



Our Favorite Family Recipes

 **...and why we love them!!**

BY

The ESL Ladies of CAPC and CFEC

2009

Chicken Mole

Serves: 6

Ingredients:

4 lbs. (pounds) chicken
400 g. Guajillo peppers
1 tablet Chocolate Abuelita
1 small onion, cut in half
1 clove garlic
1 teaspoon ground black pepper
1 teaspoon ground cumin
2 slices toasted bread
1 medium plantain
1 Tablespoon salt

Directions:

Mole (sauce)

1. Fry Guajillo peppers, onion, garlic, cumin, black pepper, plantain, and bread for 7 minutes.
2. In blender, blend all ingredients for 3 minutes.
3. Simmer all blended ingredients for 30 minutes.

Chicken

1. Wash chicken.
2. Boil chicken for 15 minutes.
3. Put the chicken in the cooked sauce.

Ready to eat.

My Story:

The mole is a traditional dish in my country and is very, very delicious!

- Erika (Mexico)



Chiles Rellenos (Stuffed Peppers)

Serves: 2

Ingredients:

2 eggs
2 poblano chilies (peppers)
shredded white cheese
a pinch of salt
½ C. oil

Directions:

1. Broil peppers, below a preheated broiler, until blackened. Then peel and add cheese to each pepper.
2. Separate eggs. Beat the egg whites until they have a thick consistency and add salt.
3. Add the egg yolks to the egg white mixture and mix.
4. Heat the oil in a pan until very hot.
5. Put the peppers into the egg mixture and coat thoroughly.
6. Put each pepper into the pan and cook, turning until fried.

Serve with rice.

My Story:

In Mexico City, I helped my mom mix the egg whites and she made the chilies. I ate 2 or 3 chilies because I like them very much. Here, I have not made them until today and because I'm missing my family, but I like my stay here in Vancouver. – Laura (Mexico)



Churros

Serves: 20+

Ingredients:

1 C. water
2 ¼ Tablespoons buttermilk
1 C. flour
2 eggs
1 teaspoon vanilla
vegetable oil
sugar
ground cinnamon

Directions:

1. In a small pan, dissolve buttermilk in hot water, then add the flour and beat until thoroughly blended.
2. Let sit until lukewarm.
3. Add one egg and stir.
4. Add second egg and stir until thoroughly mixed and smooth.
5. Add vanilla and cinnamon and mix.
6. Take off the stove.
7. Next, put the dough in a pastry bag for churros. Heat oil in a frying pan and squeeze dough into pan in long strips (Churro shape), side by side.
8. Turn the churros in the pan until golden brown.
9. Remove from pan, put on paper towel, then roll in sugar.

My Story:

Churros was my first recipe from high school. I like them because they're soft and easy to make. Usually I don't like deep fried food.

– Alejandrina (Peru)



Lemon Pie

Serves: 8-10

Ingredients:

3 lemons
1 can condensed milk
125 g. butter
1 egg
1 ½ C. flour
1/8 C. warm water

Directions:

Pie Crust

1. Grease pie plate.
2. Mix butter with flour.
3. Add egg and mix.
4. Add water and knead.
5. Press the dough into the pie plate for the crust.
6. Bake for 12-15 minutes at 220°C.

Pie Filling

1. Squeeze lemons and mix with the condensed milk.
2. Pour mixture into baked pie crust.
3. Put pie back in oven that has been turned off, but still warm from baking pie crust. Leave in oven for about 10 minutes.

My Story:

This pie is my mother-in-law's recipe. She's baked it for my husband for 20 years. He loves it. One day, my mother-in-law taught me the recipe. Now it is my favorite recipe because it is easy to prepare and yummy!

- Carolina (Chile)



Macaroni Salad

Makes: 6 cups

Ingredients:

2 C. macaroni
8 C. (2 L) boiling water
1 C. chopped celery
½ C. Chopped green pepper
4 green onions, chopped
½ C. Chopped pimento

Dressing:

¾ C. light mayonnaise

Directions:

1. In large uncovered saucepan, cook macaroni in boiling water until soft, about 5-7 minutes.
2. Drain. Rinse with cold water, then put cooked macaroni in a bowl.
3. Add celery, green pepper, onion, pimento, and mayonnaise.
4. Mix and serve.

My Story:

I enjoy making macaroni salad because my family likes eating it, and me too.

We eat it during family dinners, like Christmas and Thanksgiving.

– Blanca (El Salvador)



Chiffon De Naranja (Orange Cake)

Ingredients:

2 C. flour
¾ C. orange juice
8 egg whites
5 egg yolks
1 ½ C. sugar
3 Tablespoons baking powder
3 teaspoons orange zest, grated
½ C. oil
½ teaspoon Cream of Tartar
1 teaspoon salt
Icing sugar to decorate

Directions:

1. Sift flour, sugar, salt, and baking powder 6 times. Make a hole in the center of it to add the yolks, oil, orange zest, and orange juice.
2. Mix with a wooden spoon, so that all dry ingredients are well mixed.
3. In another bowl, beat the egg whites with Cream of tartar until hard peaks form.
4. Fold the dry ingredients into the egg whites gently with a plastic spatula.
5. Pour it in a pan, cover with a lid and bake at 350° for 1 hour maximum or less.
6. When ready, take it out and let cool on a cooling rack before serving.

My Story:

I chose this recipe because I like it. In my City, the people prepare this cake for sale in small stores. This cake is soft and healthy. – Ysaura (Peru)



Oven-baked Whole Fish

Serves: 4

Ingredients:

2 lbs. (pounds) whole fish
½ C. margarine or butter
¼ C. lemon juice
¼ C. onion, chopped
¼ teaspoon salt
a little black pepper

Directions:

1. Preheat oven to 350°F (175°C)
2. Clean fish. Cut slits into fish, then put fish into glass baking dish.
3. Put onion into slits of fish.
4. Squeeze lemon juice and mix with the salt. Pour into slits.
5. Top the fish with the margarine or butter.
6. Bake in oven for 45 minutes.

My Story:

I chose this recipe because my mom knew I liked this fish and made it for me. It is healthy. Usually I make it for my family because I remember my mom. I loved her cooking. – Angelica (El Salvador)



Pan de Pina (Pineapple Bread)

Serves: 6-8

Ingredients:

- 2 ½ C. sugar
- 2 ½ C. flour
- ½ lb (pound) margarine
- 5 eggs
- 3 teaspoons baking powder
- 1 ml. salt
- 4 scented cloves
- 1 Can pineapple slices
- 1 ½ C. pineapple juice



Directions:

1. Preheat oven to 350°F (175°C)
2. In a saucepan, boil the pineapple juice and the scented cloves over medium heat. Grease a glass baking dish.
3. In a separate pan, add 1 C. sugar and melt over low heat while stirring constantly. It will turn into a honey mixture.
4. Once the mixture is ready, immediately pour into the greased, glass baking dish. Place the pineapple slices over the honey mixture.
5. Melt margarine in the microwave and let cool.
6. In a bowl, add the melted margarine, 1 ½ C. sugar, and eggs. Beat well until smooth.
7. Strain the flour, salt, and baking powder over the mixture; remove the cloves from the pineapple juice, then mix everything together.
8. Pour into the baking dish and bake in the oven for 20 minutes.
9. After it is cooked (it should be a golden brown color), place aluminum foil over the bread, place on a cutting board, cover it, and turn upside down... finished!

My Story:

Why do I love it? Because my mom made it for us, especially at Easter time. It was so good. Now I still make it for my children. They like it, too, because it reminds them of their grandmother. – Vilma (El Salvador)

Pio V

Pio V has 3 parts: Marquesote, Sopa Borracha, Manjar

Part I: Marquesote (sponge cake)

Serves: 10

Ingredients:

- 6 eggs
- 1 ½ C. sugar
- 2 C. flour
- 1 lemon rind
- 2 teaspoons baking powder



Directions:

1. Preheat oven to 400°.
2. Put eggs in a bowl and beat with a hand blender.
3. Add sugar and continuously beat.
4. Add flour and continuously beat.
5. Add baking powder and beat.
6. Add lemon rind and beat well.
7. Pour mixture in to glass baking dish with melted butter.
8. Bake for 12 minutes. Then cool down.
9. Cut the bread in cubes and put in a baking dish or individual cups.

See next page for Part II

Pio V

Part II: Sopa Borracha (rum sauce)

Serves: 10

Ingredients:

- 6 C. water
- 4 C. sugar
- 6 cloves, whole
- 1 lemon rind, grated
- 6 Chapa gorda
- 6 cinnamon sticks
- ½ C. white rum



Directions:

1. Boil the water in a large pan.
2. Add all the ingredients, except for the rum, and simmer over medium heat for about 45 minutes.
3. Cool down.
4. Add white rum and stir well.
5. Strain.
6. Pour liquid over the marquesote cubes in glass dish.

See next page for Part III

Pio V

Part III: Manjar (sweet pastry filling)

Serves: 10

Ingredients:

1 qt. (quart) milk
2 egg yolks, beaten
4 cinnamon sticks
6 teaspoons cornstarch
1 C. sugar
5 teaspoons butter
10 dried prunes

Directions:

1. Heat milk in a large pot.
2. Add sugar and cinnamon sticks.
3. Boil.
4. Add cornstarch and beaten egg yolks.
5. Stir until the manjar is cooked to a jelly consistency.
6. Turn off the stove.
7. Add butter.
8. Pour the manjar on top of the marquesote.
9. Top with ground cinnamon and prunes.

Recipe submitted by Ileana (Nicaragua)



Pork Stew with Apples

Serves: 6

Ingredients:

500 g. pork
2 onions
1 leek
2 green apples
300 ml. water
1 ½ teaspoon curry powder
1 teaspoon ground paprika
½ teaspoon ground ginger
1 ½ teaspoon salt

Directions:

1. Cut the pork into small pieces and put it in a frying pan along with curry and paprika. Cook until the meat is done.
2. Put the pork in a pot. Add 150 ml. water, the ginger, and salt. Simmer for 15 minutes.
3. Chop the onion and the leek and cut the apples into slices, then put into the frying pan and cook for 5 minutes.
4. After 5 minutes, pour the onion, leek, and apples into the pot with the pork and add 150 ml. water.
5. Simmer for 10 minutes.

Serve with potatoes or rice.

My Story:

This was the first recipe my mother gave me when I moved to my own apartment. I used to love this stew when I was younger and I still love it!
- Marinette (Sweden)



Quesadilla (Salvadorian Cheese Cake)

Serves: 10

Ingredients:

2 C. parmesan cheese
2 C. all purpose flour
2 C. milk
1 ½ C. sugar
1 teaspoon baking powder
3 eggs
380 g. butter
sesame seeds for decoration

Directions:

1. Mix everything in a bowl, except for sesame seeds, until the mixture has a creamy consistency.
2. Put the mixture in a greased cake pan. Sprinkle with sesame seeds.
3. Bake at 350° for 40 minutes.

My Story:

I like the quesadilla because it is delicious and easy to prepare, and a friend showed me how to prepare it. – Stefania (Chile)



Quinoa Breakfast

(To start a hard work day)

Makes: **10 cups**

Ingredients:

- 2 C. Quinoa (cereal)
- 4 C. cold water
- 1 Can evaporated milk
- 1 or 2 pieces Cinnamon and clove
- Sugar to taste

Directions:

1. Put cold water in a medium pot. Add the cinnamon and clove and bring to a boil.
2. When it is boiling, add the quinoa and cook for 10 minutes stirring with a wooden spoon constantly.
3. When you see that it is thick and the quinoa is soft, the cereal is ready.
4. Add the evaporated milk and sugar to taste.

My Story:

I like this quinoa breakfast. My mother always had this for breakfast. She said it is healthy for everyone. – Ysaura (Peru)



Arroz Rojo con Vegetales (Red Rice with Vegetables)

Ingredients:

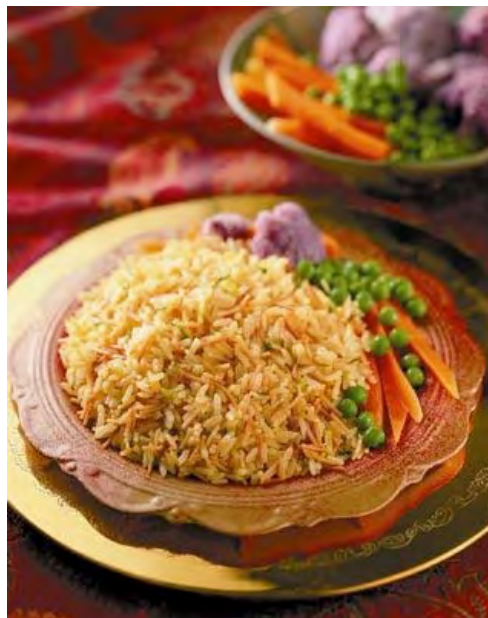
¼ C. canola oil
2 C. rice, uncooked
3 red tomatoes
1 clove garlic
¼ small onion
4 C. water
1 C. mixed vegetables
salt to taste

Directions:

1. Wash and drain the rice.
2. Dice the tomatoes with the garlic and onion.
3. Heat the oil in a frying pan. Fry the rice over medium heat, turning until golden brown.
4. Add the diced tomato mixture and let boil for 10 minutes.
5. Add mixed vegetables and salt, to taste. Simmer.

My Story:

I like the rice because it's easy, fast, and I think it's nutritious. My baby girl likes it! – Alberta (Mexico)



Salsa

Serves: **Many**

Ingredients:

4 fresh tomatoes
3 yellow onions
2 jalapeno peppers
3 green onions
3 bunches of cilantro
60 ml. lime juice
6 garlic cloves
50 g. sugar
10 g. salt

Directions:

1. Dice tomatoes, yellow onions, green onions, cilantro, garlic, and mix.
2. Add sugar and salt. Mix.
3. Add lime juice. Mix.
4. Serve.

My Story:

In Colombia City, my friend helped me to mix onions, peppers, lime juice, garlic, sugar, jalapenos, salt, cilantro, and tomatoes. I like on salad, and chicken baked, barbecued, or grilled. – Ofelia (Venezuela)



Spaghetti with Sour Cream

Serves: 5

Ingredients:

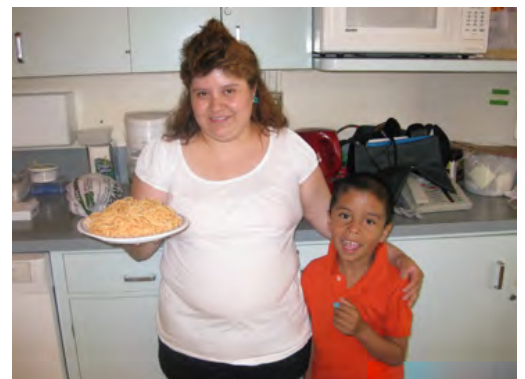
2 full hands of spaghetti
½ C. sour Cream
½ C. whipping Cream
2 Tablespoons tomato paste
2 Tablespoons margarine
pinch of salt
2 teaspoons chicken broth

Directions:

1. In a pot, bring water to a boil, add spaghetti and cook for 20 minutes or until done.
2. In a bowl, add the sour cream and whipping cream and blend with hand blender or spoon until completely mixed.
3. Drain cooked spaghetti in a colander and rinse with cold water, so the spaghetti won't stick together.
4. Put the margarine in a frying pan. Add ½ cup of sour cream mixture, tomato paste, and chicken broth. Stir with a wooden spoon until it is mixed together. Add more sour cream mixture if needed.
5. Add the spaghetti to the sauce. Mix together. Add a pinch of salt.
6. Bring spaghetti and sauce to a boil, then turn down heat and simmer. After 5 minutes, turn off. It is ready to eat.

My Story:

Every Sunday my mother used to cook this recipe for us in El Salvador, that is why it is special for me. – Estela (El Salvador)



Sunflower Chocolate Chip Cookies

Makes: 3 dozen

Ingredients:

- 1 ½ C. non-hydrogenated margarine or butter
- 1 ½ C. brown sugar
- 3 eggs
- 2 ½ C. whole wheat flour
- 1 ½ C. wheat germ
- 1 ½ teaspoon baking soda
- 1 ½ C. sunflower seeds
- 1 C. chocolate chips

Directions:

1. In a big bowl, Cream margarine and sugar.
2. Add eggs and mix well.
3. In a small bowl, combine flour, wheat germ and baking soda. Add it to the egg mixture, and mix.
4. Add sunflower seeds and chocolate chips.
5. Put teaspoons of dough on ungreased cookie sheets and bake at 350° for 10 minutes.

My Story:

I like these cookies because they're so healthy and delicious for children. I learned to bake them 2 days ago in my cooking classes. And they're so special for me because my mother and I baked them together. And my children love them. – Erika and Cristina (Mexico)



Antipasto

Serves: **Many**

Ingredients:

salami slices
tomato slices
1 jar marinated artichokes, drained
1 jar sliced or diced pimentos
marinated black olives
1 can flaked white tuna, drained
1 can anchovies
olive oil

Directions:

1. On a large platter, cover the platter with tomato slices.
2. Next, add layer of salami (one salami slice for each tomato slice).
3. Top with artichokes, pimentos, olives, tuna, and anchovies.
4. Drizzle with olive oil.

My Story:

This antipasto dish has been served in my family for 3 generations. It is always served before our Italian main dish. It is special to me because it reminds me of my Italian grandparents, mother, and our special family meals!

- Judy (United States)



We want to thank
Community Action Programmes for Children (CAPC)
And
Canucks Family Education Centre (CFEC)
For the continued sponsorship of our ESL Program.

A special thank you to Mike Evans, Community Education Coordinator,
for funding this cookbook
and
Mitra Tshan for her support in the layout of the cookbook.

This book and its contents are compiled by Judy Venable
© 2009