

Women's CULTURAL COOKERY

Recipes

November - December 2020



Sabanekh Wa Jibneh

Spinach and Cheese Parcels

Ingredients

- 250 grams of spinach washed, dried, and roughly chopped
- a small bunch of dill, chopped
- a small bunch of fresh chives, chopped
- a bunch of fresh harshly chopped
- 500grams feta, crumbled
- 2 eggs beaten
- 1 x 400g chilled packet of filo pastry
- 150g butter, melted
- 1 teaspoon ground nutmeg
- salt and pepper

Directions

- Preheat oven to 200c fan or 240c conventional or gas mark 9
- Put the spinach and herbs in a bowl. Add feta, egg, nutmeg, and seasoning and mix well. Set aside.
- Take three sheets of filo pastry and brush each one with melted butter then layer them together with the long edge facing you. Place a tablespoon of mixture about 10 cm along the edge of the filo leaving 5 cm at each end. Tuck the two ends over the mixture then gently roll into a long sausage shape until you get to the end.
- Carefully twist the roll into a snail shape. Repeat with all the filo until the filling is finished and place each one in an oiled baking tray or a tin lined with parchment paper. Brush rolls with melted butter.
- Bake for 20-25 mins or until they have turned brown
- Serve warm

Palestinian Red Lentil and Squash Soup with Za'atar Croutons

Ingredients (serves 10)

For the soup:

- Small butternut squash, peeled and cut into 1-inch pieces
- Olive oil
- 2 onions, finely chopped
- 4 garlic cloves, crushed
- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- ½ teaspoon ground cinnamon
- ¾ cup dried red lentils, rinsed
- 3 cups vegetable or chicken stock
- Juice of ½ lemon
- Sea salt and freshly ground black pepper

For the toppings:

- 2 slices stale bread
- 2 tablespoons za'atar
- Extra-virgin olive oil
- Chopped parsley

Directions

- Preheat the oven to 400°F
- Place the butternut squash on a baking sheet and drizzle with cooking oil. Toss the chunks so they are evenly coated in the oil, then roast for 20 to 30 minutes, until they are soft.
- Heat 3 tablespoons cooking oil in a large saucepan, add the onions and fry for 10 minutes over a medium heat. Add the garlic, reduce the heat and cook for another few minutes.
- Meanwhile, toast the cumin and coriander seeds by stirring them in a dry pan over a low heat for a minute until their aromas are released add them and the cinnamon to the saucepan with the softened onions. Fry the spices for a few minutes.
- Add the lentils and 1 quart of just-boiled water. Cover and simmer the soup.
- Once the lentils have softened, add the squash, stock, lemon juice, 1 teaspoon salt, and 1/2 teaspoon pepper. Leave to simmer for another 10 minutes.
- Once the lentils are fully cooked, take the pan off the heat and blend the soup with a hand-held blender (optional). Taste and adjust the seasoning to your preference.
- To make the croutons, roughly chop the bread into 1-inch chunks. Heat 3 tablespoons of cooking oil in a frying pan and, once it is very hot, add the bread and sprinkle over the za'atar. Fry the bread, stirring frequently, until it is toasted and crunchy. Place the croutons on a paper towel to soak up any excess oil.
- To serve, ladle the soup into warmed bowls, top with the croutons and finish with a drizzle of extra-virgin olive oil and a sprinkling of chopped herbs

Borscht

Ingredients

- 3 medium beets peeled and grated
- 4 Tbsp olive oil divided
- 8 cups chicken broth/vegetable stock + 2 cups water
- 3 medium potatoes peeled and sliced into bite-sized pieces
- 2 carrots peeled and thinly sliced
- 2 celery sticks trimmed and finely chopped
- 1 small red bell pepper finely chopped, optional
- 1 medium onion finely chopped
- 4 Tbsp ketchup
- 1 can white cannellini beans with their juice
- 2 bay leaves
- 2-3 Tbsp white vinegar or to taste
- 1 tsp sea salt or to taste
- 1/4 tsp black pepper freshly ground
- 1 large garlic clove pressed
- 3 Tbsp chopped dill

Directions

Peel, grate and/or slice all vegetables In a large soup pot over medium/high heat and add 2 Tbsp olive oil. Add grated beets and sauté for 10 minutes, stirring occasionally until beets are softened.

Add 8 cups of stock and 2 cups of water. Add sliced potatoes and sliced carrots then cook for 10-15 minutes or until easily pierced with a fork.

While potatoes are cooking, place a large pan over medium/high heat and add 2 Tbsp oil. Add chopped onion, celery, and bell pepper. Saute stirring occasionally until softened and lightly golden (7-8 minutes). Add 4 Tbsp Ketchup and stir fry 30 seconds then transfer to the soup pot to continue cooking with the potatoes.

When potatoes and carrots reach desired softness, add 1 can of beans with their juice, 2 bay leaves, 2-3 Tbsp white vinegar, 1 tsp salt, 1/4 tsp black pepper, 1 pressed garlic clove, and 3 Tbsp chopped dill. Simmer for an additional 2-3 minutes and add more salt and vinegar to taste

Baked Ukrainian Cheesecake

Ingredients

- 100gs butter, melted
- 500g Polish twarog or cottage cheese
- 3 eggs
- 100grams semolina
- 100g plain flour or yellow cornmeal
- 1 teaspoon of vanilla extract
- 2 tablespoons raisins or sultans

Directions

- Preheat oven to 180c/325F/Gas Mark 4.
Brush a loaf tin with melted butter
- Mix all ingredients together in a bowl and let mixture stand for 15 minutes to allow the semolina to absorb the moisture
- Pour the batter into the greased tin and bake for an hour or until the cake is firm and forms a golden crust on top.
- Let cool in the tin for 15 minutes, then serve out

Georgian kidney bean salad

Ingredients

- ¼ teaspoon fenugreek seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 3 tablespoons sunflower oil
- 1 small onion finely sliced
- 1 400g tin red kidney beans drained and rinsed
- 1 teaspoon apple or sherry vinegar
- ½ teaspoon brown sugar
- ½ bunch coriander chopped
- 2 sprigs parsley chopped
- 2 sprigs dill chopped
- Salt and pepper

Directions

- Heat in a small dry frying pan the fenugreek, coriander, and fennel seeds until fragrant then crush them with a sprinkle of salt using a mortar or pestle
- Heat 2 tablespoons of sunflower oil in a frying pan. Add the sliced onion and cook over a medium heat, stirring from time to time for 15 minutes until they turn a soft brown colour. Add the beans and warm through.
- Mix together the remaining oil, vinegar, sugar, and crushed spices and herbs, season with salt and pepper in a bowl. Stir this through the beans and serve.

Lesley's Gran's Shortbread

Ingredients

- 200g soft margarine (stork or other soft baking marg)
- 100g icing sugar
- 100g cornflour
- 200g plain flour

Directions

- preheat oven to 180 degrees (160 degrees fan oven)
- thoroughly mix/cream together sugar and margarine.
- sieve flours together and add a bit at a time to margarine as well as sugar, mixing well.
- turn out mixture onto floured surface, scraping it all out of the bowl and knead till smooth.
- divide the mixture into 4 pieces and roll out 1 at a time using pastry cutters to cut shapes and place on a baking sheet.
- gather all the trimmings together and knead together, roll out and cut into shapes, and place on a baking sheet.
- bake for 12-20 minutes - depending on size and thickness.
- place shortbread on a cooling rack and sprinkle with caster sugar.

Scotch Broth

Ingredients

- 200g broth mix soaked overnight in plenty of cold water
- 500g carrots diced
- 1 large onion roughly chopped
- 2 sticks celery diced
- 1 tablespoons oil
- 2.5 litres vegetable stock
- 200g chopped kale
- salt and freshly ground black pepper

Directions

- Heat the oil in a large pan or pressure cooker.
- Add the onions and cook on a medium heat for 2-3 minutes
- Add the celery and carrots and cook them with the onion for a further 3-4 minutes.
- Add the broth mix and stock, season with salt and freshly ground pepper.
- If using a pressure cooker, cook on low pressure for 25 minutes.
- If cooking without pressure, simmer gently for approximately 40 minutes or until the grains and pulses are soft.
- Add the kale and leave to cook in the residual heat of the soup for at least 10 minutes before serving.
- Check seasoning and adjust as required.

Scottish Rumbledethumps

Ingredients

- 600g mashing potatoes (peeled, boiled, and mashed or leftovers)
- 400g swede or turnip (peeled, boiled and mashed or leftovers)
- 75g butter (unsalted)
- 250g Savoy cabbage or kale (finely sliced)
- Optional: salt and pepper
- 25g Cheddar cheese (grated)

Directions

- Preheat the oven to 350 F/180 C/Gas 4.
- Place the mashed potato and swede into a large mixing bowl and put to one side.
- Melt 2 oz./50g of the butter in a frying pan, add the finely sliced cabbage or kale and cook gently for minutes until softened but not brown.
- Add the cabbage or kale to the bowl of potato and swede, add the remaining butter, and mash together thoroughly. Season with salt and pepper to taste.
- Place the mashed vegetables in an ovenproof baking dish, sprinkle the cheese on top, cover with a lid or aluminum foil and bake in the oven for about 30 minutes or until heated right through.
- Remove the lid and cook for a further 5 mins or until golden brown and if possible a little crispy on the top.
- Serve piping hot as a side dish with a casserole, pie or any hearty foods.

Tofu Stir fry

Ingredients

- For the tofu stir fry
- 400g firm tofu drained and cubed
- 100g (cup of broccoli), chopped
- 1 medium carrot, julienned
- ½ red bell pepper, thinly sliced
- ½ red onion, thinly sliced
- 2 cloves of garlic, crushed
- 1-inch piece of ginger root (about 2.5 cm)

For the sauce:

- 190ml vegetable stock or water
- 4 tablespoons soy sauce
- 2 teaspoons sugar
- 2 teaspoons cornflour

Directions

- Cook the tofu cubes in a wok with a little bit of oil over medium-high heat until all the sides are golden brown. Remove the tofu from the wok and set aside.
- Add the veggies and cook them over high heat with a little bit of oil for 2-3 minutes, stirring frequently.
- Mix all the sauce ingredients in a bowl until well combined, and set aside.
- Add the tofu and the sauce to the wok, stir and cook for 1-2 minutes or until the sauce thickens.
- Try the stir fry and add some salt if needed.

Vegetarian Spring Rolls

Ingredients

- 1 1/2 tablespoons oil
- 2 cloves garlic crushed
- 1 small cabbage, finely shredded
- 1 carrot, finely shredded
- 6 long or green beans, finely chopped
- A handful of bean shoots
- Salt to taste
- Sugar to taste
- Ground white pepper
- 1 pack of frozen wonton wrappers
- Oil, for deep frying

Sealing Paste:

- 2 tablespoon cornflour
- 5 tablespoons water

Directions

- Heat oil in a wok and stir fry the garlic until aromatic. Add cabbage, carrot and long beans, after a few minutes add the bean shoots. Season with salt, sugar, pepper, and cook for 2 more minutes. Allow to cool.
- To assemble the spring rolls, lay a spring roll wrapper on a clean cutting board. Put some filling in the middle and add some diced bean curd on top of the filling. Fold in the two sides and roll up the wrapper tightly to form the spring rolls. Seal the spring roll with the sealing paste and deep fry them over medium heat until golden brown. Drain the spring rolls on paper towels and serve them with chilli sauce.