MAKE COMFORT

A stew your mother made. A sandwich you never get sick of. A spicy pasta that calms you when its aroma wafts from the kitchen. We asked Chatelaine staff for their comfort foods. The results are as varied as they are delicious—and we think they’ll warm you up, too.

“My mom would whip up a batch of this sticky yellow rice on grey, rainy days. Served in my home with thick chunks of curry beef, this meal is perfect when you’re in a rush but craving something satisfying.”

—Radiyah Chowdhury, assistant editor

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You can cut down on the cook time by dropping the eggs in whole, but there's something special about scrambling them first. They puff up, soufflé-style, while steaming in the sauce.
— Chantal Braganza, senior editor

My family—two small kids, a vegetarian mom and a meat-and-potatoes dad—can be tough to feed. But this pickle-y grilled cheese is that rare meal that everyone loves.
— Gillian Grace, deputy editor

DROWNED EGGS
(HUEVOS AHOGADOS)
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GRILLED CHEESE WITH PICKLES
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I ate this street food dish often while growing up in Thailand, Hong Kong and Singapore. It’s simple but comforting, and eating it always makes me feel nostalgic, regardless of where in the world I am.
— Irene Ngo, food content director

My mom would cook these rich, flavourful short ribs in a huge pot for hours and hours on special occasions. I use her recipe when my family’s craving something hearty—but with an Instant Pot to cut down on the cook time.
— Stephanie Han Kim, art director
This is my favourite meal: hot, comforting and full of flavour. My mom would make it on cold days, and it always made me happy. As we’d eat, she’d quickly replenish the ingredients—like bottomless hot pot.

—Aimee Nishitoba, associate art director

My mom adds her own twist to this recipe by Quebec chef Josée di Stasio with spicy sausage from the local butcher, and she makes it whenever I visit. I eat it at my childhood kitchen table, with loads of parmesan.

—Andréanne Dion, associate editor
I don’t have many ties to the Ukrainian side of my family aside from food. I took over the job of making these perogies from my mom a few years ago, and have been trying to max out the cheese-to-potato ratio ever since.

—Maureen Halushak,
editor-in-chief

I’ve loved bitter melon since I was a child, especially in my mom’s soup. Trying to replicate her recipe from memory was a fun challenge since her instructions were always ‘a little bit of fish sauce to taste.’

—Sun Ngo,
creative director

PORK-STUFFED BITTER MELON SOUP (CANH KO Qua)  
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CHEDDAR AND POTATO PEROGIES  
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HOME COOKING
Vegetarian Bengal Khichuri

Serves 4
Prep 20 min; total 1 hr 15 min

1 cup basmati rice
1 cup red lentils
large onion, thinly sliced
200 g cauliflower florets, about 2 cups
large yellow tomato, cut into 1/2-in. cubes
small carrot, peeled, cut into 1/2-in. cubes
1/2 cup ghee or canola oil
1 garlic clove, minced
1 tsp minced ginger
1 tsp ground cumin
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground turmeric
1 tsp Spanish hot paprika (smoked paprika)
1/2 tsp red pepper flakes
1 cardamom pod, minced
1 bay leaf
1 stick cinnamon
1/2 tsp salt
1 cup frozen peas, thawed

1. Rinse and drain lentils in a pot until water runs clear. Add 4 cups water. Let stand for 15 min. Meanwhile, prepare vegetables and measure out spices.
2. Add remaining ingredients (except peas) to pot and stir. Set over medium-high heat. Bring to a boil, then reduce heat to medium-low.
3. Add one cup of water at a time until beef is soft, about 1 to 2 hours. If using an electric pressure cooker, set to slow, 4-5 hours. Transfer rice, vegetables and lentils to a separate pot. Set aside.
4. Add one cup of water at a time until beef is soft, about 1 to 2 hours. If using an electric pressure cooker, set to slow, 4-5 hours. Transfer rice, vegetables and lentils to a separate pot. Set aside.

Green Onion–Ginger Oil

Serves 4
Prep 20 min; total 25 min

1/2 cup chopped cilantro
1/2 cup chopped green onions
1 tbsp palm sugar
1 tbsp fish sauce
1 tbsp rice wine vinegar
10 cloves garlic, minced
1 tsp grated peeled fresh ginger

1. Heat a dry carbon steel skillet over high heat. Add the garlic and ginger to pan with chicken fat.
2. Add carrots and mushrooms, sliced into 1/2-in. pieces
3. Return half of the meat to pan. In the remaining sauce, stir in 1/2 cup soy sauce, 1/2 cup mirin, 1/2 tsp grated ginger, 1/2 tsp grated garlic, 1/2 tsp grated ginger, 1/2 tsp grated garlic
4. Roughly chop the vegetables and transfer to a bowl. Add 1/2 cup white wine to the bowl. Whisk to combine. Add the vegetables to the bowl. Whisk to combine.
5. Return half of the meat to pan. In the remaining sauce, stir in 1/2 cup soy sauce, 1/2 cup mirin, 1/2 tsp grated ginger, 1/2 tsp grated garlic, 1/2 tsp grated ginger, 1/2 tsp grated garlic
6. Roughly chop the vegetables and transfer to a bowl. Add 1/2 cup white wine to the bowl. Whisk to combine.
Kitchen tip Find frozen sliced beef in Asian grocery stores, or look for President’s Choice Beef Hot Pot Sliced Beef Rib-Eye in the frozen meat section.

Kitchn tip This recipe contains optional raw eggs. Foods containing raw eggs may be harmful to young children, the elderly, pregnant women and people with weak immune systems.

### Spicy Sausage Pasta

Serves 4

**Prep 5 min; total 20 min**

- 1454-g pkg penne
- 2 tsp olive oil
- 1 500-g pkg spicy Italian sausage, casings removed
- 1 cup no-salt chicken broth
- 2 tbsp tomato paste
- ¼ cup sun-dried tomato pesto
- 4 cups baby arugula

2. Meanwhile, heat a large frying pan over medium. Add oil, then crumble sausage meat into pan. Using a wooden spoon, break up sausage into small pieces. Cook until no pink remains, 4 to 5 min.
3. Stir in broth, tomato paste, pesto and reserved ½ cup pasta water. Reduce heat to low. Simmer until slightly thickened, 3 to 5 min. Add pasta and arugula to sauce. Stir until combined.

**Per serving 820 calories, 37 g protein, 60 g carbs, 33 g fat, 4 g fibre, 4 mg iron, 1,149 mg sodium.**

### Pork-Stuffed Bitter Melon Soup

(Chanh Kho Qua)

Serves 4

**Prep 20 min; total 1 hr 5 min**

- 5 g dried wood ear mushrooms (¼ cup after rehydrated in water)
- 3 bitter melons, about 800 g
- 250 g lean ground pork
- 2 green onions, thinly sliced
- 4 tsp fish sauce
- 1 tsp granulated sugar
- ¼ tsp salt

**Broth**

- 3 cups chicken broth
- 1½ tbsp fish sauce
- 1 tsp granulated sugar

- Cilantro leaves, for garnish (optional)
- Finely chopped green onions, for garnish (optional)

1. Soak mung bean noodles and wood ear mushrooms in a bowl filled with very hot water. Let stand until they rehydrate, about 10 min.
2. Meanwhile, carefully cut a slit lengthwise down each bitter melon, about halfway through. (Don’t cut melons in half.) Use your fingers or a spoon to scoop out and discard the seeds inside.
3. Drain the noodles and mushrooms, then finely chop. Combine with pork, green onions, 4 tsp fish sauce, 1 tsp sugar and salt in a large bowl. Season with pepper. Stuff bitter melons with filling, without tearing melons.
4. Broth: Combine 3 cups water, broth, ⅛ tsp fish sauce and 1 tsp sugar in a large pot. Bring to a boil, then reduce heat to medium. Add stuffed melons to broth. (Cut in half, crosswise, if they won’t fit whole.) Simmer until tender, 35 to 40 min.
5. Remove melons from broth and cut crosswise into 2-in. rounds. Divide melon and broth among 4 bowls. Top with cilantro and green onions. Serve with rice, if desired.

**Per serving 268 calories, 16 g protein, 18 g carbs, 15 g fat, 4 g fibre, 2 mg iron, 2,111 mg sodium.**

### Cheddar & Potato Perogies

Makes 40 to 45 perogies

**Prep 1 hr 30 min; total 2 hr 15 min**

**Dough**

- 2 cups all-purpose flour
- ½ cup cold salted butter, cubed
- 1 large egg
- ¼ cup + 1 tbsp sour cream

**Filling**

- 2 medium Yukon Gold potatoes, peeled and chopped in 1-in. cubes, about 375 g
- 1 cup finely shredded old cheddar cheese
- ¼ tsp salt

**Toppings**

- 6 slices bacon, chopped
- 1 tbsp salted butter
- ½ onion, thinly sliced
- Sour cream, for garnish (optional)
- Chopped chives, for garnish (optional)

1. Dough: Add flour to a food processor. Pulse in remaining 1 tbsp sour cream. Form into a ball, then flatten, re-roll dough. Working with 1 disc at a time, roll out dough on a lightly floured counter to ⅛-in. thickness. Cut out 2½-in.-wide circles with a cookie cutter or drinking glass. Gather scraps of dough into a ball, then flatten, wrap in plastic and refrigerate until firm. Scoop a heaping ⅛ tsp of filling onto each round and fold the dough over, forming a half moon. Pinch edges tightly to seal. (If dough won’t seal, dab edges with water.) Repeat with remaining disc and re-rolled dough.
2. Fill same pot with water and bring to a boil over medium-high. Add 10 or 11 perogies to boiling water and cook until they float to the top, 3 to 4 min. Transfer to a plate. Repeat with remaining perogies. Set aside.
3. Toppings: Heat a very large non-stick frying pan over medium-high. Add bacon, 1 tsp butter and onion. Cook, stirring occasionally, until bacon is crisp, 7 to 10 min. Transfer to a bowl.
4. Add 10 or 11 perogies to the pan. Cook, flipping halfway, until perogies are golden, 2 min. Transfer to a plate. Repeat with remaining perogies. Serve perogies with bacon-onion topping, extra sour cream and chives.

**Per serving 599 calories, 16 g protein, 46 g carbs, 40 g fat, 2 g fibre, 3 mg iron, 589 mg sodium.**

**Kitchen tip** To store, freeze uncooked perogies in a single layer on a parchment-lined baking sheet. Once frozen, transfer to a resealable container. To cook, boil a pot of water. Add perogies and cook until they float to the top, about 6 min.

### Kitchen tip

For a vegetarian version, omit bacon and use 1 onion, thinly sliced. Cook, stirring occasionally, in ⅛ cup salted butter, until just crispy.