

Churchill Family Cookbook



Winston
Churchill

Food for Thought!



This cookbook is made with the intention of celebrating and promoting awareness of diversity in the WCHS community. Through this map posted in the school, students were able to share their cultural heritage and where they grew up around the world! We used this map to determine which countries and recipes to share in the cookbook.

Celebrating the diversity and uniqueness of students in schools has been shown to build friendships between students of different cultural backgrounds and positively impact student mental health, engagement, connectedness, and inclusion. Cultural diversity within schools can increase emotional wellness, which is an important piece of the puzzle in our overall mental and physical health.

Food preparation and consumption are large component of the way we build social connections within our community. Preparing and eating food from different cultures, especially those of fellow students, has the potential to build stronger connections within the school and grow the sense of pride in our uniqueness, enhancing the Churchill Family! We hope this cookbook helps to encourage lifelong learning, cultural awareness, and a healthy, inclusive environment here at the school.

Taylor Luchanski, Mary Nixon, and Miranda Nash
Bachelor of Nursing After Degree Class of 2020
University of Lethbridge

Table of Contents

1. Jhol Momo (Nepal)
2. Mouhkbaza (Sudan)
3. Baked Lamb Kibbeh (Syria)
4. Pad Thai (Thailand)
5. Pupusa con Curtido (El Salvador)
6. Sarma (Serbia)
7. Sinigang (Philippines)

Jhol Momo



Background

Momo is one of the most popular dishes in Nepal. They are steamed dumplings made with spiced meat and served with one or more kinds of chutney. Jhol Momo refers to momos drowned in a bowl of hot, liquid chutney. In Kathmandu, momos containing buffalo are popular. Lapsi (hogplum), which is used for flavouring the chutney, is a native fruit of Nepal. It is extremely sour, even when fully ripe, and is very high in vitamin C!

Fun facts about Nepal:

- Nepal is home to the highest mountains on earth, including Mount Everest, and the deepest canyon on earth, Kali Gandaki.
- Cows are the national animal of Nepal, therefore slaughtering them is banned.
- Nepal uses a Hindu calendar known as the Vikram Samvat. It is 57 years ahead of the Gregorian calendar we use every day in Canada -the year 2076 began in Nepal on April 14th, 2019!

Ingredients:

For the momo/dumplings:

4 cups white flour
water, as needed
1 tbsp vegetable oil

For the meat filling:

500 gm ground chicken + 500 gm ground pork
2 red onions, finely chopped
1 bulb garlic, minced
1½ cups cilantro leaves, chopped
½ tsp turmeric
2 tbsp salt
4 tbsp vegetable oil
1 tsp ground cumin
1 tsp ground coriander
½ tsp curry powder

For the jhol/chutney:

9-10 medium tomatoes
1 bulb garlic
3 dried red chillies
3 fresh green chillies
2 tsp cumin seeds
2 tbsp white sesame seeds
1 cup cilantro, finely chopped
½ tsp sichuan peppercorns
10-12 fenugreek seeds
1 medium onion, finely chopped
1 tbsp salt (or to taste)
2 tbsp vegetable oil
2 tsp hogplum powder (or juice from 1 lemon or a bit of tamarind)

Directions:

Yield: 5-6 servings

1. Combine flour, water, and a little bit of oil in a large bowl.
2. Use your hands to mix and knead for about 10 minutes, until dough is soft. Cover and let sit for half an hour.
3. Take the dough out of the bowl and knead it on a wooden cutting board. Start making 1-inch balls by flattening them with your palm or a rolling pin to create a palm sized, circular wrappers with thin edges. You can also flatten the entire dough before making tiny balls by using a rolling pin and a circular glass to cut out the wrappers.
4. Combine pork, chicken, onion, garlic, ginger, and cilantro in a large bowl and mix with your hands. Thoroughly mix with turmeric, salt, curry powder, ground cumin, coriander and oil. (Vegetarians substitute meat with mashed potatoes, cabbage and chives).

6. For jhol, roast tomatoes and garlic in the oven for 20-25 minutes. Roast cumin and sesame seeds together and set them aside. In the same pan, heat oil and fry fenugreek seeds, and Sichuan pepper. Add onions and sauté until caramelized. Then add roasted tomatoes and garlic, dried hogplum skin (or lemon juice or a bit of tamarind), roasted cumin and sesame seeds, and chillies. Bring the mixture to a boil. Add sprigs of cilantro and stir. Let cool for 5-10 minutes and then puree in a blender.
7. Heat the dumplings in a steamer on top of the stove. Make sure there's enough water at the bottom to boil. Rub oil generously on the steamer rack to make sure the dumplings don't stick to them when cooking. Arrange the dumplings on the steamer rack and then cook covered for about 12 minutes. If your steamer has more than one rack, cook for the first 10 minutes, and then switch the steamer rack at the bottom to the top and then vice versa. Then cook for about 2-3 more minutes. Put them in a bowl and pour the chutney from the top. Serve them hot.



Moukhbaza



Background:

This is a popular dish from Eastern Sudan influenced by its neighbor Ethiopia and is often eaten with another all-time favorite recipe kirsra bread. The dish consists of sweet mashed ripe banana topped with hot, spicy chilies which creates the perfect balance of sweet and spicy.

Fun Facts from Sudan:

- The Pyramids of Meroe is a popular tourist attraction. The pyramids are found in groups of 12 and display steep brick sides. Travellers can enter the pyramids and view hieroglyphics.
- Khartoum is the capital and largest city of Sudan. The city is located where the Blue Nile and White Nile Rivers merge.
- Scuba diving is the most popular water sport in Sudan due to the large variety of coral and fish in the shallow water of the red sea bed.

Ingredients:

4 large very ripe bananas
2 teaspoons lemon juice
5 whole fresh hot chili peppers

Description:

1. Cut your peppers into tiny slivers so they dry out faster. Place single layer on a baking sheet, and then toast them for about 4 hours.
2. Remove peels from bananas and place them in a bowl. Use a fork or potato masher to mash the bananas well. For each cup of mashed banana add one teaspoon of lemon juice (prevent browning).
3. In a large bowl, add mashed bananas and top with dried hot peppers.
4. Cut a banana pepper in half lengthwise, bake for 10 minutes, cool peppers slightly and stuff with mashed bananas and serve.



Baked Lamb Kibbeh

(Kibbeh Bil Sanieh)



Background:

This is one of Syria's national dishes. It consists of minced meat and bulgur. It can be served raw, baked or fried in various shapes. This recipe is like a sandwich and consists of layers of Middle Eastern spiced meat and pine nuts pressed between fine kibbeh layers and baked. Often kibbeh is presented in wedge shapes (like a piece of cake) and served with a salad or Greek yogurt. Bulgur is a staple of Middle Eastern cooking and is wheat grains which can be steamed, dried or crushed.

Fun Facts about Syria:

- The official name of the country is the Syrian Arab Republic.
- The two stars in the Syrian Flag represent the previous union between Syria and Egypt.
- Damascus (commonly known in Syria as ash-Sham or the "Jasmine City"), the capital city of Syria. It is one of the oldest continuously inhabited cities in the world and is known for its steel. The Damascus Steel swords were feared and revered by the crusaders for their extremely sharp edges.
- The Assyrian New Year falls on April 1st. Celebrated with the arrival of spring, Kha b-Nisan literally means the first of the month of Nisan (April).

Ingredients:

Filling

3 tbsp olive oil
800 g minced lamb or beef
4 large onions, finely chopped
1 tsp Baharat spice blend
½ tsp cinnamon (optional)
1 tsp salt
1½ tsp freshly ground black pepper
1 tbsp butter
3 tbsp pine nuts

Kibbeh

1½ cups fine bulgur (or quinoa), soaked overnight in 250 ml water, drained well
800 g lean, finely minced lamb or beef
2 large onions, finely grated
1 tsp baharat
2 tsp salt
3 tsp freshly ground black pepper
1 tbsp olive oil

Description:

Serves 6 people, takes 55 minutes of preparations time and 45 minutes to cook.

1. Soak the bulgur in 250 ml of water overnight then drain well.
2. To make the filling, heat the oil in a frying pan over low heat and add the meat. Cook, stirring constantly to break up the grains of meat. When the meat is browned and separated, stir in the onion, spices, salt and pepper and keep cooking until the onion is soft.

3. Meanwhile, melt the butter in a small frying pan and add the pine nuts. Fry until they start to brown, then stir into the meat mixture. Remove from the heat and set aside to cool.
4. Meanwhile, melt the butter in a small frying pan and add the pine nuts. Fry until they start to brown, then stir into the meat mixture. Remove from the heat and set aside to cool.
5. To make the kibbeh, combine the drained bulgur, meat, onion, baharat, salt and pepper in a bowl and mix well by hand until it forms a paste. You may need a little water to keep the mixture soft. Cover and leave to rest for 30 minutes.
6. Preheat the oven to 180°C and oil a round baking tray with deep sides (around 2 cm). Dampen your hands and layer the tray with half of the kibbeh by forming small balls of the mixture then flattening them over the tray. Smooth the surface and make sure there are no gaps. Spread the cooled meat filling on top, pressing it down a little to keep the layers tight. Top with the rest of the kibbeh using the same technique. When the surface is smooth, push a small hole through the centre of the kibbeh with your finger. Slice into wedges fanning around the hole. Brush with the olive oil and bake in the oven for 25 minutes.



Pad Thai



Background:

If you love Thai food, this Pad Thai recipe is going to knock your socks off! Pad Thai is a Thai noodle stir fry with a sweet, savoury, and sour sauce. It is typical vendor food across Thailand and probably the number one order at your local Thai restaurant!

Fun Facts about Thailand:

- It is considered disrespectful to touch anyone on their head even a child because the head is the highest part of the body and is considered sacred in Buddhist culture.
- There are 1,430 islands in Thailand, 35,000 temples and nearly 67 million people comprise of Thailand's population.
- Bangkok, the capital, was once referred to as "Venice of the East" because of the many canals that run through the city.

Ingredients:

For the Pad Thai

- 1 boneless chicken breast (or 1 to 2 boneless thighs, chopped into small pieces)
- 1 1/2 tablespoons soy sauce
- 8 ounces pad Thai rice noodles (or enough for 2 people)
- 2 to 3 tablespoons vegetable oil 3 to 4 cloves garlic (minced)
- 1 to 2 fresh red chilies (or green chilies, finely sliced)
- 1 teaspoon grated galangal (or ginger)
- 10 to 15 medium-sized raw shrimp (shells removed) 1 egg 2 cups bean sprouts 4 green onions (sliced)
- 1 lime (cut into wedges, for serving)
- 1/3 cup dry roasted unsalted peanuts (chopped)

For the Pad Thai Sauce

- 1/3 cup good-quality chicken stock
- 3 tablespoons rice vinegar (or white vinegar)
- 1 tablespoon lime juice

Description:

1. For the sauce, combine chicken stock, rice vinegar and lime juice together in a cup, stirring to dissolve sugar. Set aside.
2. Place chopped chicken in a bowl and toss with soy sauce. Set aside.
3. Bring a large pot of water to boil. Dunk in rice noodles and cook approximately 6 minutes, or until soft enough to bend easily but still firm and a little crunchy when you try to eat it (undercooked by regular standards). Drain and rinse noodles briefly with cold water to keep from sticking. Set aside.
4. Heat large frying pan over medium-high heat. Drizzle in oil and swirl around, then add the garlic, chili, and galangal. Stir-fry 1 minute.

5. Add chicken and stir-fry 2 minutes. Add the shrimp, continuing to stir-fry until they turn pink and chicken is opaque—about 2 to 3 minutes.
6. When pan becomes dry, add 1 to 2 tablespoons of the pad Thai sauce—just enough to keep ingredients frying nicely.
7. Push ingredients to the side of the pan (if the pan is dry, drizzle in a little oil). Crack the egg into the center and stir-fry quickly. Add noodles, plus 3 to 4 tablespoons of the pad Thai sauce. Using two utensils, lift and turn the noodles with the other ingredients. Continue in this way, adding more sauce every minute or two, until all has been added and noodles are chewy and a little bit sticky, 8 to 10 minutes.
8. Fold in bean sprouts and green onion. Remove from heat and taste-test, adding more fish sauce until desired taste is achieved.
9. Portion out onto individual plates and add a lime wedge on the side. Top with a small heap of chopped nuts.



Pupusa con Curtido



Background:

This is a simple and inexpensive El Salvador's national dish which consists of savory masa filled with melty cheese, pork rinds (chicharrón) or beans. It is often accompanied by curtido (vinegary, spicy slaw) that is traditionally fermented, but in this recipe is lightly pickled. Additionally loroco (herbaceous flower buds) are added and can be found in the frozen section of international food stores.

Fun Facts about El Salvador:

- It is the only country in Central America without a Caribbean coastline.
- It is known as the “Land of Volcanoes” because there are more than twenty volcanoes in the region. Two of which are active.
- Salvadorans are known as “guanacos.”

Ingredients:

For the Curtido

½ head of cabbage, shredded
1 large carrot, grated
½ medium yellow onion, thinly sliced
½ cup of apple cider vinegar
¼ cup of boiling water
2 tsp salt
1 tsp dried oregano (preferably Mexican)

For the Pupusa

4 cups masa harina (corn flour)
1 tsp salt
3 cups cold water

For the Chicharrón

1 tsp vegetable oil
1 lb boneless pork shoulder (455 g), cut into 1 inch cubes
1 medium tomato, diced
½ green bell pepper, diced
1 small white onion, diced

For the Filling

1 cup grated cheese (quesillo, queso fresco, Monterey Jack or mozzarella)
1 cup refried beans (240g), cooked
1 tbsp vegetable oil for frying

Description:

Makes 18 pupusas, takes 20 minutes to prepare and 10 minutes to cook.

Curtido

1. Combine the cabbage, carrot, and onion in a large bowl. Combine the remaining ingredients in a separate bowl and then pour over the cabbage mixture and stir. Cover and refrigerate for at least 2 hours and preferably at least a day before serving.

Chicharrón

1. Heat the vegetable oil in a large pan and add the pork shoulder. Cook for 15 minutes without disturbing. Turn the pork over and let cook on the other side for 10 minutes more, or until crispy and golden brown.
2. Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms (The mixture should not be watery) then set aside.

Pupusas

1. Combine the masa harina, salt, and water in a mixing bowl. Knead to form a smooth, moist dough (playdough-like consistency). If the mixture is too dry, add more water and if the mixture is too sticky, add more masa harina. Cover the bowl with a clean towel and let stand for 10 minutes.
2. With lightly wet hands, form the dough into balls (golfball sized). Using your thumb, make an indentation into one of the balls, forming a small cup. Fill the dough round with ½ tablespoon chicharrón paste, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. Repeat with the remaining balls.
3. Heat a lightly oiled skillet and cook the pupusas for 2 to 3 minutes on each side until golden brown. Serve while still warm with curtido on the side.



Sarma



Background:

Fun Facts about Serbia:

- “Vampire” is the most famous Serbian word that is used across the world.
- The first vampire wasn't count Dracula. The first vampire was Petar Blagojević, extensively written about in the Austrian press in 1725.
- Serbian clock-making industry, they have had their own clock 600 years before the famous Swiss Watch Company.

Ingredients:

- 1 (3 to 4-pound) large head cabbage
- 1-pound ground chuck
- 1/2-pound ground pork
- 1 cup raw rice (rinsed)
- 1 1.4-ounce package dehydrated onion soup mix
- 1 32-ounce jar sauerkraut (rinsed and drained)
- 6 smoked ribs (or ham hock or other smoked meat)
- 1 8-ounce can tomato sauce
- 1 10 3/4-ounce can tomato soup

Description:

Total: 3 hrs 20 mins

Prep: 20 mins

Cook: 3 hrs

Yield: 12 rolls (4 to 6 servings)

For the Cabbage

1. Steam cabbage until outer leaves are limp, then remove leaves
2. With paring knife, remove tough ribs from leaves without damaging them. Reserve tougher outer leaves, but don't use for rolling.

For the Filling

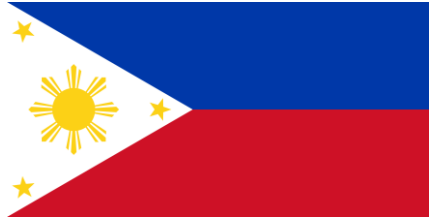
1. In a medium bowl, mix ground chuck, ground pork, rice, and onion soup mix.
2. Adding a little water will make the mixture easier to handle.
3. Then fold sides to the center and roll away from yourself to encase completely repeat until meat filling is gone
4. Heat over 350 F.

Bake the Sarma

1. Discard the cabbage core and coarsely chop any remaining cabbage except the tough outer leaves you have reserved.
2. Spread chopped cabbage on the bottom of a large casserole dish or Dutch oven. Add the sauerkraut.
3. Layer on the cabbage rolls, seam side down.
4. Cut the smoked ribs into pieces if using, otherwise, space the smoked meat of choice between the cabbage rolls.
5. Cover rolls with reserved tough outer leaves.
6. Mix tomato sauce and soup with enough water to make a liquid consistency.
7. Cover casserole dish and bake 1 hour.
8. Reduce temperature to 325 F and bake for 2 more hours.
9. Let sit for 20-30 minutes before serving. The dish freezes well.



Sinigang



From the kitchen of Mary Nixon

Background:

Sinigang is a sour soup native to the Philippines. The sour taste comes from the unripe tamarind, also known as Sampaloc. The Philippines is located in Southeast Asia in the western Pacific Ocean.

Fun facts about the Philippines:

- The entire land mass is made of islands, making it the second-largest archipelago in the world.
- The Republic of the Philippines is the top supplier of nurses in the world, with about 25% of all overseas nurses coming from the country.
- Manila is the capital of the Philippines, ranks as the city with the highest population density in the world.
- Jeepneys is a unique transportation, costing 20 cents. They can fit 18 people, look like golf carts, and you have to ring a bell or jump off when you get to the destination.
- Boracay has the best beaches in the world with white powder sand.
- When speaking to anyone, the terms Ate (older sister) and Kuya (older brother) are used out of respect.

Ingredients:

Cooking time: 1 hour

- 2 pouches Sinigang mix.
- 2 pounds of pork (or beef). If needed add an additional pack of two pork chops.
- 2 tbsp. of cooking oil
- 4 cups of water
- 2 tomatoes, chopped
- 2 whole jalapenos
- 1 onion, chopped
- 4 tbsp. Patis (fish sauce)
- Handful Bok choy
- Head of Broccoli
- Handful of Okra
- Jasmine Rice

Directions:

Makes 6 servings.

1. Heat water in a pot and add the cooking oil.
2. Sauté the onion until the layers separate from each other.
3. Add the pork belly or beef and cook until the outer part turns light brown.
4. Boil onion, tomatoes, jalapenos, and meat for 20 minutes. **DON'T LET IT DRY, ADD A CUP OF WATER if needed.**
5. Add 2 pouches of sinigang mix.

6. Add Patis (fish sauce).
7. Cut and add broccoli, Bok choy and Okra.
8. Simmer for 15 minutes.
9. For the last 10 minutes turn the stove off and put the lid on the pot. **DO NOT OPEN.**
10. Make yourself a bowl of rice and ladle the sinigang on top.

