

Diversity Health Fair 2014

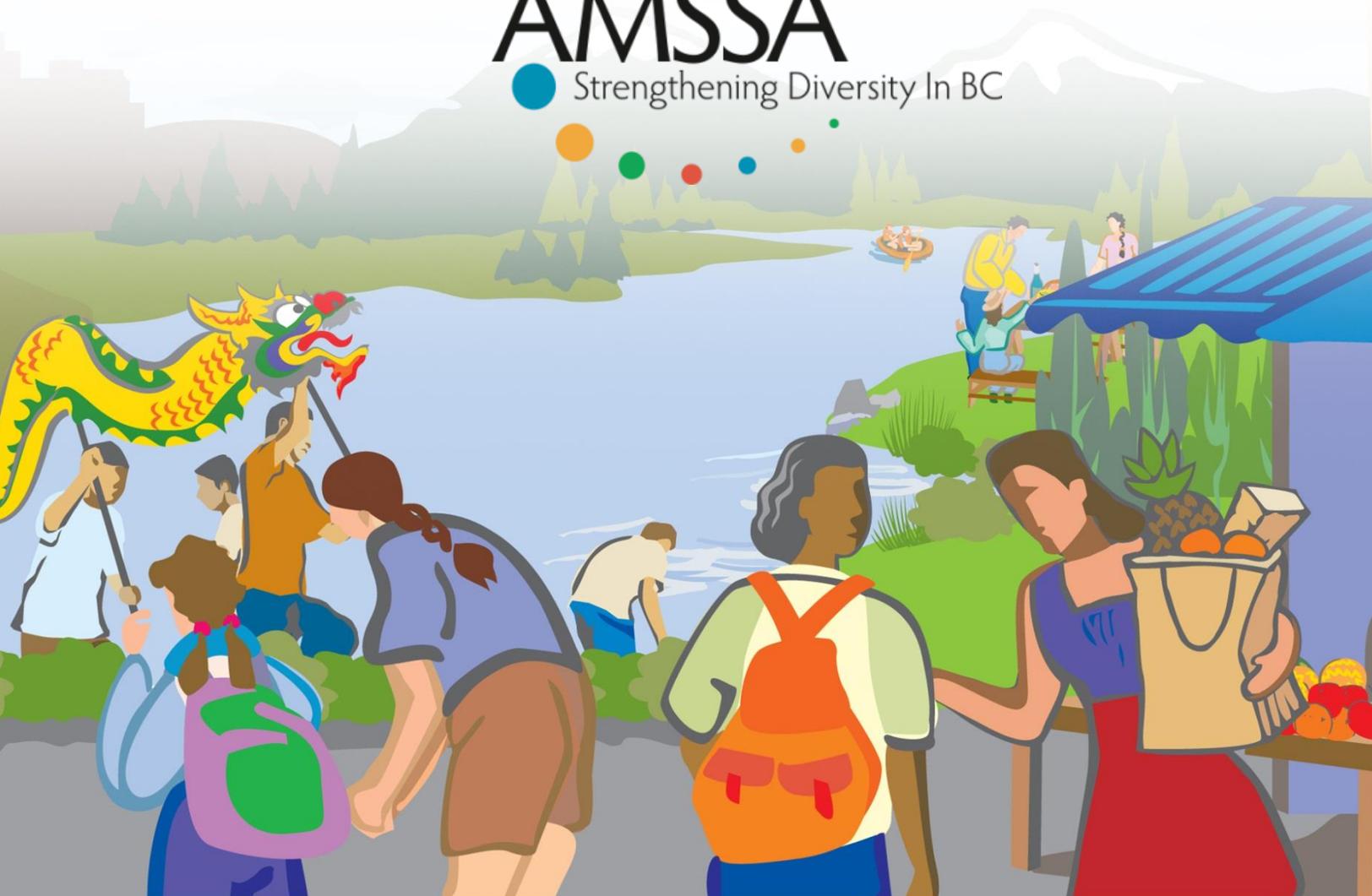
HEALTHY COOKING STAGE RECIPE BOOKLET

FEATURING THI BUI, CHEF GERRY KASTEN, CHEF TREVOR RANDLE & CHEF SIDDHARTHA CHOUDHARY



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2014 VANCOUVER DIVERSITY HEALTH FAIR

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● Strengthening Diversity In BC



Thi Bui

Dietitian, Fraser Health

Thi Bui is a new graduate of Food, Nutrition and Health (Major in Dietetics) with the University of British Columbia and completed her Dietetic Internship with Fraser Health Authority. She is a Registered Dietitian with the College of Dietitians of British Columbia and a member of Dietitians of Canada. She believes that the key to health is knowing how to cook and eating healthy does not have to be a chore. Learning how to cook your own meals can translate into eating healthy and can be the foundation to a healthy lifestyle that prevents chronic disease and promotes overall health and well-being. She is excited to share her culture, knowledge and cooking experience. Join her in creating easy, affordable, healthy recipes that you and your kids can enjoy. Bring the taste of Asia to your kitchen and learn how to make simple and nutritious Vietnamese salad rolls and sushi.

Watch Thi Bui cooking demonstration online at www.amssa.org/healthycooking

VIETNAMESE VEGETARIAN SALAD ROLLS

Ingredients

250 g Smoked or fried tofu, cut into thin strips
2 ounces vermicelli noodles
8 large round rice paper wrappers
1/2 cup cucumber, cut into thin strips
1/2 head lettuce, tough ribs removed and cut length wise
1 tsp salt
1 tsp sugar
1 tbsp fish sauce (optional)
1 tbsp lime juice
1 cup mung bean sprouts, washed
1 large carrot, washed and shredded
1/2 cup of basil, mint leaves, washed and trimmed
1/2 cup of cilantro, washed and trimmed
16 fresh chives or 8 green onions, cut length wise

Sauce:

1/4 cup hoisin sauce
3 tsp peanut butter, smooth peanut butter
3 tsp water
2 cloves garlic, minced
1 tbsp ginger root, minced
1 lime, juiced
Chili pepper and chili sauce optional
Crushed peanuts, garnish on top

Directions

Make vermicelli noodles according to packaging instructions. In a medium sized bowl combine salt, sugar, fish sauce, lime juice, bean sprouts carrots, basil, and cilantro. Soften 1 rice paper wrapper by immersing in large bowl of warm water (about 10 sec), and transfer to a large plate or cutting board. Center the lettuce in the middle of the wrapper; spread 1/8 each of the vermicelli, tofu, cucumber, and carrot mix. Add chives or green onion. Fold rice paper bottom over, then left and right sides. Tightly roll up the remaining side of the rice paper and place roll seam side down on platter. Repeat with the remaining ingredients to make 8 rolls.

Sauce:

Combine all ingredients. Depending on your preference of consistency thicken sauce with cornstarch or thin with warm water.

VEGETARIAN SUSHI ROLLS

Ingredients

1 1/2 cup sushi rice or short grain rice
1/3 cup rice vinegar
2 tsp sugar
1 tsp salt
4 sheets toasted nori (seaweed sheets)
1/2 cucumber, seeded and cut into matchsticks
1 carrot, cut into matchsticks
4 green onions, trimmed and cut into matchsticks



1/2 Japanese Daikon, peeled, and cut into matchsticks (or pickled daikon)

1/2 firm-ripe avocado, peeled and thinly sliced lengthwise

Serve with pickled pink ginger and wasabi paste

Special equipment: Bamboo sushi mat

Directions

Make sushi rice according to packaging instructions. Remove from heat and add the rice vinegar, sugar and salt. Cover the bamboo sushi mat with plastic wrap. Place 1 nori sheet on the mat and with damp hands press sushi rice evenly, and moisten fingers as needed. Add the vegetable filling in one row. To roll the sushi, place thumbs underneath the mat and using the rest of your fingers tucking in the vegetables as you go. Roll and press the mat down when needed. Repeat with the remaining ingredients to make 4 rolls. When ready to serve cut the sushi roll into 5 pieces.

CHEF GERRY KASTEN

Dietitian, Vancouver Coastal Health

Gerry Kastan loves food! He was born to a farming family and still helps his brother bring in the harvest each year. He has an Honours Diploma in Commercial Cooking and both Bachelor's and Master's degrees in Human Nutrition. He has worked as a public health dietitian in BC for the past 23 years, and is also a Sessional Instructor at UBC. He wants to live in a world where people celebrate food, sharing it with those they love, taking its pleasure without restraint because its flavour saturates their most sensuous appetites. Join Gerry as he creates a delicious barley dish with legumes and roasted winter vegetables and a low lactose dairy dish.

Watch Chef Gerry Kastan's cooking demonstration online at www.amssa.org/healthycooking

ROASTED WINTER VEGETABLES

Ingredients

4 cups sweet vegetables*, 1 inch cubes 1 L

1 cup Allium vegetables** 250 ml

1 tbsp vegetable oil 15 ml

1 tsp spices 5 ml

Directions

Mix Sweet vegetables and allium vegetables in a large bowl.

Add oil and toss until vegetables are thoroughly coated

Place vegetables on a baking sheet

Roasted the vegetables in a 400 degree oven for about 10 minutes, then stir.

Continue roasting for 5 – 10 more minutes or until vegetables are fork-tender.

Remove the roasted vegetables from the oven, and toss with spices in a large bowl. Serve.

*squash, carrots, peppers, yams, brussel sprouts, broccoli, cauliflower

** onions, garlic cloves, thickly sliced leeks, shallots

Spices: oregano, or basil, or thyme, or curry powder, or chili powder, or sage, or tarragon or any mixture of any of these

BARLEY PILAF

Ingredients

½ lb mushrooms, sliced 250 gm
1 large onion, diced 1
¼ cup butter or oil 50 ml
1 cup pearl barley, rinsed in sieve 250 ml
2 cups stock or water 500 ml

Directions

Heat oven to 350 F (180 C).

Melt butter in sauté pan and add onion. Sauté until soft. Add mushrooms and cook until slightly browned. Add barley and brown lightly or until it smells toasted.

Add 1 cup (250 ml) stock. Cover and put in oven for 30 minutes. Add remainder of stock and return to over for another 30 minutes.

TZATZIKI

Ingredients

2 cups yogurt cheese or greek yoghurt 500 ml
2 small cucumbers 2
2 or more garlic cloves 2 or more
1-2 tsp mint, chopped 5-10 ml
and/or
1-2 tsp dill, chopped 5-10 ml

3 tbsp olive oil 45 ml
salt

Directions

Peel and grate cucumbers. Squeeze and blot dry.

Pound garlic with a few pinches of salt in a mortar, or on a cutting board, until smooth.

Combine yogurt, cucumbers, garlic and herbs, then season with salt and pepper. Drizzle with olive oil.

DAIRY BASED DIP

Ingredients

An amount of lower fat plain yoghurt
1/2 as much light sour cream
1/2 as much light mayonnaise
your favourite spices*
salt or miso to taste

Directions

Blend all ingredients together with a fork until consistency is uniform.

* suggestions are dill leaf and/or oregano and/or curry and/or chili powder and/or garlic and/or Italian seasoning and/or cumin

MAPLE BAKED BEANS

Ingredients

2 19-fl oz cans beans
1 cup maple syrup
2 slices thick-cut fried bacon, diced, fat reserved
1 or 2 large onions, peeled and diced
1 tablespoon fresh ginger
2 tablespoons any mustard
A dash or two Worcestershire sauce
A sprinkle or two salt and freshly ground pepper

Directions

Drain the beans, reserving the liquid, and place them in a 4-quart ovenproof baking dish with a tight-fitting lid.

Add the water, maple syrup, bacon, onions, ginger, mustard, Worcestershire sauce and salt and pepper. Add as much or as little of the reserved bacon fat as you care to.

Cover and place in the oven at 300 degrees and bake until the beans have absorbed most of the liquid and are tender, about 2-3 hours or so.

SPICE RUB FOR MEATS

Ingredients

1 tbsp paprika 15 ml
1 tbsp chili powder 15 ml
¼ tsp cayenne pepper 1 ml

½ tsp powdered garlic 2 ml
1 tsp salt 5 ml
1 tbsp brown sugar 15 ml
1 ½ tsp ground cumin 7 ml
½ tsp dry mustard 2 ml
½ tsp ground sage 2 ml
½ tsp ground oregano 2 ml
1 ½ tsp ground black pepper 7 ml

Directions

Mix the rub all together in a tightly sealed jar. Makes ½ cup (125 ml).

CHEF TREVOR RANDLE

Agriculture in the Classroom

Chef Randle was born and raised in the Lower Mainland. He completed his red seal chef training in 1998 through Vancouver Community College and worked in a number of fine dining restaurants and large catering companies. Since 2005, he has been a Chef Instructor in local high schools, most recently teaching at Maple Ridge Secondary School running the culinary arts program for over 150 students each year. One of his greatest passions is using BC agriculture in creative ways that excite cooks and food fanatics alike. He has been very fortunate to become one of the chefs at the Agriculture in the Classroom Foundation so he can continue his love of local cooking with some of the greatest products BC has to offer. He looks forward to sharing his Take a Bite Out of BC with the guests of this year's Diversity Health Fair. Join Trevor as he demonstrates homemade chicken soup with pear and brie paninis.

Watch Chef Trevor Randle's cooking demonstration online at www.amssa.org/healthycooking

CHICKEN STOCK

Ingredients

A.	1	each	B.C. Fryer Chicken, fresh
B.	700	g	B.C. Onion, large dice
	350	g	B.C. Celery, large dice
	350	g	B.C. Carrot, large dice
	6	cloves	B.C. Garlic, smashed
	20	g	Black Peppercorns, crushed
	12	each	B.C. Parsley stems
	2	each	Bay Leaf
C.	6	Litre	Water, cold

Directions

Rinse fryer chicken under cold water. Place in a stockpot. Add **B** and cover with **C**. On high heat, bring to a boil and immediately reduce to a simmer. Simmer for 3 hours. Use a ladle to remove any “scum” that rises to the surface. Remove the chicken from the stock. Reserve all of the meat. Strain the stock and discard any solids. Use immediately or cool in an ice bath.

CHICKEN MINISTRONE

Ingredients

A.	60	ml	Olive Oil
B.	350	g	Onion, diced
	175	g	Carrot, diced
	175	g	Celery, diced
	250	g	Bell Pepper, diced
	4	cloves	Garlic, minced
	600	g	Tomato, diced
C.	250	ml	White wine
D.	4	Litre	Chicken Stock
E.	600	g	Kale, julienne
	700	g	White navy beans, cooked
	600	g	Chicken, cooked and shredded
F.	1	bunch	Italian parsley, chopped
	1	bunch	Basil, chiffonade
			Salt and pepper

Directions

Heat **A** in a large soup pot. Add **B**. Season with salt and pepper and sauté for 10 – 15 minutes. Add **C** and reduce by half. Add **D** and simmer for 15 minutes. Add **E** and simmer 10 minutes more. Stir in **F** and season with salt and pepper.

B.C. PEAR & BRIE CHEESE PANINI WITH ROASTED TOMATO MAYONNAISE

Ingredients

A.	4	slices	Cranberry sourdough bread
B.	250	ml	Roasted Tomato Mayonnaise
C.	1	wheel	B.C. Brie Cheese, sliced
D.	250	ml	Fresh B.C. Pear, cored and sliced

Directions

Place bread on a cutting board. To assemble the sandwich, place desired amounts of **B**, **C** and **D**. Grill the sandwich on a Panini press until crispy. Slice and serve immediately.

FOR THE MAYONNAISE

Ingredients

A.	325	g	B.C. Tomato
B.	30	ml	Olive Oil
			Salt and Pepper
C.	250	ml	Mayonnaise

Directions

Preheat oven to 400F. Core and cut the tomato in half. Season with **B**. Place on a baking sheet, cut side down. Roast in the oven for 30 minutes or until slightly charred. Squeeze any remaining liquid from the tomato and puree in a blender, food processor or with an immersion blender. Add **C** and stir. Adjust seasoning.

CHEF SIDDHARTHA CHOUDHARY

Siddhartha's Indian Kitchens

Siddhartha's Kitchen is a place where you can satisfy your palate with food cooked by lots of love and passion. They are committed to support local farmers and the community from where they obtain ingredients. By using local, fresh and seasonal produce the food not only becomes tasty but nutritious too. Come meet Chef Siddhartha and learn how he makes his famous Chai, Butter Chicken and rice pulua.

Watch Chef Siddhartha Choudhary's cooking demonstration online at www.amssa.org/healthycooking

CHAI

Ingredients

2 cup of water
One tea spoon of black tea
One tea spoon of brown sugar
One small about of ginger
4 cardamom crushed
2 cloves and small cinnamon
Half cup of organic milk.

Directions

Boil water with ginger, cloves, cardamom and sugar, add tea and boil until colour is amber. Add milk until colour is brown and let it boil. Strain after first boil and enjoy.



BUTTER CHICKEN

Ingredients

1 kg boneless chicken skin removed
Juice of 1 lime
Salt to taste
1 tsp red chilli powder (adjust to suit your taste)
6 cloves
8-10 peppercorns
1" stick of cinnamon

2 bay leaves
8-10 almonds
Seeds from 3-4 pods of cardamom
1 cup fresh yoghurt (must not be sour)
3 tbsps vegetable/canola/sunflower cooking oil
2 onions chopped
2 tsps garlic paste
1 tsp ginger paste
2 tsps coriander powder
1 tsp cumin powder
1/4 tsp turmeric powder
400g/ 14 oz of chopped tomatoes, ground into a smooth paste in a food processor
1/2 litre chicken stock
2 tbsps kasuri methi (dried fenugreek leaves)
3 tbsps unmelted, soft butter
Salt to taste
Coriander leaves to garnish

Directions

Mix the chicken, lime juice, salt and red chilli powder in a large, non-metallic bowl. Cover and allow to marinate for 1 hour. Heat a flat pan or griddle on medium heat and gently roast (stirring frequently) the cloves, peppercorns, cinnamon, bay leaves and almonds till they darken slightly. Cool and add the cardamom seeds. Now grind into a coarse powder in a clean, dry coffee grinder. Mix the yoghurt, above whole spice powder (from previous step), coriander, cumin and turmeric powders together and add them to the chicken. Allow to marinate for another hour. Heat the oil in a deep pan on medium heat. When hot, add the onions. Fry till a pale golden brown in color and then add the ginger and garlic pastes. Fry for a minute. Add only the chicken from the chicken-spice mix and fry till sealed (chicken will turn opaque and the flesh will go from pink to whitish in color). Now add the tomato paste, chicken stock, kasuri methi and remaining part of the yogurt-spice mix to the chicken. Cook till the chicken is tender and the gravy is reduced to half its original volume. Melt the butter in another small pan and then pour it over the chicken. Garnish with coriander leaves and serve with Indian Bread

