Joy of Feeding Sponsors and Partners:
Amanda Bates and Lucy Dibdin met on their first day of college in Portsmouth, UK back in 1989. A few mutual friends, a shared love of everything ridiculous, and a little thing called Facebook have enabled them to stay in touch over the years, after Amanda emigrated to Canada. Lucy is a seasoned baker, who has auditioned for the most English of all TV shows, The Great British Bake Off. Her own bakes are a source of joy to all those around her, especially her co-workers and their thankfully stretchy pants. Amanda loves to cook family meals every night and has enlisted Lucy’s expertise for Joy of Feeding, which is a LOT more effort for Lucy who has to actually fly to Canada to participate.

They will be making a classic British pub dessert: chocolate sticky toffee pudding.

Chocolate Sticky Toffee Pudding

Ingredients:

**For pudding**
- 300ml (½ pint) boiling water
- 150g (5oz) chopped dates
- 100g (4oz) dark chocolate
- 100g (4oz) butter, softened
- 150g (5oz) soft dark brown sugar or dark muscavado
- 3 large eggs
- 225g (8oz) plain flour
- 1 tsp bicarbonate of soda
- 1 tsp baking powder
- Pinch of salt
- Nice large teaspoon of vanilla essence

**For toffee sauce**
- 275g (10oz) golden syrup
- 275g (10oz) light brown sugar
- 100g (4oz) butter
- 225ml (8fl oz.) single cream
- 1 teaspoon of vanilla extract

1. Preheat the oven to 180°C (350°F, gas mark 4). Grease & line 20cm (8in) square tin (obliviously size up with recipe and tin as appropriate for the masses)
2. Put dates in saucepan with the boiling water, reduce to a simmer, and simmer for ten minutes to soften/toffee.
3. Melt the chocolate (Bain Marie or microwave).
4. Cream softened butter and sugar in a large bowl until soft and paler in colour. Beat in the eggs one by one and then mix in the melted chocolate.
5. Sift in the flour, bicarbonate of soda and baking powder, pinch of salt, vanilla.
6. Add the dates and the soaking liquid and stir to mix.
7. Pour the mixture into the tin and bake in the oven for 1 hr. or until a skewer comes out clean when inserted into the centre (try it after 45 mins)
8. To make the toffee sauce, put all the ingredients into a saucepan on a high heat and boil them for about 5 mins, stirring regularly, until smooth and yummy.
Patacón is a crispy, deep-fried, thick slice of green (unripe) plantain, pressed flat during the frying process. Hogao is a simple and fresh seasoning sauce commonly used to flavor side dishes. Both, patacones and hogao, are served as part of everyday meals and traditional Colombian cuisine.

Melissa and I, your Colombian cooks, were both born in Bogotá, the Colombian capital, located 2700m (8858 ft) above sea level. I, Sylvia, grew up in this misty city where I stayed for my undergraduate degree in biology and a few years thereafter working for governmental as well as non-governmental organizations. That is when I decided to begin my long lasting postgraduate training and research experiences in biology that brought me to the warm and chaotic beauty of the Amazon forest, and to the nostalgic and chillier lovely days of the Scottish lands. After a few years of groovy Californian vibe, during when I married and started my family, I moved to Vancouver where I have resided for six years.

Melissa has been educated in four continents, she studies biology and does field work in Brazil. In her travels, she discovered Canada and decided to do her postgraduate training here in Vancouver. In that process she fell in love with the rare Vancouverite who is willing to learn Colombian cuisine. She is vegan, which is challenging given the meat heavy Colombian cuisine. Melissa is always trying to veganize those flavours that remind her of home. Her Saturday morning tradition is to make hogao.

Along with the two of us, the patacones and hogao recipes have also travelled. Thanks to steadily increasing plantain productions from Africa and South America, plantains are easier and easier to find in European as well as North American fruit stands. Both green and yellow (ripe) plantains are a delicious treat to enjoy and share. The sauce, hogao, is the “paísa” northwestern Andean touch of this dish. It belongs to the region in Colombia where the inhabitants are kind, welcoming, and proud to be “paisas”. “Patacones con hogao” is a modest dish that makes for an easy portable essence of our deepest cultural Colombian background.

**Patacón (paht-ah-CONE) con hogao (Oh-Gao)**

**Ingredients:**

**For patacon**
- Vegetable oil
- 2 green (unripe) plantains
- Salt

**For hogao**
- 3 Tbsp vegetable oil
- 1 cup finely chopped onion
- 1 clove finely chopped garlic
- 2 cups chopped tomatoes
- 1 Tbsp chopped chives
- Finely chopped cilantro (about ½ cup or to taste)
- Salt & pepper to taste
- Fresh cheese with added salt (optional)

**To prepare patacones:**
1. Peel unripe plantain, easily done by cutting both ends first and then with a lengthwise peel depth cut, remove the peel with your fingers,
2. Cut 2-3cm (approximately 1 inch) wide slices of plantain,
3. Fry plantains in a piping hot vegetable oil,
4. Remove slices when starting to golden,
5. Immediately press down one slice at a time between two wood boards,
6. Re-fry the flattened slices, for about 1 minute or until golden and crispy,
7. Remove and place slices into a paper towel to absorb any excess of oil and shower with salt.

**To prepare hogao:**
1. Chop tomatoes, onion and garlic into small sizes,
2. Pan fry the tomatoes, garlic and onion in vegetable oil and cook for a few minutes,
3. Chop the chives and cilantro and add to the tomatoes and cook for a while longer.
I’m a pie guy. If you give me a choice between cake and pie, I go for pie every time. Why am I a pie guy? I can’t be certain but it may have something to do with my mom’s lemon meringue pie. From the time I can remember, my mom would always let me lick out the bowl of lemon curd. Even now, when my mom asks me what I would like for my birthday, I say: Mom you know what I want for my birthday. Why do you even ask? I want your lemon meringue pie. My mom Rose Ann is 81. She still makes me lemon meringue pie. But not forever. My daughter Juliette is 17. She is an exquisite cook. For the last 5 years or so, with a few adaptions, she has been making me lemon meringue pie as good as my mom’s. I am a lucky man. I figure whatever life brings me – mostly good but sometimes challenging – I will always have lemon meringue pie because Juliette will be able to make it for me. But then I realize Juliette is growing into her own life and may not be around as much as she is now to make me lemon meringue pie. What is a man to do? Make my own lemon meringue pie? Possibly. But isn’t there something extra delicious about your favourite dish being made by those who you love and who love you? Fortunately, my wife Katharine and I have Miles, our 4 year old son. He’s into typical 4 year old things like lego, running, jumping, riding his bike, dinosaurs, epic battles and yelling. But he also likes to help us cook. Recently, as Juliette and I prepared a batch of the lemon meringue pie as a recipe test for The Joy of Feeding, Miles asked us if he could help us. Harried and hurried, we shooed him away. I realize now as I write this that was a mistake. So next time: Here’s the whisk Miles, you do it like this . . .

Murray Mollard and Juliette Mollard Thibault are third and fourth generation Canadians of French, Irish, British, German and Scandinavian heritage.

**Lemon Meringue Tart**

**Ingredients:**

**For crust**
- 1 1/2 cups all-purpose flour
- 1/2 salt
- 1 Tbsp granulated sugar
- 6 Tbsp chilled unsalted butter, cubed
- 2 Tbsp chilled vegetable shortening, cubed
- 2 1/2 to 3 Tbsp ice water

**For lemon curd**
- 1 cup (250 g) unsalted butter
- 2 cups (500 g) granulated sugar
- 1 tsp salt
- 4 eggs at room temperature
- 1 cup and 1 Tbsp lemon juice
- 2 lemons worth of zest
- or more if you like it really lemony

**For meringue**
- 2 to 3 eggs
- 3/4 cup granulated sugar

**To prepare crust:**

1. Pulse flour sugar and salt in a food processor to combine
2. Add the butter cubes and pulse until they’re the size of extra-large peas (about 10 quick pulses). Add the shortening and continue pulsing until the largest pieces of butter and shortening are the size of peas (10 to 15 more quick pulses). This can also be done by hand by rubbing the butter and shortening into the flour until pea-sized clumps form.
3. Sprinkle 2-1/2 Tbsp. of the water over the flour mixture and pulse a few times or mix with a fork until the mixture just begins to come together. It should look rather crumbly, but if you press some between your fingers, it should hold together. (If it doesn’t, sprinkle on another 1/2 Tbsp. water and pulse a few more times.)
4. Dump the crumbly mix onto a lightly floured surface and press the dough into a 1-inch-thick disk. Wrap in plastic and chill for 30 minutes.

5. On a lightly floured work surface, roll the dough into a round that’s 1/8 inch thick and 12 to 13 inches in diameter. Use the rolling pin to roll the dough around it and lay it into the pie plate or tin.

6. Fold the overhang of dough under and crimp it to build up an edge. Prick the crust with a fork in several places. Place in freezer for up to 30 minutes. Meanwhile, position an oven rack on the middle rung and heat the oven to 350°F.

7. Crumple a large piece baking paper into a ball, then flatten out and lay it over dough. Fill it with pie weights or beans and bake until the edges of the crust look dry and start to turn golden, 25 to 30 minutes. Carefully remove the paper and weights; continue baking until the entire crust is deeply golden brown, another 15 to 20 minutes. Let cool on a rack. Once cool, paint the crust with a layer of egg white to prevent it from becoming soggy.

**To prepare lemon curd:**

1. Melt the butter on low heat in a saucepan. While it is melting, squeeze and zest the lemons.

2. Once the butter is completely melted, take it off the heat and mix in the sugar and salt. Add the eggs one at a time, beating well after each addition. Finally, mix in the lemon juice and zest, and place the pot back onto the heat.

3. Bring to a boil while mixing constantly, making sure to get into the bottom of the pan to ensure the mixture doesn’t burn. The mixture must come to a full, rolling boil, or it won’t set properly (we’ve learned the hard way). Once it has boiled, take off the heat and cool in pot for half an hour or so before placing into a metal bowl or plastic container and refrigerating.

**To prepare meringue:**

1. Separate the whites from the yolks. For the meringue, we only need the whites, so use the yolks in another recipe or separate the eggs in advance and put them in the curd.

2. Place the white with the sugar and cream of tartar in a clean, dry metal bowl and whisk together.

3. Place bowl over a bain-marie (a pot of gently simmering water) and whisk until the sugar is dissolved. To tell if it is dissolved, pinch a little bit of the mixture. If it feels gritty, keep whisking for a minute or two. If not, take off the heat.

4. Using a stand mixer or hand mixer with the whisk attachment, which the mixture until it forms medium stiff peaks, about 7 minute. This can also be done by hand, and will take about 10 minutes.

**Assembly:**

1. Fill the crust with the cooled curd. Top with a layer of meringue.

2. Place pie under broiler set on night for 1 to 2 minutes until browned (keep an eye on it because it can for from golden to burnt very quickly). If you have a kitchen torch, use it instead if the broiler.

3. Refrigerate the pie until ready to serve. Enjoy!

**Note:** This recipe works well as a classic 9-inch pie, a fluted tart or small tarts. For tarts, reduce baking time of crust by 20 minutes. The lemon curd will be runny because it uses only eggs and butter as thickener, but the longer it is left in the fridge, the better it will set up, so this is a great recipe to prepare a day in advance.
Koreans in Russia and other former Soviet Republics, or Koryo Saram as they call themselves, are the oldest Korean diaspora in the world, having migrated to Russia from Korea in late 19th century. Their cuisine is a unique blend of Korean, Russian, and Central Asian flavours. And even though most Koryo Saram today don’t speak Korean or observe most of the Korean traditions, their food remains as one of the few unchanged cultural elements.

Elena is 4th Generation Russian Korean and 1st generation Canadian. Her family has nurtured her obsession with food and cooking. And even though she is busy as Head of Operations in a tech company and running a Women in Tech World non-profit, she makes the time to host culinary feasts for closest friends and family several times a year.

**Kadi Cha – Eggplant Salad**

**Ingredients:**
- 1 kg purple Eggplants (not Japanese)
- 1/2 kg sweet white onions
- 1/2 kg sweet red peppers
- 1 kg roma tomatoes
- 4 hot peppers
- Soy sauce
- 4 cloves garlic
- 250 mL vegetable oil
- 1/2 tsp ground coriander
- Black pepper, salt and sugar to taste
- Fresh coriander (optional)

**To prepare:**
1. Cut eggplant into french fries shape (batonnet)
2. Generously sprinkle salt and set aside for 30 min. Salting removes bitterness and the seeds from the eggplant.
3. Wash eggplant under cold water 3-4 times to remove seeds and salt. Take small batches and squeeze hard in your hands to remove all the water.
4. Thinly slice the onions and dice tomatoes.
5. Heat oil and saute onions until golden. Add tomatoes, reduce heat and cook about 12 minutes until liquids mostly evaporate.
6. Add sliced sweet red peppers and hot peppers. Cook for 15 min on medium heat, stirring occasionally.
Fereshteh Amin & Golnaz Fakhari  
Iran  

Fereshteh  
As a nutritionist, I’ve always been cautious about what I feed to my family; although, sometimes that “care” and “reservation” would backfire big time! My daughters and husband always eyed what I brought to the table with curiosity, “did you put salt this time?” they’d ask, “add some more oil to it mamani, it wouldn’t kill us!” my youngest would say. But all in all, I’ve managed to keep them “alive” and healthy. My daughters have grown up to have the same obsession with healthy eating and thinking twice about how much salt and oil they pour into their food. Cooking food and bringing my family together around the table is one of my biggest interests in the world. Now with both children out of the house, though, I can satisfy my passion about “less meat and more vegetables” to the fullest.

I’ve been a yoga instructor for the past 15 years and a fitness instructor for over two decades, thus, adding to my constant need of being healthy. As a philanthropist, I have always been involved in our community. Our family’s charity in Iran has been working with underprivileged children by answering to their needs when going back to school. The charity has also established a hemodialysis institute a few years ago, which can house up to 12 patients at once. The institute also includes Ophthalmology, Gynecology, Pediatrics and Mental health departments. But I must admit, my biggest accomplishment in life is the fact that I was able to teach my children how to look after their bodies and minds.

Golnaz  
Isak Dinesen once said: “The cure for anything is salt water; sweat, tears or the sea”, and since I grew up with so little salt in my food, I became a journalist to settle for tears and sweat! I have been working as a freelance journalist for the past three years focusing on various topics; from arts and culture to politics of the Middle East and finally, from Japanese manga to ancient Persian culture. Passion for food (eating it, that is!) has always been a thing for me. Therefore, when the opportunity arose and my husband wanted to start a food importation company in Canada I immediately jumped in and took the role of the marketing director. As a marketer during the day and a journalist at night, my life revolves a lot around writing. But I have no complaints what so ever. After all, I have to balance that “salt” in my life one way or another!

Khoresh-e Fesenjan (Fesenjan Stew) is one of the most sought out Iranian dishes. It’s not only a “food” but it is a part of our culture and heritage. While researching about pomegranate, its history and the use of it in our culture, I’ve learned that this delicious fruit dates back to 3300 BC. Fesenjan is another example of Iranian ingenuity in creating a well-balanced and healthy meal. I find that the combination of all the ingredients in Fesenjan to be simply genius! Fesenjan does not require too many ingredients or a long prep time. It’s a simple dish and when mastering it, it’ll also cook fast. However, if you want to achieve that authentic and ancient recipe, all you need is patience. “Khoresh-e Fesenjan” has to be cooked on a low temperature/simmer setting for all the tastes to blend together and the walnut oil to be released gradually into the stew. This iconic stew is also an essential part of every Iranian wedding menu. This dish is serve with aromatic white rice. The look, and above all, the taste will speak for itself. The heritage of this stew roots in Northern regions of Iran; where peoples’ diet surfaces around sour taste, thus, eating Fesenjan stew in a Gilaki household, will be a totally different experience. They make this stew with duck most of the time, and the amount of fresh pomegranate that they use is immense! In central part of Iran, where the capital is based, people usually make this stew with boneless chicken or meatballs. For Joy of Feeding I have decided to prepare this tasty dish with mini meatballs.
Khoresh-e Fesenjan (Fesenjan Stew)  
Pomegranate Walnut & Meatballs Stew

**Ingredients:**
1 pound ground beef (extra lean)  
2 medium onion, peeled  
1 cup pomegranate molasses, plus more if needed  
2 cups shelled walnuts, finely chopped  
1/2 cup of butternut squash peeled and cubed (optional)  
1/4 cup sugar, plus more if needed  
1/4 teaspoon turmeric  
Dash of cinnamon  
Vegetable oil  
Salt and pepper to taste  
Water

1. You may chop the walnuts as tiny as possible or pulse them a few times in a food processor.  
2. In a small pan add two tablespoons of oil and sauté one of the finely chopped onion until becomes fine, add the walnuts for a minute or two over medium heat, stirring frequently.  
3. Add pomegranate molasses and 2 cups of water, mix well, cover the pan with lid slightly ajar and simmer for 30-40 minutes on low heat.  
4. Place the other onion a few times in a food processor, in a mixing bowl, combine the ground meat, onion, turmeric, cinnamon, salt and pepper. Shape into small meatballs and set aside. In a large pot add 3 tablespoons of oil over medium heat, add meatballs and fry until brown on all sides.  
5. Add the walnuts and pomegranate to the meatballs, you may add butternut squash.  
6. Add sugar, and a little more water if needed cover with the lid slightly ajar and cook for another 30 minutes on low heat. Taste and adjust the seasoning. If you prefer sweet Fesenjan add more sugar to make it sweeter, if you like more sour add more pomegranate to the stew.  
7. However, the taste should be a wonderful well-balanced mix between sweet and sour.

Using fresh ingredients in Iranian cooking is the key. For many of us who live outside of Iran, finding the required and right ingredients is sometimes a challenge, one that we must learn to adapt by using substitutes when needed. However, for this specific dish I believe all the required ingredients are available in North America. One thing that I need to stress on is to use fresh walnuts if possible. If you buy them packed in a bag like I do, at least check to see that the walnut colours are light and not dark. Dark coloured and old walnuts taste bitter. Soaking walnuts for a few minutes in water or rinsing them before cooking improves the taste. Another key factor is using the right pomegranate concentrate/syrup. It should be of a thick consistency and not watery or mixed in with a sweetener. Don’t use pomegranate juice instead. And if you can, use fresh pomegranate! It’ll make the whole experience different.
Fernanda Souza & Marcia Bratanich
Brazil

Fernanda Selayzin Souza Family Therapist & Educator
Maria got me to be interested in cooking when I was 5. She had no option! She had to take care of me and my sister while also holding the domestic responsibilities of my parents’ household. She figured she might as well get us involved and interested as if in a game. It was fascinating! My grandfather would bring the live chicken and Maria would have me help her get it ready for the Sunday lunch. It was done with so much dignity and respect. The love for cooking and feeding grew deeper. This dish is a representation of the Brazilian legacy of African slave trade by the Portuguese and its encounter with the local ingredients: fresh seafood, native cassava roots, and the added spices brought from the colonial expeditions to the “East Fast.” I hope you enjoy its depth of taste and history.

Marcia Bratanich Marketing Manager (Brazil) for ILSC Educational Group
Born and raised in Rio de Janeiro, married to an Ontario gentleman, both of us former residents of Australia – where we had our son – and current Vancouver downtown dweller. My earliest memories of gathering have always been surrounded by cooking and feeding. I remember that as a little girl I would wake up to my father’s singing while he was cleaning up sardines. Yes, to be eaten either fresh or deep fried, or even by pressure cooking. Pressure cooking allowed the flavours to permeate into the fish fast and it softened its bones. I can still taste it with the Portuguese olive oil. My father was born on the southeast coast of Brazil and that determined my preference for seafood. Brazilian cuisine is incredibly diverse reflecting its many geographic regions. The shrimp bobó we are serving you here today is a reflection of my Rio de Janeiro taste and preference. I hope you enjoy it as much as I do.

Bobó de Camarão (SHRIMP BOBÓ)

**Ingredients:**

- 4 kg medium or large shrimp, peeled, deheaded and deveined, with tails
- 1 lbs of dried shrimp
- 1 kg cooking onions, peeled and chopped
- 2 kgs manioc/cassava/yuca root, peeled, boiled and mashed
- 1 kg firm, ripe tomatoes, chopped
- 4 large red bell peppers, seeded and chopped
- 2 bunches of cilantro, finely chopped
- 1 bunch of curly kale, chopped
- 2 cups (500 ml) African Palm Oil
- 4 cups (1 liter) coconut milk
- 1 cup of garlic cloves, all sliced
- 1 Tbsp salt
- Tons of hot sauce – best from “malagueta” chilies

1. Cook the cassava separately, mashed them (leaving some chunks), sauté all the other ingredients, mix everything together, last five minutes add the prawns

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Fernanda Souza & Marcia Bratanich
Brazil
I was born in Portugal and immigrated to Canada when I was 11 months old. I am the eldest of three girls in the family. I currently work fulltime as a nurse in the Cardiac Intensive Care Unit at St Paul’s Hospital and am a mother of 2 children.

I was raised by a very un-Portuguese like mother. She was always busy working fulltime and when she came home from work, she would defrost meat or fish in lukewarm tap water in the kitchen sink. She would then throw all her ingredients into a pot and told us to stir the food every so often while she slept on the couch! Despite being Portuguese, my mother hated cooking and did all the things a true Portuguese woman would never do! However, she always ensured that we all sat together at dinner time and ate as a family; a tradition that I continue to carry on with my own family.

Visiting friends and family always involved food, homemade wine, and lots of noise and laughter. There were always lots of people and tons of amazing food being produced out of the smallest of kitchens. I have always loved being around friends and loved ones and enjoying fresh home cooked meals made with care and love.

My friends also love food and are labelled ‘foodies’. We take turns hosting and making elaborate meals for each other. It is always about getting together and having great food made with the best and the freshest of ingredients. This way of cooking has continued during marriage and having children. Despite working fulltime, I always cook with fresh produce and make all my sauces and dressings from scratch. I teach my children to use organic produce and to support our local farmers. Their food is real food and not the food supplied by the big box container stores. It is also about clean eating and caring what you put into your body in order to maintain health, nutrition, and energy.

I dream of food, love food, and constantly experiment with and without recipes. I have a vegetable and herb garden in my back yard, just like my family did as I was growing up. Food is about celebrating, mourning, health, and living. Food brings people together through sharing what we grow and what we cook and eat. I am so excited to have been asked to participate in the Joy of Feeding event and showcase my passion for food.

**Chourico, Bacalhau, e Grao (Portuguese Chorizo, Cod, and Chickpea Stew)**

**Ingredients:**
1 tbsp olive oil  
1 large onion chopped  
Salt to taste  
1 red pepper chopped  
3 garlic cloves minced  
2 medium carrots diced  
2 Portuguese chorizos, sliced diagonally  
1 tsp sweet smoked paprika  
2 pinches of saffron  
1/2 tsp dried oregano  
1/2 cup dry sherry  
1 can fire roasted tomatoes  
1 cup passata tomatoes  
1/4 head of cabbage, sliced into strips  
2 potatoes peeled and diced  
2 cups chicken stock  
1/2 cup white wine  
1/2 cup water  
Bay leaf  
1 bunch of kale  
4-5 ounces cod fillets cut into big bite sized chunks  
1 can chickpeas

1. Heat oil in a tall stainless steel soup pan over medium heat.
2. Add onions and salt and cook until onions are softened.
3. Add the chorizo and cook until slightly golden.
4. Add the red pepper, garlic, carrots.
5. Stir in the paprika, saffron, and oregano.
6. Add the sherry to deglaze the pan.
7. Add all the remaining ingredients except for the cod.
8. Allow stew to simmer for 40 minutes
9. Add cod just before serving and stir for about 5 minutes or until cooked through.
10. Garnish with chopped parsley and drizzled Portuguese olive oil and some fresh bread.
Goa is a small province on the west coast of India that was ruled by the Portuguese. Goan cuisine is very unique and different from those of the other provinces surrounding it. It offers a variety of vegetarian and non-vegetarian preparations. The staple food of Goans is Rice and Fish curry. Because of its coastal location, fish is available in abundance, and the tropical climate allows for thriving rice fields and coconut groves. A little known secret about Goan cuisine, is the blend of Indian spices and Portuguese flavours, that make the food from Goa very unique. This allows for a very versatile range of food preparations not available in other parts of India. These foods can be from the very simple comfort foods to the exotic palate pleasers.

Both of us grew up in Goa. Like all Goans we love food. Family recipes, cooking tips, were shared at the table over a cup of tea, experimented in the kitchen with our parents, grandparents, aunts and domestic helpers. Needless to say, as with everything else our palates for food are similar and yet our styles of cooking are different in many ways.

Lucia

My love for food and cooking started when I was very young. I grew up in a home filled with spice aromas and my love affair for Goan food began. I spent my childhood in the kitchen and was lucky to be exposed to all sorts of exotic ingredients my Aunts, Grandmother and my mother experimented with. It is from them, I got inspired and I discovered my passion for cooking.

I got married, and moved to Vancouver. Vancouver being a food paradise, I started trying out and experimenting different recipes. Here is where I had the opportunity to be exposed to different cultures and their foods, and experiment different flavours and fusion foods. To further satiate my passion for food, I decided to study at the NWCA in Vancouver. It was some of the toughest few months of my life but by far, the best for me. It taught me French, Italian, and South East Asian Cuisines. Now my main focus is inspiring people to get in the kitchen and cook for themselves and the people they love. I care deeply about helping people and creating a sense of community through food.

Isabel

I come from a small state in India called Goa. Goa was a Portuguese colony until 1961, and the Portuguese made their impact there. Their influence is still alive in the food and culture of the place. Our home comprised of food lovers, my mother is of Portuguese ancestry and so the influence of Portuguese cuisine was very much prevalent and enjoyed in the years growing up. However, our food preparations were not limited to just these.

I moved to Canada with my family in 1995. I chose to stay home to raise my 3 children who were at the time all below the age of 10. I loved using whatever spare time I had to learn about the culture and foods of other ethnicities. While I have certainly acquired some knowledge and experience in cooking some very interesting non goan meals I find myself returning to my roots of cooking and infusing ingredients into recipes allowing for a totally new taste to the dish. I enjoy cooking alone as well as with friends and this allows for great opportunities for renewing old and establishing new friendships. Over the years I have enjoyed cooking not just for family but large formal and social events.

Today, we would love to share with you a Goan dish called “Cabbage Fugad”, and the “Coriander Chutney”. One of the things I love most about Goan food is the simplicity with which we treat vegetables. While salads might be part of the complete meal, they usually aren’t fancy and pretty much revolve around basic ingredients like cucumbers, onions, tomatoes and carrots. But no every day meal is complete without a cooked side of vegetable which is usually referred to as “FUGAD” bhaji. It is a dish that can be eaten alone, or served as a side with any meat or fish dish. Fugado is derived from the Portuguese word Refugado, which means Braised. The dish has been prepared with some very basic but frequently used ingredients. Throw in the Goan spirit of love and friendship shared through food and I am sure you will enjoy it.
Cabbage Fugad & Coriander Coconut Chutney

Ingredients:

For cabbage fugad
- 1 medium sized cabbage finely sliced
- 2 medium shallots finely sliced
- 1 tsp mustard seeds
- 1.5 tsp cumin seeds
- 2 green chillies slit and deseeded
- 50 ml warm water
- 4 Tbsp fresh or dedicated grated coconut
- 10-12 curry leaves
- 1 Tbsp coconut oil.

For chutney
- 1 large bunch of coriander leaves (remove as many stems as possible)
- 1 cup fresh or desiccated coconut
- 2 green chilies (use more if you want to add more spice)
- 1 tsp coriander powder
- 1/2 teaspoon cumin powder
- 1 teaspoon ginger/garlic paste
- 2 tablespoon lemon juice
- 1/2 teaspoon sugar
- Salt to taste
- Sufficient water to blend the mixture

1. In a pan, heat oil. Add the cumin seeds and let them crackle. Then add in the slit green chilies and the curry leaves.
2. Once the curry leaves change color slightly, add in the sliced onions and cabbage. Increase the flame and stir continuously to fry the cabbage a tad bit.
3. Lower the flame, add the salt, and warm water and cover to let it cook. Keep a close watch to make sure the cabbage does not get overcooked and soggy.
4. In about 5-7 minutes, while the cabbage still has a crunch to it, add in the fresh grated coconut and mix nicely. Serve hot.
5. For the chutney grind all the above ingredients in a blender, until it comes to a smooth paste. Refrigerate the mixture for a day and spread it on slice of bread or toast.
I was born in Bafoussam, Cameroon from a Czech mother and a Cameroonian dad. Growing up I learned that there could not be more different cultures, languages and food. So I started with speaking Czech with my mom, then French at school and bamiléké with my African family.

The slave boats only collected manpower from the littoral and therefore my tribe’s culture (west Cameroon) is very strong and traditional. Up until recently, there was no sugar, dairy or processed food and the food (depending on the region) was prepared collectively for all the village. The ingredients are still native and rarely exported and the taste mostly salty, bitter and umami.

My mother not being exposed previously, proceeded to tame all excesses to make the food more palatable. There are very little ingredients, seasonal vegetables, mostly preserved meats and tons of spices. The French influence is still present from colonization, but we eat “continental” some days and traditional others. We never mix the two influences.

I am grateful to live amongst so many influences and for the opportunity to grow.

There are various recipes for Egusi Pudding or Soup. In Cameroon, we make the drier style of pudding, using beef and ground crayfish. This style also takes more time. For Joy of Feeding, we are making a simpler version of Egusi soup, with fish only, so that those who do not eat meat can also enjoy this dish. The fish only dish is lighter in flavor since it won’t have the beef or its broth, but it’s delicious. There are many recipes online for the traditional pudding. Egusi seeds, are dried seeds from melon or pumpkin which are high in protein and a major food source in west Africa.

I buy egusi seeds and the dried ground crayfish from a great African store called Machi at 443 Twelfth St, New Westminster, BC V3M 4H7. But if you don’t have time or don’t live close to New West, you can also substitute regular ground pumpkin seeds. They are close in flavor but lack the wonderful, slight bitterness of Egusi.

## Egusi Pudding

**Ingredients:**

- 1 lb white fish such as tilapia, cut into 2 inch pieces
- 3/4 cup cooking oil
- 1 medium onion, chopped
- 3 garlic cloves, chopped
- 1/2 cup ground crayfish
- 3 medium tomatoes
- 1 cup whole egusi seeds, ground at home
- 2 cups beef or chicken broth OR vegetable broth
- 1 1/2 teaspoons salt (to taste)
- 1 teaspoon black pepper (to taste)
- 3 cups chopped spinach

1. Marinate tilapia with 1 teaspoon salt with 1 tablespoon cooking oil. Cover and set aside in fridge.
2. Saute onions and garlic in 1/3 cup cooking oil, until they are translucent. Add the crayfish and saute for 1 minute. Add the tomatoes and 1 teaspoon salt. Cook on medium for 5 minutes. Stir in the egusi seeds. Cook for a few minutes. Add the broth and additional salt and pepper to taste. Bring to a boil and turn off heat. Stir in the chopped spinach.
3. In a separate frying pan, heat up the remaining cooking oil on medium-high. Fry the marinated tilapia. As you fry the fish, add it to the soup.
4. Serve in large bowls. Traditionally we eat egusi soup with plantains or yams.
I am a refugee from Homs, Syria. I arrived to Vancouver about a year and half ago. My family and I had to flee my hometown when the Syrian war broke out six years ago. My goal in Canada is to settle down in one place to call home and go back to university. In Homs, I was studying to become a teacher at university, but unable to access education as a refugee in Lebanon, I worked at a bakery where I learned to make the pies that I will be sharing with you. I hope that you enjoy them, sahtayn!

"Sahtayn" is Arabic for "Bon Appetit", and literally translates to "Wishing you two good healths".

**Fatayer Sabanigh (Spinach Pastry)**

### Ingredients:

For dough:
- 1 kg of flour
- 1 tablespoon of salt
- 2 tablespoons of sugar
- 3 tablespoons of olive oil
- 1 tablespoon of yeast
- Water
- Pinch of vanilla powder

For spinach filling:
- Two handfuls of baby spinach
- 1/4 medium yellow onion
- 1 tablespoon of sumac (or to taste)
- 2 tablespoons of olive oil
- 2 tablespoons of lemon juice (or to taste)
- Salt to taste

For the dough, you mix up the ingredients and let it sit for an hour before you work with it. You just add the spinach filling into the dough and then bake at 375 until the dough cooks.
The twin island Republic of Trinidad & Tobago is the most southerly of the Caribbean chain of islands. Although a small nation of about 1.3 million, it reflects a diverse mix in its population, culture, music and food. The country has produced musicians, artists and sportspersons of international calibre. It also boasts the only musical instrument invented in the 20th century - the steelpan. Carnival, a two day long pre-Lenten celebration, ranks among the world’s best, attracting visitors from all over the globe annually. If you were to sum us up in a nutshell, Trinbagonians love nothing better than an excuse to play, party and eat.

When it comes to food, the local cuisine developed through the influence of the many who arrived on our shores. They came from Africa, India, China, the Middle East and Europe. Visit any household and you will surely be invited to stay for a meal. This would likely include stewed chicken, a staple among all families. Every cook has his own twist on the dish but common to all is the way it starts - caramelization of brown sugar used to give the chicken a rich, brown colour and unique flavour. A sure giveaway that stew is on the menu is the distinguishable aroma caused by the ‘burning of the sugar’.

We hope that a taste of our Trini chicken dish leaves you wanting more.

Stewed Chicken

**Ingredients:**
- 2 lbs chicken. 6 legs and 6 thighs - each cut into two pieces
- 3 tablespoons green seasonings
- 1 teaspoon onion powder
- 1 teaspoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 2 tablespoons brown sugar
- 1 tablespoon soy sauce
- 1 cup chicken broth
- 2 teaspoons pepper sauce
- 1 cup chopped onions
- 1 1/2 cups sliced carrots
- 1 cup diced potatoes
- 1 cup chopped tomatoes

1. Remove skin from chicken and cut each leg and thigh in half.
2. Season chicken with green seasonings, onion powder and Worcestershire sauce. Leave to marinate for at least 30 minutes, then drain the liquid. Retain the liquid.
3. Heat the oil in a heavy pot and add the brown sugar. Let the sugar melt and when it turns brown and starts to bubble add the chicken turning continuously until the liquid dries out; about 10 minutes.
4. Add the drained liquid, chicken broth, pepper sauce, onion, tomatoes and carrots.
5. Cook on medium heat until the chicken is tender; about 30 minutes.
Davery Soufyan

Food is very important in Indonesia. We are always seen to be eating or snacking on something. In our house, as in other Indonesian homes, my mother did the daily cooking. She was Javanese but had lived in Medan (Sumatra) for some time and learned to like Sumatran food as well as Javanese.

However, in my father’s family home, in northwest Sumatra, it was the custom for men to cook for major festivities. The pans were huge, the amount of food to be stirred quite heavy, requiring male strength. It was also the custom in my father’s family that the men passed down to their sons special recipes for these occasions, and they were not shared with the women. I have such a recipe.

I love Sumatran food, but the cooking of it is complicated and can take hours, so in our house I take care of that part of our meals.

Sumatran food is hot and spicy, with lots of meat and short on vegetables, but menus in Indonesia are usually mixed, because there are many regional cuisines in Indonesia and we learn from and share with our neighbours as we are doing in this project.

Yati Achjadi

My own journey into cooking came much later in life, after moving to Canada in 2009. As much as I loved the freshness of the food here, there were times I missed the aromatic flavors, spiciness and just the sheer variety of Indonesian foods. As there are hardly any Indonesian restaurants around, I had to cook it myself if I was to get it. I started with packaged sauces but quickly found that majority had so much salt and MSG in them that I was determined to cook my own version starting from scratch using fresh ingredients only. Thanks to advice from my Dad, my husband Daveny and my son Austin who studied cooking at PICA, all the great cooks on the internet, and the feedback and encouragement I got from my family every time I made a dish, I became more and more confident in my cooking and dared to expand a little further each time. Sumatran food, however, I leave to the expert hands of my husband, Daveny.

Rendang is a caramelized beef curry originating in West Sumatra, Indonesia. There are many different recipes for rendang as each village will have its own racikan (blend of spices) but all recipes have almost the same process treatment. Cooking of the dish requires a lot of preparation, time and patience.

We would serve this with steamed rice and include a side of fresh vegetables or pickles to balance the richness.

Indonesian Beef Rendang

**Ingredients:**
- 1 kg beef, cut into 2 inch cubes
- 150 - 200 gr mini potatoes
- 2 400ml cans coconut milk
- 1 Tbsp virgin coconut oil or other oil
- 2 stalks lemon grass
- 5-6 leaves kaffir lime leaves
- 1 pc turmeric leaf (optional)
- 3 cm cinnamon (optional)
- 4 pcs cloves (optional)
- 5 pcs shallots, thinly sliced

**For spice paste**
- 200 gr shallots
- 5-6 cloves garlic
- 4 pcs hot Thai chilli peppers
- 150-200 gr red pepper
- 4 cm fresh galangal
- 3-4 cm fresh ginger
- 1-2 cm fresh turmeric
- 1 pc fresh ground nutmeg
- 1 tsp fresh ground coriander (roasted for half minutes before grinding) separately
1. Grind all the spices (shallots, garlic, chilli peppers, red pepper, galangal, ginger and turmeric) in a blender or food processor until it becomes a smooth paste and mix together with the fresh ground nutmeg + coriander.
2. Heat the VCO in a wok on medium heat and saute the sliced shallots, cloves and cinnamon for about 2-3 minutes until fragrant.
3. Add the spice paste into the wok. Saute until fragrant.
4. Add in the leaves (kaffir lime, lemongrass and turmeric).
5. Mix in one can of coconut milk until it bubbles.
6. Add in the beef and mix well but gently.
7. Continue to mix gently every other minute.
8. Once the sauce starts to bubble, add in the second can of coconut milk and mini potatoes.
9. Mix again very gently.
10. Repeat the gentle mixing every 2 or 3 minutes until the oil surfaces from the meat and sauces.
11. Turn temperature down slightly to prevent from sticking to pan.

PICKLE:

**Ingredients:**

1-2 Persian cucumbers
1 large, firm tomato
1 red or yellow bell pepper
1 apple or half pineapple
1 hot Thai chilli pepper (optional)
1 stick carrot
1/2 tsp salt
1 tsp sugar
4 Tbsp vinegar

1. Slice the vegetables into small cubes (or as you prefer).
2. Put in bowl.
3. Mix the salt sugar and vinegar.
4. Add into the bowl of vegetables.
5. Let marinate for a few hours before serving.
6. Mix every so often to ensure all the vegetables are mixed with the dressing.
I was born and raised in Kingston, Jamaica, of Chinese and European heritage. I spent 13 years in banking in Kingston and in 1972 married Bill Jones, a Canadian and moved to Vancouver. Bill and I owned and operated a horticultural nursery for over 30 years in Richmond - Jones Nurseries. When I retired, I spent 10 years as a volunteer at B.C. Children’s Hospital. I am a proud mother of three children, Michele and Sabrina, in mining, and Jay, a popular Vancouver bartender. I enjoy traveling, dancing, dining and trying new foods and wines. And I love learning about and trying new ideas for home décor.

I prefer to make this dish with homemade stock (ingredients below), but if you’re in a rush, you can use store bought broth.

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Pak Jam Gai

**Ingredients:**

For chicken

- 1 Whole Chicken
- 6-8 green onions, very thinly sliced
- 2 or 3 cups cooked rice
- 2 lbs Chicken bones to make broth, with:
  - Water
  - 1 large onion, chopped
  - 4 large thumbs of ginger, smashed
  - 6 pieces dried mandarin orange peel
  - 3/4 cup salted preserved vegetable, with salt washed off
  - 6 cloves of garlic, chopped

For dipping sauce

- 1 bottle soy sauce
- 3 to 4 green onions, thinly sliced
- 1 1/2 to 2 Tbs grated ginger
- 2 tsp canola oil
- 2 tsp white vinegar

1. Make a chicken broth in a very large pot, using the last ingredients above. Simmer for an hour. Clear the broth of the bones, onion, ginger, orange peel, preserved vegetables and garlic. Return the broth to the large stock pot and place the whole chicken in the pot reducing heat so the broth barely bubbles. Allow 20 min. each side in the almost bubbling stock, then remove and cut up chicken.

2. Serve chicken on a platter in the middle of the table, accompanied by a green onion and a ginger dipping sauce. Each person is served a bowl of the broth/soup with a dollop of rice topped with sliced green onion. They help themselves to chicken and sauces

3. For the dipping sauce combine a cup of soy sauce with the ginger and canola oil. Heat lightly and add 1 tsp vinegar and serve in a bowl at the table. Also combine a cup of soy sauce with the green onions. Heat lightly and add 1 tsp vinegar and serve in a bowl at the table.

4. Soy sauce with a drop of oil, a spoonful of the broth, a handful of green onions heated.

5. Grated ginger, a drop of vinegar, a spoonful of the broth, heated