



## 4-H MOTTO

Learn to do by doing.

## 4-H PLEDGE

I pledge

My HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service,

My HEALTH to better living,

For my club, my community and my country.

## 4-H GRACE

(Tune of Auld Lang Syne)

We thank thee, Lord, for blessings great

On this, our own fair land.

Teach us to serve thee joyfully,

With head, heart, health and hand.

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Agriculture and  
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*\*Important note: Many of these activities might be advanced if you are new to cooking. If you are unsure about what any directions mean, ask a parent, guardian or your project leader. Some 4-H members might be too young to use sharp knives unsupervised. If this is the case, ask an adult to help you make some of the dishes in this activity book. Or better yet, get together as a group to tackle some of the more complicated dishes and follow it up with a delicious group feast!*

## 1. Super Samosas

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**Time:** About 25 minutes of prep time and 20 minutes cooking time.

**What you will learn:** Samosas are a very popular side dish or appetizer in Indian cuisine. Filled with a spicy potato mix, you might consider them India's version of the perogy. These little pastry pockets are a great way to start a delicious Indian feast, and when they're served with warm mango chutney, they're even better. In this super easy activity, you'll learn how to make delicious samosas without having to make your dough from scratch. Store bought piecrusts work just as well and cut down the work by half.



**What you need:**

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 1½ teaspoons curry powder
- 2 cups mashed potatoes (either store-bought or pre-prepared)
- 1 – 10 ounce package frozen peas
- 1 package store-bought refrigerated pie crusts (2)
- ¾ teaspoon salt
- ½ teaspoon pepper
- 1 jar mango chutney (optional)
- Salt and pepper to taste

**Instructions**

1. Set your oven to 375° F. Heat the oil in a large saucepan over medium heat. Add the onion and cook, stirring regularly, until they are soft and golden brown around the edges (don't let them burn), about 10 to 12 minutes.
2. Add the curry powder, salt and pepper and cook, stirring, until fragrant, about a minute. Stir in the potatoes and peas.
3. Unroll the piecrusts and cut each into six triangles. Place a heaping tablespoon of the potato mixture in the centre of each piece. Gather the corners of the dough at the top and pinch them together to make a point like in the photo shown here. Pinch the seams to seal. Transfer finished samosas to a baking sheet.
4. Bake the formed samosas until they are golden, 22 to 25 minutes. Serve with mango chutney on the side. Enjoy.
5. Store any leftovers in the fridge or freeze them for a snack in a few weeks.



**Servings:** Makes 12 samosas.

**Discussion Questions**

How did your samosas turn out? Were they tasty?

Have you had samosas before? If so, how did yours compare to the ones you've tried before?

Would you make this recipe again?

Isn't it interesting that many different cultures have a dish of pastry filled with a potato mixture (like perogies)? Why do you think that is?

## 2. Chicken Curry in a Hurry

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**Time:** About 35 minutes.

**What you will learn:** Curry is a very popular dish in Indian cuisine. This very fast curry dish is made with chicken but, feel free to replace the chicken with cauliflower and potatoes, which makes another delicious vegetarian curry. Serve this dish on top of white rice or with flatbreads like the chapattis in the recipe that follows. In this activity, you will learn how to follow an easy recipe and make a tasty Indian meal.



### What you need

- 1½ tablespoons olive oil
- 1 small yellow onion, finely chopped
- 2 teaspoons curry powder
- ½ cup plain yogurt
- ¾ cup heavy cream, half and half or coconut milk
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 – 14.5 ounce can diced tomatoes, drained
- 1½ cups cooked chicken, cut into chunks (or substitutes mentioned above)
- ¼ cup fresh cilantro leaves, roughly chopped (optional)

### Instructions

1. Heat oil in a large skillet over medium-low heat. Add the onion and cook, stirring regularly for approximately 7 minutes or until the onions are transparent.
2. Sprinkle the curry powder over the onions and continue to cook, stirring for one minute.

3. Add the yogurt, cream and tomatoes; simmer gently for 3 minutes. Stir in the salt, pepper and chicken. Heat through for another 3 minutes then remove from heat.
4. Serve hot with white rice and/or the chapatti recipe that follows. If the chapatti recipe is too advanced, you can often find frozen Indian flatbreads in the international section of your local grocery store.
5. Freeze any leftovers or save in the fridge for a nutritious and tasty lunch.

**Servings:** 4

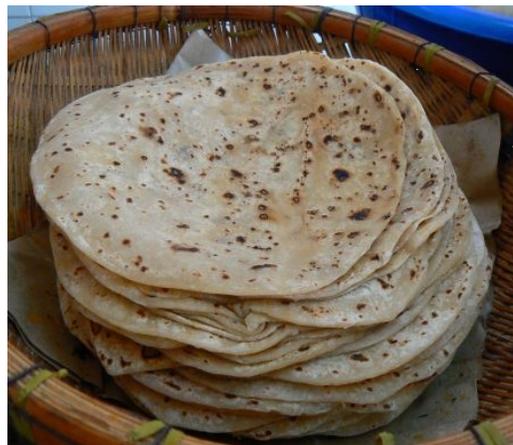
<b>Discussion Questions</b>
What did you think of this curry recipe? Had you ever tried curry before? How does this curry compare?
Would you make this curry again? Would you add different ingredients?
There are many, many different kinds of curry out there. Would you like to try making a few other kinds?
Having tried this dish, do you have an understanding of why curry is so popular on the Indian Subcontinent?

### 3. Classic Indian Chapattis

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**Time:** An hour and a half of prep and ten minutes of cooking time.

**What you will learn:** Chapattis and other flatbreads (called "roti") are an integral part of Indian cuisine. "Chapatti" literally means "flattened round" in Kannada (a very popular language in India). Chapattis are often made with whole-wheat flour, making them a healthier alternative to those made with white flour. They are used to scoop up meat or vegetable dishes, which make utensils unnecessary. In this



activity, you'll learn how to make your own chapattis. While this process seems time intensive, it's incredibly rewarding. There's nothing quite like a fresh chapatti hot out of the pan with a generous layer of butter.

**What you need:**

- 2½ cups whole wheat flour
- 1 teaspoon sea salt
- 1 cup water
- 1 tablespoon butter or margarine
- Cooking spray

**Instructions**

1. In a big bowl or a food processor fixed with a dough hook, mix flour, salt and water until the dough forms a ball.
2. Place dough on a floured surface and knead for 5 minutes.
3. Ball the kneaded dough, put it into a flour-lined bowl and cover with plastic wrap. Let rest for 30-90 minutes.
4. Preheat the oven to 95°C (200°F).

5. Divide the dough into eight equal-sized pieces and roll each into an 18 centimetre (7 inch) circle.
6. Spray a cast iron skillet with cooking spray and heat over medium low heat.
7. Once the skillet is up to temperature, place the first chapatti in the pan and cook for one minute, then turn over and cook for 5 minutes or until the chapatti begins to bubble. Then flip it back to the first side and cook for 5 more minutes. Allow your chapatti to brown slightly in spots, but don't overcook.
8. Spread a thin layer of butter or margarine over one side of each chapatti and keep warm in the oven while you cook the others.
9. Once you've completed all eight of your chapattis, bake them in the oven for an additional 10 minutes.
10. Serve your fresh chapattis with any Indian dish of your choosing and remember to use your chapattis like the Indians do: as a utensil.
11. Store leftover chapattis in a Ziploc bag in the fridge for up to one week.

**Servings:** Makes 8 chapattis

### Discussion Questions

Was this your first time making bread? If yes, did you find it easy or difficult?

Did you try your homemade chapattis with the curry in Activity 2? Do you think they complemented each other well?

What do you think of using chapattis as a utensil and eating with your hands? Was it messy? What if you ate all of your meals with your hands? Do you think you could get the hang of it?

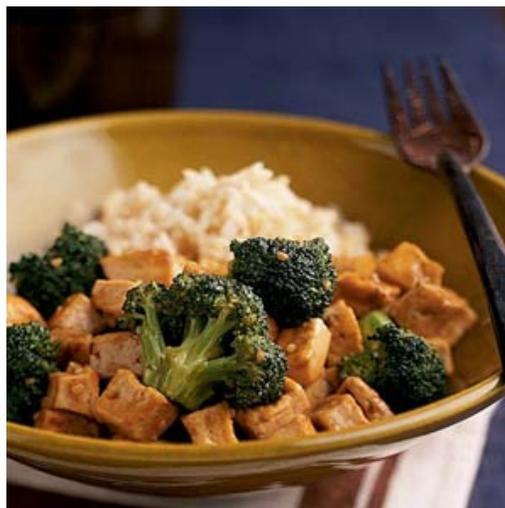
What other dishes do you think would go well with chapattis? Maybe you should try them too.

## 4. Terrific Tofu Stir Fry

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**Time:** About half an hour

**What you will learn:** In the unit on South Asia, you learned a lot about Chinese cuisine. One of the most popular Chinese dishes, both in China and right here at home, is stir-fry. The technique of stir frying is usually done in a deep pan called a wok, which gets very hot and the meat and veggies are cooked very quickly, becoming crispy, never limp or overcooked. Oil and seasonings are tossed in throughout the process and it all happens very quickly, with



the chef continuously agitating the wok and continually tossing the ingredients within so they don't burn. If tofu isn't your thing, feel free to replace it with cooked chicken or beef. Serve this tofu over rice or the Chinese noodles of your choice.

### **What you need**

- ½ cup vegetable broth
- 3 tablespoons soy sauce
- 3 tablespoons cornstarch
- 3 tablespoons sugar
- 1 – 14 ounce package extra firm water packed tofu, drained
- ¼ teaspoon salt
- 2 tablespoons sesame oil
- 1 tablespoon garlic, minced
- 1 tablespoon fresh ginger, minced
- 6 cups broccoli florets
- 3 tablespoons water

**Instructions**

1. Combine the broth, soy sauce, 1 tablespoon of the cornstarch and sugar in a small bowl. Set aside.
2. Cut the tofu into  $\frac{3}{4}$  inch cubes and pat dry with a paper towel, then sprinkle with salt. Place the remaining 2 tablespoons of cornstarch in a large bowl. Add the tofu and toss gently to coat.
3. Heat 1 tablespoon of oil in a large non-stick skillet or wok over medium-high heat. Add the tofu and cook without stirring, until browned, about 3 minutes. Gently turn the tofu pieces and cook stirring occasionally until browned all over 2 to 3 more minutes. Transfer tofu to a plate.
4. Reduce the heat to medium. Add the remaining tablespoon of oil, garlic and ginger. Cook until fragrant, about 30 seconds. Add the broccoli and water, cover and cook, stirring once or twice until tender-crisp, 2 to 4 minutes. Stir the reserved broth mixture and add it to the pan. Cook until the sauce is thickened, 1 to 2 minutes.
5. Return the tofu to the pan and toss with the broccoli and sauce.
6. Eat immediately, served over white rice or the Chinese noodle of your choice.

**Servings:** 4**Discussion Questions**

Have you ever eaten tofu before? Did you like it? Why or why not?

Was the tofu easy to find in your local grocery store? Do you think there are a lot of people in your community who eat it?

Would you eat tofu again? What kind of dishes do you think you could use it in?

Would you like to try other ingredients in your stir fry? What would you try?

## 5. Amazingly Quick Miso Soup

**Time:** About 10 minutes.

**What you will learn:** Miso Soup is incredibly popular in Japan and has actually been a favourite of both royalty and commoners. This light vegetarian soup has many different ingredients depending on where you are in the island nation, but here we will make a very simplified version. It is a very healthy soup and is often eaten at breakfast. Why not try starting your day off with a delicious bowl of miso soup? The most important ingredient in miso



soup is, of course, miso! You can find miso in the refrigerated section either in large grocery stores that have comprehensive international food offerings, in natural food stores or in East Asian markets. If you can't find it, feel free to ask a clerk. You should also be able to find nori seaweed at these stores. In this activity, you'll learn how to make a simple version of the soup using store bought ingredients.

### What you need

4 cups water

1/3 cup miso

3 large green onions, chopped

1 tablespoon shredded nori

½ block extra firm tofu, cut into 1 inch cubes

Dash soy sauce

½ teaspoon sesame oil

### Instructions

1. In a large pot, bring the water to a slow simmer and add the nori. Allow the water to simmer for at least 5 to 6 minutes. The longer you simmer the seaweed, the less salty, fishy flavour it will have.

2. Reduce the heat to medium low and add the tofu and soy sauce. Continue to simmer for another 2 to 3 minutes.
3. Take the soup off the heat and stir in the miso. You don't ever want to boil the miso. Boiled miso loses a lot of its healthy properties and becomes gritty if it's overcooked. Be sure to stir the soup until all the miso has dissolved. Garnish with the green onions and enjoy.

**Servings:** 4

<b>Discussion Questions</b>
Was it difficult for you to find miso? Did you have to ask a clerk for help?
Was it difficult for you to find nori? Did you have to ask a clerk for help?
Miso soup is a quick, easy and nutritious soup to make. Do you think you'll make it again?
Soups are very popular in the cuisine of South Asia. What other South Asian soups have you tried?

## 6. Super Simple Beginner Sushi

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**Time:** A little over an hour

**What you will learn:** Sushi is another popular Japanese dish. As mentioned in the East Asian unit of your reference book, there are many, many different varieties of sushi. In this activity, you'll learn how to make the kind of sushi we in the west are most familiar with, maki-sushi. Although sushi looks very complicated and difficult to make, it's



really not. Once you get started, and with a little practice, you'll see just how fun it can be. Not all sushi has to be made with raw fish; you can really use any type of filling you want. There are so many different filling combinations that you don't have to include fish at all. Don't be hindered by the fillings you see here; give shredded pork a try or even BBQ chicken. This recipe is for the classic California roll and includes crabmeat. Many California rolls are made with imitation crabmeat, which you could try, or replace the crabmeat with the protein of your choice (like tuna, chicken or whatever strikes your fancy). You should be able to find most of these ingredients in the Asian section of your grocery store or at an Asian market. Before you start this recipe, you're going to need one important yet inexpensive piece of equipment: a bamboo rolling mat that's used to shape the sushi. Generally, you can purchase one of these mats at any kitchen store. Sometimes you can even find them in the Asian section of your grocery store.

**What you need**

- 1 cup sushi rice, uncooked
- 3 cups water
- 1 cup rice wine vinegar
- ½ cup sugar
- 1 bag nori seaweed
- 1 package or can imitation crabmeat or real crabmeat, cut into pieces
- 1 medium avocado, peeled and cut into small pieces
- 1 medium cucumber, peeled and cut into long fine strips
- 1 cup water for dipping your fingers
- Garnish sesame seeds
- To serve soy sauce and pickled ginger

**Instructions**

1. Start by preparing the sushi rice. Rinse the rice three times in water until the runoff is clear to get rid of the starch. In a large pot, place both the rice and the water. Bring to a boil and then turn down the heat and simmer until tender (about 15 to 20 minutes), stirring occasionally to keep the rice from sticking to the bottom of the pan.
2. In a small pot, slowly heat the rice wine vinegar and sugar until very hot but not boiling. Fold this mixture into the hot, cooked rice. Taste the rice; it should have a



tart/sweet taste. It should also be shiny, not mushy. Now place the rice into the fridge to cool for about 30 minutes before you're ready to roll.

3. While the rice cools, prepare all your other ingredients and have them ready to use.
4. With all your ingredients close at hand, start by laying one nori sheet on top of your bamboo rolling mat. With clean hands, spread about a handful of sticky rice over the nori. Remember to dip your fingers in the cup of water so that the rice doesn't stick to your fingers (which makes spreading it much easier). Spread the rice all over the nori, about 1 inch from the edges. (Image 1)
5. Now place the crab, avocado and cucumber horizontally across the rice at the edge closest to you, making a thin line of fillings from edge to edge (Image 2). Be careful not to put too much filling down or you will have a hard time rolling your sushi. Now, carefully lift the edge of your bamboo rolling mat and, while holding the nori and the fillings carefully, begin tightly rolling away from your body. When you finish rolling up your big sushi tube, dip your fingers into the cup of water and wet the strip of nori on the end to close and seal the sushi in a roll. (Image 3)
6. Wet a sharp knife (which makes it much easier to cut the sushi) and either cut the sushi into six to eight bite sized pieces or have an adult help. (Image 4)
7. Garnish the tops of your sushi with sesame seeds and serve topped with a small piece of pickled ginger and soy sauce for dipping. Delicious.

**Servings:** You'll get six to eight pieces of sushi from each piece of nori you have. It's up to you how many rolls you want to make.

**Discussion Questions**

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Had you eaten sushi before this activity? Did you like it? Why or why not?

Did you like this recipe for sushi? If you chose to fill the sushi with your own ingredients, what were they? Did they work well? Would you recommend your new concoction to your club?

Would you like to try sushi at a Japanese restaurant? Do you have one in your city or town?

Do you think you'll make sushi again? What type of fillings would you use?

## 7. Happiness is Homemade Hummus

**Time:** About 10 minutes

**What you will learn:** Hummus is a very popular Middle Eastern dip or spread made from mashed chickpeas. Hummus is considered an ancient food, even though its earliest known recipe dates back only to the 13<sup>th</sup> century. Regardless, the dish is very nutritious, and tastes great as a dip for veggies like carrots and celery or pita bread.



In this activity, you'll learn how to make your own fast and easy hummus to enjoy in sandwiches or any other way you can think of. You should be able to find tahini (sesame paste) near the peanut butter in your local grocery store or a natural foods store. Hummus also comes in flavoured varieties, like roasted red pepper and pesto. If you want, try adding either of these flavours for an added flavour boost.

### What you need

- 1 – 15 ounce can chickpeas (also called garbanzo beans)
- $\frac{1}{4}$  cup fresh lemon juice (about 1 large lemon)
- $\frac{1}{4}$  cup tahini
- 1 tablespoon garlic, minced
- 1 tablespoon olive oil
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{2}$  teaspoon ground cumin
- 2-3 tablespoons water

### Instructions

1. In a food processor (or a blender), combine the tahini and lemon juice and process on medium for about 1 minute. Scrape the sides and bottom of the bowl and then process again for 30 seconds. This extra time helps whip the tahini, making your hummus extra smooth and creamy.

2. Add the olive oil, garlic, cumin and salt and process for 30 seconds. Scrape the sides and bottom of the bowl again and process for another 30 seconds.
3. Open the can of chickpeas, drain the liquid and rinse well with water until the water rinses clear. Add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, add the remaining chickpeas and process for 1 to 2 minutes or until thick and smooth.
4. Scrape the hummus into a bowl and drizzle the olive oil over the top to serve.
5. Serve alongside pieces of pita bread or mixed veggies.
6. Store your hummus in an airtight container in the fridge for up to one week.

**Servings:** 4

#### **Discussion Questions**

Had you tried hummus before trying this recipe? Where? What did you eat it with?

Hummus is easy to find in almost any grocery store. How does this homemade version compare to store bought hummus?

Hummus is a very healthy condiment. What other dishes could you add it to?

Did you add any additional ingredients? What type of flavours could you add to enhance the taste of your hummus?

## 8. Fast and Fun Falafel

**Time:** About 15 minutes

**What you will learn:** The hummus in Activity 7 goes really well with this recipe for falafel. Falafel is another popular chickpea based dish that is popular as a fast food in the Middle East. It too has become very popular in the west and you can often find falafel stands in big Canadian cities like Toronto or Vancouver. In this activity, you'll learn how to make your own falafel balls and how to eat them the way the Middle Easterners do, wrapped up in a warm pita with delicious flavourful fillings.



### What you need

- 1 – 15 ounce can chickpeas, drained and rinsed
- 1 medium onion, finely chopped
- 1 tablespoon garlic, minced
- 2 tablespoons fresh parsley, finely chopped
- 1 teaspoon coriander
- $\frac{3}{4}$  teaspoon cumin
- $\frac{1}{2}$  teaspoon salt
- 2 tablespoons flour
- Canola or vegetable oil for frying

### Instructions

1. Combine the chickpeas, garlic, onion, coriander, cumin and salt in a medium bowl. Add the flour and combine.
2. Using a fork, mash the chickpeas, making sure to mix the ingredients together well. You could also use a food processor for this if you have one. You want your chickpea mixture to be a thick paste.
3. Form the mixture into small balls, about the size of a ping pong ball.

4. Heat oil in a pan on medium heat. Toss falafel balls into the pan and fry until golden brown, about 2 to 5 minutes.
5. Serve falafel by itself, or better yet, open up a piece of hot pita bread and fill with flattened falafel balls, lettuce and the hummus you made in the previous activity. To enjoy a more Greek-style falafel, fill a pita with tzatziki (in next recipe #9), lettuce, cucumbers and feta cheese.
6. Keep falafel balls in the fridge for enjoying throughout the week or freeze in a tightly sealed container.

**Servings:** 4

#### **Discussion Questions**

Had you tried falafel before making this recipe? Did you like it? Why or why not?

Did you make a falafel pita? Can you see how this makes a popular fast food in many parts of the world?

Chickpeas are used extensively in Mediterranean cuisine. What other chickpea dishes have you tried?

## 9. Totally Tasty Tzatziki

**Time:** About 15 minutes.

**What you will learn:** The creamy Greek dip known as tzatziki is eaten as an appetizer, dip or sauce. This super easy dish is delicious on salads, as a dip for pita bread or vegetables or served in a Greek style falafel (as previously mentioned in activity #8). With only a few ingredients,



tzatziki is easy to make and lasts for a long time. In this activity, you'll learn how to make a simple version that is sure to impress your friends and family.

### What you need

- 1 cup plain Greek yogurt
- 1 medium cucumber, peeled and finely chopped
- 2 cloves garlic, finely minced
- 1 tablespoon fresh lemon juice
- 2 tablespoons chopped fresh dill
- Salt and pepper to taste

### Instructions

1. In a medium bowl mix together the yogurt, cucumber, garlic, lemon juice and dill. Season with salt and pepper to taste.
2. Cover the bowl with plastic wrap and chill in the fridge before serving. The longer the tzatziki is allowed to sit before serving, the better the flavours combine and the better it tastes.
3. Keep stored in the fridge in an airtight container for up to a week.

**Servings:** Makes 1½ cups of dip.

### **Discussion Questions**

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Mediterranean cuisine features a lot of dips for eating with warm flatbread. Why do you think that is?

Tzatziki is a pretty quick and easy dip to make. What other foods could you dip in tzatziki for a healthy snack?

Yogurt is a very popular ingredient throughout the Middle East and India. It's used as a dip ingredient and as a condiment to cool down spicy dishes. Do you eat plain yogurt at home? Can you think of other dishes you could use yogurt in?

## 10. Mighty Mariner's Marinara Sauce

**Time:** 10 minutes for prep and 30 minutes cooking for a total time of 40 minutes

**What you will learn:** Though tomatoes weren't introduced to Italian cuisine until the 16<sup>th</sup> century, they have become an integral part of Italy's culinary traditions. Nothing beats a fresh classic marinara sauce. The name *marinara* means "mariner" and one of the theories about its origin is that it was invented aboard Neapolitan ships in the mid-16<sup>th</sup> century. The high acidity content of tomatoes meant the sauce would last for long



journeys on the high seas. "Marinara" is actually an American word to describe the classic tomato based dish and Italians refer to it as Neapolitan sauce, as it comes from the region around the city of Naples. In this activity, you'll make your own simple version of Neapolitan sauce. Serve it over a bed of spaghetti, twisted or tubular pasta like fusili (corkscrew) or rigatoni or stuffed pasta like spinach and ricotta ravioli.

### What you need

- ¼ cup extra-virgin olive oil
- 3 medium cloves garlic, peeled but left whole
- 1 tablespoon tomato paste
- 1 – 35 ounce can whole peeled tomatoes
- ¼ teaspoon sugar
- 2 sprigs fresh basil
- Salt and pepper to taste

**Instructions**

1. In a large saucepan heat the olive oil over medium heat until it shimmers. Add the whole cloves of garlic (you'll discard them later) and cook them until golden, about 5 minutes.
2. Add the tomato paste and cook, stirring for about a minute. Add the canned tomatoes with their juice and use a potato masher or a fork to crush them. Be careful! Whole tomatoes have liquid centres and if you're not careful you could cover yourself (and the whole kitchen) in tomato juice.
3. Stir in the sugar and basil (you'll discard the basil later), season with salt and pepper (about  $\frac{1}{4}$  of a teaspoon each should do it) and bring the sauce to a boil. Once boiling, lower the heat and let the sauce simmer, stirring occasionally until it thickens and is reduced to around 3 cups, about 30 minutes.
4. Season again with salt and pepper to taste and finally discard the basil sprigs and garlic cloves.
5. Serve on top of a bed of pasta or even as a dip for garlic bread.
6. The sauce can be kept in the fridge for up to 3 days or frozen and enjoyed later.

**Servings:** 4**Discussion Questions**

Did you find this recipe easy to make? Would you make it again?

What type of pasta did you use? Did it suit the sauce well? Would you try a different type of pasta in the future?

Even though tomatoes weren't introduced to Italy until late in the country's culinary history, the Italians sure know how to use them to their full potential. Do you like tomatoes? What other tomato dishes have you eaten and enjoyed?

## 11. The Best Margherita Pizza

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**Time:** Prep time is about half an hour; total time is a couple of hours.

**What you will learn:** No other kind of pizza can beat margherita pizza. That seems like a bold statement, but I guarantee that when you take your first bite of the delicious pizza this recipe yields, you will agree. The recipe takes a bit of time (mostly waiting for your pizza dough to rise), but I promise it's worth every second. Be patient and use quality ingredients,



just like the Italians do. If you can find fresh buffalo mozzarella (or any kind of fresh mozzarella), it's definitely recommended, but not necessary. The same goes for fresh basil. Dried basil will do in a pinch (just halve the amount asked for), but margherita pizza is always made with fresh basil leaves, so do your best to find some. For the water, filtered water always yields the best crusts, so use that if you've got it. Heat the water up in the microwave until it feels warm but not hot. If it's a nice night out and you don't want to heat your oven up super-hot, you can actually alternatively cook this pizza on your BBQ. Crank the heat up to pre-heat the grill and then turn it down to medium heat when you toss your pizza on. Keep an eye on it and take it off when the crust is looking crispy and the cheese is nicely melted and spotted brown. This recipe is broken into two parts, the dough and the toppings. Start with the dough earlier in the day so that by the time you're getting hungry the dough is ready to be rolled out and cooked.

\*Note: To make classic style margherita pizza, you have to heat your oven to the very high temperature of 500° F. It's very easy to burn yourself at this temperature, so enlist the help of an adult to make this pizza. When placing the pizza crust into the oven or taking it out, be sure to wear oven mitts and use a big spatula, cutting board or pizza peel (shovel-like tool to slide pizza in and out of the oven).

**What you need (for the dough)**

1½ cups warm water (filtered water makes the best crusts)  
1 package (2¼ teaspoons) active-dry or instant yeast  
3½ cups bread flour or unbleached all-purpose flour  
2 tablespoons extra-virgin olive oil  
2 teaspoons salt  
1 teaspoon sugar or honey

**Instructions**

1. In a large bowl or heavy-duty electric mixer, add the warm water and sugar. Sprinkle the yeast and let it sit for 5 minutes until the yeast is dissolved. Stir in the yeast to dissolve completely if necessary.
2. Mix the olive oil, flour and salt together for about a minute. If you don't have an electric mixer, you can do this with a big mixing spoon or your clean hands. Now, either with your hands or the dough hook attachment on your mixer, knead the dough until it is smooth and elastic, about 10 minutes. If at any point the dough seems too wet, you can sprinkle on a bit more flour, and if it feels too dry, you can sprinkle on a bit of water.
3. Place the ball of dough in a bowl that has been coated lightly in olive oil. Agitate the bowl so that the dough gets covered in oil. Cover the bowl with plastic wrap and let it sit in a warm place (24-29° C) until it doubles in size, about 1 to 1½ hours. If you want and have time, you can leave the dough for longer, as a longer rise will give you more flavour.

**What you need (for the topping)**

1 – 16 ounce can diced tomatoes, drained  
1 large clove garlic, minced  
1 tablespoon extra-virgin olive oil  
Handful fresh basil leaves (if you'd like, you can chop them)  
1 ball or block mozzarella cheese, sliced into thin circles  
Salt and pepper to taste

**Instructions**

1. Heat your oven to 500° F (260°C) and place a pizza stone (if you have one) or a baking sheet in the oven as it heats. The pizza making process is easier if you remove all racks from the oven except the bottom one, where the stone or baking sheet will go.
2. Combine the tomatoes, garlic and half the basil in a food processor or blender. Process until the tomatoes break down into a chunky sauce, scraping down the sides if needed. If your sauce is too watery, strain it to make a thicker sauce.
3. Now grab your bowl with your dough and divide it in half. Take each half in turn and roll it out on a flour-dusted surface with a rolling pin or shape it with your hands. Try to make the crust about  $\frac{1}{4}$  to  $\frac{1}{2}$  an inch thick.
4. Take your first crust and spread a light layer of your tomato sauce over the base. Top with half the mozzarella slices, leaving space between them (they'll melt together otherwise).
5. Using either a pizza peel or cutting board, transfer your pizza to the preheated pizza stone or baking sheet. Bake for 5 to 10 minutes – exact cooking time will vary depending on your actual oven temperature. Use the oven light to keep an eye on your pizza. You don't want to burn it. Your pizza will be perfectly cooked when the crust is deep brown with charred areas and your cheese is melted and bubbling. To remove your pizza from the hot pizza stone, use either a pizza peel or heat-proof or metal spatula to lift the crust and slide it onto a cutting board.
6. Top and bake the second pizza as you did the first. Sprinkle each pizza with the remaining fresh basil as it comes out of the oven.
7. Let each pizza cool briefly before slicing and serving to your crowd of hungry diners.

**Servings:** 4 (depending on how hungry everyone is)

### **Discussion Questions**

What do you think of your margherita pizza? Is it better than other kinds of pizza you've eaten? Why or why not?

Have you had margherita pizza before? How do you think your homemade version compares?

How did your dough turn out? It can be difficult to make any kind of dough, so don't be too discouraged if it didn't work perfectly. Will you try this recipe again?

What other toppings could you add to this pizza recipe? What are some of your favourite pizza toppings?

Have you ever seen a pizza cooking in a wood-fired brick oven, as is the traditional cooking method in the Campagnia region, the home of the original pizza? Have you ever tried it? If you have an authentic Italian restaurant in your town with this style of pizza, I highly recommend trying it!

## 12. Great Guacamole

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**Time:** Prep time is 20 minutes; wait time is up to 1 hour.

**What you will learn:** As we discussed in your reference book, guacamole has a long history in Latin America and was actually invented by the Aztecs as early as the 16<sup>th</sup> century. Guacamole can be made with a variety of ingredients, but here we're going to keep it nice and simple, which allows the natural flavour and creaminess of the avocados shine through. In this activity, you'll make a delicious batch of fresh guacamole, ready to be served to friends and family alongside some crunchy tortilla chips.



### What you need

- 3 medium avocados, halved, seeded and roughly chopped
- 1 small lime cut in half
- ½ teaspoon salt
- ½ medium yellow onion, diced
- 1 medium clove of garlic, minced

### Instructions

1. In a large bowl, place the chopped avocados and mash with a fork. Don't worry about mashing it too perfectly; a rustic guacamole is more traditional.
2. Squeeze the juice from both halves of the lime into the avocado mixture and mix in the salt, onion and garlic. Let sit covered, at room temperature for up to an hour (or longer in the fridge) and serve with tortilla chips for dipping. Yum!

**Servings:** 4

<b>Discussion Questions</b>
Have you ever tried guacamole before? How does this recipe compare?
Do you like guacamole? Would you try this recipe again?
Avocados are a fantastic ingredient because they are full of healthy fats. What other ways could you eat avocado?

## 13. Super Simple Beans and Rice

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**Time:** About 45 minutes

**What you will learn:** Rice and beans are a huge staple in Latin American cuisine and it's no surprise. Both ingredients are readily available in this part of the world, very affordable and together, they form a complete protein. In this activity, you'll learn how to make this easy and versatile dish, which can be



eaten on its own or as the foundation of a larger dish, like burritos or a salad. You can make this dish with almost any kind of bean, but we recommend using black, pinto or kidney beans. Feel free to use either canned or dried beans. If you use dried beans, be sure to rinse and soak them overnight or for at least 8 hours before cooking them. Dried beans will have a longer cooking time than canned beans, so keep that in mind if you're on a deadline. The amount of flavourings is really up to you, as those here are just a guideline. If you like your beans spicy, add hot salsa or more hot sauce. Other than that, this recipe is incredibly simple and affordable. With just a few ingredients, you can make the most prevalent staple of Latin America.

### What you need

#### Beans

1 – 16 ounce can black, pinto or kidney beans ( $\frac{1}{2}$  cup dried, soaked for 8 hours)

$\frac{1}{4}$  cup salsa

4 cups water

Hot sauce and cayenne pepper to taste

#### Rice

1 cup rice of any kind

2 cups chicken or vegetable stock

**Instructions**

1. Start by rinsing the beans in clean water until the runoff is clear. Place the beans in a large saucepan and cover them with water plus an extra  $\frac{1}{2}$  inch. Add the salsa and stir. Add a few dashes of hot sauce or a pinch or two of cayenne pepper if you like your beans a little spicier.
2. Place the pan, covered, over medium-high heat and bring to a boil. Once boiling, turn the heat down to medium-low, uncover and let simmer for at least 30 minutes. Keep an eye on the beans, stirring occasionally. You can decide how you like your beans; if you want a more soupy texture, cook for a shorter period of time, if you want less liquid, cook longer. Be careful though, beans can burn VERY quickly, so continue to stir regularly and watch to make sure the beans don't stick to the bottom and burn.
3. While the beans are cooking, add the rice and stock to another saucepan and cook according to package instructions. The stock will make the rice more flavourful than just using water, but water will do in a pinch.
4. When the rice is finished, fluff it with a fork before serving. Enjoy your rice and beans on their own, with grated cheese on top or rolled up in a burrito with other ingredients like an egg (for a breakfast burrito), roasted vegetables and/or meat for a more substantial dish.
5. Keep leftovers in a sealable container in the fridge for a week.

**Servings:** 4

**Discussion Questions**

What do you think of this extremely easy beans and rice recipe? Did you enjoy it?

Why do you think rice and beans are such important staples in many countries?

Did you try your rice and beans plain or did you roll them up in a burrito? Which way do you like them better?

Did you try making your beans a little spicier with hot sauce or cayenne pepper? Do you think you would try adding more next time?

## 14. Easy (Chicken) Enchiladas

**Time:** Prep time is about 35 minutes; total time is about one hour.

**What you will learn:** Enchiladas are a very popular Mexican export. You may have even had them on multiple occasions at your local Mexican restaurant. They are an incredibly versatile dish and can actually be filled with almost anything. In this activity, you'll learn how to make shredded



chicken enchiladas, but you can choose to fill your enchiladas with whatever you want, like spinach and cottage cheese, black beans and roasted vegetables or any type of seafood. All you have to do is replace the chicken in the recipe with your alternative ingredients. Get creative! You can also use any type of tortilla you want, flour, corn or a blend of the two, really whatever you find in your local grocery store. You can also buy ready-made enchilada sauce, but I recommend you try making your own at least once for a slightly more authentic taste.

### What you need

#### Sauce

- 3 tablespoons extra-virgin olive oil
- 3 medium cloves garlic, roughly chopped
- 1 large white onion, diced small
- 4 teaspoons chili powder
- 2 tablespoons white vinegar
- 1 – 15 ounce can diced tomatoes, drained
- 2 cups chicken or vegetable broth
- Salt and pepper to taste

#### Enchiladas

- Bag of 12 tortillas of your choosing
- 2 cups cheese or your choice, shredded

1½ cups previously shredded chicken

2 tablespoons extra-virgin olive oil

### **Instructions**

1. Preheat the oven to 400° F (200° C).
2. In a medium saucepan, heat the oil over medium-high heat. Add the garlic and onion and cook, stirring occasionally, until the onion softens and is translucent, about 5 minutes. Add the chili powder and cook until fragrant, about a minute.
3. Whisk in vinegar, tomatoes and broth; bring to a simmer and cook for 5 minutes. Season with salt and pepper. Transfer mixture to a blender and puree until smooth (be careful when blending hot liquids).
4. Grab your tortillas and coat each with oil using your hands or a brush. Spread out on a cookie sheet or baking dish and bake in the oven for about 4 minutes. Take them out and cool them until they are just warm to the touch.
5. Coat a 9x13 glass casserole dish with just enough enchilada sauce to cover the bottom. Using one tortilla at a time, place 2 to 3 tablespoons of meat into the centre of the circle. Top with cheese and roll from one end to the other, leaving the side open (unlike a burrito, which has its sides folded in). Place it, seam down in the casserole dish. Repeat with each tortilla.
6. Pour the remaining sauce over the completed enchiladas in the casserole dish. Sprinkle with any remaining cheese. Bake enchiladas for 15 minutes or until the cheese is melted.

**Servings:** 6

### **Discussion Questions**

Had you tried enchiladas before making this recipe? How does this version compare?

Did you stick to the recipe and add shredded chicken or did you try a different filling? How did it turn out?

What type of tortillas did you use (flour, corn or a blend)? Would you use the same type again or try a different kind?

Would you make this recipe again? Why or why not?

Do you think your homemade sauce tastes better than a jarred sauce would? Why or why not?

## 15. Where does it come from?

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**Time:** A couple of hours

**What you will learn:** Throughout your reference book, we've discussed the origins of a lot of different ingredients. Remember the humble tomato, the New World fruit that has found its way into the cuisines of so many different countries? Think of how Italian or Indian food might differ if the Spanish conquistadores hadn't brought it back with them. In this activity, you'll pick any ingredient you want, from spinach to saffron to parmesan cheese. Do some research on that ingredient, answer the questions below and be ready to do a short presentation to your group at your next meeting.

### What you need

- An ingredient of your choosing
- The Internet or a library
- A pen and paper

### Instructions

After you've chosen your ingredient, start researching using whatever tools are available to you, from the Internet to a local library. Answer the questions below. Be prepared to present your ingredient and its story to your group.

1. What is your ingredient?
2. How does your ingredient grow or how is it made?
3. Where does your ingredient come from? Where did it come from originally?
4. What is the cultural history of your ingredient?
5. What are some traditional dishes made with it?
6. Did it spread to the cuisine of other cultures? How? What are some of the dishes of these other cultures that include this ingredient?
7. Is your ingredient common in Canada?
8. Are there any interesting facts about your ingredient? What are they?

<b>Discussion Questions</b>
Did you choose an ingredient you already had familiarity with or something you've never tried before? Was it interesting to learn about its history?
If you haven't eaten this ingredient a lot, do you think now you'd like to? Isn't it interesting that we have a new appreciation for things we learn more about?
Did you learn a lot from your fellow club members about the origins of a lot of ingredients?

## 16. A Field Trip to an Ethnic Grocery Store

**Time:** A couple of hours

**What you will learn:** You'll take a trip to a local ethnic grocery store. Look online or in the phone book to see if your city or town has any ethnic markets, like Asian, Indian or Italian, to name a few. If your town doesn't have any ethnic markets, check out your local grocery store and see if it has an "international" section. This activity will open up your eyes to the diverse range of ingredients that exist in many ethnic cuisines.

### What you need

- An ethnic market or the international section of your local grocery store
- A pen and paper

### Instructions

Either on your own or with some of your club members take a trip to a local ethnic market. If your town has an Asian market, it may be the most interesting as it will have the largest amount of unfamiliar ingredients. Feel free to explain to the clerk that you've never been there before and you are curious about some of their products. They may be able to explain some of the more obscure offerings of the store. Write down the names of any ingredients that intrigue you for research later. Share your experiences with your group at your next meeting.

### Discussion Questions

Did you see a lot of ingredients that intrigued you? Did you ask the clerk about them or research them afterward?

Were there a lot of names you didn't understand? In a lot of Asian markets, the labels are written in the local languages without translations, so it can be difficult to know what you're buying. Were the photos on the products helpful?

What was the strangest ingredient you found? Did you find anything you'd like to try eating?

## 17. Ethnic Restaurant Review

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**Time:** A couple of hours

**What you will learn:** Have you ever read a restaurant review before? Generally, you can find them for almost any establishment. They help diners decide where to eat out and spend their hard earned money. In this activity, you'll enjoy a meal at a local ethnic restaurant and write a review for your club.

### What you need

- An ethnic restaurant of your choosing
- A restaurant review (to do research)
- A pen and paper

### Instructions

Hopefully you have at least one ethnic restaurant in your town. It can be Chinese, Indian, Italian, Greek, Middle Eastern, or anything we've discussed in your reference book. You can choose to have breakfast, lunch or dinner. Before you go, look up a few existing restaurant reviews (not on your chosen restaurant though, you want your dining experience to be new to you) to get an idea of what you need to cover in your review. While at your meal, be sure to write down notes about your experience. How varied was the menu? Were there a lot of traditional dishes to choose from? Was the décor indicative of the culture of the cuisine? Was your server from the region where the cuisine is from? Do you think the food was authentic? Why or why not? Would you return? Would you recommend your fellow club members give the restaurant a try? Give the restaurant a rating of 1 to 5 stars. Share your review with your club!

**Discussion Questions**

How was your overall dining experience? How many stars did you rate the cuisine? Why?

Did your fellow club members review the same restaurant? Did they give it the same rating? Why or why not?

It can be hard running a very traditional ethnic restaurant in a place that might not necessarily be used to that type of cooking or those ingredients. Was the restaurant you went to busy? Are they a successful restaurant in town? Why or why not?

## 18. Community World Cuisine Event

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**Time:** Up to several days.

**What you will learn:** Have you ever been to a big culture days event? Perhaps a heritage fair? At these events, booths are set up in a space for people to learn about the history of different cultures. For this activity, your club will hold a world cuisine event in your community.

### What you need

- A hall or centre in which to hold the event
- Planning supplies
- Posters and writing implements
- Lots of dishes and cutlery
- Anything else you need to hold your world cuisine event

### Instructions

This is a big project, but your club can choose to make it as large or as small as you need to. Start by assigning different types of cuisine to different people. If you have a big club, you can have groups of two or three people. For instance, Janice and Tom might choose Middle Eastern cuisine, Sue and Amy might choose Japanese, Alex and Stuart could have Caribbean, and so on. Just like at a science fair, prep booths with information on the culture in each of these regions to explain to the community. Each group should plan on making at least two dishes from each region. Advertise your event around town and encourage the community to come out to learn about world cuisine and enjoy an eclectic afternoon meal. If you want to make the event environmentally friendly, ask that people bring their own dishes and cutlery. Brainstorm other ideas to make the event fun, by adding activities like "Match the ingredient to the country of origin" or "five fun facts about <insert ingredient>". It's important to have fun while learning and sharing your knowledge with your community.

**Discussion Questions**

How was your world cuisine event? Did a lot of people come to learn and try the cuisine of different regions of the world?

Was it difficult to plan? Were there a lot of things to think about?

Were you able to represent a lot of cuisines to the community? Which ones do you think were the most successful?

Do you think you'd like to make this event a yearly one? Think of all the cuisines you could explore!







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