

# Taste of Culture COOKBOOK

A compilation of recipes and stories from around the world, shared by residents of Vanderhoof.



# Introduction



The Taste of Culture is a Welcoming and Inclusive Communities and Workplaces (WICWP) Legacy Initiative, funded by the Government of Canada and the Province of British Columbia and facilitated by the Good Neighbours Committee (GNC) in Vanderhoof. The overarching goal of the WICWP process is to ensure that communities within BC are becoming more welcoming and inclusive to new immigrants while at the same time building relationships within community amongst culturally diverse groups. And, the vision of the Legacy Initiatives is to create and sustain a welcoming and inclusive community that promotes and works towards a sense of belonging for each community member.

The focus of the Good Neighbours Committee continues to be creating a welcoming and inclusive community for all, so that we have a society where racist behavior is unacceptable and mutual respect between individuals is honoured. The Taste of Culture has allowed diverse community members to come together to share recipes, stories and life while creating wonderful 'tastes of culture' in a community kitchen. These dishes were then offered to community in a celebration of culture and a coming together of community; the Taste of Culture highlights the richness of our community and the diversity we share in common. This recipe book is the telling of the shared journey and a present glimpse of some of the wonderful community members who gave of their time, effort and talent to bring you this beautiful resource.



~ Charlyne Smilinski, Diversity Coordinator Good Neighbours Committee

# Taste of Culture



Our purpose for each of the Taste of Culture events was to bring people together, who otherwise may not have the opportunity or courage to do so, and build relationships. This goal was accomplished two fold: through our time cooking together in the community kitchen; and during the event when everyone sat and ate together. The stories shared from each individual's background were very intriguing and at times gut wrenching and full of pain, yet at other times joyous with words of success. It was good to have this time of sharing as it helped us to have a better understanding of each person's culture and journey in life, and how even though we differ in age, up bringing and place of origin, our stories are each important and in some cases even similar. Although it was hard to hear the pain that some people have suffered and still suffer because of what happened to them in the past, it was uplifting to hear the good that people find through change and determination.

We believe our purpose of building relationships was successful and that we have built a legacy of understanding and compassion of cultural differences for those who are new to our community and those who have lived here for generations. This cookbook is another way that we can continue to share these stories and enjoy a taste of culture.

*~ Lan Ma, Taste of Culture Coordinator*



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# North America

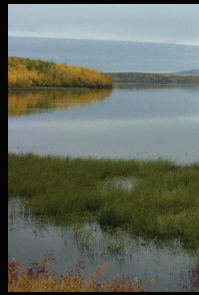


Left to right: Virginia George, Gene Antoine, and Margaret George (later married Gene and became an Antoine). Photo taken in 1956.



### Margaret Antoine and Virginia George

Sisters, Margaret and Virginia were born in Vanderhoof. They spent their summers at home where fond memories of picking berries, salmon fishing, and free time to be a child were made with their loving father. Their dad was a very kind, gentle man who taught them about forgiveness and the importance of giving to and taking care of others. He always helped those less fortunate. Their dad got along with everybody, and they learned from him that we have to get along in this world to make a good community. He was also a hard worker, and had many jobs, including a trapline. One time, he and his dog had to dig a hole in the snow to survive the night at  $-50^{\circ}\text{C}$ . Their mother thought he had froze to death, so when he got home the next day she thought she was looking at his ghost!



# Bannock

BREAD

Saik'uz First Nation - Canada



## Ingredients

5 cups flour  
2 heaping tsp baking powder  
1 tsp salt  
2 cups water  
½ cup canned milk  
1 or 2 eggs  
1 tbsp oil  
oil for deep frying

## Method

Combine dry ingredients, add water, milk, eggs, oil & mix. Make a fairly stiff dough and knead dough till soft and smooth (no longer sticks to fingers). Form into individual sized balls (oversized golf balls), and stretch to flatten (about 1 cm thickness). Put in hot, pre-heated oil to fry or bake in preheated oven at 350°C.

Serve with fresh fruit preserves or butter.



### **Vincent Syrette**

Vince is an Ojibway from Ontario, part of the Wolf Clan. Vince was in Vanderhoof in 1985, and now after moving several times across Canada and the U.S., he is now back in Vanderhoof to spend time with his daughter.

Having learned how to first make bannock at the age of 10 or 11 from his mother, Vincent's fondest memory of bannock making was when he realized that he could make money selling it. This easy to follow recipe can be made and stored in the fridge for up to a month (reheating will help to enhance the flavour).



# Bannock

**Ojibway First Nation - Canada**



## Ingredients

6 cups flour  
1½ tbsp baking powder  
1½ tbsp salt  
1½ cups milk  
1½ cups water  
Medium sized frying pan & 1 cup of oil for frying

## Method

In a medium sized bowl, measure out and combine dry ingredients. In a separate large sized bowl measure out and combine wet ingredients. Now combine wet and dry ingredients together and knead (the dough should be a bit on the sticky side - do not add extra flour to your fingers).

Pre-heat frying pan with oil on medium heat. Using a knife, cut dough into pieces that are approximately twice the size of a golf ball. Roll the dough in your hands then stretch each piece until it is about 1 cm thick, then carefully place in preheated pan (place dough in heated pan as they are shaped - always stay close by the stove as the oil temperature will need to be monitored). The bannock is cooked and needs to be turned over when it becomes golden brown.

Serve with butter, jam and peanut butter.



### **Anita Wlasitz**

Anita was born in Prince George, but grew up on Vancouver Island. She now lives in Vanderhoof.

### **Fun Fact!**

A chocolate brownie is a flat, baked square or bar introduced in the United States at the end of the nineteenth century and popularized in both the U.S. and Canada during the first half of the twentieth century, and the first brownie that appeared in public was in Chicago in 1893.



# Brownies

**Chocolate - United States**



## Ingredients

1 cup butter  
2 cups brown sugar  
2 tsp vanilla  
4 eggs  
½ cup cocoa  
1 cup flour  
½ tsp salt  
1 cup chocolate chips  
or chunks, melted

## Method

Melt butter in pan, add sugar, vanilla and eggs. Blend well. Add cocoa and flour and salt, mix. Just before adding to greased 9x13 inch pan add chocolate. Take a whisk or beater, and swirl the top of the mixture to create a marble effect. Bake for 30 min at 350°F.





### **Kristen Pelzer**

Traditionally this has been a snack or a dessert and brings back memories for me of summer time and picnics. Kristen learned how to make these cookies with her mom, but this recipe in particular has been passed down through her dad's side of the family. Kristen lives in Vanderhoof with her family.

### **Fun Fact!**

According to food historians, Amish women would bake these desserts (known as hucklebucks at the time) and put them in farmers' lunch pails or lunch boxes. When farmers would find the treats in their lunch, they would shout "Whoopie!" It is thought that the original Whoopie pies may have been made from cake batter leftovers.



# Whoopie Pies

United States



## Ingredients

1 cup vegetable oil  
 2 cups brown sugar  
 8 tbsp cocoa  
 1 cup milk  
 2 eggs  
 1½ tsp vanilla  
 3 cups flour  
 1 tsp baking soda  
 1 tsp salt

## Filling

5 tbsp flour  
 1 cup milk  
 1 cup shortening  
 ½ tsp salt  
 1 cup sugar  
 1 tsp vanilla

## Method

Cream vegetable oil and brown sugar.

Mix in the rest of the ingredients and let stand 30 minutes. Drop by teaspoon on greased cookie sheet.

Bake at 425°F for 8 minutes.

*Makes 2 dozen sandwiches.*

## Filling

Cook flour and milk until thick, stirring constantly.

Cool, then add remaining ingredients and beat until fluffy with a mixer.

Spread generously between 2 cooled cookies.



# South America



### **Claudia Pavon**

Claudia moved here with her husband and 3 young girls from Neuquén, Argentina in 2012. She is so excited about everything that Vanderhoof and Canada has to offer (even embracing the very cold weather and snow with such enthusiasm). The reason they moved here from Argentina was because her husband was able to find work here beekeeping and they wanted to live in a small community that had traditional values and where belief in God is still strong. Claudia has found it easy to meet new people and is overwhelmed at how welcoming the community has been since their arrival. Compared to the life she was used to in Argentina, which was so much busier - everyone worked 6 out of 7 days from 7am-10pm, life is more relaxed here.



# Amedellines

Argentina



## Ingredients

### Tortilla

½ cup lard (melted)  
5-6 cups flour  
1 tbsp salt  
2 cups hot water

### Filling

1kg ground beef  
3 cups shredded  
carrots  
salt (to taste)  
vegetable seasoning,  
to taste  
oregano (to taste)  
salsa (large jar)  
lemon slices (for  
garnish)

## How to Prepare Tortillas

Combine tortilla ingredients and knead until dough sticks well together (but not to counter). Put in fridge for 1 hour covered with plastic wrap.

## Method

Mix filling ingredients together by hand in a large bowl. Take dough out of fridge and roll out in “snake like” form. Cut into golf balls sized pieces and roll by hand into a ball shape then take a rolling pin and roll out into flour tortilla thickness. Fill each tortilla with a large tablespoon of the meat mixture, pinch in corners so as to expose top of “meatball” only. Bake for about 30 minutes or until dough is golden. Garnish with thin lemon wedges that are squeezed on top just before eating just to add a bit of zest! Eat with salsa.



**Africa**



### Josephine Ludwig

Raised in an orphanage from the age of 6 or 7, Josephine was adopted with her two sisters into an American family at the age of 16. Josephine never had the opportunity to learn to make African food until after she got married. Josephine lives in Vanderhoof with her husband and children.

This dish is traditionally eaten for lunch or dinner with rice because it is more affordable to the average African family.

### Fun Fact!

A plantain is a special type of banana that is much larger than the ones carried in all grocery stores. They are ripe and ready to fry when their peel is yellow in appearance.



Josephine is the tallest child in the picture. She is 11 years old.



# Fried Plantain

with Shrimp & Spicy Tomato Sauce - Liberia



## Ingredients

### Tomato Sauce

5 lg tomatoes  
 1 sweet pepper  
 1 small white onion  
 1 cube chicken bouillon  
 1.2 cans tomato paste  
 1 cup vegetable oil  
 salt (to taste)  
 Cooked shrimp, or stew sized meat (no beef)

### Fried Plantain

4-5 plantains  
 oil for deep frying

## Tomato Sauce

In a blender, puree the tomatoes, pepper and onion together. Once this is done, put the pureed sauce in a medium sized pot with the bouillon and tomato paste. Boil this down until it has reached a nice medium thick consistency, then add the vegetable oil and boil down for a little longer adding cooked shrimp at the end. You can substitute the shrimp for any kind of stew sized meat, except beef.

## Fried Plantain

Heat oil to a deep frying temperature. Peel and slice the plantains into one inch thick slices then when the oil is hot, carefully drop the sliced plantains into the oil. The plantains are cooked and ready to be taken out of the oil when they are a nice golden colour and are floating.

Dip the plantain into the tomato sauce or eat the sauce with rice.



**Rebekah deVries**

I was born in Vanderhoof and moved back here to raise my family. We've lived here for 16 years. We moved back to Vanderhoof because of the connections to the community and the friendliness of Vanderhoof.

I learned how to make this dish while our family was living in Sierra Leone, West Africa during the adoption of our two youngest children Noah and Kristien.

We eat this dish as a spicy main course, but it can also be a side dish.



# Spicy Couscous

With Chicken - Sierra Leone



## Ingredients

1 cup broccoli  
chopped small  
1 onion chopped  
1 cup carrot chopped  
small  
1 celery stalk sliced  
2 boneless chicken  
breasts chopped  
3 cups dry couscous  
1 cup water  
½ cup tomato sauce  
salt to taste  
1 tsp paprika  
ground hot red pep-  
per to taste

## Methods

Cook together the vegetables and chicken. When cooked through turn heat to low and add couscous, water and tomato sauce. Add salt and hot peppers to taste. Mix well.

Cover and check every couple minutes adding more water (and tomato sauce if you like) until couscous is soft and moist (about 10 minutes) but not soggy.



### **Fiona Lamprecht**

Fiona comes to Vanderhoof directly from South Africa. She and her family recently received their Canadian Citizenship. Fiona prepared the meal for Taste of Culture using a cookbook hand written by her mother and given to Fiona when she left home. Fiona enjoys cooking traditional South African dishes along with regular Canadian fare.

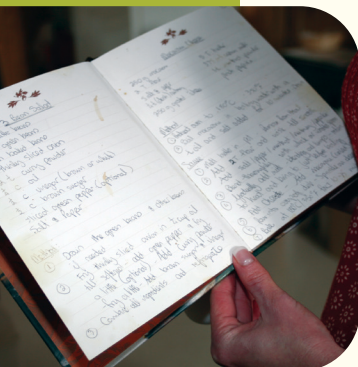
Drie Boontjie Slaai and Boerewors sausage (see pages 28-29) are typical South African dishes. The bean salad is a healthy salad that is high in fibre. Usually served cold on a hot summer's day.



# Drie Boontjie Slaai

SUPPER

## Three Bean Salad - South Africa



### Ingredients

1 400 g each  
butter beans  
chickpeas  
kidney beans,  
drained and rinsed

### Dressing Sauce

1 tbsp oil  
1 onion, grated  
1 red sweet pepper,  
finely sliced  
1 tsp cumin  
1 tsp curry powder  
½ tsp turmeric  
½ cup brown sugar  
¼ cup balsamic  
vinegar  
¼ tsp salt  
¼ tsp freshly ground  
black pepper

### Drie Boontjie Slaai (Three Bean Salad)

Mix all the beans in a beautiful, large dish.

Heat the oil and fry the onion in it until light brown. Add the sweet pepper and stir for about 2 minutes (the sweet pepper has to retain its colour and shouldn't be soggy). Add the cumin, curry powder and turmeric and stir it through the ingredients for a minute or two. Add the brown sugar and stir another few minutes.

Remove from the heat and add the balsamic vinegar, salt and black pepper. Pour the ingredients over the beans, toss and serve.

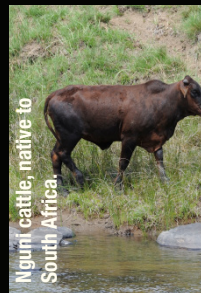
*Hint: This salad tastes even better once it has been in the fridge for a while. Therefore prepare it a day ahead. For "Taste of Culture" Fiona added fresh cut mango slices as well just for fun!*



The self sufficient South African farming community wasted nothing. When a beast (beef, mutton or wild game) was slaughtered in winter, all parts were used, including the trotters, used for making brawn, and the intestines that were used as casings for home-made sausage. Every farmer's wife prided herself on her own special sausage recipe.

**Fun Fact!**

European influences to South African food started in the 1600s with Dutch and French merchant ships and settlers. Over time original Dutch cooking customs were blended with cooking styles of Central and East Africa, India, Indonesia, France, Germany and Great Britain to create what is known in the South Africa food history as the "Cape Dutch" cuisine - a "Melting Pot" of many different cultural influences.

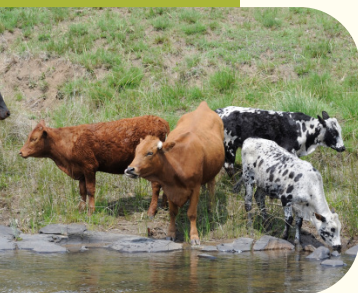


Nguni cattle, native to South Africa.



# Boerewors

## Farmer's Sausage - South Africa



### Ingredients

1.5 kg beef  
 1.5 kg pork  
 500 g bacon, diced  
 25 ml salt  
 1 tsp ground pepper  
 3 tbsp ground coriander  
 ½ tsp freshly grated nutmeg  
 ¼ tsp ground cloves  
 ¼ tsp ground thyme  
 ½ tsp ground allspice  
 ½ cup red wine vinegar  
 1 clove garlic crushed  
 3 tbsp Worcestershire sauce  
 85 g sausage casings

### Boerewors (Farmer's Sausage)

This recipe is based on traditional Dutch and German sausage but with different ingredients.

Cut the beef and pork meat into 1.5 inch cubes and mix it with all the other ingredients except the sausage casings. Grind the meat using a medium-course grinding plate. Fill the sausage casings firmly but not too tightly with the meat mixture.

Can be fried, grilled or barbecued over coals. Roll the sausage into a coil before cooking and cut after it is cooked.

Makes 3.5 kg of sausage.

*Note: For "Taste of Culture" Fiona used already prepared boerewors purchased from a local butcher shop.*



# Europe



### **Nikki Ford**

Nikki was born and raised here in Vanderhoof. She moved to Victoria for 8 years and had 3 kids, but then moved back here 2 years ago because it's a nice place to raise kids and most of her family is here. She also missed having a white Christmas.

Nikki's favorite thing about Vanderhoof is whenever someone needs help the whole community comes together to support them.

Nikki relatives and ancestors come from a number of countries, including Ireland, Scotland and Norway. Some were quite famous in their countries (eg. Knut Svennes the strongest man in Norway, and William Playfere the Father of Statistics). Nikki says that from Ireland to Thailand, she LOVES and appreciates food from all over the world.



# Irish Stew

SUPPER

Ireland



## Ingredients

1 tbsp olive oil  
2 pounds boneless  
lamb shoulder, cut  
into 1½ inch pieces  
½ tsp salt  
black pepper to taste  
1 large onion, sliced  
2 carrots, peeled and  
cut into large chunks  
1 parsnip, peeled and  
cut into large chunks  
4 cups water  
3 large potatoes,  
quartered  
1 tbsp fresh rosemary  
1 cup coarsely  
chopped leeks  
parsley for garnish

## Method\*

Heat oil over medium heat in a large stockpot or Dutch oven. Add lamb pieces and cook, stirring gently, until evenly browned. Season with salt and pepper.

Add the onion, carrots, and parsnips and cook gently alongside the meat for a few minutes. Stir in the water. Cover and bring to a boil before turning the heat down to low. Simmer for 1 hour or longer, depending on the cut of meat you used and if it is tender yet.

Stir in potatoes, and simmer for 15 to 20 minutes, before adding leeks and rosemary. Continue to simmer uncovered, until potatoes are tender but still whole. Serve piping hot in bowls garnished with fresh parsley.

\*allRecipes.com



### **Fabia Rombach**

Fabia is an exchange student from Germany, but has prepared this German dish for the Taste of Culture. Fabia has also been involved in community theatre during her stay in Vanderhoof.

### **Fun Fact!**

Rote Grütze is a sweet dish from Germany. The essential ingredients are red summer berries such as redcurrant, blackcurrant, raspberries, strawberries, blackberries, bilberries and stoned black cherries. The essential flavour can be achieved with redcurrant alone; a small amount of blackcurrant will add variety; sugar is used to intensify the flavour.\*



\*Wikipedia

# Rote Grütze

Germany



## Ingredients

2 XL bags frozen fruits  
7 litres canned fruits  
(e.g. cherries) other-  
wise red juice  
10 packets vanilla  
pudding powder  
3 litres cream or  
heavy milk

## Method

Put canned fruit and juice into heavy saucepan. Bring to a boil, uncovered, over medium heat stirring often.

As soon as the juice boils, add pudding powder whisking vigorously. Immediately reduce heat to low; cook and stir for 3 minutes until mixture boils again, and thickens.

Stir in frozen fruit gently. Heat and stir 1 minute more. Remove from heat and stir 1 minute more. Cool mixture to room temperature. Chill for 24 hours (ideal).

Shortly before serving, beat milk or heavy cream until slightly thickened, but still thin enough to pour.

Spoon Rote Grütze into stemmed goblets and top each with a generous ladle of whipped cream and serve, or serve over dessert.



### Laura

Laura is an exchange student here from Finland.

### Fun Fact!

Pulla is a mildly-sweet Finnish sweet roll or dessert bread flavored with crushed cardamom seeds and occasionally raisins or sliced almonds. It can be formed into balls, braided loaves (pitko), rings, or larger cinnamon rolls called korvapuusti. The outside typically has a shiny brown glaze, formed by a coating of egg white, milk or a mixture of sugar and brewed coffee.

Pulla is also common in the Upper Peninsula of Michigan and Northern Ontario, which have large Finnish populations.\*

\*Wikipedia



# Pulla

Finland

BREAD



## Ingredients

4 cups milk  
100 g yeast  
2 tsp salt  
1.7 cups sugar  
2 tbsp cardamom  
2 eggs  
2 kg whole wheat flour  
1¼ cup unsalted butter, melted  
1 egg  
water

## Method\*

\*Wikipedia

Warm the milk in a small saucepan until it bubbles, then remove from heat. Let cool until lukewarm.

Dissolve the yeast in warm water. Stir in the milk, sugar, salt, cardamom, eggs, and enough flour to make a batter. Beat until the dough is smooth and elastic. Add 3 cups of flour and beat well; until the dough is smooth and glossy. Add butter, stir well and beat until the dough looks glossy. Stir in the remaining flour until the dough is stiff.

Let dough rest for 15 minutes then knead until smooth. Place in a lightly greased mixing bowl and turn to coat. Cover and let rise until doubled in bulk, about 1 hour. Punch down, and repeat rise.

You can braid the dough, or pull off small amounts and roll into a ball. Let rise for 20 minutes.

Beat one egg with a bit of water and brush each loaf with the mixture, then sprinkle with sugar. Bake at 400°F for 25 to 30 minutes.



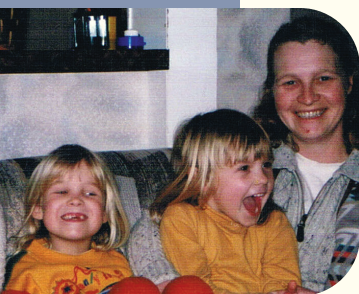
### **Will Nellen**

Born in Huizen, Holland, Will along with his wife Ankie and 3 girls decided to settle here in Vanderhoof in November 2007 when Ankie got a job here (after having lived in several places throughout BC and Saskatchewan). They chose to live in Canada because it is a bit closer to Holland and he appreciates having four seasons. Will appreciates that Vanderhoof has all the necessary stores so that you don't have to go to Prince George, and that it is an agricultural community. Will's background in Holland was dairy farming, but he is also an incredible baker and has it down to a science as he and his wife used to run a Dutch bakery in Revelstoke. These cookies are as authentically Dutch as you will get.



# Dutch Cookies

## Coconut Macarons & Filled Almond Cookies - Holland



### Ingredients

#### Coconut Macarons

1/3 cup sugar  
1 1/4 cup shredded and  
sweetened coconut  
2 egg whites

#### Filled Almond Cookies

1 1/4 cup white flour  
1 tsp baking powder  
1 tsp cinnamon  
1 cup butter  
1 cup brown sugar  
3 tsp salt  
a bit of lemon juice

1 egg

25 half almonds

*For the filling:*

~1 1/4 cup almond

spice

1 egg

lemon juice

1 tbsp oil

### Method

#### Coconut Macarons

Beat the egg whites until almost stiff, if too stiff, it will be hard to mix coconut and sugar. Carefully mix the sugar and coconut into whites. Line the cookie sheets with rice paper (edible parchment paper), and bake 30 minutes at 450°F.

#### Filled Almond Cookies

Mix together baking powder, cinnamon and flour. Mix butter, sugar, salt, lemon juice and egg until soft and add flour mixture. Make a ball from the dough, cover and put in fridge for half an hour. Mix the almond spice with the egg, oil and lemon juice. Take dough out of fridge and roll out to a thickness of a twoonie. Cut 2 round shaped cookies of about 4 inches. Put on a cookie sheet covered with parchment paper. Put spoonfull of almond spice mixture in the middle of one of the cut outs. Take the other cut out and put on top then press around the outside to close the cookie. Repeat. Whip the egg with a bit of water and brush the cookies, put an almond on top of each and bake in the middle of the oven at 350°F for about 12 minutes.



### **Amber Tait**

My past, present and probably future is linked with British Columbia's geographic centre, Vanderhoof. I am blessed with friends and family that infuse our community with variety!! Both the cream puff and chocolate chip cookie recipes reflect my German roots... please enjoy!!!



# Cream Puffs

Germany



## Ingredients

1 cup flour  
1 tsp baking powder  
¼ tsp salt  
1 cup water  
½ cup butter  
3 eggs

## Method

Preheat oven to 425°F. Butter large cookie sheet or use parchment paper. Sift flour, baking powder and salt together several times.

Bring water and butter just to boiling point. Remove from heat and mix in flour mixture all at once. Replace on heat and beat hard until mixture forms a mass leaving sides of pan clean.

Remove from heat and beat in eggs one at a time, beating vigorously after each until thoroughly combined, making a smooth egg mixture. Drop by spoonfuls into mounds about the size of an egg apart. Bake for about 15 minutes, then turn oven down to 375°F and bake for 25 minutes longer. Turn oven heat off and leave oven door open, allowing puffs to dry for 10 minutes.

Take out of the oven and cool. When cool, fill with sweet or savory combinations, but a favourite of our family is whipped cream with a dash of instant vanilla pudding. The pudding gives the cream a better consistency inside the cream puff. Enjoy!



Amber also provided this delicious chocolate chip cookie recipe.

**Fun Fact!**

The population of Germany is over 82 million, and at a total size less than Newfoundland, Germany is one of the most densely populated countries in the world.

Despite its dense population and demand for space, Germany has preserved nearly a third of its land base in forests, and has very little development on mountain tops. This results in a feeling of being surrounded by green space when travelling in the country, and Germany is thought to be one of the most scenic countries in Europe for that fact.



# Chocolate Chunk

DESSERT

## Cookies - Germany



### Ingredients

1 cup butter, softened  
¾ cup firmly packed  
brown sugar  
½ cup white sugar  
1 egg  
1½ tsp vanilla  
2¼ cups flour  
1 tsp baking soda  
½ tsp salt  
1 cup coarsely  
chopped walnuts  
1 cup chocolate chips

### Method

Heat oven to 375°F. In large mixer bowl, combine butter, brown sugar, sugar, egg and vanilla. Beat at medium speed, scraping bowl often, until well mixed.

Reduce speed to slow; add flour, baking soda and salt. Beat, scraping bowl often, until well mixed. By hand, stir in walnuts and chocolate.

Drop dough by rounded tablespoonfuls 2 inches apart onto cookie sheet. Bake for 10-11 minutes or until lightly browned. Makes 3 dozen cookies... enjoy!!



**Asia**



### **Kumiko Morimoto**

Instead of sandwiches, rice bowls are usually what is eaten for lunch. Not actual bowls, rice bowls are shaped by hand into triangles, hearts, stars and balls. They come in many different flavours - the most popular being pickled ume (Japanese apricot), and tuna with mayonnaise. Kumiko started learning how to make this standard dish with her mother when she was in grade 3 or 4.

Kumiko's first impression of Canada was that everything here is "big", such as how the food is packaged and sold in the stores.

### **Fun Fact!**

An average of 65 kilograms of rice are milled annually for every person on earth.



Kumiko and her brother in Japan dressed for a ceremony.



# Rice Bowls

Japan

LUNCH



## Ingredients

sticky rice

## Flavours

### Salt & Sesame

1 tbsp sesame seeds  
salt to taste

### Tuna & Mayonnaise

1 can tuna  
1 tbsp mayonnaise

### Cabbage & Sesame

2 cups cabbage  
(chopped, boiled &  
water squeezed out  
salt (to taste)  
sesame oil (to taste)

## How to Cook Rice

First you must wash your rice by hand in cold water, then for every cup of uncooked rice, add 1 cup of water, then cover with lid and cook on medium heat.

## Method

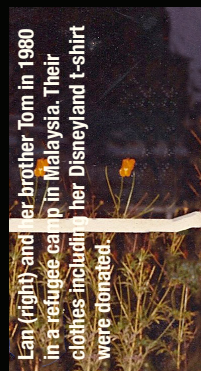
Choose the flavour of rice bowl you would like to make then add the ingredients into the cooked rice. Using plastic wrap shape the rice into a triangle shape (balls will work too). Then twist the plastic wrap closed so that the rice bowl can be frozen for individual servings. When you are ready to eat them just heat in the microwave.



### Lan Ma

Lan was born in Vietnam, however her mother and grandparents were originally from China. Lan was born the year the Vietnam war ended and life was very hard at that time. When she was still a child, her grandparents wanted a better life for Lan, so she, her brother and mother came to Canada.

As an adult, Lan and her family moved to Vanderhoof because she wanted her children to grow up close to family and they liked the size of Vanderhoof. Lan feels very connected here and her children have also developed a strong sense of community.



# Veggie Rolls

LUNCH

**Vietnam**



## Ingredients

### Veggie Rolls

rice paper  
lettuce  
bean sprouts  
chives  
mint leaves  
cucumber, julienne  
slices  
red pepper, julienne  
slices  
marinated or BBQ'ed  
beef, chicken or  
pork, julienne slices  
(optional)  
shrimp (optional)

### Hoisin Sauce

Hoisin Sauce from  
store  
2 cloves garlic  
2 tbsp oil

## Method

### Veggie Rolls

Moisten rice paper in a shallow dish of water. Take care to place moisten paper on a flat surface. On one side, arrange vegetables/meat/seafood on top of each other to about 1 inch in height and 1.5 inches deep. Place two mint leaves on the opposite edge of paper. Fold sides of rice paper up over the ends of the vegetables, and then take leading edge of rice paper and roll toward the mint leaves. Make sure that it is a snug fit, however do not overstuff the rolls!

### Hoisin Sauce

Mince the garlic and fry in the oil until browned. Add Hoisin sauce and warm.  
Dip the veggie rolls in the sauce.



### **Heidi Ra**

Born in Seoul, Korea, Heidi moved here to Vanderhoof because of work. She has now lived here for about one and a half years and finds Vanderhoof to be a small quiet community where people are friendly and welcoming. She is looking forward to developing more friendships and meeting new people.



# Stir Fry

## Sweet Potato Noodle - South Korea



### Ingredients

- 1 pkg. sweet potato noodles
- 3 tsp white wine, apple or pear juice
- 3 tsp soya sauce
- ½ cup green onions, sliced
- 1 pkg. brown mushrooms cut to stir-fry
- fresh garlic (to taste)
- 1 pork steak sliced
- brown sugar (to taste)
- ¼ cup sesame seeds
- 1 each red, orange and green peppers sliced diagonally
- 2 carrots sliced diagonally

### Method

First bring a large pot of water to boil then add sweet potato noodles (until it is clear). Drain noodles when cooked and rinse in cold water. Add 1 teaspoon of cooking oil and set aside.

Heat wok and brown sesame seeds (without oil) then set aside in a separate bowl for use later.

Put wok on "high" heat, add a tablespoon of cooking oil, then add minced garlic, pork, vegetables, 3 tablespoons white wine or apple juice or pear juice, until cooked then empty into a separate bowl.

Add stir-fry to noodles, sesame oil, sesame seeds, soya sauce, brown sugar, salt to taste, toss together and serve hot.



### Fun Fact!

Hanbok is translated from Korean to English as meaning “Korean clothing.” However, hanbok is a traditional dress that is often characterized by vibrant colors and simple lines without pockets. Here Heidi Ra is wearing one when she was in Korea.



# Kimchi

South Korea

SUPPER



## Ingredients

2 heads Napa cabbage  
2 cups sea salt  
8 cups water

## Kimchi Marinade

1 cup sweet rice powder  
5 cups water  
1 cup sunlight dry chili pepper powder  
 $\frac{2}{3}$  cup onions, peeled and quartered  
2 tbsp ginger, peeled cut small pieces  
 $\frac{1}{2}$  cup green onion  
 $\frac{1}{4}$  cup of fish sauces  
 $\frac{1}{2}$  cup of chopped fresh shrimp  
 $\frac{1}{2}$  cup ground garlic

## Method

Slice the centre of the cabbage and one more slice to make 4 pieces of cabbage. Soak in salt water for 5-6 hours.

Boil sweet rice powder with water until smooth. Mix together all of kimchi marinade ingredients well.

Wash and cut the cabbage and mix with marinade. Serve.



### Asha Dhak

Asha was born in Phagwra/Punjab (India) and emigrated to Vanderhoof in 1979. On arrival, she remembers that it was cold and snowy and found it difficult to adjust to the “smallness” of Vanderhoof, being a city girl. The things she missed about India were the food, the colourful festivals, traditional folk dances and the weather. However, starting on a family right away helped immerse her into Canadian culture. Asha came to love it here in Vanderhoof, as she found a connectedness and a sense of community. Dal is a very popular and standard vegetarian lentil dish that is traditionally eaten as a lunch or supper dish with naan, rice or chapati.



# Urid Dal

with Split Desi Pea Dal - India



## Ingredients

1 cup urid dal  
 ½ cup split desi peas  
 dal, husk and wash  
 ½ tsp turmeric  
 1½ tsp salt to taste  
 6 cups warm water  
 1 in fresh ginger  
 chopped or crushed  
 ½ tsp garam masala  
 fresh cilantro

## Tarka

3 tbsp oil or butter  
 ½ tsp cumin seeds  
 finely chop:  
 1 tbsp garlic  
 1 medium onion  
 1 medium tomato  
 red or green chili

## Method

Mix both dals together and add water in pressure cooker. Bring to boil, add salt, turmeric, and ginger. Cover and cook under pressure for about 25 minutes on medium-low heat.

While the dal is cooking prepare the tarka. Heat oil or butter in a saucepan, add cumin seeds. When they start to crack, add garlic. When garlic starts to brown add onion and fry until golden brown. Add tomatoes and fry until soft. Add green or red chili to taste. Cook until all the liquid is absorbed and oil appears on the top of tarka.

Remove pressure cooker from heat put it in the sink under cold water. Slowly remove the lid, stir the tarka in the dal. Cook uncovered for further 5-10 minutes. Remove from heat and garnish with cilantro and garam masala (½ tsp) and mix well.

Serve hot with roti (chapati) or rice. Excellent served with some pickles and chutney.



### Fun Fact!

Chai (pronounced as a single syllable and rhymes with 'pie') is simply another word for 'tea' that is used in Europe and Asia. In North America, the word chai is synonymous with what is actually a spiced milk tea from India called Chai masala. This tea is made from black tea, milk, a sweetener and a combination of spices that vary depending on which region of India you live. The most common spices found in Chai masala are cardamom, cinnamon, ginger, cloves, and pepper. Spiced chai is a very good natural digestive aid.

Asha says that this recipe is a very aromatic blend of spices and makes very flavourful tea. It can be stored in an airtight container for days, however fresh is best.



# Chai Masala

India



## Ingredients

### Chai Masala

cinnamon stick about  
8" long broken into  
small pieces  
2 tsp green carda-  
mom with shell  
12 heads black car-  
damom with shell  
2 tsp cloves

### Tea

1 ½ cup water  
½ cup milk  
½ tsp Chai masala  
2 tea bags  
Sugar to taste

## Method

### Chai Masala

Grind all the spices in coffee grinder until like powder. Store in a airtight container.

### Tea

Bring water to boil in a pot. Then add Chai masala and boil for another 2 minutes. Add tea bags and let it boil for another 2 minutes. Then add milk and bring to boil and remove from heat. Strain the Chai and serve hot.

Makes 2 cups.



### **Katie Bylsma**

Born in Vanderhoof, she moved to Kamloops when she was about 16 years old, and moved back here with her husband Steve and kids 7 years ago. Katie celebrates a very diverse heritage with ancestry that includes Lakota Indian, Jewish, German and Gypsy blood. She finds that Vanderhoof is a community that is very relatable and that it is wonderful its multiculturalism is being explored. Katie enjoys embracing newcomers and loves exploring different cultures as she has a heart for people and sees the importance of developing new relationships.



# Donuts

**Middle Eastern - Israel**



## Ingredients

6 cups flour  
 ¼ tsp salt  
 2 tbsp sugar  
 warm water  
 2 tbsp yeast  
 oil  
 3 eggs  
 powdered sugar

## Method

Mix all ingredients together except water and powdered sugar. Add enough water to make mix a little thicker than a pancake mix.

In a heavy pot heat oil; you need at least 4 inches of oil in pot. When oil is hot, take hand full of dough and place it in oil, repeat. Take donut out of pot when it is golden.

Roll it in powdered sugar.





### **Sony Ebbott**

Born and raised in Cambodia, Sony married an American and after 6 years in Cambodia, they moved to Minnesota and lived there for 6 years, and have now been in Vanderhoof for 2 years. Sony has enjoyed her stay here as she has found everyone very friendly. The biggest difference she has found is how everyone she says hello to, here in Vanderhoof (including strangers), will say hello back as opposed to the larger cities in Canada and the U.S. where they will look at her as if she were crazy.

Sony learned to make this dessert from her mom when she was 14 or 15 years old and says that this dessert is very traditional and can be eaten anytime of day including at breakfast.



# Sticky Rice Eggs

**in Coconut Milk - Cambodia**



## Ingredients

### Rice Balls

400 g pkg. of sticky  
glutinous rice flour  
(Superstore)  
2 cups plus a few  
tbsp water

### Coconut Soup

3½ cups water  
2 cans of coconut  
milk  
1½ cups brown sugar  
(can use white)  
fresh ginger root to  
taste (crushed)  
pinch of salt  
2 tbsp toasted ground  
sesame seeds

## Method

### Rice Balls

Empty the entire bag of rice flour in a mixing bowl then add the water. Knead together until it has a smooth consistency. Bring a large pot of water to boil then make marble sized flour balls (should be able to roll without any sticking to hands or falling apart) as the water is boiling - then drop them in when the water is at a boil. Prepare a large bowl of cold water. When the flour balls are floating at the surface of the boiling water, scoop them out and put them in the cold water to cool.

### Coconut Soup

In a medium sized saucepan, bring the water to a boil with the fresh piece of crushed ginger root, add the coconut milk, salt and brown sugar. Stir until everything is dissolved. Remove from the element then add the rice balls to the coconut soup, sprinkle with sesame seeds and enjoy!



### **Susan Aebischer**

Susan remembers always watching her older sister (who was a Home Economics Major) make this native dessert. It wasn't until she got married and moved to Canada (Vanderhoof) that she attempted to make casava cake herself. It has now become her speciality dish anytime she has a special occasion to attend. This is a very simple, delicious, no fail recipe that does not take a lot of time or effort to put together.



# Casava Cake

Philippines



## Ingredients

2 pkgs. thawed  
grated casava (found  
in the freezer section  
of Superstore)  
¼ cup butter  
1 cup coconut milk  
1 cup sugar (can sub-  
stitute with honey)  
1 jar of macapuno  
(young coconut)  
4 eggs  
1 can condensed milk

## Method

Preheat oven to 350°F.

In a medium sized mixing bowl mix together all the ingredients except the condensed milk, then pour into the 9x12 inch ungreased pan. Once the oven is preheated, place the pan in the oven for 50 minutes or until it is fully cooked (insert a toothpick in the middle and if it comes out clean, it is done).

Add the condensed milk to the top of the cake ensuring it is evenly spread out. Cook 15 minutes more or until it becomes a nice golden brown colour on top. Let cool completely, then cut into squares (this dessert does not freeze well but can be refrigerated for up to a week, just heat before serving for best flavour).



Susan made several dishes for the Taste of Culture events.

**Fun Fact!**

The Philippines is an archipelago located in Southeast Asia. Officially called the Republic of the Philippines, it is surrounded by water and is comprised of 7,107 islands and islets for a total land area roughly equivalent to the size of Italy. Within that area live over 90 million people, a population nearly triple that of Canada. Approximately 10 million Filipinos live and work overseas.



# Biko

## Sweet Sticky Rice Dessert - Philippines



### Ingredients

- 1 kg sticky rice
- 2 cups brown sugar
- 1 tsp vanilla
- 2 cans coconut milk

### Method

Cook the sticky rice.

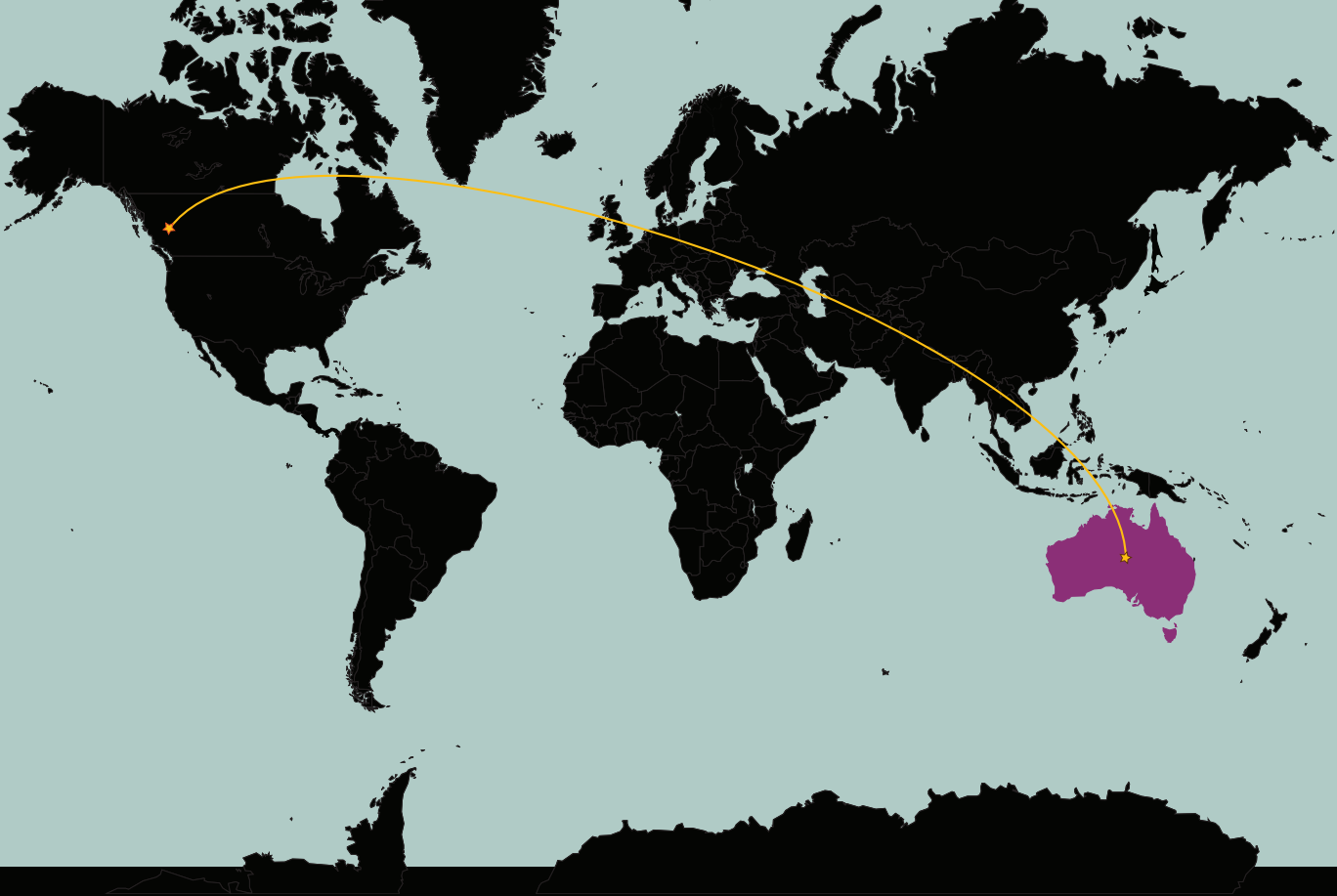
In a medium saucepan mix the coconut milk and sugar together and cook until it thickens.

Then mix the cooked sticky rice very well until no more liquid.

Transfer the sticky rice to a baking pan and bake for 20 minutes at 350°F.



**Australia**



### **Shannon Himmelright**

Being born to an Australian mother, and having the opportunity to travel to Australia on many occasions, it was no surprise that Shannon ended up in Australia for ten years of her life. What she loves the most about Australia, by far, is the landscape. Although she has no immediate plans to return there, rest assured her Vegemite jar is always in use, and her passport valid.

### **Fun Fact!**

Australia is surrounded by water, so it is not surprising that seafood is a big part of their culture. But did you know that there are over 600 species of marine and freshwater animals and plants that are used in Australian cuisine.



# BBQ Prawns

SUPPER

**Garlic & Chili - Australia**



## Ingredients

16 (about 650g) large green king prawns, peeled leaving tails intact, deveined  
2 garlic cloves, crushed  
1 small red chili, finely chopped or 1 tbsp sweet chili sauce  
2 tbsp olive oil

## Method

Combine prawns, garlic, chili and olive oil in a medium bowl. Cover with plastic wrap and place in the fridge for 2 hours to marinate.

Preheat a lightly greased barbecue or char-grill plate to high.

Drizzle prawns with a little more oil. Cook, turning occasionally, for 2 minutes or until prawns change colour and curl. Serve immediately.



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