



You are Here:
The Belonging Project

Y4Y Québec

A D A T E

W I T H T H E

D I A S P O R A

recipes and stories from across space and time

Secrétariat aux relations
avec les Québécois
d'expression anglaise

Québec 

Dear reader,

This zine was co-created by Tara Ohri and Chloe Rodriguez of Y4Y Québec as part of The Belonging Project. Y4Y is a youth organization focused on building solidarity among the English-speaking minority communities of Québec.

Our goal with this zine is to create space for discussions around the themes of community and identity. Food is important in filling the spaces left in the hearts of communities that are forced to migrate and leave their homelands.

Food is medicine. Food is nourishment. Food is the reverberating laughter of ancestors. We consume food but food also consumes us. Giving us love and supporting our growth.

Thank you to all our contributors for your offerings of recipes, images, and stories. This zine is a portal into generational knowledge and love. A gift from the Earth that has found you across the barriers of space and time.

We wish you many more meals shared with your loved ones: past, present, and future. ♥

This zine was created and shared on the island of Tiohtià:ke is situated on unceded Kanien'kehá:ka territory. We thank the past, present, and future Indigenous stewards of these waters, land, and animals. It is imperative to build solidarity with Black and Indigenous communities who have led decolonisation efforts since time immemorial.

Submitted by: Ninh Khuong

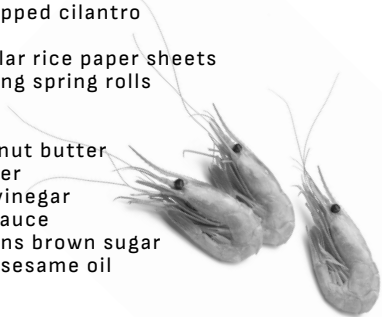
Food is a central part of my Vietnamese culture. When I first moved to New Brunswick, it was difficult to find Vietnamese cuisine in the city where I lived so I learned to cook Vietnamese food at home. I feel connected to my culture when I prepare the food and a sense of joy when I share my food with friends and family.

Spring Rolls

- 18 medium shell-on shrimp
- 250 g thin rice vermicelli, cook according to instructions
- 1 large carrot, peeled and slice into matchsticks
- 1 cucumber, sliced into matchsticks
- 1 red bell pepper, sliced into matchsticks
- 1/2 cup roughly chopped cilantro
- 12 pieces of lettuce
- 12 large 22cm circular rice paper sheets
- warm water for rolling spring rolls

Peanut Sauce

- 1/2 cup creamy peanut butter
- 1/2 cup filtered water
- 2 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 1/2 to 2 tablespoons brown sugar
- 1 teaspoon toasted sesame oil



Instructions:

1. Mix all the dipping sauce ingredients together and set aside.
2. Wet the rice paper, then layer it with 1 piece of lettuce, small pinch each of rice noodles, carrots, cucumber, red bell pepper, and cilantro over the center of the lettuce leaf.
3. Add 3 pieces of shrimp in the center then roll up the rice paper by folding the left and right side then top to bottom.
4. Serve spring rolls with dipping sauce.

Crystal Skin Dumplings and Dumpling Worms Submitted by: Chloe Merritt

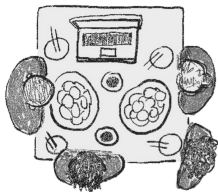
This non-traditional lunch reminds me of visiting my grandparents in Victoria during the summers as a kid. After breakfast, my mom would lead us out to the beach and stay until it got cold, my cousins, brother and I needed showers, and were hungry for dinner. Like a lot of Cantonese families, my grandparents cook food and cut up fruit to show love. Even now when I go home to visit, they always give me Cantonese food – always on a foam tray covered with a plastic produce bag. The dumpling worms are special to me because even though I don't speak Cantonese, I spent a lot of time with my grandparents "helping" make the dumplings by making these little worms instead.

Materials of Note

- Tortilla press (a very Chinese Canadian approach to dumpling-making, my Popo found a tortilla press in her local Mexican grocery store and has not looked back since)
- Bamboo steamer
- Styrofoam trays, reused from grocery store produce, and washed.
- Clear plastic produce bags

Ingredients

- Wheat starch
- Tapioca starch
- Oil or lard
- Shuǐjīng jiaozi filling (or whatever you want)
- Soy sauce
- Oranges
- Green grapes



Directions

1. Make the dough.

Measure out one part tapioca starch and two parts wheat starch. Add a little of the starch mixture to two parts boiling water to form a paste. Add the remaining starch, mix, and add 3-ish teaspoons of oil or lard. Mix again until combined. Let rest 5 minutes under a towel.

2. Make shuǐjīng jiaozi filling.

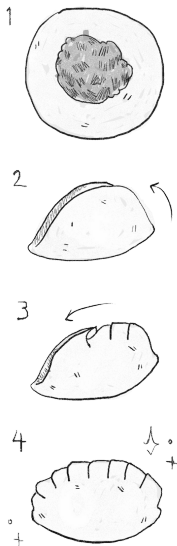
Call it har gow filling because you don't speak Cantonese and don't know the names of dim sum dishes. Classic filling consists of pork, Chinese greens, and shiitake mushrooms. If you're making dumplings with your vegetarian cousin, use bamboo shoots and no pork.

3. Make the dumpling wrappers.

Cover the tortilla press with plastic wrap; this will make removing the dumplings easier later. Take some dough out of the bowl, cut into pieces, and roll into small balls. Gently press each ball into a flat disc.

4. Make the dumplings.

Put filling into the dough circles and fold into dumplings. Place into bamboo steamer baskets and steam in batches.



5. Make the dough snakes.

When you inevitably get bored of helping your grandmother in the kitchen, begin taking small pieces of dough and rolling them between your palms to make little worm shapes out of dough. Add these to the steamer baskets along with the dumplings. When you run out of filling, use the rest of the dough to make these worm shapes.

6. Prepare the fruit.

While the dumplings are steaming, put the grapes into one plastic produce bag with a cold, damp, paper towel. Cut up the orange into slices. Put the slices on a foam tray, wrap the foam tray inside a produce bag.

7. Pack bag.

Remove the dumplings and worms from the steamer and fill another foam tray. Again, wrap the foam tray inside a produce bag. Pack all the food and packets of soy sauce in a large tote bag.

8. Go to the beach.

Unwrap all the food and spread out on a beach towel. Dip the dumplings and worms into soy sauce and enjoy. Fair warning: it's not a true beach lunch if you don't get a little sand in the food.

Note: If you're not dedicated to reliving key childhood memories, the dumpling worms are an easy way to make use of extra dough and are delicious when dipped in soy sauce, sriracha or oyster sauce. When part of a larger meal, get a lot of the joy of homemade dumplings without the time-consuming folding and filling.

Venezuelan Arepas

Submitted by: Fernanda Rengel

An arepa (pronounced like ah-rep-ah) is essentially a sandwich that can be stuffed with absolutely anything. It's a prominent food in Venezuelan and Colombian cuisine, but Bolivia, Panama, and a few other South American countries have them, as well. Normally, in Venezuela, people stuff their arepas with black beans, pulled pork, cheese, avocado, and/or chicken. Growing up, I ate these for breakfast every single morning. The following recipe will make 4 large arepas, or several tiny ones, according to your preference.

Ingredients:

- 1 cup of white corn meal
- 1 1/4 cup water
- 1 tsp salt
- 1 tsp oil OR melted butter

Instructions:

1. Mix all ingredients in a large bowl until incorporated.
2. Separate and roll the dough into 4 balls, and flatten them into disks of your preferred thickness. If the dough is sticking to your fingers, add more flour.
3. Heat oil in a large skillet over medium heat and fry arepas until golden brown. This should take around 5 minutes per side if they are large arepas, and 2-3 minutes per side if they are tiny arepas.
4. Rest arepas to cool on a paper towel for a few minutes.
5. Cut arepas in half, and fill them with the stuffing of your choice.

Voilà, you have arepas!!!



GINATAANG BILO-BILO

FILIPINO SNACK/DESSERT
HOT OR COLD

FOR 6 SERVINGS:

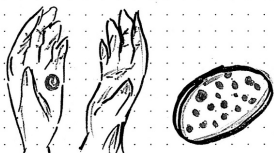
- 2 CUPS GLUTINOUS RICE FLOUR
- 1 CUP WATER
- 2-3 CUPS WATER
- 2 CANS COCONUT MILK/CREAM

* IF AVAILABLE, PANDAN LEAVES FOR AROMA

- 1/2 CUP COOKED TAPIOCA PEARLS
- 3/4 CUP SUGAR
- 2 BIG SWEET POTATOS/UBE (PURPLE YAM)
- 4 PC. PLANTAINS
- 1 CUP JACKFRUIT

HOW TO PREPARE GLUTINOUS RICE BALLS

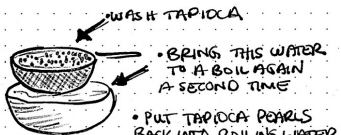
- MIX 1 CUP OF WATER
- 2 CUPS GLUTINOUS RICE FLOUR



FORM INTO BALLS WITH YOUR HANDS.

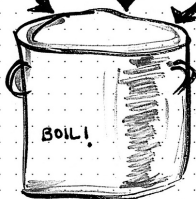
HOW TO COOK TAPIOCA PEARLS

- 4-5 CUPS OF WATER TO BOIL
- ADD TAPIOCA PEARLS (10 MINS)
- STRAIN OVER BOWL (KEEP WATER)



- PUT TAPIOCA PEARLS BACK INTO BOILING WATER
- COOK UNTIL TRANSPARENT NO DOT IN MIDDLE → (6)

2 CUPS WATER
COCONUT MILK
SUGAR



- ONCE BOILED, ADD SWEET POTATO/UBE
↳ 5 mins, stir occasionally
- ADD PLANTAIN
↳ 3-5 mins
- ONCE ALMOST COOKED, ADD STICKY RICE BALLS → 5 mins
- 💡 YOU KNOW THEY'RE DONE WHEN THEY'RE FLOATING!
- ADD JACKFRUIT + TAPIOCA PEARLS
↳ 3-5 mins)
- IT WILL CONTINUE TO THICKEN AFTER COOLING.

SOME QUESTIONS TO THINK ABOUT:

BY: D.L.C. NARDO

- HOW DOES FOOD CONNECT TO HOME?
- CAN YOU REMEMBER BEING TAUGHT TO COOK? WHAT WAS THE DISH? HOW DID IT FEEL?
- WHAT IS "AUTHENTICITY" WHEN THINKING OF CUISINE IN THE PERSPECTIVE OF DIASPORA?
- HOW DOES FOOD EVOLVE?
- WHAT MAKES FOOD MAKING SUCH A STRONG PART OF CREATING COMMUNITY?

Submitted by: Andi Vicente







Teta Siham's Warak Enab
Submitted by: Francesca Mourad

The moment I realized Warak Enab were my favourite happened when I was 18, it had probably been my 100th time eating the dish. I was coming home from Montréal for my first winter break after four months of living 9000km away from where I grew up. It was 4am when I got home, everyone was sleeping except for my dad who had picked me up from the airport. I walked into the kitchen and opened the fridge hoping for a quick snack, and I found them. A Tupperware full of the rolled stuffed vine leaves, waiting for me with a sticky note on the cover that read: "sahten kiki" (bon appétit in Lebanese, followed by my childhood nickname). I don't know how my grandmother had known that her Warak Enab were what I had missed the most during my absence. I hadn't even realized it until I was eating them cold, straight out of the container.

Yields: around 70 overstuffed Warak Enab or 140 adequately stuffed ones

Ingredients:

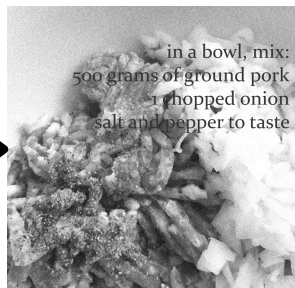
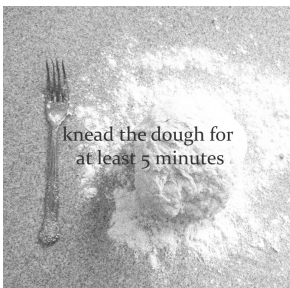
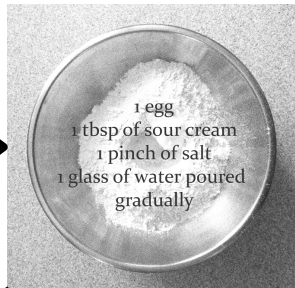
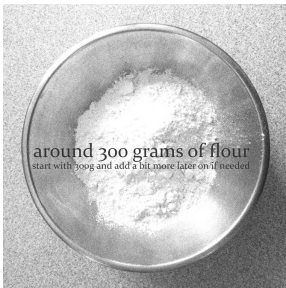
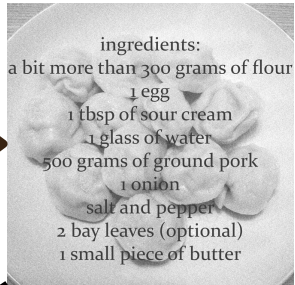
- Grape leaves, as many as you can pick off the vines (or a jar if you live 9000km away from the grapevines you grew up with)
- 400g ground beef
- 2 cups of rice
- Small piece of butter (based on my results, no more than 1 tablespoon)
- 5 tbsp vegetable oil

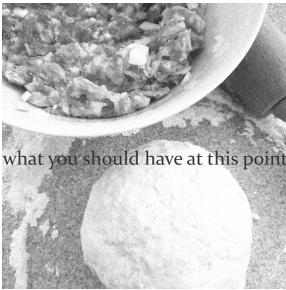
- Salt and pepper to taste
- 1 big tomato
- 1 big onion
- Garlic (optional, my mom is allergic so Teta Siham's recipe is garlic-less)
- 1 lemon
- 1 to 2 L of stock

Instructions:

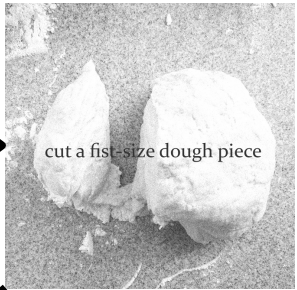
1. Mix the rice, ground beef, butter, 4 tbsp of vegetable oil, salt, and pepper to make the stuffing
2. If you're using grape leaves from a jar, rinse the brine off.
3. Place a thin line (thin! The rice gets big, I learned that the hard way) of stuffing in the middle of the leaf, fold top and bottom to secure then roll.
4. Once you've rolled everything, prepare the pot: In the bottom of the pot, put the remaining tbsp of vegetable oil.
5. Slice the tomato and onion and place the slices on top of the oil, add a pinch of salt, and a few cloves of garlic if you want.
6. Place the rolls on top of the tomato/onion slices. Make sure to place them in tight rows. Add about 1 L of stock and the juice of 1 lemon.
7. Bring to a boil uncovered. Once it starts boiling, lower to a simmer and place a plate on top. Not on top of the pot, on top of the rolls, so it puts pressure on them and keeps them intact.
8. After 45min to 1hr, check to see if cooked through. If the rice isn't fully cooked, add more stock and leave for an additional 20-30min

Submitted by: Agathe Leroy

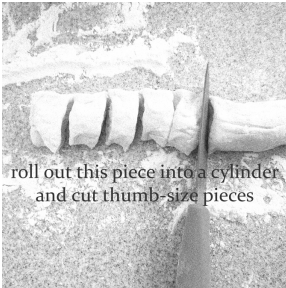




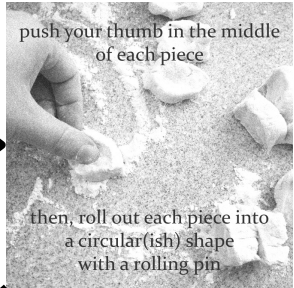
what you should have at this point



cut a fist-size dough piece



roll out this piece into a cylinder and cut thumb-size pieces

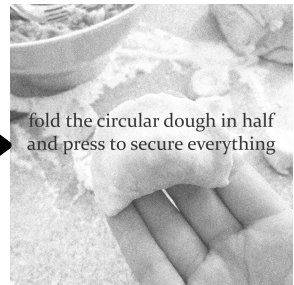


push your thumb in the middle of each piece

then, roll out each piece into a circular(ish) shape with a rolling pin



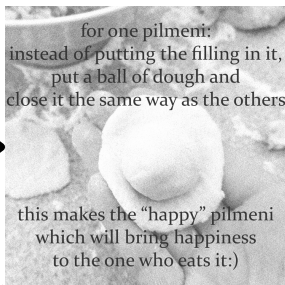
put the filling in the center



fold the circular dough in half and press to secure everything

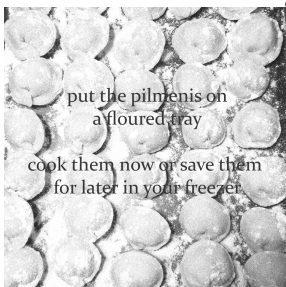


press the two extremities together so as to make a circular final shape

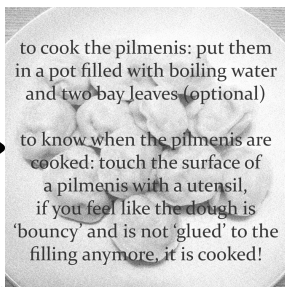


for one pilmeni:
instead of putting the filling in it,
put a ball of dough and
close it the same way as the others

this makes the "happy" pilmeni
which will bring happiness
to the one who eats it:)

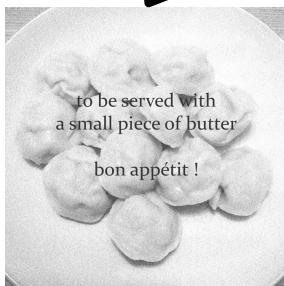


put the pilmenis on
a floured tray
cook them now or save them
for later in your freezer



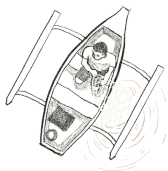
to cook the pilmenis: put them
in a pot filled with boiling water
and two bay leaves (optional)

to know when the pilmenis are
cooked: touch the surface of
a pilmenis with a utensil,
if you feel like the dough is
'bouncy' and is not 'glued' to the
filling anymore, it is cooked!



to be served with
a small piece of butter

bon appétit !



Submitted by: Chloe Rodriguez
an excerpt from an illustrated story

Meals are an inherently shared experience. The significance of food and cooking encompasses personal, communal, and collective histories.

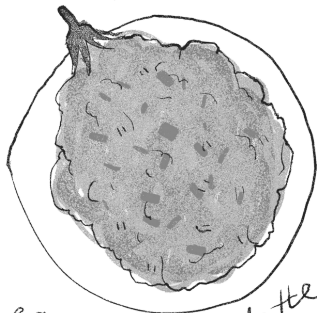
Sinigang is my roommate's favourite Filipino dish, especially when it is made by her grandmother.

SINIGANG NA
HIPON



tamarind soup with
shrimp & veg

TORTANG
TALONG

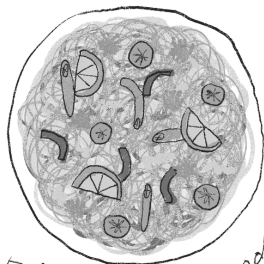


eggplant omelette

In a time of enhanced isolation, understanding these links between food and shared history feels even more valuable. Transnational eating is transnational unity.

Tortang talong is the first Filipino meal we ever cooked with our friends. If you don't poke the eggplant, it explodes in the oven.

PANCIT



Filipino rice noodles

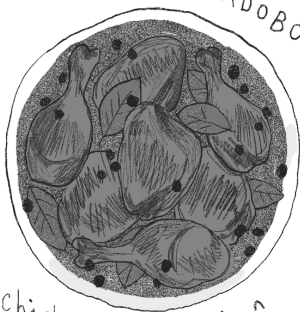
By learning more about the multifaceted history and cultural practices surrounding our food, we recognize its role in mending spatial dislocation.

There are over a hundred different ways to make adobo, but my favourite is from my mom's side of the family: accompanied by boiled eggs

Culinary rituals are not just about trying to recreate an "authentic" experience. While nostalgia and acknowledgement of the past are powerful components, it's also about creating a continuous site of resonance.

It is tradition to eat pancit noodles on your birthday, as they symbolize long life.

ADOBO



Chicken marinated in soy sauce, garlic, vinegar, bay leaves, & peppercorns

hey, have you eaten yet ?

Delivered

