

THE GLOBAL COOK



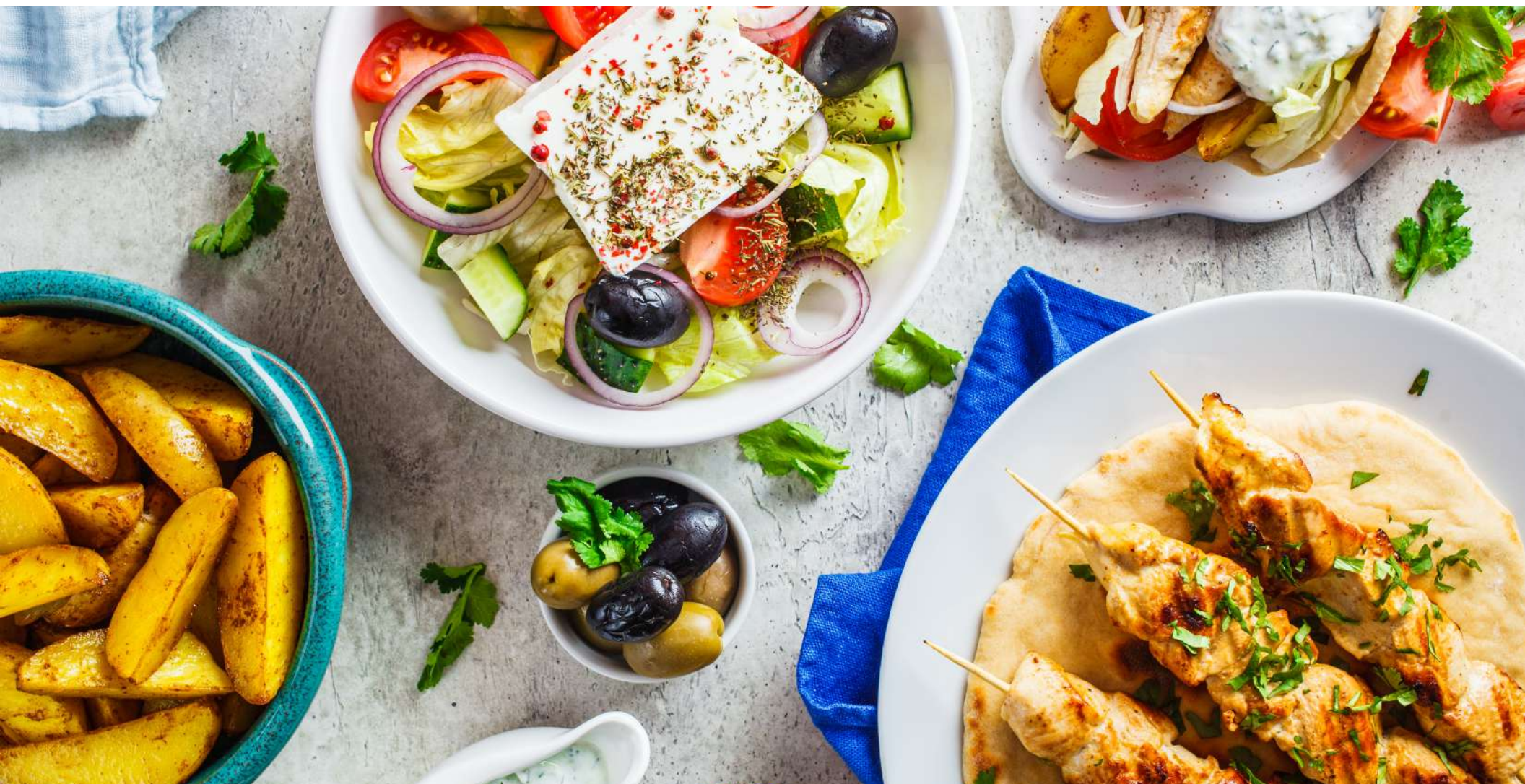
INTERNATIONAL
COMMITTEE

CUPE 3906

CUPE 3906



International Cookbook: Recipes From Around The World



INTRODUCTION

Dear CUPE 3906 Members & McMaster Community,

We are delighted to launch the International Cookbook to introduce you to fascinating worldwide food cultures and show some of the numerous beautiful aspects of our diversity. The recipes in this cookbook are brought to you with love and pride by different amazing McMaster students from across the globe!



We would like to acknowledge the issue of food insecurity which affects 4.4 million people in Canada, including more than 1.2 million children, leaving them without adequate access to food. This should not occur in a high-income country like Canada.

In this cookbook, we provide a list of charities and food banks that run through donations to support people who experience food insecurity. We also provide lists for general & ethnic grocery stores and restaurants that we hope to be helpful.

We hope that you enjoy this International Cookbook!

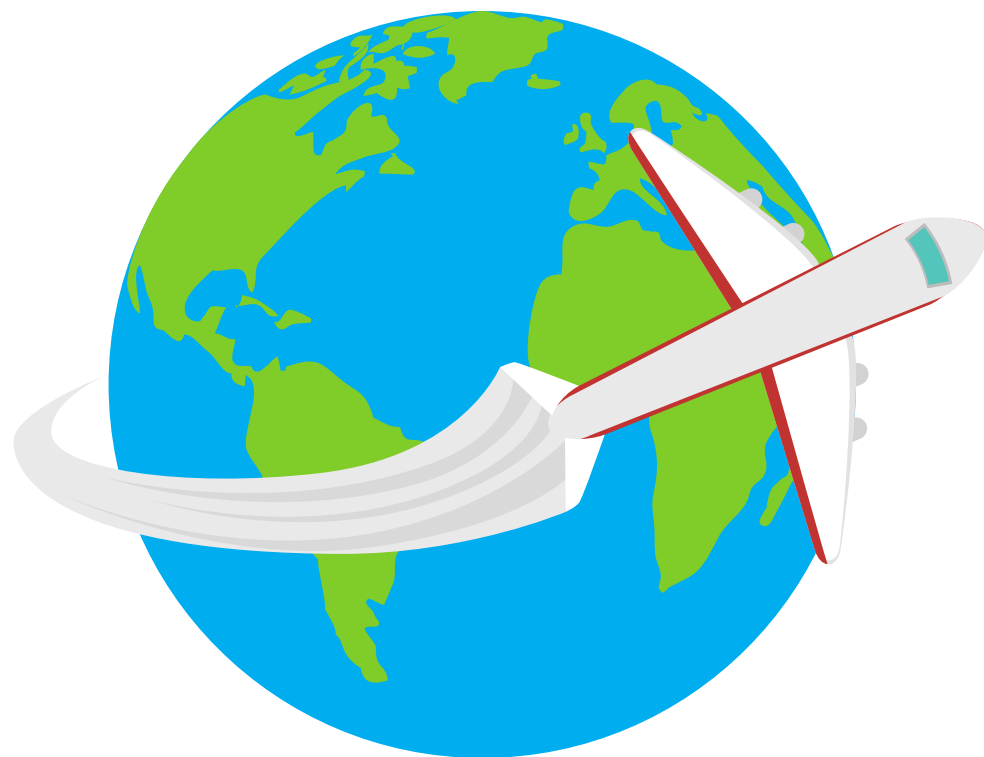
Yours sincerely,

Sarah Elshahat, Michelle Ma, Yasamin Ghasemi and Yasmine Belahlou
(on behalf of the International Committee)

-For any questions, email Sarah at (international@cupe3906.org)

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FOOD BANK & CHARITY LIST

CareMongering Hamilton (Hamilton)
De Mazenod Door Outreach (Hamilton)
Essential Aid and Family Services of Ontario Inc. (Hamilton)
Food for Life (Hamilton)
Mission Services of Hamilton (Hamilton)
Neighbour 2 Neighbour (Hamilton)
St Matthews House (Hamilton)
Halton Women's Place (Burlington)
Eden Food for Change (Mississauga)
Muslim Welfare Canada (Mississauga & Toronto)
National Zakat Foundation (Mississauga)
Sai Dham Food Bank (Mississauga)

Daily Bread Food Bank (Toronto)
Second Harvest Canada (Toronto)
Parkdale Community Food Bank (Toronto)
Toronto Vegetarian Food Bank (Toronto)
Helping Hands International (Toronto)
FoodShare Toronto (Toronto)
Basket Brigade Canada (Toronto)
Community Share Foodbank (Toronto)
Feed Ontario (Toronto)
North York Harvest Food Bank (Toronto)
Toronto Vegetarian Food Bank (Toronto)



STORE & RESTAURANT DISCOUNTS



--AFROCAN Supermarket (Hamilton, Brampton, Toronto): 10% discount on Tuesdays & Thursdays

--Latin Food & Products (Hamilton): 10% discount on Tuesdays, Thursdays, Saturdays & Fridays

--Masala Corner- Halal- (Hamilton): 10% discount on Mondays & Tuesdays

--Bombay Spices (Hamilton): 5% discount on all days of the week

--Dragon Court (Hamilton): 10% discount on Tuesdays

--Mouneh House Supermarket - Halal- (Hamilton): 10% discount on Mondays & Tuesdays

--Mexican Kitchen (Hamilton): 15% discount on Tuesdays, Thursdays & Fridays

--Rannosh Restaurant- Halal- (Hamilton): 10% discount on Wednesdays

--Wei Xiang Yuan Restaurant (Hamilton): 10% discount on Mondays, Wednesdays & Fridays

--RightBite Shawarma & Grill- Halal- (Mississauga): 10% discount on all days of the week

--Raoabe Restaurant (Hamilton): 15% discount on Thursdays

--Monasaba Restaurant- Halal- (Mississauga): 10% discount on Wednesdays

--Calabar Kitchen Canada Inc. (Hamilton): \$2 off on Jollof Rice on Tuesdays



*These offers are for **all McMaster students & staff***

*Watch **video** for more details: <https://buff.ly/3qzKCOU>*

*Present your **McMaster student/staff ID** to get the discount*

GROCERY STORE LIST

African

- African Market (Brampton)
- Joe's African & Caribbean Market Inc. (Burlington)
- AFROCAN Supermarket (Hamilton)
- Afrocan Food Market (Hamilton)
- Africco Global Market (Hamilton)
- The Darways African Food & Beauty Supplies Inc (Hamilton)
- Rama Tropical Food (Hamilton)
- Halax African Caribbean Grocery & Beauty Supply (Milton)
- African Caribbean Grocery (Mississauga)
- Kaf African Caribbean Market Inc. (Mississauga)
- Oyato Food African Market (Toronto)

Asian

East Asia

- Tan Thanh Supermarket (Hamilton)
- KW Korean Food Market (Kitchener)
- Yuan Ming supermarket (Mississauga)
- PAT Supermarket (Mississauga)
- T&T Supermarket (Mississauga & Toronto)
- Galleria Supermarket (Oakville)
- Sandown Market (Toronto)
- Heisei Mart (Toronto)
- H Mart (Toronto)

East Asia-cont.

- Sunny Supermarket (Toronto)
- C&C Supermarket (Toronto)
- Hua Sheng Supermarket (Toronto)



South Asia

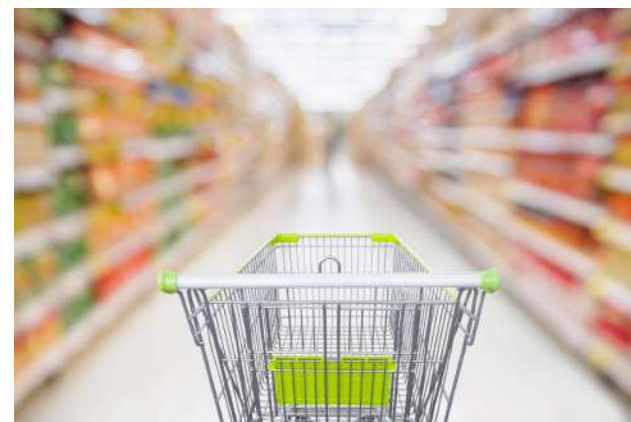
- Brinthavan supermarket (Brampton)
- BOMBAY SPICES HAMILTON (Hamilton)
- Eastern Food Market (Hamilton)
- Taj Mahal Supermarket [Halal] (Hamilton)
- Fayaz Halal Meat & Grocery (Hamilton)
- Farmhouse SuperMarket Grocery & Halal Meat (Hamilton)
- Al-Amin Grocery & Halal Meat (Hamilton)
- Nepali Bazaar (London)
- Mr. India Grocers (Mississauga)
- BOMBAY GROCERS (Mississauga)
- Royal India Grocers (Mississauga)
- Iqbal Halal Foods [Halal] (Mississauga)
- Azad Supermarket [Halal] (Toronto)
- Afghan Supermarket [Halal] (Toronto)
- Batala Supermarket [Halal] (Toronto)
- Bengal Grocery [Halal] (Toronto)
- Queen Supermarket (Toronto)

Southeast Asia

- Than Phat Asian Grocer (Guelph)
- B & T Food (Hamilton)
- J and P Filipino Grocery Store (Kitchener)
- Al Premium Food Mart (Mississauga & Toronto)

European

- Denningers (across Ontario)
- Dutch Mill Country Market (Hamilton)
- Leslie European Deli (Hamilton)
- Starsky Fine Foods (Hamilton)
- EuroMax Foods The Good Food Store (Mississauga)
- ABC Euro Delicatessen (Toronto)
- Market Balkan European Bakery & Deli (Toronto)
- European Market (Windsor)



GROCERY STORE LIST-CONT.



Latino

- La Favorita Latin Food Market (Brampton)
- Jans Clothing & Spanish Groceries Store (Guelph)
- Latin Food and Products (Hamilton)
- Mi Tienda Latina (Kitchener)
- Latino Market (London)
- Milton Latino (Milton)
- Fiesta Wholesale Inc (Mississauga)
- Nostalgia Latin Market (Oakville)
- Los Amigos Latin Grocery (St. Catharines)
- Perola's Supermarket (Toronto)
- Brazilian Market (Toronto)

Middle Eastern & North African

- Samir Supermarket [Halal] (Burlington)
- SAFA Middle Eastern [Halal] (Guelph)
- Salti's store [Halal] (Hamilton)
- Mouneh House [Halal] (Hamilton)
- Samir Super Market & Kabab House [Halal] (Hamilton)
- Eastern Food Market [Halal] (Hamilton)
- Ammar Halal Meats [Halal] (Kitchener)
- Adonis [Halal] (Mississauga & Toronto)
- Paramount Butcher Shop [Halal] (Mississauga & Toronto)
- Al Quds Markets [Halal] (Mississauga)
- Alnoor Halal Food Market [Halal] (St. Catharines)
- Khorak Supermarket [Halal] (Toronto)

General Supermarkets

- Food Basics [unionized] (across Ontario- Westdale, Hamilton branch offers a 10% discount on Tuesdays for all McMaster students- present your student ID to get it!)
- Fortinos [Kosher] [unionized] (across Ontario, branches near campus offers a 10% discount on Tuesdays for all McMaster students- present your student ID to get it!- note: the store is pricier than some other stories, though they have various products)
- Metro [unionized] (across Ontario- note: the store is pricier than some other stories, though they have various products)
- FreshCo (across Ontario)
- Shoppers Drug Mart (across Ontario, branches near campus offer students 20% discount on Thursdays- present your student ID and a PC Optimum card to get it!)
- Nations Fresh Foods (Hamilton, Mississauga & Toronto)
- Hamilton Food Market (Hamilton)
- Note- Flipp is a flyer app that loads many stores' weekly flyers so you stay updated.



RESTAURANT LIST



African

- Greelz+Dreenkz (Brampton)
- T&T Nigerian Dishes and Snacks (Brampton)
- Calabar Kitchen Canada (Hamilton)
- Caribbean Canadian Restaurant (Hamilton)
- Dengi's Kitchen (Hamilton)
- Nando's Hamilton (Stoney Creek) (Hamilton)
- KW African Cuisine (Kitchener)
- Mummy's Afro Caribbean Kitchen (Mississauga)
- Naija Jollof (Mississauga)
- Afro Spice (Toronto)
- Nunu Ethiopian Fusion (Toronto)
- African Village (Toronto)

Asian

East Asia

- Dragon Court Restaurant (Hamilton)
- Wei Xiang Yuan Restaurant (Hamilton)
- Joy Inn Restaurant & Tavern (Hamilton)
- Mr. Gao (Hamilton)
- Pagoda Downtown Restaurant (Hamilton)
- Sapporo Japanese&Thai Restaurant (Hamilton)
- Chef Martin's Sushi House (Hamilton)
- Ajo Sushi Korean & Japanese Restaurant (Hamilton)
- Spring Sushi (Hamilton)

East Asia-cont.

- Dai Ichi Sushi Restaurant (Mississauga)
- Tomo Sushi (Mississauga)
- Cha Me. Cha (Mississauga)
- Shanghai Alley Gourmet (Oakville)
- Goen Japanese Restaurant (Toronto)

South Asia

- Maya's South Indian & Sri Lankan Cuisine (Brampton)
- Afghan Kebab Cuisine Burlington (Burlington)
- Prince of India (Burlington)
- India Village Restaurant (Dundas)
- Masala Corner (Hamilton)
- Shehnai Restaurant (Hamilton)
- HALAL REZQ [halal] (Hamilton)
- Sagarmatha Curry Palace Restaurant Authentic Indian & Nepalese Cuisine (Hamilton)
- Chopan Kabob Restaurant [Halal] (Kitchener)
- Alam Cuisine [Halal] (Milton)
- SLS Eazy Carry Take Out Restaurant (Mississauga)
- South N' Spicy (Mississauga)
- Afghan Kitchen Restaurant [Halal] (Mississauga)

South Asia-cont.

- Zauq Mississauga [Halal] (Mississauga)
- Karachi Kabab wala [Halal] (Mississauga)
- Dhaka Biryani House [Halal] (Toronto)
- Madinah Grill [Halal] (Toronto)
- Sri Lankan Smash Kitchen (Toronto)

Southeast Asia

- Mikaela's Kitchen (Burlington)
- Ben Thanh Viet Thai Restaurant (Hamilton)
- Bambu (Hamilton)
- Pho Excellent (Hamilton)
- McQueen's Banh Mi (Hamilton)
- Adobo Queen Ltd & Kain Tayo! Inc (Hamilton)
- Rico's Restaurant (Hamilton)
- J&B Filipino/Asian Store & Filipino restaurant & Takeout (Niagara Falls)
- Ginger Restaurant (Toronto)



RESTAURANT LIST-CONT.

European

- Coach & Lantern (Ancaster)
- Valentino's Restaurant – Westdale (Hamilton)
- La Piazza Allegra (Hamilton)
- La Spaghet Pasta House (Hamilton)
- Claudio's (Hamilton)
- The French (Hamilton)
- Bon Temps (Hamilton)
- Otto's Bierhalle (Toronto)
- Little Bavaria Restaurant (Toronto)



Latino

- Latin Food and Products (Hamilton)
- La Bodeguita (Hamilton)
- Mexican Kitchen (Hamilton)
- The Mule (Hamilton)
- Mesa (Hamilton)
- Mucho Burrito Fresh Mexican Grill (Hamilton)
- My Empanada (Mississauga)
- Cafe Latino (Mississauga)
- Latin Super Chicken (Mississauga)
- Brasileirissimo Steak House (Toronto)
- Latin World (Toronto)

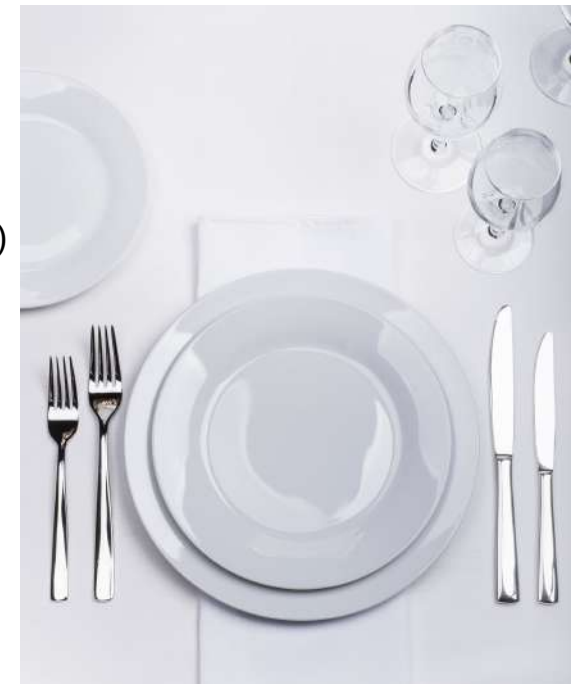
Middle Eastern & North African

- Paramount Fine Foods [Halal] (across Ontario)
- Osmow's Shawama [Halal] (across Ontario)
- Jerusalem Pita [Halal] (Hamilton)
- Lazeez Shawarma [Halal] (Hamilton)
- Cedar Falafel & Shawarma [Halal] (Hamilton)
- La Luna [Halal] (Hamilton)
- Nabil Middle East Fast Food [Halal] (Hamilton)
- Safin Grill [Halal] (Hamilton)
- Nannaa Persian Eatery [Halal] (Hamilton)
- Raoabe Restaurant [Halal] (Hamilton)
- RannoshGrill [Halal] (Hamilton)
- Pita N More [Halal] (Hamilton)
- Vida La Pita [Halal] (Hamilton)
- Tomah [Halal] (Hamilton)
- Alamin Charcoal Flame [Halal] (Hamilton)
- Montfort (Hamilton, Ancaster, Burlington, Waterdown)
- Your Shawarma [Halal] (Hamilton)
- Villa Madina [Halal] (Hamilton)
- Roman Zaman [Halal] (Mississauga)
- Istanbul Kebab House [Halal] (Mississauga)



General/North American Restaurants

- Phoenix Bar and Grill (on McMaster campus, offers a 20% discount for grad students- present your student ID to get it!)
- Charlie's Chopsticks Upper James (Hamilton)
- John Street Diner (Hamilton)
- Wimpy's Diner (Hamilton)
- Canoe (Toronto)
- Actinolite Restaurant (Toronto)
- Richmond Station (Toronto)
- The Chicken Nest [Kosher] (Toronto)
- Old Bagel House (Hamilton)





*Let's move
to the
recipes!*

Ready?

CARROT SWEET (GAJORER LADDU)



"Love of sweet tooth"

By Tasnim Rahman Fariha, MA Student & Teaching Assistant in Economics

Ingredients

- 1.5 cup shredded carrot & green papaya
- 1/3 cup liquid milk
- Sugar to taste
- 2 tbsp purified butter
- Powdered milk & shredded coconut (as preferred)

Instructions

1. Grate papaya & carrot and put into boiling milk, with pouring butter.
2. Put stove on medium flame and keep stirring until it gets sticky.
3. Don't forget to put sugar as your taste.
4. Make balls with your palm.
5. Sprinkle powdered milk and shredded coconut on the top.
6. Yes, your laddus are ready!



GLUTEN-FREE APPLE CRISP



"Is it dessert? Is it a decadent breakfast with fruit and oatmeal? You decide!"

By Carolyn Capretta, Sessional Faculty

Ingredients

(Filling)

- 4 large apples, peeled, cored & chopped*
- 2 tsp lemon juice
- 1/3 cup (67g) granulated sugar
- 1/3 cup (80ml) pure maple syrup*
- 1 tsp pure vanilla extract
- 1 and 1/2 tbsp cornstarch
- 1 tsp ground cinnamon

(Topping)

- 1/3 cup (65g) packed light or dark brown sugar
- 3/4 cup (65g) old-fashioned rolled oats (certified GF)
- 1/2 cup (50g) almond meal*
- 1/2 tsp ground cinnamon
- 1/8 tsp salt
- 1/3 cup (5 tbsp) unsalted butter, melted
- Optional: 2 tbsp sliced or slivered almonds, vanilla ice cream (GF), pomegranate arils

Instructions

- 1- Preheat oven to 350°F (177°C).
- 2- Filling: Stir the filling ingredients together in a large bowl. Make sure the apples are evenly coated. Spoon into a 9-inch pie dish, cake pan, or square baking pan. Set aside.
- 3- Topping: Whisk the brown sugar, oats, and almond meal together. Make sure there are not any huge chunks of brown sugar. Whisk in the cinnamon and salt. Once combined, stir in the melted butter. Sprinkle topping over the apples and finish with a few slivered or sliced almonds– these extra almonds on top are optional.
- 4- Bake for 30-35 minutes or until the filling is bubbly, the apples are a little soft, and the topping is browned. If it looks like the topping is browning too quickly, cover the top loosely with aluminum foil. Allow to cool for 5 minutes.
- 5- Top with pomegranate arils (optional) and serve with vanilla ice cream. Cover leftovers and store in the refrigerator for up to 4 days.



Notes

1. *Apples: You want about 5-6 cups chopped apple pieces. Use different varieties, such as 2 tart Granny Smiths and 2 apples of a sweeter variety like Honeycrisp, Pink Lady, Braeburn, Fuji etc. I like to chop them in varying sizes. Some thin, some thicker. It helps the filling have a little more texture.
2. Maple Syrup: Gives so much flavor. And makes the apple filling extra juicy and gooey. Do not leave it out!
3. Almond Meal: You can use store-bought almond meal or almond flour, or you can make your own. Start with 1/2 cup of slivered or sliced almonds. Pulse them, along with 2 Tablespoons of the 3/4 cup oats, in a food processor until a crumbly meal has formed. Do not run the food processor continuously; little pulses are best. You will end up with around 1/2 cup almond meal.

BUTTER TART



"Delicious Canadian Pastry with gooey centre and flake crust!"

By Jessica Schneider, level 3 Student in Life Sciences

Ingredients

(Pie shells)

- 6 cups of flour
- 1 package of tender flake lard
- 1 egg
- 2 tbsp white vinegar

(Butter tart filling)

- 1/3 cup butter
- 1 cup brown sugar
- 2 tbsp milk
- 1 tsp vanilla
- 1 egg
- 1/2 cup raisin , pecans, walnuts,
or chocolate chips (Optional)

Instructions

(Pie shells)

- 1- Add 6 cups flour and 1 Package tender flake lard together and cut into small pieces using pastry cutter or potato masher.
- 2- Cut lard into flour till pea sized peeves.
- 3- In one measuring cup, scramble egg, add the white vinegar and fill the rest of the cup with cold water (up to one cup).
- 4- Make a little hollow in middle of the flour and lard mixture and pour the cup with the egg vinegar and water into flour and lard mixture.
- 5- First mix with a large fork or spoon till it becomes a sticky mess, then pour it onto a flour board or counter top and knead to count of 10 or until dough is able to be rolled. May need more flour on board as you roll. Also put flour onto a rolling pin to avoid being sticky.
- 6- Roll out the dough to the thickness desired and cut with glass or cup to butter tart size you need. Place in unbuttered tines. Leftover dough can be frozen for later use.



(Butter tart filling)

- 1- Bake in preheated oven to 450°F.
- 2- The butter melted slowly on stove, add the brown sugar, milk, vanilla, then beat an egg and add egg to mixtures as fast as possible so the egg does not cook and you have a nice liquid brown sugar mixture.
- 3- Add 1/2 cup raisin, pecans, walnuts, or chocolate chips (optional).
- 4- Bake in a preheated oven at 450°F for 10 min and then reduce heat to 350°F and bake for 10-15 min.

TANG YUAN, SWEET RICE DUMPLINGS



"Tang Yuan is a traditional Chinese food. We usually eat this food on the Lantern Festival (also known as First Full Moon Festival) It can also be eaten at breakfast or as dessert. The pronunciation of "Tang yuan" is the same as "圆" (for circle, meaning reunion), and "缘" (meaning fate). So, in Chinese, eating Tang yuan means wish of family reunion, good health, and the good luck in the new year. I hope that everyone who eats the Tang yuan will be healthy, good-luck, and of course, enjoy delicious food everyday, in this special, difficult time of the epidemic"

With love by Ziran, level 3 Student in Biochem Program

Ingredients

- 250g sticky rice flour
- 80g black sesame (or any other fillings)
- 60g fat or butter
- 2.5 tsp sugar (or to taste)
- 140g boiling water
- 70g room temperature water



Instructions

- 1- Use the blender to smash the sesame and sugar.
 - 2- Add melted fat/butter, making it a viscous but fluid mixture (filling completed!)
 - 3- Put the mixture into freezer to solidify.
 - 4- Add boiling then room temperature water into sticky rice flour for a smooth dough.
 - 5- Rest the dough for 30 mins.
 - 6- Divide the dough and frozen filling into appropriate sizes.
 - 7- Wrap the filling into dough (Tang yuan completed!).
 - 8- Cook the Tang yuan in boiled water until it floated on the surface of the water.
 - 9- Enjoy :D
- More details here: https://www.youtube.com/watch?v=t-pop_dGsgc&t=147s

CHICKEN BOOFTEK, FRIED STEAK



"This meal is popular in Egypt and commonly eaten in dinner and special events"

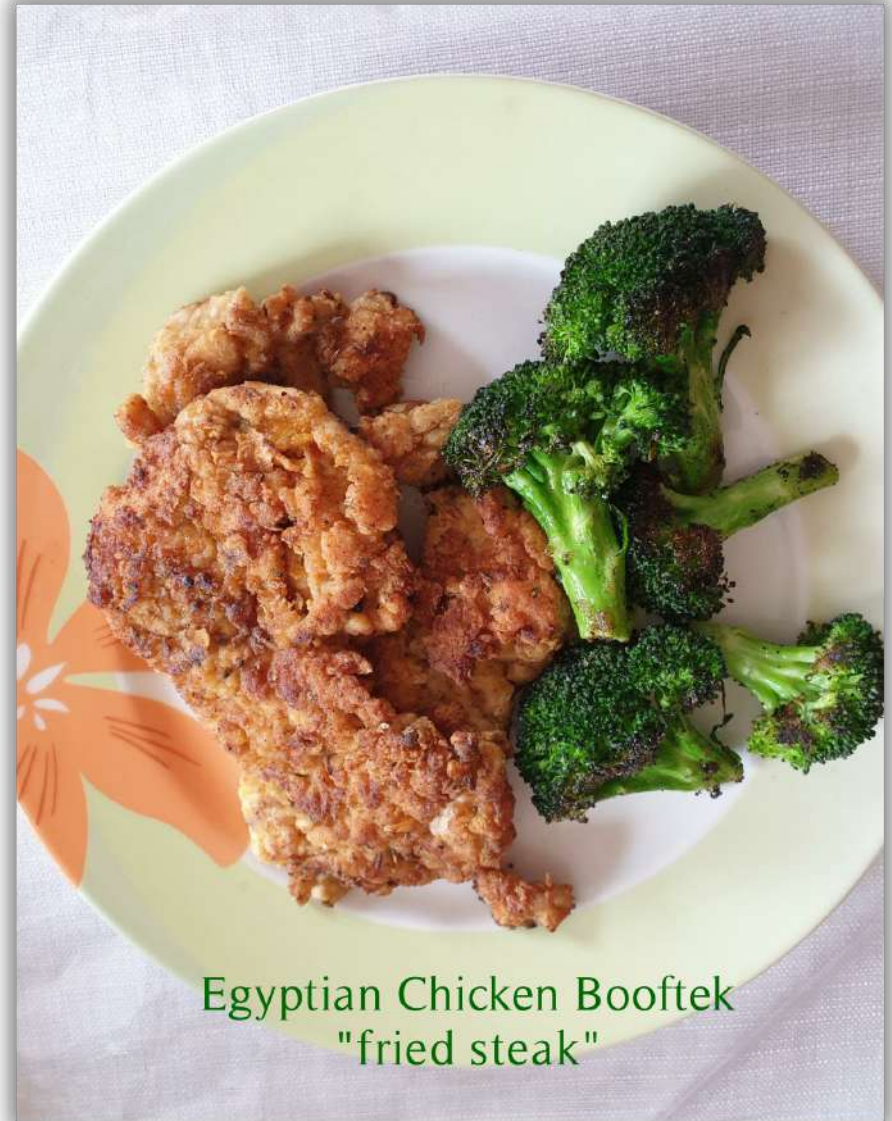
By Raghad Elgamal, MA Student & Teaching Assistant in Anthropology

Ingredients

- 1/2 lb thinly sliced chicken breast (very thin, and not fatty)
- 1 large onion (pureed to liquid)
- Salt & pepper (to taste)
- Splash of milk & 1 egg
- Oil (for frying)
- Fine breadcrumbs (for coating, add a spoon of flour to it)

Instructions

- 1- Wash and pound your steaks to very thin and flat.
- 2- Put steaks into glass dish.
- 3- Add the pureed onion, salt & pepper, cover and let sit all day or at least 4 hours in the refrigerator.
- 4- Put breadcrumb/flour mixture into a deep dish, get a clean plate to breaded steaks on.
- 5- Combine egg and milk in a separate bowl.
- 6- Dip each steak in the egg/milk mixture and then in the breadcrumb/flour mixture coating well on both sides and reserve all to clean plate.
- 7- When all breaded, heat oil to medium high heat and fry until golden brown on both sides.
- 8- Serve along side pasta, rice or vegetables.



Egyptian Chicken Booftek
"fried steak"

Z'S QUICHE



"This recipe is easily whipped together if you have the time. It is well worth the effort and is always flavourful meal: breakfast, lunch or dinner. Pair it with some salad or steamed veggies and you will have yourself 3-4 lunch meals that warm up nicely in the oven"

By Sydney Valentino, PhD Candidate & Teaching Assistant in Kinesiology

Ingredients

- 1 unbaked pre-made pie crust (check freezer section)
- 4 large eggs
- 3/4 cup 14% sour cream
- 1/4 tsp each salt and pepper*
- Up to 2 cups add-ins (1 cup of loosely packed shredded cheese & 1 cup packed of any other add-ins)

Instructions

1. Preheat the oven to 400 degrees Fahrenheit.
2. Follow the box instructions to pre-bake the pie crust. Our favourite brand in Hamilton, ON is Tenderflake deep dish pie shell. The Tenderflake instructions are to let the pie shell fully thaw, bake for 8-10 minutes at 400 degrees, take it out and let it cool. This step is important, so it isn't soggy later.
3. While the pie crust is baking, whisk together eggs, sour cream, salt and pepper. *If you are adding in bacon later, you might want to consider not adding any salt.
4. Mix in 2 cups of add-ins. Typically 1 cup of cheese, 1/4 cup of cooked bacon, 1/2 cup of cooked chicken, 1/4 cup of green onions. Some other ideas:
 - Cheese: Some favorites include feta cheese, goat cheese, white cheddar cheese, Swiss cheese, and gruyere.
 - Add-Ins: Broccoli, red onion, sausage, cured meats, cooked beef, seafood. Most quiche add-ins should be pre-cooked and can still be warm when mixing into the egg filling. Pat dry prior to mixing in.
5. Bake the quiche in the oven at 400 until the center is just about set, about 45 minutes. The pie will puff up in the centre when you take the quiche out. The top should be golden brown. Let it set before cutting into it ~15 minutes. It's also flavourful at room temperature. Cover tightly and store leftovers in the refrigerator for up to 4 days.



CANTONESE WONTON NOODLES



"A classic in Hong Kong, wonton noodles are the ultimate go-to food for many- simple, yet delicious. Famous for its rich shrimp broth and chewy noodles, this local dish represents the very heart of HongKong's culture."

By Michelle Ma, Third Year Student in Biochemistry

Ingredients

- 150g minced pork (or meat of choice)
- 175g shrimp
- 1 pack wonton wrapper-
- 3 cups chicken soup
- Chopped leek/scallion
- Wonton noodles

(For marinating the meat)

- 1 tsp soy sauce
- ½ tsp sugar
- 1 tsp cornstarch
- ½ tsp chicken powder
- 1 tsp white pepper

(For marinating the shrimp)

- 1 tsp salt
- 1 tsp white pepper

Instructions

- 1- Marinate the minced meat using the ingredients above for 20 min.
- 2- Remove the shrimp shells & devein, then rinse with water for 10 min. Dry the shrimp using a paper towel, then cut the shrimp into smaller pieces. Marinate using salt and white pepper.
- 3- Mix the meat & the shrimp filling together and place in the refrigerator for 15 min.
- 4- Prepare a small bowl of water to wrap the wontons. Place a wonton wrapper on a flat surface.
- 5- Scoop the meat & shrimp filling onto the middle of the wrapper. Wet the edges of the wonton wrapper with water & fold in half to form a triangle. Press lightly to seal the wonton.
- 6- Boil a large pot of water on high heat & cook the wonton noodles according to the instructions on the package.
- 7- Pour the chicken soup into a pot & heat until boiling. Place the wrapped wontons into the soup. Use chopsticks to prevent the wontons from sticking to the bottom of the pot.
- 8- Cook the wontons on high heat for 4-5 minutes until the wontons float to the surface. Divide the soup and wontons into 5 bowls and add the noodles. Optionally, you may add leeks or scallions to garnish the noodles.
- 9- Your traditional cantonese wonton noodles are ready to serve!



CAPSICUM PAKORA/BELL PEPPER



"Try these Indian delicacies once and crave for them ever after!!"

By Monish Uthappa, Masters Student & Teaching Assistant in ECE

Ingredients

- 2 medium Bell peppers
- 1 cup Gram flour(besan) or chickpea flour
- 1/2 cups Rice flour
- 1/2 tsp Turmeric powder
- Salt to taste & any neutral Oil

Instructions

- 1- Take Capsicum, remove the stem and seeds. Cut them into thick slices.
- 2- Take gram flour and rice flour in a bowl. Add turmeric powder and salt. Add water and whisk everything to form a batter thick enough (semisolid consistency) to coat the capsicum pieces.
- 3- Put the slices one by one in the batter. Put oil in pan. Fry the coated bell pepper. Fry them till the fritters become golden and crisp. Serve hot with sauce



CHICKEN BIRYANI



"Enjoy the true-to-tradition aroma of this dish and then either mix it gently from the bottom or serve by scooping up a layer from top to bottom so you have served chicken, herbs, and rice in every serving. Tastes best with Dahi (or yogurt) on the side"

By Monish Uthappa, Masters Student & Teaching Assistant in ECE

Ingredients

(Spices for tempering OR use 2 teaspoons garam masala)

- 2 tbsp ghee or butter
- 1/2 tsp cumin seeds
- 1 stick cinnamon
- 4 whole cloves
- 4 whole Black Peppercorns
- 4 cardamom pods

(Chicken & rice)

- 1 lb boneless skinless chicken thighs cut into bite size pieces (drum sticks also good)
- 1 cup basmati rice rinsed and drained
- 1 cup water
- Kosher salt to taste

(Veggies)

- 1 large onion thinly sliced
- 2-inch minced ginger thinly sliced
- 4 cloves garlic crushed
- 2 jalapeño peppers diced
- 1/2 cup cilantro chopped
- 6-8 sprigs chopped mint finely chopped

Instructions

- 1- Heat ghee in your instant pot and when it is hot, put in all the tempering spices. Once they start to sizzle, put in the onion, and cook until it is well-browned and crisp at the edges.
- 2- Add in the ginger, garlic, jalapenos and cook for 2-3 minutes.
- 3- Put in the bite size chicken pieces and salt.
- 4- If you are using ready-made garam masala instead of whole spices, add it now and mix well.
- 5- Spread out the chicken and veggie mixture to cover the bottom of your Instant Pot.
- 6- Sprinkle the chopped cilantro and mint on top it.
- 7- Spread the rinsed, drained rice across everything. Do not stir.
- 8- Pour in the water, and gently push the rice down so it is covered by the water.
- 9- Cook on high pressure for 5 minutes and let the pressure release naturally for 10 minutes. Then, release all remaining pressure.
- 10- Open and inhale deeply!



GULAB JAMUN



"Try these Indian delicacies once and crave for them ever after!!"

By Monish Uthappa, Masters Student in ECE

Ingredients

(Jamun)

- 3/4 cup milk powder, unsweetened
- 1/2 cup maida (all purpose flour)
- 1/2 tsp baking powder
- 2 tbsp ghee/clarified butter
- Milk (for kneading)
- Ghee or oil (for frying)

(Sugar syrup)

- 2 cup sugar
- 2 cup water
- 2 cardamom
- 1/4 tsp saffron / kesar
- 1 tsp lemon juice
- 1 tsp rose water

Instructions

- 1- In a large bowl take milk powder, maida & baking powder.
- 2- Mix well, homemade gulab jamun mix is ready.
- 3- Add ghee & mix making the flour moist. Add milk to combine.
- 4- Combine forming a soft dough. do not knead the dough. Cover & rest for 10 min.
- 5- Prepare the sugar syrup by taking sugar, water, cardamom & saffron.
- 6- Mix well & boil for 5 minutes or until the sugar syrup turns sticky. Do not attain any string consistency.
- 7- Turn off flame, add lemon juice & rose water. Cover & keep the sugar syrup aside.



"Capsicum Pakora" in appetizers, "Spicy Chicken Biryani" in the main course and "Gulab Jamun" for dessert

- 8- After resting the dough, start to prepare small ball sized jamuns.
- 9- Make sure there are no cracks in the jamun to prevent breaking while frying.
- 10- Deep fry in medium hot oil or ghee (ghee gives good flavour to jamuns).
- 11- Stir continuously and fry on low flame until the jamuns turn golden brown.
- 12- Drain off and transfer the jamun into a hot sugar syrup.
- 13- Cover & rest for 2 hrs- until jamuns absorb the sugar syrup & doubles in size.
- 14- Finally, enjoy Gulab jamun with ice cream or as it is!

CHOOOLA POORI



Rejoices your taste buds with this well-crafted south Indian Chola poori. The subtle savor of the Indian species will make you eat more. Try this at home and treat yourself. I'm grateful to my 'mom' for teaching me this dish and I'm delighted to share this with the McMaster Community. Happy eating!

By Akshay Kumar Arumugasamy, Masters Student & Teaching Assistant in Engineering

Ingredients

(Poori)

- 2 cups whole wheat flour
- 1/2 cup rava /sooji /semolina
- 1 tbsp oil (slightly hot)
- Water as needed (~150ml)
- 2 tbsp yogurt/curd & 1/2 tsp salt
- Sunflower oil for deep frying

(Chola masala)

- Pinch of cinnamon & cardamom powder
- 3 tbsp ghee/butter
- 1/2 tsp cumin seeds
- Cloves, green chilies & 1-2 bay leaf
- 1 cup dried white chickpeas
- Onion & tomatoes (1:2)
- Ginger & Garlic paste
- Cumin/Jeera powder
- 1/4 tsp asafoetida/hing powder
- 1 tbsp coriander powder
- 1.5 tsp red chili powder
- 1/4 tsp turmeric powder
- 1/2 tsp garam masala
- 1/2 channa masala
- Salt to taste

Instructions

(Poori)

- 1- Take a bowl, add the wheat flour along with the Rava and mix it well. Add some salt, oil, and curd again mix it well.
- 2- Add warm water gradually as the dough gets stiff and it gets easy to knead. Set the dough for 30-45 mins as they naturally start binding and it gives softness to the dough which certainly makes the poori soft without adding yeast or soda.
- 3- Knead the dough well, then divide it into small equal portions.
- 4- Spread the dough & make a circle (use a bottle top cover for a perfect one) use a rolling pin (Belan) to slightly thin the dough.
- 5- Deep fry in the oil on both sides until it puffs up! Drain the excess oil by placing it over the tissue. Hot pooris are ready now!

(Chola Masala)

- 1- Soak the chickpeas overnight & cook chola in a pressure cooker for 3 whistles, adding turmeric powder & salt. Drain the excess water & keep it aside.
- 2- Fry onions in oil/ghee until golden brown. Add tomatoes, ginger/garlic paste & fry for 2-3 min.
- 3- Add the mixture of spices & some yogurt, then cook on medium heat for 2-3 min. Add chickpeas & cook for 10-15 min. Add coriander leaves & green chilies.
- 4- Fry onion & garlic in oil/ghee, until golden brown, then add cumin seeds & sizzle the Chana Masala.
- 5- Delicious Chana masala is ready! Sprinkle some raw onions and squeeze some lemons to make it exquisite. Serve with hot poori or naan.



DAL BATTI CHOORMA RECIPE



"Dal Batti Choorma is a traditional dish from a western state in India, Rajasthan. It includes an array of dishes in small quantities which are packed with nutritional flavors. It is typically served during lunch hours and/or at a wedding from that area. The platter varies in flavor within the region but has the basic dishes. It translates to Dal: lentil stew with aromatics, Batti: a golf ball sized whole wheat flour made directly on flames and Choorma: a sweet side dish made with whole wheat flour, ghee (clarified butter) and jaggery/raw sugar. It also has accompanying side dishes and condiments. So let's get cooking now!"

By Chef: Nishtha Piplani, Masters Student & Teaching Assistant in Engineering Physics

Ingredients

(Batti)

- 2 cups whole wheat flour
- 1/4 cup semolina
- Salt to taste
- 1/2 tsp coriander seeds powder
- 1/2 tsp carom seeds
- 1/4 tsp baking soda (optional)
- 1/4 cup ghee
- 1/2 cup lukewarm water

(Gatte)

- 1/2 finely chopped onion & 2 tomatoes
- 4 garlic cloves & 1 inch ginger (minced)
- 1/2 teaspoon turmeric powder
- 1 tsp red chilly powder (adjust the hotness)
- 1/2 tsp cumin seeds
- Salt to taste
- 1/2 cup of yogurt
- Fresh coriander leaves (garnishing)
- 2 cups of chickpea flour

(Chaach)

- 1/4 cup of yogurt, 0.5 water & ice
- Salt & black pepper to taste
- 1/4 tsp cumin seeds powder

(Choorma)

- 5 already cooked Batti balls
- 2 tablespoon ghee
- 1/2 cup jaggery/raw sugar
- 15 chopped almonds
- 1 teaspoon ground cardamom powder
- A pinch of salt
- 6 chopped pistachios

(Condiments- green chilly condiment)

- 2 tbsp soaked fenugreek seeds
- 5 green chillies (adjust heat accordingly)
- 2 tbsp ghee
- 0.25 tsp asafoedita (optional)
- 0.25 tsp fennel seeds
- 0.25 tsp mustard seeds
- 1/2 tsp turmeric powder
- Salt to taste & 1 tablespoon lemon juice
- 1/4 teaspoon red chilly powder

(Garlic condiment)

- 15 garlic cloves minced
- 1 tomato finely chopped Salt to taste
- Black pepper to taste
- 1/2 tbsp ghee

(Dal)

- 1/4 cup soaked split green lentils
- 1 tbsp soaked split chickpeas
- 2 tbsp ghee
- 5 minced garlic cloves
- 1/4 tsp asafoedita (optional)
- 2 chopped green chillies & 2 dried red chillies
- 1 inch ginger slice minced
- 1/2 finely chopped onion
- 2 finely chopped tomatoes
- 1/2 tsp turmeric powder
- 1 tsp red chilly powder (adjust the hotness)
- 1/2 tsp cumin seeds
- 1/2 tsp coriander seeds powder
- Salt to taste
- Fresh coriander leaves (garnishing)

(Coriander and Mint Chutney)

- 1 cup Fresh coriander & 1 garlic clove
- Salt & black pepper to taste
- 1 green chilly
- 1/4 cup of mint leaves

(Salad)

- Have it with your choice

DAL BATTI CHOORMA RECIPE-CONT.



By Chef: Nishtha Piplani, Masters Student in Engineering Physics

Instructions

(Dal)

- 1- In a pan add the soaked split green lentils, split chickpeas, 1 tablespoon ghee, salt to taste, 0.25 teaspoon of turmeric powder & 2 cups of water.
- 2- Bring it to a boil. Then, cover with a lid and stir occasionally until softened.
- 3- In a separate pan, add 2 tablespoon ghee, asafoedita (optional), the minced garlic cloves, 1 inch ginger slice minced. Let the ghee become aromatic.
- 4- To this add, the cumin seeds, coriander seeds powder, 0.5 teaspoon turmeric powder, the chopped green chillies & red chillies.
- 5- Once, the spices start to sizzle, add the finely chopped onion and cook until browned. To this add the chopped tomatoes, the red chilly powder & salt to taste.
- 6- Cook until everything comes together.
- 7- Once done, add the lentils to the prepared mixture and stir to combine.

(Gatte)

- 1- In a large mixing bowl, add the chickpea flour, salt to taste, turmeric powder, red chilli powder. Mix well & add water to form a soft dough.
- 2- Form an inch wide logs with all the dough.
- 3- Take a pan and add water. Bring it to a boil and add the turmeric powder. Add the dough logs and simmer for 20 mins or until softened. Do not drain away this water.
- 4- Cut the log in half an inch wide circles.
- 5- In a separate pan add minced garlic cloves & ginger, cumin seeds & chopped onion. Cook until softened. To this add tomatoes, red chilly powder and salt to taste.
- 6- Add a cup of water and bring it to a boil. Then add the circle back and mix well.
- 7- Put the pan off of heat and add 0.5 cup of lump free yogurt. Mix well.

(Batti)

- 1- In a large bowl add the whole wheat flour, semolina, salt to taste, coriander seeds powder, carom seeds & baking soda (optional). Mix well.
- 2- Form a well in the middle and add the ghee. Mix it well. Use your hands for this, gives best results.
- 3- Then add lukewarm water, little by little to form a tight dough.
- 4- Keep aside for 15 minutes & After resting, add water if it is too tight.
- 5- Form golf ball sized rounds.
- 6- In a skillet pan, grease well the balls & cook them on all sides on simmer.



DAL BATTI CHOORMA RECIPE-CONT.



By Chef: Nishtha Piplani, Masters Student in Engineering Physics

(Choorma)

- 1- Take the pre-made batti balls and blend well.
- 2- In a pan, add the coarse powder and toast until brown.
- 3- Add the ghee & mix well, then add jaggery/raw sugar & mix well.
- 4- Add the chopped almonds, ground cardamom powder, a pinch of salt & pistachios to make it flavorful. This step is optional.

(Green chilly condiment)

- 1- Add the ghee, asafoetida (optional), fennel seeds, mustard seeds, turmeric powder, red chilly powder.
- 2- Once the spices start to sizzle, add the soaked fenugreek seeds and green chillies. Mix well.
- 3- Take it off the heat and add lemon juice and salt to taste.

(Garlic condiment)

- 1- In a skillet, add the ghee and minced garlic cloves with the chopped tomato. Cook well.
- 2- Add salt and black pepper to taste

(Coriander and Mint Chutney)

- 1- In a blender add, the fresh coriander, garlic clove, salt & black pepper to taste, green chilly and mint leaves.
- 2- Blend until smooth paste is formed.

(Chaach)

- 1- To a blender, add the yogurt, water, some ice, salt and black pepper to taste and cumin seeds powder.
- 2- Blend well and serve.

(Batti)

- 1- In a large bowl add the whole wheat flour, semolina, salt to taste, coriander seeds powder, carom seeds & baking soda (optional). Mix well.
- 2- Form a well in the middle and add the ghee. Mix it well. Use your hands for this, gives best results.
- 3- Then add lukewarm water, little by little to form a tight dough.
- 4- Keep aside for 15 minutes & After resting, add water if it is too tight.
- 5- Form golf ball sized rounds.
- 6- In a skillet pan, grease well the balls & cook them on all sides on simmer.



India
Dal Batti Churma

Add all the prepared dishes in a platter and enjoy!

KEEMA MATTAR CURRY



"This dish is hands down delicious! Every non vegetarian North Indian would definitely swear by it. You have to try it 'once' at least in your lifetime!"

By Roomana Hukil, PhD Candidate & Teaching Assistant in Political Science

Ingredients

- 1 medium onion chopped
- 1 big tomato chopped,
- 500g minced meat (your choice)
- 3-4 garlic pieces grated
- 1 small ginger grated
- 1 tsp cumin
- 1 bay leaf & 1 cinnamon stick
- 1 tsp each of red chilli, turmeric, coriander powder, salt, pepper, garam masala & any meat masala
- 1/2 cup frozen peas
- 1 cup water
- 2 tbsp oil.

Instructions

- 1- Take a large pot & add oil. When the oil heats up add the cumin, bay leaf and cinnamon stick.
- 2- When they start sizzling add the grated ginger and garlic. Stir it with a ladle for about a minute and then add the onion.
- 3- Cook the onion till it turns translucent, then add the tomatoes & all the spices.
- 4- Cover the pot with a lid for a few minutes until you see the oil separating from the mixture. Then, add minced meat & green peas.
- 5- Stir for ~2-3 min & add water. Cover & cook for about 30-45 min continuously stirring in between. You can cook longer if you like less gravy but cook it for a slightly lesser time if you like it soupy and gravy.
- 6- Enjoy with naan, bread or rice.



MARZIPAN



"Enjoy this delicious dish made from almonds and sugar, a treat for the taste buds and the eyes!"

By Myanca Rodrigues, PhD Candidate & Teaching Assistant in HEI



Ingredients

- 225g almonds
- 450g sugar
- 2 egg whites (whisked)
- 120 ml rose water
- Food colours in your choice (gel is recommended)
- Butter (for greasing)
- Plastic wrap

Instructions

- 1- Soak the almonds overnight & remove skins the next day.
- 2- Place the almonds (skins removed) in a food processor or blender, and add a little rose water (not too much, just enough to blend) and pulse until you have a ground almonds mixture.
- 3- Combine the whisked egg whites, sugar & ground almonds in a saucepan. Add the rest of the rose water.
- 4- Cook on low heat until the mixture is able to leave the sides of the pan.
- 5- Grease a platter lightly with butter.
- 6- Remove from the pan, onto a lightly greased platter.
- 7- Cover with plastic wrap and let cool.
- 8- Colour the marzipan with food gel colours.
- 9- Mold them into shapes of your choosing – fruits, flowers, etc.
- 10- Place them on an ungreased platter and let them dry further before storing them. They may be stored outside, but keep longer when stored in the refrigerator.



MACARONI POTTAGE (AUSH)



"Macaroni pottage looks like soup. This food does not contain any meat in it, and it has different kinds of herbs. There is a day in the first month of Iranian year called nature's day. So in that day, people go out in the nature and take their macaroni pottage with them and eat it with their families like a picnic, to show that this is a healthy food from the heart of nature, showing their grace and thanks to mother nature!"

By Passionate Grad Student

Ingredients

- 1.5 cup fresh herbs: spinach, shives, parsley, coriander
- 2 tbsp dried mint
- 4 cloves grated garlic
- 1 large chopped onion
- 1 can pinto beans
- 1 can chickpea
- 1/2 cup lentil
- 8 ounce pottage macaroni (Long, flat noodle)
- 1/2 tsp turmeric
- Salt & pepper (to taste)

Instructions

- 1- Chop the fresh herbs.
- 2- Wash pinto bean and chickpea and put them in a pot and soak in water for 2-3 hours.
- 3- Put the soaked mixture on the stove and let it slowly boil for 2-3 hours and add lentils to it in the last 20-30 min.
- 4- Chop onions and put them in a different pan and fry, and then put aside.
- 5- Fry the grated garlic with dried mint together & keep it in another plate.
- 6- Boil water in a big pot and then add fried onion and mint-garlic (keep some of them for ornamentation), with macaroni cut in half.
- 7- Few minutes after boiling, add the chopped fresh herbs to this boiling water and the cooked chickpea, pinto bean and lentil mix. Then add salt, pepper & turmeric to the pot and stir. Let it slowly boil for 40 min without covering.
- 8- Sprinkle fried onion, mint-garlic, and kashk (a dairy product that Iranians use to decorate Aush).



PAN KEBAB (KEBAB TABELI)



"This dish can be eaten with these side dishes: cooked rice, plain yogurt (with dry basils), lime or lime juice."

By Mona Abdollahi, PhD Candidate

Ingredients

- 300g ground meat: lean ground beef (>85%) or lamb or a mixture of both.
- 1 medium grated onions
- 1/2 medium grated garlic
- 1-2 medium tomatos
- 1 tbsp tomato paste
- Spices (1/2 tbsp each): curry powder, black pepper, turmeric
- Salt to taste

Instructions

- 1- Grate the onion in three pieces using a blender or grate. Discard the juice of onion before adding it to the ground beef. Grate garlic into small pieces.
- 2- Combine all ingredients in a bowl and knead with your hand well. You should pay attention not to mix the ingredients too much because it will make the mixture too sticky.
- 3- Let the pan be heated on and then add the oil and let it be heated in a skillet at medium-high. Spread & flatten the mixture into a thin (thickness of 0.5 cm) round disc in a non-stick pan. Press the mixture to the edge of the skillet.
- 4- Cook for 3-4 min and cover the lid and allow the kebab on medium heat until it is dark brown. Cut the disk into four quarters. Flip it again and cook the other side until done.
- 5- In a saucepan, heat the oil and add tomato paste. Cook for 3 min and add salt & turmeric. Add the sliced tomato. Add half a glass of water and cover the lid over low heat until tomato sauce thickens.
- 6- Add kebabs on top of the sauce and flip it so the other side will be exposed to the tomato sauce as well (optional).



PASTA WITH CHICKEN & WALNUTS



"This dish can be served with parmesan cheese"

By Mona Abdollahi, PhD Candidate

Ingredients

- 1 cup pasta
- 100g ground chicken breast
- 1/2 medium grated garlic
- 1 tbsp chia seeds
- 14 halves walnuts
- Spices (1/2 tbsp each): paprika, black pepper, turmeric
- 1-2 tbsp fresh parsley
- 1-2 limes
- Salt to taste

Instructions

- 1- Grate the garlic and add it to the ground chicken.
- 2- Add the walnuts, spices, and salts and mix in a bowl.
- 3- Let the pan be heated on and then add the oil and let it be heated.
- 4- Add the mixture to the pan and mix for 3 min at high temperature.
- 5- Add a glass of water and cover the lid and allow the mixture on low to medium heat until the meat is cooked, and the water is evaporated.
- 6- Boil the water and add pasta. Let the pasta be cooked for 10-15 min. Add the cooked pasta to the mixture.
- 7- Cut the parsley into small pieces. Add the juice of limes and parsley to the mixture. Mix and serve with the parmesan cheese (optional).



SHRIMP-RICE



"Shrimp rice is a food from south of Iran. People there live close to the sea, so many of them do fishing and sailing for a living. Seafood is so common in those areas and people are used to hot foods with a lot of peppers in them. They also like garlic a lot. Shrimp-rice contains different types of ingredient in it and it is considered as an elegant food that southern people cook for themselves and serve for their guests!"

By Passionate Grad Student

Ingredients

- 2 cups rice
- 400gm cleaned shrimp
- 3 tbsp barberries
- 1/2 cup walnut
- 1/2 cup raisins (optional)
- 3 tbsp fresh, chopped coriander or dried dill
- 1 onion
- 3 cloves garlic
- Salt & pepper (to taste)



Instructions

- 1- Chop the onions, put them in the pan and fry. When onions' color changes, add the grated garlic. After a few seconds, add shrimp to it and keep stirring until cooked.
- 2- Add salt & pepper and at the end add chopped walnuts, washed barberries & cleaned raisin (optional).
- 3- In a pot, wash the rice, add water and salt and put on the stove and let it boil. When it is boiled, reduce the heat & wait until there is almost no water on top of the rice, but it is not yet dry.
- 4- Add dried dill and the stuff made in the pan to the rice (If fresh coriander is used, this should be added to the first pan and stirred with the ingredients in it).
- 5- Stir all the stuff and rice together, then cover and reduce the heat so it will have steam in it but there should not be any water at this moment. Let it cook with low heat for ~30 min.

TAHCHIN



"Meditate with the experience of tasting the best combination of heavenly flavors. Enjoy!"

By Moha Abbaszadeh, Masters Student & Teaching Assistant in Manufacturing Engineering

Ingredients

- 2 cups drained rice
- 2 eggs or 3 yolks for a better texture
- 1/2 glass yogurt (better to be a bit sour)
- 1/2 cup brewed saffron
- 1 cup cooked, sliced chicken (thigh or breast)
- 1 sliced eggplant
- 1 tbsp rosewater
- 4 tbsp butter
- 1 medium onion
- 1/2 tsp turmeric, 1/2 tsp pepper & 1/2 tsp salt
- Garnish: barberries, slivered almonds or pistachios (optional)

Instructions

- 1- Bring 4 cups of water to a boil in a large pot, add the rice and boil for about 6-8 min or until rice grains are soft on the ends and firm in the center. Drain & pour some cool water over it to wash away the starch and to separate the rice.
- 2- Cook chicken in boiled water with sliced onion, turmeric, pepper & salt
- 3- Slice and fry eggplant with 2 tbsp butter
- 4- Thoroughly mix the eggs, yogurt, saffron & rosewater until smooth.
- 5- Add the egg mixture to the drained rice & stir. Then, add the melted butter to the rice.
- 6- Grease the bottom of a non-stick pan and pour half of the rice or 1/3 of the rice on the bottom of the pot according to your taste and squeeze it with the back of a spoon.
- 7- Pour the sliced chicken, eggplants & barberry (optional) over the pressed rice.
- 8- Pour rice over the chicken and squeeze it again and repeat these steps 2-3 times to finish your ingredients.
- 9- The last layer should be rice and completely compressed.
- 10- Put the pot on a very low heat to simmer for ~40-60 min & cook until golden.



COUSCOUS



"This dish is best enjoyed with family and friends and has been satisfying tastebuds for millennia!"

By Yasmine Belahlou, Third year Honours Biochemistry Student

Ingredients

- 1kg couscous
- 1 whole chicken or 2kg of beef
- 1 big onion
- 4 cloves of garlic
- 2 medium carrots
- 2 medium zucchini's
- 2 medium potatoes
- 1 green hot pepper
- 2 medium tomatoes
- 1 can chickpeas
- 1 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1/4 tsp cinnamon
- 1 1/2 tsp salt
- 1 tsp coriander powder
- 2 tbsp tomato sauce
- 4 tbsp vegetable oil
- 4 cups water

Instructions

- 1- To a big pot, add oil and chopped onion and stir it for a few minutes
- 2- Add chicken or beef into the same pot and let the meat cook for 5 min
- 3- Add garlic and stir while adding 2 medium crushed tomatoes
- 4- Add all spices and stir it for 5 min
- 5- Add tomato paste and let it simmer
- 6- Add water and let it boil for 15 min
- 7- Add in cut-up vegetables (potatoes, carrots, etc.)
- 8- Add in chickpeas and let the whole broth cook for an hour, or until the meat is tender
- 9- Remove the pot from the heat and start rinsing the couscous with cold water (drain it after)
- 10- Add 1 tbsp of oil to the couscous and start steaming it for 15 min (on a steaming pot over the pot of broth you cooked for an hour)
- 11- Once done steaming, place the couscous on a large plate and drizzle 1 cup of water and 2 tsp of salt over it while mixing
- 12- Let the couscous dry for a bit and then add another tbsp of oil so that you can steam it for another 15 min
- 13- Serve the couscous with the broth made earlier



CARNE ASADA & CHORIZO TACOS



"Mexico has amazing flavours and this is not an exception. You will not regret trying this amazing dish and if you ever visit Mexico, make sure you have the opportunity to try it! I hope you enjoy it!"

By Oscar Camarillo, MSc Candidate & Teaching Assistant in Civil Engineering

Ingredients

- | | |
|--------------------------|---------------------------------|
| -Corn tortillas | -2 tomatoes |
| -Angus steak | -1/2 white onion |
| -Mexican chorizo sausage | -1 serrano pepper |
| -Nopal | -Sea salt and pepper (to taste) |
| -3 ripe avocados | -Olive oil (as preferred) |
| | -1/2-1 Lime |

Instructions

(Steak, chorizo, nopal)

- 1- Season the steak with salt, fresh ground pepper and olive oil for 1 hour
- 2- Grill the steak with medium fire to a steak doneness of medium rare (tip: just flip it once)
- 3- Cut the chorizo in half (along the length) and grill it beside the steak until it's well done.
- 4- Grill the Nopal beside the steak and Chorizo until tender and toasted.

(Guacamole)

- Chop the tomatoes, onion & serrano pepper into the smallest pieces (the smallest the better) and mix it together in a bowl.
- Add avocados and mix it all together until it's uniform and homogeneous.
- Add lime and salt into the mixture.
- Tip: Add little amounts of salt and try with tortilla chips until you reach the perfect flavour. If it's too hot/spicy, add more avocado.



Carne Asada & Chorizo Tacos with Guacamole

(Final instructions)

- Warm the corn tortillas on a pan or on the grill.
- Add inside the tortilla chorizo, nopal and guacamole.
- On the same plate put the steak. Enjoy!

NEPALI KHAJA



"Ethnic dish cooked with love is like an elixir for your body, mood as well as the soul!"

By Kusum Bhatta, M.A Student & Teaching Assistant in Gender Studies & Feminist Research

Ingredients

(Fried Rice [भुटेको भात, Bhuteko Bhaaat])

- 1 cup rice 1 cup
- 1 large onion
- 1 tsp each garlic & ginger paste
- 1/4 cup tomato puree
- 2 tbsp clarified butter
- 1/2 tsp cumin seeds
- Salt, black pepper & turmeric powder (to taste)
- 1/2 tsp soy sauce
- 1 eggs (optional)
- 2 small boiled potatoes
- 1 tsp each coriander & mint leaves (finely chopped)

Instructions

(Fried Rice [भुटेको भात, Bhuteko Bhaaat])

- 1- Use the leftover rice or cook the rice and let it cool.
- 2- Use butter in a pan & scramble your eggs. Then transfer the eggs to a separate bowl and set aside.
- 3- Add one tbsp clarified butter. Use the pan to sauté the onions & tomato puree now. Then add garlic and ginger paste. Once it turns brown add baby corn, carrot, boiled potatoes, green chilli & spices. Next, transfer the vegetables to a plate.
- 4- Then turn the burner to high heat and add 2 tbsp clarified butter in the pan and add the chilled rice (cooked & cooled) & the soy sauce. Fry the rice for 3-4 min.
- 5- Stir and add the fried veggies & scrambled eggs in the rice and wait until they start turning slightly brown and your fried rice is ready.
- 6- Remove pan from heat, garnish with coriander or mint and serve.

(Dumplings [मः मः, Momo])

- 1 cup all-purpose flour
- 190 gm cottage cheese (for ~3 dumplings)
- 1 green Chilli
- 1 small onion
- 1 tsp coriander (finely chopped)
- Salt & black pepper (to taste)



(Dumplings [मः मः, Momo])

- 1- In a large bowl add all-purpose flour, salt, sugar & baking powder. Then, add oil and water and knead until smooth. Let it rest for 1/2 hour.
- 2- To prepare filling smash cottage cheese in a bowl. Take a pan and fry onion until they turn soft. Turn off the heat and add green chilli & apices. Stir for a minute and add that mixture in the smashed cottage cheese. (You can also use other vegetables or ground meat)
- 3- It's time to make wrappers out of dough. Make similar small balls of dough (to make the dumplings uniform) and cover with a damp cloth to prevent them from drying. Use a rolling pin to roll the dough thin round shapes. You can also buy wrappers in the Asian grocery stores.
- 4- Place the filling in the centre and fold the wrapper from all sides. For beginners, you can start with less filling and easy ways. Too much filling may cause leaking and ruin the shape.
- 5- Next, steam (15 to 20 minutes), fry (until the wrapper turn light brown) the dumplings. Finally, serve with dumpling dip.

NEPALI KHAJA-CONT.



"Ethnic dish cooked with love is like an elixir for your body, mood as well as the soul!"

By Kusum Bhatta, M.A Student & Teaching Assistant in Gender Studies & Feminist Research

Ingredients

(Fritters [पकौडा, Pakoda])

- 1 large potato
- 1 small onion
- 1/2 cup chickpea flour
- 1/4 cup corn flour/rice flour
- 1/2 tsp each ginger & garlic paste
- Salt, green chilli, cumin powder, coriander powder & turmeric powder (to taste)
- Oil, depends on the type of fan (enough to cover the fritters)

(Salad, सलाद)

- Cucumber
- Beetroot
- Radish

(Dips [अचारहरु, Achaarharu])

--Momo Dip

- 2 tomatoes
- 1 onion
- 3 tsp garlic paste
- 1 tsp ginger paste
- Salt, red chilli, cumin powder, coriander powder & turmeric powder (to taste)

--Sesame Dip

- 2 tbsp sesame powder
- 1/2 tsp tamarind paste
- 2 tsp sugar
- Salt & black pepper (to taste)

--Tomato Ketchup

- From any grocery store

Instructions

(Fritters [पकौडा, Pakoda])

- 1- Make a chickpea flour paste (not too thin) and add few spoons of corn flour/rice flour to make fritters crunchy
- 2- Add vegetables and spices in the flour paste.
- 3- In a pan heat oil to fry the fritters.
- 4- Place the mixture in small quantities (round/oval shapes) in the oil fry the fritters until they turn brown.
- 5- Serve fritters with ketchup.

(Dips [अचारहरु, Achaarharu])

--Momo Dip

1. In a pan, heat oil and add onion. Then add ginger & garlic.
- 3- Once they turn brown, add tomatoes & all the spices and let them turn soft in low heat.
- 4- Let the mixture cool and grind it. Your Momo dip is ready.

--Sesame Dip

- 1- Mix tamarind paste with sesame powder & spices.

--Tomato Ketchup (from any grocery store!)

(Salad, सलाद)

It is simple round shapes here in the photo. You can chop the salad in the shapes you like!



FUFU & SEAFOOD SOUP

"This meal is for the brave-hearted. It requires a lot of work, but the rich taste and textures make it absolutely worth it!"

By Moyo Sogaolu, PhD Candidate & Research Assistant in Economics

Ingredients

(Pepper mix/stew base)

- 2 red bell pepper
- 3 scotch bonnet
- 1/2 can crushed tomatoes
- 4 large cloves of garlic
- 1 large onion

(Seafood soup)

- 2 cups chopped okra
- 1 tbsp crushed crayfish
- smoked fish (optional)
- 2 cups seafood medley
- 2 tbsp palm oil
- 2 tbsp locust beans
- 3/4 cup meat stock
(chicken/beef/fish stock)
- kale
- spinach
- 1/2 cup pepper mix
- 1 bouillon cube of your choice
- salt to taste

Instructions

(Pepper mix/stew base)

- 1- Add all the ingredients except the crushed tomatoes in a pot.
- 2- Add water and simmer for 20 minutes.
- 3- Once it is all cooked, blend into a smooth paste and add the crushed tomatoes.

(Seafood soup)

- 1- Heat up the palm oil in a large pot. Add in the locust beans and the crushed crayfish.
- 2- After ~2 min, add in the pepper mix, seasoning cube, and fry for ~5 min.
- 3- Add meat stock and bring to a boil.
- 4- Add the seafood mix, shrimp & fish and simmer for another 5 min.
- 5- Add in the chopped okra, bring to a boil, and add salt to taste.
- 6- Lastly add in the other vegetables and combine.



FUFU & SEAFOOD SOUP-CONT.

"This meal is for the brave-hearted. It requires a lot of work, but the rich taste and textures make it absolutely worth it!"

By Moyo Sogaolu, PhD Candidate & Research Assistant in Economics

Ingredients

(Fish stew)

- 1 tilapia fish scaled, gutted & cut into steak
- Vegetable oil/Palm oil
- Curry
- Thyme
- 1 tbsp ginger & garlic paste
- 1 tbsp onion powder
- 1/4 cup chopped onions
- bouillon powder/cubes
- salt to taste

(Swallow- plantain fufu)

- Water
- Plantain flour or any cooking flour of choice (yam, rice, potatoes, garri)

Instructions

(Fish stew)

- 1- Place the fish in a bowl and season with onion powder, ginger & garlic paste bouillon cube, curry, thyme, & salt. Marinade for at least 30 min.
- 2- In a large pot, heat oil over medium heat.
- 3- Add in onions and cook for ~4 min.
- 4- Add in the thyme and immediately follow with the pepper mix and add in the bouillon cubes & curry.
- 5- Stir and leave to simmer until the oil float.
- 6- Add in the fish and shake gently, ensuring that the stew base covers the fish. You can add some water till you achieve your desires consistency.
- 7- Cook until the fish is fully cooked.

(Swallow- plantain fufu)

- 1- Add water into a pot and bring to a boil.
- 2- Add in plantain flour and combine thoroughly until knots disappear.

Note- The amount of flour depends on your desired consistency.



MUSAKHAN

"Musakhan is Palestine's heart-warming and tangy national dish. It consists of an olive oil, sumac, and onion mixture, cooked together and served over a large flatbread or traditional taboun, generally with chicken on the side, and sometimes garnished with nuts and parsley. When I think of musakhan, I think of feasts and families. I think of unity, love, and generosity, which our culture is rooted in, and fuel our collective resistance as an Indigenous people against continued Israeli occupation, colonization, and apartheid. I think of happiness, and I invite to try this dish and visit Palestine to truly experience its splendor!"

By Ghada Sasa, PhD Candidate & TA in International Relations

Ingredients

(Onions)

- 6 large onions, cut into half-moons
- 4 tbsp olive oil
- 2-3 tbsp sumac (or to taste)

(Bread)

- 3-4 taboun or naan bread
- Reserved chicken broth
- Toasted pine nuts & almonds
- Parsley
- Sumac
- Olive oil

(Chicken)

- 1 chicken (4 pieces, skin on)
- 1 small onion
- 6 cardamom pods
- 1 cinnamon stick
- 5 cloves
- 10 black peppercorns
- 2 tbsp lemon juice
- 4 tbsp reserved chicken broth
- 1 tbsp mixed spices
- 2 tsp crushed garlic
- Salt & pepper (to taste)
- 1 tbsp sumac

Instructions

1- To make the onions, heat the olive oil in a large frying pan, add the onions and sprinkle with salt to soften the onions without caramelization. Place on low heat and cover, stirring occasionally.

2- For the chicken, heat the olive oil in a large pot & once hot, place the chicken pieces skin side down. Brown the chicken and then add the onion, spices and enough water to cover the

chicken. Bring to the boil and skim off the fat and cover. Let boil until the chicken is cooked. Strain the chicken and reserve the stock. Place the chicken in a baking tray.

3- Mix together the lemon juice, chicken broth, & ground spices & pour evenly over the chicken. Brown the chicken until heated through and the skin is golden & crispy before serving.

4- Once the onions have completely softened, add the sumac. The amount of sumac used depends on the type of sumac you have, as some is stronger than others, and your own personal taste. The darker the sumac, the better quality and stronger taste.

5- To assemble, pour enough broth on each piece of bread to moisten it, drizzle with olive oil, & spread some of the onion mixture evenly over the bread. Sprinkle with some more sumac & place on a baking sheet. Place in an oven pre-heated to 200C for about 10 min, or until the bread is toasted and golden.

6- Top the bread with the baked chicken and sprinkle with pine nuts, almonds and parsley. Serve alongside some yogurt and enjoy.

--Note: More information in the MiddleEastMonitor website here: shorturl.at/rEL89



BAMI GORENG



"I grew up eating Bami Goreng, traditionally a Southeast Asian dish, and recently learned how to make it myself. It is one of the yummiest dishes in my culinary arsenal. Had I known how easy it is to make, I'd have learned much, much earlier. I highly recommend trying it out!"

By Astara van der Jagt, PhD Student & Teaching Assistant in Anthropology

Ingredients

- 350g mie noodles
- 3 tbsp oil
- 2 garlic cloves
- 1 celery stalks
- 1/3 broccoli
- 1 red pepper
- 2 tsp freshly ground coriander
- 1 tsp ground ginger
- 1 cube Maggie vegetable broth
- 1 onion
- 1 tbsp sambal oelek (Indonesian red chili paste)
- 4-6 tbsp ketjap manis (Indonesian sweet soy sauce)
- Salt & black pepper to taste
- 2 eggs, beaten (Optional)

Instructions

- 1- Wash your hands.
- 2- Cook mie noodles according to package directions in a pot.
- 3- Drain, add cold water to make sure that the mie doesn't get sticky. Then, drain again, and set aside.
- 4- Heat a large wok or frying pan and spray with non-stick cooking spray.
- 5- Optional: Swirl in the beaten egg to make a thin omelet. Put salt and pepper.
- 6- Optional: Remove from the pan to allow it to cool; cut into thin strips & set aside.
- 7- In a large wok-style pan, heat the oil.
- 8- Sauté the garlic, onion, coriander, ginger, and vegetable broth.
- 9- Add sliced celery, broccoli, red pepper and ketjap manis; sauté 4-5 min.
- 10- Add sambal oelek; cook 3-4 minutes.
- 11- Add slices omelet and noodles; mix well and heat thoroughly before serving.



LENTIL BALLS (MERCIMEK KOFTESI)



"It is vegan, it is low-fat and very fulfilling. Perfect dish!"

By Ecem Yelekli, PhD Student & Teaching Assistant in Chemical Engineering

Ingredients

- 1 cup of red lentils
- 1.5 cups fine bulgur
- 1 onion
- 1 bunch of parsley
- 2-3 tbsp oil
- 1 bunch of scallions
- 2 tbsp tomato paste (you can use mixed pepper & tomato paste)
- 3 glasses water (if necessary, a little more can be added during the kneading phase)
- 3 tsp salt
- Cumin
- Chili & black pepper



Instructions

- 1- Wash the lentils, put them into a large saucepan and boil at the high heat.
- 2- Once the water boils, turn off the heat, cover the pan and they will be cooked in half an hour.
- 3- Take a separate pan and fry the chopped onion in oil until its color turns slightly pink.
- 4- Add tomato paste and roast for another 1-2 min.
- 5- Add roasted onions with tomato paste to the lentils and when its temperature is lower, knead well.
- 6- Add salt & spices to the well-mixed meatballs mixture and knead again. You should knead the mixture well.
- 7- Add finely chopped parsley and chopped scallions to the mixture, mix well.
- 8- After meatballs cool down a little, cut off the egg-sized pieces and give shape.
- 9- Place the meatballs onto lettuce leaves and serve with lemon.

CREAMY CUCUMBER SALAD

"Really nice with shashlik, a chicken-on-the-stick recipe!"

By Caroline Seiler, PhD Candidate & Teaching Assistant in Medical Sciences

Ingredients

- 1.5 lbs cucumbers (2 english cucumbers or 7-10 small ones)
- 1/2 medium purple or yellow onion thinly sliced
- 1 tbsp fresh or frozen dill chopped
- 3/4 cup sour cream reduced fat is ok
- 1/2 tbsp fresh lemon juice from 1/2 small lemon
- 1 large or 2 small garlic cloves pressed
- 1/2 tsp sea salt & pinch black pepper or to taste



Instructions

- 1- In a small bowl, combine the sour cream, lemon juice (fresh lemon juice works best), garlic cloves, dill, salt & pepper. Stir and set aside while prepping salad.
- 2- Slice cucumbers into thin rounds or half rounds if using large cucumbers. Place in a large mixing bowl. Add thinly sliced onion.
- 3- Just before serving stir sauce into the salad and mix to coat cucumbers. After adding sauce, the salad will stay fresh for about 2-3 hours if refrigerated. For best results, add the creamy sour cream dressing to the cucumber salad just before serving!



SORREL SOUP (SHCHAVEL BORSCHT)

"Something unique about the dish is that it uses sorrel (or "schav") which is similar to spinach but has a lemony, sour flavour!"

By Caroline Seiler, PhD Candidate & Teaching Assistant in Medical Sciences

Ingredients

- 4 tbsp cooking oil
- 1/2 onion chopped
- 1 carrot grated
- 4 qt water or broth
- 5 medium potatoes
- 2 hard boiled eggs
- 2 cups sorrel chopped
- 2 scallions chopped
- 2 tbsp dill diced
- 1 tbsp salt or to taste
- 1 tsp pepper or to taste



Instructions

- 1- In large pot, sauté carrots and onions with oil. Sauté for ~ 7-10 min until vegetables are soft.
- 2- Add water to the pot and bring it to a boil.
- 3- Cut potatoes into one inch cubes. Add potatoes into boiling water and let it cook for 15 min.
- 4- Dice hard boiled eggs, scallions, dill and sorrel.
- 5- Add green onions, eggs and dill to the soup, let it cook for about five minutes. Add sorrel to the soup. Remove soup from the heat and let it sit for ~10 min.
- 6- Soup is best when it is served warm. Optionally, add a dollop of sour cream to it before serving!



DUMP S'MORES



"For little kids and big kids too!"

By Carolyn Capretta, Sessional Faculty

Ingredients

- 14 graham cracker cookies (each 2/12 by 5 inches)
- 1 cup chocolate chips
- 4 cups mini-marshmallows



Instructions

- 1- Preheat the oven to 400 degrees F.
- 2- Spray a baking sheet lightly with non-stick cooking spray or use a silicone baking sheet or parchment paper.
- 3- Place the graham crackers on the baking sheet so they are touching each other.
- 4- Top with the chocolate chips and mini-marshmallows.
- 5- Bake, turning the baking sheet once about halfway through the cooking time, until the marshmallows are puffed and golden all over, about 15 min.
- 6- Remove and let cool for 5 min then gently push down on the marshmallows to help the chocolate adhere to the graham crackers. Let cool completely, then break the s'mores into pieces. The s'mores can be stored in an airtight container with parchment paper between the layers for up to 4 days.

GLUTEN, DAIRY FREE BANANA BREAD



"A delicious way to enjoy overripe bananas!"

By Carolyn Capretta, Sessional Faculty

Ingredients

- 2 cups white rice flour or any simple gluten-free flour blend
- 1.5 tsp GF baking powder
- 1/2 tsp GF baking soda
- 1/4 tsp salt
- 1/2 tsp. GF ground cinnamon
- 1/4 tsp. GF ground nutmeg
- 2 eggs, beaten
- 1.5 cups mashed, ripe bananas (~5)
- 1 teaspoon GF vanilla extract
- 1/2 cup canola oil

Instructions

- 1- Preheat oven to 350 degrees F.
- 2- Spray medium bread pan with cooking spray, or use a silicone form, or parchment paper.
- 3- Combine dry ingredients in a large bowl and then make a well in the center.
- 4- Add eggs, banana, sugar & oil to the center and combine before folding in with the remaining dry ingredients. Pour batter into your bread pan.
- 5- Bake for 60-70 min or until a toothpick comes out clean.
- 6- Cool for a few minutes before removing from pan and then cool on a wire rack.



Gluten-Free Banana Bread Muffins

- 1- Prepare the Gluten-Free Dairy Free Banana Bread recipe.
- 2- Use a regular size muffin pan. Makes ~12–14 muffins.
- 3- Line forms with cupcake liners.
- 4- Bake at 350 degrees F for 20-22 min.

Gluten-free Chocolate Chip Banana mini-cupcakes for Kids

- 1- Prepare the Gluten-Free Dairy Free Banana Bread recipe.
- 2- Use a mini muffin pan. Makes up to 24 mini muffin pans.
- 3- Line forms with mini cupcake liners.
- 4- Before pouring batter into bread pan, add $\frac{3}{4}$ -1 cup of chocolate chips & stir.
- 5- Bake at 350 degrees F for 12-14 min.

SADZA&PEANUT BUTTER PUMPKIN LEAVES



"This dish is one of Zimbabwe's prime traditional dishes and can be served anytime of the day. Sadza is Zimbabwe's staple food and can be served with any type of sauce e.g. beef stew etc. On it's own, Sadza is also a main source of carbohydrates too and we are proud of our staple diet. A day without sadza is not a day well-lived!!"

By Daniel Gweme, PhD student & Teaching Assistant in Chemistry & Chemical Biology

Ingredients

- A bunch of pumpkin leaves (or kale, rape)
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 2-3 bell peppers
- 2-3 tablespoons peanut butter
- 1 fresh tomato & onion
- 1 tbsp canola or vegetable oil

(Sadza)

- 2-3 cups water
- ~1 cup mealie (maize) meal



Instructions

- 1- In a saucepan, add & heat the oil. Slice onions, pepper, paprika, salt and add to the hot saucepan until they are nicely cooked.
- 2- Add nicely cut pumpkin leaves or any green vegetable leaves, tomatoes and mix together with the onion and pepper mix. Make sure the vegetables are nicely cooked after 6-10 min. Let it simmer for a minute.
- 3- Add the peanut butter into the saucepan, mix well with the vegetables and add a bit of water and stir continuously until it's 'saucy'. Cover the saucepan and let it simmer for 5 min or until the mix is slightly thick.

(Sadza)

- 1- Bring water (amount depends on number of servings but rule of thumb is 2-3 cups for 1 serving) to boil in a pot.
- 2- Add 1/2 cup of mealie meal and start stirring. Continue adding 1/2 cups of mealie meal until it forms a slightly watery paste (but not too thick).
- 3- Leave to simmer for 15 min at medium-low heat. The mixture should slightly become thicker as it simmers.
- 4- After the 15 min have elapsed, continue to add more mealie meal and mix well until it's thicker and not runny (should feel like baking dough, haha)
- 5- leave on very low heat for another 5 minutes and serve.

Kitchen Conversions



KITCHEN CONVERSIONS



Dry measurements conversion chart

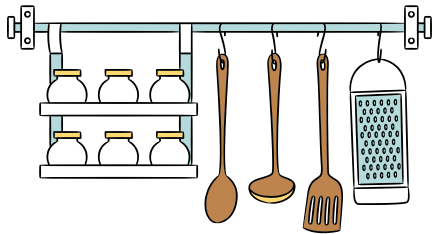
- 3 tsp = 1 tbsp = 1/16 cup
- 6 tsp = 2 tbsp = 1/8 cup
- 12 tsp = 4 tbsp = 1/4 cup

Liquid measurements conversion chart

- 8 fluid ounces = 1 cup = 1/2 pint = 1/4 quart
- 16 fluid ounces = 2 cups = 1 pint = 1/2 quart
- 32 fluid ounces = 4 cups = 2 pints = 1 quart = 1/4 gallon

Butter

- 1 cup butter = 2 sticks = 8 ounces = 230 gm = 8 tbsp



US to metric cooking conversions

- 1/5 tsp = 1 ml
- 1 tsp = 5 ml
- 1 tbsp = 15 ml
- 1 fl ounce = 30 ml
- 1 cup = 237 ml
- 1 pint (2 cups) = 473 ml
- 1 quart (4 cups) = .95 liter
- 1 gallon (16 cups) = 3.8 liters
- 1 oz = 28 grams
- 1 pound = 454 grams



Temperature

- 120 C = 250 F
- 160 C = 320 F
- 180 C = 350 F
- 205 C = 400 F
- 220 C = 425 F

Volume

- 1 milliliter = 1/5 tsp
- 5 ml = 1 tsp
- 15 ml = 1 tbsp
- 240 ml = 1 cup OR 8 fluid ounces
- 1 liter = 34 fluid ounces

Weight

- 1 gram = 0.035 ounces
- 100 grams = 3.5 ounces
- 500 grams = 1.1 pounds
- 1 Kilogram = 35 ounces

Baking pan conversions

- 9-inch round cake pan = 12 cups
- 10-inch tube pan = 16 cups
- 10-inch bundt pan = 12 cups
- 9-inch springform pan = 10 cups
- 9 X 5 inch loaf pan = 8 cups
- 9-inch square pan = 8 cups

Baking in grams

- 1 cup flour = 140 gram
- 1 cup sugar = 150 grams
- 1 cup powdered sugar = 160 grams
- 1 cup heavy cream = 235 grams



A group of people are shown from the waist down, holding hands in a circle. They are wearing light blue shirts and white socks. The background is a soft, out-of-focus grey. In the center, there is a green rectangular box with a white border containing white cursive text.

*Now, Let's Go
to Union
Recipes!*

RECIPE FOR JOINING A UNION



Ontario Labour Relations Act

Instructions

1. Workers contact the union and meet with a union organizer.
2. Workers sign cards applying for membership in the union, and authorizing the union to represent them in negotiations with their employer.
3. If at least 40 per cent of the workers sign membership cards, the Ontario Labour Relations Board (OLRB) will hold a vote to see if workers want a union.
4. The OLRB holds a secret ballot vote. Anyone who is in the bargaining unit the union applied to represent can vote. If the majority of workers who cast ballots vote to unionize, the union is certified.
5. The union will serve notice to your employer to begin bargaining your first contract.

The OLRB keeps information on those who signed union cards confidential. Employers never get to see the cards.

•Join CUPE today

Contact: cupeontarioorganizer@cupe.ca



RECIPE TO PROTECT YOUR EMPLOYMENT RIGHTS

CUPE 3906 Collective Agreements

Instructions (The Grievance Process):

A grievance is any difference arising out of the interpretation, application, administration, or alleged violation of your Collective Agreement.



Step 1: The Union, on behalf of the employee, may submit a written grievance signed by the Grievor and their Steward or Union representative, to the Chair of the Department. The Department Chair or their equivalent or designate will deliver their decision in writing within 15 business days following the day on which the grievance was submitted to them. Failing settlement at this Step, then:

Step 2: Within 15 business days following a decision under Step 1, the Union/grievor(s) may present the written grievance to the Dean of the Faculty. The Dean or their designate will hold a meeting with the grievor(s), the Steward or Union Representative to discuss the grievance. The Dean or their designate will give their written decision within 15 business days after the date on which the grievance was submitted to them. Failing settlement at this Step, then:

Step 3: Within 15 business days following a decision under Step 2, the Union/grievor(s) may submit the written grievance to the Vice- Provost (Faculty). The Vice Provost (Faculty) (or their designate), will convene a meeting with the grievor(s) to discuss the grievance. The Step 3 reply is required in writing within 15 business days after the date on which the grievance was submitted to them.

--Failing a satisfactory settlement at this Step, the grievance may be referred to arbitration within 15 business days after the date on which the reply to Step 3 was given.

RECIPE TO PROTECT & ASSERT YOUR RIGHTS



CUPE 3906 Collective Agreements

I feel that I have been harassed or discriminated against. What now?
You have a variety of options to consider that reflect your comfort level.

Instructions

- Take direct action by informing the individual who is the source of the behaviour that it is unwelcome and unwanted, and request that the individual stop the behaviour, and by documenting the events including the date, time, location, witnesses, and details;
- Consult with 1 of the four (4) Intake Offices that administers the Discrimination and Harassment Policy, and the Sexual Violence Policy: Employee/Labour Relations, Equity and Inclusion Office, Student Support & Case Management Office, and the Faculty of Health Sciences Professionalism Office;
- Seek assistance from their Dean, Chair, Supervisor, or an Intake Office in addressing the issue through an informal resolution process;
- Initiate a formal complaint under the applicable Policy with one of the Intake Offices, or file a grievance under Article 10 with the assistance of your Union Representative;
- File a complaint with the Ontario Human Rights Tribunal;
- Consult with a Union Representative or CUPE's Equity Action Officer and seek assistance in addressing the issue





*Thank you!
We hope you
enjoyed the
cookbook!*



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