

Cooking in Solidarity for World Refugee Day

#StepwithRefugees Join us via Zoom!



June 20, 2020 3-5:00pm Eastern | 2-4:00pm Central | 1-3:00pm Mountain | 12-2:00pm Pacific



Cooking in Solidarity for World Refugee Day Saturday, June 20, 2020

Around the world, communities, schools, businesses, faith groups and people from all walks of life are taking big and small steps in solidarity with refugees. **This World Refugee Day, we challenge everyone to join together and take a step with refugees. #StepwithRefugees**

World Refugee Day provides an opportunity to build more diverse and inclusive communities that are welcoming and open to refugees, as well as to strengthen ties within refugee communities.

World Refugee Day honors the strength and courage of refugees and encourages public awareness and support of the refugees, people who have had to flee their home lands because of conflict or natural disaster.

Culinary refugee and immigrant empowerment organizations across the US and Canada are coming together to honor this special day with an online cooking event featuring refugee cooks and their stories! Learn more about these amazing organization and cook along with us using the recipes enclosed!

Participating Organizations:

Conflict Kitchen – New York

www.conflict-kitchen.org / IG @conflict-kitchen

Conflict Kitchen is a restaurant that serves cuisine from countries with which the United States is in conflict. Each Conflict Kitchen iteration is augmented by events, performances, publications, and discussions that seek to expand the engagement the public has with the culture, politics, and issues at stake within the focus region. The restaurant rotates identities in relation to current geopolitical events.

Cooking as a First Language - Tupelo, MS

cookingasafirstlanguage.org / IG @cookingasafirstlanguage

The mission of Cooking as a First Language is to break down barriers and build up community over food in Tupelo.

The Culinary Diplomacy Project

theculinarydiplomacyproject.org / IG @culinarydiplomacyproject

The Culinary Diplomacy Project promotes mutual understanding among people of different cultures through the power of global culinary exchange.

Emma's Torch – New York City

emmastorch.org / IG @emmastorchfood

Emma's Torch empowers refugees through culinary training, ESL classes and interview preparation. We set them up for successful employment in an industry in which their cultural heritage and cuisine can be celebrated. We provide a community in which they can build supportive relationships.

Flavours of Hope - Vancouver, BC

flavoursofhope.com / IG @ flavoursofhope

Flavours of Hope is a non-profit social enterprise that supports and empowers refugee newcomer women to earn livable income and build social connections in communities through cooking and sharing culinary traditions and stories. Based in Vancouver, British Columbia in Canada, we envision a society where women can flourish and experience belonging in the community through cooking, storytelling, and entrepreneurship.

La Cocina VA - Arlington, VA

lacocinava.org / IG @ lacocinava

La Cocina VA offers the only Bilingual Culinary Training program for low-income individuals in the Washington DC Metro Area. We create opportunities using food as an agent of social and economic change, through feeding, educating and empowering the minds of our community.

League of Kitchens - New York City

leagueofkitchens.com / @ leagueofkitchens

The League of Kitchens is a culinary dream-team of women from around the world who will welcome you into their homes, teach you their family recipes, and inspire you with their personal stories. The League of Kitchens seeks to build cross-cultural connection and understanding, to increase access to traditional cooking knowledge, and to provide meaningful, well-paid employment and training for immigrants.

Mera Kitchen Collective - Baltimore, MD

www.mera.kitchen / IG @ merakitchencollective

Mera Kitchen Collective is a worker cooperative in Baltimore, focused on the empowerment of chefs from around the world through food entrepreneurship. We believe that promoting equitable access to opportunities, building community, and providing living wages are the keys to long-term self-determination, independence, and happiness.

Newcomer Kitchen - Toronto, ON

newcomerkitchen.ca / @ newcomerkitchen

Newcomer Kitchen is a nonprofit organization that seeks to create social and economic opportunity for newcomer women through food-based projects. Our goal is to create a model that can be replicated with any newcomer group, in any kitchen willing to open its doors, in any city in the world.

Sanctuary Kitchen - New Haven, CT

sanctuarykitchen.org / @sanctuarykitchenct

Sanctuary Kitchen partners with refugee and immigrant chefs to build economic opportunity and authentic connections through food. We do this through refugee and immigrant-led cooking classes, supper clubs and other culinary events, as well as a catering social enterprise that supports employment, professional training and integration of refugees and immigrants in Greater New Haven.

Spice Kitchen Incubator - Salt Lake City, UT

spicekitchenincubator.org /

Spice Kitchen Incubator is a project of the International Rescue Committee (IRC), and was founded in partnership with Salt Lake County. It is a business incubator that brings together refugees and other disadvantaged community members interested in starting a full or part-time food business. Spice Kitchen Incubator ensures participants receive technical assistance and training, have affordable access to commercial kitchen space and learn the steps to establishing a successful food business.

Tanabel - New York City

tanabel.com / IG @tanabeltable

Tanabel is a food and events company that employs refugee women with exceptional talent in the kitchen. We host gatherings that celebrate the rich and sophisticated cuisine of the Middle East and offer guests the opportunity to get to know the food and people of countries in conflict. These authentic, generous and delicious meals allow our cooks to share a taste of home with their new communities and provide them with meaningful and empowering employment.

Angeles' Mexican Horchata

[Flavours of Hope](#) is a non-profit social enterprise that supports and empowers refugee newcomer women to earn livable income and build social connections in communities through cooking and sharing culinary traditions and stories. Based in Vancouver, British Columbia in Canada, we envision a society where women, like Angeles, can flourish and experience belonging in the community through cooking, storytelling, and entrepreneurship.

“Horchata is a popular Mexican drink that is often described as a refreshing sweet rice milk beverage. Horchata is made out of rice, milk, and cinnamon, and served with many of my favourite Mexican meals.” - Angeles

Ingredients

- 64 oz water
- 1/2 cup white rice flour
- 1/2-2/3 cup sugar (based on preference)
- 172 ml evaporated milk or almond milk
- 1 tsp ground cinnamon
- Cinnamon stick (optional)
- Ice cubes

Instructions

- Blend all the ingredients together
- Serve with a lot of ice cubes and cinnamon stick
- Share and drink with friends!





EMMA'S TORCH

Jamaican Curry Chicken

By Terricka Hall

3-4 chicken legs, cut into pieces
3 oz of tomatoes chopped
3 ounces of white onions chopped
1 red pepper
1 green pepper
1 potato
4 small carrots
2 tsp ginger
2 tsp garlic
3-4 sprigs of thyme minced
2-3 tsp Olive oil

Seasoning:

2 tbsp of Curry
1 tsp black pepper
1 tsp pimento seed or All Spice
1 tablespoon of all purpose seasoning
1 tablespoon of herb seasoning

Method:

Mix seasoning ingredients and over chicken cubs in a large bowl. Add tomatoes and peppers. While mixing rub the seasoning into the chicken pieces. Allow mixture to rest for two minutes. Heat a medium size pot on the pain with olive oil. While the oil is heating mix together the ginger, thyme, and garlic. Add the garlic, ginger mixture to the oil to bring out the flavor. Use tongs to put the chicken into the pot, leaving the vegetables and seasoning behind. Let the chicken begin to brown and cover with a lid. Meanwhile add the remaining vegetables to the bowl with the seasoning and tomatoes. Mix vegetables together. Check the chicken and turn the pieces to ensure even cooking. Once chicken has started to cook-through add the vegetables to simmer with the chicken. Pour 1 cup of hot water over the simmer dish, and cover. Lower the heat and simmer.

Serving recommendation:

Serve with white rice and a light salad.



SPICE KITCHEN INCUBATOR IS A PROGRAM OF THE INTERNATIONAL RESCUE COMMITTEE IN SLC, UT

Akuol Garang's Sudanese Kebab Recipe

Serves 5

Akuol joined the Spice Kitchen Incubator program in 2018 and has continued to work hard towards her goal of owning her own restaurant. *Akuol said, "The kitchen is a place that makes me happy. This is a Sudanese dish that we eat for lunch or dinner. Some people eat it with rice, but I prefer it with bread!"* Thank you for joining us in this celebration of World Refugee Day and to celebrate the resourcefulness, perseverance, and enrichment that refugees from around the globe bring to our communities.

Ingredients:

5 lbs	Potatoes, Russet
1 lb	Carrots
1 lb	Green Beans
0.5 lb	Green Bell Peppers
1 lb	Onions
3-4 lbs	Beef
1-2 tablespoons from jar or ½ of a can	Tomato Paste
1 clove	Garlic
½ tsp	Cumin
½ tsp	Cinnamon
½ tsp	Black Pepper
Salt	To Taste
Cilantro	To Garnish
Canola Oil	For Frying

Instructions:

Boil green beans for 10-15 minutes until tender but firm. Drain and set aside.

Chop potatoes, carrots and peppers into bite-size pieces and fry in a thin layer of oil on medium heat until cooked. Set aside.

Dice onions and in fry canola oil on medium heat until translucent, then add beef and cook together until beef reaches 165°F for at least 15 seconds.

Stir in tomato paste and cook for 2-3 minutes. Add cumin, cinnamon, garlic, and pepper.

Reduce heat to low, mix in potatoes, carrots, green peppers, and green beans, then cook until warmed through.

Top with cilantro and serve with bread or rice.

Cooking As A First Language

Fattoush by Shereen Kazma

Fattoush is a very tasty salad that is considered to be one of the main and healthiest appetizers in the Syrian kitchen.

Ingredients:

3 tomatoes
3 cucumbers
1/2 bunch of mint
5 leaves of romaine lettuce
1/2 red bell pepper
1/2 green bell pepper
Few radishes
4 green onions
1/4 red or brown onion
1 tbsp of Sumac (spice)
1 tbsp of salt
3 tbsp of pomegranate molasses or lemon juice.
3 tbsp of olive oil
1 cup of baked cut pita bread to replace Arabic bread.

Directions:

1. After washing and draining all the vegetables, start chopping the tomatoes and cucumbers on the cutting board.
2. Chop the lettuce leaves and the peppers.
3. Cut the radish and the green onions into small pieces.
4. Chop the onion into fine small pieces and then use your fingers to cut the mint leaves.
5. Toss all the vegetables in a large salad bowl.
6. Add the salt, sumac, olive oil and the pomegranate molasses.
7. Mix all the ingredients together until everything is well blended.
8. Add the cut pita bread on top and mix everything one more time.
9. Enjoy your Fattoush.

PAPAS a la HUANCAINA (Perú)

Huancayo Style Potatoes

Yield: Serves 2

Huancaina Sauce:

2 ounces Peruvian yellow peppers paste

1 clove garlic, chopped

¼ small onion, chopped

½ cup vegetable oil

1½ cups evaporated milk

8 saltine crackers

3 oz. queso fresco, chopped

Salt and pepper to taste

1. In a medium sauté pan, pour 2 tablespoons of vegetable oil and sauté the yellow pepper paste, the garlic and the onions until translucent about 5 minutes. Remove from heat and cool down.
2. Place the mixture into a blender or food processor; add half of the milk, half of the crackers and half of cheese. Blend for a couple of minutes and then keep adding the other half of ingredients. The texture should be fluid but a little thick. Season to taste with salt and pepper.

Garnish:

2 yukon potatoes, cooked, peeled cut into ½-inch slices.

4 black olives (preferably brine-cured), in halves

1 hard cooked egg, quartered

2 leaves romaine lettuce

3. Pour the Huancaina sauce over the potato slices, sprinkle parsley and garnish with olives, eggs and lettuce.



Newcomer Kitchen

Cooking Up Opportunity



World Refugee Day, June 20th 2020



*Baked Beeb
Kibbeh*

WITH RAHAF ALAKBANI

BAKED BEEF KIBBEH

There are many ways to prepare this most traditional and famous Syrian dish. Bulgur wheat, finely ground halal beef and spices are combined to make a flavourful dough and stuffed with a spiced mixture of ground beef and toasted pine nuts. This version is baked in a springform pan to create a 'cake' and features a hatching design on the top that is easy to learn but creates a very beautiful decoration.

Makes 2 10" 'pies'

Dough:

1 Kg bulgar (burgol) #1
500 grams extra lean ground beef
1 tbsp flour
2 medium onions, roughly chopped
4 tsp dried basil
1/2 tsp crushed red pepper
Salt and pepper

Filling:

1 Kg lean ground beef
4 medium onions, finely chopped
200 grams chopped pine nuts
2 tbsp. 7 spice
1 tsp. crushed red pepper
salt and pepper

Melted Butter or Ghee to brush the top of the dough

Method:

Put the burgol in a large bowl. Add spices. Add warm water to moisten. Set aside for 10 minutes. Add a bit more water and leave 5 minutes. Mix the burgol, beef, flour and onions in bowl. Pass through grinder with fine blade.

Fry the beef with the onion and add spices and nuts.

Divide the dough into 4 equal balls. Roll each ball into a flat disk that will fit into the 10" springform pan. Rolling the dough between two sheets of parchment paper can ease the process as the dough can be a bit sticky. Pat the bottom disk on the bottom of the pan. Pour on the beef filling mixture and spread evenly. Top with the second disk and press gently until all the air pockets are gone.

Now for the cuts:

Using the picture as your guide and a small sharpe knife dipped in hot water in hand. First divide the circle into 4 quarters. Then into 8ths. Then following the lines of the 1/4 cuts form two more cuts, like an arrow at 2/3 and 1/3 of the quarter. It will form a snowflake design. Brush with the melted butter or ghee and place a pine nut in the center of each diamond.

Bake at 375 degrees for about 25 minutes or until golden brown on top. Let cool for at least 10-15 minutes before releasing from the springform pan.

Chef Iman's Braised Eggplant

Makes 5-6 servings



Photo by: Jacqueline Sofia

Ingredients

- 3 large eggplants
- olive oil or vegetable oil
- 4-5 large tomatoes
- ½ small onion
- salt
- pepper
- parsley, fine chopped to garnish

Instructions

1. Preheat the oven to 340-350F degrees

2. Peel the eggplants and slice them lengthwise. Each slice should be 1-2 centimeters thick.
3. Lay the eggplant slices on a flat surface on top of a towel or paper towel. Sprinkle each slice with a light dusting of salt, and let them sit for 30 minutes. This process draws out the moisture from the eggplant, and removes the bitterness.
4. Heat a large frying pan over medium-high heat with approximately 2 tablespoons of cooking oil. Place the eggplant slices into the pan without crowding them and fry them for approximately 3 minutes on each side until golden brown. Remove from the pan and repeat the process with the remaining eggplant slices.

Iman's Tip: *Be conservative with your oil. Only add more to the pan after the initial amount is completely absorbed or cooked off. Also, be sure you are careful about which oil you use. Olive oil has a lower smoking point, so it will burn if the pan is too hot, leaving a bitter taste to any food you are cooking. Use vegetable oil if you are concerned about burning.*

5. Put the fried eggplant slices aside on a plate to cool.
6. While the eggplant is cooling, take a large baking dish and a box grater or large microplane. Place the grater over the baking dish and grate the tomatoes so they land directly in the baking dish.
7. Level out the grated tomatoes in the baking dish and repeat the process with the onion, grating it over top of the grated tomatoes.
8. Sprinkle salt and pepper on top of the tomatoes and onion.
9. Mix the onions, tomatoes, salt and pepper and spread out evenly across the base of the baking dish. This will serve as the braising liquid for your eggplant rolls.
10. At this point, return to your cooled eggplant slices. Carefully, roll each slice, and place the rolls one next to the other in a grid on top of the tomato and onion mixture.
11. Place the baking dish in the oven for 15-20 minutes until the eggplant is golden brown/dark brown in color.
12. Use fine chopped parsley to garnish the dish immediately before serving

Useful Alternatives

- Some recipes require a certain type of onion. However, you can use whatever onion you have in your pantry for this recipe.
- Instead of frying the eggplant, conserve oil by roasting the eggplant slices in the oven.
1). After the oven has preheated, line a baking sheet with parchment paper. Lightly spray the parchment paper with cooking oil spray. 2). Lay the eggplant slices in a single layer on top of the parchment paper and cover in a thin layer of cooking spray. 3). Cook for 30 minutes in the oven. After 30 minutes, remove and turn them over. Put back into the oven for another 20 minutes or until golden brown. *Be mindful and keep an eye on the eggplant to ensure they do not burn. Every oven's temperature gauge is slightly different.*

الباذنجان المحمر مع صلصه الطماطم
المقدار يكفي لست إلى خمس أشخاص

المقادير

عدد ثلاثة باذنجان كبيرة الحجم

اربعة إلى خمس طماطم حجم وسط

نص بصلة صغيرة

بعض البقدونس للتزيين

زيت للقلي

ملح و فلفل

طريقة الباذنجان المحمر مع صلصة الطماطم

يسخن الفرن على درجة حرارة 340-350 فهرنهايت

يقشر الباذنجان ثم يقطع بالطول. يجب أن تكون الشريحة حوالي 1.5-2 سنتيمتر سمكاً

ترش الشرائح مع قليلاً من الملح لمدة ٣٠ دقيقة لكي يخرج الماء منها وإزالة المروره منها

تحمر الشرائح في المقلاهعلى نار وسط مع قليلاً من الزيت

نصيحة ايمان : ضع قليلا من الزيت . وأضف المزيد فقط إلى المقلاة بعد امتصاص الكمية الأولية

تترك الشرائح لتبرد

في هذه الأثناء ، يبشر الطماطم والبصل وتوضع في طبق بايركس

تخلط الصلصة ونضيف بعض الملح والفلفل حسب الذوق

تلف شرائح الباذنجان بشكل دائري وتوضع في طبق الفرن

يترك الطبق بالفرن لمدة ٢٠ دقيقة حتى يتحمر الوجه

يضاف البقدونس الناعم عند التقديم وبالعافيه

بدائل مفيدة

تتطلب بعض الوصفات نوعاً معيناً من البصل . ومع ذلك ، يمكنك استخدام أي بصل لديك في مخزن الطعام لهذه الوصفة

طريقة أخرى لتحضير الباذنجان

ضع بعض ورق الشمع علي صينية الفرن. وتضاف شرائح الباذنجان. وترش بالزيت وتوضع بالفرن لمدة 30 دقيقة ثم نقلبها ونخبزها لمدة 20 دقيقة علي الجانب الاخر .



SANCTUARY KITCHEN

• BY CITYSEED •

AZHAR'S SUDANESE FUL Fava Bean Salad Serves 8

Ingredients:

- 4 eggs
- 2 cans fava beans
- 1 Lemon
- 2/3 pounds tomato
- 1 cup Arugula
- 1 ½ bunch green onion
- 1 cucumber
- 3 oz sesame oil
- 2 teaspoons ground cumin
- ½ package queso fresco



Instructions:

1. Boil eggs for 10 minutes. Once done, peel and slice.
2. Drain and rinse fava beans. Add to a sauce pan and add enough water to cover. Bring to a boil and heat for 5 minutes
3. Dice tomato, green onions, and cucumber. Chop arugula.
4. Once the fava beans are done, add juice of one lemon, sesame oil and cumin. Mash mixture with a fork.
5. Add the ¾ of the vegetables, cheese and eggs to the fava beans. Transfer to serving platter and garnish with remaining vegetables, cheese and eggs. Sprinkle additional cumin if desired.
6. Serve warm with bread.

Fatima's Tabbouleh

This light, herby salad has been one of Fatima's favorites for as long as she can remember. It's incredibly healthy and perfect for spring and summertime! The secret is very dry herbs, a very sharp knife and just a sprinkling of lemony bulgur. From April to June, you may be able to find *janarek*, unripe baby plums at an Arabic market near you - otherwise, it's traditionally made with tomatoes!

Serves 4

3 tablespoons #1 fine bulgur
1 tablespoon water
3 tablespoons lemon juice
 $\frac{3}{4}$ teaspoon salt
2 tablespoons blended oil or 1 tablespoon olive oil, 1 tablespoon neutral oil like canola or vegetable
1 bunch parsley (75g), washed and dried very well
3 sprigs mint (10g), washed and dried very well
4 large *janarek*, unripe baby plums, or cocktail tomatoes (100g)



1. Measure the bulgur into a small bowl. Top with the water, lemon juice, salt and oil and mix to combine. Set the bowl aside to allow the bulgur to swell and absorb all the liquid, about 10-15 minutes.
2. Gather the parsley into a neat bunch, arranging all the stems together like a bouquet. Cut the fibrous stems away, then hold the bunch together with a claw-like grip and slice through, cutting it into very thin ribbons. An extremely sharp knife is your greatest ally in this endeavor! It will cut cleanly, leaving the parsley dry and fluffy, whereas a blunt knife will mash it to a damp pile. Scoop the parsley into your serving bowl.
3. Gather the mint into a little pile and slice thinly through it in the same way. You want about 1 part mint to 8 parts parsley. Add it to the bowl and mix the herbs together to keep the mint from blackening.
4. Slice the *janarek* away from their pits and cut them into a small dice, about $\frac{1}{4}$ inch. If you're using tomatoes, scoop out their seeds, as they'll bog down the tabbouleh and make it too wet, then cut them into the same small dice. Add them to the serving bowl with the herbs.
5. Taste the bulgur. It should be a little toothsome but not crunchy. If it's still crunchy, wait a couple more minutes for it to soften, then add it to the serving bowl and toss it with the herbs and *janarek* or tomatoes. The bulgur will continue to soften a little more as it absorbs the moisture from the salad.
6. Taste the *tabbouleh* and adjust the lemon juice and salt to your liking. Neaten up the bowl, garnish with a sprig of mint and serve!

* Make ahead tip: If you want to prepare *tabbouleh* earlier in the day, put the bulgur and its dressing at the bottom of your serving bowl, layer the diced *janarek* or tomatoes on top, then cover with the finely diced herbs & a damp paper towel. It can hold in the fridge like this for several hours. When you're ready to serve, just toss it all together!

Sahtein wahuna (enjoy in good health)!