

Women's CULTURAL COOKERY

Recipes

February - March 2021



Cuban Arroz con Leche Recipe

Ingredients

- 1 cup Arborio Rice (use regular short grain rice if absolutely necessary)
- 2 cups water
- 1/2 lemon rind
- 1 can evaporated milk (12 ounces)
- 1 can sweeten condensed milk (14 ounces)
- 2 sticks cinnamon sticks, plus more for garnish
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt

Directions

In a saucepan over medium heat add water, rice, cinnamon sticks and lemon rind to a boil. Reduce heat once boiling to low and cover. Simmer for 10 to 15 minutes, or until rice is tender and plump.

Remove lemon rind with a slotted spoon. Over low heat, add evaporated and condensed milk. Stir constantly to thoroughly combine.

Add salt and vanilla extract. Continue to cook on low heat for 7-10 minutes, or until the pudding thickens to desired consistency.

Remove from heat and serve immediately. Or, store in the fridge in an air-tight container.



Sopa de Abóbora e Coco (Pumpkin and sweet potato soup)



Ingredients

- 1 medium butternut squash/pumpkin
- 2 tablespoons vegetable oil
- 2 tablespoons butter
- 1 onion
- 1 large sweet potato
- 1 tablespoon light brown sugar
- 1 teaspoon cumin
- 1 teaspoon chile pepper (or 1 tablespoon fresh minced chile pepper)
- 1/4 teaspoon cinnamon
- 4 cups chicken stock
- 1 cup coconut milk
- Juice of 1 lime
- 2 cups spinach leaves
- Salt and pepper to taste

Directions

Peel butternut pumpkin, then cut in half lengthwise and remove seeds

Chop squash into small cubes. Peel and dice onion. Peel the sweet potato and chop into small cubes. Wash spinach, dry thoroughly and roll it up tightly in a bunch. Slice spinach crosswise to make thin ribbons.

Place vegetable oil and remaining 1 tablespoon of butter in a heavy pan over medium heat. Add the chopped onion and cook, stirring, until onion is soft and fragrant.

Add the squash, sweet potatoes, cumin, cinnamon, and sugar to the pan and cook, stirring often until vegetables are lightly browned.

Add the chicken stock, season with salt and pepper, then simmer vegetables over low heat until they are tender (about 15 minutes).

Once pumpkin and sweet potatoes are cooked through, use a slotted spoon to transfer the vegetables to a blender (reserve cooking liquid). Add coconut milk and lime juice to the blender and process until it's smooth.

Add blended mixture back to the soup and whisk gently over low heat until evenly heated through. Stir in spinach ribbons and heat for 1 minute more. Season with salt and pepper to taste.

Moroccan Couscous with Chickpeas



Ingredients

- 1 tablespoon olive oil
- 1 shallot or small onion finely diced
- 1 teaspoon ras el hanout seasoning
- 2 garlic cloves, minced
- 1 cup chicken or vegetable stock
- 1 cup couscous
- 1/2 cup golden raisins
- 1/2 cup diced dried apricots
- 1 can chickpeas, drained and rinsed
- 2 tablespoons finely chopped fresh mint
- 2 tablespoons finely chopped fresh coriander

Directions

In a large pan add olive oil over medium heat.

When the oil is hot add the shallot and ras el hanout. Saute until the shallot starts to soften but not brown.

Add in the garlic and saute for another 30 seconds.

Pour in the stock, turn the heat to high and bring the stock to a boil.

When the stock is boiling, take the pan off the heat and add in the couscous, raisins and apricots and stir to combine.

Add a lid to the pan and let sit for about 10 minutes.

Remove the lid, fluff the couscous, stir in the chickpeas, fresh mint and coriander

Vegetable tagine



Ingredients

- 2 tablespoons olive oil
- 1 medium yellow onions, peeled and chopped
- 1 head of garlic peeled and chopped
- 1 carrots, peeled and chopped
- 1 potatoes, peeled and cubed
- 1 sweet potato, peeled and cubed
- 1 small aubergine peeled in stripes lengthways then chopped
- Salt
- 1 tablespoon Harissa spice blend
- 1 teaspoon ground coriander
- 1 cinnamon
- ½ teaspoon turmeric
- 1 can tinned tomatoes
- 1 handful of chopped dried apricot
- 1 litre vegetable stock
- juice of 1 lemon
- Handful fresh parsley leaves

Directions

In a large heavy pan heat olive oil over medium heat. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.

Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.

Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.

Add tomatoes, apricot and stock.

Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.

Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.

Somali Rice Pilaf (Bariis Maraq)

Ingredients

- 1 tablespoon oil
- 1 small onion chopped
- 1 large garlic clove finely chopped
- 1 cinnamon stick
- 1 teaspoon (5 ml) Xawaash (see below)
- ½ teaspoon ground cardamom
- 5 Cloves
- 1 litre vegetable stock
- extra stock cube/1 teaspoon of vegetable seasoning
- 2 cup basmati rice
- a few drops food colouring (red) – Add ½teaspoon water (optional)
- a few drops food colouring (orange) – Add ½teaspoon water (optional)

Directions

Wash and soak rice for 30 minutes.
Saute the onion in the oil until soft.
Add the garlic and stir well. Add the cinnamon stick, Xawaash seasoning mix (if using), ground cardamom and the cloves. Stir well after each addition.
Add the stock.
Add stock cube/seasoning
Add the soaked rice. Stir well and bring to a boil.
Cover and cook on low heat for 10 minutes.
After the 10 minutes, stir well, then cover and cook for another 10 minutes.
Add the food colouring.
Cover and cook on very low heat for 5 minutes.

Xawaash

Ingredients

- 1 tablespoons cumin seeds
- 1 tablespoons coriander seeds
- 1 tablespoon peppercorns
- 1 teaspoons green cardamon pods
- ½ teaspoon cloves
- 2 teaspoons Ginger powder
- 1 tablespoon turmeric
- 1 stick cinnamon broken

Directions

Put all the spices in a pan and dry cook them until fragrant, about 3-4 minutes.

Put all the mixture into a mortar and pestle and grind till it's a powder.

Store in airtight jar.

Digaag Qumbe (Yogurt-Coconut Chicken)

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Ingredients

- 1 large tomato roughly chopped
- 1 red bell pepper, seeds and membranes removed, coarsely chopped
- 1 red chilli seeds removed and coarsely chopped
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 large garlic cloves, finely chopped
- ½ tablespoon thumb sized fresh ginger, peeled, finely chopped
- ½ tablespoon curry powder
- ½ tablespoon cumin
- ½ teaspoon turmeric
- ½ teaspoon of ground cardamom
- salt
- 1 tablespoon plain yogurt
- ½ tablespoon tomato paste
- 1 medium potato, peeled, cut into small cubes
- 1 medium carrot, peeled, cut into thin coins
- 1lb. skinless, boneless chicken thighs, cut into small pieces
- 1 can coconut milk
- handfull of chopped coriander



Directions

Blend tomatoes, bell pepper, and chilli in a blender or food processor until almost smooth; set aside. If you do not have a blender chop very finely

Heat oil in a large pot over medium heat. Add onion for a few minutes, then add garlic and cook, stirring often, until beginning to soften. Add ginger, cumin, curry powder, turmeric, and cardamom; season generously with salt. Cook, stirring, until very fragrant, about 1 minute.

Add tomato mixture to the pot and stir well to combine. Stir in yogurt and tomato paste, cover pot, and simmer 10 minutes. Add potato and carrot and continue to cook, stirring occasionally, until vegetables are nearly tender, 15–18 minutes.

Add chicken, coconut milk and coriander. Stir to combine, then simmer until chicken is tender and sauce thickens about 20 minutes. Season with salt.

Eggplant Adobo



Ingredients

- 1 large ordinary aubergine
- ½ cup vegetable oil
- ⅓ cup vinegar
- ¼ cup soy sauce
- 1 tablespoon tomato paste
- ¼ teaspoon freshly ground pepper
- 5 cloves garlic, chopped
- 1 teaspoon sugar

Directions

- Prepare the eggplants by cutting in half lengthwise and then cutting each half into 2-inch pieces.
- Heat vegetable oil on wok or non-stick frying pan. Fry eggplants, in batches until brown on both side, adding more oil as needed. Drain on paper towels. Set aside.
- Pour off excess oil from pan. Add vinegar, soy sauce, ground pepper, garlic, tomato paste and sugar to the pan; bring to a boil. Add fried eggplants, lower the heat to medium, cover and cook for 2-3 minutes or until eggplants are soft. Gently stir to coat eggplants with the sauce.
- Turn off the heat and leave the covered pan on the stove for a couple more minutes (the eggplants will continue cooking).

Mango Salad

Ingredients

- 1 limes, juiced
- 1 tablespoons fish sauce
- 1 tablespoons brown sugar
- 1 tablespoon vegetable oil
- 1 small red chilli pepper, stemmed and finely
- ½ cup shredded/dessicated coconut
- 2 ripe but very firm large Indian mangoes, peeled and thinly sliced
- 2 cups bean sprouts
- ¼ cup peanuts, coarsely chopped
- handful of fresh basil thinly chopped

Directions

- Pin a bowl, combine lime juice, fish sauce, sugar, oil, and chilli peppers. Whisk until well blended and sugar is dissolved. Set aside.
- In a frying pan over medium heat, add coconut. Cook, stirring regularly, for about 1 to 2 minutes or until lightly toasted. Remove immediately from pan and allow to cool.
- In a large bowl, combine mango, bean sprouts, basil, toasted coconut and chopped nuts.
- Gently toss to distribute. When ready to serve, drizzle with lime dressing and toss.



Ginataang Kalabasa, Sitaw at Hipon

Prawns, Pumpkin and Bean stew

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 3 cloves garlic, peeled and crushed
- 1 tablespoon fish sauce
- 1 tin coconut milk
- 2 finger chilli peppers
- 2 cups butternut pumpkin pared, seeded and cut into 2-inch chunks
- 2 cups sitaw (long snake beans), or green beans cut into 3-inch lengths
- 3 cups frozen prawns
- salt to taste

Directions

- In a wide pan over medium heat, heat oil. Add onions and garlic and cook until softened.
- Add fish sauce and continue to cook, stirring occasionally, for about 1 minute.
- Add coconut milk and chilli peppers. Bring to a simmer. Lower heat and continue to cook for about 3 to 5 minutes or until slightly reduced.
- Add squash and cook for about 10 minutes or until tender but not falling apart.
- Add long beans and cook for 3 to 5 minutes or until tender.
- Add shrimp and continue to cook for about 4 to 5 minutes or color changes.
- Serve with rice



Salatet Baba

(crushed potatoes with spring onions and chilli)

Ingredients

- 1 kilo potatoes peeled and quartered
- Juice of 2 lemons
- 2 heads of garlic, skins removed and cloves crushed
- 1 green chilli chopped
- Bunch of flat leaf parsley roughly chopped
- 4 spring onions finely chopped
- 4 tablespoons of olive oil
- Pinch of chilli flakes
- salt

Directions

- Bring a large pan of water to the boil with salt and boil potatoes for 10-12 minutes until cooked through.
- Drain and mash the potatoes roughly, so they still have some texture
- While the potatoes are still hot, add the lemon juice, garlic, green chilli, spring onions and parsley and mix to combine.
- Season with salt, drizzle with olive oil and scatter chilli flakes.

Baked Feta with Thyme

Ingredients

- 200grams/ small block of feta cheese
- 1 1/2 to 3 teaspoons extra-virgin olive oil
- 1 1/2 tablespoons honey, plus more for serving
- 1 1/2 teaspoons fresh thyme leaves, or to taste

Directions

- Preheat Oven to 200c
- Brush a thin layer of olive oil inside a ramekin or small oven proof dish . Place the feta on the dish and drizzle with 1 1/2 teaspoons to 1 tablespoon olive oil = making sure the entire. Bake until the cheese is warm and soft but not melted, around 10 minutes.
- When the feta is almost finished baking, thin out the honey until it can easily be spread with a pastry brush.
- Remove the feta from the oven and preheat the grill. Brush the honey evenly all over the feta, then grill until the top of the cheese browns about 5 minutes
- Remove from the oven and drizzle with some additional honey (1-2 teaspoons.
- Serve immediately. The feta will firm up again as it cools, so you can return it to the oven to soften it back up if desired.

Muttabal kousa

(mashed courgettes with chilli, yogurt and mint)

Ingredients

- 2 tablespoons of oil
olive oil
- 3 courgettes cubed
- 1 garlic clove crushed
- Juice of a lemon
- 3 tablespoons tahini
- 2 tablespoons greek
yogurt
- 1 green chilli finely
chopped
- 2 teaspoons dried
mint
- Seeds of one
pomegranate
(optional)
- salt

Directions

- Heat oil in a pan over medium heat and sauté the courgettes with a little salt. Once they have turned golden caramel colour remove them from the heat.
- Mash the courgettes in a bowl with a fork for a chunky texture. Add garlic, lemon juice, tahini and yogurt and check for seasoning
- Add chilli and a teaspoon of dried mint, mix well together.
- Garnish with pomegranate seeds and a sprinkle of mint

Betinjan makli bil a'sal wa tahineh (Fried aubergine with honey and tahini)

Ingredients

- Vegetable oil for frying
- 1 aubergine, partially peeled in stripes, then cut into rings
- 2 tablespoons tahini
- Squeeze of honey
- Sea salt flakes

Directions

- Put a little vegetable oil in a small pan over medium heat. Make sure the oil is hot.
- Cook the aubergines for a few minutes on both sides until golden brown then remove from the heat and transfer to a plate
- Drizzle the tahini over the aubergine slices, followed by a little honey over the tahini. Sprinkle with salt to balance out the flavour