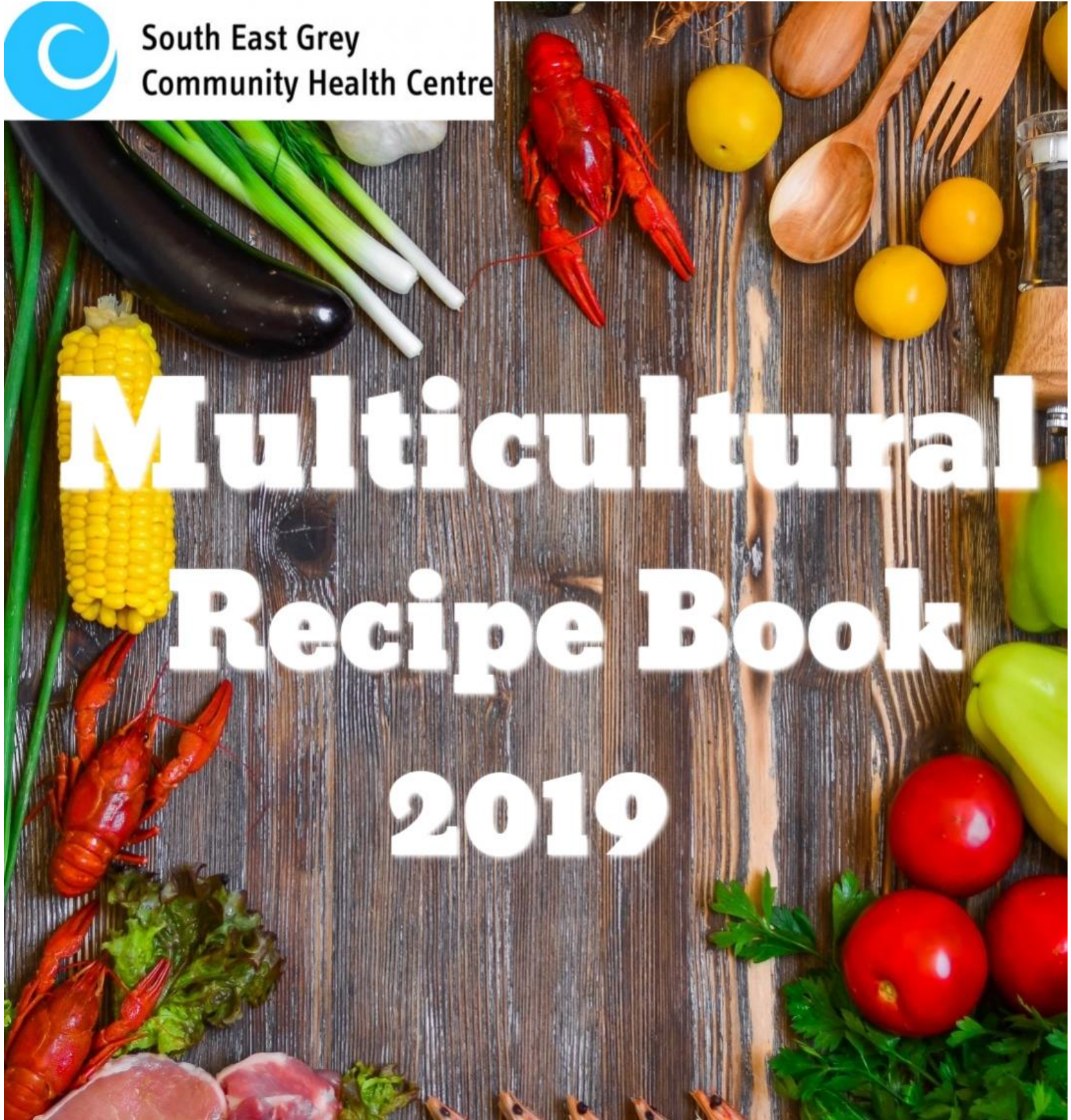




South East Grey
Community Health Centre



South East Grey Community Health Centre and local organizations asked students from both Dundalk and Proton Community School and Highpoint Community School to submit their favourite recipes from all around the world, in honour of Multicultural Day on June 27th 2019.

Some recipes were made by the Community Health Centre staff and served at their Multicultural Brunch. We have created this recipe book with all the submitted recipes so that the whole community is able to enjoy!

We would like to say a special thank you to Highpoint Community School, Dundalk and Proton Community School, Ruth Hargrave Memorial Library, community members and Welcoming Communities Committee for their expertise, partnership, promotion, and support of this project.

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BANANA BREAD

Total Time: 65 minutes (Prep Time: 10 minutes, Cook Time: 55 minutes)



INGREDIENTS:

½ cup	Butter (softened)
1 cup	Granulated Sugar
2	Eggs (beaten)
3	Bananas
1 ½ cup	All- Purpose Flour
1 tsp	Baking Soda
½ tsp	Salt
½ tsp	Vanilla Extract

DIRECTIONS:

1. Preheat oven to 350°F.
2. Mix together butter and sugar.
3. Sift together flour, baking soda, and salt.
4. Add powder mixture (step 3) to creamed mixture (step 2).
5. Add vanilla.
6. Transfer mixture into a greased and floured loaf pan.
7. Bake for approximately 55 minutes.



BANANA CAKE

Total Time: 50 minutes (Prep Time: 10 minutes, Cook time: 40 minutes)



INGREDIENTS:

½ cup	Butter
2	Eggs
Pinch	Salt
1 tsp	Baking Soda
2 cups	Flour
1 cup	Sugar
2	Bananas (crushed)
½ cup	Sour Milk
2 tsp	Baking Powder
1 tsp	Vanilla

DIRECTIONS:

1. Cream butter and add the sugar and eggs and beat the mixture.
2. Add crushed bananas and beat thoroughly.
3. Add the baking soda to the sour milk, and then add this mixture to the rest of the ingredients.
4. Add the flour, salt, and baking powder.
5. Beat well and add the vanilla. Bake until thoroughly cooked.



BROCCOLI SALAD

Total Time: 30 minutes



INGREDIENTS:

1 cups	Broccoli
1 cup	Cashews
1 cup	Green Grapes (halved)
½ cup	Green Onion (chopped)
1 cup	Red Grapes (halved)
1 cup	Celery (sliced)
½ cup	Raisins
1 cup	Mayonnaise
¼ cup	White Sugar
1 tbsp.	Vinegar
1 cups	Broccoli

DIRECTIONS:

1. Mix all ingredients together in a bowl.



BUTTERSCOTCH PUDDING

Total Time: 30 minutes



INGREDIENTS:

1 cup	Butter
1 ¾ cup	Brown Sugar
1 tsp	Baking Soda
8 cups	Milk
1 cup	Cream
1 pkg.	Shirriff Butterscotch Pudding + Pie Filling Mix
2 tbsp.	Cornstarch
1 tsp	Vanilla
¼ tsp	Salt

DIRECTIONS:

1. Cook butter and brown sugar in a large saucepan until nicely browned.
2. Stir in the baking soda (it will sizzle).
3. Add milk.
4. Using the remaining ingredients, make a paste. Stir this paste into the hot milk.
5. Cook and stir until it thickens and bubbles.
6. Break the surface, remove from the heat, and chill.
7. You can use this as a pie filling in a regular graham crust topped with whipped cream.
8. Can also divide into small dessert cups. Could also add some whipped cream, bananas, oreo cookies, marshmallows, etc.



BUTTERTART SQUARES

Total Time: 50 minutes



INGREDIENTS:

Base:

1 cup All Purpose Flour
2 tbsp. Sifted Icing Sugar
1/3 cup Butter (cut in chunks)

Topping:

2 Eggs
1 ½ cups Lightly Packed Brown Sugar
¼ cup Melted Butter
1 tbsp. Vinegar
1 tsp Vanilla

DIRECTIONS:

Base:

1. Crumble all together and press into a greased cake pan.
2. Bake for 10 minutes at 320°F.

Topping:

1. Mix all ingredients in food processor (or beat in a bowl) until well mixed.
2. Pour over crust and bake at 350°F for 30 minutes or until set and browned.
3. Cool and cut into squares.



CHERRY CHEESECAKE

Background: Scandinavian

Total Time: 30 minutes



INGREDIENTS:

1st Layer:

2 ½ cups Graham Cracker Crumbs
½ cup Brown Sugar
½ cup Butter or Margarine

2nd Layer:

8 oz. Cream Cheese
1 cup Icing Sugar
1 pkg. Dream Whip
(or Real Whipping Cream)

3rd Layer:

1 can Cherry Pie Filling

DIRECTIONS:

1st Layer:

1. Mix together butter, brown sugar, and graham crumbs until crumbly.
2. Press mixture into a 9 x 13 pan or baking dish.
3. Bake at 350°F for 12-15 minutes. Set aside to cool.

2nd Layer:

1. With an electric mixer, mix together cream cheese, icing sugar and dream whip.
2. When it looks like finished whip cream, spread onto the cool crust.

3rd Layer:

1. Spread 1 can of cherry pie filling on top.



CHICKEN PARMESAN

Background: Italian

Total Time: 30-40 minutes



INGREDIENTS:

	Bread crumbs
3	Eggs
2 tbsp.	Parmesan Cheese
1 tsp	Parsley
Pinch	Salt/Pepper
10 pc.	Chicken Fillets
	Olive Oil
	Mozzarella Cheese (Grated)
	Spaghetti Sauce

DIRECTIONS:

1. Tenderize chicken and place aside.
2. Beat eggs, parmesan cheese, salt, and pepper in a bowl. Place chicken in the bowl and let sit.
3. Place bread crumbs on a flat plate.
4. Fill frying pan with olive oil and let oil heat on medium for 5-7 minutes.
5. Remove chicken from egg mixture one piece at a time and place in bread crumbs. Cover both sides with breadcrumbs and place in hot oil.
6. Fry on both sides until golden brown.
7. Remove from the oil, place on a plate with paper towel to absorb excess oil. Repeat with all pieces.
8. Place chicken on a baking sheet, pour sauce on each piece, and sprinkle mozzarella cheese on top.
9. Heat for 10 minutes in the oven at 350°F.



CINNMON ROLLS

Total Time: 25 minutes



INGREDIENTS:

2 spoons	Yeast
1 cup	Sugar
½ spoon	Salt
	Flour

Icing:

Cream
Sugar
Cinnamon

DIRECTIONS:

1. Combine yeast, sugar, and salt and mix together.
2. Add flour to the mixture until they are a good consistency to roll.
3. Add the cream, sugar and cinnamon on.
4. Roll together and then cut to size.
5. Bake for 15 minutes.



COOKIE DOUGH ICING

Total Time: 30 minutes



INGREDIENTS:

1 ½ cup	Packed Light Brown Sugar
1 cup	Butter (Room Temperature)
2 ½ cups	All Purpose Flour
2 tsp.	Vanilla Extract
1tsp.	Salt
16 tbsp.	Milk
1 cup	Semi-Sweet Mini Chocolate Chips

DIRECTIONS:

1. Beat brown sugar and butter together using an electric mixer.
2. Add flour, vanilla, and salt into creamed butter until it is fluffy and fully combined.
3. With a mixer on low, add milk one tablespoon at a time until it is fully incorporated.
4. Using spoon mix in the chocolate chips.



CORN MEAL PORRIDGE

Background: Jamaican

Total Time: 20 minutes



INGREDIENTS:

1 tsp	Vanilla Extract
1 tbsp.	Brown Sugar
1 cup	Milk
1 tsp	Cinnamon
	Nupak Cornmeal

DIRECTIONS:

1. Bring a pot of water to a boil.
2. Add the vanilla extract and the brown sugar.
3. Add Nupak cornmeal by adding small portions at a time until you get a good consistency.
4. Add in the milk and cinnamon.
5. You can add more sugar if you would like it to be sweeter, or can add crackers if desired.



CURRY CHICKEN

Background: Jamaican

Total Time: 1 hour, 25 minutes



INGREDIENTS

Garlic
Onion
Green Onion
Thyme
Seasoning Salt
Black Pepper
Black Pimento
Chicken
Oil
Jamaican Curry Powder

Directions:

1. Season Chicken with garlic, onion, green onion, thyme, seasoning salt, black pepper, and black pimento.
2. Let chicken marinate for 1-2 hours in seasoning.
3. Place oil and Jamaican Curry Powder in a pot.
4. Cook Curry for about 5 minutes, then add in the chicken and seasoning.
5. Works best when chicken is skinned first and cut in half.
6. Can add water to the chicken if needed.



FRUIT SALSA

Total Time: 40 minutes



INGREDIENTS:

1 pint Strawberries

2 Kiwi

1 Granny Smith Apple

¼ C Sugar

½ of a lemon

DIRECTIONS:

1. Remove caps from strawberries and peel kiwis and apple
2. Finely dice all fruit and mix together in a large bowl
3. Add ¼ c sugar and juice from half of a lemon and mix thoroughly
4. Cover and refrigerate for at least 30 minutes. This can be made a day ahead of time and refrigerated overnight



MAMMASETTI

Total Time: 1 hour



INGREDIENTS:

1 lb	Ground Beef
1 pkg	Brood Egg Noodle
1 can	Crushed Tomatoes
1 can	Tomato Soup
1	Onion (Diced)
1 can	Mushrooms
2 cups	Grated Cheese
1 tbsp.	Brown Sugar
	Salt & Pepper to taste

DIRECTIONS:

1. Cook and drain the beef and onions (cook together).
2. Cook and drain egg noodles.
3. Place all ingredients (except cheese) in a roasting pan and stir.
4. Flatten the ingredients in pan and top with grated cheese.
5. Bake at 350°F for 30 minutes or until cheese is bubbling, and the rest is cooked through.
6. Best served with Caesar salad and garlic bread.



MARMALADE CURRIED CHICKEN

Background: British

Total Time: 55 minutes



INGREDIENTS:

5 Large Chicken Breasts
1 Large jar of Marmalade
1 tbsp. Currie Powder
Boiled Water

DIRECTIONS:

1. Place Chicken Breasts in a casserole dish.
2. Boil water
3. Empty Marmalade into mixing bowl.
4. Pour boiling water into empty jar and then pour into a mixing bowl.
5. Add Currie powder to mixture and mix well.
6. Pour mixture over chicken breasts.
7. Cover and bake for 50 minutes at 375°F.
8. Serve with mashed potatoes or over rice.



MEAT BALLS

Background: Low German

Total Time: 1 hour, 30 minutes.



INGREDIENTS:

1 kg	Ground Beef
1 cup	Cornflakes
1 cup	Premium Plus Crackers
1 tsp	Salt
½ tsp	Pepper
1 tsp	Red Chicken Flavoured Tomato Bouillon
1 tsp	Yellow Chicken Flavoured Tomato Bouillon
¼ cup	Onions
½ cup	Water
3	Large Eggs

Sauce:

½ cup	Ketchup
2 cups	Tomato Soup
½ cup	Water
1 tbsp.	Vinegar
¼ cup	Onion Powder

DIRECTIONS:

1. Mix all ingredients together and make into small balls.
2. Place aluminum foil down on a glass plate or dish.
3. Evenly space out the meat balls on top of the aluminum foil.

Sauce:

4. Mix together all ingredients except the Picante and bring to a boil.
5. Pour the Picante on top and then pour the sauce over the meat balls.
6. Fully cover meat balls with aluminum foil and bake in the oven for one hour or until meat balls are cooked all the way through.



OUR FAVOURITE CHOCOLATE CAKE

Total Time: 50-60 minutes



INGREDIENTS:

2 cups	All Purpose Flour
2 cups	White Sugar
$\frac{3}{4}$ cup	Cocoa
2 tsp	Baking Powder
1 tsp	Baking Soda
1 tsp	Salt
2	Eggs
1 cup	Milk
1 cup	Oil
1 cup	Hot Coffee

DIRECTIONS:

1. Mix together in the same order listed in the ingredients list.
2. Beat well and ensure thoroughly mixed before adding hot coffee.
3. Put mixture into a greased 9 x 13 pan or into cupcake trays.
4. Bake at 350 °F for approximately 45 minutes.



POTATO PUDDING

Background: Newfoundland

Total Time: 1 hour, 30 minutes



INGREDIENTS

Potatoes (6-10)

Salt

Pepper

Butter

Gravy

Directions:

1. Boil 6-10 medium sized potatoes for 20-30 minutes or until they're soft.
2. Mash Potatoes while warm, adding salt and pepper to taste.
3. Spread potatoes in a baking dish approximately $\frac{3}{4}$ inch thick.
4. Once smooth spread butter over top and bake for approximately 1 hour at 350°F or until golden brown.
5. Cut into squares and serve with gravy.



SHIP WRECK

Background: Newfoundland

Total Time: 20 minutes



INGREDIENTS:

Onion
Ground Beef
Potatoes
Rice
Corn
Tomato Soup

DIRECTIONS:

1. Combine all ingredients in layers in the same order listed in the ingredients list into a roasting pan.
2. Cook in roasting pan in the oven for approximately 20 minutes.



SOUR CREAM PIE

Total Time: 30 minutes



INGREDIENTS:

1 cup White Sugar
1/3 cup Flour
1 cup Sour Cream
1 Raw Pastry Pie Crust
Desired Fruit

Crumbs:

1/2 cup Flour
1/2 cup Brown Sugar
1/4 cup Butter

DIRECTIONS:

1. Mix together sugar, flour, and sour cream.
2. Pour mixture over pie crust.
3. Mix the crumbs together and sprinkle them on top of the mixture.
4. Bake in oven until pie is nicely browned and set.



SOUTHERN BUTTERMILK CORNBREAD

Background: Southern States

Total Time: 40 minutes



INGREDIENTS

1 ½ cup	Yellow, White or Blue cornmeal
½ cup	All Purpose Flour
1 ½ cup	Buttermilk
¼ cup	Vegetable Oil or Shortening
2 tsp	Baking Powder
1 tsp	Sugar
1 tsp	Salt
½ tsp	Baking Soda
2	Large Eggs

NOTES

- If using self-rising flour, decrease the baking powder to 1 teaspoon and leave out the salt
- Serves 12



STEWING BEEF

Background: Portuguese

Total Time: 2-3 hours



INGREDIENTS:

Pimente
Olive Oil
½ Onion (chopped)
Beef Cube
Beef Chunks
Salt
Pepper
Paprika
Cayenne
Garlic (minced)
Potatoes

DIRECTIONS:

1. Cover bottom of the pot with olive oil.
2. Add chopped onion and let sizzle for 2 minutes.
3. Add garlic and pimento. Stir and add some water.
4. Add Beef chunks and get a sear on them, then add the beef cube, salt, pepper, paprika, and cayenne.
5. Add enough water to cover meat and let cook for 1.5 hours, constantly adding water.
6. Add potatoes and cook for another 1-1.5 hours.



STUFFED ZUCCHINI

Background: Italian

Total Time: 45-50 minutes



INGREDIENTS:

1	Extra Large Zucchini
1 tsp	Sea Salt
2	Eggs
1 cup + 3 tbsp.	Breadcrumbs
1 clove	Garlic (crushed)
1 tbsp.	Parsley (finely chopped)
½ cup	Parmesan Cheese (grated)
2 tbsp.	Extra Virgin Olive Oil

DIRECTIONS:

1. Cut off narrow end portion of Zucchini and dice it.
2. Cut remaining length of zucchini in half lengthwise.
3. Scoop out and chop up the soft centres of zucchini halves.
4. Combine the chopped and diced zucchini together, and then transfer to a colander. Add salt and let drain for 10-15 minutes.
5. Mix in eggs, 1 cup of breadcrumbs, garlic, parsley and cheese.
6. Drizzle with olive oil and a sprinkle of salt.
7. Fill the zucchini “boats” with the stuffing.
8. Sprinkle the top with remaining breadcrumbs and drizzle of olive oil.
9. Cover with foil, bake at 350 °F for 30 minutes.
10. Bake for an additional 15-20 minutes uncovered.



SWEET POTATO PIE

Total Time: 60 minutes



INGREDIENTS:

4 cups Sweet Potato
½ cup White Sugar
2 Eggs
½ tsp Salt
4 tbsp. Butter (Softened)
½ cup Milk
½ tsp Vanilla

Topping:

½ cup Packed Brown Sugar
1/3 cup Flour
3 tbsp. Butter
½ cup Chopped Pecans

DIRECTIONS:

1. Preheat oven to 325°F.
2. Put sweet potatoes in water to boil. Drain and mash them.
3. Mix sweet potato, sugar, eggs, salt, butter, milk and vanilla until smooth.
4. Transfer to a 9 x 13 dish.
5. Mix together the toppings ingredients and sprinkle on the sweet potato mixture.
6. Bake 30 minutes or until topping is light brown.



TOMATO RICE (BIRYANI) IN RICE COOKER

Background: Indian

Total Time: 55 minutes (Prep Time: 10 minutes, Cook Time: 45 minutes)



INGREDIENTS:

1 cup	Thick Coconut Milk
2 cup	Basmati Rice
3 tbsp.	Oil
3-4	Cardamom
2 in.	Cinnamon Stick
2 tsp	Fennel Seeds
1	Large Onion (thinly sliced)
2	Green Chili (pricked with a knife)
2tbs	Ginger/Garlic paste
4	Large Tomatoes (chopped)
2 tsp	Spicy Chili Powder
1 tsp	Turmeric Powder
1 tbsp.	Garam Masala Powder
2 tsp	Sugar
¼ cup	Coriander Leaves (finely chopped)
¼ cup	Mint Leaves (finely chopped)
2 cup	Water
	Salt to taste

DIRECTIONS:

1. Wash and soak basmati rice for 30 minutes, then drain and set aside.
2. Heat oil in a large container. Add cinnamon sticks, fennel, and cardamom. Fry for a minute.
3. Add in onions and green chili and sauté them until golden brown.
4. Add ginger/garlic Paste and sauté for a minute or until fully cooked.
5. Add in chili powder, turmeric, salt, sugar and garam masala. Give them a 30 second stir and cook well until the oil separates from the mixture.
6. Add chopped tomato and mix well into the masala.
7. Add coriander and mint leaves when the masala is well cooked.
8. Add the masala (cooked), drained rice, coconut milk, and water into the rice cooker bowl. Mix well and check water for seasoning.
9. Put bowl into the electric rice cooker and turn it on. Cook until done.
10. Once done, fluff it up and serve with Raita. (Beat up curd, add salt, chat masala, pinch of salt and finely cut onions)



WELSH CAKES

Background: Welsh

Total Time: 37 minutes (Prep Time: 25 minutes, Cook Time: 12 minutes)



INGREDIENTS:

3 cups	All Purpose flour
1 cup	Sugar
2 tsp	Baking Powder
$\frac{3}{4}$ tsp	Nutmeg
1 cup	Cold Unsalted Butter
2	Large Eggs
$\frac{3}{4}$ cup	Currants
	If desired can add Raisins, Walnuts, etc.

DIRECTIONS:

1. Wisk together flour, sugar, baking powder, salt, nutmeg.
2. Work in the cold butter until it forms an even crumb in the bowl.
3. Mix in the currants.
4. Put dough on well flour worked surface. Cut in half. Shape into a 4-5 inch round.
5. Cover and refrigerate.
6. Once cool, roll out to a 9 inch round, then cut with a biscuit cutter.
7. Dry fry the cakes in a pan (no oil) for 2 $\frac{1}{2}$ minutes on each side. They should be golden brown.
8. Cool the cakes before eating.
9. Dust with icing sugar if desired.

