



## *Picnic Playground Recipe Contest Winners!*

### **"NACHOROGIES"**

Submitted by: **Tammy Scott** from **Courtenay, BC, Canada**

Origin of recipe: **Ukrainian/Mexican**

#### Ingredients:

- ✓ 1 package of pierogies
- ✓ 1/2 cup butter
- ✓ 2 cups shredded cheddar cheese
- ✓ chopped green onions (optional)
- ✓ Salsa
- ✓ Sour cream

Boil pierogies, drain and add butter. Preheat oven to 350 degrees F.

Once butter has melted, place a layer of pierogies in a casserole dish. Ask children to help cover pierogies with shredded cheddar, and handful of chopped green onions. Continue layering until casserole dish is full, or you run out of pierogies.

Place in oven and bake uncovered for 20 minutes (or until cheese is melted). Remove from oven, let cool. Serve with salsa and sour cream. Yummy...



## "COUSCOUS-FEZ"

Submitted by: **Isabelle Marie Deleu** from **Gent, Belgium, EU**

Origin of recipe: **Morocco**

### Ingredients:

- ✓ 2 cups of couscous
- ✓ 2 cups of boiling water
- ✓ Salt
- ✓ 2 tablespoons of pesto
- ✓ 16 cherry tomatoes
- ✓ 1 cucumber
- ✓ Feta cheese, cubed (marinated or in oil)
- ✓ Flat-leaved parsley or cilantro
- ✓ 1 can of chick peas
- ✓ Some olive oil
- ✓ 4 rectangles thick paper, about 40x60cm
- ✓ 4 plastic spoons

*"We children can impress  
We lead the kitchen with finesse  
Add a little squeeze of noblesse  
They will end it with success: the recipe of COUSCOUS-FEZ!"*

**MAKING THE FEZ FOR THE COUSCOUS:** Fold everyone a paper "fez" hat for a bowl. Use the space between the folds of each hat as a holder for a plastic spoon.

**PREPARING THE COUSCOUS:** Pour two cups of couscous into a glass bowl. Sprinkle some salt and add 2 cups of boiling water to the couscous. Let the couscous rest for 10 minutes and break it up with a fork. Ask a child to mix the pesto into the couscous.

Ask an older child to peel the cucumber and chop it into small pieces. In the meantime, ask another older child to halve the tomatoes. Add cucumber and tomatoes to the couscous. Rinse and dry the herbs, chop into small pieces, and spread over the couscous. Drain the can of chick peas and add it to the dish, along with the cubes of feta cheese. Sprinkle on a little bit of olive oil and let the whole dish sit for a while in the fridge.

**PICKNICK:** Hand out the paper FEZ and have the children hold them upside down. Fill the hats with couscous. Enjoying the meal becomes a FEZTIVAL!



## "THACHI MUMBU"

Submitted by: **Rai Gryffin Goyal** of New York, NY, USA

Origin of recipe: **South India**

### Ingredients:

- ✓ 1 cup of Basmati rice
- ✓ 1/4 cup diced carrots
- ✓ 1/4 cup green peas
- ✓ Pinch of salt
- ✓ Pinch of ground cumin
- ✓ A few smashed up curry leaves
- ✓ 1 cup of plain yogurt

*This is what I like to eat when it is hot outside and I need to cool off, or when it is cold outside and I need some comfort in my tummy! It is called "Thachi Mumbu," which is how you say Rice and Yogurt in baby Tamil, a language spoken in India.*

First, to make the rice, boil some water in a pot. When it is boiling add the rice, peas, carrots and curry leaves. Lower the heat to simmer and cover the pot. Let it simmer for about 10 minutes or until the rice is soft and all of the water has been absorbed. Add the cumin and salt.

Take your pot off of the stove and stir in the cool creamy yogurt. You can add as much or as little yogurt as you want depending on how thick or thin you like your thachi mumbu.

All done! Enjoy! And you can share with mommy and daddy, too!