

COMMUNITY COOKBOOK BULLETIN BOARD

WHAT IS IT?

Children and their families share favorite dinner recipes to display in the library.

HOW DO YOU DO IT?

OPTION 1 (passive)

1. In *Rostam's Picture-Day Pusteen*, we learn Rostam's favorite dinner is lubia polo. The book's author, Ryan Bani Tahmaseb shared a recipe for lubia polo with us! (see below). Print a copy of Tahmaseb's recipe and display it on a wall or bulletin board.
2. In large font/lettering, invite folks to help create a large bulletin board cookbook by illustrating their favorite dinner and sharing the recipe.
 - What's your favorite dinner?
 - What's for dinner?
3. Have copies of the Community Cookbook sheets and coloring utensils available for people to use.
4. Add recipes to the bulletin board as they're shared.

After Gavin left, Maman made Rostam's favorite dinner: lubia polo. Rostam wolfed down the yummy rice.

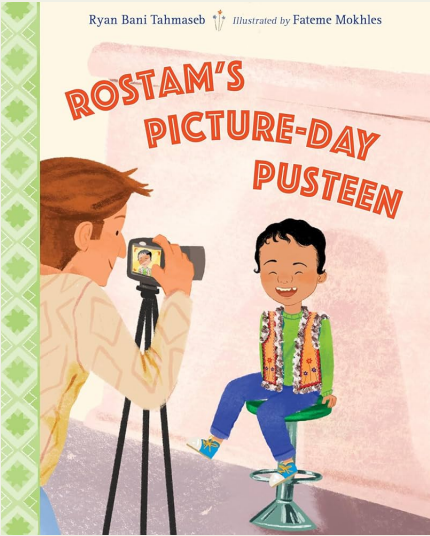


Then he and Maman spoke with Baba on the computer. Baba still worked in Iran and would join them next year. Rostam told Baba about his new friend and about how his ball control was getting better.

PRIMARY AUDIENCE

Children
Family

PASSIVE	X
ACTIVE	X



6B @ @ HA < GL ' 6B B > 5B B > '
5H??<G8A ' 5B 4E7

HOW DO YOU DO IT? (Continued)

OPTION 2 (active)

1. Read *Rostam's Picture-Day Pusteen* aloud.
2. Return to page 2. Point out that Rostam's favorite dinner is lubia polo. Ask if anyone knows what that is. What clues can we see in the illustration? Explain it is a rice dish with green beans and beef.
3. Ask participants to talk about their favorite dinner. What is it made of? Is it a family recipe? Who makes it for you? Do you know how to make it?
4. Hold up the Community Cookbook sheet with Ryan Bani Tahmaseb's lubia polo recipe and illustration. Talk about how we can learn about people and build community by sharing our favorite foods. Hand a blank cookbook sheet to everyone and invite them to help make a bulletin board cookbook by drawing their favorite dinner and writing the recipe.
 - a. This is a great time to talk about what information makes up a recipe. (Ingredients list, step-by-step process, etc.)
 - b. Asking children to share a recipe in their own words usually doesn't result in accurate recipes. That's okay!
5. Display finished illustrated recipes on a bulletin board.

ADDITIONAL

- Ask library staff to complete Community Cookbook sheets to use as examples. Add them to the display
- Scan finished work and create a pdf cookbook to share.

NOTE

Leave out additional recipe sheets near the display and turn it into the passive program above!

NOTE

You could use actual recipe cards!

COMMUNITY COOKBOOK

Recipe for: Lubia Polo (Green Bean and Beef Rice)

Recipe from: Ryan Bani Tahmaseb (author of Rostam's Picture-Day Pusteen!)

Illustrate your recipe here

Recipe

COMMUNITY COOKBOOK

COMMUNITY COOKBOOK

Recipe for: Lubia Polo (Green Bean and Beef Rice)

Recipe from: Ryan Bani Tahmaseb (author of Rostam's Picture-Day Pusteen!)

Illustrate your recipe here



Rostam's Picture-Day Pusteen pg. 2

Recipe

Ingredients:

- 2 cups basmati rice
- 1 medium onion, chopped
- 1 lb ground beef
- 1 small can tomato paste (6 oz)
- 2 cups fresh green beans, cut into 1-inch pieces
- 1 tbsp butter
- 1 tsp turmeric
- ½-1 tsp cinnamon, to taste
- Salt & black pepper, to taste

COMMUNITY COOKBOOK

Instructions:

1. Cook Rice

- Rinse and soak rice for 30 minutes.
- Bring a large pot of salted water to boil.
- Add rice and boil for 5-6 minutes, until slightly soft but not fully cooked.
- Drain and set aside.

2. Make Meat & Bean Mix

- In a large pan, heat some oil and the butter.
- Sauté chopped onion until soft.
- Add turmeric, stir briefly, then add ground beef. Cook until browned.
- Stir in salt, pepper, and cinnamon.
- Add tomato paste, cook 2-3 minutes.
- Add green beans and about ¼ cup water. Simmer covered for 10 minutes, until beans are tender.

3. Layer

- In a clean pot, add a bit of oil to coat the bottom.
- Add a thin layer of rice, then a layer of the meat/bean mixture. Repeat layers, finishing with rice on top.
- Use the handle of a spoon to poke 4-5 holes down to the bottom to let steam rise.

4. Steam

- Cover the lid with a clean towel and place it tightly on the pot.
- Cook on medium heat for 10 minutes.
- Reduce to low heat and steam for 30-40 minutes.