



Women's
**CULTURAL
COOKERY**

**August–
September
2020**



JAPANESE RECIPES

Teriyaki Tofu

Ingredients

- 1 14 oz. package of firm tofu
- 1/4 cup cornflour, plus 2 teaspoons
- 1 tablespoon vegetable oil
- 1 teaspoon grated ginger
- 1 medium onion, thinly sliced
- 2 tablespoons soy sauce
- 2 teaspoons dark soy sauce
- 1 tablespoon brown sugar
- 1 teaspoon sesame oil (optional)
- 1/2 cup warm water
- 1 spring onion , chopped
- Steamed rice, to serve
- Toasted sesame seeds (optional)

Instructions

- Pat the tofu dry with a paper towel, and cut into 1-inch cubes.
- Add the 1/4 cup of corn flour to a shallow bowl, and dredge the tofu pieces until they all have a light coating of cornflour. You'll see the cornflour getting absorbed by the moisture of the tofu—this is normal.
- Heat the vegetable oil in a non stick pan over medium heat. Add the tofu pieces to the pan, and fry on all sides until golden. Remove the tofu from the pan and set aside.
- Add the ginger to the pan, and cook for 1 minute until fragrant. Add the onions and stir-fry for 2-3 minutes.
- Then add the soy sauce, dark soy sauce, brown sugar, and sesame oil (if using).
- Bring the mixture to a simmer. Meanwhile, dissolve the remaining two teaspoons of cornflour in 1/2 cup warm water. Add to the sauce and onions, along with the cooked tofu.
- Toss everything together for 1 minute, until the sauce has thickened and the tofu is coated in the teriyaki sauce.
- Stir in the spring onions to finish the teriyaki tofu.

Broccoli in a sesame sauce

Ingredients

- 250g broccoli
- 1 Tbsp soy sauce
- 2 tsp sugar
- 1 Tbsp roasted sesame seeds, ground
- roasted sesame seeds for garnish

Instructions

- Cut broccoli into small florets.
- Steam or cook broccoli in boiling water for 1 1/2 minutes.
- Grind sesame seeds, and mix with soy sauce and sugar in a bowl.
- Mix sauce and cooked broccoli.
- Sprinkle sesame seeds on broccoli.

JAPANESE RECIPES

Japanese Cucumber salad

Ingredients

- 1 cucumber
- 5g dried seaweed wakame mix
- 2 tsp salt

Dressing (Amazu)

- 2tsp rice vinegar
- 2 tsp soy sauce
- sesame seeds to sprinkle

Instructions

Dressing

- Combine all Amazu ingredients in a small bowl, stir them, and set aside.

Cucumbers

- Wash and slice the cucumbers thinly
- Place cucumbers into a bowl and sprinkle with salt
- Toss the cucumbers and salt in order to coat the cucumbers evenly with salt.
- Leave the cucumber with salt for 10 minutes to get the water out of the cucumbers.
- Place the dried seaweed in a small bowl with 2 cups of water and set aside for 10 minutes.
- Drain and squeeze the water out of the cucumber and seaweed.
- Place the cucumber and seaweed in a mixing bowl and pour Amazu vinegar mixture over the cucumber.
- Serve it in a small bowl and sprinkle with white sesame seeds.

GREEK RECIPES

Gigantes Plaki

Ingredients

- 1 400gram tin of butter beans
- 1 onion finely chopped
- 2 garlic cloves finely chopped
- 3 tablespoons olive oil
- ½ tsp sweet paprika
- 1 tablespoon tomato paste
- 1 x 400g tin chopped tomatoes
- 1 tsp salt
- freshly ground black pepper, to taste
- small handful fresh parsley, chopped
- small handful fresh mint, chopped

Directions

- Drain the beans and set aside.
- Gently soften the onion and garlic in the olive oil for 5 minutes. When soft, stir in the paprika, tomato purée, chopped tomatoes, 60 mls of water, salt and pepper.
- Bring to the boil then reduce to a simmer, add drained beans and cook for 30 minutes.
- Preheat the oven to 160C/140C Fan/Gas 3.
- Transfer the beans to a casserole pan, drizzle with the remaining olive oil and bake for 20 minutes until the beans are tender and the sauce thickened and bubbling. Serve hot, warm or at room temperature.

Avgolemono soup

Ingredients

- 500ml of vegetable stock
- 1 small carrot finely chopped
- 1 400gram of tinned chickpeas, drained
- 1 large yellow onion finely chopped
- Salt and pepper to taste
- 2 tablespoons dried orzo
- 2 large eggs
- Juice of one large lemon

For serving:

- thinly sliced lemon
- Fresh dill or oregano

Directions

- Cook the onions and carrot in a tablespoon of olive oil until soft
- Add stock, chickpeas and orzo. Bring to a boil over medium-high heat until al dente, 7 to 9 minutes. Reduce the heat to low.
- Make the avgolemono. Break the eggs in a medium bowl and whisk for a minute until lightened in colour and frothy. Continue whisking while slowly pouring in the lemon juice.
- While still whisking, temper in the eggs by slowly drizzling a couple of ladles of soup into in to the egg-lemon mixture. This warms the eggs just enough so that they do not curdle when added to the hot soup.
- Thicken the soup. Add the avgolemono back into the pot whisk to combine. Cook until the soup thickens slightly, 2-4 minutes, but do not let it come to a boil.
- Serve the soup. Pour the soup into serving bowls and serve with lemon slices, fresh chopped dill or oregano, and freshly ground black pepper

GREEK RECIPES

Spanokopita

Ingredients

- 10 sheets of filo pastry
- 500g spinach, washed and roughly chopped
- three spring onions, finely chopped
- 1 eggs, beaten
- 200g feta cheese, crumbled
- a pinch of grated nutmeg
- 1–2 tbsps. fresh dill, chopped
- some melted butter or olive oil for brushing
- salt and pepper to taste

Instructions

- Put the spinach in a large pot and cook in tablespoon of water until wilted.
- Let the mixture cool down for a while, once cooled squeeze out the excess water.
- Add to a bowl with the feta cheese, eggs, nutmeg, spring onion and dill and season.
- Preheat the oven to 180C and start shaping your spanakopita triangles.
- Spread one sheet of the filo on the kitchen counter and with a cooking brush drizzle with some melted butter or olive oil. Spread one more sheet on top and drizzle with some more butter.
- Cut the filo sheets in 3 lanes (depending on if you like the spanakopita triangles to be small or larger). At the end of each lane add one tablespoon of the filling. Fold one corner to form a triangle and continue folding the triangle upon itself, until the entire piece of filo is used. Continue with the rest filo sheets and filling.
- Oil the bottom of a large baking tray, place the spanakopita triangles and brush them with some melted butter on top. Bake in preheated oven at 180C for 25-30 minutes, until golden and crispy.

INDIAN RECIPES

Kashmiri Rajma

Ingredients

- 1/2 cups dried kidney beans
- 1 tsp soda bicarb.

Or 1 400gram tinned kidney beans undrained.

- 1/2 cup ghee or mustard oil
- pinch of asafoetida
- 1 teaspoon cumin seeds
- 1 teaspoon dried ginger powder
- 1/2 cup yogurt
- 1 teaspoon Kashmiri garam masala
- 1 teaspoon ginger paste
- 1 teaspoon salt
- 1 teaspoon chilli powder or to taste green chillies-chopped
- 2 teaspoons coriander powder
- Chopped coriander leaves for garnish

Kashmiri Paneer Masala

Ingredients

- 350gms Paneer diced in cubes
- Mustard oil for shallow frying
- 500ml water
- Pinch asafoetida
- 2 inch cinnamon stick
- 2 bay leaves
- 6 green cardamom
- 1/2 teaspoon cumin seeds
- 3 tablespoon tomato puree
- 1/2 teaspoon kashmiri chilli powder (or mild paprika)
- 1/2 teaspoon ginger powder
- 1 teaspoon fennel powder
- 2 tablespoons yoghurt
- Pinch of garam masala powder
- Salt to taste
- Coriander for garnish

Directions

- Soak red kidney beans and soda in water overnight.
- Drain and cook in fresh water till soft
- Drain and keep red kidney beans and water separately till ready to use.
- Or if using tinned red kidney beans drain liquid and keep separately, plus add 1/2 tin of water to the drained liquid
- Heat oil and add asafoetida and cumin.
- When cumin splutters, add dried ginger powder, yogurt and ginger, stirring vigorously all the time.
- Cook till fat separates. Add salt, chilli powder, green chilli and red kidney beans. Cook for a minute or so.
- Add the drained water of the cooked beans to add to the dish.
- Simmer 8-10 minutes.
- Add the garam masala, and coriander powder, simmer another minute.
- Serve garnished with the coriander leaves.

Directions

- In a bowl add 500mls of warm water and set aside.
- In a frying pan on medium heat add three tablespoons of oil and fry the cubes of paneer in batches until golden brown. Drain on kitchen paper and add the fried paneer to the bowl of warm water. Let it soak while you make the curry.
- To the oil add asafoetida and let it sizzle for a few seconds. Now add cinnamon stick, bay leaves and green cardamom. Fry the spices for a minute as they begin to splutter and release their flavour into the oil. Add the cumin seeds and fry for 2-3 seconds.
- Turn the heat down to low and add the tomato puree. Stir well. Add the chilli, ginger and fennel powder. Stir and fry for 2 minutes as they blend with the paste.
- Add 350mls of the soaking paneer liquid and continue to cook on a medium heat. Bring to a boil and simmer for 5-7 minutes without the lid. The curry should have a thick consistency if it is too thick add a little more of the soaking liquid.
- Whisk in the yoghurt. Simmer for a further 8 minutes and now tip the paneer chunks into the pot. Stir gently and season to taste.

INDIAN RECIPES

Kashmiri Dum Aloo

Ingredients

- 500 grams small baby potatoes
- 3 to 3.5 cups water
- ¼ teaspoon salt
- 3 teaspoon kashmiri red chili powder, mixed well with 2 tablespoon water
- ½ tablespoon ginger powder
- 1 tablespoon fennel powder
- 1 teaspoon caraway seeds
- 1 inch cinnamon
- 3 cloves
- 1 black cardamom
- 1 green cardamom - optional
- 4 tablespoon yogurt whisked
- 1.5 cups water
- ¾ cup mustard oil for frying potatoes
- 2 tablespoon fresh mustard oil for making gravy or reserve 2 tablespoon mustard oil from the ¾ cup that is used for frying potatoes.
- salt as required
- some caraway seeds as garnishing - optional

Directions

- On a medium to high flame boil the potatoes until they are half cooked.
- Drain them and allow to become warm or cool down at room temperature.
- With a fork, tooth pick or skewer, poke holes in the potatoes.
- In a pan heat mustard oil till it begins to smoke.
- Add the potatoes and begin to fry them on a low to medium flame. With a slotted spoon, turn them over while frying, when one side is light golden.
- Remove the potatoes and place them on kitchen paper towels.
- Lower the flame. Remove the extra oil and keep 2 tbsp oil in the same pan. Let the oil temperature come down. Add asafoetida powder. Stir well.
- Then add the red chili + water solution and stir well. Be careful as the mixture splutters.
- Now add the yogurt, stir continuously, so it does not split.
- Add water and continue to stir.
- Then add fennel powder, the whole spices and ginger powder. Stir well.
- Now add the potatoes. Again stir.
- Season with salt and cover the pan tightly with a lid. Cook for 8 to 10 minutes on a low to medium flame heat. The gravy should become thick.
- You can always add less or more water depending on how thick or thin you want the gravy.
- Sprinkle some caraway seeds from top (optional) and serve with naan, rotis or rice

NIGERIAN RECIPES

Dodo (Fried Plantains)

Ingredients

- 2 medium ripe, deep-yellow plantains (about 1 pound)
- 1 small red onion, peeled and halved
- Canola or other neutral oil, for frying (about 2 cups)
- 1 lime, zest removed in strips and julienned, plus 1 tablespoon juice
- 1 teaspoon red-pepper flakes
- salt

Directions

- Cut off the tips of each plantain. Use a sharp knife to create a slit in the skin along the length of each plantain, carefully making sure not to cut into the flesh. Remove and discard the skin by peeling it apart. Slice each plantain in half lengthwise, then cut into 1-inch pieces.
- Thinly slice one onion half, then transfer the slices to a medium bowl. Quarter the remaining onion half lengthwise, and pull the layers apart.
- In a large, deep pan, pour 1/2 inch oil and heat over medium. When hot, add the larger onion pieces and fry, stirring occasionally, until golden brown, about 6 minutes. Using a slotted spoon, remove and discard the cooked onion.
- Working in batches to avoid crowding, fry the plantains, stirring halfway through, until browned and caramelized at the edges, 10 to 12 minutes per batch. Using a slotted spoon, transfer to a paper towel-lined baking sheet.
- While the plantains are frying, toss the sliced onion with the lime juice, red-pepper flakes and a pinch of salt in a large bowl. Let marinate, at least 10 minutes.
- Toss the fried plantains in the bowl with the pickled onion mixture while still warm. Add the lime zest and season to taste with salt. Serve immediately.

Efo riro (Nigerian Spinach Stew)

Ingredients

- 8 cups spinach chopped
- 2 cups mushrooms
- ½ cup palm oil
- 2 plum tomatoes also known as roma tomatoes
- 1 red bell pepper
- 1 habanero pepper
- 1 onion
- ¼ cup water or stock optional
- 2 tsp bouillon powder
- 2 tsp cayenne pepper
- 1 tsp black pepper
- 1 tsp pepper flakes optional
- 1 tsp salt or to taste

Directions

- Blend tomatoes, red bell pepper, habanero pepper and half of the onion together using a food processor.
- Chop up the other half of the onion and set aside.
- If using fresh spinach, chop it up, wash and squeeze, and leave in a colander. If using frozen spinach, microwave for a few minutes.
- Heat ½ cup of palm oil in a pot on medium heat, add in your onions and stir for about 2 minutes.
- Add in your blended tomato and pepper mix and stir for about a minute.
- Add the bouillon powder, black pepper, cayenne pepper and salt, and cook on medium heat for 5 minutes.
- If using fresh spinach, add ¼ cup stock or water and bring to a boil.
- Add the mushroom let boil for another 5 minutes.
- Add the spinach and stir intermittently for about 5 minutes.
- Add more salt or spices if desired.
- Garnish with red pepper flakes,

NIGERIAN RECIPES

Nigerian Jollof Rice

Ingredients

- 1/3 cup oil (vegetable/canola/ coconut, not olive oil)
- 3 medium-sized fresh plum/ Roma tomatoes, chopped, OR 1/2 400-gram tin of tomatoes
- 2 large red bell peppers, seeds discarded
- 1 large red onion (1/2 sliced thinly, 1/2 roughly chopped), divided
- 1/2 Scotch bonnet are my favourite
- 2 tablespoons tomato paste
- 1 teaspoons (Caribbean/ Jamaican-style) curry powder
- 1 teaspoon dried thyme
- 1 dried bay leaves
- 3 to 4 cups stock (vegetable, chicken, or beef) or water
- 1 teaspoons unsalted butter (optional)
- 2 cups uncooked long-grain rice or basmati, rinsed
- Salt, to taste
- Black and white pepper, to taste

Directions

- In a blender, combine tomatoes, peppers, chopped onions, and Scotch bonnet with 1 cup of stock, blend till smooth, about a minute or two. You should have roughly 3 cups of blended mix. Pour into a large pot/ pan and bring to the boil then turn down and let simmer, covered for 10 - 12 minutes
- In a large pan, heat oil and add the sliced onions. Season with a pinch of salt, stir-fry for 2 to 3 minutes, then add the bay leaves, curry powder and dried thyme and a pinch of black pepper for 3 - 4 minutes on medium heat. Then add the tomato paste - stir for another 2 minutes. Add the reduced tomato-pepper-Scotch bonnet mixture, stir, and set on medium heat for 10 to 12 minutes till reduced by half, with the lid on. This is the stew that will define the pot.
- Add 2-3 cups of the stock to the cooked tomato sauce and bring it to boil for 1 - 2 minutes.
- Add the rinsed rice and butter, stir, cover with a double piece of foil/baking or parchment paper and put a lid on the pan—this will seal in the steam and lock in the flavour. Turn down the heat and cook on low for 30 minutes.
- Stir rice—taste and adjust as required.
- If you like, add sliced onions, fresh tomatoes and the 2nd teaspoon of butter and stir through.

SPANISH RECIPES

Coliflor Rebozada: Spanish Fried Cauliflower

Ingredients

- 1 head cauliflower
- 2 large eggs
- 2 cups plain flour
- ½ teaspoon of sweet paprika
- Oil for frying
- Salt (to taste)

Directions

- Rinse cauliflower and cut the cauliflower florets from the center, leaving short stalks. Discard the heart at the center
- Put a couple of inches water into a large pan or pot and place a steamer or collander inserts into the bottom. Bring water to a boil. Add cauliflower and cover, steaming the florets for about 10 minutes. They should be firm, not soft or soggy. Remove from pan and drain. Allow it to cool.
- Beat the eggs with the paprika in a small mixing bowl
- Pour a half-inch or so of oil into a large frying pan and heat on medium.
- Dip the florets into the beaten egg, then flour and immediately place in hot oil. Brown florets on all sides. Remove florets and drain on paper towels.

Berenjenas con Miel: Fried Eggplant With Honey

Ingredients

- 1 large eggplant
- 1 to 2 tsp. salt
- Oil for frying
- 1 cup of plain flour
- 1 tablespoon of honey

Directions

- Rinse the eggplant well and dry it with a towel. Slice the eggplant into rounds approximately 1/8-inch thick (3 mm).
- Pour olive oil into a medium frying pan and heat on medium-high heat.
- Put flour onto a large plate. When the oil is hot enough, dredge slices of eggplant in the flour on both sides, using tongs. Shake off excess flour, then fry in oil, turning when bottom begins to turn a golden colour.
- Remove the eggplant slices from the oil and place on paper towels to absorb the excess oil.
- When all slices have been fried, arrange them on a serving plate and drizzle honey over the top of them for a truly distinctive taste.

Fried Padron Peppers

Ingredients

- 2/3 to 1 pound fresh padrón peppers
- 2 cups olive oil
- Coarse salt

Directions

- Pour olive oil into a 10-inch frying pan and heat on medium.
- When the oil is hot, place some of the whole peppers into the pan and fry for 2-3 minutes, making sure to cook on both sides. Continue to fry the peppers in batches

SPANISH RECIPES

Tortilla de Patatas: Classic Spanish Omelette

Ingredients

- 6 to 7 medium potatoes (peeled)
- 1 yellow onion finely chopped
- 1/2 tablespoon salt
- 2 to 3 cups oil for pan-frying
- 5 to 6 large eggs

Directions

- Cut the peeled potatoes in half lengthwise. Then, with the flat side on the cutting surface, slice the potato into pieces approximately 1/8-inch thick. If you slice them thick, don't worry—it will simply take a little longer for them to cook.
- Place potatoes and onions into a large bowl and mix them together. Salt the mixture.
- In a large, heavy, non-stick frying pan, heat 1 1/2 cups of the olive oil on medium-high heat. Carefully place the potato-onion mixture into the frying pan, spreading it evenly over the surface. The oil should almost cover the potatoes. You might need to turn down the heat slightly so the potatoes do not burn. You want them to slowly fry.
- Leave the mixture in the pan until the potatoes are cooked. If you can poke a piece of potato with a spatula and it easily breaks in two, your potatoes are done. Remove from the pan with a slotted spoon or spatula that allows the oil to drain and let cool. To cool the mixture more quickly, spread it out gently on a baking sheet to avoid breaking the potatoes.
- In a large bowl whisk the eggs. Pour in the cooled potato-onion mixture. Mix together with a large spoon.
- Pour 1 to 2 tablespoons of the remaining olive oil into a small, non-stick frying pan and heat on medium heat. Be careful not to get the pan too hot because the oil or the tortilla will burn. When hot, pour the mixture into the pan and spread out evenly. Allow the egg to cook around the edges. Then you can carefully lift up one side of the omelette to check if the egg has slightly browned. The inside of the mixture should not be completely cooked and the egg will still be runny.
- When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. Take the frying pan to a sink. Place a large dinner plate upside down over the frying pan. With one hand on the frying pan handle and the other on top of the plate to hold it steady, quickly turn the frying pan over and let the omelette fall onto the plate.
- Place the frying pan back on the range and put just enough of the remaining oil to cover the bottom and sides of the pan. Let the pan warm for 30 seconds or so.
- Now slide the omelette into the frying pan. Use the spatula to shape the sides of the omelette. Let the omelette cook for 3 to 4 minutes. Turn the heat off and let the tortilla sit in the pan for 2 minutes.
- Slide onto plate and serve.