



Child Study Lab Cookbook

Virtual Bowen Island Brunch Edition

JUNE 2020

Contributors:

Our Beautiful Lab Members

Some of the
BC Folks from the
Good Ol' Days

(From left to right)
Dana, Dr. Cameron, Ale, Winni,
and Michael

(Not in photo)
Jesse and Claire



Our Wonderful NB Folks
Meet the BC Folks
in Halifax at CPA 2019

(From left to right)
Shuai, Ara, Dr. Cameron, Harleen,
Elizabeth, Jessi, Sara, Anna, Morgan, Ale

(Not in photo)
Anne Hunt, Dhruv, Rachèle

The Fantastic BC Folks at
an Earlier Bowen Brunch

(Back row, From left to right)
Mahsa, Ye-Von, Jessi, Harleen, Ale,
Nancy, Anna, Neringa, Leo

(Front row, from left to right)
Saman and Dr. Cameron

(Not in photo)
Allen, Katja, Amy, Emma,
Yingxi and Vanessa



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Bowen Salad:

Festive Spinach Wreath

Contributed by Dr. Cameron



Ingredients:

Fresh young spinach
Fruit seeds of a pomegranate
or fresh raspberries
Slivered almonds without skins
Raspberry vinegar
Olive oil

Directions:

Mix 2x olive oil with 1x of raspberry
vinegar or raspberry salad dressing
Balance ingredients to taste and
aesthetics.

Butter Chicken Mac and Cheese Casserole

Contributed by Morgan

Ingredients:

Butter Chicken Sauce:

1 Tbsp vegetable oil
1 tsp ginger, minced
1 tsp garlic, minced
1 small onion, thinly sliced
½ cup tomato, grated
1 tsp red chili powder
½ tsp garam masala
½ tsp salt
¼ cup heavy cream

Marinade:

¼ cup Greek yogurt
½ tsp cumin
½ tsp paprika
½ tsp salt
1 tsp garam masala
1 Tbsp lime juice
3 boneless, skinless chicken thighs,
cut into 1/2-inch cubes

Mac and Cheese:

2 cups elbow macaroni
¼ cup butter
1 Tbsp flour
1 ½ cups milk
2 cups shredded Cheddar
cheese, divided



(Photo Credit: tasty.co)

Directions:

Marinade:

1. To make the marinade, combine yogurt, lime juice, garam masala, paprika, cumin and salt in a medium bowl. Add in chicken and stir to coat. Cover with plastic wrap and refrigerate for at least 1 hour, up to 24 hours.

Butter Chicken Sauce:

1. Heat oil in a large skillet over medium-high. Add in ginger, garlic and onion. Stir while cooking until mixture is golden brown and fragrant, about 2 minutes.
2. Add in chicken with marinade and cook until chicken is white and almost cooked through, about 4 minutes.
3. Add in tomato, chilli powder, salt, and garam masala and stir to combine. Reduce heat to medium and continue to cook until chicken is cooked through and sauce begins to bind to chicken, about 8 minutes.
4. Stir in cream and cook until sauce has thickened, about 2 minutes. Remove from heat and set aside.

Mac and Cheese:

1. Bring medium pot of salted water to boil. Cook pasta according to package instructions for al dente. Drain.
2. Preheat oven to 450°F.
3. Heat butter in a medium saucepan until melted. Add flour and stir until mixture becomes pasty. Cook paste for 1 minute then whisk in milk and lower heat to simmer. Continue to cook until mixture is thick enough to coat the back of a spoon, about 5 minutes.
4. Whisk in 1 cup of cheddar cheese and stir until cheese has melted and the sauce is uniform.
5. Add pasta into the sauce and stir to coat. Transfer to a medium-size casserole. Arrange butter chicken sauce over pasta. Place remaining cheese on top of butter chicken sauce.
6. Place in preheated oven until cheese is melted and golden brown, about 10 minutes.

Shole Zard (Saffron Rice Pudding)

Contributed by Mahsa

Ingredients:

Rice: 1 cup

Sugar: 1 cup

Brewed Saffron: $\frac{1}{4}$ cup

Rosewater: $\frac{1}{4}$ cup

Butter: 25 g

Cinnamon and silvered pistachio for design



Direction for brewing Saffron in Persian style cooking:

Add $\frac{1}{2}$ tsp ground saffron to $\frac{1}{4}$ cups of boiled water. Drop a small piece of ice into the water and put the lid on. Leave it in room temperature or a warmer place near the stove until the saffron is fully brewed, and the color is turned into sharp red.

Directions for the pudding:

1. Wash the rice and pour it into a pot and add 8 cups of water. Set them aside for 4 hours.
2. Put the pot on medium heat with the lid off. When the water boiled and got to the same level of the rice, add the brewed saffron, and let them simmer for five more minutes.
3. In all stages, Stir the pudding from time to time to make sure every ingredient gets mixed well. Next, add the sugar and after 10 minutes, add the butter and stir until the butter melts completely.
4. In the last step, add the rosewater and slivered almonds. Decrease the heat level to the lowest. Put a clean dried towel on the pot, and put the lid on.
5. After 15 minutes, remove the pudding of the heat and just let it stay with the lid on for few minutes(5-10 minutes)



“If you prefer a more watery pudding, you can take it off the heat earlier, and if you would like it thicker in texture, you can add some rice flour and let it on the heat for a bit longer.”

“You can design the pudding with cinnamon and slivered pistachio and almonds. This pudding can be served both chilled and hot. Enjoy!”

--- Mahsa

Pão de Queijo

Contributed by Vanessa

Ingredients:

400 g extra old cheddar cheese, shredded

200 g Feta cheese, shredded (you may substitute for mozzarella cheese but you'll need to adjust the salt)

425 g Tapioca flour/starch

360 ml whole milk

40 ml vegetable oil

2 whole eggs, slightly beaten

*The listed ingredients yield above fifty
1 tablespoon-sized cheese balls.*



Two brands Vanessa recommends:
Yupik and Bob's Red Mill Tapioca Flour/Starch
(Photo Credit: amazon.ca)



Directions

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper. Set aside.
3. Drop the tapioca flour/starch into a medium-large bowl. Set aside.
4. Over medium heat, boil the milk and vegetable oil in a saucepan.
5. Pour the boiling milk-vegetable oil mixture into the tapioca flour/starch.
6. Stir until a dough is formed. You may use a mixer at this point. It helps a lot. But just beat until all is combined (2-3 minutes tops).
7. Drop the beaten eggs. Stir until all is combined. Add another egg if you feel that the dough is dry. Again, you may use a mixer at this point. But just beat until all is combined (2-3 minutes tops, otherwise the dough will become sticky).
8. Drop the cheeses and knead the dough until the cheeses are incorporated. Do not use a mixer here.
9. Shape balls and place them half-inch apart on the lined baking sheet.
10. Bake for 20 minutes on the top rack in the oven. Or until the cheese balls are golden. Serve warm

“This recipe freezes well. Instead of baking the cheese balls, place the baking sheet in the freezer for 2 hours. Then, place the cheese balls into a ziplock bag. Add 5 minutes when baking the frozen balls.”

-- Vanessa

Grapes Salad with Feta

Contributed by Anna

Ingredients

Green grapes

Red grapes

Spring Onions

Feta Cheese

Lemon flavored olive oil



“Great to enjoy with Barbecue,
grilled Salmon.”

-- Anna

Bibimbap

Contributed by Amy



Ingredients:

A bundle (~250g) of spinach

Half a carrot

Half a zucchini

~200g yellow bean sprouts

~100 g of beef (or protein of choice)

~100 g of shiitake mushrooms (5-6 singular)

4 eggs

4 servings of steamed rice

3 Tbsp of Korean BBQ sauce

4 Tbsp of red chili paste (or to your taste)

2 Tbsp of sesame oil

White sesame seeds

Shredded roasted seaweed (recommended)

Directions:

1. Blanch the spinach and the bean sprouts separately, making sure to rinse the bean sprouts with cold water to keep its crisp texture and wringing the spinach free of excess water.
2. Mix the spinach with 1 tbsp of sesame oil and a tsp of sesame seeds in a bowl and repeat with the bean sprouts in another.
3. Peel and shred the carrots into thin strips, and stir-fry it with a bit of cooking oil before setting aside.
4. Similarly, slice the zucchini into thin half-moons and stir-fry.
5. Next, slathered your protein of choice in the BBQ sauce and cook thoroughly.
6. Sauté the mushrooms in the pan with a pinch of salt and pepper, making sure to clean the pan before proceeding to the next step.
7. Finally, fry the eggs sunny-side up before setting everything aside for plating.
8. Put the rice into bowls and place the assorted vegetables, meat and eggs to your liking (typically this is done in segments of a circle with the egg in the middle on top).
9. Add chili paste plus any additional garnishes to your desire (seaweed and sesame seeds are recommended).
10. Mix and enjoy!

Harleen's Special:

Delicious Homemade Sandwich

Contributed by Harleen



Ingredients:

Baguette

Pesto

Avocado

Tomato

Spinach

Bocconcini (either the balls or the slices. If using the balls, cut so that they're thinner and fit in the sandwich better)

Harleen's tips on choosing the right pesto:

“I used traditional store bought, but you can make your own or use the one without nuts if you have a nut allergy because my brother uses that one and still likes it.”

Directions:

1. Cut baguette to the size that you want & then cut it open.
2. Spread pesto on both sides of the inside of the baguette.
3. Cut the avocado into thin slices and put in the baguette.
4. Cut the tomato into thin slices and put inside the baguette.
5. Place bocconcini inside the baguette.
6. Put spinach inside your sandwich.
7. Enjoy!



Indian Tacos

Contributed by Jessi

Ingredients:

Dry ingredients:

2 cups all-purpose flour

1 Tbsp baking powder

½ tsp white sugar

½ tsp salt



Other ingredients:

1 ½ cups lukewarm water

Ground beef (or whatever protein/substitute you like for tacos)

Taco seasoning (or whatever seasoning you like)

Shredded cheddar cheese

Chopped lettuce

Chopped tomatoes

Chopped tomatoes

Chopped pepper

Salsa

Sour cream

Chives

Garlic

Onion

Directions

1. Mix the above dry ingredients together and add the lukewarm water, stirring just until a fairly sticky dough forms.
2. Lay out on floured surface and knead for a couple minutes.
3. Refrigerate for 20-30 mins.
4. Heat oil (~2 cups, or as needed) in frying pan, divide dough into 6-10 portions, flatten each into shape you like (disc, rectangle).
5. Fry dough one/two at a time depending on size of pan until browned (1-2 minutes on each side).
6. Cook ground beef with onions and garlic, if you like, adding taco or other seasoning near the end.
7. Chop up lettuce, pepper, tomatoes, chives, onion, whatever else you like on tacos.



“It’s a quick and simple recipe - and super delicious!”

--- Jessi

Fiddlehead Soup

Contributed by Anne Hunt



(Photo credit: bangordailynews.com)

Ingredients:

1 ½ cups fiddleheads, cleaned and finely chopped
2 Tbsp butter
2 cubes chicken bouillon or 2 teaspoons chicken bouillon granules
1 small onion, minced
1 clove garlic, minced
2 cups milk
2 cups heavy cream
Salt and freshly ground black pepper, to taste

The listed ingredients yield 6 servings

Directions:

1. Steam the fiddleheads for 10 to 12 minutes, or until tender. Set aside.
2. In a saucepan, melt the butter and bouillon cubes over medium heat.
3. Add the fiddleheads, onions, and garlic and cook for 10 minutes.
4. Add the milk, stir frequently, and heat thoroughly.
5. Add the cream, stir to incorporate, and season with salt and pepper.
6. Serve steaming hot.

Pink Lemon Risotto with Sesame seed crust Salmon and Broccoli

Contributed by Ale

Ingredients:

Pink Lemon Risotto:

2 Tbsp olive oil
½ red onion chopped
into small pieces
1 garlic glove onion
chopped into small
pieces
150 ml white wine
2 cups arboreal rice
4 cups vegetable stock
2 tablespoon butter
100 g cheese of
preference
4 Tbsp lemon juice
2 Tbsp lemon zest
Salt and pepper

Sesame seed crust

Salmon:

500g salmon
½ cup sesame seeds
2 Tbsp olive oil
Salt and lemon pepper

Broccoli:

2 Tbsp olive oil
1 broccoli head cut into
flowers
2 Tbsp soy sauce
Salt and pepper



Directions:

Pink Lemon Risotto:

1. Bring broth to simmer in large saucepan over medium heat.
2. Reduce heat to low; cover to keep warm.
3. Put olive oil in heavy large saucepan over medium heat.
4. Add onions and sauté until tender, about 6 minutes.
5. Add rice and garlic; stir 1 minute.
6. Add wine and stir until evaporated, about 30 seconds.
7. Add 1 ½ cups hot stock; simmer until absorbed, stirring frequently.
8. Add remaining broth ½ cup at a time, allowing broth to be absorbed before adding more and stirring frequently until rice is creamy and tender, about 35 minutes.
9. Stir in cheese and 2 tablespoons butter.
10. Stir in lemon juice, and lemon zest.
11. Season risotto with salt and pepper. Transfer to bowl and serve.

Sesame seed crust Salmon:

1. Season the salmon with salt and pepper, put sesame seeds on all of the top.
2. Add olive oil to a large pan, one that can fit the salmon.
3. Turn medium heat, put the salmon with the part without sesame seeds in contact with the pan.
4. Once the salmon is starting to cook up to the part where the sesame seeds are, which takes about 10 min, turn the salmon upside down and let it finish cooking.

Broccoli:

1. Put the olive oil into and the broccoli into a pan, season with salt and pepper, once it is almost ready, add the soy sauce.

Mushroom & Asparagus Pasta with Garlic & Herb Dressing

Contributed by Elizabeth

Ingredients:

Any pasta (1 cup)
Salt & pepper
Olive oil
Water
Fresh Garlic (minced)
Cherry tomatoes
Asparagus
2 Shallots or ½ Red onion
Cremini & Button mushrooms
Feta Cheese
4 oz of Jackfruit or 1 Chicken
breast (I made mine with
Jackfruit; meat option suggested)
Knorr Roasted Garlic & Herbs
seasoning*



** The Knorr Roasted Garlic & Herbs seasoning can be made from scratch.*

Ingredients:

Powdered milk, dried minced garlic, garlic powder, roasted garlic, oil, & Italian herbs: oregano, thyme, parsley, salt, pepper)

Directions

1. Preparation:
 - a. Remove hard ends of asparagus and cut into one-inch pieces & set aside
 - b. Cut tomatoes in half & set aside
 - c. Cut button mushrooms in half & set aside
 - d. Slice cremini mushrooms & add to button mushrooms
 - e. Slice shallots or dice red onion & add to saucepan
 - f. Slice Jackfruit or chicken into bite sized pieces & set aside
 - g. Mince garlic & add to saucepan
 - h. Add Garlic & Herb seasoning, 1 tablespoon of oil, and 3 tablespoons of water into a bowl and mix well. Set aside.
2. Boil water for pasta & add salt
3. Add 1 tablespoon of oil to the saucepan (with scallions & garlic). Cook over medium-low heat until fragrant (1-3 mins)
 - a. Add asparagus, mushrooms & jackfruit and cook through (10-15 minutes)
 - b. Add salt & pepper to taste
4. Add pasta to water. Cook until el-dente, strain, set aside with small amount of pasta water.
5. Once vegetables are cooked, add sauce mix to the saucepan. Let simmer for 2-5 minutes.
6. Add pasta, remaining water, and tomatoes, to saucepan and simmer until sauce is thickened (5 minutes).
7. Prepare Feta cheese.
8. Remove pasta from heat and allow to cool.
9. Top with Feta & serve with side salad.

Century Egg Tofu

Contributed by Leo('s aunt)



Ingredients

1 pc of tofu

2 century eggs

1 Tbsp of oyster sauce

1 green onion

1 Tbsp of soy sauce (approx.)

1 Tbsp of sesame oil

Some rousong (i.e., meat floss)

Chinese chili oil (optional)

“I don’t really know how much [soy sauce] I use everytime, but I guess it’s around one tablespoon.”

-- Leo’s aunt

Directions

1. Rinse the piece of tofu and put it on a plate.
2. Add the oyster sauce onto the tofu.
3. Cut the 2 century eggs into sizes you prefer, and place it around the tofu.
4. Cut the green onion into small pieces and sprinkle them around the tofu
5. Sprinkle the soy sauce and sesame oil on and around the tofu. The chili oil can be added at this time if you prefer a spicy flavour.
6. Sprinkle the rousong on the dish at the end.
7. Destroy the tofu and stir everything together with a spoon before you eat!

“You are supposed to stir everything together before you enjoy the dish, but I didn’t realize that until it’s too late...”

-- Leo

Thanks!

**A special thanks to all the wonderful folks
who joined in our brunch:**

Dr. Cameron

Allen

Anne

Russ

Neringa

Jesse

Winni

Michael

Ale

Shuai

Elizabeth

Claire

Saman

Harleen

Morgan

Katja

Jessi

Ye-Von

Mahsa

Nancy

Anna

Dhruv

Rachèle

Vanessa

Amy

Leo

See you all at our next gathering!