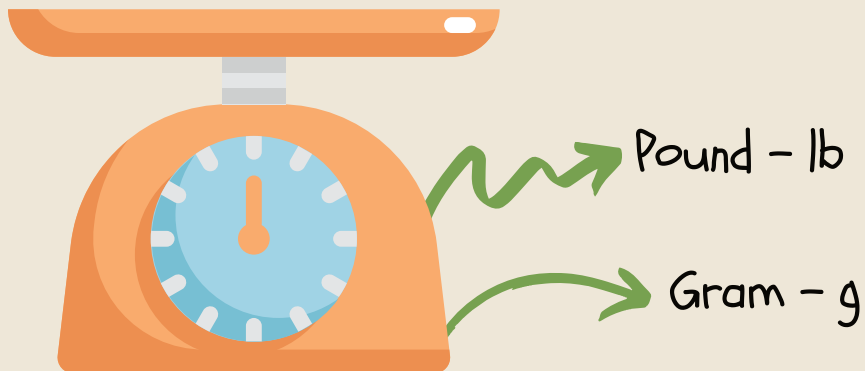
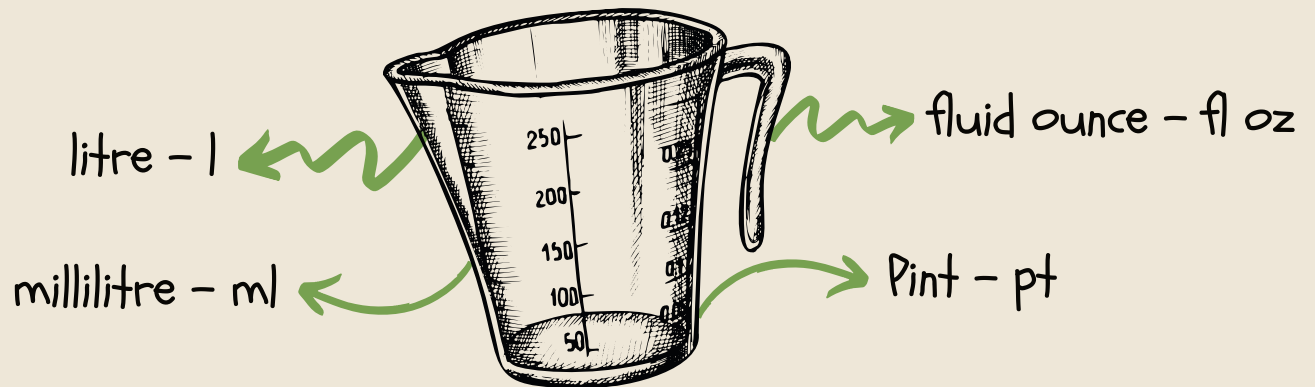
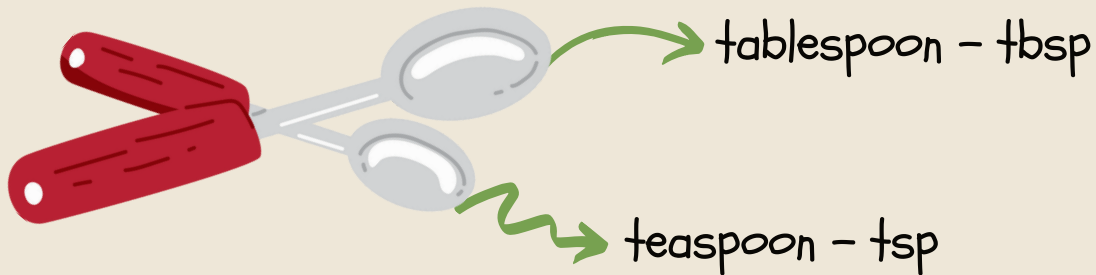




ABBREVIATIONS



MEASUREMENT CONVERSIONS

1 cup = 240ml

$\frac{3}{4}$ cup = 180 ml

1 tbsp = 15ml

1 tsp = 5ml

1 pint = 2 cups = 16 fl oz

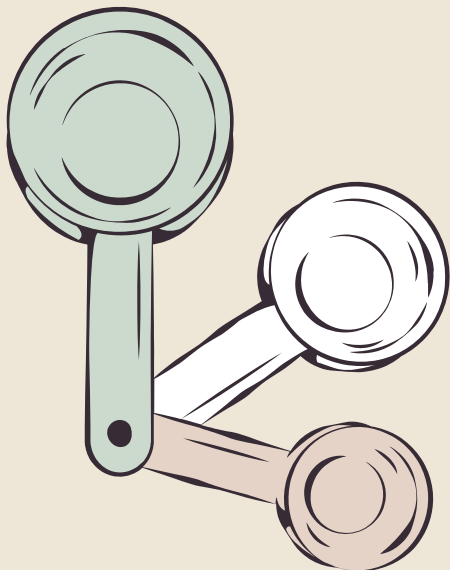
$\frac{1}{2}$ pint = 1 cup = 8 fl oz

1 pint = 500ml

1 fl oz = 30ml

1 oz = 28g

$\frac{1}{2}$ oz = 14g



FOREWORD

THIS COOKBOOK IS A PRODUCT OF THE DEDICATED EFFORT OF 30 INTERNATIONAL PROTECTION APPLICANTS (ASYLUM SEEKERS) WHO HAVE PARTICIPATED IN THE **INCLUDE** PROJECT, FUNDED BY THE ADULT LITERACY FOR LIFE PROGRAMME THROUGH SOLAS.

THIS PROJECT CAME ABOUT AS A RESULT OF A COLLABORATION BETWEEN GALWAY CITY PARTNERSHIP AND THE GALWAY AND ROSCOMMON EDUCATION TRAINING BOARD, WORKING TOGETHER TO MEET THE NEEDS OF THOSE WHO ARE MARGINALISED AND SOCIALLY DISADVANTAGED.

LITERACY IS A CHALLENGE FACED BY MANY IN THE DIRECT PROVISION SYSTEM, BOTH IN THEIR NATIVE LANGUAGE AND IN ENGLISH. THE PURPOSE OF THIS PROGRAMME IS TO SUPPORT THE LITERACY, NUMERACY AND DIGITAL LITERACY OF 30 ASYLUM SEEKERS, DELIVERING A QQI L3 IN CULINARY OPERATIONS, USING IT AS A TAILORED ACTION TO ENHANCE LITERACY AND NUMERACY.



LINDA SICE BROGAN,
CHIEF EXECUTIVE OFFICER
GALWAY CITY PARTNERSHIP



LYNNE KEERY,
ADULT EDUCATION OFFICER
GRETB



TARA DAWSON,
INCLUDE MENTOR
GALWAY CITY PARTNERSHIP



A vertical collage of various dishes on the left side of the page. At the top is a pan with three sunny-side-up eggs. Below it are several small bowls containing different dips and sauces, including a pink one, a dark red one, and a white one. At the bottom are slices of cucumbers, tomatoes, and a piece of white cheese with black seeds.

INTRODUCTION

WITHIN THE PAGES OF THIS COOKBOOK LIES NOT JUST A COLLECTION OF RECIPES BUT A TESTAMENT TO COURAGE , HOPE AND THE UNIFYING POWER OF FOOD. COOKING IS MORE THAN A BLEND OF INGREDIENTS, IT'S THE CELEBRATION OF DIVERSITY, RESILIENCE AND THE BEAUTY FOUND IN SHARING OUR STORIES THROUGH THE DISHES THAT WE CREATE.

EACH RECIPE WITHIN THIS COOKBOOK IS A CHAPTER IN A LARGER NARRATIVE - A NARRATIVE OF STRENGTH AND THE PURSUIT OF A BRIGHTER FUTURE.

WE INVITE YOU TO SAVOR THESE RECIPES, NOT JUST FOR THE TASTE BUT FOR THE STORIES THAT THEY TELL AND THE CONNECTIONS THAT THEY FOSTER.

BY SUPPORTING THIS COOKBOOK, YOU'RE NOT ONLY ENJOYING DELICIOUS MEALS BUT ALSO CONTRIBUTING TO A COMMUNITY STRIVING FOR EMPOWERMENT, INCLUSION AND A BETTER TOMORROW FOR ALL.

DICTIONARY

“DRY-FRY” - DRY FRYING IS WHERE YOU COOK INGREDIENTS IN A FRYING PAN (USUALLY A NON-STICK PAN) WITH NO OIL ADDED

“COARSELY” - FOOD THAT HAS BEEN COARSELY CHOPPED IS CUT INTO SMALLER PIECES

“WHIZZ” - TO PROCESS FOR VERY SHORT TIME IN A FOOD PROCESSOR

“SAUTE” - A DRY HEAT COOKING METHOD, WHICH INVOLVES COOKING A SMALL AMOUNT OF FAT IN A HOT PAN WHILE TOSSING INGREDIENTS AROUND

“JULIENNED” - A TECHNIQUE USED TO PREPARE VEGETABLES BY CUTTING THEM INTO MATCHSTICK-SHAPED PIECES

“SIMMER” - A COOKING METHOD THAT BRINGS THE LIQUID OF A DISH TO JUST BELOW THE BOILING POINT OVER LOWER HEAT

“MARINADE” - A MARINADE IS A LIQUID SOLUTION IN WHICH YOU SOAK FOODS, PARTICULARLY MEATS, BEFORE COOKING

“BASTE” - A COOKING TECHNIQUE THAT INVOLVES COOKING MEAT WITH EITHER ITS OWN JUICES OR SOME TYPE OF PREPARATION SUCH AS A SAUCE OR MARINADE

“STEAM” - A COOKING PROCESS THAT PLACES FOODS ABOVE, NOT IN, WATER THAT IS BOILING OR HOT ENOUGH TO PRODUCE STEAM THAT COOKS THE FOODS WITH A MOIST HOT AIR



VEGETABLE SOUP

By Phyllis

INGREDIENTS

- 2 tsp cumin seeds
- pinch chilli flakes
- 2 tbsp olive oil
- 600g carrots, washed and coarsely grated (no need to peel)
- 140g split red lentils
- 1l hot vegetable stock (from a cube is fine)
- 125ml milk
- plain yogurt and naan bread, to serve

METHOD

1. Heat a large saucepan and dry-fry 2 tsp cumin seeds and a pinch of chilli flakes for 1 min, or until they start to jump around the pan and release their aromas.
2. Scoop out about half with a spoon and set aside. Add 2 tbsp olive oil, 600g coarsely grated carrots, 140g split red lentils, 1l hot vegetable stock and 125ml milk to the pan and bring to the boil.
3. Simmer for 15 mins until the lentils have swollen and softened.
4. Whizz the soup with a stick blender or in a food processor until smooth (or leave it chunky if you prefer).
5. Season to taste and finish with a dollop of plain yogurt and a sprinkling of the reserved toasted spices.
6. Serve with warmed naan breads.



BEEF BIRYANI

By MD

INGREDIENTS

BEEF MASALA

- 3 tablespoons oil
- 1 large onion thinly sliced
- 600 grams beef cubes
- 1 tablespoon ginger garlic paste
- 2 medium tomatoes roughly chopped
- 1/2 cup yogurt
- 1 inch stick of cinnamon
- 2-3 pieces of cardamom
- 4-5 black peppercorn
- 1-2 cloves lavang
- Salt as per taste
- 4 tablespoons Shan Biryani Masala
- 2 cups water
- 1 large potato cut into 2 inch cubes

TOPPING/ DUM

- 1/4 cup milk
- Few drops yellow food color dissolved in a little bit of water
- Handful of chopped coriander
- 1-2 tablespoons of ghee butter or oil

RICE

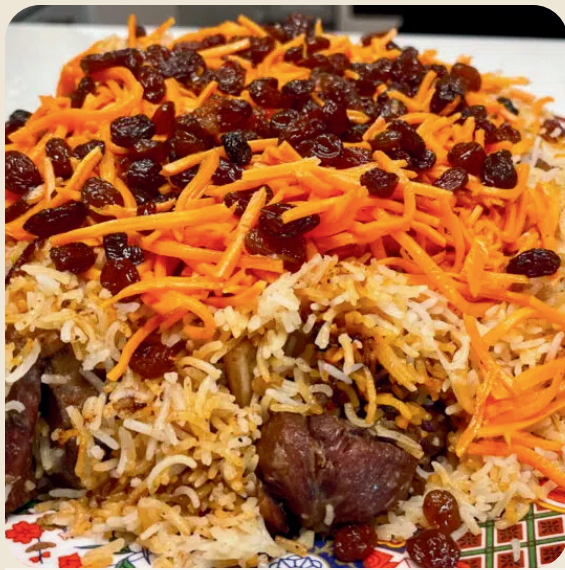
- 2.5 cups basmati rice soaked in water for 30 minutes
- 1 teaspoon cumin seeds
- Few slices of lemon
- 2 to 3 leaves of fresh mint
- Salt
- 2 tablespoons oil
- 6-8 cups of water

Note: Shan biryani Masala is a mix of spices including but not limited to salt, garlic, ginger, cumin, bay leaf, brown cardamon, cinnamon, red chili, cane sugar, coriander and turmeric

BEEF BIRYANI BY MD

Instructions

1. In a pressure cooker pot, heat oil and add the thinly sliced onion. Sauté until the onion is golden brown.
2. Once the onion is golden, add the beef cubes along with the ginger garlic paste - Sauté on high heat until the beef changes colour.
3. Now add the tomatoes, yogurt and the whole spices (cardamom, peppercorn, cloves, and salt).
4. Also add the Shan Biryani Masala.
5. Cook on high heat, while constantly stirring for about 5-7 minutes. Add 2 cups of water, the beef should be submerged in liquid.
6. Now cover the pressure cooker pot with its lid and bring to pressure. The cooking time will vary from 5-10 minutes depending on the cut of the beef and also the size of the beef pieces. The beef I used took about 10 minutes to cook through.
7. Now add the cubed potato.
8. Cook the beef on high heat, stirring frequently until excess liquid has evaporated and the oil has separated from the curry. Also the cubed potato should be almost cooked through too.
9. Now in another large pot, bring water to a boil and add the rice, cumin seeds, lemon, chopped mint, oil and salt. Cook the rice until it is parboiled (3/4 cooked). Drain the rice in a colander.
10. In a separate large pot, layer half of the rice. Then add the beef curry, and top with sliced lemon and chopped coriander.
11. Cover with the remaining rice.
12. Drizzle over the milk, and some yellow food colouring mixed with water.
13. Drizzle with melted ghee or butter.
14. Sprinkle more chopped coriander and lemon slices if desired.
15. Cover and steam cook on low flame for 8-10 minutes until the rice is fully cooked.
16. Mix the biryani carefully and serve with raita.



KABULI PULAO

By Neyaz

INGREDIENTS

- 2-4 tbs char masala
- 2 teaspoons cumin seeds
- 1.5 lb lamb
- 350 grams julienned carrots
- 250 grams of raisins
- 1/4 Cup sesame oil
- 2 sliced onions
- 4 chopped garlic cloves
- salt
- 2 Tablespoons of sugar
- 3 Cups Rice

METHOD

1. Rinse your rice and let the rice soak.
2. Add your sesame oil to pressure cooker and heat. Add your onions and garlic. Cook for 30 seconds and then add cumin.
3. Next add your lamb, salt and 3 cups of water. Cook for 25 minutes on high pressure.
4. While your meat is cooking, add your carrots and raisins to a pan with vegetable oil. Cook until soft - Place on your foil.
5. Next, soak your raisins in hot water for 5 minutes. Then, drain and add to the same pan you cooked the carrots in - cook for 30 seconds.
6. Boil your rice in salted water for 4 minutes, then drain.
7. In a pan add quarter cup of vegetable oil. Add your sugar. Let the sugar darken. Add 1/2 Cup of water, set aside.
8. For assembly, take a big pot and add half of your rice to the bottom. Then, add your lamb. Then add last of the rice. After that, use a few scoops of the lamb broth, add the sugar mixture, and char masala.
9. Poke some holes in the rice with the handle of a spoon. This will allow steam to release better. Take your packet of raisins and carrots and place in pan on top of your rice.



TAJINE ZITOUNE (OLIVE DOUGH)

By Rebiai Chabout

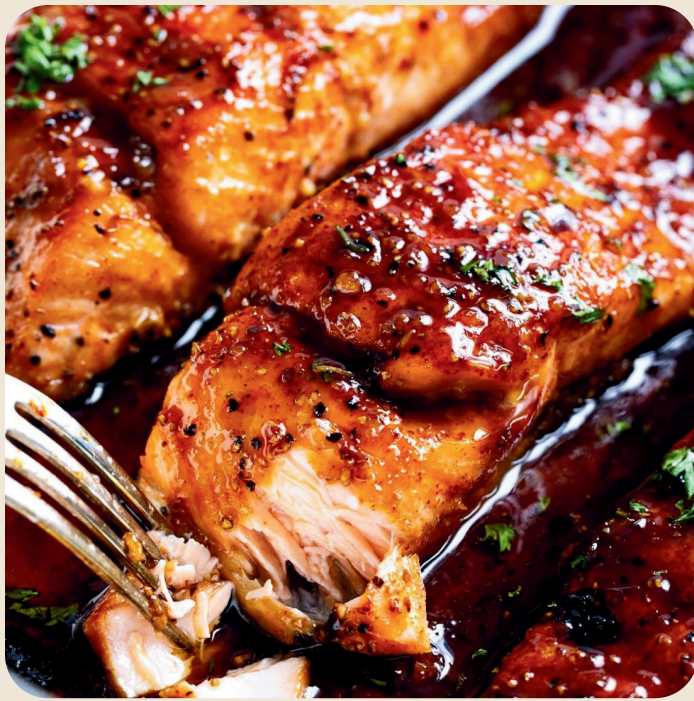
PERFECT AS A STARTER OR TAPAS!

INGREDIENTS

- 6 Chicken Drumstick
- 1 Large Carrot
- 1 cup Green Olives
- ½ cup Parsley (chopped)
- 1 Large Red Onion
- 4 cloves
- Garlic (chopped)
- 3 tablespoons Olive Oil
- 1 teaspoon Turmeric
- 1 teaspoon Cumin
- 1 teaspoon Thyme
- ½ teaspoon Paprika
- ½ teaspoon Black Pepper
- Water

METHOD

1. Add olive oil to the pot. Once hot, add chopped garlic & red onion. Stir till it turns translucent.
2. Add the chicken drumstick. Stir gently before adding all the spices.
3. Add the carrot before pouring the water till it's enough to cover the chicken. Let it simmer for 30 minutes.
4. During the simmering, add chopped parsley and stir to combine.
5. Once the chicken is cooked, remove it from the pot and transfer it into the baking pan. Set it aside.
6. In the same cooking pot, add the green olives and let it simmer for 5 minutes to absorb the flavor.
7. To brown the chicken, place it in the oven and broil for 10 minutes.
8. Serve it on a plate together with the chicken. Best to eat with crusty bread, couscous, or rice.



HONEY SOY-GLAZED SALMON

By Wadie Gaffour

SERVINGS: 2

INGREDIENTS

- 12 oz skinless salmon
- 1 tablespoon olive oil

HONEY SOY MARINADE

- 4 cloves garlic, minced
- 2 teaspoons ginger, minced
- ½ teaspoon red pepper
- 1 tablespoon olive oil
- ⅓ cup less sodium soy sauce(80 mL)
- ⅓ cup honey(115 g)

METHOD

1. Place salmon in a sealable bag or medium bowl.
2. In a small bowl or measuring cup, mix marinade ingredients.
3. Pour half of the marinade on the salmon. Save the other half for later.
4. Let the salmon marinate in the refrigerator for at least 30 minutes.
5. In a medium pan, heat oil. Add salmon to the pan, but discard the used marinade. Cook salmon on one side for about 2-3 minutes, then flip over and cook for an additional 1-2 minutes.
6. Remove salmon from pan. Pour in remaining marinade and reduce.



SALMON DISH

By Thato

INGREDIENTS

- 12 ounces Salmon (cut into 2-3 fillet strips)
- Salt add Black Pepper
- 1 pinch Cayenne Pepper
- 2 tablespoons Honey
- 1 tablespoon Warm Water
- 1 ½ teaspoons Lemon Juice (or apple cider vinegar)
- 1 tablespoon Olive Oil
- 3 cloves Garlic (minced)
- 1 Lemon
- 1 tablespoon parsley

METHOD

1. Season the surface of the salmon with salt, black pepper and cayenne pepper. Set aside.
2. Mix the honey, water, apple cider vinegar or lemon juice and a pinch of salt together. Stir to combine well.
3. Heat up an oven-safe skillet
4. Add fresh double cream, Butter, parsley, Aromat and Tobasco
5. Preheat the oven to 400°F.
6. Line a baking sheet with parchment paper.
7. Gently pat salmon fillets dry with paper towels. Place on the baking sheet, skin side down.
8. Sprinkle the tops of the salmon with the salt and black pepper.



CHICKEN CURRY AND RICE

By Solomon

 2 servings  15 minutes

INGREDIENTS

- 1-3/4 cups water
- 1 tablespoon olive oil
- 1 package (7.2 ounces) rice pilaf mix
- 1 teaspoon curry powder
- 2 cups shredded rotisserie chicken
- 1 can (14-1/2 ounces) diced tomatoes with mild green chiles, undrained
- 1 cup frozen peas (about 4 ounces)
- 1/2 cup chopped lightly salted cashews

METHOD

1. In a large saucepan, bring water and oil to a boil.
2. Stir in pilaf mix, the contents of its seasoning packet, and curry powder.
3. Return to a boil. Reduce heat; simmer, covered, 15 minutes.
4. Stir in chicken, tomatoes and peas.
5. Cook, covered, 8-10 minutes longer or until liquid is almost absorbed and rice is tender.
6. Sprinkle with cashews.



ENJOY



MEDITERRANEAN COUSCOUS SALAD

By Islam Saib

INGREDIENTS

- 1 cup Water
- 1 cup Instant Couscous
- $\frac{3}{4}$ teaspoon Kosher Salt
- 5 tablespoons Extra-Virgin Olive Oil
- $\frac{1}{2}$ cup Roma Tomato (diced, $\frac{1}{4}$ -inch dice)
- $\frac{1}{2}$ cup English Cucumber (diced, seeds removed, $\frac{1}{4}$ -inch dice)
- $\frac{1}{2}$ cup Red Bell Pepper (diced, $\frac{1}{8}$ - inch dice)
- $\frac{1}{2}$ cup Canned Garbanzo Beans (drained and rinsed)
- $\frac{1}{4}$ cup Red Onion (minced)
- $\frac{1}{2}$ cup Kalamata Olives (pitted and sliced)
- 2 tablespoons Feta Cheese
- 1 teaspoon Parsley (chopped)
- 1 teaspoon Mint (chopped)

- 1 teaspoon Basil (chopped)
- $\frac{1}{4}$ teaspoon Dried Oregano
- 1 teaspoon Lemon Zest
- 2 tablespoons Lemon Juice
- 1 tablespoon Red Wine Vinegar
- $\frac{1}{4}$ teaspoon Black Pepper

METHOD

1. Bring water, salt, and olive oil to a boil in a medium saucepan. Add couscous and stir quickly. Turn off the heat and cover.
2. Let couscous stand until tender, 5 minutes and then fluff with a fork and let cool.
3. Combine couscous, tomatoes, cucumber, bell



WHITE SAUCE PASTA

By Ezzedine

INGREDIENTS

- 2 tbsp flour
- 2 tbsp butter
- pepper & salt (as required)
- 3/4 cup milk
- 8 oz Penne pasta
- 1/2 cup chicken broth
- 9 oz large chicken breast
- 3 tbsp butter
- 3 cloves garlic (finely chopped)
- 2 tbsp parsley (chopped)
- olive oil (as required)
- pepper (as required)
- salt (as required)

METHOD

1. Melt butter in a pan, add flour and whisk.
2. Add milk and whisk in low heat for 2 minutes until it becomes thickened. Season.
3. Cook pasta as per the instructions specified in the packet. As it gets cooked, drizzle olive oil to prevent pasta from sticking.
4. Clean and slice chicken into small pieces. In another pan cook chicken with water, salt and pepper. Keep aside once cooked.
5. In another pan add butter, as it melts add chopped garlic. Sauté on low heat till it loses its raw smell.
6. Add broccoli florets and mushrooms. Season with pepper and salt. Close the lid and cook for 2 minutes.
7. Add the cooked chicken pieces and mix in white sauce. Add pasta and chicken broth.
8. Bring to simmer by cooking in low heat till the sauce starts thickening.
9. Garnish with chopped fresh parsley leaves.



SQUASH & COCONUT CURRY

By Ibrahim

INGREDIENTS

- 1 tbsp vegetable oil
- 500g butternut squash (about 1 small squash), peeled and chopped into bite-sized chunks
- 100g frozen chopped onions
- 4 heaped tbsp mild curry paste
- 400g can chopped tomatoes
- 400g can light coconut milk
- mini naan bread, to serve
- 400g can lentils, drained
- 200g bag baby spinach
- 150ml coconut yogurt, plus extra to serve

METHOD

1. Heat the oil in a large pan. Put the squash in a bowl with a splash of water. Cover with cling film and microwave on High for 10 mins or until tender. Meanwhile, add the onions to the hot oil and cook for a few mins until soft. Add the curry paste, tomatoes and coconut milk, and simmer for 10 mins until thickened to a rich sauce.
2. Warm the naan breads in a low oven or in the toaster. Drain any liquid from the squash, then add to the sauce with the lentils, spinach and some seasoning. Simmer for a further 2-3 mins to wilt the spinach, then stir in the coconut yogurt.
3. Serve with the warm naan and a dollop of extra yogurt.



COUSCUS ALGERIANE

By Mohamed

INGREDIENTS

- 1 ½ cups water or broth
- 1 cup dry couscous
- ½ teaspoon kosher salt
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 tablespoons chopped parsley

METHOD

1. Bring the water or broth to boil (in a tea kettle or a small pot).
2. Place the dry couscous into a skillet with the salt. Pour the boiling water over the entire surface. Wait for 10 minutes.
3. Fluff the couscous with a fork. Stir in the olive oil, lemon juice, and parsley.
4. Taste and add additional lemon or salt to taste.



CHICKEN CURRY SOMALI FLAVOUR

By Yusuf Mohammed

INGREDIENTS

- 4 chicken fillets
- 5 mushrooms
- 1 green pepper
- 1 onion
- 2 dessertspoons of frozen peas
- 1 clove of garlic
- 2 dessertspoons medium curry powder
- 1 teaspoon of vegetable oil
- 1 dessertspoon flour
- 1 low salt chicken stock cube

METHOD

1. Chop up the chicken fillets.
2. Slice vegetables and garlic.
3. Dissolve the stock cube in 275mls of boiling water.
4. Heat the oil in a frying pan and gently fry the onions and garlic. Add chicken and cook for 5 minutes.
5. Add mushrooms and pepper to the frying pan and cook for 2 to 3 minutes.
6. Add curry powder and flour to the pan and cook for one minute stirring all the time.
7. Stir in the stock and peas.
8. Reduce heat, cook slowly for 10 minutes without stirring.
9. Serve with boiled brown or white rice.
10. **ENJOY IT!!**



SUDANESE SHYA DISH

By Elhussein

**SERVE HOT WITH SALATAT ASWAAD OR
SALATAT DAKWA ON THE SIDE.**

INGREDIENTS

- 1 kilo of lamb meat
- Mixed spices (cumin + coriander + black pepper)
- 1 large clove of Garlic, chopped
- 5 tablespoons vinegar
- 1 Red onion
- 1kg Tomato
- 1 tsp of Pure sunflower oil
- 1 tsp of Salt
- 2 tsp of Black Pepper
- 1 tsp of Pinch of nutmeg

METHOD

1. Peel and quarter the onion. Quarter the tomato. Peel the garlic.
2. To make the marinade, place the onion, tomato, garlic cloves, vinegar, oil, salt, pepper and nutmeg in a food processor. Pulse until a paste forms.
3. In a large bowl, combine the lamb cubes with the marinade, making sure all the meat is covered. Cover the bowl with cling film and allow to rest in fridge for a least 30 minutes.
4. Remove the meat from the fridge and allow it to sit on the kitchen counter for 15 minutes.
5. To cook the meat, place a large cast-iron skillet on a prepared barbecue. Add a drizzle of vegetable oil to the pan and heat till it starts smoking.
6. Grill the lamb cubes in batches until the meat is browned and cooked to your liking.



EASY CHOCOLATE CHIP COOKIE

By Khaled

INGREDIENTS

- 100g unsalted butter
- 65g brown sugar
- 70g white sugar
- 2 eggs
- 1 tsp vanilla extract
- 200g all purpose flour
- ½ tsp baking soda
- 200g chocolate bar chopped into bits

METHOD

1. Heat oven to 180C/160C fan/gas 4 and line two baking sheets with parchment.
2. Cream the butter and sugars together until very light and fluffy, then beat in the egg and vanilla.
3. Once combined, stir in the flour, baking soda, chocolate and ¼ tsp salt.
4. Scoop 10 large tbsps of the mixture onto the trays, leaving enough space between each to allow for spreading.
5. Bake for 10-12 mins or until firm at the edges but still soft in the middle – they will harden a little as they cool.
6. Leave to cool on the tray for a few mins before eating warm, or transfer to a wire rack to cool completely. Will keep for three days in an airtight container.



PERI-PERI SALMON

By Hussein

INGREDIENTS

- 400 g of salmon fillet (4 fillets)
- 1tps of vegetable oil
- 1tbsp of peri-peri spice mix

METHOD

1. Preheat the grill for 10 minutes at a medium heat
2. Rub a little vegetable oil over each salmon fillet
3. Then add peri-peri spice to the salmon and leave to marinate in the fridge for 5 minutes
4. Cook the salmon gently for 8-10 min turning occasionally

serve with rice or potatoes and salad





SALMON

By Yusuf m Adle



INGREDIENTS

- 5 small roasting potatoes, scrubbed and cut into wedges (Maris Piper & Red's are good!)
- 2 fresh skinless fillets of fish (desired choice)
- 1 onion, halved and sliced
- 2 garlic cloves, roughly chopped
- ½ tsp dried oregano or a tbsp chopped fresh oregano
- 2 tbsp Garlic Olive Oil
- ½ lemon, cut into wedges
- 2 large tomatoes, cut into wedges
- small handful flat leaf parsley, roughly chopped
- Sundried Tomato Balsamic, to serve

METHOD

1. Heat oven to 200C/180C fan. Tip the potatoes, onion, garlic, oregano and olive oil into a roasting tin.
2. Season and mix together to coat everything in the oil. Roast for 15 mins, turn everything over and bake for 15 mins more.
3. Add the lemon and tomatoes, and roast for 10 mins, then top with the fish fillets and cook for 10 mins more
4. Drizzle with Garlic Olive Oil and Sundried Tomato Balsamic. Scatter with parsley and serve.



SUDANESE LIVER DISH

By Osama

INGREDIENTS

- lamb stomach, intestines and liver
- lemons
- vinegar
- bay leaves
- cardamom
- cinnamon sticks
- nutmeg
- paprika
- mixed spices
- ground coriander
- ground cardamom
- ground cinnamon
- ground nutmeg
- tomato paste
- minced garlic
- three onions
- green chili peppers

METHOD

1. In two separate bowls, add water, salt, vinegar, half a lemon with the lamb stomach and in the other bowl the same ingredients but with the lamb intestines. Let them soak for ten to fifteen minutes.
2. In a pot, add water, three bay leaves, one cinnamon stick, four cardamoms, one nutmeg and let it boil. Once it boils, add the stomach of lamb and let it boil for 5-10 minutes then add the intestines. Remove them and once it cooled down, cut them in cubes.
3. In a different pot, add oil, three chopped onions and let them cook until they're half golden.
4. Once the onions are golden, add water, one small can of tomato paste and mix it together. Add one spoonful salt, paprika, mixed spices, pepper, ground coriander, ground cardamom, ground cinnamon, ground nutmeg, three green chili peppers and one cinnamon stick. Mix it all together.
5. Add the lamb stomach, mix it together. Add the lamb intestines, add more water and mix it all together and let it rest ten minutes. Add more water and then add the lamb cubes, let it rest for ten minutes. Once they're half cooked, add the lamb liver cubes and let it cook. Add a spoonful of minced meat and let it cook for 45-60 minutes.



BROWN SEEDED BREAD

by AMEUR NABIL TAHARI

SERVINGS: 2

INGREDIENTS

- 225G Whole meal flour.
- 225G Plain flour.
- 1 Teaspoon salt.
- 11 Teaspoon baking soda.
- 50G Mixed seeds.
- 25G Butter
- 400Ml buttermilk.

DIRECTIONS

1. Preheat the oven to 220 degree.
2. Sift together the flours, salt, and baking soda in a large bowl and mix in the seeds. Add the butter and rub into the flour mixture with your fingertips until it resembles breadcrumbs. Make a well in the centre.
3. In another bowl, whisk the egg with the buttermilk and pour most the liquid into the flour mixture. Using one hand bring the flour and liquid together, adding more of the buttermilk mixture, if necessary, the dough should be quite soft, but not sticky.
4. Turn on to the floured work surface and gently bring the dough together into a round about 4cm thick.
5. Bake for 15mins. Turn down the heat to 200 degree and bake for 30mins more. When done, the loaf will sound slightly hollow when tapped on the bottom.
6. Remove from the baking sheet and place on a wire rack to cool.



PLAIN/ FRUIT SCONES

by ELHUSSEIN SHARIF

SERVINGS: 2

INGREDIENTS

- 350g/12oz Self Raising Flour.
- Pinch of Salt.
- 50g/2oz Caster Sugar/granulated sugar.
- 75g/3oz Butter or Margarine (room temperature.)
- 300ml/1/2pt Milk (approx.)
- Raspberry Jam.
- Whipped Cream.

DIRECTIONS

1. Preheat oven to 200'C/400'F/Gas 6. Dust flat baking tray with flour.
2. Sieve the flour and salt into a bowl, and then stir in the sugar. Rub in butter/margarine with tips of fingers liftings ingredients to introduce air to the mix. Mixture should resemble breadcrumbs.
3. Add sufficient milk to create soft dough.
4. Turn onto a floured board and gently knead to remove any cracks.
5. Roll out lightly to 3cm/1" in thickness. Cut into scones with a cutter 8cm/3" dipped in flour.
6. Preheat baking sheet/tray while cutting the scones.
7. Bake on upper shelf position for 10-15 mins approx, until risen and golden brown.
8. Cool on a wire tray. Serve with whipped cream and jam.
9. 50g(2ozs) sultanas can be added at step 2 for fruit scones.



CHICKEN GOUJONS

By Yusuf Mohamed Adle

SERVINGS: 2

INGREDIENTS

- 3 tbsp plain flour
- 1 ½ tsp smoked paprika, plus extra for sprinkling
- 2 eggs
- 150g rice snaps or krispies, lightly crushed
- 600g chicken breasts, cut into 1 cm strips
- 1½ tbsp olive oil
- 600g carrots, peeled and cut into thin 'fries'
- 350g frozen sliced green beans
- 100g low-fat Greek-style yogurt
- ½ lemon, juiced

METHOD

1. Preheat the oven to gas 6, 200°C, fan 180°C. Place the flour and paprika in a bowl; season. Beat the eggs in a second bowl and put the rice snaps into a third.
2. Lightly dust the chicken strips in the flour, then dip in the egg, before coating in the rice snaps. Put onto a lined baking tray and drizzle with half the oil.
3. Place the carrots on a second tray, drizzle with the remaining oil and season. Put the chicken tray in the oven with the carrot tray underneath. Bake both for 20 mins, turning halfway through the cooking time, until the chicken is cooked through and the carrots are tender and turning golden.
4. Meanwhile, bring a pan of water to the boil and cook the beans according to the pack instructions. Mix the yogurt with the lemon juice; season to taste.
5. To serve, divide the goujons, carrot fries and beans between 4 plates. Sprinkle a little paprika over the goujons. Add dollops of the yogurt dip to each plate.



CRISPY OVEN BAKED CHICKEN GOUTONS

A recipe by Mohamed Islam Khorief

SERVINGS: 2

INGREDIENTS

- 120 g breadcrumbs
- 500 g chicken breasts
- 2 large eggs
- 60 g plain flour
- 1 tsp paprika
- Pepper + salt
- olive oil for drizzling

DIRECTIONS

1. Preheat the oven to 200 c .
2. Cut the chicken into the strips -finger width
3. Mix the flour seasoning +spices in a bowl .
4. Beat eggs in a separate bowl
5. In a third bowl place breadcrumbs
6. Coat the chicken pieces in flour pass through the egg mixture and then into the crumbs
7. Place the coated chicken onto a lined baking tray and drizzle with oil
8. Finally, place into the pre heated oven and bake for 15-20 minutes



PLAIN/ FRUIT SCONES

*A recipe by ABUTALIB MOHAMED
SALIH*

SERVINGS: 2

INGREDIENTS

- 350g/12oz self raising flour.
- . 50g/2oz caster sugar
/granulated sugar.
- .75g/3oz butter or
margarine(room
temperature.)
- 300ml/1/2pt milk (approx.)
- .raspberry jam.
- . whipped cream.

DIRECTIONS

1. Preheat oven to 200c/400F/gas6 .
2. Sieve the flour and salt into bowl, and then stir in the sugar.
rub in butter/margarine with tips of fingers lifting ingredients to
introduce air the mix mixture should resemble breadcrumbs.
3. Add sufficient milk to create soft dough
4. Turn onto a floured board and gently knead to remove any
cracks.
5. Roll out lightly to 3cm/1 in thickness. Cut into scones with a
cutter 8cm/3 dipped in flour.
6. Preheat baking sheet /tray while cutting the scones.
7. Bake on upper shelf position for 10-15 mins approx., until risen
and golden brown.
8. Cool on a wire tray. serve with whipped cream and jam.
9. 50g (2ozs) sultanas can be added at step 2 for frit scones.



PLAIN FRUIT SCONES

A recipe by Abdihakim

SERVINGS: 2

INGREDIENTS

- 350g/12oz self raising flour
- pinch of salt
- 50g/2oz caster sugar/ granulated sugar
- 75g/3oz butter or margarine {low temperature}
- milk
- Raspberry jam
- Whipped cream

DIRECTIONS

1. Preheat oven to 200 degree /400 degree F/ Gas 6. Dust flat baking tray with flour.
2. Sieve the flour and salt into bowl and then stir in the sugar, rub in butter/margarine with tips of finger lifting ingredients to introduce air to the mix .
3. Add sufficient milk to create soft dough.
4. Turn onto floured board and gently knead to remove any cracks,
5. Roll out lightly to 30cm thickness, cut into scones with a cutter 8cm/3 dipped in flour.
6. Preheat baking sheet/ tray while cutting the scones
7. Bake on upper shelf position for 10 to 15 min approx., until risen and golden brown
8. Cool on a wire tray and serve with whipped cream and jam.
9. 50g{2ozs} sultanas can be added at step 2 for fruit scones



BROWN SODA BREAD

By Hussein Mohamud Ibrahim

SERVINGS: 2

INGREDIENTS

- 300g/7oz cream plain flour
- 250g/9oz coarse wholemeal flour
- 1 teaspoon bread soda
- 1 level teaspoon salt
- 1 teaspoon cream of tartar
- 1 tablespoon wheat bran
- 25g/1oz butter or margarine
- 1 egg beaten
- 12-14fl oz /350-400ml buttermilk

DIRECTIONS

1. Preheat the oven to 210c/425f/gas7. Lightly grease a 19cm/8inch deep cake tin or two 900g/2lb loaf tins.
2. Sieve the cream flour, salt, bread soda and cream of tartar into a bowl.
3. Add the wholemeal and wheat bran and mix well.
4. Rub in the butter/margarine, mix the egg and buttermilk together and add sufficient liquid to the dry ingredients, mix to a soft dough.
5. Turn onto a floured board and knead place into the prepared tin or tins and cut a cross on top.
6. Bake for 15min then reduce heat to 190degree/375f/gas5 for a further 30min
7. When cooked it should have a hollow sound when tapped underneath



PLAIN/ FRUIT SCONES

A recipe by Thato Montse

INGREDIENTS

- 350g Self Raising flour
- Pinch of salt
- 50g caster sugar
- 75g butter
- 300ml milk
- Raspberry jam
- Whipped cream

METHOD

1. Pre heat oven 200 degree C /400 degree F/ gas 6. Dust flat baking tray with flour
2. Sieve the flour and salt in to a bowl, and then stir in the sugar, rub in butter with tips of fingers lifting ingredients to introduce air to the mix.
3. Add sufficient milk to create soft dough
4. Turn on to a floured board and gently knead to remove any cracks.
5. Roll out lightly to 3cm in thickness. Cut into scones with a cutter 8cm dipped in flour
6. Preheat baking sheet/ tray while cutting the scones.
7. Bake on upper shelf position for 10 mins approx. until risen and golden brown
8. Cool on a wire tray. Serve with whipped cream and jam.
9. 50g(20zs) sultanas can be added at step 2 for fruit scones



CRISPY OVEN BAKED CHICKEN GOUTONS

A recipe by Solomon Arkorful

SERVINGS: 2

INGREDIENTS

- 500g chicken breast
- 120g breadcrumbs
- 60g plain flour
- 2 large eggs
- 1 tsp paprika
- Salt and pepper
- Olive oil for drizzling.

DIRECTIONS

1. Preheat the oven to 200°C.
2. Cut the chicken into stripes (Finger width).
3. Mix the flour, seasoning and spices in a bowl.
4. Beat the eggs in a separate bowl.
5. In a third bowl, place breadcrumbs.
6. Coat the chicken pieces in flour, pass through the egg mixture and then into the crumbs.
7. Place the coated chicken onto a lined baking tray and drizzle with oil.
8. Finally place into the pre heated oven and bake for 15 - 20 minutes.



BASIC TOSSED SALAD

By Rebiai Chabout

INGREDIENTS

- 2 hearts romaine lettuce
- 2 small plum tomatoes - diced
- 1 kirby cucumber or 1/4 european seedless cucumber
- 1 small yellow onion or 1/2 red onion - chopped
- 1 carrot, peeled and shredded
- 1/4 cup extra virgin olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon sugar
- salt
- pepper

DIRECTIONS

1. Place salad greens in a salad bowl and top with tomatoes ,cucumbers onion and carrot
2. Place vinegar and sugar in a small plastic container
3. Put the lid on the container and shake dressing until sugar dissolves, pour dressing over salad.
4. Season salad with salt and pepper to taste and toss to combine



COTTAGE PIE

By Mohand

SERVINGS: 2

COOKING TIME: 30 MIN

INGREDIENTS

- 450g minced beef
- pepper
- salt
- 1 onion
- 2 carrots
- 3 mushrooms
- broccoli florets
- frozen peas
- vegetable/beef stock
cubes
- potatoes {5kg}
- milk

DIRECTIONS

1. Preheat the oven 180c
2. Put the minced meat in a frying pan. add pepper and salt if desired.
3. Fry the meat until browned and then drain off the excess fat from the pot.
4. Peel the vegetables and chop finely. add these to the cooked meat , along with the broccoli and peas
5. Add the stock to the meat mixture
6. Bring to the boil, stirring all the time
7. Put the mixture into a casserole dish
8. Mash the cooked potatoes with a little milk.
9. Spoon on top of the meat and vegetable mixture, smooth the top
10. Bake in the preheated oven until golden brown approx.30-40 mins



COTTAGE PIE

A recipe by Neyaz Gull Dawoodzai

SERVINGS: 2

INGREDIENTS

- 450g minced beef or lamb
- pepper
- salt
- 1 onion
- 2 carrots
- 3 mushrooms
- broccoli florets
- frozen peas
- vegetable/beef stock cubes
- potatoes [5kg]
- milk

METHOD

1. Preheat the oven to 180c
2. Put the minced meat in a frying pan, add pepper and salt if desired
3. Fry the meat until browned and then drain off the excess fat from the pot
4. Peel the vegetables and chop finely, add these to cooked meat along with the broccoli and peas
5. Add the stock to the meat mixture
6. Bring to the boil stirring mixture all the time
7. Put the mix into a casserole dish
8. Mash the cooked potatoes with a little milk
9. Spoon on top of the meat and vegetable mixture, smooth the top
10. Bake in the preheated oven until golden brown (approx. 30-40 mins)



VEGETABLE SOUP

By Fares Lardjane

SERVINGS: 2

INGREDIENTS

- 300g mixed veg (carrots, leeks, celery, onions, turnips potatoes, celery)
- 50g plain flour
- 1 litre water
- 1 chicken/vegetable stock cube
- Bouquet garni
- Salt and pepper

METHOD

1. Peel, wash and chop all vegetables
2. Melt margarine in base of pot
3. Add prepared vegetables and cook over a gentle heat with lid on to sweat off without colour
4. After 5 minutes remove pot from heat and add flour
5. Immediately return to a gentle heat to allow flour to cook out completely ensuring to keep it stirred to avoid sticking to base of pot
6. Next add the stock little by little mixing as you add
7. Bring to boil and simmer until veg is fully cooked (approx.25-30 minutes)
8. When cooked remove bouquet garni and liquidise
9. Finish with cream if desired and serve in a warm soup bowl with choice homemade bread/scones



VEGETABLE SOUP

A recipe by Islam Saib

SERVINGS: 2

INGREDIENTS

- 300g mixed veg
(carrots, leeks, celery,
onion, turnips,
potatoes, celery)
- 50g plain flour
- 1 litre water
- Chicken\vegetable
stock cube
- Bouquet garni
- Salt and pepper

DIRECTIONS

1. Peel, wash and chop all vegetables roughly
2. Melt margarine in base of pot
3. Add prepared vegetables and cook over a gentle heat with lid on
4. After 5 min remove pot from heat and add flour
5. Immediately return to a gentle heat to allow flour to cook out completely, ensuring to keep it stirred to avoid sticking to base of pot
6. Next add hot stock, mixing as you add
7. Bring to boil and simmer until veg is fully cooked - approx 25-30 mins
8. When cooked remove bouquet garni and liquidise
9. Finish with cream if desired and serve in a warm soup bowl with choice of homemade bread or scones



ROAST CHICKEN

A recipe by Abdelhak Bedrane

INGREDIENTS

- One 2- to 3-lb. farm-raised chicken, giblets removed and discarded
- Kosher salt, freshly ground black pepper
- 2 tsp. finely chopped thyme (optional)
- Unsalted butter

DIRECTIONS

1. Preheat oven to 450°. Rinse the chicken, then pat dry with paper towels, inside and out.
2. Season chicken cavity with kosher salt and freshly ground black pepper, then wrap a long piece of kitchen string around the drumsticks at the “ankles” in a figure-eight and pull it tight.
3. Now, salt the chicken. When it’s cooked, you should still be able to make out the salt granules on the crisp baked chicken skin. Season to taste with freshly ground black pepper.
4. Arrange chicken breast side up in a sauté pan or roasting pan. When oven is up to temperature, put chicken in the oven.
5. Add the 2 tsp of finely chopped thyme, to pan. Baste chicken with pan juices and thyme, then transfer to a cutting board and let chicken rest for 15 minutes.
6. Remove kitchen string. Cut breast down the middle and serve it on the bone, with one wing joint still attached to each.



CHICKEN BIRYANI

A recipe by Aminur Rahman

INGREDIENTS

- 2 tbsp sunflower oil
- 1 large onion, chopped
- 4 chicken breasts
- 1 lemon, juice only
- 2 tsp garam masala
- 1 tsp chilli powder
- 2g (1 tsp) salt
- 300g (10oz) basmati rice
- 1 garlic clove, crushed
- 2.5cm piece fresh ginger, grated
- 850ml (1 1/2 pints) hot chicken stock
- 3 tbsp chopped fresh coriander

DIRECTIONS

1. Heat the oil in a large saucepan over a low heat. Add the onion, cover and cook for 10 minutes until softened.
2. Cut the chicken into bite-size pieces, tip into a bowl, and add the lemon juice, garam masala, chilli powder and salt. Stir well to coat.
3. Rinse the rice several times in cold water, until the water runs clear. Add the garlic and ginger to the onion and cook for 2 minutes, then add the chicken pieces and cook for a further 2 minutes, stirring constantly.
4. Add the rice and hot stock to the pan, stir well then bring to the boil. Cover with a tight-fitting lid, reduce the heat slightly and cook for 5 minutes. Turn off the heat and leave the pan for 10 minutes to allow the rice to finish cooking in the steam. Do not remove the lid. Stir through the coriander and serve immediately.



FISH AND GARLIC POTATOES

By Abdifatah Hassan Tahir

INGREDIENTS

- 1 pound new potatoes, cut into wedges
- 4 tablespoons extra virgin olive oil
- 4 or 5 fresh rosemary sprigs
- 4 whole garlic cloves, peeled
- Fine sea salt
- Black pepper
- A 2-pound fillet from a firm-fleshed fish, such as grouper, striped bass, red snapper, or mahi mahi
- 2 tablespoons fine, dry, unflavored bread crumbs

DIRECTIONS

1. Turn on the oven to 200°C.
2. Place the potato wedges in the baking dish, pour 2 tablespoons of the olive oil over them, add 2 sprigs of rosemary, all the garlic cloves, and salt, and pepper. Toss thoroughly. Put the dish in the preheated oven.
3. After 15 minutes, remove the dish to turn the potatoes over, then put it back in the oven. Cook until the potatoes feel tender when tested with a fork.
4. Push the potatoes to the sides, making room in the centre for the fish fillet to lie flat.
5. Wash the fish fillet, pat it dry with paper towels, and lay it flat in the dish, skin side down. Strip the leaves from the remaining rosemary sprigs, scatter them over the fish, add salt and pepper, and sprinkle the bread crumbs and the remaining 2 tablespoons olive oil over the fillet. Return the dish to the oven and bake for 14 minutes.
6. Let the dish settle out of the oven for 3 to 4 minutes before bringing it to the table.



BEEF BURGERS

By Alsadik

INGREDIENTS

- ½ tbsp olive oil
- 1 onion, peeled and finely chopped
- 1 x 500g pack Beef Steak Mince 15% fat
- 1 tsp mixed dried herbs
- 1 egg, beaten
- 4 slices mature Cheddar (optional)
- 4 white rolls
- A few lettuce leaves, torn
- 1 beef tomato, sliced
- Ketchup, to serve (optional)

DIRECTIONS

1. Heat the olive oil in a frying pan, add the onion and cook for 5 minutes until softened and starting to turn golden. Set aside.
2. In a bowl, combine the beef mince with the herbs and the egg. Season, add the onions and mix well. Using your hands, shape into 4 patties.
3. Cook the burgers on a preheated barbecue or griddle for 5-6 minutes on each side. While the second side is cooking, lay a slice of cheese on top to melt slightly (if using).
4. Meanwhile, lightly toast the cut-sides of the buns on the barbecue. Fill with the lettuce, burgers and tomato slices. Serve with ketchup, if you like.



BROWN BREAD

By Abderrazak

INGREDIENTS

- 225G Whole meal flour.
- 225G Plain flour.
- 1 Teaspoon salt.
- 11 Teaspoon baking soda.
- 50G Mixed seeds.
- 25G Butter
- 400Ml buttermilk.

DIRECTIONS

1. Preheat the oven to 220 degree.
2. Sift together the flours, salt, and baking soda in a large bowl and mix in the seeds. Add the butter and rub into the flour mixture with your fingertips until it resembles breadcrumbs
3. In anther bowl, whisk the egg with the buttermilk and pour most the liquid into the flour mixture. using one hand with your fingers outstretched like a claw, bring the flour and liquid together, adding more of the buttermilk mixture, if necessary, the dough should be quite soft, but not sticky.
4. Turn on to the floured work surface and gently bring the dough together into a round about 4cm thick. Cut a deep on top and place on a baking sheet.
5. Bake for 15mins. Turn down the heat to 200 degrees and bake for 30 more. When done, the loaf will sound slightly hollow when taped on the bottom.
6. Remove from the baking sheet and place on a wire rack to cool.



TAJINE ZITOUNE

By Ismail Belmoudaa

INGREDIENTS

- 1 whole chicken cut into 8 to 10 portions
- 4 tbsp chopped parsley
- 4 medium carrots sliced
- 1 medium onion finely chopped
- 4 garlic cloves finely chopped
- 1 tbsp lemon juice
- 1 tsp turmeric
- 1/4 tsp ginger powder
- 2 tbsp olive oil
- 1 cup of green pitted olives or pimento stuffed olives
- 1 tsp salt or to taste
- 1/2 tsp pepper

DIRECTIONS

1. In a saucepan over medium heat, put olive oil.
2. Add onion, garlic, and chicken pieces.
3. Season with salt, pepper, ginger and turmeric.
4. Add lemon juice and 2 tablespoons chopped parsley.
5. Sauté the chicken with the vegetables for about 10 minutes.
6. Add carrots and hot water (the water should cover the chicken).
7. Let cook for about 20 minutes on medium to medium low until the chicken is tender.
8. In meanwhile, boil the olives in water for 5 minutes. Rinse, drain and set aside.
9. Once the chicken is tender, toss in the green olives and let cook with the chicken for about 10 minutes.
10. Take out the chicken pieces from the sauce and brown them in 1 tablespoon butter or olive oil (this step is optional).
11. Check the seasoning, then turn off the heat. Sprinkle with the remaining chopped parsley (optional).
12. Serve the chicken in the sauce with bread.

THANK YOU!



شكرا جزىلا

ڊيره مننه

MEDASI

DJONNOBUD

MERCI BEAUCOUP

AZUL FALAWAN

VIELEN DANK

THANMIRTH NWEN

KE A LEBOHA HO MENAHANE

WADA MAHADSANTAHAY

SIYABONGA KAKHULU