

## **Multi-Cultural Recipes are Cooking Up Comfort!**

**New Cookbook from Parent Support Services Society of BC.**

**Featuring BC MLA, MP and PSS' fans favorite recipes!**

Recipes from PSS staff and volunteers from all over British Columbia... Contributions from your elected representatives... Newly published *Cooking Up Comfort* is a unique gem of a **cookbook representing many cultures, classic recipes, mouth-watering savories, kid-pleasers, budget-stretchers and a few rich indulgences!**

*(See below for a list of some of the recipes)*

**Tired of cooking the same old meals? Looking for some exciting new food ideas?**

**Get Inspired! Get your copy of *Cooking Up Comfort*:**

**Call or email PSS 1-877-345-9777 or [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)**

**(order details below)**

### **Featuring these recipes --and many more!**

Hedy Fry's Buljol -- fish dish from the time of the Portuguese in Trinidad

Linda Reid's Mediterranean Lasagna

Mike Farnsworth's Spicy Skillet Spaghetti

Guy Genter's Cabbage Rolls

Mary Polak's Giblet Gravy

"Githeri" African Camping Recipe

Chicken Tinola --with Papaya, ginger, garlic and lots of flavor!

Oven-Baked Veggie Spring Roll (Lumpia)

Veggie Pancit Bihon --super savory and great with the spring rolls

Black Bean Burgers & Spicy Chick Peas

Eggplant x3 --two salad recipes & child-friendly eggplant casserole

Salsa x 4 --make a classic salsa, or turn it into pasta sauce, chili, or curry!

Bannock x 4 --how to pan fry, stick cook, bake or deep fry

Perogi Dough --make your own custom perogies

Hungarian Szekely Goulash

Pot Stickers & Chinese Fried Rice

Fluffy Rice x4 --Cumin spiced, Cinnamon & Cardamom, Saffron or Coconut recipes

Veggie Chili --from Coming Home Cafe in New Westminster, "just like visiting Grandma"

Salad Dressings --Vinaigrette or Tamari, simple, quick, tasty & budget-wise

Rick's Comfort Meatloaf (super quick and easy)

Oven-roasted root vegetables --savory, super easy, filling, great for cold days

Lazy Day Stew --easy to make to warm you up to have a comforting day

Brazilian stuffed peppers --go south for some warmth!

Ginataang Suqpo --Prawns in Coconut Milk

Lots of treats: Gordon Campbell's Peanut Butter Cookies, Don Davies' Going Bananas Chocolate Chip Banana Bread, Shirley Bond's Banana Bread, Russ Hiebert's Blueberry Pie, Denise Savoie's Peach & Berry Crunch, Donna Barnett's Lemon Meringue Pie, Jean Crowder's Phantom Rhubarb Muffins. You can try Molten Chocolate Cake, Cassava Cake, Cranberry Cream Bars, Peanut Butter Muffins, and Bahini Shake.

Also many extras: Kids activities; Ideas & Resources for parents; book lists; and a short history of Parent Support Services Society  
(Published December 2009 by Parent Support Services of BC, 100 pages. 16x23 cm)

*The Perfect gift for all occasions!*

**Get your copy of Cooking Up Comfort!**

**Call PSS (toll free) 1-877-345-9777 or email [office@parentsupportbc.ca](mailto:office@parentsupportbc.ca)  
Order form and office locations are on the website [www.parentsupportbc.ca](http://www.parentsupportbc.ca)**

**Cost: \$12 (for PSS Members) and \$15 (for non-members)  
plus \$3 postage\***

(\*Depending on destination, postage may be a little higher)

**Pick one up from our Provincial or Regional offices; call to check locations  
and open hours**

**Metro Vancouver – 604-669-1616**

**Prince George—250-561-0607**

**Victoria—250-384-8042**

**Central Vancouver Island—250-468-9658**

**THIS IS AN IMPORTANT FUNDRAISER FOR A  
WONDERFUL NON PROFIT SOCIETY THAT HAS BEEN  
SERVING BC FAMILIES FOR 35 YEARS!**

**Thank you for your support in helping us  
“to create a world where all children and their families  
are nurtured, valued and safe.”**

**Find out more about Parent Support Services Society of BC  
on the PSS website.  
[www.parentsupportbc.ca](http://www.parentsupportbc.ca)**