

# Healthy Living Cookbook



Calgary Immigrant Women's Association



*Calgary Immigrant Women's Association 2009*

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Recipes in this booklet were provided by women who participated in the Healthy Living: Preventing Type II Diabetes in Immigrant Women and their Families project. These recipes are suggested ideas for making healthy meals. Please consult the Canada Food Guide for information on healthy eating.

*CIWA would like to thank all those who participated in the making of this booklet:*

*The participants who provided the recipes - those whose names appear on the recipe pages and those who chose to stay anonymous, Grace Wong RD - project dietitian, Public Health Agency of Canada (PHAC), Natalia Sim, Project Coordinator, and Haneen Omar, former project coordinator for her work on the booklet.*

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## *Cookbook Terms and Definitions*

**Bake:** to cook food in the oven at a specific temperature as listed in the recipe

**Beat:** to smooth by using a brisk, regular revolving motion that lifts the mixture over and over

**Blend:** to combine two or more ingredients by mixing thoroughly

**Boil:** to cook in boiling water or other liquid. Liquid "boils" when bubbles rise continuously to the top

**Chop:** to cut into small pieces using a knife or other sharp utensil

**Cube:** to cut in even pieces or cubes

**Dice:** see "cube"

**Entree:** a dish served as the main part of the meal. It may be served with a starter and/or dessert or alone

**g:** grams

**Garnish:** to decorate foods, usually with other foods

**Grease:** to rub lightly with shortening or butter. Often, you can squirt pans with non-stick spray instead

**Mince:** chopping something into very tiny pieces

**ml:** millilitres

**Preheat:** to heat oven to desired temperature before putting food in oven

**Roast:** to cook by dry heat in oven

**Sauté:** (SAW-TAY) to quickly heat meat or vegetables in fat in an open pan

**Sift:** to put dry ingredients through a sifter, to lighten and/or incorporate them, or to remove large pieces

**Simmer:** to cook liquid just below the boiling point

**Slice:** to cut a complete straight line or sheet through a food (such as a slice of bread)

**Starter:** a dish that may be served as an appetizer, snack, side dish or light meal

**Stir:** to mix foods with a circular motion for the purpose of blending or obtaining uniform consistency

**Tbsp.:** tablespoon; 1 tbsp.=15 ml or 3 teaspoons

*Notare quam littera gothica quam nunc putamus parum claram anteposuerit litterarum formas*

Toss: to lightly blend ingredients by lifting them and letting them fall back in the bowl

Tsp.: teaspoon; 1 tsp=5 ml

*Notare quam littera gothica quam nunc putamus parum claram anteposuerit litterarum formas*

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## *Salads & Starters*

Name of Recipe: Country Bread

Country:: France

Use: starter for any meal

Provided by: Myriam Piu

### Ingredients

900 grams of white flour

100 grams of rye flour

20 g of salt

20 g of yeast

Enough water to make dough that is firm but not too dry or too sticky

### Directions

Mix all ingredients very well by hand or in a bread mixer until elastic. Cover the bread and let it rise for 45 minutes in a warm place. Divide the dough and shape into baguettes (that is the long French bread). Let the baguettes rise again for 1 and a half hours. Make superficial cuts on baguettes with a knife. Preheat oven to 240 degrees C (450 F) and leave a heatproof dish of water in the oven. Bake baguettes in a nonstick sheet for 20 minutes or until lightly coloured.

Name of Recipe: Gimbab  
Country: Korea  
Use: starter  
Provided by: Mihyang Park

### Ingredients

For one person

1 piece dry seafood  
½ cup rice  
1 egg, boiled  
Cucumbers, sliced thin  
Carrots, sliced thin  
Ham or Beef  
Salted bean curd (check on this one)

### Directions

Place sheet of dry seafood on a bamboo roll. First add a layer of rice, then boiled egg (mashed and spread), then cucumber, then carrots, and then cooked beef or ham. Roll together tightly until the roll sticks. Enjoy!

Name of Recipe: Shakshooka  
Country: Sudan  
Use: Salad  
Provided by: Siham Abdel Wahab

### Ingredients

4 eggs  
4 tomatoes, diced  
3 tbsps. olive oil  
½ tsp dill  
Salt and pepper to taste  
1 clove garlic, crushed

Serve with pita bread

### Directions

- Heat oil in a saucepan on medium heat
- Add eggs and scramble lightly for 1 minute
- Add tomatoes, garlic, dill and salt/pepper and stir
- Simmer for 10 minutes or less, until mix is well-cooked
- Serve hot or cold, with pita



Name of Recipe: Beef Soup with Vegetables  
Country: Philippines  
Use: Soup  
Provided by: Elizabeth Dalgdig

### Ingredients

Beef (ground or chunks)  
Onion  
Corn pepper  
Salt  
Bok Choy  
Cabbage  
Potatoes

### Directions

Place sheet of dry seafood on a bamboo roll. First add rice, then boiled egg (mashed and spread), then cucumber, then carrots, and then cooked beef or ham. Roll together tightly until the roll sticks. Enjoy!

Name of Recipe: Homemade Yogurt

Country: India

Use: side dish

Provided by: Anonymous

### Ingredients

2 liter 2% milk

3 tbsp sour cream or yogurt

### Directions

- Boil milk on low heat, stirring regularly
- Mix together sour cream/yogurt and milk
- Cover pot and leave in a warm place for 24 hours
- Enjoy your yogurt!

Name of Recipe: Mimosa Salad

Country: Russia

Use: salad

Provided by: Svetlana

### Ingredients

5 boiled eggs that have been cooled

100 g your favorite cheese

100 g butter

200 g mayonnaise

1 tin of canned salmon

### Directions

- Grate the cheese and mix with the egg whites
- Flake the salmon with a fork
- Divide the butter into small portions
- Now mix all ingredients in a large bowl in this order: egg whites, cheese, half the salmon, mayonnaise, butter, the rest of the salmon
- Finally sprinkle crushed egg yolks on top

Name of Recipe: Russian Salad  
Country: Russia  
Use: salad  
Provided by: Svetlana

### Ingredients

Beets  
Carrots  
Potatoes  
Pickled cucumber  
Pickled cabbage, if available  
Olive oil

### Directions

- Boil beets, carrots and potatoes (keep skin on) until they are soft. Let them cool down.
- Peel the vegetables and use equal quantities (example 1 carrot, 1 potato and 1 beet) and cut into cubes
- Chop pickled cucumber and cabbage into thin pieces
- Mix all the vegetables together and dress with olive oil. You can add some salt, dill and parsley for garnish.
- Enjoy!

Name of Recipe: Green Pea Soup

Country: France

Use: lunch, dinner,

Provided by: Annie Fortin

### Ingredients

1 kilogram of green frozen peas

2 liters (8 cups) of low salt chicken broth

5 cloves of garlic, crushed

2 bay leaves

### Directions

Bring to a boil for 20 minutes, take out Bay leaves and let it cool down and then blend it in a food processor. Serve hot.

Name of Recipe: Indian-style Chickpeas  
Country: India  
Use: side dish, snack or light lunch  
Provided by: Tanu

### Ingredients

2 cups chickpeas soaked in water overnight.  
1 green chili chopped  
1 tsp cumin seeds (grounded)  
1½ tsp garam masala or curry powder  
¾ tsp red chili powder  
1 cup onions finely chopped  
1 tsp ginger-garlic paste  
1 cup chopped tomatoes

### Directions

Boil chickpeas for 15 minutes. In a frying pan heat oil or ghee and add chopped green chili, ginger-garlic paste and onion. Fry onion until golden brown then add tomatoes, garam masala, red chili powder and cook until it leaks oil.

Add boiled chickpeas to the gravy and a small amount of water if needed. Simmer on low heat, add salt to taste. Once cooked sprinkle cumin powder, mango powder, black pepper (ground). Let it simmer. Serve hot with fresh coriander leaves and naan or pita bread.

Name of Recipe: Fried Green Beans  
Country: India  
Use: side dish, snack or light lunch  
Provided by: Tanu

### Ingredients

Green beans chopped  
2-3 garlic cloves, finely chopped  
1-2 green chilies finely chopped  
 $\frac{3}{4}$  tsp fenugreek seeds  
 $\frac{3}{4}$  tsp turmeric powder  
 $\frac{3}{4}$  tsp red chili powder  
1  $\frac{1}{2}$  tsp garam masala  
 $\frac{1}{2}$  cup of chopped tomatoes  
Salt to taste  
1 tsp ghee or oil

### Directions

Heat ghee or oil in a frying pan, add fenugreek seeds and let it splutter. Then add green chilies, garlic and fry for 1 minute. Add chopped tomatoes, green beans and salt according to taste. Let it cook for some time. Once done, add turmeric powder, red chili powder and garam masala and cook for at least another 10 minutes. Serve hot with rotis and lentils.

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## *Entrees*



Name of Recipe: Caldo de Huevo  
Country: Columbia  
Use: Breakfast  
Provided by: Maria Contreras

### Ingredients

3 liters of water  
4 medium potatoes  
1 small carrot  
1 small onion  
6 eggs  
2 cloves of garlic  
Salt and pepper  
Cilantro, chopped

### Directions

- Boil the water
- Cut the potatoes, carrots and onions into four pieces
- Put the vegetables in the pot, add salt to taste and boil
- Boil the eggs separately; when the eggs are boiled, cut into four pieces
- When the vegetables are nearly cooked, add the eggs, lower the heat and cook for 10 minutes then move the food into a serving dish
- Add cilantro, mix and serve

Name of Recipe: Indian Squash  
Country: India  
Use: dinner  
Provided by: Iram

#### Ingredients

One large squash  
Thinly sliced onion  
Crushed ginger  
Crushed garlic  
Red chillies  
Tamarind  
Dry ground coriander  
Salt and pepper, to taste  
Fresh coriander

#### Directions

Brown onions in oil, add ginger and garlic while stirring for one minute. Add red chili, tamarind, coriander and salt. Mix together and then add thinly sliced squash, 2 green chili, and green coriander. Let simmer for 30 minutes and then serve.

Name of Recipe: Fish for One  
Country: unknown  
Use: lunch  
Provided by: Parinbanu Esmail

### Ingredients

1 serving of Tilapia fish  
½ cup vegetables of your choice  
1 small bun  
2 slices onion, chopped  
½ tomato, chopped  
¼ cup water  
Salt, garlic, and ginger, to taste  
Hot peppers, optional

### Directions

- Place fish in a baking dish with the vegetables, onions and tomatoes
- Add ¼ cup water and the garlic, ginger and peppers
- Bake for 25 minutes in 350° oven
- Serve hot with a bun and salad

Name of Recipe: Kobe in a Pan  
Country: Lebanon  
Use: lunch or dinner  
Provided by: Amani Bouhamia

## Ingredients

### *The crust:*

2 lbs. lean ground beef  
½ grated onion  
1 tbsp allspice  
1 tsp salt  
2 cups of bulgur

### *The filling:*

1 tbsp oil  
½ lb. hamburger meat  
1 chopped onion  
1 cup pine nuts

Parsley, for garnishing

## Directions

Preheat oven to 450 F. Mix crust ingredients well, kneed with hands and make a ball of dough. Break ball into two halves and spread one half into a greased shallow baking pan. Heat oil in a sauce pan and cook onions until lightly cooked. Add meat and pine nuts and cook until it starts to lose its redness but is not fully cooked. Add to the baking pan and then add the other half of the dough on top and spread evenly to make a smooth pie. Cover in aluminum foil and put in the oven for 20 minutes, then remove foil and cook for another 20-25 minutes until water has evaporated but before it dries up. Garnish with parsley.

Name of Recipe: Omelette  
Country: unknown  
Use: breakfast  
Provided by: Farida Ahmed

### Ingredients

3 Eggs  
1 large onion, chopped  
Salt and pepper  
1 green chili, chopped  
1 tomato, chopped  
Oil for cooking

### Directions

- Lightly brown the onion in 1 tablespoon of oil
- Add chopped green chili and cook
- Add salt and diced tomatoes
- Beat the eggs in a bowl then add to the frying pan
- In 3 minutes, the eggs should be cooked and ready to eat
- Serves about 3-4 people

Name of Recipe: Tofu Stir Fry  
Country: mixed  
Use: dinner  
Provided by: Purvin

### Ingredients

1 firm tofu package, cubed  
Broccoli, sliced  
Carrots, slivered  
Mushrooms, sliced  
Green onions, slivered  
Red pepper, sliced  
Orange pepper, diced  
Garlic, thinly sliced  
Soy sauce  
Stir fry sauce, any kind  
Any other vegetables you would like to add  
Noodles, white rice or brown rice

### Directions

- In a wok, heat a little oil and brown the tofu
- When the tofu is browned, add garlic, soy sauce, stir fry sauce and stir well
- Add all the vegetables and stir well
- Turn off the heat and cover so that vegetables stay crisp but warm
- Serve on noodles, brown or white rice

Name of Recipe: Raab  
Country: East Africa  
Use: breakfast or snack  
Provided by: Anonymous

### Ingredients

¼ packet butter  
2 cups of millet flour  
2 ½ cups milk (use skim milk!)  
Ground flax seed or bran (optional)  
Some sweetener (sugar, honey or brown sugar)

### Directions

- Cook the flour in butter until it turns a very light brown
- Add milk (and flax seed or bran if you are using them) and stir continuously until it thickens
- Add sweetener and serve

Name of Recipe: Rugag (cereal)  
Country: Sudan  
Use: breakfast  
Provided by: Siham Abdul wahab

### Ingredients

3 cups all purpose flour  
1 egg  
½ cup sugar  
1 cup milk  
3 cup water

### Directions

- Mix all ingredients very well
- Add enough mix to cover the bottom of a shallow pan and cook on both sides until browned
- Remove pastry from pan and let it cook
- Cut and mash the pastry into small pieces
- Now the cereal is ready to serve with milk
- You may also add butter if desired



Name of Recipe: Tajine

Country: Tunisia

Use: lunch

Provided by: Molka

#### Ingredients

2 onions, diced or preferably minced in a food processor

250 grams beef chunks or chicken pieces (or whole chicken)

½ cup water

1 potato, peeled and diced

4 eggs

1 cup of your favorite cheese, shredded

¼ cup of oil

Salt and pepper to taste

1 tsp turmeric

#### Directions

- Put oil in a deep pan on high heat
- Add potato and chicken or beef and cook for 2-3 minutes
- Slowly add water while mixing and cook until the chicken or beef is cooked
- Add salt, pepper and turmeric and mix in. Remove the pot from the stove.
- In a baking dish or casserole dish, place the mixture from the pot and add eggs and mix very well then sprinkle with cheese
- Bake in 180-200 degrees C (400-450 F) for 20-30 minutes, until the meat is tender
- Serve hot

Name of Recipe: Pan-fried Tofu  
Country: Hong Kong  
Use: lunch or dinner  
Provided by: Laverne Ho

### Ingredients

Diced firm tofu (1 block)  
Soy sauce, to taste  
1 tbsp cooking oil  
1 tbsp sesame seeds

### Directions

- Lightly pan fry tofu on medium-high heat until golden brown
- Add sesame and continue cooking
- Add soy sauce to taste, and turn off heat
- Serve hot

Name of Recipe: Sole Fillet  
Country: China  
Use: dinner  
Provided by: Shumei Lee

### Ingredients

1 sole fillet  
Salt and pepper for seasoning  
½ cup lemon juice  
1 tablespoon of lemon butter  
1-2 minced garlic cloves  
1 minced shallot  
1 tsp Dijon mustard  
1 tsp lemon zest  
Some lemon juice and salt to top off, according to your taste

### Directions

- Mix butter, shallots, Dijon mustard, lemon juice, salt and pepper and mix very well
- Season the fillet with the mixture and wrap in plastic wrap then store in the fridge for 30 minutes or more
- Preheat oven to 230C/450F
- Place fillet on tin foil, and spread lemon butter on top and wrap tightly so that liquids don't leak out
- Place fillet package on a baking sheet and bake for 7-12 minutes or until desired tenderness

Name of Recipe: Tortas de Papa  
Country: Mexico  
Use: lunch  
Provided by: Dunia Clemente

### Ingredients

4 medium potatoes, peeled and boiled until soft and mashed  
¼ cup shredded cheese (your favorite)  
2 eggs  
Salt and pepper to taste

### Directions

Mix ingredients together well in a bowl (you may use a potato masher to mix them well). Make patties with two table spoons of the mix. Heat a pan on medium-high heat, and cook patties, turning sides when starting to brown. Enjoy!

\* If there are other spices that you like, you may add them (example: paprika, cumin or curry powder).

Name of Recipe: Tuna Cake  
Country: unknown  
Use: lunch  
Provided by: Anonymous

### Ingredients

1 clove of garlic  
1 onion, medium chopped  
3 tbsp oil  
1 ½ cups of diced bread with a little milk  
2 cans of tuna  
¼ cup of milk  
4 tbsp parmesan cheese  
6 eggs  
1 tsp mustard  
Salt and pepper to taste

### Directions

Fry onion with garlic in hot oil until golden in color, put the bread for five minutes then add tuna, milk, cheese and eggs. Scramble ingredients together. Season with mustard, salt and pepper

Name of Recipe: Vegetable Cake  
Country: China  
Use: breakfast  
Provided by: Lucy Zhou

### Ingredients

1 cup of chopped green onions  
3 eggs  
1 ½ cups of flour  
1/4 cup water  
pinch of salt  
Chinese spices, as desired  
1 sliced zucchini  
Frying oil

### Directions

- Mix flour, green onions, eggs, water, salt and spices until you make a sticky dough and use to coat the zucchini slices
- Heat oil in a flat pan
- Put pieces that are the size of 1 tablespoon of dough into the oil and cook for 5-6 minutes each, then turn and cook for another 3-4 minutes each until cooked.
- Enjoy!

Name of Recipe: Veronica's Lunch

Country: unknown

Use: lunch

Provided by: Veronica Ho

### Ingredients

Mixed Fruit Juice

Orange Juice

Mixed Frozen Veggies

Pasta

Milk and cheese (melted) OR 1 can condensed mushroom soup

Salt and pepper for seasoning

Baked potato to be served on the side

### Directions

- Boil the pasta as directed on the package, using oil and salt
- Cook the sauce (milk and cheese) or the mushroom soup, add salt and pepper
- Bake the potato if using
- Cook the frozen veggies separately in water, then mix with the cooked pasta
- Add the sauce to the pasta mix
- Blend fruit and orange juices together and serve on the side

Name of Recipe: Fried Rice  
Country: India  
Use: lunch or dinner  
Provided by: Pritpat Kaw Dhunna

### Ingredients

2 cups basmati rice  
1 cup green peas  
1 cup carrot, cubed  
2 onions, sliced thin  
1 or 2 green chilies, chopped  
1 tbsp oil or butter  
Salt and black pepper to taste  
2 cups chopped cabbage

### Directions

- Make the rice according to package direction
- Put oil or butter in a pot on medium/high heat
- Put all the vegetables in the pot and cook until soft
- Add salt, black pepper and mix
- Add the cooked rice and mix



Name of Recipe: Chicken Ginger  
Country: Pakistan  
Use: lunch or dinner  
Provided by: Rizwana Ahmed

### Ingredients

1 lb. boneless chicken (small pieces)  
1 tbsp. ginger (paste)  
1 tbsp. garlic (paste)  
3 tbsp oil  
1 large onion chopped  
1/2 cup curd  
1/4 cup chopped cilantro  
Salt  
Red chilies  
For garnish: chopped green chilies, cilantro and ginger

### Directions

Heat the oil in a pan. Fry chopped onion till light brown, put chicken in it. Fry it for 10 minutes. Add ginger and garlic paste; cook for 2 minutes. Add salt and chilies. Mix all the ingredients and cook for 5 minutes. Add curd, cover pan and cook until it is tender. Sprinkle green chilies, chopped cilantro and ginger on top. Serve with rice or naan bread.

Name of Recipe: Fish with Vegetables  
Country: Russia  
Use: lunch or dinner  
Provided by: Svetlana Savelyeva

### Ingredients

Onion - 400 g  
Carrot – 300 g  
Fish (any kind of fillet) – 1 kg  
Tomato Pasta – 2 table spoons  
Lemon juice – 2 tea spoons  
Salt, pepper – 1 tea spoon

### Direction

- Peel and chop onion and carrot
- Put some oil in the pan and heat it
- Sauté the onion until it is a nice golden color
- Add carrot to onion and sauté them together
- Add tomato pasta, lemon juice, salt, and pepper
- Put a half of this mixture at the bottom of the pan which you will use for baking
- Put fillet of the fish on it
- The last part of fried onion-carrot mixture on the top of fish
- Bake about 30-40 minutes temperature - 220-230 C

Name of Recipe: Oven-roasted Vegetables

Country: unknown

Use: lunch or as a side with dinner

Provided by: Grace Wong

### Ingredients

1 small butternut squash, cubed  
2 red bell peppers, diced  
1 sweet potato, cubed  
1 zucchini  
1 eggplant  
2 carrots  
1 red onion, quartered  
1 tablespoon chopped fresh thyme  
2 tablespoons chopped fresh rosemary  
1/4 cup olive oil  
3 tablespoons balsamic vinegar  
Salt and black pepper

### Directions

- Preheat oven to 475 degrees F (245 degrees C).
- Combine the vegetables in a large bowl
- In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
- Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned

### Note

Dried herbs can be used instead of fresh herbs.

You can substitute different types of vegetables for this recipe.

Name of Recipe: Vegetable Burrito

Country: unknown

Use: lunch or dinner

Provided by: Grace Wong

### Ingredients

8-10 tortillas

1 can refried beans

1 tsp vegetable oil

1 clove garlic, crushed

1 cup chopped onions

1/2 cup cubed carrots

1/2 cup chopped zucchini

2 green peppers, diced

2 tomatoes, chopped

1 cup shredded cheddar cheese

Salt and black pepper as desired

### Directions

Preheat oven to 425 degrees.

In a large skillet, heat oil over medium heat; sauté garlic, onion, zucchini and carrot until tender. Add salt and pepper to taste. Assemble burritos. Working with one tortilla at a time, spread 3 tablespoons refried beans on each tortilla. Top with 1/2 cup vegetables; sprinkle with cheese. Roll up tortilla and put it in a baking pan. Cover pan with foil; bake 15 minutes.

### Note

You can substitute different types of vegetables for this recipe.

Name of Recipe: Nikujaga (meat and potato)  
Country: Japan  
Provided by: Mai Nagao

### Ingredients

4 potatoes  
1 onion  
200 g beef (thin sliced)  
3 tsp green peas  
3 tsp salad oil  
3 tsp sugar  
2 tsp Japanese sake  
4 ½ tsp soy sauce  
2 cups water  
2 tsp Japanese mirin (sweet sake)

### Directions

- Cut the beef to approximately 3-4 cm in length, cut the onion and potatoes to bite-size pieces
- Heat the onion in a pot on medium heat with salad oil until onion becomes slightly transparent
- Add beef and potatoes to the pot and stir-fry
- When the beef is fully cooked, add water, then add only 2 tsp each of sugar, sake, mirin, soy sauce. Heat in high heat with the lid on until it comes to a boil. Lower the heat after boiled.
- When the base sauce is half done, add the rest of soy sauce, sugar and close it with a lid again
- Boil until base sauce is mostly gone (stirring occasionally), then add green peas. In high heat stir for a couple of minutes, then done

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## *Desserts*

Name of Recipe: Banana Walnut Cake  
Country: Malaysia  
Use: dessert  
Provided by: Ban Chan

### Ingredients

1 ½ cup flour  
2 tsp baking powder  
½ tsp baking soda  
½ tsp salt  
2 eggs  
½ cup sugar  
2-3 mashed bananas  
1/3 cup oil  
½ cup milk  
Chopped walnuts, as much as you like

### Directions

- Mix flour, baking powder, baking soda and salt together
- In a separate bowl, mix eggs, sugar, bananas, oil and milk well
- Sift flour mixture into the wet ingredients, and mix well
- Pour batter evenly into greased loaf pan and top with walnuts
- Bake in oven preheated to 360° F for 40 minutes or until a toothpick inserted into the cake will come out clean
- Let the cake cool in the pan for 10 minutes
- Slice and serve

Name of Recipe: Balahsham

Country: Sudan

Use: dessert

Provided by: Siham

### Ingredients

3 eggs

1 cup milk

2/3 cups canola oil

1 tsp baking powder

3 cups flour

Pinch of salt

1 tsp cinnamon

Oil for frying

2 cups icing sugar

Syrup: 1 cup water + 1 tsp lemon juice + 1 tsp vanilla extract

### Directions

- Beat eggs, milk, canola oil, baking powder, flour, salt and cinnamon together well, then mix by hand
- Heat oil for frying
- Drop batter in tablespoon-sized portions into hot oil and cook until red and puffy balls (these are the balahsham balls)
- Remove and drain on paper-towel or a rack. Sprinkle with icing sugar.
- To make the syrup, boil the water and sugar, then add lemon and vanilla and remove from heat
- After the syrup cools, pour over balahsham balls



Name of Recipe: Gerdui (walnut cookies)  
Country: Iran  
Use: Dessert  
Provided by: Zarintaj

### Ingredients

2 tsp cinnamon  
1 tbsp baking powder  
1 stick of butter at room temperature  
½ cup sugar  
3 eggs  
1 cup walnuts  
3 apples, peeled, seeded and diced  
1 tbsp vanilla extract  
Flour (as needed, see below)  
½ cup milk, warm  
1 cup powdered sugar

### Directions

Separate egg yolks from the whites. Mix egg yolks with ½ cup sugar. Add butter and continue mixing, then add the milk, vanilla and baking powder. Using your hands, add flour and mix the dough. Keep adding flour until the dough stops sticking to your hands. In another bowl, add the powdered sugar to the egg whites and mix at high speed until fluffy. Roll the dough in a baking sheet and add a layer of apples topped with layer of walnuts, then finish with the egg white mixture on top. Cover the entire mix with tin foil and bake for one hour at 250-300 degrees until the top is light brown in color. As soon as you take the tray out of the oven, cut the 'cake' into squares to make into cookies, allow to cool before serving. Enjoy!