



FAMILY RECIPE SHARING

Community Recipe Book

Newcomer Women's
Peer Support Program

August 2025, Ottawa

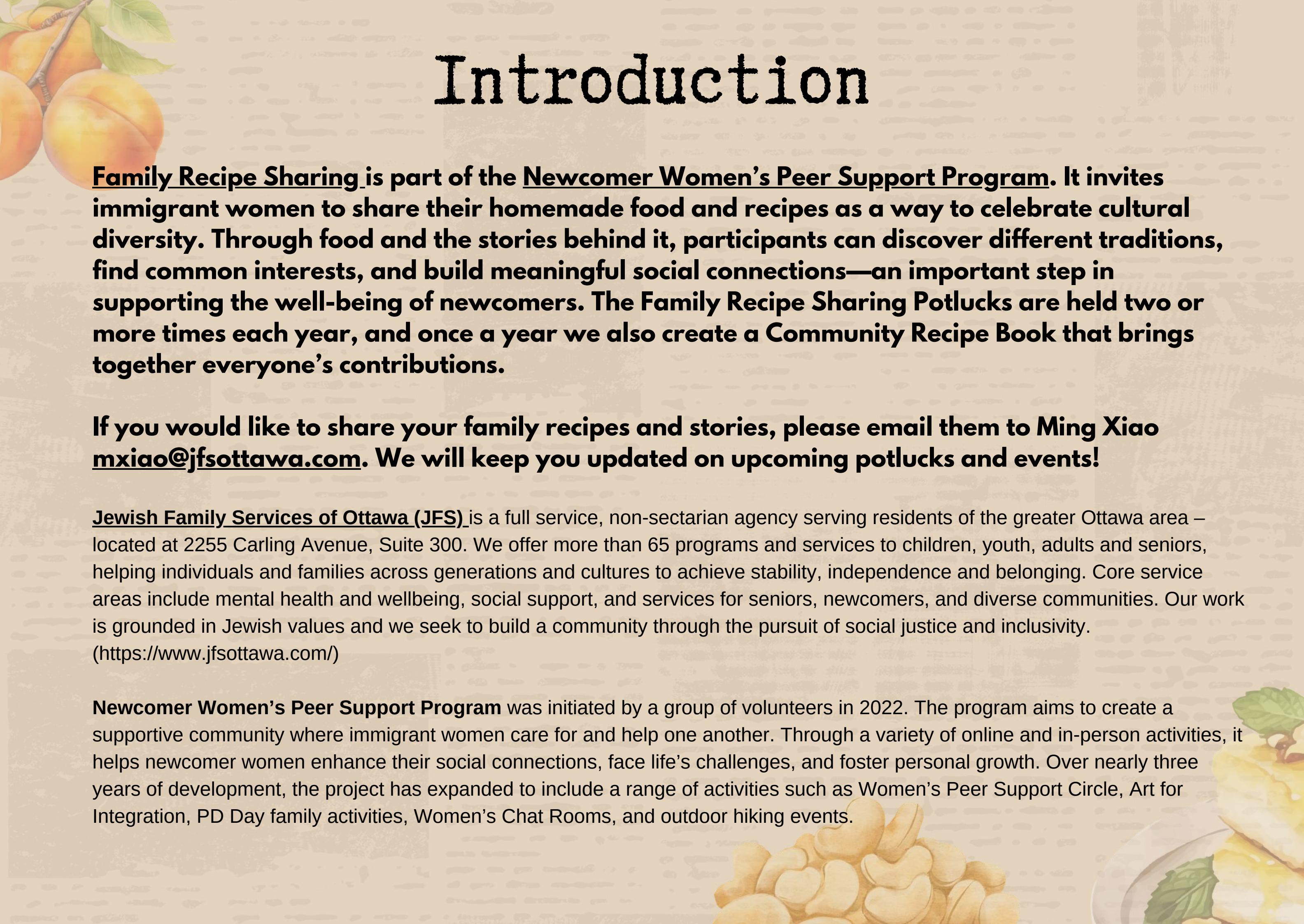


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Introduction

Family Recipe Sharing is part of the **Newcomer Women's Peer Support Program**. It invites immigrant women to share their homemade food and recipes as a way to celebrate cultural diversity. Through food and the stories behind it, participants can discover different traditions, find common interests, and build meaningful social connections—an important step in supporting the well-being of newcomers. The Family Recipe Sharing Potlucks are held two or more times each year, and once a year we also create a **Community Recipe Book** that brings together everyone's contributions.

If you would like to share your family recipes and stories, please email them to Ming Xiao mxiao@jfsottawa.com. We will keep you updated on upcoming potlucks and events!

Jewish Family Services of Ottawa (JFS) is a full service, non-sectarian agency serving residents of the greater Ottawa area – located at 2255 Carling Avenue, Suite 300. We offer more than 65 programs and services to children, youth, adults and seniors, helping individuals and families across generations and cultures to achieve stability, independence and belonging. Core service areas include mental health and wellbeing, social support, and services for seniors, newcomers, and diverse communities. Our work is grounded in Jewish values and we seek to build a community through the pursuit of social justice and inclusivity.
(<https://www.jfsottawa.com/>)

Newcomer Women's Peer Support Program was initiated by a group of volunteers in 2022. The program aims to create a supportive community where immigrant women care for and help one another. Through a variety of online and in-person activities, it helps newcomer women enhance their social connections, face life's challenges, and foster personal growth. Over nearly three years of development, the project has expanded to include a range of activities such as Women's Peer Support Circle, Art for Integration, PD Day family activities, Women's Chat Rooms, and outdoor hiking events.

Content

• <u>Vegetarian Poke Bowl</u>	1
• <u>Avocado & Chickpea Pasta</u>	2
• <u>Braised Prawns with Celery</u>	3
• <u>Gluten-free Brownie</u>	4
• <u>Fried Dumplings (aka Salted Egg Dumplings)</u>	5
• <u>Sweet Potato Mochi</u>	6
• <u>Black Glutinous Rice Sweet Soup with Coconut Milk</u>	7
• <u>Four Seasons Braised Wheat Gluten (Kao Fu)</u>	8
• <u>Eight Delicacies Rice Cake</u>	9
• <u>Japchae</u>	11
• <u>Chia seeds Yogurt Bowl</u>	13
• <u>Braised Fish with Rice Cakes</u>	14
• <u>Crispy Fried Mushrooms</u>	15
• <u>Grilled Veggie & Marinated Tofu Bowl</u>	16
• <u>Spicy Soup (Hu La Tang)</u>	18
• <u>Green Fortune JIAOZI</u>	19

Vegetarian Poké Bowl

Ingredients:

- Oyster Mushroom
- Edamame
- Corn
- Cashew
- Avocado
- Cherry Tomato
- Firm Tofu
- Crushed Seaweed

Procedure:

- **Prepare ingredients:** Cut cucumber, broccoli, and half a block of firm tofu into small cubes. Prepare cherry tomatoes as well.
- **Cook edamame & corn:** Boil edamame for 6 minutes, add a little salt and oil, then add corn kernels and cook until done.
- **Cook tofu:** In a pan, add curry powder and salt to the tofu cubes, and pan-fry until golden brown.
- **Prepare mixed grains rice:** (Barley 20g + millet 10g + glutinous rice 90g). Soak for half an hour, then cook in a pressure rice cooker.
- **Prepare avocado & dressing:** Scoop out avocado and cut it, also prepare some cooked cashews.
- **For the dressing:** mix together 2 tbsp soy sauce, some thyme, 1 tbsp date syrup (or honey substitute), black pepper, $\frac{1}{2}$ tbsp sesame oil. Stir well.
- **Assemble the bowl:** Scoop out the mixed grain rice, add broccoli, cucumber, tofu, cherry tomatoes, edamame, and corn.
- **Drizzle with sauce, sprinkle sesame seeds & crushed seaweed, and it's ready to eat!**

Author: Claire Li

- Multi-Grain Rice
- Roasted White Sesame Seeds



From the author:

Poké Bowl is a type of light fast food that originated in Hawaii. It uses rice or grains as the base, paired with sashimi, vegetables, fruits, and other ingredients, then finished with a drizzle of sauce. The word “poké” comes from the Hawaiian language, meaning “to cut into pieces.” It originally referred to Hawaiian fishermen cutting fresh seafood into chunks and mixing it with rice and seaweed to eat.

Avocado & Chickpea Pasta

Author: Serena Sun

Ingredients:

- Pasta
- 150g Chickpeas
- 2 Avocados
- 2 cloves Garlic
- Green Onions
- Salt & Black Pepper
- Lemon Juice
- 3 tbsp Olive Oil

Procedure:

Creamy Avocado Sauce → Blend avocado, lemon juice, garlic, salt & pepper, and olive oil until smooth and dreamy.

Crunchy Chickpeas → Boil until tender, dust with a little flour, then roast at 180°C for 15–20 mins. They turn out crispy like little golden snacks.

Pasta → Cook until al dente, drain well.

The Magic Mix → Toss pasta in avocado sauce, scatter on those crunchy chickpeas and fresh green onions, and finish with a drizzle of olive oil.

From the author:

Why we love it:

Every forkful is a perfect balance: silky pasta, velvety avocado, and that addictive chickpea crunch.

It's so easy even a beginner can master it, but it looks (and tastes!) like something you'd order at a fancy restaurant. 😍



In our house, Dad is the real kitchen hero. He doesn't just cook — he researches recipes, experiments with flavors, and always keeps health in mind. To make sure the whole family eats balanced meals, he even sets aside one day a week as our "all-veggie day." And today's star? 🥑 Avocado & Chickpea Pasta — a dish that has officially won everyone's heart at our dinner table.

I can't stop raving about his cooking, and sometimes I joke, asking if he has some secret ingredient hidden away. He just smiles and says:

"The secret is cooking with love." ❤️ And honestly, that's exactly what makes this dish taste so special.

Braised Prawns with Celery

Author: Sandy Liang

Ingredients:

- 1 Pound Fresh Prawns
- 2 Stalks of Celery
- 3 Cloves of Garlic
- 4 Slices of Ginger
- 1 tbsp Cornstarch
- 2 tbsp Soy Sauce
- Marinade
- Salt & White Pepper
- Sauce Mixture
- $\frac{1}{2}$ tbsp sugar
- 3 tbsp Black Vinegar
- $\frac{1}{2}$ cup Water

Procedure:

- Clean the prawns thoroughly, pat dry, and marinate with a little salt and white pepper for 15–20 minutes.
- Mix the sauce ingredients (sugar, cornstarch, soy sauce, vinegar, and water) in a small bowl and set aside.
- Heat oil in a wok or skillet. Add the ginger slices and fry until fragrant (this is the key step), then add garlic. Within 10 seconds, add the prawns. Once the prawns turn red, pour in the sauce mixture and add half a cup of water.
- Just before the sauce thickens, add the celery and stir-fry briefly. Optional: add some chopped green onion before removing from the heat.



From the author:

Two years ago, I moved to Canada with my children so they could study here. Cooking became our way of keeping home close, and I hoped the meals we shared would become lasting memories.

To my surprise, my daughter—who never liked plain rice—began finishing her meals and even asking for more. What touched me most was when she learned I'd be away, the first dish she asked to make was Braised Prawns.

She said, “That way, even when you’re not home, I can still eat Braised Prawns.”

Maybe years from now, she’ll cook it again and remember these moments. To me, that’s what family tradition really is.

Gluten-free Brownie

Author: Xiaoming Deng

Ingredients:

- 2 Bananas
- Peanut Butter
- Coco Powder
- 1 Egg
- Almond Milk / Milk

Procedure:

- Mix Well all the ingredients
- Place it in a baking tray covered with tin foil
- Use Air Fryer 160°C for 24min

From the author:

I made this sugar-free, gluten-free dessert because I'm a practitioner and advocate of healthy living. Whenever friends gather for tea and conversation, there are always some desserts on the table—but I don't want to serve ones that are high in sugar and oil. So I experimented with healthier alternatives, and to my delight, it turned out to be a big hit!



Fried Dumplings (咸鸡笼)

Author: Ling Liang

Ingredients:

Dough Skin (for 32 pieces):

- Glutinous rice flour: 500g
- Rice flour: 30g
- Boiling water: 350g

Filling:

- Pork (neck or shoulder cut): 300g
- Dried shrimp: approx. 30 pieces
- Preserved vegetables: 50g
- Red onion and green onion
- Sugar: a small amount
- Cilantro: a small amount
- Soy sauce: 1 tablespoon
- Salt



Procedure:

- 1. Prepare the Dough:** Mix glutinous rice flour and rice flour with boiling water. Stir until the dough is smooth and no longer sticks to your hands—then it's ready to use.
- 2. Make the Filling:** Stir-fry all the filling ingredients together until fragrant. (You can adjust the ingredients based on your personal taste.)
- 3. Shape the Dumplings:** Roll the dough into a long roll, cut into small pieces and shape into round thin wrappers. Place the filling inside and pinch the edges to seal.
- 4. Fry the Dumplings:** Heat oil to around 50–60°C (122–140°F). Fry the dumplings, flipping both sides, until golden brown.

From the author:

"Chicken" (鸡) and "auspicious" (吉) are homophones, symbolizing good fortune and happiness. This is a traditional and authentic Cantonese New Year delicacy.

Sweet Potato Mochi

Author: Ling Liang

Ingredients:

- Sweet potato (cut into chunks): approx. 350g
- Sugar: half a cup (about 40g)
- Glutinous rice flour: 70g
- Sticky rice flour: 450 g
- Crushed roasted peanuts, shredded coconut, popcorn



Procedure:

- 1. Mix the filling:** Combine toasted crushed peanut, popcorn, shredded coconut and suger. Mix well and set aside.
- 2. Form the Dough:** Steam and mash the sweet potato. Mix all flours evenly, then add to the sweet potato mixture. Add water gradually as needed. Knead the mixture into a dough.
- 3. Cut the dough into small pieces and wrap the filling.** Shape into cakes or buns of your preferred size.
- 4. Deep-Fry:** Heat oil to around 70°C (158°F). Fry the cakes, flipping to cook both sides until golden.

From the author:

A must-order dim sum for Cantonese morning tea, and also a taste from childhood — the taste of mom.

Black Glutinous Rice Sweet Soup with Coconut Milk

Author: Gabrielle Cai

Ingredients:

- Black glutinous rice
- Coconut milk
- Yellow rock sugar



Procedure:

1. Take one cup of black glutinous rice, wash it thoroughly, and soak for about 30 minutes.
2. Add 1L–1.5L of water to cook the rice, along with 3/4 stick of yellow rock sugar. The amount of water only affects the final thickness of the dessert but not the taste. Cook for about 30 minutes, or until the rice reaches your desired softness. Then turn off the heat, cover with a lid, and let it sit for another 30 minutes.
3. Add one can of full-fat coconut milk and stir well. The dessert is now ready to be enjoyed. If you find it too thick, you can add more hot water and simmer briefly before serving.



Four Seasons Braised Wheat Gluten (Kao Fu)

Author: Vivian Ying

Ingredients:

- Wheat gluten (kao fu) – 200 g (contains gluten)
- Peanuts – 50 g (allergen: nuts)
- Black fungus – 20 g (rehydrated)
- Shiitake mushrooms – 4 pieces (rehydrated, sliced)
- Oil – 2 tablespoons
- Soy sauce – 2 tablespoons
- Dark soy sauce – 1 teaspoon
- Sugar – 1 tablespoon
- Salt – to taste
- Star anise – 1 piece



Procedure:

1. Cut the wheat gluten into small pieces, rinse with water, and drain thoroughly.
2. Prepare the peanuts by frying until fragrant or cooking until tender.
3. Rehydrate the black fungus and shiitake mushrooms; rinse and slice as needed.
4. Heat oil in a pan, add star anise, add the wheat gluten and sauté until lightly golden.
5. Stir in soy sauce, dark soy sauce, and sugar until evenly coated.
6. Add enough water to cover the ingredients. Add the mushrooms and simmer over medium-low heat for 15–20 minutes.
7. Stir in the peanuts, continue to simmer until the sauce thickens, then season with salt to taste.

From the author:

The Story Behind the Recipe

When I was studying abroad, this was the first home-style dish I learned from a friend's family. The moment I served it on my own for the first time—though a bit nervous—I felt an overwhelming sense of accomplishment. This dish brings a taste of home to me, even miles away.

Eight Delicacies Rice Cake

Author: Ming Xiao

Ingredients:

- Sticky rice
- Sugar
- Olive oil
- Red bean paste
- Dates
- Nuts
- Raisins
- (A steam set is needed)



Procedure:

1. Cook Sticky Rice

- Rinse 2 cups of sticky rice in a medium bowl.
- Add water until it covers the rice by 1 inch.
- Steam for about 30 minutes until fully cooked.

2. Sweeten the Rice

- Mix in sugar and olive oil thoroughly.

3. Make or Buy Red Bean Paste

- Option 1: Buy ready-made red bean paste from an Asian grocery store.
- Option 2: Boil red beans with sugar for ~40 minutes on low heat, stirring often to prevent sticking or burning.
- Mash the beans into a paste once soft.

Eight Delicacies Rice Cake



Procedure (continued):

4. Decorate Bowl Base

- Grease a large bowl.
- Place dates in the center, then arrange a decorative layer of nuts, seeds, raisins, chocolate chips, etc. around them. (Do not fill the bowl with them, you only need a layer)

5. Layer Rice & Paste

- Carefully add $\frac{1}{3}$ of sticky rice (preserve pattern), press down.
- Add a layer of red bean paste.
- Repeat: rice to $\frac{2}{3}$ depth, another paste layer, then fill to top with rice and press firmly.

6. Put the large bowl in the steam set and steam about 10 min. Take the bowl out and let it cool.

7. Unmold & Serve

- Cover bowl with a larger plate, flip carefully.
- Lift bowl to reveal the shaped, colorful rice.

8. Enjoy!

From the author:

Eight-Treasure Rice is a sweet memory from my childhood. Every year during Chinese New Year, my mom would prepare a big feast, and Eight-Treasure Rice was always part of it. The sweet glutinous rice, combined with the fragrance of red bean paste, nuts, and raisins, created a rich and layered taste. After coming to Canada, I learned to recreate the flavor of my childhood—it also carries my memories for childhood and home.

Japchae

Ingredients:

- 🥩 4 oz beef or pork, thinly sliced
- 🍄 2 dried shiitake mushrooms, soaked & sliced
- 🧅 2 garlic cloves, minced
- 🍴 2 tbsp + 1 tsp soy sauce
- 🍬 1 tbsp + 2 tsp sugar
- 🌿 2 tbsp + 2 tsp toasted sesame oil
- 🥜 1 tbsp sesame seeds
- 🥚 1 large egg
- 🌿 4 oz spinach
- 🥔 4 oz dangmyeon (sweet potato noodles)
- SCALLION 2–3 green onions, 2" pieces
- ONION 1 medium onion, thinly sliced
- 🍄 3–5 white mushrooms, sliced
- CARROT 1 medium carrot, matchsticks
- PEPPER ½ red bell pepper, thin strips (optional)
- SALT & PEPPER Salt & black pepper
- VEGETABLE OIL Vegetable oil

Author: Susan Han

Procedure:

1. Marinate Beef & Mushrooms

Mix beef, shiitake, 1 garlic clove, 1 tsp sugar, $\frac{1}{4}$ tsp pepper, 2 tsp soy sauce, and 1 tsp sesame oil. Chill.

2. Make Egg Garnish

Separate yolk, add a pinch of salt.

Lightly oil pan, spread yolk thinly, cook with residual heat, flip, cool, and slice into strips.

3. Prepare Spinach & Noodles

- Blanch spinach for 30 sec–1 min, rinse in cold water, squeeze, chop.
- Mix with 1 tsp soy sauce + 1 tsp sesame oil.
- Boil noodles for 8 min, rinse, cut with scissors.
- Toss with 2 tsp sesame oil, 1 tsp soy sauce, 1 tsp sugar.

4. Stir-Fry (Separately for Best Flavor!)

- 숟가락 Onion + green onion: 2 tsp oil, ~2 min
- 🍄 White mushrooms: 2 tsp oil, ~2 min
- 🥕 Carrot + bell pepper: 1 tsp oil, 20 sec each
- 🥩 Marinated beef & mushrooms: 2 tsp oil, cook until done

Japchae



Procedure (Continued):

5. Combine & Finish

In a large bowl, mix everything with:

- 1 garlic clove
- 1 tbsp soy sauce
- 1 tbsp sugar
- ½ tsp black pepper
- 2 tsp sesame oil

Top with 1 egg garnish and 1 tbsp sesame seeds. Serve & enjoy!

From the author:

Sweet potato noodles are my favorite! My mom used to cook them with meat, mushrooms, and tons of veggies; the noodles soak up every flavor. It's a perfect all-in-one meal: **protein, veggies, and carbs.**

★ Pro Tip: Stir-fry each ingredient separately to keep the texture and flavor just right!

Chia seeds Yogurt Bowl

Author: Mary Shang

Ingredients and Procedures:

- **Chia Seeds, 1 teaspoon.** Chia seeds is the star ingredient, providing fiber and thickening properties. You can either put chia seeds in water, stir it and leave it for at least 1 hour so the seeds get thick. Or you can directly put the chia seeds to the yogurt and milk.
- **Yogurt: 2-3 teaspoons.** It adds creaminess and protein. Can be Greek yogurt, regular yogurt, or a dairy-free alternative like coconut yogurt.
- **Milk or Other Liquid: 2-3 teaspoons.** It provides the necessary moisture for the chia seeds to gel and adjust the overall consistency.
- **Sweetener: 1 teaspoon.** Honey, maple syrup, agave, or a sugar substitute to add sweetness. I personally like the flavor of maple syrup.
- **Optional Toppings or ingredients:** Vanilla Extract, Fruits (berries, banana slices), hemp hearts, nuts (walnuts, almonds, cashews, etc), mocha powder, chocolate powder, flex seeds, oat meals (this has to be put in the yogurt bowl for overnight)



From the author:

I really like the texture that chia seeds have when it's put in milk and yogurt. Also, it's filling and nutritious with healthy protein, fats, fibers without sacrificing the flavor of it. Most importantly, for me who often has no time to prepare for my lunch, chia seeds pudding only takes me 5 minutes to get it done. I usually avoid carbs for my lunch mainly because I feel quite sleepy in the afternoon and difficult to focus on my work if I have carbs for my lunch, so chia seeds putting keeps me focused and energized for the whole afternoon. I don't think I will ever get bored with it.

Combine the above together-simple as that!

Braised Fish with Rice Cakes

Author: Yimi Ding

Ingredients:

- Any fish you like 
- Sliced rice cakes
- Doubanjiang (fermented bean paste)
- Sichuan peppercorns
- Star anise
- Garlic
- Ginger slices
- Soy sauce

Procedure:

1. Heat oil in a pan, add ginger slices, then pan-fry the fish until golden on both sides. Remove and set aside.
2. In the same pan, add chopped garlic, a few Sichuan peppercorns, and some star anise. Fry until fragrant.
3. Return the fish to the pan, drizzle with soy sauce, and add a few spoonfuls of Doubanjiang.

4. Pour in just enough boiling water to cover the fish. Add the rice cakes, reduce to low heat, and let it gently simmer with the lid on for 10–20 minutes until the flavors are absorbed.
5. Remove the lid, turn up the heat, and reduce the sauce until rich and glossy.

From the author:

I grew up by the sea, and my mom often cooked fish for our family. This method is simple yet flavorful—a universal way of braising fish. Cooking the rice cakes together with the fish makes them soak up the umami taste. For us seaside folks, this dish alone is enough for a satisfying meal.



Crispy Fried Mushrooms

Author: Feng Feng

Ingredients:

- Oyster mushrooms
- Salt
- Potato starch or cornstarch (2 parts)
- All-purpose flour (1 part)
- 2 eggs
- Water (as needed)
- Sichuan pepper powder (optional)
- Five-spice powder (optional)
- Cooking oil

Procedure:

1 PREPARE THE MUSHROOMS:

- Wash the oyster mushrooms and tear them into strips. Mix with a little salt and let sit for 10 minutes to release moisture.

2. MAKE THE CRISPY BATTER:

- Mix potato starch (or cornstarch) and flour in a 2:1 ratio (about 3 tablespoons starch to 1.5 tablespoons flour).



- Mix potato starch (or cornstarch) and flour in a 2:1 ratio (about 3 tablespoons starch to 1.5 tablespoons flour). Add 2 eggs, stirring in one direction. Gradually add water in small amounts until the batter is smooth and flowy. Season with salt, Sichuan pepper powder, five-spice powder, and a bit of oil.

3. COAT THE MUSHROOMS:

- Squeeze out excess water from the mushrooms, then dip them into the batter until evenly coated.

4. FRY THE MUSHROOMS:

- Heat oil to medium (about 50% hot). Lower to low heat and add the battered mushrooms, stirring gently until the batter sets. Remove them from the oil. Raise the oil temperature to about 70% hot, then return the mushrooms to the oil for a second fry until golden and crisp to your liking. Remove and serve.

From the author:

My kid used to hate eating mushrooms. 
Tried cooking them this way once, and now it's one of their favorites 

Grilled Veggie & Marinated Tofu Bowl

Author: Jennifer Messer

Calories: ~600 • Protein: ~25g • Fiber: ~12g

Ingredients (1 serving):

- Tofu – 100 g (about $\frac{1}{3}$ block firm tofu), pressed and sliced
- Whole grain tortillas- large
- Red bell pepper – $\frac{1}{2}$ large
- Zucchini – $\frac{1}{2}$ small (50 g)
- Red onion – $\frac{1}{4}$ medium (30 g)
- Baby spinach or arugula – 1 cup (30 g)
- Olive oil – $1\frac{1}{2}$ tsp (70 cal)
- Soy sauce – 1 tsp
- Smoked paprika – $\frac{1}{4}$ tsp
- Garlic powder – $\frac{1}{4}$ tsp

Creamy Garlic-Tahini Sauce

- Tahini – $1\frac{1}{2}$ tbsp (90 cal)
- Lemon juice – 1 tbsp
- Garlic – 1 small clove, minced
- Maple syrup or honey – $\frac{1}{2}$ tsp
- Water – 2–3 tsp to thin
- Salt & pepper – to taste



Procedure:

1. Marinate tofu

In a small bowl, mix soy sauce, smoked paprika, garlic powder, and $\frac{1}{2}$ tsp olive oil. Add tofu slices, coat well, and let sit for at least 10 min.

Grilled Veggie & Marinated Tofu Bowl

Procedure (Continued):

2. Grill vegetables

- Toss bell pepper, zucchini, and onion with 1 tsp olive oil, salt, and pepper. Grill or roast at 400°F (200°C) for about 10 min until tender and slightly charred.

3. Cook tofu

- Heat a skillet or grill pan and sear tofu slices for 3–4 min per side until golden brown.

4. Make sauce

- Whisk tahini, lemon juice, garlic, maple syrup, and water until smooth. Adjust salt/pepper.

5. Assemble

- Use steamed broccoli florets as a base instead of anything else you think might be good you would be wrong

- Layer broccoli florets, grilled veggies, tofu and arugula sprouts, Drizzle extra sauce over.
- Enjoy and send photo to sister. Make sure you thank her. Profusely.

From the author:

I asked ChatGPT to generate a recipe under 600 calories with healthy ingredients such as vegetable and Tofu. It turned out to be extraordinarily good! I shared it with my sister and we both love it!

Spicy Soup (Hu La Tang)

Ingredients:

- Daylily
- Black Fungus
- Egg
- Sesame oil
- Hu La Tang spice packet (from Asian Grocery store)



Procedure:

- Heat oil in the pot, stir-fry the ginger slices, then add daylily with a little soy sauce and salt, and stir-fry for two to three minutes.
- Add water and the Hu La Tang spice packet into the pot, then add the stir-fried daylily, pre-soaked fungus, beaten egg, and stir.
- Finally, add sesame oil before serving. You can also add kelp, vermicelli, edible flowers, etc. (Adjust ingredients to your preference.)

Author: Molly

From the author:

A Memory of a Bowl of Soup

When I was in middle school, near the school there was a breakfast shop. On cold winter mornings, when it snowed, the weather was freezing, but as soon as I walked into that shop and had a bowl of fresh soup, my frozen red hands slowly warmed up, and my heart warmed as well.

Later, as I grew up, I left my hometown and went far away.

Every morning what I faced was coffee and bread. Sometimes when I closed my eyes, I still thought of that steaming hot soup, and my heart could not help but feel warm again. That bowl of soup was not just a taste, but also a part of my memories and emotions.

It was a special comfort, warming both body and heart.

When I tasted the familiar flavor again after many years, at that very moment, my heart surged with an indescribable sweetness. As I drank the first spoonful, my eyes unknowingly grew moist.

1 榨汁 Squeeze Juice



250g菠菜清洗后，搅拌机打成菠菜糊，纱布过滤出菠菜汁，同样榨出白菜汁。
Put 250g Cleaned Spinach in Blender. Stir until spinach become paste, Filter out the spinach juice with gauze. Likewise, squeeze cabbage juice.

切剂子 Cut Dough

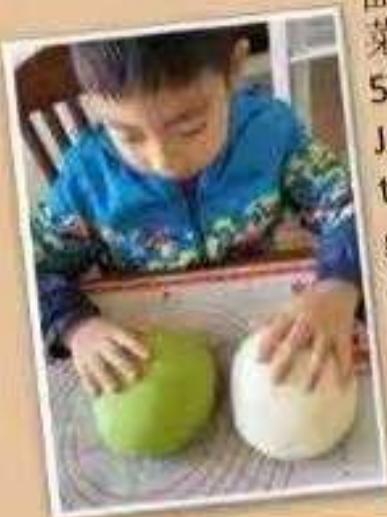


5

擀皮子 Roll Wrapper

用刀将双色面团切成均匀的面剂子备用。
Use a knife to cut the bicolor dough into small pieces of same size.

2 和面 Mix Flour



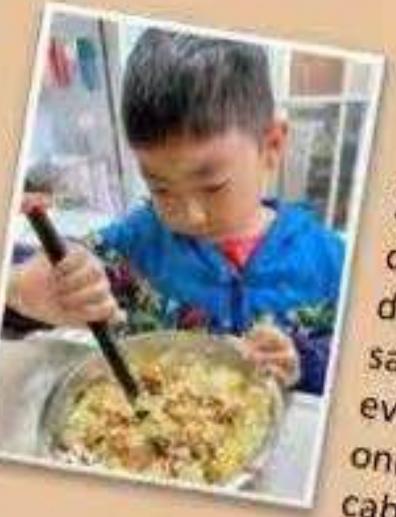
500g面粉、260g菠菜汁、3g盐，搅拌和成光滑绿面团，同比例面粉和白菜汁和成白色面团。
500g flour, 260g Spinach Juice, 3g Salt. Mix and Stir to form the smooth green dough. Afterwards, to form the white dough with 500g flour, 260g Cabbage Juice, 3g Salt.

6



面剂子压扁，并用擀面杖擀成圆形。
Use a rolling pole to roll the small pieces of dough into thin and round wrappers.

3 调馅 Mix Stuffing



将肉馅放入熟油、生抽、老抽、蚝油，顺时针搅拌均匀，再加入葱姜末和切好的白菜，搅拌均匀。
Put the meat stuffing into cooked oil, thin soy sauce, dark soy sauce, oyster sauce and stir clockwise evenly. Add minced green onion, ginger, chopped cabbage and stir evenly.

7

包馅 Wrap Stuffing



饺子皮中间放入调好的馅，捏紧收口。
Put a mixed stuffing in the center of the wrapper. Then stick the two opposite sides together.

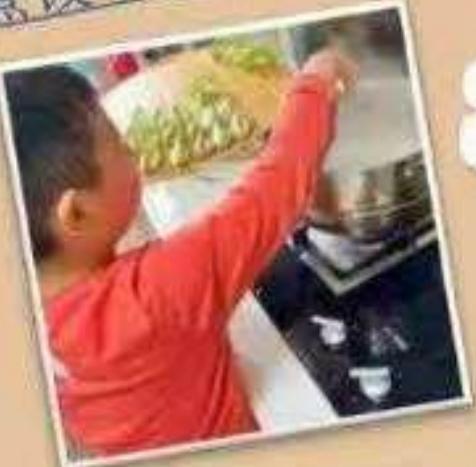
4 混合双色面团 Mix Dough



将绿色面团擀成宽薄的长方形，白色面团揉成细圆柱形，然后捏紧收口。

Roll the green dough into a wide and thin rectangle. Knead the white dough into a thin cylindrical shape. Then put the white dough in the middle of the green dough, and pinch tight

8 煮饺子 Boil Jiaozi



水烧开后，下饺子，并搅拌，开锅两次后分别加入两碗凉水，第三次开锅后，盛出。
Put Dumplings into boiling water and Stir. Add two bowls of cold water after boiling twice. After the third boiling, remove them from Pot.

8

Acknowledgements

This Community Recipe Book would not have been possible without the contributions and support of many people.

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Together, your efforts have not only created a community recipe book but also strengthened the bonds of community, reminding us that food is more than nourishment—it is a bridge that connects cultures, tells stories, and builds belonging.