

# CULTURAL CELEBRATIONS

## Recipe Bank

Indian Rice and Dal  
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Three Sisters Soup  
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Cranberry Bison Meatballs  
Greek Style Bean Pitas  
Vegetable Latkes  
Hungarian Paprika Chicken  
Blueberry Crisp

### Children will:

- Discover traditional dishes of other cultures (and share their own personal food traditions with each other).
- Take their taste buds on a food adventure by tasting foods from cultures around the world (that may not be familiar to them).
- Learn cooking skills including knife skills and using the oven and stovetop

## Key Messages

Key messages can be used as time allows. They can be discussed during snack, talked about while making the recipes, or reviewed when the group eats together.

What better way to learn about other cultures than through food!

**Discussion Prompt:** *Get the children to share a favourite cultural dish they enjoy or a food tradition they practice in their home. As a facilitator, you may have to give a personal example to start.*

Sharing food with others and learning about their traditions helps us to understand and appreciate other people's cultures and customs. It helps us build friendships with many amazing people from places near and far.

**Potential Activity:** If time allows, you may want to complete the Draw Your Favourite Meal activity or play the Mystery Bag game in the *Activities*.

# INDIAN RICE AND DAL

Makes 6 Servings

## Ingredients

### Dal

1 tbsp (15 ml)	Butter
1 large	Onion
2 cloves	Garlic
2 tsp (10 mL)	Curry powder
1 cup (250 mL)	Red lentils
3 cups (750 mL)	Water
½ tsp (2 mL)	Salt

### Rice

1 tbsp (15 mL)	Butter
1 large	Onion
2 cloves	Garlic
1 cup (250 mL)	White or brown basmati rice
2 cups (500 mL)	Water
½ tsp. (2 mL)	Sea salt
Lots of freshly ground pepper	
Handful of chopped fresh cilantro (optional)	

## Equipment

- Knife
- Cutting board
- Liquid and dry measuring cups
- Measuring spoons
- Wire sieve
- Medium pot with lid
- Small pot with lid
- Wooden & metal spoon
- Colander



**Culinary Tip** Make sure you use red lentils in this recipe. Red lentils break down when cooked and become smooth, unlike green and brown lentils.



**Cultural Tip** In India, the lentil is known as dal or daal. Lentils have been found in Egyptian tombs dating as far back as 2400 BC.

## Directions

### For the Dal

- 1 Peel and dice the onion and mince the garlic.
- 2 Wash and drain the cilantro, if using. Chop and set aside.
- 3 Place lentils in a wire sieve, rinse with cool water and drain.
- 4 Melt the butter in a medium pot over medium-high heat, then toss in the onions and garlic. Stir mixture, lightly browning and softening the onions, for 3 or 4 minutes.
- 5 Sprinkle in the curry powder and stir for a minute to brighten the flavour.
- 6 Add the lentils and water. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Continue cooking according to package directions until the lentils are tender.
- 7 Once cooked, season with salt and stir the mixture until lightly mashed.

### For the Rice

- 8 Finely mince the onion and garlic cloves.
- 9 Melt and sizzle the butter in a small pot over medium-high heat. Add the onions and garlic and cook, just like before, until the onions are soft and lightly browned.
- 10 Add the uncooked rice and stir for a few minutes to lightly toast the grains.
- 11 Pour in the water and sprinkle in the salt and pepper. Bring to a boil, then reduce the heat to the slowest, steadiest simmer possible. Cover and cook for the time stated in the package directions. Let it rest with the lid on for 5 minutes or so, as the grains finish absorbing the moisture.
- 12 Serve the dal over the rice, topped with lots of chopped cilantro.

# GRILLED SALMON

Makes 6 Servings

## Ingredients

2 lbs (900 g)	Wild salmon or trout fillets
½ cup (125 mL)	Green onions
2 tbsp (30 mL)	Low sodium soy sauce
2 tsp (10 mL)	Sesame oil
1 clove	Garlic
1 tbsp (15 mL)	Fresh ginger root or ¼ tsp ground ginger

## Equipment

- Knife
- Cutting board
- Measuring spoons
- Dry measuring cup
- Parchment paper or aluminum foil
- Small bowl
- Whisk or fork
- Baking sheet
- Oven mitts

## Directions

- 1 Preheat the oven to 350°F.
- 2 Place salmon in the middle of a large piece of aluminum foil or parchment paper and turn up sides of foil (or paper) to make a boat.
- 3 Wash and chop green onions, sprinkle evenly over the salmon.
- 4 Peel and mince garlic. Peel and mince ginger.
- 5 In a small bowl, whisk together the garlic, ginger, soy sauce, and sesame oil and pour evenly over salmon.
- 6 Bring sides of the foil or parchment paper together and seal the edges. Place on baking sheet.
- 7 Cook fish for 20 minutes. Fish is done cooking when it reaches 70°C (158°F) and is opaque and easily flakes with a fork.



**Culinary Tip** A very general rule of thumb when cooking fresh fish is 10 minutes of cooking time for every inch thickness of fish. Frozen fillets will need longer so be sure to follow package directions. Fish is cooked when it turns completely opaque and easily flakes with a fork.



**Cultural Tip** Salmon is eaten by Indigenous Peoples across Turtle Island, but is a staple food for the Coast Salish Peoples in British Columbia. Salmon is also a very important part of the Coast Salish people's culture and identity.

# LEBANESE INSPIRED TABBOULEH

Makes 6 Servings

## Ingredients

1 cup (250 mL)	Bulgur
2	Green onions
½ cup (125 mL)	Fresh cilantro, parsley or mint
2	Tomatoes
1	Cucumber
3 tbsp (75 mL)	Lemon juice
3 tbsp (75 mL)	Olive oil
	Salt and freshly ground pepper

## Equipment

- Pot with lid
- Wire sieve
- Fork
- Dry measuring cups
- Measuring spoons
- Colander
- Knife
- Whisk
- Cutting board
- Mixing bowl

## Directions

- 1 Rinse bulgur and cook according to package directions. Fluff lightly with fork. Let cool.
- 2 Wash all vegetables and herbs.
- 3 Finely chop the green onions. Chop herbs. Dice tomatoes and cucumber.
- 4 Add all the vegetables and herbs to a medium sized bowl. Add the bulgur to the bowl.
- 5 For the salad dressing, whisk lemon juice and olive oil in a small bowl and pour over salad.
- 6 Gently toss all ingredients. Season with salt and pepper to taste.



**Cultural Tip** Tabbouleh comes from the Arabic word tabil, meaning “to spice” and was eaten over 4000 years ago in the mountains of Lebanon and Syria.



**Cooking Term** *Toss* means to gently mix the ingredients of a salad.

Why did the man throw lettuce out the window?  
*His wife asked him to toss the salad!*

# ITALIAN MARINARA SAUCE

Makes 6 Cups (1.5 L)

## Ingredients

2 cans (28 oz/796 g)	Crushed tomatoes
1	Medium onion
3 cloves	Garlic
3 tbsp (45 mL)	Olive oil
1 can (5.5 oz/156 g)	Tomato paste
1 tbsp (15 mL)	Dried basil
1/2 tbsp (7 mL)	Dried oregano
2	Bay leaves
1 tbsp (15 mL)	Brown sugar
2 tbsp (30 mL)	Balsamic vinegar (optional, see directions)

## Equipment

- Knife
- Measuring spoons
- Cutting board
- Can opener
- Large pot
- Wooden spoon

## Directions

- 1 Peel and finely chop the onion and garlic cloves.
- 2 Cook onion and garlic in a large pot with olive oil until very soft and slightly golden brown.
- 3 Add the rest of the ingredients to the pot. Simmer on low for one hour. Be careful of the splattering sauce! Leave a lid on the pot, but put it slightly ajar to allow steam to escape.
- 4 Taste the sauce after a half hour or so and adjust spices and seasoning to your liking. The proportions listed above yield a slightly sweet and tangy sauce. If you like savory sauces, leave out the balsamic vinegar and reduce the sugar to 1 tsp.



**Culinary Tip** The sugar in pasta sauce helps to balance out the high acidity of the tomatoes.



**Meal Idea** This recipe is great on the Lasagna Roll ups (next recipe). Consider making a double batch of sauce. The day you make it, serve over cooked whole grain pasta. Freeze the remaining sauce and use at another session where you can prepare the lasagna roll ups. Be sure to remember to take your sauce out of the freezer the night before your session and thaw in the refrigerator for the next day.



**Cultural Tip** “Marinara” means “seafaring” in Italian because it was the preferred meal of Italy’s merchants during long expeditions at sea.

# LASAGNA ROLL-UPS

Makes 6 Servings

## Ingredients

1 lb	(454 g)	Lasagna noodles
15 oz	(425 g)	Ricotta cheese
1 cup	(250 mL)	Mozzarella cheese
1/4 cup	(60 mL)	Grated Parmesan
1		Large egg
1 tsp	(5 mL)	Dried oregano or basil
1 tsp	(5 mL)	Dried parsley
1 pkg	(10 oz/284 g)	Frozen spinach
2 1/2 cups	(625 mL)	Marinara sauce
		Salt and pepper to taste

## Equipment

- Grater
- Dry measuring cups
- Large pot
- Large spoon
- Mixing spoon
- Colander
- 2 medium bowls
- 9 x 13-inch glass baking dish
- Aluminum foil
- Oven mitts



**Cultural Tip** Lasagna originated in Italy, in the region of Emilia-Romagna around the 14th century. Traditionally, the dough was prepared in Southern Italy with semolina and water and in the northern regions, where semolina was not available, with flour and eggs.

## Directions

- 1 Shred the mozzarella cheese.
- 2 Get a large pot of water boiling with a dash of salt. When it comes to a full boil, add the lasagna noodles and cook according to package directions. Drain.
- 3 Prepare the filling. Thaw the package of frozen spinach in the microwave then squeeze out as much excess liquid as possible. Combine the spinach in a bowl with the ricotta, mozzarella, parmesan, egg, oregano, parsley, pepper and salt. Mix until well combined.
- 4 When the noodles and filling are ready to go, preheat the oven to 400°F. Grease a glass casserole dish.
- 5 On a clean surface, lay out a few noodles at a time. Place a few tablespoons of filling on each noodle and spread to cover from edge to edge. The filling does not need to be thick. Make sure to spread the filling all the way to the edges of the noodles.
- 6 Roll the noodles up and place in the prepared casserole dish. Repeat until all the filling is gone. There may be some noodles left over, these are “back ups” in case any of the others rip.
- 7 Pour the marinara sauce over the rolled noodles making sure to cover all surfaces.
- 8 Cover the dish in foil and bake for 30 minutes. Serve hot.

What bird can be heard at mealtimes?  
*A swallow!*

# HARIRA (MOROCCAN STEW)

Makes 6 Servings

## Ingredients

2 tsp (10 mL)	Canola oil
1	Medium onion
2 tsp (10 mL)	Ground cinnamon
2 tsp (10 mL)	Ground cumin
2 tsp (10 mL)	Ground coriander
Pinch	Chili flakes (optional)
2 cloves	Garlic
1 large or 2 small	Sweet potatoes
1 ½ cups (375 mL)	Peas, frozen
1 can (796 mL/28 oz)	Crushed tomatoes
3 cups (750 mL)	Vegetable broth
1 can (540 mL/19 oz)	Chickpeas

## Equipment

- Cutting board
- Knife
- Medium pot
- Measuring spoons
- Dry measuring cups
- Liquid measuring cup
- Can opener
- Colander
- Scrub brush or peeler

## Directions

- 1 Prepare vegetables for cooking. Peel and dice the onion. Peel and mince the garlic. Wash, scrub with brush or peel, and chop the sweet potato into ½ inch pieces.
- 2 In a medium pot, heat oil over medium heat and cook onion for 3 minutes or until softened. Add cinnamon, cumin, coriander, chili flakes (optional) and garlic and stir, cooking over low heat for about another 2 minutes.
- 3 Add sweet potatoes, frozen peas and tomatoes and stir to coat vegetables in spices and oil.
- 4 Add the vegetable broth. Bring to a boil, reduce heat and simmer until the sweet potatoes are tender (about 25 minutes).
- 5 Drain and rinse the chickpeas. Stir in the chickpeas and simmer another 5 minutes or until the sweet potatoes are soft with a fork.



**Meal Idea** Serve with brown rice or quinoa for a tasty meal.



**Cultural Tip** Harira is traditionally served to break the fast at Ramadan.

# SHAKSHOUKA

Makes 6 Servings

## Ingredients

1		Yellow onion
1		Bell pepper
4 cloves		Garlic
1 can	(796 mL/28 oz)	Diced tomatoes
1 tsp	(5 mL)	Cumin
2 tsp	(10 mL)	Paprika
½ tsp	(2.5 mL)	Ground coriander
¼ tsp	(1.25 mL)	Red pepper flakes (optional)
6		Eggs
		Parsley (optional)

## Equipment

- Cutting board
- Knife
- Oven safe skillet
- Measuring spoons
- Small bowl
- Spoon
- Can opener



**Culinary Tip** In a hurry? Instead of cooking the shakshouka in the oven, simply cover the skillet and cook it on the stove over medium-low heat for 10 minutes. Just keep an eye on the eggs, so they don't overcook.



**Cultural Tip** Shakshouka is a classic North African and Arab dish. It is typically enjoyed at breakfast, but can be eaten at any meal of the day.

## Directions

- 1 Preheat the oven to 375°F.
- 2 Peel and dice the onion. Dice the bell pepper. Peel and mince the garlic.
- 3 Lightly coat a large oven-safe skillet with cooking spray or oil and heat over medium-high heat. Add diced onions and cook for 3 minutes, stirring frequently. Add bell pepper and garlic and continue to cook for 2 minutes.
- 4 Add canned tomatoes and all of the spices to the skillet and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
- 5 In a small bowl, crack one egg. Using a small spoon, move the simmering tomato mixture to create a small hole for the egg. Pour the egg into the hole. Repeat until all eggs are in the skillet.
- 6 Turn off the heat and move the skillet from the stovetop to the preheated oven. Cook for 10–15 minutes until eggs are set but still jiggle in the centre when you move the skillet. They will continue to cook once removed from the oven.
- 7 Remove the skillet from the oven. Add a handful of chopped parsley, if desired, and serve.



# THREE SISTERS SOUP

Makes 6 Servings

## Ingredients

1		Medium onion
1		Large celery rib
1 tbsp	(15 mL)	Canola oil
1 tsp	(5 mL)	Curry powder
6 cups	(1.5 L)	Lower sodium chicken broth
2 cups	(500 mL)	Corn (frozen, canned or fresh)
1 can	(19 oz/540 mL)	Red kidney beans
1 can	(28 oz/796 mL)	Pumpkin puree
½ tsp	(2.5 mL)	Dried sage (or 5 fresh sage leaves)

## Equipment

- Knife
- Cutting board
- Can opener
- Colander
- Large pot
- Mixing spoon
- Liquid and dry measuring cups
- Measuring spoons

## Directions

- 1 Peel and dice the onion. Wash and chop the celery.
- 2 Add onions, celery, canola oil and curry spice to a large saucepot on medium heat for 5 minutes or until onions are clear.
- 3 Add broth to pot and bring to a simmer.
- 4 Drain and rinse the kidney beans using a colander. Add corn and kidney beans and simmer for 10 minutes.
- 5 Add the pumpkin and the sage and continue to simmer for 20 minutes, stirring occasionally.
- 6 Remove from heat and serve.



**Cultural Tip** The “three sisters” are corn, squash, and beans, which help each other grow well when planted close together in a garden.

Many Indigenous Peoples use hominy corn in this soup. Look for canned hominy in the grocery store as it is already cooked and ready to use.



**Culinary Tip** Ensure you buy pumpkin puree and not pumpkin pie filling for this recipe!

# WILD RICE AND BERRY SALAD

Makes 6 Servings

## Ingredients

### Salad

¾ cup (175 mL)	Wild rice or wild rice blend
1 cup (250 mL)	Fresh raspberries
1 cup (250 mL)	Fresh blueberries
2 stalks	Celery
3	Green onions

### Dressing

¼ tsp (1.25 mL)	Salt
¼ cup (125 mL)	Vegetable oil
2 tbsp (30 mL)	Rice vinegar
2 tbsp (30 mL)	Maple syrup

## Equipment

- Pot
- Mixing spoon
- Liquid and dry measuring cups
- Measuring spoons
- Large mixing bowl
- Small bowl
- Whisk or fork
- Colander
- Knife
- Cutting board
- Wire rack

## Directions

- 1 Cook the rice in the pot according to package directions, until the water is absorbed.
- 2 Remove from the heat. Transfer to a large mixing bowl and refrigerate until cooled.
- 3 In a small bowl, whisk the oil, vinegar, and syrup together to make the dressing.
- 4 Wash the berries in a colander; wash and chop the celery and onions.
- 5 Fold berries, celery and onion into cooled rice. Mix in the dressing gently. Serve cold.



**Culinary Tip** If using straight wild rice be sure to start it before participants arrive as it usually takes more than an hour to cook. Follow directions on the package.



**Creativity Tip** You can use other types of fruit depending on what you have available or your preferences. Try Saskatoon berries, blackberries, strawberries or apples.



**Cultural Tip** Wild rice is the only grain native to Canada. It isn't actually rice, but a seed from aquatic grass. The Ojibwe people call this plant manoomin.

# CRANBERRY BISON MEATBALLS

Makes 6 Servings

## Ingredients

1		Egg
¼ cup	(60 mL)	Dried cranberries
2 tbsp	(30 mL)	Olive oil
½ tsp	(2 mL)	Ground allspice
½ tsp	(2 mL)	Salt
¼ tsp	(1 mL)	Pepper
1 lb	(500 g)	Medium ground bison, moose, venison, or lean ground beef
1 cup	(250 mL)	Canned whole cranberry sauce
¼ cup	(60 mL)	Barbecue sauce
1 tsp	(5 mL)	White or apple cider vinegar
¼ tsp	(1 mL)	Pepper

## Equipment

- Large mixing bowl
- Measuring spoons
- Liquid and dry measuring cups
- Food thermometer
- Baking sheet with sides
- Large frying pan

## Directions

- 1 Preheat oven to 375°F.
- 2 Combine egg, dried cranberries, oil, allspice, salt and first amount of pepper in large bowl.
- 3 Add ground meat and mix well.
- 4 Roll into ¾ -inch (2-cm) balls. Arrange in single layer on greased baking sheet with sides.
- 5 Bake for about 15 minutes. Check the internal temperature with a thermometer. The meatballs are cooked when they reach an internal temperature of 165°F.
- 6 For the glaze, combine cranberry sauce, barbecue sauce, vinegar and remaining pepper in large frying pan.
- 7 Heat and stir on medium until boiling. Add meatballs. Heat and stir for about 1 minute until glazed.

**Food Safety Tip** To check the internal temperature of the meatballs, stick your food thermometer into the center of the largest meatball. Leave the thermometer in for 30 seconds before reading the temperature.

**Cultural Tip** The Plains Cree Peoples depended on bison for many things such as food, clothing, and building materials. Often referred to as buffalo, bison are not the same species. Bison originated in North America and Europe, while buffalo came from Asia and Africa.

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# GREEK STYLE BEAN PITAS

Makes 6 Servings

## Ingredients

1 can (19 oz/540 mL)	White navy beans
1	English cucumber
1	Large tomato
1	Red pepper
½ cup (125 mL)	Crumbled feta cheese
½	Red onion
¼ cup (60 mL)	Pitted black olives
2 tbsp (30 mL)	Red wine vinegar
1 ½ tsp (2 mL)	Dried oregano
¼ tsp (1 mL)	Pepper
6	Whole wheat pitas
	Tzatziki (optional)

## Directions

- 1 Rinse and drain beans in colander.
- 2 Dice the cucumber, tomato, red pepper, and red onion. Chop the olives.
- 3 Combine all ingredients except pitas and tzatziki in a bowl. The filling can be made ahead of time and stored in the fridge.
- 4 Cut pita in half and open up pocket.
- 5 Spoon filling inside the pocket.
- 6 Spoon some tzatziki onto your fillings.

## Equipment

- Can opener
- Bowl
- Colander
- Dry measuring cups
- Knife
- Measuring spoons
- Cutting board
- Spoons



**Cultural Tip** Tzatziki is a sauce with a base of yogurt and cucumbers. It's commonly enjoyed in the Mediterranean and Middle East. Find a recipe for tzatziki in the Snacks section!

# HUNGARIAN PAPRIKA CHICKEN

Makes 6 Servings

## Ingredients

6	Chicken legs
	Salt and pepper
1 tbsp (15 mL)	Vegetable oil
1	Large red pepper
1	Medium onion
2 cloves	Garlic
1	Small fennel bulb (optional)
2	Large tomatoes
1 tbsp (15 mL)	Paprika
1 cup (250 mL)	Chicken or vegetable broth
1	Bay leaf
3 tbsp (45 mL)	Sour cream

## Equipment

- Knife
- 2 cutting boards (one for chicken, one for vegetables)
- Measuring spoons
- Liquid measuring cups
- Wooden spoon
- Large frying pan with lid
- Aluminum foil
- Serving platter

## Directions

- 1 Wash the vegetables. Cut the red pepper into long thin strips. Peel and slice the onion. Peel and mince the garlic. Finely chop the fennel bulb, if using. Chop the tomatoes.
- 2 Cut chicken legs in half, so you're left with thighs and drumsticks. Season with salt and pepper.
- 3 Heat the oil in a large frying pan and, working in batches, brown the meat on all sides.
- 4 Drain off all but a tablespoon of oil from the pan.
- 5 Lower the heat and add the pepper, onion, fennel, and paprika. Cook until soft about 12 minutes, adding the garlic for the final minute.
- 6 Deglaze the pan with the broth. Add the tomatoes and bay leaf. Put the chicken back in.
- 7 Cover the pan, and cook, turning the meat occasionally, until tender, about 30 minutes.
- 8 Remove the chicken to a serving platter and cover with foil to keep warm.
- 9 Turn the heat to medium-high and bring the sauce in the pan to a boil. Boil down to thicken.
- 10 Turn off the heat, stir in the sour cream, check the seasonings and pour over chicken to serve.



**Cooking Term** *Deglazing* a pan means to add liquid to a hot pan after you've already cooked something in it, which allows the caramelized bits of food stuck to the bottom to release and add flavour to the liquid.



**Cultural Tip** Hungary is a major source of commonly used paprika and it is used in many of the country's most delicious dishes. Paprika can range from hot and spicy to sweet and flavorsome.

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# VEGETABLE LATKES

Makes 6 Servings

## Ingredients

1	Medium carrot
2	Medium zucchini
1	Large yellow onion
2	Large potatoes
2	Eggs
1/4 tsp (1 mL)	Pepper
1 tsp (5 mL)	Salt
1/4 cup (60 mL)	Flour
	Oil for frying

## Equipment

- Knife
- Peeler or scrub brush
- Cutting board
- Large bowl
- Small bowl
- Fork or whisk
- Griddle or heavy skillet
- Grater
- Pastry brush
- Wooden spoon
- Spatula
- Large dish
- Paper towel

## Directions

- 1 Wash carrots and zucchini. Scrub with brush or peel carrots. Shred carrots and zucchini.
- 2 Finely chop the onion.
- 3 Wash and peel potatoes. Coarsely shred the potato.
- 4 Combine the above vegetables in a large bowl.
- 5 Combine eggs, salt and pepper. Stir into vegetable mixture.
- 6 Sprinkle flour over top. Stir to mix.
- 7 Heat griddle or heavy skillet to medium-high. Brush with oil.
- 8 Drop batter by heaping tablespoons onto griddle. Flatten slightly. Cook until browned. Turn and brown other side, adding a little oil as needed.
- 9 Drain on paper towels and keep warm until ready to serve.



**Meal Idea** Serve with applesauce or sour cream for dipping.



**Cultural Tip** Latkes originated in Eastern European countries like Poland, Germany, Austria and Russia. They are also often eaten during the Jewish holiday Hanukkah.

# BLUEBERRY CRISP

Makes 6 Servings

## Ingredients

4 cups (1 L)	Fresh or frozen blueberries
¼ cup (60 mL)	Honey
	Juice and zest of 1 lemon
2 tbsp (30 mL)	All-purpose flour
½ cup (125 mL)	Brown sugar
½ cup (125 mL)	Rolled oats
½ cup (125 mL)	All-purpose flour
1/3 cup (75 mL)	Unsalted butter, softened
1 tsp (5 mL)	Ground cinnamon

## Directions

- 1 Preheat oven to 375°F.
- 2 Combine the blueberries, honey, lemon juice, lemon zest, and first amount of flour in a large bowl.
- 3 Pour into a greased baking dish.
- 4 Combine the remaining 5 ingredients in a medium bowl. Use a pastry blender to break up butter into small pieces. Pour over the berry base.
- 5 Bake for 25 to 30 minutes or until berries are bubbly. Serve warm or at room temperature.

## Equipment

- Zester
- Baking dish (6 cup/1.5 L)
- Large mixing bowl
- Medium mixing bowl
- Pastry blender (or two butter knives)
- 2 mixing spoons
- Liquid and dry measuring cups
- Measuring spoons
- Oven mitts



**Creativity Tip** Try using other types of fruit and/or berries that are in season for the filling.



**Cultural Tip** Wild blueberries originated on Turtle Island and have been harvested for food and medicine for centuries by Indigenous Peoples. Fruit like blueberries and cranberries are eaten fresh but also dried and added to meat, stews, and other traditional dishes.

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