

RECIPE FUN FACTS



**simcoe
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DISTRICT HEALTH UNIT

Recipe fun facts

Blueberry grunt

Grunt is a dessert made originally in the Maritimes where there are many wild blueberry patches. Grunt is made when fruit is cooked under sweet dough, making a pie and cobbler-like mixture. The dessert was named "grunt" because of the sounds made when the fruit bubbles below the dough. Other fruits like apples, rhubarb, and strawberries can be used to make grunts.

Chickpea and cauliflower curry

Curry refers to a number of saucy dishes flavoured with curry powder or curry paste. Curries can be made with a variety of meats and/or vegetables and can be mild in flavour or more spicy. Curries are eaten in many different cultures including Thai, Filipino, and Vietnamese.

Every day omelet

You can tell if a whole egg is raw or hard boiled (cooked) by spinning it on a table top. If the egg spins easily, it is hard boiled but if it wobbles, it is raw.

Fan favourite meatless chili

Chili is a spicy stew that was first made in Texas. Although chili is usually made with meat (con carne from the word carnivore, which is a meat eater), this recipe is meatless (sin carne).

Greek salad

Greek salad is a summer salad in Greek cuisine. The term "Greek salad" is also used in North America, to refer to a lettuce salad with Greek inspired ingredients, dressed with oil and vinegar.

Hummus

Hummus is made all over the world! As to where it truly comes from, no one can say for certain though the earliest mention of it dates back to Egypt in the 13th Century.

Moroccan couscous

Couscous is a type of pasta that is widely used in North Africa, especially Morocco. Couscous can replace rice or pasta in many recipes. In North African tradition, couscous is a symbol of good luck and blessings. It is always the first dish prepared in a new home, and is served at holidays to represent abundance.

Minestrone soup

There is actually no set recipe for minestrone soup, it's just made out of whatever vegetables are in season!

Pita

The pita is traditional Middle Eastern bread. Pitas can come with and without pockets. In the pitas without pockets ingredients are placed on top.

Polenta with black beans salsa

Polenta is a type of cornmeal porridge that has its roots in Northern Italy. It is made when cornmeal is boiled. Polenta can also be cooked into thick dough. This version of polenta can be cut, sliced or shaped and re-cooked through baking, grilling or pan-frying. Prepared polenta can be found in supermarkets in tubes or boxes, and is quick and easy to use in meals.

Southwest quesadilla

The word quesadilla comes from "queso," which is the Spanish word for cheese. It is traditionally made with a corn tortilla and is filled with a savoury (not sweet) filling such as meat, beans and vegetables along with cheese.

Super fruity pancakes

A pancake is a flat cake. The Ancient Greeks made pancakes called tagenias meaning "frying pan". The record for the highest pancake toss is 9.47m (31ft 1in) made in New York in 2010.



Recipe fun facts

Tex-Mex black bean salad

Black beans are a legume and are also known as turtle beans because of their hard, shell like appearance. Black beans are the edible seed, found within the legume pod – which looks sort of like a green bean!

Veggie fried rice

Fried rice originated in the Yanchow province of China as a way to use leftovers. As a result, there is no one fried rice recipe. Instead, there is a method for making fried rice. Leftover rice is combined in a wok with chopped leftover meats, seafood, sauces and vegetables. The ingredients are then stir-fried with vegetable oil. Herbs and chopped onions may be added for extra flavour.

Zesty bulgur and lentil salad

Bulgur is actually a type of wheat that is less refined than wheat flour, it is considered a whole grain. Bulgur is often used in soups, or as a substitute for rice or couscous. Some cultures eat bulgur as a hot cereal with milk and sugar.

Ingredients fun facts

Vegetables and fruit

- Apple varieties range in size from a little larger than a cherry to as large as a grapefruit.
- Apples are a member of the rose family.
- Bananas come in a variety of sizes and colours when ripe, including yellow, purple and red.
- Bananas, tomatoes, pineapples and cranberries are all considered berries.
- Cauliflower comes in many different colours including orange, purple and green.
- Corn is also known as maize, and comes in many different colours from black, blue-grey, purple, red, white and yellow.
- Cucumbers are related to melons like zucchini, squash, and even honeydew melon.
- Dates are a type of dried fruit from the date palm tree.
- Fruit salads must have a minimum of three different types of fruit to be called a fruit salad.
- Frozen berries can be kept frozen for up to one year. This means you can enjoy berries year-round, even when they are out of season.
- Green beans are only one type of bean. There are over 130 different varieties of beans.
- Mushrooms come in many different varieties including white button, portabella, cremini, oyster, enoki, straw and shiitake.
- Peppers can be sweet (e.g. bell peppers) or hot (e.g. jalapeño and habanero).
- Peru grows the most different types of tomatoes.
- Red onions are often called purple onions.
- There are about 200 seeds on the outside of each strawberry.
- You can eat the root of the celery plant. It is known as celeriac and is often used in soups and stews and tastes very similar to celery.
- The part of the sweet potato plant that is most commonly eaten grows underground; however, the leafy greens and shoots can also be eaten.

Grain products

- Multigrain or organic products are not necessarily whole grain and are not always healthier.
- Rice is a symbol of life and fertility. It is a tradition to throw rice at weddings; however, confetti has now replaced rice.
- Rice is the main food for more than half the people in the world and is grown on every continent except Antarctica.
- Traditionally, tortillas are made from corn. The ones sold in grocery stores here are made from wheat.
- When cooked, rice swells to at least three times its original weight.

Milk and alternatives

- A substitute for buttermilk can be made at home by mixing a little bit of lemon juice or vinegar with milk.
- Cheddar cheese can be orange or white.
- Cheddar cheese is the most popular cheese in Canada.
- Feta cheese is usually made with sheeps' or goats' milk.
- Marbled white and orange cheese is cheddar cheese.
- Some cheeses are made with mould to give them a distinct flavour, such as blue or gorgonzola cheese.
- There are hundreds of different types of cheese in the world.



Ingredients fun facts

Meat and alternatives

- Chickpeas are also known as garbanzo beans, chana and Indian peas.
- Eggs can be part of a main meal item (omelet) or be part of a recipe (baking).
- Hummus is a spread made with chickpeas.
- Refried beans are not fried. The beans are cooked in water, mashed and seasonings are added.
- Eggs are a great source of protein. The most commonly eaten egg comes from a chicken. In other cultures, different types of eggs are also eaten, such as quail, duck and goose.

Other

- Baking soda is not only used in baking, it can be added to cleaning supplies, toothpaste and can even absorb smells in the refrigerator.
- Canola oil is originally from Canada and comes from seeds.
- Cinnamon comes from the bark of a tree.
- Coconut milk is not milk. It is the juice of a coconut that has been mixed with the flesh of the coconut.
- Pancakes are also called hotcakes or flapjacks.
- The world's biggest pancake was 15 metres in diameter and cooked in Manchester in 1994.