



Cooking with **TRANS PEOPLE OF COLOUR**

Recipes of significance from The 519
Trans People of Colour Project (TPOC)

519
SPACE FOR CHANGE





ACKNOWLEDGEMENT

THE KAN IEN'KEHÁ:KA (IROQUOIS): THE LEGEND OF THE THREE SISTERS

It was said that the earth began when 'Sky Woman', who lived in the upper world, peered through a hole in the sky and fell through - into an endless sea. The animals saw her coming, so they took the soil from the bottom of the sea and spread it onto the back of a giant turtle to provide a safe place for her to land. This "Turtle Island" is now what we call North America.

Sky Woman had become pregnant before she fell. When she landed, she gave birth to a daughter. When the daughter grew into a young woman, she also became pregnant by the West wind. She died while giving birth to twin boys. Sky Woman buried her daughter in the new earth. From her grave grew three sacred plants - corn, beans, and squash. These plants provided food for her sons, and later, for all of humanity. These special gifts ensured the survival of the Iroquois people.

A Three Sisters Garden is an agricultural method of the Indigenous Peoples of Turtle Island. It uses polyculture growing; that is, more than one crop in one plot, to good advantage. The three sisters, corn, beans and squash, are planted together, and the combination of plants helps each of them to grow fully. Like sisters, the plants aid one another in their respective growing processes.



ABOUT THE TRANS PEOPLE OF COLOUR PROJECT (TPOC)

The Trans People of Colour Project (TPOC), is a three-year project funded by the Toronto Urban Health Fund. The project is designed to foster affirming support, greater access to food security, and access to meaningful sexual health promotion information for racialized trans folks. In its first year, the project successfully hired and trained four peers who support ongoing project activities, and are resourced to do so. Peer leaders were offered 16 weeks of free training for diverse skills development on various personal and professional topics, including: food handling, anti-oppression, self-care, team building, harm reduction, HIV, and relevant legislation. The peer leader team has facilitated various workshops for both community members and health and social service providers. Workshop topics include trans sexual health promotion and specifically, how best to provide affirming support to trans people of colour in their work. The peer team continues to support the 519's Education and Training department, co-facilitating some of the workshop requests we receive.

Currently, we have been running a weekly drop-in space for racialized trans folks called Cooking with TPOC. Each week we come together to discuss topics of importance in our lives and to access supports over the making and sharing of a meal. We always ensure to prepare enough

food for everyone to walk with a takeaway container at program's end too! The space is known for its good vibes and warm connections for racialized trans folks, who don't often have access to affirming spaces like this. Topics of discussion also include housing, healthcare, sexual health, community need, and informal conversations around meal prep and the sharing of food. The drop-in is led by the four peer leaders. They bring both their unique and shared lived experiences, as well as the training they have undertaken, to their leadership of the group. All ingredients and cooking tools are provided by the program.

While weekly topics are explored, Cooking with TPOC sessions are very casual to allow for authentic conversations and exploration of topics of interest to participants. Given that there is no restriction on age for attendance, conversations had around the table are truly intergenerational in nature. Each week, a new recipe from the peer leaders is explored. The project has played a role in creating an affirming space for racialized trans people to come together and talk whilst cooking. The program sees 10-15 people attend weekly and participation has been steadily increasing since its launch. Between 2019-2020 we have had over 300 visits to the drop-in.

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THE CONTRIBUTORS



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PROJECT COORDINATOR

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EVANA ORTIGOZA

PEER OUTREACH WORKER

Evana is a trans woman of colour. She is also an activist and community worker who advocates to reduce stigma around HIV and discrimination among trans women through her work.



MARIANA CORTES

PEER OUTREACH WORKER

Mariana is a trans woman from Colombia. She is an activist and community leader who uses fashion as a way to reduce discrimination among trans people.



ANGEL GLADY

PEER OUTREACH WORKER & PERFORMER

Angel is a well-known performer and activist around the world. She uses art as her platform to bring awareness to trans issues.



CHRISTY JOSEPH

PEER OUTREACH WORKER

Christy is an active volunteer at Meal Trans at The 519. She works to increase access to services and supports for trans-identified seniors.



OUR FOCUS

Racialized trans women experience some of the greatest intersecting vulnerabilities in our communities. This oftentimes includes extreme food insecurity amidst a myriad of other barriers. Food is well known for its power to connect people. At TPOC, we find connection through shared experiences over food and prioritizing a safer and positive environment for folks who attend.

Our program focuses on holistic wellbeing through understanding the emotional, mental, physical, and spiritual wellbeing of those who join us. We explore shared issues and potential solutions and supports concerning effective community building, increasing employability, and providing opportunities to develop and take up community leadership.

Program participants love cooking as the core activity of the project. TPOC peers and participants coordinate to do meal planning, share their own cultural relationships with food, and share their lived experiences around food in group settings. In addition to sharing a meal in-program, everyone gets to take home a serving of the food they cook together as well.

The program is also focused on nutritional needs based on peoples' lived realities, which may include living with HIV, or going through hormone therapy. As such, the meals planned, and recipes developed also focus on healthy living for trans people of colour with similar lived experiences.

MARIANA



Chicken Stew for the Soul

Back in Colombia, Mariana Cortes remembers getting together with her friends to cook a chicken stew known as ‘Sancocho de Pollo’. The group would make large quantities of the stew to share with other trans folks as a way of bringing community together over a hearty meal. The dish fondly came to be called, ‘Transcocho’.

With TPOC, Mariana is continuing her tradition of lifting people up and sharing their struggles over the delicious food she makes and shares. She brings flavours from Colombia to the kitchen as a way to connect with her community in Canada.

Virgin Mariana is a dynamic peer leader. She is an activist, fashion advisor, outreach worker, Social Service Work student, and a TPOC peer leader. Her work for trans human rights was an important part of her journey as a trans woman in Colombia. In search of safety and improved opportunities, she moved to Canada, but her passion for and journey as an activist continued. Community has been an important part of her life in Colombia, and it was her search

for community in Canada that ultimately brought her to The 519.

Mariana started volunteering for The 519’s Meal Trans program a few years ago. It is there that she met Evana, Angel, and Yasmeen. Through building these community connections she became a part of TPOC and has found great purpose in the work they do together for community.

“There is no space for shame or stigma in our kitchen”

Mariana’s values and skills of focus include taking up anti-oppressive work, crisis intervention, and food and nutrition through her peer leader training. These skills continue to support her work as a facilitator and program coordinator. She finds authenticity

and community building through her work with Cooking with TPOC. For Mariana, getting to know each other in a welcoming space, sharing meals, cooking tips, information and support, socializing with each other across generations, and supporting her community through the program are some of the things that make her who she is.



ANGEL

A Dash of Love and Turmeric

Angel Gladly cooks with love and prepares all of her favourite dishes for Cooking with TPOC program participants. Whether it is 'Dosa' – a childhood treat that her mom used to make for her, or spicy curries – Angel makes healthy meals with a touch of home. She'll use a hint of turmeric, or prepare sweet treats with the flavour of cardamom as a way of expressing the warmth and care she has for her community, her chosen family.

Angel is a performer, dancer, theatre artist, playwright, activist, and TPOC peer leader. She was born and raised in India. After having spent 10 years of her life as a trans woman in India, she decided to move to Canada in 2017. Angel knew that moving to Canada would mean restarting some of her journey from the past decade; and having to start from scratch in terms of facing the many struggles she had already endured such as: fighting for her rights to education, housing, food, and employment.

After her move, a good friend referred her to The 519. Here she met Yasmeen, and joined The 519's Among Friends Newcomer Support Program. She also began actively participating in many other programs the community centre offered.

Angel knew that she wanted to give back and support her community in the same ways she had been supported at The 519. She soon joined TPOC as a peer leader. The training she received – including food handling, health and safety, self-defense, harm reduction, anti-racism and equity have enriched her knowledge and confidence to do community work and take up community leadership.

“With my cooking, I’m welcoming you to my culture, to my home.”

For Angel, TPOC is more than just a weekly program. It is a space where new bonds amongst people of various backgrounds, ages, experiences, and genders are forged. TPOC is a space where people open up about their struggles and needs and build collective strength and power in listening to their peers share their own challenges, struggles, and successes. We all try to lift each other up – whether it be through sharing cooking tips and recipes, talking honestly about life and lived experiences, sharing resources, or lending a shoulder when feelings get heavy. Supporting other TPOC in times of crisis gives Angel strength.

WHAT DOES HEALTHY EATING MEAN TO YOU?

1.

2.

3.

4.

5.

SOLE FISH FILLET *By Evana Ortigoza*

A European dish that has history in mostly the Mediterranean, but is now recognized all over the world. This is our version of it.

SERVES	2 people
PREPARATION TIME	20 mins (+ up to 2 hrs to marinate)
COOK TIME	25 mins (10 mins per side + time for rice)



INGREDIENTS

- 2-3 pieces of fillet fish
- ¼ teaspoon black pepper
- ¼ teaspoon salt
- 1 teaspoon soy sauce
- ¼ teaspoon paprika
- ½ teaspoon fennel and/or garlic
- ½ lemon cut into slices
- Cilantro to garnish
- Bread crumbs

DIRECTIONS

1. Marinate fish in black pepper, salt, paprika, fennel powder and soy sauce for at least 2 hours.
2. Coat the fish in bread crumbs and bake for 10 mins on each side until crispy.
3. Once completed, garnish with cilantro and drizzle with a bit of fresh lemon juice.
4. Serve with white rice and mixed vegetables.

SINGAPORE NOODLES *By Angel Glady*

Singapore noodles is a Cantonese dish from Hong Kong. With its combination of curry powder and noodles, the dish speaks to Singapore's Indian-Chinese fusion, hence the name.

SERVES	4-6 people
PREPARATION TIME	20 mins
COOK TIME	35 mins



INGREDIENTS

- 1 pack of rice noodles
- ½ teaspoon salt
- 1 teaspoon curry powder
- ¼ teaspoon cumin
- 3-4 cloves of garlic
- ¼ teaspoon ginger powder
- 1 medium onion
- 2 bell peppers
- ¼ teaspoon turmeric
- 3 eggs

DIRECTIONS

1. Bring water to a boil, add noodles, and cook for 10 mins.
2. Drain and rinse with cold water.
3. Stir fry vegetables for 5 mins and add all spices.
4. Add noodles to vegetables and mix together well.
5. Lastly, add eggs and stir again for another 3 mins.

RICE AND SUDADO DE POLLO *By Mariana Cortes*

This is a traditional Colombian dish made of basic ingredients that are locally grown. Families will get together, following matriarchal leadership, and prepare this dish using either beef, chicken or fish depending on the region of the country.

SERVES	2-4 people
PREPARATION TIME	25 mins
COOK TIME	45 mins



INGREDIENTS

- 2 pounds chicken
- 4 carrots
- 3 cloves of garlic
- 2 finely chopped onions
- 4 potatoes cut into cubes
- 2 bell peppers chopped into quarters
- 2 tablespoons olive oil
- Seasoning salt to taste
- 1 teaspoon cumin powder
- 1 teaspoon *relajo* (mixed Colombian spice)
- 1 teaspoon garlic powder
- A pinch of dill weed
- 1 bottle or can of beer
- 1 teaspoon black pepper

DIRECTIONS

1. Wash the chicken with vinegar and lemon juice.
2. Marinate the chicken with all the spices and the beer for one hour.
3. While the chicken marinates, fry the potato, garlic and onion with the oil.
4. After a few mins, add the carrots and bell peppers to the pan.
5. Allow to cook for 20-30 mins.
6. Serve with steamed rice.

EMPANADA *By Julissa Peñate*

Empanadas are a type of baked or fried turnover consisting of pastry stuffed with filling. They are common in Latin American and Filipino culture. The name comes from the Spanish verb 'empanar/empanizar', and literally translates as 'enbreaded', that is, wrapped or coated in bread.

SERVES	6 people
DOUGH PREP TIME	30 mins
EMPANADA FILLING PREP & COOK TIME	15-40 mins
TOTAL TIME	45 mins



INGREDIENTS

Empanada Dough

- 3 cups all-purpose flour, plus more for the work surface
- 1 tablespoon baking powder
- 2 teaspoons sugar
- A pinch of salt
- 1/2 cup lard or shortening
- 2 eggs (one for the dough, one for the egg wash)
- ¾ cup chicken stock

Empanada Filling

- 2 tablespoons olive oil
- 1 pound ground beef
- 1 tablespoon garlic salt
- 2 tablespoons tomato paste
- 2 tablespoons vinegar
- 2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1 teaspoon seasoned salt
- 5 cloves garlic, minced
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 medium onion, chopped
- Oil for frying

DIRECTIONS

Empanada Dough

1. Combine the flour, baking powder, sugar and salt in a large bowl. Cut in the lard with a pastry blender, food processor, or two knives until the mixture resembles coarse cornmeal.
2. In a separate bowl, beat the egg and then whisk in the stock. Add the egg mixture to the flour mixture and knead until a dough forms. Cover and refrigerate for 30 mins.

Empanada Filling

1. Meanwhile, in a large nonstick skillet, heat 1 tablespoon olive oil over medium heat. Add the ground beef and garlic salt and cook until the beef is cooked completely. Drain the grease and set the beef aside.
2. In the same pan, heat the remaining 1 tablespoon olive oil. Add the tomato paste, vinegar, cumin, chili powder, oregano, seasoned salt, garlic, bell peppers, and onions. Cook until soft, roughly 8-10 mins. Add the beef and let them cook together while the flavours blend over low heat for 5 more mins. The mixture should be moist but not dripping wet. Now you are ready to fill the empanadas.
3. Lightly flour a work surface and roll out the dough to 1/4 inch thick. Cut out 4, 5 or 6 inch rounds, depending on the size that you would like your final empanadas to be. Add some meat filling to each empanada and fold the dough over in half to enclose the filling. Use a fork to press and seal the edges closed. You can refrigerate the uncooked empanadas for up to 3 hours.
4. If desired, freeze on a baking sheet until firm, for up to 2 hours. Wrap tightly in plastic; freeze in plastic bags.
5. **Baked** - For baked empanadas, preheat oven to 400 degrees F. Place on parchment-lined baking sheets. Brush tops with egg wash, avoiding crimped edges. Bake for 30 to 40 mins or until golden brown on top.

Fried - For fried empanadas, heat the oil in a deep fryer to 350 degrees F. Fry the empanadas until golden brown, 6 to 7 mins.



RALL CURRY AND PARUPPU *By Angel Gladys*

A Sri Lankan dish that has a long history to Tamil people, but with many versions within South India.

SERVES	2-4 people
PREPARATION TIME	20 mins
COOK TIME	40 mins



INGREDIENTS

Rall Curry

- 2 lbs. shrimp cleaned
- 1 medium onion diced
- 3-4 cloves of garlic
- ¼ teaspoon ground ginger
- ¼ teaspoon cumin
- ¼ teaspoon fennel
- ¼ teaspoon paprika
- 2 teaspoons tomato paste
- Salt to taste
- 1 ½ teaspoon vegetable oil
- ¼ teaspoon turmeric powder

Paruppu

- 1 onion chopped finely
- ½ teaspoon cumin
- 2 tomatoes chopped finely
- Salt to taste
- 3-4 cloves of garlic, chopped finely
- ½ teaspoon turmeric



DIRECTIONS

Rall Curry

1. Heat the oil in a pan and fry the cumin and fennel.
2. Once it's fried, add finely chopped garlic and onion and fry until brown.
3. Add turmeric powder and tomato paste and stir for a bit.
4. Add cleaned shrimp, pour 90ml water and close and cook for 10 mins.
5. Open to stir, and then cook for another 5 mins.
6. Add salt according to taste and serve.

Paruppu

1. Clean the lentils and add 1:2 water.
2. Boil lentils in 2 cups of water on medium heat until tender.
3. Cook with garlic, onion, cumin, turmeric powder and tomato for 30min.
4. Garnish with fried cumin, onion and garlic and serve.

Both dishes can be served with Indian plain, garlic or butter naan, chapati, or paratha.



PRIMAVERA BEEF WITH PLANTAINS AND BLACK BEANS

By Evana Ortigoza

A dish indigenous to Venezuelan people for over one hundred years.

SERVES	2-4 people
PREPARATION TIME	20 mins
COOK TIME	1 hour

INGREDIENTS

- 2 lbs. of beef in cubes
- 1 medium onion chopped finely
- 1-2 plantains
- ½ cup of beef broth
- ½ cup of mushroom gravy
- Salt to taste
- ¼ teaspoon black pepper
- 1 red and 1 green bell pepper chopped in cubes
- 1 lime cut into quarters
- 3-4 cloves of garlic
- ½ lb of black beans
- 1 dried red hot pepper
- ¼ teaspoon oregano
- Cilantro to garnish

DIRECTIONS

Beef

1. Cook the beef with onion, garlic mushroom gravy and beef stock, until tender.
2. Add the bell peppers, red pepper powder and oregano and add salt according to taste.
3. Once it's ready, serve with a garnishing of chopped cilantro.

Black Beans

1. Cook black beans with salt, pepper, onions and garlic, until soft.

Plantain

1. Peel off the skin of 2 large plantains and slice them thin.
2. Deep fry in vegetable oil.

Serve all with steamed rice.



**" IT FEELS SO
WONDERFUL TO MEET
PEOPLE LIKE ME,
FEEL SAFE AND AT
HOME. I LOVE BEING
A PART OF TPOC.
GREAT EXPERIENCE.
BEST WISHES FOR
EVERYONE."**



CEVICHE *By the TPOC team*

Ceviche, also written as cebiche, seviche, or sebiche, is a seafood dish which originated during colonial times in present-day Peru. It is said, this dish was brought to Peru by the Moorish women from Granada, forced to accompany Spaniards. From this, the dish has evolved into what is currently known as ceviche.

SERVES	6-8 people
PREPARATION TIME	20 mins
COOK TIME	40 mins

INGREDIENTS

- ½ red onion, very thinly sliced
- 1 lb. fresh fish diced into ½ inch cubes sea bass, red snapper, corvina, dorado, escolar, mahi-mahi, tilapia, or hamachi
- 2-3 cloves of garlic very finely minced (use a garlic press)
- 1- 1½ teaspoon kosher salt start with one, add more to taste
- ¼ teaspoon black pepper
- ¼-½ cup fresh cilantro chopped
- 1 fresh serrano or jalapeño chili pepper seeded and very finely chopped. Start conservatively, more to taste.
- ¾ cup fresh lime juice (4-6 limes freshly squeezed (try to use ripe limes))
- 1 cup grape or cherry tomatoes cut in half (or 1 cup diced tomatoes)
- 1 cup diced cucumber
- 1 tablespoon olive oil (optional)
- 1 semi-firm avocado, diced, as garnish, (optional)



DIRECTIONS

1. Slice the red onion very thinly and salt generously and let stand 15 mins until it begins to release its liquid (this will remove the bitterness). Rinse well, squeeze dry.
2. Place fish, garlic, onion, salt, pepper, fresh chilies, and lime juice in a shallow serving bowl, gently mix, and marinate in the refrigerator for at least 30 mins before serving. The longer you marinate the firmer and more "cooked" the fish will become.
3. Before serving, gently toss in the fresh cilantro, cucumber and tomato and a drizzle of olive oil, gently mix.
4. Taste for salt and add more if necessary. If adding avocado, gently fold it in at the end, after everything is mixed, making sure to use one that is not too soft.
5. Add sliced avocado on the side (optional).
6. To make the plantain chips (Tostones) pictured below, cut green plantains 1 inch thick. Then with the bottom of a glass squash/press them until they are 1 cm thick. In a pan, add enough oil to cover the chips and once the oil is hot enough for frying, add the plantain slices. Fry for 2 mins per side or until golden. Use paper towel to absorb any excess oil.



PUPUSAS *By Julissa Peñate*

Originating in El Salvador, immigrants have taken this dish to other central American countries and beyond! Pupusa's traditional filling is cheese with loroco flower, but modern pupusas can have various fillings, and can even be prepared vegan.



SERVES	8 people
PREPARATION TIME	1 hour
COOK TIME	30 mins

INGREDIENTS

Curtido

- ½ head green cabbage, cored and shredded
- 1 small white onion, sliced
- 2 medium carrots, grated
- 4 cups boiling water (960 ml)
- 1 cup distilled white vinegar (240 ml)
- 1 tablespoon dried oregano
- 2 teaspoons kosher salt

Chicharrón/Pork

- 1 teaspoon vegetable oil
- 1 lb boneless pork shoulder (455g) cut into 1-inch (2 cm) cubes
- 1 teaspoon salt
- 1 medium tomato, diced
- ½ green bell pepper, diced
- 1 small white onion, diced

Pupusa Dough

- 4 cups Masa Harina/ nixtamalized corn flour (450g)
- 2 teaspoons salt
- 3 cups cold water (720ml)

Filling

- 1 cup grated mozzarella cheese (100g)
- 1 cup refried bean (240g), cooked
- 1 tablespoon vegetable oil, for frying

DIRECTIONS

Curtido

1. In a large bowl, combine the cabbage, onion, and carrots. Pour the boiling water over the vegetables and toss. Let sit for 10 mins, then drain.
2. In a liquid measuring cup or small bowl, combine the vinegar, oregano, and salt. Pour over the slaw and toss to coat. Once thoroughly mixed, transfer the curtido and any leftover liquid in the bowl to an airtight jar or container.
3. Chill for at least 20 mins in the refrigerator, or chill overnight for best results.

Chicharrón

1. Heat the vegetable oil in a large pan over medium-high heat. Add the pork shoulder and salt. Cook for 15 mins without disturbing. If the pork is browning too quickly, reduce the heat to medium. Turn the pork over and let cook on the other side for 10 mins more, or until crispy and golden brown.
2. Transfer the pork to a food processor and add the tomato, green bell pepper, and onion. Pulse until a thick paste forms. The mixture should not be watery. Set aside.

Pupusa Dough

1. In a large bowl, whisk together the masa harina and salt, then add the water. Use your hands to mix until the dough comes together with a clay-like texture.
2. Fill a small bowl with water and a bit of oil and set near your work station. You'll wet your fingers with the mixture as you work to keep the dough from sticking to your hands.
3. Take a golf ball-sized portion of dough and roll into a ball, then flatten into an even round.

Filling

1. Fill the dough round with $\frac{1}{2}$ tablespoon chicharrón paste, 1 teaspoon refried beans, and 1 teaspoon mozzarella cheese. Fold the dough over the filling until it's completely sealed. Then, pat out the ball between your hands until flat. If the pupusa cracks, patch it with a bit of dough and a little oil. Repeat with the remaining ingredients.
2. Heat a large pan or griddle over medium heat. Brush with vegetable oil, then place 2-3 pupusas on the pan and cook for 2-4 mins, or until the bottoms are golden brown. Flip and cook on the other side for 2-4 mins more, until golden brown and warmed through. Repeat with the remaining pupusas.
3. Serve the pupusas with curtido.
4. Enjoy!



SORREL *By Yasmmeen Persad*

Hibiscus sabdariffa or Roselle plant, also known as Sorrel is at the core of the festive Caribbean drink which originated in West Africa and was brought over during the slave trade. It is a drink made from dried or fresh sepals of the bright red and sometimes crimson-coloured flower.

SERVES	6 people
PREPARATION TIME	15 mins



INGREDIENTS

- 2 pounds sorrel
- 1 ounce ginger
- 1 piece dried orange peel
- 6 whole cloves
- 12 cups boiling water
- 2 cups sugar
- ¼ cup white rum (optional)
- 1 cup red wine (optional)
- A few grains of rice

DIRECTIONS

1. Wash sorrel, crush or grate ginger.
2. Place sorrel, ginger, orange peel and cloves in a stainless steel container.
3. Pour boiling water, cover and leave to infuse for 24 hours. Strain, add sugar, rum and red wine and mix well.
4. Pour into bottles adding a few grains of rice to each bottle to extend its shelf life.

NOTE: Allow to remain for at least one day. Serve chilled.

VEGGIE SOUP *By Mona Lisa*

Veggie soup is a delicious and nutritious meal all year round that is simply made through the combining of vegetables with stock or water.

SERVES	6 people
PREPARATION TIME	15 mins
COOK TIME	30 mins



INGREDIENTS

- 1 container vegetable broth (14 oz.)
- 1 tomato, cut into cubes
- 1 cup water
- 1 large potato
- 2 carrots diced
- 2 stalks of celery, diced
- 1 cup fresh green beans, chopped
- 1 cup fresh corn kernels
- Salt and pepper to taste
- Creole seasoning to taste

DIRECTIONS

In a large stock pot combine everything including seasoning and boil on med heat for 30 mins.

This can yield up to 6 servings



**" THE TPOC
GROUP MEANS A
LOT. WITHOUT IT I
WOULD BE ALONE,
ALIENATED, AND
WITHOUT FRIENDS
AND COMMUNITY."**

TAMARIND JUICE *By the TPOC team*

Tamarindus Indica is indigenous to the African continent, but has been cultivated for so long on the Indian subcontinent that it is sometimes reported to be indigenous to that region. It is also a common fixture amidst the Caribbean and within Latin American dishes.

SERVES	6 people
PREPARATION TIME	5 mins
COOK TIME	25 mins



INGREDIENTS

- 2 cups ripe tamarind pulp (remove outer shell to get the pulp)
- 8 cups boiled water
- ½ tsp vanilla extract
- 2 drops Angostura bitters
- 1 medium lime or use lemon
- 1 tbsp freshly grated ginger
- Honey or brown sugar to sweeten

DIRECTIONS

1. Pour the tamarind pulp in a large kitchen bowl.
2. Pour the boiling water into the bowl over the tamarind. Let sit for 1 minute, then try crushing the tamarind with a fork.
3. Add the grated ginger and leave to cool.
4. Once the water has cooled enough, use your hands to break the tamarind apart until the fleshy bits are fully removed from the seeds.
5. Strain thoroughly using a fine strainer.
6. Add the vanilla, Angostura bitters and, lime juice.
7. Sweeten to your taste and put to chill.

SWEET VERMICELLI *By the TPOC team*

The sanskrit name for noodles is sevika which is derived from an unrecorded word meaning thread connected with root siv, which refers to sewing. This desert is found in many cultures around the world.

SERVES	4-6 people
PREPARATION TIME	5 mins
COOK TIME	45 mins



INGREDIENTS

- 85 grams of sugar
- 450 ml water
- 170 g ghee
- ½ tsp ground cardamom
- ½ tsp nutmeg
- 25g almonds, finely chopped

DIRECTIONS

1. Mix the sugar and water and bring the mixture to a boil.
2. Cook the vermicelli and ghee together, on a very low heat, stirring continuously, until the vermicelli turns golden brown. This usually takes about 15 to 20 mins.
3. Add sugar syrup, cardamom and nutmeg and stir well.
4. Bring the mixture to a boil, reduce the heat and simmer gently until the water has evaporated. This usually takes 15 mins.
5. Transfer the contents to a serving dish and garnish with almonds.
6. Serve while hot.

RICE PUDDING *By Angel Gladys*

Rice pudding is a yummy rice based treat made in combination with water or milk and sweetening agents and spices. A yummy dessert enjoyed in many cultures.

SERVES	6 people
PREPARATION TIME	15 mins
COOK TIME	30 mins

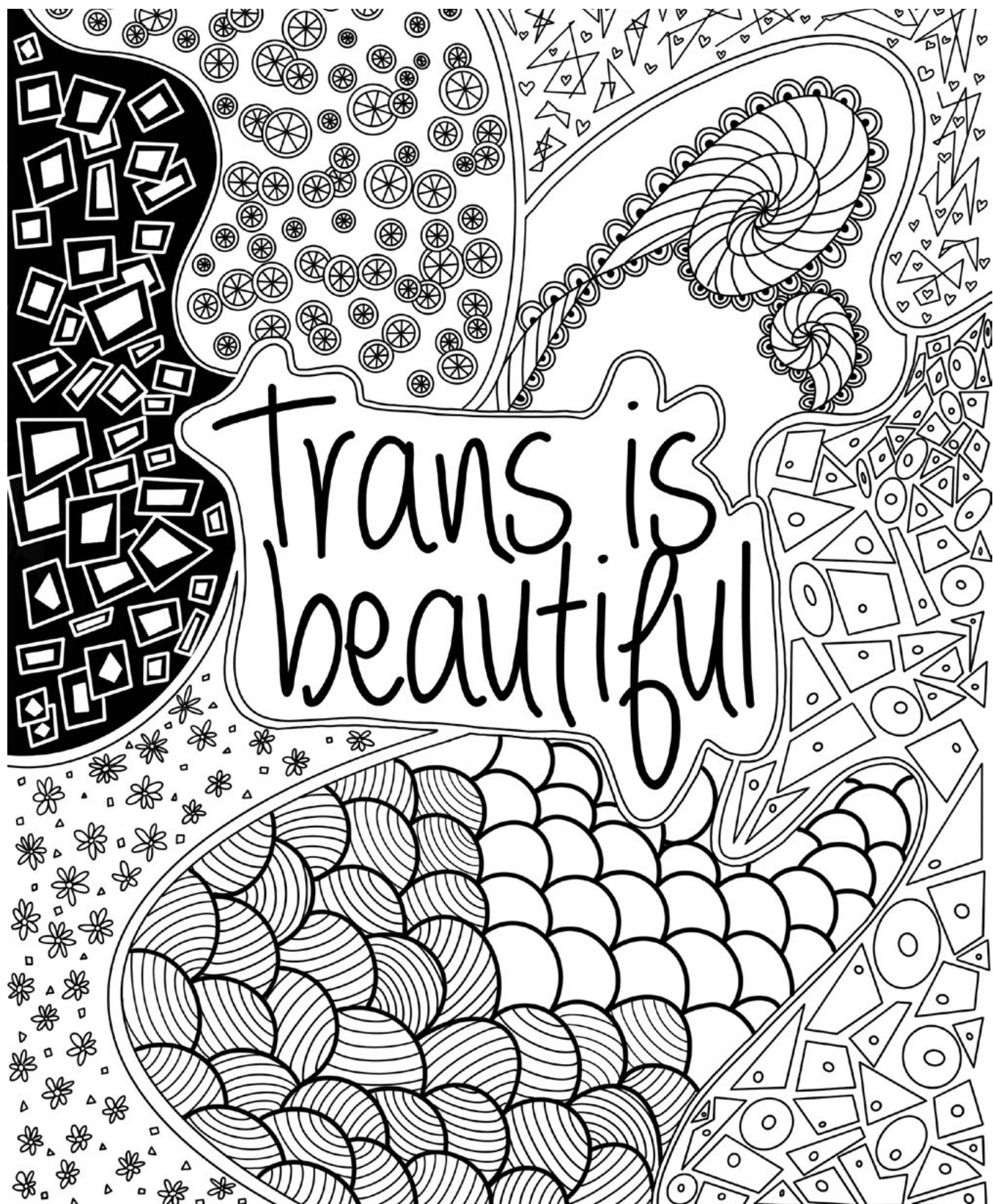


INGREDIENTS

- $\frac{3}{4}$ cup uncooked white rice
- 2 cups milk divided
- $\frac{1}{3}$ cup sugar
- 1 egg beaten
- $\frac{1}{4}$ teaspoon salt
- $\frac{2}{3}$ cup golden raisins
- 1 teaspoon butter
- $\frac{1}{4}$ tablespoon vanilla

DIRECTIONS

1. Bring $1\frac{1}{2}$ cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 mins.
2. In a clean saucepan, combine $1\frac{1}{2}$ cups cooked rice, $1\frac{1}{2}$ cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15 to 20 mins. Stir in remaining $\frac{1}{2}$ cup milk, beaten egg, and raisins; cook 2 mins more, stirring constantly. Remove from heat and stir in butter and vanilla.
3. Let it sit for 10 mins.



ADD YOUR OWN COLOUR TO THIS PAGE 





**“THIS IS A PLACE
THAT WE CAN
CELEBRATE OUR
DIFFERENCES
AND BE
OURSELVES
WITHOUT ANY
JUDGEMENT.”**

COOKING NUTRIENTS

WHAT THEY ARE
& HOW TO FIND THEM

TPOC operates using a harm reduction framework, so we understand that exercising choice around what we eat is a huge privilege. Where possible, here are some guidelines to help support a balanced and healthy diet.

CALCIUM

WHAT DOES CALCIUM DO?

Calcium is an important mineral for people of all ages. Your body uses calcium to build healthy bones and teeth. If you don't get enough, your bones can become weak and fragile over time. Calcium also helps our hearts, muscles, and nerves to function properly.

WHAT LOWERS CALCIUM ABSORPTION?

- Caffeine: Aim for no more than 400mg of caffeine per day for adults (or approximately 2-3 cups of coffee per day).
- Alcohol: Limit alcohol and have no more than 2 drinks per day. Avoid completely if possible.
- Smoking: Ask your health care provider about smoking cessation programs near you.

WHAT FOODS CONTAIN CALCIUM?

Calcium can be found in a variety of foods including:

- Milk, soy milk
- Yogurt, kefir
- Cheese
- Canned fish
- Cooked spinach
- Legumes (beans, lentils)
- Almonds
- Dark leafy greens (e.g. collard greens, spinach and kale)



FIBRE

WHAT DOES FIBRE DO?

Fibre, also called dietary fibre, is the part of plant foods that the body cannot digest. Fibre is found in foods like vegetables and fruit, whole grain products, nuts and seeds, and legumes (beans and lentils). Fibre can be either insoluble or soluble. Most foods have a combination.

1. Insoluble fibres can help keep your gut healthy and prevent constipation.

2. Soluble fibres can help:

- Lower your blood cholesterol level
- Control your blood sugar levels
- Keep you feeling full longer, which can help you to control your weight
- Dietary fibre may also help prevent certain cancers

HOW MUCH FIBRE DO I NEED?

For a well-balanced diet, aim to include high-fibre foods in your diet every day. For a daily total of approximately 25-38g.

Here are some tips to help you get started:

- Start the day with a high fibre breakfast cereal that is also low in sugar.
- Choose fresh, frozen and canned vegetables and fruit. Juice is not high in fibre.
- Eat 100% whole grain breads, brown rice and whole wheat pasta.
- Add cooked legumes, like lentils or beans, to your soup, casserole, or salad.
- Add nuts or seeds to yogurt or salads, or eat them on their own.

VITAMIN D

WHAT DOES VITAMIN D DO?

Vitamin D is a nutrient that helps your body absorb calcium. Calcium and Vitamin D work together to help you maintain healthy bones and teeth. Vitamin D also helps your muscles, nerves, and immune system work properly.

WHAT FOODS HAVE VITAMIN D?

Vitamin D is not found in many foods; however, you can find Vitamin D in:

- Cow's milk
- Fortified soy and other plant-based beverages
- Fortified orange juice
- Fatty fish like salmon and sardines
- Margarine
- Egg yolks
- Fortified yogurts (check the label)



VITAMIN D CONTINUED

CAN I GET VITAMIN D FROM SUNLIGHT?

Yes. During spring and summer, your body can make vitamin D when your skin is directly exposed to sunlight. The amount of vitamin D that your body can make from sunlight also depends on your age, where you live, and your skin tone. During the fall and winter in Canada, it is hard to get enough vitamin D. Do not only depend on sunshine to meet your vitamin D needs.

IS MORE VITAMIN D BETTER?

No. Your total vitamin D intake should be below the maximum amount allowed per day (4000 IU per day for adults) to avoid possible negative effects.

QUICK TIPS FOR VITAMIN D, CALCIUM, AND FIBRE

- All trans women should ensure a daily intake of 1000 IU Vitamin D and 1200 mg of Calcium (total of diet + supplements).
- Weight-bearing exercise (i.e. exercise that involves moving the body against gravity) should also be encouraged. For those wanting to maintain muscle strength but minimize muscle bulk development, weight lifting with lighter weights and higher repetitions, or doing bodyweight-based exercises is suggested.
- Bisphosphonates should be considered in the circumstance that a trans woman has undergone orchiectomy and is not able to maintain estrogen replacement therapy.
- All trans men should ensure a daily intake of 1000 IU Vitamin D and 1200 mg of Calcium (total of diet + supplements).
- Moderate and gradual weight-bearing exercise (i.e. exercise that involves moving the body against gravity) should also be encouraged.
- Bisphosphonates should be considered in the circumstance that a trans man has undergone oophorectomy and is not able to maintain testosterone replacement therapy.





PANTRY ESSENTIALS

INGREDIENTS FOR
A WELL-STOCKED
KITCHEN

OILS & VINEGARS

OLIVE OIL

COCONUT OIL

VEGETABLE OIL

For frying and sautéing, a good neutral oil with a high smoke point is important to have on hand. Try sunflower oil, canola oil, or peanut oil.

SESAME OIL

For Asian recipes, a few drops of toasted sesame oil works wonders.

BALSAMIC VINEGAR

WHITE VINEGAR

CIDER VINEGAR - The best for homemade pickles!

RED WINE VINEGAR

Great all-purpose vinegar for salad dressings, sauces and marinades.

RICE VINEGAR

If you do a lot of Asian cooking, rice vinegar is a must. It has a lighter and sweeter flavour than other vinegars.

BAKING

FLOUR

SUGAR

Plain white granulated sugar and light brown sugar are essential if you do any amount of baking.

YEAST

Buy in bulk or in packets as needed.

VANILLA EXTRACT

CHOCOLATE CHIPS

BAKING CHOCOLATE

COCOA POWDER

CORNSTARCH

Often used in baking, but can also be used to thicken soups and sauces.

BAKING SODA

BAKING POWDER

LARD OR SHORTENING

SPICES & SEASONING

SALT

Have a solid supply of kosher salt on hand, which can be used for seasoning, brining, and baking. Keep a salt cellar full of this next to the stove as you cook for easy pinch-by-pinch seasoning. A flake or course salt is great for finishing dishes and sprinkling on desserts, and a fine sea salt is perfect for popcorn.

PEPPER

Get whole peppercorns for freshly ground pepper.

MOST COMMON SPICES

- Cinnamon
- Ginger
- Cumin
- Smoked paprika
- Red pepper flakes
- Chili powder
- Cayenne pepper
- Curry powder
- Cloves
- Seasoning salt

OTHER USEFUL SPICES

- Nutmeg
- Fennel
- Garlic powder
- Bay leaf
- Sesame seeds
- Sweet paprika
- Turmeric

HERBS

- Thyme
- Sage
- Dill
- Oregano
- Basil
- Coriander

SWEETENERS

HONEY

Honey never expires! If it crystalizes, just microwave it for a few seconds to bring it back to life.

MAPLE SYRUP

CORN SYRUP OR GOLDEN SYRUP

AGAVE

CANNED GOODS

CANNED TOMATOES

Whole tomatoes, diced tomatoes, and tomato puree can work as a base for an excellent simple pasta sauce.

TOMATO PASTE

A great foundation for many sauces and stews. Leftover tomato paste freezes well.

COCONUT MILK

Quality, full-fat coconut milk is a staple of many Indian and Asian dishes, and also a great dairy-free substitute for milk in baking.

CHICKEN, BEEF OR VEGETABLE STOCK



RICE, GRAINS & STARCHES

BEANS

Black beans, garbanzo beans, white beans, and red beans are frequently used items. Canned beans be used immediately after draining. Soak dried beans ahead of time.

REFRIED BEANS

RICE

Pick a versatile rice like jasmine or basmati.

PASTA

RICE NOODLES

ROLLED OATS

Use old fashioned (not instant) oats for homemade granola and oatmeal cookies.

BREAD CRUMBS

Tip: If you have bread that is getting past its prime – tear or cut it into small pieces, drizzle with olive oil and bake your own.

GARLIC

Store garlic in a cool, dark place in a well ventilated container, basket, or mesh bag. They're still usable if they start to sprout (as long as the cloves aren't moldy or mushy) but older, sprouted garlic will have a sharper flavor.

ONIONS

Much like garlic, onions keep very well in dry, dark environments for months, and are technically still fine to eat if they have sprouted (though the flavour might have changed). Red onions and yellow onions are the most versatile varieties.

POTATOES

Store in a well ventilated box or container in a cool, dark, and dry place.

LESS COMMON INGREDIENTS

This list is great to stock up over time to build a well rounded pantry and keep you prepared for making any recipe!

- Soy sauce
- Cardamom
- Allspice
- Creole seasoning
- Star anise
- Cinnamon sticks
- Pickling spice
- Garam masala
- Steak spice
- Celery salt
- Icing sugar
- Raisins
- Food colouring
- Angostura bitters
- Ghee
- Masa Harina/nixtamalized corn flour
- Relajo (Relajo is a mix of spices mainly used in Salvadoran cuisine. It can include bay leaves, achiote, chiles, cumin seeds, sesame seeds, etc)



MONEY SAVING TIPS

FOR WHEN YOU'RE AT THE GROCERY STORE

VEGETABLES & FRUIT

INSTEAD OF BUYING

Vegetables or fruit that are not in season

Prepared fruit or vegetable platters

TRY THIS TO SAVE MONEY...

- Buy fresh vegetables and fruit that are in season. Check the Foodland Ontario Availability Guide to know what's in season and when.
<https://www.ontario.ca/foodland/page/availability-guide>
- Buy plain, frozen, or canned vegetables, and fruit. Rinse canned vegetables with cold water first to wash away the salt. Look for canned fruit in water instead of syrup.
- Some vegetables and fruit are good buys all year round – like apples, onions, carrots, cabbage, beets and mushrooms.
- Buy fresh fruit and vegetables and cut them up yourself.

GRAIN PRODUCTS

INSTEAD OF BUYING

Sweetened instant oatmeal or cereal

Ready-made bread crumbs

Instant packages of rice or noodles

TRY THIS TO SAVE MONEY...

- Buy plain, unsweetened oatmeal or cereal, and add your own fresh or dried fruit, cinnamon, nuts, and seeds.
- Use crushed cereal or cracker crumbs.
- Buy plain rice and noodles. Rice can be made in large batches and frozen in individual portions for when you need an “instant” meal.

MILK AND DAIRY

INSTEAD OF BUYING

Fresh milk in plastic bags or cartons

Flavoured yogurt or yogurt tubes

Grated cheese or cheese strings

TRY THIS TO SAVE MONEY...

- Buy low-fat evaporated milk or skim milk powder.
- Buy plain, low-fat yogurt and add your own fresh, frozen or dried fruit, cinnamon, nuts, and seeds.
- Buy block cheese and grate it or slice it yourself.

MEAT AND FISH

INSTEAD OF BUYING

Pre-seasoned or marinated raw meat, poultry, or fish

Rib steaks, prime rib, beef or pork tenderloin, and other expensive cuts of meat

TRY THIS TO SAVE MONEY...

- Buy unseasoned items and add your own low sodium marinades and seasonings.
- Buy pot roast, stew beef, chuck roast or pork shoulder – braise them or cook them in stew to keep the meat tender and juicy.
- Try meat alternatives such as beans, lentils, dried peas, unsalted nuts, seeds, nut butters, and tofu. If using canned beans, peas, or lentils, rinse them first to wash away some of the sodium.

MEAT AND FISH CONTINUED

INSTEAD OF BUYING

Extra lean ground beef

Ground veal

Chicken parts

Chicken breast

Salmon or halibut

TRY THIS TO SAVE MONEY...

- Buy regular ground beef and drain off the fat after cooking.
- Buy ground beef or ground pork.
- Buy a whole chicken and cut up the parts.
- Buy chicken thighs.
- Buy cod, tilapia, sole or rainbow trout.
- Buy canned salmon and canned light tuna (canned light tuna has less mercury compared to canned white tuna).

DRINKS

INSTEAD OF BUYING

Bottled water

Sweetened bottled/canned iced tea

TRY THIS TO SAVE MONEY...

- Tap water. Add lemon, lime, cucumber, or mint to add natural flavour.
- Brew a pot of your favourite tea and chill in the fridge. Add lemon slices if you like.



**"THE GROUP
MEANS
EMPOWERING
EACH OTHER,
CELEBRATING
EACH OTHER'S
GROWTH, AND
LEARNING
HOW TO COOK
DIFFERENT
MEALS."**





PrEP & PEP

A REVIEW

A QUICK
OVERVIEW OF
BOTH MEDICATIONS

PrEP

PRE-EXPOSURE PROPHYLAXIS

Is a daily HIV-preventive medication for HIV-negative people which is highly effective at preventing HIV transmission.

A FEW THINGS TO NOTE

- PrEP is sold under the brand Truvada.
- PrEP medication is still quite expensive in Canada, costing individuals up to \$1000 per month.
- PrEP is highly effective only if taken consistently and correctly.
- PrEP can be obtained through a prescription from a physician or family doctor.
- PrEP requires regular medical check-ups, approximately every 3 months.
- PrEP does not protect individuals from other STIs.

**A DAILY PILL CAN
PREVENT HIV INFECTION.
TALK TO YOUR DOCTOR,
ASK ABOUT PREP.**

IS PrEP RIGHT FOR ME?

- If you are HIV-negative and have HIV-positive partners
- If you are HIV-negative and don't always use condoms
- If you are HIV-negative and trade sex for money and other necessities
- If you are HIV-negative and have multiple partners

Please note: This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider before taking PrEP or PEP.



PEP

POST-EXPOSURE PROPHYLAXIS

Is a combination of 3 HIV drugs that can be used by an HIV-negative person who may have been exposed to the virus to help reduce their risk of acquiring HIV.

A FEW THINGS TO NOTE

- PEP must be taken as soon as possible (up to 72 hours) after being exposed to HIV and must be taken consistently for 4 weeks after.
- PEP is not 100% effective; there are reports of people acquiring HIV despite taking PEP medication.
- PEP is still quite expensive; one month of medication can cost more than \$1000.
- PEP can be obtained at a medical emergency room, if your physician or family doctor is not available.
- PEP does not protect individuals from other STIs.

IS PEP RIGHT FOR ME?

If you're HIV-negative or don't know your HIV status, and if in the last 72 hours, you:

- Think you may have been exposed to HIV during sex (for example, if the condom broke)
- Shared needles and works to prepare drugs (for example, cotton, cookers, water)
- Were sexually assaulted

HORMONES & HEALTHY EATING

GIVING YOUR
BODY JUST
WHAT IT NEEDS

Trans women/non-binary people undergoing similar hormone therapy have unique nutritional needs. Estrogen may elevate triglycerides, which are a type of fat (or lipid) found in your blood. Triglycerides store unused calories and are an essential substance for providing our bodies with stored energy when we need it. However, having a high level of triglycerides in your blood can increase your risk of heart disease. Lowering your intake of refined carbohydrates (e.g. added sugars, white bread/rice, etc) may help offset this spike in triglycerides and keep your heart healthy.

Trans men/non-binary people taking similar hormones have their own nutritional considerations. Sex steroid therapy may increase LDL-cholesterol (i.e. bad cholesterol), so minimizing saturated fats and increasing dietary fiber may help to avoid future heart health issues. Use whole grains like quinoa, barley, and wheat bran, try some high fibre vegetables like broccoli, artichokes, collard greens and kale, and a variety of high fibre fruits like bananas, mangoes, berries, apples and oranges.

Referenced from: *a Hormone and Healthy Eating workshop by Sherbourne Health Centre, attended by one of our TPOC Peers.*

Sex steroid therapy has been shown to increase visceral fat (i.e. the harmful fat), thus a healthy diet that is balanced in calories and exercise is important. Testosterone hormone therapy ("T") increases muscle mass, possibly resulting in bone tissue production and an increase in bone mass, at least in the short term. However, long durations of "T" may decrease bone mass and contribute to an increased risk of osteoporosis (or bone density loss), particularly among middle-aged and older trans men. So, getting enough calcium and vitamin D in your diet is key to good health. Low-fat dairy products can be a good option for increasing your calcium intake. Other calcium rich foods include spinach, kale, okra, collard greens, soybeans, and white beans.

Some fish like sardines, salmon, herring, and cod are rich in Vitamin D. Vitamin D can also be found in fatty fish like tuna and mackerel, as well as in egg yolks, cheese, and mushrooms. If you follow a vegan diet, look for foods fortified with vitamin D like some orange juices, soy milks and cereals, or, you may want to opt to take a supplement.

Once your cycle (menstruation) has ceased, iron requirements fall from 18 mg to 8 mg per day, so avoid standard multivitamins for people assigned female at birth if you have been taking one. Trans men and non-binary people may also be prescribed diuretics that require a diet lower in potassium rich foods such as bananas and coconut water.

For people of any identity who wish to undergo surgical interventions as part of their transition process, a standard elevation in protein and calorie needs post-surgery are important for wound healing.



MYTHS ABOUT TRANS MEN

There are many myths about trans men that impact our sex lives. Below, addresses four of the most common.

01

MYTH

We all only want to sleep with women

REALITY

Like all people, we have different sexual preferences and orientations. For some of us, this means being attracted to each other and/or to cis men. Our sexuality can also change throughout our lives. For most people, exploring your own sexuality is an ongoing journey.

02

MYTH

We're less likely to get STIs (sexually transmitted infections)

REALITY

Anyone who's sexually active can come into contact with sexually transmitted infections.





03

MYTH

We don't penetrate our partners during sex (especially when having sex with cis men)

REALITY

This myth partly stems from the fact that people can assume we don't have cocks. Some of us have had surgeries that allow us to penetrate our partners with our flesh cocks. We also might penetrate our lovers with strap-on cocks (not to mention our fingers, hands, tongues, and other objects!). Like all people, some of us enjoy being fucked, others like fucking, and others still like both, or neither.

04

MYTH

We hate, or want to change, our bodies

REALITY

We have varying relationships with our bodies, just like everyone else. Some of us choose to affirm our gender by taking T and/or getting surgery, and some of us don't.

Like all people, we have varying sexual desires and different ways of relating to our bodies!

DOUCHING

Poop happens. So some people like to clean inside their ass before having sex to minimize the risk of shit-dick (though it doesn't always happen and it's not the end of the world if it does). Douching (or an anal enema) is one way of cleaning up ahead of time. You have a lot of options if you want to do this:

A minimally invasive way of checking what's going on down there is before having sex, with some soapy water and lube, insert your finger into your hole and wiggle it around a little. You may find that you're mostly clean, but you also might find a little surprise. If you do, you might want to try for a bowel movement before having sex, as opposed to unintentionally having one during.

A **Bulb Douche** is the typical kind of douche found in sex shops. It consists of a nozzle and a squeezable sac. It looks like a turkey baster. You fill the bulb with warm water (not hot, not cold, no soap) and insert the tip into your well lubricated ass and squeeze. Don't un-squeeze the bulb until you have taken it out of your ass (otherwise your anal juice might get sucked back into the bulb, creating an unsanitary mess). Hop over to the toilet and let everything out. Repeat until the water you are expelling is clear. Wait at least half an hour before having sex. Otherwise, you might end up making a bigger mess than had you not douched in the first place.

There are also **Water Bag Douches** (which work similarly to bulb douches) and **Shower Douches** (which connect to shower nozzles). However, bulb douches are the most common, the easiest to use, and the most affordable. Treat douches like sex toys; keep them clean and don't share.

There are also a number of makeshift ways of anal cleansing and douching that can be performed with few resources. Buying a douche from a sex shop can be intimidating. Some bulb douches can be quite large, too, which can be a little scary. One option is to get a **Vaginal Douche** from a drug store. They resemble a water bag douche. But remember, if you use vaginal douches you must replace the liquid with clean water. The prepackaged liquid in vaginal douches can be harmful if used anally.

“You may want to pay close attention to your diet if you know that you will be having sex later.”



Lastly, if you're really in a pinch, people have been known to use disposable **Water Bottles**, ideally if they are unopened. Essentially, what you do is open the bottle, insert the opening in your hole and squeeze. Release the liquid in the toilet like you would with a douche. Make sure to properly dispose of the bottle afterward, as you wouldn't want someone to refill the bottle afterwards.

Keep in mind that not everyone who engages in anal sex douches. There are pros and cons. Chances are that if you listen to your body you will have delightful poop-free sex. You may want to pay close attention to your diet if you know that you will be having sex later. Fruits, vegetables and spicy food that is high in fibre will loosen your stool. If say, you're going out to dinner and feel like the night will end with you and your date getting down with it, you might want to stick to carbs and protein. This way your poop will at least stay firm and the stink will be minimal. All that being said, it is important to remember that not everything you flush out while douching is bad so you should consult with a trusted care provider if you have any concerns.

Please note: This content is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider with any questions you may have.

Referenced from: *Brazen 2.0, a safer sex guide for trans women put together by The 519 and CATIE. Read more: <https://www.The519.org/education-training/training-resources/our-resources/brazen>*

GLOSSARY

COOKING TERMS

Bake – To cook food in an oven using dry heat. (11, 14, 15, 42) (source1)

Brining – A method of preserving, tenderizing, or flavouring foods by soaking in a liquid solution consisting of water, salt, sugar, and possibly herbs. (41) (source7)

Browning – To cook over high heat (usually on the stove-top) until surface of food has crisped and turned brown. (25) (source2)

Chop – To cut vegetables into large squares, usually specified by the recipe. (13, 14, 17, 18, 22, 27) (source2)

Core – To remove the core from a vegetable. This can be done with the item in tact or by first cutting in halves or quarters to gain easier access to the core. (24)

Cut in – To distribute a solid fat in flour using a cutting motion, with 2 knives or a pastry blender, until divided evenly into tiny pieces. Usually refers to making pastry. (15) (source2)

Dice – To cut into small pieces, usually 1/4 to 1/8 chunks. (17,22,24,27,41) (source1)

Drizzle – To pour liquid back and forth over a dish in a fine stream, usually melted butter, oil, syrup, or melted chocolate. (11, 23, 42) (source1)

Egg wash – Brushing a mixture of beaten egg and water onto pastry to add a golden colour and sheen once cooked. (14, 15)

Evaporated – The process by which a liquid becomes a gas. In cooking evaporation is used in reducing liquids. (31) (source5)

Fold – To combine light ingredients with a heavier mixture, using an over-and-under motion, gently pulling from the bottom and bringing to the top. (23) (source1)

Fry – Using a pan and hot oil to cook larger chunks of food over medium heat. (13,17) (source1)

Garnish – An item or substance used as decoration or embellishment on a prepared food dish. The embellishment can be for visual or flavour purposes or both. (11,17,18,22,31) (source6)

Grate – To rub foods against a serrated surface to produce shredded or fine bits. (24,26,30) (source2)

Knead – The process of mixing dough with the hands or a mixer to form a pliable mass. With hands, it typically follows a repeated folding and pushing motion. (15) (source1, source2)

Marinate – To soak in a sauce or flavoured liquid for a long period of time, usually a meat, poultry, or fish. (11,13,23) (source1)

Mince – To cut as small as possible, most commonly used with garlic. (14,22)

Pulse – A method of mixing ingredients in a blender or mixer by using bursts of power in very short intervals. (25) (source4)

Roll dough – Use a rolling pin or another cylindrical object to gradually flatten the dough to desired thinness. (15)

Sauteing – To cook small pieces of food over a medium– high heat with oil in a pan, usually to brown food. (40) (source2)

Shred – To cut food into narrow strips with a knife or a grater. (24) (source2)

Simmer – Bring a pot to a boil, then reduce the heat until there are no bubbles. (31,32)

Slice – To cut vertically down, thickness sometimes specified by the recipe. (11,22,23,24)

Steam – To cook food on a rack or in a steamer set over boiling or simmering water. (13, 18) (source1)

Stir fry – To quickly cook small pieces of food over high heat, stirring constantly. (12) (source2)

Strain – To separate liquids from solids using a strainer or sieve. (26,30) (source3)

Whisk – To beat ingredients with a fork or a whisk in a circular motion. (15,25) (source1)

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SEXUAL HEALTH PROMOTION TERMS

Bisphosphonates – a group of drugs used to limit the loss of bone density. (38) (source1)

Harm Reduction (36)

- a) A range of public health and social justice approaches designed to lessen the negative social and/or physical consequences associated with various human behaviours and circumstances. (modified from source2)
- b) A framework and movement for social and healing justice that seeks to reduce negative consequences of behaviours and circumstances that have inherent risk factors. It is rooted in the belief in, and respect for, the rights of people who use drugs, and has been expanded and implemented to benefit others who face stigma and social barriers to health and well-being.
- c) Harm reduction is a set of principles aimed at reducing the negative effects of behaviours and circumstances without necessarily eliminating the behaviours or circumstances altogether. HR principles developed out of the belief in, and respect for, the rights of people who use drugs.

HIV – HIV stands for human immunodeficiency virus. HIV is a virus that can weaken your immune system, the body's built-in defence against disease and illness. With proper treatment and care, people with HIV can live long and healthy lives and avoid passing HIV to others. In fact, a person living with HIV who is on successful treatment cannot pass HIV to their sex partners. (7) (source3)

Hormone Therapy – the therapeutic use of estrogen or testosterone to promote the development of certain secondary sex characteristics. (7)

- a) **Estrogen Replacement Therapy** – a type of hormone therapy in which estrogen is administered to encourage the development of what are typically considered “feminine” secondary sex characteristics. (38)
- b) **Testosterone Replacement Therapy** – a type of hormone therapy in which testosterone is administered to encourage the development of what are typically considered “masculine” secondary sex characteristics. (38)

Oophorectomy – a surgical procedure in which one or both ovaries are removed. (38) (source4)

Orchiectomy – a surgical procedure done in which one or both testicles are removed (38) (source5)

Sex steroid therapy – the administration of estrogen or testosterone for therapeutic use. (50)

Sexually Transmitted Infection – STIs are infections that can be passed from one person to another during sexual contact. (52) (source6)



SOURCES

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5. <https://www.healthline.com/health/orchiectomy-for-transgender-women>
6. <https://www.healthlinkbc.ca/health-topics/stdis>

RESOURCES

For more information on some of the topics or contents of our cookbook, please check out:

www.The519.org/education-training/training-resources/our-resources/brazen

www.cdc.gov/hiv/basics/pep.html

<https://www.ontario.ca/foodland/page/availability-guide>

<https://www.rainbowhealthontario.ca/product/4th-edition-sherbournes-guidelines-for-gender-affirming-primary-care-with-trans-and-non-binary-patients/>

<http://www.trans-health.com/2015/rainbow-health-guidelines/>

www.The519.org

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The 519 is committed to the health, happiness, and full participation of the 2SLGBTQ+ communities.

A City of Toronto agency with an innovative model of Service, Space, and Leadership, we strive to make a real difference in people's lives, while working to promote inclusion, understanding, and respect.



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