

TRADITIONAL COMFORT FOOD RECIPES

GOOD EATS

BROUGHT TO YOU BY

 **CBRDA** CANADIAN BLACK
REGISTERED DIETITIANS
ASSOCIATION





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2022 NUTRITION MONTH COOKBOOK

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ABOUT CBRDA

Vision

To improve Black representation within dietetics, support Black dietitians already in the profession, and better serve Black communities & Black people living in Canada.

About the 2022 Nutrition Month Cookbook

CBRDA strongly values traditional foods and believes that foods frequently consumed from the diaspora should be recognized and encouraged to be part of a healthy diet for Black people in Canada.

Nutrition month is a time to celebrate the diverse cuisines of people of African descent. This nutrition month, CBRDA compiled a small collection of our favourite recipes that we want to share with the community.

Enjoy!

Countries Represented

- Jamaica
- Grenada
- Rwanda
- Ethiopia
- Nigeria
- Ghana



CHICKEN PELAU

Ingredients

2 large cloves garlic
1/2 lime
1 thyme twig
1/2 medium onion,
chopped
1 1/2 lbs. chicken thigh
pieces
1 cup pigeon canned peas
(save the water in the
can)
1/4 tsp chili flakes
1 1/2 tbsp oil
1 cup parboiled rice,
washed and drained
3/4 cup water
1/2 Chicken bouillon cube
Pepper to taste
1 scotch bonnet pepper

Directions

1. Marinate chicken thighs overnight (or at least for 2 hours) in the lime, chili, and garlic.
2. In a large pot, heat oil over medium-high heat. Brown the marinated chicken, about 5 minutes, or until crispy.
3. Add the onions and cook until translucent.
4. Add the rice, peas and water or other cooking liquid.
5. Add scotch bonnet pepper (whole), thyme, pepper to taste, and the bouillon cube, and stir until dissolved.
6. Cover pot and bring to a boil. When the liquid comes to a boil, reduce heat to low or simmer and cook for about 30 minutes or until rice is cooked and all the liquid has evaporated.
7. Plate with your favourite veggies and enjoy!

Author:

Bianca Cordeiro, RD, MAN



As a Black biracial woman, I have had quite a unique experience with learning the foods of my Grenadian heritage. My mother was in charge of the cooking often, and you see, she is of Portuguese ethnicity, but had learned at a very young age (16 years old) how to cook many Grenadian foods from my dad's mother. Since then, she has continued to make Chicken Pelau for the family. Although there are a few little tweaks that have been made, as we often wing it in our kitchens, the essence of this recipe has been passed down from my grandmother to my mother, and then me. Now, I happily share this recipe with you, from my kitchen to yours.

Enjoy! <3

CABBAGE AND APPLE COLESLAW

Ingredients

- 1 apple
- 1 cup of shredded cabbage (about $\frac{1}{4}$ of cabbage)
- 1 cup shredded carrot (about 1 carrot)
- 1 green onion, sliced

Dressing Ingredients:

- $\frac{1}{8}$ cup (about 2 tbsp) cider vinegar
- 1 tbsp olive oil
- 1 tbsp water
- $\frac{1}{2}$ tsp raw cane sugar or honey)
- $\frac{1}{2}$ tsp Dijon mustard
- $\frac{1}{4}$ tsp sea salt, optional
- Pepper to taste

Directions

1. Remove core from apples, do not peel apples. Slice into thin wedges.
2. Combine apples, shredded cabbage, carrots and onions
3. Whisk together vinegar, oil, water, sugar, mustard, salt, and pepper. Pour over vegetables and toss to coat well.
4. Refrigerate until ready to serve.

Tips:

- Eat one green and one orange vegetable each day!
- Feel Free to add additional herbs and spices. For example, $\frac{1}{4}$ tsp of dill- weed, 1 tsp hot sauces, fresh parsley, etc.

Author: Tameika Shaw, RD



NIGERIAN JOLLOF RICE

Ingredients

- | | |
|---|--|
| <ul style="list-style-type: none"> • 4 tbsp of vegetable oil • 4 fresh tomatoes or one 14.5oz can of crushed tomatoes • 1 6oz can tomato paste • 4 red onions • 2 red bell peppers • 4 Habanero pepper (scotch bonnet) (put as much or as little as you want) • 4 1/2 cups of long-grain parboiled rice • 2 cups of chicken stock | <p>Spices</p> <ul style="list-style-type: none"> • Maggi or Knorr cubes • salt • cayenne pepper and black pepper • white pepper • Bay leaves • curry powder • garlic or onion powder • ginger • thyme leaves |
|---|--|

Author:
Rachael Sonola,
BSc, MScAHN



Directions

1. Blend tomatoes, red bell peppers, habanero peppers, large red onions until consistency is smooth and set aside
2. Wash the rice thoroughly to rid off starch and set aside.
3. To a medium-sized pot on medium heat, heat vegetable oil
4. Throw in chopped onions and allow to fry for about 5 mins or until redness starts to fade
5. Pour in tomato paste and allow to fry for about 10-15 minutes, stirring continuously to avoid burning.
6. Add in your blended mixture, Maggi, cayenne & black pepper, white pepper, bay leaves, curry powder, garlic, thyme. Mix and fry for about 30 minutes, continuously stirring to avoid burning.
7. Add chicken stock and salt. Mix and allow cook for an additional 10 mins
8. Add in washed rice and a bit of water (if necessary), and reduce heat to low.
9. Cover pot with aluminum foil, to avoid heat from escaping through lid
10. Cook rice on low heat for about 30 mins
11. Once cooked, mix thoroughly to combine ingredients
12. Cover and let cook for an additional 10 mins.
13. Serve and enjoy with water or your favourite beverage.

STOUT BUN

Submitted by Zoe Barnett, RD in loving memory of Sonia Barnett



This was the stout bun recipe my mom submitted to our “Barnett Family Reunion Cookbook” (1st edition 2010, 2nd edition 2016). Since then, she has passed on and, because of her improvisational cooking and baking style, many of the delicious Jamaican recipes she made went with her.

This recipe is often made to celebrate Easter and, as indicated below, is served with cheese (my preference is sliced cheddar cheese but there is debate about which cheese goes best with it).

Ingredients

2 bottles Guinness stout
2 eggs
6 cups flour
1 cup brown sugar
1 tablespoon honey
1 tablespoon molasses
4 oz. butter
2 tablespoons baking powder
1 teaspoon nutmeg
1 teaspoon cinnamon
2 cups raisins
1 cup chopped mixed fruit
and mixed peel
2 tablespoons browning

Directions

1. Heat stout but do not boil.
2. Add butter, sugar, honey, molasses and browning to stout.
3. Allow mixture to cool.
4. Mix together dry ingredients.
5. Add stout mixture to flour and mix.
6. Add beaten eggs and fruits to mixture and mix.
7. Pour into greased, lined bun (bread) tins.
8. Bake at 350° F for about 1 hour.
9. Remove from oven.
10. Glaze top with honey or pancake syrup.
11. Allow to cool.
12. Slice and serve with cheese.



4-5 servings



55 minutes

STEW CHICKEN

Ingredients

8 skinless chicken thighs
3 carrots, sliced diagonally
4 twigs of thyme, stems removed
4 pimento seeds crushed
5 cloves
1 medium onion, chopped
2 scallions, chopped
3 cloves of garlic, crushed
2 tsp of ginger, crushed
2 Tbsp of brown sugar
1 Tbsp of olive oil
1 Scotch Bonnet pepper, whole
1 medium tomato, chopped
½ cup of water
Add Salt and black pepper to taste

Author:

Jenille Hutchinson, MScFN,, RD



This was always a hit growing up in my Jamaican-Grenadian home and this continues to be a hit with my own family today. This dish goes well with parboiled rice with a side salad and I have even put it on top of pasta for my kids!

Directions

1. Season chicken thighs with crushed garlic, ginger, pimento seeds and chopped scallion and set aside.
2. On medium heat, heat oil in a pot, and add brown sugar stirring constantly to prevent burning until sugar is melted.
3. Add chicken thighs to the pot and cook chicken until both sides are browned.
4. Remove and set aside browned chicken. In the same pot, add chopped onions and continue stir frying until onions are translucent.
5. Then add chicken back into the pot and add chopped tomatoes, thyme leaves, carrots, cloves, ½ cup of water and whole seasoning pepper. Cover and cook for 20-25 minutes on low-medium heat. Add salt and pepper to taste.

BREAD PUDDING

Ingredients

- 3 cups milk
- 2 well beaten eggs
- 3 tablespoons butter, reserve 2 teaspoons for topping
- 2 cups of stale but soft bread, cut in cubes (NOT moldy bread!)
- ½ cup chopped dates or raisins
- ½ teaspoon freshly ground nutmeg
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ cup brown sugar, reserve 1 tablespoon for topping
- Dash of white rum (I grew up with Wray & Nephew overproof as a cupboard staple)

Directions

1. Preheat oven to 350° F,
2. Butter bread and line a well-greased 8" x 8" glass baking dish with a layer of buttered bread.
3. Sprinkle raisins on top of the bread layer.
4. Add another layer of buttered bread to the dish.
5. Scald milk & add remaining ingredients to milk.
6. Pour milk over bread. Dot with remaining butter and sprinkle with remaining brown sugar.
7. Bake at 350° F for about 1 hour.
8. Serve warm as is or with a drizzle of evaporated milk (not condensed milk) on top.



Author: Zoe Barnett, RD

When I was growing up, my parents would go to the bakery and specifically look for day old bread. They did this for a few reasons:

1. It was less expensive than bread fresh out of the oven.
2. They had recipes (like this one) to turn it into something delicious!

To be honest, I haven't made this recipe in years but my mouth is watering just looking at it. I grew up making it with plain white bread (usually either French bread or Italian bread) but I think it could be adapted and still taste great using sourdough, rye or whole wheat bread. These suggested breads have a lower Glycemic Index so could work better for people with pre-diabetes or type 2 diabetes who are trying to manage their blood glucose. Whatever bread you use, remember it is both bread AND dessert so enjoy in moderation and share with friends and family!

CURRIED LENTIL AND VEGETABLES

Ingredients

- 1 tablespoon vegetable or olive oil
- ½ medium onion, finely chopped
- 1 tablespoon curry powder
- 2 cloves garlic, minced
- 2 tsp grated gingerroot
- 1 medium carrot
- 1/2 pound sweet potatoes, peeled and cut into 1-inch chunks
- 1 cup brown lentils, picked over, well rinsed, and drained
- 2-3 medium tomatoes, diced
- ½ head cauliflower (about 1 pound), stemmed and separated into small florets
- ¼ cup coconut milk
- Herbs and spices as desired – eg. Thyme, pepper, cumin

Author:

Tameika Shaw, RD



Directions

1. In a non-stick Dutch pot or heavy saucepan (5-quart pot with a tight-fitting lid), heat oil over medium heat. Add onion and curry powder and cook, stirring frequently, until softened, about 7 minutes.
2. Add garlic; continue to cook, stirring constantly, 1 minute.
3. Stir in carrots, sweet potatoes, lentils, tomatoes and 1 1/2 cups water; season with salt if desired.
4. Add herbs and spices of choice eg. 2 sprigs thyme, ¼ tsp cumin and hot pepper to taste
5. Bring mixture to a boil. Reduce heat to a simmer; cover, and cook until lentils and sweet potatoes are tender, about 25 minutes.
6. Add cauliflower and coconut milk and cook for an additional 10 minutes
7. Add additional pepper if desired

AYIB AND GOMEN

Ingredients

- 4 litres milk
- 1 cup white vinegar or lemon juice
- 1 tbsp salt
- 1/2 white onion, chopped
- 2 cloves garlic, minced
- 1 bunch collard green or kale, chopped
- 1 tbsp ethiopian butter (can substitute with ghee or butter)

Directions

Ayib (cheese)

1. Add milk, vinegar or lemon juice, and salt into a large pan
2. Simmer milk mixture on low heat for 2 hours, stirring occasionally until the milk curdles
3. Put lid on pot, and leave it to sit overnight (10-12 hours)
4. Using a large sieve, drain the water from the curdled milk
5. Wrap curds in cheesecloth, squeezing out the water
6. Mix the dried cheese curds with half of the butter

Gomen (collard greens/kale)

1. Chop the collard greens into small pieces
2. Add the remainder of the butter in a shallow pan
3. Saute the onion and garlic until fragrant, about 2-3 minutes
4. Add the chopped kale into the pan and stir fry for 4-6 until the greens are cooked down
5. Season with salt
6. Toss the cheese with the cooked kale. Serve with injera and berbere spice

Author:

Raihan Hassen, RD



KELEWELE

SPICY FRIED PLANTAIN

Author: Linda Akuamoah-Boateng, MPhil, RD CDE



Kelewele – is a Ghanaian delicacy and a popular street food in Ghana, for some reason when I was growing up it was only sold in the evenings. One could even call it the “Romance Snack” as often young and new lovers took a stroll the street vendor to share some quality time over kelewele. Every community had a few kelewele joints – and you could find yourself in a queue for close to 2 hours just to purchase some kelewele. Kelewele is basically seasoned (spicy) fried plantain and can be eaten as a snack on its own with some roasted groundnut (peanuts) or as part of a meal.

Ingredients

- 4 ripe plantain – washed, peeled, slice in half lengthwise and cut each half diagonally into in 1 inch slices
- 1 medium onion
- 2 thumb-size ginger
- ½ tsp cloves
- 3 calabash nutmeg
- 1 tsp black peppercorn
- 2 Salim peppers
- 5 dried red chillies
- Salt to taste
- Oil for frying

Directions

1. Blend onion, ginger and spices until smooth.
2. Pour mixture over the plantains, add salt, and stir to coat plantains.
3. Set aside for 20-30 minutes to allow it to marinate
4. In a deep skillet, heat oil on medium heat
5. Divide the plantain in batches - to allow for easy frying
6. Put each batch in hot oil and fry until brown on all sides, turning periodically - about 4-5mins/batch, remove from oil and drain in a paper towel lined strainer.
7. Serve with some roasted peanut

Note: For a lower fat version, bake using Air-fryer or oven

JAMAICAN SPICE BUN

Ingredients

- 1 ½ cups all purpose flour
- 1 ½ cups whole wheat flour
- 3 tbsp ground flax seed
- 1 tbsp baking powder
- ¾ cup brown sugar
- 1 tbsp mixed spice (or 2 tsp vanilla and 1 tsp mixed essence)
- 1 tbsp cinnamon
- 1 tbsp nutmeg
- 2 eggs, beaten
- 1 tbsp browning
- 1 cup milk (250 mL)
- 2 tbsp melted margarine
- ½ cup raisins
- ½ cup mixed peel

Author:
Tameika Shaw, RD



Directions

1. Measure all purpose flour, whole wheat flour, flax seed, baking powder and sugar into a large bowl.
2. In a medium sized bowl, combine eggs, browning, milk and margarine. Add to dry ingredients, mixing until just combined. Sprinkle with raisins and mixed peel and combine.
3. Pour into loaf pans and bake at 350 °F for 1 hour or until done.
4. Add a sugar glaze (optional)

RED PEA SOUP

Ingredients

- 1 pint kidney peas (**Use 2 cans of red kidney beans if you don't have time to soak overnight**)
- 1 clove garlic
- 4 quart water
- 1 ½ lb soup meat (or stewing beef) (optional)
- 1 whole unbroken red or green scotch bonnet hot pepper (or any other hot pepper)
- 4 sprigs fresh thyme or 1/8 tsp dried thyme
- 8 pimento (allspice) berries or ¼ tsp of ground allspice
- 2 chicken or vegetable bouillon cubes
- 1 medium carrot, peeled, cut into medallions
- 1 medium potato, peeled cut into quarters
- ¼ lb yellow yam or coco
- 3 stalks scallion
- Spinners (optional)

Directions

1. Soak red peas overnight with 1 clove of garlic.
2. Place soup meat (if using), cut in pieces, with peas in a large pot with about 4 quarts of water. Bring to boil and then simmer for approximately 1-2 hours until peas are cooked.
3. Add scotch bonnet pepper, thyme, allspice, bouillon cubes, carrot, potatoes, yam or coco, scallion and spinners.
4. Cook soup for about 30-45 minutes more and when soup is cooked, remove pepper and discard.
5. Taste for flavour. Add more boiling water if necessary. The soup should be moderately thick.



Author: Sheree Gopie, MAN, RD

Soups are beloved dish in my Jamaican household. There is nothing heartier than a bowl filled with love, traditional spices, herbs and ground provisions! Although soup can be eaten at any time during the week, the largest pot makes its appearance for Saturday dinners.

Meals with vegetarian substitutions are common for my family. My grandmother became a vegetarian after my grandfather became a vegetarian upon returning from England in the 1970s. This marked a shift in the types of dishes prepared, now with a heavy plant-based focus.

Although Jamaican dishes can be centred around animal products (beef, pork, poultry, goat, fish), plant-based substitutions are possible. Regardless of whether my grandmother was visiting us in Canada for the summer or not, my mother has always incorporated plant-based options into meals which I cherish. I hope you enjoy this soup as much as I do!

Spinners

- 1 cup flour
- Pinch of salt
- Enough water to make a stiff dough

1. Mix ingredients together to make a stiff dough.
2. Pinch off 1 Tbsp. of dough.
3. Knead and shape in palm of hands into a long, fairly thin log-shape. Repeat. Allow to stew in soup about 30 minutes before serving.

SOMBE

Stewed Cassava Leaves, a Rwandan adaptation



*Submitted by
Rachel Hitayezu,
MSc, RD*

I grew up in a fairly European household, so I had to defer to my dad and his memories of growing up in Burundi, celebrating his Rwandan heritage. When asked about his favourite traditional dish, he couldn't just pick one; instead, he mentioned Umuganura, which means 'first-fruits festival'. It is one of the most important festivals and holidays in Rwanda, similar to a Thanksgiving, and can be dated back over a thousand years, with roots in ancient agricultural traditions. The annual holiday, which takes place on the first Friday of August, celebrates Rwanda's first harvest, and the dishes are a reflection of Rwanda's most important crops. It's a day to be proud of Rwanda's agriculture, culture and values through the bounty of the harvest.

This recipe was adapted from a blog post on 826 Boston's website, a non-profit writing, tutoring and publishing organization for grade students across the United States. I confirm that I am not affiliated with the organization. Please see the link to the blog post [here](#).

Ingredients

- 2 medium onions, sliced
- 2.5 pounds of cassava leaves (if unable to find, spinach leaves work too)
- 2 cups of peanut butter
- 1 small cup of oil
- 4 cups of water
- 1 large eggplant
- 2 bulbs of garlic, grated
- 1 each green and red pepper, sliced
- 2.5 teaspoons of table salt

Directions

1. Add the water to a large pot. Salt and bring to a boil.
2. Once the water is boiling, add the cassava leaves to the large pot, uncovered.
3. After 15 minutes, add the peanut butter to the pot of sombe.
4. Place the sliced green pepper, sliced onion and grated garlic into your sombe.
5. Add the oil to your sombe. Cover the pot.
6. Stew the sombe for up to an hour and half, until the smell has changed and the colour darkens.
7. Enjoy with fufu (a traditional cooked dough-like dumpling, made from cassava)!



3-4 servings



20 minutes

COLLARD GREENS AND CODFISH

Ingredients

- 1 bunch leafy greens of choice
- 1 carrot, shredded or thinly julienned
- 1 lb frozen cod, thawed and drained
- 1 tbsp olive oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1 sprig thyme
- 1/2 green sweet pepper, chopped
- 1 tomato, chopped
- ¼ tsp pepper or 1 Scotch Bonnet (optional)
- Sea salt, optional

Directions

1. Trim stems from greens. In batches stack leaves and roll into a tube shape. Cut crosswise into shreds. Set aside.
2. Shred carrot using large size of a grater OR make thinly sliced pieces
3. Heat oil in a large Dutch oven on medium-high heat. Add the onion, thyme and garlic and sauté for a couple of minutes.
4. Add the codfish and cook until fish starts to flake.
5. Add the collard greens, green pepper, tomato and pepper and stir well. Continue cooking until the collard greens are wilted.

Author: Tameika Shaw, RD



Tips:

- Use fresh-frozen cod instead of salted codfish. This reduces the amount of salt
- Measure your added salt to help lower your sodium intake
- Eat one green vegetable each day!



4 servings



90-120 minutes

SPICY OVEN GRILLED FISH AND VEGETABLES

Ingredients

- 2 cleaned and gutted Pompano fish (substitute with Tilapia, Mackerel or any fish of your choice)
- 1 green bell pepper sliced
- 1 red bell pepper sliced
- 1 orange bell pepper sliced
- 1 yellow bell pepper – sliced
- 1 large yellow onion diced
- 1 large red onion - sliced
- 1 scotch bonnet pepper
- 1 jalapeno pepper
- 2 spring onion
- 2 thumb size ginger
- 4 cloves garlic
- 1/2 tsp anise
- 1/2 tsp cumin
- 1 tsp rosemary
- 1 tsp black pepper
- 1 tablespoon paprika
- 3 tablespoons oil (olive, avocado or canola)
- 1 lemon
- Salt to taste

Directions

1. Wash fish including the belly with water mixed with freshly squeezed juice of 1 lemon, pat dry
2. Score both sides of the fish by making incisions to create a crosshatch pattern
3. Marinade - In a blender, combine all diced onions, scotch bonnet pepper, jalapeno, spring onion, ginger, garlic, anise, cumin, rosemary, black pepper, paprika, salt and oil, blend until smooth, set a quarter of mixture aside.
4. Apply the marinade to both sides of the fish as well as in the belly and the incisions
5. Put marinated fish in the fridge for 1-2 hours (you can also keep in the fridge overnight)
6. Combine bell peppers with onions and sprinkle with a dash of salt and black pepper - pour into a baking dish/tray
7. Set Oven to broil
8. Place marinated fish on peppers and place in the oven - broil for 15 minutes on one side
9. Bring the fish out of the oven, gently turn over and apply remaining marinade to the other side.
10. Place fish back in the oven for another -10-15 minutes
11. Bring Fish out of the oven - set aside and allow to cool
12. Serve and enjoy with any of your favorite side dish – kenkey, banku, eba, rice, pasta, potatoes, etc

Author:

Linda Akuamoah-Boateng, MPhil, RD CDE

