



# YOUTH IN THE KITCHEN



# COOK BOOK



2026



# Acknowledgements

This cookbook was made possible through the dedication, collaboration, and community spirit of many wonderful people.

We extend our heartfelt thanks to Chef Kim, whose guidance, creativity, and passion made each Youth in the Kitchen session meaningful and memorable. Your collaboration with our team brought traditional meals to life and created a welcoming space for learning, sharing, and connection.

We hold our hands up to our Scw'exmx Child and Family Youth Transition Coordinators for their dedication and making this program possible.

To the youth who participated—thank you for showing up with curiosity, courage, and willingness to learn. Your commitment to kitchen safety, cooking skills, and teamwork has been inspiring. Your generosity in preparing and giving back over 100 meals a week to the community reflects the heart of this program.

We also express our gratitude to NVIT for providing access to their culinary kitchen. Your support created a safe and professional environment where youth could learn, grow, and take pride in their accomplishments.

This cookbook is a celebration of everyone who contributed their time, energy, and spirit to Youth in the Kitchen. We look forward to many more sessions to come.



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## VOLUME CONVERSIONS

Cups	Pints	Quarts	Gallons	Litres	Millilitres
16 cups	8 pt	4 qt	1 gal	4 L	4000 mL
12 cups	6 pt	3 qt	0.75 gal	3 L	3000 mL
10 cups	5 pt	2.5 qt	0.625 gal	2.5 L	2500 mL
8 cups	4 pt	2 qt	0.5 gal	2 L	2000 mL
6 cups	3 pt	1.5 qt	0.375 gal	1.5 L	1500 mL
4 cups	2 pt	1 qt	0.25 gal	1 L	1000 mL
3 cups	1.5 pt	0.75 qt	0.1875 gal	0.75 L	750 mL
2 cups	1 pt	0.5 qt	0.125 gal	0.5 L	500 mL
1 cup	0.5 pt	0.25 qt	0.0625 gal	0.25 L	250 mL

## TEASPOONS

Single	Double	Quadruple
¼ tsp	½ tsp	1 tsp
½ tsp	1 tsp	2 tsp
1 tsp	2 tsp	4 tsp (1 tbsp + 1 tsp)
2 tsp	4 tsp (1 tbsp + 1 tsp)	8 tsp (2 tbsp + 2 tsp)
1 tbsp	2 tbsp	4 tbsp (¼ cup)

## CUPS

Single	Double	Quadruple
¼ cup	½ cup	1 cup
⅓ cup	⅔ cup	1 ⅓ cups
½ cup	1 cup	2 cups
⅔ cup	1 ⅓ cups	2 ⅔ cups
¾ cup	1 ½ cups	3 cups
1 cup	2 cups	4 cups

## TABLESPOONS

Single	Double	Quadruple
1 tbsp	2 tbsp	4 tbsp (¼ cup)
2 tbsp	4 tbsp (¼ cup)	8 tbsp (½ cup)
3 tbsp	6 tbsp	12 tbsp (¾ cup)

## OVEN TEMPERATURES

°F	250°F	275°F	300°F	325°F	350°F	375°F	400°F	425°F	450°F
°C	120°C	135°C	150°C	165°C	175°C	190°C	205°C	220°C	230°C



# Salisbury Steak

Yield 4-6 Steaks



## INGREDIENTS:

- 1 lb ground beef
- 100 ml ice water
- 2 tsp table salt
- 1 tsp ground black pepper
- 2 egg yolks, blended
- ½ onion sliced, cooked

## METHOD:

1. Combine all ingredients except water.
2. Add ice water slowly until incorporated, ONLY 2-3 mins. Do not overmix.
3. Portion patties into 4 Oz round balls, until ready to smash.
4. Smash burger meat onto a flat top griddle or pan using a piece of patty paper and a weight press, season both sides with salt & black pepper, cook reaching a minimum 75 °C.



# Beef Stew

Yield 8-10 Portions



## INGREDIENTS:

- Beef/Deer/Bison (chuck, top round, well trimmed of fat)
- ½ cup oil
- 1 onion, diced large
- 2 peeled carrots, diced large
- 2 celery sticks, diced large
- 1 garlic clove, minced
- 1 cup flour
- ½ cup tomato puree
- 1000 ml brown stock
- 1 bay leaf
- Salt & pepper to taste

## METHOD:

1. Cut the meat into 2.5-inch cubes
2. Set the stew to cook
3. Heat the oil in a Brazier or sautoir until very hot
4. Add the meat and brown well, stirring occasionally to brown all sides
5. If necessary, brown the meat in several batches to avoid overcrowding the pan
6. Add the vegetables and garlic to the pan and continue to cook until soft
7. Add the flour to the meat/vegetables and stir to make a roux
8. Continue to cook over medium heat until the roux is slightly browned
9. Add the tomato puree, stir for a few seconds, then add brown stock, stir and bring to a boil
10. Stir with a wooden spoon as the sauce thickens
11. Add the bay leaf and bring to a simmer
12. Braised until the meat is tender, (fork test) it can take 1 hour approx.

## NOTE:

- For more elegant service, remove the cooked meat from the sauce (Decanter) before adding the vegetables.
- Strain the sauce and pour it back over the meat



# Pie Dough

**Yield 2 (9-inch) Pie Crusts  
or one top/ bottom**



## **INGREDIENTS:**

- 2 cups all-purpose flour
- 1 tsp salt
- 1 cup shortening, cut into small pieces and frozen for 30 minutes
- ½ cup ice-cold water, or as needed

## **METHOD:**

1. Whisk flour and salt together in a large bowl. Cut in chilled shortening with a pastry blender until the mixture resembles coarse, pea-sized crumbs
2. Add ¼ cup ice-cold water, use a fork to stir the flour up from the bottom, just until it's mixed in. Press down on any chunks and continue working the dough around the bowl. Continue to add ice cold water, in 1 tbsp increments, mixing just until dough is moist enough to hold together when molded. You will not need more than 4 tbsp, and in fact, you may need less
3. Gently gather the dough together into a ball. Divide in half and flatten each half into a 1-inch thick disc. Wrap each disc in plastic wrap and chill in the refrigerator for at least 30 minutes
4. When ready to use, roll the dough on a lightly floured surface, being careful not to overwork it
5. Fit dough into a pie plate. If it crumbles or tears as you work it, just pinch and press it back into shape
6. Use pie crust as directed



# Tourtiere Meat Pie

Yield 1 Pie



## INGREDIENTS:

### SPICE BLEND:

- 2 tsp kosher salt
- 1 tsp freshly ground black pepper
- 1 tsp dried thyme
- ½ tsp dried sage
- ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp freshly grated nutmeg
- ¼ tsp ground allspice
- ¼ tsp ground mustard
- 1/8 tsp ground cloves
- 1 pinch cayenne pepper

### FILLING:

- 1 large russet potato, peeled, quartered
- 1 tsp kosher salt
- 1tbsp butter
- 1 large onion, finely chopped
- 1 pinch salt
- ½ cup finely diced celery
- 4 cloves garlic, crushed
- 1 pound ground pork
- 1 pound ground beef
- 1 cup potato cooking water, plus more as needed

## METHOD:

1. Mix salt, black pepper, thyme, sage, cinnamon, ginger, nutmeg, allspice, mustard, clove, and cayenne together in a small bowl for the spice blend; set aside.
2. Add potato and 1 teaspoon salt to a medium saucepan; cover with cold water. Bring to a boil over medium-high heat. Reduce heat to low; simmer until tender, 10 to 15 minutes. Transfer potato to a large bowl with a slotted spoon; mash until smooth (reserve cooking water); set aside.
3. Melt butter in a large skillet over medium heat. Add onion and a pinch of salt. Cook until onions are golden, 10 to 15 minutes. Add celery, garlic, and spice blend to the skillet; stir until well combined, about 30 seconds.
4. Add pork, beef, and about 3/4 cup of reserved cooking water to the skillet for filling. Cook, stirring occasionally, until meat is brown, and most of the liquid has evaporated, about 45 minutes. Stir in potato, turn off the heat, and let cool.



# Classic Chicken Pot Pie (Filling)

Yield: 1 Pie



## INGREDIENTS:

- 1 cup butter
- 1 cup all-purpose flour
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced carrot
- 1 cup sliced mushrooms
- 1 tsp salt
- ½ tsp white pepper
- 3 cups hot chicken stock/broth
- 1 ½ cups milk/cream
- 3 cups cut-up cooked chicken

## METHOD:

1. In a large saucepan, melt butter over medium heat
2. Add onion, celery, carrot, and corn, cook until soft
3. Add mushrooms and continue cooking until all vegetables are cooked
4. Add hot stock, stirring constantly with a whisk, until mixture is bubbly.  
Remove from heat. Temper and stir in milk
5. Heat to simmer, stirring constantly, simmer 1 minute
6. Stir in chicken, remove from heat to cool.



# Naan Bread



## INGREDIENTS:

- ¾ cup warm water
- 1 teaspoon active dry yeast
- 2 teaspoons sugar divided
- 2 cups all purpose flour plus more for kneading and rolling out the naan
- 1 teaspoon salt
- 1/8 teaspoon baking powder
- 2 tablespoons extra virgin olive oil
- 3 tablespoons plain yogurt
- 2 tablespoons melted butter for brushing the fried naan

## METHOD:

1. Combine the warm water, yeast, and 1 tsp sugar to activate. In a large bowl, sift 2 cups of flour, baking powder, remaining 1 tsp. sugar, and salt then add the yeast mixture to it along with the yogurt and oil and use a fork to bring it all together. The dough will be sticky.
2. Use a bowl scraper to coax the dough out onto a well floured counter and knead it until soft and smooth, 3 to 5 minutes. Return the dough to the empty bowl, cover with a tea towel, and set in the proofer for 15-20 minutes.
3. Scrape the dough out onto a floured counter and divide into six pieces. Roll each piece of dough in flour, pat it down with your hand, then use a rolling pin to evenly roll each one out into about 7-8" circle or tear drop shape.
4. Heat a heavy griddle or large frying pan. Pick up one of the rolled out naan, stretch it out a little if it has started to shrink, then lightly dampen one side of the dough by dipping your fingers in the bowl of water and spreading a little water on the dough. Using a sort of slapping motion, place that wet side of the dough down onto the hot pan and press it down with a spatula.
5. Fry the dough about a minute, ( it will start to bubble slightly), then flip it over and fry the other side until charred, about 30 to 45 seconds.
6. Stack the naan on a plate as you take them from the frying pan, then brush one side of the finished breads with melted butter.
7. Serve naan warm with Butter Chicken and Rice.



# Butter Chicken



## INGREDIENTS:

### FOR THE CHICKEN MARINADE:

- 4 -6 boneless and skinless chicken thighs or breasts cut into bite sized pieces
- ½ cup plain yogurt
- 1 ½ tablespoons minced garlic
- 1 tablespoon minced ginger (or finely grated)
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red chili powder
- 1 teaspoon of salt

### FOR THE SAUCE:

- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 large onion, sliced or chopped
- 1 ½ tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons garam masala
- 1 teaspoon ground coriander
- 14 Oz (400 g) crushed tomatoes
- 1 teaspoon red chili powder
- Salt to taste
- 1 cup heavy cream
- 1 tablespoon sugar

## METHOD:

1. Marinate the Chicken. Mix the chicken with yogurt, garlic, ginger, garam masala, turmeric, cumin, chili powder, and salt. Let marinate in fridge for 1 hour.
2. Heat a little oil or butter in a pan, Cook the chicken pieces until lightly browned. Remove and set aside.
3. In the same pan, add olive oil and butter, Cook onions until soft, Add garlic and ginger; cook 1 minute. Add cumin, garam masala, coriander, and chili powder; cook 30 seconds. Pour in crushed tomatoes, salt, and sugar.
4. Simmer 10 minutes.
5. Blend the sauce until smooth, then return it to the pan.
6. Add the browned chicken back in, Stir in the heavy cream.
7. Simmer 10–15 minutes until creamy and thick. Enjoy with rice or naan.



# Traditional Metis Bullet Soup

Yield 4-6 Portions



## INGREDIENTS:

- ¼ lb lean ground beef
- ¼ lb. ground pork or wild boar
- 2 tablespoons grated onion
- 1-2 cloves garlic
- Finely chopped salt and pepper
- Fresh rosemary and parsley, minced
- Flour for dredging
- 1 diced onion
- 2 cups diced potatoes
- 1 cup chopped carrot
- 1 diced turnip
- 1 diced sweet potato
- ¼ package whole wheat pasta, cooked

## METHOD:

1. Mix beef, pork, grated onion, salt, pepper, garlic, and herbs.
2. Form into 1 inch meatballs. Dredge in flour.
3. Cover with Bison broth and simmer until cooked 71C.
4. Skim the fat.
5. Add diced onion, potato, carrot, turnip and sweet potato and simmer until tender.
6. Season broth with salt and pepper to taste.
7. Before serving, add the pasta, adjust seasonings.



# Biscuits

Yield 12 Biscuits



## INGREDIENTS:

- 2 cups all purpose flour
- 2 Teaspoon baking powder
- 1 teaspoon fine salt
- ½ cold butter, cubed
- 1 cup 2% milk
- Extra flour for dusting and kneading

## METHOD:

1. Preheat oven to 375 degrees F
2. In a large bowl whisk flour, baking powder and salt together
3. Cut in butter until mixture resembles coarse crumbs
4. Add milk, stir just until moistened
5. Divide or cut into desired biscuit shapes
6. Place 1 inch apart on a baking sheet
7. Bake until golden brown, 10 – 15 minutes
8. Enjoy



# Empanada Filling

Yield: 10-12 portions



## INGREDIENTS:

- 2 tablespoons all-purpose flour
- 1 cup water
- 2 tablespoons olive oil
- 1 large onion, diced
- 1 pound ground beef
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- 2 hard cooked eggs, chopped
- Salt and ground black pepper to taste

## METHOD:

1. Stir flour into water in a small bowl until dissolved.
2. Heat oil in a large skillet over medium heat and saute onion in oil until softened, about 5 minutes, add ground beef, cumin, and paprika. Cook and stir the beef mixture until the beef is completely browned, 7 to 10 minutes.
3. Pour flour water mixture into the beef and stir to coat evenly. Fold eggs into the beef mixture, season with salt and pepper. Set aside to cool before using to fill empanadas.



# Empanada Dough Recipe

Yield: 10-12 portions



## INGREDIENTS:

- 4 ½ cups flour, all purpose
- 1 ½ teaspoon salt
- ½ cup shortening, lard
- 1 ¼ cup warm water, as needed
- 2 tablespoons oil, olive

## METHOD:

1. Sift together dry ingredients
2. Cut in shortening, to resemble coarse meal
3. Add only enough of the water to form a ball
4. Knead dough until smooth, not sticky, not dry
5. Cover the dough with plastic wrap and refrigerate for 30 mins
6. Cut the dough into 2 inch balls, roll until thin
7. Place desired filling in center of dough, wet edges with water
8. Fold in half over the filling and pinch ends to seal
9. Deep fry until golden brown, 2-3 mins
10. Drain onto paper towels to absorb any grease
11. Serve with desired dipping sauce



# Beef Bolognese (Spaghetti Meat Sauce)

Yield: 8 servings/ serve 1 portion 250ml



## INGREDIENTS:

- 1 lbs beef, ground
- 3 tbsp oil, olive
- 1 carrot, medium size, peeled, diced,
- ½ yellow onion, medium size, peeled, diced,
- 1 celery stick, diced
- 2 garlic cloves, peeled, finely diced
- 1 cup beef stock (preferred) or water
- 500 ml tomatoes, whole plum ( hand crushed)
- 1 tsp dried oregano
- 1 tsp paprika
- 2 fresh basil leaves, coarsely chopped. Or 1 tsp. dried, crushed basil
- Salt & black pepper to taste

## METHOD:

1. On a stove top, over med-high heat, add olive oil and beef in a pot.
2. Cook, breaking beef apart into small pieces with a wooden spoon until meat is lightly browned.
3. Add carrot, onion, celery, and garlic, stir in until combined.
4. Season with salt & pepper, oregano, paprika and cook until vegetables are soft.
5. Deglaze with the beef stock or water, scraping up any browned bits from bottom of pot using a wooden spoon.
6. Bring to a simmer, then stir in tomatoes and basil, continue to simmer.
7. Allow sauce to reduce and naturally thicken, 15-20 mins.



# Vegetarian Tomato Sauce

Yield: Approx. 1L



## INGREDIENTS:

- 1 onions, small diced
- 1 carrot, small diced
- 1 celery, diced
- 10ml dry oregano
- 10 ml dry thyme
- 10 ml dry basil
- 90 ml olive oil
- 60 ml red wine (optional)
- 500 g canned tomatoes, puree in food processor
- 30g brown sugar
- Garlic powder to taste
- Salt & pepper to taste

## METHOD:

1. Saute gently, onions, carrot, celery, oregano, thyme, basil, and olive oil.
2. Add red wine and cook over high heat for 1 minute
3. Add canned tomatoes, puree in food processor
4. Season with brown sugar, garlic powder, salt & pepper.

## NOTE:

- Reduce sauce if to thin or puree in food processor till smooth.



# Potatoes Gnocchi

Yield: Approx. 1 lb.



## INGREDIENTS:

- 1 lb peeled potatoes
- 2 cups flour
- 2 eggs
- 1 tsp salt

## METHOD:

1. Cut potatoes into even pieces.
2. Add potatoes to salted water and bring to a boil
3. Cook only until fork tender..... do not over cook
4. Pass thru a ricer or fine strainer (chef demo)
5. Add the flour, salt and eggs to potatoes
6. Knead to form a dough
7. Roll out a long approx. ½ inch thick
8. Cut each gnocchi in ¾ inch size and use a gnocchi board or fork to make ridges
9. Place individual pieces onto a floured sheet pan or tray
10. In salted boiling water, batch cook the gnocchi until they float
11. Remove from boiling water using a slotted spoon
12. You could panfry the gnocchi or toss directly into a sauce



# Fisherman's Pot Pie (filling)

Yield: 1 pie



## INGREDIENTS:

- 1 cup butter
- 1 cup all purpose flour
- 1 cup diced onion
- 1 cup diced celery
- 1 cup diced carrot
- 1 cup sliced mushrooms
- 1 tsp salt
- ½ tsp white pepper
- 3 cups hot fish stock
- 1 ½ cups milk/cream
- 3 cups cut up cooked fish pieces

## METHOD:

1. In a large saucepan, melt butter over medium heat.
2. Add onion, celery, carrot and cook until soft.
3. Add mushrooms and continue cooking until all vegetables are cooked.
4. Add flour to make a roux. Make a white roux. (cook roux for approx. 3 min.)
5. Add hot stock stirring constantly with whisk, until mixture is bubbly, remove from heat. Temper and stir in milk or cream.
6. Heat to simmer, stirring constantly, simmer 1 minute.
7. Stir in cooked fish, remove from heat to cool.



# Beef Vegetable Soup

Yield: 2 L



## INGREDIENTS:

- 20 g butter or oil
- 1 onion, sliced
- 2 carrots, peeled & sliced
- 2 celery sticks, sliced
- Potato, medium diced
- 2 garlic cloves, minced
- 2 L Beef stock
- 160 g cooked beef, diced small
- Salt & pepper to taste
- 10 g fresh parsley, optional

## METHOD:

1. Sauté butter/oil, onions, carrots, celery, potatoes, and garlic. Add beef stock, and simmer for 30 mins.
2. Add cooked beef, salt & pepper, fresh parsley, just before serving soup. Adjust seasoning.



# Chicken Vegetable Soup

Yield: 1 L



## INGREDIENTS:

- 2tbsp canola oil
- ½ onion, diced medium
- 1 carrot, diced medium
- 1 celery stick, diced medium
- 1 garlic clove
- 1L chicken stock
- 8oz cooked chicken, diced medium
- 250ml diced tomato
- 1tsp fresh thyme, chopped
- 1tbsp fresh parsley, chopped

## METHOD:

1. Smother oil, onion, carrot, celery, and garlic. Cook until tender, 10 minutes.
2. Add chicken stock and bring to a simmer for 10 minutes.
3. Add cooked chicken, tomato, salt & pepper, thyme, and parsley, simmer for 5 minutes.



# Bechamel Sauce (cream sauce)

Yield: 1 L



## INGREDIENTS:

- 60 g butter
- 50 g diced onion
- 1 bay leaf small
- 60 g flour
- 1 L milk scalded
- 125 ml whipping cream
- Salt & white pepper to taste

## METHOD:

1. In a thick bottomed pot melt butter. Add diced onion and bay leaf, sauté for a few minutes.
2. Add flour, and form roux, cook for 2 -3 minutes.
3. Add milk, 1/3 at a time stirring constantly. When all of milk is added , let cook for 10-20 minutes or until raw starch taste is gone.
4. Add whipping cream and reduce sauce to correct consistency. Season with salt & white pepper and strain.



## Roman Rosemary Focaccia Flat Bread

**Yield: 1 half sheet pan**

**Fermentation 1-2 hours**

**Proofing 15 minutes**



### INGREDIENTS:

- 1 tbsp granulated sugar
- 1 tbsp active dry yeast
- 350 ml lukewarm water
- 540 g all purpose flour
- 2 tsp kosher salt
- 90 g onions chopped finely
- 2 tsp olive oil
- 2 tbsp fresh rosemary crushed

### METHOD:

1. Combine the sugar, yeast and water. Stir to dissolve the yeast.
2. Sift the flour and stir it into the yeast/water mix.
3. Stir in 1 ½ tsp of the salt and the onion. Mix well first with a wooden spoon and switch to kneading by hand until a smooth ball is achieved.
4. Place the dough in an oiled bowl , cover and ferment until doubled in a warm spot, approx. ½ - 1 hr.
5. Punch down the dough, then flatten it onto an oiled sheet pan. It should be no more than 1 inch thick.
6. Brush the top of the dough with the olive oil. Let the dough proof until doubled, approx. 15 mins. in a warm spot.
7. Sprinkle the crushed rosemary and remaining ½ teaspoon of salt on top of the dough.
8. Bake at 175°C until lightly browned, approx. 20 mins.
9. Take out of the oven, place on a cooling rack and let cool.







**K<sup>w</sup>uk<sup>w</sup>scemx<sup>w</sup> | Limləmt | Thank you**



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