

COOK the HOOD

A Cookbook With a Difference
to Make a Difference



Austin Heights
Coquitlam 2010

Austin Delicatessen

Address: 1054 Austin Ave. Telephone: (604) 930-2646

This fabulous European deli prepares many homemade treats that will tempt your palate. Evelyn will custom-make your favourite sandwich or you can take home husband Jerry's homemade Polish sausages. Enjoy a freshly ground cup of coffee while you contemplate your purchase of the cabbage rolls, crepes, perogies, baked goods, meats, and cheeses!



"I regularly stop in at the Austin Delicatessen for a great cup of coffee, individually brewed and freshly ground. I appreciate the friendly staff and excellent service."

Paul Manocha, Owner of Basic Eyewear

Polish Potato Salad Serves 6-10

Ingredients:

4 russet potatoes
2 carrots
6 eggs
½ onion, finely chopped
¾ cup green peas, boiled
3 pickles, finely chopped
1 tablespoon mild Polish mustard
½ to ¾ cup mayonnaise
½ teaspoon salt or to taste
Pepper, to sprinkle over entire dish



1. Wash potatoes, carrots and eggs thoroughly. Bring each to a boil until cooked. Peel/shell eggs and chop into pieces.
2. Add in the remaining ingredients and mix thoroughly.
3. Season to taste with salt and pepper.

Aras Food Market Limited

Address: 1122 Austin Ave. Telephone: (604) 936-0708 Website: www.arasfood.com

Aras Food Market is a specialty food store catering to Persian, Arabic and Turkish cuisines. They also offer a variety of fresh flat breads, veggies, Halal meats as well as other Mediterranean foods. Stop by for a friendly, intellectual conversation or to sample one of the tasty feta cheeses!



"We have many wonderful regular customers who come in all the time. I would like to encourage new customers to also visit. Be adventurous and try something new!"

Samad Yaghoubi Hargalan, Owner

“Ghormeh Sabzi” (Persian Stew with Vegetables and Meat)

Serves 4-6

Ingredients:

1½ lbs boneless stewing meat, lamb or beef
4 tablespoons oil
1 teaspoon tumeric
1½ cups water
¾ cup kidney beans
Salt and pepper to taste
1 large potato, sliced lengthwise and halved
1 leek, chopped
1½ cups spinach, finely chopped
½ cup parsley, finely chopped
¼ cup coriander (cilantro), finely chopped
¼ cup fresh fenugreek leaves, finely chopped
2-4 Persian dried limes or 2 tablespoons lime juice



1. Cut meat into ¾-inch cubes. Heat 2 tablespoons of oil in a large pot on medium-high heat, add meat and cook until it begins to brown. Add tumeric and reduce heat. Add water, kidney beans and salt and pepper. Cover and simmer for 1- 1½ hours.
2. Fry potato in remaining 2 tablespoons of oil over high heat until lightly browned. Add potato to simmering sauce. Reserve oil.
3. Fry the remaining prepared vegetables in the reserved oil until wilted. Add vegetables and dried limes to sauce, cover and simmer for a further 10-15 minutes.

Serve with rice.

Centennial Secondary School, Culinary Arts Class

Address: 570 Poirier st. Telephone: (604) 936-7205

Aspiring student chefs prepare gourmet meals under the tutelage of Chef Adam Jonas at Centennial Secondary's Culinary Arts Program. Incredible creations, artfully prepared, are served daily to students and staff. Catered bookings are offered at very reasonable prices.



"Long gone are the days of mystery meat and a side of something – in today's world, nutrition and great taste rule the day!"

Rob Zambrano, Principal of Centennial Secondary School

Pesto Crusted Halibut with Sun-Dried Tomato Tapenade

Serves 8

Ingredients:

Eight 5-ounce portions of halibut filet

TAPENADE INGREDIENTS:

5 pitted kalamata olives, chopped

¼ cup olive oil

1 clove of garlic, chopped

½ cup sun-dried tomatoes chopped

1 tablespoon capers, chopped

¼ teaspoon anchovy paste

½ lemon, juice and zest

Salt and pepper to taste

PESTO COMPOUND BUTTER INGREDIENTS:

½ lb unsalted butter at room temperature

Zest and juice of 1 lemon

1 cup Panko bread crumbs

½ cup chopped fresh basil

2 tablespoons pine nuts

2 tablespoons olive oil

1 clove garlic

Salt and pepper to taste

Worcestershire Sauce to taste



the butter into 2-ounce discs, which will be placed on your fish when you bake it.

For the Tapenade:

3. Soak the sun-dried tomatoes in hot water to soften them for 10 to 15 minutes. Drain and then place with the other tapenade ingredients in a food processor. Pulse until semi-smooth and season to taste. Set aside.

To cook:

4. Once everything is prepared, pre-heat the oven to 325°F. Sear halibut in a shallow frying pan at medium-high heat with 2 teaspoons of olive oil to form a golden crust for 2 minutes per side, presentation side first.
5. Turn heat down slightly if the oil begins to smoke. Remove the fish from the pan and place onto a small baking sheet. Place the compound butter on top of the fish, and bake for 4 to 5 minutes for a 5-ounce piece.

Serve tapenade on the side with Mushroom Risotto Cake. (See page 61 for recipe)

For the Pesto Compound Butter (prepare well in advance):

1. Whip the butter in a food processor, then remove and set aside in a bowl. Place all other pesto compound ingredients in the processor and blend. Add the whipped butter to the processor and blend.
2. Remove the mixture from the bowl. Lay plastic wrap onto the counter. Place the butter mixture onto the plastic wrap. Wrap the butter into a cylinder shape. Place the wrapped butter into the freezer overnight to harden. The next day you can cut

Introduction

Austin Heights is a unique neighbourhood in Coquitlam that has an abundance of fantastic restaurants and specialty food-related businesses.

Each recipe in this cookbook represents a different organization from the area as well as Centennial, the local High School. Some of the restaurants work as a 'mom and pop' operation, while others hire executive chefs lured from high-end restaurants and hotels. There are a number of traditional ethnic dishes and other recipes that range from easy to complex.

This cookbook provides insight into the variety of choices that are available when dining out in Austin Heights. Try these tempting recipes at home or visit the source to sample their delectable dishes.

The Austin Heights Business Improvement Association (AHBIA) initiated and coordinated this Cook the 'Hood cookbook for three main reasons. The first was to profile the many great restaurants and food related businesses that operate in this commercial zone. The second reason was to contribute to an improved sense of community. Last but not least is our belief in the importance of conducting business in a socially conscious manner.

The merchants and other participants in this cookbook are a generous, hard-working, personable group of people. It is a pleasure to shine a spotlight on them.

We believe that a healthy, thriving business area should work toward and be part of the neighbourhood. The process of developing this book and working together has helped develop our sense of community.



Austin Heights

The members of the AHBIA feels strongly that volunteering their time and supporting those in need is the responsible thing to do. We are pleased to have partnered with the SITARE Food Bank and part of the proceeds from each of these books will be donated to this worthwhile organization.

Thank you for purchasing this cookbook and supporting these objectives.

A heartfelt thank you goes to all the participating restaurants and contributors. It was a pleasure meeting and working with you all and I appreciate your commitment to the Austin Heights edition of Cook the 'Hood!

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For a complete directory of restaurants and businesses in Austin Heights, visit the website at: www.austinheights.ca