







AND NOW, INTRODUCING...  
,,,ANDRÉ, IVANILDE AND ISADORA



ANDRÉ BEGAN...

TOGETHER WE WILL SHOW  
YOU HOW TO MAKE  
**REFOGADO DE CARNE  
MOÍDA  
COM CHUCHU**  
(GROUND BEEF STEW WITH  
CHAYOTE SQUASH)

THIS KITCHEN IS ON THE TERRITORIES OF THE  
LEKWUNGEN (SONGHEES & ESQUIMALT) PEOPLE



I REMEMBER CHUCHU,  
THE MAIN INGREDIENT WE WILL COOK TODAY,  
GROWING ON MY GRANDMOTHER'S FENCE.

NOW ITS TIME TO DIVIDE UP INTO TEAMS  
TO CHOP EVERYTHING PERFECTLY!



A GOOD MEAL INVOLVES  
THE WHOLE FAMILY!

YUP.



OH...  
SO THAT'S  
YOUR PLAN.



THE FIRST  
RULE OF  
ONION  
CHOPPING IS  
THAT YOU  
SHOULD FINISH  
WITH THE  
SAME NUMBER  
OF FINGERS  
THAT YOU  
START WITH!

**GOT IT?**



WE ARE  
ALL LEFT  
HANDED!



THE LEFT-HANDED ONION CHOPPING TEAM



SLICING!

DICING!

CHOPPING!

ONION  
EYES!!



GIVING IT THEIR ALL...





MMMMM  
...SMELLS  
GARLIC-Y

TEAM GARLIC  
HAS FAST  
FINGERS!

...AND  
SHRIMPY TOO!!



YUP!  
DEFINITELY  
SHRIMP-Y

SUCH SERIOUS  
SHRIMP PEELERS



I CAN  
HELP

THE GROUND BEEF GOES  
WITH THE CHOYOTE. THE SAUSAGE  
GOES WITH THE BEANS



YUM!



FINE!



FINER!

FINEST!

NOT SURE WHAT THE PARSLEY GOES WITH....BUT WE SURE ARE MAKING IT PRETTY!



WHEN IT CAME TO CHUCHU CHOPPING...  
...IT WAS TEAM EVERYBODY!



WACKETY-WACK...



... AND MORE WACKETY-WACK!



SHWI-I-ING!

PEEL...



KA-CHUNK!!



PEEL...

PEEL...



SUCCESS!



IVANILDE CAPTAINED THE STOVE



...AND WE HELPED TOO!



BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL BUBBLE BOIL



WHEW! ... SO STEAMY.

...AND WHILE THE FOOD SIMMERED...



...GETTING TO KNOW EACH OTHER.



NOW...  
EAT TOGETHER  
WITH CARE!



THEN, AS A GROUP,  
WE EACH TOOK A  
GENEROUS  
PORTION OF THE  
FEAST, THEN  
PAUSED...

...TAKING TO HEART  
MIN-GOO'S POETIC  
REFLECTION ON  
EATING WITH  
CARE...

...BEFORE  
ENTHUSIASTICALLY  
EATING WHAT WE  
HAD LEARNED  
TO PREPARE  
TOGETHER!



AND FOR DESSERT, PLEASE  
HAVE SOME PEANUT CANDY  
WE MADE AT HOME.



PAÇOCA DE AMENDOIM

SIMILAR TO MEXICO

I MET A NEW  
VEGETABLE

FIRST TIME TRYING  
BRAZILIAN FOOD

I WANT TO MAKE  
THIS AGAIN

I LOVE IT



SOME THOUGHTS ABOUT THE EXPERIENCE



I LOVE TO BE  
HERE

COMMUNITY  
BUILDING  
PROCESS

HAVING A CHANCE TO  
COOK FOOD FROM  
ANOTHER COUNTRY

SPICES ARE SO  
DIFFERENT FROM JAPAN...  
...TASTES SO GOOD

YUMMY!  
THE SMELL





<https://www.thedailygarden.us/garden-word-of-the-day/chayote>

## Refogado de carne moída com chuchu (Ground beef stew with chayote squash)

### INGREDIENTS

- 1 tablespoon of oil
- half a small chopped onion
- 1 clove of minced garlic
- 200 g of ground beef
- 1 chayote cut into cubes (300 g)
- 1 pinch of salt
- half a cup (tea) of water (100 ml)

### PREPARATION

In a medium pan, add the oil and heat over high heat. Add the onion and garlic, and sauté for 3 minutes, or until golden. Add the ground meat and fry for 5 minutes, or until it completely changes color.

Add the chayote, salt and water, and let it cook for 15 minutes, or until the chayote is soft. Remove from heat and serve immediately.

## Arroz (Simple/Brazilian style rice)

### INGREDIENTS (10 servings)

- Oil
- Onion and garlic
- salt
- 2 cups of rice
- 4 cups of water

### PREPARATION

Heat oil (olive or butter). Fry finely chopped or crushed onion and garlic until wilted. Add 4 cups of water, salt to taste and bring to a boil. Add 2 cups of rice, stir well, cover the pan and lower the heat. When it dries, turn off the heat, let it rest and then fluff it with a fork.

## Feijões (Brazilian style beans)

### INGREDIENTS

- 250 g of carioquinha beans (pinto beans)
- 1 onion
- 4 cloves of garlic
- Calabrian sausage (optional)
- bay leaves (optional)

### PREPARATION

Leave the beans to soak for a day, changing the water every 6 hours or so.

Use a pressure cooker to cook the beans, but first, with the pan open, boil the beans with plenty of water and remove any foam that remains on top. Repeat a few times as this will make the beans easier to digest and prevent gas.

Then close the pan and cook for 5 to 10 minutes under pressure. Let it cool until you can open the pan.

### SEASONING

Place the bay leaves and sausage cut into slices and leave 2 inches of water above the beans. In a frying pan, fry the onion and garlic (finely chopped). Mix everything and boil for about 10 minutes.

## Paçoca de amendoim (Homemade peanut candy)

### INGREDIENTS

- 500 g roasted and ground peanuts
- condensed milk
- 1 can of condensed milk
- 1 package of cornstarch biscuits (approximately 150 g)

### PREPARATION

Grind the cookies in a blender and place in a bowl with the condensed milk and peanuts until you obtain a homogeneous cream.

Place the cream in a mold and refrigerate for a few minutes.

Cut into pieces and serve.