



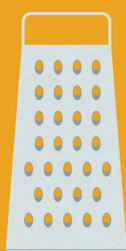
# Around the Table: Cookbooks with Care



The Creative engAGE Living Lab (ELL) community is happy to share art, poetry, photos, stories, and memories that are inspired by favourite recipes they enjoy eating, making, sharing, and ordering out.



# enjoy



# Participating artists

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# Alice Balka

## Le fameux couscous d'Alice



### Le fameux couscous d'Alice

#### Ingrédients :

1 paquet de couscous moyen (907 g)  
Les patates douces  
La courge  
Les branches de céleri  
Les poivrons jaunes ou rouges  
Les carottes  
Le navet blanc  
Le curcuma

#### Pour la version douce :

Le sucre brun  
La cannelle  
Le miel  
L'eau

#### Directions :

Laver le couscous dans une cuvette avec beaucoup de l'eau.

Verser le couscous dans un contenant pour le laisser sécher.

Préparer le couscoussier en mettant les patates douces, les branches de céleri, les poivrons, les carottes, le navet blanc et le curcuma dans la marmite et les faire ébouillir.

Délayer le couscous et verser le couscous dans le couscoussier pour faire cuisiner à la vapeur pendant 20 minutes.

Retirer le couscous du couscoussier et le remettre dans la cuvette avec la margarine (ou le beurre si vous préférez).

Bien délayer avec les mains le couscous pour ne pas laisser les boules.

Remettre le couscous dans le couscoussier pour une deuxième fois, une autre 20 minutes.

Continuer à délayer le couscous pendant ce temps.

Sortir le couscous et le laisser se reposer pendant quelques minutes.

Au moment de vouloir manger, prendre un peu de l'eau dans une louche et le faire verser-le sur le couscous.

Laisser le couscous se repose et gonfle pendant quelques minutes.

Mettre le couscous dans un plat.

Mettre les légumes sur le couscous pour en décorer.

Si vous en aimez, ajouter les raisins, le mouton, le poulet... comme vous voulez!

#### Pour la version douce avec les légumes doux:

Mettre dans une marmite une cuillère à soupe de sucre brun

Ajouter une cuillère à soupe et de la cannelle

Délayer en ajoutant un peu de l'eau et du miel, à votre goût

Ajouter le mélange de sucre aux légumes dans un bol et bien mélanger.

Placer les légumes sur une plaque et mettez-les dans le four jusqu'à les légumes sont bien caramélisés.

**Bon appétit!**

# Alison Bowie

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## Italian Cream Cake

The recipe I would like to submit is my version of an Italian cream cake. I was never a big fan of sweets growing up, including cake. We almost never had it, but when we did, my mother would make cake from scratch. With one exception. While on a trip to Arizona when I was in high school, for some reason we decided to make a box cake, complete with icing. Not realizing there were separate instructions for baking when you are at over 5,000 feet above sea level, we followed what we thought were the right instructions - and ended up with a foot tall cake!

A year or two later, my mother made a cake for my birthday: Italian cream cake. It was divine. Not too sweet, a hint of lemon zest, and topped with cream cheese icing. I had never had a cake like this before. My mother has only made this cake once or twice since then. She gifted me the original magazine with the recipe in it, and I took over the cake making. Over the years I've adjusted the ratios of sugar and butter, added and subtracted ingredients, and developed what I feel like is the perfect cake. Every time I make it, I think of home and of my family. I think of the years spent in the kitchen helping my mother cook for dinner parties. I think of the conversations with friends and family over the dinner table. I think of all of the celebrations we've shared together and all of those I hope we share in the future. I think it's time to bake another cake.

# Alison Bowie

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## Italian Cream Cake

### **Cake: (serves 20)**

1 1/3 cups sugar  
1/4 cup soft butter  
1/3 cup unsweetened apple sauce  
2 egg yolks  
2 cups all purpose flour  
1 tsp baking soda  
1 cup buttermilk  
1/2 cup chopped pecans  
1 tsp coconut extract or 1/4 cup sweetened shredded coconut  
1 tsp vanilla extract  
6 egg whites  
zest of 1 lemon (keep a small amount to garnish the top of the cake!)

### **Cream Cheese Icing:**

1 tbsp butter (chilled)  
8 oz cream cheese (light or regular)  
1 pound confectioner's sugar  
1 tsp vanilla extract

### **Instructions:**

Note: Start by making the icing! Then move onto the cake.

Icing (using ingredients listed above under icing):

1. Beat the butter and cream cheese at high speed using a hand or stand mixer until light and fluffy.
2. Slowly add in the confectioner's sugar and then the vanilla extract. Beat at low speed until just blended. If you overbeat your icing, it will become runny!
3. Cover and chill.

### **Cake:**

1. Preheat the oven to 350 degrees Fahrenheit.
2. Coat the bottoms of 3 9-inch round cake pans with cooking spray (or butter) and line them with wax or parchment paper. Coat paper with cooking spray or oil and then dust with flour.
3. Combine sugar, butter, and applesauce in a large bowl. Beat with hand or stand mixer until well incorporated. Add egg yolks one at a time, beating in between.
4. Combine the flour and baking soda in a separate bowl.
5. Add the flour mixture to the creamed mixture. Then, stir in the pecans, vanilla extract, coconut extract or shredded coconut, and lemon zest.
6. Beat egg whites with hand or stand mixer at high speed until stiff peaks form. Do not overbeat!
7. Fold the egg whites into the batter.
8. Pour the batter into the prepared pans (dividing evenly). Bake for 23 minutes at 350.
9. Let the cake cool in the pans for 5 minutes. Loosen the sides with a knife and then turn each pan out onto a wire rack. Peel off wax or parchment paper and let cool completely.
10. Place 1 cake layer onto a plate. Spread the top with icing. Add another layer and repeat. Use the rest of the icing to cover the top and sides of the cake. Garnish with lemon zest (optionally more nuts!).

# Ariana Garcia-Fialdini

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## Chickpea leek and chorizo soup



- Half a cup of diced onions
- 1 tsp avocado oil or oil of choice
- Let the onion simmer,
- throw in a cup of diced chorizo (optional, or meat of choice IF you eat meat- or tofu)
- Once that simmers a bit throw in 3 finely diced leeks
- Once the leeks begin to go transparent, add 1 L of chicken broth or water
- Let it cook together to a boil
- Add some salt as needed
- 1 cup of rinsed chickpeas
- let it boil a little longer
- whip up one egg and add it as the rest boils. It will curdle till it cooks.
- Enjoy with a nice piece of warm bread or slice of avocado!

# Avy Loftus

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## Macaroni Soup

I would like to share a family recipe with you which is very simple and usually, we eat it on a cold day at home. My mom made it for us when we were young and now I make it for my family usually in wintertime. The soup is very easy to make and the ingredients are also very easy to find.



# Avy Loftus

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## Macaroni Soup

### Ingredients

1 big cup of macaroni  
1 big potato - chop to cube sizes  
2 long sticks of carrots - chop them  
2 sticks of celeries - chop them  
1/2 bunch of broccoli - chop it  
2 Sausages - chop them  
3 cloves of shallots (chopped and fried for garnish only)  
Chicken stock (homemade or ready-to-use)  
One tablespoon of butter  
Salt and pepper

### How to make homemade chicken stock

Put chopped raw chicken backs and/or wings in a saucepan, and sauté them to brown; for flavor add a bit of salt and pepper, and a sprinkle of nutmeg. Add chopped onion, carrots, parsley, and leek or onion greens, and cover with 2 1/2 cups of cold water. Then simmer for 4 to 5 hours and then strain.

### How to make Macaroni Soup

Put one cup of water in a saucepan and two cups of chicken stock and then bring it to a boil. Then put chopped carrots and celery. After about 5 minutes, bring the heat to medium, then put chopped sausages, broccoli, and potatoes. The last one put the macaroni. After everything is soft, then put some salt, pepper, and one tablespoon of butter for the taste. Garnish with fried shallots. Enjoy!

# Brock Dishart

## Coq au vin



Digital collage made in Photoshop entitled,  
"Coq au vin."

# Carly & Ashley McAskill

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## Chez Nick



Chez Nick in Westmount has been open since 1920. For the last 10 years, it has been our Sister Breakfast place.

Carly loves to order a latte and glass of water; the brie cheese, bacon, sun-dried tomato omelet with potatoes and kimmel toast with strawberry jam.

Ashley enjoys an Earl Grey tea and glass of water; Nick's Special Omelet: sausage, swiss cheese, spinach with potatoes and kimmel toast with strawberry jam followed by a slice of carrot cake.

We love the All Day Breakfast at Chez Nick! Ash says their carrot cake is the best in Montréal!

# Daryl Zoellner

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## On our way to St-Joseph, Quebec

**When on our way to an afternoon visit with friends who live in St-Joseph, Quebec**

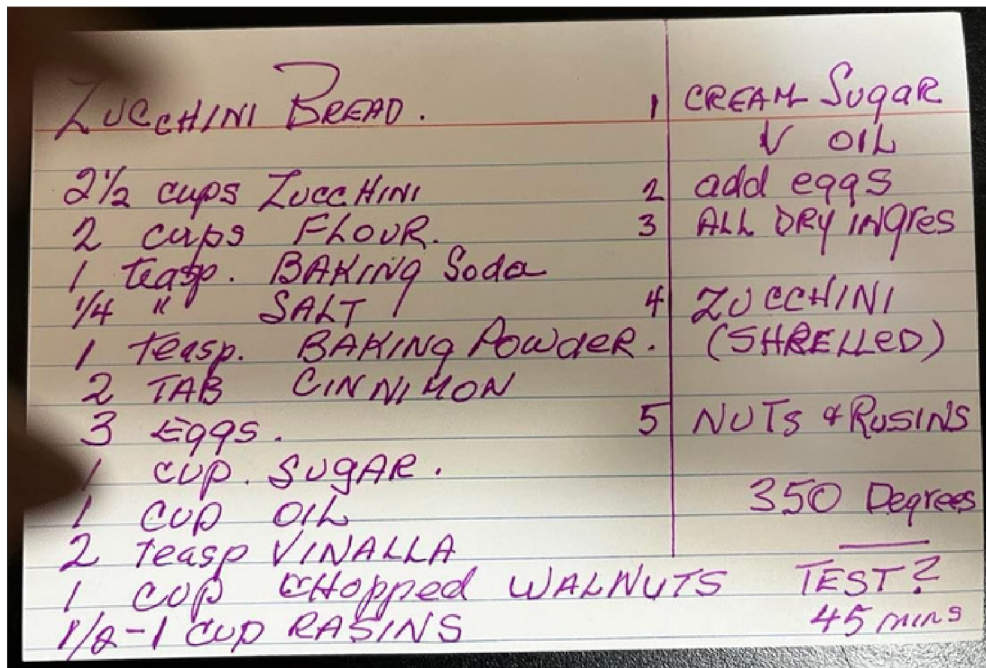
This is what happened. My husband was reluctant to eat at all. He just wanted to quickly escape Quebec City and get on the road. He would have been happy with our usual summer café frappé (coffee smoothie) but I suggested chicken salads. These would get us through to the evening meal back at our hotel. So we made our way quickly into the drive through picked up salads and started south down the Chaudière Valley. A compromise for sure. On the road but with a lunch.

We chose to stop at a park along the way. It had picnic tables. We sat and opened the paper bag but discovered we were not given any forks. The new rule in our country for takeout food utensils applied to drinking straws. No more plastic straws. They do not make paper forks. It seemed wiser to pack plastic straws of our own in my purse but I managed to carry some silicon straws for a while. They were quite flexible so I stopped carrying them in my purse. I did not carry any forks on this trip.

They must have forgotten to include the forks. However, after my desperate search for utensils, I made a discovery. We had stopped many times for coffee smoothies and were given paper straws that get soggy and break in the mouth. I collected these in our glove box in the car. There was a large collection accumulating. To eat our salads, I decided to make chopsticks. Two paper straws each. It worked reasonably well. We ate the salads without having to « drink » them or get our hands dirty. Then we were back on the road.

# Edna Katz-Silver

## Zucchini Bread



“My first husband and I would often go to the Queen Elizabeth Hotel for dinner. We got to know the head waiter and got the secret from him. It is really good! This goes back 75 years.”



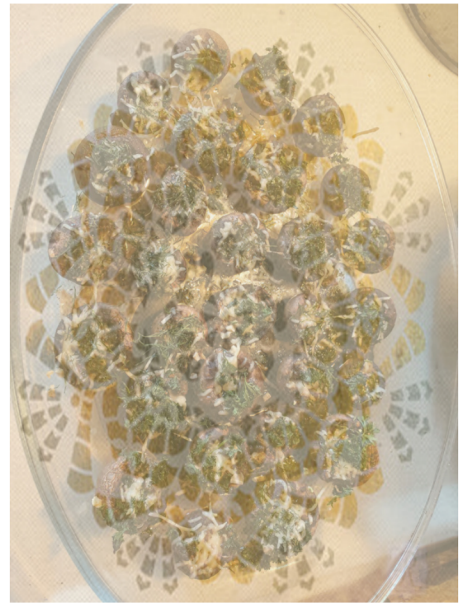
# Eva Halus

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## Thinking about a childhood food



The 3 o'clock is a fruit-noix de Grenoble cake



Stuffed vine leaves with decorative lace on top

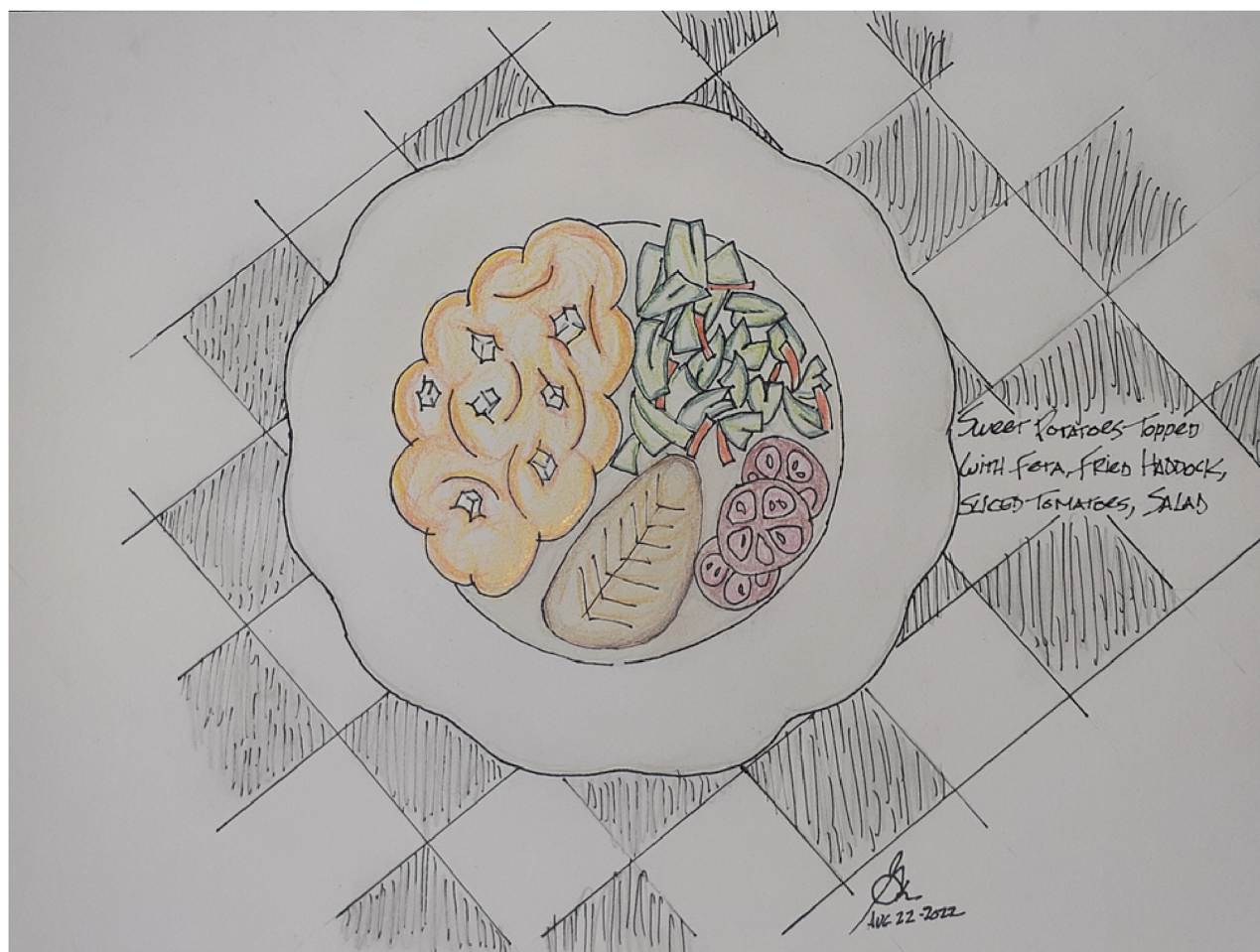
Boules de neige is...liquid, (yellow from mixing egg yolks with sugar, then this mixture boiled in milk in which you add spoons of egg whites mixed with sugar that grow in volume when you deepen them with a spoon in the boiling egg yolks -sugar- milk becoming floating White "clouds). I think that even the description seems tasty! I didn't mean to write a poem, I was just trying to describe this desert from childhood, and it still seems to me fascinating!

# Gilles Chiasson

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## Favorite supper

“Here's an artistic rendering of a favorite supper, titled: Sweet Potato Topped with Feta, Salad, Sliced Tomatoes and Fried Haddock.”



# Hélène Arsenault

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## Mon plat-réconfort. My comfort food



### Mon plat-réconfort *My Comfort Food*

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Depuis ma petite enfance, et encore aujourd'hui, j'aime la soupe aux tomates. De la soupe Campbell que ma mère me servait petite, alors que je grimpais aux arbres, à celle, aux tomates et poivrons rôtis biologique mangée récemment pour me réchauffer en camping dans un arbre; seule ou avec un sandwich grillé au fromage, la soupe aux tomates demeure toujours pour moi, un plat-réconfort.

*Since childhood, and still today, I love tomato soup. From the Campbell soup my mother served me when I was a tree climbing child, to the organic tomato and roasted red pepper soup I heated myself during our recent treehouse camping trip; on its own or with a grilled cheese sandwich, tomato soup is always comfort food to me.*

# Have a Happy Passover

For several years on and off, I have been doing digital art. When the pandemic started, I found myself doing a lot more photography as well, much of it in 3D. One of the subjects of my photography has been plushies (stuffed animal toys). As my interest in plushies greatly increased this past Spring, I ended up creating a digital Passover card depicting a Passover Seder being attended by several teddy bears. The original 2D image was created on a program called the GIMP from 11 different layers. It was then put into the online Leiapix 2D to 3D converter to get the 3D animation that you now see. The interesting thing is that none of the objects seen in the image is something that I possess in the physical world. Everything seen in the image was downloaded from the internet at some time or other.”



# Janis Timm-Bottos

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## Brunch with Bernie



“Brunch with Bernie, the Rock family and the Loons”  
assemblage

# Lisa Potter

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## Food and art



This is Mr. Burger. He is healthy and strong. In his spare time he likes to go to the gym and the engAGE Living Lab.

Hi, I just want to share my art with the community!  
Ice Cream is my comfort food. Yum Yum!



# Lynn Kerr

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## Bird paintings on mugs



I love doing art and showing my work in art shows. I love painting on wine glasses, mugs, plates, vases, bookmarks and cards. Here is some of my work: bird paintings on glasses and mugs. It makes me happy.



# Malaka Ackaoui

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## Green banana energy balls

3 c à soupe Farine de bananes vertes

1,5 c à soupe poudre de cacao

3 c à soupe sirop d'agave (ou érable)

3 c à soupe de beurre de noix

3 c. à soupe huile de Coco

3 c à soupe noix de coco râpée pour enrobage

Mélanger les 5 premiers ingrédients

Réfrigérer 10-15 minutes

Former les boules et enrober de noix de coco râpée

3 tbsp green banana flour

1.5 tbsp cocoa powder

3 tbsp agave (or maple) syrup

3 tbsp nut butter

3 tbsp. coconut oil

3 tbsp shredded coconut for coating

Mix the first 5 ingredients

Refrigerate 10-15 minutes

Form balls and coat with grated coconut



*To be honest with you, I don't really enjoy cooking and like easy recipes. Those energy balls are so easy to make and are also filling. Can't get my grandchildren to help me roll the balls because they eat them all as they shape them.*

*Pour être honnête avec vous, je n'aime pas vraiment cuisiner et j'aime les recettes faciles. Ces boules d'énergie sont si faciles à faire et sont également rassasiantes. Je ne peux pas demander à mes petits-enfants de m'aider à les rouler parce qu'ils les mangent tous au fur et à mesure qu'ils les façonnent.*

# Mingyue Tao

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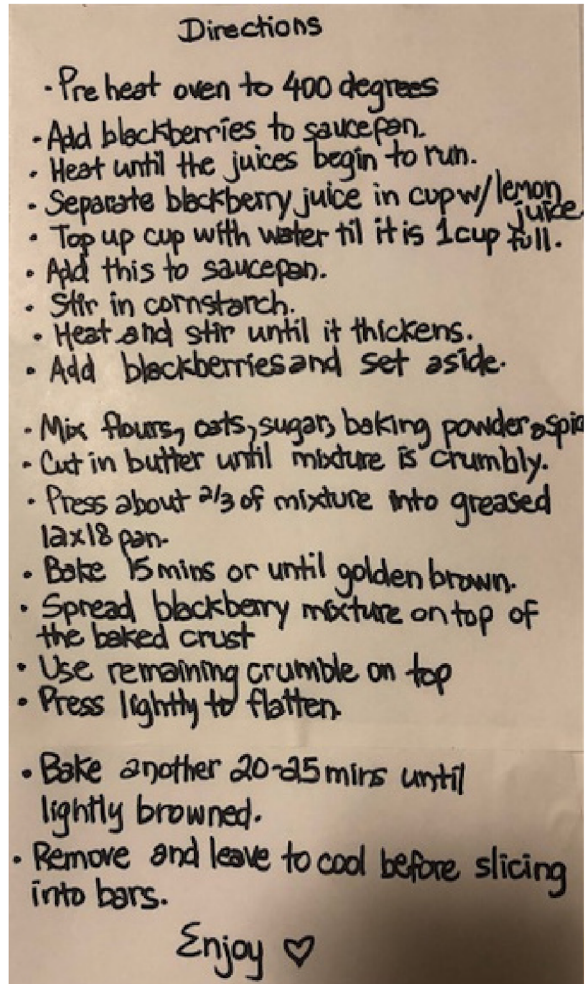
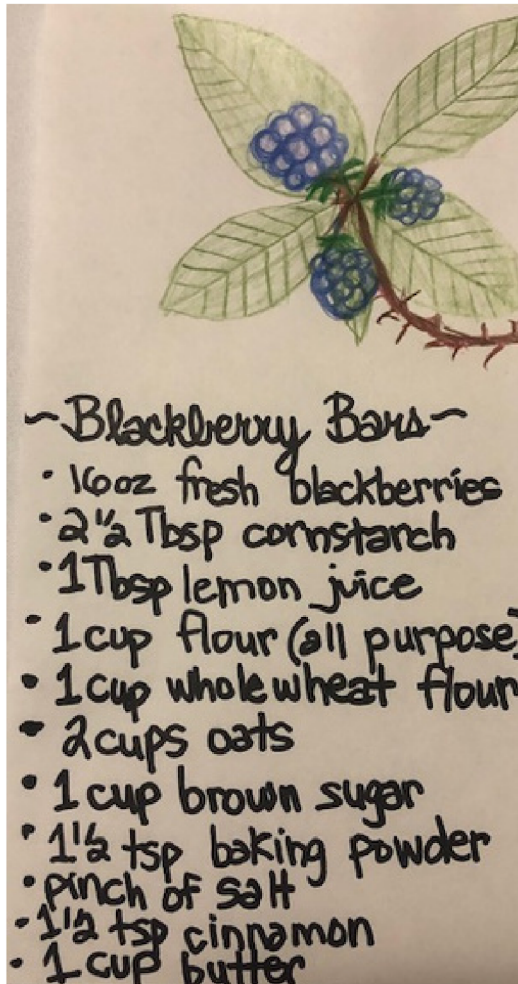
## London fog and earl grey cake



These are the best earl grey products I've ever had in my life. London fog (earl grey tea+milk+vanilla) and earl grey cake. Had it in Hong Kong's airport about three years ago, I wonder if I'll ever have the chance to have them again.

# Monique Bee

## Blackberry Bars



# Monique Bee

- ♥ Anyone who has ever picked wild blackberries knows it can be a picky, pokey, painful activity to get those juicy berries from the bush to the bowl.
- ♥ You'll have to climb a wobbly ladder and sustain many scratches to get the biggest, most ripe berries from the top.
- ♥ Once you've picked a bowl full, eat them and keep picking. Get a pail full, or two! Make jam, pies, muffins, and freeze some for future use.
- ♥ The following is one of my family's favourite recipes from our berry picking adventures off Vancouver Island where my son and I (and our little dog) would berry pick for hours in the warm Summer Sun, then go home and bake our tasty Blackberry Oat Bars, then have a bake stand for all the neighbours to get a snack ♥



# Muriel Herrington

## Corn Bread

### Cornbread

Mix together

3/4 cup cornmeal

1 c flour (whole wheat or white)

1/3 c sugar (can use less if desired, or replace with Splenda)

3 teaspoons baking powder

3/4 teaspoon salt

Mix in

1 cup milk

1 egg, well beaten

2 tablespoons melted shortening or oil

Spoon into a shallow buttered or greased (Pam works well) pan, 8 inches square. Bake at 425° F for 20 minutes.

Source: The Fanny Farmer Cookbook, 11th edition,



### Variations

**Cornmeal:** Crème of wheat (wheatlets or semolina), steel cut oats, Red river cereal, other mixed grain cereals (dry Red River gives a birdseedy quality to the bread—if that doesn't appeal soak the cereal overnight in the milk in the fridge).

**Shortening:** butter, olive oil, canola oil, bacon fat, shortening, lard. The amount can be reduced if desired.

**Salt:** I usually leave it out.

**Milk:** powdered coconut milk (add ½ cup to dry ingredients) and use 1 cup of water



Ready to bake

### Additions

Nuts,

Raisins

PC Blue menu pumpkin, sunflower and super seeds

blend

Flavorings like vanilla, maple cinnamon.



# Naj Mahani

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## Abgoosht



*Photo by Naj Mahani.*

### Abgoosht

Ab (water) and ghooost (meat) is the staple of Iranian households. It has a reputation for being a poor man's food. For two reasons: First, because it has simple (and used to be cheap)...

ingredients (some bony part of lamb like ribs or neck; potatoes, onion, chickpeas, tomatoes, tomato paste, turmeric, salt, pepper, and water-lots of it)

It's a kind of meal that you would put everything in a pot (not the potatoes though), put it on low heat, and go away for many hours, and come back to a scrumptious soup add the potatoes to it and then eat it with Iranian Sangak (a bread cooked on river rocks) or with a good rustic bread. Second, because it is soupy, and so you can add water to it and feed more people.

# Naj Mahani

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## Abgoosht

Some people separate the meat, potatoes, peas, and most other solids in the soup and mash them together (goosht-koobideh). Some people eat it with torshi (a sour relish), some with onions and mint.

This is a food that binds everyone, from every strata of life together. Rurals and urbanites, rich and poor, modern or traditional, like it alike. They used to serve this in all sorts of community ceremonies, when people lived slower lives and cared to sit down with strangers to eat. Now, they serve a different meal, with similar ingredients, but served on rice, ready to go in styrofoam. I miss the old days, and the bowls in which this was served when we all sat around a big cloth, sharing this simple meal and forming complex relationships.

This was not my favorite food when I was a kid, unless my grandmother made it with an entire lamb in a pot twice my size for her yearly religious pledge to a Shiite Saint who had saved my dad from deadly disease. My dad had his own version too, he added quince or apricots to it. I admit that I hated his version, just as much as I loved his love for this food. I make it more like grandmother, than her son.

I didn't care for her beliefs, but I loved the Abgoosht that she made.

This used to be commoner's food has now become a luxury for me in Canada. I can never find the right kind of lamb; and when I do I can hardly find the 5 hours it takes to slow cook, and when I do, I don't have a crowd, as large as grandmother had, of strangers and family members, to share it with. So, it has become my sacred food, which I go to for solace and reminiscence. Once a year.

You just need to google it to find the million ways this little simple recipe is presented. Here's a photo of mine (Page 25).

# Naj Mahani

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## Strawberry Cake

Every summer I bake a few strawberry cakes.

I usually pick up the strawberries myself, and because I pick a big bucket I have to cook it somehow.



*Photo by Naj Mahani.*

This cake needs 2.5 cups of flour; 3 eggs, 1 cup of sugar, one cup of oil, one cup of yogurt, 2 tablespoons of baking powder, 2 table spoons of vanilla, lemon zest. Everything has to be at room temperature.

Preheat oven to 350.

And strawberries enough to spread over two layers of cake. A pound should do. Cut them in half.

Beat the eggs, sugar, vanilla and zest for about 10 mins. Then add flour (sifted together with baking powder) and yogurt. Don't overmix, just fold.

Pour half of the batter in a round ring pan, cover it with half of the strawberries, then the rest of the batter, and cover it with strawberries too.

Bake on mid range (at 350) for 50 mins.

Enjoy with whip cream!

# Nathan Ward

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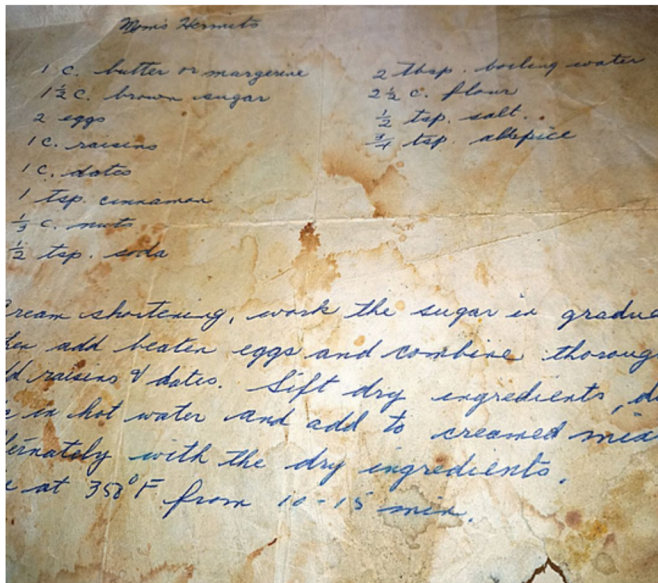
## Buhna Gosht



Buhna Gosht (Beef Stew) with rice and fresh made hot naan bread from "Star of India" restaurant on Sherbrooke. My kids love this dish too.

# Pandora Hobby

## Grandma Hobby's cookies (in her handwriting)



### Mom's Hermits

1 cup butter or marg  
1.5 cup brown sugar  
2 eggs  
1 cup raisins  
1 cup dates,  
1 teaspoon cinnamon  
1/3 nuts  
1/2 teaspoon soda  
2 tablespoons boiling water

(dry)

2.5 cups flour  
1/2 teaspoon salt  
1/2 teaspoon allspice

Bake at 350 for 10-15 mins

I make these around Christmas

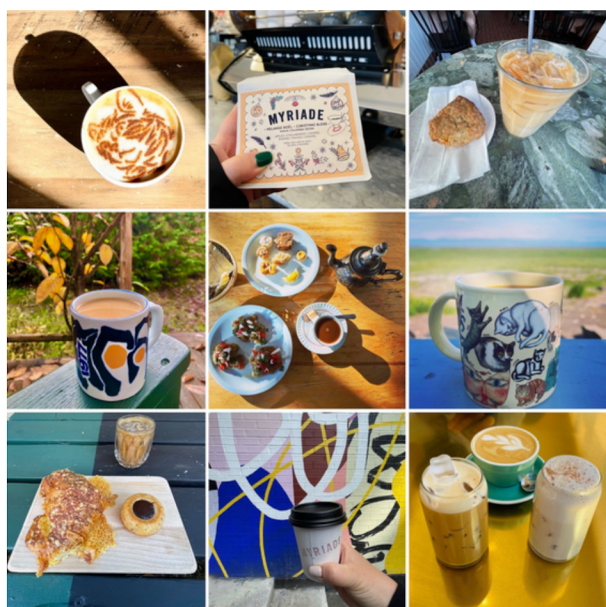


"Kitchen". Work in progress.  
Painting from long ago.

# Rachel Chainey

## Food-themed photomontages 2019-2022

### Coffee break



### Seasonal Rituals



### Bowls of Deliciousness



### Ice, Ice Baby



# Rachel Chainey

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Food-themed photomontages 2019-2022



Love Them a  
Hole Lot



Local  
Abundance

# Richard Chenier

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## Still life

When I need to reboot my creativity I often go the Jean Talon Market and soak up the beautiful colours and shapes of fruits and vegetables - a succulent rainbow of delicious carmine reds, saturated cadmium yellows, intense oranges and vibrant greens, velvety purples and indigo blues. I come refreshed spiritually and exuberant about the fine feast that awaits me. The spectrum of cornucopia spills into my dreams, then eventually in my paintings the following day. So, here's staying healthy thanks to the gift of fruits and vegetables!



Still Life  
Watercolour on watercolour paper  
8 in x 4 in

# Rose Weekes

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## Red Belly

This Caribbean delicacy,  
So delicious, so fancy  
Known by different names depending on  
the country,  
I can never get enough, if you ask me.

Coconut roll, Red bread, Coconut  
turnover, Salara,  
Or Red Belly as we Vinci's call her.  
A mixture of stewed coconut, flour,  
eggs, vanilla, butter,  
milk, cinnamon, nutmeg  
Kneaded, stuffed, rolled and baked for  
about half-an-hour.  
Then you let it cool, slice it up and  
HALLELUJAH.

So many memories ——  
Recess, picnics, parties, receptions,  
Christmas, Easter.  
any occasion,  
Was made extraordinary ,  
With just a slice of RED BELLY  
To savour, to share,  
Or just remember——  
My childhood, my homeland,  
Its texture, its FLAVOUR  
Life will never be the same  
If I couldn't have her.



Link to YouTube video for GUYANESE SALARA/RED CAKE| recipe by  
CANDY THA GLAM COOK:  
[https://www.youtube.com/watch?v=d441xAwlB\\_s](https://www.youtube.com/watch?v=d441xAwlB_s)

# Ruth Boomer

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## Harvest season

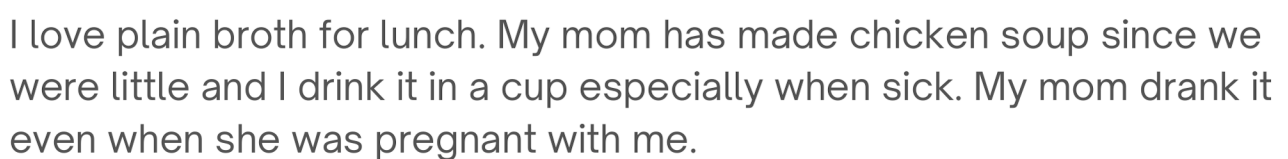


Harvest season.



Tomatoes, onions,  
herbs, and mayonnaise.

# Home-made chicken soup



# Sharon Smith

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## Lemon ginger honey tea

This image is of my recipe for lemon ginger honey (with propolis tea). It is something I have used throughout my teaching career. I have used this recipe to stay well. It works!!



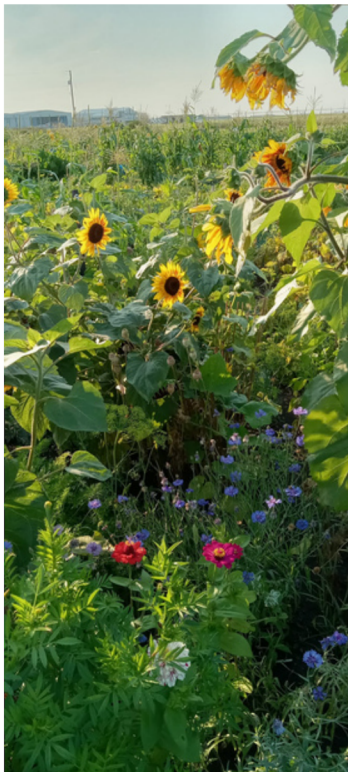
watercolor on gessoed canvas  
11 inches by 14 inches

# Sue Proctor

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## My prairie garden

“In our Postcard in the Kitchen Art Hives, we exchanged not only recipes but talked about food choices, lifestyles, nutrition, gardening, harvesting and traditional foods. With the gift of Zoom, participants gathered from many corners of the world. In one of the first sessions that I participated in, the other facilitator and I were both chopping local apples to freeze and make into pies. One participant from Columbia explained that they don’t have a “harvest” season where they gather food and put it away for the winter, because they have no winter. They have no season when they can’t grow food. During the last month of winter, I focused on thoughts of my garden while I drew pictures at the Art Hive. This helped to sustain me. Here I am in this photo, in my prairie garden with the big sky – getting recharged for when the big snow covers everything.”



Big Sky Garden



August Garden



# Suzanne Melanson

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## Fricot

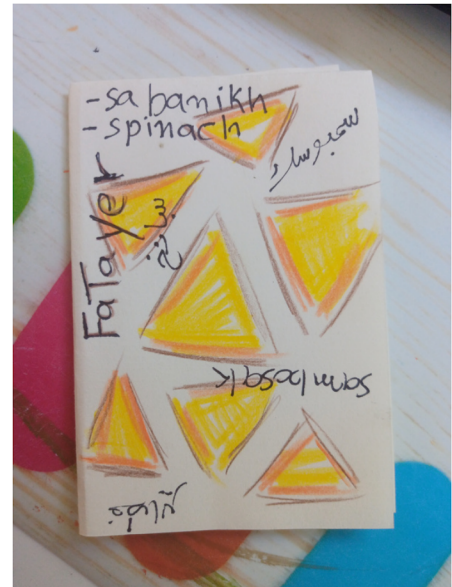
Fricot (pronounced free-co). It is an Acadian dish/soup that is made up of about 5 simple ingredients but the key element is summer savory that is grown locally. If not local, it will not have the same taste. This is something that Acadians have been eating since they arrived on the shores of the Maritimes approx. 400 years ago and still eaten the same way to this day. There was a time in the 1990s that Acadians came very close to losing their culture due to indifference but were shaken to the core into revitalizing everything that could have been potentially lost. Grandkids who stood by their grandmothers apron strings watching them make such things as fricot got complacent and did not learn all of the traditional recipes but luckily they are not taking over the baton...or should I say the wooden spoon...to continue handing down these simple recipes from generation to generation. I can guarantee that any Acadian who returns to their hometown roots to visit or move back will ALWAYS for a bowl of fricot.

I chose fricot over poutines râpées which is also a very well known dish in Acadie (some restaurants ONLY serve that) but it becomes complicated to explain because people often get it confused with poutines which is simply french fries, gravy and cheese curds. Poutines râpées on the other hand is made with potatoes and pork and is very labour intensive and usually involves entire families getting together to make them, usually once a year. Too time consuming for most hence the restaurants or take outs that will specialize in selling them. If the starch is not 100% taken out during the grating process, they can turn grey and can become visually unappetizing to the newly initiated. The grey colour does not affect the taste.

# Yafa Goawily

## Sambosak

My grandma used to make Sambosak and sending it to school when I was growing up. I love it so much ♥ The Sambosak and my grandma ♥



### Fatayer Sabanikh

#### Ingredients: @BATEEKH.W.JEBNEH

Ingredients for the Dough:

4 cups wholewheat flour or all purpose flour, or half half.  
1/4 cup extra virgin olive oil  
1 teaspoon salt  
Two tablespoons sugar  
1 tablespoon of yeast activated in a 1/4 cup of warm water and a teaspoon of sugar  
1 6 1/2 cups warm water for kneading the dough (the quantity of water that you will use may vary depending on the type and kind of flour, hence why this amount must be added gradually)

#### Ingredients for the Filling: @BATEEKH.W.JEBNEH

1 Kg fresh spinach, washed, and roughly chopped  
1 large onion, diced  
1 tablespoon + 1 teaspoon salt (separated)  
1 large tablespoon shattah (chili paste)  
1/2 cup extra virgin olive oil  
2 tablespoons sumac  
The juice of 2 lemons @BATEEKH.W.JEBNEH



### Fatayer Sabanikh

#### Instructions Part 1: @BATEEKH.W.JEBNEH

1. In a large bowl, combine the flour, the olive oil, and the salt. Rub the oil into the flour with your hands. @BATEEKH.W.JEBNEH
2. Add the two tablespoons of sugar along with the pre-prepared yeast mixture and rub into the flour with your hands. @BATEEKH.W.JEBNEH
3. Begin to gradually add the warm water to knead the dough. Add water gradually until the dough comes together. @BATEEKH.W.JEBNEH
4. Transfer the dough to a clean, oiled kitchen surface and knead the dough for 10 minutes till it is soft and perfectly smooth. @BATEEKH.W.JEBNEH
5. Place the dough into an oiled bowl and cover. Leave to rest in a warm place until the dough has doubled in size. @BATEEKH.W.JEBNEH
6. While the dough rises, prepare the filling. In a large bowl, combine the chopped spinach with 1 tablespoon of salt. Rub the salt into the spinach and set aside for 10 min. @BATEEKH.W.JEBNEH
7. In a separate bowl, combine the chopped onion with the teaspoon of salt. Rub the salt into the onions and set aside for 10 minutes. @BATEEKH.W.JEBNEH
8. After 10 minutes, squeeze the spinach and the onions to release all of their juices. This will prevent the fatayer from going bad quickly. @BATEEKH.W.JEBNEH
9. To the squeezed spinach, add the squeezed onions, shattah, olive oil, sumac and lemon juice. Mix all together till well combined. The filling is ready! @BATEEKH.W.JEBNEH



### Instructions Part 2: @BATEEKH.W.JEBNEH

10. Separate the dough into small balls around 4 cm in diameter ensuring all the balls are around the same size. @BATEEKH.W.JEBNEH
11. Prepare your baking tray(s) by brushing them generously with olive oil. @BATEEKH.W.JEBNEH
12. Begin by flattening one of the small dough balls onto a clean oiled kitchen surface using the tips of your fingers. Flatten till a circle of around 6-7 cm forms. Dip your hand into a bit of olive oil and pat the dough circle with it. Add 2 tablespoons of the spinach filling to the centre of the circle. Fold in the edges to form a triangle. Place the triangle onto the prepared tray with the folds facing down. @BATEEKH.W.JEBNEH
13. Repeat with the remaining dough balls. @BATEEKH.W.JEBNEH
14. Bake at 450 degrees Fahrenheit on the middle rack till the bottom of the fatayer is golden. Then broil from the top till golden. @BATEEKH.W.JEBNEH



Credits to @bateekj.w.jebneh (<https://www.instagram.com/bateekh.w.jebneh/>)



The engAGE Living Lab team and community thanks you for taking the time to sit around the table, share, care, and create with us.

*Bon appétit!*