



Cookbook

**Free Play at Winakwa
Community Centre**



Purpose of This Cookbook

This cookbook was collaboratively assembled by the children and youth participating in the City of Winnipeg Free Play drop-in program at Winakwa Community Centre during the Spring of 2024. It is a collection of their favorite recipes.

The project was part of a Community Action Project (CAP) initiative undertaken in partnership with Equitas – International Centre for Human Rights.

In addition to compiling these recipes, the children and youth gathered donations and crafted beaded bracelets to support children and youth residing at SunRise Village Family Shelter.

Equitas – International Centre for Human Rights

The City of Winnipeg Recreation Services Division works in collaboration with **Equitas – International Centre for Human Rights Education** to bring awareness to children’s rights through an educational approach amongst employees and participants who attend public programs.

Community Action Projects (CAPs)

Community Action Projects (CAPs), are opportunities for young people to participate in their community, demonstrate leadership, and engage decision makers in actions that contribute to more inclusive and rights-respecting communities. They support young people to take action for children’s rights and engage them as leaders through a five-step Community Action Project process.

Through the CAP process, group members identify children’s rights issues they would like to address. For example, more respect for the environment, reducing discrimination, or greater access to safe spaces to play. They then decide on the actions they would like to take together to address the issue, such as a clean up day, a mural, or a sports event. Finally, they engage peers, families, teachers, decision makers, and other community members in their action to build a more inclusive and rights-respecting community.

This cookbook is an outcome of the Community Action Project undertaken at Winakwa Community Centre. We hope you enjoy!

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Appetizers



Fried Calamari

Ingredients

- 1 lb calamari rings and tentacles
- 1 cup buttermilk
- 1 ½ cups all purpose flour
- 2 tsp salt plus more for serving
- ½ tsp paprika smoked or regular
- ¼ tsp pepper
- ¼ tsp garlic powder
- Vegetable oil for frying
- 2 tsp chopped fresh parsley

Directions

1. Place the calamari in a bowl with the buttermilk and stir to combine.
2. Cover the bowl and refrigerate for at least 30 minutes.
3. Heat 3-4 inches of oil in a large deep pot to 375°F.
4. Place the flour, salt, paprika, pepper, and garlic powder in a medium bowl; stir to combine.
5. Remove each piece of squid from the buttermilk and dredge in the flour. Repeat the process until all pieces are coated.
6. Place 8-10 pieces of squid in the oil. Cook for 2-3 minutes or until golden brown.
7. Remove the squid from the oil and drain on paper towels. Repeat the process with the remaining squid.
8. Sprinkle additional salt over the squid if desired, and sprinkle with chopped parsley. Serve immediately.



Creamed Corn

Ingredients

- 6 ears of corn, shucked (4 to 5 cups)
- 2 tbsps unsalted butter
- $\frac{3}{8}$ tsp salt
- 2 tbsps finely chopped shallots or yellow onions
- $\frac{1}{8}$ tsp ground black pepper
- 1 cup half and half cream
- Chopped fresh parsley, chives, or tarragon, for garnish

Directions

1. Remove the corn kernels: Set an ear of corn on a cutting board, and working from the thick to the narrow end, cut off 2 rows of kernels. Turn and cut off 2 or 3 more rows. Continue in this way until all the kernels are off all the cobs.
2. Alternatively, use a corn scraper. Set the cobs on a rimmed baking sheet to keep the kernels from flying all over the place when you remove the kernels.
3. Scrape the cob to release the creamy milk: after you have removed the kernels, hold one cob over the pile of corn on the cutting board or baking sheet, and use the back of the knife to rub across it, going back and forth, to release the pulpy corn milk. Repeat with all the ears. The starchy liquid of the corn milk adds creaminess to the kernels.
4. Cook the corn: In a large skillet over medium heat, melt the butter. Add the shallots or onions and cook, stirring often, for 3 to 4 minutes, or until the shallots soften but are not brown. Add the corn, corn milk, salt, pepper, and half and half. Cook, stirring often, for 5 minutes, or until the kernels are tender and the corn looks creamy and slightly thickened. If it seems dry, stir in more cream or water, 1 tbsp at a time. Taste and add more salt and pepper, if you like.
5. Transfer to a serving bowl and serve hot, garnished with chopped herbs.



Sheet Pan Gnocchi

Ingredients

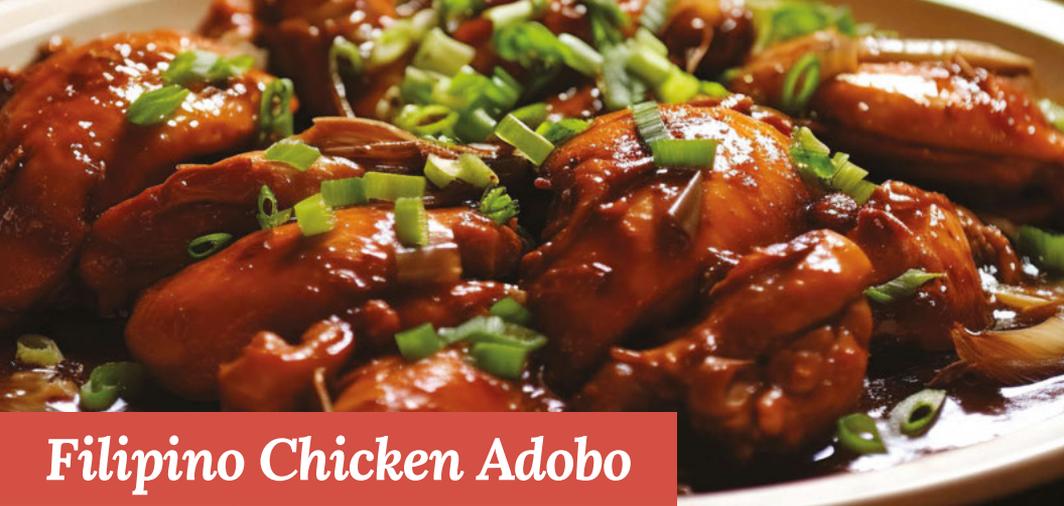
- 1 16-ounce package uncooked potato gnocchi
- 1 pint of grape tomatoes
- 1 red bell pepper, chopped
- 1 orange bell pepper, chopped
- ½ red onion, chopped
- 3 tbsps olive oil
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp freshly cracked black pepper
- ½ tsp dried basil
- ½ tsp dried oregano
- 1 pinch crushed red pepper
- ¼ cup freshly shaved parmesan cheese, for topping
- Sprinkle of fresh herbs

Directions

1. Preheat your oven to 425°F. Line a baking sheet with aluminum foil and spray with non-stick spray.
2. Spread the gnocchi, tomatoes, peppers, and onions on the baking sheet. Drizzle with the olive oil. Sprinkle with the garlic powder, salt, pepper, oregano, basil, and crushed red pepper and toss well to combine everything. Make sure everything, especially the gnocchi, is seasoned well!
3. Roast for 20 to 25 minutes, tossing once during cook time. You want the tomatoes to be bursting and the peppers to be soft and caramelly.
4. Serve the gnocchi immediately. Sprinkle with the parmesan cheese and a sprinkling of fresh herbs!



Dinners



Filipino Chicken Adobo

Ingredients

Marinade for the Chicken

- 1.5 lbs chicken thigh fillets, boneless and skinless (5 - 6 pieces)
- ½ cup soy sauce, ordinary all purpose or light (not dark)
- 3 garlic cloves, minced
- ½ cup + 2 tbsp white vinegar
- 4 bay leaves (fresh) or 3 dried

Sauce for cooking

- 2 tbsp oil, separated (vegetable, canola or peanut)
- 3 garlic cloves, minced
- 1 small brown onion, diced
- 1 ½ cup water
- 2 tbsp brown sugar
- 1 tbsp whole black pepper (substitute 2 tsp coarse cracked pepper)

Garnish

- 2 green onions/scallions, sliced

Directions

1. Combine the chicken marinade ingredients in a bowl. Marinate for at least 20 minutes, or up to overnight.
2. Heat 1 tbsp oil in a skillet over high heat. Remove chicken from marinade (reserve marinade) and place in the pan. Sear both sides until browned – about 1 minute on each side. Do not cook the chicken all the way through.
3. Remove chicken skillet and set aside.
4. Heat the remaining oil in skillet. Add garlic and onion, cook 1 ½ minutes.
5. Add the reserved marinade, water, sugar, and black pepper. Bring it to a simmer then turn heat down to medium high. Simmer 5 minutes.
6. Add chicken smooth side down. Simmer uncovered for 20 to 25 minutes (no need to stir), turning chicken at around 15 minutes, until the sauce reduces down to a thick jam-like syrup.
7. If the sauce isn't thick enough, remove chicken onto a plate and let the sauce simmer by itself - it will thicken much quicker - then return chicken to the skillet to coat in the glaze.
8. Coat chicken in glaze then serve over rice.



Super-Crispy Pan-Fried Chicken

Ingredients

- 16 pieces of chicken (preferably drumsticks and thighs)
- 6 cups buttermilk
- 3 cups all-purpose flour
- 4 tsp kosher salt
- 2 tsp freshly ground black pepper
- 1 tsp cayenne pepper
- 1 ½ Qt vegetable oil, for frying

Directions

1. In a large bowl, toss the chicken with the buttermilk. Cover with plastic wrap and refrigerate the chicken for at least 8 hours or overnight.
2. In a large, resealable plastic bag, combine the flour, salt, pepper, and cayenne. Set two large racks over rimmed baking sheets.
3. Working in batches, drain the chicken, scraping off most of the buttermilk against the side of the bowl. Add the chicken to the bag, a few pieces at a time, and shake to coat completely.
4. Transfer the chicken to the racks, pressing the flour to help it adhere as you remove the chicken from the bag.
5. Pour 1 inch of oil into each of two large cast-iron skillets and heat to 350°F. Add about half of the chicken pieces to the hot oil, being sure not to crowd the skillet. Fry over moderate heat until the chicken is golden, crisp, and cooked through, 20 to 25 minutes; an instant-read thermometer should register 165°F for thighs or drumsticks and 160°F for breasts.
6. Line the racks with paper towels and drain the chicken. Continue frying the chicken in batches, being sure the oil temperature stays at 325°F during frying.
7. Serve warm or at room temperature.



Fried Chicken with Honey Mustard

Ingredients

Honey Mustard

- ¾ cup Dijon mustard
- ¾ cup whole-grain mustard
- ¼ cup prepared horseradish
- ¼ cup honey
- Kosher salt
- Black pepper

Fried Chicken

- 1 quart plain fat-free Greek-style yogurt, divided
- 1 ½ cups whole milk, divided
- 2 tsp crushed chile de arbol or crushed red pepper, divided
- 1 tsp kosher salt
- ½ tsp freshly ground black pepper
- 2 (3-pound) whole chickens, cut into 8 pieces each
- 3 cups canola oil, for brushing and frying
- 4 cups all-purpose flour
- ½ tbsp garlic powder
- ½ tbsp onion powder

Directions

Honey Mustard Sauce

1. In a medium bowl, whisk both mustards with the horseradish and honey and season with salt and pepper.
2. Cover and refrigerate until well chilled, about 45 minutes.

Fried Chicken

1. In a large bowl, whisk 2 cups of the yogurt with $\frac{3}{4}$ cups of the milk, 1 tsp of the crushed chili, 2 tsp of salt and $\frac{1}{2}$ tsp of pepper. Add the chicken and turn to coat. Cover and refrigerate for at least 4 hours or overnight.
2. Preheat the oven to 400°F. Remove the chicken from the marinade and rinse under cold water; discard the marinade. Pat the chicken dry and arrange on 2 large rimmed baking sheets.
3. In a small bowl, mix the remaining 1 tsp of crushed chile with 2 tsp of salt and 1 tsp of pepper. Brush the chicken with oil and season with the chile salt. Bake for 20 to 25 minutes, until an instant-read thermometer inserted in the thickest part of each piece registers 145°F. Let the chicken cool slightly.
4. Meanwhile, in a large baking dish, whisk the remaining 2 cups of yogurt and $\frac{3}{4}$ cup of milk with 1 tsp of salt and a pinch of pepper. In another large baking dish, whisk the flour with 1 tbs of salt, $\frac{1}{2}$ tsp of pepper, and the garlic and onion powders.
5. Set a rack over a baking sheet and line another baking sheet with wax paper. Working in batches, coat the chicken pieces in the yogurt, then dredge in the seasoned flour and shake off the excess. Transfer the chicken to the wax paper-lined baking sheet.
6. In a large enameled cast-iron casserole, heat 2 inches of oil to 365°F. Add half of the chicken and fry over moderately high heat, turning, until deep golden brown and cooked through, about 7 minutes. Transfer to the rack to drain and fry the remaining chicken. Serve with Honey Mustard.



Fried Chicken

Ingredients

Fried Chicken

- 6-8 thin sliced chicken breasts
- 2 cups flour
- 2 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp pepper
- 1 tsp garlic powder
- 1 ½ cup buttermilk
- 1 egg
- 1 tbsp hot sauce
- Oil for frying

Gravy

- ¼ cup reserved oil from frying
- ⅓ cup flour
- 2 cups milk
- Salt & pepper

Directions

1. Heat oil in deep fryer or large pan on stove (a few inches deep) to 325°F.
2. In large bowl, whisk together your flour, baking powder, baking soda, salt, pepper, and garlic powder.
3. In another bowl, whisk together buttermilk, egg, and hot sauce.
4. Dredge your chicken in the flour mixture then dip into the egg mixture than back into the flour mixture, making sure to press down flour to get stuck on the steak really good.
5. Place chicken in pan/deep fryer and fry on each side 3-5 minutes until golden brown, remove and drain on paper towel-lined plate, repeat with all chicken.
6. To make your gravy, in large pan add ¼ inch of oil from cooking and heat on medium-high, stir in your flour until absorbed, and cook for about 1 minute.
7. Slowly add in your milk, whisking to blend, and heat until thickened then stir in salt and pepper to desired taste.
8. Pour gravy over chicken before serving.



Jamaican Oxtail

Ingredients

- 2 ½ lbs oxtail
- 1 tbsp soy sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp salt
- 1 tbsp white sugar
- 1 tbsp garlic and herb seasoning (such as Spike®)
- 1 tsp browning sauce (such as Grace®)
- ¼ tsp ground paprika
- ¼ tsp ground cayenne pepper
- ¼ tsp ground black pepper
- 2 tbsps vegetable oil
- 2 carrots, thinly sliced
- 2 stalks celery, thinly sliced
- 1 onion, chopped
- 4 garlic cloves, minced
- 3 cups low-sodium beef broth
- 1 bunch fresh thyme
- 1 sprig fresh rosemary
- 1 bay leaf
- 2 tbsps unsalted butter

Directions

1. Place oxtail in a shallow dish. Combine soy sauce, Worcestershire sauce, salt, sugar, garlic and herb seasoning, browning sauce, paprika, cayenne pepper, and black pepper together in a small bowl. Rub both sides of oxtail with soy sauce mixture; discard any excess.
2. Heat vegetable oil in a large, deep skillet over medium-high heat. Sear oxtail in hot oil until golden brown, about 3 minutes per side; transfer to a plate and set aside.
3. Sauté carrots, celery, onion, and garlic in the same skillet until softened, about 5 minutes. Add beef broth, thyme, rosemary, and bay leaf; bring to a boil. Add oxtail, with its juices, and butter. Reduce heat to low, cover, and simmer until oxtail is fork tender, about 3 hours.
4. Uncover skillet and increase heat to high. Cook, stirring occasionally, until sauce reduces and thickens, about 5 minutes.



Pepperoni Bacon Pizza

Ingredients

- 2 cups of whole wheat flour
- 2 cups of white flour (save ¼ cup for dusting the rolling surface)
- 2 ¼ tsp of instant dry yeast
- 1 tsp sugar
- 2 tsp salt
- 1 ½ cup water
- 1 cup of pizza or pasta sauce
- 1 cup mozzarella shredded cheese
- ½ cup of pepperoni
- ½ cup of cooked bacon
- 2 tbsps of olive oil for dough
- 1-2 tbsps of olive oil for baking

Directions

1. Preheat oven to 400°F.
2. Add all dry ingredients to a mixer and start the mixer.
3. Slowly add the olive oil and water.
4. Add flour to a working surface.
5. Knead the dough three times.
6. Cover the dough in plastic wrap and let rise for 1 hour. Slice dough in half to make 2 pizzas.
7. Spread 1-2 tbsps of olive oil on a pizza pan or cookie sheet.
8. Knead the dough two times and roll out the dough onto the pizza pan or cookie sheet.
9. Paint on the sauce then sprinkle on the cheese and toppings.
10. Bake each pizza for 13-15 minutes at 400°F.



Thai Pineapple Shrimp Curry

Ingredients

- 2 tbsps olive oil
- ½ cup red curry paste
- 1 pound large shrimp, peeled and deveined
- 2 (14 ounce) cans light coconut milk
- 3 small leeks, chopped
- ½ Spanish onion, chopped
- 3 ounces sliced bamboo shoots, drained
- 5 tbsps white sugar
- 3 tbsps fish sauce
- 6 ounces fresh green beans, halved, or more to taste
- ½ red bell pepper, cut into matchstick-size pieces
- ½ green bell pepper, cut into matchstick-size pieces
- 2 scallions, sliced
- 1 jalapeno pepper, seeded and thinly sliced
- 1 (8 ounce) can pineapple chunks
- 3 cups cooked jasmine rice

Directions

1. Heat oil in a large skillet over medium heat; cook and stir curry paste until fragrant, about 2 minutes.
2. Stir shrimp into paste and cook for 3 minutes. Transfer shrimp to a plate, scraping as much paste back into the skillet as possible.
3. Pour coconut milk into the curry paste. Add leeks, onion, bamboo shoots, sugar, and fish sauce; bring to a boil.
4. Add green beans, red bell pepper, green bell pepper, scallions, and jalapeno pepper and simmer until vegetables are tender, 10 to 15 minutes.
5. Add shrimp and pineapple; cook and stir until shrimp are pink and cooked through, about 5 minutes.



Filipino Barbecue Pork

Ingredients

- 6 lbs pork butt, sliced to 1-inch wide and ¼-inch thick
- 3 cups 7-up
- 2 cups soy sauce
- 2 cups vinegar
- 2 cups oyster sauce
- 3 cups brown sugar
- 1 tbsp ground black pepper
- 1 cup garlic, peeled and minced
- 10 Thai chili peppers (siling labuyo), minced
- 2 cups banana ketchup
- ½ cup sesame oil

Directions

1. Rinse pork strips and drain well. Pat dry.
2. In a large bowl, combine 7-up, soy sauce, vinegar, 1 cup of the oyster sauce, brown sugar, garlic, black pepper, and chili peppers.
3. Add pork and massage meat to fully incorporate. Marinate, turning meat once or twice, in the refrigerator for at least 4 hours or overnight for best results.
4. Thread 2 to 3 meat slices onto each skewer.
5. In a bowl, combine remaining 1 cup of oyster sauce, banana ketchup, and sesame oil. Set aside.
6. Grill meat kebabs over hot coals for about 2 to 3 minutes each side.
7. When pork starts to lose its pink, baste with oyster sauce-ketchup mixture. Continue to grill and baste, turning on sides, until meat is cooked through.
8. Remove from heat and serve as is or with spicy vinegar dip.



Desserts



Red Velvet Cupcakes

Ingredients

Cake

- 2 ½ cups flour
- ½ cup unsweetened cocoa powder
- 1 tsp baking soda
- ½ tsp salt
- 2 cups sugar
- 1 cup butter, softened
- 4 large eggs
- 1 cup sour cream
- ½ cup milk
- 1 (1 ounce) bottle McCormick Red Food Color
- 2 tsp McCormick Pure Vanilla Extract

Vanilla Cream

Cheese Frosting

- 1 (8 ounce) package cream cheese, softened
- ¼ cup butter, softened
- 2 tbsps sour cream
- 2 tsp McCormick Pure Vanilla Extract
- 1 (16 ounce) box confectioners' sugar

Directions

1. Gather all ingredients and preheat the oven to 350°F. Line 30 muffin cups with paper liners.
2. Make cake: Mix together flour, cocoa powder, baking soda, and salt in a medium bowl; set aside.
3. Beat sugar and butter in a large bowl with an electric mixer on medium speed until light and fluffy, about 5 minutes. Beat in eggs, one at a time.
4. Mix in sour cream, milk, food color, and vanilla.
5. Gradually beat in flour mixture on low speed until just blended; do not over-beat. Spoon batter into the prepared muffin cup, filling each ¾ full.
6. Bake in the preheated oven until a toothpick inserted into a cupcake comes out clean, about 20 minutes. Cool in the pans on a wire rack for 5 minutes. Remove cupcakes from the pans; cool completely.
7. While cupcakes are cooling, make frosting: Beat cream cheese, butter, sour cream, and vanilla extract in a large bowl until light and fluffy. Gradually beat in confectioners' sugar until smooth.
8. Spread or pipe frosting onto cooled cupcakes.



Simple Banana Loaf

Ingredients

- 2 ripe bananas
- 1 $\frac{1}{4}$ cup flour
- 1 cup sugar
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 2 eggs
- $\frac{1}{2}$ cup margarine
- $\frac{1}{2}$ cup chopped walnuts (optional)

Directions

1. Preheat oven to 350°F.
2. Blend bananas, eggs, and margarine.
3. Mix flour, sugar, baking soda, salt, and nuts together.
4. Mix dry ingredients and moist ingredients together.
5. Pour into greased loaf pan.
6. Bake 30 to 40 minutes.

