ALL NATIONS, ALL NEIGHBOURS

The World in Our Kitchen
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Newcomers Community Kitchen Stories  

Special Thanks  


Little Mountain Neighbourhood House Society (LMNHS)

LMNHS is an active community hub that provides inclusive programming for people living in and around the Little Mountain-Riley Park neighbourhood of Vancouver. Diverse clientele and community members include newcomers, seniors, single parents, families with young children, families at risk, children and youth, including children with special needs. The mandate is to provide social, educational, cultural, settlement, and recreational services for different age groups, ethnic groups, families, and the wider community. LMNHS facilitates activities that give community members voice and agency in the development of a healthier and more inclusive neighbourhood. Neighbourhood houses are a place where people gather, identify needs, seek solutions, make friends, get support, gain new skills and knowledge, increase their well-being, take leadership, and play an active role in their community. For more information:

www.lmnhs.bc.ca
Facebook: /lmnhvancouver
Twitter: @lmnhvancouver

Little Mountain Neighbourhood House is located at 3981 Main Street in Vancouver.

Newcomers Community Kitchen

Growing food, eating together, and sharing around the table connects us to each other and to our communities. The Newcomers Community Kitchen (NCK) is a place to meet others, learn new recipes from across cultures and cuisine, and share food. Participants include a mix of nationalities, with recipes that reflect the dynamic and diverse group of newcomers and volunteers that come to the program. Food is a way to bring people together, while the kitchen functions as a space for informal cultural, social, and knowledge exchange. Participants share personal and meaningful recipes and lead cooking activities, which spark conversations about how food is prepared and perceived in different cultures. The atmosphere is lively and relaxed as participants gain cooking skills, language skills, and a sense of belonging. Programs such as the Newcomers Community Kitchen support knowledge exchange and cross-cultural food literacy skills while providing safe and inclusive spaces for newcomers to participate, share their voices and their favourite recipes. Programs like this also ensure that newcomers are welcomed and feel part of the neighbourhood; that they are supported through local food and community initiatives which are part of LMNHS’ mandate and role within the Little Mountain-Riley Park Neighbourhood Food Network. Newcomers Community Kitchen is funded by Citizenship and Immigration Canada (CIC).
These are the recipes and stories from the people in our community—a place where everyone has a seat at the table. We hope you will enjoy the world in our kitchen.
Marta Ramos  

Argentina  

Empanadas are a crescent-shaped pastry stuffed with filling, which vary greatly by region or preference. Empanadas can be fried or baked, but Empanadas Salteñas are the most famous—and tastiest! People in my country eat Empanadas with any kind of food, but they go best with a good red wine such as Cafayate, from ‘Valles Calchaquies.’ We also have a special drink that you can drink at any moment and with any food. It is called Mate and is very healthy. Empanadas are very popular in Argentina. My mom used to make them at every family party. When I was a little girl I remember she would wake up very early in the morning and start to cut the meat into very small strips. It was a lot of work but everybody loved them. My mom learned the recipe because my dad is from Salta. My mom is a wonderful 84 year old lady who still cooks the best Empanadas in the world. I learned from her not only how to make Empanadas and other traditional recipes, but also the enjoyment of cooking for the people that I love. If I do things with my heart and with love, everything will be perfect.

### EMPANADAS SALTEÑAS

#### DOUGH

1. Sift the flour. Mix sifted flour and salt in a large bowl.
2. Mix in lard/fat with your finger. Slowly pour the water until you have the desired consistency (it should not be too sticky, but still malleable).
3. Cover the dough and allow to sit in a cool place for at least an hour.

#### STUFFING

4. Boil potatoes for 5 minutes; grate or chop into small pieces. Put into a bowl and set aside.
5. Heat oil in a large saucepan. Mince onions and garlic, and add to the pan. Cook until the onions become translucent. Add meat and break it up with a spoon as it cooks, stirring until lightly browned. Mix in the cumin, pepper flakes, potatoes and sugar. Adjust to taste.
6. Chop the hard boiled eggs. Carefully mix them into the meat mixture. Add salt and pepper to taste.
7. Set aside.

#### ASSEMBLY

8. Preheat oven to 375ºF/200ºC.
9. Roll out the dough until it is about 1/8 of an inch (0.3 cm) thick. Cut into circles about 4-6 inches (10 - 15 cm) in diameter, and lightly flour them.
10. Place 2-3 tablespoons of the filling in the center of each circle. Dampen the outer perimeter of the dough. Fold over, forming a semicircle. Pinch a corner of the dough, and then fold that section onto itself. Pinch and pull out another 1/2-inch (1.2 cm) section and fold over, so that it slightly overlaps the first piece. Repeat along the length of the folded side, until you create a braided or twisted seal. 
   **OR**
11. Seal with a fork. Press down at the edge of the empanadas along the semi-circle.
12. Brush the tops of the empanadas with beaten egg yolk, optional, but it gives the dough a nice golden color.
13. Place the folded empanadas on a greased cookie sheet. Bake 15-20 minutes, or until golden brown. Enjoy!

#### Dough

- 3 cups all-purpose flour
- 1 - 2 teaspoon salt
- 3/4 cup lard or vegetable fat like Crisco
- 2/3 cup warm water

#### Meat Filling

- 1 ½ lb ground meat or beef cut into very small pieces
- 4 hard-boiled eggs
- 1 large onion
- 1 large red pepper
- 3 medium white potatoes
- 3 garlic cloves
- 2 -3 tablespoons ground cumin powder
- 1 teaspoon chili pepper flakes – 1 teaspoon paprika (Pimentón)
- salt and pepper to taste
1. Preheat oven to 325 degrees.

2. In a large bowl, mix salt and cornmeal together.

3. Add 2 ½ - 3 cups of water and stir/knead until the mixture is very smooth. Don’t worry if the dough appears wet. Let the mixture rest, covered, for about 5-10 minutes, to give the cornmeal time to absorb some of the liquid.

4. The dough should be smooth and easy to handle, without sticking excessively to your hands. If the dough seems too dry, you can add a little bit more water. If the dough seems too sticky, you can add a little more cornmeal. Knead the dough for several minutes and let rest again for 5 minutes. The dough should be moist enough that you can shape it into patties.

5. Divide the dough into 10 – 12 pieces. Take pieces of the dough and gently shape them with your hands into a ball then into round disks, about 2 cm (½ – ¾ inch) thick, and 8 cm (3 to 3 1/2 inches) in diameter.

6. Lightly grease the surface of a large heavy skillet (cast iron works well) with vegetable oil and heat the skillet over medium heat. Place the Arepas into the skillet in batches, and turn heat down to medium low. Cook until the Arepas are lightly browned on each side, about 3-4 minutes per side.

7. Put them in the oven for 10 – 15 min.

8. Serve warm. Split Arepas and stuff with desired fillings; serve with lime wedges for squeezing over.

Arepas

3 cups warm water, or as needed
1 ¼ teaspoons salt
3 cups Venezuelan or finely ground cornmeal, as needed
2 tablespoons plus 1 teaspoon grape seed oil (plus more for the griddle)

Suggested Fillings

Tuna
Chicken salad
Mayonnaise
Mozzarella cheese
Ham

Serves 4

Dubraska Gamboa Manrique

Venezuela

The recipe I share is Arepas Venezolanas, which my mom and grandmother taught me. Arepas are corn pockets stuffed with savory fillings. The Venezuelan Arepa originated hundreds of years ago, and was cooked by various Indigenous tribes from across the country. Arepas represent Venezuelans’ daily bread. They are eaten across the country, across all socio-economic groups, and at all times of day. Arepas go well with cheese, ham, eggs, vegetables, beef and pork. Arepas can be eaten with a filling or topping. Also, the Arepas can be accompanied with any type of cold or hot drink. This recipe is special for me because it is the most popular food in every home in Venezuela. I grew up eating Arepas usually for breakfast or dinner time. In my town, a very popular Arepas is with soft Guayanes cheese. I always prepare this recipe with my family and we enjoy eating Arepas, especially my daughter. My family is the most important thing I have in my life. Thanks to my family, I feel I am a good woman with principles and values that I learned at home.
Quynh Mac

Vietnam

I am from Vietnam, but also grew up in Winnipeg and Vancouver. I came to Canada in 1980. My family are boat people that crossed the ocean to Hong Kong, to a refugee camp, and then to Canada. Today I am a single mother of five children. Food has always been a comfort to our family and friends and is an important part of our culture. It is a time when we can gather together and celebrate.

Gỏi cuốn (Salad Roll) traditionally consists of pork, prawn, vegetable, bún (rice vermicelli), and other ingredients wrapped in Vietnamese bánh tráng (commonly known as rice paper). It is served with hoisin peanut sauce. Because it has shrimp in it, it also goes well with white wine or just green tea. This dish is very special to our culture because of all the fresh vegetables and herbs, and it is a fun family meal where everyone can participate and roll their own rolls. I learned this recipe from my mom, and have since passed it down to my kids.

1. Bring a medium saucepan of water to boil. Remove from heat. Place rice vermicelli in boiling water, remove from heat, and let soak 3 to 5 minutes until soft. Drain and rinse with cold water.
2. Fill a large bowl with hot water. Dip one rice wrapper in the hot water for 1 second to soften. Lay wrapper flat and place desired amounts of noodles, shrimp, meat, carrot, lettuce and basil and other ingredients in the center. Roll edges of the wrapper slightly inward. Beginning at the bottom edge of wrapper, tightly wrap the ingredients. Repeat with remaining ingredients.
3. In a small bowl, mix the hoisin sauce with water and other dipping ingredients until desired consistency has been attained. Heat the mixture for a few seconds in the microwave.
4. Serve the spring rolls with the warm dipping sauce.

GŐI CUÓN — SALAD ROLL

Salad Roll
1 package of Vietnamese rice wrap
1 package of rice vermicelli
1 pound peeled, deveined and cooked prawns/shrimp
200 grams chicken breast (cooked and sliced)
100 grams sliced pork (cooked and sliced)
½ head lettuce
1 carrot
1 English cucumber (sliced thinly)

Optional Ingredients
1 cup bean sprout
Basil leaves (Optional)
Cilantro
Mint leaves (optional)

Peanut Butter Dipping Sauce
1 cup peanut butter
3 tbsp Hoisin Sauce
2 garlic cloves
Juice of 1 lime
1 tbsp sugar
PANEER TIKKA MASALA

Paneer Tikka Masala goes well with Roti or Naan. It consists of many different spices and is eaten in a lot of homes and restaurants all around India, and now even elsewhere. I saw my mum cooking this dish every week as I grew up [and] it reminds me of home. This dish is something I would always look forward to having. From the day it was cooked, I would await the next time I would get a chance to have it. I would eat it once a week in Mumbai, although it is not difficult to find this dish here in Vancouver.

1. Preheat the oven to 400 degrees Fahrenheit
2. Whisk the yogurt till smooth in a large bowl.
3. Add all the ginger-garlic paste, spice powders, corn starch & salt. Mix well.
4. Add the paneer cubes, onions, bell pepper. 
5. Gently mix again so all the marinade coats the paneer, onions and bell peppers evenly.
6. Cover the bowl & marinate for a minimum of 1 hour or overnight in the refrigerator.

Paneer Tikka Masala continued on next page
TIKKA MASALA
1. Boil water with a pinch of salt. Add halved onions and tomatoes. Cover and keep aside for 15 to 20 minutes.
2. Roughly chop the blanched onions and make a fine paste.
3. Make a smooth puree of the blanched tomatoes.
4. Heat 2 tbsp oil and add the onion paste.
5. Stir often and sauté till the onions paste turns golden.
6. Add ginger garlic paste and sauté till the raw aroma of ginger-garlic goes away.
7. Add the tomato puree. Stir well and sauté. The fat of the oil should separate from the other ingredients.
8. Add all the dry spice powders – turmeric, red chili powder, coriander powder and garam masala.
9. Stir well to incorporate into the paste evenly.
10. Remove from heat and add the beaten yogurt, water and salt. Stir.
11. Place back on low heat and bring to a low simmer for 5 to 6 minutes or till the gravy thickens.
12. Add cream and kasuri methi (dry fenugreek leaves).
13. Stir well and simmer on a low for a minute.
14. Check the taste and add more salt or cream.
15. Add the paneer tikka along with the veggies.
16. Stir again and turn off heat.
17. Garnish paneer tikka masala with coriander leaves and serve with some naan, rotis or rice.

AREPAS DE QUESO (CHEESE AREPAS)
1. Combine the cornmeal, warm water, cheese, 1 tbsp butter and salt. Mix thoroughly. Let mixture stand for five minutes.
2. Knead with your hands for about 3 minutes moistening your hands with water as you work to keep the dough from sticking to your hands.
3. Form dough into 4 small balls.
4. Place each ball between 2 pieces of plastic bags and with a flat pot cover to flatten to ¼ inch.
5. Add the remaining 1 tablespoon of butter to a non-stick pan over medium heat.
6. Place the Arepa in the pan, and cook it about 3 minutes on each side, until a crust forms or they are golden brown.

Luz Cardona
Colombia
Arepas are an essential part of the Colombian daily diet and a typical Colombian dish from the region of Antioquia, my home state. We serve Arepas warm for breakfast, spreading them with butter and cheese on top. They are delicious with a cup of Colombian hot chocolate. We can serve Arepas as a main course or appetizer, with any topping of choice. I learned this recipe from my older sisters, who learned it from my parents, who themselves learned it from my grandparents. I have a wonderful memories associated with Arepas, such as when I was first learning how to make them at the age of nine, and would wake up every day at 4 am to help prepare them. We made around 25 Arepas each day. I still prepare this recipe daily because it is our custom to eat it every day for breakfast.

1 cup pre-cooked white or yellow Arepa flour
1 cup warm water
1/3 cup white mozzarella cheese, grated
2 tablespoons butter
Pinch of salt
Serves 4
1. Stir the flour, corn and water together in a mixing bowl until smooth; knead well. Cover bowl, and let the dough rest 5 to 10 minutes.

2. Shape the dough into eight, 2 inch diameter balls. On a lightly floured surface, roll out each ball into 6 inch diameter rounds.

3. Sprinkle 1/4 cup cheese over each round. Place a second tortilla over the cheese, and pinch the edges together to seal in the cheese.

4. Heat an ungreased skillet over medium-high heat. Place one tortilla into the skillet at a time, and cook until cheese melts and tortillas are lightly browned, about 2 minutes on each side.

5. Place the cabbage and carrots in a large heat-proof bowl. Pour boiling water into the bowl to cover the cabbage and carrots and set aside for about 5 minutes. Drain in a colander, pressing out as much liquid as possible.

6. Return the cabbage and carrots to the bowl and toss with the remaining ingredients. Chill. Remove from refrigerator and let sit at room temperature for a couple hours. Serve as an accompaniment to pupusas. Optional: Serve with salsa.

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**PUPUSAS**

2 cups masa harina
1 cup water
1 cup mozzarella cheese, crumbled

**Curtido (Cole Slaw)**

1/2 head shredded cabbage
1 carrot peeled and grated
4 cups boiling water
3 scallions chopped finely
½ cup apple cider vinegar
1/2 cup water
1 Jalapeño or serrano chile pepper, minced – optional
½ teaspoon salt
A pinch of sugar and a little oil can be added.

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Rosibel Martinez

*El Salvador*

Pupusas are my favorite dish. My family enjoys eating Pupusas here in Vancouver because they are the most popular food in El Salvador. Pupusas come in a variety such as cheese, pork, loroco beans, etc. You can also eat them mixed, and they are always delicious.
**CAKE**

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour one 9x13 inch baking pan.
2. Sift flour and baking powder together. Set aside.
3. Cream butter and sugar together until fluffy. Add eggs, one at a time, the vanilla and beat well until nice and fluffy.
4. Add the flour mixture to the butter mixture small scoops at a time; mix until well blended. Add 2 or 3 tablespoon of milk if batter seems too dry. Pour batter into prepared pan.
5. Bake at 350 degrees F (175 degrees C) for 30 minutes.

**MILK SAUCE**

7. Combine the whole milk, condensed milk, and evaporated milk together. Pour over the top of the cooled cake. Let sit until most of the milk sauce is absorbed into the cake. Cover and refrigerate for about an hour.

**TOPPING**

8. Whip whipping cream, the remaining 1 cup of the sugar, and the remaining 1 teaspoon vanilla together until thick. Spread over the top of cake. Be sure and keep cake refrigerated. Enjoy!

**Fruit:** You can decorate with berries and any kind of fruit.

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**PASTEL DE TRES LECHES (THREE MILK CAKE)**

Cake
- 1 ½ cups all-purpose flour
- 1 ½ teaspoon baking powder
- 1 cup unsalted butter
- 1 cup brown sugar
- 5 eggs
- 1/2 teaspoon vanilla extract

Milk Sauce
- 1 1/2 cup whole milk
- 1 (14 fluid ounce) can sweetened condensed milk
- 1 (12 fluid ounce) can evaporated milk

Topping
- 1 1/2 cups heavy whipping cream
- 1 cup white sugar
- 1 teaspoon vanilla extract

**Fruit:** You can decorate with berries and any kind of fruit.

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Mariana Torres

*Mexico*

I grew up in Potosi S.L., Mexico. My favourite recipe is Three Milk Cake, which is very popular in Mexico. Every time I cook it, it reminds me of Mexico and the Mexican people. I share it with my family twice a month—and also at the Community Kitchen, a place where we learn to give respect to other people and make friends and community associations. It is also a place where we can learn the English language. This cake is made with three layers: cake, filling, topping. There are four types of milk in the filling and topping (whole milk, condensed milk, evaporated milk, heavy cream). It is an excellent cake for milk lovers!
**Avocado (Guacamole) Tostadas**

- thin tostadas (crisp)
- 2 avocados
- ½ onion, finely chopped
- 1 lemon or lime
- Adobo spice
- Salt and pepper
- ¼ cup parmesan cheese

1. Place the pulp of the avocado in a bowl and mash it with a fork until it becomes a puree, add some finely chopped onion, lime juice, adobo spices, salt and pepper.
2. Spread guacamole on the tostada, add some thinly sliced onion, and sprinkle with chopped cilantro and some cheese.

**Black Bean Tostadas**

- thin tostadas (crisp)
- 1 cup dried black beans, rinsed
- Water
- Salt
- 1 tablespoon Adobo spice
- 1 onion
- Vegetable oil

*Tradicional Guatemalan Tostadas continued on next page*
2. Mix together periodically for 15 minutes, and then turn to low heat and simmer for 60 minutes.

1. Boil spinach separately in a small amount of water for approx. 5 minutes.
2. Fry the onion and tomato together in a larger pot, adding salt and peanut butter. Then, add the boiled vegetables and potatoes.
3. Mix everything together in one large pot, letting simmer for approx. 10 minutes.

1. Place all ingredients in a bowl.
2. Mix together and store in a sealed jar in a cool dark place.

1. Boil water in a sizeable pot, adding the salt and maize powder (Mealie-meal).
2. Mix together periodically for 15 minutes, and then turn to low heat and simmer for 60 minutes.

1. Boil spinach separately in a small amount of water for approx. 5 minutes.
2. Fry the onion and tomato together in a larger pot, adding salt and peanut butter. Then, add the boiled vegetables and potatoes.
3. Mix everything together in one large pot, letting simmer for approx. 10 minutes.

Luyanda Zwane

Swaziland

This recipe is special because it is made from Swaziland’s staple food, which is Maize. It is affordable so that everyone in Swaziland can eat this food. My Grandmother taught me this recipe, which reminds me of home: my family, relatives, and friends in Swaziland. I usually don’t prepare this recipe because my mother and grandmother will make it for the family. I have really enjoyed working with the community kitchen, and having had the chance to eat food from different parts of the world.

Adobo Spice

| 1-2 tbsp salt (adjust salt depending on taste) | 1 ½ tsp dried oregano |
| 1 tsp paprika | 1 ½ tsp ground cumin |
| 2 tsp black pepper | 1 tsp garlic powder |
| 1 ½ tsp onion powder | 1 tsp chili powder |

BLACK BEAN TOSTADAS

1. In a medium saucepan boil beans with enough water so that they are completely covered. Add ½ the onion, the adobo and salt to taste. Simmer on low heat, stirring regularly and adding water when it starts to look dry. Once the beans are soft put them in the blender. Blend in batches until all the beans are pureed.
2. Heat the oil in a saucepan. Finely mince the rest of the onion and add it to the oil. Fry until golden, watching carefully not to burn the onions. Add the beans and stir until they acquire the desired consistency and are somewhat dry.

LIPALISHI (PORRIDGE)

1. Boil water in a sizeable pot, adding the salt and maize powder (Mealie-meal).
2. Mix together periodically for 15 minutes, and then turn to low heat and simmer for 60 minutes.

1 kg wild spinach / vegetables
1 spoon peanut butter
1 onion
1 tomato
1 spoon vegetable oil
¾ teaspoon salt
2 medium sized potatoes (optional)

LIWild SPINACH / VEGETABLE

1. Boil spinach separately in a small amount of water for approx. 5 minutes.
2. At the same time, boil potatoes separately in water.
3. Fry the onion and tomato together in a larger pot, adding salt and peanut butter. Then, add the boiled vegetables and potatoes.
4. Mix everything together in one large pot, letting simmer for approx. 10 minutes.

1. Place all ingredients in a bowl.
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WILD SPINACH / VEGETABLE

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2. At the same time, boil potatoes separately in water.
3. Fry the onion and tomato together in a larger pot, adding salt and peanut butter. Then, add the boiled vegetables and potatoes.
4. Mix everything together in one large pot, letting simmer for approx. 10 minutes.

1. Place all ingredients in a bowl.
2. Mix together and store in a sealed jar in a cool dark place.
Alice Lee & Mia Kim

Korea

Alice: In Korea we prepare a lot of food on special days like New Year and Korean Harvest. Japchae is one of the foods prepared on such days. Japchae goes well with Galbi jirum (beef short ribs) or Sikhye (rice dessert drink). It is a very healthy and delicious food, enjoyed by people of all ages. My mother taught me this recipe when I was young. I often prepare this recipe 3-4 times a year.

Mia: Japchae is a traditional food that goes well with rice and kimchi. I eat it on my birthday and feast day. I also make it about four times a year for my family.

JAPCHAE

1. Soak the dangmyeon in hot tap water until it's fully hydrated/soaked.
2. Put the beef into a bowl and mix with minced garlic, sugar, pepper, soy sauce, and 2 teaspoon of sesame oil. Cover and keep in the fridge.
3. Make the egg garnish (jidan): Separate the eggs. Discard the white. Beat the yolks with a fork and add a pinch of salt. Heat 1 tsp of vegetable oil in a frying pan. Turn off heat and just use the residual heat in pan. Pour the mixed yolk mixture into the pan, tilting the pan. Let cook on one side for 1 minute, then flip over for another minute. Let it cool in pan. When cool remove yolk from pan and cut into thin strips. Set aside.
4. In a large frying pan, add 2 tablespoon of oil and heat over medium-high heat. Add the garlic and fry until fragrant. Add the marinated beef and stir-fry until the meat is fully cooked, and then transfer the beef to a bowl.
5. Add another tablespoon of oil to the pan, and add the onions and carrots. Stir-fry until the carrots are almost cooked; add the mushroom and the different colored peppers. Continue stir-frying until the carrots are fully cooked.
6. Add the dangmyeon and spinach, and then pour the sauce from the marinated meat. Stir-fry until the noodles are tender and all the liquid has been absorbed. Return the beef to the pan, sprinkle with the sesame seeds, add the egg and then toss everything together. Serve immediately.

Ingredients:
- 1 pound beef, sirloin or rib-eye (or pork shoulder), cut into ¼ inch wide and 2½ inch long strips
- 2 garlic cloves, minced
- 3 ½ tbsp brown sugar
- ¼ cup plus 1 tsp soy sauce
- 2 tbsp grape seed oil or vegetable oil
- 2 tsp sesame oil
- 3 tbsp toasted sesame seeds
- 2 large egg
- 1 bunch spinach, washed and drained
- 4 ounces of dangmyeon (sweet potato starch noodles)
- 3 green onions, cut crosswise into 2 inch long pieces
- 1 medium onion, thinly sliced
- 5 white mushrooms, thinly sliced
- 2 medium carrot, cut into matchsticks
- 3 bell peppers (red, yellow orange), cut into thin strips (optional)
- Salt and pepper
- Vegetable oil
1. Strain the pineapple bits from the juice. Set the juice and pineapple in separate bowls.

2. Remove cloves from the garlic head. Then, crush each clove with the broad side of a knife to easily remove the skin.

3. For the marinade/sauce: mix white vinegar, soy sauce, garlic, bay leaf, whole peppercorns, and the pineapple juice in a deep bowl. Divide into 2 bowls.

4. Put the cubed pork and chicken thighs, in separate bowls, in the marinade. Set it aside for at least 15 minutes (preferably overnight).

5. Remove the pork and chicken from the marinade. Let them drip. Save the drippings and place back to the marinade.

6. Heat the pan. Put a drop of water to test if it is hot enough; water should form a drop that moves around the pan’s surface. Put 1 tbsp oil, then place the cubed pork and fry to allow fat from the pork to come out. Pour off half of the oil.

7. Adjust the heat to low, and then place the marinade and chicken in the pan containing the fried pork. Cover the pan and let it simmer for 1 hour.

8. After 1 hour, remove the cover and allow to cook for another 45 minutes until there is only a little bit of sauce left.

9. Add the diced pineapple into the mixture during the last 10 minutes of cooking.

10. Serve the dish with steamed rice.

**CHICKEN AND PORK ABODO**

1 pound of chicken thighs with skin
1 pound belly/pork butt (cubed)
1/4 cup white vinegar or cane vinegar (choose a Filipino brand like Silver Swan if possible)
2 tablespoons soy sauce (choose a Filipino brand like Silver Swan if possible)
1 whole garlic, peeled and crushed
1 bay leaf
1/2 tsp whole peppercorns
1/2 can of pineapple tidbits/diced with juice
1 tbsp vegetable oil

**Ingredients**

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- 1 pound belly/pork butt (cubed)
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- 1/2 tsp whole peppercorns
- 1/2 can of pineapple tidbits/diced with juice
- 1 tbsp vegetable oil

**Pia Campo Kolba**

**Philippines**

Chicken and Pork Adobo is best served with pineapple, steamed rice or steamed green vegetables; Adobo sauce can be poured over these. Adobo is special to the Filipino people because it is easy to make and very tasty. Each province and family has their own version. The dish itself was adapted from Spain, since the Philippines were once a colony. The Philippines is a melting pot of different cultures, which can be seen in our food. This dish is one of my favourite ‘comfort foods’ and reminds me of my first home. The sauce was so good that we would compete for the last drop to put on steamed rice. Eating in a Filipino home involves not only food, but also conversation and fun. Filipinos love their food and love sharing food. If you ever get invited to a Filipino home, they will feed you well and make sure you’ve had more than enough. A tip: eat in small portions so you can go back for second and third servings—because your Filipino hosts will love to see you enjoying your food and eating a lot!
Leanne Hildebrand

Taiwan

Fried sweet rice cake is a special dessert served during the lunar Chinese New Year—a time when everyone gets together. On New Year’s Eve we will have a big dinner on a round table, which represents ‘family reunion’. People receive a red envelope containing money if they are not yet employed. After dinner everyone eats the sweet rice cake. The rice cake means ‘good luck’ or ‘good fortune’ in the coming year. It is so much fun celebrating Chinese New Year. Since I started coming to Little Mountain Neighbourhood House, I have made new friends. In the Community Kitchen I have learned about food from other countries. I started to realize that food is one of the things that bring me comfort when I feel homesick.

FRIED SWEET RICE CAKE

MAKE RICE CAKES
1. Combine sweet rice flour and salt in a bowl.
2. Add ¼ cup hot water and mix well with a wooden spoon until the dough has cooled enough that you can knead it by hand.
3. Knead the dough until it is smooth, then divide it into 5 equal-sized pieces. Roll each piece into a ball. Keep them covered with a piece of plastic wrap so they don’t dry out.
4. Press each rice cake ball into a disc about 2½ inches (6 to 7 cm) in diameter.

PAN-FRY
1. Heat up a non-stick pan over medium high heat. Add 2 teaspoons vegetable oil, swirling the pan to coat the surface. Once it’s heated up, turn the heat down very low. To keep the sweet rice cakes white fry over low heat.
2. Cook each rice cake for a few minutes. When the bottoms are slightly crispy turn them over and flatten them out with a spatula. Cook a few more minutes until done.

½ cup sweet rice flour
pinch of salt
¼ cup hot boiling water
3 tablespoons sugar
3 tablespoons water
2 teaspoons vegetable oil
1. Soak green beans, kidney beans, rice in a separate bowl in warm water for 2 hours. (This helps reduce the cooking time.)
2. Soak red beans for 4 hours in warm water
3. Soak dry mandarin skin for 15 minutes in a bowl
4. Fill a pot with water only half full, bring to a boil.
5. Add red beans, ginger, and mandarin skin, turn heat to medium and simmer for about 45 minutes.
6. Add green beans, kidney beans and rice. Cook about 30 minutes longer at medium heat until soft.
7. Add taro. Cook for about 5-10 minutes
8. Stir in brown sugar, bring to a boil, then turn off heat.

Janice Ng

Southern China

I grew up in a big family in Southern China. My mother and grandmother were the “Chefs” of the family. They helped each other in the kitchen, and I would watch them cook. Sometimes the weather was so hot in the summer that we needed this dessert to uplift our energy and stay healthy. This recipe reminds me of my family and relatives. I remember when I was young, my mother and other people were working on a farm. Noon was so hot and they had to rest under the trees. My grandmother would prepare this dessert and bring it to them so that they would have more energy to work after resting.

BEAN TARO DESSERT

1/2 pound of red beans (small)
1/2 pound of green beans (small)
1/2 pound of kidney beans
1 pound taro, chopped
1 special whole piece of dry mandarin skin
8 pieces of ginger
4 cups of brown sugar
1 cup of rice
1 1/2 cups rice
1 small onion, sliced
1/2 lb (226g) boneless chicken
1 tsp zafran (saffron)
salt, ground chili pepper
1/4 cup oil
4 egg yolks only
10 oz (283g) plain yogurt
3 tbsp dried barberries (Zereshk)

1. Soak the rice with 2 tsp salt for an hour in a pot.
2. Soak the zafran for 20 minutes.
3. Beat the yolks until fluffy.
4. Put the sliced onions into a pot.
5. Lay the chicken pieces on top of the onions.
6. Add some salt and fill the pot with boiling water until it covers the chicken.
7. Cover the pot and let it simmer for 20 minutes.
8. Take the cooked chicken pieces out of the pot (keep the water in the pot, you will need it in step 19) and slice the chicken into pieces. Set aside.
9. Bring the soaked rice pot to a boil and continue simmering until the rice becomes tender.
10. Drain the rice in a colander.
11. Pour the plain yogurt in a bowl.
12. Add half of the beaten egg yolks, ground chili pepper and 1 tbsp of the soaked zafran (saffron) to the yogurt mixture.
13. Add the chicken pieces and mix up with the egg/yogurt mixture.
14. Take another pot and add 2 tbsp vegetable oil.
15. Add the rest of the beaten egg yolks to this pot.
16. Add 2 tbsp of the egg yolk mixture (step 12) to the pot.
17. Add 2 tbsp of the drained rice to the pot.
18. Stir until well mixed.
19. Flatten the mixture, take the chicken out of the bowl and put it in the pot on top of the mixture.
20. Add 3 tbsp dried barberries (Zereshk).
21. Add the rest of the rice to the pot with the chicken.
22. Flatten and spread the rice across the pot but don’t mix with the mixture.
23. Take the remaining egg yolks/yogurt mixture bowl (step 12) add 1/4 vegetable oil, and 2 tbsp of the zafran (saffron), and pour the boiled water (left from the onion and chicken’s pot) into the bowl until it covers the mixture and mix thoroughly.
24. Back to the rice pot, again put pressure on the rice and press down using a large spoon and pour the rest of the egg yolk mixture on top of the rice.
25. Cover the pot with the lid and let it simmer for 2 hours over low heat.

Mansoureh Zahedi

Iran

I am from Iran and came to Canada in 2007. My recipe is Tahchin, which I learned from my Mom. This recipe is made with chicken, but instead you can use vegetables too (carrot, eggplant, potatoes, tomato, walnut, pistachio). It is important to serve with rice, yogurt, saffron and eggs. I share this recipe with my family every month and at the Community Kitchen, where we learn together—people from everywhere. We are all really the same, and we are all friends. It is important to live in this country and respect each other.

TAHCHIN MORGH

Mansoureh Zahedi

Iran

I am from Iran and came to Canada in 2007. My recipe is Tahchin, which I learned from my Mom. This recipe is made with chicken, but instead you can use vegetables too (carrot, eggplant, potatoes, tomato, walnut, pistachio). It is important to serve with rice, yogurt, saffron and eggs. I share this recipe with my family every month and at the Community Kitchen, where we learn together—people from everywhere. We are all really the same, and we are all friends. It is important to live in this country and respect each other.
Sofia Benavides

Peru

I grew up in Piura, Peru and have 5 children: three live here in Vancouver, one in Spain, and another in Peru. We came here because my husband was studying graduate studies at UBC. It has been a nice experience to share with other people here in the Community Kitchen. The recipe I share is Peruvian mix Ceviche, Piura style “Tiradito”, which usually goes with beer. It’s the most popular Peruvian dish and is traditionally shared at family celebrations and gatherings. It is used as a ‘hangover cure’ after a party—(really more a pretext to have Ceviche again!).

Tiradito is another Peruvian dish of raw fish, similar to sashimi, crudo, and carpaccio, in a spicy sauce. It reflects the influence of Japanese immigrants on Peruvian cookery. Tiradito differs from Ceviche in two ways: Tiradito is sliced, while Ceviche is cubed; and Tiradito is sauced immediately before service, hence raw; while Ceviche is marinated beforehand, hence “cooked”. Some authors also state that Tiradito does not contain onions, but this is not universal. Common garnishes include sweet potato and boiled corn. Stylized variants may include such ingredients as scallops, and a small amount of searing.

PERUVIAN MIX CEVICHE
PIURA STYLE: “TIRADITO”

1. Cook shrimp, sweet potato and corn in boiling water, separately, and store in separate containers. Refrigerate.
2. If you cannot find aji limo chilies then habanero peppers will do fine (veins removed)
3. Cut fish fillets into small cubes.
4. Use the tip of the aji chili to rub the bottom of the glass or plastic bowl you will be using.
5. Thinly dice aji chili.
6. In glass bowl, add fish, 6 ice cubes, and lime juice. Salt to taste. Stir.
7. Let fish cook in lime juice for about 15 minutes and remove ice cubes.
8. Add aji peppers to taste, add shrimp, and stir.
9. Chop up cilantro leaves and incorporate, stir.
10. Add sliced red onions, refrigerate for about 15 more minutes.

Note:
You can add an assortment of cooked seafood in this recipe.

4 white fish fillets (Tilapia, Sole)
8 cooked shrimp (cooked and cooled)
1 red aji limo Chile (red Peruvian peppers can be found at south American stores, with or without veins depending on the amount of heat wanted in the ceviche)
1 yellow aji limo Chile (remove veins)
1 1/2 cups lime juice (do not squeeze limes fully to avoid bitterness, squeeze about halfway)
1 cooked sweet potato (optional)
1/4 bunch cilantro (leaves only)
1/2 shallot (thinly sliced)
sea salt
1 cup white corn kernels (previously boiled and cooled)
Noriko Muraoka

Japan

This sponge cake was brought to Nagasaki, Japan, by Portuguese merchants in the 16th century. The name is derived from Portuguese ‘Pão de Castela,’ meaning “Bread from Castile.” The cake became fashionable in Japan because there was nothing fluffy sweet like this. Today matcha is well recognized as one of the best anti-oxidant foods and has become ‘trendy’ all around the world. A few years ago two of my Japanese friends baked this cake for me. The taste was unforgettable. Now, because of current family transitions, I don’t have much time to prepare this cake. When the family is big and our relatives are around we make this food from scratch. I am missing this fun ‘teamwork’ at my home because all of my relatives are in Japan—except my son. I feel bad because I am not giving him enough group cooking experiences that my parents had traditionally given me. Therefore, I believe the role of a Community Kitchen is important for all generations; not only for sentimental issues and the purpose of nutritious education, but also for experience and maintaining heritage. Making dishes with strangers is a great way to get united and connected.

GREEN TEA ‘MATCHA’ KASUTERA CAKE

1. Preheat the oven in 350 degrees
2. Line an 8 inch loaf pan with waxed paper.
3. Mix honey in warm milk and set aside.
4. Sift flour and green tea powder together a few times and set aside.
5. Whisk eggs in a large bowl using an electric hand-mixer, adding sugar gradually. Place the bowl over warm water in another large bowl and whisk eggs until they become light yellow (almost white). Mix in the milk and honey mixture. Add sifted flour in the bowl and mix gently with a spatula.
6. Pour the batter in lined loaf pan and tap the pan gently on the table to release any air bubbles.
7. Bake at 350 degrees F for about 10 minutes and turn down oven to 280 degrees F and bake for about 40 more minutes.

2 tablespoons milk, warmed
2 tablespoons honey
3/4 cup bread flour
1 tablespoon green tea powder, matcha*
4 eggs
3/4 cup sugar
CUrzy CHICKEN

½ cup of butter
1 can (156 ml) of water
6-8 pieces of boneless chicken
4 tablespoons of masala (adjust spice +/- depending on level of heat required)
4 tablespoons of curry powder

½ teaspoon salt
½ teaspoon of pepper
1 onion, chopped
1 garlic, minced
1 can of tomato paste

1. In one large pot, add masala, curry, onion, garlic, salt & pepper, with tomato paste and water.
2. Add boneless chicken.
3. Mix together on a medium heat and cook for 1 ½ - 2 hrs, until chicken is tender.
4. Make either white or brown rice according to directions.
5. Optional: Add corn niblets as a sweetener if desired.

Joanne Swanson
Canada

I was born in Port Arthur, Ontario. My family was born in Mountain Road Mission Private Military Base. They were raised there and attended the residential school. We are Aboriginal descendants of Ojibway, from Rainy River. We make bannock bread (which can be sweet or salty) and is delicious—good with chili or any type of food. It can be deep fried or oven baked. I moved to Vancouver in 1981 to explore the city, get a proper education, and to be with family. It was here where my best friend introduced me to Curry Chicken, and I have been making it for many years now. Our children were both born around the same time at Moffatt House for Single Moms, which was in Richmond BC. I prepare this recipe once a year to celebrate the summer months during the Pow Wow Season. The Community Kitchen allows newcomers and citizens (such as myself, as a volunteer) to learn new languages and make new friends from different backgrounds.

Montie Bannick
Canada

I was born in Armstrong B.C. and grew up in the Shuswap White Lake area, close to Salmon Arm. My grandparents came from Germany. My favourite recipes are 'Canadian' breaded pork chops, which go well with mashed potatoes or rice, broccoli and cheese. I also like grilled salmon and salad with lemon rind in it, wild rice, and seafood fettuccine. These dishes are my favourite home cooked meals; they are from my upbringing. I also love a variety of seafood from the Pacific Coast or the East Coast of Canada and Alaska. I love salmon because I used to be a commercial fisherman and living in the Shuswap as a child close to Salmon Arm, there was a lot of salmon that spawned there—and at Adams Lake. The salmon run there is huge. Every four years as a child, I would go on field trips to the river where you can walk on the salmon.
Newcomers Community Kitchen Stories

Alice Lee
Before I joined the Community Kitchen I thought other countries’ foods were difficult to cook. But after I joined this program, I learned to cook foods from many different countries. This program gave me many friends and experiences. It is a good program for newcomers because we can meet new friends and learn about new cultures. I like to try new foods and travel. When I came to Canada I went to Quebec, Toronto, Montreal, Ottawa, Rocky Mountains, Vancouver Island, Bowen Island, and the Okanagan. When I went to each new city, I would want to eat their traditional or delicious foods—but I couldn’t easily find such foods. Now, before I travel, I usually search online for places and foods to try: new, delicious, and popular—specific to a place. Eating delicious food makes me feel good when I travel.

Barrie Wood
I have been involved with the Community Kitchen for many months and have learned a lot of things here, but not just how to prepare foods. I learned how to get along with people, to meet deadlines, and to work sometimes under time limits. Most of all, I learned of the dedication of people to come together and work together in a dynamic and creative atmosphere that was never disappointing. I am a bachelor and actually hate cooking. But when you ‘spice it up’ and start working with others whom are cheery and enthusiastic, I look forward to the program and to cooking. When my food preparation contained errors, I was always grateful for the kind help and assistance that was available. It was one of the most creative ventures that I experienced in my two year involvement with Little Mountain Neighbourhood House.

Dubraska Gamboa Manrique
Here at Little Mountain Neighbourhood House I have met new friends and they are like my family. They support me with a lot of activities; for example, I am taking English classes and participating in the Community Kitchen, where I had opportunity to share a recipe from my home country. I like to be part of the group and learn how to cook dishes from different countries. We have fun and I feel included. The Community Kitchen program is an open window for communication and cultural exchange, cooking, and learning. The most important thing here is that you make friends and don’t feel alone any more. It is an opportunity to make our Mondays ‘fun’, and our stay in Vancouver more comfortable.

Janice Ng
I feel warm at the Community Kitchen. The people here are so friendly and helpful. I also learn new cooking skills from different cultures, which helps me adopt to the culture more easily. Each of the people at community kitchen contributes. We share food from our cultures, which reminds us of the people from our country. It is an opportunity to build new friendships and transition from one culture to another through language, cooking, and new relationships.

Luz Cardona
Being at the Community Kitchen makes me feel like I am at home because everyone is friendly and inspires me to continue forward with my transition in Canada. Newcomers like myself, learn how to cook differently and learn about new cultures, new friends, new family. This is a good way to feel at home. My journey has been easier thanks to the support and patience of all my friends here, from all around the world.

Marta Ramos
When I came to Canada, I was missing my family and friends in Argentina, and when I found Little Mountain Neighbourhood House I started as a volunteer and attended many programs with my daughter. LMNH opened the door to me and gave me the opportunity to grow and learn about my community. Then I got a job coordinating the Newcomers Community Kitchen program (my first job in Canada)—and since this time have felt joy and happiness to be able to share with other newcomers during our Monday evening dinner. This Community Kitchen engages people from different countries by allowing us to cook together and break down barriers such as language and culture; it brings people and communities together—and creates opportunities for us to cook, share skills, socialize and be part of the Canadian community.

I love coming to the community kitchen because I have always felt welcomed here, and it’s a place where I can be myself and learn from others.
Montie Bannick
I have learned a lot about different cultures and foods here at the Community Kitchen. I've made so many friends from around the world and my eyes are opened to the adversity that comes with immigration; with the people that move to Vancouver. Inside we are all the same, and people need to know that they are loved and cared for. As a volunteer, I see that programs like this lead to self-esteem and new relationships—keys for newcomers to succeed in their goals. Resources are shared from conversations in the group and people learn how to access personal and work needs—and how things are done in Canada.

Pia Campo Kolba
The experience of meeting other immigrants and citizens outside my Filipino community made me appreciate more what ‘multiculturalism’ means here in Canada. I get the chance to confront my biases or initial impressions about other cultures and celebrate the beauty of each new culture through the people I meet. It is amazing to see people of different backgrounds (culture, ethnicity, age) come together to prepare and share a meal. I am learning that food is a powerful tool to bring people together. The program is important to newcomers, such as myself, because it opens our eyes to eating food from other countries. For example, it is not economical to cook Filipino food every day because the ingredients are more expensive than the local ingredients in the area. Sometimes you look for something different to eat. By exploring the dishes from other countries and learning Canadian dishes, immigrants like myself realize that we have options that are delicious, healthy, and cheap; this has very important implications for the family's budget and overall health. A happy tummy makes a person happy and healthy!

Quynh Mac
I love coming to the community kitchen because I have always felt welcomed here, and it’s a place where I can be myself and learn from others. It’s about food, family, support, and learning. This program is a safe place for people to connect, have new experiences, and learn about different cultures so that we have a better understanding of the people in our community.

Rosabel Martinez
At the Community Kitchen you will see amazing people assembled in laughter, enjoying the fruits of their labour. They are preparing delicious and nutritious cuisine, all from within a small kitchen. Other people may be found preparing the dinner table, anticipating another tasty and sumptuous meal, with recipes from around the world. Yet it is a ‘world event’ where people like me, from El Salvador, join together to prepare international cuisine. The food is delicious and healthy and I have learned new recipes that I try at home with my family. It is a most welcome place to come, and I have met many friends. The company and conversations over dinner are simply wonderful, full of laughter and a sense of community.
Special Thanks

Special thanks to the following coordinators, contributors, participants, volunteers:

**Project Manager, Editor**
Jennifer Wesman

**Editor**
Susan Schaechter

**Graphic Designer**
Esther Yuen

**Photography**
Kim Thomas

**Community Kitchen Facilitator**
Marta Ramos

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Luz Cardona Sanchez
Mansourreh Zabedi
Mariana Torres
Mia Kim
Noriko Muraoka
Pia Campo Kolba
Quynh Mac
Rosibel Martinez
Sofia Benavides

**Volunteers**
Barrie Wood
Joanne Swanson
Montie Bannick

**UBC International Scholars, Student Volunteers**
Luyanda Sandra Zwane
Naman Shah

**The world in our kitchen**
Argentina, Canada, China, Columbia, El Salvador, Guatemala, India, Iran, Japan, Peru, United States of America, Korea, Mexico, Philippines, Swaziland, Taiwan, Venezuela, Vietnam.