



BCATML Food Recipe Calendar 2021 www.bcatml.org



Crêpes

Sweet crêpes are made with all-purpose flour, sweetened with sugar and often served with sugar, syrup, fruit, chocolate (or Nutella), whipped cream, or even ice cream. **Savory crêpes** are traditionally made with buckwheat flour (*sarrasin*) and are naturally gluten free with a nutty flavor. They are typically served for lunch or dinner topped with fillings such as ham, bacon, cheese, vegetables (like mushrooms), or herbs.

The ratio for ingredients is 2 oz. egg (1egg); 2 oz. milk; 1 oz. flour; a pinch of salt (+ ½ tsp sugar for sweet crêpes).

Ingredients:

Classic French Crêpes:

- 1 cup milk
- 4 large eggs
- 4 oz. all-purpose flour
- 1½ Tbsp. sugar for sweet crêpes
- ½ teaspoon salt
- 2 Tbsp. melted butter or oil for the pan

Lemon & Sugar Crêpes:

- 1 lemon cut into wedges
- ¼ cup vanilla sugar
- Whipped cream

Image source: <https://bdtreec.com/2018/05/14/crazy-for-crepes-part-deux/>

Batter preparation:

1. Whisk together milk and eggs in a bowl.
2. Whisk in the oil or butter.
3. Place the flour, salt and sugar in a separate bowl.
4. Add about ½ the liquid and mix gently to form a smooth paste. This should not take more than a few seconds. Take care not to over-mix.
5. Add the rest of the liquid and mix to form a smooth, watery batter.
6. Cover the batter and let it rest for at least 20 minutes. The batter can be kept in the fridge overnight as well.

Serving Crêpes:

If the crêpes are no longer warm when you are ready to eat, cover the stack and microwave them for about 30 seconds until warm. Then, remove the cover quickly so that the crêpes do not become soggy with steam or moisture.

Bon appétit!

Cooking instructions:

1. Preheat 10-inch pan on medium heat.
2. Brush a thin layer of butter on the hot pan.
3. Always stir the batter just before you make each crêpe as the batter tends to separate.
4. Pour ¼ cup of the batter on the hot pan, and spread using a crêpe rake (this is the fun part) to evenly coat the pan.
5. For extra soft crêpes, cook 30 secs or until crêpes are just set and there is no browning on the edges. Flip the crêpe gently to cook for a few seconds on the other side (optional).
6. For classic crêpes, cook 40 secs or until the edges brown and are a little crisp. Flip the crêpe; cook for 10-15 secs more until they have caramelized spots.
7. Repeat until all the batter is used remembering to mix the batter each time.

Lemon and Sugar Crêpes:

1. Place a crêpe on a plate or flat surface.
2. Sprinkle 1 tsp of sugar over ½ of the crêpe then fold it in half and then into quarters. Repeat with all the crêpes.
3. Serve the French crêpes with lemon wedges that can be squeezed over the crêpes just before eating.

MARCH	MARS	MÄRZ	3月	三月	ਮਾਰਚ	MARZO
Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
	1	2	3 <i>Girls' Day</i>	4	5	6
7	8 <i>International Women's Day</i>	9	10	11 <i>Maha Shivaratri; Lailat al Miraj</i>	12	13
14 <i>Semaine de la Francophonie begins</i>	15	16	17	18	19	20 <i>International Francophonie Day</i>
21	22	23	24 <i>St. Patrick's Day</i>	25	26	27
28 <i>Palm Sunday</i>	29 <i>Holi</i>	30	31			<i>Passover begins</i>

APRIL	AVRIL	APRIL	4月	四月	ਅਪ੍ਰੈਲ	ABRIL
Sonntag	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag
				1 <i>April Fool's Day; Poisson d'avril</i>	2 <i>Good Friday</i>	3
4 <i>Easter; Passover ends; Qingming Festival</i>	5 <i>Easter Monday</i>	6 <i>National Tartan Day</i>	7	8	9	10
11	12	13 <i>Ramadan begins</i>	14 <i>Vaisakhi</i>	15	16 <i>Emancipation Day</i>	17
18	19	20	21 <i>Ram Navami</i>	22	23	24
25	26	27	28	29	30	



Image source: Wendy Yamazaki

Okonomiyaki

Okonomiyaki お好み焼き (oh-koh-noh-mee-yah-kee) is often translated as a savoury Japanese "pancake". The base consists of a batter made with flour, water, egg, and shredded cabbage. Additional ingredients and toppings will vary depending on the region where it is made.

The word is a combination of 好き (su-kee) "to like" and 焼く (yah-ku) "to grill/fry", and is often translated as "as you like it". The more well-known variations of okonomiyaki come from Osaka and Hiroshima. The Osaka okonomiyaki is the simpler of the two, with the base and other ingredients mixed in together and cooked like a pancake. The Hiroshima okonomiyaki layers the base and other ingredients, with additional toppings of stir-fried noodles and fried egg. Whatever style you try, have fun with the ingredients and add anything "as you like it".

Ingredients:

Batter:

- ½ cup all-purpose flour
- ½ cup water
- 1 egg
- ½ teaspoon salt
- 1 green onion, chopped
- 1 teaspoon dashi powder (fish/kombu stock powder)**
- 3 cups of green cabbage shredded (or sliced finely with a mandolin)
- 1 green onion, chopped

Condiments:

- Mayonnaise (Japanese style)**
- Okonomiyaki sauce**
- Katsuobushi (bonito flakes)**
- Aonori (green laver)**

Toppings:

- Meat or seafood of your choice (bacon, shrimp, or squid are popular choices)

**Notes: All ingredients can be found in any Asian grocery store and many large supermarkets chains carry them in the Asian food aisles. If you are unable to find dashi powder, you can substitute with a chicken/vegetable bouillon. If you are unable to find the okonomiyaki sauce (the most important condiment), you can make your own by mixing together 4 tbsp ketchup, 2 tbsp oyster sauce, 3 ½ tsp Worcestershire sauce, and 1 ½ tsp sugar.

Cooking instructions:

1. Mix the flour, water, egg, dashi, and salt together; set aside.
2. Add the shredded cabbage and chopped green onions to the batter.
3. Heat a griddle or frying pan with a little oil or non-stick spray on medium high heat.
4. If using meat, place a few pieces on the griddle, and then pour the batter on top of it in the size and shape of a medium sized pancake (or you can mix in the meat ingredients with the cabbage in the batter). Cook for a few minutes until the sides have set and the bottom is light brown.
5. Flip the okonomiyaki over and cook for another few minutes; do not press down on the okonomiyaki.
6. Remove from griddle, top with the condiments and enjoy! いただきます！

JANUARY	JANVIER	JANUAR	1月	一月	ਜਨਵਰੀ	ENERO
dimanche	lundi	mardi	mercredi	jeudi	vendredi	samedi
					1 <i>New Year's Day</i>	2
3	4	5	6 <i>Epiphany; Día de los Reyes Magos</i>	7 <i>Orthodox Christmas</i>	8	9
10	11 <i>Coming Of Age Day</i>	12	13	14 <i>Makar Sankranti</i>	15	16
17	18 <i>Martin Luther King Day</i>	19	20	21	22	23
24	25	26	27	28 <i>Tu Bishvat</i>	29	30

FEBRUARY	FÉVRIER	FEBRUAR	2月	二月	ਫਰਵਰੀ	FEBRERO
dimanche	lundi	mardi	mercredi	jeudi	vendredi	samedi
31	1	2 <i>Groundhog Day</i>	3	4	5	6
2	8	9	10	11	12 <i>Chinese New Year</i>	13
14 <i>Valentine's Day</i>	15 <i>Family Day (BC); Louis Riel Day; Rosenmontag</i>	16 <i>Mardi Gras</i>	17 <i>Lent begins</i>	18	19	20
21 <i>International Mother Language Day</i>	22	23	24	25	26 <i>Lantern Festival; Magha Puja; Purim</i>	27
28						

Kartoffelpuffer

Kartoffelpuffer, or German potato pancakes, are a quick and easy vegetarian dish. They are shallow-fried pancakes of grated potatoes, finely chopped green onions, flour and eggs. Kartoffelpuffer can be found at traditional Christmas Markets all over Germany, and are also served in homes and restaurants. Kartoffelpuffer are also known as Reibekuchen or Kartoffelpfannkuchen in Germany. Although Kartoffelpuffer contain a bit of salt and pepper, they are often eaten with homemade applesauce - the most traditional way to eat potato pancakes.

To try out the dish, follow the traditional Kartoffelpuffer recipe below!

Ingredients:

- 7 medium-size potatoes, washed, peeled and grated
- 2 green onions, washed and finely chopped
- 2 eggs, lightly beaten
- ½ cup flour
- ½ teaspoon sea salt
- ½ teaspoon freshly ground pepper
- vegetable oil for frying

Cooking instructions:

1. Peel and wash potatoes, and grate potatoes on the rough side of the grater.
2. Wash and finely chop the green onions.
3. Mix the potatoes and the green onions in a large bowl.
4. Lightly beat two eggs.
5. Mix the eggs, the flour, and the salt and pepper. Add the mixture to the bowl with the potatoes and the onions.
6. Heat some oil in a non-stick pan over medium-high heat.
7. Once hot, add heaping tablespoons of the potato mixture to the frying pan, and flatten it with the back of a spoon to form pancakes.
8. Fry the Kartoffelpuffer on each side for 3-5 minutes, until golden brown.
9. Drain them on paper towels, and immediately serve with homemade applesauce.

Guten Appetit!



Image source: Angela Kleine-Buning

MAY	MAI	MAI	5月	五月	ਮਈ	MAYO
日	月	火	水	木	金	土
						1 <i>International Workers' Day</i>
2 <i>Orthodox Easter Sunday</i>	3	4	5 <i>Cinco de Mayo; Children's Day</i>	6	7	8
9 <i>Mother's Day; Lailat al Kadr</i>	10	11 <i>Ramadan ends</i>	12	13 <i>Eid al-Fitr; Ascension Day</i>	14	15 <i>Aoi Matsuri Festival</i>
16 <i>Shavuot</i>	17	18	19 <i>Buddha Day</i>	20	21	22
23 <i>Pentecost</i>	24 <i>Victoria Day</i>	25	26	27	28	29

JUNE	JUIN	JUNI	6月	六月	ਜੂਨ	JUNIO
日	月	火	水	木	金	土
30	31	1 <i>Vancouver Children's Festival begins</i>	2	3	4	5
6 <i>Vancouver Children's Festival ends</i>	7	8	9	10	11	12
13 <i>Dragon Boat Festival</i>	14	15	16	17	18	19
20 <i>Father's Day</i>	21 <i>National Aboriginal Day</i>	22	23	24 <i>St. Jean Baptiste Day</i>	25	26 <i>Tour de France begins</i>
27	28	29	30			

2021



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2021

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JULY	JUILLET	JULI	7月	七月	ਜੁਲਾਈ	JULIO
星期日	星期一	星期二	星期三	星期四	星期五	星期六
				1  Canada Day	2	3
4	5	6	7	8	9	10
11	12	13	14 Star Festival; Running of the bulls begins	15	16	17
18	19	20	21 Running of the bulls ends	22	23	24
Tour de France ends				Marine Day	Sports Day	Dharma Day
25	26	27	28	29	30	31

AUGUST	AOÛT	AUGUST	8月	八月	ਅਗਸਤ	AGOSTO
星期日	星期一	星期二	星期三	星期四	星期五	星期六
1	2 British Columbia Day	3	4	5	6 El Salvador del Mundo	7 Battle of Boyacá Day
8 Mountain Day	9	10	11	12	13	14
15 National Acadian Day	16 Discovery Day (Yukon)	17	18	19	20	21
22	23	24	25	26	27	28 Raksha Bandhan
29 Krishna Janmaashtami	30	31				



Image source: Amandeep Chhina

Place of origin: Northern India in 1948

Region: Delhi

Alternative names: Murgh makhani

Created by: Kundan Lal Gujral, and Jundan Lal Jaggi

Butter Chicken

Butter Chicken – Indian cuisine's most loved curry – is cooked in a traditional clay oven or tandoor. It is first marinated in a mix of spices including cumin, turmeric, garlic and ginger, along with yogurt and lemon juice. A tomato sauce with butter and cream is then poured over it. The beauty of Butter Chicken lies in the subtle balance of flavours. The dish was discovered accidentally by mixing leftover chicken in a tomato gravy, rich in butter and cream. Today, the dish has become quite popular throughout India and in many other countries around the world. To try out the dish, follow the traditional Butter Chicken recipe below!

Ingredients:

- 1 tablespoon oil
- 1 tablespoon butter
- 1 medium onion diced
- 1 teaspoon fresh ginger finely minced or grated (or use paste)
- 2-3 cloves garlic finely minced or crushed
- 1 ½ pounds about 2-3 boneless, skinless chicken breasts, cut into ¾-inch chunks
- 4 tablespoons tomato paste or 8 oz. can of tomato sauce
- 1 tablespoon garam masala
- 1 teaspoon chili powder or paprika, adjust to taste
- 1 teaspoon fenugreek (use powder, but seeds or mustard seeds can be used too, optional*)
- 1 teaspoon cumin
- 1 tsp salt
- ¼ tsp black pepper
- 1 cup heavy cream sub for half & half /yogurt for low fat
- Hot cooked rice and naan for serving

Cooking instructions:

1. Heat a large skillet or medium saucepan over medium-high heat. Add the oil, butter, and onions and cook the onions down until lightly golden, about 3-4 minutes. Add the ginger and garlic and let it cook for 30 seconds, stirring so it does not burn.
2. Add the chicken, tomato paste, and spices. Cook for 5-6 minutes or until everything is cooked through.
3. Add the heavy cream and simmer for 8-10 minutes stirring occasionally. Serve over basmati rice or with naan.

Mapo Tofu (麻婆豆腐- mápó dòufu)

Mapo Tofu, a signature dish of Sichuan style known for its hot and spicy flavour, is very popular as a home-made dish or on a restaurant menu. How the dish gets its name is intriguing. Though with various versions, the legend has it that in the Qing Dynasty, there was an old woman named Chen (last name) Po (old woman), who ran a small restaurant with her husband in Chengdu, Sichuan. She was so good at making tofu that their business thrived. Envious, the other tofu makers and restaurant owners called her "Ma Po" since she had pockmarks (the word Ma in Mandarin) on her face. Not discouraged by such a slander, Chen Po continued her successful tofu business until one day, she accidentally found a new way of cooking tofu. The delicious dish became so famous over the place that it got its name Mapo Tofu. To try out the dish, follow the traditional Mapo Tofu recipe below!

Ingredients:

- 12-14 ounce block of firm tofu (sliced into small squares)
- 4 ounces of cooked ground meat (pork or beef)
- 1 teaspoon of soy sauce
- 1 tablespoon of sesame oil
- 1 teaspoon of ginger (minced or powder)
- 1 teaspoon of sugar
- 2 medium cloves of garlic (minced)
- 2-3 stalks of green onion (finely chopped)
- 1-3 teaspoons of Sichuan peppercorns (depends on spice preference)
- ½ cup of chicken broth or water
- 2-3 tablespoons of black bean paste
- 1 teaspoon cornstarch
- 1-2 teaspoons of chili oil (depends on spice preference)

Cooking instructions:

1. Stir the ground meat with the sugar, soy sauce, and ginger in a bowl and set to the side.
2. Combine cornstarch with water or chicken broth in a bowl. Mix well and set to the side.
3. Heat the sesame oil in a wok or large non-stick skillet and cook the peppercorns until crispy and a dark brown color. Scoop the peppercorns out on a paper towel.
4. Add the ground meat mixture into the wok and cook it thoroughly.
5. Mix in the black bean paste, chili oil, and minced garlic.
6. Add the tofu and let it simmer without stirring. Flip it so it does not lose its shape.
7. Grind up the peppercorns in a coffee grinder.
8. Add in the water and cornstarch mixture and mix until it has fully dissolved in the wok. Let it simmer and test the flavour. Enjoy! 真好吃！



Image source: <https://unsplash.com/photos/3DZTercmEF4>

SEPTEMBER	SEPTEMBRE	SEPTEMBER	9月	九月	ਸਤੰਬਰ	SEPTIEMBRE
ਐਤਵਾਰ	ਸੋਮਵਾਰ	ਮੰਗਲਵਾਰ	ਬੁੱਧਵਾਰ	ਵੀਰਵਾਰ	ਸ਼ੁੱਕਰਵਾਰ	ਸ਼ਨੀਵਾਰ
			1	2	3	4
5	6 Labour Day	7 First Day of School; Rosh Hashanah	8	9	10	11
12	13	14	15	16 Yom Kippur	17	18
19	20 Respect for the Aged Day	21 Sukkot	22	23	24	25
26	27	28	29	30		

OCTOBER	OCTOBRE	OKTOBER	10月	十月	ਅਕਤੂਬਰ	OCTUBRE
ਐਤਵਾਰ	ਸੋਮਵਾਰ	ਮੰਗਲਵਾਰ	ਬੁੱਧਵਾਰ	ਵੀਰਵਾਰ	ਸ਼ੁੱਕਰਵਾਰ	ਸ਼ਨੀਵਾਰ
					1 Chinese National Day	2
3 German Unity Day	4	5 World Teachers' Day	6	7	8	9
10	11 Thanksgiving Day	12	13	14	15	16
17	18	19	20	21 Mid-Autumn Festival	22 BCATML Conference	23
24	25	26	27	28	29	30

Tostadas Charras

Tostadas Charras are made from corn (maize) which is a cultural symbol with deep roots in Mesoamerica. The settlements in Mesoamerica were on average larger than the towns in Europe at that time. Maize became the staple food. The earliest evidence of agriculture dates back to 8,000 BC. The Indigenous people created elaborate irrigation systems that facilitated the production of corn, beans, and squash. Tostadas Charras are ideal for preparing in a Spanish language classroom. They are easy to prepare and students will learn how to make this easy, yet tasty, meal.

Ingredients:

- 1 package of prepared Tostadas Charras
- 2 cans of black beans
- ½ white onion, minced
- Canola oil
- Grated white cheese
- Shredded lettuce
- Chopped cilantro
- Sliced avocado
- Hot sauce
- Optional: cut cooked chicken pieces

Cooking instructions:

Black beans

In a large frying pan heat 2 tablespoons of oil. Add the minced onion and cook on medium heat until the onion is translucent. Continue to cook the onion until it is black. This is the secret to making delicious black beans. Once the onion is black add 2 cans of black beans including the liquid from the can. This will ensure that the beans do not dry out. Cook on low for 20 minutes. Let the beans cool. Puree half the beans in a blender and then add them to the remaining half. This will give the beans the perfect consistency to add on top of the Tostadas Charras.

Preparation

Each person makes their own Tostada Charra. Heat the black beans on low and spread the bean paste on the tostada, then add the chicken pieces, the lettuce, the grated cheese, the avocado, cilantro and hot sauce. Tostadas Charras should be eaten right away. ¡Buen Provecho!



Image source: Shireen Cotterall

NOVEMBER	NOVEMBRE	NOVEMBER	11月	十一月	ਨਵੰਬਰ	NOVIEMBRE
domingo	lunes	martes	miércoles	jueves	viernes	sábado
31 Hallowe'en	1 All Saints' Day	2 Día de los Muertos	3 Culture Day	4 Diwali	5	6
7	8	9	10	11 Remembrance Day; Martinstag	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29 Chanukah begins	30				

DECEMBER	DÉCEMBRE	DEZEMBER	12月	十二月	ਦਸੰਬਰ	DICIEMBRE
domingo	lunes	martes	miércoles	jueves	viernes	sábado
			1 World AIDS Day	2	3	4
5	6 Chanukah ends; Nikolaus	7	8 Immaculate Conception Feast Day	9	10	11
12 Día de la Virgen de Guadalupe	13	14	15 Las Posadas begins	16	17	18
19	20	21	22	23	24 Christmas Eve; Las Posadas ends	25 Christmas Day
26 Boxing Day; Kwanzaa begins	27	28	29	30	31 New Year's Eve	