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# COOKING ACROSS CONTINENTS

## *The Immigrant Recipe Collection*

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**SALAD**

# SHEPHERD SALAD (TURKEY)

The recipe for this Turkish salad was provided by Roni Hasret Ocak. Based on his research, the salad originated as a practical lunch option for Turkish shepherds, who carried tomatoes, cucumbers, and onions in the fields. Over time, this simple field meal became a dietary staple in their daily lives.

( Personal communication, May 8th 2025)



## INGREDIENTS

1 ½ cup (s) diced tomatoes  
1 cup- diced green bell pepper  
1 cup- diced peeled cucumber  
½ cup (s) - minced fresh parsley  
⅓ cup (s) of green onion  
¼ cup of fresh lemon juice  
2 tablespoons of water  
1 tablespoon of olive oil  
¼ teaspoon of salt  
⅛ teaspoon of fresh ground pepper

## INSTRUCTIONS

Combine all ingredients in a bowl and chill for at least 1 hour before serving.



**MAIN DISH**



# EGUSI SOUP (NIGERIA)

Sandra Ananaba shared the recipe for Nigerian egusi soup.

(Personal Communication, May 19th, 2025)

## INGREDIENTS

1 cup egusi (Melon)  
4 tablespoons dried pepper  
1/2 cup crayfish  
4 cut pieces stock fish  
Protein of choice-preferably goat meat or beef  
2 full soup ladle palm oil  
4 Seasoning cubes  
2 Red Onions  
Salt-to taste  
1 cup periwinkle (optional)  
Diced cow skin (optional)  
1 handful vegetable-ugu (pumpkin leaf) Ukazi  
(spinach or wild spinach)



## INSTRUCTIONS

1. Cut your meat including kpomo (cow skin) and stock fish into pieces. Wash and add red onions, dried pepper, salt, and seasoning cubes
2. Leave to boil until the meat is tender and properly cooked.
3. Put the palm oil into a pot and heat up.
4. Add egusi (melon) and stir, add water and the ground crayfish.
5. Allow to cook for 5 minutes.
6. Add your meat stock, periwinkle and, or shrimps.
7. Allow to cook for 20 minutes on medium heat.
8. Add the vegetable and allow to cook over high heat for 5 minutes.

When it is ready, serve with any swallow of your choice. For example, pounded yam, cream of wheat or garri.

## HOW TO MAKE A SWALLOW:

1. Put water in a pot and leave to boil.
2. Add the swallow of choice, example cream of wheat
3. Stir to remove lumps until it thickens. Then your swallow is ready.



# PANSIT BIHON (PHILIPPINES)

Theresa Acosta provided us with the recipe for pansit bihon. According to her research, its origin traces back to Chinese traders who introduced noodles to the Philippines centuries ago.

(Personal Communication, May 8<sup>th</sup>, 2025)

## INGREDIENTS

1/2 cup chicken breast, thinly sliced  
1/2 cup water  
2-3 tbsp cooking oil  
1 small pc red onion, chopped  
6 cloves garlic, chopped  
1/2 cup chicken liver, cut into cubes  
1 small pc carrot, cut into thin strips  
1/4 cup chicharo, ends trimmed  
2 cups cabbage, sliced into thick strips  
2 tbsp celery, roughly chopped  
3 cups water (may add more depending on the doneness of the noodles)  
3 tbsp soy sauce  
pinch ground black pepper and salt  
1 (240g) pack pancit bihon (rice stick/thin)

## INSTRUCTIONS

1. Boil chicken breast in 1/4 cup water for 10-15 minutes or until water dries up. Then add oil in pan then sauté chicken until color turns brown.
2. Add onions and garlic in the pan and sauté until tender. Add chicken liver. Sauté until liver is fully cooked.
3. Add carrots, chicharo, cabbage and celery. Saute for 1 minute.
4. Add water, soy sauce and chicken broth. Mix well and let broth simmer. Season with pepper and salt according to taste.
5. Drain meat and vegetables from stock and transfer on a bowl. Set aside.
6. Add noodles in simmering stock and let cook until tender while stirring once in a while. Let noodles absorb the stock. Once noodles are tender transfer on serving platter then top with cooked meat and vegetables. Serve immediately while still warm.





# JOLLOF RICE (WEST AFRICA)

Anita Anigbogu shared the recipe for West African jollof rice.

(Personal Communication, May 11<sup>th</sup>, 2025)

## INGREDIENTS

- 1/3 cup olive oil
- 1 red onion, diced
- 1 teaspoon salt, plus more to taste
- 1/4 cup tomato paste
- 2 tablespoons smoked paprika
- 1 teaspoon curry powder
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon turmeric
- 2 1/4 cups basmati rice
- 1 bay leaf
- 1 tablespoon chicken bouillon paste
- 1/4 cup chopped green onion for garnish (optional)
- 1/4 cup chopped cilantro, for garnish (optional)

## INSTRUCTIONS

### Step 1

Combine tomato, red bell pepper, habanero pepper, Fresno chilli, garlic, ginger, and water in a blender for the sauce. Blend on high until smooth and set aside.

### Step 2

Heat olive oil in a saucepan over medium heat. Add onion and salt and sauté until onion starts to soften, 4 to 5 minutes. Clear space in the middle of the pan, add tomato paste, and sauté for 2 to 3 minutes. Season with paprika, curry powder, cumin, thyme, pepper, and turmeric; continue cooking for 1 to 2 minutes until everything is well combined.

### Step 3

Turn off the heat, and stir in the rice, making sure every grain of rice is coated with the oil-tomato mixture. Add bay leaf and chicken bouillon paste.

### Step 4

Turn heat to high, stir in tomato sauce, and bring to a vigorous simmer. Cover with a tight-fitting lid, reduce heat to medium-low, and simmer for 20 minutes. Do not remove the lid or stir the rice.

### Step 5

Turn off the heat after 20 minutes, and set the timer for 12 minutes. Allow rice to sit and do not remove the lid.

### Step 6

After the 12 minutes are up, remove the lid, and fluff the rice with a fork, separating all the grains. Serve garnished with green onions and chopped cilantro.

### Cooking note

If rice seems to be a little undercooked at this point, stop fluffing. Pat the rice down gently with the back of the fork, cover tightly again, and set the heat to medium-low. Cook for another 5 minutes, and check again.





# BICOL EXPRESS (PHILIPPINES)

Dubhe-Ann Santos shared the Filipino recipe for Bicol express. According to her research, the name of the dish was inspired by the Bicol Express railway train (The Philippine National Railways) that operated from Tutuban, Manila to Legazpi, Albay.

(Personal Communication, May 15<sup>th</sup>, 2025)

## INGREDIENTS

Long chili peppers or small chili peppers  
Coconut milk/coconut cream  
Shrimp paste (bagoong alamang in Tagalog)  
Onion  
Pork  
Ginger  
Garlic

## INSTRUCTIONS

1. Heat a pan and then pour-in the cooking oil.
2. Sauté the garlic, onion, and ginger.
3. Add the pork and cook for 8 minutes or until the color becomes light brown.
4. Mix then coconut milk/cream, chili peppers and shrimp paste.





# DUM BIRYANI (INDIA)

Pavani Bojadla shared the Indian Biryani recipe.

(Personal Communication, June 5<sup>th</sup>, 2025)

## INGREDIENTS

For Marination:

750g chicken pieces  
1 tsp red chili powder  
½ tsp turmeric powder  
1 tsp Ginger garlic paste  
½ tsp Garam masala powder  
¾ cup Yogurt  
1 tsp green chili paste  
½ cup fried onions  
½ tsp Black pepper powder  
1 tbsp Oil  
4 Mint leaves  
1 tsp Lemon juice  
2 tbsp Coriander leaves

For Rice:

750g Basmati rice (soaked for 30 minutes)  
Water (for boiling)  
1 Cinnamon stick  
8 Black peppercorns  
2 Cardamoms  
Salt to taste  
1 tsp Oil



For Layering:

2 tbsp Fried onions  
1 tbsp Coriander and mint leaves  
3 Saffron strands (soaked in milk)  
2 tbsp Saffron food color  
1 tsp Ghee

## INSTRUCTIONS

1. Marinate the Chicken: Mix all the marination ingredients and let it rest for at least 1-2 hours in the refrigerator.
2. Cook the Rice: Boil water with whole spices and salt. Add soaked rice and cook until 75% done. Strain and set aside.
3. Layering: In a heavy-bottomed pot, add a little oil, spread the marinated chicken evenly, and lay the strained rice on top.
4. Final Touch: Sprinkle fried onions, coriander, mint leaves, saffron milk, saffron food color, and ghee.
5. Dum Cooking: Cover tightly with foil and a lid. Cook on high flame for 10 minutes, then on low flame for 30 minutes.
6. Serve: Fluff up the biryani gently and serve hot with raita.



# SINIGANG (PHILIPPINES)

Mary Grace Dimayuga shared the recipe for this yummy Southern Tagalog meal. Based on her findings, Sinigang is more than just a dish, it's an integral part of Filipino culture. It's a popular dish to serve during the rainy season, as the hot soup is said to warm the body and the soul.

(Personal Communication, May 15<sup>th</sup>, 2025)

## INGREDIENTS

3 lbs pork ribs, chopped into 1 inch pieces  
2 tablespoons minced garlic  
1 medium onion, chopped  
1 packet sinigang tamarind soup mix (found in international food section)  
16 cups water  
1 bok choy/spinach/kangkong, chopped in 1 to 2 inch slices  
1 daikon radish, okra/eggplant chopped in thin round slices (optional)  
1 small tomato, cut in large chunks (optional)  
Salt to taste

## INSTRUCTIONS

1. Saute ribs garlic onions and salt to taste until brown. You can use fish or chicken as well.
2. In a separate large pot, add water, sinigang tamarind soup packet (found in international food section) to taste. I like to use the whole packet but use less if it is too sour for you. Remember you can eat this with rice.
3. Add the tomato and the pork, cook on medium heat for about 40 mins, and then add the radish and the bok choy/spinach/egg plant cook about 10 more min.
5. It is good if the meat easily comes away from the bone.
6. You can eat this straight or over rice.



**DESSERT**



# BILO-BILO (PHILIPPINES)

Carolyn Joy Marasigan shared the recipe for bilo-bilo with us. According to her research, this round shape and delicious dessert symbolizes prosperity and luck, especially during a significant event like moving into a new house.

(Personal Communication, May 9<sup>th</sup>, 2025)

## INGREDIENTS

2 cups of glutinous rice flour  
2-3 cups water  
2 400ml can coconut milk or cream  
1 ½ cup of cooked tapioca pearls  
¾ cup sugar  
2 big sweet potatoes - peeled and cubed  
4 pieces of plantain bananas - peeled and cubed  
1 cup jackfruit - cut into strips

## INSTRUCTIONS

1. Prepare the sticky rice balls by adding 1 cup of water to 2 cups glutinous rice flour. Mix with a fork until it forms a dough. Scoop about half a spoon of the dough and form them into balls using your palms. Set them aside.
2. In a pot, combine 2 cups water, coconut milk, and sugar and bring to boil. Add the sweet potato cubes and cook for about 3 minutes stirring occasionally. Next, add the plantain banana cubes and cook for about 3 minutes.
3. Once the sweet potatoes and bananas are almost cooked, add the sticky rice balls and let simmer until they are cooked (about 5 minutes) while stirring occasionally. You know the sticky balls are done when they are floating.
4. Add the jackfruit slices and the cooked tapioca pearls. Let simmer for another 3-5 minutes or until all fruits are tender and cooked.

Note that it will continue to thicken even after removing it from the heat. Serve hot or cold.





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