

CULTURAL COOKERY

Recipe book

January - February 2022



RECIPES

- **French recipes;** French Onion Soup & Pear Tarte Tatin
- **Mexican dishes;** blackbean soup, corn riblets, guacamole
- **North African recipes;** Okra and Zucchini stew, roast Eggplant and Tahini, Taktouka
- **Jamaican dishes;** grilled pineapple, rice and peas and jerk roast vegetables
- **Indian recipes;** Kerala Cauliflower Curry, Palak Paneer, Spiced Basmati rice

French Onion Soup

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Ingredients

- 100g unsalted butter
- 1.25 kg brown / yellow onions, peeled, halved, thinly sliced top to bottom
- 2 tablespoons plain flour
- 1.5 litres good quality stock, normally beef. If using vegetable stock add either 1 tablespoon worchesterhire or soy sauce.
- 2 dried bay leaves (or 3 fresh) (optional)
- 3 sprigs fresh thyme (optional)
- Salt and pepper
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Cheesy Toast

- 6 slices French baguette or other softish bread
- 100g gruyere or mozzarella cheese, or other melting cheese of choice
- Fresh parsley or thyme leaves, for garnish (optional)



Directions

- On a medium heat melt butter in a heavy based casserole pot over medium heat. When it starts to foam, add onions and stir.
- Add salt and cook, stirring every few minutes, until the onions have softened and are semi transparent for 20 minutes.
- Add salt and continue to cook for a further 20 minutes, stirring more regularly, until onions are deep golden and sweet.
- Sprinkle flour over the onion and cook for 1 minute.
- Add stock & herbs and simmer on a lower heat for 20 minutes.

Serve: Season to taste with salt and pepper. Ladle into bowls. Top with 1 or 2 slices of cheesy toast.

Cheesy Toast

- Preheat grill to high. Toast each side of bread until light golden.
- Top bread with cheese, then grill until melted and some brown spots appear.

Pear Tarte Tatin

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Ingredients

- 4 pears peeled, cored and halved
- 100g light brown sugar
- 85g unsalted butter
- ½ teaspoon ground cinnamon
- 1 pinch salt
- 300g puff pastry ready rolled



Directions

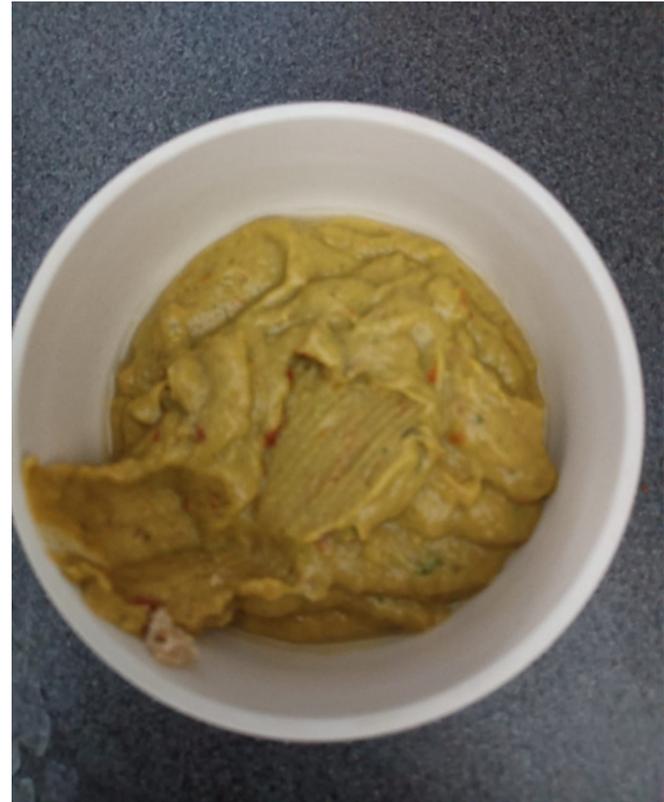
- preheat oven to 200C
- Cut the puff pastry to the size of the pan you will be using and gently stab with a fork across the pastry.
- Gently heat the sugar with a couple of tablespoons of water plus the cinnamon in a heavy frying pan or other oven-proof shallow pan
- Add the butter and salt to the pan and place the pears in with cut side up
- cook for 10 minutes then remove from heat and allow to cool
- place the puff pastry on top and tuck it in all round
- bake for 25-30 minutes till pastry has risen and is golden and juices oozing from sides and immediately invert (turn upside down with with a plate on to a serving plate)

Guacamole

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Ingredients

- 1 ripe tomato
- 2 limes
- 2 small ripe avocados
- ¼ onion finely chopped
- good pinch of cumin
- 1 tablespoon finely chopped coriander
- salt to taste



Directions

- In a bowl add the chopped flesh of the avocados and lime juice and toss well.
- Add the onion, tomato, cumin, coriander to the avocados
- Mix well. Serve in a large bowl with corn chips and sprinkle of more coriander

Blackbean Soup

Ingredients

- 2 tablespoons oil
- 1 large onion, finely chopped
- 1 red pepper, cut into bite size chunks
- 2 garlic cloves, chopped
- 1 teaspoon chilli powder
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 1 teaspoon ground cumin
- 400g can chopped tomatoes
- 400g can black beans
- 1 teaspoon vegetable stock powder or a large stock cube
- handful chopped coriander
- 1 lime, juiced
- ½ red chill, deseeded and finely chopped (optional)



Directions

- Heat the oil in a medium pan, add the onion and pepper and fry, stirring frequently, for 10 mins. Stir in the garlic and spices, then tip in the tomatoes and beans with their liquid, half a can of water and the stock powder/cube. Simmer, covered, for 15 mins.
- Serve garnished with coriander and corn chips

Corn Riblets

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Ingredients

- 2 corn cobs
- ½ teaspoon of smoked paprika
- 1 teaspoon of cumin
- ½ teaspoon oregano
- ½ teaspoon of salt
- 2 tablespoons of oil



Directions

- Carefully cut corn cobs length ways in half. Then cut them lengthways in half again.
- Toss the corn in the spices and oil and place in a baking tray

Roast Eggplant with Tahini

**CULTURAL
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Ingredients

- 2 medium eggplant, peeled into stripes and cut into 5cm-thick rounds
- Sea salt and freshly ground black pepper, to taste
- ½ cup sliced or slivered almonds
- About 3 tablespoons extra virgin olive oil
- ½ teaspoon smoked paprika
- ¼ teaspoon garlic powder
- ¼ cup tahini
- 2 tablespoons freshly squeezed lemon juice
- 1 small garlic clove, crushed
- 2 to 4 tablespoons filtered water
- About ¼ cup flat-leaf parsley leaves



Directions

- Preheat the oven to 220 degrees
- In a bowl put eggplant add salt and glug of oil and mix.
- Arrange in a single layer on a large baking sheet. Roast until the eggplant is golden brown, 30 to 40 minutes, flipping once after about 20 minutes.
- Meanwhile, place 1/2 cup almonds in a small pan over medium-low heat. Toast, tossing occasionally, until lightly golden and fragrant, 3 to 5 minutes. Turn the heat off. Add about 1 teaspoon oil and toss to coat. Then add 1/2 teaspoon smoked paprika, and 1/4 teaspoon each of garlic powder and salt. Toss to coat and transfer to a plate to cool.
- In a bowl, combine 1/4 cup tahini, 1 crushed garlic clove, 2 tablespoons each lemon juice and water, and ¼ teaspoon salt. Whisk until the sauce is smooth and pourable, adding more water if needed. Taste and adjust the seasonings, if needed.
- To serve, arrange the eggplant on a platter, drizzle with the tahini sauce and top with the spiced almonds and parsley. Serve warm or at room temp

Taktouka

Ingredients

- 6 tomatoes chopped
- 2 or 3 large fresh green peppers (roasted, peeled, seeded and chopped) or readymade peppers in a jar
- 3 large cloves of garlic, finely chopped or crushed
- 3 tablespoons chopped fresh parsley
- 3 tablespoons chopped fresh coriander
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon paprika
- 2 teaspoons cumin
- 1/4 cup olive oil



Directions

- Mix all ingredients together in a large pan. Cook over medium heat, occasionally stirring, for about 20 minutes or until the tomatoes are very soft. Adjust the heat if necessary to keep the tomatoes and peppers from burning as the liquids evaporate.
- Smash the softened vegetables with a spoon and continue cooking for another 10 minutes, or until the liquids are reduced to oil. At this point, the salad should be well-blended and can be stirred away from the sides of the pan.
- Serve taktouka warm or cold with crusty bread and garnish with fresh chopped parsley or coriander and a drizzle of olive oil.

Okra and Zucchini stew

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Ingredients

- 200gr okra
- 1 tablespoon olive oil
- 2 large tomatoes, grated
- 2 tablespoons chopped coriander
- ½ teaspoon chopped garlic or 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- ½ teaspoon salt or more to taste
- 200gr zucchini, chopped in 2.5 cm (1 inch) pieces



Directions

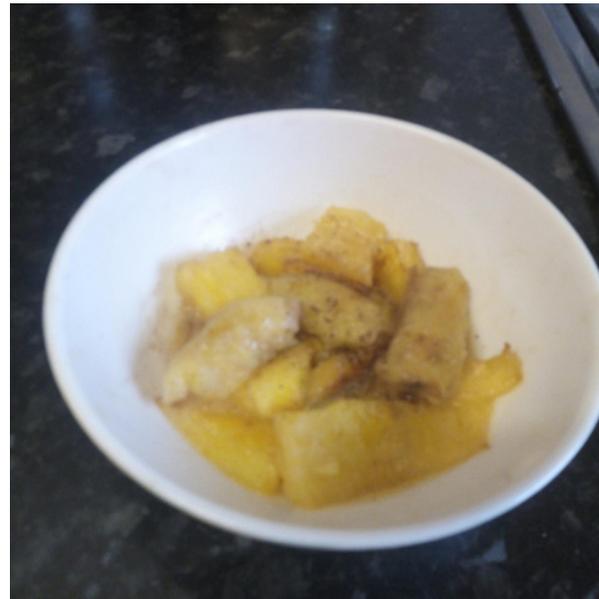
- Trim the stem of the okras and chop them into 2.5 cm (1 inch) pieces. Set aside.
- Transfer the olive oil, grated tomatoes, coriander, garlic, spices and salt in a deep skillet over medium heat. Cover with a lid stirring occasionally for 10 minutes.
- Uncover and add the zucchini, cover again and leave to simmer for another 10 minutes until the zucchini pieces are almost cooked.
- Uncover and add the okra pieces. Cover again and leave to simmer for 10 minutes or until the okra pieces are nicely soft and cooked.
- Serve warm or cold with crusty bread or as a side dish.

Roasted Bananas and pineapple with Jamaican Allspice

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Ingredients

- ½ cup dark brown sugar
- ¼ cup sugar
- ½ tsp. ground allspice
- 2 oz. butter, melted and cooled
- 4 large or 8 baby bananas
- vanilla ice cream to serve



Directions

- Preheat oven to 425°F. Coat baking sheet with cooking spray.
- Combine brown sugar, sugar, and allspice on large plate. Place butter in shallow bowl.
- Halve large bananas lengthwise, then cut halves in half, or halve baby bananas lengthwise. Coat banana pieces in melted butter, then in sugar mixture, then set cutside down on prepared baking sheet. Roast 10 minutes, or until sugar melts and turns to bubbly caramel sauce. Cool 5 minutes. Transfer bananas to plate, and scrape sauce into measuring cup with rubber spatula.
- Scoop ice cream into bowls. Top each serving with 2 banana pieces, and drizzle with caramel sauce.

Rice and peas

Ingredients

- 3 finely chopped spring onions
- Olive oil
- Cinnamon stick
- 300g rice washed
- 400ml stock
- 200ml coconut cream
- Black beans tinned, drain and washed



Directions

- Gently fry spring onions in olive oil
- Add rice and coat grains. Add stock, cinnamon stick and black beans
- Half way through the cooking add the coconut milk.
- Keep lid on rice and once liquid is absorbed switch off heat and place the lid of the pan over a teatowel over the rice
- Lime pieces to garnish

Jerk roast vegetables

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Ingredients

JERK MARINADE

- 4 spring onions
- ½ a bunch of fresh thyme
- 3 fresh bay leaves
- 1 teaspoon ground cloves
- 2 teaspoon ground allspice
- 6 tablespoons white wine vinegar
- 1 tablespoon runny honey or vegan alternative
- 1 scotch bonnet chilli
- 4 cloves of garlic
- olive oil

ROASTED VEG

- 1 sweet large sweet potato cut into bite size pieces
- 1 small butternut pumpkin peeled, deseeded and cut into bite size pieces
- 2 green peppers cut into bite size pieces
- 260 grams of okra, zucchini or eggplant cut into bite size pieces.
- 6 spring onions cut into diagonal 5 inch pieces
- 4 cloves of garlic



Directions

- For the roasted veg add all the vegetables plus spring onion and toss in the marinade, with the unpeeled garlic, then leave to marinate for 2 hours or at least 30 minutes.
- Preheat the oven to 180°C/350°F/gas 4.
- Arrange the pumpkin and sweet potatoe on a roasting tray, reserving the marinade, and roast for 20 minutes, or until soft and golden.
- Add the rest of the vegetables and cook for a further 20 minutes
- Return them to the bowl of marinade. Dress with a little oil, toss and pop back in the oven for a further 5 to 7 minutes.

Spiced Basmati Rice

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Ingredients

- 1 ½ cups basmati rice
- 2 tablespoons vegetable oil
- 1 piece of cinnamon
- 2 green cardamom pods
- 2 whole cloves
- 1 tablespoon cumin seeds
- 2 ½ cups water
- 1 small onion
- Salt to taste



Directions

- Place rice into a bowl with enough water to cover. Set aside to soak for 20 minutes.
- Heat the oil in a large pot or saucepan over medium heat. Add the cinnamon stick, cardamom pods, cloves, and cumin seed. Cook and stir for about a minute, then add the onion to the pot.
- Sauté the onion until a rich golden brown, about 10 minutes.
- Drain the water from the rice, and stir into the pot. Cook and stir the rice for a few minutes, until lightly toasted. Add salt and water to the pot, and bring to a boil. Cover, and reduce heat to low.
- Simmer for about 15 minutes, or until all of the water has been absorbed. Let stand for 5 minutes, then fluff with a fork before serving.

Palak Paneer

Ingredients

- 400grams fresh spinach roughly chopped
- 225 grams paneer cut into cubes
- 1 medium tomato roughly chopped
- ½ inch ginger grated
- 1 small green chilli chopped
- 1 large onion finely diced
- ¾ teaspoon garam masala
- ½ teaspoon turmeric
- 2 large nobs of butter or 2 tablespoons vegetable oil or ghee
- 2 tablespoons fresh cream(optional)
- Squeeze of lemon juice
- Salt to taste
- Handful of fresh coriander chopped



Directions

- In a medium size pan on a medium heat melt butter and cook paneer until lightly brown on all sides. Once cooked set aside
- On a low heat cook onions and tomato in a nob of butter until onions are very soft. Once cooked remove half the onion and tomato mixture into a bowl
- To the bowl add spinach, garlic, ginger and chilli and puree.
- Put pureed mixture back into the pan along with the paneer, garam masala and turmeric and cook through for 5 minutes. Take off the heat and stir in cream, if using.
- Serve with a squeeze of lemon and fresh coriander

Kerala Cauliflower Curry

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Ingredients

- 4 tbsp oil
- 1 onion diced
- 1 1/2 teaspoon black mustard seeds
- Small handful of curry leaves (dried or fresh) (optional)
- 1 chilli, roughly chopped
- 1 tsp caraway seeds
- 3 garlic cloves, diced
- 1 tsp turmeric powder
- 1/2 tsp cumin powder
- 1 heaped tablespoon grated ginger
- 1 cauliflower cut into rosettes (about 400g)
- 2 medium tomatoes, chopped
- 200ml vegetable stock
- 600ml coconut milk
- small bunch fresh coriander, chopped
- salt

Directions

- In a large frying pan on medium heat and add the oil, onion, black mustard seeds, curry leaves, chopped chilli, caraway seeds and allow everything to cook and the onions to go translucent.
- Then add the garlic, turmeric, cumin and ginger and mix everything together for about 2 minutes before adding in the cauliflower pieces. Stir again and then add the vegetable stock followed by the coconut milk.
- Bring to the boil for about 4 minutes and then add the tomato cooking for about 1-2 minutes.
- Remove from the heat and season with salt and fresh coriander.