



HERITAGE PLATES

A NEWCOMER'S GUIDE

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To All the Hardworking Immigrants



Submitted as a part of PSLP cohort 6

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Immigrant Centre

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Section 1

Cooking TIPS



Cooking Terms

These cooking terms are important to know to help you read recipes like a pro!

Making Cuts: Chop, Dice, Mince, Slice	
Chop	To cut into pieces in the same size, medium or large.
Dice	To cut into small, even cube pieces that are smaller than a chop, usually 1/4 "
Mince	To cut food into smaller pieces than diced.
Slice	To cut into long, thin pieces.
Mixing Ingredients: Mix, Knead, Whisk	
Mix	To beat or stir two or more food ingredients together
Knead	To mix and work the ingredients that make up a dough into a smooth, elastic form. Can be done with hands or heavy-duty mixer.
Whisk	To beat ingredients with a fork or a "whisk" to add air or volume until mixture appears light and fluffy.
Cooking Using Dry Heat: Bake, Broil, Brown, Roast, Sauté, Grill	
Bake	To cook food in oven with dry heat.
Broil	To cook directly under very hot heat source. Meat or fish is cooked from top side. Usually used to melt cheese on casseroles but also to cook whole fish or char vegetables.
Brown	To cook quickly over high heat, usually in a frying pan using fat or oil to cook.
Roast	To cook by dry heat, usually in an oven.

Sauté	(Pan fry) To cook food in a small amount of fat or oil on the stove top on high heat.
Grill	To cook food directly on the heat source of a gas charcoal or wood grill. Often used for tender cuts of meat and vegetables
Cooking Using Moist Heat: Boil, Poach, Simmer, Steam	
Boil	To cook food in hot water or liquid. Liquid moves very fast with large bubbles coming to the top. Often used for vegetables or pasta.
Poach	To cook food gently in large amounts of heated liquid. Often used for eggs, fish or fruit.
Simmer	To cook food slowly in a heated liquid. Often used in soups, stews and sauces.
Steam	To cook food quickly by moist heat from a heated liquid. Often used for vegetables and fish.

Oven Settings

Oven Temperatures	Degrees Fahrenheit	Degrees Celsius
Very low heat	250° F	120° C
Low heat	300° F	150° C
Moderate heat	350° F	180° C
Hot	400° F	200° C
Very hot	450° F	230° C

Abbreviations

t or tsp	Teaspoon
T or Tbsp	Tablespoon
oz	Ounce
ml	Milliliters
c	Cup
pt	Pint
lb	Pound
g	Gram
kg	Kilogram
°	degrees

Common Conversions

Teaspoons	Tablespoons	Cups	Milliliter/ Liters	Fluid Ounces	Pints & Quarts
1 tsp			5 ml		
3 tsp	1 Tbsp	1/16 cup	15 ml	1/2 oz	
6 tsp	2 Tbsp	1/8 cup	30 ml	1 oz	
	4 Tbsp	1/4 cup	60 ml	2 oz	
	8 Tbsp	1/2 cup	125 ml	4 oz	1/4 pt
	12 Tbsp	3/4 cup	175 ml	6 oz	
	16 Tbsp	1 cup	250 ml	8 oz	1/2 pt
		2 cups	500 ml	16 oz	1 pt
		4 cups	1000 ml	32 oz	1 qt
		8 cups	2 liters	64 oz	2 qt
		16 cups	4 liters	128 oz	4 qt

** 1 pound (lb) = 454 grams (g) = 16 dry ounces (oz)

1 kilograms (kg) = 1000 grams (g) = 2.25 pounds (lbs)

Section 2

The recipes



AFRICA



Hlbet



Ingredients

- 1 cup Hilbet powder (fava beans, fenugreek, lentils and some spices).
- ½ cup cold water
- Water for boiling
- 1 chopped onion
- Plant-based oil
- Chili red pepper powder (to taste)
- Mashed tomatoes (to taste)
- Mashed garlic (to taste)
- Salt (to taste)
- Injera (teff flour)

Instructions

- 1.Begin by boiling water in a saucepan.
- 2.In a separate bowl, mix 1 cup of Hilbet powder with ½ cup of cold water.
- 3.Once the water is boiling, add the Hilbet mixture to the saucepan. Stir continuously for 2 minutes, then let it simmer on low heat for 45 minutes.
- 4.In another saucepan, heat plant-based oil over medium heat and add the chopped onion. Sauté until the onion is translucent.
- 5.Add chili red pepper powder and a little water to the onions.
- 6.Incorporate the mashed tomatoes and cook for an additional 5 minutes.
- 7.Finally, add the mashed garlic and salt to the mixture.
- 8.Once the Hilbet is cooked and has a creamy texture, whip it until smooth.
- 9.Serve the creamy Hilbert with Injera (teff flour).

Enjoy your meal!

Hilib Suqaar



Ingredients

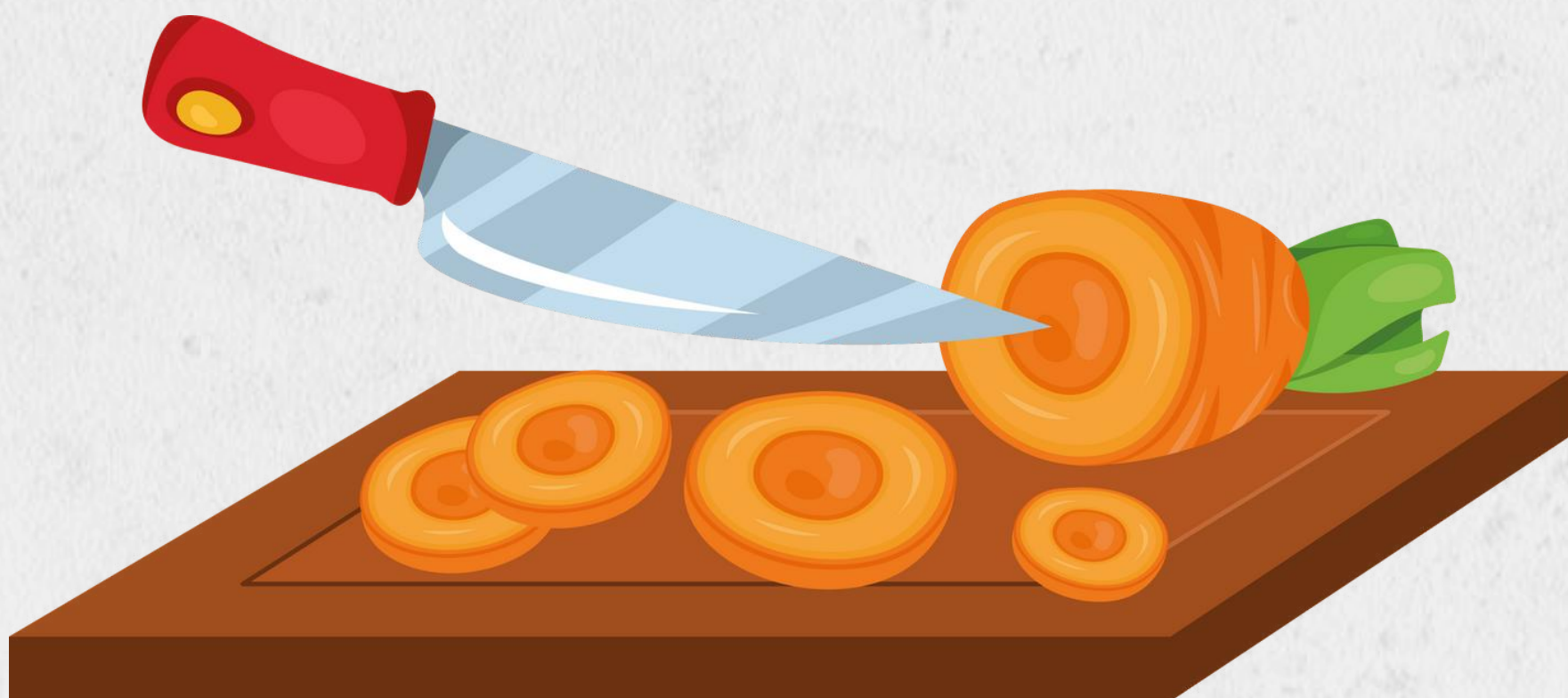
- 1 lb Cubed beef
- 2 tbsp Olive oil
- 1 Chopped onion
- 5 garlic cloves minced
- Tomatoes
- 4 tsp. Xawaash spice (combination of cumin, coriander, cinnamon, cardamom, and cloves)
- Chicken bouillon cube or salt
- 1 medium Bell peppers
- 1 handful Cilantro
- Red onions

Instructions

1. Begin with cooking down cubed beef
2. Add 2 tbsp of olive oil
3. Add 1 white onion chopped and 2 cloves of garlic minced.
4. Add 1 chopped tomatoes
5. Once the onions are translucent and the tomatoes are soft, add all seasonings (1 tbsp of Xawaash, 1 bouillon cube and or 1 tsp salt)
6. Mix well and add some water. Let simmer for 20–25 minutes.
7. In the last 5 minutes of simmering, add a 1/2 cup of chopped bell peppers, 1/2 cup of sliced red onions and handful of cilantro.

Significance

Beef suqaar was one of my absolute favourite dishes growing up, and it holds a special place in my heart. It's such an easy and versatile dish to make, perfect for those times when you're short on time or just craving a taste of home. I love how it pairs beautifully with so many things—rice, pasta, sabayad (Somali bread) or my personal favourite, malawax (Somali crepe).



Kita Firfir



Significance

This was my favourite breakfast as a child, its spicy, sweet and pillowy soft from the flat bread. A classic comfort meal for Ethiopian children everywhere! I would look forward to Saturday morning especially because I knew my mom would be making this dish.

Ingredients

- 1 cup flour
- generous pinch of salt
- 1/2 cup water
- oil (to grease the pan)
- 1/4 - 1/3 cup Kibbeh (Spiced butter)
- 1.5 tbsp Berbere (add more depending on spice preference)
- salt (to taste)

Instructions

1. Mix together flour, water, and salt until well combined to make the flatbread; note that the dough will be wet.
2. Heat a skillet to medium and add oil.
3. Add the flatbread dough to the skillet and spread it until it covers the bottom, aiming for a thickness of 1/4 to 1/2 inches. Adjust the thickness to your preference, but avoid making it too thin or too thick.
4. Cook on both sides until lightly browned, being careful not to overcook and dry out the flatbread.
5. Place the cooked flatbread on a plate and cover it with a towel until all the dough is complete.
6. Once the flatbread is ready, rip or chop it into small pieces.
7. In a separate pan, heat the Kibbeh and Berbere until melted and well combined.
8. Once melted, reduce the heat to low and add the ripped or chopped flatbread into the pan, stirring until all pieces are well coated. If any pieces are not coated, add a little more Kibbeh.
9. Taste and add a pinch of salt if needed.

Serve in a bowl for breakfast and drizzle with honey if you enjoy a bit of sweetness!

Malakwang (Hibiscus Species leaves)



Ingredients

- 1 liter of water
- Salt to taste
- Handful of Malakwang leaves
- Tomatoes
- Peanut butter (add to your liking)

Instructions

1. Boil 1 liter of water in a clean saucepan.
2. Add a handful of dry malakwang or fresh leaves.
3. Cook until ready, 5 to 15 minutes depending on the heat.
4. Test the softness using a wooden spoon by pressing against the leaves.
5. Drain out the water.
6. Add in the cut tomatoes and let it cook for 5 minutes.
7. Add salt and stir well, then allow it to cook for 1 minute.
8. Add the measurable amount of peanut butter and stir.
9. Add a little water to reduce the thickness and stir very well.
10. Serve it with boiled sweet potatoes, preferably Uganda or African sweet potatoes, and enjoy while hot.

Significance

I'm very excited to share one of my favorite dishes: Malakwang, which comes from the hibiscus species. First, let's talk about the hibiscus plant, known as Malakwang in my Acholi Luo local language.

Malakwang, or hibiscus leaves, is commonly used for making sauce. The seeds of the plant are utilized to create nutritious coffee, while the dried red hibiscus flowers are used to spice tea and can also be blended into juice and wine. These dried flowers are widely used in Uganda and across Africa for the fermentation of wine, known as hibiscus wine. Many people who are anemic are recommended to drink Malakwang—hibiscus dried flowers as tea, juice, or wine—due to its rich nutrients and vitamins.

In northern Uganda, Malakwang leaves are not only an excellent source of essential nutrients, but they also hold a special place in traditional cuisine. Malakwang is often served as a ceremonial sauce and is a beloved dish at various occasions, including traditional marriages, wedding ceremonies, and special visits from guests. Its unique flavor and cultural significance have attracted many tourists to Uganda.

Malakwang is typically served as a side dish or a dessert at functions due to its sour taste. To enhance its palatability, hot water and sometimes traditional bicarbonate soda are used to reduce the acidity and sourness. Malakwang sauce pairs wonderfully with roasted groundnuts or sim-sim paste.

There are numerous ways to prepare Malakwang, including combinations with sauces like smoked beef or smoked dry fish, and even fermented hippopotamus skin. These combinations highlight the importance of Malakwang spices, making them a valuable culinary product in northern Uganda and throughout the country.

As a child, I would often drink the water used to cook Malakwang, and I still enjoy it today. This is a common practice among many children and adults, especially after a hearty meal, as it acts as a natural catalyst for digestion.

Thieboudienne



Ingredients

- Fresh broccolis
- White mushrooms
- 2 carrots
- 2 potatoes
- 1 eggplant, all cut in small slices
- 3 chicken thighs or fish
- 5 cups of Jasmine rice
- 400 mL of Hunt's tomato paste
- 100 mL of vegetable oil or olive oil
- Mustard and ground black pepper
- 1 medium onion, cut in slices
- 1 chicken flavored stock cube (Maggi)
- Water, measuring cups

Rice cooker, cooking dish, and glass container

Instructions

1. Preparation of the Vegetables

- In a cooking dish, boil all the vegetables over medium heat for around 20 minutes.

2. Marinade of the Chicken Thighs or Fish

- In a glass container, marinate the chicken thighs (or fish) with small amounts of mustard, ground black pepper, slices of onions, and one chicken-flavoured stock cube to add a rich flavour.

3. Cooking of the Vegetables and the Chicken Thighs or Fish

- In the cooking dish, pour 100 mL of vegetable or olive oil.
- Cook the marinated chicken thighs (or fish) with the onions over medium heat for about 15 minutes, flipping regularly to ensure all parts are cooked.
- After 15 minutes, add 400 mL of Hunt's tomato paste with 1300 mL of water.
- Stir the mixture, then add the cooked vegetables from Part 1.
- Let all cook for 25 minutes.

4. Vegetable Sauce

- After 25 minutes of cooking, remove the vegetables, chicken thighs (or fish), and a small amount of oil from the sauce and place them in the glass container.

5. Cooking of the Rice

- Pour the remaining sauce into a rice cooker.
- Add water to reach a total volume of 1500 mL.
- Then, add 5 cups of Jasmine rice and stir the mixture.
- Let it cook for about 30 minutes.

6. Serving

- Serve hot or cold. Enjoy your meal!

Tips: This meal can be made with fish and served with a good ginger juice. The total cooking time is about 1 hour and 30 minutes, and the portions are for six people.

Significance

The "Thieboudiene" is regarded as the national dish of Senegal. Many families in Senegal prepare this meal daily or at least once a week.

Asia



Beef Biryani



Ingredients

- 1 kg – Rice
- 750 g – Beef
- 250 ml – Oil
- 250 g – Yogurt
- 1 kg – Tomatoes
- 1 bunch – Cilantro
- 1 bunch – Mint
- 8-10 – Dried Plum
- 1 tbsp – Fennel seeds
- 2 tbsp – Coriander seeds
- 1 kg – Onions
- 3 tbsp – Ginger Garlic paste
- 1 tbsp – Chilli flakes
- 10 – Green chilies
- as per taste – Salt
- 1 tsp – Cumin
- 6-7 – Cloves
- 2 – Black Cardamom
- 5-6 – Green Cardamom
- 6-7 – Whole black pepper
- 1 – Lemon
- Biryani Essence – Food color

Significance

Biryani is a traditional dish in our culture that we enjoy two to three times a month. Our family festival meals would feel incomplete without it, whether it's beef, chicken, mutton, fish, or shrimp biryani. Please note that each biryani recipe varies, and I have shared the recipe for beef biryani.



Instructions

1. **Stock Recipe:**

- Take a pot and add 1500ml of water.
- Add fennel seeds, coriander seeds, chopped onion, salt, ginger garlic paste, and beef to the pot.
- Cook until the beef becomes tender and absorbs all the water.
- Separate the beef onto another plate and discard all spices.

2. **Gravy Recipe:**

- Take a large pot and add oil.
- Fry chopped onions in the oil until they turn light golden.
- Add chopped tomatoes and mix well until the tomatoes become tender.
- Add salt, red chili flakes, and ginger garlic paste, mixing well.
- Add beaten yogurt and the cooked beef, then mix thoroughly.
- Add chopped cilantro, mint, and dried plum.
- Cook until the oil separates from the gravy, then turn off the stove.

3. **Rice Recipe:**

- Take a large pot and add water, cumin seeds, salt, cloves, cardamom, and black pepper.
- When the water starts to boil, add the rice.
- Cook until the rice is 75% cooked, then drain the water and set the rice aside.

4. **Layering Recipe:**

- In a pot, add 1 tablespoon of oil.
- Add a layer of rice, followed by a layer of gravy.
- Repeat the process, making a total of three layers, alternating between rice and gravy.
- On top of the final rice layer, place lemon slices and pour red food color and biryani essence.
- Cover the pot and cook on a slow flame for at least 12–15 minutes.

5. **Serving:**

- Uncover the pot and mix the layers of biryani gently.
- Serve in a dish and enjoy your meal!

Gozleme



Turkish Gozleme with Lamb – Jo Cooks

"Gözleme" is a traditional Gagauz dish, which is a thin dough rolled out and fried on a frying pan or a special stove with a filling. The filling can be different: cheese, spinach, potatoes, meat, mushrooms and other ingredients. Gözleme is a popular street food in Turkey. The word "gözleme" itself comes from the Turkish word "göz" (eye). The name may be related to the fact that the dough covers the filling and resembles the shape of an "eye" or "closed" view.

Ingredients

For the Dough:

- 500 g Flour
- 250 ml Warm water
- 1 tsp Salt
- 2 tbsp Vegetable oil

For the Filling:

- 300 g Brynza cheese or cottage cheese
- 1 bunch Green onions
- 1 bunch Dill
- 1 bunch Parsley
- 1 pc Egg
- Salt and black pepper (optional) – to taste

Instructions

Preparing the dough:

1. In a large bowl, mix the flour and salt.
2. Gradually add the warm water, kneading the dough until it's soft.
3. Add vegetable oil and continue kneading until the dough becomes elastic.
4. Cover the dough with a towel and let it rest for about 30 minutes.

Whipping up the filling:

1. Chop those green onions, dill, and parsley like a culinary ninja!
2. In a bowl, mix the brynza or cottage cheese with your vibrant green confetti. Toss in an egg if you're feeling fancy!
3. Sprinkle in some salt and pepper until it tastes like a flavor explosion.

Crafting the Gözleme:

1. Break that dough into little balls of joy.
2. Roll each ball out into a thin, round masterpiece.
3. Scoop 2–3 tablespoons of your fabulous filling right in the center and spread it like you're icing a cake.
4. Fold one side over to meet the other, creating a delightful semicircle.
5. Use a fork to gently press the edges, sealing in all the deliciousness and giving it that classic "eye" look. Voilà!

Cooking:

- Heat a pan to medium heat and add vegetable oil.
- Cook Gözleme for 3–4 minutes on each side until golden brown.

Serving: Serve hot, slice into pieces, and pair with yogurt or ayran for added flavour!

Significance

I want to share this Gagauz recipe for its culinary value and to preserve and celebrate Gagauz's culture and heritage. Gözleme is a traditional dish from Gagauzia, a region that, unfortunately, does not exist as an independent country and is often not taken seriously by many nations. The Gagauz language, closely related to Turkish but distinct in many ways, is at risk of disappearing. It is spoken primarily by the elderly, like my grandmother, who is 75 years old and from the village of Kotlovina in the Odessa region. Kotlovina is a purely Gagauz village where people speak Gagauz; if they speak Russian or Ukrainian, they speak it with a strong accent. The Gagauz language is taught in schools there, but the village is also on the brink of fading away. Gagauz is a fascinating and unique language with a rich cultural heritage, yet it is fading away in the heart of Europe. I believe it is crucial to preserve and share this cultural legacy. By sharing traditional recipes like Gözleme, I hope to introduce others to the Gagauz people, their traditions, and their cuisine. It's my way of honouring my grandmother's language and heritage and ensuring this precious part of our world doesn't vanish. Thank you for helping keep the Gagauz culture alive.

Tofu Sabji



Ingredients

- 1 package of firm tofu (approx 350–400 grams)
- 1 medium onion, chopped
- 1–2 roma tomatoes, chopped
- 1 teaspoon cumin seeds
- 1 teaspoon oil (can use any oil; personal preference: Ghee or olive oil)
- 1–2 green chilies, chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon Garam Masala
- Salt to taste
- 1/4 cup fresh chopped coriander



Instructions

- 1.Heat the pan.
- 2.Add the oil or ghee and let it become a little hot.
- 3.Add the cumin seeds and cook them until they start spluttering (you will also be able to start smelling the aroma).
- 4.Add the onion and green chillies.
- 5.Cook until the onion is translucent (about 3-4 minutes).
- 6.Add tomatoes, turmeric, and salt.
- 7.Cook until the tomatoes are cooked (will become a little mushy).
- 8.Add tofu at this stage and mix everything.
- 9.Lower the heat to medium-low.
- 10.Cover the pan and cook until the tofu is done (around 7-8 minutes).
- 11.Add garam masala and chopped coriander, mix and cook for 1-2 minutes.
- 12.Serve with rice, naan, or roti.

To make it more balanced, serve with yogurt and salad on the side.

Significance

When I first arrived in Canada, I had never encountered tofu before. Back home in India, paneer was a staple in our diet, so I naturally assumed that tofu was just a Canadian version of paneer. Imagine my surprise when I discovered that tofu is entirely plant-based and dairy-free, yet still rich in protein and calcium! This revelation intrigued me, and I decided to incorporate tofu into my home cooking by infusing it with the familiar North Indian flavors I grew up with. Over time, it became a versatile and nutritious addition to our meals, seamlessly blending with the spices and techniques I had always known.

EUROPE



Bessarabian Manja



Manja is a delicious dish that represents the flavors of Bessarabia, an area that is now part of Moldova and Ukraine, particularly around Odesa. It is not just food; it reflects the local culture and ingredients. Manja can be seen as a fun variation of a traditional Bulgarian recipe, adapted to please the tastes of people in Bessarabia. This dish combines influences from Bulgarian, Moldovan, and Romanian kitchens, making it a tasty celebration of different culinary traditions!

Ingredients

- 2 medium-sized onions
- 3 Bulgarian peppers
- 2 carrots
- 1-2 eggplants
- 1-2 zucchinis
- 4-5 tomatoes (or 300 g canned)
- 3-4 cloves of garlic
- 3-4 tablespoons of olive oil
- 1 teaspoon of paprika
- Black pepper (to taste)
- Salt (to taste)
- Parsley or dill (for decoration)

Instructions

Preparation of ingredients:

1. Slice the onion into half rings.
2. Cut bell peppers into large strips.
3. Cut the carrots into circles or half circles.
4. Cut eggplant and zucchini into cubes or circles.
5. Peel the tomatoes and cut into small cubes (if using fresh tomatoes).
6. Finely chop the garlic.

Roasting the vegetables:

1. Heat the olive oil in a deep skillet or saucepan.
2. Add the onion and carrots and sauté until soft.
3. Add bell peppers and fry for another 5–7 minutes.
4. Add eggplant and zucchini, and fry until golden.

Stew:

1. Add chopped tomatoes and garlic. Stir.
2. Season with paprika, salt, and black pepper.
3. Fill everything with a little water (about 100 ml) and bring to a boil.
4. Reduce the heat and simmer on low heat with a lid for about 20–30 minutes until all the vegetables are soft.

Serving: Serve the manju hot, garnished with herbs (parsley or dill).

Significance

I decided to include the manja recipe because it holds a special place in my heart and my family's traditions. My grandmother is Gagauz, and my grandfather is Bulgarian, so manja has always been a common dish at our celebrations and family gatherings. It is not only a festive dish but also a regular addition to our meals, prepared often by my mother. Manja is a versatile dish that can be spread on bread or enjoyed as a side, and it's always accompanied by the delightful aroma of spices and fresh vegetables. The combination of eggplant and tomatoes in manja creates an extraordinary flavor that is both simple and exquisite. I particularly miss the manja made with zucchini and eggplants from Odessa, which are unique for their rich, sun-soaked flavor, thanks to the local farmers' markets.

Forshmak



Forshmak is a popular dish in Bessarabia, as in other parts of Eastern Europe. It has an interesting history and cultural significance. In Bessarabia, where diverse culinary traditions overlap, the format has peculiarities that reflect local tastes and traditions.

Ingredients

- 300 g – Lightly salted herring (fillet)
- 1 small head – Onions
- 2 pcs. – Boiled eggs
- 100 g (soft) – Butter
- 1 tbsp. – Lemon juice
- to taste – Salt and black pepper
- for decoration – Herbs (dill or parsley)

Instructions

Preparation of ingredients:

1. Cut the herring fillets into tiny cubes.
2. Finely chop the onions.
3. Peel the hard-boiled eggs and chop them finely.

Mixing:

1. In a deep bowl, mix the chopped herring, onion, and eggs.
2. Mix the soft butter well with a spoon or fork until smooth. The mixture should be pliable and easy to spread.

Seasoning: Season the freshman with lemon juice, salt, and pepper to taste. Mix thoroughly.

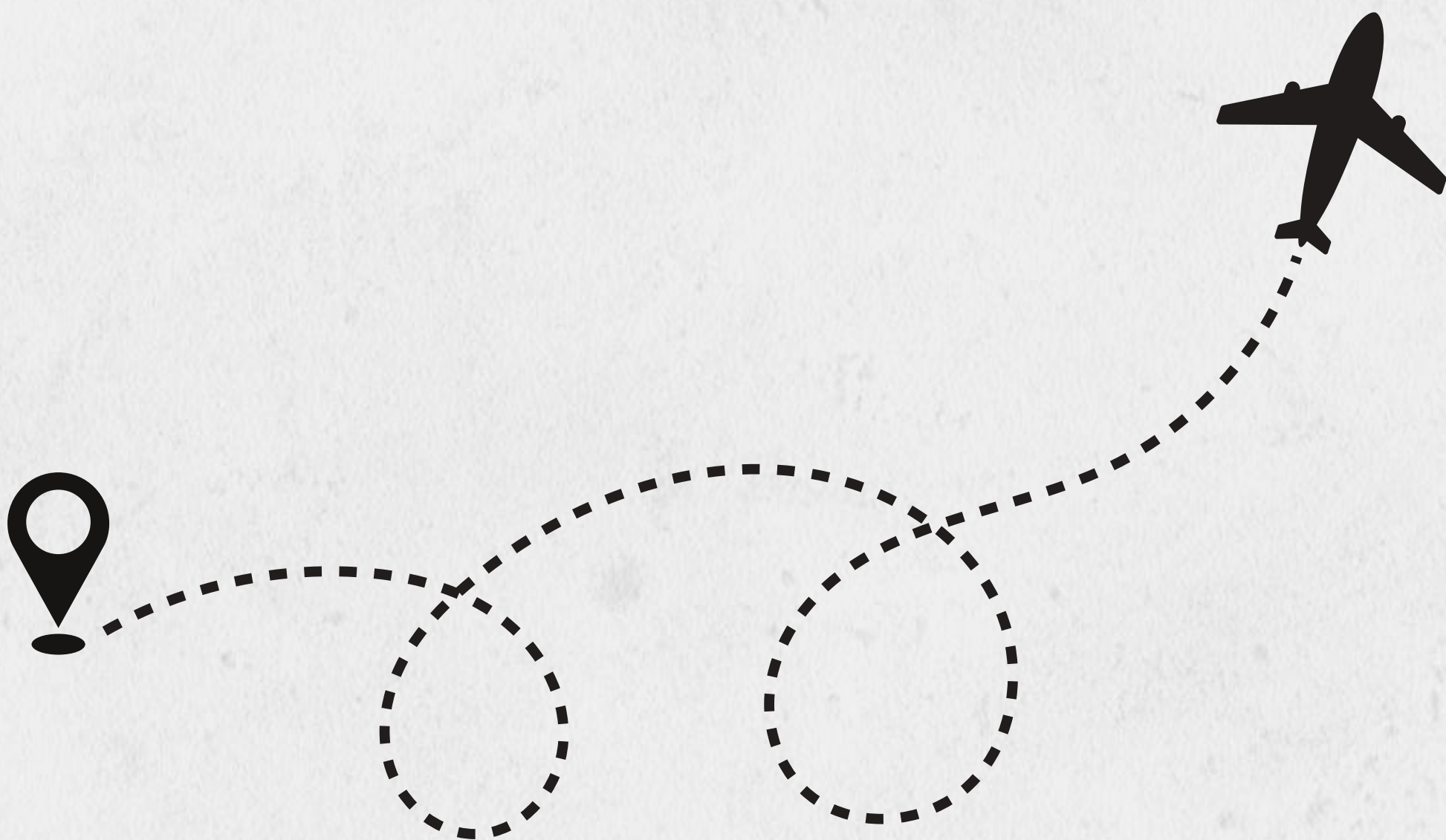
Cooling:

1. Transfer the freshman to a platter and form it into a neat mound or oblong shape.
2. Place in the refrigerator for 1–2 hours to cool.

Serving: Serve the freshman, garnished with herbs, with black bread or on a lettuce leaf.

Significance

I want to add this recipe because I am from the Odessa region, where Forshmak is a beloved dish that is often enjoyed. Being from an area with a deep appreciation for fish, I have always considered Forshmak a staple of our local cuisine. In the Odessa region, fish-based salads like Forshmak are widely enjoyed by both children and adults alike. However, I was surprised that Forshmak is not well known outside of Odessa and seems to be virtually unknown beyond Ukraine. Despite travelling through various European cities, I have yet to see it. So please enjoy.



Khorol Style Potatos



Ingredients

- Chicken or other poultry with bones
- Ripe potatoes
- White onions
- Carrots
- Salt
- Black pepper
- Allspice peas
- Bay leaf
- A little sunflower oil
- Water

*Note: There are no real measurements for this recipe—it's all about the heart and the love you put into it. Adjust the quantities, make it your own based on your personal taste and the people you're cooking for. Enjoy the process and the warmth it brings!

Instructions

1. Dice the onion and carrot into small cubes, then sauté them briefly in sunflower oil.
2. Add pieces of poultry with small bones, such as wings or legs.
3. Pour in water and let it simmer, then incorporate the peeled potatoes, slicing them into small pieces.
4. Allow the mixture to simmer for an extended period until the potatoes are partially cooked and become soft lumps in a broth that spreads across the plate.
5. During the cooking process, feel free to add a bay leaf, black pepper, and allspice berries for extra flavor.

The poultry should be very tender by the end. Interestingly, the half-liquid potatoes are served with the bones left in, allowing everyone to remove them from their plates as they wish.

Significance

In loving memory of my father who was born in a tiny village Hlyboka Dolyna (which means deep valley), located in the Khorol area of Poltava region, Ukraine. There are also rare flowers growing in the valley, Pulsatilla patens, we called them dream-grass, similar to a crocus covered with down, which is surprisingly similar to the Manitoba crocus. Unfortunately, my dad passed away unsuspectedly shortly after my arrival to Canada in 2022. Being successful businessman and traveling a lot, (and we lived in Kharkiv-city), yet he was always saying that such unusual potatoes as in Khorol are not prepared anywhere else. He also always supported me with the words "A woman off the cart - a horse feels easier", "Don't hang your nose", and my fav - "It's stupid to be offended by the desert because there is no water in it!".

Macrooni



Ingredients

- 1/2 cup oil
- 1 cup boneless chicken, goat meat, or beef
- Tomatoes (quantity to taste)
- 1 cup macaroni

You may also add the following ingredients to your preference:

- Onion
- Pepper
- Salt
- Garlic
- Carrot

Instructions

- 1.Heat the oil.
 - 2.Add the chopped onion and garlic.
 - 3.Add the meat and cook it until browned.
 - 4.Add the sliced tomatoes and salt.
 - 5.Add the sliced carrots and chopped peppers.
 - 6.Add water and wait until the soup starts boiling.
 - 7.For cooking pasta, the amount of water needed depends on personal preference.
 - 8.If cooking 900g of macaroni, add about 3 liters of water.
- Ensure there is enough water for the pasta to cook properly.

Significance

I want to share this recipe because it's a traditional dish that has been in my family for generations. Cooking it brings back wonderful memories and connects me to my culture. I hope that others can enjoy it as well and experience the same comfort that this dish has provided for me and my family. It's a wonderful way to introduce others to a delicious taste of tradition.

Perogies



Ingredients

- Dough:
 - 2 cups Flour
 - 1 cup full-fat Sour Cream
- Filling:
 - 2-3 Russet Potatoes
 - 1/2 cup old cheddar cheese
 - 1/2 small onion - diced
 - 1/4 cup water from boiled potatoes
 - 2 teaspoons vegetable oil
 - Pepper to taste



Instructions

1. Dough:

- Mix 2 cups of flour and 1 cup of sour cream in a mixer on medium speed for 1 minute until combined.
- Continue mixing on high speed for about 3 minutes.
- Cover and set aside while making the filling.
- The dough can be kept on the counter or in the fridge; counter is best to keep it soft and pliable for rolling out by hand.

2. Cook the Potatoes:

- Peel and chop raw potatoes into quarters.
- Place in a boiling pot of water (no need to salt) and cook until fork tender.
- Keep 1/4 cup of the cooking water and strain off the rest.

3. Filling:

- In the pot with the cooked potatoes, shred cheese and add while still hot to aid melting.
- Add the cooked potatoes and set aside until the onions are cooked.

4. Onions:

- In a small saucepan, combine potato water and oil, and add 1/2 small onion over medium heat.
- Cook until onions are translucent but not caramelized.
- Add the cooked onions to the pot of potatoes and cheese.
- Mash the mixture together (do not whip, as it makes filling the perogies difficult).
- Set the mixture aside to cool, then refrigerate for about 20 minutes to completely cool.

5. While the mixture is cooling, prepare your dough.

- Roll out the dough to 1/8" thickness:
- Slightly powder your workspace with flour (sprinkle, don't pour).
- Avoid over-powdering the surface.
- Begin rolling from the center in all directions, then flip the dough.
- Continue until you reach 1/8" thickness.

6. Cut out your perogies pieces:

- Use a knife to cut squares (3-4") or a round drinking glass for circles.

7. Gather scraps of dough, punch them down, re-roll, and cut until all dough is used.

8. Fill each piece:

- Take about 1/2 teaspoon of filling and place it in the center.
- Fold the dough like a taco and gently pinch the ends to seal.
- Optionally, use a fork to seal, being careful not to puncture the filling.

9. Freezing:

- Place filled perogies on a floured cookie sheet individually.
- Layer with parchment paper and more flour, if needed.
- Once frozen, transfer to bags without them sticking together.

10. Cooking fresh perogies:

- Boil a pot of water with 2 tbsp of vegetable oil.
- Add perogies and reduce heat to medium, stirring with a wooden spoon.
- Stir occasionally; when they float to the top, they are cooked.
- Remove with a slotted spoon (avoid straining like potatoes to prevent sticking).

11. Cooking frozen perogies:

- Do not reduce the temperature of the water; the frozen perogies will do that.

12. Serving suggestions:

- For soft perogies, serve with sour cream for dipping.

To crunch them, fry in a hot pan with oil until golden on both sides.

Significance

It is a cultural dish that was passed down from generation to generation. I am a proud Ukrainian and believe everyone should try at least one perogie in their lifetime – it is a staple of my people!

Pizza Margherita



Ingredients

- 2 cups Flour
- 2 tsp Yeast
- Pinch of Salt
- 2 tbsp Regular Olive Oil (never extra virgin)
- 2 tsp Sugar
- Cherry Tomatoes
- Basil
- Mozzarella
- Dry Oregano

Instructions

To create a delicious homemade pizza, you'll want to start with a solid foundation. This recipe will guide you through the process of making your own dough from scratch, ensuring that you have the freshest ingredients and the best flavor. Follow these steps to transform simple ingredients into a delightful pizza that you can customize with your favorite toppings.

1. Gather your ingredients:
 - 2 teaspoons of yeast (never instant)
 - Warm water (not too hot or too cold)
 - 2 teaspoons of sugar
 - 2 cups of flour (regular 000)
 - A pinch of salt (to taste)
 - 2 tablespoons of olive oil
2. Start by mixing the yeast and warm water in a large cup.
 - Add the sugar and stir until the yeast is dissolved.
 - Let it rest to allow the yeast to activate.
3. In a large bowl, combine the flour and salt.
4. Gradually add the warm water with the yeast mixture while mixing everything together.
5. Once the ingredients start to blend, add the olive oil.
 - This will make mixing by hand more manageable and enjoyable.
6. If the dough feels too moist, add more flour as needed.

7. When you achieve a soft, non-sticky dough, let it rest for about two hours. Cover it with a lid or plastic wrap.
8. After the resting period, mix the dough again and add more flour if necessary.
Let it rest for another two hours, preferably near a warm surface to help the yeast rise.
9. Once the dough has risen and touches the cover, transfer it to a wooden table. Divide the dough into four small portions.
10. Store each portion in a sealed plastic bag or container. Keep them in the fridge to allow them to rise again in the cold.
11. For the pizza toppings, use fresh ingredients on top of the already baked dough.
12. Avoid oiling the pan; just use a thin layer of flour. Bake until the dough is slightly brown (personal preference).
13. Add fresh mozzarella, sliced cherry tomatoes, fresh basil, a drizzle of olive oil, and finish with dried oregano.
14. Enjoy your delicious homemade pizza!

Significance

The story of Pizza Margherita is rich and layered, much like any tale passed down through oral tradition. In May 1889, Queen Margherita of Savoy was visiting Sicily, accompanied by King Umberto I to celebrate her birthday. To honor her, the king requested a unique pizza creation. The resulting dish featured the three colors of the Italian flag: red for tomatoes, green for basil, and white for fresh mozzarella. While the full story is extensive, this is the essence I keep in mind whenever I make this beloved pizza.

NORTH AMERICA



Indio Viejo



Ingredients

- 1 lb skirt steak / 1 libra de trasera de cecina
- Oil (Vegetable to Canola) / aceite (vegetal a canola)
- 2 Onions / 2 cebollas
- 1 head of garlic / 1 cabeza de ajo
- 1 large green pepper / 1 chiltoma grande
- Bunch of spearmint / 1 moño de hierbabuena
- Bunch of culantro (bai poh) can substitute with cilantro / 1 moño de culantro (bai poh), se puede sustituir con cilantro
- 8 tbsp juice of bitter orange or mix of equal parts orange, lime, and grapefruit juice / 8 cucharas de jugo de naranja agria o mezcla de partes iguales de jugo de naranja, lima y toronja
- 1 1/2 cups of corn flour for tortillas (brand name Maseca) / 1 taza y media de harina de maíz para tortillas (marca Maseca)
- 1 cup of water / 1 taza de agua
- 1 tbsp annatto / 1 cuchara de achiote
- Salt and pepper to taste / sal y pimienta al gusto

Instructions

1. Chop the onion, green pepper, and 2 cloves of garlic.
 2. Peel and chop the tomato.
 3. Mix the corn flour (Maseca) with 1 cup of water and set aside.
 4. Fill a saucepan with enough water to cover the meat, along with 1 head of peeled and crushed garlic, 1 onion cut into pieces, and salt.
 5. Add the meat and parboil on medium heat covered for approximately 90 seconds to 2 minutes, or until the meat softens.
 6. When the meat is ready, drain and shred it. Keep the cooking broth for use later in the recipe.
 7. In a saucepan with a little oil, brown the onion.
 8. Add the tomato, green pepper, garlic, half of the mint, and coriander, along with a little salt.
 9. When the tomato softens, add $\frac{1}{2}$ cup of cooking broth and simmer for 3 minutes.
 10. Add the meat, mix well, then add achiote and the rest of the cooking broth to the corn flour (masa) mixture.
 11. Pour the mixture over the meat while stirring constantly.
 12. Add sour orange to taste, pepper, and a pinch of salt, continuing to stir constantly to prevent lumps from forming.
 13. If desired, add up to $\frac{1}{4}$ cup of diluted corn flour (Maseca) to thicken.
- Let it boil for 5 minutes and it is ready.

Significance

Indio viejo, which translates to "old Indian" in Spanish, is a traditional dish from Nicaragua. This flavorful stew or thick soup is made with corn and shredded meat. Considered one of the oldest native dishes in Nicaraguan cuisine, its name is believed to stem from a tale involving an indigenous leader and two Spaniards who visited a tribe on Ometepe Island. When the Europeans inquired about the food the locals were enjoying, one Indigenous person jokingly claimed it was made from an "old Indian," referring to one of the tribe's eldest members who had recently passed away. Ultimately, the Spaniards chose not to sample the dish. The legend suggests that the leader fabricated this story to avoid sharing the meal.

Jambalaya



Jambalaya is a flavour-packed rice fiesta hailing from the vibrant kitchens of Louisiana, where Spanish paella and French flair had a delicious dance-off! This scrumptious dish is a hearty medley of meat or seafood, fresh veggies, and zesty spices all cozying up with fluffy rice. Bon appétit!

Ingredients

- 5 tablespoons olive oil
- 1 tablespoon Cajun seasoning
- 10 ounces Spanish sausage, sliced into rounds
- 1 pound boneless skinless chicken breasts, cut into 1-inch pieces
- 1 pound large shrimp
- 1 onion, diced
- 1 small green bell pepper, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 1 (16 ounce) can crushed Romano tomatoes
- ½ teaspoon red pepper flakes
- ½ teaspoon ground black pepper
- 1 teaspoon salt
- ½ teaspoon hot pepper sauce
- 2 teaspoons Worcestershire sauce
- 1 ¼ cups uncooked white rice
- 2 ½ cups chicken broth

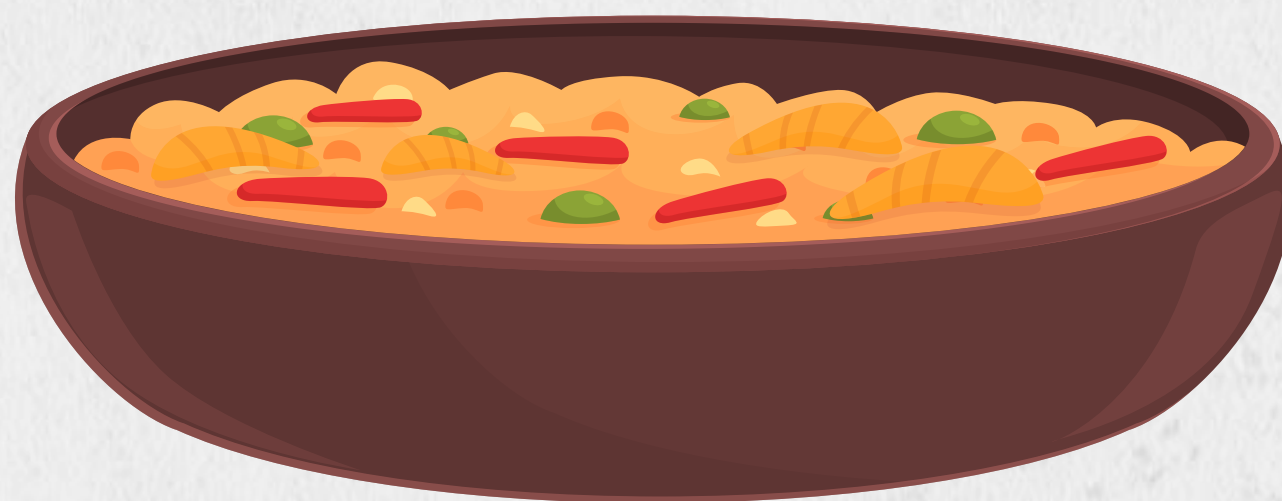
Instructions

- 1.Heat olive oil over medium heat.
- 2.Season the sausage and chicken pieces with Cajun seasoning (adjust to taste).
- 3.Sauté sausage and chicken until browned. Remove with a slotted spoon and set aside.
- 4.In the same pot, sauté shrimp and set aside.
- 5.In the same pot, sauté onion, bell pepper, celery, and garlic until tender.
- 6.Stir in crushed tomatoes and season with red pepper, black pepper, salt, hot pepper sauce, and Worcestershire sauce.
- 7.Stir in chicken, sausage, and shrimp. Cook for 10 minutes, stirring occasionally (save some shrimp for decoration).
- 8.Stir in rice and chicken broth.
- 9.Bring to a boil, reduce heat, and simmer for 20 to 25 minutes, or until liquid is absorbed.

Now its ready to eat; garnish with shrimp and cilantro on top.

Significance

"I fell in love with this dish from the very first bite. As Latinos, we're accustomed to the rich flavours of PAELLA, but this Jambalaya, with its exquisite touch of Louisiana Cajun flair, is simply incredible. For any family gathering or friendly get-together, it's a must-have on the table. It's easy to prepare, budget-friendly, and a perfect way to use leftover chicken, making it even more convenient to whip up.



Marry Me Chicken Pasta



Ingredients

- 500g chicken breasts
- 1 tsp garlic powder
- ½ tsp smoked paprika
- ½ tsp dried oregano
- 3 tbsp olive oil
- 1 onion, finely chopped
- 80g sun dried tomatoes, roughly chopped
- 4 cloves garlic, finely chopped
- 200ml white wine
- 150ml chicken stock
- A handful of finely chopped tarragon leaves
- Zest of ½ a lemon
- 400g tagliatelle pasta
- 200ml double cream
- Parmesan to serve
- Salt and pepper

Instructions

1. Chuck the chicken into a bowl and add the garlic powder, smoked paprika, oregano, 1 tbsp of the oil and a pinch of salt and pepper. Mix well.
2. Heat the oil in a large pan over a medium heat. Add the chicken and sear for 2–3 minutes a side to get some colour on them, then remove from the pan.
3. Add the onion to the pan. Cook, stirring occasionally, for 4–5 minutes until soft. Add the sun-dried tomatoes and garlic. Mix well and cook, stirring occasionally, for 30 seconds until fragrant. Pour the white wine into the pan to deglaze. Bring to the boil and cook, stirring occasionally, for 4–5 minutes or until the alcohol has evaporated.
4. Chuck in the tarragon, lemon zest, stock and a good pinch of salt and pepper into the pan. Mix well.
5. Return the chicken, cover, reduce the heat to low and cook for 12–15 minutes until the chicken is just cooked through and tender. Remove the chicken from the pan and cover. Slice just before serving.
6. Meanwhile, cook the pasta for 8–10 minutes until dal dente or according to packet instructions. Scoop out some of the pasta water and drain.
7. Increase the heat to medium and cook the sauce for 3–4 minutes to thicken. Add the cream, about 2 tbsp of grated parmesan and the pasta. Mix well and add a splash of pasta water to help it go really creamy. Serve immediately with the chicken.

Significance

It's one of the nicest creamy chicken pasta recipes out there and its very easy to make.

SOUTH AMERICA



Beans with Reins



Ingredients

- 1 1/2 cups of white beans
- 1 onion, diced into small cubes
- 1 tablespoon of oil
- 1 1/2 teaspoons of salt
- 1 tablespoon of vegetable broth powder
- 1 teaspoon of white pepper
- 1/2 teaspoon of ground cumin
- 1/2 teaspoon of paprika
- 1/2 clove of garlic, finely chopped
- 1 cup of pumpkin, diced into cubes
- 100 grams of spaghetti

Instructions

1. Soak the beans in cold water overnight or for at least 12 hours.
2. Drain, rinse, and set the beans aside.
3. In a pot, add enough water to cover the beans and cook them for an hour and a half or until they are tender (a pressure cooker can also be used).
4. During the last half hour of cooking the beans, prepare the following:
 - a. In a skillet, heat the oil.
 - b. Add the onion and cook until soft and translucent.
 - c. Add salt, ground white pepper, ground cumin, paprika, and garlic. Cook, stirring, for one minute.

5. Add vegetable broth powder, the onion mixture, and pumpkin to the pot with the beans.
6. Cook for 20 minutes or until the pumpkin is tender.
7. Break the spaghetti by hand and add it to the pot.
8. Cook everything together for 10 minutes, stirring occasionally.
9. Add water if the mixture becomes too thick. Aim for a slightly soapy final product (not too much).
10. If the beans are still hard at the end, extend the cooking on low heat until they are tender.
11. Remember that soaking the beans for 12 hours prior to cooking is key to achieving tenderness.
12. Optionally, add sausage on top if there are no food restrictions.

Significance

There's an expression that goes "more Chilean than beans," and it's not just a catchy phrase—it's a nod to the deep cultural significance of this beloved legume in Chilean cuisine. Beans in Chile are more than just a staple; they're a symbol of tradition, history, and identity. As the academic Isabel Aguilera puts it, "beans, like all foods, have an identity. They are recognized, perceived, and valued in a certain way by certain people, and therefore, beans are not simply food but carry and express meanings." One of the most iconic bean dishes in Chile is Porotos con Rienda, which translates to "Beans with Reins." This hearty stew gets its name from rural traditions, where the noodles in the dish were thought to resemble the reins of a horse. It's a dish born out of necessity—an economical and filling meal that sustained workers during long, grueling days in the countryside. Porotos con Rienda is more than just a meal; it's a taste of Chilean history served in a bowl. The dish is simple yet packed with flavor: creamy white beans, savory noodles, and a medley of spices simmered together with vegetables. It's the kind of food that warms both body and soul. For many Chileans, Porotos con Rienda is a nostalgic reminder of childhood, where it was often served as a comforting family meal. Despite initial resistance from picky eaters, this dish eventually wins over even the most reluctant taste buds, becoming a cherished part of Sunday dinners and family gatherings. So, if you've never heard of Porotos con Rienda, consider this your introduction to one of Chile's most treasured dishes—a delicious blend of tradition, comfort, and a whole lot of beans!

Calzones Rotos



Significance

Because it is a typical Chilean recipe that my grandmother always prepared to accompany a delicious coffee, for example. It is also quick to prepare

Ingredients

- 4 or 5 cups of flour
- 4 eggs
- 100 ml milk
- Dried orange peel
- Cinnamon sticks
- 60 g sugar
- 10 – 15 g baking powder
- 120 g butter
- A pinch of salt
- Icing sugar

Instructions

1. Heat the milk and add the dried orange peel and a cinnamon stick (to taste). When the milk is lukewarm, remove the orange peel and cinnamon. Add the sugar to the milk.
2. Melt the butter
3. In a bowl, mix the eggs.
4. In a bowl, add the flour, baking powder, a pinch of salt, milk, eggs and melted butter. Mix all the ingredients until a homogeneous dough is formed and blend.
5. Cut strips of approximately 10cm x 5cm making an indentation in the center of the strip and turn one of the ends to shape it.
6. Fry in abundant hot oil.
7. Sprinkle with icing sugar to taste and serve.

Colombia Empanadas



Ingredients

Ingredients for the Dough:

- 2 cups of precooked yellow cornmeal (PAN)
- 2 cups of warm water
- 1 teaspoon of salt
- 1 teaspoon of annatto or achiote (optional, for colour)
- 1 tablespoon of vegetable oil

Ingredients for the Filling (Beef or Chicken):

- 1 pound (450 g) of ground beef or shredded chicken breast
- 2 medium potatoes, peeled and diced into small cubes
- 1 medium onion, finely chopped
- 2 garlic cloves, minced
- 1 ripe tomato, chopped
- 1 teaspoon of ground cumin
- 1 teaspoon of achiote or annatto
- Salt and pepper to taste
- Vegetable oil for frying

Instructions

1. Prepare the Filling:

- In a large skillet, heat vegetable oil over medium heat. Sauté onion and garlic until golden.
- Add ground beef or shredded chicken, cooking until browned. Stir in tomato, cumin, annatto, salt, and pepper; cook for a few more minutes.
- Boil diced potatoes in salted water until soft, then mash. Combine mashed potatoes with the meat mixture, mix well, and let cool.

2. Prepare the Dough:

- In a bowl, mix cornmeal with salt and annatto (if using).
- Gradually add warm water while kneading and incorporating vegetable oil. Knead until soft; adjust with water or cornmeal as needed.

3. Shape the Empanadas:

- Take small dough portions (golf ball size) and roll into balls.
- Place a ball on a flat surface covered with plastic wrap, then flatten into a thin circle.
- Add a spoonful of filling in the center, fold in half, and seal the edges with fingers or a fork.

4. Fry the Empanadas:

- Heat oil in a deep skillet or fryer over medium-high heat. Fry empanadas for 3–5 minutes until golden and crispy. Drain on paper towels.

5. Serve:

- Serve hot with ají or your preferred sauce.
- Tips: Mix beef and chicken for varied flavors, or bake at 400°F (200°C) for a healthier option, flipping halfway through.



Significance

The Story and Tradition of Empanadas in Colombia:

In Colombia, empanadas are not just food; they symbolize unity, culture, and tradition. These delicious and crispy corn pockets, filled with meat, chicken, or cheese, have been a staple in the lives of Colombians for generations. From the Andean mountains to the Caribbean coast, empanadas have been the heart of family gatherings, popular festivities, and meetings among friends. The tradition of empanadas dates back to ancient times when Colombia's Indigenous communities were already experimenting with corn, a sacred grain in their culture.

With the arrival of Spanish colonizers, empanadas took on new forms and flavours, blending native ingredients with those brought from Europe. Over the centuries, this humble preparation evolved, but it always retained its essence: to be a food that brings people together. In every Colombian home, empanada recipes are passed down from generation to generation, with each family adding its own special touch. For many, the smell of freshly made empanadas evokes memories of childhood, of laughter around the table, and of the grandmother's love, who, with skilled hands, prepared dozens of them for the entire family.

The Challenge of Being Far from Home:

For Colombians who have left their homeland in search of new opportunities, as here in Canada, the distance is not only measured in miles but also in the absence of those little details that filled everyday life. One of the greatest challenges of starting anew in a distant country is the feeling of having left behind a fundamental part of oneself. The streets, the sounds, the colours, and the flavours of Colombia become memories that feed nostalgia. However, amidst the uncertainty and challenges of building a new life in an unfamiliar place, there is something that keeps us connected to our roots: cooking.

Preparing a Colombian empanada in Canada is much more than just following a recipe. It is an act of resilience, a silent affirmation of identity, and a way to bring a piece of Colombia to this new home.

Recreating a Piece of Our Roots:

In the warmth of a Canadian kitchen, as you knead the corn dough and prepare the filling, you're not merely cooking an empanada; you're engaging in a ritual that has crossed oceans, reminding you of who you are. It's exciting to think that even though we are far from our mountains and valleys, we can share our heritage with new generations and those around us.

Every empanada that sizzles in the hot oil represents more than just food; it symbolizes perseverance and the ability to adapt while remaining rooted in our culture. It's a way of saying, "We are here, far away, but we are still Colombia." Through these small, everyday acts, we keep our culture alive, celebrating what it means to be Colombian, no matter how distant we are from home. With every bite, we reconnect with our history, reminding ourselves that our roots are deeply intertwined with our identity, no matter where we find ourselves.



Lomo Saltado

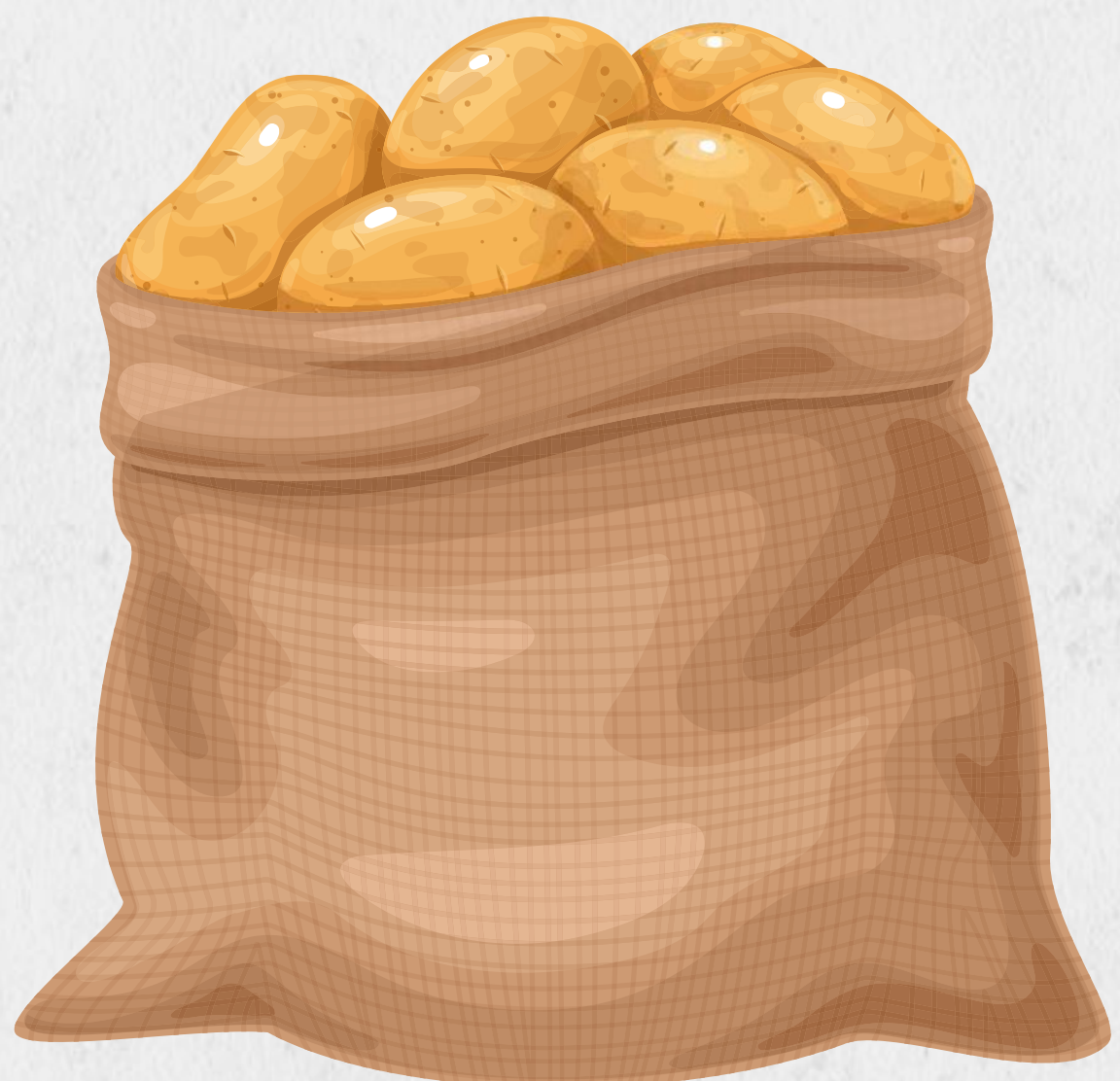


Ingredients

- 500 gr Beef
- Salt
- Pepper
- Cumin
- 1 large onion
- 2 garlic cloves
- 1 yellow chili
- Vinegar
- Soy sauce
- 2 tomatoes
- Parsley
- Potatoes
- Oil

For accompaniment:

- Potatoes
- Rice



Instructions

1. Cut the beef into medium 4cm long strips.
2. Season the beef with salt, pepper, garlic, and soy sauce, and let it rest for 15 minutes.
3. Cut the onion and tomato into strips.
4. Heat the oil in a frying pan over high heat for a few minutes.
5. Add the meat to the pan and let it cook for a few minutes.
6. Once the meat is cooked, add the onion, yellow pepper, and tomato, and sauté for 3 minutes.
7. For the accompaniments, make a dressing with oil, garlic, and salt, then add the rice and the necessary water.
8. Cut the potatoes into long pieces and fry them.
9. To serve, use a mold of white rice, place the French fries, and the Lomo Saltado next to it.
10. Add some parsley leaves to decorate and enhance the flavor.

Notes: In Canada, it is difficult to get yellow chili, but you can use yellow pepper for a touch of color.

Significance

This is a typical Peruvian dish from the late 19th century, which shows a fusion of Peruvian cuisine with Asian cuisine (due to stir-frying). In Peru every meal is a party, we like to celebrate and share. This dish is one of the most requested in Peruvian restaurants because it is delicious, and abundant and reflects our sense of celebration in each dish. Preparing this dish is remembering Sundays in my country, because that day we prepared it at home or we went out to eat it in a special restaurant, that's why preparing it makes me feel close to my family who is in Peru.

Pastel de Choclo

Ingredients

- Chilean corn (ears of corn)
- 4 chicken legs or drums
- 30 grams of granulated sugar
- 2 onions
- 1 cup of milk
- 2 garlic cloves
- 8 black olives
- 4 hard-boiled eggs
- 8 golden raisins
- 20 grams of butter
- Sunflower oil (to taste)
- Cumin (to taste)
- Salt (to taste)
- Ground black pepper (to taste)
- 1 small bunch of basil
- 150 grams of ground or finely chopped beef (beef chuck)



Instructions

1. In a frying pan, heat a thin layer of oil.
 2. Add chopped onion and garlic; fry for 3 minutes.
 3. Add ground or chopped meat; season with salt, pepper, and cumin.
 4. Incorporate raisins; fry for another 7 minutes.
 5. Cook chicken in boiling salted water for 30 minutes; add vegetables if desired.
 6. Remove chicken and set aside.
 7. Peel and clean corn, then remove kernels.
 8. Blend corn kernels with basil leaves or grate manually.
 9. Mix corn purée with milk, salt, and sugar.
 10. Cook corn mixture in a pot for approximately 35 minutes, stirring constantly.
 11. Turn off heat and set aside the corn mixture.
 12. In a buttered baking dish or individual clay bowls, layer meat mixture, chicken pieces, olives, and eggs.
 13. Cover with corn mixture and sprinkle granulated sugar on top.
 14. Bake in a preheated oven at 200°C (392°F) for 12 minutes, until golden brown.
- Remove from oven and serve hot, garnished with basil leaves.

Significance

Pastel de choclo has a rich history in Latin American cuisine, particularly in Chile, where it is a beloved traditional dish. Its origins are deeply connected to pre-Columbian history and the influences of Spanish colonization.

- Pre-Columbian Origins

Corn (or choclo, as it is known in Chile) has been a staple food for the indigenous peoples of the Americas for thousands of years. Cultures such as the Incas, Mayans, and Aztecs revered corn not only as an essential food source but also as a sacred element. The use of ground corn to create dishes similar to pies or tamales has deep roots in these traditions.

- Spanish Influence

With the arrival of the Spanish in the Americas, there was an exchange of ingredients and culinary techniques. The colonizers introduced ingredients like beef, chicken, raisins, and olives, which were not part of the indigenous diet. These new ingredients were combined with local foods, such as corn, to create innovative recipes.

- Evolution of the Dish

Today, pastel de choclo is recognized as a mestizo dish that blends indigenous and European ingredients. The foundation of ground corn, along with a mixture of beef, chicken, olives, raisins, and boiled eggs, reflects this cultural fusion. Although its preparation has evolved over the years, it has always retained its traditional essence.

- Cultural Significance

Pastel de choclo is more than just food; it is a symbol of Chilean identity and home cooking. Often prepared on special occasions, it is associated with the Chilean countryside, where corn is cultivated. This dish exemplifies how culinary traditions can preserve the history and culture of a nation. While variations of pastel de choclo exist in other regions of Latin America, it has become a culinary treasure in Chile, showcasing the richness and diversity of the region's cuisine.

Peruvian Spicy Chicken Stew



Ingredients

- 4 yellow potatoes
- 4 slices white bread
- 3/4 cup evaporated milk (plus 1 to 2 tablespoons more if needed)
- 1 1/2 pounds chicken breast
- 4 cups chicken stock
- 3 to 4 yellow aji peppers
- 1/2 cup vegetable oil
- 2 cloves garlic, minced
- 1 large onion, finely chopped
- 3 tablespoons coarsely chopped walnuts
- 3 tablespoons grated parmesan cheese
- 3 cups cooked white rice
- 2 large hard-boiled eggs, quartered
- 110 black olives, pitted and halved

Instructions

1. Gather the ingredients.
2. Cook the yellow potatoes in salted water until they are tender when pierced with a fork.
3. Let them cool, peel, cut into quarters, and set aside.
4. Place the bread in a small bowl and pour $\frac{3}{4}$ cup of evaporated milk over it to soak. Set aside.
5. Place the chicken in a pot with the chicken stock and bring it to a simmer.
6. Cook for 10 to 15 minutes until the chicken is just barely cooked through.
7. Set the chicken aside to cool, reserving the stock.
8. Strain the stock and reserve 2 cups.
9. Shred the cooled chicken into bite-sized pieces.
10. Remove the stems and seeds from the yellow aji peppers.
11. In a blender, process the yellow aji with vegetable oil and blend until smooth.
12. In a medium saucepan, add the vegetable oil and aji mixture. Add the garlic and onion to the pan, then cook until the onion is soft.
13. Remove the mixture from the heat and let it cool.
14. Add the soaked bread, walnuts, and Parmesan cheese to the blender and process until smooth. If the mixture is not smooth, add 1 to 2 tablespoons of evaporated milk or some of the strained chicken stock.
15. Add the cooked onion mixture to the blender and process briefly until well combined.
16. Place the yellow mixture into a pan and add $1\frac{1}{2}$ cups of the reserved chicken stock. Stir together until combined.
17. Bring the sauce to a low simmer. Add the chicken and heat until warmed through, adding more chicken stock if the sauce is too thick.
18. Serve one portion of chicken over $\frac{1}{2}$ cup of cooked white rice, garnished with a few quarters of yellow potatoes, a couple of quartered hard-boiled eggs, and black olives. Enjoy!

Significance

Aji de Gallina is a traditional dish featuring poached chicken slathered in a spicy, creamy nut-based sauce. It is served over white rice and boiled potatoes, with the sauce characterized by its bright yellow color from aji Amarillo.

Dalgona Coffee Martini



Ingredients

- 2 tbsp instant coffee
- 2 tbsp caster sugar
- 2 tbsp water
- 160ml Coole Swan Irish Cream Liqueur or Bailey's
- 40ml vodka
- Ice to serve

Instructions

1. Tip the coffee, sugar, and water into a mixing bowl.
2. Whisk until pale and fluffy (8–10 minutes by hand, or 4–5 minutes with beaters).
3. Fill two tumbler glasses with ice.
4. Pour in the vodka and Coole Swan.
5. Top with the dalgona coffee.
6. Serve immediately.

Family Dessert Recipe



Ingredients

Freestyle Your Own Measurements to Your Liking

- Strawberries
- Bananas
- Mango
- Dark chocolate
- Milk chocolate
- White chocolate
- Chocolate chip cookie

Instructions

1. Wash the strawberries in cold water and remove moisture with a napkin.
2. Cut the bananas beautifully (like ice cream) and put them on a wooden stick.
3. Place the banana sticks in the refrigerator to freeze for 10 minutes.
4. Melt any chocolate of your choice (white, dark, or milk) in a water bath at medium temperature, ensuring the bowl with chocolate does not touch the bowl with water.
5. Stir the chocolate while melting.
6. Dip the fruits and berries in the melted chocolate.

7. Place the dipped fruits and berries on a baking sheet pre-wrapped in foil.
8. Alternatively, prick the sticks into the berries and fruits and place them in foam plastic for even chocolate coating (especially for strawberries).
9. Send the coated fruits and berries to the freezer for 5 minutes.
10. Decorate the chocolate-coated fruits and berries according to your imagination.
11. Sprinkle chocolate chip cookies on the fruit (not on the strawberries).
12. Decorate the strawberries with melted chocolate (if using white chocolate, use dark chocolate for decoration and vice versa).
13. Use a wooden stick to create decorative stripes or pour melted chocolate into a pastry bag for thin decorative lines.
14. For fruits and berries, you can use loose bar chocolate or chocolate coins.

Significance

My family loves chocolate desserts more than fruits and berries, so to attract my family to fruits and berries, I decided to feed my family fruits and berries with their favorite chocolate.



No Bake Tiramisu



Ingredients

- 1 cup heavy whipping cream
- 1 cup mascarpone cheese, room temperature
- 1/3 cup sugar
- 1 teaspoon vanilla extract
- 1 tablespoon Amaretto liquor or Brandy (optional)
- 2 cups espresso or strong coffee at room temperature
- 1 pack Ladyfingers (Boudoir biscuits/Savoiardi; look for egg-free ladyfingers if needed)
- Cocoa powder for dusting the top

Instructions

1. Beat whipping cream, sugar, and vanilla until soft peaks form.
 2. Add in mascarpone cheese and amaretto (if using) and continue to whip to stiff peaks.
 3. Dip ladyfingers in coffee (and brandy if using) and place in an 8×8 pan to make the first layer – you can fit about 7–9 cookies in each layer. Don't let them soak as they will fall apart, just a quick dunk in the coffee is enough.
 4. Spread half of the whipped cream mixture on top of the first layer of ladyfingers. Repeat process with the second layer of ladyfingers and cream mixture.
 5. Dust the top of dessert with cocoa powder using a sieve. Refrigerate for about 2–4 hours (it gets even better in the fridge and is a perfect make-ahead dessert).
- 1 cup Mascarpone Cheese Substitution: Cream together 6 oz. softened cream cheese, 2 Tablespoons sourIf using alcohol, add the Amaretto to the whipped cheese and cream mix, and the brandy, or rum, to the coffee mix. Use one or the other, or both!

Rhubarb upside down cake with brown sugar sauce



Ingredients

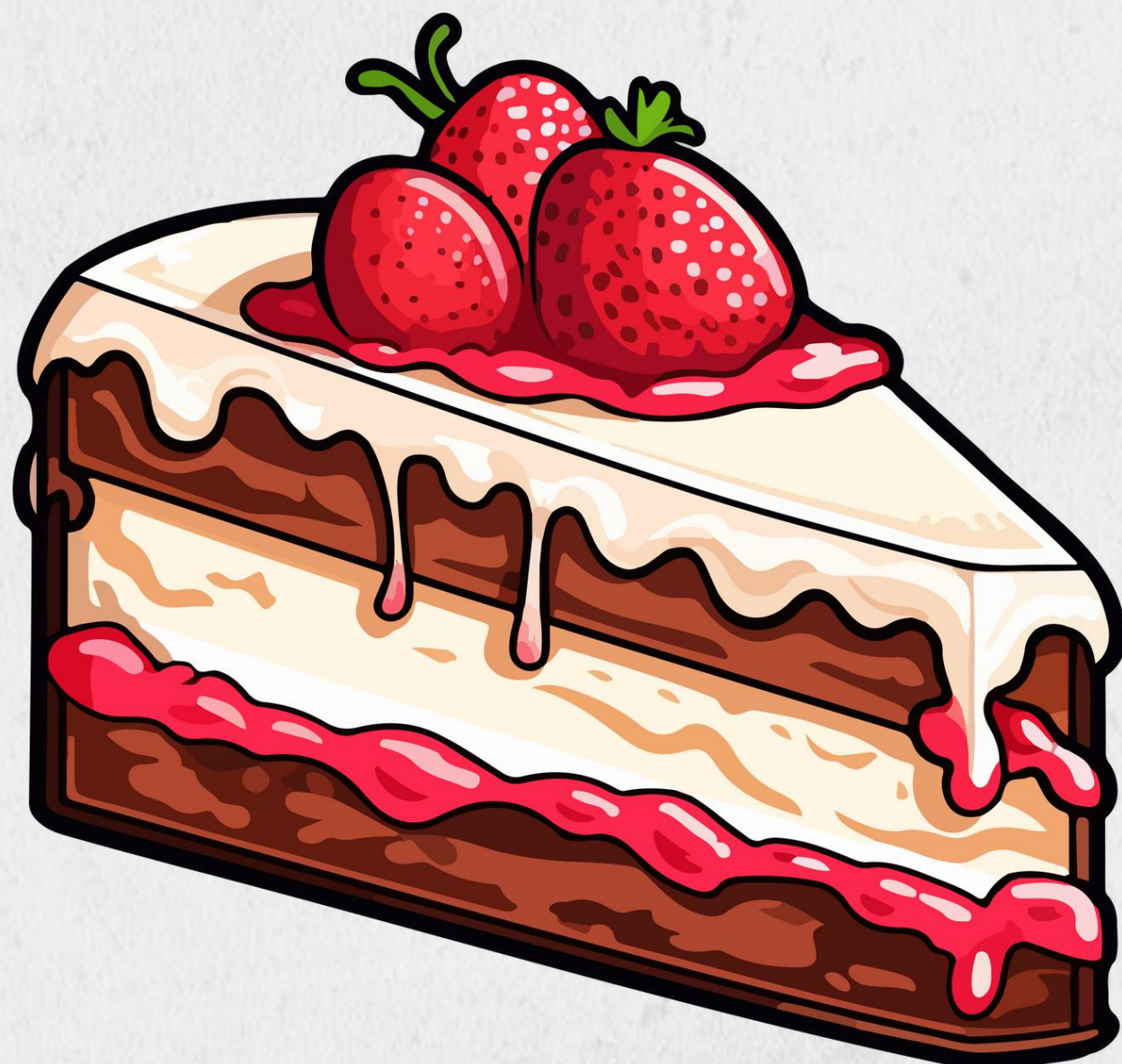
- Rhubarb (enough to cover the bottom of the cake pan)
- Cornstarch (about 2 tsp, stirred into the rhubarb)
- Yellow cake mix (follow box directions for ingredients and cooking time)
- Brown sugar sauce:
 - 2 tbsp butter
 - 2 tbsp flour
 - 1/2 cup brown sugar
 - 3 cups boiling water
- 2 tsp vanilla

Instructions

1. Melt butter in a saucepan.
2. Add flour and stir until smooth.
3. Add brown sugar.
4. Cook (stirring often) over medium heat for about 5 minutes.
5. Remove the pan from the heat and stir in boiling water.
6. Return the pan to the heat and bring to a boil.
7. Stir until the sauce is smooth and thick.
8. Add the vanilla.
9. Let the sauce cool a bit.
10. Spoon it as a topping over the cake.

Significance

Mrs. Adamski came to Canada after World War II, where she met and married her husband, eventually raising a son and a daughter. Their home was situated on the same block as much of their extended family. She worked at the psychiatric hospital in Brandon until her retirement. To make use of the abundant rhubarb harvest from her garden, she found this recipe particularly helpful. It was a quick and easy dessert that could be easily expanded for larger gatherings of uncles, aunts, and cousins.



Syrniki



Significance

It's something new and different you can put on a breakfast plate for your family. Very easy to make and affordable. These pancakes are high in protein and calcium. Add some berries for extra vitamins, and you have a balanced meal. Not high in sugar, but sweet enough not to require syrup for serving. They go better with sour cream, Greek yogurt, and berries. When making these syrniki in Canada, the key to success is to find good cottage cheese (farm cheese). Some people make syrniki with quark or ricotta cheese, but they don't turn out quite the same. Tvorog is a type of cheese that is popular in Eastern Europe and Central Asia. It is a cross between cottage cheese and ricotta. Curd has a denser texture and finer crumb than cottage cheese, and it is not salty, but rather savoury.

Ingredients

- 400–500 g of cottage cheese
- 1 egg
- 3 tbsp of sugar
- 10 g of vanilla sugar
- A pinch of salt
- 3 tbsp (or 100 g) of all-purpose flour (+ extra for breading)
- 3–4 tbsp of sunflower oil for frying

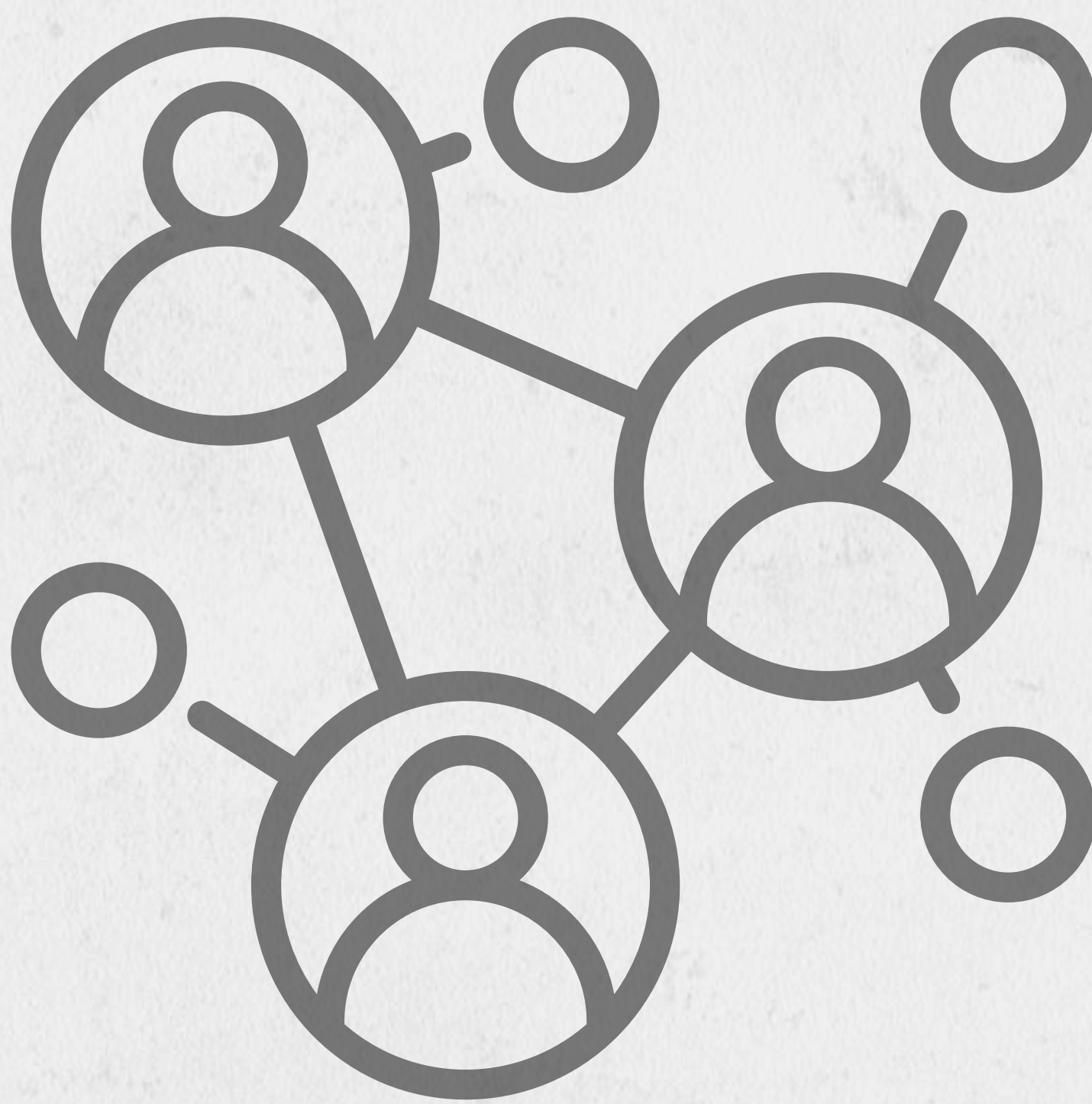
Instructions

1. Prepare the dough for the syrniki.
2. In a bowl, combine 400 g of cottage cheese, 1 egg, 3 tbsp of sugar, 10 g of vanilla sugar, and a pinch of salt to balance the flavor.
3. Mix thoroughly until smooth.
4. Add 3 tbsp of wheat flour to the mixture and mix again until a homogeneous, dough-like mass is formed. If the cottage cheese is wetter, you may need an additional spoonful of flour.
5. Form the cheesecakes.
6. Sprinkle a little flour on a board.
7. Lubricate your hands with a little sunflower oil and take a portion of the curd mass, about 50–60 g.
8. Shape it into round cheesecakes that are 4 cm in diameter and 2 cm high.
9. Place them on the floured board, ensuring they do not touch each other.
10. Roll the syrniki on all sides in flour to help them maintain their shape.
11. Heat a frying pan with 3–4 tbsp of sunflower oil over medium heat.
12. Place the syrniki in the pan and fry until golden brown on both sides. This usually takes about 2 minutes, but the time may vary depending on the size and thickness of the syrniki and the intensity of the heat.
13. Transfer the finished syrniki to a plate.
14. They are delicious even without additions, but a spoonful of thick sour cream or jam will definitely enhance the flavor.



Section 3

The Resources

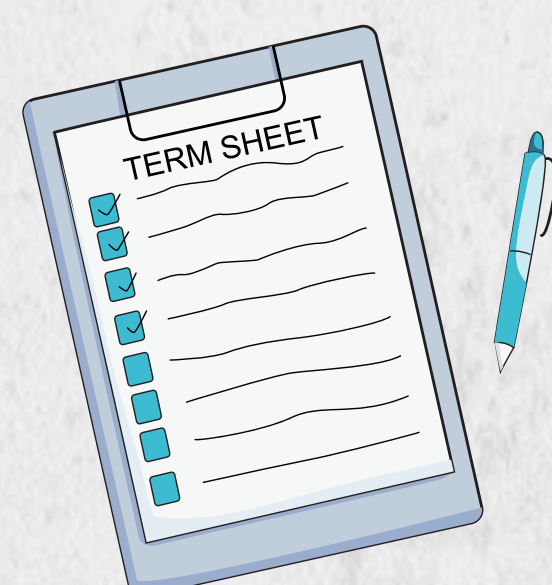


Relevant Terms

- 24/7: never closes, open 24 hours a day 7 days a week
- AKA: also known as
- i.e.: for example
- etc.: et cetra meaning: and others of the same kind, and so forth
- Toll Free: free, does not cost money
- EXT/ext: extension number

Quick Dial/Important Numbers (24/7):

- 911: fire, ambulance, police. Dial on phone for 24/7 access for life-threatening or emergency help and assistance.
- 211: assistance in more than 150 languages for support, guidance, referrals. Help with mental health, food and clothing, kids programming, income tax help, senior assistance, addiction support, and much more.
- 411: Directory assistance in Manitoba to get maps, direction search, area or postal codes, phone numbers.
- 511: Manitoba up-to-the-minute traffic and transit information. Road conditions, cameras, accident details, traffic maps, and travel times.
- 988: Suicide Crisis Helpline
- #TAXI: reach first available taxi in your area (\$1.75 per call)
- 311: City services. Find ways to report, apply/register, pay, or view/find information about popular city services, programs, and activities.
- 711: MRS/TTY Relay for callers who are deaf, hard of hearing, or have a speech disability.



Government Resources:

<https://www.gov.mb.ca>

Obtaining a Manitoba Health Card and Coverage:

- Manitoba Health Insured Benefits Branch, 300 Carlton Street
Winnipeg MB R3B 3M9
- Hours: Monday to Friday 8:30 AM to 4:30 PM
- (doors may close earlier than posted hours to help all clients
before the end of the day)
- Email: insuredben@gov.mb.ca
- Phone: [204-786-7101](tel:204-786-7101) or [1-800-392-1207](tel:1-800-392-1207) (toll free)
- Fax: [204-783-2171](tel:204-783-2171) Deaf Access Line TTY/TDD: [204-774-8618](tel:204-774-8618)

Obtaining a Manitoba Driver's License:

<https://www.mpi.mb.ca/new-to-manitoba/>

- In Winnipeg Phone: [204-985-7000](tel:204-985-7000)
- Outside Winnipeg Phone: [1-800-665-2410](tel:1-800-665-2410) (toll free)
- Deaf Access Line TTY/TDD [204-985-8832](tel:204-985-8832)
- Hours of Operation: Monday to Friday 7:30 AM to 7:00 PM and
Saturday 8:30 AM to 4:30 PM. Closed on Sundays.

Shared Health:

<https://sharedhealthmb.ca/services>

Winnipeg Regional Health Authority (WRHA):

<https://wrha.mb.ca>

- Finding A Family Doctor: Register online at "Family Doctor Finder"
or by phone (by phone is required if you do not have a Manitoba
Health Card). Staff will work with you to connect you with a home
clinic in the area that will meet your needs.
- Online: <https://forms.gov.mb.ca/family-doctor-finder/>
- Phone: [204-786-7111](tel:204-786-7111) or [1-866-690-8260](tel:1-866-690-8260) (toll free)
- TTY/TDD [774-8618](tel:204-774-8618) or Manitoba Relay Services [1-800-855-0511](tel:1-800-855-0511)



Where to go if in need of medical attention:

Emergency Rooms for Life Threatening Care (24/7):

- Website: <https://wrha.mb.ca/wait-times/>
 - Health Sciences Centre-Adults
 - Health Sciences Centre-Childrens
 - St. Boniface Hospital
 - Grace Hospital

Urgent Care Centers (24/7): address urgent but non life threatening health concerns.

- Concordia Hospital
- Seven Oaks General Hospital
- Victoria Hospital

Walk-In Clinics: Business hours vary. Some operate both in person and virtually, and some also offer appointment times. Walk-in clinics and family doctors should be used for all non-urgent and non-life-threatening conditions.

- Website: <https://wrha.ca/wait-times/walk-in-clinics/>

Poison Control Centre (24/7): Assists with first aid management and treatment of poisoned persons.

- Phone: [1-855-776-4766](tel:1-855-776-4766)

Health Links-Info Sante (24/7): Free bilingual phone based program where Registered Nurses provide assessment, triage and health-care advice to individuals of all ages calling from within Manitoba.

- Phone: [204-788-8200](tel:204-788-8200) or [1-888-315-9257](tel:1-888-315-9257) (toll free).

Women's Health Clinic: abortion, counseling, medical clinic, midwifery, mothers program, pregnancy and birth control, provincial eating disorder prevention and recovery. 419 Graham Avenue, Winnipeg MB

- Phone: [204-947-1517](tel:204-947-1517) or [1-866-947-1517](tel:1-866-947-1517) (toll free)
- Email: whc@womenshealthclinic.org
- Website: <https://womenshealthclinic.org>



Canadian Mental Health Association (CMHA)

To contact Service Navigation, you may: Call the HUB direct line at

- Phone: [204-775-6442](tel:204-775-6442)
- Email: hub@cmhawpg.mb.ca
- In-person at 930 Portage Avenue during CMHA Hours:
8:30 AM to 4:30 PM Monday to Friday (excluding holidays).

Crisis Response Centre

For adults experiencing a mental health crisis. Accessible 24 hours a day, seven days a week, within an atmosphere that promotes healing and recovery.

- Phone: [204-940-1781](tel:204-940-1781)

Klinic Crisis Line (24/7)

The Klinic Crisis Line operates a variety of crisis phone lines and online support services, providing free and confidential counselling, support and referrals for people who are suicidal, in crisis or struggling to cope.

- Phone: [204-786-8686](tel:204-786-8686) or [1-888-322-3019](tel:1-888-322-3019) (toll free)

Klinic Suicide Prevention and Support Line – Call if you are:

- Struggling with suicidal thoughts or feelings.
- Concerned about a friend, family or co-worker.
- Impacted by a suicide loss or suicide attempt.
- Many people struggle with suicidal thoughts or behaviors, but that does not mean you have to act on them. No concern is too small, and no problem is too big. Suicide is not the answer and you are not alone. Call us.
 - Phone: [1-877-435-7170](tel:1-877-435-7170) (24/7)
- Reason To Live Website
 - 24/7 crisis support and intervention.
 - Phone: [204-786-8686](tel:204-786-8686) or [1-866-435-7170](tel:1-866-435-7170) (toll free)

Mobile Crisis Service (24/7)

Assists individuals experiencing a mental health or psychosocial crisis.

- Phone: [204-940-1781](tel:204-940-1781) or [1-877-499-8770](tel:1-877-499-8770) (toll free)

Sexual Assault Crisis Line (24/7)

For anyone, ages 16 and up, who has experienced sexual assault.

- Phone: [204-786-8631](tel:204-786-8631) or [1-888-292-7565](tel:1-888-292-7565) (toll free)

Human Trafficking Hotline (24/7)

24/7 support and counseling to trafficked persons, and anyone else affected by trafficking, such as service providers, family, friends and co-workers. Information regarding resources and referrals are also offered, as well as a reporting option if you are unable or unwilling to contact the police. Information on human trafficking is also available to the general public.

- Phone: [1-844-333-2211](tel:1-844-333-2211)

First Nations and Inuit Hope for Wellness Help Line (24/7):

[1-855-242-3310](tel:1-855-242-3310) (toll free)

Addictions Services (24/7): [1-855-662-6605](tel:1-855-662-6605)

Youth Resources

Kids Help Phone (24/7)

- Connect with a trained volunteer crisis responder for support any time.
- Text Services: Text **"CONNECT"** to [686868](tel:686868). Phone 24/7: [1-800-668-6868](tel:1-800-668-6868).

The Link: Youth and Family Supports (formerly Macdonald Youth Services)

- Offers a range of 24-hour FREE crisis support(s) to help stabilize youth while also ensuring emotional, physical and cultural safety and wellness for everyone in the home.
- Supports include youth crisis stabilization units, individual and family therapy, school support and much more.
- 24-hour Crisis Line: [204-949-4777](tel:204-949-4777) or toll-free: [1-888-383-2776](tel:1-888-383-2776).

Youth Mental Health Promotion at Canadian Mental Health Association (CHMA) – Manitoba and Winnipeg

- In and around Winnipeg, the team can deliver workshops and presentations to school staff, high school or post-secondary students and youth groups.
- The team is dedicated to promoting positive mental health, breaking down stigma associated with mental health problems and illness and promoting early help-seeking and recovery.
- Phone: [204-982-6100](tel:204-982-6100) for more information

NorWest Co-op Community Health Centre

NorWest offers a variety of counseling services for adults, youth and children including specialized services for women who have experienced trauma, domestic violence, or are dealing with substance use problems.

- For youth until the age of 24.
- Phone: [204-938-5900](tel:204-938-5900) for support and navigation (Winnipeg and Provincial services).

Rainbow Resource Centre

- 545 Broadway, Winnipeg, MB, R3C 0W3 Canada
- Phone: [204-474-0212](tel:204-474-0212) or [1-855-437-8523](tel:1-855-437-8523) (toll free)
- Fax: [204-478-1160](tel:204-478-1160).

Rainbow Resource Centre's Youth Program is for Two-Spirit, lesbian, gay, bisexual, transgender, queer, questioning, intersex, asexual, and aromantic (2SLGBTQ+) and allied youth ages 10-21. Offer 2SLGBTQ+ youth a fun, positive space to learn new skills, create projects, and celebrate our identities. Programming focuses on fostering resilience, increasing self-esteem and self-confidence while building social networks, contacts, and peer support

RaY- Resource Assistance for Youth Inc

Provides free resources and programs for anyone 29 and under who need assistance. Such as housing, employment, basic needs, and mental health services.

- Drop in Hours Monday to Friday 1:00 PM to 4:00 PM.
125 Sherbrook St. Street Outreach Monday to Friday 12:30 PM to 4 PM.
- Office Hours by Appointment Monday to Friday 9:00 AM to 5:00 PM.
- To contact the front desk, please phone [204-783-5617](tel:204-783-5617) EXT [206](tel:204-783-5617).
- Email inquiries can be sent to info@rayinc.ca

N.E.E.D.S. Inc.

Newcomers Employment & Education Development Services (N.E.E.D.S.) Inc. is a non-profit organization dedicated to supporting newcomer children and youth in Winnipeg, Manitoba. The organization offers a range of free services, including in-school support, psychosocial support, employability skills training, and orientation activities that focus on education, health, financial literacy, and community services.

- Email: info@needsinc.ca
- Phone: [204-940-1260](tel:204-940-1260)
- 251-A Notre Dame Avenue, Winnipeg, Manitoba, Canada, R3B 1N8
- Office Hours: Monday to Friday: 8:00 AM to 4:30 PM

The Link Youth and Family Services

Free Drop-in Counseling Support and services offered to young people ages 13-29. Parental/guardian consent required for ages 13-15.

- Phone: [204-477-1722](tel:204-477-1722).

Traveling and Getting Around:

Buses:

- **Winnipeg Transit:** to find stops and schedules, transit fares, explore routes, see news and information, go live with on the go, and planning your trip visit <https://winnipegtransit.com>
- Fares as of 2024 Summer: \$3.25 cash. Monthly Pass: \$111.65. Various other rates available i.e. reduced youth fares, senior fares, and post-secondary fares.
- Transit Customer Service Centre is located at B-414 Osborne Street. Hours open Monday to Friday 8:30 AM to 4:30 PM. In person locations are closed on weekends and holidays.
 - Phone: [204-986-5722](tel:204-986-5722) or [711](tel:711) MRS/TTY Relay

Taxis:

- Unicity Taxi Ltd (24/7):
 - 340 Hargrave Pl Winnipeg R3C 0X5.
 - Phone: [204-925-3131](tel:204-925-3131)
 - Website: <https://unicitytaxi.mb.ca>
- Ride Me Home Winnipeg (24/7):
 - 245 Rutland Street Winnipeg R3J 1X6.
 - Phone: [204-978-3008](tel:204-978-3008)
- Duffy's Taxi (24/7):
 - 1100 Notre Dame Avenue Winnipeg
 - Phone: [204-925-0101](tel:204-925-0101)
- Greencity Taxi (24/7):
 - 834 Ellice Avenue Winnipeg R3G 0C2
 - Phone: [204-202-3300](tel:204-202-3300)
 - Email: greencity.winnipeg@gmail.com
- GoCar Winnipeg (24/7):
 - 6-943 Kapelus Drive West Saint Paul R4A 5A4
 - Phone: [204-999-1860](tel:204-999-1860)
 - Email: info@gocarwinnipeg.com
 - Website: <https://gocarwinnipeg.com/>



- Dependable Dispatch Wheelchair Transportation (24/7):
 - 975 Cottonwood Road Winnipeg R2J 1G3
 - Phone: [204-925-8885](tel:204-925-8885)
 - Email: dds.67@hotmail.com
 - Website: <https://sites.google.com/view/dependabledispatchservice/home>

Uber: Download the Uber app to your phone or go online to find a driver near you.

Rental Vehicles: Can find it through the Uber app. Some agencies to rent from are:

- Enterprise Rent-A-Car: Phone [204-925-3525](tel:204-925-3525)
- Budget Car Rental: Phone [204-953-1150](tel:204-953-1150)
- Town Car Rental: Phone [204-421-1313](tel:204-421-1313)
- U-Drive Car Rental: Phone [204-779-3811](tel:204-779-3811)
- Hertz Car Rental: Phone [431-816-0812](tel:431-816-0812)
- Avis Car Rental: Phone [204-956-2847](tel:204-956-2847)



Community Gardens/Food Access

Harvest Manitoba: 1085 Winnipeg Avenue R3E 0S2.

- Phone: [204-982-3663](tel:204-982-3663)
- Website: <https://www.harvestmanitoba.ca/need-food/>

Register privately and a client services member will review your needs and book an appointment at a nearby food bank.

In Winnipeg: new clients

- Phone: [204-982-3671](tel:204-982-3671) or online.

Returning clients

- Phone: [204-982-3660](tel:204-982-3660) or
- Email: appointments@harvestmanitobca.ca

Outside Winnipeg: new and returning clients in Thompson register online everywhere else in Manitoba

- Phone: [1-800-970-5559](tel:1-800-970-5559) or
- Email: kmoore@harvestmanitoba.ca

Community Support Centre Hours: Monday to Friday 9:15 AM to 4 PM and Saturday 9:30 AM to 12:30 PM.

Agape Table: available to all every weekday morning is a FREE bagged breakfast. Monday to Friday 7:00 AM to 11:00 AM. 364 Furby Street Winnipeg R3B 2V5.

- Phone: [204-783-6369](tel:204-783-6369)

Gardens Manitoba: <https://gardensmanitoba.com/community-gardens/> or Email: info@gardensmanitoba.com to find a garden plot nearest (many are free) for you to grow your own produce and join the community.



Community Food Programs in Your Neighbourhood

NorWest Co-op Community Food Centre

- 103 – 61 Tyndall Avenue
- Winnipeg, MB R2X 2T4
- Phone: (204) 615-3117
- <https://norwestcoop.ca/community-food-centre/>

Acorn Family Place

- 202-222 Furby Street, Winnipeg Manitoba , R3C 2A7
- Phone: 204-560-3141
- <https://acornfamilyplace.ca>

Chalmers Neighbourhood Renewal

- Elmwood East Kildonan Active Living Centre
- 180 Poplar Avenue Winnipeg, Manitoba
- Phone: 204-669-0750
- Chalmersrenewal@mymts.net

Food Matters Manitoba

- 422 Notre Dame Avenue, Winnipeg Manitoba, R3B 1R1
- Phone: 204-943-0822
- Info@foodmattersmanitoba.ca / <https://foodmattersmanitoba.ca>

West Broadway Community Organization

- 748 Broadway Winnipeg, Manitoba, R3G 0X3
- Phone: 204-774-7201
- office.coordinator@westbroadway.mb.ca
- <https://westbroadway.mb.ca>

The Oak Table

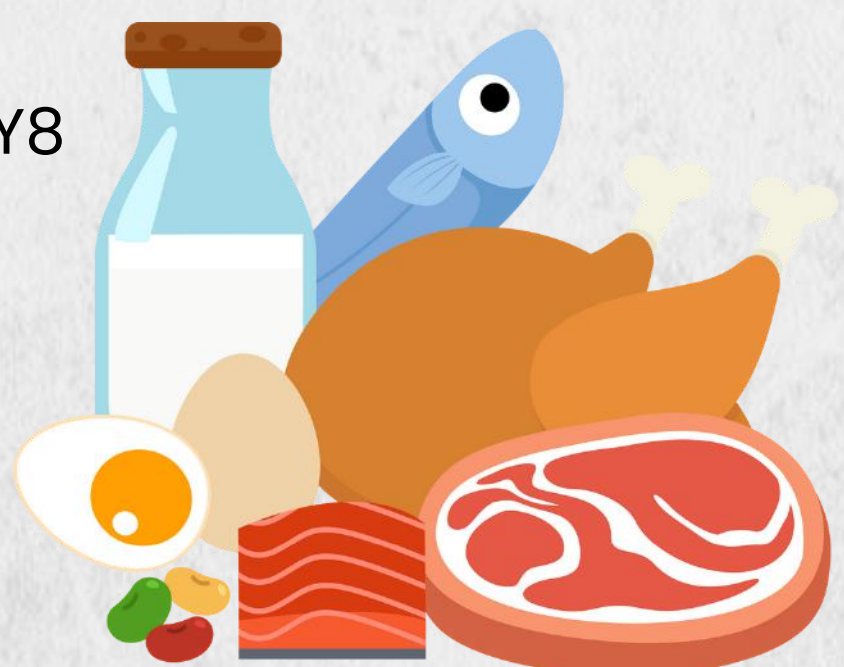
- 107 Pulford Street, Winnipeg Manitoba, R3L 1X8
- Phone: 204-416-2240
- <https://oaktable.ca>

The Spence Neighbourhood Association

- 615 Ellice Avenue Winnipeg Manitoba
- Phone: 204-783-5000
- Liason@spenceneighbourhood.org
- <https://spenceneighbourhood.org>

Broadway Neighbourhood Centre

- 185 Young Street Winnipeg, MB R3C1Y8
- Phone: (204)772-9253
- info@thebnc.ca
- <https://www.thebnc.ca/>



Education

Kindergarten or Nursery, Early Years (Grades 1 to 6), Middle Years also known as Junior Highschool (Grades 7 to 8), and Senior Years also known as Highschool (Grades 9 to 12).

Winnipeg School Division:

- 1577 Wall Street East, Winnipeg MB, R3E 2S5
- Phone: 204-775-0231
- Fax: 204-772-6464
- Email: WSD@wsd1.org
- Online at: <https://www.winnipegssd.ca>

Registration packages are available at all individual schools. To find school nearest you through “Find a School” App at:

<https://www.arcgis.com/apps/InformationLookup/index.html?appid=e81640109a6d438cb5adccebb3cbe5ea>.

Proof-of-age documentation for the child (birth certificate, baptismal certificate, passport, Manitoba Health Card, INAC status card, birth registration signed by the director of vital statistics) and two pieces of identification for proof of residency (driver’s license, Manitoba Health Card, tenancy agreement, offer to purchase documents).

Post Secondary Education in Manitoba Options:

<https://www.edu.gov.mb.ca>

- University of Manitoba
- University of Winnipeg
- Red River College Polytechnic
 - Offer tuition-free programs to Permanent Residents, Refugees and CUAET visa holders for beginner to advanced Canadian Language Benchmark levels. Programs are sponsored by Immigration, Refugee and Citizenship Canada. Canadian Citizens may also qualify for courses if they are part of the IENs in Manitoba Program.
 - Language Training at the Centre for Newcomer Integration: Offers English language training part-time and full-time programs for adults. 200-319 Elgin Ave Winnipeg R3A 0K4, Monday to Friday 8:00 AM to 4:00 PM. Phone: 204-945-6151 Email: eal@rrc.ca
- Universite de Saint-Boniface
- Assiniboine Community College
- Brandon University
- University College of the North
- Manitoba Institute of Trades and Technology.



Other/Non Profit

The United Way Winnipeg:

- 580 Main Street, Winnipeg MB R3B 1C7
- Phone: [204-477-5360](tel:204-477-5360) / Fax: [204-453-6198](tel:204-453-6198)
- Non-profit which tackles local issues such as: Mental Health and Addiction, Family Supports, Poverty, Homelessness, Youth Success, 2SLGBTQ+ Supports, Equity and Inclusion, Disability Services, Colonization, Vulnerable Seniors, Refugee and Immigrant Supports.

Dietitians/Exercise/Wellness

YMCA/YWCA Winnipeg: offers a variety of health, wellness, and exercise programs for adults and youth.

- Offer newcomer programs such as language skills and connection to resources. Youth newcomer wellness program.
- Connect with a Y center near you at: <https://www.ywinnipeg.ca>

Nutrition and Food Services (WRHA): This site has some good resources in terms of how to find a dietitian, community health classes (in person and online) etc.

- Website: <https://wrha.mb.ca/nutrition/>

Newcomer Specific Resources

Online guide/map for resources nearest you:

<https://immigratemanitoba.com/settle/services> or
<https://www.icmanitoba.com/resources/newcomer-serving-organizations/>

A & O Support Services for Older Adults

Not-for-profit that provides specialized Entry Program and EAL training for older adult Newcomers.

- Website: <https://www.aosupportservices.ca>
- 200-207 Donald Street, Winnipeg MB, R3C 1M5.
- Phone: [204-956-6440](tel:204-956-6440)



Aurora Family Therapy Centre

Counseling and therapy service for families and individuals. Free family, couple and individual therapy is available to newcomers.

- Email: <https://aurorafamilytherapy.com/>
- University of Winnipeg– 515 Portage Avenue Winnipeg, Manitoba. R3B 2E9.
- Therapy Offices: 5th Floor – 491 Portage Avenue, Winnipeg, Manitoba.
- Phone: [204-786-9251](tel:204-786-9251)

Canadian Muslim Women's Institute

Provides services and support for newcomer and long-time resident Muslim women.

- Website: <https://cmwi.ca/>
- 201-61 Juno St, Winnipeg, MB, R3A 1T1
- Phone: [204-943-8539](tel:204-943-8539) or '0' for front desk Fax: [204-943-6350](tel:204-943-6350)
- Email: contact@cmwi.ca

Enhanced English Skills for Employment

Provides services for immigrants to reduce language and cultural barriers in professional settings.

- Website: <https://www.eese.ca>
- 500 Shaftesbury Blvd Winnipeg, MB R3P2N2

Family Dynamics

Provides family support for refugees including counseling, assessment, goal setting and advocacy.

- Website: <https://familydynamics.ca/>
- 401-393 Portage Avenue Winnipeg, MB R3B 3H6
- Email: info@familydynamics.ca Phone: [204-947-1401](tel:204-947-1401)

Legal Help Centre

Provides legal information, resources and referrals.

- 202-393 Portage Ave. on the 2nd floor of Portage Place at the mall's west end.
- Drop-in Clinic (first come, first serve): Tuesdays and Thursdays 1:00 PM to 4:00 PM
- Email: info@legalhelpcentre.ca / Phone: [204-258-3096](tel:204-258-3096)

Manitoba Interfaith Immigration Council

Provides settlement services for newcomers and offers comprehensive information and support for refugee sponsors, guiding them through the entire process of sponsoring and welcoming their loved ones.

- 521 Bannatyne Avenue, Winnipeg, MB R3A 0E4
- Phone: [204-977-1000](tel:204-977-1000) / Fax: [204-956-7548](tel:204-956-7548)
- Email: info@miic.ca
- Hours: Monday to Friday 9:00 AM to 4:00 PM

Manitoba Start: offers free support in many languages from settlement agencies who help in any way needed to help newcomers settle into their lives in Manitoba. Register to become a Manitoba Start Client

- 271 Portage Avenue Winnipeg R3B 2A8
- <https://win.manitobastart.com>
- Phone: 204-944-8833 Email: frontdesk@manitobastart.com
- Employer's Hotline Phone: 204-942-5627
- Email: jobs@manitobastart.com
- Hours: Monday to Thursday: in-person and virtually (online) 8:30 AM to 4:30 PM Friday: virtually (online) 8:30 AM to 4:30 PM.
Note that last drop in client registration is at 3:45 PM (depending on wait times)

Mount Carmel Clinic- Multicultural Wellness Program

- Provides health services, counselling and support for newcomers.
- 886 Main Street Winnipeg, Manitoba, R2W 5L4, Canada
- Phone: 204-582-2311 Email: info@mountcarmel.ca
- Hours of Operation: Monday, Wednesday* and Friday : 9:00 AM to 5:00 PM
- Tuesday and Thursday: 9:00 AM to 8:00 PM

*Closed 9:00 to 11:00 AM on the first Wednesday of each month

New Journey Housing

- Housing resource center for newcomers.
- Website: <https://newjourneyhousing.com/>
- 200-305 Broadway Winnipeg MB R3C 3J7 (Corner of Broadway and Donald. Up on the 2nd floor)
- Hours: Monday to Friday: 9:30 am – 5:00 pm
- Phone: 204-942-2238 / Fax: 204-942-2239
- E-mail: info@newjourneyhousing.com

Sexuality Education Resource Centre Manitoba (SERC)

- Provides information and resources in multiple languages on reproductive health and community education. Also provides ethno-specific workshops on intergenerational conflict.
- <https://serc.mb.ca/>
- 167 Sherbrook Street Winnipeg MB, R3C 2B7 Canada.
- Phone: 204-982-7800 / Fax: 204-982-7819



Winnipeg English Language Assessment and Referral Centre (WELARC)

- WELARC administers the Canadian Language Benchmark Placement Test (CLBPT), which helps place adults in the correct English language program.
- 400–275 Portage Avenue Winnipeg, MB
- Phone: [204-943-5387](tel:204-943-5387)
- Email: info@welarc.net

The Immigrant Centre

The Immigrant Centre of Winnipeg is an immigrant-serving agency that provides services and programs that support and facilitate the integration of immigrants in Winnipeg. To become a client, register online at <https://www.icmanitoba.com/services/settlement/online-registration/> or in person at 100 Adelaide Street Winnipeg, MB

- Phone: [204-943-8158](tel:204-943-8158) / Email: info@icmanitoba.com
- Hours: Monday to Thursday 8:30 AM to 8:00 PM, Friday 8:30 AM to 4:30 PM, Saturday 8:30 AM to 4:00 PM, and is closed on Sundays.

Services offered:

- Settlement Services: Talk to a Settlement Facilitator about first steps as a newcomer, important documents (Permanent Resident cards, Family Sponsorship applications, Canadian citizenship, Social Insurance Number, Canada Child Benefit etc.), health, housing, transportation, banking, weather, law and referrals to other agencies, according to your needs
- Employment Services
- Nutrition Services: Cooking and nutrition classes, nutrition presentations, grocery store tours and one-on-one nutrition consultations
- Classes, Presentations and Workshops: Access English Centre, Citizenship Test Preparation, Driver's Education Knowledge Test Preparation, English Language Partner Program, Computer Training
- Language Bank.



Immigrant Centre

Winnipeg Ethnic Food Stores

Dino's Grocery Mart:

(Specializes in East Indian, Pakistani, Bangladeshi, Sri Lankan, Caribbean, Middle Eastern, African, Oriental, South & Central American fresh foods, spices, fruits, vegetables, and cosmetics)

- 84 Isabel Street Winnipeg MB, R3A 1E9
- Phone: [204-942-1526](tel:204-942-1526)
- Hours: Sunday and Holidays 11:30 AM to 5:00 PM and Monday to Saturday 9:30 AM to 8:00 PM

Grocery Bazaar:

(Pakistani, Middle Eastern, Sri Lankan, Caribbean, Irani, Afghani foods and spices)

- 1052 St Mary's Road Winnipeg, MB, Canada R2M 3S9
- Phone: [204-219-4711](tel:204-219-4711)
- Hours: Sundays 12:00 PM to 6:00 PM and Monday to Saturday 10:00 AM to 8:00 PM

Lucky's Supermarket

(Specializes in products from across Asia: Vietnam, China, Philippines, Japan, Thailand, etc.)

- 1051 Winnipeg Avenue Winnipeg MB, R3E 0S2
- Phone: [204-272-8011](tel:204-272-8011)
- Hours: Sunday to Saturday 9:00 AM to 9:00 PM

Young's Trading

- 397 William Avenue Winnipeg MB, R3A 0J2
- Phone: [204-957-0230](tel:204-957-0230)
- Hours: Monday to Saturday 9:00 AM to 8:00 PM and Sundays 9:00 AM to 6:00 PM

Young's Market

- 1000 McPhillips Street Winnipeg MB, R2X 2K4
- Hours: Monday to Saturday 9:00 AM to 8:00 PM and Sundays 9:00 AM to 6:00 PM



Relevant/Important/Useful Information

Recognized Holidays/Dates in Manitoba: during these days, hours of business operations are typically affected. Meaning some are closed or their hours are narrowed/altered in some form.

- January 1st every year- New Year's Day
- February 17th 2025- Louis Riel/Family Day
- April 18th 2025- Good Friday, Easter weekend follows with Easter Sunday on the 20th and Easter Monday on the 21st.
- May 19th 2025- Victoria Day (May Long Weekend)
- July 1st every year- Canada Day (July Long Weekend)
- August 5th 2024, 4th 2025- Civic Holiday (August Long Weekend)
- September 2nd 2024, 1st 2025- Labor Day (September Long Weekend)
- September 30th every year- Orange Shirt Day (National Day for Truth and Reconciliation)
- October 14th 2024, 13th 2025- Thanksgiving Day
- November 11th every year- Remembrance Day
- December 24th every year- Christmas Eve
- December 25th every year- Christmas Day
- December 26th every year- Boxing Day
- December 31st every year- New Year's Eve

Phone Numbers: Area codes in Manitoba are commonly (204) and (431). If dialing long distance (outside of city) you must dial a 1 then the area code and then the 7 digit number you are dialing. If it is within the city then just the 10 digit number is needed (i.e. 204-000-0000).



**Thank you to all our
contributors!**