

CHANTRELL CREEK MULTICULTURAL COOKBOOK





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KNÖPFLE SOUP



Ingredients

- 4 Tablespoons Butter
- 4 Celery Sticks – chopped
- 4 Carrots – chopped
- ¼ Cup Flour
- 4 Medium Potatoes – chopped
- 8 Cups Chicken Stock
- Salt to taste
- 1 Cup Heavy Whipping Cream
- Parsley (Optional) - 3 Tablespoons - chopped
- For the Dumplings:
- 2 Cups Flour
- 2 Eggs
- ½ Cup Milk
- 1 Teaspoon Salt

Submitted By: Matteo De Iure (Lara Hein)

This is a traditional dish of "Germans from Russia" - our family heritage. Germans from Russia are one of the largest groups of European immigrants who settled in the Fraser Valley pre and post-World War II.

Our family came to Canada (Aldergrove specifically) in 1947, labelled as "displaced persons" after World War II. We love to learn about our ancestry, and cooking is a great way for us to expand on our knowledge and appreciation of the Germans from Russia culture.

If you need a delicious, comforting, creamy, dumpling soup, Knöpfle Soup is just for you. Knöpfle translated from German means "little button" for the dumplings in the soup.

Directions

In large pot add butter and put on low to allow butter to melt.

Once melted, add carrots and celery.

Cook on low for 5 minutes.

Stir in ¼ Cup Flour.

Add 1 Cup of Chicken Stock to the soup and mix to incorporate the flour.

Add the rest of the stock.

Add Potatoes.

Turn to medium-high and cook until potatoes are tender (about 30-40 mins).

While potatoes are cooking, make dumplings.

Mix all dumpling ingredients in a bowl and combine well.

Divide into two pieces just to make it easier to work with.

Roll each piece out with your hand so it is approximately 1 inch in diameter, like a rope.

KNÖPFLE SOUP (CONTINUED):

Directions

Cut into 1 inch dumpling pieces and set aside.

Add any needed salt to the soup.

Once potatoes are tender, add dumplings to the soup.

Cook for 5 minutes.

Add 1 Cup of Heavy Whipping Cream and Parsley (if desired) and cook 2 more minutes.

Serve and Enjoy.

Yields 8 Bowls of Soup.

MINISTRONE SOUP



Submitted By: [Xander & Vinny Carelli](#)

We are of Italian heritage and it is customary (as in many cultures) to have large family gatherings that involve large amounts of yummy food! An interesting fact is that when you are served a traditional Italian meal, the salad is served as the last course 😊

This recipe is a staple in most Italian homes as it is used as a catch all for leftovers, or unused veggies at the end of their lifespan. We usually eat ours with some rustic Italian bread.

Ingredients

- 3 tablespoons extra-virgin olive oil
- 1 medium yellow onion, chopped
- 3 medium carrots, chopped
- 4 celery stalks, chopped
- 2 cups seasonal veggies (anything in your pantry will work!
Examples: potatoes, zucchini, yams)
- ¼ cup of tomato paste
- 1 large can (28 ounces) diced tomatoes, with their liquid
- 1 cup small style pasta
- 1 can (15 ounces) cannellini beans
- 4 cups vegetable broth
- 4 cloves of garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 teaspoon sea salt
- 2 bay leaves
- Pinch of red pepper flakes (I leave this out if I am making it for my kids)
- Fresh ground pepper, to taste
- 2 teaspoons lemon juice
- Optional: Freshly grated parmesan cheese, garnish

MINESTRONE SOUP (CONTINUED):

Directions

- 1.) Warm 3 tablespoons of the oil in a stockpot over medium heat. Once hot, add the chopped onion, carrots, celery, tomato paste and a pinch of salt. Stir often until the veggies have softened and the onions are translucent, about 8 to 10 minutes.
- 2.) Add the seasonal veggies, garlic, oregano and thyme. Stir often for about 2 minutes.
- 3.) Add in the diced tomatoes and their liquid, as well as the vegetable broth. Add in the salt, bay leaves and red pepper flakes. Season with freshly ground black pepper.
- 4.) Turn up the heat to medium-high and bring the soup to a boil. Once boiling, reduce the heat and partially cover with the pot lid (leave about a one inch gap for steam to escape) so that the soup is at a gentle simmer.
- 5.) Cook for 15 minutes, then add in the pasta and beans. Continue simmering uncovered for about 20 minutes or until the pasta is cooked to your liking (some like it le dente and some like it soft – personal preference)
- 6.) Remove the pot from the heat and remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt and pepper if needed. Garnish with parmesan cheese if you like (it is a must in our house!)
- 7.) ENJOY!

MIDDLE EASTERN LENTIL SOUP



Ingredients

- ½ cup Extra Virgin Olive Oil
- 1 medium Cooking Onion
- 1 ¼ cup Orange Lentil
- ¼ cup White Rice
- 1 tsp Ground Cumin
- ¼ cup Chopped Parsley
- Salt
- Lemon (optional)
- Instant Pot

Submitted By: **Jessica Yang**

This is my Arab mother-in-law's recipe. You only need a few simple ingredients and it's so easy to make! It is a hearty addition to any meal.

My recipe makes about 4 to 6 servings. I usually make this in the Instant Pot, but it can also be cooked on the stovetop.

Prep time: 5 minutes

Cook time: about 1 hour

Directions

1. Rinse and drain rice and lentil
2. Chop the onion
3. Heat olive oil in Instant Pot (SAUTE Function)
4. Add onions when oil is hot, sauté until fragrant, about 1 minute
5. Add rice and lentil, stir for about another minute
6. Add water to line 6 (approx. 1.5 liters)
7. Seal the pot and start SOUP Function
8. When done, add chopped parsley, salt, and cumin to taste
9. Add a squeeze of lemon for an elevated taste!

Note: chopped parsley can be kept frozen for future use

BRAZILIAN CHEESE BREAD (GLUTEN FREE)



Ingredients

4 cups tapioca flour
1 1/4 cups milk
1/2 cup water
6 tablespoons oil
1 1/2 cups grated parmesan cheese
1 cups shredded Mozzarella cheese
2 large eggs
2 teaspoons salt

Submitted By: [Julia Magalhaes](#)

Brazilian cheese bread or Pao de queijo is a small, baked cheese roll. It is a popular snack and breakfast food in Brazil. It's perfect with coffee. You can eat by itself or with butter, jam or even dulce de leche.

I only learned to make them after I moved to Canada. Feeling homesick and food having such a important place in our culture, It was the best way to feel close to home. I hope you enjoy it

Directions

Preheat oven to 400F degrees with a rack in the middle. Combine the milk, water, oil and salt in a saucepan and bring to a boil over medium high heat. Add the tapioca flour to the bowl of a stand mixer and, once the milk mixture boils, pour it over the flour. Turn the mixer on and mix it well. The texture will be fondant-like, really white and sticky. With the mixer still on, add the eggs, one at a time. You will think they won't mix, since the tapioca flour mixture is so sticky, but hang in there cause they will. Once the eggs are incorporated, add the cheese, a little at a time, until fully incorporated. The dough is supposed to be soft and sticky. However, if you're worried it's too liquidy, add some more tapioca flour. Just don't over do it or your cheese bread will be tough and not too goeey. To shape the balls, wet your hands with cold water and, using a spoon, scoop some of the dough to shape balls that are a little smaller than golf-sized. Place the balls on a baking sheet covered with parchment paper and bring it to the preheat oven. Bake for 15-20 minutes or until they are golden and puffed. Serve them warm! :)

KOULOURAKIA



Ingredients

250g butter (8.8 oz.)

1 1/2 cup sugar

16g powdered baking ammonia (1 tbsp)

1/2 cup lukewarm milk

4 medium eggs

1 tbsp vanilla extract

zest of 2 oranges

1kg all-purpose flour (35 oz.)

Submitted By: Mr. Linklater

This is from the Greek side of our family. These are cookies that are always at any Special Greek Dinner and kids especially seem to enjoy them.

I have to confess that I have never made these but my 12 year old daughter knows how to make these really well, taught to her by her grandmother.

Directions

Start by mixing the butter and sugar. In a mixer's bowl add the sugar and butter (chopped) and mix for about 10-15 minutes, until the butter is creamy and fluffy. In the meantime warm the milk until lukewarm and remove the pot from the heat. Add the ammonia and blend until dissolved. Set aside.

Add the eggs (in the butter-sugar) mixture one at a time, while mixing, allowing time for each one to be absorbed, before adding another. Pour in the the vanilla extract, the orange zest and milk (with the ammonia) and mix to combine. Add the flour, a little bit at a time, while mixing, until the ingredients are combined and the dough is soft and not too sticky.

Cover the dough for the koulourakia with some plastic wrap and set aside to rest for 20 minutes.

Place the dough for the koulourakia on a clean working surface, take a small piece of dough and form long cords. Shape the koulourakia with your hands, giving them any shape you like. Line a large baking tray with parchment paper and place the koulourakia, leaving some distance between them as they will rise a lot when baked. (For this koulourakia recipe, you will need approx. 4-5 large baking trays, depending on the size of the cookies)

BRAISED PORK BELLY



Ingredients

- Pork belly: 500g
- Ginger: 6 slices
- Bay leaf: 2 pieces
- Star anise: 2 pieces
- Ground rock candy: 30g
- Light soy sauce: 1 tablespoon
- Dark soy sauce: 1 tablespoon
- Rice wine: 1 tablespoon
- Scallion: some

Submitted By: Kevin Zhang

Braised Pork belly (Hong Shao Rou) is one of my favorite dishes and this recipe is a mix of Mao's version and Shanghai's version, combination of caramelization and soy sauces.

Directions

1. Cut port belly to 2-3cm² piece, wash and blanch
2. On low/medium heat, pan fry port belly for 5 minutes, till they turn gold on surface
3. Meanwhile, add 2 tablespoon of water to ground rock candy, and use low heat (IMPORTANT) to caramelize it.
4. Once rock candy is caramelized, stir pork belly in it for a few minutes until they are evenly brown colored.
5. Put pork belly into a ceramic pot and pour hot water to submerge them, and then put in ginger, bay leaf, star anise, light soy sauce, dark soy sauce, rice wine. Use medium heat to stew it for 2 hours, and then use high heat to reduce
6. To plate, decorate port belly with small scallion scraps

Here is the official commercial: https://www.youtube.com/watch?v=Zo6F_qtQCCc

PANKO FRIED SHRIMP



Submitted By: [Sophia Zhang](#)

We celebrate with families and friends and eat “lucky” food.

Shrimps are symbolic ingredients, for happiness and good fortune.

The Panko fried shrimp are crunchy and juicy! My mom showed me how to 😊

Directions

- In a medium bowl mix olive oil, pink salt, ground coriander, white pepper
- Put on single-use gloves, peel shrimp, cut the back with a small knife to divide, but do not cut through
- Mix shrimp well with the seasoning mixture in the bowl
- Put flour and shrimp in a large Ziploc bag to have shrimp covered with flour, shake off excess
- Beat eggs in another medium bowl until frothy
- Dip shrimp into eggs
- In a baking sheet, coat both sides of shrimp with panko breadcrumbs, press breadcrumbs onto shrimp
- Pour enough oil into a large French oven and heat oil to medium high
- Add shrimp to hot oil. Deep-fry in batches (8-10 shrimps each batch) to golden color. Each batch takes about one minute

Ingredients

- 16/20 raw shrimp, 1 kg (about 46 shrimps, deveined, tails on)
- olive oil 1 tsp
- pink salt 1/2 tsp
- ground coriander 1/4 tsp
- white pepper 1/4 tsp
- 5 large eggs
- 3/4 all purpose flour
- 400 g panko breadcrumbs
- corn oil, or canola oil, or vegetable oil

PORTUGUESE COD FRITTERS



Ingredients

- 2 cups of milk
- 4 potatoes, chopped
- 1 onion, finely chopped
- 4 garlic cloves, minced
- 1 pound of salted cod
- 1 tablespoon of parsley, finely chopped
- 2 eggs
- Salt and pepper to taste

Submitted By: [Julia Magalhaes](#)

Cod cakes are sold at delicatessens, patisseries, roadside cafés, tavernas—everywhere in Portugal. They are a true “national specialty.”

My grandmother always made them on special occasions. They are my favourite and remind me so much of her.

I now make them every Christmas, keeping with the family tradition. Enjoy!

Directions

Soak the dried cod in cold water for a day, changing the water 3-4 times. Drain the cod, rinse, and put it in a large pot. Add the milk and enough water to cover an inch.

Simmer gently over medium-low heat for 20 to 25 minutes, until the cod is tender.

Drain and rinse the cod well, removing any little bits of skin and bone.

While the cod is cooking, pour 1-inch of water in a large pot.

Add the potatoes and simmer on medium heat for 20 to 25 minutes until very tender.

Drain the potatoes, peel off the skins, and mash them well with a potato masher.

In a bowl, add the cod to the potatoes, along with the onion, garlic, parsley, and eggs.

Beat the mixture firmly with a spoon until it is a smooth and even consistency.

PORTUGUESE COD FRITTERS (CONTINUED)

Directions

Season with salt and pepper to taste.

Shape the cod mixture into medium sized cylinder shaped pieces.

Pour the oil in a deep heavy skillet or pot and place it on high heat.

Add the pieces one by one, turning them over until they are golden brown.

Once done remove the pieces and place them on a plate with paper towels to dry.

Serve while hot with the sliced lemons or olive oil for extra flavor.

Note: You may use fresh cod if you can't find salted. It will still taste very good but not the same.

LABA CONGEE



Submitted By: [Marine Ma](#)

- The 12th lunar month is called “La” in Chinese.
- “Laba congee” is the food prepared on the eighth day of “La” month of the lunar calendar, a date that indicates the beginning of traditional Chinese new year.

This is my go-to comfort food in cold winter, always bring back the memory of childhood.

Ingredients

8 grains and beans, including

- Black rice 100g
- Glutinous rice 100g
- Coix seeds 100g
- Millet 100g
- Lotus seeds 100g
- Mung beans 100g
- Red beans 100g
- Chinese dates 100g

Directions

- 1, Soak the grains and beans overnight or for at least 8 hours.
2. Transfer all the soaked ingredients into a pot, add water that approximately double the ingredients and cook.
3. Bring to boil and turn to medium low heat for at least 1.5 hours, open the lid to stir from time to time.
4. Add sugar to sweeten it up

SNOWY MOONCAKE



Submitted By: [Sophia Zhang](#)

Mid-autumn Festival (Moon, Mooncake Festival) is one of most important celebrations. It represents the reunion of families.

Snowy Mooncakes are so beautiful and yummy!

Recipe from Magic Ingredients <https://www.youtube.com/watch?v=L7aId4djIrs>

Ingredients for making 16 mooncakes

Egg custard filling:

- Milk powder 60 g
- Wheat starch 35 g
- Milk 120 g
- Large eggs 3
- Unsalted butter 50 g
- Sugar 60 g

Snowy wrap:

- Glutinous rice flour 50 g
- Regular rice flour 50 g
- Wheat flour 25 g
- Sugar 25 g
- Milk 185 g
- Condensed milk 25 g
- Corn oil:, or canola oil, or vegetable oil 25 g

Cooked glutinous rice flour 15 g

SNOWY MOONCAKE (CONTINUED)

Directions

Egg custard filling

- Mix milk powder, wheat starch, milk in a medium bowl. Add in eggs, mix well
- Melt unsalted butter in a pan and turn to low heat
- Pour the mixture into the pan, add in sugar, mix and keep stirring with a spatula at low to medium heat
- Turn the heat to the lowest setting when the mixture turns thicken
- Stir and press the mixture until it is solidified
- Put in a bowl, cover with plastic wrap
- Cool at room temperature then put in the fridge for 2 hours or overnight
- Take out from fridge, divide into 16 balls, 25 g each

Snowy wrap

- Mix glutinous rice flour, regular rice flour, wheat flour, sugar, milk, condensed milk. Add oil and mix well
- Pour into a bowl, cover the bowl with a lid or a plate
- Steam at medium to low heat for 25 minutes
- Take out, use a spatula to divide into small pieces in the bowl to cool down
- Put on single-use gloves, press, mix and knead the dough until smooth and elastic
- Divide into 16 balls, 20 g each

Mooncake

- Flatten a dough ball to round with palm, place a filling ball in the middle. Push the wrapper upwards to seal completely. A snowy mooncake ball is done.
- Cover mooncake ball with cooked glutinous rice flour, pat off excess
- Brush mooncake mold with cooked glutinous rice flour
- Put mooncake ball in the mold, on parchment paper push gently to shape
- Fridge for an hour then taste. Keep in freezer to store.

CLASSIC CHOCOLATE CHIPS COOKIE



Submitted By: [Sophia Zhang](#)

Cookie swap is a great holiday activity with friends and families. I like this recipe by Ana Olson.

This chocolate chip cookie dough has 2 secrets to success.

The first is the addition of cornstarch, which holds in moisture to guarantee a soft-centred cookie.

The second is to chill the cookies before baking – this ensures they all bake to the same size and don't spread too much while baking.

Recipe from Ana Olson <https://www.youtube.com/watch?v=uJwekkbGPns>

Ingredients

½ cup (115 g) unsalted butter, at room temperature

½ cup (100 g) packed light brown sugar

½ cup (100 g) granulated sugar

1 large egg, at room temperature

1 tsp vanilla extract

1 ¼ cup (185 g) all-purpose flour

1 Tbsp (7.5 g) cornstarch

½ tsp (2.5 g) baking soda

½ tsp (2.5 g) salt

1 ½ cup (262 g) chocolate chips

1 cup (100 g) lightly toasted, coarsely chopped pecans (optional)

CLASSIC CHOCOLATE CHIPS COOKIE (CONTINUED)

Directions

1. Cream the butter with the brown sugar and granulated sugar together well by mixer (or by hand). Beat in the egg and the vanilla.
2. In a separate bowl, sift the flour with the cornstarch, baking soda and salt. Add this to the butter mixture and stir until blended. Stir in the chocolate chips and pecans.
3. Using a small ice cream scoop or a tablespoon, scoop spoonfuls of dough (about 2 Tbsp) shape them into a ball and place onto a parchment lined baking tray or a plate. Chill the scooped cookies for at least an hour, or once chilled, the cookies can be frozen for baking later.
4. Preheat the oven to 325°F. Arrange the chilled scooped cookies onto parchment-lined baking trays, leaving 3 inches between the cookies. Bake for 15-18 minutes, until browned around the edges. (I bake 18 mins as the cookie size i make is bigger). Cool the cookies on the baking tray. If baking cookie dough that has been frozen, arrange the frozen cookies on the baking tray and let them thaw for 20 minutes at room temperature before baking as above.

Let cool slightly and enjoy.

POLISH GINGERBREAD COOKIES WITH COFFEE



Ingredients

- 1kg sugar melted and browned (caramelized)
- 0.5l honey
- 1 big cube of butter (around 500g)
- 3 tbsp. of cocoa powder
- 1-2 tbsp. of coffee brewed in 1 cup of boiling water
- 3-4 packs of gingerbread spice
- 0.5l milk

Let it cool down and add:

- 6 eggs
- 2 tbsp. of baking soda
- 2 tbsp. of baking powder
- 3 kg of white flour (roughly)

Submitted By: Asia Green

The Polish city of Torun has been famous for its gingerbread cookies since the Middle Ages. The cookies were originally baked in intricately carved wooden molds, but today are more often cut by using cookie cutters.

There are many different recipes available online, but this particular one is our family favourite and it has been passed on for generations.

Chocolate-glazed, heart-shaped piernichki are passed out to children on December 6th by St. Nicholas in Poland.

Directions

Melt sugar till it caramelizes and add all the top ingredients. Do not use the coffee grounds, just the liquid. You can use decaffeinated coffee.

When it's cooled down, slowly mix adding the rest of the ingredients. Use around 2kg of flour. After getting a nice, even, sticky consistency of the dough, put in the fridge until the next day.

Take the dough and divide into 3 or 4 portions. One portion will make 50-80 gingerbread cookies depending on how thick you like them.

Freeze the rest of the dough.

Put one portion of the dough on a prepared surface with flour. Work the dough adding flour until you are able to roll it with the rolling pin. Roll it until desired thickness, between 3-5mm.

The less flour you are able to use the softer the cookies.

Preheat the oven to 305F and bake for 15min.

We like to decorate our cookie with dark chocolate.

BRIGADEIRO (BRAZILIAN TRUFFLES)



Submitted By: Julia Magalhaes

Brigadeiro is a popular treat throughout Brazil especially for festive events. They are a must in birthday parties. In fact I have never been to a birthday party that didn't have them.

This is the most traditional recipe. But nowadays different toppings and flavors like lime, passion fruit, pistachio, white chocolate, coconut, Nutella and more can be found at Brigadeiro shops that are the new trend in Brazil.

Ingredients

3 tablespoons unsweetened cocoa
1 tablespoon butter
1 can sweetened condensed milk

Directions

In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.

Pour onto a greased plate, then chill for 1 hour.

Grease your hands with a bit of butter; and shape and roll the chilled mixture into balls.

Roll the balls in chocolate sprinkles (traditional) or crushed nuts.

FLAN



Ingredients

For the Custard

4 eggs
2 cups whole milk
2x 14oz cans of sweet condensed milk

For the Caramel

1 cup sugar
1/3 cup water

Submitted By: [Julia Magalhaes](#)

Flan or pudim, is a classic dessert both in Brazil and Portugal. Easy and delicious. It has a wonderful, creamy texture without being too heavy

Directions

Preheat your oven to 375 degrees. In a sauce pan, melt the sugar over medium high heat. After about 10 minutes, once it's golden brown, add the water and let it cook, stirring lightly, until it thickens a bit. Pour the caramel into a 10 inch Angel Food Pan and swirl it to cover the bottom and sides. Let it sit for a few minutes so it hardens. It is important that the caramel firms before you add the flan mixture so they don't mix together.

Add the sweet condensed milk, milk and eggs to a large blender jar. Blend for a few minutes until smooth. Pour the flan mixture into the angel food pan and cover with foil. Fill a large baking pan halfway through with water and place the angel food pan in it. Bring it to the oven and bake it in bain marie for 1 hour and 30 minutes or until the top is golden brown. You can insert a cake tester to check. It should come out clean or almost clean.