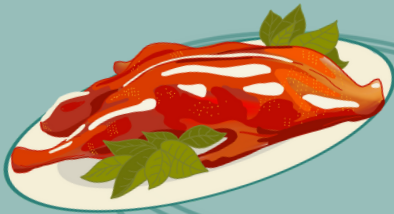


Tri-Cities Food Stories and Diversity Project



COMMUNITY COOKBOOK



The Tri-Cities Food Stories and Diversity Project is a collaboration between The City of Port Moody, the Tri-Cities Food Security Council, the Tri-Cities Local Immigration Partnership, Fraser Health, the Public Health Association of B.C and Plan H.



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Preface

It could be argued that food is perhaps one of the most nourishing experiences – to the heart, soul and stomach! – when we are away from our birthplaces, it has the power to bring us home; it also connects us to our heritage and to other cultures we would not have access to otherwise. Food brings us together as human beings and can foster our sense of belonging and bring us together as a community.

It is through the experiences with food as we cross different borders that we also come to shape our identities and perceptions about what food really means to us and to our communities, both local and global. As we navigate the diversity of food, its consumption and comfortability, we learn to embrace the differences and celebrate the unity that bring us closer to one another.

That is especially relevant as we reside on unceded territories wherein the land and its original peoples continue to battle for recognition and dignity. Food is not only a synonym of love, unity and community, but also a symbol of empowerment, resilience and authenticity.

This digital recipe book is not only a collection of delicious foods to prepare with and for your loved ones, but it is also a celebration of who we are, honoring our birthplaces and enriching the culture of the Tri-Cities (Communities of Coquitlam, Port Coquitlam, Port Moody, Anmore & Belcarra) that we now inhabit and call home.

May this cookbook be the gateway to opening your heart and mind to the diversity of peoples, cultures, tastes and beliefs that make the Canadian experience a well-respected, multicultural and delicious dream – one that we can all share and have bites from!

Let this experience of shared journeys and lived histories through hearty food bring us together as a global community. We encourage you to try these recipes out for yourself, perhaps making or sharing it with your loved ones. As the movement towards inclusion should be constant, you are also encouraged to share your own traditional, comforting recipes through the [#tricitiesfoodstoriesproject](#), as we hope to include everybody in sharing slices of the ever diverse, Canadian dream!

Preface by Lari Burry de Souza

Food For Thought – Igor Bjelac

You will taste wisdom and excitement in recipes like Igor Bjelac's SoulBite who six years ago moved to Canada to start a new life – a new journey! As he shared his journey through food, he explained: "I wanted to contribute to the local community, to do something good because we really felt welcome here. I come from Serbia, a small, poor country and I'm so happy that my daughter is growing up here and will not feel any of that – that's just more than enough!". He recounted: "When I attended English school here, I realized that food waste is a big issue in Canada. Back home in Serbia, we didn't have this issue."

He continued to explain: "There is a term that we don't have in Europe, which is the "best before" date; and another thing is that here people call food ugly, which to me is not acceptable. That's not normal. We call food ugly because of the shape, because produce has different shapes. As a result, 40% of all food from the farmers are staying on their land. We are throwing away \$50 billion per year in food – that is enough to feed, for free, every single Canadian for six months."

"With the friends I made at the English school, we started to work closely with food stores. When produce and products were getting close to best before date or had some imperfections – bruised vegetables and fruits, no one wanted to buy them because they are not "perfect". We started this journey five, six years ago. We first built a friendship amongst ourselves, nothing formal. The second year we formed a society that we also built; and in the third year, we received charitable status, with everything done by ourselves!"

"From then, the number of beneficiaries began to grow and we needed funding for the charity, so we started Soul Bite! We started making vegan comfort food in order to give 50% of the profit to charities that are fighting hunger and combating food waste here in Canada. I'm strongly advocating for the law to change, to avoid so much food waste."

"One thing that bothers me is that food banks are usually giving cans and nonperishables that many times have low nutritional values. Working with perishables is more complicated. We're working every day, seven days a week so we can move the vegetables and other foods that would be wasted; and bring them from farms to people's plates. I think this is a good opportunity to offer new solutions! And this is one of them – to save food, not throw it away. I think that the system will change in the future because of the new generation that is coming."

"We were thinking about the future, what would happen in 10 years from now – the growth of plant based and vegan diets, a lifestyle that is growing rapidly. There is something changing as Canada invested, this last year, around 100 million dollars in plant-based foods. It seems the whole country is going in that direction. Our products, when you read the ingredients, you will see they are all natural, and this is exactly what Soul Bite Food is all about!"

Food is passion – Sherwin Batac

As Canadians look for perfection in their food, Sherwin reminds us that food and being in a kitchen teaches us life lessons, and when we understand how our food is prepared, we can appreciate it even more! To Sherwin, being in a kitchen – especially his own at The Morning Tide Eatery, equals absolute happiness; and what better food to eat than that which was made by one of the happiest Chefs!

Sherwin wanted to cook all of his life. It started by watching the Food Network. He says, “During my high school years, cooking was not really a job that someone took on. I was being put down but cooking makes me really happy. I had an office job before, and it just did not make me happy. So I went to culinary school, and slowly just started cooking – I found that it made me very happy! It made me appreciate the value of money. It made me appreciate everything around me because working in a kitchen is very hard. It's very hard work, right?! If you don't like it, then you'll get tired very, very fast. Even though the work is very hard, I still enjoy it. I really love it.”

“Cooking came from my mother, she is a very good cook! In the province where I'm from in the Philippines, it is where all the good cooks come from. I wanted to make my mom proud, and show her that I can cook too! I learned how to cook so I can cook for my family, and that is how it all started.”

“It was a long journey. And I'm here now and it's kind of wild because not a lot of people get the opportunity to actually follow their dreams, to actually be in their own kitchen. Most people are so afraid to try that they do not ever get the chance to try at all, or they get really old and then they wonder ‘what if.’ I want to be the person who tells everybody in the community that you will never know until you try it, so follow your dreams!”

“Cooking is such an emotional experience, it is very personal but at the same time, it is also a collective experience, and that is so beautiful. There is so much heart and life that goes into it.”

“The recipe I shared in this book is Lumpia Shanghai, our Filipino spring rolls. It's a dish that every Filipino loves. And it's something that I believe everyone does at home. When you fold spring rolls, you do it with your mom or with your family. You would make the mix for the spring rolls, and then you would all sit down on the table and fold them together. It is family time. You would talk and interact with one another, just talk about how your day went. So let's call it a kind of bonding time—which is why I wanted to share this recipe. Lumpia Shanghai brings me back. I think of being in the Philippines and because spring rolls are a dish that is at every single birthday party, every anniversary, and at every family gathering, it reminds me of the days that I spent with my family and interacted with my cousins back home.”

“I cook Filipino food because cooking is what we do as a family. In my family, it's all about food...everything is centered around food. When we spend time together, it means we are around the same table at the same time which is why food really brings out an emotional part of my life – it's the time when I can actually connect with my family. I don't have the same opportunity to talk to everyone in my family as I did before because life is just so busy. When you get to share a meal with someone or go to someone's birthday party and interact with everyone – while we are all eating the same food – it brings a smile to everyone's face because you are enjoying the time together and everybody's company. It's a different feeling. To me, cooking is all about how passionate you are!”

Food is about passion and community – that may arise from an intrinsic passion for the kitchen or from memories of good times cooking and eating a deliciously traditional dish with your family and loved ones. In one way or another, food reminds us of home, a place where we belong, where there's unity and meaningful connections, and with each bite, we can be comforted and reminded of home right here in Canada.

Food is culture – Andrea Rodriguez

As Andrea Rodriguez describes: “Food is the way I express love towards others. I like to feed people and that is part of my culture. Food is very important for me because I’m a trained chef in Colombia. Here, I’m a baker. I grew up in a house where my mom was a stay-at-home mom and the way she showed us that she loved us was through food; making nutritious and delicious food – there would always be people eating at home! Food is important to me. My family enjoys eating together, it might not be fancy every day but we enjoy gathering together as a family.”

“Since I arrived in Canada, cooking has changed the way in which I perceive food, now as a comfort. I’m now cooking things that I would not cook in Colombia because they were so common there that you could find them everywhere. There was no need to make them but now that I’m here, and I don’t have easy access to such foods, I have to cook them myself by trial and error because I cannot find all the ingredients at times, and I have to figure the recipe out by using the ingredients available here. It’s an experiment but I like it! And I enjoy the way in which I came to understand that I took being Colombian for granted, and now being here, having a family and everything, cooking Colombian food made me realize how proud I really am of my culture and of my background.”

“When I came to Canada 11 years ago, the first thing that I made was arepas – the recipe my mom always made for us. I never thought that was special because I grew up with it, making arepas all the time. My in-laws, who are also Colombian, thought this recipe was really good! And so did my family! When we make arepas, we don’t make 10 or 15 but around 100 or 200 arepas. My sister-in-law and I thought we should try to see if other people like them. Sure enough, we offered them to a couple of Latino groups, and people have been buying from us ever since (at De Las Tías)! When you move away from home, these things are reminders of who you were, of who you are.”

“We cook typical Colombian in my house, we eat foods that we grew up eating, we are Colombians. I want my daughter, even though she’s Canadian, to realize that her culture is also Colombian – our values, our culture, the way in which we see the world is going to be Colombian too! And I can see food being a part of that, because when you experience the taste of a traditional dish, it can, just like in the movies, bring back memories that make you feel like” – it can make you feel grounded to who you are, no matter where you are in the world. “When I have a bite of arepa, it’s like, yes, I’m here, but I’m also Colombian, and that is who I am inside – It’s the base of who I am!”

Coxinha

(chicken filled croquette)

by Karine Maia



This is our family's recipe. Back in Brazil, when my parents got married and needed extra income to build our house, they started selling their home-made coxinhas which eventually turned into a business - my father built an industrial kitchen on top of our house and that is where I grew up; in an environment where the kitchen was a family business with employees, suppliers, and customers.

As the years went by, my father decided to follow another career and without his help, my mother no longer wanted to work with large orders. We had to let our employees go, and it was just me and my brother helping our mother cook and deliver the orders.

Working together was a moment we had to talk while we rolled the dough into the shape of the coxinhas. My mother told stories from her childhood, family; all kinds of stories were shared and time passed by very quickly. This became our ritual; just us without the stress of having to deal with a full business.

Here in Canada, I cook for my wife and friends. Now, my wife and I work the dough and talk while we make coxinhas. Cooking has become our ritual too. I like the feeling of being able to bring a little of our culture in the form of food to Canada. That is the thing about food - it brings people together!

Ingredients:

Vegetable oil, for frying

Dough

1 liter of water with chicken and/or vegetable broth

1 liter of milk

500g of wheat flour

1 spoon of margarine

1 flat spoon of salt

Filling

1 kg of cooked and shredded chicken breast

1 chopped medium onion

1 cup of chopped parsley

2 crushed garlic cloves

½ cup of tomato paste

Salt and pepper to taste

½ bunch of chives and cilantro

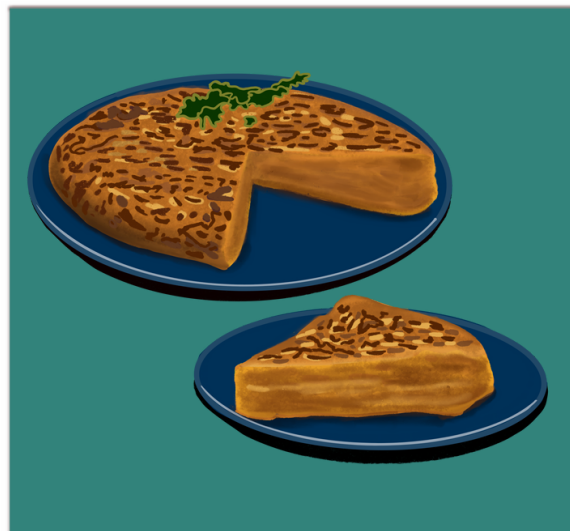
**Directions:**

1. Cook the chicken breast with 500ml of salted water
2. When the chicken is ready, strain the water to remove all solid parts but save the cooking water (this will be the chicken broth that is going to be used in the dough).
3. Ground the chicken breast in a food processor.
4. Sauté the ground chicken with garlic, tomato, onion, parsley, chives and cilantro. When sauteing, it is important to allow the chicken to get very dry, otherwise it will be difficult to assemble the coxinhas.
5. Allow the chicken to cool.
6. In a pan, put 500ml of milk and 500ml of the chicken broth you have saved from cooking the chicken breast in step 1.
7. Add a spoonful of margarine to the pan and bring it to a boil.
8. Slowly mix in the flour and stir quickly with a spoon. Don't stop mixing until the dough starts to come off from the bottom of the pan. Turn off the heat and let it cool.
9. Now, it is time to assemble the coxinhas by filling little balls of dough with chicken. You can use butter to grease your hands to make the procedure easier.
10. Heat a heavy-bottomed pot with enough oil to cover the coxinhas. Heat the oil to 360 F. Fry them in batches until deep golden brown and serve them warm.

Tortilla de Zanahoria

(carrot frittata)

by Carlos Morales



This is not the most traditional Chilean dish, however it brings back memories of my childhood. Every time I would go visit my grandmother, she would prepare this Frittata. She would have a variety of them, made with green beans, potatoes, but my favorite was the one she prepared with carrots. Perhaps, it was my admiration for Bugs Bunny at the time that contributed to my enjoyment of this Carrot Frittata more than the others!

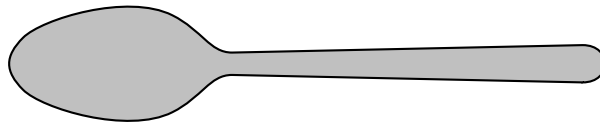
When I left Chile, this was the first dish I learned to cook, becoming the comfort food I seek in times of frustration and stress. Although I am not a vegetarian, with this Frittata I learned to appreciate the nutritional values of vegetables, and to associate them with my childhood, with warm feelings and good memories.

Ingredients:

1 onion cut into small cubes
4 medium carrots, washed, peeled and grated
2 eggs
2 tablespoons of cream or whole milk
2 tablespoons of vegetable oil, salt and pepper to taste
chopped parsley or chives to taste

Directions:

1. In a medium nonstick skillet (9"), over medium-high heat, add 1 tablespoon of oil
2. Add cubed onion and sauté for 5-8 minutes, until they start to golden and then remove them from the heat.
3. Combine grated carrot and onion into a bowl and stir.
4. In a small bowl, mix the eggs with cream, parsley if desired, salt and pepper, whisk for 30 seconds with a fork until foamy.
5. Using the same pan (just wipe and clean with a paper towel), heat 1 tablespoon of oil over medium heat, add the carrot and onion mixture and flatten it so as to cover the entire skillet evenly.
6. Pour the mixture of eggs and cream from step 4 into the pan
7. Cook the frittata over medium-low heat for about 15-20 minutes, shaking the skillet occasionally to prevent sticking.



Bindaetteok

(Korean Mung Bean Pancakes)

by Hope Yang from
With/On kimchi +
sauces



Ingredients (makes approximately 3 large pancakes):

¾ cup dried mung beans

¼ cup sweet rice (whole)

Approx. 3 cups water

1 Tbsp bonito flake (optional)

½ cup reserved water (from soaking rice and mung beans, follow directions)

1 tsp salt

¾ cup kimchi (strained)

2 cups mung bean sprouts

1 ½ cup garlic chives, chopped into 1" pieces

1 egg

2 Tbsp soy sauce

2 Tbsp rice vinegar

½ tsp sugar

1 sliced green onion

1 clove garlic, finely minced

¼ tsp toasted sesame seeds

Pinch of gochugaru (korean red pepper flake)

Directions:

1. Put the dried mung beans and rice in a large bowl and cover with enough water to allow the beans and rice to more than double in size. Cover and let soak overnight or at least 6 hours.
2. Once the mung beans and rice have soaked, reserve ½ cup of the soaking water and then strain the rest.
3. Put the mung beans, rice, bonito flake (if using), salt and ½ cup of reserved soaking water into a food processor or blender. Blend until smooth, approximately 2 minutes.
4. Pour the batter into a medium bowl and add kimchi, bean sprouts, garlic chives and egg. Mix until combined.
5. Heat approximately 2 Tbsp of oil at medium heat in a large frying pan. Scoop 1 cup of batter into the fry pan and press into a large pancake shape about 10" round and ¼-½" thick. Cook until browned and crispy, flip and cook the other side.
6. While the pancakes are cooking, make the dipping sauce by mixing the soy sauce, rice vinegar, sugar, green onion, garlic clove, toasted sesame seed and gochugaru.
7. Eat the pancakes hot with the dipping sauce!



With/On

kimchi + sauces

Crossing- The-Bridge Noodles

by Andrew Zhu



This dish comes with a beautiful story of love and ingenuity. Once there was a scholar who was diligently preparing for the Imperial Exams by himself. His wife would cross the bridge to bring him lunch, oftentimes his favorite rice noodles. Keeping the noodles constantly warm after the long walk could be challenging, but she discovered a few tricks to solve that problem: separating noodles from the broth and adding them right before serving would retain their freshness and texture; covering the broth with some fat-oil on top could keep it hot for a longer period of time, and hot enough to make the vegetables and sliced meat more tender and delicious.

Thus, this typical regional food became well-known when her story started to spread from the vicinity to the whole province of Yunnan.

Having a giant bowl of crossing-the-bridge noodles is filled with satisfaction and fun! After you choose your favorite toppings, including pork, chicken, seafood, vegetables, mushrooms, quail eggs, pickles, and various sauces, you can add them in sequence, with protein going first, into piping-hot broth to cook them, and in time, mix in the cooked rice noodles and slurp at its yummiest!

I learned to eat and cook this dish when I was growing up in China, and I stuck with it for all my life. It is a part of my culture and tradition that took hold in my mind. Not only is it very important for me, it is also important for my entire family.

Ingredients:

6 cups chicken stock
2 lb (900 g) chicken wings
6 cups (1.4 L) water
1 scallion, cut into 4 pieces
1-inch (2.5 cm) piece of ginger, crushed
2 teaspoons white peppercorns
2 bay leaves
2 tablespoons Shaoxing wine
14 oz (400 g) fresh rice noodles or 7 oz (200 g) dried noodles
1 oz (30 g) Chinese ham or other dry-cured ham (such as prosciutto, jamón, or country ham), thinly sliced
Salt and freshly ground white pepper
7 oz (200 g) any combination of thinly sliced pork, chicken, or fish
4 oz (115 g) tender leafy greens (such as baby Chinese broccoli, baby bok choy, spinach, or watercress)
2 oz (60 g) mushrooms (such as beech and hen-of-the-woods mushrooms)
1 tablespoon chopped zha cai (Sichuan pickled vegetables) or any pickle you like
Chili sauce or any seasoning of your choice

Directions:**Chicken stock**

1. Place the chicken wings in a stockpot, and add enough water to cover them. Bring to a boil, then transfer the wings to a colander and rinse under running water to remove any scum.
2. Add the chicken wings and the 6 cups of water to a pressure cooker. Bring to a simmer, and skim off any surface scum.
3. Add the rest of the ingredients for the stock. Place the lid on and cook over medium-high heat until full pressure is reached (make sure you follow all safety measures and precautions when using a pressure cooker). Reduce the heat to just enough to maintain the pressure. Cook for 1 hour.
4. Let the stock cool. Remove the lid when it's safe to do so. Strain the stock through a fine-mesh sieve. Remove the chicken fat on top and reserve.

Noodles and dish assembly

1. Cook the noodles in boiling water as per package instructions. When the noodles are just cooked through (do not overcook), transfer them to a colander and drain well.
2. Add 4 cups of the chicken stock to a pot. Bring to a boil, then add the ham (or protein of choice) and simmer for 5 minutes. Season lightly with salt and pepper. Pour some of the reserved chicken fat (or vegetable oil if you prefer) on top.
3. Divide the stock and ham between two large bowls. Add the toppings in the following sequence: meat and fish (and allow time for them to cook properly), leafy greens, mushrooms, zha cai, and noodles. If you like, you can briefly cook the meat and fish in the stock on the stovetop during Step 2. Add the chili sauce and any additional seasonings of your choice. Stir and slurp!

Vesna's Soul Bite Food

by Igor Bjelac from Soul
Bite Food



Ingredients:

- 115 gr of dry soy flakes
- 150 gr of carrots
- 200 gr of potato
- 40 gr garlic
- 1 cup of grain
- ½ cup of walnuts
- ½ cup of mixed sunflower, pumpkin and sesame seeds
- 1 tablespoon of dry garlic
- 1 tablespoon of sweet ground paprika
- 1 tablespoon of Kim (cumin)
- 2 tablespoons of mixture of dry spices (of choice)
- 2 big black onions seeds
- 2 tablespoons of flax seeds
- Plant-based milk
- Plant-based butter
- ⅔ Can of tomato puree

Directions:

Patty mixture preparation

1. cook the grain and drain the water after cooked
2. soak soybean flakes in hot water and drain when they become soft
3. grate carrots and potatoes
4. in a blender grind together wheat, soy flakes, walnuts, pumpkin, sunflower and sesame seeds, and garlic
5. Mix grated carrots and potatoes, onion (chopped into small pieces), mixed dry spices, red ground paprika, garlic powder, cumin powder, salt to your taste, soaked flaxseed.
6. Mix everything lightly and shape into patties. Fry in heated oil on both sides.

Mashed potatoes

1. Boil the potatoes in salted water
2. Mash them
3. Add plant-based butter and plant-based milk to the desired density

Tomato sauce

1. Fry 3 tablespoons of oil with 1 tablespoon of flour
2. Mix $\frac{2}{3}$ can of tomato puree with $\frac{1}{3}$ water, add salt, garlic powder and a pinch of sugar
3. Stir while boiling for 3 minutes.

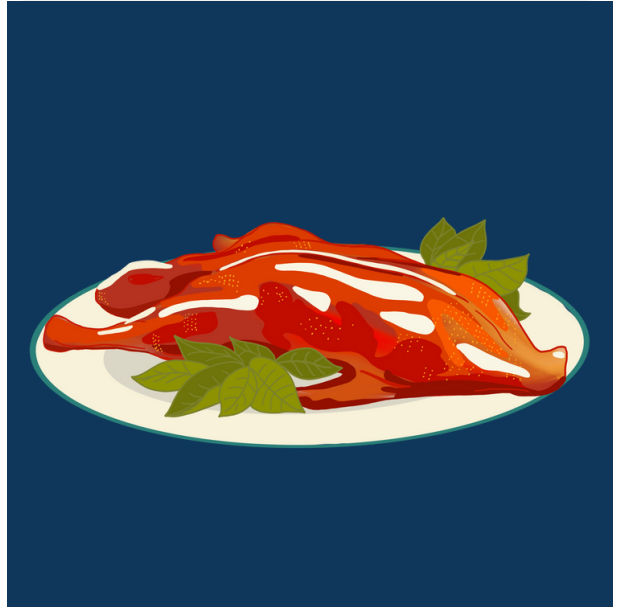
Notes

1. Chickpeas or rice can be used instead of grain.
2. Zucchini or pumpkin can be used instead of carrots.



Beijing Roasted Duck

by Wenli Sun



I learned to cook this dish from a cooking app on my phone. Beijing roasted duck is an iconic food in Beijing, it is called "the first dish to taste in China".

As a born Beijinger, my son is particularly fond of roasted duck. When we lived in Beijing, our hometown, we usually had a roasted duck feast with the whole family during holidays, so cooking roasted duck at our new home in Canada helps with the nostalgia and reminds me of sweet memories with folks in Beijing.

Duck is a traditional meat in China, and was also one of the main dishes in the imperial court menus. Duck has been roasted in China since the Southern and Northern Dynasties. By the Qianlong Period (1736–1796) of the Qing Dynasty, the popularity of Peking duck spread to the upper classes. Nowadays, roasted Beijing duck has been regarded as a main dish of the banquet for holiday celebrations.

DIngredients:

1 (4 pounds) whole duck
¼ teaspoon ground white pepper
3 tablespoons soy sauce
1 tablespoon honey
½ cup plum jam
1½ teaspoons sugar
1 sliced cucumber
5 green onions

Directions:

1. Rinse the duck inside and out, and pat dry. Cut off the tail and discard it. Mix salt, soy sauce, Shaoxing wine, and five spice powder in a small bowl and massage the duck with it.
2. Leave the skin of the duck breasts side up on a plate uncovered, and let it sit in the refrigerator overnight to marinate it and let the skin dry out. (If you don't want to wait overnight, reduce the marinating time to 30 minutes).
3. Preheat the oven to 375 degrees F (190 degrees C). Place duck breast side up in a roasting pan and prick skin all over using a fork.
4. Roast for 30 minutes in a preheated oven. While the duck is roasting, mix together the remaining 2 tablespoons of soy sauce and honey. After 30 minutes, brush the honey mixture onto the duck and return it to the oven. Turn the heat up to 500 degrees F (260 degrees C). Roast for 5 minutes, or until the skin is richly browned.
5. Prepare the duck sauce by mixing honey with sugar and vinegar in a small serving bowl. Chop remaining green onions and cucumber, and then put them in a separate bowl to serve.

Lumpia Shanghai

(Filipino Spring Rolls)
by Sherwin Batac from
Morning Tide Eatery



This dish represents Filipinos because we are outgoing, family people. It brings us together as lumpia is served at all occasions, to simply gather or at an event. This quick recipe is perfect to grab and go, especially if you have to run after your kids! Being a father to 3 boys under 4 years old is definitely fast paced. But again that's family!

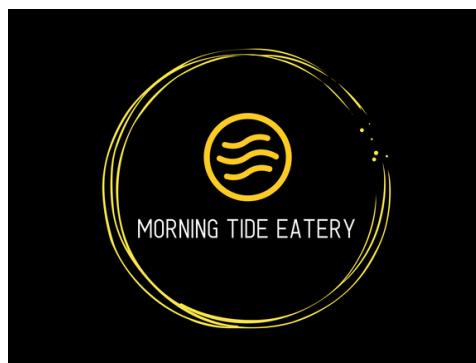
I learned to cook this dish from my mom. This dish is important to me as it brought the family together for a common goal, to eat lumpia! Laughing, talking about our day, problems, anything really. Just a good family bonding time. Obviously, Filipino moms are tough critics so it can never be perfect when we do it. Only hers is the best. Good family memories.

Ingredients:

2lb ground pork
1lb ground beef
5 medium carrots
6 garlic cloves
1 small white onion, diced
3 tsp soy sauce
3 tsp fish sauce
1 Tbsp cornstarch
50ml water
Salt and pepper
1 pkg (50pc spring roll wrapper)

**Directions:**

1. Dice white onion.
2. Grate carrots.
3. Use a microplate and grate garlic.
4. Combine all ingredients into a bowl except the water and cornstarch. Mix well.
5. Add cornstarch to water to make a slurry, add to the bowl.
6. Mix well then cover and let sit in the fridge for about a day or more.
7. separate wrappers, keep moist with a wet towel.
8. begin to roll and use slurry to seal.
9. let sit in the fridge or freeze.
10. fry in 360F oil until they float, about 4-5mins.



Tahchin

by Bita Rezaei



Every Friday (weekend in Iran), we used to go to my grandparents' house for lunch. It was a family tradition and one that was followed by all aunts and uncles, and subsequently cousins. It was what we looked forward to during the week!

But no Persian family gathering will ever be complete without a gastronomic feast. My grandma used to make different kinds of stews and Kababs but the highlight of her table was 'Tahchin' or crispy rice with chicken.

It is a very well-presented food. It is cooked with a lot of Saffron which makes it a luxurious food to make - showing your love and respect for the guests. Also, the fact that you need to present it in a way that the outside layer remains intact says a lot about the culinary art of the lady of the house.

Ingredients:

2 cups basmati rice
2 eggs
½ cup dried barberries
½ cup plain yogurt
2 tablespoons butter
¼ cup oil
4 tablespoons bloomed saffron
Salt and pepper to taste
1 boneless chicken breast
1 onion
Pinch of Turmeric
2 tablespoon slivered almonds(optional)
2 tablespoon slivered pistachios(optional)

Directions:

1. Soak barberries in water for 1 hour.
2. Slice the onion and add it to a pot with the chicken breast, 1 glass of water, salt, pepper and turmeric. Cook it under gentle heat until the water evaporates. Once fully cooked, cut the chicken into small pieces.
3. Rinse the basmati rice until the drained water is clear. Then, put it in a large pot filled with water. Add some salt and let it cook. It takes approximately 6 to 8 minutes to cook – it is ready when it begins to rise to the top and the water is boiling hot.
4. After 6–8 minutes, check the rice consistency by tasting it, the rice should be soft on the outside but hard in the middle. Once ready, drain the rice and set it aside.
5. In a large bowl, mix the yogurt, egg yolks and saffron liquid. And then add the rice, and mix it well.
6. In a pan or rice cooker, add 3 tablespoons of oil.
7. Using half of the cooked rice, make a layer of it in the pan. Then add the chicken from step 2 as another layer on top of the rice; and complete the dish with a third layer of rice, using the remaining left.
8. Pour the remaining liquid saffron or 2 tablespoons of oil or melted butter over the rice.
9. Cover the pan and on medium-high heat, let it cook until it begins to steam and then lower the temperature to cook it for about 1 hour, until the rice crust is formed.

Once the crust is formed, your Tahchin is ready to be served!

Abgoosht / Dizi

(Persian Lamb Stew)
by Nafise Amiri



Persian Lamb Stew “Abgoosht/Dizi” is one of the most popular and common dishes in Iran. Abgoosht literally means “meat broth” but it is so much more! It is a delightful combination of the most tender meat with potatoes, vegetables, spices, and beans.

Because of its popularity, you can find this dish in different parts of Iran with slight variations – although the core ingredients continue to remain simple and humble.

Lamb or beef short ribs or shank are cooked with chickpeas and white beans along with onions, potatoes and tomatoes, and infused with garlic and turmeric. Depending on the season, you also can add okra, quince, green sour plums, green beans, or other fruits and vegetables to the stew.

The traditional way of serving Abgoosht is to separate the broth, add pieces of bread into it and make a bread soup called “Tileet”. The remaining part – the meat, vegetables and beans – are then mashed and served with fresh baked Sangak or Lavash bread, pickles and fresh herbs that offset the richness of the dish.

I learned this recipe from my mom. This dish is special because its preparation usually turns into an occasion for the family to come together!

Ingredients:

1.2 lb lamb (shank, shoulder, or short ribs)
1 onion
1 cup chickpeas
1 cup white beans
4 small potatoes
1 tablespoon tomato paste
1 tablespoon vegetable oil
3 cup of water
1 pinch turmeric
2 fresh tomatoes cut into half
Salt, pepper, and other spices (of choice)

Directions:

1. Dice the onion and sauté it with turmeric. Add the lamb, chickpeas, and white beans to the pot and cover them with water
2. While boiling, skim the foam floating on the top. Continue until no more foam is produced. Then, cover the pot and let it simmer over medium heat for about 2 hours, until the meat and beans are almost cooked.
3. Add potatoes, tomato halves, tomato paste, salt, pepper, and other spices. Slightly stir, cover the pot again and let it simmer until all ingredients are fully cooked
4. Remove from heat and drain the broth to set it aside
5. Remove the bones from the meat
6. Transfer the ingredients to another bowl and mash them all up into a paste.
7. Taste the broth and paste for seasoning, and then, get ready to serve!

Notes:

To add more flavor, you can use Omani (dried Persian) limes, cinnamon, and dried savory - all optional but strongly recommended!

Colombian beef soup with arepas

by Andrea Rodriguez from
De Las Tías



This soup is so comforting! I'm from Bogota which is a cold city in Colombia. Normally we don't have a heavy meal for dinner, we prefer a light meal - like this soup! It's a simple potato soup with pieces of meat.

This dish is comforting to me because my mom used to make it all the time in Colombia. Whenever I have this soup, I feel like I'm over at my mom's!

InIngredients:

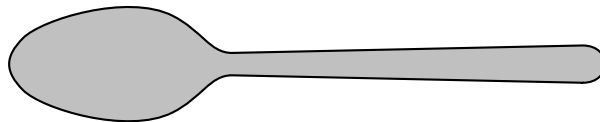
3 Garlic Cloves
2 Green onions
1 bunch Cilantro
1 tsp Cumin
4 or 3 big pieces of Beef simmering ribs
Salt to taste
4 Big potatoes

Directions:

- 1.Chop garlic, green onions, and cilantro very well. Mix in a tsp of cumin and 1 tablespoon of salt
- 2.Add the mix of garlic, onions and cilantro to a pot with water, along with the ribs
- 3.Add enough water to cover the ribs and let it simmer until the meat is almost cooked and tender
- 4.Peel the potatoes and cut them into thick slices, add them to the pot
- 5.Let it simmer until potatoes are soft
- 6.Finely chop cilantro
- 7.Pour the soup into your soup bowl and sprinkle some cilantro while it is still warm

Notes:

Serve with arepas as a side dish.



Gourmet Brigadeiro

by Carla Carvalho



I learned this dish from my dear grandmother when I was 8 years old. This is my favorite sweet ever!!

Brigadeiro is present at every single birthday party in Brazil – we usually say that there is no party without brigadeiros! You can also make it in different flavors (white chocolate, peanuts, walnuts, pistachio, etc).

Ingredients:

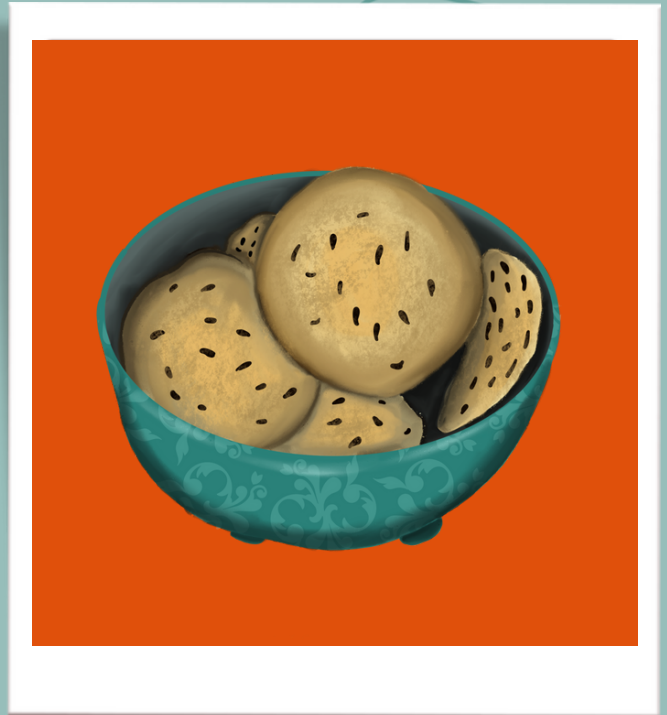
1 can of sweetened condensed milk (395g)
1 tablespoon of coconut or olive oil
200 g of whipping cream
1/2 cup of cocoa powder
Paper candy (small) cups

Directions:

1. Mix all ingredients well in a medium pot before taking it to low-medium heat.
2. You must stir continuously until you can see the bottom of the pot when you drag the spatula through. The brigadeiro should take one or two minutes to start to come together.
3. Or you can count 5 minutes after the brigadeiro starts to bubble. The consistency shouldn't be runny but keep in mind that the brigadeiro will harden a little after cooling down.
4. Remove from heat and let it rest in a greased (with coconut oil) dish until cool enough to handle.
5. Before rolling it in small balls, you'll need to grease your palms with coconut oil or butter. Then roll each ball on chocolate sprinkles.
6. Display each sprinkled ball in small paper candy cups - and Enjoy it!!

Almond Black Sesame Cracker

by Susana Tong



This snack is a mixture of Chinese and western cultures; I learned it from a friend and I like to share these crackers with my friends and neighbours. Everyone likes it so much!

These crackers are flavourful and you can adjust the sweetness by adding more or less sugar. If being tasty is not enough for you - almonds and black sesame are also good for your health!

Ingredients (Makes about 45-50 crackers):

3 cups All purpose flour
¾ cup Almond flour
¼ cup Black sesame seeds
½ cup Granulated Sugar
1 cup Cooking oil

Directions:

1. Preheat oven 375F.
2. Mix all the ingredients well until they are all incorporated into a dough.
3. Use a spoon to help you shape the dough into balls.
4. Bake for 25-30 minutes.

Acknowledgments

Tri-Cities Food Stories and Diversity Project Planning Group:

Abigail Cameron
Amy Lubik
Liam McLellan
Richard Han
Richelle Foulkes
Tabitha McLoughlin
Yinghong (Amy) Wu



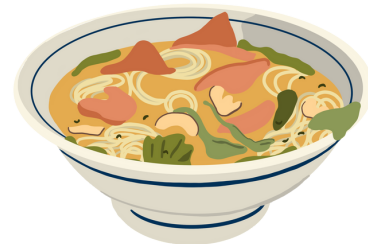
Project Coordinator: Thábata da Costa

Illustrators: Adriana Contreras & Carina Nilsson

Text revision volunteer: Lari Burry de Souza

Recipes by:

Andrea Rodriguez
Andrew Zhu
Bitá Rezaei
Carla Carvalho
Carlos Morales
Hope Yang
Igor Bjelac
Karine Maia
Nafise Amiri
Sherwin Batac
Susana Tong
Wenli Sun



The Tri-Cities Food Stories and Diversity Project would like to thank Jennie Johnston, Saguna Shankar, Erik D'Souza and K. Linda Tzang for their valuable contributions to the development of this project.

The Tri-Cities Food Stories and Diversity Project project took place on the unceded traditional territory of the Kwikwetlem First Nation, which lies within the shared territories of the Tsleil-Waututh, Katzie, Musqueam, Qayqayt, Squamish and Sto:lo Nations. It is an honour and a privilege to be able to live, work and play here.

