

# Explore the world from your kitchen

**2024-25 International Student  
Ambassador Cookbook**

# Introduction

Traveling across the world to study is a bold move, so pat yourself on the back for taking this brave step! You might not have realized how challenging it could be to figure out what to cook when hunger strikes. This cookbook is here to make that part of your journey a little easier.

Designed with international students in mind, it provides practical skills to help you prepare your own meals, tips on food safety, a guide to affordable grocery stores in Niagara, Canada, and recipes from around the world. Curated by the 2024-2025 International Student Ambassadors from diverse backgrounds, these recipes include everything from snacks to hearty meals. Whether you're looking for a taste of home or eager to explore flavors from faraway places, this cookbook is your passport to delicious adventures in your own kitchen.

From the savory comfort food of Nigeria to the spicy and vibrant dishes of India, and the fresh and fragrant tastes of Vietnam, these recipes are more than just meals they are an invitation to explore new flavors, traditions, and memories from each corner of the globe. Whether you're cooking a quick snack or preparing a full meal, you'll find everything you need to bring these global dishes to life in your own kitchen.

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## Dedication

As fellow international students, we know you may miss or want to go home at times. Unfortunately, we can't fulfill these wishes, however you can experience *home* through the taste of authentic dishes from your hometown. This collection of recipes and information is curated by the 2024-25 International Student Ambassador team for especially you. We have each shared recipes from the various countries we represent.

These may not represent your home, but we hope you enjoy the flavours our homes and maybe even find some recipes that are similar to ones from your homes. We hope you get to visit multiple countries through the dishes in this cookbook. Join us in this culinary exploration of our various cultures and homes!

**We dedicate this to you!**



**Disclaimer:** The ambassadors are not professional chefs. They are sharing these meals to help give you a taste of home, or an experience of another culture.

## Safe Food Handling

Practicing proper food handling helps prevent **foodborne illnesses** and ensures food safety. Here are some key guidelines:

### 1. Clean: Keep Everything Clean

- Wash hands with soap and warm water for at least 20 seconds before and after handling food.
- Clean surfaces & utensils before and after use.
- Wash fruits and vegetables under running water before eating or cooking.
- Keep raw meat separate from other foods when washing and preparing.

### 2. Separate: Avoid Cross-Contamination

- Use separate cutting boards for raw meat, poultry, seafood, and fresh produce.
- Store raw meat, poultry, and seafood in sealed containers or plastic bags on the bottom shelf of the fridge to prevent drips.
- Never reuse marinades that have touched raw meat without boiling them first.

### 3. Cook: Cook to Safe Temperatures

- Do not eat raw or undercooked eggs, meat, or seafood.
- Make sure food is steaming hot when reheating.

### TIP!

Purchase a meat thermometer and use it to ensure food is cooked to a safe internal temperature:

Poultry	Ground meat (beef, pork, etc.)	Steaks, roasts, fish	Reheated leftovers
165°F (74°C)	160°F (71°C)	145°F (63°C)	165°F (74°C)

### 4. Chill: Store Food Properly

- Refrigerate perishable foods within 2 hours (or 1 hour if above 90°F/32°C).
- Keep fridge at 40°F (4°C) or below and freezer at 0°F (-18°C) or below.
- Thaw food safely in the refrigerator, cold water, or microwave—never at room temperature.
- Store leftovers properly in airtight containers and eat them within 3–4 days.

### 5. General Safety Tips

- Check expiration dates before using food.
- Avoid tasting food to check if it's still good—if in doubt, throw it out!
- Be careful with food allergies—keep allergenic foods separate.

**Following these safe food handling practices helps prevent foodborne illnesses and keeps meals safe to eat.**

## Shopping Guide

If it's your first time shopping for food and you are wondering where to go for groceries and essentials here are some places you can check out:

### Grocery stores:

- Big Red Meat Market (Thorold) fresh meat and produce
- Bulk Barn (for spices, flour, etc)
- Drugstores (Shoppers Drug Mart, Rexall, PharmaPlus – some grocery stores have pharmacies)
- Food Basics
- Foodland
- FreshCo
- No Frills
- Sobeys
- Superstore
- Walmart
- Zehrs

### Multicultural products and market:

- Alnoor Halal Food Mart
- Asia Food Market
- B&R European Deli
- Big Red Market
- Crispy African Market
- Dinh Dinh Asian Food Mart
- Ebeano
- Eastern Market
- El Bodegon
- Euro Taste
- Global Food Mart
- Kabul Farms Supermarket
- La Paisana
- Los Amigos
- Madina Halal Meat and Grocery
- My Choice Food Store
- Swadesi Grocers
- Tropical Delight
- Tony's Fish Market

### **TIP!**

Bring your own shopping bags to save some money.



## Money-Saving Tips

Looking to save on groceries? Want some food stores to check out? The following apps can help you compare prices at various grocery stores and save.

### Apps:

- **Flipp:** Save on your grocery shopping by browsing weekly flyers and finding the best sales and discounts at stores near you.
- **Flash Food:** Get discounts on fresh food at participating stores, helping you save money while stocking up on your essentials.
- **PC Optimum Insiders:** Gain exclusive discounts and earn points for every purchase, which can be redeemed for savings at stores like Loblaws and Shoppers Drug Mart.
- **Checkout 51:** Earn cashback on your grocery purchases by simply uploading your receipts for qualifying items.
- **Save.ca:** Use digital coupons and cashback offers to save on your grocery shopping and other everyday items.
- **RedFlag Deals:** Find deals, flash sales, and coupons for food, electronics, and more your go to resource for saving money on almost anything.
- **Caddle:** Get rewarded with cashback for shopping, completing surveys, and submitting receipts from your everyday purchases.



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## Food Security Supports at Brock

**Brock University, Brock University Students' Union (BUSU) and the Graduate Students' Association (GSA) have several programs and resources to assist students who are facing food insecurity. They can be found here:**

[Food Security](#) - Brock University operates a variety of programs to address the need of students facing food insecurity.

[Food First](#) - The Food First Program is a partnership between BUSU and the GSA. The program provides students impacted by food insecurity with a local grocery store gift card, helping students access fresh groceries when they need them most.

**If you are new to the kitchen or looking for something easy to make in your busy schedule, we've got you covered!**

**This first section of recipes was gathered with beginners in mind to ease you slowly into the wonderful world of cooking.**

## Classic Grilled Cheese & Tomato Soup



### Ingredients

- 2 slices of bread
- 2 slices of cheese (cheddar, mozzarella or your favourite)
- 1 tbsp butter

### Instructions

1. Heat a pan over medium heat.
2. Butter one side of each bread slice.
3. Place one slice (butter-side down) on the pan, add cheese, and top with the other slice (butter-side up).
4. Cook for 2–3 minutes per side until golden brown and crispy.



## Scrambled Eggs on Toast

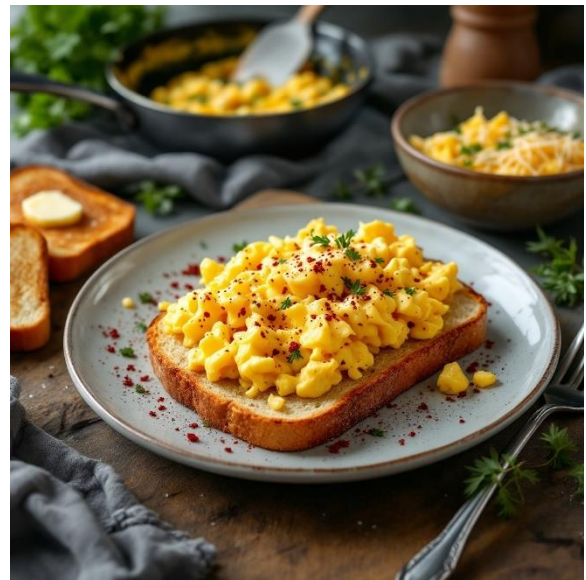


### Ingredients

- 2 eggs
- 1 tbsp butter or oil
- 2 slices of bread
- 2 tbsp milk (optional, for creamier eggs)
- Salt & pepper to taste
- ¼ cup of veggies /cheese

### Instructions

1. Toast the bread in a toaster or on a dry pan until golden brown. Set aside.
2. Crack eggs into a bowl, add milk (if using), salt, and pepper. Whisk well.
3. Heat butter/oil in a pan over medium-low heat.
4. Pour the eggs into the pan and stir gently with a spatula.
5. Add veggies (optional). Keep stirring until the eggs are soft and slightly creamy. Remove from heat immediately.
6. Place the scrambled eggs on top of the toast or serve them on the side. Sprinkle chili flakes or herbs for extra flavor (optional). Serve with maple syrup, and fruits (optional)!



## Breakfast Sandwich



### Ingredients

- 1 English muffin or bread of choice
- 1 egg
- 1 slice of cheese (cheddar, Swiss, or your preference)
- 2 slices of cooked bacon, ham, or turkey (optional)
- 1 tbsp butter or oil
- Salt & pepper (to taste)
- 1 tbsp mayo or hot sauce (optional)

### Instructions

1. Lightly toast the English muffin or bread until golden brown.
2. Heat a pan over medium heat, add butter or oil, and fry the egg to your liking (scrambled or sunny-side-up). Season with salt and pepper.
3. Place cheese on the egg while still warm to melt. Add bacon, ham, or turkey (if using).
4. Spread mayonnaise or hot sauce on the toasted bread. Place the egg and toppings inside.
5. Eat it fresh or wrap it for an on-the-go breakfast!



## Canadian-Style Pancakes



### Ingredients

- 1 cup flour
- 1 1/2 tbsp sugar
- 1 tsp baking powder
- A pinch of salt
- 1 cup milk
- 1 egg
- 1 tbsp melted butter

### Instructions

1. Mix all dry ingredients in a bowl.
2. Add milk, egg, and melted butter; stir until smooth.
3. Heat a pan, grease it lightly, and pour small circles of batter.
4. Cook until bubbles form, then flip.
5. Serve with maple syrup, and fruits (optional)!



## Pizza Yay or Nay

Like pizza, but way easier!



### Ingredients

- 2 slices of bread
- 2 tbsp pizza sauce or tomato sauce
- 1/2 cup shredded cheese (mozzarella works best)
- Toppings (pepperoni, veggies, or anything you like)

### Instructions

1. Preheat the oven or air fryer to 375°F (190°C).
2. Spread sauce on the bread, sprinkle cheese, and add toppings.
3. Bake or air-fry for 5–7 minutes until the cheese melts.
4. Enjoy your quick "pizza"!



## Breakfast Burrito



### Ingredients

- 1 tortilla
- 1 or 2 eggs
- 1/4 cup shredded cheese
- 1/4 cup cooked veggies

### Instructions

1. Scramble eggs in a pan.
2. Place eggs, cheese, and toppings on the tortilla.
3. Wrap it up and toast in a dry pan for 1–2 minutes.
4. Eat it on the go or dip in salsa!



## Banana Pancakes



### Ingredients

- 1 ripe banana
- 1 egg
- 1/2 cup flour
- 1/2 tsp baking powder
- 1 1/2 tbsp milk

### Instructions

1. Mash the banana in a bowl.
2. Mix in egg, flour, baking powder, and milk.
3. Heat a pan and cook small pancakes for 2 minutes per side.
4. Top with syrup!



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## DIY Ice Cream Sandwich



### Ingredients

- 2 cookies
- 1 scoop of ice cream (vanilla, strawberry, chocolate, or any)
- Sprinkles to make it colorful

### Instructions

1. Place a scoop of ice cream between two cookies.
2. Roll the edges in sprinkles or nuts.
3. Freeze for 10 minutes if you want it firmer.
4. Enjoy your homemade ice cream sandwich!



## Roasted Potatoes & Scrambled Eggs



### Ingredients

- 2 medium potatoes, diced
- 2 eggs
- 1 tbsp oil or butter
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp paprika (optional, for a smoky flavor)
- 1/4 tsp garlic powder (optional)
- 1 tbsp milk (for fluffier eggs)
- Bell Peppers
- Fresh herbs (parsley, green onions, or cilantro for garnish)



### Instructions

#### Roast the Potatoes

1. Preheat your oven to 400°F (200°C).
2. Toss the diced potatoes with oil, salt, pepper, paprika, and garlic powder.
3. Spread them on a baking sheet and roast for 20-25 minutes until crispy and golden brown.

#### Cook the Scrambled Eggs

1. Crack eggs into a bowl, add milk, salt, and pepper, and whisk well.
2. Heat butter/oil in a pan over medium-low heat.
3. Add diced bell peppers
4. Pour in the eggs and cook gently, stirring occasionally until soft and slightly creamy.
5. For extra flavor, let the eggs slightly brown for a subtle crispy edge.

#### Combine & Serve

1. Add the roasted potatoes into the scrambled eggs on low heat and mix together in the pan.
2. Garnish with fresh herbs and enjoy!
3. These quick to go too recipes are not just affordable but would save you time and are easy to make.

**Now that you're equipped with tools, tips and beginner recipes to succeed in the kitchen, let's embark on a culinary journey around the world!**

**This cookbook features a diverse mix of recipes from the United States, Nigeria, Brazil, Taiwan, Trinidad and Tobago, India, and Vietnam. Each recipe offers a unique flavor, representing the rich cultural heritage of these countries.**

## **Olajumoke's Jollof Rice**

### **Nigeria**

#### **Ingredients**

- 2 cups long-grain parboiled rice
- 1 can (400g) tomato puree OR 4 fresh tomatoes (blended)
- 1 large red bell pepper (blended)
- 1 medium sized onion (blended)
- 2 tbsp tomato paste
- 1/4 cup vegetable oil
- 1 tsp thyme
- 1 tsp curry powder
- 1 tsp garlic powder
- 1 tsp ginger powder
- 2 seasoning cubes (Maggi or Knorr)
- 1 tsp salt (adjust to taste)
- 1 tsp smoked paprika (for the **smoky** flavor)
- 1/2 tsp black pepper
- 2 cups chicken or beef broth
- 1 bay leaf (for aroma)
- 1/2 cup sliced onions (for garnish)



#### **Instructions**

##### **Prepare the Tomato Base**

1. Heat vegetable oil in a large pot over medium heat.
2. Add onion mix, till caramelized
3. Add tomato paste and fry in oil for another 5 minutes
4. blended tomato, bell pepper, and fry for 10-15 minutes, stirring occasionally until the sauce thickens and the oil separates.

##### **Season the Sauce**

1. Stir in thyme, curry powder, garlic, ginger, seasoning cubes, salt, black pepper, and smoked paprika.
2. Let it cook for 5 more minutes to enhance the flavors.

##### **Cook the Rice**

1. Rinse parboiled rice to remove excess starch and add it to the pot.
2. Pour in chicken or beef broth, stir well, and add bay leaf.
3. Cover and cook on low heat for 20-30 minutes until the rice absorbs the liquid.
4. Stir occasionally to prevent burning. If needed, add a little water in small amounts.

##### **Final Touches**

1. Once the rice is fully cooked, stir in sliced onions.
2. Cover and let it steam for 5 minutes to enhance flavor.
3. For the authentic party Jollof smoky taste, let the rice slightly burn at the bottom (controlled burning).

## **Olajumoke's Pepper Soup** **Nigeria**

### **Ingredients**

- 1 lb (500g) goat meat, chicken, fish, or assorted meat
- 4 1/2 cups water
- 1 tbsp ground pepper soup spice (or mix of calabash nutmeg, cloves, and African pepper)
- 1 tsp chili powder (adjust for spice level)
- 1 tbsp ground ginger
- 1 tbsp ground garlic
- 1 medium onion (chopped)
- 2 seasoning cubes
- Salt to taste
- Scent leaves or basil (for garnish)
- Optional: sliced utazi leaves for a slightly bitter taste



### **Instructions**

1. Prep the Meat/Fish/Chicken
2. Wash and cut into bite-sized pieces.
3. For goat meat or tough meat, pre-boil for 15-20 minutes before adding spices.
4. In a pot, add water, meat, onions, ginger, garlic, and seasoning cubes.
5. Boil for 15-20 minutes (or until the meat is tender).
6. Add Spices
7. Stir in pepper soup spice, crayfish, chili powder, and salt.
8. Simmer for another 10-15 minutes until fully infused.
9. Add scent leaves or basil for flavor and aroma.
10. Serve hot with rice, yam, plantain, or just enjoy the broth!

## Joana's Brigadeiro

### Brazil

#### Tips!

You can experiment with coatings, such as crushed nuts, coconut flakes, or powdered sugar, for variety. Store in an airtight container at room temperature for up to 2 days or in the fridge for about a week

#### Ingredients

- 1 can of sweetened condensed milk (14 oz or 395 g)
- 2 tablespoons of unsweetened cocoa powder
- 1 tablespoon of unsalted butter (plus extra for greasing your hands)
- Chocolate sprinkles (for coating)



#### Instructions

##### Mix the ingredients:

1. In a medium saucepan, combine the sweetened condensed milk, cocoa powder, and butter. Stir well to dissolve the cocoa powder.

##### Cook the mixture:

2. Place the saucepan over medium heat and cook while stirring continuously with a wooden spoon or spatula.
3. Keep stirring until the mixture thickens and you can see the bottom of the pan when you drag the spoon through it (this takes about 10-15 minutes). The mixture should hold its shape.

##### Cool:

4. Remove the mixture from the heat and let it cool at room temperature or transfer it to a greased plate and refrigerate for about 1-2 hours until firm.
5. Shape the Brigadeiro's:
6. Grease your hands with a little butter, scoop a small amount of the mixture, and roll it into a ball (about 1 inch in diameter).

##### Coat:

7. Roll the Brigadeiro balls in chocolate sprinkles until fully coated.
8. Serve:
9. Place the Brigadeiro's in mini paper cups for presentation.
10. Serve and enjoy!

## Ray's Braised Pork Ribs

Taiwan

### Ingredients

- 500g of pork belly, sliced into columns
- 3 cloves of garlic, minced
- 2cm chunk of ginger, unpeeled
- 1 cup of chicken broth
- 1 tablespoon of light soy sauce
- 2 tablespoons of dark soy sauce (not required, this is mostly for colouring)
- 1 tablespoon of brown sugar
- 1/2 tablespoon of five spice powder
- 1/2 tablespoon of white pepper
- Cooked rice



### Instructions

1. Stew all ingredients (except cooked rice) together for 30 minutes.
2. Serve stew over rice.

## Ray's Beef Noodle Soup

Taiwan

### Ingredients

- 500g of beef shank, cut into 2-3 chunks
- 2 tomatoes, uncut unpeeled
- 1 onion, roots cut off and peeled
- 4 cm chunk of ginger, unpeeled
- 4 cloves of garlic, uncut peeled
- 4 green onions, roots cut off
- 1 tablespoon tomato paste (NOT ketchup)
- 1/3 cup of soy sauce
- 1/2 table spoon of sugar
- 3 cups of beef stock
- 1/2 tablespoon of five spice powder
- Ramen noodles (thick egg noodles) and bok choy – do NOT replace with rice/glass noodles variants or pasta



### Instructions

1. Stew all ingredients (except noodles and bok choy) together for 60 minutes.
2. Blanch the bok choy.
3. Add the noodles and continue to stew until cooked.
4. Before serving, thinly slice the beef (1/2 cm) and add bok choy.

## **Vincent's Huevos Rancheros** **USA**

### **Ingredients**

- 2 eggs
- 4 corn tortillas - 8
- 5 mL of cooking Oil
- Pinch of salt
- Pinch of Black Pepper
- 20 mL of Milk - 473 mL
- 75 mL of La Costeña Green Mexican Sauce (any mexican green sauce can work just fine)
- Marble Cheese(optional) 1 cup- 400 grams



### **Instructions**

1. Cut each corn tortilla into 4-8 triangle parts
2. Grate a cup of cheese
3. Lather 10 mL of cooking oil on stovetop pan and set to medium high heat
4. Crack 2 eggs into pan and scramble them
5. Add 20 mLs of milk and continue scrambling
6. Add seasoning
7. Add corn tortillas into eggs
8. Cook for 2 minutes and then add 75 mL of green sauce
9. Mix in sauce and cook for 3 more minutes and add cup of cheese to dish.
10. Serve and enjoy!

## **Daniel's Abacha (African Salad)** **Nigeria**

### **Tip!**

All ingredients can be found at Ebeano Supermarket in St. Catharines.

### **Ingredients**

- 2 cups of "Abacha" (African salad flakes)
- 1 cup of "ugba" (oil bean slices)
- 1 teaspoon of potash (optional, for thickening)
- 1/2 cup of palm oil
- 2 tablespoons of ground crayfish
- 1 small onion (sliced)
- 1 teaspoon of pepper (to taste)
- Salt (to taste)
- Seasoning cubes
- 1/2 cup of stockfish (pre-soaked and shredded)
- 1/2 cup of dry fish (pre-soaked and shredded)
- 2 tablespoons of ground "ehuru" seeds (optional)
- 1 handful of garden eggs (optional, for garnish)
- 1 handful of fresh vegetables (like "utazi" or spinach, for garnish)



### **Instructions**

1. Prepare the 'Abacha' Flakes - Soak the "Abacha" flakes in lukewarm water for about 5 minutes, then drain and set aside.
2. Prepare the Palm Oil Mixture - Dissolve potash in a small amount of water (if using). Mix with palm oil in a bowl to create a bright yellowish mixture.
3. Add ground crayfish, pepper, "ehuru" seeds, and seasoning cubes to the oil mixture. Stir thoroughly.
4. Combine Ingredients - Add the drained Abacha flakes to the palm oil mixture and stir until evenly coated.
5. Add "ugba", shredded stock fish, and dry fish. Mix well.
6. Taste and Adjust - Add salt and more seasoning if necessary. Mix thoroughly.
7. Serve - Garnish with sliced onions, garden eggs, and fresh vegetables.

## **Linh's Bánh Mì (Vietnamese Sandwich)**

### **Vietnam**

#### **Ingredients**

- 1 French baguette or any type of crusty bread (a small baguette works best)
- 100g grilled or roasted chicken, pork, or tofu (shredded or sliced) or 2-3 eggs
- 1 small cucumber, thinly sliced
- 1 small carrot, julienned (or pickled if available)
- 1 small daikon, julienned (or pickled if available)
- Fresh cilantro
- Mayonnaise (or a mix of mayo and chili sauce for a spicy kick)



#### **Instructions**

##### **Prepare the ingredients:**

1. If using raw carrots/daikon, you can quickly pickle them by soaking them in a bit of vinegar, sugar, and water for 10-15 minutes (optional).
2. Slice the cucumber, carrot, and jalapeños.
3. If you don't have cooked protein (chicken, pork, or tofu), you can make omelet.

##### **Prepare the baguette:**

4. Slice the baguette lengthwise, but don't cut all the way through so it stays in one piece. Lightly toast the bread in an oven or a pan (with butter) for a crisp outer texture.

##### **Assemble the bánh mì:**

5. Spread a thin layer of mayonnaise (or mayo mixed with chili sauce for extra spice) on both sides of the bread.
6. Layer the meat or tofu or omelet, followed by the cucumber slices, pickled carrots and, cilantro (if using).

## Linh's Spring Rolls with Peanut Sauce Vietnam

### Tip!

You can add other ingredients such as sliced avocado, bean sprouts, or even cooked mushrooms to personalize your rolls.

### Ingredients

- 10-12 rice paper wrappers (bánh tráng)
- 200g cooked shrimp (or chicken, pork, or tofu for a vegetarian option), sliced or chopped
- 1 medium carrot, julienned
- 1 cucumber, julienned
- Cilantro
- Fresh mint leaves (optional)
- Lettuce leaves
- 150g cooked vermicelli noodles (optional, but adds great texture)

### For the Peanut Sauce:

- 1/2 cup creamy peanut butter
- 2 tbsp hoisin sauce
- 1 tbsp soy sauce

### Instructions

#### Prepare the fillings:

1. Julienne the carrot and cucumber into thin strips. Chop the cilantro and prepare the lettuce leaves (tear them into manageable pieces if needed).
2. If using shrimp, peel and slice them in half lengthwise. If using chicken or tofu, slice it into thin strips.
3. For optional vermicelli noodles, cook according to the package instructions and set aside.

#### Prepare the peanut sauce:

4. In a small bowl, whisk together the peanut butter, hoisin sauce, soy sauce, sugar, lime juice, minced garlic (if using), and water.
5. Adjust the water amount to get your desired sauce consistency. Add chopped peanuts and crushed red pepper flakes if desired. Taste and adjust for sweetness, saltiness, or acidity as needed.



- 1 tsp sugar
- 1-2 tbsp lime juice
- 1-2 tbsp water
- 1 small garlic clove, minced (optional)
- A pinch of chopped peanuts (optional)
- A pinch of crushed red pepper flakes (optional)

#### Assemble the spring rolls:

1. Fill a large bowl with warm water. Dip one rice paper wrapper into the water for about 5 seconds, or until it becomes soft and pliable. Don't leave it in too long, or it will tear. Lay the soft rice paper flat on a clean surface (like a cutting board).
2. In the center of the rice paper, layer a few leaves of lettuce, followed by a small handful of vermicelli noodles (if using), a few slices of shrimp or protein, a few strips of carrot and cucumber, and some fresh herbs (cilantro and mint).
3. Fold the sides of the rice paper inwards, then roll the spring roll tightly from the bottom up, making sure it's snug but not too tight to avoid tearing.
4. Spring rolls need to be served immediately.

## **Andri's "Trini" Fry Bake** **Trinidad and Tobago**

### **Ingredients**

- 2-3 cups all-purpose flour
- 1 tsp active dry yeast
- 2 tsp baking powder
- 2-3 tsp salt
- 2 tsp sugar
- Warm water (as needed)
- Cooking oil (for frying)
- This makes 6-8 fry bakes

### **Instructions**

1. In a large bowl, combine the flour, yeast, salt, and sugar.
2. Gradually add warm water to the dry mixture, stirring as you go. Once the dough starts to come together, knead it until smooth and elastic. The dough should bounce back slightly when poked.
3. Cover the bowl with a clean towel or cloth. Let the dough rise in a warm place for about 20 minutes, or until it doubles in size.
4. After it rises, divide the dough into 6-8 pieces. Roll each piece into a ball and let them rest for 15 minutes.
5. In a large pot or wok, heat enough oil over medium heat to submerge each piece of dough. Be careful not to overfill to avoid splashing.
6. Flatten each dough ball into a thin, round disc using a rolling pin.
7. Carefully place one disc into the hot oil. Use a spoon to continuously and gently pour hot oil over the top this helps the dough puff up.
8. When the bottom is golden brown, flip the dough and cook the other side until golden as well.
9. Remove from the oil and place on a plate lined with paper towels to absorb excess oil. Allow to cool slightly.
10. Cut fry bake along the rim, open and fill the inside with your favourite fillings or spreads such as butter, cheese, jam, peanut butter, cream cheese, vegetables, or meats.



## Irene's Bombay Biryani

### India

#### Tip!

For the best results, the chef recommends using Shan Sindhi Biryani Seasoning Mix it's the secret to rich, authentic flavor in every bite!

#### Ingredients

- 1 kg of meat on bones, in small portions
- 750g of washed and soaked Basmati rice
- 300g of finely sliced onions
- 3-4 diced tomatoes
- 250g of peeled and quartered potatoes
- 2 tablespoons each of garlic and ginger paste
- 200g of whipped plain yogurt
- 175ml of cooking oil
- 1 packet of Shan Special Bombay Biryani Mix mixed in ½ cup of water



#### Instructions

1. Fry onions in hot oil until golden.
2. Add tomatoes and fry until oil separates.
3. Add meat, garlic paste, ginger paste, yogurt, potatoes and Shan Special Bombay Biryani Mix.
4. Stir fry for 10 minutes.
5. Add water (Beef/Lamb 4 cups, Chicken 2 cups).
6. Cover and cook on low heat until meat is tender.
7. Increase heat and stir fry until oil separates from gravy.
8. Separately: In 15 cups / 3 liters of boiling water, stir in tablespoons of Shan Salt and soaked rice.
9. Boil rice until ¾ cooked.
10. Remove and drain thoroughly.
11. Spread half rice in pot and pour meat curry.
12. Top with remaining rice.
13. Cover pot and cook on low heat until rice is fully cooked (5-10 minutes).
14. Mix before serving.

## Rachit's Dal (Lentils)

India

### Tips!

Dal is a superfood packed with protein. This quick dish (just 30 minutes) is mildly spicy yet full of flavor and can be made in large portions to feed you for 4-5 days.

It is usually made with toor dal/ arhar dal/ split pigeon peas but can be made with red lentils (split masoor dal) or yellow lentils (split moong dal) instead.

### Ingredients

- 1 cup Arhar Dal / Toor Dal / split pigeon peas
- 3 whole tomatoes
- 1 to 2 green chilies (depending on your preferred spiciness)
- 2 tablespoons ghee / clarified butter (ghee preferred)
- 2 teaspoons cumin seeds
- 2 teaspoons coriander powder
- ½ teaspoon turmeric powder
- ½ teaspoon red chili powder
- ½ teaspoon salt
- Coriander/ cilantro leaves
- Rice

### Instructions

#### Preparation:

1. If you don't have an instant pot or a pressure cooker, then soak your lentils in a bowl of water for 30 min. If you have an instant pot or a pressure cooker, skip this step.
2. Prepare your flavor base by taking the tomatoes and green chilies and blending them in a blender until a roughly smooth paste is formed.

#### Cooking:

1. Turn the Instant Pot to SAUTE. If you don't have an Instant Pot, heat a regular pot to medium-high heat. Add ghee and melt until slightly warm.
2. Add cumin seeds and crackle for around 15 sec.
3. Put the tomato chili blend in the pot and sauté 6-7 min.
4. Add coriander, turmeric and red chili powders with salt to the pot. Cook 2-3 min.
5. Add the lentils to the pot along with 3 cups of water if using an instant pot. You might have to add more water if you are using a normal pot to maintain the water level.
  - **Instant Pot:** Close the Instant Pot and pressure cook on high for 8 min. When finished, wait for the pressure to release naturally (or at least 10 min before releasing the pressure manually).
  - **Normal pot:** Add the lentils, close the lid, and boil until soft enough to mash.
6. Adjust salt and the spices to taste and garnish with freshly chopped cilantro.
7. Serve hot on top of rice.



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