

Taste Around the World

*Abbotsford's Multicultural
Community Cookbook
2024 Edition*

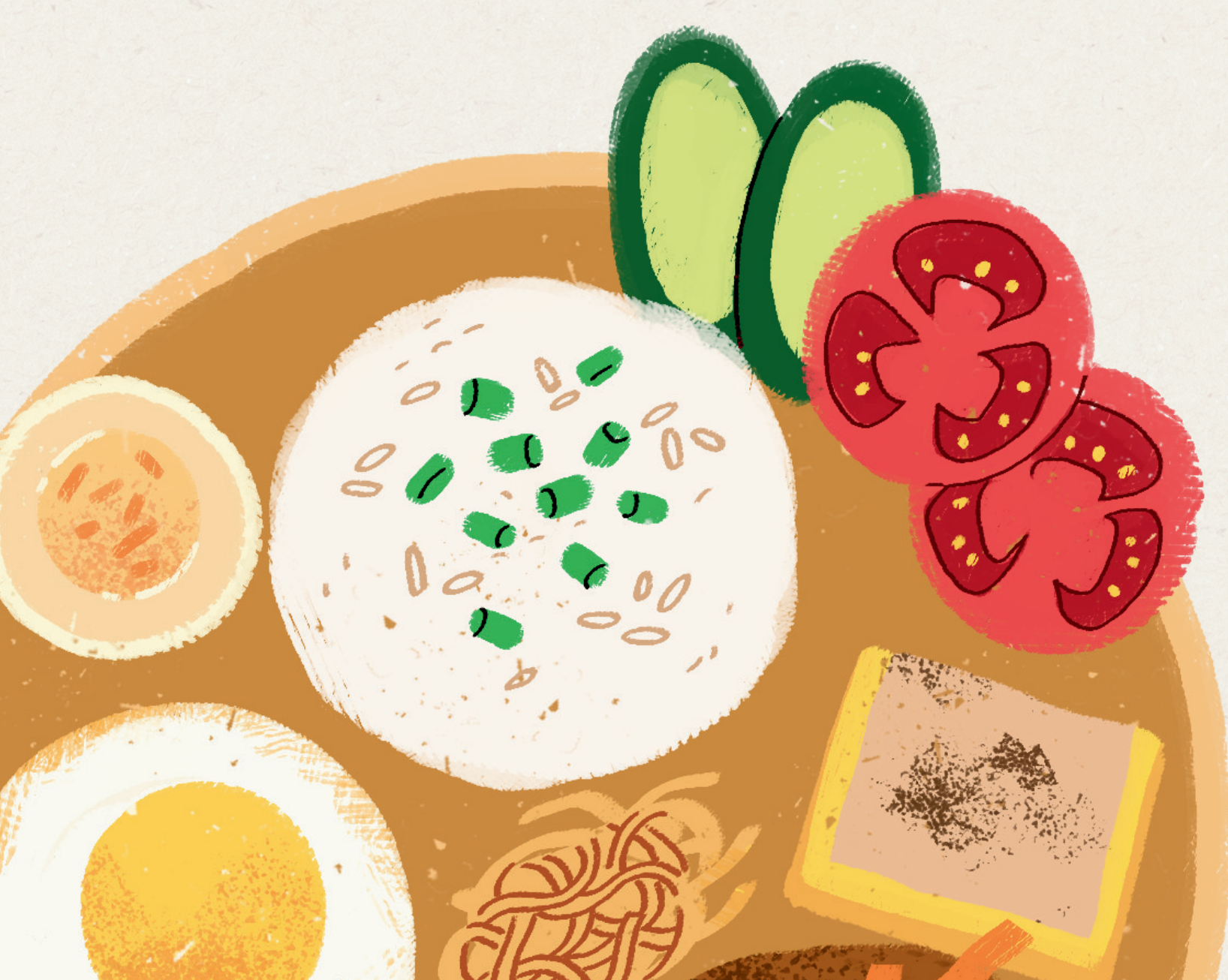


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Tasting Notes

The story behind “Taste Around the World” in Abbotsford

Taste Around the World began in 2023 (then the Multicultural Food Sharing Event) as an idea from the Newcomer Advisory Council of the Abbotsford Local Immigration Partnership. The vision was to use the transformative power of a shared meal to foster relationships and social cohesion across boundaries of age, class, culture, and language. Volunteers who were passionate about the vision (and cooking) gathered to handmade hundreds of dishes to share their gifts and cultural teachings with their neighbours in Abbotsford. This year, with the collaboration between Archway Community Services, United Way British Columbia, Tourism Abbotsford, the City of Abbotsford, and many dedicated volunteers, we celebrate the richness of our community’s diversity, and the friendships that are possible when we gather around a shared table. We hope this cookbook inspires you to invite new friends around your table as well.

Chefs

Juan Díaz

Arusia Husak

Arminder Kor Khalsa

Jeana Lee

Nancy Lee

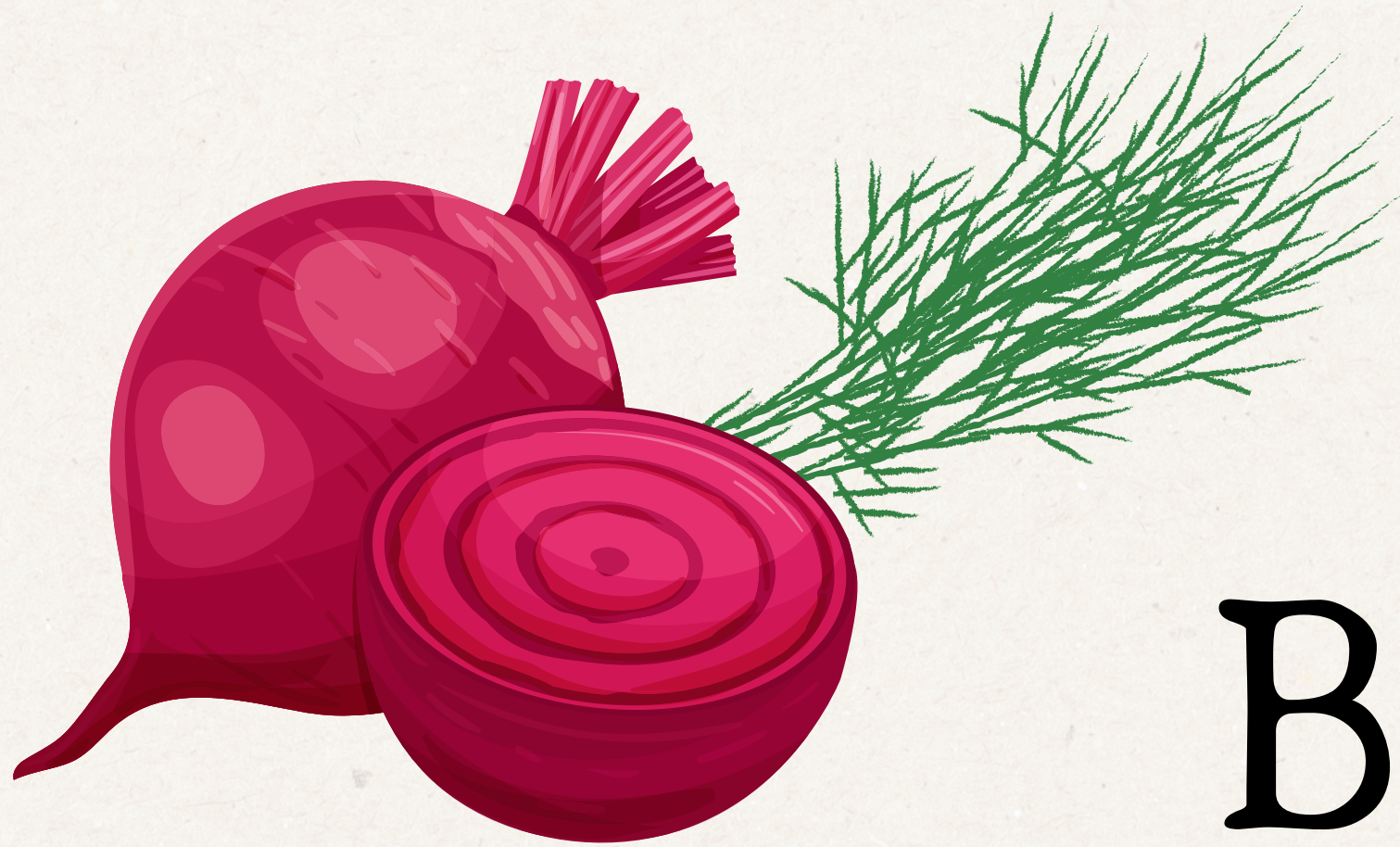
Harpal Toor

Senait Welu

*And many talented
volunteers!*

Event Sponsors





Ukrainian Borscht

Beet stew

Details

Serves: 8

For vegetarian option, use
veggie broth instead of beef
Keeps up to one week
refrigerated

Story

Borscht is the world famous Ukrainian dish and an integral part of Ukrainian family and community life. In 2020, it was included in the UNESCO national list of elements of intangible cultural heritage of Ukraine. Variations of borscht can include different types of meat or chicken, fish, mushrooms, or even dried pears. It might be both meat dish and vegetarian, usually served hot but there are some cold versions of the borsch as well. Each Ukrainian has own family recipe of the borscht and consider it the best one!

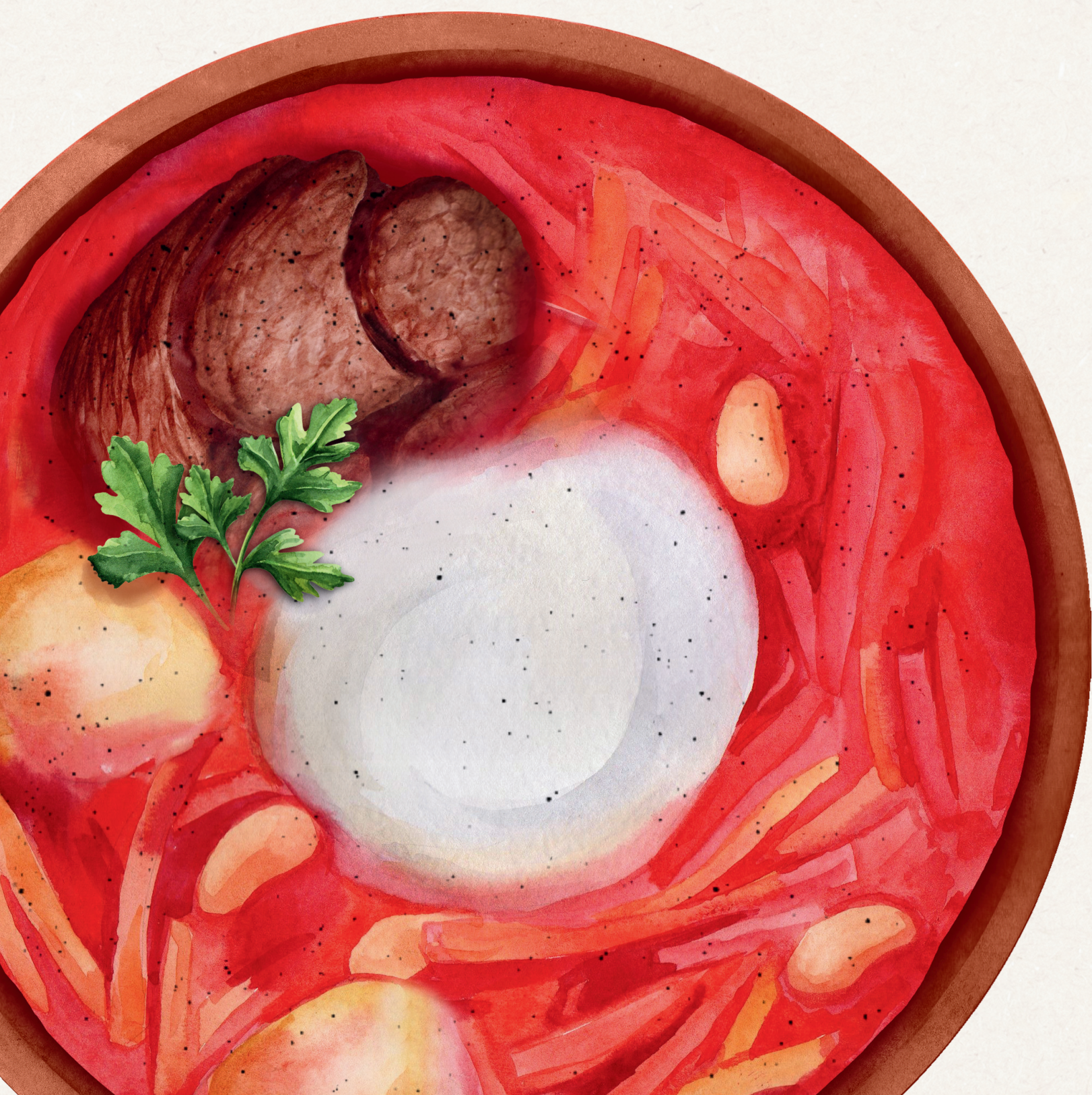
Ingredients

2 lbs Beef ribs
1 small Cabbage
1 lbs Russet potato
2 Beets (4cm diameter is best)
2 Carrots
1 Can kidney beans
1 Onion
1 Red sweet pepper
1 clove Garlic
1 Lemon
Sunflower Oil
6 oz. Tomato paste
Bay leaf
Sour cream
Salt & pepper to taste



Instructions

- 1 In a large soup pot, add beef ribs to water and bring to a simmer; reduce heat to low, add bay leaf and cook until meat is tender and falling off the bone, about 1,5hrs.
Strain broth and discard solids
- 2 Peel and cut potatoes, carrots, beets, onions and cabbage.
- 3 Combine carrots and beets to steam in a deep-frying pot with sunflower oil for about 5-8 minutes, add lemon juice for brighter color.
Combine beef broth and steamed veggies in a large pot, add potatoes and cook.
- 4 Steam onions for about 3 min with sunflower oil, add tomato paste, keep stirring one minute more and add to the large pot, then add sweet pepper and beans; continue to cook up to 30 min.
- 5 When potatoes and beets are ready add salt and pepper to taste. Add cabbage and cook a few more minutes, before turning off the heat and leaving to infuse with the lid closed.



Tips

Garnish with sour cream and fresh dill or parsley.

*Neighbourhood
Chef:
Arusia Husak*

Afghan Bolani

Stuffed Flatbread



Ingredients

For the dough:

3 cups all-purpose flour
1 teaspoon salt
1 tablespoon olive oil
1 cup warm water (adjust as needed)
Vegetable oil (for frying)

For the filling:

2 medium potatoes, boiled and mashed
1 cup green onions or leeks, finely chopped
1 cup cilantro, finely chopped
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon olive oil

Details

Serves: 8

Prep time: 1 hr

Cook time: 40 min

Keeps in an airtight container for up to four days refrigerated



Story

The preparation of Bolani is a traditional practice that brings families together and showcases the rich flavors of Afghan cuisine. Most commonly it is prepared with potatoes and onions, but some variations are made with pumpkin or chive filling. Afghan people typically cook Bolani at home for special occasions, family gatherings, or as a delicious snack for everyday enjoyment. Bolani can be a tasty and convenient dish to enjoy at a picnic as well while spending time with family and friends.

Instructions

1

Make the dough:

- In a large mixing bowl, combine the flour, salt, and olive oil.
- Gradually add warm water while kneading the dough until it is smooth and elastic. This should take about 5-7 minutes.
- Cover the dough with a damp cloth and let it rest for 30 minutes.



2

Make the filling.

- In a bowl, combine the mashed potatoes, chopped green onions or leeks, cilantro, salt, black pepper, and ground coriander.
- Mix well until all ingredients are evenly combined

3

Assemble the Bolani:

- Divide the dough into small balls, about the size of a golf ball.
- Roll each ball into a thin circle, about 6-8 inches in diameter, on a lightly floured surface.
- Place about 2 tablespoons of the potato filling on one half of the rolled dough, spreading it out evenly but leaving the edges free.
- Fold the dough over the filling to create a half-moon shape. Press the edges together to seal, using a little water if needed to help them stick.



4

Fry the Bolani:

- Heat vegetable oil in a large skillet over medium heat.
- Once the oil is hot, carefully place the Bolani in the skillet.
- Fry for about 2-3 minutes on each side, or until golden brown and crispy.
- Remove from the skillet and place on a paper towel-lined plate to drain any excess oil.



Tips

Serve the Bolani hot, either on its own or with a side of yogurt or chutney (see recipes below).

*Neighbourhood Chef:
Arminster Kor Khalsa*

Chakkab

Yogurt Dip



Ingredients

- 1 cup plain yogurt (Greek or strained yogurt for thicker consistency)
- 1 clove garlic, minced (optional)
- 1 tablespoon fresh mint, finely chopped
- 1 tablespoon fresh cilantro, finely chopped (optional)
- 1/2 teaspoon salt (adjust to taste)
- 1 tablespoon lemon juice or to taste

- 1 If using regular yogurt, you may want to strain it through a cheesecloth for a couple of hours to achieve a thicker consistency like Greek yogurt.
- 2 Combine all ingredients and stir until evenly mixed.



Instructions

- 1 In a blender or food processor, combine the cilantro, green chilies, garlic, salt, and lemon juice or vinegar.
- 2 Blend and adjust water until you reach a smooth, sauce-like consistency.

Chutney

Ingredients

- 1 bunch chopped fresh coriander (about 1 cup)
- 2-3 green chilies (adjust to your heat preference)
- 1 small clove garlic
- 1/2 teaspoon salt (adjust to taste)
- 1 tablespoon lemon juice or vinegar
- 1/4 cup water (adjust for desired consistency)



Mexican Pollo con Mole

Chicken in Mole sauce

Ingredients

4 lbs poached chicken pieces
(reserve 8 cups of the broth)
10 dried chile ancho
10 dried chile guajillo (Sub for
chile california for a darker mole,
replace either with chile negro
(pasilla) or mulato)
3 dried chile chipotle
1/3 cup of raisins
5 Roma tomatoes
1 medium onion cut into thick
slices
4 serrano peppers stems removed
10 cloves of garlic
1/4 cup slivered almonds
1/4 cup pumpkin seeds
1/4 cup sesame seeds (plus
another 1/4 cup for garnish)

1 teaspoon anise seeds
2 inch piece of cinnamon stick broken
in half
2 teaspoons Mexican oregano
1/3 cup of roasted peanuts or 1/4 cup
of creamy peanut butter
12 saltine crackers
2 corn tortilla toasted, blackened
slightly
1 teaspoon of ground cumin
1 teaspoon salt, more to taste
1/2 teaspoon pepper
4 tablespoons avocado oil or pork
lard
1 disk of Mexican chocolate 3 ounces ,
broken into pieces
2 tablespoons brown sugar, optional



Story

This dish is a true reflection of Mexico's rich culinary tradition, blending flavors that are as diverse and complex as the country itself. Mole, which is a traditional Mexican sauce, is made from a blend of ingredients such as chocolate, chilies, nuts, and spices, creating a unique and unforgettable flavor. Pollo con mole, or chicken with mole, is often prepared for special occasions, bringing families together around the table to share in the warmth and love that this dish embodies.



Instructions

1

Preheat comal (griddle) to medium heat for 5 minutes. Remove stems and seeds from the dried peppers before toasting them for a few minutes, turning as needed. Do not leave them unattended or they will burn and become bitter. Transfer the peppers to a pot of simmering water. Cook 15 minutes. Remove from heat.

2

Drain liquid from peppers, transfer to the blender. Add 3 cups of reserved chicken broth, 1/2 tsp of cumin and 2 tsp of salt. Blend on high until smooth, then strain the sauce through a wire mesh strainer for a smoother sauce. Set aside.

3

Cover the raisins with enough hot water to cover, set aside.

4

Toast the almonds, pumpkin seeds, sesame seeds, anise, cinnamon stick and oregano in a large pan on medium/low heat, stirring often so nothing burns. After about 6-8 minutes, remove all spices and nuts from pan and transfer to coffee or spice grinder. You may have to grind in two batches. Grind into a paste, set aside.

5

Preheat broiler to high for 5 minutes. Line a baking sheet with foil paper and broil tomatoes, serranos, onions and garlic for about 12 minutes, turning halfway.



6

Remove from broiler and let cool. In the blender, add the ground almonds/spice mixture, broiled tomatoes, serranos, onions, garlic, peanut butter, crackers, tostadas, cumin, drained raisins, 1/2 tsp pepper, 1 tsp salt and 2 cups of reserved chicken broth. Blend until smooth, set aside.

7

This is where your mole comes together. In a large, heavy pot, heat 4 tbsp of olive oil to medium heat.

After 3 minutes, add the chile sauce and cook for 20 minutes. Add in the other blended sauce. Stir well to combine.

8

When it comes to a boil, taste for salt.

Add the Mexican chocolate, brown sugar and remaining 3 cups of chicken broth.

9

Add the cooked chicken pieces and continue cooking for 1 hour. The sauce will darken as it cooks. Toast the remaining sesame seeds for garnishing mole.



Tips

Serve with warm tortillas, rice, beans and a fresh salad.

*Neighbourhood
Chef:
Juan Díaz*



Taiwanese Zhà bǎo gū

Fried Oyster Mushroom

Details

Serves: 4

Leftovers keep for 2-3 days, but these are best eaten fresh and crispy right away.

Story

Taiwan is a beautiful country, also known as food heaven/food paradise in Asia, boasting a wide variety of flavours and dishes served by its many Michelin star chefs and street food vendor legends alike. Fried oyster mushrooms have been substituted in western cuisine as vegan fried chicken, but tastier! These crispy bites are popular in night markets & street food in Taiwan and are loved for their meaty texture and tasty flavor.

Ingredients

For the filling:

oyster mushrooms	500g
potato starch	500g

For the batter:

Flour	1 cup
Water	1 cup
Salt	1 tsp
Sugar	1 tsp



Instructions

- 1 Wash all the oyster mushrooms and squeeze out extra water. The mushrooms should have a rough texture after squeezing.
- 2 Cover the oyster mushrooms in potato starch and let sit for 5 minutes so coating does not fall off.
- 3 Meanwhile, mix all batter ingredients together in a bowl. Batter should be a wet consistency.
- 4 In a pan, add in oil and turn the heat to medium-high. Once the oil is hot, dip mushrooms in the batter and fry for 3-4 minutes or until crispy and golden brown
- 5 Remove and rest on paper towel for oil to drip off before serving.



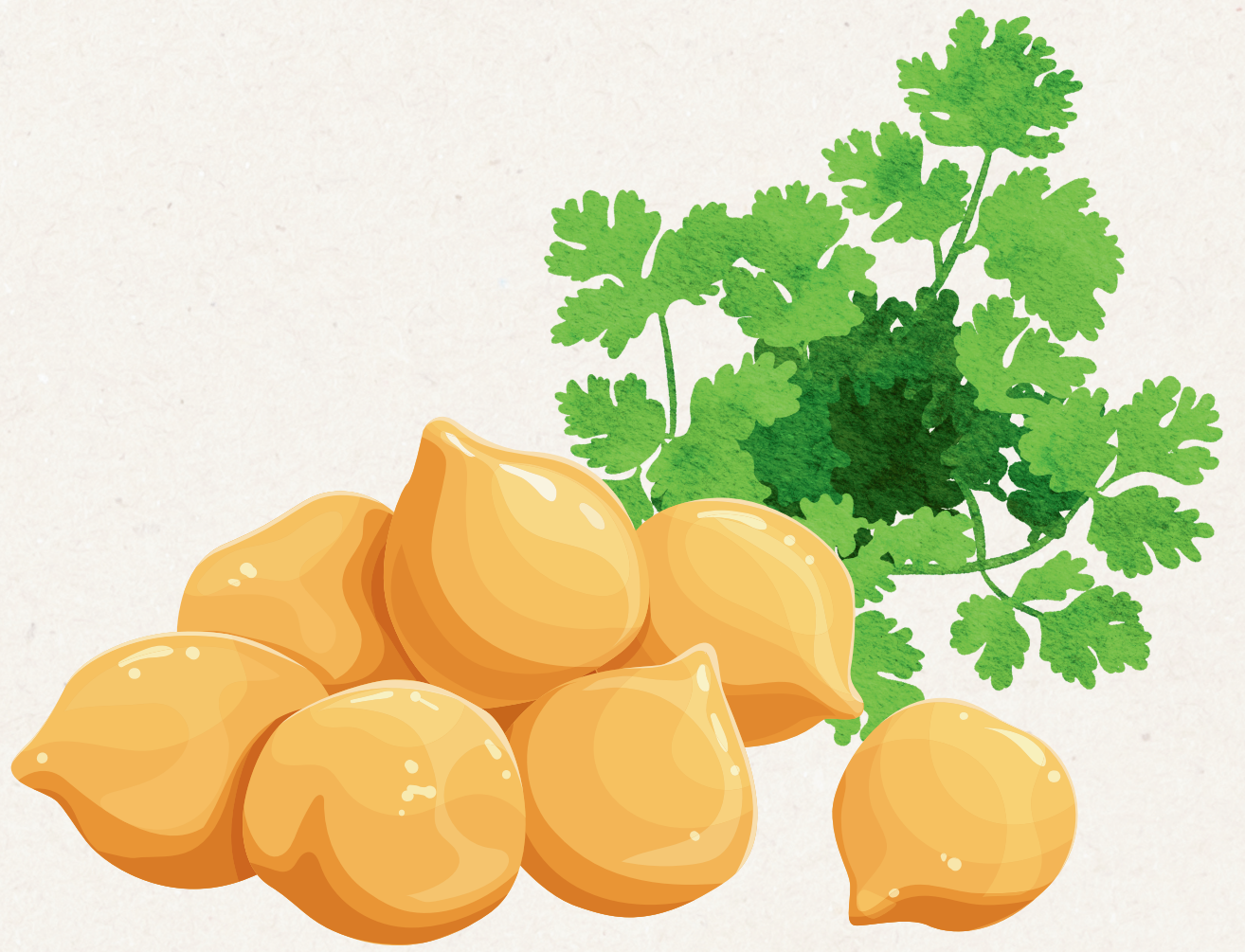
Tips

*For an extra touch,
top with freshly
chopped thai basil
before serving..*

*Neighbourhood
Chef:
Jeana Lee*

Punjabi Chole Masala

Chickpea Curry



Ingredients

Masala spices:

- 2 black cardamom pods
- 1 inch cinnamon stick
- 3 to 4 peppercorns
- 2 whole cloves
- 1 bay leaf
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- ½ teaspoon dry pomegranate seeds (substitute by adding dry mango powder or lemon juice at very end)
- 1 to 2 dry red chilies (preferably broken and seeds removed)

Remaining ingredients:

- 1 large can chickpeas, drained*
- 2-3 cups veggie stock
- 1/2 teaspoon ginger paste
- 1/2 garlic paste
- 1/2 teaspoon red chili powder
- 1/4 teaspoon turmeric
- 1/2 cup onion, minced
- 1/2 cup tomato, minced
- 1/4 garam masala (optional)
- 2-3 green chilis, slit in half (to spice preference)

*Substitute for 1 cup dried chickpeas. Must be rinsed, soaked overnight, rinsed again, and pressure cooked until soft in salted water with 1 black tea bag.



Story

Chole (Punjabi for “chickpea”) masala (Hindi for “mix”) is a staple dish across the Indian subcontinent that is said to have originated in the northern Punjab region. Along with being a regular staple dish, large quantities of chole masala can be prepared and served by volunteers during the Langar meal that is shared by Sikhs as part of their worship at the local Gurudwaras.

Instructions

- 1 Begin to roast masala spices in a saucepan on a low heat, stirring often until evenly browned and fragrant.
- 2 Let roasted spices cool before grinding them into a powder using a grinder or mortar and pestle.
- 3 Heat oil in a pan and cook garlic, ginger until lightly brown. Add onions and sauté until translucent, Add chopped tomatoes, cook until soft.
- 4 Reduce heat and add red chili powder, turmeric, and ground masala spices. Mix well before adding sliced green chilis.
- 5 Add chickpeas and stock and mix well. Simmer for a few minutes to set all flavours before mashing 1/3 of the chickpeas or adding stock to achieve the your preferred consistency.

Tips

Serve on rice, with lime, flatbreads and yogurt dip

*Neighbourhood
Chef:
Harpal Toor*





Taiwanese Chǎo mǐfēn

Stir Fry Vermicelli

Details

Serves: 4

Keeps up to one week refrigerated.

Story

This fried noodle dish is similar to chow mein, but made with rice noodles. According to legend, rice noodles were made by people fleeing from war during ancient times because they were easy to carry and eating when traveling is difficult. The rice noodles have been pre-cooked, making it easy to cook and convenient to carry when going out, and they have a shelf life of up to two years. In the past, rice noodles were regarded as a "high-end food". Only festive banquets and special festivals would serve guests the "fried rice noodles".

Ingredients

- 450g vermicelli
- 1 Medium cabbage
- 2g wood ear mushrooms
- 200g vegetarian ham
- 30g soy sauce
- 1 teaspoon sugar
- 1 teaspoon black pepper



Instructions

- 1 Julienne the cabbage, wood ear mushrooms, and vegetarian ham
- 2 Stir fry the cabbage, wood ear mushrooms, and vegetarian ham
- 3 Remove the stir-fried ingredients from the pan and set aside.
- 4 Pour water into the pan and heat until boiling, then add soy sauce, sugar, and black pepper. Stir until combined
- 5 Add vermicelli and stir-fried ingredients
- 6 Cover the pan and simmer for about 5 minutes until noodles are soft before serving.



Tips

Cutting all ingredients to the similar thickness to the noodles will ensure you get all the flavours in each bite!

*Neighbourhood
Chef:
Nancy Lee*

Eritrean

Himbasha

Flatbread



Ingredients

4 cups All purpose flour
1 tbsp Instant yeast
1/4 cup Sugar
1 tsp Cardamom powder
1/4 cup Oil
1 tsp Salt
1+1/2 cups Luke warm water
1 tsp Black sesame seeds
1/4 cup milk

Details

Serves: 8
Prep time: 2.5 hrs
Cook time: 20mins



Story

Himbasha is a celebration bread that is slightly sweet. It became popular in Eritrean cuisine, often served at special occasions. Variations of himbasha depend on region, but the two main kinds are the Ethiopian variant, and the more distinctive Eritrean flavoring with raisins. The dough is given a decorative touch before baking, with indentations to create several spokes in a wheel shape. There is a tradition where the Himbasha is placed on the child's back on their first birthday and then broken into two to give the child the strength and prosperity.

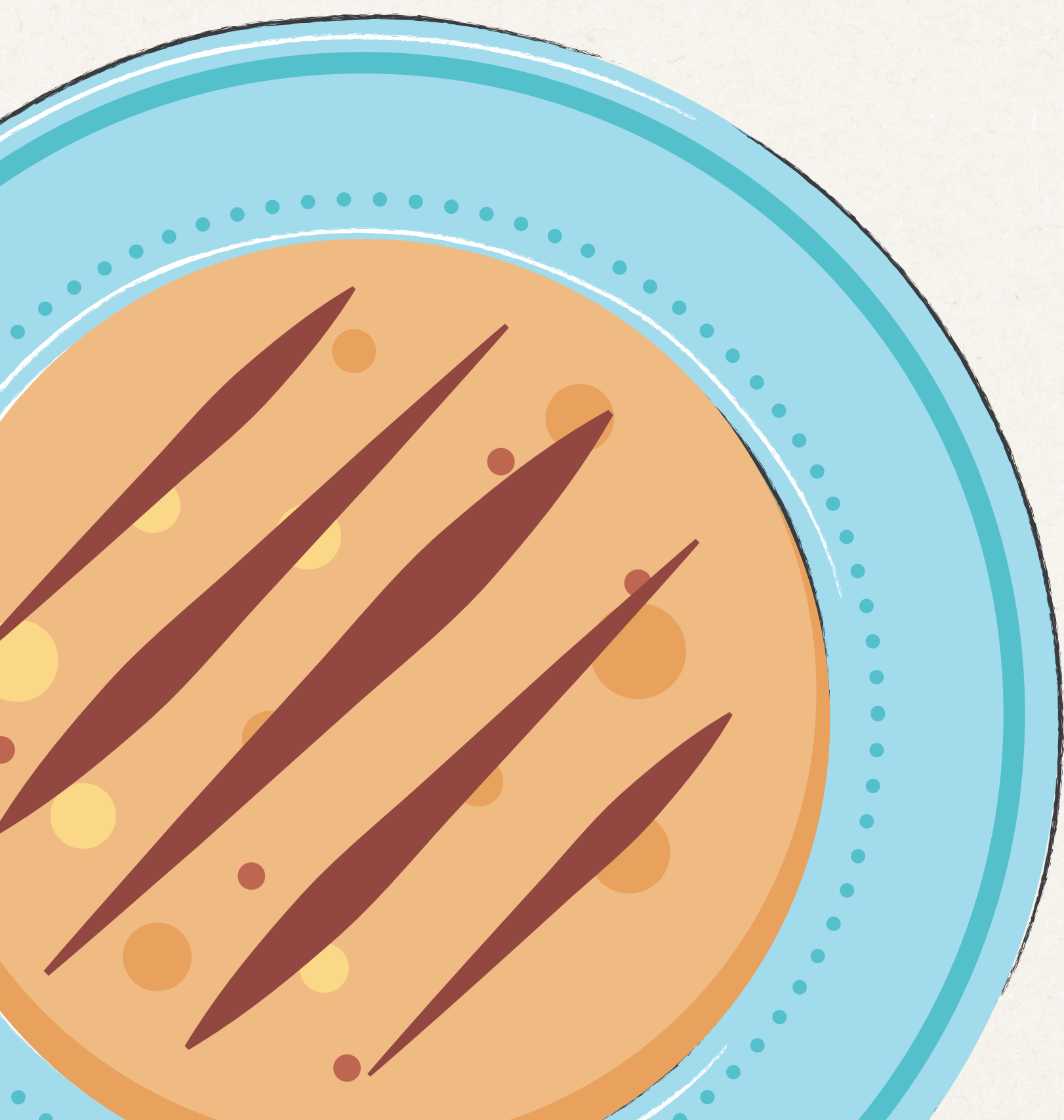
Instructions

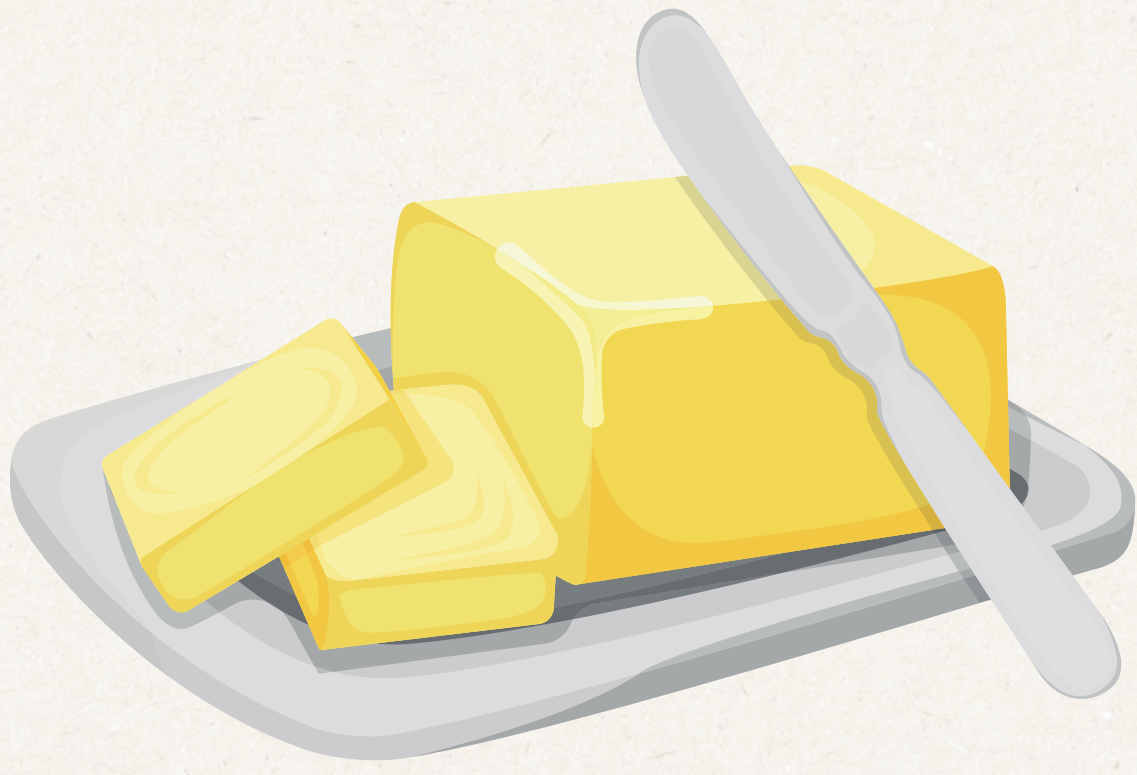
- 1 Mix together flour, instant yeast, sugar, salt, cardamom powder, black sesame seeds, oil in a bowl.
- 2 Add the luke warm water, and knead everything well to form a smooth dough.
- 3 Drop the smooth dough in a greased bowl and let it sit in warm place for at least two hours.
- 4 Once the dough has risen, punch down and drop the dough in a kitchen top. Knead and flatten the dough
- 5 Grease a large frying pan generously with oil, drop the flatten dough to the pan and score a wheel pattern into the dough and brush with milk.
- 6 Bake in an electric frying pan or oven on 200 celcius degrees for 20 minutes, or until golden brown.

Tips

Himbasha can be eaten with spreads or jam at breakfast or by tearing pieces of bread off to dip in stews

*Neighbourhood
Chef:
Senait Welu*





Ukrainian Verguny

Sweet Brushwood Cookies

Details

Serves: 8

Dough can be prepared ahead of time and frozen up to one month

Ingredients

500 grams Flour

250 grams Sugar

5 Eggs

250ml Sour cream or buttermilk

250 grams Powder sugar

Sunflower oil

Salt

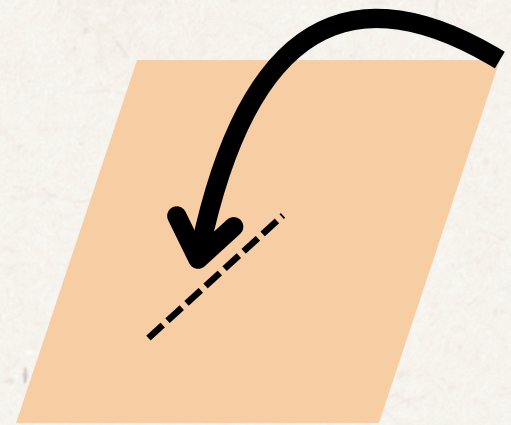
Story

This is a traditional sweet that evokes the warmth and coziness of home. Verhuny are airy, crispy sweet strips of dough, fried in oil and sprinkled with powdered sugar. Each region may add distinct touches, such as twisting the dough into the shape of a rose, or adding extra flavours such as lemon zest or almonds, to their traditional recipe. The village of Chechelevo even has a museum dedicated to the dessert.



Instructions

- 1 Whip the eggs before adding the sour cream (or butter milk), sugar, salt and flour
- 2 Knead the pastry. It should be quite stiff.
- 3 Refrigerate the dough for 30 minutes before rolling it out until 1 mm thick.
- 4 Cut the pastry into the medium-sized rhombus/diamond shapes. Make a cut in the middle of the rhombus; pull one corner of the rhombus through the cut.
- 5 Fry the verguny in very hot oil. Dry them on the paper napkin and dust with powdered sugar.



Tips

Serve warm or cooled the same day for the best texture. Or dip in your favourite jam.

*Neighbourhood
Chef:
Arusia Husak*