

CULTURAL COOKERY

Recipes

August - September 2021



Roasted Bananas and pineapple with Jamaican Allspice

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COOKERY**

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

1. Preheat oven to 425°F. Coat baking sheet with cooking spray.
2. Combine brown sugar, sugar, and allspice on a large plate. Place butter in a shallow bowl.
3. 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 cut side down on the 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 a rubber spatula.
4. Scoop ice cream into bowls. Top each serving with 2 banana pieces, and drizzle with caramel sauce

Rice & peas

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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 tea towel over the rice
- Lime pieces to garnish

Jerk sweet potato & black bean curry

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Ingredients

- 2 onions, 1 diced, 1 roughly chopped
- 2 tbsp sunflower oil
- 50g ginger, roughly chopped
- small bunch of coriander, leaves, and stalks separated
- 3 tbsp jerk seasoning
- 2 thyme sprigs
- 400g can chopped tomato
- 4 tbsp red wine vinegar
- 3 tbsp demerara sugar
- 2 vegetable stock cubes, crumbled
- 1kg sweet potato, peeled and cut into chunks
- 2 x 400g cans black beans, rinsed and drained
- 450g jar roasted red pepper, cut into thick slices

Directions

- Gently soften 1 diced onion in the sunflower oil in a big pan.
- Whizz together the other chopped onion, ginger, coriander stalks, and jerk seasoning with a hand-held blender. Add to the softened onion and fry until fragrant.
- Stir in the thyme, chopped tomatoes, vinegar, sugar, and stock cubes with 600ml water and bring to a simmer.
- Simmer for 10 mins, then drop in the sweet potatoes and simmer for 10 mins more. Stir in the beans, peppers, and some seasoning, and simmer for another 5 mins until the potatoes are almost tender. Cool and chill for up to 2 days.
- To serve, gently heat through on the hob. Roughly chop most of the coriander leaves and stir in, then serve scattered with the remaining leaves.

Chickpea curry

Ingredients

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- 2 tbsp vegetable oil
- 1 tsp cumin seeds
- 1-2 red chillies, deseeded and chopped
- 1 clove
- 1 small cinnamon stick
- 1 bay leaf
- 1 onion, finely chopped
- ½ tsp ground turmeric
- 2 garlic cloves, finely chopped
- 400g can chickpeas, rinsed and drained
- 1 tsp paprika
- 1 tsp ground coriander
- 2 small tomatoes, chopped
- 1 tbsp chopped coriander

Directions

- Heat the oil in a pan. Fry the cumin, chillies, clove, cinnamon and bay leaf together until the cumin starts to crackle.
- Tip in the onion, turmeric and a pinch of salt. Cook for 2 mins until starting to soften, then add the garlic.
- Continue cooking 4-5 mins until the onion is soft, then add chickpeas, paprika, black pepper and ground coriander. Give everything a good stir so the chickpeas are well coated in the spices.
- Add the tomatoes and 2 tbsp water. Cook on a medium heat until tomatoes are soft and the sauce is thick and pulpy. Take off the heat and sprinkle on the coriander.

Cucumber and coriander raita

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Ingredients

- 2 cups natural yoghurt
- 1 cup grated or chopped cucumber
- 1 green chili-finely chopped
- 1/2 tsp. salt, adjust to taste
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. roast cumin seeds, coarsely ground
- 2 handfuls of chopped coriander finely chopped

Directions

- Beat yoghurt, salt, black pepper and cumin together
- Add cucumber and green chillies and coriander and mix well. Adjust salt.
- To garnish, you can sprinkle a bit of roast cumin and chilli powder on top

Alternatively, add everything to a blender and blend until all ingredients are mixed

Sri Lankan Beetroot and Carrot Curry

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Ingredients

- 1 large beetroot, tops cut and removed, washed and peeled and chopped into large cubes
- 2 medium carrots peeled and chopped into large cubes
- ¼ onion yellow or red onion, sliced
- 2 green chili or 1 serrano pepper, sliced (deseed to reduce heat level)
- 2 cloves of garlic chopped finely
- 5 - 6 curry leaves
- ¼ tsp each of ground coriander and cumin
- ¼ tsp heaped turmeric
- ½ tsp cayenne pepper optional
- ¼ tsp heaped salt more to taste
- ½ tin coconut milk
- 2 cups water

Directions

Cut the beetroot into large cubes and place in a saucepan, along with the onions, sliced green chili, garlic, curry leaves, ½ tsp curry powder, ¼ tsp turmeric powder, ½ tsp cayenne pepper, and ¼ tsp salt. Mix well to combine.

Stir in the water.

Heat the saucepan over medium high heat, while stirring occasionally, until the water comes to a boil.

Reduce the heat to a simmer and add onions and carrots, and let it cook covered, for about 10-15 minutes.

Uncover and add coconut milk cook for a further 5 - 10 minutes while stirring frequently, until the beetroot is cooked

If the liquid is evaporating too quickly, you can add more water or coconut milk.

Taste and add more salt if necessary.

Serve with cooked rice.

Tofu Satay

Ingredients

- 1 pack firm tofu drained, placed between paper towels between two plates with a heavy load on top to squeeze out the moisture
- Bamboo skewers, soaked in cold water for 2 hours
- 1 cucumber, cut into small pieces
- 1 small onion, quartered
- oil, for basting

Satay marinade ingredients

- 3 tablespoons oil
- 2 stalks lemongrass, white parts only
- 2 cloves garlic, peeled
- 6 small shallots or small onion peeled
- 2 teaspoons turmeric powder
- 1 teaspoon coriander powder
- 1 teaspoon chilli powder
- 1 teaspoon salt
- 2 tablespoons sugar or honey (keep ½ aside for adding to satay sauce later)

Satay Sauce

Half of the Satay Marinade above set aside the sugar or honey (This will be added later)

2 tablespoons smooth peanut butter

1 tablespoon soy sauce

½ tablespoon vinegar

Directions

1. Cut the tofu into small cubes. Set aside.
2. Blend the satay marinade ingredients in a food processor. Add a little water if needed.
3. Combine the tofu and ½ the satay marinade together, stir to mix well. Marinate the tofu for at least 30 minutes in the fridge, or best overnight. When ready, thread 3-4 pieces of the tofu onto the bamboo skewers.
4. Grill the tofu satay skewers for 2-3 minutes on each side until fully cooked and the surface is nicely charred, on both sides. Baste and brush with some oil while grilling.
5. Add the remaining half of the satay marinade into a pan and gently fry for a few minutes. Do not brown. Take off the heat. Stir in peanut butter, soy sauce, and vinegar.

Vegeterian Tom Kha soup (Thai coconut soup)

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Ingredients

- 2 tablespoons olive oil
- ½ small yellow onion chopped
- 3 cloves garlic crushed
- 1 cup sliced mushrooms
- 1 cup shredded carrots
- 1 cup very finely sliced cabbage
- 2 tablespoons soy sauce
- 1 teaspoon ground or grated ginger
- 1 teaspoon sugar
- ¼ teaspoon cayenne or chilli powder
- ½ teaspoon pepper or more to taste
- ¼ teaspoon salt
- Zest from one lemon
- 3 cups vegetable stock
- 2 cans full-fat coconut milk
- ¼ cup fresh chopped coriander
- 2 green onions sliced
- Lime wedges

Directions

In a large pot, heat olive oil over medium-high heat. Add onion, lemongrass, garlic, and mushrooms. Sauté for 3-5 minutes.

Add carrots, soy sauce, ginger, sugar, chilli powder, salt, pepper, lemon zest and vegetable stock and coconut milk. Bring to a boil then simmer for 15-20 minutes. Taste and adjust seasonings as needed.

Aubergine Teriyaki

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Ingredients

·2 eggplants/aubergines

Teriyaki Marinade:

·1/2 cup soy sauce

·1/4 cup mirin (optional)

·1 tbsp rice wine vinegar

·1-2 tbsp brown sugar

·1 inch ginger, grated

·3 garlic cloves, crushed

To serve: (optional)

·Sesame seeds

Spring onion

Directions

·Whisk the sauce ingredients in a bowl, making sure the sugar is dissolved.

·Cut the eggplant into small chunks, place in a large bowl and then pour the marinade over the top. Stir and make sure it is all coated, set aside.

·Let marinate for at least 20 minutes, stirring a few times.

·Place a frying pan on the hob over medium-high heat. Once hot place the marinated eggplant in.

·Pour over any excess marinade over the top whilst cooking. You may need to do it in two lots so you can keep the first lot on a low heat in the oven.

·Cook for a few minutes on each side until brown and starting to char from the griddle lines.

·Serve straight away with rice or as a side and top with sesame seeds and sliced spring onion

Radish, Ginger and Carrot salad

Ingredients

- 2 tablespoons unseasoned rice vinegar
- 1 tablespoon soy sauce
- 2 teaspoons maple syrup or honey
- 1 teaspoon finely grated ginger
- 1 crushed garlic clove
- ¼ teaspoon salt
- 1 tablespoon olive oil
- 3 cups julienne cut or shredded carrots
- 1 cup julienne cut watermelon radishes, or any variety radish including Daikon
- ½ cup flat leaf parsley leaves

Directions

- Whisk vinegar, maple syrup/honey, soy, ginger, garlic and salt in a large bowl. Whisk in oil. Add carrots, radish and parsley and toss to coat.

Mhancha

Ingredients

- 1 pack filo sheets
- 3 cups ground almonds
- 1 ½ teaspoons cinnamon
- 1/2 cup sugar
- 1/4 cup orange blossom water for almond paste
- Zest of one orange
- 8 oz (236ml) Honey warmed in a pan to dip fried cigars
- 4 oz (118ml) Water
- 2 tbsp orange blossom water for honey syrup
- 3 tbsp Toasted Sesame Seed to garnish
- 6 oz (177ml) melted butter for almond paste and filo

Directions

Preheat the oven to 160 degrees.

Make the Almond Paste:

- In a large bowl, make the almond paste by mixing together the ground almonds, 1/3 of the melted butter, sugar, cinnamon and orange zest.
- Add the orange blossom water gradually until the mixture becomes soft.
- Lay a folded sheet of filo on a surface
- Place a small amount of the almond mixture in a strip in the middle leaving a couple of inches on either side
- Before rolling, brush the middle of the phyllo sheet with melted butter.
- Fold the sides of the sheet over the ground almond mixture and roll very tightly into a cigar shape; press firmly with the seam down. Then curl the cigar into a snail shape
- Brush with butter

Finish the Almond Cigars:

- Transfer the pastries to a pan of warm honey syrup (2 parts honey (8oz)/one part water (4 oz) and 2 tablespoons of Orange Blossom water) and spoon over each cigar.
- Remove the cigars from the pan and sprinkle on the top and sides with toasted sesame seeds.
- Let the cigars cool before serving.

Moroccan Carrot & Chickpea Salad

Ingredients

Dressing

- 1/4 cup extra virgin olive oil
- 1 teaspoon lemon zest and 3 tablespoons lemon juice, from one large lemon
- Juice of one orange
- 1 honey
- 3/4 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground coriander
- 1/4 teaspoon ground allspice
- 1/4 teaspoon cayenne pepper

Salad

- 3 large carrots, peeled and grated
- 1/3 cup currants or sultanas
- 1/2 cup slivered almonds, toasted
- 1/2 cup chopped fresh mint or coriander, plus more for serving
- 1 can chickpeas, rinsed and drained
- 1 finely chopped shallot or small onion
- 1 garlic clove, crushed

Directions

- In a large bowl whisk together all of the ingredients for the dressing.
- To the dressing, add all of the ingredients for the salad and toss well. Cover with plastic wrap and refrigerate for at least 30 minutes or up to a few hours. Taste and adjust seasoning if necessary (you might need more salt, lemon or honey, depending on the sweetness of the carrots). Transfer to a serving dish and garnish with more fresh chopped herbs. Serve cold.
- Note: To toast the almonds, preheat the oven to 350°F. Place the almonds on a foil-lined baking sheet for easy clean-up. Bake for about 5 minutes, until the almonds are golden.

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

- In a large bowl whisk together all of the ingredients for the dressing.
- To the dressing, add all of the ingredients for the salad and toss well. Cover with plastic wrap and refrigerate for at least 30 minutes or up to a few hours. Taste and adjust seasoning if necessary (you might need more salt, lemon or honey, depending on the sweetness of the carrots). Transfer to a serving dish and garnish with more fresh chopped herbs. Serve cold.
- Note: To toast the almonds, preheat the oven to 350°F. Place the almonds on a foil-lined baking sheet for easy clean-up. Bake for about 5 minutes, until the almonds are golden.