



2024 CUC STAFF

# HOLIDAY COOKBOOK







# *Happy holidays!*

For most cultures who celebrate a holiday or tradition in December, gatherings almost always focus on food. Whether it's jollof rice, latkes and challah, congee or turkey, we show our love through sharing food and traditions. CUC staff are sharing with you some of their family recipes, and we hope you'll enjoy these as much as we do, whether it's in December or any time during the year when you're feeling the need for a comforting food hug.





## Vyda Ng

EXECUTIVE DIRECTOR

### BATE COOKIES

These were cookies my mother-in-law made for one of the grandkids every summer, as he didn't like the chocolate chips ones. I prefer these too! The ingredients didn't come with any directions!

#### CREAM TOGETHER:

½ cup softened butter  
½ cup brown sugar  
1 egg  
1 tbsp milk  
½ tsp vanilla

#### MIX TOGETHER

1 cup flour  
¼ tsp baking powder  
½ tsp baking soda  
½ tsp salt

#### Mix into the creamed ingredients, then add:

1 cup quick-cook oats  
1 cup cornflakes  
½ cup desiccated unsweetened coconut (optional)

Plop onto cookie sheets, leaving spaces in between for expansion. Bake in preheated 350F oven for 15-20 minutes or until golden brown around the edges and still chewy in the centre.

*Vyda Ng*



## CHAR KWAY TEOW

'Char kway teow' in Cantonese translates to fried noodles. The signature flavour of this dish is the 'wok hei' or the fire grilled taste of the noodles stir fried in a wok over high charcoal heat. This is hard to achieve with electric home stove tops and may be possible with a gas or propane stove.

The recipe below is a typical street food and is representative of a favourite on the island of Penang, Malaysia. It calls for Chinese sausage (lap cheong, found in most Asian grocery stores) and cockles (a type of clam, which you can either skip or replace with barely-cooked clams).

Have all the ingredients prepped before cooking, as it will only take about 5 mins once you fire up your wok or pan.

*Recipe adapted from Rasa Malaysia.*

### INGREDIENTS:

#### Chili Paste:

- 1 oz (30g) dried red chillies, seeded, soak in water
- 2 fresh red chillies, seeded
- 3 small shallots, or pearl onions, peeled and sliced
- 1 teaspoon oil
- 1 pinch salt

#### *Sauce (mix and blend well)*

- 5 tablespoons soy sauce
- 1 1/2 tablespoons dark soy sauce
- 1 tablespoon sugar
- 1/2 teaspoon fish sauce
- 1/2 teaspoon salt
- 2 dashes ground white pepper

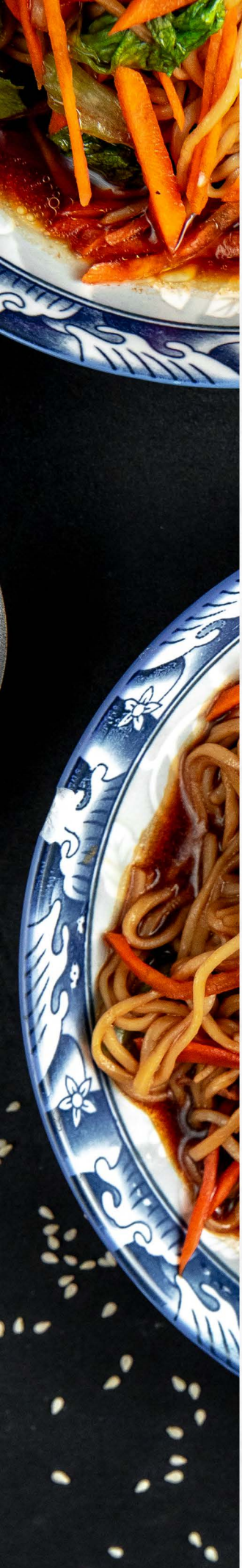
### DIRECTIONS:

#### Chili Paste:

- 3 cloves garlic, chopped finely
- 12 prawn, shelled, submerge in ice cold water plus 2 tablespoons sugar for 30 minutes
- 1 lb. (500g) fresh flat rice noodles, completely loosened and no clumps. The flat rice noodle are best but if they're not available, substitute with egg noodles. Read the package for prep instructions
- 1 lb. (500g) blood cockles, extract the cockles by opening its shell. You can skip this or use clams
- 2 Chinese sausages, sliced diagonally
- 1 bunch fresh bean sprouts, rinsed with cold water and drained
- 4 large eggs
- 1 bunch Chinese chives, removed about 1-inch of the bottom section and cut into 2-inch lengths







## INSTRUCTIONS

- Grind all the ingredients for the chili paste using a mini food processor until fine. Heat a wok with 1 teaspoon of oil and stir-fry the chili paste until aromatic. Dish out and set aside.
- Clean the wok thoroughly and heat it over high flame until it starts to smoke. Add 2 tablespoons of oil or lard to the wok, then add half of the chopped garlic and stir quickly.
- Transfer six prawns and half of the sausage slices into the wok. Stir quickly with the spatula until the prawns start to change color and you smell the aroma of the Chinese sausage.
- Add half of the bean sprouts to the wok.
- Follow immediately with 8 oz. (230g) or half of the flat noodles.
- Add 2 1/2 tablespoons of the sauce to the wok and stir vigorously to combine. Crack an egg on top of the noodles. Use the spatula to break the egg yolk and stir to mix with the egg white. Flip the noodles to cover the egg and wait for about 15 seconds.
- Add about 1/2 tablespoon of chili paste (add more if you like it spicy) and some cockle clams to the wok.
- Continue stir-frying until the egg is cooked through. Add the chives, give a couple of quick stirs, then dish out and serve immediately.

*Uyda Ng*





## ANNE'S MOM'S SHORTBREAD

- Half a pound of butter, soft, at room temp.  
½ cup icing sugar  
2 cups flour
- Mix the above, thoroughly with your warm little paws.
- Then shape into a couple of refrigerator rolls and wrap in wax paper.
- Put in frig for several hours or overnight.
- When wanting to make up cookies, take out of frig a wee while ahead, or they break when you slice them.
- Cut with a non-serrated knife – use a carving knife-type with wide blade for even slices.
- Lay them on an unbuttered cookie sheet and prick with a fork, two or three times.
- Cook Slowly at about 275 for maybe half an hour.
- You can tell when they get golden, not brown and begin to look cooked.
- Cool carefully.
- If desired, add finely chopped walnuts to the dough pastry.

For goodness sake, taste one or two pieces of the walnuts before adding because if they are even slightly rancid, there goes all your hard work.

**Blah!!**

**PS: Anne says, "If you add walnuts, it's NOT shortbread ... it's walnut cookies. And it's just plain WRONG!"**

*Rev. Anne Barker*

CONGREGATIONAL LIFE LEAD - BC & WESTERN REGIONS







## WASSAIL PUNCH

This hot fruit punch makes 16 servings

### Ingredients:

A whole lemon or orange  
A handful of cloves  
2 L apple juice  
2 L cranberry juice  
½ tsp cinnamon  
1 tsp ground ginger  
½ tsp ground allspice  
1 tsp ground cloves

### Instructions

- Punch holes into the lemon or orange and put a clove into each hole
- Put all the ingredients, including the clove-studded fruit, into a large pot. Heat on stove at medium. Bring the punch almost to the boil, then simmer for about 30 minutes.
- Ladle the warm punch directly into cups or mugs.

*Kenzie Love*  
WRITER



## BEST TABBOULEH

Author: Cookie and Kate Prep Time: 20 minutes

Cook Time: 15 minutes Total Time: 35 minutes Yield: 6 servings 1x

4.7 ★ from 235 reviews

Learn how to make delicious, authentic tabbouleh at home! This tabbouleh (also spelled tabouli) is even better than your favorite Lebanese restaurant's. Recipe yields 6 servings (a little over 1 cup each).

### Ingredients:

½ cup bulgur  
1 cup diced cucumber (1 small-to-medium)  
1 cup diced tomato\* (1 large)  
1 teaspoon fine salt, divided  
3 medium bunches curly parsley  
⅓ cup (2/3 ounce) chopped fresh mint (optional but recommended—you can chop it in the food processor with the parsley)  
⅓ cup thinly sliced green onion





1/3 cup extra-virgin olive oil  
3 to 4 tablespoons lemon juice, to taste  
1 medium clove garlic, pressed or minced

## Instructions

- Cook or soak the bulgur until tender according to package directions. Drain off any excess water, and set aside to cool.
- Meanwhile, combine the diced cucumber and tomato in a medium bowl with 1/2 teaspoon of the salt. Stir, and let the mixture rest for at least 10 minutes or until you're ready to mix the salad.
- To prepare the parsley, cut off the thick stems. Then, finely chop the parsley and remaining stems—you can do this by hand, but it's much easier in a food processor with the standard "S" blade.  
Process 1: Bunch at a time (each should yield about 1 cup chopped), transferring the chopped parsley to a large serving bowl before proceeding with the next.
- Add the cooled bulgur, chopped fresh mint (if using) and green onion to the bowl of parsley. Strain off and discard the cucumber and tomato juice that has accumulated in the bottom of the bowl (this ensures that your tabbouleh isn't too watery). Add the strained cucumber and tomato to the bowl.
- In a small measuring cup or bowl, whisk together the olive oil, 3 tablespoons lemon juice, garlic, and remaining 1/2 teaspoon salt. Pour it into the salad and stir to combine. Taste, and adjust if necessary—add another tablespoon of lemon juice for zing, or salt for more overall flavor.
- If you have the time, let the salad rest for 15 minutes before serving to let the flavors mingle. Otherwise, you can serve it immediately or chill it for later. Tabbouleh will keep well in the refrigerator, covered, for up to 4 days.

## Notes

Make it gluten free: Bulgur is not gluten free (it's cracked wheat). Substitute quinoa for an untraditional gluten-free option. You'll use the same amount (1/2 cup) uncooked quinoa, or 1 1/2 cups cooked leftover quinoa. Here's how to cook quinoa.

Tomato note: Use the most ripe and red tomatoes you can find! If you're making this salad when tomatoes aren't in season, cherry tomatoes might be your best bet.

*Ahna Di Felice*  
ORGANIZATIONAL ADMINISTRATOR





## CORNBREAD

Hi! Here's my cornbread recipe, enjoy!

Sweet Honey Saffron Cornbread - vegetarian side dish/dessert bread

### Ingredients:

Saffron

Safflower (false saffron)

¼ cup Honey, plus more for top glaze

1/3 cup White Sugar

1 cup all purpose flour

1 cup cornmeal

1 tablespoon baking powder

Pinch of salt (I like chunky sea salt but anything works)

2 eggs (can substitute a flax seed binder if desired)

1 cup of buttermilk (can use whole milk or a non dairy milk, but buttermilk is best)

1/2 cup butter

19 inch pan or 12 muffins!

### Optional beginning prep:

Mix together some honey with safflower (more easily accessible, beautiful, but much less fragrant) and a little bit of finely ground Iranian saffron if you have the means and are able to. The longer the infusion the better, I have a giant jar of it I just keep infusing at all times and top off when necessary. The safflower is more for ornamentation and the Iranain saffron is where the aroma comes out. Do what you can, saffron is expensive but a little goes a very long way- just don't forget to grind it!

- Preheat your oven to 375 degrees Fahrenheit
- Prep your pan by using either oil or butter on the sides so your bread doesn't stick.
- Melt your butter then grind up 1-2 pinches of saffron. Mix your ground saffron into your butter and then let your butter cool while the saffron infuses.
- Mix together your cornmeal, flour, sugar, baking powder, and salt then set aside.
- Mix your milk, butter, eggs, and 3-5 pinches of safflower for texture/ornamentation, Add your wet mixture to your dry mixture and mix until well combined.
- Pour your mixture into your prepared pan (or muffin cups) and bake until golden, about 25-30 minutes. Make sure you turn your pans halfway through for an even bake. You can test it using a toothpick to see if it comes out clean in the center.



- Once it's done, take your honey (or honey saffron mixture) and glaze the tops of your cornbread while it's still warm from the oven. You can add another pinch of safflower to the top for more ornamentation if you'd like. Let cool slightly before cutting and serving.
- Best enjoyed with some hot butter as a side to a spicy main course!

*Camellia Jahanshahi*

RISING TOGETHER FACILITATOR  
DISMANTLING BARRIERS LEAD



*here is a recipe from Deolu Atayero, Marketing Communications Specialist,*

## **PUFF PUFF RECIPE (NIGERIAN STYLE)**

### **Ingredients:**

2 cups all-purpose flour  
1/4 cup granulated sugar (adjust to taste)  
1 teaspoon active dry yeast  
1/4 teaspoon salt  
1/2 teaspoon ground nutmeg (optional)  
1 1/4 cups lukewarm water  
Vegetable oil (for frying)

### **Instructions**

- **Activate the yeast:**
  - In a small bowl, mix the yeast with 2 tablespoons of lukewarm water and a pinch of sugar.
  - Let it sit for 5-10 minutes until it becomes frothy (this step ensures the yeast is active).
- **Mix dry ingredients:**
  - In a large mixing bowl, combine the flour, sugar, salt, and nutmeg (if using).





◦ **Combine wet and dry ingredients:**

- Add the activated yeast and lukewarm water to the dry ingredients.
- Mix thoroughly until the batter is smooth and stretchy. It should be slightly thick but still pourable.

◦ **Proof the batter:**

- Cover the bowl with plastic wrap or a clean kitchen towel.
- Let it rest in a warm place for 45 minutes to 1 hour, or until the batter has doubled in size.

◦ **Heat oil for frying:**

- In a deep pan, heat vegetable oil to about 350°F (175°C). The oil should be deep enough to submerge the puff puff balls.
- Test the oil by dropping a small bit of batter; if it sizzles and rises to the surface, it's ready.

◦ **Fry the puff puff:**

- Use your hand or a spoon to scoop small portions of batter and drop them into the oil. Aim for round shapes but don't worry about perfection.
- Fry in batches, flipping occasionally, until golden brown on all sides (about 2-3 minutes per batch).

◦ **Drain and serve:**

- Remove the puff puff with a slotted spoon and place on a paper towel-lined plate to drain excess oil.
- Serve warm, plain or with a sprinkle of powdered sugar, honey, or a side of spicy sauce.

*Enjoy your delicious puff puff!*

*Deolu Atayewa*  
COMMUNICATIONS MANAGER





## MENDIANTS DE PROVENCE AU CHOCOLAT

*Brigitte Twomey, Web Specialist*

Mendiants are French confections enjoyed around Christmas time. These treats are small, disk-shaped pieces of chocolate, adorned with a mix of nuts and dried fruits, chosen for both their flavour and visual appeal. The name “mendiant” comes from the French word for “beggar.” Historically, the topping ingredients symbolized the four mendicant monastic orders during the Middle Ages, with their colors representing the monks’ robes. Modern-day mendiants can be sprinkled with any number of tasty (and beautiful!) ingredients, and in countless combinations. Think pistachios, walnuts, pepitas, chia seeds, crisped rice, toffee chips, bee pollen, flaky sea salt, crushed coffee beans, cacao nibs, edible rose petals, coconut flakes, dried cranberries, candied ginger, freeze-dried raspberries, goji berries, orange peel, freshly grated cinnamon ... the possibilities are endless! They are gluten-free and can be made nut-free.

### Ingredients (Brigitte)

300 g black chocolate (70%) - very high quality, not chocolate chips  
Pistachios  
Almonds  
Dried cranberries  
Dried apricots

### Directions (Brigitte)

- Melt the chocolate in a microwave or over a double-boiler.
- Drop tablespoon-size spoonfuls of chocolate, at least 3 cm apart on a parchment-lined tray.
- Bang the tray on the counter once or twice to spread the chocolate into thin round pools about 4 cm wide.
- While chocolate is still liquid, sprinkle with chopped pistachios, chopped dried apricots, chopped almonds, cranberries . Or switch up the toppings with your own favorite combo!
- Let them harden in a cool area. Enjoy.

*Brigitte Twomey*  
WEB SPECIALIST





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