

# Global Cookbook

November, 2022



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## Canadian Inspired Sri Lankan Salmon Rolls



### **Sweet chili sauce**

128g water  
100ml rice vinegar  
50g sugar  
8g minced ginger  
4g minced garlic  
200g red peppers  
100g ketchup  
8g corn starch  
8g cold water

1. Pour water, sugar and vinegar into a pan and bring to a boil on high heat.
2. Small dice the red peppers and add to pan along with the garlic and ginger.
3. Add ketchup and simmer for five minutes.

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4. Combine cold water and cornstarch. Stir into hot pot. Allow to simmer for 1 minute.
5. Transfer to a bowl and chill.

## **Salmon rolls**

500g salmon fillet  
300g potato  
100g onion  
15g garlic  
20g ginger  
20g green chili  
100g curry leaves  
150g carrot, grated  
18g red chili powder  
3g turmeric powder  
6g curry powder

1. Poach the salmon (4-5min) and simmer potatoes separately until soft and tender. Drain and reserve.
2. Cut onion in small dice and sauté in pan along with minced ginger, garlic and green chili until translucent.
3. Chop curry leaves and add to the pan.
4. Add all the spices, grated carrot, and sauté until soft.
5. Mash the potatoes and flake the fish, add to the above mixture. Combine and season.

## **Crepes**

500g all-purpose flour  
1ea egg  
200g water

1. Prepare crepes by mixing flour, eggs, salt and water. Batter should have syrup consistency.
2. Heat oil in 8" nonstick pan and spread 50 ml of batter over the bottom of pan. Cook 1 min per side.

## **Breading**

3ea eggs  
700g breadcrumbs  
Prepare standard breading station.

1. Place 75g of filling in each crepe. Tuck in edges and form a roll.
2. Bread each roll and deep fry in 350F oil until golden.
3. Serve with chili sauce.

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**Amy Abayakoon**

I love cooking dishes representing my home country and always enjoy adding my own personal twist to the recipes. I was taught the way around our local spices while growing up as a kid watching my mother in the kitchen and always adored how a simple spice can bring a whole new flavour to the dish. I hope to influence people to expand their horizons and explore through all cultures.

**Rohan Gogia**

I have been fond of making various cuisines since childhood , I always used to see videos on YouTube to make a better version of any dish that tried maybe outside at a restaurant or someplace else, I have always admired my grandmother as she had so much knowledge about everything that she used to make, plus she would even lay down benefits of it, which was something that made me make healthier versions of food so that when I am craving something that is unhealthy but tasty, then I could make the same thing by using the better ingredients to make a healthier version of it .

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## Caribbean Seafood Trio



### **Coconut shrimp**

45g panko crumbs  
40g shredded coconut  
8ea shrimp  
Salt  
Pepper  
30g all-purpose flour  
1ea egg  
100ml oil

1. Combine panko crumbs and shredded coconut in a large bowl and set aside for later.
2. Clean the shrimp by peeling and deveining them. Dry with a paper towel. Then season with salt and pepper
3. Coat the shrimp in the flour and then dip in the whisked egg.
4. Then coat the shrimp with the panko and coconut mixture individually
5. Deep fry in oil heated to approx. 340F until golden brown for about 2-3 minutes
6. Drain on a layer of paper towel, and season lightly with salt.

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## **Coconut roti with smoked salmon and cream cheese**

100g all-purpose flour  
60g shredded coconut  
15g butter  
1ea egg  
2ml salt  
60ml water

1. Sift the flour to a large bowl and add the shredded coconut, butter, egg and salt. Then mix all together.
2. Add water little at a time and form into a dough. Dough should not be sticky.
3. Break dough into small balls as required and flatten into thick discs.
4. Lightly oil a pan and cook the roti on medium heat on both sides.

## **Cream cheese spread**

118ml cream cheese  
15ml mayonnaise  
10g garlic, minced  
30ml dill, chopped

1. Mix all ingredients together in a small bowl and smash with a fork into a spread

## **Smoked salmon**

200ml cold water  
7ml kosher salt  
7ml brown sugar  
2ml garlic powder  
2ml paprika  
400g salmon

1. Combine all ingredients in a container with a lid.
2. Add fish in brine for 45-90 minutes in the fridge.
3. Remove fish from brine and wash with cold water and then dry.
4. Smoke fish at 175-200F for 25-40 minutes.
5. Cool immediately.

## **Pineapple chutney**

100g sugar  
50g water  
15ml vinegar  
30ml cornstarch  
300g fresh pineapple (cubes)  
50g pineapple juice

1. Combine all ingredients except cornstarch in medium saucepan.
2. Cook for about 15 mins on low heat.
3. Make slurry with cornstarch and add.
4. Bring to a boil and then remove from heat.
5. Serve on side with appetizers.

## **Codfish fritter with fried plantain**

### **Fried plantain**

1 whole green plantain  
TT salt  
100ml oil (for frying)

1. Peel green plantain and cut them on the bias at 2 inches thick.
2. Add salt to plantain.
3. Heat oil in medium frying pan on medium heat. About 3 inches deep.
4. Lightly fry plantain on all sides until lightly coloured.
5. Remove from oil and lightly cool. When cool enough to touch, place plantain between a tea towel and press until flattened.
6. Return to oil and fry until crispy and golden brown.
7. Remove from oil and drain excess oil in paper towel.

**Codfish fritters**

75g salted cod  
60g all-purpose flour  
2.5ml baking powder  
1ml paprika  
1ml black pepper, ground  
1ml granulated garlic  
30g Roma tomato (Brunoise) E.P  
1stalk green onion, thinly sliced  
20g white onion, chopped  
2.5ml scotch bonnet pepper, finely chopped  
70g water  
150ml oil (for frying)

1. Boil salted cod in water for 5-7mins. Drain the water and rinse twice to remove excessive salt.
2. Flake cod into small pieces or use a knife to chop.
3. Combine cod, flour, baking powder, black pepper, paprika and garlic in medium bowl.
4. Add water and mix. Add in Roma tomato, scotch bonnet pepper, green onion and white onion and stir to combine.
5. Pre-heat the oil about 1/2-inch-thick on bottom of frying pan to about 340F.
6. Using small scoop, shallow fry fritters in a medium frying pan until golden brown. When done, remove from oil and place on paper towel to remove excessive oil.
7. Serve with plantain.

**Yanique Saunders**

Being from the Beautiful island of Jamaica, our menu is inspired by the Tropics. We bring warmth, sun, sand and sea in the form of delicious, flavourful and creative food that you will love. My philosophy on food has always been to create a masterpiece that amazes all 5 senses with every single bite. My passion is pastry and decorating but I have had the experience of creating awesome food from cuisine from all around the world. My ultimate dream is to own a Pastry Shop that will create a smile on people's faces as they step in. Let's face it, we all have a sweet tooth! I'll just help you to embrace it.

**Nishara Fernando**

I grew up watching my mother bake and had a passion for baking ever since. I love baking cakes and recently I have developed a passion for cake decorating. I enjoy illustrating my imagination on every cake I bake so that it tells a story. Two words that would describe my decorating style would be simple yet elegant. I grew up in Sri Lanka, a tropical country, and it has inspired me to do a tropical themed menu as it will allow me to recreate my background and share with others in a creative way.

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## Mediterranean Pogaca with Layered Pear Bruschetta



### Preparing pear layers

2ea Pear

1. Pre-heat oven to 200F. Line sheet pan with silicone mat.
2. Using a mandolin, slice the pear into 3mm thickness. Remove seeds from all the slices. Place the pears onto lined sheet pan, making sure the pears do not overlap.
3. On top of the pears, put another silicone mat and sheet pan for the first 30 minutes of baking then remove it. Reduce the oven temperature to 175F.
4. Bake for another 2 hours or until its completely dry and translucent.
5. Set aside and let it cool until ready for assemble. (Allowing it to cool will make the slices crisper)

**Bruschetta**

200g grape tomato-rainbow, diced small

10g garlic, finely minced

45ml basil, chiffonade

TT salt

TT pepper

1. Cut grape tomatoes into small dice. Add garlic and basil. Toss in apple kombucha vinaigrette. Season with salt and freshly ground pepper.
2. To assemble: Place a slice of dried-pear into a plate then add tomato mixture on top. Repeat for three times.

**Pogaca**

30g milk, 2%

180g water

500g bread flour

3g instant yeast

8g sugar

3g salt

115g vegetable oil

1ea egg

1. Straight dough method.
2. Warm the milk and water to 105F.
3. In a stand mixer with dough hook attachment, mix all the ingredients and pour the lukewarm liquid. Mix for 5 minutes at speed 2.
4. Allow the dough to rise, covered, for 60 minutes at 80F (27C).
5. Roll the dough and cut circles using 2 ¼-inch round cutter.
6. Fill the dough with the filling. Shape the dough as shown in the picture.
7. Egg wash and bake at 350F for approximately 15-20 minutes.

## **Pogaca filling**

50g feta cheese

20g olive, kalamata

70g roasted red bell pepper

5ml oregano, dry

TT salt

TT pepper

1. Roast red bell pepper in 400F oven until soft and charred.
2. Small dice olives and roasted red bell pepper.
3. Mix all ingredients in a bowl.
4. Season with salt and freshly ground pepper.

## **Basil oil sauce**

40g basil leaves

65g olive oil

5g lemon juice

TT salt

TT pepper

TT sugar

1. Puree all ingredients in a blender or food processor.



**Glesy Panaga**

Soups and stews paired with rice are the staple in a Filipino household. Through my time in Durham College, my knowledge of different cuisines and culinary techniques expands. This menu is created to show those skills and combine different flavours that will create a beautifully balanced dish. Michelin starred restaurants also inspires me to make aesthetically pleasing plates that will taste as good as it looks.



**Zehra Nur Ozer**

During my childhood in Turkey, I have always liked spending time in the kitchen to create new dishes. Later, I was fortunate to live in different countries and learn their cuisines from my friends. In time, culinary started to build up in me and became a passion. I realized that I wanted to explore further and decided to develop myself professionally. Therefore, I joined this program at Durham College. Having a degree in biology previously made me realize the similarities between the two. They both require focus, precision, and detailed work. You must always try your best since both fields are time-sensitive and need attention.

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## Vietnamese Spring Rolls with Pork, Shrimp and Vegetables



### **Vermicelli**

200 g rice vermicelli noodles

1. Soak vermicelli noodles in cool water for 30 minutes before placing in boiling water for 15 minutes. Add salt and oil. Once tender, drain the noodles and let cool.

### **Pickled vegetables**

100g carrot

80g Chinese white radish

80ml white vinegar

1. Cut carrot and Chinese radish into julienne and soak it in vinegar for 20 minutes.

## **Pork**

200g pork tenderloin

200g red onion, medium diced

1. Simmer pork tenderloin in hot water with salt and onion medium dice for 15 to 20 minutes. Check the pork with thermometer to ensure it reaches 165F, and then drain it.

## **Shrimp**

250 g shrimp

1. Remove the shell and tail of the shrimp. Simmer in water for 3 minutes until the shrimp changes to pink color. Remove from simmering water and rinse with cool water.

## **Fish sauce**

30g red chili

25g garlic

70ml lemon juice

80ml fish sauce

50g sugar

1. Cut red chili and 25 grams garlic into small dice. Stir in fish sauce, lemon juice, 125 ml water and 50-gram sugar.
2. Add in pickled vegetables from above

## **Peanut sauce**

30ml oil

25g minced garlic

20ml tamarind

20ml peanut butter

80g peanut

50g sugar

125ml hoisin sauce

1. In a separate pan over medium heat, add oil and 25 grams minced garlic in the pan, stir it and then add hoisin sauce, peanut butter, tamarind, 50 grams sugar and 125 ml water.
2. Stir all ingredients and simmer for 5 to 10 minutes. Meanwhile, roast peanuts in other pan until the skin loosens.
3. Grind or finely chop peanuts and sprinkle it on top of the sauce.

## **Assembly**

120g rice paper  
250g lettuce, romaine  
80g perilla  
100g garlic chives  
80g bean sprouts  
150g cucumber, sliced

1. Brush water on top of rice paper, place lettuce on bottom and then perilla leaf, slice cucumbers, bean sprouts. Roll all vegetable one round and then add pork, shrimp and garlic chives.
2. Wrap and fold tight. Make sure the garlic chives are not sticking out, trim if too long.
3. Place the spring roll and two sauces on a large plate. Garnish with vegetables and serve.

**Christine Kozminski**

I was raised in the vibrant, happy Filipino culture; these dishes, “Adobo,” and “Maja Blanca,” were inspired by the aromatic kitchens of my grandmothers. They were devotees of farmers markets and organizers of impromptu family gatherings. Sharing plates of food across the dining table is the essence of all mother cuisines; it’s time for me to carry the tradition and bring new life to it! These nostalgic dishes have humble beginnings, and now they’ve been elevated by DC’s culinary program, where I was able to improve techniques, develop flavours, and learn various methods of cooking!

**Tan Thang Do**

Learning how to become a chef was a big challenge that I was prepared to undertake when I enrolled in culinary school. I felt encouraged as days went by, especially when I began learning more about ingredients and visualizing myself cooking for my loved ones, and sharing my love of cooking with them. I realized my passion has grown deeper, because it makes me feel happy, and it gives me a sense of purpose. One of my favourite cooking styles is Vietnamese cuisine which I proudly exhibit in this cookbook.

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## Char Siu



1.5kg pork tenderloin  
80ml hoisin sauce  
80ml soy sauce  
30ml dry sherry wine  
30ml honey  
30ml brown sugar  
20g garlic  
30 ml five spice powder

1. Combine in a large bowl hoisin, soy sauce, dry sherry, honey, brown sugar, garlic and the five-spice powder. Pour half into a bowl, and keep half in reserve for later.
2. Add the pork to the bowl, and marinate for 1:30 to 2:00 hours. Preheat oven to 350°F. Once marinated, remove the pork from the marinade and place it onto a large cast iron pan.
3. Place the pork into the oven and roast for 12 minutes, before flipping and basting with reserved marinade, flip and baste once more for a total of 24 minutes of roasting.

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4. After the 24-minute roasting period is complete, broil the tenderloin for an additional 4-5 minutes, until the tenderloin has developed a slight crust and has reached an internal temperature of 165F.
5. Remove from the pan, and allow to cool. Cut the pork width wise into thin, less than 1cm slices, and set aside.

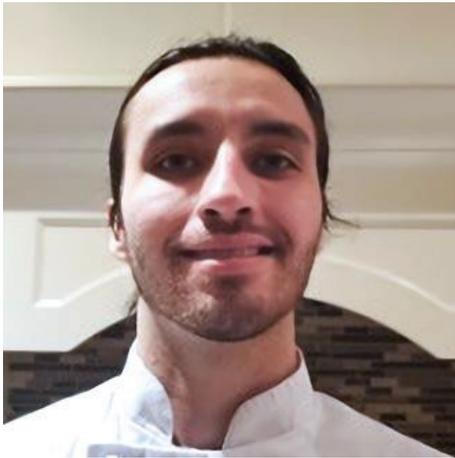
**Mackenzie Moran**

My love for culinary started young, running around the kitchen of a family friends' restaurant. The little child watching and admiring the chef's craftsmanship and careful preparation of food, is now one of those chefs, creating dishes and recipes. I aspire and am driven to learn and integrate traditional preparation into my food, with a modern presentation.

**Zach McMaster**

I have always been incredibly passionate about food since I was just a little kid. I grew up in a household where I was lucky enough to be able to experience multitudes of different foods from all around world. I absolutely adore all types of foreign cuisines, and I always look forward to learning about the places these dishes come from. Joining the college has given me an incredible opportunity to hone my abilities and experience new and interesting challenges that I would not have encountered otherwise.

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**Lucas Charette**

I've been in love with the culinary industry since I started working in a kitchen when I was 18, around 6 years ago. One of my favorite styles is Asian cuisine, ever since I was young, but I haven't ever had an opportunity to experiment with a menu in that style, until now. I feel like it offers great potential to achieve delicious different flavor combinations, plus amazing plating designs, and I am looking forward to putting my ideas onto a plate!

## Pork Tenderloin Tacos



### **Pork**

400g pork, tenderloin  
60ml oil, canola  
300ml juice, orange  
300ml stock, chicken  
2 bottles beer, Corona  
30ml cumin  
20ml cilantro  
20ml oregano

1. Sear the pork in a pot over medium high heat, with 60 ml canola oil until brown on all sides,
2. Add chicken stock and orange juice to the pot along with beer, cumin, cilantro and oregano.
3. Braise covered in 350F preheated oven until the meat is tender and has reached an internal temperature of 75°C/165F (about 1 to 1.5 hours.)
4. Allow to cool. Small dice or shred the pork. Set aside.

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## **Pico de Gallo**

2ea chili, Amarillo/Jalapeno

4 cloves garlic

2ea tomato, Roma

0.5ea onion, red

1. Prepare pico de gallo by deseeding 2 Jalapeno, and cutting brunoise.
2. Small dice half a red onion, and 2 Roma tomato.
3. Mince 4 cloves of garlic add along with salt and pepper then reserve mixture for service,

## **Salsa Verde**

2ea Tomatillo

2ea Onion, White, Small Dice

2ea Lime, Fresh

4 cloves Garlic

2ea Chili, Amarillo/Jalapeno

30ml Cumin

30ml Oil, Canola

1. For the salsa Verde, peel and rough chop the Tomatillo along with 4 cloves of garlic, minced Jalapeno (optionally seeded depending on desired heat level), and 1 white onion.
2. Place rough chopped vegetables in hot pan with 30 ml Canola oil while adding 30 ml Cumin, and the Juice of 1 lime, cook until onions are tender.
3. Puree salsa Verde until smooth. Adjust thickness with additional lime juice or water as desired.

**William Sabyan**

Just as Chicken soup is good for the soul, I believe that all good food has the power to heal the Body, Mind, and Heart. I want to make food that makes people happy, and whole. there is a certain contentment found after eating a good meal as if all is right in the world. while good food itself may not lead to world peace I believe good begets good and maybe the people I feed will go on to make the world a better place.

**Ethan Tate**

I am very passionate about my cooking, the best part about it is the way that it brings people together. I am inspired by my family and friends as we cook and enjoy the food we make together. Because of the Culinary Management program, I have seen my culinary skills develop; this has allowed me to create better food and teach my friends the new techniques I have learned. Personally, I like these recipes because they display a lot of the skills and lessons I have learned over the past few years of school. These recipes also can easily be adjusted for more portions allowing more people to enjoy the food you create.

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## Vanilla Dashi Poached Salmon with a Honey Miso Glaze, Caramelized Leeks, and Crispy Okra



## Dashi broth

10g Kombu  
2L water  
15g Bonito flakes, smoked  
3g vanilla pod, sliced open  
3g star anise, whole  
45ml soy sauce  
20g ginger, peeled, sliced  
100g edamame, beans, pod removed

1. Using scissors, snip into the sides of the dried kombu before placing in a medium saucepan with the water. Heat the water and kombu until just below a simmer and maintain this temp for 10 - 15 minutes. DO NOT BOIL THE KOMBU - this will impart the water with a bitter flavour and the seaweed will become slimy.
2. Remove the kombu after the 10 - 15 minutes and skim the surface of the water. Add the smoked bonito flakes to the pot, bring to a boil for 30 seconds and then reduce heat. The bonito flakes will sink to the bottom of the pot, allow them to steep in the dashi for 10 minutes.
3. Strain the bonito flakes from the dashi broth and return broth to the pot. Add the vanilla pod, star anise, ginger, and soy sauce. Simmer on low for 20 - 30 minutes. Remove aromatics before blanching the edamame beans for 3 - 4 minutes.
4. Remove edamame and set aside for assembly.
5. Keep dashi broth warm (80 - 85C) for salmon.

## Miso honey glaze

10g garlic, minced  
20g ginger, peeled, grated  
32g white miso paste  
30ml honey  
15ml sesame seeds

1. In a bowl, combine minced garlic, grated ginger, miso paste, and honey to make a paste. This will be the miso honey glaze.
2. Set the paste and sesame seeds aside for assembly.

## Salmon

450g salmon, skin removed, divided into 4 equal fillets

1. In batches, poach salmon fillets in warm dashi stock for approximately 5 - 10 minutes or until internal temp reaches 130F. Remove from broth and set aside on a baking sheet until all fillets have been poached.

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2. Once poached, brush the tops and sides of each fillet with the miso honey glaze. Using a blow torch evenly caramelize the glaze over the salmon and then sprinkle with sesame seeds while still hot. Repeat until all fillets are glazed and finished with seeds.
3. Set aside for assembly.

## **Leeks**

400g leeks, peeled, trimmed, halved  
45ml olive oil  
10g salt, kosher

1. Cut leek halves into 3" long pieces, ensuring they are all uniform.
2. Heat a skillet over medium-low heat and add the oil once warm. Place leeks cut side down into the pan and caramelize, about 5 - 7 minutes. Flip over and repeat the process on the rounded side.
3. Once evenly caramelized, remove from heat, and season with salt.
4. Set aside for assembly.

## **Okra**

20g cornstarch  
2ml paprika, sweet  
2ml white sugar, granulated  
5ml salt, kosher  
80g okra, deseeded and julienned  
250ml canola oil

1. Combine cornstarch, paprika, sugar, and salt in a bowl and mix.
2. Toss okra threads through the seasoned cornstarch to coat and set aside.
3. Heat oil in a small saucepan to 350F. In small batches, fry coated okra threads for 2-4 minutes or until lightly golden. Remove them from the oil and set aside to drain on paper towel. Repeat until all the okra has been fried.
4. Season to taste and set aside for assembly.

## **Assembly**

In a bowl or shallow rimmed pasta plate, place two leek halves cut side up, before adding 180ml of warm dashi broth, and 25g of cooked edamame around the leeks. Gently place one glazed salmon fillet on the leeks perpendicularly to form an X. To finish the dish, garnish with 25g of crispy okra and a few pea shoots.



**Kate Rose**

The base of my food knowledge and experience came from growing up on a dairy farm in Southern Ontario and by working with the international agriculture community. This is where I began developing my passion about commitment to quality ingredients, delicious food, and community. Recently I've been learning about Japanese cuisine from Japanese Canadian friends and their families - I noticed that the values I mentioned above are also core to the way Japanese food is prepared and consumed, which is what helped inspire this menu.



**Shubham Narayankar**

My journey began in India cooking with my mom, and it has ventured into other cuisines as I grew up. Part of what moved me to go with Japanese-inspired and seafood-oriented cuisine was that for me, it is a departure from my comfort zone and an adventure into discovering an unfamiliar cuisine. With this menu, I have tried to introduce molecular gastronomy, while also keeping it simple; and create something that has not been done before, while keeping it true to its Japanese roots.

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## Vegan Lemon Lavender Tart



### **Tart shell**

250g dates, pitted

130g almonds

45g oats

45ml maple syrup

10ml coconut oil, divided

1.25ml salt

1. Boil hot water and cover dates, soak until soft (about 5 minutes). Drain and roughly chop dates.
2. Pulse almonds, then oats in a food processor. Process until coarsely ground.
3. Add softened dates, 5ml of coconut oil, maple syrup, and salt. Pulse until mixture looks like dough and holds its shape when pressed between fingers.
4. Grease tart shell pans with remaining coconut oil and press crust mixture into pans and chill in freezer for at least 1 hour.
5. Tart shells can remain in freezer until ready to fill. When ready to fill, remove tarts from molds prior to filling.

**Lemon lavender tart filling**

115g cashews

250ml coconut cream, divided

60ml maple syrup

30ml coconut cream

1ea lemon, zested and juiced

10ml lavender

2.5ml vanilla paste

2ml salt

*purple food coloring (optional)*

1. In a bowl, cover cashews in hot water and soak for 10-15 minutes. Blend until smooth with half the water they soaked in blender with 30ml of coconut cream.
2. In a small saucepot, mix cashew mixture, the remaining coconut cream, maple syrup, lemon juice, half of lemon zest, lavender, and salt.
3. Simmer over med-low heat for 10 minutes, stirring often.
4. Strain mixture and set aside to cool for 10 minutes. Mix in food colouring at this time, if desired. Pour into prepared tart shells.
5. Chill in freezer for 1 hour or until set. Alternatively, keep in refrigerator overnight to set.



**Amy Bonk**

The biggest goal I strive for with my cooking is inspiring others to think outside of the box. Vegetarian and vegan cuisine has always fascinated me. I love the unique approach to making ingredients often defaulted as side dishes the main attractions instead. Thus, Jordan and I wanted to make recipes that were exciting and approachable for anyone interested in cooking more plant-based dishes!



**Jordan Lyons**

One the goals I strive for when cooking food is that when they taste the food it makes them smile. The type of food that I usually cook is comfort food. I love making food for others and learning how to make different kinds of food has always made me interested in making food. I am very excited to make vegan food with Amy and learn how to make dishes while expanding my knowledge of culinary skills.

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## Roasted Balsamic Strawberry Napoleon Trio



### **Bread**

300g bread flour

5g yeast

170ml water

7.5g salt

1. Dissolve the yeast in water.
2. Combine activated yeast, water, salt and bread flour in a bowl and mix until incorporated. Cover with damp towel and rest for 30–40 minutes in a warm place.
3. Shape dough to make a baguette and proof until it has doubled in size. Bake at 400°F for 20 minutes.

200g red beets

100g all-purpose flour

5g salt

100g shallots, sliced

100ml dark balsamic vinegar

10g sugar

1 pint strawberry

15ml honey

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500g feta  
0.5ea lemon  
100g yogurt  
1ea avocado

4. Cut strawberries in half then toss them in balsamic and honey, put them on a tray display side up and bake at 200°F for 5 minutes. When removed from oven sprinkle sugar on strawberries.
5. Add feta and yogurt to food processor, add lemon juice and zest and blitz it until whipped.
6. Remove avocado pit and slice.
7. Slice baguette on a bias into long slices about 10 cm in length. Layer on avocado, feta cream, baked strawberry, crispy shallots and drizzle with vinaigrettes and reductions of your choice.

### **Crispy shallots**

1. Cut shallots into thin slices then dehydrate for 12 hours. When done crush up in a plastic bag.
2. Mix flour and dried beet powder, add sliced shallots and toss to coat. Shake excess flour off and deep fry until crispy.

Serves 4.

## Red Curry Chilean Seabass



320g black rice  
620g water  
2 cans coconut milk  
60g shallots, diced  
20g red curry paste  
250ml fish stock  
30g lemon juice  
10g sugar  
24oz Chilean seabass  
6ea carrots  
1ea red pepper  
1ea red onion  
1ea green pepper  
2 cups chickpea flour  
2tbls cumin  
2tsp salt  
1tsp turmeric

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1tsp cayenne  
1tsp cornstarch  
0.5tsp coriander  
0.5tsp baking powder  
1.5 cups water  
1tsp oil

1. Add 20 g of diced shallots, 15ml of oil and sweat in a saucepan until translucent. Add black rice, water, cover and cook until tender.
2. Sweat 40g of shallots in a little butter, add coconut milk, fish stock, red curry paste and bring up to simmer. Add lemon, sugar and season to taste. Adjust consistency with fish stock. Reserve.
3. Season seabass and sear in hot oil until skin is crispy. Flip fish and add 120ml of curry sauce. Roast in oven at 350F for approximately 10 minutes or until just cooked through.
4. Cut vegetables into julienne. Set aside.
5. Mix remaining ingredients to form a batter, add julienned vegetables. Gather small clumps of battered vegetables and deep fry until golden.



**Carla Valbuena**

I am a Latin/Portuguese woman looking for a refined cooking style that is modern, fun, and full of flavour. I support using sustainable food sources with a zero-waste philosophy. As cooking is an art and science it allows me to express myself and share my vision with others. I truly feel inspired to create when people enjoy a delicious meal.

## Grilled Octopus with Sliced Potato, Spinach and Parsley-Garlic Sauce



1ea octopus  
1 sprig lemon  
1 sprig thyme

### **Sauce**

75ml extra virgin olive oil  
1 sprig parsley, chopped  
2ea garlic cloves, chopped

### **Potatoes**

500g medium Yukon potatoes  
2ea garlic cloves, chopped  
100g butter  
100ml milk  
TT salt

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## **Spinach**

30ml olive oil  
150g onion, diced small  
2ea garlic cloves, chopped  
200g spinach  
TT salt and pepper

## **Tuile**

30ml olive oil  
90g water  
10g flour  
5ml paprika  
TT salt and pepper  
1 bottle red food coloring

1. Wash the octopus with running water, remove the beak and eyes.
2. Put on a pot with boiling water with salt, lemon thyme and a bay leaf. Dip the octopus in and out of the water 3 times, holding it by its head, then submerge it for 20–30 minutes per pound until tender.
3. Mix the olive oil with parsley and garlic, then put on the octopus. Cook octopus on the grill for a few minutes.
4. Peel the skin of the potatoes, then slice them thinly (cm) and season. Layer the slices in an oven proof pan with parchment paper on the bottom. Add butter and milk. Cover and place in the oven for 20–30 minutes at 350 F.
5. For spinach, sauté garlic and onion until translucent then add spinach and continue to sauté.
6. To make the tuiles, mix ingredients thoroughly. Put a tablespoon of the mixture in the bottom of a hot pan until it no longer bubbles.



### **Cassandra Greaves**

Ever since I was a kid, I would always be in the kitchen either watching what was going on or helping my family make various foods. Cooking became more than just a hobby as I got older. Working in a kitchen and being able to give people great food with a lasting impression is something I am passionate about. My style is to build upon traditional recipes. This includes making old family recipes or classic dishes that everyone loved as a kid.



### **Hannah Goode**

Growing up in a small town, always hanging around with my friends, we tried to find something to do which mostly included going out for food. Having many pubs and family restaurants around I really came to enjoy pub food. With these recipes, I wanted to create interesting pub-style food with a unique twist.

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## Spicy Skillet Spinach and Artichoke Dip



### **Buns**

375g water  
22g fresh yeast  
675g bread flour  
12.5g salt  
62.6g sugar  
30g non-fat milk powder  
30g shortening  
30g salted butter

### **Cheese and mushroom filling**

120g cremini mushroom, diced  
5g garlic, minced  
45ml white wine  
2.5ml sage  
2.5ml thyme  
150g mozzarella  
TT salt and pepper

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## **Garlic glaze**

120g salted butter  
24g garlic, minced  
20g parmesan, grated  
2.5ml fresh oregano  
2.5ml fresh thyme

## **Spinach and artichoke dip**

50g artichoke hearts, drained  
60g spinach  
21g onion  
5g garlic  
15g portobello mushrooms  
50g asiago cheese, shredded  
10g parmesan  
43g salted butter  
50ml flour  
250ml milk  
0.625ml nutmeg  
250ml mayonnaise  
250ml sour cream  
5ml cayenne  
2.5ml chili flakes  
5ml garlic powder  
2.5ml thyme  
TT salt and pepper

1. Dissolve yeast in warm water. Combine bread flour, salt, sugar, milk powder, shortening and butter, mix until dough starts to form.
2. Knead dough until smooth this should take about 10 minutes. Cover with damp cloth and ferment for 20 minutes.
3. Add cremini mushrooms, garlic, white wine, thyme and sage to a pan on low to medium heat then cook until most of the moisture has evaporated. Cool and mix with cheese. Season with salt and pepper.
4. Portion dough into 70g buns. Roll out dough and fill with 15g cheese and mushroom filling. Fold the sides underneath to form a bun. Place on the edge of lightly greased skillet with a small ramekin in the center to create a ring, allow to proof 30 minutes.
5. Rough chop artichoke hearts and spinach, small dice onion and mince garlic. Wash and thinly slice

portobello mushrooms. Combine the mushroom, garlic, onion, spinach, artichokes, cheese in a bowl.

6. Add butter and flour to a sauce pot. Whisk constantly and allow it to cook about 1 minute to make a roux. Add the milk and nutmeg whisking continuously to make bechamel. Bring to a simmer over medium to high heat. Turn off heat once thick and creamy then season with salt and pepper.
7. Add bechamel, mayo, sour cream, cream, spinach mixture to a pot on low heat 5 minutes. Once finished place in the center of the prepared skillet.
8. Heat oven to 400F and bake for 20–25 minutes.
9. Finely chop oregano and thyme. Melt butter in a saucepot, add all remaining ingredients. Brush over buns once they come out of the oven.

**NOTES:** If the spinach dip is too thick, add more milk in small amounts at a time in the pot before adding to skillet. You can increase the amount of chili flakes if a spicier dip is desired.

**Jacob Rowson**

The cooking industry has inspired me since I was young. If you have heard of the show, Take Home Chef, you already know why I'm in this field, but if you haven't then let me explain. The show followed Chef Curtis Stone, who is a huge inspiration to me, as he showed everyone delicious food can be made without high-quality equipment. It was by watching him cook that I discovered I love simple plates over complicated ones.

**Jacob Estacio**

I have been interested in cooking since I had my first bite of food and as a child my parents often told me I never once skipped a meal. Since I was young, I always wanted to make and have an influence on my food by controlling the spices and the plating. My cooking style is very Asian inspired. It has been a large part of my culinary journey and is a major influence as I plan the next chapter of my life.

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**Ethan Mahn-Stephens**

Growing up with many unique Asian cuisines opened my eyes early on to zero waste practices and unique proteins. I am fascinated by learning about different culinary techniques and all the amazing things one can do with food. With my recipes for this cookbook, I am pushing my skills and making something unique and interesting using the knowledge I acquired during my time at Durham College.

## Duck Dumplings with Miso Soup and Thai Chili Sauce



### **Dumpling filling**

40g garlic, minced  
250g ginger, minced  
250g shallot, minced  
4ea thai chilis, minced  
0.5bu thyme  
0.5bu lemon grass  
50ml soy sauce  
100g brown sugar  
50g five spice  
200g salt  
40g pepper  
4ea duck legs  
2000g duck fat  
170g all-purpose flour  
50g hot water  
40g room temperature water

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1. Combine everything but duck fat and place in fridge for one hour.
2. Melt duck fat and simmer duck legs at 210F 2–2.5 hours until meat is tender. If storing, clarify fat and store duck legs in fat.
3. After duck is confit mix with new seasoning to ensure dumplings are flavourful.
4. To start dumplings mix in hot water with flour slowly until fully absorbed then add in room temperature water. Then knead dough into a smooth ball shape and let rest at room temperature for 45 minutes
5. Roll dough into long rod then divide it evenly into 10–15g pieces. Roll the dough balls out into circles about 3 inches in diameter than fill with duck mixture.

### **Thai chili sauce**

125ml rice vinegar

155g sugar

63ml water

45ml fish sauce

30ml sherry

20g garlic

20g red pepper flakes

35g cornstarch

40ml water

### **Thai chili sauce**

1. Add ingredients to pot and bring to boil over high heat. Then reduce to medium heat and reduce by half.
2. Make cornstarch slurry then add and cook until thickened to desired consistency.

### **Miso soup**

250g dashi stock

15g miso paste

100g tofu

100g carrots

100g radish

50g lotus root

50g green onion

50g celery

1. Set dashi stock in pot along with miso paste and emulsify.
2. Add in all vegetables except the green onion and simmer till tender. Add in green onion once other vegetables are cooked and set soup aside.



**Owen Gilpin**

Growing up with a Jamaican family who is always cooking at home and abroad and who have always presented me with amazing food over the years food has always been positive. Since 2016 when I began my culinary journey, I have worked almost every day to improve my ability to deliver a quality product. My goal is to deliver top-notch dishes that are simple, delicious and visually appealing.



**Taylor Reid**

Hello, my name is Taylor Reid. I am an aspiring chef with a lot still to explore. My philosophy when brainstorming recipes was to pick something that would challenge me creatively. I wanted to make dishes that I had either never attempted before or to test my own abilities. I have always been artistic, so I adore the creative process that recipe development gives me. The key to my success will be trying new things until one day my skill can match my imagination.

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## Spicy Chorizo Meatball with Israeli Couscous



500g ground beef  
500g ground pork  
25g ancho chilies, finely chopped  
125ml 2% milk  
125g fine bread crumbs  
10ml salt  
2.5ml thyme  
2.5ml black pepper  
2.5ml oregano  
5ml cumin  
5ml onion powder  
5ml garlic powder  
10ml smoked paprika  
1.25ml coriander

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0.625ml cinnamon  
1ea bay leaf, crushed  
1ea egg

1. Start by measuring out dry spices into a small bowl. Make sure to sift the powdered ingredients to remove any clumps. Measure out ancho chillies, remove the stem and any seeds, then chop by hand or with a food processor until the chilli is almost a fine powder. Add to the spice mix.
2. Combine milk and breadcrumbs in a separate bowl.
3. Mix meat, egg, breadcrumbs and spice mix by hand until it is well blended and there are no large clumps. Form meat into 50g balls or flatten into pucks.
4. Brown meatballs in an oiled pan until the outside is evenly coloured. To achieve a round finish, keep the meatballs rolling in the pan as they cook.
5. Once all the meatballs are browned, transfer to a sheet pan and bake at 350 F or cook them in the sauce until an internal temperature of 160 F is reached.

### **Spicy tomato red pepper sauce**

600g Roma tomatoes, cut into 1/8- inch  
50g chipotle peppers in adobo sauce  
5ea fresh basil leaves  
100g lima beans, cooked  
300g red and yellow peppers, diced medium  
125g Spanish onion, diced small  
15ml garlic, minced  
100ml olive oil  
100ml Israeli couscous  
15ml basil, chiffonade  
15ml lemon juice  
12ml parsley, chopped  
15ml tomato paste

1. Put the tomatoes, chipotle peppers, and basil in a medium pot. Over medium-low heat, simmer using natural liquid from the tomatoes, until tomatoes are soft. Using an electric or hand blender, pulse until relatively smooth and season to taste.
2. In a brasier, or a shallow pot, heat olive oil, then all the vegetables except the garlic. Cook vegetables until translucent, then add garlic and cook until garlic is soft. Add tomato sauce and tomato paste. Add lima beans and reduce to help soften the beans.
3. Cook couscous according to package directions, then season with parsley, basil, salt, lemon juice, and olive oil.
4. Serve with couscous and meatballs.

**NOTE:** Add water as necessary to allow lima beans to cook through without burning the sauce.

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