till they turn golden brown. 4. Now, to this add the marinated chicken and cook the entire mixture for 10 minutes. 5. Next in a pressure cooker, take the rice and add 3 1/2 cups of water to it. Also, take the saffron, mix with the milk and add to the rice. 6. Finally, add the cardamom powder and the chicken pieces, along with the marinade. 7. Mix all the ingredients gently, cover with the cooker lid and pressure cook for 1 whistle.  8. Garnish with green coriander leaves and serve hot.  **Source:** [http://www.awesomecuisine.com/recipes/81/1/Chicken-Biryani/Page1.html] | | | | | | |

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| **Name of Dish:**  Pot Roast Chicken | | | **Type:**  M | **Ethnicity**:  North American | **Source**:  Agnes Ravindran | **Contributor**:  Antonio Ravindran |
| Quantities  3-4  1  2  2  1  6  1  2  2  2 | Units  lb  medium  small  tsp  tsp  small  medium  tbsp  tbsp  tbsp | Ingredients  whole chicken  spring thyme  garlic cloves  salt  sugar  stalks scallion  onion, rough chopped  cooking oil  oyster sauce  soy sauce | | | | |
| Directions:   1. Rinse Chicken in lime water and drain well. Do not cut up. Take off wing tips. 2. Season with thyme, garlic, salt and sugar. Marinate for 1 hour. 3. Beat (or bruise) scallion and rough chop. 4. Stuff cavity of chicken loosely with scallion and chopped onion. 5. Heat Dutch over or heavy saucepan with lid for 1 minute. 6. Add 2 tbsp of cooking oil. 7. Brown Chicken on one side for about 15 minutes. Leaving the lid on. 8. Turn. Allow 10 minutes. For the other side, still keeping the lid on. Leave covered for a further 5 minutes. 9. Leave to simmer on low heat for a further 15-20 minutes or until cooked. Test with a fork. 10. When chicken is cooked remove scallion and onion from cavity and blend with soy sauce and oyster sauce. Set aside. 11. Cut chicken into serving pieces. Pour sauce over warm chicken. 12. Heat and serve in sauce.   Serves 4-6 | | | | | | |

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| **Name of Dish**  Beef Taco | | **Type:**  Meat | | **Ethnicity**:  Mexico | **Source**: allrecipes.com | **Contributor**:  Arina Ryu |
| Quantities | Units | | Ingredients | | | |
| 3  1/3  1/2  4  2  1/2  1  1  1  1  1  1  1  1  1/2  1  2  2  1  4  4  1  32  2  2 | Ib  cup  cup  medium  medium  cup  tsp  tsp  tsp  tsp  tsp  tsp  tsp  medium  cup  medium  large  medium  medium  medium  tt  oz  cups  medium | | **Beef seasoning**  Flank steak  White vinegar  Soy sauce  Garlic, minced  Limes, juiced  Olive oil  Salt  Ground black pepper  White pepper  Garlic powder  Dried oregano  Ground cumin  paprika  **Relish**  white onion, chopped  chopped fresh cilantro  lime juiced  **salsa**  tomatoes, chopped  jalapeño peppers, chopped  white onion, quartered  garlic, peeled  dried New Mexico Chile pods  salt, pepper  corn tortillas  cheese  limes, cut into wedges | | | |
| Directions:  1. Lay the flank steak in a large glass baking dish. In a medium bowl, whisk together the vinegar, soy sauce, 4 cloves of garlic, juice of two limes and olive oil. Season with salt black pepper, white pepper, garlic powder, chili powder, oregano, cumin and paprika. Whisk until well blended, and then pour over the steak in the dish. Turn over once to coat both sides. Cover with plastic wrap and marinate for 1 to 8 hours.  2. In a small bowl, stir together 1 chopped white onion, cilantro and the juice of 1 lime. Use as relish for the taco.  3. Heat a frying pan over medium-high heat. Toast Chile pods in the pan for few minutes and then remove to a bowl of water to soak for about 30 minutes. Preheat the oven to 450 degrees F.  4. Place the tomatoes, 1 onion, jalapenos, and 4 cloves of garlic onto a baking sheet. Roast in the oven for about 20 minutes, until toasted. Place the roasted vegetables, and soaked Chile pods into a food processor, along with salt and pepper. Puree until smooth.  5. Heat vegetable oil in a large frying pan over medium-high heat. Cut the marinated flank steak into cubes or strips. Cook, stirring constantly, until the meat is cooked through and most of the liquid has evaporated.  6. Warm the tortillas in a pan for about a minute on each side to make them pliable. Arrange two of three tortillas on a plate, and lay a generous amount of beef over them. Top with a sprinkle of the onion relish and a large spoonful of pureed salsa. Add as much cheese as you like. Garnish with lime wedges and serve. | | | | | | |

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| **Name of Dish**  Sinigang | | **Type:**  M | | **Ethnicity**:  Filipino | **Source**:  Mom | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  1  1  ½  1  1  4 1/2 | large  large  lb  lb  cup  cup  cups  tt  tt | | onion (diced)  tomato (diced)  pork belly (cut in cubes)  spinach  string beans  eggplant (diced)  tamarind base soup  salt  pepper | | | |
| Directions:  1. Saute onion and tomato.  2. Add tamarind base soup and let simmer for 5 minutes over medium heat.  3. Add string beans and eggplant. Let it simmer for 20-30 minutes.  4. Add salt and pepper to taste.  5. Add spinach. Wait 5 minutes before turning off the heat. | | | | | | |

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| 2 ¼  ½  1  1  1  1  ¼  ¼  1  2  ¼  ¼  ¼  2  1  1 ½ | lb  cups  tsp  tsp  tsp  Tbsp  cups  cups  tsp  Tbsp  tsp  tsp  tsp  cups  tsp  tsp | boneless, skinless chicken thighs  yogurt  ginger  garlic  crushed black pepper  oil  butter  cream  white pepper  lemon juice  cinnamon  cardomom  garlic powder  tomato puree  salt  freshly pounded red chillies |

Recipe for Butter Chicken

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| **Name of Dish** | **Type:** | **Ethnicity**: | **Source**: | **Contributor** |
| **Erikiko**  **Vegetable soup with pounded yam** | **Served as Main dish** | **Eket in Cross River State in Nigerian** | **Originated from grandmother from Eket in Cross River state, Nigeria** | **Originated from grandmother from Cross River state** |

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| Quantities | | Units | | Ingredients |
| Spinach  Ukazi  Uzaza  Red palm oil  Whole wheat  Lean meat  Stake  Offal  Stock fish  Dry fish  Tiny shrimp  Dry crayfish  Salt  Onions  Thyme  Hot pepper  Water | 5cups  2cups  ½tp  1½cups  2tp  1kg  1kg  1kg  1cut palm size  2 cut palm size  1cup  ½cup  tt  2 medium size  ½tp  2 large size  6 cups | | Different types of vegetable such as pumpkin leaf or spinach, ukazi, uzaza seed for special flavor; red palm oil, whole wheat flour for thickening, different types of beef meat such as lean meat, stake, organ meat/offal such as intestine, tongues, shaki ; dry fish, dry stock fish, fresh small tiny shrimps, magi cube, salt, dry crayfish/ frozen prawn, pepper, water, thyme and onions. | |

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| DIRECTIONS  1. Gather the ingredients stated above  2. Start by cooking the different parts of meats: first, mix the offal and dry stock fish with 6 cups of water, 1 medium chopped onion, ½ tp of thyme and 1 cube of magi and cook for at least 1 hour till they are tender setting the heat at maximum (#8) - usually the beef offal are strong and take longer time to cook. Then, add the lean meat and stake and cook for another 30minutes. The little water remaining in the meat at the end of cooking will be used to cook the soup. .  3. While cooking the various types of meat, chop the vegetables separately into small pieces such that it cannot be identified, wash and keep it to be added to the soup later.  4. Get the dry fish or oven dry fresh fish, soak in hot water for 10 minutes, to remove sand, wash properly and add in the meat source that was almost done and cook for another 30 minutes till they are properly mixed with the meat source and the fish becomes tender.  \* Any fresh fish that is grilled and dry can be used as dry fish. Blend crayfish, pepper, onions and local uziza seed with little water to get it ready.  5. After getting the above ingredients ready, we now cook the main soup by: first, add the blended crayfish, pepper, onions and uziza seed to the meat source on the fire and allow to cook for another fifteen minute in such that the ingredients will simmer into the meat source. Add half cup of oil and allow to cook for another 10 -15 minutes. While cooking, add salt to taste. Mix 1-2 tp of wheat flour with little water and add to the source to thicken the soup so that it will be not too watery.  \* If the remaining water in the soup is not much, you may not add thickener. Finally, wash the vegetables thoroughly and add to the whole mixture, stir very well and cook for another ten minutes under low heat, (#5or 4). Note! the vegetables should be half cooked to retain its green colour to preserve the nutrients in it.  6. While cooking the soup, get the local yam flour- this can be purchased from African shop.  \*cooked mashed potatoes can be used to eat the soup.  Get four to five cups of yam flour depending on the number of people you want to serve the food, mixed in cold water and cook for about thirty minutes. While cooking the yam floor, continue stirring till it thickens and the colour changes to colourless, which is an indication that it is done. Bring it done from fire and dish out in plates, dish the soup in a separate plate and serve both together. |

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| **Name of Dish:** Peppercorn New York Strip Loin with Three Peppercorn Sauce | | **Type:** M | **Ethnicity**: | **Source**: Grandma’s Cookbook | | **Contributor**:  Ben Crossan |
| **Quantities**  *Three-Peppercorn Sauce* 1  1  1/2  1/2  1/2  2  1 ½    3/8  1  *Steak* 1  1/2  1 | **Units**  Tsp  Tbsp  Tbsp  Tbsp  Tsp  Tbsp  Tsp  Tbsp  Cup  Tsp  Tsp  8 oz. | | | | **Ingredients**  olive oil  finely chopped shallots  green peppercorns  pink peppercorns  cracked black peppercorns  port (2-ounce bottles are available at liquor stores)  liquid Bovril or instant beef stock tomato paste 2 percent canned evaporated milk  butter or margarine  safflower oil or canola oil  New York strip loins trimmed of all visible fat | |
| **Directions:**  1. To make the peppercorn sauce, heat olive oil in a small, heavy­ bottom non-stick skillet over medium heat and sauté shallots and peppercorns for 2 minutes to release the flavour.  2. Shake pan a few times to turn the peppercorns evenly. Add port, increase heat to high, and cook until reduced to roughly half its original volume.  3. Stir in the Bovril, then the tomato paste. Gradually stir in the milk. Sim­mer for 5 to 7 minutes or until sauce-like in consistency (it won't get thick--you want it to "nap" the steaks). Cover the sauce while you cook the steaks.  4. Heat butter or margarine and oil in a heavy skillet and cook steak over high heat for about 3 minutes on each side (for rare). Alterna­tively, steaks may be barbecued. Spoon sauce over steaks. Serve immediately.  **Note**: Green and pink peppercorns are much milder than black. To crack pepper­ corns, put in a small bag and whack with the flat side of a meat mallet. | | | | | | |

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| **Name of Dish**  Sloppy Joe Sandwich | | **Type:**  M | **Ethnicity:**  American | **Source:** | **Contributor:** |
| Quantities | Units | Ingredients | | | |
| 1  ¾  1  ¾  ¼ | lb  medium  large  cup  cup  tt  tt  tt | lean ground beef  onion (chopped)  tomato (diced)  ketchup  barbeque sauce  sugar  salt  ground pepper | | | |
| Directions:  1. Cook the ground beef over a medium heat setting in a medium or large skillet. Add the chopped onion and cook along with the beef.  2. Drain off the liquids once the ground beef is completely brown and done.  3. Add the diced tomato, ketchup, and barbecue sauce; stir thoroughly for a few minutes.  4. Turn down heat to low setting. Add sugar, salt, and/or ground pepper to taste.  5. Let it continue cooking on very low heat for about 10 minutes; serve on toasted buns. | | | | | |

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| **Name of Dish**  Vij Family Chicken Curry | | **Type:**  **M** | | | **Ethnicity**:  South Asian (Indian) | **Source**:  Vij Restaurant | **Contributor**:  Brad Miner |
| Quantities | Units | | | Ingredients | | | |
| 0.5 2 1 3 2 2 1 0.5 1 1 1 1 3 1 2 0.5 | Cup Cups  Tbsp Tbsp Cups Tbsp Tsp Tbsp Tbsp Tbsp TbspLb Cup  Cups Cup | | Canola Oil Finely Chopped Onions Cinnamon Stick  Finely Chopped Garlic  Finely Chopped Ginger  Diced Tomatoes  Ground Salt  Ground Pepper  Turmeric Powder  Ground Cumin Seed  Ground Coriander  Garam Masala  Chicken Thighs (Bone In)  Sour Cream  Water  Chopped Cilantro (include stem) | | | | |
| Directions:  1. In a large pan, heat oil on medium heat for one minute  2. Add onions and cinnamon, and sauté for five to eight minutes, until onions are golden  3. Add garlic and sauté for four more minutes  4. Add ginger, tomatoes, salt, pepper, turmeric, cumin, coriander, garam masala and cayenne  5. Cook this masala for five minutes, until the oil separates  6. Remove and discard skin from the chicken thighs.  7. Wash thighs and add to the masala. Stir well. Cook chicken thighs for 10 minutes, until the chicken looks cooked on the outside  8. Add sour cream and water and stir well. Increase the heat to medium-high  9. When curry starts to boil, reduce the heat to medium, cover and cook for 15 minutes, stirring two or three times, until chicken is completely cooked  10. Poke the thighs with a knife. If the meat is still pink, cook for five more minutes. Remove and discard the cinnamon stick. Cool curry for at least half an hour.  11. Transfer cooked chicken to a mixing bowl, peel chicken meat off the bones.  12. Discard bones and stir chicken back into the curry  13. Just before serving, heat curry on medium heat until it starts to boil lightly. Stir in cilantro. | | | | | | | |

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| **Name of Dish**  Scrambled Eggs, sausage and bacon | | **Type: BF** | | **Ethnicity**:  British | **Source**:  Mother | **Contributor**:  Brian Hart 500 190 823 |
| Quantities | Units | | Ingredients | | | |
| 3  1  1  2  3  3  3 | Med.  Med.  Small  Med.  Tsp  tt  tt | | Eggs  Slice of toast  Sausage  Slices of Bacon  Low-fat Milk  Salt  Pepper | | | |
| Directions:  1. Place frying pan on stove and heat on medium until the pan is hot enough  2. Place the two Tbsp of butter onto the pan, and stir them until they have melted  3. Take the eggs and break them into a separate blender and add the milk and salt and blend for 20-25 seconds, then let the foam settle and wait a couple minutes  4. Once the butter has melted add the egg mixture into the pan  5. Do not start to stir once the mixture has been added, wait until they start to set  6. Once they begin to start setting, use a wooden spoon and move the eggs toward the middle and tilt the pan to distribute the runny parts  7. Continue this motion while breaking apart large pieces  8. You will come to a part where you cannot distribute the runny parts of the egg, once this happens flip over the eggs and let them heat for 15-25 seconds.  9. Transfer the eggs to serving plates and add the salt and pepper to taste. Also add the cooked Sausage and slices of Bacon. | | | | | | |

**Steak Tartare**

**Type: M**eat Dish

**Source**: Cookbook

**Ethnicity**: **T**urkish

**Contributor**: The Barefoot Contesa (Ina Garten)

Quantities Ingredients

2 lbs AAA Filet Mignon Beef

1 Egg Yolk

2 tsp Dijon Mustard

1 tbs Onions, finely chopped

1 tbs Capers, drained

A few drops Tabasco sauce

1 tsp Worcestershire sauce

2 tbs Olive Oil

2 tsp Parsley, minced

to taste Salt and Pepper

Directions:

1. Trim the meat of all the fat, then take it through the grinder twice

2. Finely chop the onions and coat with the egg yolk in a bowl

2. Add in the Olive Oil to the onions and egg while lightly beating for a few seconds

3. Add the meat and parsley to the bowl and hand mix till well coated

4. Add salt and pepper to taste

4. Form the meat into patties

5. Serve immediately or refrigerate for a maximum of 2 hours

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| **Name of Dish**  Steamed Minced Pork | | **Type:**  M | **Ethnicity**:  Chinese | **Source**:  My Grandmother | **Contributor**:  Clement Chan |
| Quantities | Units | | | Ingredients | |
| 7  1  ½  1  ½  1  1  1  ½ | oz  normal size  cups  tsp  tsp  Tbsp  Tbsp  Tbsp  tsp | | | ground pork  egg yolk  water  salt  sugar  starch  light soy sauce  oil  sesame oil | |
| Directions:  1. In a large bowl, combine ground pork, salt, sugar, starch, light soy sauce, oil and sesame oil. Mix thoroughly.  2. Splatter it into a steam-able plate and flatten it to about an inch thick.  3. Place the dish in a steamer over 1 inch of boiling water, and cover. Steam for 15-20 minutes.  4. Carefully pour the egg yolk onto the middle top of the meat.  5. Ready to serve, mix the egg yolk with the meat as desired. | | | | | |

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| **Name of Dish**  Portobello Stuffed Chicken Breast | | **Type:**  **M** | | **Ethnicity**:  Mediterranean | **Source**:  Colin Rogers | **Contributor**:  Colin Rogers |
| Quantities | Units | | Ingredients | | | |
| 2  2  1  1  1  1/3  1/2  4 | tbsp  cup  clove  tbsp  cup  cup  slices | | chicken breasts, boneless & skinless, butterfly cut  basil, chopped, fresh  portobello mushroom, stem removed, diced  garlic  olive oil, extra virgin  red pepper, sliced very thinly  feta cheese, crumbled  prosciutto, thin slices | | | |
| Directions:  1. combine basil, mushroom, garlic, olive oil in a small bowl, set aside.  2. unfold the chicken breasts and place half of the sliced red peppers in each  3. place half of the feta on top of the red peppers, splitting it between each breast  4. spoon the mushroom mixture into each chicken breast, on top of the peppers and feta cheese  5. fold each chicken breast up, then wrap with two pieces of prosciutto per piece of chicken  6. if available, tie the chicken breasts together with food trussing cords, otherwise use toothpicks or skewers to keep them from coming apart in the oven  7. place into oven, preheated at 350 º F, bake for 35-45 mins, until chicken has reached an internal temperature of 170 º F. | | | | | | |

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| **Name of Dish**  Butter Chicken  (Murgh Makhani) | | **Type:**  M | | **Ethnicity**:  Indian | **Source**:  Website | **Contributor**:  Courtney Echlin |
| Quantities | Units | | Ingredients | | | |
| 1  1  ¼  2  2  1  1  1  1  1  ¼  1  1  ¼  1  1  1  1  ¼ | Tbsp  Medium  Medium  Tbsp  tsp  Tbsp  tsp  tsp  tsp  Medium  Cup  Cup  Cup  tsp/tt  tt  tt  Tbsp  lb  tsp  tt  Tbsp  Cup | | Peanut oil  Shallot (finely chopped)  White onion (chopped)  Butter  Lemon Juice  Ginger garlic paste  Garam masala  Chilli powder  Ground cumin  Bay leaf  Plain yogurt  Half-and-half  Tomato puree  Cayenne pepper  Salt  Black pepper  Peanut oil  Boneless, skinless chicken thighs (bite-size pieces)  Garam masala  Cayenne pepper  Cornstarch  Water | | | |
| Directions:   1. 1. Heat 1Tbsp oil in a large saucepan over medium high heat. Sauté shallot and onion until soft and translucent. Stir in butter, lemon juice, ginger-garlic paste, 1tsp garam masala, chili powder, cumin and bay leaf. Cook, stirring, for 1 minute. Add tomato sauce, and cook for 2 minutes, stirring frequently. Stir in half-and-half and yogurt. Reduce heat to low, and simmer for 10 minutes, stirring frequently. Season with salt pepper. Remove from heat and set aside. 2. 2. Heat 1Tbsp oil in a large heavy skillet over medium heat. Cook chicken until lightly browned, about 10 minutes. Reduce heat, and season with 1tsp garam masala and cayenne. Stir in a few spoonfuls of sauce, and simmer until liquid has reduced, and chicken is no longer pink. Stir cooked chicken into sauce. 3. 3. Mix together cornstarch and water, then stir into the sauce. Cook for 5 to 10 minutes, or until thickened. | | | | | | |

**Cajun Chilli**

**Ingredients:**

1 ½ lb ground beef

2 cans (1.5 oz) cajun-style mixed vegetables, undrained

2 cans (10 oz) condensed tomato soup, undiluted

1 can (14 oz) diced tomatoes

3 (8 oz) sausages with cheddar cheese

Cheddar cheese

**Slow Cooker Directions:**

1. Brown beef in large non-stick skillet over medium-high heat. Drain fat.
2. Place ground beef, mixed vegetables with juice, soup, tomatoes and sausages in slow cooker
3. Cover; cook on HIGH 2 to 3 hours.
4. Sprinkle with Cheddar Cheese

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| **Name of Dish**  The Saucy Olive Boy | | **Type:**M | | **Ethnicity**:  Italian | **Source**:  My Hunger | **Contributor**:  Daniel M. Molnar |
| Quantities | Units | | Ingredients | | | |
| 1  3/4  1/2  4  1  1  1/2  4-6  1  2-3 | cup  cup  Tbsp  Tbsp  Medium  large  large | | large coil of Barese sausage  red wine  pasta sauce (homemade or store bought)  leaves of fresh basil  HP sauce  sour cream  onion  yukon gold potatoes  bay leaf  artichokes  --------------------------------  As well:  olive oil  garlic salt  pepper  milk | | | |
| Directions:  **Stage #1: The Man Meat (prepare about 6-7 hours before cooking)**  1. Begin by cutting the Barese sausage into individual coils. Coils should be cut at a length approximated from the tip of your thumb to the tip of your pinkie finger. (Note, Italians will usually avoid traditional methods of measurement at all cost). Roll into a tight coil and hold in place with a toothpick. (Should make about 8 coils)  2. Prepare your marinade in a large bag or container. Marinade consists of a ¾ cup of red wine, 1 tbsp of HP sauce, pepper, a few leaves of basil, and a few shakes of garlic salt. Add sausage, and shake to ensure the sausage get soaked in the juices.  3.Once the meat has marinated for about 6-7 hours, heat up a stovetop grill to a low-to-medium temperature, and add 4 tbsp of olive oil. Allow oil to heat.  4. Add ½ of a chopped onion to the oil. Allow onion to almost liquefy with the oil.  5. Raise the temperature to a medium temperature, and place sausage coils on the grill, one by one, in an enclosed circle/ring. Keep the marinade.  6. Place one tsp of pasta sauce onto each of the sausage coils, and pour ¼ of the marinade into the centre of the ring created by the sausage coils. Coils should lock in the juices in the middle. Add more olive oil if desired, or if meat seems too dry, and cover.  7. Turn over each coil when edges begin to brown or caramelize. Repeat step #6.  8. Remove sausage coils from the grill, and place on serving plate(s).  9. With remaining oils and juices left on the grill, pour the left over marinade over the grill and allow to gently boil down to a slightly thick sauce. Hold this for the end.  **Stage #2: The Mashed Taters (Begin before starting the sausages)**  1. Cut up 4-6 Yukon Gold potatoes (preferably skins left on).  2. Boil on high with a tbsp of olive oil and 1 bay leaf, until potatoes are tender.  3. Drain water from pot, add 1½ tbsp of sour cream and milk to desired texture of mashed potatoes, and mash.  **Stage #3: The Artichokes**  1. At the same time as the potatoes, boil 2-3 large artichokes with a tbsp of olive oil, in a big pot.  2. In a small bowl, pour ¾ full of red wine vinegar and ¼ red wine, add a shake of pepper  **Stage #4: The End Result**  1. Add Mashed potatoes to serving plate, along side artichokes and sausages and pour the saved sauces accumulated on the grill all over the mashed potatoes. | | | | | | |

PORTUGUESE CHICKEN CURRY

Ingredients

* 4 chicken legs
* 1 onion, cut into small pieces
* 1 carrot, cut into small pieces
* 2 large potatoes, cut into bite-size pieces
* 4 gloves of garlic, finely minced
* 1 teaspoon of salt
* 1/2 teaspoon of sugar
* 1 teaspoon curry powder
* 2 tablespoons of oil
* 1 pinch of salt
* 1/2 cup of milk

Directions:

1. Wash the chicken legs
2. Cut each of the legs into two so that they separate into the thigh and drum stick
3. In a bowl, combine the chicken pieces with a half teaspoon of salt, sugar and garlic.
4. Mix thoroughly. Cover it up and marinate for 30 minutes in the refrigerator
5. Preheat a wok or large pot over high heat and when ready, add a tablespoon of oil
6. Stir fry the onions and potatoes for 2 to 3 minutes. Remove the items onto a plate
7. Take the marinated chicken out from the fridge. Add a tablespoon of oil into the pot and stir fry the chicken until the outside is brown. Add curry powder into the pot
8. Add 1 cup of water or enough of water to cover the chicken into the pot and bring to a boil
9. Cook for 5 minutes. Add the carrots and stir fried potatoes into the pot
10. Cook the curry for another 15 minutes. Taste the curry to see if you would like to add more curry for more spice and flavor. Add the stir fried onions
11. Add milk and a pinch of salt
12. Stir until well combined and simmer on low for another 2-3 minutes
13. Serve hot with rice, bread, noodles or spaghetti

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| **Name of Dish:**  Filet Mignon w/ 3 Cheese Baked Potato and Sautéed Mushrooms | | **Type:**  M | | Ethnicity:  North American  European | **Source:**  <http://www.grouprecipes.com/64632/filet-mignon.html> | **Contributor:**  Darnell  Moses |
| Quantities  Filet Mignon  2  4  2  2  3 Cheese Sauce  2  2  ¾  Pinch  1  ½  ¼  Baked Potato  2  2  Sautéed Mushrooms  1  ½  1 | Units  Inches  Tablespoons  Tablespoons  Strips  Tablespoons  Tablespoons  Cup  Cup  Cup  Cup  Tablespoons  Tablespoon  Pound  Teaspoon | | Ingredients  Filet mignons about 1 1/2 to 2 inches thick  Crumbled blue cheese  Butter  Applewood smoked bacon  Black pepper to taste  Coarse ground sea salt to taste  Butter or margarine  Flour  Milk   |  | | --- | |  |   Salt and pepper  Grated cheddar cheese  Grated parmesan cheese  Smooth cream cheese.  Potatoes  Olive oil  Butter or olive oil  Button mushrooms  Italian herb | | | |
| Directions:  Filet Mignon   1. Cut a slit in each steak to make a sizable pocket without cutting through. 2. Sprinkle inside of pockets with salt and pepper to taste. 3. Stuff each pocket with 2 tablespoons blue cheese and 1 tablespoon butter. 4. Wrap each filet with a strip of bacon and secure with toothpick. Salt and pepper the tops to taste. 5. Broil about 4-5 minutes on each side until desired color is obtained.   3 Cheese Sauce   1. Melt the butter over a [low heat](http://www.essortment.com/all/cheesesaucerec_rrgo.htm). Add the flour and [seasoning](http://www.essortment.com/all/cheesesaucerec_rrgo.htm) gradually, stirring to ensure that the mixture is smooth. 2. Add the milk, [stirring constantly](http://www.essortment.com/all/cheesesaucerec_rrgo.htm) and stir until the mixture is thick and creamy. 3. Add the cheddar cheese and heat until the cheese has melted. 4. Add the smooth cream cheese and the Parmesan cheese, stirring until the mixture has thickened.   Baked Potato   1. Preheat oven to 400degrees F 2. Wash potatoes thoroughly with warm water 3. Poke potatoes with a fork 4 times 4. Rub potatoes with olive oil 5. Baked in oven for 45min to 1 hour 6. Remove from oven and cut halfway down the potato 7. Scoop out some potato to make room for the cheese sauce 8. Pour cheese sauce down the middle of potato   Sautéed Mushrooms   1. Heat 1 tbsp olive oil or butter in a large skillet over medium-high heat. 2. Sauté ½ lb sliced mushrooms for 3-4 minutes or until starting to brown. 3. Add 1 tsp Italian herbs and a pinch of salt, sauté for 1-2 minutes. | | | | | | |

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| **Name of Dish**  Roast Turkey | | **Type:**  **M** | | **Ethnicity**:  Caucasian (North American) | **Source**: | **Contributor**: |
| **Quantities** | **Units** | | **Ingredients** | | | |
| tt  tt  tt  12-14  1-3 | lb  cups | | salt  pepper  garlic salt  turkey  water | | | |
| **Directions:**  1. Thaw turkey (if frozen).  2. Preheat the oven to 350ºF.  3. Remove giblet bag and neck then rinse out the turkey with cold water and pat dry.  4. If desired the cavity of the turkey can be stuffed with the neck and giblets as well as stuffing.  5. Sew up the cavity of the turkey with a clean darning needle and butcher string.  6. Skewer and tie up the legs and wings to keep everything in place.  7. Season the turkey with salt, pepper and garlic salt. The amounts depend on the size of the turkey and your taste.  8. Coat the inside of the roaster with a light spray of olive oil.  9. Season the bottom of the roaster pan with the same seasonings used on the turkey.  10. Add water to the pan to the point where the bottom is covered.  11. Place in the oven and make sure it is covered at this point.  12. Baste with turkey juices about every 30 minutes and add water to the pan when necessary.  13. After about 1 hour, turn the oven heat up to the 375ºF to 400ºF range.  14. Remove the lid for about 2 hours until the skin is golden brown.  15. A 12-14 lb turkey takes about 3 ½ - 4 hours, keep basting all the way through. | | | | | | |

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| **Name of Dish**  Goulash | | **Type:** M | | **Ethnicity**: Hungary | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1.5  1  2  2  5 ½  1  ¼  ¼  2  -  2 | lbs  lbs  tbsp  tbsp  oz  tbsp  tsp  tsp  tbsp  small  cups | | stewing beef  sliced coking onions (approximately 3 onions)  sweet Hungarian paprika  marjoram  tomato paste (tin)  sugar (if necessary)  salt  grounded black pepper  flour  canola oil  water | | | |
| Directions:   1. Peel and coarsely dice 3 cooking onions. 2. Add canola oil generously to a frying pan to pan-fry on high the onions until they are yellow, but not dark. 3. Once onions are yellowed, add to a pot that has a generous amount of canola oil. 4. Rinse stewing beef with cold water and dry. 5. Cut the stewing beef into cubes of 1 inch. 6. Fry beef on high in a frying pan until browned on the outside edges. 7. Add beef to the pot containing the onions. 8. Add tin of tomato paste to pot. 9. Add paprika to pot. 10. Add marjoram to pot and stir. 11. Add salt and pepper. 12. Add water appropriately; no more than 2 cups. 13. Let simmer slowly until meat is soft (between 1 ½ to 2 hours) 14. Dissolve flour in ¼ cup cold water and add to pot stirring constantly to a desired thickness. 15. Let simmer an addition 10 minutes while constantly stirring. | | | | | | |

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| **Name of Dish**  Butter Chicken or Murgh Makhani | | **Type:**  Meats | | **Ethnicity**:  South-East Asian/Indian | **Source**:  [www.indianexpress.com](http://www.indianexpress.com) | **Contributor**:  Namaste Kathmandu Restaurant - Edinburgh, Scotland |
| Quantities | Units | | Ingredients | | | |
| 1  1  1  1  3/4  1/2  2-3  100  200  2 | tsp  tsp  cup  tsp  gms  gms | | Tandoori Chicken - cut in 8 pieces  Onion  Ginger paste  Garlic paste  Tomato puree  Chilli powder  Green chillies - finely chopped  Butter  Cream  Coriander leaves - finely chopped | | | |
| Directions:  1. Melt butter in frying pan, add grated onions and fry until golden brown.  2. Add ginger and garlic pastes. Fry for a minute and add tomato puree.  3. Add chopped green chillies, coriander leaves, salt and chilli powder. Fry 2-3min.  4. Turn heat to low and add cream stirring constantly. Do not let it boil. Cook for a minute and turn off the heat.   1. Arrange tandoori chicken pieces in an ovenproof dish. Poor sauce on top. 2. Heat in preheated oven at 350F for 20 minutes. Serve hot. | | | | | | |

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| **Name of Dish**  Sweet & Sour Chicken Balls | | **Type:M** | | **Ethnicity**: North American (Canada) | **Source**:  Simon Rimmer (BBC UK) | **Contributor**:  Ellise Goarley |
| Quantities | Units | | Ingredients | | | |
| 14  4  1  1  1  1  2  3 ½  2  2  2 ½  2  2  9 | oz  tbsp  tbsp  tbsp  fl oz  oz  fl oz  fl oz  fl oz  oz  small | | **For the Chicken Balls**  Minced Chicken  Spring onions - finely chopped  Chinese five-spice powder, salt and freshly ground black pepper  Garlic clove - crushed to a paste with a little salt  Red chilli - finely chopped  Light soy sauce  Cornstarch - for dusting  Vegetable Oil – for frying  **For the Sauce**  Cornstarch  Water  Light Brown Sugar  Light Soy Sauce  Rice Wine Vinegar  Tomato Ketchup  Red Peppers – finely sliced  Canned Pineapple Chunks – drained  Bunch of Spring Onions – sliced at an angle | | | |
| Directions:  1. For the chicken balls, place the chicken, spring onions, Chinese five-spice powder, crushed garlic, red chilli and soy sauce into a bowl and mix to completely combine.  2. Mould the mince mixture into golf ball-sized balls, then dredge in cornstarch.  3. Heat vegetable oil in a deep –sided non-stick frying pan over a medium heat. Add the chicken balls and fry for 8-10 minutes, turning regularly, until golden-brown all over and completely cooked through. Remove from the pan and drain on kitchen paper.  4. For the sauce, place the cornstarch, water, sugar, soy sauce, vinegar, and ketchup into a pan over a medium heat and mix well. Cook, stirring constantly, for 5-6 minutes, then add the peppers, pineapple chunks and spring onion and stir well.  5. To serve, place a large spoonful of cooked rice onto each plate and place 3-4 chicken balls on top. Pour the sauce over and serve. | | | | | | |

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| **Name of Dish:**  **Steak with Mashed Potatoes** | | | **Type:**  **M** | **Ethnicity**:  **American** | **Source**: | **Contributor:** |
| Quantities | Units | Ingredients | | | | |
| 12  ½  ½  1  4 | oz  cup  lb  tbsp  tbsp  tt  tt | new york strip loin (or any other preferred cut)  cracked peppercorn  potatoes  butter  half and half (half milk and half cream)  salt  pepper | | | | |
| Directions:   1. Peel and quarter the potatoes 2. Add the potatoes to a pot with enough cold water to cover them by an inch 3. Add a bit of salt and boil the water for about 15 minutes (enough so they are tender enough to cut with a knife) 4. Drain the potatoes and cook over low heat to evaporate excess water 5. Mash the potatoes in a bowl with a wire potato masher or a potato ricer 6. Blend with the butter and the half and half 7. Add salt and pepper to taste 8. Keep the mashed potatoes covered and over a low heat burner before serving 9. Lay out the cracked peppercorn evenly through a medium sized pan 10. Take the steak and press it into the peppercorn 11. Flip the steak over and press the other side also into the peppercorn 12. Let the steak sit on another plate if it was frozen to bring it down to room temperature 13. Preheat the grill or broiler on high heat 14. Put the steak onto the grill and let each side cook for about 2-3 minutes to sear the outside 15. Once the outside is seared, lower the heat to allow the inside to be cooked 16. Allow the steak to cook to an internal temperature of 135°F (this is for medium rare, cook it for a longer or shorter period of time depending on preference) 17. Take the steak off the grill and place it onto the centre of a plate 18. Add the mashed potatoes to the side of the steak | | | | | | |

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| **Name of Dish**  BBQ marinated chicken | | **Type:**  Meat | | **Ethnicity**:  Filipino | **Source**:  Mother | **Contributor**:  Emyleen DeVera |
| Quantities | Units | | Ingredients | | | |
| 1 | 5 lbs  2 tbsp  2 tbsp  2 tbsp  2 tsp  1 pinch | | Whole chicken  Heinz Ketchup  UFC Banana Ketchup (Filipino Ketchup)  Diana chicken BBQ sauce  Lee Kum Kee mushroom soy sauce  Black pepper | | | |
| Directions:  1.Clean chicken, wash thoroughly and place into big bowl  2.Get another big bowl  3.Pour the 2tbsp of Heinz Ketchup, 2tbsp of UFC banana ketchup, 2tbsp Diana chicken BBQ sauce, 2tsp of Lee Kum Kee mushroom soy sauce and 1 pinch of black pepper  4.Mix all ingredients up into the bowl to make the sauce  5. Pour the mixed ingredients (the sauce) into the chicken and with a brush paste it in every part of the chicken  6. Let the chicken marinate for an hour or more  7. Place the chicken on a baking pan  8. Bake chicken for 1hr at a temperature of 707F | | | | | | |

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| **Name of Dish**  Beef Enchiladas | | **Type:**  M | | **Ethnicity**:  Mexican | **Source**:  Food Network | **Contributor**:  Erin Murphy  (500159888) |
| Quantities | Units | | Ingredients | | | |
| 8  Filling:  250  ¾  2  ½  ½  ¼  Sauce:  14  ½  2  Topping:  1/3 | med  grams  cup  cup  tsp  tsp  oz  tsp  cup | | tortillas  lean ground beef  grated cheese  green onions with tops  sour cream  salt  pepper  can of tomato sauce  green pepper  chilli powder  grated cheese | | | |
| Directions:   1. Cook beef in a frying pan over medium heat until no longer pink. Drain off fat. 2. Remove from heat and stir in remaining FILLING ingredients. 3. Place 2 Tbsp of the filling in the center of each tortilla and roll up. 4. Place roll, seam side down, in a 9 x 13-inch baking dish. 5. In a saucepan, combine all SAUCE ingredients, bring to a boil, and simmer for 5 minutes. 6. Pour sauce over enchiladas in dish. Top with grated cheese. 7. Bake in oven at 350ºF for 20 minutes. Serve hot.   \*Serves 4-5\* | | | | | | |

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| **Name of Dish**  Nihari | | **Type: M** | **Ethnicity**: Indian/Pakistani | | **Source**: | **Contributor**: |
| Quantities | Units | | | Ingredients | | |
| 1  1 ½  3  1  ½  1  13  14-16  tt  tt  tt  tt | Kg  cups  cups  medium  tsp  packet  cups  slices/pieces  tt  tt  tt  tt | | | beef  oil  wheat flour  finely sliced onion  garlic paste  Shan® Nihari mix  water  naan/roti/bread  lime juice  slices of green chillies  ginger  chaat masala | | |
| Directions:  1. In a large pot heat up 1 cup of oil, then add garlic, meat, and mix and stir for a few minutes. Then add 10 cups of water.  2. Cover and cook on very low heat until meat is tender (generally between 6-8 hours)  3. Slowly add flour into 3 cups of water and add that into the pot. Stir to mix everything and cook at high temperature for 15 minutes.  4. Take a fry pan and heat it up with ½ cup of oil then fry the sliced onions until golden brown. Take onions and put into the pot with the Nihari mix. Cover and simmer for 30 minutes on low heat.  5. Serves 6-8 people, serve with naan/roti/bread (recommended naan). You can add lime juice, ginger, green chillies or my personal favourite chaat masala. Mix and match for your own taste and enjoy ☺ | | | | | | |

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| **Name of Dish:**  Chicken Korma | **Type:**  M | | **Ethnicity**:  Bangladeshi | **Source**:  Mother | **Contributor**:  Farah Kabir | |
| Quantities:  **Chicken korma**  1/2  1  1  1/2  1/2  1/4  1/2  2  2  1  1  7-8  **Korma sauce**  1/2  4  2  1/2 | Units:  kg  large  medium  tsp  tsp  tsp  tsp  seedpods  medium  in.  Tbsp  small  tt  small  medium  medium  cup  Tbsp  tt | Ingredients:  chicken breasts  onion  tomato  red chili powder  coriander powder  turmeric powder  mustard seeds  cardamom  cloves of garlic  cinnamon stick  vegetable oil  coriander leaves for garnishing  salt and black pepper  ginger root  garlic cloves  green chilies  milk  Natural Yogurt  salt | | | |
| Directions:   1. Clean, wash and cut the chicken into bite size pieces and drain the water completely. 2. Heat a pan on medium flame with oil and add mustard seeds, cardamom, cinnamon and cloves. 3. When they start to pop add chopped onions. 4. Sauté until they turn golden yellow in colour. 5. Add the chopped tomato and sauté until everything is creamy. 6. Add the sauce and continue to sauté until the oil separates from the mixture. 7. Add chili powder, coriander powder, turmeric powder and salt. 8. Sauté for 2 mins and add chicken pieces and add water if necessary (to thin out the mixture). 9. Make the sauce and add into the chicken mixture. 10. Close with a lid and cook on low flame until the chicken pieces become tender. 11. Finally adjust salt and black pepper. 12. Garnish with coriander leaves.   Chicken korma is ready to serve with the choices of rice, roti, chapathi, paratha, etc... | | | | | | |

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| **Name of Dish**  Biryani | | **Type:**  M | | **Ethnicity**:  Pakistani | **Source**:  Mother | **Contributor**:  Farah Rehmani |
| Quantities | Units | | Ingredients | | | |
| 2  ¾  ¾  2  1  ½  1 ½  ½  1  1  2  2  3  2  2  1  ½  1  3  1 | lbs  tsp  tsp  tbsp  tsp  cup  tsp  cup  medium  cup  medium  small  tbsp  pinch  tsp  cups  tbsp | | chicken (with bones)  garlic paste  ginger paste  Shan Bombay Biryani Masala (available in Pakistani grocery stores)  ground cumin  yogurt  salt  oil  chopped onion  diced tomatoes  cubed potatoes (big cubes)  chopped green chillies  fried onions (available in Pakistani grocery stores)  cinnamon sticks  green cardamoms  saffron  whole cumin seeds  bay leaf  long grain white rice  chopped mint leaves | | | |
| **Directions:**  1. Mix the chicken, garlic paste, ginger paste, Bombay Biryani Masala, ground cumin, yogurt and ½ tsp salt and marinade over night.  2. Heat the oil in a pot with a wide base and add the chopped onions. Sauté until light brown.  3. Add the marinated chicken to the onions and fry (on medium heat) for about 5 minutes.  4. Add the diced tomatoes and approximately 1 cup of water (water should be enough to partially cover the chicken) and mix well. Once the mixture boils, lower heat and cook until chicken is ¾ cooked.  5. Soak the rice in water in a separate bowl and keep aside.  6. Add the cubed potatoes to the chicken and cover and cook again until potatoes are done.  7. Once chicken and potatoes are cooked sprinkle one pinch of saffron, fried onions and chopped green chillies. Ensure most of the water in the chicken has dried and remaining gravy is thick.  8. Meanwhile, fill another pot with 5 - 6 glasses of water. Add 1 tsp salt, cinnamon sticks, bay leaf and cumin seeds in the water and boil.  9. Once boiled add the washed and soaked rice and let it boil again. Once the water boils again, drain all the water from the half cooked rice.  10. Take the rice and spread evenly over the chicken and cover the pot.  11. Heat oven to 350 º F and put pot in the oven for 30 minutes until rice is cooked.  12. Once done let it sit on counter for at least 20 minutes before serving. When serving mix the rice and chicken well (while being careful not to break the chicken and potato pieces).  13. Garnish with mint leaves and serve with “achar” (pickled fruit or vegetables) and “raita” (yogurt mixed with salt, cumin powder, grated cucumber and chopped green chillies). | | | | | | |

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| **Name:** Chicken Biryani | | **Type: M** | | **Ethnicity**: Pakistani | **Source**:  Grouprecipies.com | **Contributor**: Farhan Durrani |
| Quantities  4  4  2  2  1  1/2  1/2  1/2  1  1  2  2  2  1/2  1  3  1/2  1  1  5  3  1  1/2  1  4  1 1/2 | Units  Tbsp  small  large  cloves  Tbsp  tsp  tsp  tsp  tsp  tsp  medium  Tbsp  Tbsp  tsp  2 inch  Llb  Tbsp  large  pinch  pods  cloves  inch  tsp  llb  cups  tsp | | Ingredients  vegetable oil  potatoes, peeled and halved  onions, finely chopped  garlic, minced  minced fresh ginger root  chili powder  ground black pepper  ground turmeric  ground cumin  salt  tomatoes, peeled and chopped  plain yogurt  chopped fresh mint leaves  ground cardamom  cinnamon stick  boneless, skinless chicken pieces cut into chunks  vegetable oil  onion  powdered saffron  cardamom  garlic  cinnamon stick  ground ginger  basmati rice  chicken stock  salt | | | |
| Directions:  1. In a large pan, drop 2 tablespoons of vegetable oil and fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the skillet and fry onion, garlic and ginger until onion is soft and golden. Add chili, pepper, turmeric, cumin, salt and the tomatoes into the pan. Fry, stirring constantly for 5 minutes. Add yogurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. Add a little hot water if the mixture becomes dry and sticks to the pan.  2. When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, approximately 35 to 45 minutes. There should only be a little very thick gravy left when chicken is finished cooking.  3. Wash rice well and drain in colander  4. In a large skillet, heat vegetable oil and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.  5. In a medium-size pot, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the pan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking.  Spoon biryani onto a warm serving dish. | | | | | | |

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| **Name of Dish:**  Manseif | | **Type:**  M | | **Ethnicity**:  Arabic | **Source**:  Mouna Almasri | **Contributor**:  Firas Almasri |
| Quantities | Units | | Ingredients | | | |
| 7  6  ¼  ¼  4  2  16  3 | lbs  cups  lbs  lbs  Tbsp  Tbsp  cups  lbs | | lamb, or chicken  rice  almonds  pine nuts  vegetable oil  salt  water  Jameda | | | |
| Directions:  Meat preparation:  1. In a pot with 4 cups of water, along with 1 Tbsp of salt, insert the meat (chicken or lamb) and boil for 30-35 minutes at 350oF.  2. After boil, drain water and allow meat to cool.  Sauce preparation:  3. Soak the Jameda in 2 cups of water the night before, to allow the Jameda to soften.  4. Drain the water. And in a blender add the Jameda along with 4 cups of water, until sauce liquefies.  5. Strain into a pot, and at 350 oF, bring to a boil, with occasional stirring.  6. Let boil for about 10-15minutes  7. Reduce the heat to 300 oF. In the same pot add the meat and 1 Tbsp of salt cover the contents and allow it cook for 20-30inutes.  Rice preparations:  8. In another pot, place 3 Tbsp of vegetable oil, with 6 cups of rice mix together for 2-3 minutes at 275 oF.  9. Add 12 cups of water, increase temperature to 325 oF then apply cover. And allow cooking for 10 minutes. Then reduce heat to 225 oF and cook for another 5 minutes.  Almond and pine nuts preparation:  10.In a pan, with ½ Tbsp of vegetable oil, and 1/4 lbs of each almonds, and pine nuts, and sauté the nuts for about 5-7minutes.  Final preparation:  11. On a large platter, a layer of rice is placed on first. Then the sauce “Jameda” is applied all over the rice. The pine nuts and almonds are sprinkled in equal quaintly over the rice. Then the meat is placed along the edges of the platter.  Bon Appetite.  Serves about 10-12 people. | | | | | | |

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| **Name of Dish**  Stew Chicken with Red Beans | | **Type:**  **M** | **Ethnicity**:  West Indian (Trinidadian) | **Source**: | | **Contributor**: |
| Quantities  1.5-2.0  1  1  3-4 sticks  6-8 leafs  quarter  half  2-3  1  2-3  2 | Units  tbsp  tbsp  individual  small  medium  cup  cup  lb  can  cup  cup | | | | Ingredients  sugar  salt  scotch bonnet pepper  thyme  shadow benny  garlic  onion  chicken  red bean  rice  water | |
| Directions:  1. Cut chicken for cooking  2. Dice the onion, garlic, shadow benny, thyme, and pepper  3. Boil 2-3 cups of rice  4. Open can of red beans and strain the water from it  5. Put pot on the stove at maximum heat  6. Add sugar into the heated pot. Wait for the sugar to caramelize to a dark brown  7. Once the sugar is dark brown, add all diced seasoning into the pot  8. Stir the seasoning into the sugar quickly  9. Add chicken into the pot  10. Stir the chicken around to even out the sugar and seasoning  11. Once the chicken is dark brown, add the 2 cups of water and lower the heat to medium temperature  12. Once heat is lowered to medium, stir the meat, then cover the pot  13. Cook for about 40-45 minutes  14. When finished, add the red beans to the stew chicken  15. Serve the stew chicken with red beans with rice. | | | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:**  M | | **Ethnicity**:  East Indian | **Source**:  Mother | **Contributor**:  Froila Pinto |
| Quantities | Units | | Ingredients | | | |
| 2  2  1  2  2  2  1  1  2  2  ¼  250  1/2 | lb  tbsp  tt  tbsp  medium  medium  tbsp  tsp  tsp  tbsp  tbsp  tsp  mL  cup | | **Tandoori Chicken:**  boneless chicken breast  tandoori masala  salt  vegetable oil  **Butter Chicken Curry:**  onions  chilli pepper  vegetable oil  ginger paste  garlic paste  tomato paste  tandoori masala  salt  sour cream  coriander | | | |
| **Butter Chicken Curry:**   1. Cut chicken into bit-sized pieces 2. Marinate in tandoori masala (2 tbsp) with salt (tt) for a minimum of two hours 3. Fry marinated chicken in oil (1 tbsp) until chicken is cooked in frying pan 4. Chop onions and chilli pepper fine and fry in a pot with oil (2 tbsp) until onion is tender (brown) 5. Add ginger, garlic, and tomato paste and stir constantly until all ingredients are mixed well 6. Add tandoori masala (2 tbsp) and water, stirring constantly. Add salt (1/4 tsp) and wait for sauce to boil 7. Add sour cream and chicken into the sauce and mix well 8. After curry boils, add coriander | | | | | | |

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| **Name of Dish**  White Rice and Stew Chicken | | **Type:**  M | **Ethnicity**:  Dominican Republic | **Source**:  Family recipe | **Contributor**:  Trudy Rojas-Silva |
| Quantities | Units | | Ingredients | | |
| Stew Chicken:  8  3  ½  ¼  1  1  1  1½  2  White Rice:  3  6  2  2 | Pieces  Cloves  Cup  Cup  Cup  Tbsp  Tbsp  Tbsp  Tbsp  Cups  Cups  Tbsp  Tsp | | Chicken legs and thighs  Fresh Garlic  Cilantro  Vegetable Oil  Water, more if necessary  Black Pepper  Cumin  Salt  Tomato paste  White rice  Water  Olive Oil  Salt | | |
| Directions:  Chicken Stew  1. Wash the chicken with water in a big bowl  2. Add all the spices to the chicken and mix it all around  3. Cut up the green pepper in strips, slice the onion  4. Add the salt to the garlic and grind it up until its mashed  5. Add the garlic, green pepper and onion into the bowl  6. Add the oil and mix everything together, and then place into pot  7. Place under medium heat (6-7), let it cook for 2 minutes then mix gently  8. Add the cup of water, and let it cook till the water is gone, then mix again  9. Keep adding water until the chicken is cooked or no longer pink in the middle, lower to minimum heat, and its ready to serve  Rice  1. Add 6 cups of water to pot, and raise heat to maximum.  2. Add the oil and salt  3. Wash 3 cups of rice with water and once the water is boiling add rice  4. Important: Once the water is nearly gone reduce heat to minimum, and let it dry.  5. Ready to serve. | | | | | |

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| **Name of Dish**  Canjaroo and Odka (minced meat) | **Type:**  M | | **Ethnicity**: Ethiopian/Somali | | **Source**:  My mother | **Contributor**:  Hanan Ahmed |
| Quantities | | Units | | Ingredients | | |
| 1  ½  2½  A pinch  2  1  Minced meat (odka)  4.40  ½  1  1  1  5 | | tsp  tsp  cups  cups  cup  lbs  tsp  tbsp  lb  whole | | yeast  sugar  water  salt  white flour  whole wheat flour  raw beef  paprika  pepper  butter  red onion  garlic | | |
| Directions:  Canjaroo  1. Mixing a teaspoon of yeast, half a teaspoon of sugar, to two cups of white flour and one cup of whole wheat flour  2. Mix all the ingredients together and beat it together with a big spoon and Let ingredients sit overnight or four to five hours  3. After four to five hours or the next day you should see that the dough has rise  4. Mix the dough all together until the batter is clump free  5.Heat up a pan on the stove and spray the pan with a non-stick spray and wipe it clean so that the canjaroo does not stick to the hot pan  6. Fill a ladle half full with batter  7. Pour it into the centre of the pan and quickly move it around so it spreads  8. See that the bubbles forming on top are ready to pop.  9. Do not flip the to other side  10. Remove the canjaro from the pan  11. Canjarro must be piled on top of each other  Odka minced meat   1. Dice four pounds of raw meat 2. Place diced meat into half a pot of boiling water and fill the rest of the pot with cooking oil 3. In another pot melt one pound of butter until it melts completely. 4. Dice onion and mince five pieces of garlic and place these ingredients in the melted butter 5. After the meat has boiled and the greyish looking color of dirt has risen drain the meat 6. Put the meat back into the pot after it has risen and turn down the stove until its low 7. Then take the pot of melted butter, onions and garlic and drain it on top of the minced meat 8. Let it stay in the pan for an half an hour so it could cool   Plate preparation/organization   1. Fold the canjaroo into a triangle or roll it and place it on the plate. Then take the odka and place it on the side of the plate. | | | | | | |

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| **Name of Dish**  Pineapple Pork Estofado | **Type:**  M | **Ethnicity**:  Filipino | **Source**:  Web blog | **Contributor**:  Hartini Abecia |
| Quantities | Units | Ingredients | | |
| 600  1/4  1  8  1  1  1  1  234  2  1/2  1-2  1/3  1 | g  cup  medium  pieces  piece  medium  medium  medium  g  tbsp  tsp  cups  tsp  cup | pork (cut into serving portion)  garlic cloves (crushed)  onion (sliced)  peppercorn  bay leaf  carrot (cut into cubes)  banana (sliced and fried)  green bell pepper (cut into stripes)  pineapple chunks (reserve syrup)  soy sauce  pepper  flour  iodized salt  water | | |
| Directions:  1. Marinate pork in pineapple chunks syrup, soy sauce and pepper for 30 minutes.  2. Reserve marinade, dredge pork in flour and fry until golden brown. Set aside.  3. Sauté garlic, onions and pork.  4. Season with iodized salt, peppercorn and bay leaf.  5. Add water and marinade. Simmer until pork is tender.  6. Add carrots, banana, pineapple chunks and bell pepper. Simmer until carrots are cooked.  7. Serve in a bowl. Enjoy! | | | | |

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| **Name of Dish**  Chicken Biryani | | **Type: M** | | **Ethnicity**: Pakistani | **Source**: Mother | **Contributor**:  Hasan Zaidi |
| Quantities | Units | | Ingredients | | | |
| ½  3  1  1  1  ½  ½  1  2 ½  2  ½  2  ½  1  3  3  2  4  1  ½ | cup  large  tbsp  tbsp  tsp  tsp  tsp  tsp  tsp  medium  cup  tbsp  tbsp  medium  n/a  pounds  pound  small  small  tsp | | vegetable oil  onions, delicately chopped  garlic paste  ginger paste  chilli powder  ground black pepper  ground turmeric  ground cumin  salt  tomatoes, peeled and sliced  plain yogurt  chopped fresh mint leaves  ground cardamom  cinnamon stick  cloves  boneless, skinless chicken pieces cut into cubes  basmati rice  green chilli  lemon  yellow food colour | | | |
| Directions:   1. With the half cup of vegetable oil in a pan, fry the three large onions until they are soft and golden, and then add ginger and garlic. 2. Add tomatoes, pepper, chilli, cumin and salt. Stir and fry constantly for five minutes. Then add cinnamon stick, mint, cardamom and yogurt. Cover the pan and cook over low heat and stir it occasionally until it is assured that tomatoes are cooked to a paste. Add a little bit of hot water to ensure that mixture doesn’t become too dry and starts to stick to the pan. 3. Once the mixture is smooth, add the chicken pieces and stir them well enough to combine them with the spice mixture. Cover and cook over low heat for approximately 25 to 30 minutes, until the chicken is soft. 4. Ensure to wash the rice properly and soak them for 20-25 minutes. In a separate pan, put the rice in boiling water with a little bit of salt. 5. In another large pan, make four layers of rice and chicken spice mixture, starting with rice at the bottom. 6. On top of the layers, put four green chillies and slices of lemon. Add yellow food colour as well. 7. Turn heat to very low and steam for 20 minutes, until rice is coated with the spices. 8. Do not lift lid or stir while cooking. Spoon Chicken Biryani onto a warm serving dish | | | | | | |

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| **Name of Dish**  Chicken curry | | **Type:**  M | | **Ethnicity**:  Indian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  300  300  0.5  1  200  1 | kg  g  g  tbsp  inch  g  packet | | chicken, cubed  onions, finely diced  plain yogurt, beaten  garlic paste  ginger, peeled and chopped  ghee/oil  shan chicken curry mix | | | |
| Directions:  1. Sauté/fry the onions in the ghee/oil on a high heat for 10 minutes, stirring frequently, until the onions become transparent. Then reduce the heat to low and continue to fry the onions until light golden brown.  2. In the same ghee, fry the garlic paste for a few seconds. Add the meat, yogurt, ginger and Shan Chicken Curry Mix. Cover and cook on a low heat until the meat is tender, adding 1-2 cups of water if desired.  3. Cover and cook on a low heat for 5 minutes or until the ghee separates from the gravy.  4. Serve with roti and naans | | | | | | |

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| **Name of Dish**  Beef Pho | | **Type:** M | | **Ethnicity**: Vietnamese | **Source**: allrecipes.com | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 5  2  1  2  2  ½  2  1  1  1  1  1  1 ½  ½  1  1  1  1  1  1  1  3 | lb  lb  large  large  oz  medium  medium  Tsp  Medium  Tbsp  Tbsp  Tbsp  lb  lb  tt  tt  tt  tt  tt  tt  medium  tt | | Beef knuckle, with meat  Beef oxtail  White (daikon) radish  Onion  Whole star anise pods  Cinnamon stick  Whole cloves  Black peppercorns  Ginger root  White sugar  Salt  Fish sauce  Dried flat rice noodles  Frozen beef sirloin  Topping:  Sriracha hot pepper sauce  Hoisin sauce  onion  fresh cilantro  Bean sprouts  Sweet Thai basil  green onion  Limes | | | |
| Directions:   1. For the ingredients, slice 1 large white (daikon) radish 2. For the ingredients, chop 2 large onion 3. For the ingredients, slice 1 medium size ginger root 4. For the topping, thinly slice 1 onion 5. For the topping, chop the fresh cilantro 6. For the topping, Thinly slice green onion 7. For the topping, cut the 3 limes into quarters 8. Place the beef knuckle in a large pot that is around 8.5 litres or 36 cups in volume. Season with salt, and fill the pot with 7.58 litres or 32 cups of water. Bring it to boil and cook for 2 hours. 9. Skim the fat from the surface of the soup, and add the oxtail, radish, and onions. 10. Tie the anise pods, cinnamon stick, cloves, peppercorns, and ginger into cheesecloth or place into a spice bag; add to the soup. 11. Stir in sugar, salt, and fish sauce. 12. Simmer over medium-low heat for 4 more hours (the longer, the better). 13. Add salt to taste at the end of cooking. 14. Strain the broth and put back into the same pot to keep it at simmer 15. Throw out the spices and bones. You can keep the meat from the beef knuckles for other uses. 16. Using another large pot, bring the salted water to boil. 17. Soak the rice noodles into the water for 20 minutes. 18. Take the soaked rice noodles and cook into the large salted water until soft, which is around 5 minutes. 19. Thinly slice the frozen beef into like sheets of paper. This allows to the beef to cook immediately in hot water. 20. Place some noodles into each bowl, and top with a few raw beef slices. Ladle boiling broth over the beef and noodles in the bowl. 21. Serve with hoisin sauce and sriracha sauce on the side. 22. Set the onion, cilantro, bean sprouts, basil, green onions, and lime out at the table for individuals to add toppings to their liking. | | | | | | |

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| **Name of Dish**  Roast Rosemary Rack of Lamb | | **Type:**  M | | **Ethnicity**:  England | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 8  1  3  2  1  ½  15  1 ½  3  ½ | /  tbsp  tbsp  tbsp  tbsp  tbsp  ml  cup  oz  cup | | pieces of ribbed lamb racks  sea salt  olive oil  rosemary (freshly chopped)  oregano  pepper  butter  lamb jus  red wine  shallot (finely chopped) | | | |
| Directions:  1. To prepare lamb racks, marinate with olive oil, season with sea salt, pepper, oregano and freshly chopped rosemary leaves.  2. Preheat oven to 350° F. In hot fry pan, sear the lamb racks in olive oil until both sides turn golden yellow  3. Roast for 12-15 minutes for medium rareness to medium, or until desired doneness  4. Take lamb rack out of the oven and let it rest for 3 minutes.  5. In a sauce pan, melt the butter then sweat the shallots until translucence.  6. Deglaze the pan with red wine. Add the lamb jus, and reduce to desired consistency.  7. Cut lamb rack into chops between the bones and serve with sauce drizzle around the plate. | | | | | | |

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| **Name of Dish:** SteakMarinade | **Type:** M | **Ethnicity**: American | **Source**:  Eb’s Bar-B-Que | **Contributor**:  James Brett Thornes |
| Quantities:  twelve  half  quarter  quarter  two  two  one  one  quarter  one  one | Units:  oz  cup  cup  cup  Tbsp  Tbsp  Tbsp  Tbsp  cup  Tbsp  tsp | Ingredients:  Beer  Soy Sauce  Vinegar  Ketchup  Coarse Ground Dijon Mustard  Minced Garlic  Worcestershire Sauce  Hot Pepper Sauce  Olive Oil  Freshly Ground Pepper  Salt | | |
| Directions:  1. Place steak in resealable bag  2. In a bowl mix together all marinade ingredients  3. Pour into bag, over steak  4. Refrigerate overnight  5. Flip occasionally for optimal results  6. Cook steak to desired doneness | | | | |

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| **Name of Dish**  Feijoada | | **Type:**  M/V | | **Ethnicity**:  Brazilian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  2  6  1/2  1  ¼  1  1 | lb  lb  lb  cup  lb  lb | | black turtle beans  chopped onions  bay leaves  bacon slices  Portuguese chouriço sausage  chopped garlic  lean beef  lean pork | | | |
| Directions:   1. Soak the beans overnight 2. Soak beef overnight 3. Cook beans in a pressure cooker in plenty of water for 30-45 minutes or until soft 4. Cut beef into small pieces and cook it in water for 30 minutes 5. Clean and cut the pork into small pieces 6. Cut the sausages into small pieces 7. Sauté the onions and the garlic in hot oil 8. Add sausage and pork stirring well 9. Add beans and beef 10. Season with cumin 11. Bring to a boil then let simmer until the stew thickens | | | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:**  M | | **Ethnicity**:  Punjabi | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  ½  4  4  4  2  2  2  5  25  2  1 | lbs  cup  oz  oz  tbsp  tsp  tsp  tbsp  pieces  oz  tbsp  tt | | boneless, skinless chicken  butter  tomato paste  yogurt  tandoori masala  ginger paste  garlic paste  sour lime juice  bay leaves  cashew nuts  oil  coriander/ fresh cilantro | | | |
| Directions:  **Tandoori Chicken:**   1. Place chicken in baking dish and marinate with oil, sour lime juice, ginger and garlic paste 2. Add tandoori masala and let chicken marinate in refrigerator for at least 2 hours 3. Preheat oven to 350°F 4. Place baking dish in oven, uncovered for 20 minutes, or until cooked thoroughly. Do not over-bake the chicken or it will be too dry   **Butter Chicken Curry:**   1. While the chicken is baking, make the curry 2. Grind cashew nuts into a paste and keep separately 3. Melt butter in a large pot over medium heat 4. Once butter is melted, fry bay leaves until a change in colour is noticed, usually about 5 minutes 5. Then add the cashew nut paste and tomato paste to the pot and let it fry (usually about 5 minutes or until well blended) 6. Whip yogurt and add in slowly to form a thick gravy 7. Once well blended, add chicken and let it simmer on low fire for 10 minutes 8. Garnish with fresh coriander to taste and serve with hot basmati rice, naan or roti. | | | | | | |

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| **Name of Dish**  Shrimp Lobster Sauce | | **Type:**  **S/M** | | **Ethnicity**:  Chinese | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  1  1/3  1 ½  1  Cornstarch  2  1  ½  Rice | lb  tbsp  lb  tbsp  -  Tbsp  -  Cup  - | | Lean ground pork  Garlic black bean sauce  Raw shrimp shelled  Light soya sauce  Egg (beaten)  Vegetable oil  Green shallot  Water  As per servings needed | | | |
| Directions:  1.Heat oil in a medium frying pan around medium temperature on stove  2.Add in ground pork and fry for 1 minute  3.Add the black bean sauce and until cooking until pork is cooked  4.Add in shrimp into frying pan and cook till done  5.Add in light soya sauce to mixture  6.Add ¼ tsp of salt and pepper (optional)  7.Add 1 cup of water to mixture and bring to boil (increase temperature as required to bring to boil)  8.Add in cornstarch mixture to thicken sauce  9.Add in beaten egg to mixture till egg is cooked  10.Transfer to serving bowl  11.Top with green shallots and serve with steamed rice | | | | | | |

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| **Name of Dish**  Thai Curry | | **Type:**  M | | **Ethnicity**:  Thailand (Thai) | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  1  1  1  1  2  1  ½  2  2  1  1  1 | tsp  Tbsp  Tbsp  Tbsp  cup  lb  medium  lb  cups  cups  tsp  tsp  tsp  tt | | 1. chopped garlic 2. ground lemon grass 3. curry powder 4. red pepper powder (curry paste) 5. coconut milk 6. chicken drumsticks 7. carrot 8. green beans 9. milk 10. water 11. chicken broth mix 12. salt 13. sugar 14. oil | | | |
| Directions:   1. Dice garlic 2. Remove chicken bones by slicing off meat into medium pieces 3. Peel and chop carrot into medium-sized carrot sticks 4. Remove stems and strings from green beans 5. Prepare and cook rice noodles in pot with boiling water for about 10 minutes before draining. Set noodles on side and keep warm 6. Add oil into wok 7. Add garlic and lemon grass. Cook for 1 minute 8. Add chicken meat and cook for 3 minutes or until close to ready 9. Blend in the coconut milk and stir well 10. Add salt, sugar, water, and milk and continue cooking until it bubbles 11. Transfer all contents in wok into a large pot and let it sit on the stove for about half an hour on medium heat 12. Cook green beans and carrots in separate wok 13. Add cooked green beans and carrots into pot 14. Mix everything together and serve over rice noodles 15. Garnish with mint leaves (optional) | | | | | | |

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| **Name of Dish**  Menudo | | **Type:**  M | | **Ethnicity**:  Filipino | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  6  4  1  1  1  2  2  3  3  250  1  1  pinch  pinch | lb  pieces  medium  medium  medium  cup  medium  tsp  tbsp  medium  ml  medium  tbsb  tt  tt | | pork  hotdog  potatoes  green pepper  red pepper  pork or chicken stock  carrots  fish sauce  olive oil  tomatoes  tomato sauce  onion  garlic  salt  pepper | | | |
| Directions:  1. Cut the meat and potatoes into medium sized cubes and the hotdogs into four’s. Dice the green and red pepper, tomatoes, and carrots. Mince the garlic and onion.  2. Over medium heat use half the olive oil and fry the potatoes until tender. Put aside when finished.  3. Over medium heat, add the olive oil and sauté the garlic and onion until they are a golden colour.  4. Add the pork or beef, hot dog, carrots, tomatoes, and bell peppers. Stir until the meat and vegetables are slightly cooked.  5. Add the tomato sauce, fish sauce and then the stock. Stir all together.  6. Cover and bring into a boil. Let it simmer for around 20 minutes or until the meat and vegetables are tender.  7. Add the potatoes and let it simmer for another 2 minutes.  8. Add salt and pepper to taste.  9. Serve with hot white rice. | | | | | | |

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| **Name of Dish:**  Adobo Chicken | **Type:**  M | | **Ethnicity**:  Filipino | | **Source**:  Mother | **Contributor**:  Jessica Sobhani |
| Quantities | | Units | | Ingredients | | |
| 15  ½  ½  ½  ½  1  1  1  5  ½ | | Pieces  Pound  Cup  Cup  Cup  tsp  tsp  tsp  Cloves  Cup | | Chicken drumsticks  Mushrooms  Soya sauce  Sprite (soda)  Apple cider vinegar  Salt  Ground black pepper  Sugar  Garlic  Vegetable oil | | |
| Directions:  1. Wash chicken drumsticks and mushrooms thoroughly  2. Slice the mushrooms in half  3. Mix all ingredients together (excluding the mushrooms) together in a bowl  4. Place the mixture on the upper shelf of your refrigerator for 30 min to slightly marinate the chicken  5. Preheat a large pot on medium heat (375º F)  6. Remove the chicken mixture from the refrigerator and pour all its contents in the preheated pot  7. Cover the pot and let the chicken mixture come to a boil  8. Add the mushrooms to the mixture  9. Check and stir the pot contents every few minutes, making sure to rotate the chicken (so it does not stick to the pot)  10. The chicken will be cooked and ready to eat in 30 – 45 min (for a dryer chicken, cook for longer) | | | | | | |

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| **Name of Dish**  Meme’s Tortiére | | **Type:**  **M** | **Ethnicity**:  French | **Source**: | **Contributor**: |
| **Quantities**  ¼  ¼  ¼  1 ¼  1  1/3  1/8  ¼  2 ½  ¼  ¼  ¼  ¼  2 | **Units**  lb  tsp  tsp  cups  cup  cup  lb  lbs  cup  cup  cup  can  large  tt | **Ingredients**  Tenderflake shortening  salt  baking powder  pastry flower  egg  water  white vinegar  extra lean ground beef  lean ground pork  diced onions  shredded carrots  breadcrumbs  Campbell’s cream of mushroom soup  potatoes  salt and pepper | | | |
| **Directions:** To prepare (1) 8” pie.  **Pie Crust**  1. Mix Tenderflake, salt and baking powder with fork in mixing bowl.  2. Slowly add pastry flour – mix well.  3. In a 1 cup measuring cup – crack and wisk fresh egg until fluffy.  4. Add water and vinegar to measuring cup. Mix well.  5. Add measuring cup contents to dry mix.  6. Blend two mixtures together using a fork.  7. Divide dough in half. Mould half into ball, pat it with flour, and then roll out with rolling pin.  8. Place unbaked piecrust into pie plate.  9. Roll other half of dough using the same technique.  10. Punch a toonie-sized hole in the middle of the rolled dough using a small cookie cutter, set aside for piecrust top.  **Filling**  1. Prepare mashed potatoes by boiling and mashing only.  2.Add water, ground beef, ground pork, onion, breadcrumbs, carrot, cream of mushroom soup, mashed potatoes, salt and pepper to a large pot on stove.  3. Cook contents on high until cooked.  4. Fill pie shell with meat filling.  5. Place pie shell crust on top of pie.  6. Pinch edges all the way around pie to seal it.  7. Cook at 350º F for an hour – or until piecrust is golden brown.  8. Set and cool.  9. Cut and enjoy.  10. You may wish to try Meme’s Tortiére with Ketchup or Willie’s Chili sauce. | | | | | |

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| **Name of Dish**  Chicken Tikka Masala | | **Type:**  M | | **Ethnicity**:  Indian/British | **Source**:  Madhur Jaffrey’s Foolproof Indian Cooking | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2 ½  1  3  ***Marinade***:  1 ½  ½  1  1”  2  2  ***Sauce***:  5  5  2”  2  2  2  1  1  ¼  1  1  1  1  1  ½  ¼ | lb  tsp  Tbsp  cups  medium  clove  piece  tsp  Tbsp  pods  piece  medium  tsp  tsp  tsp  tsp  tsp  tsp  Tbsp  large  tsp  tsp  cup  tsp | | boneless, skinless chicken breasts  salt  lemon juice  plain yoghurt  onion, coarsely chopped  garlic  fresh ginger, chopped  hot green chillies, roughly sliced  garam masala  olive oil  cardamom  cinnamon stick  onions, coarsely chopped  fresh ginger, finely grated  garlic, crushed to pulp  ground cumin  ground coriander  ground turmeric  cayenne pepper  bright-red paprika  tomato, very finely chopped  tomato purée  garam masala  water  salt | | | |
| Directions:  1. Cut each breast into 4 pieces. Make 2 deep slits crossways on the meaty parts of each breast. Spread the chicken pieces out on 2 large platters. Sprinkle one side with half the salt and half the lemon juice and rub them in. Turn the pieces over and repeat on the second side. Set aside for 20 minutes.  2. For the marinade, combine the yoghurt, onion, garlic, ginger, chillies and garam masala in a blender or food processor and blend until smooth. Strain the paste through a coarse sieve into a large bowl, pushing through as much liquid as you can.  3. Put the chicken and all its accumulated juices into the bowl with the marinade. Rub the marinade into the slits in the meat, then cover and refrigerate for 8-24 hours.  4. Preheat the oven to its maximum temperature and set a shelf in the top third of the oven where it is hottest. Remove the chicken pieces from the marinade and spread them out in a single layer on a large shallow baking tray. Put aside marinade. Bake for 20-25 minutes, until cooked through. Lift the chicken pieces out of their juices. Put aside juices.  5. For the sauce, put the oil into a large, wide pan and set it over a medium-high heat. When it is very hot, put in the cardamom pods and cinnamon stick. Stir once, then add the onions. Stir until they begin to turn brown at the edges. Add the ginger and garlic and cook, stirring, for 1 minute. Add the cumin, coriander, turmeric, cayenne and paprika and stir for 30 seconds.  6. Add the marinade, a tablespoon at a time, and stir it in so it is absorbed by the spices.  7. Add the tomato, tomato purée and garam masala and cook, stirring, for 1 minute. Pour in the water and bring to a simmer. Cover, turn the heat to low and gently simmer for 10 minutes. Taste for salt, adding about ¼ teaspoon.  8. Add the cooked chicken and the juices from the baking tray. Raise the heat to high and fold the chicken into the sauce. The sauce should thicken and cling to the chicken pieces.  9. Serve with rice, and enjoy. | | | | | | |

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| **Name of Dish**  Kare-Kare | | **Type:**  **M** | | **Ethnicity**:  Filipino | **Source**:  Parents | **Contributor**:  John Ryan Ibarra |
| Quantities | Units | | Ingredients | | | |
| 5  1  1  2  ½  3  3  5  ½  2 | cups  cups  cup  tsp  cup  tbsp  tsp  cups  cup  tsp | | ox-tail  eggplants sliced diagonally  string beans cut into 5 cm slices  minced garlic  chopped onion  cooking oil  salt  water  unsweetened peanut butter  sautéed shrimp paste | | | |
| Directions:  1. Put the ox-tail in a pot with water. Boil and simmer for 1-2 hours or until the oxtail is tender. Make sure to occasionally skim the surface for any foam that surfaces.  2. Place the cooked ox tail in a bowl and set aside. Do the same with the broth.  3. In a pot sauté garlic and onions in oil.  4. Add the sautéed shrimp paste.  5. Add the ox-tail that you have set aside then add the broth. Lower the heat to medium and let it simmer for 15-20 minutes  6. Add the beans, eggplant and bok-choy and let it cook for about 5-10 until the vegetables are tender (make sure to not overcook vegetables)  7. Add the peanut butter and allow the ingredients to come to together.  8. Serve with a bowl of steamed rice and shrimp paste on the side. | | | | | | |

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| **Name of Dish**  Cantonese Chow Mein | | **Type:**  M, V, N | **Ethnicity**:  Chinese | **Source**:  <http://www.recipezaar.com/Cantonese-Chow-Mein-117128> | **Contributor**:  Joseph dela Paz |
| Quantities  one  four  three  two  one  one  twelve  three  one  one  three-quarter  one  five  eight  ten  one and one half  one | Units  cup  tsp  Tbsp  Tbsp  tsp  Tbsp  oz  cloves  medium  lb  cup  cup  medium  oz  cups  Tbsp  Tbsp | Ingredients  chicken broth  cornstarch  dry sherry  light soy sauce  black bean sauce  cooking oil  ground pork  garlic, minced  red pepper, cubed  fresh white mushroom, quartered  celery, sliced  pea pods  green onions, thinly sliced  Chinese egg noodles  boiling water  cooking oil  light soy sauce | | | |
| Directions:  1. Stir broth into cornstarch in a small bowl and then add the sherry, soy sauce and black bean sauce and set aside.  2. Cook noodles in boiling water for 2 minutes and drain.  3. Heat wok or large pan over medium heat until hot and add cooking oil. Add noodles, spread out and drizzle soy sauce over them. Cook for 3 to 5 minutes. Adjust the heat if necessary to prevent burning.  4. Slide noodles onto a plate, cover with another plate, flip over and then slide back into the wok inverted from before. Cook for 3 to 4 minutes until noodles are crisp and golden. Set aside.  5. Heat wok to medium high heat and add cooking oil. Add ground pork and garlic and stir-fry for 1 minute.  6. Add red pepper, mushrooms and celery and stir-fry for 2 minutes.  7. Add pea pods and green onions and stir-fry for 1 minute. Stir cornstarch mixture and stir into the vegetables until boiling and thickened.  8. Arrange noodles onto a serving plate or large bowl and pour vegetable mixture over top. | | | | | |

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| **Name of Dish**  Sweet and Sour Pork | **Type:**  Meat | | **Ethnicity**:  Oriental | | **Source**:  http://southernfood.about.com/od/sweetandsourporkrecipes/r/bl30207m.htm | **Contributor**: |
| Quantities | | Units | | Ingredients | | |
| ½  1  1  1  1  1  1  1  2  2  1  1  2 | | ½ lb  1 tsp  20 oz  ¾ cup  ¼ cup  1 tsp  ¼ cup  ½ tsp  1 tsp  1 tsp  ½ cup  medium  1 cup | | boneless pork loin, sliced 1/2-inch thick  vegetable oil  pineapple chunks in juice  water  vinegar  soy sauce  brown sugar  salt  cornstarch  water (separate)  thinly sliced onion  green pepper, cut in thin strips  hot cooked rice | | |
| Directions:   1. Cut pork slices into strips about 3 inches long and ½ to 1 inch wide. 2. Sauté pork strips in hot oil over medium heat until lightly browned; drain. 3. Drain pineapple; reserve juice. 4. Combine pineapple juice, 3/4 cup water, vinegar, soy sauce, brown sugar, and salt; pour over pork in skillet. 5. Cover and simmer 1 hour, or until meat is tender. 6. In a cup, combine cornstarch and 2 tablespoons water; stir until smooth. Add cornstarch mixture to pork mixture. 7. Cook over low heat, stirring constantly, until mixture is thickened and bubbly. 8. Add pineapple chunks, onion and green pepper. 9. Cover and simmer sweet and sour pork for 10 minutes longer, or until vegetables are tender. 10. Serve sweet and sour pork over rice. | | | | | | |

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| **Name of Dish:**  Tandoori (Barbeque) Chicken | | **Type:**  **M**eat | **Ethnicity**:  **I**ndian (Punjabi dish) | **Source**:  Dad and Mom | **Contributor**:  Kamalpreet Riat |
| Units | Ingredients | | | | | |
| whole  cup  tbsp  tbsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  whole  tt  tt | skinless chicken legs  plain yogurt  ginger paste  garlic paste  red chilli powder  onion powder  coriander powder  turmeric powder  garam masala  red barbeque tandoori masala powder (for spice and red color)  salt  kasoori methi (dried fenugreek leaves)  crushed green chillies  coriander leaves garnished  lemon juice | | | | | |
| Directions:   1. For the 8 chicken legs clean them, and they should be skinless, cut two or three deep slits into the chicken legs so the marinade will go deep within and create immense flavour 2. To make the marinade first take the plain yogurt and put it in a medium sized bowl add ginger paste, garlic paste, red chilli powder, onion powder, coriander powder, turmeric powder, garam masala, tandoori masala powder, salt, kasoori methi, and crushed green chillies 3. Mix the yogurt and the ingredients with a spoon to a smooth consistency until it is well mixed 4. Dip the chicken legs in the marinade properly turning it several times and lay them out in a rectangular shape container 5. Close the container with the lid or cover it with cling wrap and put it in the refrigerator overnight or for 5-6 hours. (Note: It is recommended to keep the marinated chicken in the fridge overnight for better flavour or you can keep it in the fridge for 5-6 hours for adequate chicken flavour) 6. After the chicken is taken out of the refrigerator, keep it out for 30 minutes 7. Preheat oven to 375oF 8. Place the chicken legs on the grill in the oven, cook for 1 ½ hours at 375oF, turning the side of the chicken legs half way through for equal cooking 9. When it is cooked the texture of the chicken is crisp with red and somewhat black color. 10. Garnish the chicken with coriander leaves for decoration and hint of lemon juice. Serve with mint green chutney (sauce) Enjoy! | | | | | |

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| **Name of Dish**  Filet Mignon | | | **Type:**  M | **Ethnicity**:  North American | **Source**:  Mom: Ella | **Contributor**:  Karolina Ostaszewski |
| Quantities | Units | Ingredients | | | | |
| 8  1  1  5  3  1  1 | oz  large  medium  tbsp  tbsp  tsp  tsp | filet mignon steak  slice of bacon  food safe cook’s string  extra virgin olive oil  black peppercorns  salt  garlic | | | | |
| Directions:  1. Remove the already cut filet mignon from the refrigerator and allow it to reach room temperature. This takes about 30 min.  2. While you wait for your filet mignon to reach room temperature, in a frying pan heat up the extra virgin olive oil. Crush the black peppercorn, mince the garlic, and add both ingredients into the pan along with the salt. Mix and fry for approximately 5 min. At this time also turn on the grill that you will be using to its highest temperature setting (up to 800’F).  3. Allow your garnish to cool for 10- 15 minutes.  4. During this time, soak the food safe cook’s string in a bowl of water. This will prevent the string from burning when on the grill.  5. When everything has cooled off, take the filet mignon and rub on the garnish (olive oil, back peppercorn, garlic and salt) with your hands until fully covered.  6. Then take the piece of bacon and wrap it around the width of the bacon. Use the string to secure the bacon to the meat; tie and cut off excess string. If you have the time, allow your meat to marinate for 1-2 hours.  7. Your filet mignon is now ready to be grilled.  8. Place your marinated steaks onto the preheated sizzling grill.  9. Grill each side for about 2.5 minutes. This will give you a delicious medium rare steak: fully pink, warm center, with a hit of pink. | | | | | | |

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| **Name of Dish**  Kal-bi—Korean Grilled Short Ribs | | | **Type:**    Meat | **Ethnicity**:  South Korea | **Source**:  <http://www.grouprecipes.com>  <http://oneforkonespoon.wordpress.com>   * Mother | **Contributor**:  Ka-Young Lyu |
| Quantities   * 2.5 * 1 * ½ * ½ * 2 * 1 ½ * 1 * 1 ½ * 1-1 ½ * 1 * ¼ * 1 | Units   * lb * small * large * cup * tbsp * tbsp * tsp * tbsp * tbsp * tsp * tbsp * tsp | Ingredients  **Beef Rib:**   * Korean-style short beef ribs; rack of ribs cut 1/3 to ½ inch thick across the bones (10 pieces) * Asian Pear * Onion   **Sauce:**   * Soup Soy Sauce * Cooking Wine * Minced Garlic * Sugar * Honey * Sesame Oil * Black Pepper * Chopped Green Onions * Minced ginger | | | | |
| Directions:   1. Soak 2.5 lb of beef ribs in water for about 2-3 hours to get rid of the blood 2. Change the water every one hour when it gets bloody 3. Rinse the ribs and drain the water 2-3 hours later 4. Cut 1 Asian pear and ½ of the onion and grind them together in a mixer 5. Pour the pear and onion mixture onto the beef ribs 6. Mix well and set it aside for an hour to make the meat tender and sweet 7. In a bowl, prepare the sauce by combining soy sauce, cooking wine, minced garlic, minced ginger, sugar, honey, sesame oil, black pepper, chopped green onions 8. Mix well until the sugar and honey dissolves completely 9. Pour the sauce mixture on the beef ribs and mix well 10. Cover the ribs with plastic wrap and marinate it for a day in the refrigerator 11. Next day, grill some pieces of marinated beef ribs with some extra sauce on heated pan grill or oven 12. Cook them until both sides of the ribs are not red | | | | | | |

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| **Name of Dish**  Chicken wings with tamarind sauce. | | **Type:**  Meat | | **Ethnicity**:  Vietnamese | **Source**:  Recipe from SBS food website with personal modification | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 12  3-4  **Marinade**  2  2  1 and 1/2  1  1  1  1  **Sauce**  3  400  2  1  1  4  1  1  1  1  1  2  **Garnish**  1 | Tbsp  Tsp  Tbsp  Tsp  Tsp  Tsp  Tsp  Tbsp  ml  Tbsp  Tsp  Tbsp  Tsp  Tsp  Tsp  Tsp  Tsp  Tsp | | Chicken wings  Tapioca starch  Cloves of garlic, peeled and finely chopped  Salt  Sugar  Pepper  Chicken stock power  Sesame oil  Fish sauce  Tamarind pulp soaked in  Hot water  Oil  Garlic clove, finely sliced  Annatto seed  Sugar  Chicken stock powder  Salt  Pepper  Soy sauce  Oyster sauce  Tapioca starch dissolved in 2 tbsp water  Fresh chili, sliced  Chopped fresh coriander | | | |
| **Directions:**   1. Mix together the ingredients for the marinade. 2. Wash the chicken wings and pat dry with towel. Use a fork to brick them to allow the marinade to penetrate. Pour the marinade over the chicken wings, mix them well and leave them for one hour. 3. Meanwhile, prepare the tamarind by missing and soaking the tamarind pulp in the hot water for one hour and then drain, keep the juice 4. After one hour, heat cooking oil to fry the chicken wings. Dredge the marinated wings with tapioca flour, fry the wings until they become golden. Put them on a baking rack or paper towel to remove excess oil. 5. Put 2 tsp oil into another pan. When the oil is heated, add the annatto seeds, until the oil turn orange-ish red, take out all the annatto seeds, then add garlic, fry for a little bit until it become golden, pour in the tamarind juice and the rest of the ingredients for the sauce. Mix well and let it shimmer for a little bit, adjust seasoning to suit your taste. 6. Pour the tamarind sauce over the fried chicken wings, mix them so that the sauce is evenly distributed. 7. Garnish with coriander. Add chili as desire. Can be served as finger food or with rice. | | | | | | |

Chicken Parmesan

Ingredients   
  
1 1b    chicken breast  
1/4 cup parmesan cheese  
3 tsp basil  
1 tsp oregano  
1 cup bread crumbs  
1 clove garlic, chopped  
1/2 cup mozzarella cheese  
3 eggs  
2 Tbsp extra virgin olive oil

Directions:  
        1. Preheat oven to 325 ̊ F  
        2. Slice four pieces of cheese.   
        3. Whip the eggs together in a bowl.   
        4. Mix bread crumbs, oregano, basil, parmesan cheese and garlic into a separate bowl.   
        5. Dip chicken breast in egg and then in the bread crumb mixture.   
        6. Cook in oil until brown on both sides.   
        7. Arrange in greased baking dish.   
        8. Bake the chicken for ten minutes.   
        9. Put the slices of cheese over the top of each breast.   
        10. Continue baking until the cheese is melted.   
        11. Sprinkle with parmesan cheese and serve with pasta.    
        12. Prepare pasta as per directions on the box.

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| **Name of Dish:**  Beef Stew | | **Type:**  M | | **Ethnicity**:  Finnish/Canadian | **Source**:  Mother | **Contributor**: Kristiina Aaltonen |
| **Quantities**  2  1  ½  2 ½  ¼  1  ¼  2  1  2  2  1 | **Units**  tbsp  dozen  lbs  lbs  cup  tsp  tsp  tbsp  cup  large  large  pkg | | **Ingredients**  Butter  Peeled small white onions  Sliced mushrooms  Lean beef  Flour  Salt  Pepper  Oil  Beef stock  Sliced & peeled carrots  Sliced & peeled potatoes  Knorr Hunter’s Style gravy | | | |
| **Directions:**  1. Peel and slice all vegetables into bite size pieces.  2. Cut beef into 1 inch cubes.  3. Mix everything into a large crock pot.  4. Set the crock pot to high and let it cook for 10 hours. | | | | | | |

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| **Name of Dish:**  Stuffed Peppers | | **Type:**  M | | **Ethnicity:**  Italian | **Source:**  Caterina Erochko  (Mother) | **Contributor:**  Krysten Erochko |
| Quantities | Units | | Ingredients | | | |
| 2  1  2  1  1  1  2  12  ½  ½  3  ¾  1/3  ¼  2 | tbsp  lb  lb  tbsp  tsp  cup  cup  cup  cup  cup | | Olive oil  Cooking onion (medium size), chopped  Garlic cloves, minced  Lean minced veal  Lean minced pork  salt  Black pepper, ground  Red or green bell peppers  Bread crumbs  Parmesan cheese, grated  Eggs  Tomato sauce *(see recipe below)*  Mozzarella cheese, grated  Italian parsley, chopped fresh  9 x 12 baking dishes | | | |
| **Directions:**   1. Heat non-stick frying pan over medium heat. 2. Add olive oil and onions; sauté until translucent. 3. Add minced garlic for 30 seconds. Remove onion and garlic mixture from pan and put into large bowl. 4. Add minced veal and pork to frying pan over medium-high heat. Add salt and black pepper. 5. Once cooked drain excess fat from meat and add to large bowl with onion and garlic mixture. Add salt and pepper to taste (if needed.) 6. Allow to cool 10 minutes. 7. Cut bell peppers in half lengthwise and remove all seeds and stems. Rinse well and place in 2, 9 x 12 greased (with olive oil) baking dish. 8. Once meat mixture is cooled, add breadcrumbs, grated parmesan cheese, eggs, tomato sauce, grated mozzarella cheese and chopped parsley. Mix until well combined. 9. Spoon mixture into prepared peppers. If desired spoon excess tomato sauce into bottom of pan and on top of peppers. 10. Bake 350°F for 45-50 minutes, until peppers are softened. Can be made ahead of time and baked when needed. | | | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:**  Meat | | **Ethnicity**:  Indian | **Source**:  Mother | **Contributor**:  Lalita Khanna |
| Quantities | Units | | Ingredients | | | |
| 1  1  1  15 (1 can)  3  2  1  1  2  2  2 | cup  large  tbsp  oz  cups  tsp  tsp  tsp  lbs  tbsp  tbsp | | butter, divided  onion  minced garlic  can tomato sauce  heavy cream  salt  cayenne pepper  garam masala  boneless, skinless chicken breast, cubed  vegetable oil  tandoori masala | | | |
| Directions:  1. Preheat oven to 375 ° F  2. Melt 3 Tbsp butter in a skillet over medium heat. Stir in onion and garlic, and cook until the onion caramelizes to a dark brown, about 10 minutes  3. Meanwhile, melt the remaining butter in a saucepan over medium-high heat along with the tomato sauce, heavy cream, salt, cayenne pepper and garam masala. Bring to a simmer, reduce heat to low; cover and simmer for 30 minutes, stirring occasionally. Stir in caramelized onions  4. While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet  5. Bake chicken in preheated oven until no longer pink in the center, about 12 minutes  6. Add the baked chicken to the sauce and simmer for 5 minutes before serving | | | | | | |

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| **Name of Dish**  Spicy Eggplant in a Sizzling Hotpot | | **Type:**  M/V | **Ethnicity**:  Chinese | **Source**: | **Contributor**:  N/A |
| Quantities | Units | | Ingredients | | |
| 5  6  2  0.5  0.5  2  1  3  1  0.75  3  1  1  1  1  2 | medium  Tbsp  Tbsp  tt (to taste)  tt (to taste)  cup  cup  medium  inch  medium  medium  cups  Tbsp  Tbsp  Tbsp  Tbsp  Tbsp  Tbsp | | Asian eggplants  peanut oil  toasted sesame oil  salt  pepper  shrimp  chicken breast  green onions  ginger  garlic cloves  red chilli  chicken stock  soya sauce  rice vinegar  light brown sugar  cornstarch  sesame seeds  cilantro | | |
| **Directions:**  1. Cut all 5 eggplants into 1-inch wedges.  2. Peel and mince the 1-inch ginger and place it on a small plate.  3. Peel and mince 3 cloves of garlic and place it on the plate along with the minced ginger.  4. Slice the red chilli and green onions and place it on the plate with the minced ginger and garlic.  5. Peel and devein all the shrimp and place it in a bowl. Cut up the chicken breast into 1-inch slices and place it in a bowl.  6. Heat a large wok or skillet over medium-high heat and add half of the peanut and sesame oils.  7. Tilt the wok/skillet to make sure the oil coats all sides.  8. When there is smoke on the pan, add half of the wedged eggplant and stir-fry until seared and sticky. This will take approximately 3 minutes.  9. Season the eggplant with salt and pepper to taste.  10. Remove the eggplant and put it into a large plate.  11. Repeat steps 4-7 with the other half of eggplant.  12. Wash and reheat the wok/skillet over medium-high heat and add the rest of the peanut and sesame oils.  13. Add the sliced chicken breast into the pan and cook until half done. This will take approximately 3 minutes.  14. Add the peeled and deveined shrimp to the cooking chicken. Stir-fry until the shrimp is pink and the chicken is white. This will take approximately 5-7 minutes.  15. Place the cooked chicken and shrimp into the plate with the eggplant.  16. Add the sliced green onions and chilli along with the minced ginger and garlic into the wok/skillet and stir-fry until fragrant.  17. Add the chicken stock and bring all the ingredients to a boil.  18. While the stock is boiling, in a small bowl stir together the soya sauce, rice vinegar, light brown sugar, and cornstarch.  19. Pour the mixture into the wok/skillet and cook for another minute, or until the sauce is thickened.  20. Take all the cooked ingredients from the large plate and add it to the mixture.  21. Toss until the sauce coats the ingredients.  22. Pour onto a large plate and garnish with sesame seeds and chopped cilantro.  23. Serve when hot and with white rice. | | | | | |

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| **Name of Dish**  Cheesy Chicken | **Type:**  M | **Ethnicity**:  Most likely French | | **Source:**  Margaret Fenton | **Contributor:**  Lindsay Jennings |
| Quantities  2  10-12  12  1  10  6  2  ½  2 | Units  tbsp  cloves  oz  tbsp  leaves  whole  tbsp  cup  tbsp | | Ingredients  olive oil  minced garlic  goat cheese balsamic vinegar julienned basil leaves pounded flat boneless skinless chicken breasts  oil for frying chicken  balsamic vinegar for glaze  butter | | |
| Directions:  1. Mince garlic and sauté in 2 tbsp olive oil until lightly brown. Add to goat cheese.  2. Add 1 tbsp balsamic vinegar and julienned basil leaves to goat cheese mixture.  3. Add butter to pan and sauté chicken until golden brown. Place on baking sheet  4. Preheat oven to 350 º F .  5. Put goat cheese mixture in middle of chicken breasts and fold breasts over cheese. Toothpick may be inserted to hold shape in oven.  6. Put in oven and let cook for 10 minutes to let cheese melt and bubble.  7. While chicken is in the oven, put the ½ cup of balsamic vinegar in small pot. Stir continuously for 8-10 minutes until thickened reduction forms. Consistency should be similar to that of a sticky pudding.  8. Remove chicken from oven and place on dishes. Pour glaze evenly over breasts et voila! | | | | | |

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| **Name of Dish**  Brown Stew Chicken (Fricasee) | | **TypeM** | | **Ethnicity**:  Jamaican | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  80  50  3  15  4  3  2  10  20  70  1 | medium  g  g  cloves  g  sprigs  seeds  Tbsp  g  ml  ml  l  tt  tt | | whole chicken  onions  tomatoes  garlic  green onion  thyme  pimento  tomato paste  scotch bonnet pepper  soy sauce  vegetable oil  chicken stock  salt  black pepper | | | |
| Directions:  1. Butcher chicken into eight pieces (serving portions)  2. Dice tomatoes, onions and green onion. Mince garlic and scotch bonnet.  3. Incorporate the tomatoes, onions, green onion, garlic, pimento and scotch bonnet into a bowl with the chicken pieces.  4. Add Soy Sauce and let it marinate for 30 minutes.  5. Heat a large saucepan with vegetable oil.  6. Remove the chicken pieces from the marinade and brown in the saucepan. Remove from pan when complete.  7. Discard the leftover oil that is left in the pan.  8. Deglaze the pan with a small amount of the chicken stock.  9. Return the chicken back to the pan along with the marinade contents.  10. Add tomato paste and let simmer for 2 minutes  11. Add chicken stock  12. Bring to a boil and reduce to a simmer.  13. Cook for Approximately 20 – 30 minutes or until internal temperature is 170 º F.  14. Adjust seasoning accordingly. | | | | | | |

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| **Name of Dish:**  Pastichio | | | **Type:**  M | **Ethnicity**:  Greek | **Source**:  Self | **Contributor**:  Margarita Klerides |
| Quantities | Units | Ingredients | | | | |
| 1  1  1  tt  tt  2  1  10  ½  ½  10 | lb  small  small  tbsp  package  cups  cup  cup  tbsp | mixed ground beef and ground pork  onion; minced  ripe tomato; crushed  salt  black pepper  olive oil  no. 4 pastichio noodles  milk (preferably homogenized)  grated haloumi cheese  grated anari cheese  white flour | | | | |
| Directions:  1. Sautee minced onion in olive oil over medium heat. When the onions become translucent, add the beef and pork mixture. Make sure that the beef and pork are browned well and add tomato. Sautee until tomato is cooked through and all ingredients are incorporated. Add salt and pepper to taste and remove from heat  2. In a large pot, bring water to a boil. Add the noodles and cook until they are al dente. Remove from water and set aside.  3. In the same pot, add olive oil. Add the flour and cook the flour for about 5 minutes (flour should have a yellowish colour, if it turns brown that means that the flour is burnt and no good) over medium heat. When the flour is cooked, add the milk and cheeses and bring it to a simmer. It is important that you keep whisking the mixture to avoid the mixture from clumping up. When the mixture has thickened, take off heat.  4. In a large pan, spread the cooked meat mixture evenly. On top of that, add the al dente noodles and then the béchamel sauce. You may sprinkle some more grated cheese on top of the pastichio if you like.  5. Cook the pastichio for about 30 minutes at 400 degrees Fahrenheit or until the top of the pastichio is golden brown. Let sit for about 10 minutes and serve. | | | | | | |

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| **Name of Dish**  Sinegang | | **Type:**  M | | **Ethnicity**:  Filipino | **Source**:  Mother | **Contributor**:  Maricris Sampang |
| Quantities | Units | | Ingredients | | | |
| 12 | lbs | | ½ pound of pork, 1pkg Tamarine Powder, 2 tomatoes, 1 bunch of spinach, 2 pcs of Edos (sweet potatoes), 5 slices of radish | | | |
| Directions:  1. Boil pork until tender, once tender put edos into pot and radish  2. After 30 min put in spinach  3. After 5 min put in radish and tomatoes  4. Keep stirring for 5-10 minutes  5. Allow soup to cool for a bit and serve. | | | | | | |

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| **Name of Dish:** Edwards’ Family Sunday Dinner | **Type: MV** | **Ethnicity**: Anglo-Influenced Chinese | **Source**: Mother | **Contributor**: Mark Edwards |
| **Directions:**  1. Place 4 10oz New York Striploin steaks in a mixing bowl.  2. Roughly chop 5 cloves of garlic, 2 tsps of ginger, 2 green onions, 1 small red onion, 7 basil leafs, 2 medium-heat chili peppers. Add to bowl.  3. Combine ½ cup of soya sauce ¼ cup of cold water, ¼ cup of oyster sauce, 2 tbsp black bean sauce, 5 tbsp of lemon juice, ¼ tsp of sesame oil, a pinch of black pepper and sugar tt and 2 tbsp of corn starch. Toss the steaks well in the marinade. Cover with plastic wrap and refrigerate overnight, mixing everything around once or twice helps.  4. Cut one bunch of asparagus into 1inch pieces, a cup of halved grape or cherry tomatoes and a seeded red pepper cut into squares. Sautee the asparagus on medium-high in 3 tbsp of butter, garlic powder, salt, black and white pepper all to taste. A dash of yellow curry or paprika (one or the other) are very welcomed options as well. Add one can of corn to the frying pan about 2mins later. Turn heat to medium-low and add in the tomatoes. Some baby spinach added at the end for 1min is welcomed too.  5. Fry the steaks tt on high heat in a non-stick pan.  6. Serve the steaks and vegetables with a bed of white rice. | | | | |

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| **Name of Dish**  Kare-kare (Oxtail and beef tripe in rich peanut sauce) | | **Type:**  **M/V** | | **Ethnicity**:  Filipino | **Source**:  Mom | **Contributor**:  Mark Silva |
| Quantities | Units | | Ingredients | | | |
| 3  2  8  1  2  1  1  1  1  1  2  3  1/2 | lbs  lbs  cups  tsp  tsp  Tbsp  tsp  cup  cup  medium  Tbsp  cups  cup  tt | | oxtail  beef tripe  water  garlic  onion  cooking oil  salt  eggplant  long green beans  bok choy  annatto oil  smooth peanut butter  rice powder  bagoong alamang (shrimp paste) | | | |
| Directions:  1. Prepare the meat ingredients by cleaning the oxtail and beef tripe, cut into serving  pieces about 3 inch pieces.  2. Prepare vegetables. Crush garlic and slice onions into vertical pieces. Cut eggplant  diagonally about ¼ inch thick. Cut the long green beans into 2 inches length. Cut the  bok choy into 2 pieces vertically.  3. Begin cooking by preparing the stock. Boil oxtail and beef tripe in 8 cups of water  with 1 tsp of salt and simmer until all the meat are tender leaving 3 ½ cups stock. Set  aside.  4. Sauté garlic and onion in oil. Put the meat and continue mixing for 1 minute. Pour  in 3 cups of stock and bring to a boil for another 10 minutes.  5. In a small bowl, stir the smooth peanut butter with about 1/2 cup of stock and pour it  in the meat.  6. Add the rice powder for the viscosity of the sauce and annatto oil to give colour. Stir  to blend well.  7. Add eggplant and long string beans. Simmer for three minutes. Stir once in a while  to prevent the sauce from sticking to the pan.  8. Add bokchoy and simmer for two minutes or until the vegetables are done.  9. When Kare-kare is cooked, serve hot with steamed rice and bagoong alamang  (shrimp paste) on the side to taste. | | | | | | |

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| **Name of Dish**  Soy sauce chicken | | **Type:** M | | **Ethnicity**: Chinese | **Source**: Mother | **Contributor**:  Mark Wong |
| Quantities | Units | | Ingredients | | | |
| 1  2  2  2  ½  1  1/8  3  2-3 | whole  Tbsp  Tbsp  Tbsp  cup  cup  cup  small  whole | | chicken  kimlan sang chau soy sauce  pearl river bridge: dark soy sauce  sugar  laurent perrier brut nv  water  oil  ginger, sliced  green onion leaves, sliced | | | |
| Directions:  1.wash the chicken and hang it to dry for at least half the day  2.paint some Brut NV on the chicken’s skin  3. put some salt into the chicken’s body and some green onion leaves  4. add 2 table spoons of soy sauce, 2 table spoons of dark soy sauce, 2 table spoons of sugar to stir into the bowl and put it into the chicken  5. fry the wok with some oil and a few slices of ginger  6. put the chicken into the wok and fry both sides for 5 min  7. add the mixture of the content (soy sauce mixture) into the wok and add 1 bowl of water , and cover the chicken with a lid  8. when the chicken is boiling, turn the fire to medium  9. turn every 6 minutes until the chicken absorbs the chicken | | | | | | |

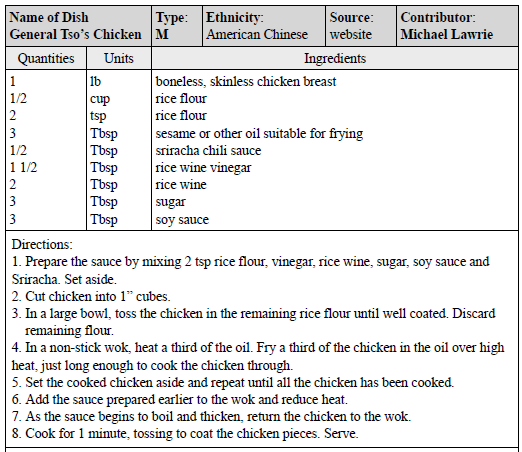
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| **Name of Dish**  Chicken with Black Bean Sauce | | **Type:**  M | | **Ethnicity**:  Chinese | **Source**:  Internet | **Contributor**:  Matthew Lam |
| Quantities | Units | | Ingredients | | | |
| 1  2  1  2  2  2  1/2  1  2  1/2 | Tbsp  lb  medium  Tbsp  Tbsp  Tbsp  cup  tsp  medium  cup | | vegetable oil  skinned chicken pieces  chopped onion  black bean and garlic sauce  chinese rice wine  rice vinegar  chicken stock  sesame oil  chopped green onions  water | | | |
| Directions:  1. In large nonstick skillet, heat vegetable oil over medium-high heat  2. Brown chicken, about 10 minutes and then transfer to plate  3. Reduce heat to medium. Add chopped onion, cook, stirring occasionally, until onion is softened, about 5 minutes  4. Stir in black-bean-and-garlic sauce, rice wine and vinegar; cook for 1 minute  5. Add stock and water; bring to boil  6. Return chicken to pan; reduce heat, cover and simmer, occasionally spooning sauce over chicken, until juices run clear when chicken is pierced, 20 to 25 minutes  7. Sprinkle with sesame oil and green onions | | | | | | |

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| **Name of Dish**  Shepherd’s Pie | | **Type:**  **M**eat | | **Ethnicity**: **E**nglish | **Source**:  Gail Elliot | **Contributor**:  Megan Elliot |
| Quantities | Units | | Ingredients | | | |
| 6  2  ¼  ¼  1  2  5  ½  2    1  1  1 | large  lbs  cup  cup  medium  tbsp  large  tsp  tsp  tt  tt  tsp  medium  cup  cup | | potatoes  ground beef  Philadelphia Cream Cheese  butter  onion  tomato paste  cloves of garlic  dried thyme  prepared mustard  salt  pepper  Worcestershire sauce  carrot  kernel corn  cheddar cheese | | | |
| Directions:  1. Peel and slice potatoes and place in boiling water. Cook until tender. Mash with cream cheese and butter. Add salt and pepper.  2. Dice onion and crush garlic.  3. Cube the carrot  4. Brown meat until cooked. Drain excess oil if needed. Add onion, garlic, thyme, mustard, tomato paste, cubed carrots, corn, salt and pepper to taste.  5. Preheat oven to 350° F  6. In a casserole dish layer half of the mashed potato, then all the meat mixture. Top with remaining potato.  7. Grate cheese  8. Cook for 30 minutes.  9. Add grated cheddar cheese over the top layer during the last five minutes of cooking. | | | | | | |

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| **Name of Dish** Buttered Chicken | | **Type:** M | | **Ethnicity**:  Indian | **Source**:  Karen O’Neil (Mother) | **Contributor**:  Meghan O’Neil |
| Quantities | Units | | Ingredients | | | |
| 2 2 1 2 1 1 1 1 1/2 ½ ¼ 2 | tbsp tbsp tbsp tsp tsp  cup lbs cup cup tbsp | | butter, divided tandoori or tikka curry paste, divided minced fresh gingerroot minced fresh hot pepper each, ground cumin and paprika can (28 0z/796ml) crushed (ground) tomatoes 35% whipping cream boneless skinless chicken cut into chunks plain yogurt chopped fresh cilantro  freshly squeezed lime or lemon juice | | | |
| Directions: 1. Preheat oven to 375◦F (190◦C).  2. Place half butter in a 13 x 9 inch (3L) glass baking dish and place in oven for about 3 minutes or until melted. Swirl to coat dish; set aside. 3. In large deep pot, melt remaining butter over medium-high heat. 4. Cook half of tandoori paste, the ginger, hot pepper, cumin and paprika, stirring, for about 2 min or until fragrant. 5. Add tomatoes; bring to boil. Stir in whipping cream; return to boil. Reduce heat to medium-low; simmer, stirring often, for 10 minutes or until sauce is thickened. 6. Meanwhile, in bowl, combine chicken, yogurt and remaining tandoori paste; toss to combine. Spread in single layer in prepared baking dish. Bake in oven for 10 min. Pour tomato sauce over chicken; bake for about 10 minutes longer or until sauce is bubbling and chicken is no longer pink inside. Sprinkle with cilantro and lime juice.  1.  Preparation time: 15 minutes  Cooking time: 20 to 25 minutes  Yields 6 servings | | | | | | |

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| **Name of Dish** | | **Type:** | **Ethnicity**: | **Source**: | **Contributor**: |
| Hot Pot (with stock of white-feathered chicken and medicine)  4 serves  Most suitable in Winter | | Main course: fondue or stew | Chinese | Family Recipy | Yi Yang |
| **Quantities** | **Units** | **Ingredients** | | | |
| 1  3 or 4  1  2  4-5  1  1  1  4-5 | teaspoons  lb  lb  small  small  medium  Some  Tt  tt | white-feathered chicken, cut up  chinese angelica  green onion, cut up  sea salt  dates  tomato, sliced  lamb, thinly sliced  beef, thinly sliced  tofu, diced in to small sqares  dry seaweed, soak into cold water for at least one hour  seasoned vegetables, chopped  garlic, minced  sesame oil  Salt  Chinese barbecue sauce or hot pepper sauce | | | |
| Directions:   1. Clean, wash, and cut the chicken 2. Put the cleaned chicken with Chinese angelica, green onion, dates, tomato into a full pot of cold water in a big pot. Boil the stock for about five minutes, then turn the stove into medium, and keep the stock simmering for about one hour, then the stock is ready to put into the fire pot or electronic pot on the table 3. Keep the stock simmering on the table, cut and prepare all the meat and vegetables, put them into plates around the hot pot 4. Mix the minced garlic with some salt, hot pepper or Chinese barbecue sauce as dipping sauce to dip cooked meat and vegetables | | | | | |

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| **Name of Dish**  Mom’s Pan Fried Pork Chops | **Type:**  M | **Ethnicity**:  Asian | **Source**:  Mom | **Contributor**:  Mom |
| Quantities | Units | Ingredients | | |
| 5  ¼  1  3  ½  ½  1  ¼  ½ | Pieces  Cup  Clove  Piece  Cup  Tsp  Tsp  Tsp  Tsp | Pork Chops (Fast Fry)  Vegetable Oil/Cooking Oil  Garlic  Green onion  Corn Starch  Soy Sauce  Oyster Flavor Sauce  Salt  Black Pepper | | |
| Directions:  1. Wash and dry the pork chops with water. Make sure pork chops are drying before moving on.  2. Chop the green onion and garlic clove until they are minced.  3. Place pork chops into a big bowl.  4. Mix the minced green onion and garlic, soy sauce, oyster flavor sauce, salt and black pepper with the pork chops in the big bowl.  5. Gently poke the pork chops with a fork so that the ingredients can be absorbed by the pork chops.  6. Marinate the pork chops for about 5-10 minutes then place the big bowl in the fridge covered by a food wrap.  7. Leave the pork chops in the fridge for about 15-20 minutes.  8. Heat up the frying pan and pour 2 tsp of vegetable/cooking oil into the frying pan.  9. Pour the corn starch onto a plate  10. Take the pork chops out of the fridge and place them on the plate.  11. Lightly cover both sides of the pork chops with the corn starch.  12. Place 2 pork chops into the frying pan. Place the pork chops into the frying pan only when the oil is hot. If you would like to cook 3 pork chops, pour 3 tsp of vegetable/cooking oil into the frying pan.  13. Cook the pork chops until they are golden brown on each side. This will roughly take 6-8 minutes.  14. May be accompanied with apple sauce or Heinz 57 sauce original flavor | | | | |



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| **Name of Dish**  Beef Provencale | | **Type:**  **M** | | **Ethnicity**:  French | **Source**:  Mom | **Contributor**:  Michelle Tollefson |
| Quantities | Units | | Ingredients | | | |
| two  half  one & a half  one  two  ¼  one  one  ¼  one  two | Tbsp  cups  cup  cups  cup  Tbsp  Tbsp  tsp  cups  tt | | butter  onion, sliced  fresh sliced mushrooms  celery diced  V8 (can substitute with tomato juice)  brown sugar  corn starch  worcestershire  ginger  beef bouillon cube (melted in water)  roast beef slivered  salt, pepper, garlic | | | |
| Directions:  1. Cook roast beef to acquired taste.  2. Sauté butter, onions and mushrooms in frying pan.  3. In a separate pot, mix V8 juice, brown sugar, corn starch, Worcestershire, ginger and melted beef bouillon cube. Stir until it thickens.  4. Add sautéed mixture and celery to liquid mixture and stir.  5. Stir in roast beef and add salt, pepper and garlic to taste.  6. Serve over steamed rice.  7. Serves 4 people. Recipe can easily be doubled or tripled. | | | | | | |

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| **Name of Dish:**  Bibimbap | **Type:**  Main course | | **Ethnicity**:  Korean | | **Source**:  Maangchi (website) | **Contributor**:  Natalie Cheng |
| Quantities | | Units | | Ingredients | | |
| A package of bean sprouts,  A bunch of spinach,  2 zucchinis,  5-7 shiitake mushrooms,  Medium amount of fern brakes (kosari),  6 cloves of garlic,  1 egg,  1 carrot | | 2 cups of rice,  Small size of zucchinis,  Small sliced mushrooms,  200 grams of ground beef (about half a pound),  2 or 3 cups of soaked kosari,  1 to 2 tbsp soy sauce,  Half to 1 tbsp of sugar,  2 tsp of sugar,  Half or 1 tsp of sesame oil,  1 tsp of vegetable oil,  Half tbsp of pepper | | Cooked rice, bean sprouts, spinach, zucchini, shiitake mushrooms, fern brakes (kosari), ground beef, carrots, soy sauce, hot pepper paste, garlic, sesame seeds, sesame oil, vegetable oil, egg, black pepper | | |
| Directions:   1. Cook rice using rice cooker or stainless pot. 2. Prepare a large platter to put all the ingredients on. Rinse the bean sprouts 3 times and put them in a pot with a cup of water. Add 1 tsp of salt and cook for 20 minutes. Drain water and mix it with 1 clove of minced garlic, sesame oil and a pinch of salt. Put it on the platter. 3. Put the spinach in a pot of boiling water and stir it for a minute. Then rinse it in cold water a few times and squeeze it lightly. Mix it with a pinch of salt, 1tsp of soy sauce, 1 clove of minced garlic and sesame oil. Put it on the platter. 4. Cut 2 small size zucchinis into thin strips, sprinkle them with a pinch of salt, and then mix them together. A few minutes later, sauté them in a pan over high heat. When it is cooked, it will look somewhat translucent. Put it on the platter. 5. Prepare about 2 or 3 cups of kosari for 4 servings of bibimbap. Cut it into pieces 5-7 cm long and sauté in a heated pan with 1 tsp of vegetable oil. Stir and add 1 tsp of soy sauce, ½ tsp of sugar, and cook them for 1-2 minutes. Add sesame oil. Put it on the platter. 6. Slice shiitake mushrooms thinly and sauté with 1 tsp of vegetable oil. Add 2 tsp of soy sauce and 1 or 2 tsp of sugar and stir it for 2 minutes. Add some sesame oil, and put it on the platter. 7. On a heated pan, put some oil and 200 grams of ground beef and stir it. Add 4 cloves of minced garlic, 1 tsp of soy sauce, ½ tsp of sugar, a little grounded black pepper, and sesame oil. Put it on the platter. 8. Cut a carrot into strips, sauté it for 30 seconds and put it on the platter. 9. Prepare an egg with sunny side up. 10. Put rice in a big bowl, and then put all the vegetables and meat. Place the sunny side up egg on the center. 11. Lastly, mix everything up and eat it. | | | | | | |

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| **Name of Dish**  Tourtière  (Meat Pie) | | **Type:**  **M** | | **Ethnicity**:  French Canadian | **Source**:  Janet Sabourin-Gatin | **Contributor**:  Natalie Thiesen |
| Quantities | Units | | Ingredients | | | |
| 2 ½  1 ½  ¾  3  6  ½  ½  1  ½  ½  ½  ½  tt  ¼ | cups  tsp  cup  Tbsp  Tbsp  lb  lb  small  tsp  tsp  tsp  tsp  cup | | all-purpose flour  salt  lard, chilled  unsalted butter, cold  ice water  ground beef  ground pork  white onion, finely chopped  savory  ground cloves  cinnamon  salt  pepper  bread crumbs | | | |
| Directions:  Pie Crust  1. This makes one 9” tourtière ( double crust), double the recipe for two tourtières  2. Sift together flour and salt  3. Add chilled lard and cold unsalted butter  4. Cut half of the shortening into the flour mixture with a pastry blender or work it in lightly with the tips of your fingers until it has the consistency of cornmeal  5. Cut the remaining half into the dough until it is pea-sized.  6. Add cold water and blend the water gently into the dough until it just holds together  7. On lightly floured surface roll out the dough  8. Line 9” pie plate with pie dough  Meat Filling  9. In a seasoned cast iron pot mix ground pork, ground beef, finely chopped onion, savory, ground cloves, cinnamon and salt/pepper & cover with water, just enough to not cover ingredients  10. Bring mixture to a boil and cook without covering on medium heat for 20 minutes  11. After the 20 minutes, remove from heat, cover pot and let stand for 35 minutes  12. If there is any clear liquid left, add bread crumbs to absorb it  13. Refrigerate mixture for an hour  14. Place mixture in the pie crust  15. Cover with top crust, trim and crimp edges  16. Preheat oven to 425˚F  17. Bake for 20-25 minutes  18. Excellent served with mirapoix sauce, brown gravy or my favourite, ketchup | | | | | | |

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| **Name of Dish**  Braised lamb shank | | | **Type:**  **M**eat | **Ethnicity**:  **E**uropean | **Source**:  Writer | **Contributor**: Nat Dewar |
| Quantities  6  3  3  2  1/2  3  3  10  3  2  2  1 1/2  1  1 | Units  medium  medium, diced  medium, diced  medium, diced  bunch  sprigs  medium  cups  cups  tbsp  tbsp  tbsp  tbsp  tbsp | Ingredients  ontario lamb shanks  yellow onions  celery stalks  carrots  fresh thyme  rosemary  bay leaves  brown chicken stock  red wine  tomato paste  vegetable oil  kosher salt  black pepper  cold butter | | | | |
| Directions:  1. Pre heat large fry pan on medium-high heat, meanwhile season the shanks liberally with salt and pepper.    2. Pour 1 tbsp. vegetable oil and swirl to cover the bottom of the pan, add 3 shanks and sear until brown, rotating to sear on all sides. Repeat process with 3 remaining shanks. Place browned shanks into a deep ovenproof dish.  3. Turn down the heat to medium and sauté the onion, celery and carrot until translucent. Bruise the herbs with the back of a knife and add to the pan with bay leaves.  4. Deglaze the pan with red wine and reduce by 2/3, while scraping the bottom of the pan to release any fond. Add the chicken stock and tomato paste and bring to a simmer.  Pour the stock to cover the shanks, ensuring they are submerged. Cover the dish with a layer of plastic wrap and then a layer of tin foil.  5. Place in a 300 ºF oven for five hours. Remove when the meat begins to fall from the bone effortlessly and cover with tin foil to keep warm.  5. Strain the liquid into a saucepot and discard the braising vegetables. Set on medium-high heat reducing it by 2/3. Skim the surface of impurities (scum) off the stock.  6. Adjust the seasoning if needed and remove from heat, swirling in the butter until incorporated.  Serve with potato puree and seasonal vegetable. | | | | | | |

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| **Name of Dish**  Fritada | **Type:**  **M** | **Ethnicity**:  Ecuador | **Source**:  Mom | | **Contributor**:  Nicolas Dominguez |
| Quantities  2  1  8  4  2  6  3  1  1  2  1/4 | Units  lb  lb  cups  Tbsp  large  cloves  lb  lb  lb  large  cup | | | Ingredients  pork  pork rib  water  salt  green onion  garlic  potatoes  white corn  toasted corn  plantains  vegetable oil | |
| Directions:  1. Chop the meat in big slices and then rinse with tap water  2. Once the meat is rinsed, put the chopped meat into a big thick pot  3. Then add the 4 cups of water into the pot, make sure that the water covers all the meat, if it does not, just add water until all the meat is covered  4. Add the 6 cloves of garlic into the pot  5. Add the 2 Tbsp of salt into the pot  6. Slice the green onion, 10 cm thick, and add to the pot  7. Stir and bring the pot to the heat (high); cover the pot with a lit and bring to a boil.  8. Once it boils, take the lit off from the pot and let the water evaporates  9. Stir occasionally until the meat is broiled  8. On another pot, put 2 cups of water and the 1lb of white corn add salt and bring to a boil at high temperature, until the white corn is soft.  9. Peel the potatoes and cut them; put them into a pot with cold water add salt and bring to a boil.  10. After the water is boiling for a couple of minutes, remove the potatoes, drain them and let them sit for a minute or two.  11. Put oil into a saucepan, heat it and fry the potatoes.  12. Peel the plantains and cut the diagonally.  13. On another saucepan, put oil and fry the plantains.  14. Once the potatoes, plantains and white corn are ready, put them all together in a plate and serve with any hot sauce on the side. | | | | | |

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| **Name of Dish** Cabbage Rolls | | **Type:**  Meat | **Ethnicity:**  Hungarian | **Source:** | **Contributor:** |
| Quantities | Units | Ingredients | | | |
| 1  2 (64)  2  8  4 ½  2  1  2  2 | large  jars (oz)  large  cloves  lbs  lbs  cup  tsp or tt  tsp  tt | green cabbage  sauerkraut  cooking onion  garlic  ground pork  smoked pork ribs  Superfino (or plain Italian) rice  table salt  Hungarian red paprika (spice)  ground black pepper | | | |
| Directions:  1. The night before you plan to make the dish, prepare cabbage the following way: cut out the stalk of the cabbage and place the cabbage in a large pot filled with water. Bring it to boil, but then take the temperature back right away when it starts to bubble (set the knob back from 10 to 3). Let it simmer for about 30 minutes, then take it off from the heat and let it cool down overnight. It will soften the leaves, so they can be filled more easily.  Next day:  2. Using an electric chopper (or a knife), chop up the onions finely.  3. Boil rice only for 10 minutes (it should not be cooked completely).  4. Mix together the ground pork, rice, onion, garlic (pressed), salt, paprika and pepper.  5. Fill the cabbage leaves with the meat mixture. Fold two opposite edges of the leaf, and then roll it up. The leaves should not be overfilled. The larger leaves can be cut into two.  5. On the bottom of a 2.7 gallonpot, pour one jar of sauerkraut (with its juice) evenly.  6. On the top of the sauerkraut layer, place the smoked pork ribs (cut up).  7. Next, place the cabbage rolls on top of the ribs.  8. The top layer is the other jar of sauerkraut.  9. Add water just enough not to cover the top layer. Sprinkle with a little red paprika.  10. Bring it to boil with lid on, and then take the temperature back by adjusting the temperature knob from 10 to 3.  11. Let it simmer with lid halfway on for about 3 hours.  12. Makes about 25 rolls.  13. Serve the rolls hot with the sauerkrauts underneath, sour cream on top and fresh bread on the side.  Enjoy!  14. Leftover can be stored in the freezer. | | | | | |

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| **Name of Dish:**  Tandoori Chicken | | **Type:**  M | | **Ethnicity**:  Indian | **Source**:  Mother | **Contributor**:  Nushrat (Misty) Ahmed |
| Quantities | Units | | Ingredients | | | |
| 4 pieces  ½  1  1  2  1  1  1  4 | medium  cup  Tbsp  tsp  tsp  Tbsp  tsp  Tbsp  Tbsp  Tt | | chicken thighs  yogurt  ginger/garlic paste  turmeric paste  lemon juice  red chilli powder  coriander powder  garam masala powder  oil  salt | | | |
| Directions:  1. Slit 4 pieces of chicken thighs and place it in a bowl  2. Make marinade by mixing red chilli powder with lemon juice, yogurt, garam masala powder, coriander powder, ginger/garlic paste, turmeric paste, and salt to taste.  3. Add the marinade with the chicken thighs and add oil all over it. Store the chicken in the refrigerator overnight.  4. Preheat the oven at 350° F and bake the chicken for 45 minutes in a foil pan.  5. Turn the chicken thighs often with a tong to avoid burning it.  6. Place the Tandoori Chicken in a platter and enjoy it with salads and naan rotis if desired. | | | | | | |

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| **Name of Dish**  Curry Chicken | | **Type:**  **M**eat | | **Ethnicity**:  Caribbean | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  4  1  1 ½  1  1  1  1  2  1 | lbs  Tbsp  cup  cups  tt  Tbsp  tsp | | chicken (any kind)  all purpose seasoning  oil  water  onion (chopped)  clove garlic  tomato  sprig of thyme  salt  curry powder  curry powder | | | |
| Directions:  1. cut up meat into smaller pieces and season with salt, all purpose seasoning and 2 Tbsp of curry powder. Set aside  2. use sauce pan or frying pan with 1 cup of oil under medium heat, then add 1 tsp of curry powder  3. add chopped onion, garlic, and tomato and leave it to brown  4. add chicken and allow it to brown a little, then turn the heat on low and add the water  5. cover the pot to simmer and stir occasionally until cook  6. serve nicely with rice, fry plantain and salad. | | | | | | |

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| **Name of Dish**  BBQ  Jerk Pork Tenderloin | | **Type:**  **M** | | **Ethnicity**:  Jamaican | **Source**:  Paul Murdoch  (Myself) | **Contributor**:  Jamaican Cuisine  Frieda Dethloff & Sylvia Murdoch  (Omi & Mother) |
| Quantities | Units | | Ingredients | | | |
| ¼ cup  1  1  1  3 lbs  4 | 2 | | grace jerk marinade  lemon  green pepper  red pepper  pork tenderloins  slices of marble cheese  kosher salt and pepper  fresh parsley | | | |
| Directions: Preparation  1. wash hands with soap and water for twenty seconds and dry  2. wash and dry both red and green peppers  3. cut each pepper into long pieces removing seeds  4. trim excess fat and silverskin from each pork loin  4. salt and pepper each side of the loins  5. cut each loin horizontally and spread apart  6. place shaved slices of marble cheese and slices of red and green peppers inside the meat  8. tie knots around the pork with cotton butcher's twine ensuring the ingredients stay inside each loin  8. place each loin into a single large sized Ziplock bag and wash hands  9. add ¼ cup of Grace jerk marinade and seal the bag closed  10. massage the marinade into the meat for 4 minutes so it is evenly distributed  11. refrigerate over night  Directions: Barbeque  1. pre-heat barbeque grill to medium high  2. place each loin on grill and bbq each side for 1 minute to seal the meat  3. bbq each side again for 4-5 minutes until outside skin is dark brown and crispy with an inside temperature of aprox. 145° F  4. remove from grill, wrap in tin foil and let sit for 5 minutes  5. remove strings and cut each piece at desired thickness on a 40 - 45° angle  6. cut wedges of lemon for each person (optional)  7. place a pinch of parsley on the meat spread and serve as entrée  8. add lemon juice as desired | | | | | | |

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| **Name of Dish:**  Moussaka | **Type:**  Meat | **Ethnicity**:  Greek | **Source**:  <http://greekfood.about.com/od/maindishes/ss/moussaka.htm> | **Contributor**: |
| **Quantities**  5-6  1 ½  1  4  2 ½  3  3  6-8  ½  1/8  2  1  1  ½  3  1  2  8  4  2  ½  1  1 | **Units**  medium size  teaspoons  250 ml cup  medium size  250 ml cups  250 ml cups  medium cloves  medium cloves  teaspoon  teaspoon  medium size  250 ml cup  250 ml cup  250 ml cup  tablespoons  teaspoons  8 ounce cans  tablespoons  250 ml cups  large size  250 ml cup  tablespoon  teaspoon  pinch | **Ingredients**  globe eggplants  sea salt  olive oil  onions  ground beef  ripe tomatoes  garlic, minced  garlic  cinnamon  ground allspice  bay leaves  grated, kefalotyri cheese  breadcrumbs  dry red wine  tomato paste  ground pepper  evaporated milk cornstarch water  cornstarch  water  eggs, beaten  grated kefalotyri cheese  butter  salt  nutmeg | | |
| Directions:  PREPARE EGGPLANT   1. Wash eggplants and trim off stems. 2. Cut off 1/2-inch wide strips of the skin lengthwise, leaving about an inch in between, all around the eggplant, then cut eggplant lengthwise into 1/2-inch slices. 3. Put slices in a large bowl or on a tray, sprinkle liberally with salt and let them sit for 30 minutes. 4. Rinse well, drain, and pat dry. 5. Brush slices lightly on both sides with olive oil and run them under the broiler on an ungreased cookie sheet until lightly browned and soft. 6. Remove and set aside to cool.   PREPARE MEAT SAUCE   1. Preheat the frying pan or skillet over low heat 150°F 2. When the pan is hot, add 2 tablespoons of oil and increase the heat to medium low, 250°F. 3. Sauté the onions with a wooden spoon, until onions are translucent. 4. Add the meat and continue to sauté until lightly browned. 5. Add tomatoes, 1/2 the breadcrumbs, salt, pepper, garlic, cinnamon, cloves, bay leaves, allspice, wine, and tomato paste, and mix well. 6. Reduce heat, cover, and simmer until all the liquid has been absorbed, about 45 minutes to an hour. 7. If there is still liquid in the pan, continue to simmer uncovered, stirring to prevent sticking, until the mixture is as dry as possible.   To prevent the final dish from having too much moisture, this step is crucial.   1. When dry, remove the cloves, bay leaves, and set sauce aside uncovered until ready to use. 2. While the sauce is simmering, make the béchamel with cheese 6 cups of basic béchamel cover, and set aside.   PREPARE THE BECHAMEL SAUCE   1. In a large saucepan, bring the water to a boil. 2. Once it boils, dissolve the cornstarch in one can of evaporated milk, and add to the water, stirring briskly with a wire whisk. 3. Lower the heat to medium and add the second can of milk, the salt, and shortening or butter. 4. Continue to whisk until the sauce thickens. 5. Add the beaten eggs and nutmeg, whisking very quickly (so the eggs don't cook) until well blended. 6. Remove from the heat, stir in the cheese, mix well and set aside, covered, until ready to use. 7. Preheat the oven to 350°F (180°C).   BUILD THE MOUSSAKA   1. Lightly oil a baking or roasting pan and sprinkle the bottom with the remaining 1/2 cup of breadcrumbs. 2. Place a layer of eggplant slices on the breadcrumbs (it's ok to overlap) and spread the meat mixture evenly on top. 3. Cover with the remaining eggplant slices, and carefully pour the béchamel sauce evenly over the top. 4. Bake at 350°F (180°C) for 30 minutes, then sprinkle the cheese over the top, and continue to cook for another 15 to 30 minutes, until golden brown. 5. Remove the Moussaka from the oven and allow to cool for 20-30 minutes.   Moussaka is traditionally eaten warm, not hot, and can also be eaten at room temperature. Like many Greek dishes, this is even better the next day. | | | | |

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| **Name of Dish**  **Chicken Biryani** | | **Type:**  **M** | | **Ethnicity**: **Indian** | **Source**: http://www.streetdirectory.com/food\_editorials/cooking/chicken\_recipes/chicken\_biryani\_recipe\_secrets\_of\_making\_a\_perfect\_biryani.html | **Contributor**:  **Pooja Desai** |
| Quantities | Units | | Ingredients | | | |
| 7-8    10-15  1  1  2  500  3-4  6-7  2  4  3  1/4  4  1/4  1/4  1  1  1/2  2-3  1  1  6-7  1/2  3-4  2 | medium  kg  cup  tsp  tt  gm  tbsp  varies  1 inch  tsp  large  tsp  tsp  tsp  tsp  tsp  medium  tbsp  tbsp  medium  cup  few  tbsp  cups | | onions (very thinly sliced and deep fried until light brown)  cashews (fried in a little desi ghee/clarified butter)  chicken on the bone cut into 12 pieces  yogurt  garlic paste  salt  Basmati Rice (washed and soaked in salted water for at least half an hour)  oil  oil for frying the onions  cloves  cinnamon  green cardamoms  bay leaves  caraway seeds (shahi jeera/black cumin seeds)  tomatoes (chopped finely)  mace powder  grated nutmeg  Coriander powder  red chili powder (to taste)  turmeric powder  green chilies (to taste, chopped)  ginger (chopped)  garlic (chopped)  dried, pitted prunes  milk  a few strands of Saffron (kesar)  desi ghee (clarified butter)  fresh green coriander (chopped) | | | |
| Directions:   1. Marinate the chicken pieces in 1 cup yogurt, 2 Tsp garlic paste and little salt, for a good 8 hours. 2. Slice the onions very thinly (almost paper thin) using a sharp knife. Heat oil in a pan or kadai. 3. Separate the sliced onions using your finger tips. Put the onions in the oil and reduce the heat to medium-low. 4. Keep stirring the onions, so that they get evenly browned. The trick is to evenly and slowly brown the onions. If the flame is very high the onions will burn on the outside and remain watery on the inside. 5. Once a uniform color is obtained, drain on thick layer of kitchen paper, so that maximum oil is soaked. Keep these aside. As they cool down, the onions will become crispy. 6. Boil the rice. For this take a BIG vessel (deep and wide), put lots of water in it, tip in the soaked rice along with 1 stick cinnamon, 3-4 cloves, 2 green cardamom, 1/4 tsp of Shahi jeera (caraway seeds) and more salt. Remember that you should boil the rice in lots of water and salt (pretty much like a pasta). The rice should absorb the salt otherwise the biryani will be tasteless. 7. Boil on a high flame and let it boil vigorously on high flame for about 5-7 minutes. You have to par cook the rice (meaning 3/4 cooked and rest will get cooked later). Do not over boil the rice. To check if the rice is done you can take a grain of rice out and press in between your thumb and forefinger. If the grain breaks into 3 parts, it means your rice is cooked just right. 8. Now strain the rice and spread it out on a flat tray or surface, so that it cools faster. 9. Heat oil in a deep pan, add the remaining bay leaves, cloves, cinnamon and green cardamoms. 10. When they crackle, add the ginger, garlic and chilies. 11. Saute for a minute and add the marinated chicken, along with the marinade. Cook on a medium heat till all the water dries up (water from the chicken and yogurt). 12. Add the tomatoes, 1/3 of the fried onions, all the powdered spices, salt and cook till all the water from the tomatoes dries up. 13. If the chicken is cooking too quickly then either cook on a high flame to fasten the evaporation or remove the chicken pieces aside. The chicken should be just cooked and dry (because it will get cooked further in the final step and if any water is left in it the rice will become soggy). 14. Once done, sneak a taste, adjust the seasoning. 15. Mix in the dried prunes. 16. In half cup of warm milk crush a pinch of saffron strands and put some whole strands. Wait till it turns yellow. Keep on one side. 17. Use a deep heavy bottom pan with a lid. First spread some desi ghee at the bottom of the pan. 18. Second a layer of rice, followed by a layer of chicken. 19. Now sprinkle a generous handful of chopped coriander and fried onions. 20. Repeat the layers with rice being the top most layer. 21. Sprinkle the leftover onions and all the cashews. 22. Pour the milk and saffron on the top using a spoon, evenly covering the whole area. 23. Once all layers are set, take melted desi ghee and with a spoon pour it around the rim of the vessel and a little on the rice. 24. Close the lid and seal. There are two ways to do this: 1) Take a large foil, cover the pot/vessel with it and place the lid on top. 2) Take some dough made from whole-wheat flour. Roll it into a thin strip and stick it going around the rim of the pan half on the lid and half on the pan in order to seal the whole pan. 25. Keep this pot on a very low heat for 45 minutes. Place this pan on top of a cast iron tawa (on which chapatis are made) or another heavy bottom pan in order to prevent the bottom layer of rice from getting burnt. 26. After 45 minutes turn off the heat. Let it stand for 5 minutes and open. | | | | | | |

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| **Name of Dish**  Pineapple Duck | | **Type:**  M | | **Ethnicity**:  Chinese | **Source**:  Mother | **Contributor**:  Qianmin Zhang |
| Quantities | Units | | Ingredients | | | |
| half  half  1  15  3  2  1  2  1  2  1  2  1 | medium  medium  big  pieces  tsp  tsp  tsp  tsp  tbsp  tbsp  tsp  tsp  cup | | Duck  pineapple  green pepper  ginger  chopped green onion  salt  sugar  soya sauce  Chinese barbeque sauce  cooking win  sesame oil  corn oil  water | | | |
| Directions:  1. Cut the duck into 1.5-in cubes.  2. Peel off the pineapple skin and cut it into 2-in cubes.  3. Cut the green pepper into 2-in pieces.  4. Mix duck with green onion, salt, sugar, soya sauce, Chinese barbeque sauce, cooking win, sesame oil and 10 pieces of ginger; let marinade for 10-15 minutes.  5. Heat corn oil in a wok and saute 5 pieces of ginger.  6. Add in the duck and fry for 3 minutes.  7. Add water; cover and simmer 20-25 minutes or until duck are tender.  8. Add in green pepper and pineapple; stir 2 minutes.  Trips: the same ingredients and method can be used to cook pineapple chicken, reduce cooking time to 5-10 minutes. | | | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:M** | | **Ethnicity**: Indian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  2  2  ½  ½  2  1  1  1  1  1  3  1  1  1  2  1 | LB  Tbsp  tsp  Cup  Cup  Tbsp  tt  Cup  tsp  tsp tsp  tt  tsp  Tbsp  Tbsp  Tsp  Cup | | Boneless Chicken Breast  Butter  Lemon Juice  Plain Yoghurt  Heavy Cream  Olive Oil  Onion  Tomato Puree  Cayenne Pepper  Salt  Chili Powder  Curry Leaf  Black Pepper  Ginger-Garlic Paste  Cornstarch  Garam Masala  Water | | | |
| Directions:  1. Heat up 1Tbsp Olive Oil in a large saucepan over medium heat.  2. Add the onion and Sauté until it becomes soft and lightly brown.  3. Add butter, lemon juice, ginger-garlic paste, garam masala, chili powder, the curry leafs into the saucepan. Stir it for about 1 minute or until the curry leafs aroma overtakes the onions.  4. Add tomato puree to the mixture. Cook it for about another 2 minutes while constantly stirring.  5. Add the cream and the yoghurt into the pan and mix them until the mixture becomes thick.  6. Add salt, black pepper and cayenne pepper into the mixture, and remove pan off the heat.  7. In a frying pan heat up 1 Tbsp of olive oil.  8. Cut the Chicken to bite-size pieces and throw them into the oil, cook it until it turns slightly brown.  9. Add the pervious prepared mixture into the frying with the chicken.  10. Add the cornstarch and the water to the chicken mixture and cook until thickens.  11. The butter chicken is now ready to serve. | | | | | | |

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| **Name of Dish**  Adobo | | **Type:**  **M** | | **Ethnicity**:  Filipino | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  1/3  6  ½  5  4  ¼  1  ½  2  ½ | lbs  cup  tbsp  large  cloves  small  tsp  tbsp  cup  tbsp  medium | | pork butt, cut into bite size chunks  vinegar  soy sauce  onion, peeled and chopped  garlic, peeled and sliced  bay leaf  peppercorn  sugar  water  vegetable oil  lemon (optional) | | | |
| **Directions:**  1. On medium-high, heat a medium pot and add the vegetable oil.  2. When hot add onions and garlic and stir-fry till brown.  3. Add pork and fry till meat starts browning  4. Next add vinegar, soy sauce, peppercorn, and water  5. Boil till pork is tender with pot-lid on  6. Add bay leaf, sugar and lemon, let it boil for a couple more minutes  7. Stir, and taste  8. It should be a well blended mix of saltiness from the soy sauce and sourness from the vinegar. Add either or if necessary.  9. Serve. | | | | | | |

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| **Name of Dish:**  Sweet and Sour Pork | | **Type:**  M | | **Ethnicity:**  Chinese | **Source:**  Website (http://chinesefood.about.com) | **Contributor:** |
| Quantities | Units | | Ingredients | | | |
| ¾  2-3  1/8  **Sauce:**  ¼  1  2  ¼  ½  2  ¼  **Batter:**  1/3  1/3  1  1  1/3  **Other:**  ½  ½  ½  3 | lb  tsp  tsp  cup  Tbsp  Tbsp  tsp  cup  Tbsp  cup  cup  cup  medium  Tbsp  cup  cup  medium  medium  cups | | pound pork tenderloin  soy sauce  cornstarch  sugar  cornstarch dissolved in 4 tablespoons water  dark soy sauce  salt  water or reserved pineapple juice  ketchup  vinegar  cornstarch  flour  egg white, lightly beaten  vegetable oil  warm water  pineapple chunks  red bell pepper  green bell pepper  oil for deep-frying | | | |
| Directions:  1. Cut pork into 1 inch cubes. Marinate with soy sauce and cornstarch for 20 mins.  2. For the sauce, mix the sugar, ketchup, dark soy sauce, water or pineapple juice, vinegar, and salt in a small bowl. Set this aside.  3. Dissolve the cornstarch in the water in a separate bowl. Set this aside as well.  4. Cut the bell peppers in half, take out the seeds and cut into cubes.  5. Heat the oil for deep-frying to 375 ºF.  6. For the batter, mix the flour and cornstarch. Add in the egg white and vegetable oil and stir. Add as much of the water as is needed to produce a batter that is thick.  7. Dip the marinated pork into the batter. Deep-fry in batches. Deep-fry until the pork is golden brown. Remove and use paper towels to drain.  8. Bring the sauce ingredients to a boil in a saucepan over medium heat. Add the pepper and pineapple. Again, bring to a boil and then thicken with cornstarch by mixing/stirring.  9. Pour the sauce over the pork cubes and serve. | | | | | | |

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| **Name of Dish**  Bernerplatte/ “Oma style beans” | | **Type:**  **M** | | **Ethnicity**:  Swiss | **Source**:  Family recipe | **Contributor**:  Rebecca Currie |
| Quantities | Units | | Ingredients | | | |
| 1  ¾  ¼  ¾  2  2  1  4  2  5 | Lb  Lb  Lb  Lb  Cups  Cups  Small  Clove  Cups  Tbsp | | Green and yellow pole/string beans  New Yukon gold potatoes (preferably small)  Bacon or pork hock smoked (optional)  German sausage – pork or turkey  Chicken stock (optional- but preferred)  Water  Onion  Garlic  German Riesling or Pilsner  Olive oil  Salt and pepper to taste (wait until cooking is complete) | | | |
| Directions:  1. Clean potatoes and beans, trim stalks and scrub potatoes (quarter if necessary to approximately 1 ½” cubes.  2. Saute and sweat onions and garlic in 2 tbsp olive oil until caramelized and set aside.  3. Brown sausages and bacon in rest of olive oil and set aside – deglaze pan with wine or beer.  4. Add water and chicken stock to large pot.  5. Add beans, potatoes, sausage and bacon or pork hock.  6. Simmer on stovetop at medium heat for three hours or until beans are cooked and tender.  7. Drink the rest of the Riesling or Pilsner while cooking and have another with the meal. | | | | | | |

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| **Name of Dish**  Bernerplatte/ “Oma style beans” | | **Type:**  **M** | | **Ethnicity**:  Swiss | **Source**:  Family recipe | **Contributor**:  Rebecca Currie |
| Quantities | Units | | Ingredients | | | |
| 1  ¾  ¼  ¾  2  2  1  4  2  5 | Lb  Lb  Lb  Lb  Cups  Cups  Small  Clove  Cups  Tbsp | | Green and yellow pole/string beans  New Yukon gold potatoes (preferably small)  Bacon or pork hock smoked (optional)  German sausage – pork or turkey  Chicken stock (optional- but preferred)  Water  Onion  Garlic  German Riesling or Pilsner  Olive oil  Salt and pepper to taste (wait until cooking is complete) | | | |
| Directions:  1. Clean potatoes and beans, trim stalks and scrub potatoes (quarter if necessary to approximately 1 ½” cubes.  2. Saute and sweat onions and garlic in 2 tbsp olive oil until caramelized and set aside.  3. Brown sausages and bacon in rest of olive oil and set aside – deglaze pan with wine or beer.  4. Add water and chicken stock to large pot.  5. Add beans, potatoes, sausage and bacon or pork hock.  6. Simmer on stovetop at medium heat for three hours or until beans are cooked and tender.  7. Drink the rest of the Riesling or Pilsner while cooking and have another with the meal. | | | | | | |

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| **Name of Dish**  Chicken Fried Rice (Guyanese Style) | | **Type:**  Rice & Meat | **Ethnicity**:  West Indian / Chinese | **Source**:  Patsy Balwant  Reeshma Balwant | **Contributor**:  Pamela George |
| Quantities | Units | | Ingredients | | |
| 1-2  4-5  1  1  1  ½  ½  2  1  1  2  ½  ¼ | cups  cups  ---  ---  ---  cup  lb  tsp or tt  tsp or tt  tsp or tt  Tbsp or tt  tsp or tt  cup | | white rice  water  onion  carrot  green onion  green peas  boneless/ Skinless chicken breast  table salt  black pepper  garlic powder  Chinese sauce  soya sauce  vinegar | | |
| Directions:  1. **Cooking the rice:** Boil approximately 4 cups of water on high heat. Season boiling water with ½ tsp of salt. Allow the water to boil prior to putting rice into the pot. Prior to adding the rice to the water wash the rice under tap water being sure to get rid of as much dirty water from the container- do this twice. Allow rice to boil for approximately 10 minutes (at your discretion) - there must be some grain left in the rice, you do not want the rice to be too soft. Strain rice- while rice is straining run cold tap water over in the sink to stop the cooking process.  2. **Preparing the meat:** Dice the boneless/ skinless chicken breast into approximately ½ centimetre cubes. Place the chicken cubes into a bowl. Pour ¼ cup of vinegar over the chicken- mix to ensure all cubes are coated with vinegar. Rinse with water from the tap- place chicken in a strainer to ensure no vinegar water sitting at the bottom of bowl.  3. **Seasoning the meat:** Place the chicken into a clean bowl. Season chicken with ½ tsp or tt of salt, ½ tsp or tt of black pepper, ½ tsp or tt of garlic powder. Stir and place aside until ready for sautéing.  4. Dice 1 onion into cubes. Peel and dice one carrot. Dice one green onion.  5. **Cooking the meat:** Pre- heat a wok or sauce pan on medium with a Tbsp of vegetable oil or olive oil. Place the chicken into the sauce pan and sauté for approximately 3-4 minutes. Pour onions, green onions, carrots, and ¼ cup of green peas into wok or sauce pan. Stir and allow cooking for approximately 4 minutes (to your discretion). Be sure to taste the chicken or cut one cube in half to make sure it is cooked fully through.  6. **Fried rice:** Take strained rice and pour it into wok or sauce pan. Add 2 Tbsp of Chinese sauce and ½ tsp of soya sauce. Stir to incorporate all ingredients. Allow cooking for approximately 2 minutes or tt. | | | | | |

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| **Name of Dish**  Ghormeh Sabzi | | | **Type:**  M | **Ethnicity**:  Iranian(Persian) | **Source**:  Myself & my Mom | **Contributor**:  Reza Baharivand |
| Quantities  1.5  1  1/3  1  1.5  1/2  3/4  As desired  As desired  1  1.5  1/2  1/4  1/4  1/4  3  1/4 | Units  lbs  large  cup  tsp  cups  cup  cups  n/a  n/a  cup  cups  cup  cup  cup  cup  cups  tsp | Ingredients  Boneless stewing lamb or beef  Onion , finely chopped  Cooking oil  Turmeric  Water  Dried Persian Small limes(or fresh lime juice)  Kidney beans  Salt  Black pepper  Spring onions, finely chopped  Spinach, finely chopped  Parsley, finely chopped  Coriander, finely chopped  Garlic chives or Scallion tops, finely chopped  Fenugreek, finely chopped  Rice  Saffron | | | | |
| Directions:  1. Sauté the onion over medium-high heat in a couple of tablespoons of canola oil until it is a deep golden brown. Add the turmeric, frying another minute or two, and then add the stew meat. Toss well to coat in turmeric, and cook until the meat is browned well on all sides.(Note: before meat being tossed it should be cooked separately in the mixture of water and chopped onions, otherwise frying the raw stew meat will turn it firm)  2. Meanwhile, fry the herbs in a health splash of canola oil until they are fragrant and deepening in color. Watch them carefully as they will go bitter if burned. You want them to be a deep, dark green without blackening.  3. Add the fried greens to the meat & onion mixture, stirring well. Add 1.5 - 2 cups of water (you want a "slurry", but not "soupy" mixture). Season with salt & pepper to taste. Add the lemon juice, turn the heat down, and let the whole thing simmer, covered, for 1.5-2 hours, or until the greens are mostly softened. (Note: if you are using dried beans, you will want to add them at this point)  4. About an hour into the simmer, add the dried Persian limes (any sooner and they will turn the stew bitter), pushing them down into the liquid. They will want to pop back up, so try to cover them with a few pieces of meat to keep them submerged.  5. Finally, add the drained kidney beans, and cook another 30 minutes. Check your seasoning level, adding more lemon juice if needed (before you do, though, press down on the dried limes to get them to release the liquid they've absorbed)  6. To prepare the rice, take 3 cups of it then add 4.5 cups of water to it along with some salt an olive oil. Put the heat to the maximum until the water starts boiling, then cut the heat to half and let the water vapor away until as little as 1cm water left in the bottom of the pot. Afterwards, set the heat to minimum and put the lid on and wait for 20-25 minutes. | | | | | | |

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| **Name of Dish**  Chicken Shawarma | | **Type:** Meat | | **Ethnicity**: Middle Eastern | **Source**: Internet Website (http://mideastfood.about.com) | **Contributor**:  Rick Bernacer |
| Quantities | Units | | Ingredients | | | |
| 4 Servings | 1 ½ lbs  1 cup  ¼ cup  2 Cloves  1 tsp  ½ tsp  2  1 tsp  1 cup  2 Cloves  ¼ cup  2 Tbsp  ½ tsp  ½ cup | | **Main Ingredients:**  Boneless, skinless chicken thighs or breasts (thinly cut)  Plain yogurt  Vinegar  Garlic, crushed  Pepper  Salt  Cardamom Pods  1 lemon  **Sauce Ingredients:**  Tahini  Garlic, crushed  Lemon Juice  Plain Yogurt  **Pita Fillings:**  4 large pita breads  Thinly sliced cucumbers  Thinly sliced onions  Thinly sliced tomatoes  Sumac  Fresh parsley, finely chopped | | | |
| Directions:  1. Combine all ingredients except for chicken, fillings, and sauce ingredients to make marinade.  2. Add chicken, cover and refrigerate at least 8 hours, preferable overnight.  3. In a stockpot or large saucepan, cook chicken over medium heat for 45 minutes or until done. Be sure not to overcook! If chicken becomes a little dry, add a few tablespoons of water throughout cooking duration.  4. While chicken is cooking, prepare the sauce. Combine sauce ingredients and mix well. Set aside.  5. Take the onions, tomatoes, cucumbers and sprinkle with sumac. Add other filling ingredients in a large bowl and combine well.  6. When the chicken is done, you can shred it, slice it, or leave into large pieces. As long as it it thinly cut, there is not much difference. I prefer to cut mine into wide strips.  7. Prepare the Pita. Place enough chicken on pita that cover 1/4 of the loaf. Add veggies and pour sauce.  8. Roll like a soft taco or burrito and you have shawarma! | | | | | | |

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| **Name of Dish**  Chicharrón de cerdo | | **Type:**  **M** | | **Ethnicity**:  Bolivian | **Source**:  M.Flores | **Contributor**:  Rita Fiallo-Flores |
| Quantities | Units | | Ingredients | | | |
| 5  1  1  4  1  2  4  2  1  3 | lb  lb  lb  medium  medium  tt  tsp  cloves  tsp  large  medium  tt  tt | | leg meat of pork  mote (white corn without skin)  chuño (freeze dried potato)  aji amarillo (dried yellow peppers)  white onion  salt  black pepper  garlic  cumin  tomato  jalapeño  cilantro  beer (optional) | | | |
| Directions:  Preparation of Chuño  1. Leave the chuño to soak in water for 2 days.  2. Pour out water and peel the chuño.  3. Put into pot of water with salt to boil for approximately 10 minutes. Pour out water and  put aside until ready to serve.  Preparation of Mote  1. Put into pot of water and bring to a boil, then let it sit at low temperature to cook for 3 to 4 hours.  2. If desired add salt to taste in the last 10 minutes before serving.  3. Pour out water and put aside until ready to serve.  Preparation of Pork  1. ‘Aji amarillo’ can be found in many Latin American grocery stores (ie. Vigo, El Gaucho). 1 day before: let the dried yellow peppers soak in water. Once they are soft, remove the seeds.  2. Blend the aji amarillo, along with the chopped onions, garlic, black pepper, and cumin into a paste. Cut the pork into medium sized cubes.  3. At this point ‘chicha’ (fermented beverage from maize) would be added for more flavour but my family has yet to find chicha in Canada, so if desired it can be substituted with beer. Add the cut pork to a pot along with the paste and add salt and beer to taste. Let cook until tender.  4. Once tender remove the pork from the pot and leave the paste to thicken.  5. Place tender pork into a separate tray and spread on the thickened paste. Leave pork for approximately 20 minutes at 500 ◦F (or Broil). Take out tray, mix around the pork and paste so it absorbs the flavours, put back into oven for another (approx.) 10 minutes. | | | | | | |
| Preparation of Llajhua  My family has not been able to find all ingredients for this sauce in local markets, such as the locoto or quirquiña, so we have substituted them with cilantro and jalapeño.  1. Blend the cilantro, jalapeño (remove the seeds), and tomato into a thick paste.  2. Put into a small bowl, and add a pinch of salt and mix.  Assemble the dish  1. On a large flat plate place a few chuño along the side and a good amount of mote in the center.  2. On top of the mote serve pieces of pork. Make sure to get some extra teaspoons of the juices/paste from the tray and sprinkle on the chicharrón for more flavour.  3. It is now ready to serve.  4. At both ends of the table place a small bowl of llajhua and teaspoons so everyone can add the sauce to the chuño, mote or chicharrón as/if desired. Enjoy.  CHICHARRON  (Photo source www.chicharron.info) | | | | | | |

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| **Name of Dish**  Seffa Medfouna  (Couscous with Saffron Lamb) | | | **Type:**  **M** | **Ethnicity**:  **M**oroccan | **Source**:  Family friend | **Contributor**:  Riyam Hamshari |
| Quantities | Units | Ingredients | | | | |
| 2  3  2  1  4  1  2  2  1  1  ½  2  1  1  2  4  ¼  ¼  1  1  2 | lb  Tbsp  tsp  cup  Tbsp  cup  lb  large  Tbsp  tsp  tsp  sticks  tsp  tsp  tsp  Tbsp  cup  cup  cup  cup  Tbsp | couscous  vegetable oil  salt  golden raisins (soaked in water for 20 minutes)  butter  powdered sugar  cubed lamb  sweet onions (chopped medium)  ground ginger  white pepper  black pepper  cinnamon  saffron threads (crumbled)  turmeric  salt  butter  olive oil  chopped fresh cilantro  almonds (blanched, fried and ground)  powdered sugar  ground cinnamon | | | | |
| Directions:  1. Fill the bottom of couscoussier with sufficient salted water, and bring to boil over high heat. Reduce to a simmer and start to steam the couscous three times adding the raisins in the final steaming.  2. While steaming couscous, prepare the meat. Mix the lamb with the onions, spices, butter, oil and cilantro in a Dutch oven pot. Gently brown the meat over medium heat for approximately 10 minutes. Add enough water to cover the meat.  3. Cover the pot and cook over medium heat, stirring occasionally, until meat is tender. This may take a little over an hour to two hours. Avoid scorching/burning the meat by adding small amount of water if needed.  4. When meat is cooked, reduce the liquids until a thick sauce has formed. Remove the cinnamon sticks, and taste for seasoning.  5. Gently toss the steamed couscous with the butter and powdered sugar. Place about 1/3 of the mixture on a very large serving dish.  6. Place the meat in the centre, and cover with the sauce. Pile the remaining couscous over the meat using the hands to shape a dome.  7. Garnish the mound of seffa with the cinnamon, ground almonds and powdered sugar vertically.  8. Serve hot with small bowls of additional powdered sugar, ground almonds and cinnamon on the side for those who desire.  9. It is a Moroccan tradition to gather around a single plate of Seffa Medfouna with each person eating from their own side of the dish. | | | | | | |

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| **Name of Dish**  Hawaiian Toast | | **Type:**  **B** | | **Ethnicity**:  Hawaiian | **Source**:  Family | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 2  1  2  2  2 | slices  tsp  rings  slices  slices | | White or Whole Grain Bread  Butter  Pineapple  Muenster Cheese  Ham | | | |
| Directions:  1. Pre-heat the oven to 200 º F.  2. Spread butter on one side of the bread.  3. Toast the bread in the oven until golden brown. (Approx. 5 Minutes)  4. Remove the bread and place a slice of ham on top.  5. Place a pineapple ring on top of the ham.  6. Top with a slice of cheese and place back into the oven.  7. Remove from the oven when the cheese is melted and assumes a slightly brownish tinge.  8. Allow it to cool before serving. | | | | | | |

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| **Name of Dish**  Chicken Parmigiana | | **Type: M**eat | | **Ethnicity**: **I**talian | **Source**: Mom | **Contributor**:  Roberto De Lauro |
| Quantities | Units | | Ingredients | | | |
| 4  1  100  2  1  1/3  2  2  1  1/4  1  1/2  2  1/4 | Large  Cup  mL  Small  Large  Cup  Cups  Cups  tsp  tsp  tsp  Cup  Cups  Cup | | Boneless, skinless chicken breast halves  Tomato sauce  Vegetable oil  Garlic cloves, minced  Egg  Milk  Flour  Bread Crumbs  Salt  Pepper  Italian seasoning  Parmesan cheese, grated  mozzarella cheese, grated  White Wine | | | |
| Directions:  1. Preheat oven to 375 º F.  2. In a saucepan, combine tomato sauce, garlic, 1 tsp of salt, ¼ tsp of pepper and Italian seasoning. Bring to a boil.  3. Take chicken halves and tenderize with mallet.  3. Pour egg into a shallow bowl and whisk with milk, 1 tsp of salt, ¼ tsp of pepper, and ¼ cup of grated parmesan cheese.  4. Place flour and bread crumbs in separate shallow bowls.  5. Dip chicken into flour, then into the egg, then into the bread crumbs effectively covering the surface.  6. Pour vegetable into frying pan and throw in chicken when ready.  7. Fry coated chicken on each side for 2 minutes only. Remove when ready and place on paper towels to absorb excess oil.  8. Take a glass dish and place half of the amount of sauce inside. Next, place chicken over sauce and cover with remaining sauce. Sprinkle parmesan and mozzarella cheese on top and bake in oven for 15-20 minutes. | | | | | | |

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| **Name of Dish:**  Black Bean Thai Chicken | **Type:**  M | **Ethnicity**:  Thai | **Source**:  Thai Bamboo Restaurant | **Contributor**:  Roman Ponomarev |
| **Quantities**  1  1  1  2  4  3/4  3  1  4  2 | **Units**  lb  tbsp  medium  [cloves](javascript:popup('/glossary/clove.php'))  small  cups  tbsp  tbsp  tbsp  tbsp | | **Ingredients**  boneless skinless [chicken](javascript:popup('/glossary/chicken.php')) thighs  [vegetable oil](javascript:popup('/glossary/vegetable_oil.php'))  [onion](javascript:popup('/glossary/onion.php')), sliced  [garlic](javascript:popup('/glossary/garlic.php')), minced  [chili pepper](javascript:popup('/glossary/sweet_pepper.php')), whole  [chicken](javascript:popup('/glossary/chicken.php')) [stock](javascript:popup('/glossary/stock.php'))  [black bean](javascript:popup('/glossary/black_bean.php')) [garlic](javascript:popup('/glossary/garlic.php')) [sauce](javascript:popup('/glossary/sauce.php'))  [soy sauce](javascript:popup('/glossary/soy_sauce.php'))  [cornstarch](javascript:popup('/glossary/cornstarch.php'))  minced fresh [coriander](javascript:popup('/glossary/coriander.php')) or [parsley](javascript:popup('/glossary/parsley.php')) | |
| **Directions:**  1. cut chicken into 2-inch pieces  2. heat oil over medium-high heat; brown chicken, in batches  3. drain fat from pan; fry onion, garlic and chili peppers over medium heat for 5 minutes  4. whisk together stock, black bean and soy sauce; pour into skillet and bring to boil  5. return chicken and any juices to pan; reduce heat, cover and simmer, stirring once, until juices run clear when chicken is pierced, about 10 minutes  6. whisk cornstarch with 2 tbsp water; pour into skillet and bring to boil, stirring, until thickened and glossy, about 1 minute; sprinkle with coriander | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:**  M | | **Ethnicity**:  Indian | **Source**:  Family cookbook | **Contributor**:  Family |
| Quantities | Units | | Ingredients | | | |
| 9  1  1  1/3  2  1/2  2  1  2  2  2  1  1  1  1  1  2/3  1  1/3  1/3 | ounces  tsp  tsp  cup  tt  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  tsp  cup  tsp  tt  cup  cup | | skinless, boneless chicken breast halves - cubed  lemon juice  chili powder  salt to taste  yogurt  salt to taste  garlic paste  garam masala  melted butter  chili powder  ginger paste  lemon juice  olive oil    butter  garam masala  ginger paste  chopped garlic  chopped green chile pepper  tomato puree  chili powder  salt to taste  water  heavy cream | | | |
| Directions:   1. To Marinate: Place chicken in a glass dish or bowl with lemon juice, 1 tablespoon chili powder and salt. Toss to coat; cover dish and refrigerate to marinate for 1 hour. 2. Drain yogurt in a cloth for 15 to 20 minutes. Place in a medium bowl; mix in salt, garlic paste, garam masala, butter, chili powder, ginger paste, lemon juice and oil. Pour yogurt mixture over chicken, replace cover and refrigerate to marinate for another 3 to 4 hours. 3. Preheat oven to 400 degrees F. 4. Place chicken on skewers. Place skewers in a 9x13 inch baking dish and bake in preheated oven for 20 minutes, or until almost cooked through. 5. To Make Sauce: Melt butter in a medium saucepan over medium heat. Stir in garam masala. When masala begins to crackle, mix in ginger paste, chopped garlic and green chile peppers. Saute until tender, then stir in tomato puree, chili powder, salt and water. Bring to a boil; reduce heat to low and simmer. 6. Place chicken in sauce mixture. Continue cooking for another 5 minutes, or until chicken is no longer pink inside. Stir in fresh cream. | | | | | | |

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| **Name of Dish**  Jerk spiced Chicken | | **Type:**  M | | **Ethnicity**:  Jamaican | **Source**:  mother | **Contributor**:  Russell Munawa |
| Quantities | Units | | Ingredients | | | |
| 3  2  1  4  2  3  1  1  2  2  2  1 | lb  medium  tsp  medium  small  medium  tsp  tsp  tsp  tsp  tsp  tsp | | chicken  breast onions  seasoning salt  cloves of garlic  [scotch bonnet peppers](http://en.wikipedia.org/wiki/Scotch_bonnet_%28pepper%29)  green lime  sugar  cinnamon  allspice  vegetable oil  thyme  nutmeg | | | |
| Directions:  1. Rub just enough seasoning salt into the chicken. Do not use too much of it.  2. Blend all of the ingredients (onions, scotch bonnet peppers, green limes, sugar, cinnamon, garlic, allspice, vegetable oil, thyme, nutmeg) in a blender.  3. Cover the chicken with the jerk mixture from the blender. Toss around the chicken to coat in the mixture, also rubbing under the skin and all over chicken. Cover with plastic wrap, and refrigerate overnight so that it marinates.  4. Preheat oven to 350°F. Place chicken in baking dish and let it cook in the oven for roughly one hour until it has a crispy brown/black texture, turn chicken as necessary during cooking to ensure it evenly cooks well.  5. Serve chicken with a salad or rice with beans together with fried vegetables on the side. | | | | | | |

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| **Name of Dish**  Spaghetti and Meatballs | | **Type:**  P | | **Ethnicity**:  Italian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  ½  2  ½  1  ¾  3  1  ½  2  1  1 | lb  cup  Tbsp  Tbsp  tsp  cup  clove  Tbsp  jar  package | | ground beef  bread crumbs  parsley  salt  ground black pepper  grated parmesan cheese  eggs  chopped garlic  diced onion  extra virgin olive oil  tomato sauce  spaghetti | | | |
| Directions:   1. In a large mixing bowl, combine ground beef, bread crumbs, parsley, salt, black pepper, parmesan cheese, and eggs. 2. Knead together with hands until thoroughly mixed. 3. Roll mixture into meatballs, using about a tablespoon of the mixture for each one. Set aside. 4. Combine garlic, onion, and olive oil in a medium sized pot. Place on burner on low heat. 5. Once seasonings are sautéed, add tomato sauce. 6. Let the sauce boil. 7. Once boiled, let simmer for approximately half an hour, stirring occasionally. 8. Add meatballs. 9. Cook meatballs in sauce for approximately half an hour or until they float. 10. In a separate medium sized pot, boil water. 11. Add spaghetti and cook using package instructions or until tender. 12. Strain pasta and serve with sauce and meatballs. | | | | | | |

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| **Name of Dish:**  Chicken with Rice and Barberry | | **Type:**  **M** | | **Ethnicity**:  Iranian | **Source**:  Mom | **Contributor**:  Sara Farajian |
| Quantities | Units | | Ingredients | | | |
| 4  4  1  1 ½  1  ¼  ¼  2  1  1  ½ | cups  tsp  tsp  tsp  tsp  tsp  cup  cups  cup  lb  cup | | water  vegetable oil  sugar  salt  butter  pepper  saffron  chopped onions  basmati rice  skinless chicken breast  barberry | | | |
| Directions: Rice  1. Put 1 cup of rice in a round bowl and wash it with water. Once done washing, drain out all the water.  2. Pour all the rice in a pot and add 2 cups of water, 1 tsp of butter, and 1 tsp of salt.  3. Put the full pot on low-medium heat or 250º F and cover the pot with a lid for one hour or until all the water is soaked and vaporized.  4. Pour ¼ cup of saffron in a large cup and pour 1 cup of boiled water over the saffron and stir until all the pieces are fully dissolved.  5. Pour ½ cup of the dissolved saffron over the rice.  Directions: Barberry  1. Wash ½ cup of barberry with water and drain all the water once finished washing.  2. Pour 1 tsp of vegetable oil in a small pan on low heat or 180 º F  3. Put the barberry in to the pan and put 1 tsp of sugar and ¼ cup of the dissolved saffron in to the pan.  4. Stir the barberry, sugar, and saffron occasionally for 5 minutes.  5. Pour the barberry over the rice.  Directions: Chicken  1. Pour 3 tsp of vegetable oil in a pan on low-medium heat or 250 º F  2. Place 1 lb of chicken breast and 2 cups of chopped onions in to the pan.  3. Sprinkle ½ tsp of salt and ¼ tsp of pepper over chicken.  4. Fry the chicken for 15 minutes on each side or until chicken is fully cooked and golden on the surface  3. Pour ¼ of the dissolved saffron over the chicken.  4. Pour 1 cup of water over the chicken and place lid on the pan and let the chicken simmer for 10 minutes on low heat or 180 º F | | | | | | |

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| **Name of Dish**  Cozido a Portuguesa (Portuguese Meat Stew) | | **Type: M** | | **Ethnicity**: Portuguese | **Source**:  Traditional Family Meal | **Contributor**:  Mother |
| Quantities | Units | | Ingredients | | | |
| 8  2  2  1  1  1  1  1  2  2  3  6  1  1  1  2  2 ½  1 | lb  lb  Medium  Medium  Tsp  Tbsp  L  Cups | | Pork Ribs  Clean Pork Meat  Pork Feet ( cut in 4 peaces)  Pork Tail  Pork Nose  Sausage (Meat)  Sausage( Blood)  Sausage (Flour)  Veal  Cabbage  Carrots  Potatoes  Rapini  Onion  Paprika  Salt  Water  Rice | | | |
| Directions:   1. Place pan with water on stove at medium temperature 2. Add salt, paprika, and a whole onion 3. Place all the meat listed above except the 3 Sausages in the pan. And let it boil till fully cooked. This process takes approximately 2 to 3 hours. 4. During this time wash the cabbage and separate and cut the leaves in half, peel and cut carrots in four equal sized pieces, wash rapini leaves, and lastly peel the medium sized potatoes and cut them in half. 5. When meat is fully cooked, remove and place it a platter and cover using aluminum foil to avoid it from getting cold. 6. Proceed by adding the cut cabbage leaves, rapini leaves, cut carrots and potatoes 7. Add 3 cups of water in pan and a pinch of salt. ( before adding salt taste and add salt to your preference) 8. Add the 3 type’s sausages to boil as well. This process takes approximately 30- 45 minutes, at medium temperature. 9. In another small pan add about 1 cup of the stew gravey, ½ cup of water and add the cup of rice. At medium temperature for 20 minutes. 10. When all these processes are completed, it is time to prepare the platters. 11. Cut the big pieces of meat into smaller eatable pieces, and slice the sausages into 2” pieces. This is all combined into one meat platter 12. In another platter combine the cabbage, rapini, potatoes and carrots along side with a bet of the strew gravy. 13. The rice is placed in a bowl 14. Lastly the gravy of the meat strew is placed in a gravy bowl   Ready To Serve. Enjoy! | | | | | | |

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| **Name of Dish**  Dolma | | **Type:**  M | **Ethnicity**:  Middle-Eastern | | **Source**:  Father | **Contributor**:  Sarde Matti |
| Quantities | Units | | | Ingredients | | |
| 2  2  1  5  1  1  ¼  2  ½  4  2  3 | lbs  cups  medium  cloves  tsp  tbsp  tsp  tbsp  lbs  cups  tbsp  tbsp | | | lean ground beef  long grain rice  onion  garlic  salt  middle-eastern black pepper  cayenne pepper  dried parsley  grape leaves  water  lemon juice  olive oil | | |
| Directions:  1. To prepare, wash 2 cups of long grain rice and put aside. Thinly chop the onion and garlic cloves and set aside.  2. In a mixing bowl, combine uncooked lean ground beef, uncooked rice, chopped onions, parsley and chopped garlic cloves. Then add in the salt, middle-eastern black pepper and cayenne pepper.  3. Mix and fold all the ingredients thoroughly with hands.  4. Aside, unfold and open the grape leaves on a flat surface.  5. Add 1 tbsp of the mixture in the middle of each flat grape leaf. More or less mixture can be added depending on the varying sizes of the grape leaves.  6. Fold three sides of the grape leaf once, while leaving one side flat. Roll the folded sides towards the flat side of the grape leaf, in the shape of an egg roll.  7. Continue to follow step 6 until all the grape leaves and meat mixture is finished.  8. Take a large sized round cooking pot and add the olive oil.  9. Place all the wrapped grape leaves on top of one another, in the medium sized cooking pot until full.  10. Place the cooking pot on a stove while setting the temperature to “high/max”.  11. Pour water and lemon juice on top of all the grape leaves in the pot. Do not mix.  12. Place an appropriate sized lid and let ingredients cook on high until water starts to boil in the pot around 10-15 minutes.  13. Once the water is boiling, reduce to medium heat, cover and simmer. Cook for 45-50 minutes. After 45 minutes, take one grape leaf from the pot and taste to examine tenderness of the leaf and mixture.  14. Continue cooking depending on preference for tenderness.  Note: Zucchini, eggplant and tomato can be used to supplement or be added to the grape leaves mixture. By coring and leaving one side of the vegetable closed, the meat mixture can be stuffed into the vegetables and cooked following the same directions. Any vegetable can be used depending on personal taste preference.  Yield: 6-8 servings. | | | | | | |

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| **Name of Dish**  **Kosher Beef Stew** | | **Type:**  **M** | | **Ethnicity**:  Celtic | **Source**:  Ellyn Freedland | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 1  ½  ½  ½  2  ¼  1  ½  2  1  4  4-5  2  2 | tsp  tsp  tsp  cup  lbs  cup  cup  cup  tbsp  tbsp  medium  medium  medium  medium | | garlic salt  onion salt  paprika  flower  stewing beef, cubed  oil  chicken soup  water  ketchup  Worcestershire sauce  carrots, cut in rounds  potatoes, halved  onions  celery stalks, diced | | | |
| Directions:  1.Combine seasoning and flour into large mixing bowl  2.Rub seasoning mix onto the meat (\*if the beef is not precubed, then first cut the pieces of meat into equal sized cubes)  3.Brown the meat on all sides in hot oil  4.Add the soup, water, ketchup and Worcestershire sauce to the meat  5.Cover and cook for 2 hours  6. Add the vegetables into the pot  7.Cook ¾ hour longer, until tender  8. Place stew into bowls and serve. \*\*6 servings | | | | | | |

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| **Name of Dish:** | | | **Type:** | **Ethnicity:** | **Source:** | **Contributor:** |
| Veal Scaloppini with Lemon Butter Sauce | | | M | North American | Sean Jirgens | Sean Jirgens |
|  | **Quantities** | **Units** | **Ingredients** | | | |
| Veal: | |  |  |  |  |  |
|  | 4 | 3oz | veal cutlets | | | |
|  |  | tt | salt and pepper | | | |
|  | 1/2 | cup | grated parmesan cheese | | | |
|  | 1 | cup | flour | | | |
|  | 3 | large | eggs (lightly beaten) | | | |
|  | 1 | cup | breadcrumbs | | | |
|  | 3 | Tbsp | olive oil | | | |
| Lemon Butter Sauce: | |  |  | | | |
|  | 1 | Tbsp | lemon juice | | | |
|  | 3 | Tbsp | butter | | | |
|  | 1/4 | cup | dry white wine | | | |
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| **Directions:** | |  |  |  |  |  |
| Veal: | |  |  |  |  |  |
| 1. | Pound veal cutlets with meat mallet until they are approximately 1/4-inch thickness | | | | | |
| 2. | Breading: arrange three shallow dishes (or plates) each containing the following ingredients: flour, eggs (lightly beaten), breadcrumbs and cheese mixed together. | | | | | |
| 3. | Lightly season the cutlets with salt and pepper. Coat the cutlets lightly in the flour, then dip them into the eggs and finally coat with bread crumbs. | | | | | |
| 4. | Pour the olive oil into a large non-stick skillet and heat to medium high. Add veal; pan sear for 3-5 min per side (or until golden brown and cooked through). Transfer to an oven to keep warm. | | | | | |
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| Lemon Butter Sauce: | |  |  |  |  |  |
| 1. | Using the same skillet, pour in the lemon juice and bring it to a boil. | | | | | |
| 2. | Whisk in the butter (1 Tbsp at a time) and add the white wine. Remove from heat as soon as all the butter has melted. | | | | | |
| 3. | Making sure the sauce doesn’t break, arrange the veal on plates and spoon the sauce over it. | | | | | |
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| **Name of Dish**  Stew Chicken | | **Type:**  **M** | | **Ethnicity**:  Caribbean | **Source**:  Simone Williams | **Contributor**:  Shadea Subero |
| Quantities | Units | | Ingredients | | | |
| 3  1  1  1  1  2  1  2  2  1  1  1/2 | lb  small  small  small  cup  Tbsp  Tbsp  Tbsp  Tbsp  tsp  tsp  tsp | | whole skinless chicken cut up into pieces  onion (chopped)  tomato (chopped)  lime  water  cilantro meat seasoning  ketchup  vegetable oil  brown sugar  salt  bottled ginger  black pepper | | | |
| Directions:  1. In a medium bowl add the skinned chicken  2. Fill the bowl with tap water enough to cover the chicken  3. Squeeze the juice from the lime onto the chicken  4. Wash each piece of chicken in the lime water  5. After washing each piece of chicken individually drain out the lime water  6. Fill the bowl back up with fresh water and rinse the chicken of the lime  7. After rinsing the chicken with the fresh water, drain out all the water from the bowl  8. In the same bowl with the freshly washed chicken we are going to add every ingredient listed **EXCEPT** for the oil, sugar, and water.  9.After adding all the ingredients to the bowl we are going to mix everything around  10. In a medium size pot add the 2Tbsp of oil and 2 Tbsp of brown sugar then place on stove to heat at a medium high temperature.(When the sugar starts to melt it will look a bit foamy and change color to golden).  11. When the sugar is melted add the seasoned chicken to the pot  12. Using a large pot spoon be sure to “coat” each piece of chicken with the golden sugar.  13. Add the 8 oz’s of water to the pot and turn down the temperature to a low heat  14. Cover pot and let simmer for 60 minutes (stir the chicken in the pot every 10 minutes so that it does not stick to the bottom of the pot).  15. Enjoy!! | | | | | | |

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| **Name of Dish:**  Chicken Curry with Yellow Rice (Pullau) | | **Type:**  M | | **Ethnicity:**  Indian | **Source:**  Mother – Georgina Scott | **Contributor:**  Shannan Scott |
| **Chicken Curry** | | | | | | |
| Quantities | Units | | Ingredients | | | |
| 5  2  ½  6  1  ½  1  4  2  1  2  1½  ½ | lbs  tsp  large  small  tsp  tsp  small  small  tsp  small  tsp  cups  cup | | boneless chicken breast (cut into small pieces)  olive oil  onion (sliced)  cloves  standard curry powder  paprika powder  ginger (crushed)  cloves of garlic (crushed)  tomato paste  green chilli (sliced)  vinegar  chicken stock liquid  coriander leaves (chopped) | | | |
| Directions:  1. Heat oil in a large pot over medium-high heat and fry onion until brown  2. Add chicken and cloves to the pot  3. Cover pot and simmer for 15 minutes over medium-high heat  4. Combine curry powder, paprika, ginger, garlic, tomato paste, green chilli, stock and vinegar in a separate bowl, mix, and then add to pot  5. Continue cooking uncovered for 10-15 minutes to blend  6. Add coriander leaves  7. Cook slowly over medium heat until chicken is tender | | | | | | |
| **Yellow Rice (Pullau)** | | | | | | |
| Quantities | Units | | Ingredients | | | |
| 2  3  1  ½  6  1  4 | cups  tbsp  large  tsp  small  cup  cups | | basmathi rice  olive oil  onion (chopped)  tumeric or saffron powder  cloves  frozen or cooked green peas  chicken stock liquid | | | |
| Directions:  1. Pour oil in a large pot over medium-high heat  2. Add rice fry by quickly stirring  3. Add onions to pot  4. Add 4 cups of chicken stock liquid and blend by stirring  5. Add cloves  6. Add tumeric or saffron powder for colour and stir  7. After rice has absorbed most of the water, add peas, stir, and put pot into the oven at 350°F for 10 minutes until the rest of the water is absorbed | | | | | | |

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| **Name of Dish**  Curry Chicken | **Type:**  Meat | **Ethnicity**:  Indian | | **Source**:  Meena Dattoo | **Contributor**: |
| Quantities | Units | | Ingredients | | |
| 1  1  1  5  2  3-4  ¼  1  1  1  2 1/2 | whole  cup  Tbsp  Tbsp  Tbsp  tbsp  cup  cup  tbsp  whole  cup | | Chicken  Lemon juice  Salt  Blended seasoning (This is to add flavour and can be bought exclusively at almost all West Indian supermarkets/stores)  Cooking oil  Curry powder  Chopped onions  Parsley  Minced garlic  Hot pepper (optional)  Water | | |
| Directions:  1. Cut chicken into small pieces.  2. Wash with lemon juice and water, then squeeze out water.  3. Add seasoning (leaving **one** tbsp back) and salt.  4. Heat oil in pot on medium heat and add the chopped onions, minced garlic, and parsley.  5. Mix curry with ½ water and remaining blended seasoning and throw in the pot. Let cook for 2-3 minutes.  6. Add seasoned chicken and have it cook for about 5 minutes.  7. Add 1 cup water, cook until meat is tender and required amount of gravy is needed. | | | | | |

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| **Name of Dish**  Pork Ribs | **Type:**  **Meat-pork** | | **Ethnicity**: Americas, Venezuela | | **Source**: Mother | **Contributor**: |
| Quantities | | Units | | Ingredients | | |
| 2.2  1 whole  ¼  ¼  ¼  2  1/8  ½  ¼  ¼  1  ½  2 | | lbs  whole  cup  cup  cup  cloves  cup  tsp  cup  cup  tsp  tsp  Tsbp | | pork Ribs  lime  honey  soya sauce  grand marnier or marsala wine  garlic  fresh ground pepper  salt  vinegar  pineapple juice  dry ground ginger  lime juice | | |
| Directions:  1. The ribs must be cleaned and the membrane detached by cutting into it with a knife and slowly pulling it off.  2.Ribs must be rubbed with the lime cut in halves, and left to rest for 5-10 minutes.  3. Rinse ribs.  4. In a large container mix the dry ingredients then add the honey and mix again.  5. Rub the ribs on the dry ingredients thoroughly, allow 30 minutes to marinate.  6. Pre-heat oven to 400º F.  7. On a deep tray place a metal grill, and place ribs on top, put tray in the oven.  8. Once every 15 quickly take the ribs out of the oven, bathe in the marinate on the deep tray turn them upside down and return to the oven.  9. Repeat step 8 until 80 minutes have passed or until ribs are golden brown / caramelized. | | | | | | |

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| **Name of Dish**  Biryani | | **Type:**  M | | **Ethnicity**:  Sri Lankan/Indian | **Source**:  Mother | **Contributor**:  Sinduja |
| Quantities | Units | | Ingredients | | | |
| 1.5  1  13.5  2  2  ½  2  2  4  15  1  2  4  ½  1  1  3 | lb  cup  oz  tsp  tt  cup  cup  Tbsp  Tbsp  tsp  Tbsp | | chicken, cut into medium sized pieces  yogurt  low fat coconut milk  oil  salt  basmati rice  onions thinly sliced  thinly sliced ginger pieces  thinly sliced garlic pieces  green chillies  cashew nuts  cinnamon  cloves  cardamom  fennel seeds  coriander seeds  cumin seeds  bay leaves | | | |
| Directions:  1. Wash the rice thoroughly and soak for at least 30 minutes.  2. Dry roast cinnamon, cloves, cardamom, fennel seeds, coriander seeds, and cumin seeds.  3. Heat 2 tsp oil in a large pressure cooker and sauté the ingredients; onions, ginger, garlic, green chillies, and cashew nuts. Place this in a food processor, add the spice powder from the previous step and the yogurt and process to a smooth paste.  4. Marinate the chicken pieces with this paste and keep aside for half an hour.  5. Heat 2 tbsp oil and add the ingredients; bay leaves, cinnamon, and onions, thinly sliced. Until the onions are softened. Add the marinated chicken and sauté till dry and the oil starts to separate.  6. Add the coconut milk and salt and mix well and close the pressure cooker. Cook till the first whistle (when the pressure cooker has reached the full pressure) and switch off the stove.  7. When the chicken is getting cooked, heat about 1 tbsp oil in a large frying pan and fry the onions and cashew nuts for the garnish one by one, remove and keep aside. Add bit more oil and add the soaked rice and a little bit of salt and fry well.  8. When the pressure cooker is cool enough to handle, open and measure the gravy in the chicken. We need total 3.5 cups of liquid including the gravy and water to cook 2 cups of rice. So if there is two cups of gravy in the chicken, add 1 1/2 cups of water. Add the fried rice along with the required amount of hot water to the chicken in the pressure cooker.  9. Close the pressure cooker and cook on medium heat till the first whistle. High heat will surely burn the bottom of the biryani, so make sure it is medium heat. After the first whistle, switch off the stove and let stand till it cools down.  10. Transfer to a serving platter and garnish with the fried onions and cashew nuts and boiled eggs if using. Serve hot with raita and/or spicy gravy. | | | | | | |

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| **Name of Dish**  Butter Chicken  (Chicekn Tikka Makhani) | | **Type:**  Meat | | **Ethnicity**:  Indian | **Source**:  website | **Contributor**:  Kavita Mehta |
| Quantities | Units | | Ingredients | | | |
| 4  2  1  1  2  1  1  2  2  1  1  1  1  8 | whole  whole  whole  tsp  Tbsp  Tbsp  Tbsp  Tbsp  whole  tsp  tsp  cup  oz | | Marinade  boneless, skinless chicken breast, cubed  root ginger  garlic clove, chopped  chilli powder (optional)  tandoori spice blend  fresh cilantro, chopped  lime juice  ghee  Curry  ghee  onion, chopped  ground turmeric  tomato paste  crushed tomato  heavy cream | | | |
| Directions:  1. Place chicken, ginger, garlic, chilli powder, tandoori spice blend, lime juice and 1 Tbsp of oil in a bowl. Stir and let it marinade for 4 hours.  2. Heat a large shallow pan and add the chicken and marinade and let it fry for 6-8 minutes, stirring occasionally.  3. Heat the ghee in the frying pan and cook the onion until translucent. Add turmeric and tomato paste and stir fry for 1 minute.  4. Lower the heat and stir in the crushed tomato and simmer for 2 to 3 minutes.  5. Add the chicken and simmer until meat it succulent. Season and stir in heavy cream.  6. Sprinkle with cilantro and serve with fresh naan. | | | | | | |

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| **Name of Dish:** Stuffed Peppers | | **Type:**  Meat/ Vegetable | **Ethnicity**: Italian version | **Source**:  Nona Ida Maringola | **Contributor**:  Stephanie Maringola |
| Quantities | Units | | Ingredients | | |
| 6  3  1  2  1  1  2  1  ½  6  1 | large  large  lb  large  cup  tbsp  cup  cup  cup  medium slices  cup  tt | | bell peppers  eggs  lean ground beef  finely chopped garlic  bread crumbs  finely chopped parsley  tomato sauce  cooked rice  parmesan cheese  mozzarella cheese  white wine  salt and black pepper | | |
| Directions:  1. Begin with cutting the tops off the bell peppers and cleaning out the seeds.  2. In a large frying pan sauté the ground beef with the finely chopped garlic, and drain once cooked.  3. Mix ground beef, eggs, bread crumbs, parsley and cooked rice together and add salt and pepper to taste.  4. Evenly stuff each pepper with mixture, once stuffed place mozzarella slice down the center and distribute one cup of tomato sauce evenly on the top of the peppers.  5. Place the tops back on and carefully place the peppers standing in roasting pan.  6. Add remaining cup of sauce to the bottom of the pan along with one cup of white wine.  7. Cover pan with foil paper or lid, and cook at 350 degrees F for 45 minutes to an hour. | | | | | |

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| **Name of Dish:**  Veal Parmigiana | | **Type:**  M | | **Ethnicity**:  Italian | **Source**:  Lucia Gaglione | **Contributor**:  Steven Valentino |
| Quantities | Units | | Ingredients | | | |
| 6  2  3  1  ½  1  3  1  1  1  1 | Medium  cups  large  cup  cup  Tbsp  Tbsp  cup  cup  tsp  tsp | | Veal cutlets  Bread crumbs  Eggs  Tomato sauce  Parmesan cheese (grated)  Parsley (freshly minced)  Milk  Extra virgin olive oil  Freshly grated mozzarella cheese  Salt  Ground pepper | | | |
| Directions:  1. Preheat oven to 350 º F.  2. Place each individual veal cutlet between two sheets of saran wrap and pound thin with mallet to tenderize and set aside.  3. Combine bread crumbs, parmesan cheese, parsley, salt, and ground pepper in a large bowl, mix thoroughly and set aside.  4. Break eggs into a bowl, add milk and whisk until smooth.  5. Take each veal cutlet and individually immerse them into the egg and milk mixture, then immediately set in the large bowl containing the bread crumb mixture. Sift the bread crumb mixture over the cutlet and firmly press it into the bowl to adhere the bread crumbs. Turn the cutlet over and repeat until they are evenly coated.  6. Prepare a large pan with the olive oil and heat over medium/high heat.  7. When the oil is hot, place breaded veal cutlets into the pan and fry each side until lightly brown or approximately 2 to 4 minutes per side depending on thickness of each cutlet.  8. Once each cutlet is finished, place on a baking tray lined with paper towel to remove excess oil and lightly pat dry.  9. Place the lightly browned breaded veal cutlets in a large baking dish and add tomato sauce over top, then add grated mozzarella over top the sauce.  10. Cover the baking dish with tin foil and bake for 25 minutes.  11. Remove foil, and bake for an additional 5 minutes to lightly brown the cheese. | | | | | | |

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| **Name of Dish**  *Mansaf* | | **Type:**  M and B | | **Ethnicity**:  Arabic | **Source**: | **Contributor**: |
| Quantities (8 servings) | Units | | Ingredients | | | |
| |  | | --- | | ½ | | 3 | | 2 | | 10 | | 2 | | 4 ½ | | 1 | | ½ | | ½ | | 2 | |  | |  | | 3 | | |  | | --- | | lb | | quarts | | cups | | Tbsp | | Tbsp | | lb | | Tbsp | | cup | | cup | | pieces | |  | |  | | Cups | | | |  | | --- | | *jamīd* | | water | | water | | clarified unsalted butter | | [*bahārāt*](http://www.cliffordawright.com/caw/recipes/display/bycategory.php/recipe_id/734/id/2/) | | lamb shoulder on the bone | | salt | | blanched whole almonds | | pine nuts | | *marqūq*, *shrak*, or *lavash* (Armenian flatbread), left whole or 4 large *khubz cArabī* (Arabic flatbread or pita bread) split open to make 8 pieces | | long-grain rice, soaked in water to cover for 30 minutes and drained or rinsed well under running water until the water runs clear | | | | |
| Directions:  1. Soak the *jamīd* in cold water to cover for 24 to 48 hours.  2. Drain and melt the *jamīd* in a pot with 1 quart of the soaking water over medium heat. Add the remaining 2 quarts soaking water as it evaporates until the mixture has the consistency of yogurt. This could take up to 2 hours and you should eventually have about 2 quarts liquid *jamīd*. Strain the *jamīd* through a sieve and set it aside. Save three-quarters of the *jamīd* for the meat and the rest for the rice, which you will cook separately.  3. In a large, earthenware casserole, heat 5 tablespoons of the clarified butter over medium heat, then cook the lamb until browned on all sides, about 20 minutes. Remove the meat from the casserole with a slotted spoon and set aside. Pour off all the excess fat and liquid. Return the meat to the casserole with the reserved three-quarters of *jamīd*, reduce the heat to low, add the remaining 2 cups water, sprinkle on the *bahārāt*, and cook, uncovered, until the meat is falling off the bone, about 3 hours. Do not use any salt because the *jamīd* is salty. Stir the meat so it is mixed well with the spices and yogurt.  4. Prepare the rice. In a heavy flame-proof casserole or pot with a heavy lid, melt 3 tablespoons of the clarified butter over medium-high heat, then cook the rice for 2 minutes, stirring. Pour in 3 cups of the boiling water and the salt, bring to a boil, reduce the heat to low, cover, and cook until the rice is tender and all the liquid is absorbed, about 20 minutes. Do not lift the lid to look at the rice and do not stir the rice as it cooks. After 20 minutes, if the rice is not done, keep adding boiling water in small amounts until the rice has absorbed the additional water and is tender. When the rice is done, stir in the remaining quarter of the *jamīd*, to make the rice a little watery.  5. Melt 1 tablespoon clarified butter in a small skillet and cook, shaking the skillet, until the butter is golden, 2 to 3 minutes. Remove and set the butter aside. Melt the remaining tablespoon clarified butter in the small skillet and cook the almonds until light golden, about 5 minutes, tossing the nuts. Add the pine nuts and cook until they are golden, about another 3 minutes. Set the nuts aside.  6. Clean off a serving, dining, or kitchen table with soap and water and then rinse well and dry, unless you are using a very large tray or serving platter. Arrange the *marqūq* or other bread directly on the table or tray, overlapping them some, and spread some *jamīd* from the cooked lamb on it so it becomes soft. Strain the meat and place it over the bread, now soft and broken. Spoon the rice over next and put the remaining *jamīd* sauce from the lamb in a separate bowl with a serving spoon. Sprinkle the pine nuts and almonds over the rice. Pour the reserved 1 tablespoon of melted *samna* over everything.  Enjoy!! | | | | | | |

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| **Name of Dish**  Butter Chicken | | **Type:**  **M**eat | | **Ethnicity**:  **I**ndian | **Source**:  Mother | **Contributor**:  Tejinder Gill (Tina) |
| Quantities | Units | | Ingredients | | | |
| 8  ½  1  2  1 ½  1 ½  1/4  1 ½  ½  ¾  ¾  3  1/3  ¼ | large  cup  Tbsp  Tbsp  cups  cups  tsp  tsp  tsp  tsp  tsp  Tbsp  cup  tsp | | chicken breast  tandoori marinade  powdered garlic  butter  grated ginger  chopped red onions  ground black pepper  chilli powder  ground cumin  ground turmeric  ground coriander  tomato paste  whipping cream  salt | | | |
| Directions:   1. The first step is to take the chicken breast and put it in a bowl and take the tandoori marinade and cover each piece of chicken with it. 2. Take the marinated chicken and place it evenly on top of foil paper and place that on a baking tray. Make sure to pre-heat the oven to 400 ºF and bake it for 25 minutes or until it is fully cooked. 3. While the chicken is baking, prepare the butter chicken sauce. 4. Get a large pot and place it on medium heat and melt the butter. 5. Add chilli powder, ground turmeric, ground cumin, ground coriander and grated ginger. 6. Add the red onions and garlic powder and cook slowly for 5 minutes. 7. Reduce the level of heat to low and add the salt, ground pepper and tomato paste. Cover it for 10 minutes. 8. Stir in the whipping cream and remove the butter chicken sauce from the heat. 9. Take the chicken pieces (make sure to cut them into small pieces) and place it into the butter chicken sauce and mix it well. 10. Continue to cook it until the chicken is hot. | | | | | | |

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| **Name of Dish**  Momo | | **Type:**  Meat | | **Ethnicity**:  Tibetan | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 3  1  1  1  1  1  1  2  2  2 | cups  cup  tbsp  lb  large  tsp  tbsp  tsp | | all-purpose flour  water  olive oil  extra lean ground beef  onion  garlic clove  ginger root  green onions  fresh cilantro  salt | | | |
| Directions:  1. Using a 3-tiered metal or bamboo stacked steamer, fill the bottom pot with water and bring to a boil.  2. Mix together the flour, water, 1 tsp of salt, and oil, kneading it and forming it into a ball.  3. Cover it with either a wet towel or large enough bowl and let it rise for approximately 30 minutes.  4. During this time, dice the onion, mince the garlic, grate about 1tsp of ginger, chop the green onions and add in fresh cilantro. Add salt to the mixture. Mix these ingredients together in a large bowl.  5. Mix in the ground beef into the large bowl. This will be the contents of momo.  6. After letting the dough sit for 30 minutes, cut the dough into approximately 14 even pieces depending on how large you would like the momos to be.  7. One by one, roll and flatten each piece into small flat circles.  8. Add about a spoonful of the contents to the center of the circle.  9. Close the wrapper by bringing the ends together in a half-moon shape. Then as an added touch moving about a centimetre at a time, fold and pleat the edges.  10. Place on the lightly-greased metal tiers so that they do not stick together and stack on to bottom boiling pot. Cover the steamer with the lid.  11. Steam them for approximately 20-25 minutes.  12. Remove from steamer and serve. | | | | | | |

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| **Name of Dish**  Shaking Beef with rice | | **Type:**  M | **Ethnicity**:  Vietnamese | | **Source**:  Vietnamese Restaurant | **Contributor**:  Thanh Truc Nguyen |
| Quantities | Units | | | Ingredients | | |
| 1.5  1.5  2  1  0.5  2  2  2  1  0.5  3  3  1  1  1  1 | lb  tbsp  tbsp  tbsp  tsp  tbsp  tbsp  tbsp  bowl  bowl  cup  clove  big  big  big  big | | | steaks( bottom sirloin/culottes)  soy sauce  oyster sauce  fish sauce  cracked black pepper  sugar  salt  vegetable oil  steamed rice  unseasoned rice vinegar  watercress (only use the leafy part)  gloves garlic(minced)  tomato (thinly sliced)  red pepper  green pepper  lemon | | |
| Directions:  1. Cut the steak into 3/4in cubes and put the combination of soy sauce, oyster sauce, fish sauce, garlic, red pepper, green pepper, and sugar into the beef. Shake well to make sure the beef absorbs all those sauces and keep aside about 30 minutes.  2. Mix black pepper, vinegar and sugar in another bowl. Stir to dissolve the sugar. Then wet the watercress with ¾ of this vinaigrette.  3. For the dressing, place the watercress on one side of the platter and place sliced tomato along the shape of the platter and make a ramekin of black pepper/salt/lime dipping sauce.  4. Heat the oil in a large skillet. Add the bowl of beef and spread it around the skillet. Let the beef sear for about 2 minutes and shake the skillet to sear another side of the beef. Keep doing that about 5 minute until the beef is nicely browned.  5. Transfer the beef on the watercress and it is ready to be served with a bowl of rice and liming dipping sauce | | | | | | |

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| **Name of Dish**  Chicken Biryani | | **Type:**  **M**eat | | **Ethnicity**:  **I**ndian | **Source**:  Sonam | **Contributor**:  Tsering Yangzom |
| Quantities | Units | | Ingredients | | | |
| 3  4  3  2  3  4  2  1  1  3  ½  2  1  ½  ½  4  ½  2  ½  ½ | lb  cups  large  medium  Tbsp  Tbsp  tsp  Tbsp  Tbsp  whole  Tbsp  pieces  tsp  tsp  tsp  medium  tsp  Tbsp  cup  tsp | | chicken (boneless, skinless, cut in chunks)  basmati rice  onions, finely chopped  tomatoes, peeled and chopped  plain yoghurt  vegetable oil  salt  ginger (minced)  garlic (minced)  cloves  cardamom  cinnamon stick  cumin powder  ground black pepper  chilli powder  bay leaves  turmeric powder  biryani masala  cashew nuts  saffron | | | |
| Directions:  1. In a large skillet, heat the vegetable oil and fry the onions until golden brown.  2. Add garlic, ginger, cloves, cardamom, cinnamon stick, cumin powder, chilli powder, turmeric powder, bay leaves and the biryani masala. Fry this mixture for 3 minutes and then add the tomatoes. Mix well until the tomatoes are soft. Add water if mixture becomes too dry and starts to stick to the pan.  3. Add the chicken pieces to this mixture. Cover and cook for 10 minutes. Then, add salt and yoghurt to the mixture, cover it and let it cook for another 15 minutes until the meat is cooked and little curry remains.  4. Meanwhile, wash the basmati rice and cook it in 8 cups of boiling water for approximately 20 minutes until rice is cooked.  5. In another pan, fry the saffron on low heat for 2 minutes. After its cool, crush them and mix it in a bowl with 1 tablespoon of water. Mix the saffron mixture with the cooked rice.  7. Transfer the cooked rice into the chicken mixture and mix the contents well. | | | | | | |

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| **Name of Dish**  Wiener Schnitzel(Pork) | | **Type:**  Meat | | **Ethnicity**:  Romanian / Austrian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 8  2  4  1  1  1  1 | Slices  Eggs  Tbsp  150g  Tsp  Tsp  Cup | | * Pork cutlets * Eggs * Flour * Breadcrumbs * Salt * Pepper * Oil | | | |
| Directions:   1. Take each cutlet and using a meat tenderizer strike them until they are half of the original thickness. 2. Using 3 bowls place the flour in one, the eggs in another (beat the eggs before placing in bow) and place the breadcrumbs in the last bowl. 3. Sprinkle salt and pepper on each cutlet and then one cutlet at a time cover them first in flour, then through the egg mixture and at the end through the breadcrumbs making sure they are totally covered. 4. Place them on a platter, cover them with foil and refrigerate for about 15 minutes. 5. Preheat the oil in a pan. 6. When the oil is hot enough fry the cutlets. 7. It doesn’t take long for the cutlers to fry usually about 3 minutes on each side until golden brown. Once properly browned remove them and place them on a plate lined with a paper towel to absorb the excess oil. | | | | | | |

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| **Name of Dish** Curry Chicken On Rice | **Type:** Meats and Rice | **Ethnicity**:  Chinese | **Source**:  Grandfather | | **Contributor**:  William Kwan |
| Quantities  1  1  1  1  ½  2  3  ¾  2  2  3  3  2 | Units  Tbsp  cup  cup  small  cup  Tbsp  tsp  cup  cups  cups  oz  tsp  cups  tt | | | Ingredients  butter  chopped apple  sliced celery  clove garlic, minced  chopped Onion  cornstarch  curry powder  cold chicken stock  milk  cooked chicken, diced  mushroom, drained  sugar  steamed rice  salt | |
| Directions:   1. Melt the butter in a heated pan, add onions, garlic, celery and apples. Cook until onions are tender. 2. Add cornstarch, curry powder, cold chicken stock. 3. Add milk and stir until thickened. 4. Add chicken and mushroom. 5. Cook until chicken is tender without blood. 6. Add sugar to the mixture and stir. 7. Place steamed rice on plate 8. Pour the curry chicken and sauce on top of the rice 9. Curry chicken on rice is ready to be served. | | | | | |

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| **Name of Dish**  Curry Chicken With Rice | | **Type:** M | **Ethnicity**:  South- Asian | **Source**: Mother | | **Contributor**: Willon Kung |
| Quantities  1  1 ½  2  1/3  2  1  2 | Units  medium  cups  medium  large  small  tsp  tsp  tt  tt | | | | Ingredients  chicken breast  rice  eggs  onion  garlic  curry powder  oil  salt  pepper | |
| Directions:  1. Cook 1 ½ cups of rice about 2 hours prior to preparing dish  2. Cut chicken breasts to bite size pieces  3. Finely chop both onion and cloves of garlic  4. Heat up wok and add oil  5. Add garlic and onion  6. Add chicken pieces once garlic is likely brown  7. When chicken is cooked, add eggs and rice  8. Toss  9. Add curry powder and mix until the rice is coated with both the egg and curry powder  10. Season with salt and pepper  11. Garnish with green onions and serve | | | | | | |

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| **Name of Dish**  Cassoulet | | **Type:**  Meat | | **Ethnicity**:  Provencal french | **Source**:  Riad Nasr & Lee Hansen (Balthazar’s) | **Contributor**:  Andrew Higgs |
| Quantities | Units | | Ingredients | | | |
| 1  2  2  1  4  2  8  6  1  ½  1  3  6  ½  2  2  1  6  1  6  1  ¼ | lb  cups  lbs  head  whole  med  sprigs  sprigs  tblsp  cup  large  large  large  cup  cup  cloves  bunch  cup  lb  legs  cup  cup | | fresh pork belly  kosher salt  tarbais beans  garlic, halved horizontally  cloves  bay leaves  thyme  rosemary  whole black peppercorns  duck fat  yellow onion (diced)  carrots (diced)  celery stalks (diced)  tomato paste  canned plum tomatoes (drained and chopped)  garlic (minced)  bouquet Garni  (a bundle of herbs either tied together with string or wrapped in cheesecloth. 6-8 sprigs parsely, 3 sprigs thyme, bayleaf)  chicken stock  garlic sausage (each cut in half)  confit duck  bread crumbs  chopped flat leaf parsely | | | |
| Directions:  DAY 1  1. Cure the pork belly: In a large casserole dish or deep bowl, cover the pork belly generously in the salt. Refrigerate over night  DAY 2  2. Soak the beans: pick through the beans and discard any pebbles or discoloured ones. Pour them in a large bowl, cover with water, and soak overnight.  3. Remove the pork belly from the refrigerator and rinse away the salt. Return the meat to the casserole dish and add the head of garlic, cloves, bay leaves, thyme, rosemary, and peppercorns. Cover with plastic wrap and allow the flavours to intermingle over night.  DAY 3  4. Assemble and cook the cassoulet: Remove the pork belly from the refrigerator and cut into 1-inch cubes. Add the herbs and spices to the bouquet garni.  5. Preheat the oven to 350F. Drain the beans.  6. In a large ovenproof casserole or Dutch oven, melt the duck fat over a medium flame. Add the diced onion and cook for 5 min to soften but not brown. Add the carrots and celery and continue to cook for 5 min more. Add the blanched beans, tomato paste, chopped tomatoes, 2 cloves minced garlic, bouquet garni, and the pork belly. Stir well to combine. Add the stock and bring to a simmer. Skim away any foam that accumulate on the surface, cover, and transfer to the preheated oven.  7. While the beans are cooking, brown the duck confit legs in a pan until skin is golden and crisp (approx. 7-10min)  8. Cook beans for 2 hours, at which point the beans should be tender. Remove the casserole from the oven and add the sausage pieces and duck confit. Stir gently to combine.  9. Combine the bread crumbs, and chopped parsley in a small bowl. Mix thoroughly and sprinkle ver the casserole. Return uncovered to the oven and bake for 30 min, until the crumbly top browns, bubbles, and looks delicious | | | | | | |

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| **Name of Dish**  Yangchow Fried Rice | | **Type:**  M | | **Ethnicity**:  Chinese | **Source**:  Mother | **Contributor**:  Mak Yan Ting, Heidi |
| Quantities | Units | | Ingredients | | | |
| 300  1  ¼  3  4  1  4  ¼  -  ½  2 | g  medium  cups  oz  oz  large  tbsp  tsp  tt  tsp  tsp | | cold cooked white rice  onion  peas  roast pork  shelled shrimp  egg  oil  salt  black pepper  sugar  soy sauce | | | |
| Directions:  1. Bring peas to boiled water for 1 minute, set aside.  2. Rinse the shrimp, boil for 1 minute, remove and add salt and pepper, set aside.  3. Peel the onion, rinse and dice.  4. Dice the roast pork.  5. Lightly beat the egg, set aside.  6. Heat the wok and add 2 tablespoon oil; add and stir-fry the onion, shrimp and roast pork, set aside on a plate.  7. Heat 2 tablespoon oil; add and stir-fry the rice, beaten egg, sugar and soy sauce.  8. Add the onion, shrimp and roast pork into the wok. Mix everything together. Dish and serve hot. | | | | | | |

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| **Name of Dish**  Scrambled Eggs | | **Type:**  Meat | | **Ethnicity**:  worldwide | **Source**:  Yao Xing Chen | **Contributor**:  Yao Xing Chen |
| Quantities | Units | | Ingredients | | | |
| 2  1  20  2  0.3  1  1 | Units  tsp  mls  Pieces  lb  Tsp  Tsp | | Eggs  Vegetable oil  Milk  Ham (optional)  Fresh shrimp (optional)  Dried green onion (optional)  Salt | | | |
| Directions:   1. Beat the eggs inside an empty bowl with chopsticks 2. Add the milk into the bowl 3. Add 1 Tsp of salt into the bowl and whisker more 4. Heat frying pan in medium heat with oil. 5. If desire, add in dried green onion, shrimp, and ham. 6. Add in eggs mixture, when other ingredients are almost cooked. (approx 2 minutes) 7. Cook the eggs mixture until 80% done, then turn off fire and stir eggs mixture around, then transfer to a plate. | | | | | | |

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| **Name of Dish:**  **Mansaf** | | | **Type:**  **M** | **Ethnicity**:  Middle Eastern | **Source**: | **Contributor**: |
| Quantities | Units | Ingredients | | | | |
| Two  one  one  one half  one half  one  two  four  two  two two | kg  kg  kg  cups  cups tbs leafs cups tbs tbs tbs | lamb, large chunks with bones  2% yogurt or fermented-dried yogurt  short grain rice  peeled almonds cut in half pines turmeric powder dried basil water (for the rice) butter salt grind black pepper | | | | |
| Directions:  1. Put the lamb, basil leafs and turmeric powder in a large container, fill with water until the lamb is barely covered and bring to boil  2. Boil for 30 minutes or until the lamb is medium well (there should be some water left off from boiling)  3. Add the yogurt to the lamb while stirring frequently if the mixture is still thick more water should be added until the mixture has a milk-like texture  4. Bring the mixture to boil with continuous stirring (if not stirred the diary ingredients will permanently separate from each other)  5. Boil on high for 5 minutes then on low for 10 minutes or till the lamb is well done, add desired amounts of salt  3. Soak the rice in warm water for 30 minutes then drain  4. Bring the rice with the four cups of water to boil then add one spoon of butter, stir often  5. Reduce the heat to low and cook for 15 minutes or until rice is done  6. Melt the second spoon of butter on medium heat in a pan, add the almonds and the pines, keep frying until the nuts are golden in color  7. Distribute the rice in a large plate  8. Add the lamb pieces evenly on top of the rice  9. Pour a small amount of the soup on the rice evenly until the rice has absorbed the liquid  10. put the rest of the soup aside for people who like to add more  11. Randomly distribute the nuts, pine and almond, on the plate.  12. Serve hot | | | | | | |

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| **Name of Dish:**  “Pelmeni” | **Type:**  **M** | **Ethnicity**:  Russian | **Source**: | **Contributor**: |
| Quantities  0.5  0.5  1  1  2  1  ½  1  1  2-3 | Units  lb  lb  medium  large  cups  cup  tsp  Tbsp  clove  medium  tt | Ingredients  beef  pork  onion  eggs  flour  milk or water  salt  vegetable oil  garlic  bay leaves  salt, paper and spices | | |
| Directions:   1. First of all, we prepare “Pelmeni” filling. Grind beef and pork twice in meat chopper. Then add chopped onion, garlic, salt, pepper and spices to taste. In order to make mincemeat more tender and juicy, add 1 cup of milk or water. Mix everything good and reserve. 2. Secondly, we make the dough. Mix flour with egg and milk, salt and oil until a soft dough forms. Knead on floured surface until dough is elastic, medium firmness. 3. Cut the dough into 2 pieces (Recommendation: one piece cover with something (kitchen towel, bowl) or wrap in a plastic bag otherwise the dough will dry up).  Roll the dough into a long “snake” 1 inch in diameter. Cut the “dough-snake” in to one-inch think peaces. Then roll each piece out into circle using floured rolling pin 1/16 to 1/32 inch thick. 4. Place a teaspoon of the meat filling in the center of each circle and fold the dough over (looks like half-moon). 5. Then pinch edges firmly in order to completely seal each pelmen into a small packet. There should be no holes in the dough to preserve the flavor and consistency of the meat inside. Then connect together 2 opposite sides of pelmen to get the final shape. 6. Pelmeni can be frozen to be cooked later (they can be kept in the freezer for a long time), or cooked immediately. 7. Boil a large amount of water with 1-2 tsp of salt, so Pelmeni will not stick to each other. Carefully drop Pelmeni into boiling water. Don't forget to stir them from time to time. They are ready to eat when they floating to the top for 3-4 minutes and stay there. Take Pelmeni out using skimmer. 8. Pelmeni with butter, sour cream, vinegar or ketchup. | | | | |

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| **Name of Dish:**  Chicken Cacciatore | | **Type:**  **M** | | **Ethnicity**:  Italian | **Source**: | **Contributor**: | |
| **Quantities**  1  4  1  1/4  1/8  1  1  1  1  1  1  1  1  1  3 1/2  3 1/2  1/2 | **Units**  medium  cloves  medium  cups  cups  tbsp  tbsp  tbsp  tbsp  tbsp  tbsp  tbsp  tbsp  tsp  cups  cups  cups | | **Ingredients**  chicken breast  garlic  shallot  olive oil  lemon juice  sage  tarragon  fennel seeds  thyme  savory  lavender  basil  italian oregano  black cardamom seeds  diced tomatoes  crushed tomatoes  red pepper puree | | | |
| Directions:  1. Preheat oven to 425º F.  2. Clean, de-bone and de-skin the chicken  3. Create marinade by combining olive oil, lemon juice and all of the spices.  4. Mince garlic cloves and shallot and add to marinade.  5. Marinate chicken for 3-4 hours and then transfer everything to a oven proof pot  6. Add crushed tomatoes, diced tomatoes and red pepper puree to the pot  7. Cook for 45 minutes in oven  8. Serve lightly seasoned with Celtic sea salt and pepper as well as generous sprinkling of parmesan cheese. | | | | | | | |

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| **Name of Dish**  **Chicken Biryani** | | **Type:**  **M** | **Ethnicity**:  Middle-Eastern & Indian | **Source**:  Mother | **Contributor**:  Yvonne Vincent |
| Quantities | Units | Ingredients | | | |
| 4 (600g)  ¾ kg  1  3  2  2  1  2  3  1  1  1/2  3  1  2  8 | cups  cup  tsp  tsp  tsp  tbsp  tsp  tsp  tsp  tbsp  tsp  tbsp  tbsp | Cooked Basmati Rice  Chicken pieces  Plain Yogurt  Sliced red onions  Garlic Paste  Ginger Paste  Green Chilli Paste  Red Chilli Powder  Sliced Tomatoes  Turmeric Powder  Roasted cumin Powder  Green Cardamom Powder  Garam Masala Powder  Coriander Powder  Coriander Leaves  Vegetable Oil  Salt to taste | | | |
| **Directions:**  1. Mix yogurt, ginger garlic paste, green chilli paste, red chilli powder, turmeric powder, roasted cumin powder, Garam masala, coriander powder and salt. Stir well.  2. Marinate the chicken with this mixture and keep aside for 3-4 hours  3. Heat oil in a pan fry the onions until golden brown, and add tomatoes  4. Add the marinated chicken and cook for 15-20 minutes.  5. Add Green Cardamom Powder  6. Mix it with the cooked basmati rice  7. Garnish with green coriander leaves and serve hot. | | | | | |

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| **Name of Dish**  Fesenjon | | **Type:**  M | | **Ethnicity**:  Persian | **Source**: | **Contributor**: |
| Quantities | Units | | Ingredients | | | |
| 4  2  4  1  1  ½  3  2 | lb  cups  Tbsp  large  cup  cup  cups  tsp | | Chicken or duck breast  Ground Walnuts  Vegetable Oil  Onion  Sugar  Pomegranate paste  Water  Salt | | | |
| Directions:  1.In a large pot, fry onions and chicken breast in oil for about 5 minutes  2. In a food processor, ground walnut very well.  3. Add ground walnut with the onion and chicken breast and mix it well.  4. Solve pomegranate with water to have uniform mixture.  5. Add sugar to the uniform mixture while boiling it.  6.slowlly add all mixture together  7.Reduce heat to 200F and cover it and allow to simmer for 1 hr  8. Natural oil release from walnut, which create lustrous creamy sauce. | | | | | | |

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| **Name of Dish**  Baked Rigatoni and Meatballs | | **Type:**  **M** | | **Ethnicity**:  Italian | **Source**:  Canadian Living Magazine | **Contributor**:  Alicia |
| Quantities | Units | | Ingredients | | | |
| 2  1  2  3  1  1 ½  1 ½  1  1  ¾  1  2  3 ½  1 ½  ¼  Meatballs:  1  ¼  ¼  2  3  1  ¾  ½  1 | Tbsp  medium  large  cups  medium  tsp  tsp  tsp  tsp  tsp  28 oz  Tbsp  cups  cups  cup  large  cup  cup  large  Tbsp  tsp  tsp  tsp  lb | | olive oil  onion, chopped  cloves garlic, minced  sliced mushrooms  sweet red pepper, chopped  dried basil  granulated sugar  dried oregano  salt  pepper  can of tomatoes, chopped  tomato paste  rigatoni pasta  mozzarella cheese  grated parmesan cheese  egg  finely chopped onion  dry bread crumbs  cloves garlic, minced  grated parmesan cheese  dried oregano  salt  pepper  lean ground turkey | | | |
| Directions:  1. Meatballs: In bowl, beat egg lightly; mix in onion, bread crumbs, garlic, grated parmesan cheese, oregano, salt and pepper.  2. Mix in turkey.  3. Shape into heaping tablespoonfuls balls.  4. In large skillet, heat oil over medium-high heat.  5. Cook meatballs for 8-10 minutes or until browned on all sides.  6. Transfer cooked meatballs to paper towel-lined plate.  7. In the same skillet add onion, garlic, mushrooms, green pepper, basil sugar, oregano, salt, pepper; cook over medium heat, stirring occasionally, for about 10 minutes or until vegetables are softened.  8. Stir in tomatoes and tomato paste; bring to a boil.  9. Add meatballs; reduce heat and simmer for 30 minutes or until slightly thickened.  10. Meanwhile, in large pot of boiling water, cook rigatoni for about 8 minutes or until pasta is tender but firm. Drain and return to pot.  11. In an 8 cup casserole dish transfer the tomato sauce mixture and rigatoni noodles stirring to coat.  12. Transfer to 11 x7 inch baking dish or 8 cup shallow oval casserole.  13. Sprinkle mozzarella, then parmesan evenly over the top.  14. Bake in 400 ̊ F oven for about 20 minutes or until cheese is melted and top is golden. Makes 4-6 servings. | | | | | | |

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| **Name of Dish**  Sweet and Sour Pork/**咕嚕肉** | | | **Type:**  Entrée/  Meat: Pork | | **Ethnicity**:  China/ Guangdong | | **Source**: http://southernfood.about.com/od/sweetandsourporkrecipes/r/bl30207m.htm | **Contributor**:  Aaron Wong (500183740) |
| Quantities | | Units | |  | | Ingredients | | |
| 1 ½  1  20  ¾  ¼  1  ¼  ½  2  2  ½  1  2 | | lb  Tbsp  oz  cup  cup  Tbsp  cup  tsp  Tbsp  Tbsp  cup  small  cup | |  | | Boneless pork loin, sliced ½ -inch thick  Vegetable oil  Pineapple chunks in juice  Water  Vinegar  Soy sauce  Brown sugar  Salt  Cornstarch  Water  Thinly sliced onion  Green pepper, cut in thin strips  Hot cooked rice | | |
|  | Directions:  1. Cut pork slices into strips around 3 inches long and 1/2 to 1 inch wide. Sauté the pork strips in hot oil over medium heat until lightly browned and drain afterward.  2. Drain the pineapple but reserve juice. Combine the pineapple juice with 3/4 cup water, vinegar, soy sauce, brown sugar and salt. Then, pour over the pork in skillet and cover and simmer 1 hour until the meat is tender.  3. In a cup, combine both cornstarch and 2 tablespoons of water; stir until it gets smooth. Afterward, add cornstarch mixture to pork mixture.  4. Cook over with low heat and stir it constantly until the mixture is thickened and bubbly. Then, add the pineapple chunks, onion and green pepper.  5. Cover and simmer the sweet and sour pork for 10 minutes or longer until the vegetables get tender. Serve sweet and sour pork over rice as the final step.  (Serve 4-6 people) | | | | | | | |

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| **Name of Dish**  Kare Kare | | **Type:**  E  (Entrée) | | **Ethnicity**:  Philippine | **Source**:  Uncle (Cyrus Borja) | **Contributor**:  Krystle White |
| Quantities | Units | | Ingredients | | | |
| one point one  one point one  three  one  two  four  one  one  one  one  one half  eight  to taste  one half  one fourth | lbs  lbs  cups  medium  cloves  Tbsp  large  lb  lb  bud  cup  cups  tt  cup  cup | | beef (round or sirloin cut) cut into cubes (for a more traditional kare kare, use cleaned beef tripe instead of beef)  oxtail, cut 2 inch long  peanut butter  onion, diced  garlic, minced  atsuete oil  eggplant, sliced 1 inch thick  bok choy cut into 2 pieces  string beans cut to 2" long  banana bud, cut similar to eggplant slices, blanch in boiling  oil  water  salt  bought bagoong alamang (shrimp paste)  plain rice | | | |
| Directions:  1. Boil beef and oxtails in a stock pot with water for an hour or until cooked. Strain and keep the stock.  2. In a big pan or wok, heat oil and atsuete oil.  3. Sauté garlic and onions until golden brown, then add the stock, toasted rice, beef, oxtail and peanut butter. Bring to a boil and simmer for 15 minutes. Salt to taste.  4. Add the eggplant, string beans, bok choy and banana bud. Cook the vegetables for a few minutes - Do not overcook the vegetables.  5. Serve with bagoong on the side and hot plain rice. | | | | | | |