



**Flemingdon Community
Support Services**

CELEBRATING DIVERSITY

A book of

BREADS, SOUPS AND MORE

**RECIPES FROM THE RESIDENTS OF
THORNCLIFFE PARK AND
FLEMINGDON COMMUNITY-
TORONTO**





FOREWORD



The *Celebrating Diversity a book of Breads, Soups and More* from the Multicultural Bread, Drinks and Story Telling Festival project is here! TNO-The Neighbourhood Organization is committed to the principles of multiculturalism/diversity. We are so happy to have work with Flemingdon Community Support Services and other community groups and service providers in Flemingdon and Thorncliffe Park for this innovative community-based and community-focused collaborative project entitled Multicultural Bread, Drinks and Story Telling Festival, which highlight growing diversity within the Flemingdon/Thorncliffe and celebrate the contributions of newcomers in these communities. Local residents from various ethnic groups in the neighbourhood who were engaged in this project prepared the bread and soup recipes and stories in the book. The *Celebrating Diversity a book of Breads, Soups and More* is indeed more than a recipe/story book as it also served as a platform to share traditions, make memories and shared experience that bonds the community together and helps them feel more connected and less lonely. Thank you to the support we received from the Ministry of Canadian Heritage and Multiculturalism Community Support, Multiculturalism, and Anti-Racism Initiatives Events component in implementing this amazing project. I would also like to acknowledge our staff, community partners, the presentors and volunteers for their contribution to the book and everyone who made this book possible.

Ahmed Hussein,
Executive Director,
The Neighbourhood Organization (TNO)





MESSAGE FROM FCSS



I would like to start off by conveying my heartfelt appreciation to the Ministry of Canadian Heritage and Multiculturalism Community Support, and Anti-Racism Initiatives Events Grant for providing TNO and FCSS with the wonderful opportunity to present to you recipes and stories from the community residents. I would also like to congratulate the organizers, steering committee members and volunteers for all their hard work in putting together the festival that led to the final culmination of a booklet containing recipes and stories from around the world. It was an absolute delight and pleasure for me to be closely associated with the Multicultural Bread, Drinks and Storytelling Festival. As a social worker and involved in community development initiatives in the Flemington, Thorncliffe and surrounding neighbourhoods I feel that this is a great initiative as it provided the residents with an opportunity to share their stories, culture and traditions with their neighbours and this brought them closer. It is FCSS's vision to work for a positive and transformative change in the lives of the residents of Flemington, Thorncliffe Park and surrounding neighbourhoods through community engagement. It focuses on the needs of the large immigrant and refugee community struggling with issues of poverty, isolation and precarious employment.

Nawal Ateeq

Executive Director

Flemington Community Support Services (FCSS)



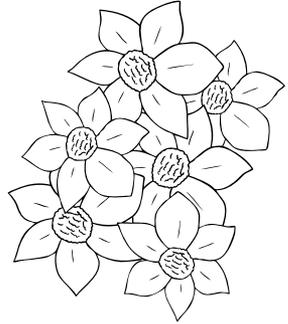


BEFORE YOU BEGIN



These recipes are hand-picked and shared by the community residents, who have proudly chosen Canada as their new home and who bring flavours from around the world to this neighbourhood.

We hope this little book brings the same warmth to your heart and shine to your eyes, as it brought to the residents when they shared their special breads and cherished stories with Pavla Uppal, our storytelling facilitator.



Enjoy reading and try out some recipes!

Norin Taj
Project Coordinator



We are grateful for our community partners and funders.

Funded by: Ministry of Canadian Heritage and Multiculturalism's Community Support, Multiculturalism and Anti-Racism Initiatives Event Component Grant.
Community Partners: Flemingdon Health Centre (FHC), Flemingdon Park Ministry (FPM), Friends of Flemingdon, Ansar Foundation



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EVERYDAY BREAD



F R O M A L B A N I A

Preparation time 10 mins. | Rising Time 2 to 4 hours

INGREDIENTS

- 1 package (1/4 ounce) active dry yeast
- 1/2 cup warm water
- 1 teaspoon sugar
- 4 ½ cups of all-purpose flour
- 1 ½ tablespoon salt
- 4 tbsp. olive oil

METHOD

Stir warm water and sugar, then add yeast and let it rest for about 10 minutes. The yeast will bubble up. In a large bowl, mix flour with salt, then add olive oil and the raised yeast. Mix all ingredients by slowly adding warm water until it forms a soft dough. Cover and let it rise at room temperature or in a warm place for about 1 to 2 hours. After the dough is risen, knead it gently for 6-8 times till smooth and elastic. Shape it into a loaf. Place it in a 9x5-inch greased baking pan. Cover the pan and let it rise at room temperature or in warm place until dough is doubled, about 1 to 2 hours. Preheat oven to 425 F. Bake it for about 10 minutes at this temperature. Reduce oven settings to 350 F and bake it for 35 more minutes, until deep golden brown. Remove it from pan and let it cool. Enjoy

Shared by: Marjola Peqini, TNO Staff who loves cooking



**MUSHROOM SOUP**

F R O M C H I N A

Prep time: 40 minutes | 6-8 Servings

INGREDIENTS

- 1 tablespoon sesame oil
- 6 scallions (sliced)
- 2 cloves garlic (minced)
- 2 teaspoons grated fresh ginger (optional)
- 4 cups vegetable broth
- 2 tablespoons soy sauce
- 3 to 4 cups sliced fresh mixed mushrooms (fresh Shiitake, Portobello, Cremini)
- 2 to 3 baby bok choy, greens included, sliced
- Freshly ground pepper to taste

METHOD

Heat the oil in a soup pot. Add the scallions and garlic, and sauté until the garlic is golden. Add the broth, mushrooms, soy sauce, and ginger. Bring to a slow boil, then simmer for 15 minutes.

Add the bok choy, return to a simmer for few minutes then remove from the heat. Season with pepper and serve at once.

Shared by: Jenny, while visiting family in the neighbourhood.



FASULYE-WHITE BEAN SOUP



F R O M T U R K E Y

Prep time: 40 minutes | 6-8 Servings

INGREDIENTS

Olive Oil- 3tbsp

White Onion, peeled and chopped- 1-1.5

Cannellini Beans, drained-1 can

Tomato Purée-2 tbsp

Water-2 cups

Lemon, juiced - to taste

Salt & Pepper, to taste | 1 handful Chopped Fresh Parsley

METHOD

Add a little olive oil to a frying pan and saute the onion with the olive oil for around 3-5 minutes.

Then add tomato paste, stirring it into the onions. Once it is all stirred together and soft, add beans to this mixture and stir gently.

Leave this on a low heat to simmer for around 20-30 minutes, or until the beans are soft enough for your liking.

Serve it with a plate of rice and fresh, crusty bread.

Shared by: Zeynep- a community resident and university student





ENSAYMADA



F R O M P H I L I P P I N E S

Servings: 24

INGREDIENTS

1 cup milk

1/2 cup + 2 tablespoons sugar

1/2 cup shortening - softened to room temperature

1 envelope active dry yeast - 7-9 grams/ 1/4 oz / 1 tablespoon

3 1/2 cup flour

3 egg yolks

1/4 tablespoon salt

1/4 cup butter - softened to room temperature- for brushing

METHOD

- In a mixing bowl, mix together milk, shortening, sugar and salt.
- Add half of the flour and the bloomed yeast and mix for 3-5 minutes at medium speed until a paste-like consistency is achieved.
- Add the egg yolks and the rest of flour and mix for another 3 minutes. Add more flour if the mixture is too liquid or too sticky but not too much. The dough is supposed to be sticky.
- Scrape the sides while folding the dough in the middle of the bowl and then cover with kitchen towel. Let it rest and rise in a warm place for 2-3 hours.

continued on the next page...



ENSAYMADA



F R O M P H I L I P P I N E S

continued from last page

METHOD

- Scrape the sides of the bowl while tipping the sticky dough over.
- Roll the dough into a log and cut into 2. Roll each log again and cut into 2. Repeat this process until you end up with 16 slices.
- Using a rolling pin, roll a slice into a rectangle (about 8x4 inch) and brush the surface with softened butter. Roll it from one end of the long side to the other end, creating a long, thin log then shape it into a coil (spiral) with the end tucked under.
- Place each coiled dough in a greased mold and let it rest in a warm place for about 30 minutes to 1 hour until it has risen to almost double its size.
- Bake them in a preheated oven at 300°F /150°C for 20-25 minutes. Once baked let them cool down for a few minutes before removing from molds. Then let them cool completely.
- Meanwhile, prepare the buttercream by creaming ½ cup of softened butter and ½ cup powdered sugar.
- Using a knife or spoon, cover the top of the ensaymadas with buttercream and lastly with a generous amount of grated cheese.

Shared by: Angela- a community leader

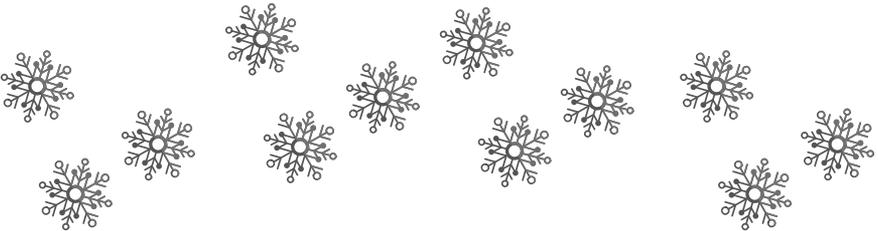
Two baguettes from Skiing - Montreal

I think of a baguette for a special brunch and then I think of German bread – the rye bread. That’s my husband’s heritage – Austrian. So we had rye bread.

I grew up in Quebec, lived in Montreal. We used to go to a boulangerie for bread. There was that French influence on bread-making. When I grew up, we used to buy the Wonder bread - white bread loaf. I don’t like it now, but back then that’s all we had so you couldn’t do anything about it, so we ate it.



I remember one story – going skiing in St. Sauveur de Monts in Quebec and going to the boulangerie and buying two baguettes – warm and fresh – one to eat right away and one for later. I remember the smell...the bread smelled so good.



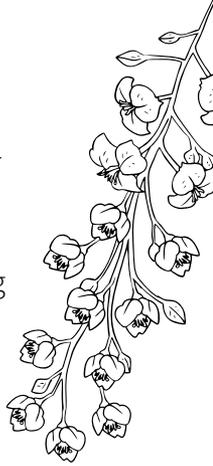
Celebrating Bread- by Seema from Pakistan

When I was young, I didn't know how important bread or food was.

I am from Pakistan. Our cook was an old man. This happened when I was about 15 years old, which is a long time ago but still I remember it so clearly. It was time of hot weather and the cook didn't want to spend extra time in the kitchen making chapatis. So, my mom hired a young lady just for that work – to make chapatis.

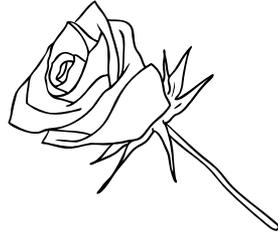
One day, I was going to the kitchen but before I entered, I noticed that she was hiding something... she was stealing chapatis for herself and her family, I felt very sad. It was almost 40 degrees celsius and she was making chapatis on a fire. She was poor and must be hungry, and it made me feel sad. My imam says that food stealing is not stealing but I also realized the importance of bread that day.

Now when I see, people throwing away food and not respecting it, I feel the need for changing our attitudes toward food. We can celebrate food by giving and sharing with others.



We had a rice field. During the day, it used to get really hot – humid – too hot, so my mother used to get up at 3:30am to start the tandoor. She went to bed by 7:30pm as there was no TV. So, she go up at 3:30am to prepare bread. She started with the wood – it would take her about 45 minutes to heat up the tandoor.

**My mother and her
generous spirit- by Eshrat
from Iran**



I remember that the temperature was different for different kinds of bread. There is also one bread, which is very special and it is like a gift.

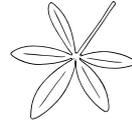
She cleaned the tandoor and then she put one bread in to see if it stuck to the side, to see if the tandoor was hot enough.

I remember from my room's window how huge the fire smoke was from the tandoor. There was a little shack over the tandoor – as a roof.

My mom loved making bread and she didn't let anyone touch her dough. When she made dough, she pinched a piece and put it a side for next bread – just like sour dough. She never used yeast. My mother was so hard working. Tending to the field, housekeeping, and cooking. She would sometimes save her supper and eat only bread so that she could share her supper with her mother – my grandmother. Because the other daughter-in-law didn't care about my grandmother and she sometimes went hungry.

Thinking about bread brings good memories. It makes me happy thinking about this.

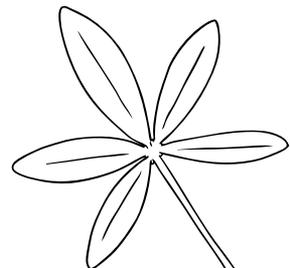
Chapatis and Notebooks by Esther- from South India



Back home, in India – South India, we used to go to movies a lot. So, we made bread before going to the movies. My brother and I made bread – we started when we were around 10-11 years old. We learned it from our North Indian neighbours. We are from the South, so we don't make chapatis, but we liked them a lot. So, we prepared chapatis and put each one of them between the pages of a notebook, uncooked. It would keep that way and didn't let it dry up. When we came back from the movies, we would start cooking them.

We make many different kinds of roti, for example thin like a crepe and we make it with sugar and ghee. It's yummy...or, I make chapati on tava and then quickly put it over hot charcoal – it immediately puffs up. It is kind of like puri, but without frying, so it's healthier.

So, once my – then future - husband visited us. I in grade 10, I think and, I wasn't allowed to talk to male visitors. My mother wouldn't allow it. Just maybe to say hi and that was it. So, when he came, my brother asked him to go to the kitchen and make chapatis with him. My mother and I thought this was great – they are helping with dinner, so, we left them in the kitchen. But when we came back in time for dinner, the chapatis were still raw and stuffed between the pages of the notebook. So my mother and I had to cook them. We always remember this in our family. And, I remind my husband about the time when he was supposed to make chapatis. He claimed – well, we made them, but we didn't cook them.





BESAN KI ROTI



F R O M P A K I S T A N

Prep time: 15 minutes | 8 Servings

INGREDIENTS

Gram flour | 2 ½ cups
 Whole wheat flour | 1 cup
 Cumin seeds | 1 teaspoon
 Carom seeds | ¼ teaspoon
 Chopped Onion | 1
 Chopped Green Chili | 1
 Crushed Red Chilly | 1 teaspoon
 Vegetable Oil | 2 tablespoons
 Yoghurt | 1 tablespoon
 Fresh Coriander | 1 handful
 Salt | 1 teaspoon

METHOD

Combine flour, spices, oil, and yoghurt and begin formation of dough. Slowly add water and begin to knead it until it comes together. Once dough is firm, set aside for 10 minutes to rest. After rest, mold the dough to create 8 golf ball sized rounds. Dust a flat surface with flour and roll it out with a flour dusted rolling pin until approximately 6 inches. Place on a flat pan/griddle on medium high heat and cook until it is toasted on one side. Once both sides are brown and cooked, brush with melted butter and serve.

Shared by: Rukhsana Athar, Local Chef, Urban Cafe





INSTANT DOSA



F R O M I N D I A

Prep time: 15 minutes | 1 Serving

INGREDIENTS

Egg white- 01

Rice Flour- 2 Tbsp

Ajwain- a pinch

Salt- a pinch

Coconut Milk- Optional

METHOD

Make a flowing batter by combining all the ingredients and adding some water (or coconut milk). Slightly grease the tawa/frying pan and clean it with kitchen towel. With a deep curry spoon, spread a spoonful of batter on the heated frying pan/tawa. If you don't see bubbling holes forming on the dosa, add some more water to the batter. Cook on medium heat and cover the dosa with a lid. Scrape from sides once the dosa is cooked and serve hot with coconut chutney or with sambar, a stuffing of potatoes, and chutney.

Shared by: Azra Nasir, Local Chef, Urban Cafe




NAAN ROGHANI


F R O M A F G H A N I S T A N

Served with sweet tea, sometimes with milk added.

INGREDIENTS

Plain flour 500 grams

Oil ½ cup

Sugar 3 tablespoons –skip, if you don't like the naan to be sweet

Yeast -1 ½ tablespoons

Egg 1

Milk – warm 1 ½ cups

METHOD

- Combine the flour and oil to prepare a dough.
- Knead the dough for 10 min-If the dough is very dry, you can add 2-3 tablespoons more milk or if it is very wet, add a few tablespoons of flour.
- Let the dough rise until it is double in size (takes around 2 hours)
- Divide the dough into 4 equal parts, divide one part to two balls.
- Roll out each ball into oval shapes about 10 inches by 6 inches.
- Cover with a wet towel for 20 minutes. Prick all over with a fork.
- Mix the egg and oil and brush on top of the naan.
- Bake on 300F for 25 minutes

Shared by: Banazir, a community leader





BOLANI



F R O M A F G H A N I S T A N

INGREDIENTS

3 1/2 cups all purpose flour	Filling:
1 cup water	2 Potatoes (boiled)
1 teaspoon salt	1/2 cup corriandar leaves, chopped
1 teaspoon Olive oil	1/2 cup scallions (chopped)
	2 tbsp Olive oil
	1 1/2 teaspoon salt
	1 teaspoon black pepper, ground

METHOD

- Combine the flour and oil to prepare a dough.
- Coarsely mash the boiled potatoes with a fork and roughly chop the coriander.
- Heat olive oil in a skillet. Sauté scallions for 2 minutes. Stir in the potatoes and coriander. Add salt and pepper and turn off the heat
- Divide the dough into 8 equal parts and roll out each ball into a 8/9 inch circles. Put a portion of filling on the top half of the circle and fold the bottom half up over the top half . Seal the edges by pressing the sides together.
- In a pan, shallow fry the bolani on both sides one by one, until golden brown and crispy

Shared by: **Tourpike Rahimi**, an active member of the community




BARBARI- PERSIAN BREAD


F R O M I R A N

INGREDIENTS

Whole wheat flour 4 cups
 Butter 2 tbsp
 Yeast 1 tbsp
 Salt 1 teaspoon
 Water 3 cups
 Egg yolk 1
 Milk 2 tablespoons
 Sesame seeds 1 teaspoon
 Black seeds/Nigella Seeds 1 teaspoon
 Sugar 1 teaspoon

METHOD

Add yeast , sugar and salt to flour. Then add warm water gradually to make dough. Start kneading the dough, add butter and keep kneading until it doesn't t stick to your hands. Cover the dough and let it rise at room temperature for half an hour Meanwhile, turn the oven on and set that to 350 C.

Next, flatten the dough with a rolling pan and place it on a large oiled oven-tray. Prepare an egg-yolk mix by adding saffron and milk to egg yolk and mixing well.

Work out the dough with your fingers, flatten it into an oval shape. Punch all over it with fork, brush the egg-yolk mix on the top of bread. At the end, sprinkle the seeds on the top.

Bake it for approximately 45 minutes.

Shared by: Eshrat, a community chef





BANANA BREAD



F U S I O N F O O D

Time 1h 10 m | 12 Servings

INGREDIENTS

- ½ cup butter
- 1 cup white sugar
- 2 eggs
- 3 ripe bananas (mashed)
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 tablespoon cinnamon
- 1 cup chocolate chips

METHOD

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x5 inch loaf pan.
2. In a large bowl, cream together the butter and sugar until light and fluffy. Stir in the eggs one at a time, beating well with each addition, stir in the mashed bananas.
3. In a large bowl, sift together flour, baking powder, baking soda, salt. Blend the banana mixture into the flour mixture; stirring just to combine. Fold in the nuts.
4. Bake in preheated oven for 60 minutes, until a toothpick inserted into center of the loaf comes out clean.

Shared by: Maria Brown, an internee in the community



A village and a mobile clay-oven - by Riffat from Pakistan

Sarson ka saag, makkhan aur Makayi ki Roti - Spinach and seasonal mustard leaves with Cornflour bread

When I was in the early teen part of my age, we lived in the employees' colony of a factory where my father was also employed. Like all moms, my mom also used to cook meals for all the family and I would help her in the kitchen business daily after finishing my school homework. My mom used to cook curry almost daily and also chapatias as we all, especially my father, liked only freshly cooked meal. We normally prepared chapatis of wheat flour but rarely my father would bring corn flour so my mom would prepare roti of corn flour which we all liked very much.

Now comes that part of my story which I like to share. There was a village woman name Rajo. She had a clay oven. In fact in the village almost every home had a clay oven for their use as it is an integral part of village life. Normally ovens are fixed in the ground but Rajo had an oven which could be moved from one place to the other and could be used on the ground by lighting fire inside with coal or wood pieces. Rajo used to visit our colony with oven carried on a small trolley. She always came to my house weekly and put the fire in the oven and it was ready for baking naan and roti. Ladies from neighbouring houses used to bring their doughs, most of the times, made of wheat flour. Sometime some ladies, including my mom as well, came forward with doughs made of corn flour and Rajo used to bake chapatias / roties of corn flour. Believe me that the aroma of baked corn flour can't be described in words. It was really an unmatched taste.

Corn chapatti is preferably eaten in a way that a large piece of butter is put on the chapatti / roti and it is eaten with curry made of mustard leaves (called sarson in urdu) or , alternatively, with spinach. In fact people living in villages of Pakistan would also add some butter in the saag (as they have butter available in abundance) which make the curry more delicious. I have tried to prepare corn chapati in Canada on electric burner but the appetising aroma of chapati baked in clay oven, which I will never forget, could never be reproduced.

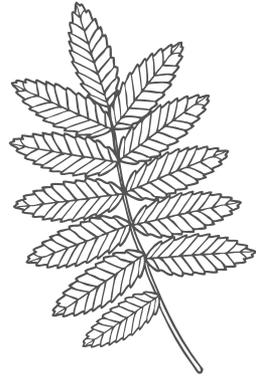


Tandoor in a house- from Afghanistan

I was about grade 8. We had a big house in Kabul even the garage was like a house. I was married when I was 15 years old and there was tandoor in my mother-in-law's house.

People brought dough from their homes and had it made into bread in the tandoor. They came from the whole neighbourhood. The whole community used to come to use our tandoor. People came to her and said, "give us the space with the tandoor, we will make bread for you and we will clean for you". Those people were from the North – they looked different then us – they had Mongolian features. So, they had to pay, of course, either with money or with dough.

The tandoor was very busy until late afternoon, I remember. Of course, it's better that way, if each house had a tandoor, then they would use a lot of wood and it was expensive.





LENTIL SOUP



F U S I O N F O O D

Prep time: 50 minutes | 8 Servings

INGREDIENTS

- 1 cup orange lentils
- 2 - 3 pieces of chicken/ substitute with vegetables for stock
- 1 tsp salt
- 1 tsp dried mint
- 2 tbsp butter
- 2 slices bread cubes

METHOD

Wash lentils thoroughly and soak them for 30 minutes to an hour. In a sauce pan prepare chicken stock with either fresh chicken or with store bought vegetable/chicken/beef stock and put aside when ready. Note: if the stock is being prepared from fresh chicken or beef this needs to be removed from the stock and can be used for some other recipe. *You can make sandwiches with this chicken. Now place the presoaked lentils in the chicken stock with salt and boil until lentils are cooked and tender. When the lentils are tender cool them down a little then place this mixture in the liquidizer and prepare pulp and strain. Now add water according to the consistency that you like for your soup. In frying pan place butter, heat it and add dried, crushed mint. Once the mint is sizzling in the butter, garnish the soup with this butter/mint mixture. Homemade croutons -Use stale bread and cut into medium sized cubes. Deep fry them. Now enjoy delicious lentil soup with croutons.

Shared from Zeenat's Kitchen by Nawal, a community leader



CHICKEN MANSAF SOUP

F R O M P A L E S T I N E

Preparation time 50 mins. | servings 6-8

INGREDIENTS

- 1 whole chicken, cut into serving pieces
- 1 1/2 quarts plain yogurt
- 1 egg
- 1 cup almonds, freshly toasted
- 1/2 cup pine nuts, freshly toasted,
- Parsley, finely chopped, to taste,
- Salt to taste
- Black pepper, ground, to taste

METHOD

Place chicken in a large pot with enough salted water to barely cover it.

2. Cook over medium heat until almost done, about 1/2 hour.
3. In a large saucepan, stir yogurt until it is quite smooth. Add beaten egg and heat over medium heat, stirring constantly.
5. Add enough of the liquid from the cooked chicken to it to make a thin sauce, about the consistency of very heavy cream.
6. Heat until it almost comes to a boil and thickens slightly.
7. Add the cooked chicken pieces to the yogurt sauce and finish cooking the chicken in the sauce, at a low temperature.
8. Garnish with the almonds, pine nuts and parsley.
9. Serve warm accompanied by warmed pita bread.

Shared by: Faten , a local resident and a caring mother





PEPPER POT SOUP



F R O M J A M A I C A / F U S I O N

Preparation time 50 mins. | servings 6-8

INGREDIENTS

- 2 tbsp. vegetable oil
- 6 scallions (chopped)
- 1 small white onion (chopped)
- 2 cloves garlic (crushed)
- 1 potato (1-inch cubes)
- 3 stalks fresh thyme
- 8 oz. fresh or canned Spinach or callaloo (from any Carribean Store)
- 3 Caribbean red peppers/ Bonney peppers
- 4 cups vegetable stock
- ½ cup coconut milk
- Salt & ground black pepper to taste

METHOD

Heat the oil, in a large saucepan, over medium heat. Add the scallions, garlic, thyme and onion and cook for about 8-9 minutes. Stir in the spinach/callaloo, stock, and Bonney peppers. Bring to a simmer and cook for 20 minutes. In a blender, blend the contents of the saucepan. Continue cooking on medium heat, after adding the potato and coconut milk, till the potato is soft. Season with salt and pepper. Serve hot.

Shared by: Nikkie , a local resident and food lover





TOMATO AND RICE SOUP



F R O M A L B A N I A

Preparation time 10 mins. | Rising Time 2 to 4 hours

INGREDIENTS

- 5 cups diced ripe red tomatoes
- 150 gr white rice
- 2 large onion chopped
- 1 red pepper chopped+ 1 green pepper chopped
- 600 ml vegetable/ beef or chicken broth
- ¼ tsp black pepper +1 tsp salt
- 2 tbsp fresh parsley chopped
- 3 tbsp extra virgin olive oil
- 1-2 cups boiled water

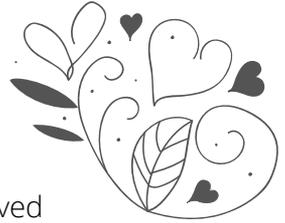
METHOD

To prepare this recipe, first wash the vegetables with plenty of water. Then chop the onions, tomatoes and vegetables into cubes. In a large sauce pot, heat olive oil over medium heat. Add the onions, cook for 8 to 10 minutes, stirring occasionally, until golden brown. Then add the tomatoes, stirring for about 5 minutes, until the tomato juice thickens. Also, season with some salt and black peppers. Add the chopped green and red peppers, vegetable/beef or chicken broth, 1-2 cups boiled water, and salt and leave it to boil. Add the rice and allow it to thicken. After the rice has boiled, season it with left over black pepper and chopped parsley. Tip: If preferable to cook it with beef or chicken there is no need for broth. While frying the onion add meat.

Shared by: Marjola Peqini, TNO Staff who loves cooking



The one bread...that I couldn't find
by Almas
from East Africa



My grandmother was from India, but they moved to a resort town of Mombasa in East Africa.

My father was in the British Army so we moved a lot.

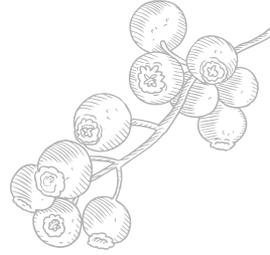
I was born in a fishing village. We used to go fishing for tilapia.

My father would bbq it for us. He was a Sunni Muslim, and my mother was an Ismaili. They were joined by bread – chapati. My mother would make Indian bread in East Africa.

The locals (Africans) made bread in cooking pans. They had corn bread, which was like polenta, and that was their bread. They made a ball out of it and made a little hole in the middle and put curry in there.

Then, we moved to England. There they had the sponge bread, I didn't like it. I made my own. I met my husband there -he was from Pakistan. We got married and we lived in Brighton. That's when I started to make chapatis. I never used to do it growing up because we had domestic help. So I learned how to make bread. But it was hardly round – at least not at the beginning. I didn't care. Then, I had to make chapatis for my husband's cousins who ate in our house. I didn't like it. They were in our house almost every day – couldn't find work. I was a nurse and I was supporting my husband and his cousins. That wasn't sustainable. We left and moved to Copenhagen in Denmark. There, they had the dark rye whole grain bread. I loved it. When I came to Canada, I looked for it all over the place. I could only find the Swedish bread which was similar, but not the same.

Bread hard as a wooden stick from Iran

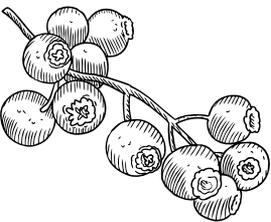


Well, a little bit I remember...

I lived in California. My sister lived in California and my brother lived in Norway but he came to visit us. We had a family reunion in my sister's house in California. So, I decided to make Iranian bread to celebrate. I don't know what happened, but it came out hard as wood. We couldn't eat it. I don't know. It wasn't my kitchen – it was my sister's kitchen. The temperature of the oven must have been different. Not sure.

We were all laughing about it and we still remember the time when I made "Iranian" bread which was hard as a wooden stick.

Anne, however, my brother's Norwegian wife made her style of bread – Norwegian – with flax seeds and many grains. Wow, it was so tasty. We all loved it.



Made with Love - by Norin Toronto



My parents come from different ethnic backgrounds but somewhere in 1950s they lived in Karachi. Life was without chaos and not so fast paced. My grandfather, my dad's father, had a small bakery, my mom's father was a watchmaker and they happened to be friends living in the same neighbourhood. My mom was about 11-12 years old and whenever she went to the bakery to get some bread, she got an extra loaf, since my grandfather, the baker, liked her a lot. My father, as a young boy, was mostly at the bakery in the mornings, before school, to help his father and elder brothers. Gradually my father started taking notice of her and her special treatment. My mom till today tells me that they had fights among her siblings because her brother, being a lazy tween at times, used to say: "send my sister, she gets a free loaf at the bakery so why should we go?" So this is how they first saw each other at the bakery – my mother and my father – and are together today.. as happily ever after.

**Shredded
Wheat Bread**
by Mary

**from Eastern
Townships,
Quebec**

I lived in Lennoxville, Quebec. I used to go to the little bakery in town. Lennoxville wasn't big. Maybe 1500 people? I used to love that bread – Shredded Wheat bread. It was made of the cereal I like. I eat the cereal still , but the bread – they don't make it anymore. The bakery closed down.

We didn't have the huge variety of breads like we have today. It was mainly the white loaf type of bread. Not even the French baguette. So the Shredded Wheat bread was special.



Shh...!

the in-laws are listening

When I made my first chapati in my husband's house, my mother-in-law was looking over my shoulder. I was so nervous that none of them came out round. They were in the shape of Africa.

I don't like to make rotis. I always knew (growing up) that one day I will have to do it when I am in my mother-in-law house. I purposefully didn't learn it so I wouldn't have to do it.

It is important to have the roti or chapati round. It is very important. I don't know why, but it is very important.



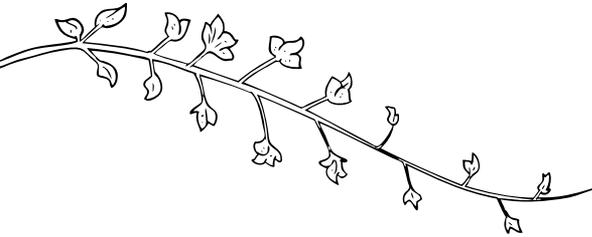
QUICK DIPS



BABA GANOUSH

1 medium eggplant | Olive oil (for roasting) | 1 large clove garlic (finely minced) | 2-3 Tbsp lemon juice | 2 Tbsp tahini | Salt to taste & Fresh cilantro, parsley or basil (chopped)

Slice the eggplant into 1/4 inch rounds, sprinkle with sea salt and pat dry with kitchen towel after ten minutes. Arrange in a baking sheet and broil on high for 5-10 mins, turning once. Peel away the skin and add the flesh of eggplant to a food processor with lemon juice, garlic, tahini, a pinch of salt and mix until creamy. Add herbs and adjust the seasoning.



CREAMY BEET DIP

2 cups boiled beets | 1 Tbsp Yogurt | 1 large clove garlic (crushed) | 2-3 Tbsp lemon juice | Salt to taste & Fresh mint (chopped)

In a food processor, put beets and other ingredients and blend for 2 minutes. Adjust the seasoning and garnish with mint. Serve with fresh bread.

Shared by: Shrouq Abdul-Raheem





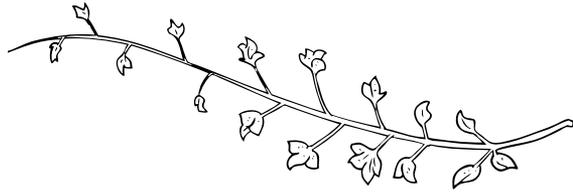
TZATZIKI - CUCUMBER DIP

1 Cucumber, peeled, seeded and, grated | 1 teaspoon Salt | 2 cups- Greek-style yogurt | 1/2 Lemon, juice | 1 large clove garlic (crushed) | 1/4 cup- Olive oil

In a large bowl, toss the cucumber with the salt and set aside for 5 to 10 minutes. Get rid of excess moisture by squeezing grated cucumber and add the remaining ingredients. Adjust seasoning and serve well chilled.

For Middle Eastern touch, add some chopped mint and dill.

For Iranian taste, stir in 1/4 cup walnuts, 1/4 cup golden raisins and some chopped mint.



AJVAR- ROASTED RED PEPPER DIP

2 red bell peppers | 1 small eggplant | 1 garlic clove (crushed) | 1 Tbsp olive oil | 1 tsp vinegar | Salt & ground black pepper to taste

Slice the eggplant into 1/4 inch rounds, sprinkle with sea salt and pat dry with kitchen towel after ten minutes. Arrange in a baking sheet. Cut bell pepper in halves and arrange in a baking sheet. Roast for about 30 mins, for a darker grill and broil on high for 5-10 mins. Remove the skin and add the flesh of eggplant and peppers to a food processor, with all the other ingredients. Empty the contents of the food processor in a sauce pan and simmer for 30 minutes, stirring constantly. Adjust seasoning.





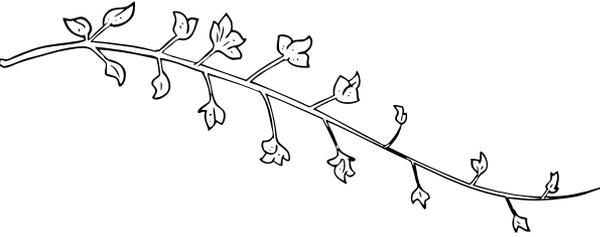
QUICK DIPS



GUACAMOLE

2 ripe avocados, 1/4 cup of minced red onion, 1/2 ripe tomato, seeds and pulp removed, chopped, 1-2 green chiles/ Jalapeño peppers-thinly sliced, 1 tablespoon lemon juice, 2 tablespoons cilantro finely chopped, Salt & Pepper to taste.

Cut the avocados in half, remove the pit and scoop out avocado flesh with a spoon. Mash the avocados, add all the other ingredients and serve with chips.



EASY SALSA

2 to 3 medium sized fresh tomatoes, 1/2 red onion, 2 green chiles/ Jalapeño peppers, 1 clove of garlic (minced), Juice of one lemon, 1/2 cup chopped cilantro, Salt & pepper to taste
Pinch dried oregano+ pinch ground cumin

Finally chop the tomatoes, chiles, and onions. Add all the other ingredients. Let the salsa sit for an hour. Serve with tortillas, tacos, burritos or chips.

Shared by: Marlene, a friend in the community.





QUICK DIPS



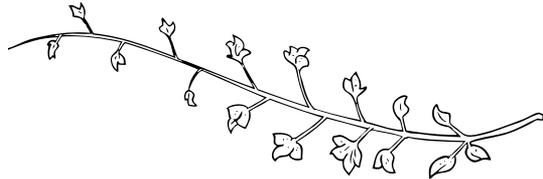
MANGO CHUTNEY

1 Tbsp cooking oil | 2 tsp fresh ginger (finely minced) | 2 cloves garlic, finely minced) | 1 red chilli (julienne) | 4-5 mangoes (about 250-300 grams each), peeled and diced | 2 cups sugar | 1 cup white vinegar

Ground spices - 1 teaspoon coriander + ½ teaspoon cumin + ¼ teaspoon turmeric+ ¼ teaspoon cardamom+ ¼ teaspoon cloves+ ¼ teaspoon cinnamon | 2 teaspoons whole nigella seeds | ¼ teaspoon salt

Heat the oil in a medium pot. Saute the ginger, garlic and red chilli for a minute. Add nigella seeds then add all ground spices and sauté for another minute. Add the diced mangoes, sugar, salt, and vinegar and stir to combine. Bring it to a rapid boil and reduce the heat to low. Steady simmer for 1 hour. Remove from heat and allow it to cool before serving.

MINT CHUTNEY



1 cup chopped fresh coriander leaves, 1 cup chopped fresh mint leaves, ½ inch ginger+2 cloves garlic chopped, 1 green chili 1 or 2 teaspoon lemon juice, ½ teaspoon cumin powder, salt or sea salt as required, 4 tablespoons water or as required

Blend all the ingredients into a smooth paste. Serve with pakoras, samosas, chaat, chole or other snacks.

Shared by: Seema Khan





NOTE OF THANKS



This book came out of the Multicultural Bread, Drinks and Storytelling Festival in the community. The project was a community-based initiative in partnership by The Neighbourhood Office with Flemingdon Community Support Services, various community groups and service providers in Flemingdon and Thorncliffe Park. The project not only celebrated and showcased growing diversity within the Flemingdon/ Thorncliffe but also the contributions of newcomers in these communities. It encouraged residents to get to know one another by learning about their cultures and their stories.

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**Flemingdon Community
Support Services**



THE NEIGHBOURHOOD
ORGANIZATION



**United Way
Greater Toronto**

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Canada

Canada

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