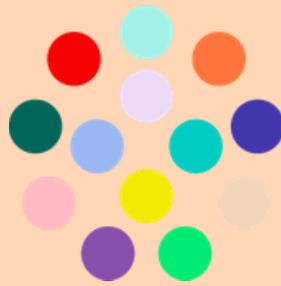


REFUGEE WEEK



# FOOD WITHOUT BORDERS

A COLLABORATIVE, CULTURAL  
COOKBOOK FOR ALL.



# WELCOME

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## INTRO

**This cookbook has been put together to celebrate different cultures and foods over Refugee Week.**

We have gathered stories, and recipes from a wide range of people and they range from formal, to pictorial based. We have tried to keep the feel and original styles of each and reflect this within their pages.

Some of the recipes are interpretations of traditional methods and have been translated with the best interpretations of ingredients we can. Please bear this in mind when cooking and feel free to adjust as you feel appropriate.

We hope you enjoy trying some of the recipes out and feel free to share them with us!

## THE STORY

This collection of recipes emerged in the beginning from months of shared cooking at the Drop-In Centre facilitated by Wolverhampton City of Sanctuary. "We started by simply talking about food. Some people brought things in to taste and others often contributed to 'bring and share' events. There was enough interest and enthusiasm to move on from talking and tasting to cooking together. We started offering freshly-prepared meals to visitors at the Drop-In Centre as a sign of hospitality and to share skills, ideas, and build equal working relationships."

Since the arrival of the Coronavirus and social isolation, RMC has had to adjust its usual bring and share events to an online platform, starting to gather recipes from staff and volunteers to ensure we can still have that shared experience. At the same time, City of Sanctuary continued to share recipes in their WhatsApp Groups.

Hope Projects have always supported those in the most vulnerable situations, providing housing and financial support to destitute asylum seekers, as well as having support groups that have had to adjust due to the new rules. With so many people turning to cooking, with limited resources but more time, they were hearing more and more great ways people were sharing their ideas and recipes.

With all three organisations working together, we realised there was a perfect opportunity to share even more. Collaborate, celebrate and come together. After Zoom meetings, emails, and lots of work, here we are. We have learned from so many people and seen them get creative in a crisis. Several women have even taken up extra allotment spaces in order to plant and grow produce in preparation for future shared meals.

A big thank you for everyone that has shared. Without you, this would not exist.

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# COLLABORATION

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In the spirit of Refugee Week, we have come together to create this book, sharing experiences, ideas and allowing us to reach out to more people to gather these recipes. A big thank you to everyone involved.



Refugee Week is a UK-wide festival celebrating the contributions, creativity and resilience of refugees. Refugee Week is an umbrella festival, and anyone can get involved by holding or joining an event or activity. Refugee Week events happen in all kinds of different spaces and range from arts festivals, exhibitions, film screenings and museum tours to football tournaments, public talks and activities in schools.

Wolverhampton City of Sanctuary seeks to help and support asylum seekers and refugees in and around Wolverhampton. This includes encouraging the council to adopt the "city of sanctuary" title, plus drop in groups and working with local business/organisations in becoming more welcoming to asylum seekers & refugees.



The Refugee and Migrant Centre provides free casework, advice and guidance on immigration, housing/homelessness/destitution, welfare, education and health. Alongside this, they provide English classes, dedicated support with citizenship, employment and Syrian Resettlement.

Hope Project supports refused and destitute asylum seekers and gives them a roof over their heads, crisis grants for food and essentials, and legal advice to get the right to live in safety.



# BEFORE WE GET STARTED

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## SAFETY

**We all love to cook, but at times the kitchen can be dangerous without due care and attention. Here a few basic rules to keep yourself safe.**

**It's Hot** - Keep a dry cloth, tea towel or oven mitts to handle hot trays and pans.

**It's Sharp** - Respect the knife and it will respect you. Knives help us to process food, but watch your fingers.

**It's Raw** - Make sure that raw meats are thoroughly cooked to avoid the risk of food poisoning.

**It's Dirty** - Avoid cross contamination of produce when preparing. Keep ready to eat foods and raw foods separate at all times. Make sure unprepared vegetables are washed thoroughly.

**It can Spoil** - Prepared foods should be stored in a suitable environment, and as a general rule, eaten within 3 days of preparation.

**Wash your hands!** - Before and after handling food and after touching unsterilized surfaces (including your body and face).

*Thank you to Sean Kelly who provided the safety advice, plus checked over some of the recipes with a chef's eye and provided the glossary.*

## ADDITIONAL

**Variations** - We are aware there may be different ways of making many of the recipes included. We have used the versions submitted to us. Feel free to find alternatives or swap ingredients if you choose. Or send us your own versions!

**Disclaimer** - By its collaborative nature, these recipes have been submitted by many people. We have done our best to check them over and review them, but they have not all been fully tested. Please take care when making them. We are not professional chefs and take no responsibility for any inaccuracies or incidents that take place. We do not provide any assurances nor accept any responsibility or liability with regard to their originality, efficacy, quality, or safety. Stay safe.

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# LIEW'S LOTUS ROOT SOUP

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## INGREDIENTS

1 lotus root  
1 litre of water  
4 dried dates  
100g peanuts



*Originally from Penang, Malaysia, Liew is a British Overseas Citizen who was left stateless in 2009. Highly qualified in engineering, he hopes one day to continue his career in this field. He currently volunteers to support others in situations like his own.*

## METHOD

1. Remove the skin of lotus root, and cut into slices.
2. Add dried dates, peanuts, sliced lotus roots into a pot of water.
3. Bring to boil, then turn to lowest heat.
4. Add salt and sugar to your taste.
5. Allow the soup to simmer for at least 1.5 to 2 hours.



*"This recipe brings back memories of my family, and my favourite meal when I was young. I once came home from school and my mum jokingly wanted to see how many portions of it I could eat. At 16, I saw this as a record breaking attempt and as I went for my 8th serving, my mum had to stop me and take the food away before I burst!"*

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# VEGETABLE RICE

## رز مع الخضار

### INGREDIENTS

Rice (75g per person)  
Mixed vegetables (great for using up what is left in the fridge!)  
1 small onion  
1 small pepper  
Water (250ml per person)  
Pine nuts

### METHOD

1. Soak the rice for 15 minutes then rinse it very well.
2. Fry the onion and the pepper for 5 minutes then add the rice, water and the vegetables.
3. Cook for roughly 12 minutes on a low heat until well cooked.
4. When serving decorate with pine nuts.



# TABBOULEH

## تبولة

### INGREDIENTS

1 medium lettuce chopped  
Fresh coriander finely chopped  
Fresh mint finely chopped  
1/2 a cucumber chopped  
4 fresh tomatoes chopped  
250g fine bulgur wheat  
300ml water  
Salt  
Ground cumin  
75ml extra virgin olive oil  
Juice and zest of 1 lemon

### METHOD

1. Boil the water and pour over the bulgur wheat, cover and leave to soak.
2. Mix cucumber, tomatoes, lettuce with half of the coriander and half of the mint.
3. When the bulgar wheat has absorbed the water, break up with a fork and flavour with cumin, olive oil, mint, coriander, lemon and salt.
4. Mix together and serve.



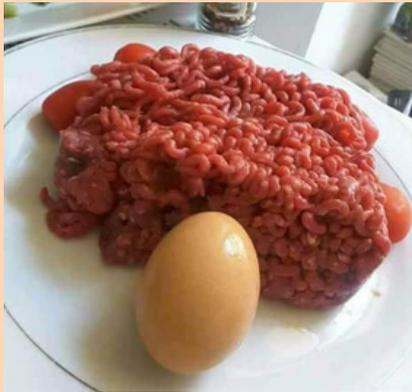
*These recipes have been contributed by Frial and are traditional Syrian dishes.*



# HOMEMADE MEATBALLS

BY ROSALINDE

## INGREDIENTS



Mince  
1 egg  
Leek  
Onion  
Peppers



## METHOD



*"I see cooking as a life-line and try to capture tastes of home using the closest ingredients I can find."*



# STUFFED VINE LEAVES

## ورق عنب

### INGREDIENTS

- 200g drained warak enab (vine leaves)
- 100g rice (basmati or long grain)
- 340ml water
- Fresh chopped parsley
- Fresh chopped mint
- 200g minced beef, chicken or lamb
- 3 cloves of garlic finely chopped
- ½ tsp ground coriander
- ½ tsp ground cumin
- ¼ tsp mixed spice
- 1 tsp tomato paste
- 50ml extra virgin olive oil
- Pinch of salt



### METHOD

1. Wash the rice. Boil the water, add rice and then cook until tender. Allow rice to cool.
2. Wash and dry the vine leaves.
3. Mix the rice with the remaining ingredients (except the tomato paste).
4. Take the leaves, and start placing a spoonful of filling by the stem end, fold the sides in and roll up into a sausage.
5. Stack them tightly together in a pot, add boiled water and tomato paste. Cover and steam until thoroughly cooked.

**Tips:** Vine leaves will vary in size so..

- If they are small, use 2 leaves, overlapped, to make 1 large leaf.
- If they have large gaps at the edges, cover the gaps with torn pieces from another leaf.

*This recipe has been contributed by Frial and is a traditional Syrian dish.*



# PAKORAS

## BY AMREET

### INGREDIENTS

- 500g of gram flour
- 3 onions
- 3 potatoes
- 2 bunches of spinach
- 8 green chillies
- 2 tsps. of salt
- 3 tbsps. of plain yogurt
- 1 cup of water
- Vegetable oil, for frying

Make sure you have a large enough pan for the deep frying. Traditionally, a karahi is used – this is basically a wok with steeper sides.



### METHOD

1. Fill the pan up  $\frac{3}{4}$  with vegetable oil and heat.
2. Finely chop the onions, potatoes and spinach.
3. Put the gram flour in a bowl and add the chopped vegetables.
4. Next, chop or grind the green chillies.
5. Add the chillies, salt and yoghurt to the flour and vegetable mixture.
6. Stir the mixture and add half a cup of water to bind the ingredients. Add more water until it all sticks together.
7. Now it's time to deep fry – make sure the oil in the pan is really hot. Use a spoon to make 5 or 6 heaps of the mixture in the oil.
8. Leave the heaps of a mixture for a couple of minutes. Then flip them over to cook for another couple of minutes, until they turn brown.
9. Now take the pakoras out of the oil and drain them on a paper towel, to remove excess oil.

*They are best eaten hot. You can eat them alone or with chutney. Ketchup also goes well with them!*



*"Pakorras are a vegetarian fried snack eaten across the Indian subcontinent; recipes vary between regions and between families. They can be made and eaten at any time. This recipe is my grandma's, which she passed down to my mum (all pictured on the left)."*



# PONDU WITH THOMSON FISH

## CONGOLESE RECIPE

BY BEATRICE KAMBEMBA & MIMI KAMBA

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### INGREDIENTS

2 Thomson fish descaled and cleaned  
500-gram packet of pre prepared cassava leaves (Pondu)  
1 aubergine  
1 cucumber  
2 onion  
1 leek

2 green peppers  
4 cloves garlic  
1 tablespoon all-purpose spice  
1 vegetable stock cube  
1 litre water  
2 whole green chillis  
½ litre palm oil  
1 cup of chopped peanuts

### METHOD

1. Roughly chop aubergine, cucumber, onion, leek and deseeded green pepper, put into a blender with garlic and blend until it's very finely chopped.
2. Put blended vegetables into a medium sized pan with the prepared cassava leaves, water, allspice and vegetable stock cube.
3. Place fish on top, cover with a lid and cook for 20-30 minutes on a medium heat. Remove fish from vegetables and put onto a plate.
4. Break up the fish, removing the skin and bones.
5. Put the flesh back into the pan of vegetables and stir in.
6. Add the whole green chilli and cook for a further 20 minutes
7. Add the chopped peanuts and palm oil and cook for 10 minutes.
8. Season with salt and pepper if required.

*Ideal to serve with steamed rice.*



# BULGUR KEBBEH

## كبة برغل

### INGREDIENTS

#### For the filling:

- 400g Minced meat
- 1 Onion chopped
- Fresh chopped parsley
- 1 tsp Mixed spices
- 1 tsp Ground coriander
- 75g Chopped almonds, pine nuts or cashews

#### For the dough:

- 500g Fine bulgur wheat
- Salt
- 1 tsp Ground cumin
- 1 tsp Ground coriander
- 300g Mashed potatoes
- 400g Minced meat



### METHOD

#### For the dough:

1. Soak the bulgur for 15 mins, drain and squeeze all the water out through a clean towel.
2. Add salt, coriander, cumin and knead the mixture to form the dough, add the potatoes and the minced meat and mix well.
3. Place dough in fridge to chill.

#### For the filling:

1. Fry the onion until golden. Add the mince and fry until browned.
2. Mix in the herbs, spices and nuts, and remove from the heat and leave to cool.

#### To make the kebbeh:

1. Make sure you have damp hands.
2. Take a spoonful of the dough mixture make a disc in the palm of your hand and add about one tablespoon of the filling.
3. Seal the dough on the top and shape it into an oval.
4. Chill the stuffed kebbeh for an hour then deep fry it in hot oil until brown.
5. Kebbeh can also be baked. To do this, spread out on a tray over parchment, brush with oil and bake at 180c/350f/gas mark 6 until browned.
6. Delicious served with tabbouleh, salad and yoghurt.

*This recipe has been contributed by Frial and is a traditional Syrian dish.*



# PASTELÓN DE AMARILLOS

PUERTO RICAN RECIPE BY LORENA

1

## PICADILLO INGREDIENTS

- 2 Tbsp olive oil
- 1 red onion [65g] minced
- 3 cloves of garlic, crushed or minced
- 1 lb [454g] minced beef
- 1 cup tomato sauce [115g] \*commonly known as "passata" in the UK\*
- 1 seeded and minced bell pepper 76g] minced
- 1 ½ tsp salt (or more, to taste)
- ½ tsp pepper (or more, to taste)
- 1 tsp chopped coriander (or parsley)

## PICADILLO METHOD

1. Heat oil over medium-low heat.
2. Stir in onion and cook until it turns translucent.
3. Add garlic and cook, stirring for a minute.
4. Add minced meat then cook and stir, breaking into small clumps until it browns.
5. Pour in tomato sauce, add bell pepper, salt, and pepper.
6. Stir and cover. Simmer for 3 minutes.
7. Season with salt and pepper to taste if needed.
8. Remove from the heat.

## SECOND HALF OF INGREDIENTS:

- 6 plantains (very ripe)
- Vegetable oil for frying
- Butter for greasing a baking pan
- 1 beaten egg
- 1 cup grated cheese (any cheese of your choice that melts well like cheddar or mozzarella)



*In my home archipelago of Puerto Rico, a complex and painful legacy of colonization and slavery left us with a culinary mixture of African, Spanish, and Taino (native) influences, where the plantain reigns as the supreme leader of all meals.*



***"Lasagna like dish made from sweet fried plantains, picadillo or ground beef, and cheese. Loads of cheese."***



# PASTELÓN DE AMARILLOS

PUERTO RICAN RECIPE BY LORENA

2

## METHOD FOR ASSEMBLY

1. Preheat oil on med-high in a skillet. Peel the plantains and cut them into thin slices lengthwise. Each plantain should make 5-6 slices.
2. Put the plantains in a skillet a few at a time and cook on both sides until golden brown.
3. When brown, move to a plate with paper towels to absorb residual oil.
4. When the plantains are fried, butter your baking pan or casserole dish.
5. Lay out the plantains on the bottom leaving as little space as possible in-between.
6. Put a layer as thick as you like of the picadillo over the plantains. Then add some cheese to taste.
7. Repeat the layering process as you wish. Usually, there are 3 layers of plantains and 2 layers of meat
8. Finish top layer with plantains, the beaten egg to make it "stick together" and the cheese.
9. Bake at 175°C for 30 minutes or until heated through. You may want to broil it momentarily to brown cheese. Alternatively, cover with aluminum foil if cheese is browning too fast.
10. Allow to rest for a few minutes to make slicing easier.



*"My memories of this dish mainly take me back to a round glass table in a matriarchal household, a backyard full of mango trees, and a second tray of pastelón that was going to get eaten by visitors who came by without calling. Since my grandmother's passing and the ever-changing visiting etiquettes that follow the progression of certain technologies, I don't remember another instance where I shared a pastelón dinner with family and unexpected guests. I hope that by sharing this recipe you'll be able to find a piece of warmth and familiarity in a new place as you slowly build your "comunidad" from strangers. It gets better."*



# OKRA WITH CHICKEN

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## INGREDIENTS

100g Okra  
200g Chicken meat per person  
1 Lemon  
A bunch of fresh coriander,  
chopped  
Salt to taste  
1 Clove of chopped garlic per  
person  
Oil for frying

*This recipe has been  
contributed by Frial and is a  
traditional Syrian dish.*

## METHOD

1. Soak then wash the okra and then dry on a clean cloth.
2. Remove tops and roughly chop.
3. Fry the chicken on high heat to colour. Lower the heat and fry until cooked through. Set the chicken aside.
4. Oil your pan and fry the okra for 5 minutes on a low heat.
5. Add the chicken, garlic and finally the chicken stock then cook until tender. Add the chopped coriander.
6. Season to taste and decorate with lemon to serve.

# ANGELS' WATERMELON AND CHILLI SALAD

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## INGREDIENTS

Watermelon (only the white bit)  
Chilli flakes  
A drizzle of sesame oil  
A drizzle of oyster sauce



## METHOD

1. After you have used the main part of the watermelon, cut out the white part next to the rind.
2. Cut this into small strips.
3. Add the chilli flakes, sesame oil and oyster sauce and mix well.
4. Chill before eating.

*This recipe only uses the white part of the watermelon so is a fresh and savoury way to enjoy the whole of the fruit!*



# HANIA'S TAGINE

## INGREDIENTS

2 carrots  
1 pumpkin  
1 large onion  
1 turnip  
2 courgettes  
1 sweet potato  
2 tomatoes  
5 pieces of chicken or other meat  
Oil  
Ginger chopped  
Turmeric powder  
Salt  
Pepper

## METHOD

1. Heat a large pan and add oil, chopped onion and meat.
2. Add water (1/2 pan) and put in ginger, turmeric, salt and pepper.
3. When water boils add vegetables and cook together until vegetables are soft.
4. Perfect served with couscous.



*Hania joined the City of Sanctuary cooking team recently and quickly became a very popular chef, regularly cooking dishes like this at the drop-in sessions!*



# VEGETABLE PIZZA

## INGREDIENTS

2 peppers  
1 onion  
2 carrots  
1 clove of garlic  
Any other vegetables that you enjoy as a pizza topping!  
Tomato puree  
Grated cheese

2

### For the dough:

We recommed using Najat's flatbread recipe! Although any dough recipe will work.



## METHOD

1

### For the vegetable topping:

Chop the vegetables and fry in a little oil.



3

### Assembly and Cooking:

1. Stretch your dough out and spread the tomato puree finely.
2. Add the vegetable topping then add the cheese and cook in a covered frying pan (or in the oven on about 200/gas 6).



# BAKED SPINACH RISOTTO

BY JENNY WILLIAMS

## INGREDIENTS

SERVES 2

25g butter

1 garlic clove, crushed

1 small red onion, chopped

100g risotto rice

1 tbsp chopped fresh rosemary (plus extra to garnish)

300ml vegetable stock

25ml white wine

290g jar antipasto mixed peppers in tomato dressing (or roasted peppers as an alternative)

50g spinach

25g grated vegetarian parmesan & green salad to serve

## METHOD

1. Preheat the oven to 180/Gas4/Fan oven 160.
2. Put the butter and garlic in a 1 litre ovenproof dish and place in the oven for 2 mins until the butter has melted. Add the onions and toss to coat in the butter before returning to the oven for 3-4 mins to soften.
3. Add the rice, rosemary, stock and wine. Return to the oven for 30 mins stirring once or twice.
4. Stir in the antipasto peppers and spinach and return to the oven for another 10 mins, until all the liquid has been absorbed. Stir in the parmesan and season to taste. Serve with a fresh green salad.



Jenny at her allotment, picking spinach ready to cook this recipe.

Jenny has volunteered, helping get refugee voices heard through their MP for many years and currently supports with admin at RMC.

***We love this recipe as it goes in the oven rather than standing stirring as in many risotto recipes and you can vary it in lots of ways. - Try adding dried onions and cheese for the last 5 mins!***



# QUANTA FIRFIR

## ETHIOPIAN DISH BY HANA BAHRU

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### INGREDIENTS

½ kilo diced beef

½ cup of coconut oil

4 hard boiled eggs

3 onions (red or brown) diced

3 tomatoes diced

4-5 cloves of garlic crushed

2cm piece of fresh ginger grated

2 tablespoons Ethiopian kibbeh (spiced clarified butter)

2 tablespoons Ethiopian berbere seasoning

Salt & pepper to taste

1 green finger chilli chopped finely to decorate

2-3 cups of water

*Note: Berbere seasoning and kibbeh spice are available to buy online and in Traditional Ethiopian shops. Or you can make your own Berbere seasoning using our recipe (which can be found later in the book).*



***An Ethiopian Beef  
stew traditionally served  
with injera (a moist  
sourdough flat bread).***

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### METHOD

1. Put the diced beef into an oven proof dish and cook in oven at 220/gas mark 7 for approximately 30 minutes until meat cooked and moisture has been removed (it should look like a well done steak).
2. Remove from oven when cooked and drain so that only the meat remains.
3. Cut the meat into small pieces and put to one side. It will be added to the sauce later in the process.
4. Put coconut oil in saucepan and add the diced onion, cook on a low heat until onions are soft being careful not to burn.
5. Add a little bit of water if needed. Add the grated ginger and garlic cook for a further 2 minutes.
6. Add the diced tomatoes, berbere seasoning cook for 2/3 minutes.
7. Add the water and cook for a further 30 minutes or until sauce is thick.
8. Add the beef which was cooked and chopped earlier and the kibbeh, cook for a further 2/3 minutes.
9. Add the whole hard boiled eggs and the chopped green chilli.



# PIEROGI RUSKIE

## RUSSIAN DUMPLINGS BY PAULA

1

PREP TIME: 1 HOUR

CREATES APPROX 60 DUMPLINGS

### DUMPLING INGREDIENTS

- 500 g wheat flour e.g. type 500
- 250ml of hot water
- 50ml (4 tblsp) of oil
- 1/2 tsp of salt

### FILLING INGREDIENT

- 300 g semi-skimmed cottage cheese
- 1 large onion (300g)
- approx 700g of potatoes
- 2 tblsp of clarified butter (oil as an alternative)
- 1/2 tsp of salt and pepper

## METHOD PART 1

1. Start by making the dumpling dough. - Sift flour into a wide bowl.
2. Add half a teaspoon of salt and four tablespoons of oil.
3. Pour a glass of hot water and stir the dough with a spoon and then start kneading them. The dough should be soft, plastic and flexible.
4. Wrap a ready ball of dough in foil and put aside for 30 minutes. After proofing, the dough will not shrink during rolling.
5. Prepare the filling - Peel potatoes and boil until soft in salted water.
6. Pour out the water, dry thoroughly and grind the potatoes/beat with a mashed potato. Leave to cool.
7. Add half a teaspoon of salt and pepper to the bowl with ground potatoes.
8. Peel and chop the large onions.
9. Add two tablespoons of clarified butter to the heated pan.
10. Add the onions and fry on medium heat for about 10 minutes.
11. *Break up or grind the cottage cheese in a blender or hand press.*
  - a. *For stuffing for Russian dumplings, I do not use ground cheesecake curd in a bucket, because even very good quality ground curds are not as compact as those sold in cubes.*
12. Mix the potato mass, cottage cheese, onion, salt and pepper together in one bowl. The stuffing for Russian dumplings is ready.



# PIEROGI RUSKIE

## RUSSIAN DUMPLINGS BY PAULA

2

PREP TIME: 1 HOUR

CREATES APPROX 60 DUMPLINGS

### METHOD PART 2

1. With the filling made, and the dough proofed, unroll the dough from foil and divide it into 3 parts.
2. Set the two pieces aside and cover with a cotton cloth to prevent the dough from drying out.
3. Roll out one piece thinly on a board or slightly dusted with flour on the countertop. Cut out round pies for dumplings with a 8 cm diameter using a cutter if you have one.
4. Put the dumpling stuffing on the centre of the pie. *I always give a lot of stuffing.*
5. The stuffing ball is slightly flattened in the shape of a roller to perfectly fill the inside of the dumpling.
6. Fold the dumplings in half and glue the sides. After gluing, I recommend making an additional frill.
7. To make the dumplings waiting for cooking not dry, cover them with a slightly damp cotton cloth.
8. Place a batch of dumplings in a pot with salted, boiling water. Water should not be bubbling.
9. Catch dumplings about 3-4 minutes after they rise to the surface.
10. Repeat for all dumplings.

### FREEZING FOR REUSE

These dumplings can also be frozen and used in the future.

To do so, brush them with oil and lay them onto a board, not touching each other. Freeze for around 90 mins.

After this, you can bag them or store them together in the freezer without sticking to each other.

To re-use, remove from freezer and boil on a low heat until the dough is soft. Or to fry them, leave them to defrost before frying.



*Paula, from Poland, and her son Max enjoy making this dish together and have been cooking together even more during the lockdown!*



# ROSEMARY'S BAKED RATATOUILLE

## INGREDIENTS

- 2 large courgettes (very thinly sliced)
- 1 large aubergine (sliced into thin half moons)
- 2 red peppers (roughly chopped)
- 1 red onion (roughly chopped)
- 2 cloves garlic (crushed)
- Chopped fresh basil
- 1 tin (400g) chopped tomatoes
- Parmesan
- Bread-crumbs



*Rosemary is a regular volunteer, supporting asylum seekers and refugees with practical support as well as being there to chat and listen.*

## METHOD

1. Pre-heat oven to 180/gas 6.
2. Mix all of the vegetables together and put in medium size roasting dish or lasagne dish.
3. Smooth tomatoes over the vegetables, then put in oven and roast for 30 mins.
4. Remove dish from oven and increase heat to 200/Gas 7. Give the vegetables a bit of a stir and then top with the breadcrumbs and parmesan.
5. Return to the oven for another 30 mins.
6. Leave to cool for about 10 mins before serving.



# ANDREW'S STEAMED BUNS

This recipe is for the steamed buns only. You will need to accompany this recipe with a filling of your choice.

## INGREDIENTS

- 500g flour
- 1 tsp baking powder
- 4g fast acting dried yeast
- 10g sugar
- 250g warm water
- ½ tsp salt



## SUGGESTED FILLING

### INGREDIENTS

- 200g of minced meat (pork, lamb or beef)
- 35g finely chopped Chinese cabbage or bok choy
- 35g finely chopped spring onion
- 2 tablespoons soy sauce
- 1 tablespoon sesame oil

## METHOD

1. Mix the baking powder and flour.
2. Add the sugar and yeast to 250ml of warm water and mix.
3. Pour the yeast and water mix into the flour. Stir and then knead to form a smooth dough.
4. Set aside to rest for 20 mins.
5. Roll the dough into a sausage shape and cut into 20 evenly sized pieces.
6. On a lightly floured surface, roll out into circles about 2mm thick.
7. Place 30 grams of filling of your choice in the centre of each disc.
8. Lightly brush the edges of the dough with water. Gather up the edges to surround the filling and pinch the tops to seal the dumpling.
9. Place in a steamer over boiling water and cook for 8 mins then serve.

## METHOD

Fry the meat, cabbage, spring onion, soy and sesame oil before setting aside for later

*Originally from China, Andrew worked as a chef before coming to the UK to seek asylum. Since being granted his leave, he has gained his Health & Hygiene qualification and found work in the catering industry.*



# DORO WAT

ETHIOPIAN/ERITREAN DISH BY TSEHAY BOGALE

## INGREDIENTS

- 2 kilos onions finely diced
- 2 tbs clarified butter
- 1 cup of vegetable oil
- 3 cm grated fresh ginger
- 6 cloves garlic crushed
- Salt and pepper to taste
- 4 -5 cups of water
- Juice of one lemon
- 4 - 6 hardboiled eggs

- 5 tablespoons of Berbere (traditional blended spice)
- 1 whole chicken skinned and cut into 12 pieces as shown in illustration (alternatively, use 2 chicken breasts and 4 chicken thighs)



Note: You can make your own Berbere seasoning using our recipe (which can be found on the next page).

## METHOD

1. Season chicken with salt and pepper and put to one side.
2. In a large pan heat the clarified butter and  $\frac{1}{2}$  the oil, add the onions and cook until soft and golden brown. (This usually takes 7-10 minutes on a medium heat).
3. Add the garlic, ginger, Berbere and remainder of oil and cook for a further 2 minutes. Stir the mixture so it does not burn.
4. Add the chicken and water cover with a lid and cook on a low heat for 1hr 20 minutes or until chicken is tender and sauce is thick.
5. Add the hard-boiled eggs and juice of lemon.
6. Serve with injera.



*Doro Wat is a traditional and staple meal for Ethiopian/Eritreans. The stew is usually served with injera and eaten by tearing off pieces of injera and using this to pick up and eat the food.*

*Injera can be difficult to get in the UK as it is made from the grain Teff which is not commonly used in western countries.*

***Onion based chicken stew eaten with injera.***



# BERBERE SEASONING

## USED IN ETHIOPIAN/ERITREAN DISHES

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### INGREDIENTS

- 2 tbsp of dried bird's eye chillies
- 1 tsp black peppercorns
- 2 tsp coriander seeds
- 2 tsp cumin seeds
- 1 tsp cardamom pods
- 2 tsp fenugreek seeds
- ½ tsp cloves
- 1 tsp flaky sea salt
- 2 tsp smoked paprika
- 2 tsp sweet paprika
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- 1 tsp ground nutmeg

### METHOD

1. Toast the chillies and whole spices in a hot, dry pan until fragrant.
2. Transfer the spices to a spice grinder and blend to a powder.
3. Add the rest of the spices and blend again to combine.
4. Store in an airtight container. This recipe will keep for 6 months, but is best used within 2 weeks of making for a more vibrant flavour.

Berberé is a fiery spice blend which is used throughout Ethiopian and Eritrean cooking. An authentic spice mix can include lesser known spices such as korarima, rue and ajwain but these can be hard to find in the UK. This recipe is a good alternative, using more readily available spices.



# INSTANT LEMON PICKLE

BY SAID AND NAZIRA

## INGREDIENTS

A few unwaxed lemons - cut into small pieces, rind left on

Olive oil (any good oil will do)

Pickle mix (see below, or you can buy "Methiya" from Asian supermarkets or online



## METHOD

1. In a shallow frying pan, in a about three Tsp of oil, gently fry the cut pieces of lemon for about ten minutes.
2. Add the pickle mix.
3. Cool and pack into small glass jars for the fridge.

*These will keep for a few weeks. Instead of a glass jar, you may use a small ceramic casserole.*

*Said has taught English to asylum seekers with RMC for 3 years. Originally from South Africa, Said taught at a University in South Africa coming to the UK and Nazira currently works at Wolverhampton University.*

## GUJARATI PICKLE MIX

### INGREDIENTS

1.25 cup Kashmiri Chili Powder

1/3 cup Methi Kuria/Crushed fenugreek seeds

2 tbsp Whole peppercorns/ Sabut Kali Mirch

1 CUP Rai Kuria/ Crushed yellow mustard seeds

3/4 cup Salt

2 tbsp Asafoetida/ hing

2 tbsp Turmeric/ Haldi

1 cup Sesame oil or Mustard oil

1/4 cup Fennel Seeds/ Saunf coarsely crushed



### METHOD

1. Heat oil in a pan till smoking point.
2. Let it cool down a bit till it comes to slight hot temperature.
3. Take all the spices in a thali/ plate and pour the medium hot oil over the spices
4. Mix well .and keep aside for an hour.
5. Store in a glass jar when cool down completely and use when needed.



# SARA'S LAYERED FISH PIE

## INGREDIENTS

Smoked salmon (2 or 3 pieces)

Potatoes

1 onion (thinly sliced)

1 leek (thinly sliced)

Peas (frozen)

Prawns (frozen)

Grated cheese

Breadcrumbs

### For the sauce:

Butter

Milk

Flour

Parsley

## METHOD

1. With the butter, flour and milk make a white sauce and add chopped parsley according to your taste.
2. Cook the potatoes in water until just soft.
3. Cook the leek and onion together in butter until just soft.
4. Layer all the ingredients, including the peas and prawns and pour over the sauce, ending with a top layer of sliced potatoes.
5. Sprinkle the cheese and breadcrumbs over the top.
6. Cook in the oven (180/Gas 5) for 30 minutes until brown and bubbling.



*Sara is a regular volunteer, supporting asylum seekers and refugees with practical support as well as being there to chat and listen.*



# NAJAT'S FLATBREAD RECIPE (MOROCCO)

This recipe also makes really good pizza bases so pairs perfectly with the pizza recipe.

## INGREDIENTS

500g of white flour (self-raising)  
7g dried fast acting yeast  
10g Salt  
1 Tsp of sugar  
300ml warm water for kneading



## METHOD

1. Stir all the ingredients together.
2. Knead well.
3. Let the dough proof for 20-30 mins.
4. Form the dough into circles.
5. Add a little oil to frying pan and cook on both sides.

Tip: For a barbecued flavour, char directly on the hob to blacken

Flatbread is very versatile and can be used in many dishes.

If you have leftover flatbread, it can even be used to make a whole new meal.

## FATTOUSH WITH CRUNCHY FLATBREAD(MIDDLE EASTERN)

### INGREDIENTS

#### For the salad:

2 tomatoes , cut into wedges  
2 cucumbers , cut into sticks  
½ red onion , finely sliced  
1 tbsp lemon juice  
¼ cup mint leaves  
¼ cup coriander leaves  
2 flatbreads  
1 ½ tbsp olive oil  
Salt and pepper

#### For the dressing:

2 tbsp lemon juice  
2 tbsp extra virgin olive oil  
½ tsp salt  
1 garlic clove , minced  
½ tsp paprika  
1 tsp sumac



### METHOD

1. Preheat the oven to 350F/180C.
2. Cut the flatbread into thin slices to create a pile of ribbons
3. Pile onto a baking tray, drizzle over olive oil and a couple of pinches of salt, mix to ensure all are covered in oil.
4. Bake in oven for 3 minutes, then remove, mix the ribbons up. Don't worry if they are not all crisp.
5. Turn the oven OFF, then return the tray into the oven for a couple of minutes to finish crisping in the leftover heat.
6. Mix the onion, lemon juice and pinch of salt in small bowl and set aside.
7. Combine the dressing ingredients.
8. Mix the tomatoes, cucumbers, mint and coriander leaves in a small bowl and squeeze excess juice from the lemons, and add to the bowl.
9. Pour over as much dressing as you need and toss gently to combine.
10. Transfer salad onto a platter then pile on the crunchy flatbread ribbons then sprinkle with extra sumac.



# VEGGIE CHILLI ~~CON CARNE~~

BY LUKE

## INGREDIENTS

1 large chopped onion, chopped  
2 cloves of garlic, crushed  
1 red pepper, chopped  
1-3 red chillies depending on how hot you'd like it, chopped  
1 tin of tomatoes  
Peas

## SERVES 2-4

1 vegetable stock cube  
5 Medium Mushrooms  
1 tin of kidney beans  
Vegetable Oil  
Rice  
Salt, pepper, curry powder, cumin  
100g of lentils

## METHOD

1. Fry your onions, garlic, pepper and chillies in oil until softened, approximately 10 minutes, add seasoning.
2. Add your tin of tomatoes, stock mixed in a mug of boiling water, lentils and peas.
3. Season, and stir well for 5-10 minutes on a medium heat.
4. Add mushrooms and kidney beans.
5. Stir regularly until lentils have softened and mix has reached a nice consistency.

Serve with rice however you choose to cook it! I tend to add just enough water, bring to the boil, then turn off the heat, put a lid on, and let the steam do the work. Easy way to cram in all of your 5 a day into one meal!



*I've worked for over 3 years, supporting refugees, asylum seekers and migrants integrate into the UK and navigate the complex immigration system.*

*Having also spent time in Calais in "the jungle" camp, and some time in Nigeria, I've always found food is a great way to bring people together. Sharing together, without necessarily needing a shared language.*



# ZANZIBAR BIRIYANI

## BY LOUISE & HER MOTHER-IN-LAW

### INGREDIENTS



- 3 red onions, thinly sliced
- 3 potatoes, halved or quartered
- 2 cloves of garlic, crushed
- 1 inch of ginger - crushed/finely chopped
- 3 tbsp Tomato paste

1 tin or box of tomato passata - this can increase or decrease depending on how thick you want your dish (I use less when cooked in slow cooker as it does not thicken much)

½ kg cubed beef

**Spice Mix:** 2 tbsp cumin, 1 tsp coriander, ½ tsp cinnamon, ½ tsp mustard seeds, ¼ tsp ground cloves or around 5 whole cloves, 10 cardamom pods, 1tsp salt, 1tsp pepper. (You can add extras if you wish).

### METHOD

1. Fry the onions in ghee or oil until brown. Put aside for later.
2. Cut potatoes in half or quarters, depending on size. Soaking the potatoes to remove some of the starch (I often soak them in yellow food colouring or tumeric for a pretty dish and added taste, but this is optional). Fry the potatoes on all sides, for around 5 mins. Put aside for later.
3. Heat some oil and put tinned tomatoes/passata and tomato paste in for a few mins on the heat.
4. Add garlic, ginger and spice mix. Keep cooking for 5 mins.
5. Season the beef and add to the mix. You can brown it first, but I don't bother.
6. Now add the potatoes and onions you have prepared. Cook on a low heat or in a slow cooker for a few hours while you prepare the sides.
7. The dish can be finished in the oven in layers but I usually don't as it tastes the same, if a little thicker.

*I discovered this dish when living in Zanzibar and it quickly became a favourite meal. Biryani is generally a dish kept for special occasions such as Eid as it is a real treat and is a very rich meal. With the dish widely available at a reasonable cost on the island, many people will eat Biryani on a Friday after prayers at one of the many restaurants.*

*When I came back to the UK, I missed this meal so much that I decided I had to learn to cook it. Thankfully, my mother in law was willing to teach me and now we eat this meal on birthdays and special occasions, and sometimes, as a special treat when missing Zanzibar.*



### SIDES

**Boiled basmati rice** -  
1 part rice to 2 parts water.  
Covered and cooked on a low heat

**Kachumbari (salad)** -  
Very thinly sliced tomato, cucumber, red onion, pepper and carrot with plenty of lemon juice (at least 1 lemon) and salt, left to soak whilst food cooks



# FLORENCE'S RECIPE - STRAIGHT FROM THE ALLOTMENT

## INGREDIENTS

A good handful of chard or spinach

Frying steak or fish

An onion, sliced thinly

A handful of tomatoes, chopped

Garlic

Oil

Seasoning to taste

## METHOD

1. Pick your spinach or (as pictured) chard.
2. Sprinkle with salt and leave aside.
3. Fry off strips of frying steak or fish and set aside.
4. Fry chopped onions and garlic to soften and add chopped tomatoes.
5. Drain the spinach/chard through a sieve and squeeze out excess water.
6. Add to the onions and tomatoes and stir-fry until the chard is wilted.
7. Add the meat or fish and mix through the vegetables.



Florence is a leading light of the City of Sanctuary Gardening Project. She has discovered a real talent for both growing vegetables and growing the confidence of others to have a go. The allotment has been a great source of comfort during some difficult times. Florence was granted Leave to Remain in January and we are looking forward to rejoicing with her, hopefully cooking some of the produce from the three allotments now in operation.



# HANIA'S MOROCCAN CHICKEN TAGINE

## INGREDIENTS

1 small chicken  
1 small bowl of green olives  
1 small onion  
Half of a lemon  
2 tsp parsley  
1 tsp ginger  
1 tsp turmeric  
1 tsp red pepper powder  
3 cloves of garlic  
1 cube of saffron  
2 cups of water  
Olive Oil

Hania is a keen cook and has been trying out different recipes from this book throughout Refugee Week.

This latest dish is a Moroccan recipe known for promoting health and wellbeing.

## METHOD

1. Clean the chicken well with salt, vinegar, lemon juice and water. Leave to soak for about 30 mins.
2. Cut the onion, parsley and garlic into small pieces then place in a saucepan. Add some olive oil and all the spices.
3. Rub the chicken well with the mixture then place the chicken into the saucepan and add the water.
4. Put the pot on a low heat and cook for 15 mins.
5. Chop the lemon into crescent shaped slices then add the chopped lemon and the olives to the pot. Cook for a further 15 mins until soft.
6. Take the chicken out of the pot and place in the oven for cooking.
7. Once the chicken is cooked, place in a serving dish and decorate with olives and lemon slices.



# DESIREE'S BANANA PUFFPUFFS (CAMEROONIAN DOUGHNUTS)

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## INGREDIENTS

### Basic Dough:

1 kg plain flour  
20g dried yeast  
1 litre of water  
400g of sugar  
1 tablespoon salt

### Banana Filling:

4 Mashed soft bananas  
1 cup approx. of cornmeal  
(polenta)

## METHOD

1. Mix the basic dough ingredients and knead into a smooth dough. Cover and then leave to proof for 4-5 hours.
2. Then mix the mashed bananas with enough cornmeal so that the mixture isn't too wet.
3. Add to the basic dough and mix vigorously.
4. Shape the mixture into balls.
5. Use a spoon or your hands to put the dough-balls into very hot vegetable oil.
6. Fry until golden brown.

*As well as being a skilled cook, Desiree is a talented seamstress. During the nationwide lockdown, she has been using this skill to create face masks for the community.*



*Puffpuff is a traditional African snack made of fried dough.*

*Puffpuffs can be rolled in any spices/flavoring such as cinnamon, vanilla and nutmeg. They can also be eaten plain, or with any other accompaniments. Some people enjoy them with beans and coffee for breakfast.*



# PURI

## INDIAN BISCUIT MADE BY HARSHA MARUATI

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### INGREDIENTS

1 cup of plain flour  
½ cup of semolina  
1 level tablespoon of  
Cumin seeds  
2 teaspoons of ghee  
6 tsp sugar dissolved in  
½ cup of cold water  
Cooking oil



### METHOD

1. Put flour, semolina, cumin seeds, ghee into a mixing bowl.
2. Slowly add the sugar water solution, mixing well until a soft dough is formed (the amount of sugar water needed might vary).
3. Make approximately 30 small round balls about the size of a 10p coin.
4. Roll out balls to make a thin disc about 0.25cm thick.
5. Heat a pan with oil around 8cm deep, it needs to be heated to a medium heat, not really hot.
6. Fry the discs until they are golden brown, about 1 minute each side.
7. Deep fry the discs. Drain and leave to cool.

*"This crispy light biscuit is traditionally used in celebrations, but it is also nice with a cup of tea."*

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# CHOCOLATE CAKE SMOOTHIE

BY JOY

## INGREDIENTS

### LESS HEALTHY

- 3 frozen bananas (extra ripe bananas peeled, sliced and frozen)
- 1/3 cup of chocolate powder (I usually use raw cacao nibs)
- 1/3 cup of cashews (or almonds, or whatever nuts you wish to use)- soaked overnight with a pinch of salt.
- 1/4 cup of maple syrup or liquid sweetener (I usually use honey)
- 1/4 teaspoon of salt
- 1 cup of water

### MORE HEALTHY

- 1/2 cup organic unsweetened plain soy milk or homemade nut milk\*
- 6 very ripe frozen bananas broken into thirds
- 3 tablespoons cacao powder or cocoa powder
- 1 teaspoon vanilla extract
- 1 teaspoon almond extract
- 1 dropper (1/2 teaspoon) liquid stevia (optional)

*\*To make nut milk, soak one cup of nuts overnight in cold water. In the morning, discard water and rinse nuts. Blend the nuts in 4 cups of fresh water. You can either strain the milk or just use it as is (I usually use it as is).*

## METHOD

Pick either more or less healthy option



Combine all ingredients from that list into a blender



Blend!

*"When I stumbled on this recipe a few years ago, I fell in love with it immediately because not only does it taste fabulous, but it uses only healthy ingredients and whenever I have it I feel like I can still eat my cake and have it! It's like chocolate cake in liquid form."*

# HEALTHY SMOOTHIE / JUICE

BY FLORENCE

## INGREDIENTS

- 1 bunch of beetroot
- 2 or 3 carrots
- 2 apples
- Ginger root
- lemon juice



## METHOD

1. Add all ingredient to a juicer
2. Juice!
3. Chill before drinking



# WELSH CAKES

## WELSH RECIPE BY JUDY BELL

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### INGREDIENTS

Plain flour (350g)  
Baking Powder (2 level tsp)  
Butter (175g)  
Caster Sugar (115g)  
Sultanas (100g)  
Ground mixed spice (3/4 level tsp)  
1 large egg  
Milk (around 2tbsp)  
Caster Sugar - for sprinkling

### EQUIPMENT

Griddle pan/Frying pan  
3 inch round cutter



### METHOD

1. Prepare a griddle or heavy-based frying pan by greasing with a little oil.
2. Measure the flour and baking powder into a large bowl and rub in the butter with your fingertips until the mixture resembles fine breadcrumbs.
3. Add the sugar, sultanas and spice.
4. Beat the egg and milk together, then add this to the mixture and mix to form a firm dough, adding a little more milk if necessary.
5. Roll out the dough onto a lightly floured work surface to a thickness of 5mm (1/4in) then cut into rounds with a 7.5cm (3in) round cutter.
6. Cook the dough rounds on the hot griddle on a low heat for about 3 minutes on each side until golden brown (be careful not to cook them too fast, otherwise the centres will not be fully cooked).
7. Cool on a wire rack then sprinkle with caster sugar. When cool spread with butter and eat!
8. If there are any left, put them in the freezer.

*During the coronavirus lockdown, our usual English classes could not take place at RMC with our asylum seeking students. I started making videos to help people learn from home and decided to get creative and try something a bit different. So I did a whole session on making Welsh cakes as an English class!*

**You can see a video tutorial of this recipe, plus all her classes, at [rmcentre.org.uk/ESOL-judy](http://rmcentre.org.uk/ESOL-judy)**

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# ANGEL'S CHIFFON CAKE

For this recipe you will need an 8 inch cake tin.

## INGREDIENTS

### For the Cake:

- 4 egg yolks
- 4 egg whites
- 30g oil
- 50g milk
- 50g self-raising flour
- 10g cornflour
- 1 tsp lemon juice
- 40g sugar

### For the Decoration:

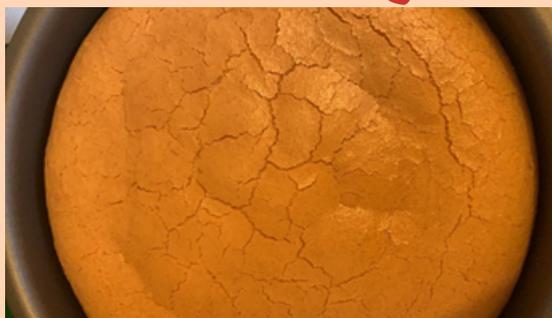
- 600ml of double cream
- 30g of sugar
- Fruit of your choice

## METHOD

1. Mix together the egg yolks, milk, flour and cornflour to form a smooth paste.
2. Whisk the egg whites, lemon juice and sugar until you get stiff peaks\*.
3. Add of this mixture to the eggs and flour. Fold together gently. Then add the remaining egg whites 1/3 at a time.
4. Pour mixture into a tin and bake at 150c/300f for 50-60 mins until golden.

### To decorate:

1. Whisk 600ml of double cream and 30g of sugar.
2. Using a knife, spread over the top and sides of the sponge cake.
3. Top with the fresh fruit of your choice.



\*stiff peaks:



Angel, from China, is a keen gardener and cook, blending a mix of Chinese and English recipes. Her partner completed his Health and Hygiene certificate just so he could support the City of Sanctuary drop in kitchen.



# SPICED CINNAMON TOAST

BY JUDY BELL

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## INGREDIENTS

- 2 eggs
- ¼ tsp ground cinnamon
- Pinch ground ginger
- 150ml cream
- 4 thick slices stale white bread
- 25g butter
- 1 tbsp sunflower oil
- 1 tbsp caster sugar for sprinkling

## SERVES 4



## METHOD

1. Beat the eggs with the cinnamon, ginger & 3 tablespoons cream & pour into a shallow dish.
2. Dip each slice of bread in the egg mix and leave there for a couple of minutes.
3. Turn the bread over so that both sides have absorbed some of the egg mixture.
4. Heat the butter & oil in a large non-stick frying pan.
5. Lift out the slices of bread and place in the frying pan.
6. Cook until one side is golden brown.
7. Turn the bread over and cook until the other side is golden brown and crisp as well.
8. Sprinkle some caster sugar onto a plate.
9. Place a slice of the toast onto the plate & turn so that the sugar is evenly stuck to it.
10. Repeat with all the other slices.
11. Serve the hot toast with fresh strawberries, raspberries or any stewed fruit with the remaining cream whipped until thickened.
12. Alternatively, you can just eat the toast by itself.

*"You can adapt this recipe. I like to leave out the sugar and substitute 2 teaspoons of za'atar for the cinnamon and ginger. The savoury za'atar toast makes a wonderful accompaniment to soup."*

*"This is one of my favourite recipes because it's dead easy, it uses up old bread, it's the ultimate in comfort food and you can pretend it's really sophisticated!"*

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# GILL'S PEACH AND ALMOND TART

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## INGREDIENTS

1 pack of puff pastry

1 tin of sliced peaches (drain them but keep some of the juice)

1 pack of marzipan (almond paste)\*

\* I have also used ground almonds which works almost as well.

*Gill is one of the wonderful City of Sanctuary volunteers and this cookbook was originally her idea. She has worked hard to collect and test the recipes!*

## METHOD

1. Turn on the oven to Gas 7/220 degrees.
2. Roll out the pastry thinly into a rectangle and put into a baking tray (or the bottom of a grill pan).
3. Draw a border of about 2 cms around the edge of the pastry base.
4. Roll out the marzipan to fit the inner rectangle of the base OR sprinkle a generous layer of ground almonds over the base.
5. Lay the drained peaches on top of the marzipan (or almonds).
6. Brush the peaches with the juice. Bake for 15-20 minutes or until the pastry has risen around the filling and is golden brown.



# GLOSSARY

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**Bulgar Wheat** - is a cereal food made from the cracked parboiled grits of several different wheat species, most often from Durham wheat. It originates in Middle Eastern cuisine.

**Folding - Folding** is a very precise term in **cooking** and **baking**. It means that you have to carefully combine two mixtures of different thickness and weight into one (relatively) smooth mixture. This is accomplished by a specific technique of using a spoon to lift the two mixtures together, turning them over so they combine.

**Frying - Frying** is the cooking of food in oil or another fat. It is similar to sautéing but pan-fried foods are generally turned over once or twice during cooking, using tongs or a spatula, while sautéed foods are cooked by "tossing in the pan". A large variety of foods may be fried.

**Kibbeh** - (Arabic: كبة), also **kubba** and other spellings, is a Levantine dish made of bulgar, minced onions, and finely ground lean beef, lamb, goat, or camel meat with Middle Eastern spices.

**Kneading** - is a process in the making of bread or pasta dough, used to mix the ingredients and add strength to the final product. Its importance lies in the mixing of flour with water. When these two ingredients are combined and kneaded, the proteins in the flour expand and form strands of gluten, which gives bread its texture.

**Okra** - is believed to have originated in Africa or Southeast Asia. This healthy vegetable is a staple and is often fried, grilled, or pickled. Okra is commonly used in the cuisines of Africa, the Middle East, and India. Okra can be found in most international food stores. It can be dried but is best fresh.

**Proofing** - In cooking, proofing (also called proving) is a step in the preparation of yeast bread and other baked goods where the **dough** is allowed to rest and rise a final time before baking. During this rest period, yeast ferment the **dough** and produce gasses, thereby leavening the **dough**.

**Spatula** - A **spatula** is a broad, flat, flexible blade used to mix, spread and lift material.

**Whisking** - a process used to blend ingredients smooth or to incorporate air into a mixture.

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