

# COOK the HOOD

A Cookbook With a Difference  
to Make a Difference



Commercial Drive,  
Vancouver 2010

# Havana

Address: 1212 Commercial Dr. Telephone: (604) 253-9119 Website: [www.havanarestaurant.ca](http://www.havanarestaurant.ca)

Old Cuba meets The Drive in a funky and casual explosion of Nuevo Latino Cuisine and inspired cocktails. This mainstay in Vancouver's cultural landscape also houses a theatre and art gallery. Food is deliciously organic, local and sustainably sourced.



*"I can sit in front of these windows on a sunny afternoon and it's like being in a movie. It's non-stop entertainment! You never know what you're going to find. It's one of the things that make Commercial Drive so unique. It's whatever you're in the mood for!"*

*Trevor Booth, Executive Chef*

## Classic Paella with Chorizo, Chicken and Mussels Serves 6

### Ingredients:

1½ cups dry white wine  
 2½ cups chicken broth  
 Pinch saffron threads  
 1¼ cups long grain rice  
 2 tablespoons olive oil  
 1 cup red onion, finely chopped  
 2 garlic cloves, minced  
 8 ounces skinless boneless chicken breast, diced  
 8 ounces chorizo sausage, sliced  
 1 lb fresh mussels  
 1 lb (10 to 12) peeled and deveined shrimp  
 ½ cup roasted red pepper, chopped  
 ½ cup Roma tomatoes, chopped  
 ¼ cup fresh parsley, chopped  
 1 tablespoons fresh thyme, chopped

1. In a large saucepan, bring 1 cup white wine and 2 cups chicken broth to boil over medium high heat. Add saffron threads; simmer 2 to 3 minutes.
2. Stir in rice. Cover with lid. Remove from heat and let stand without opening the lid for 10 minutes.
3. Meanwhile, in a large deep skillet, heat oil over medium-high heat, add onion and cook until translucent for about 5 minutes.
4. Stir in garlic and cook for 1 minute. Add chicken and sausage, stirring often until browned and chicken is cooked through.



5. Transfer to plate. In same skillet, pour in remaining ½ cup of wine and ½ cup of broth. Bring to boil over medium high heat. Add mussels, cover and cook until they have opened, 3 to 5 minutes.
6. Transfer mussels to a plate, discarding any unopened. Reserve remaining liquid in skillet.
7. Add saffron rice to remaining cooking liquid in skillet. Stir in cooked chicken and sausage mixture, shrimp, peppers and tomatoes. Cover and cook until shrimp is cooked through, about 5 minutes.
8. Sprinkle with parsley and thyme. Garnish with mussels.

*This dish is named after the special two-handed paella pan in which it is prepared and served. However a wide shallow skillet about 33 to 36 cm (13 to 14 inches) will suffice.*



# The Drive: Dine, Chat, Shop, Cook!

In the heart of Vancouver, there is a unique beat known as The Drive. It's a community full of life that welcomes visitors near and far – an area loved by locals and travelers. And if you love food (and who doesn't?), The Drive is a delicious destination.

Walking along Commercial Drive, your senses will guide you with café aromas and sweet scents from bakeries and cafes. Sip your favourite coffee, mix and mingle, and enjoy Vancouver's expressive edge.

The neighbourhood's Italian heritage is interwoven in a cultural tapestry, creating an eclectic and dynamic urban village. As Vancouver's "Little Italy", you'll find the best gelato, cappuccinos and delicatessens in the city!

The Drive is lined with ethnic restaurants, cozy cafes and inviting lounges. Organic grocers and food marts bustle with activity and display colourful rows of fresh vegetables and fruits. Specialty shops offer hidden treasures, and modern and vintage boutiques have that one-of-a-kind find.

A destination for fantastic food and unique shops, The Drive is also a place to treat your mind, body and soul - spas, yoga studios and wellness centres offer an urban oasis to relax and rejuvenate.

While The Drive has an intriguing history and traditional feel, it's also a trend-setting community, continually evolving, compassionate about current events and issues, and committed to sustainability. The area is a lively fusion of community-minded and socially-conscious businesses and residents.



The streetscape is a visual playground of art and activity, and the community is home to entertaining festivals and celebrations. Colourful banners and expressive murals form an outdoor art gallery, and visual arts and performing arts come alive on The Drive.

The Drive provides a time-out from the daily grind - a time to enjoy the gift of good food and good company. And from the daily grind to coffee grinds – the coffee buzz will keep you going!

A passion for good food and the good life, for eating well and living well – this is The Drive. From laid back to lavish, it has all types of venues to suit your taste. Fill your craving and indulge your culinary senses. Have your cake and eat it too – with the best coffee in town!

So much to do, so many places to eat! More than favourite places, there are favourite dishes. There's nothing like the taste of fresh, local food, served here. And if you're cooking at home, The Drive offers the freshest produce from local farmers and grocers.

Voted as one of the best neighbourhoods in North America, The Drive is a community to experience. We welcome you to experience the one-of-a-kind Commercial Drive - Vancouver's Expressive Edge!

The Commercial Drive Business Society

Website: [www.thedrive.ca](http://www.thedrive.ca)

Telephone: (604) 251-2884

Email: [info@thedrive.ca](mailto:info@thedrive.ca)



# Vendors at Trout Lake Farmers' Market

Address: 15th Ave & Victoria in the Parking Lot of Trout Lake Community Centre Website: [www.eatlocal.org](http://www.eatlocal.org)

The Trout Lake Farmers' Market is a busy, vibrant hub every Saturday from April to mid-October. This is every foodie's dream destination. Locals flock for hours, buying produce such as freshly roasted hazelnuts, organic Red Russian garlic, stripey beets, organic basil, and traditionally made goat's cheeses.



*"It's the people at the market who make it worthwhile. They are here because of the atmosphere, and because of them this wonderful atmosphere is created!"*

*Jerry Dykstra, Vendor, Goat's Pride*

# Vendors at Trout Lake Farmers' Market

## Local Golden Harvest Vegetables on Hazelnut Pesto Pasta

Serves 4

### Ingredients:

#### HAZELNUT PESTO INGREDIENTS:

2 cloves organic garlic (Shalefield Gardens – Russian Red garlic)

1/3 cup dry roasted organic hazelnuts (Poplar Grove Arbour)

1/4 cup olive oil

1 bunch basil, washed (Langley Organic Growers)

#### PASTA/VEGETABLES INGREDIENTS:

320 grams Con AmorE fresh kamut pasta (local pasta)

3 stripey beets, sliced into wedges, plus rinsed & chopped beet tops & stalks from 1 beet (Langley Organic Growers)

3 tablespoons extra virgin olive oil

1 organic onion, chopped

1/2 orange Cutie squash, skin peeled and diced into 1-2cm squares (Shalefield Gardens)

1/2 cup crumbled Goat's Pride goat feta

Sea salt

Cracked black pepper

Chopped hazelnuts & basil leaves to garnish

1. Pre-heat oven to 350 °F. Place hazelnuts, garlic and basil leaves in blender, then blend on medium to high until nuts and basil are roughly chopped. Drizzle in olive oil while blender is running. Blend until mixture is pretty smooth. (Although small chunks of hazelnuts are fine!) Season to taste with salt and pepper.



2. In the preheated oven, place chopped squash and beets into a roasting dish, toss with a few pinches of sea salt, 1 tablespoon olive oil and pepper. Roast for 30-45 minutes, or until vegetables are tender.
3. Boil pasta in a large pot of hot water, according to cooking directions. When the noodles are al dente, drain and then run under cold water to keep the pasta from clumping together. Toss with the pesto and half of the goat's feta. Keep warm in the pot.
4. Heat 2 tablespoons olive oil in a large heavy-bottomed pan over medium heat. When the pan is hot, add chopped onion and beet stalks, sauté 5-10 minutes, or until soft. Add beet tops, sprinkle with sea salt, and sauté until beet tops are wilted.



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# Lombardo's Ristorante and Pizzeria

Address: 1641 Commercial Drive Telephone: (604) 251-2240 Website: [www.lombardos.ca](http://www.lombardos.ca)

Over two decades of making the very best and award-winning, wood-fired oven-baked pizza has kept thin crust aficionados coming back for more! Follow your nose into the Il Mercato shopping centre and you'll think you've died and gone to pizza heaven! And the menu doesn't stop at pizza...try the antipastos, pastas, fresh salads, and calzones — Mangia, Mangia!



*"I see so much diversity in my restaurant. I love watching how various ethnic groups have distinct food rituals, favourite menu items and ways of interacting over a meal."*

*Patti Lombardo, Owner*

# Lombardo's Ristorante and Pizzeria

## Pollo Piccante with Fresh Pasta and Classic Tomato Sauce

Serves 2-3

### Ingredients:

#### POLLO PICCANTE INGREDIENTS:

2 tablespoons capers (Non-Pareil)  
½ cup pitted black olives  
1 clove garlic, minced  
Chili flakes to taste  
6 ounces chicken (boneless/skinless), cooked and chopped in bite sized pieces  
Dash of salt and pepper to taste.

#### LOMBARDO'S CLASSIC TOMATO SAUCE:

10 – 12 plum tomatoes (canned or fresh)  
1 medium onion, chopped  
1 clove of garlic, minced  
1 tablespoon olive oil  
Fresh basil  
Salt and Pepper to taste

#### FRESH PASTA INGREDIENTS:

3 cups of semolina flour  
5 large eggs  
½ cup water at room temperature

1. Begin with the sauce: heat olive oil and fry the onions and garlic until soft. Roughly chop the tomatoes, if using fresh, into small pieces (or open a 16 ounce can and pour into pan). Add onion mixture. Season with salt and pepper, add basil and cook for about 20 minutes, reducing the sauce in half.



2. Mix fresh pasta ingredients for 20 minutes in pasta maker until it becomes dough. Extrude and cut it into 10 – 12" lengths. (We use die number 13 for our large spaghetti noodles). Bring salted water to a boil and cook the pasta (al dente).
3. To assemble the dish: heat one teaspoon of olive oil in mid-sized frying pan. Add chopped chicken, minced garlic and fry for 2 minutes. Add olives and capers and tomato sauce, cook for 3 – 5 minutes until all the ingredients are combined.
4. Add the cooked pasta to the frying pan and stir all ingredients until the pasta is coated with the sauce.

*Serve and Enjoy!*





## The Operation

Quest's **redistribution of food** and its fundamental difference from how the traditional food supply and distribution chain operates is highly innovative and forward-thinking – they are assisting low income, marginalized and/or vulnerable people and families with dignified access to food while reducing surplus food from going to waste in our communities.

Quest's organizational model is based on a collaborative, community-based approach. Partners include over **300 food suppliers, 244 social service agencies, 17 job training agencies, 3 recycling and composting partners, 100's of volunteers and financial and in-kind donors.**

The concept of food rescue itself has become a strong force in the local food movement due to its intrinsically more equitable and less wasteful nature. Quest continues to be a leader in modifying our food distribution system so that it is more sustainable and more just for all.

Quest exists to serve its clients and is dedicated to providing the best experience possible for people who shop at their low cost grocery stores and volunteer. Since clients of the stores still pay for food, they learn to put budgeting and planning into effect and are enabled to make their own decisions about what they buy rather than just receiving a "handout". Quest's services provide results that are far-reaching since healthy, nutritious food is central to a balanced lifestyle and physical and mental well being.

Quest's clients include senior citizens, single parents, new immigrants, people with disabilities or illness, the homeless, and individuals struggling with drug, alcohol or substance abuse and addictions. Quest targets a low-income, marginalized demographic, including children, youth and families; people living with health conditions, disabilities or addictions; seniors; and those living in or affected by poverty. Quest does not discriminate against age, gender, ability, ethnicity, religion or sexual orientation.

### Quest Food Exchange

Contact information:

Website: [www.questoutreach.org](http://www.questoutreach.org)

Telephone: (604) 602.0186

Fax: (604) 682.3494



*"Quest Food Exchange helps the physical as well as the emotional needs of our Community Assistance Program Clients. They offer affordable food and provide volunteer placements which utilize their talents and time, and boost their self-confidence. I really appreciate what Quest does for the community. More power!"*

*- Bernadette, Community Assistance Program, Sprott-Shaw Community College*



*"For some of our clients, food and transportation are huge issues. I'm so grateful that there are organizations such as Quest, and that we can work together to help support people in need."*

*- Wendy McKinley, BC Housing*



# Grandview Woodland Food Connection

“Focused on Healthy Food and a Vibrant Community”

The Grandview Woodland Food Connection (GWFC) is a community-based food security and justice group working out of Britannia Community Centre. GWFC is focused on supporting community member's access to healthy, affordable, culturally appropriate, and sustainably produced foods through skill-building and awareness raising.

The work of the Grandview Woodland Food Connection largely falls within three activity areas and include:

## 1. NETWORKING THAT ESTABLISHES LASTING RELATIONSHIPS AND PARTNERSHIPS

Building partnerships with many different residents and community groups is vital for the sharing of information and successful implementation of food projects. We all have much to contribute including funding, resources, and volunteers. This all helps to build a stronger food secure community.

In particular, GWFC focuses on engaging those community members struggling with food access. This very important relationship building helps to identify and communicate needs from a diversity of perspectives.

## 2. ORGANIZING HANDS-ON AND ENGAGING FOOD PROJECTS

Community members can participate in canning and food preserving workshops, community gardening, and food preparation and cooking programs. These initiatives focus on skill, leadership, and relationship building and will increase the community's knowledge of and ability to access, grow, cook, and eat healthy foods.

## 3. BUILDING AWARENESS, KNOWLEDGE, AND UNDERSTANDING ABOUT FOOD ISSUES

GWFC provides valuable information about the many food security resources and programs in Grandview Woodlands through bi-weekly E-newsletters, the GWFC Blog, and regular community potlucks. The Stone Soup Food Festivals, held at Britannia Community Centre, incorporate an arts and culture approach and are an important community event providing valuable information, learning opportunities, and cultural exchanges.

# Grandview Woodland Food Connection

FOOD  
SECURITY

*"The local food movement is apparent everywhere you go these days from gardening to canning to cooking. We are excited to tap into this tremendous energy and passion. Our work is always fun and interesting and our projects appeal to a range of community member's interests and needs."*



*"We can do a lot to build people's food skills to help them access better food at the grassroots level, but ultimately we need a completely new approach to providing food security in this country that is just, dignified, and supports the rights of all people to healthy and affordable food."*



A just and sustainable food system for all

For more information about the Grandview-Woodland Food Connection, please visit their blog:  
[www.gwfoodconnection.blogspot.com](http://www.gwfoodconnection.blogspot.com)

If you would like to get involved, please contact Ian Marcuse by telephone (604)718-5895 or by email: [gwfcnetwork@gmail.com](mailto:gwfcnetwork@gmail.com)