

William Aberhart High School's
Celebration of Culture
Cookbook



Biryani

A celebration of Pakistani flavour



Ingredients

- ◆ 1 - 1 ½kg of mutton
- ◆ 5 cups of basmati rice soaked in water for 30 minutes
- ◆ ½ kg of potato cut into chunks
- ◆ 1 cup of oil (coconut oil recommended)
- ◆ 3 medium onions (sliced)
- ◆ 2 teaspoons of garlic paste and/or 2 minced garlic cloves
- ◆ 4 teaspoons of ginger
- ◆ 5 teaspoons of salt
- ◆ 4 teaspoons of red chile powder
- ◆ 1 teaspoon of onion powder
- ◆ 10 cloves
- ◆ 3 green cardamoms
- ◆ 2 black cardamom pods
- ◆ Half a teaspoon of black pepper
- ◆ 250g yogurt
- ◆ 2 teaspoons of cumin seeds
- ◆ 2 cinnamon sticks
- ◆ 6 green chillies
- ◆ Water
- ◆ 2-3 Diced mint leaves

Directions

- ◆ Fry onions in the oil until the colour changes to a light brown, then save approx. ¼ of onions for later.
- ◆ Add garlic, ginger, tomatoes, salt (2 teaspoons), red chilli powder, onion powder, cloves, cardamoms, black pepper, and cumin seeds, to onions.
- ◆ Fry until tomatoes are tender and the moisture has evaporated.
- ◆ Add yogurt, meat, and 1 cup of water. Cook on medium heat until the meat is tender and water has evaporated.
- ◆ In a separate pot, boil potatoes until half cooked.
- ◆ Add chillies, diced mint leaves, and the parboiled potatoes to the meat. Simmer for 2-3 minutes. Now your meat curry is done
- ◆ Start boiling the rice with the rest of the salt, cinnamon sticks, and the black cardamom until the rice is half done. Drain rice, reserving ½ cup of water in pot.
- ◆ Evenly layer rice and meat curry in pot with reserved water at the bottom to prevent rice from burning.
- ◆ Tightly close the lid to lock in steam, cooking it on low until the rice is ready.
- ◆ Serve and enjoy.

Biko

A delicious Filipino dessert



Ingredients

- ◆ 4 cups glutinous rice (contains gluten)
- ◆ 3- 14 oz cans coconut milk
- ◆ 1 ½ cup water
- ◆ 2 ½ cups dark brown sugar packed
- ◆ ¼ teaspoon kosher salt

Directions

- ◆ Place rice in a large bowl, cover with water and soak overnight. Drain and rinse.
- ◆ Preheat oven to 350° F. Generously butter an oven safe 9×13-inch casserole pan.
- ◆ Reserve ¾ cup of coconut milk. Pour remaining coconut milk and 1 ½ cups water in a large pot. Set over medium heat and cook until mixture begins to simmer. Add drained rice. Stir often, making sure rice does not burn along the sides of the pot. Continue to cook over medium heat for 5-8 minutes until rice has soaked up most of the liquid.
- ◆ Reduce heat and add 1 ½ cups brown sugar and salt to rice mixture.

Couscous

with Lamb & Vegetables

A popular Moroccan and Libyan dish



Ingredients

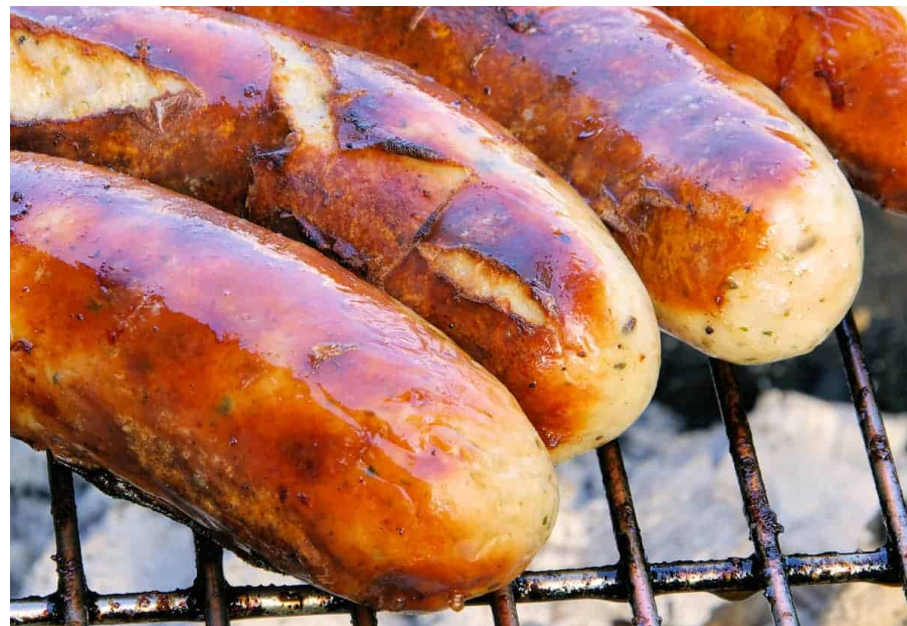
- ◆ 1 kg lamb, cut into chunks
- ◆ 500g couscous
- ◆ 2 onions, chopped
- ◆ 3 carrots, sliced
- ◆ 2 zucchinis, sliced
- ◆ 1 can chickpeas
- ◆ 4 tomatoes, chopped
- ◆ 1 tbsp tomato paste
- ◆ Cumin, coriander, cinnamon, salt, and pepper (to taste)
- ◆ 1 tbsp olive oil
- ◆ Parsley and mint for garnish

Directions

- ◆ In a pot, brown lamb in olive oil. Add onions and cook until soft.
- ◆ Add vegetables and spices, mix in spices, tomato paste, and tomatoes. Add water to cover, boil, then simmer.
- ◆ After an hour, add carrots, zucchinis, and chickpeas. Simmer until tender.
- ◆ Prepare couscous as per the package instructions.
- ◆ Layer couscous on a dish, add lamb and vegetables. Garnish with parsley and mint. Serve.

Deutsche Bratwurst

A savoury German experience



Ingredients

- ◆ 1 ¾ lb boneless pork shoulder, cubed
- ◆ ¼ lb boneless beef shoulder, or veal stew meat, cubed
- ◆ ½ c powdered milk
- ◆ 1 tsp salt
- ◆ 1 tsp nutmeg
- ◆ ½ tsp ground black pepper
- ◆ ½ tsp marjoram
- ◆ ¼ tsp ground mace
- ◆ ¼ tsp ground ginger
- ◆ 1 egg
- ◆ ⅓ cup milk
- ◆ 4-5 feet hog casing for fresh sausage, rinsed

Directions

- ◆ Grind the pork and beef cubes in your meat grinder using a fine grinding plate.
- ◆ Place the ground meat into a large bowl and add the powdered milk and seasonings. Using your hands, mix the seasonings into the meat.
- ◆ Add the egg and milk. Mix, with your hands, until the mixture is evenly moist.
- ◆ Prepare your sausage stuffer and your hog casings. Stuff your sausage mixture into the casings as directed by your sausage stuffer.
- ◆ Once all the sausage meat has been used, twist the sausage into 8 links and tie off the end of the casing.
- ◆ Prepared sausage can be stored for up to one week in the refrigerator before cooking.
- ◆ Preferably grill or barbecue the Bratwurst.

Jollof Rice

A popular, tasty Nigerian dish



Ingredients

- ◆ ⅓ cup vegetable oil
- ◆ 6 Roma tomatoes, chopped, OR a 400-gram tin of diced tomatoes
- ◆ 4 red bell peppers, seeds discarded
- ◆ 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
- ◆ ½ to 1 hot pepper of choice, to taste
- ◆ 3 tablespoons tomato paste
- ◆ 2 teaspoons (Caribbean/Jamaican-style) curry powder
- ◆ 1 teaspoon dried thyme
- ◆ 2 dried bay leaves
- ◆ 6 cups stock (vegetable, chicken, or beef) or water, divided
- ◆ 2 teaspoons unsalted butter
- ◆ 4 cups uncooked long-grain or basmati rice
- ◆ Salt and pepper (to taste)

Directions

- ◆ In a blender, combine tomatoes, red bell peppers, chopped onions, and hot pepper with 2 cups of stock, blend until smooth (1 - 2 minutes). You should have roughly 6 cups of blended mix. Pour into a large pot/ pan and bring to a boil then turn down and let simmer, partly covered for 10 - 12 minutes.
- ◆ In a separate large pan, heat oil and add the sliced onions. Season with a pinch of salt, fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes.
- ◆ Add step 2 to the tomato-pepper mixture from step 1, stir, and set on medium heat for 10 to 12 minutes until reduced by half, with the lid partly on. This is the stew that will define the pot.
- ◆ Add 4 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
- ◆ Add the rinsed rice and butter, stir, and cover. Turn down the heat and cook on the lowest possible heat for 30 minutes, stirring halfway through. Continue to steam, on low until rice is cooked through.
- ◆ Serve with vegetables or a type of meat, such as beef, fish, or chicken.

Mexican Quinoa

Hearty & healthy, from Mexico



Ingredients

- ◆ 2 cups water
- ◆ 1 cup quinoa
- ◆ 1 can corn, drained
- ◆ 1 can black beans, drained
- ◆ 2 tablespoons olive oil
- ◆ Salt & pepper (to taste)
- ◆ Cilantro (optional, to taste)

Directions

- ◆ Bring water and quinoa to a boil in a saucepan. Add corn and black beans. Reduce heat to medium-low, cover, and simmer until quinoa is cooked and water is absorbed, 15 to 20 minutes.
- ◆ Place in a serving bowl and stir in olive oil, salt, pepper, and optional cilantro, and ready to serve.
- ◆ Continue to cook, another 5-8 minutes, stirring often. Taste a small amount of rice to check it is cooked through. At this point, the mixture should be thick and sticky. Transfer cooked rice mixture into prepared pan. Spread into an even layer.
- ◆ In a small pot, combine reserved coconut milk and remaining 1 cup brown sugar. Bring to a boil until sugar has dissolved. Remove from heat. Allow to cool slightly, 3 - 5 minutes, before gently pouring over rice mixture.
- ◆ Bake for 1 hour, until brown sugar topping has thickened and is bubbling. Allow to cool slightly before serving. The caramel topping will be very hot.

Ratatouille

Flavourfully French



Ingredients

- ◆ 3 Tbsp olive oil, divided
- ◆ 1 medium eggplant, diced into ½-inch cubes
- ◆ 2 medium zucchini, diced into ½-inch cubes
- ◆ 1 medium red bell pepper, diced into ½-inch cubes
- ◆ 1 medium yellow or white onion, finely diced
- ◆ 4 large cloves garlic, minced
- ◆ 1 (28-ounce) can diced tomatoes
- ◆ ¼ cup chopped fresh basil
- ◆ ½ tsp dried oregano
- ◆ ¾ tsp each sea salt and black pepper
- ◆ 1 tsp chopped fresh thyme (optional)
- ◆ ¼ tsp red pepper flakes (optional)

Directions

- ◆ Heat 2 Tbsp of olive oil in large pot over medium heat. Once hot, add the eggplant and season with a pinch each of salt and pepper. Cook, stirring often, until the eggplant softens and begins to brown about 10 minutes. Transfer to a plate and set aside.
- ◆ Heat another 1 Tbsp of oil in the same pot over medium heat. Add the zucchini, bell pepper, onion, and garlic. Cook until tender and slightly browned about 10 min.
- ◆ Add the eggplant back in, along with the diced tomatoes, basil, oregano, salt and pepper, thyme (optional), and red pepper flakes (optional).
- ◆ Bring to a boil, then reduce to simmer and cook for another 10 minutes or until the liquid has reduced and the vegetables are soft.
- ◆ Serve warm on its own or with pasta, or crusty bread.

Sautéed Shredded Pork

in Sweet Bean Sauce

A yummy Chinese dish

Ingredients

- ◆ 0.5lbs of pork tenderloin
- ◆ Chinese dry tofu
- ◆ Cucumbers
- ◆ Green onions
- ◆ Oil
- ◆ 2 spoons of sweet bean sauce
- ◆ 5g of cooking wine

Directions

- ◆ Cut the tenderloin into pieces, and then into shreds.
 - ◆ Cut the Chinese dry tofu into squares and fold them diagonally.
 - ◆ Cut the cucumber and green onion into thin shreds, and arrange them around a plate.
 - ◆ Heat oil in a pan, and then add the tenderloin. Stir to heat the meat evenly.
 - ◆ Add the sweet bean sauce when the meat begins to change colour. Stir for 3 minutes.
 - ◆ Put the meat in the center of the plate.
 - ◆ Put some meat, cucumbers and green onions on one side of the dry tofu and roll it up.
- Enjoy!



Shirazi Salad

A refreshing Iranian side to compliment any meal



Ingredients - Salad

- ◆ 3 Persian cucumbers (or your choice in comparable proportion)
- ◆ 2 large tomatoes
- ◆ ½ red onion (or full onion of choice if smaller)
- ◆ Handful of fresh mint and cilantro (optional)

Ingredients - Dressing

- ◆ 3 tablespoons extra virgin olive oil
- ◆ 1 medium lemon squeezed (approx. 4-5 tbsp)
- ◆ Salt (to taste)

Directions

- ◆ Dice peeled or unpeeled cucumbers, tomatoes, and onion into small cubes, approximately the same size.
- ◆ Add all ingredients to a bowl and pour over the olive oil and lemon juice then season with salt.
- ◆ Top with fresh mint and cilantro if desired.
- ◆ Mix everything together and allow it to sit for 5-10 minutes before serving.

Spanakopita

Authentic Greek flavour



Ingredients

- ◆ 2 tablespoons olive oil, divided
- ◆ 2 pounds fresh spinach leaves
- ◆ ½ cup onion finely chopped
- ◆ ½ cup green onions thinly sliced
- ◆ 1 teaspoon minced garlic
- ◆ 2 tablespoons chopped fresh parsley
- ◆ 2 tablespoons chopped fresh dill
- ◆ 8 ounces feta cheese crumbled
- ◆ 1 egg lightly beaten
- ◆ salt and pepper to taste
- ◆ 1 pound phyllo dough sheets thawed
- ◆ ¼ cup butter melted

Directions

- ◆ Preheat oven to 375°F, line two sheet pans with parchment paper.
- ◆ Prepare Spinach: Wilt 2 lbs spinach in 1 tbsp olive oil, and set aside.
- ◆ Sauté Aromatics: In the remaining 1 tbsp of olive oil, cook ½ cup finely chopped onion, ½ cup thinly sliced green onions, 1 tsp minced garlic, 2 tbsp chopped parsley, and 2 tbsp chopped dill for 3-4 mins.
- ◆ Combine Filling: Mix sautéed mixture with spinach, 8 oz crumbled feta, 1 lightly beaten egg, salt, and pepper.
- ◆ Phyllo Preparation: Unroll 1 lb thawed phyllo dough, layer, and cut into 3-inch strips.
- ◆ Assemble and Bake: Place filling on one end of strips, fold, and brush with ¼ cup melted butter. Arrange on sheet pans, bake at 375°F for 18 - 20 mins until golden brown.
- ◆ Serve and enjoy.

Syrnyky

Delightful Ukrainian cheese pancakes



Ingredients

- ◆ 16 oz cottage cheese
- ◆ 6 tablespoons white flour (2 for the coating) or more if needed
- ◆ 2 tablespoons sugar
- ◆ 1 pinch salt
- ◆ 1 egg yolk
- ◆ ½ teaspoon vanilla extract
- ◆ 1 tablespoon butter for frying

Directions

- ◆ Preheat oven to 400°F. Line a pan with parchment paper.
- ◆ In a large mixing bowl, add cottage cheese, sugar, 4 tablespoons of flour, salt, egg yolk and vanilla extract. Mix everything with a fork until well combined.
- ◆ Sprinkle 2 tablespoons of flour on a cutting board, or a table. Flour your hands well and form the roll resembling a large burrito. Place the roll on a cutting board and coat it with the flour. Cut the roll into 6-7 thick pieces. Lay them on a flat side, flatten a little bit with your hands and coat with flour. Flip and repeat. Leave syrnyky at least 1 inch thick.
- ◆ Preheat pan over medium heat, add butter. When butter is hot, lay pancakes carefully and fry for about 1 - 2 minutes on each side until golden brown and crust appears.
- ◆ Transfer syrnyky to oven-safe pan and bake for 7 - 8 minutes. Serve hot with a dollop of sour cream, jam or berries.

Three Sisters Soup

*A classic recipe from the Indigenous
cultures of North America*



Ingredients

- ◆ 2 cups canned corn, drained
- ◆ 2 cups peas or green beans
- ◆ 2 cups butternut squash, peeled and cubed
- ◆ 1 ½ cups potatoes of choice, peeled and diced
- ◆ 5 cups water
- ◆ 1 ½ tbsp chicken bouillon granules (can substitute with chicken broth, but then use less water)
- ◆ 2 tbsp butter, melted
- ◆ 2 tbsp all-purpose flour
- ◆ ¼ tsp pepper

Directions

- ◆ In a large pot, combine the corn, green beans, squash, and potatoes.
- ◆ Add water and chicken bouillon or broth.
- ◆ Bring to a boil, then reduce heat to low and simmer until vegetables are soft (approx. 10 minutes).
- ◆ Melt butter and blend it with the flour. Stir mixture into the soup.
- ◆ Increase heat to medium and cook until soup thickens (approx. 5 minutes).
- ◆ Season with salt and pepper and serve.