



**Kingston
University**
London

**CULTURAL
FOOD STORIES
2021**

Welcome to the Cultural Food Stories project

A delicious way to celebrate the cultural diversity of Kingston University through favourite recipes shared by our staff and students. Each recipe also includes a short story explaining its significance. Participants could use their own names or pseudonyms to contribute. The stories show that the function of food is far greater than nutritional; it evokes memories, emotions and feelings of belonging. Cultural Food Stories started during the pandemic, when we could not be physically together, and research showed that taking part in the project increased the sense of belonging to the university of participants.

This cookbook includes the original recipes and stories submitted, but if you would like to contribute, please [use the form](#) to submit your recipe and story. Thank you for your interest, and I hope you enjoy exploring these wonderful recipes.

Dr Hilda Mulrooney,
Cultural Food Stories Project Lead

Acknowledgments

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Aloo (potato) Paratha

by Aloo Paratha



Where does the recipe come from?

Aloo Paratha is a breakfast dish and is most popular in South Asian countries, Pakistan, India, Nepal and Bangladesh.

What is the personal significance of the recipe to you?

This is a breakfast dish that everyone loves in South Asia. I personally love a heavy breakfast as it is one of the most important meals of the day. It keeps you full all day long. We add various stuffings to the paratha. Potato stuffing is the most favourite due to the creamy nature, but we also have chicken and lamb mince paratha, cauliflower paratha and radish paratha.

Does the recipe have cultural or religious significance, and if so, can you explain?

The recipe does not have religious significance but cultural maybe, as in Asian countries instead of eating bread or cornflakes for breakfast, people prefer to eat flat bread stuffed with Potatoes. It has a rich and creamy flavour.

Pleasure, happy, excited

Aloo (potato) Paratha

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	268	1121	9	2	6	45	2	3	695
4-6	-	40 mins	/portion	402	1681	14	4	9	67	3	5	1043

Ingredients:

- Potatoes (Aloo) peeled & cubed, 4 medium
- Water 1½ cups or as required
- Cooking oil 1 tbsp
- Cumin seeds 1 tsp
- Ginger paste 1 tsp
- Green chilli chopped 1 tbsp
- Salt 1½ tsp or to taste
- Coriander seeds crushed 1 tsp
- Red chilli crushed 1½ tsp
- Turmeric powder ½ tsp
- Fresh coriander chopped 2 tbsp
- Mint leaves chopped 2 tbsp
- Wheat flour 3 cups
- Salt 1 tsp
- Cooking oil 3 tbsp
- Lukewarm water 1½ cups or as required
- Ghee/butter 1 tbsp
- Yogurt to serve

Instructions:

1. In pot, add 4 peeled potatoes in salted water, cover and boil until tender (10-12 mins) then strain and mash well with the help of the masher.
2. In a large bowl add mashed potatoes, cooking oil, cumin seeds, coriander seeds, ginger paste, green chilli, salt, crushed red chilli, turmeric powder, fresh coriander, mint leaves and mix well.
3. Let it cool.
4. In another bowl add 1 tsp salt, wheat flour, and cooking oil 1 tsp and gradually add lukewarm water and knead until dough is formed, cover and let it rest for 10-15 mins.
5. Knead dough again until smooth and divide the dough, take one small dough (115g) and make 2 balls per paratha.
6. With a rolling pin, roll balls into about 4 to 5 inches diameter rounds. Try making both the rounds of the same size.
7. On one of the rolled dough circle, place the potato stuffing in the centre and keep about 1-inch empty space from the sides.
8. Gently place the second circle on top.
9. Press and seal the edges with your fingertips. If you are not able to seal the edges, then brush or spread some water on the edges of the two rounds and then seal.
10. Dust some flour on the stuffed paratha and start rolling the aloo paratha.
11. Roll the paratha into a round of about 7 to 8 inches in diameter or about the size of a normal roti or chapati.
12. On a hot pan place the rolled paratha.
13. When the base is partly cooked, flip the paratha.
14. Spread some ghee on the partly cooked part. You can also use oil instead of ghee. If using oil, then use sunflower oil.
15. Flip again and you will see nice golden blisters on the second side.
16. Place the paratha on a plate and add butter on top.
17. You can eat the paratha with yogurt.



Barm Brack (Ardglass Style)

by Jane Lindsay



Where does the recipe come from?

Ireland. Adapted family recipe.

What is the personal significance of the recipe to you?

I associate it with Halloween and being taken to Bewley's in Grafton Street to buy their Hallowe'en barm brack which had objects to find in it. This is an Ardglass version.

Does the recipe have cultural or religious significance, and if so, can you explain?

As above. This is a tea cake traditionally eaten at Hallowe'en, containing traditional charms. For example, getting a slice of barm brack containing a coin meant you would enjoy good fortune or become rich, and getting a ring meant you would be married within the year (you were supposed to put the ring under your pillow, and you would dream of the person you would marry!).

Family memories. Easy to make. Something to offer visitors at home.

Barm Brack

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	222	929	1	0	4	53	38	1	89
6	about 1½ hrs	2 parts - about 20 mins total	/portion	429	1795	2	0	7	103	73	1	173

Ingredients:

- 350g of dried fruit – I suggest 175g sultanas as a minimum. I add dried fruit I need to use up, including some currants, crystallised ginger, dates, crystallised cherries, and dried chopped apricots. I don't think dried apples or banana would work.
- 225g of light Muscovado sugar
- 1 egg beaten
- 2 tea bags (nice tea – like Irish Breakfast)- made up to make ½ a pint/ 300mls of very strong tea
- 225g of self-raising flour
- Objects such as a £1 coin, a button, a ring sealed well in silver foil or grease proof paper (optional).

Special Equipment:

- 2lb/900g loaf tin greased with butter. I suggest using a grease-proof liner for loaf tins which you can buy cut out and ready to use – or try greaseproof paper/ aka baking parchment.

Instructions:

Part 1

1. Make strong tea
2. Measure fruit
3. Put fruit in a bowl and add the tea
4. Leave overnight or for about 8 hours

Part 2 - 8 hours later

1. Pre heat oven to 150°C / 130°C (fan) or gas mark 2.
2. Prepare the loaf tin (grease and line with grease proof paper).

3. Stir the flour and egg into the fruit and mix well.
4. Put the mixture in the loaf tin.
5. Insert the objects so they are well buried at intervals in the loaf.
6. Bake in oven for about an hour and a half (90 mins). Check it after an hour. When it is ready, it should feel as if it is baked on top and if you stick a skewer in it, it should come out clean and not sticky.
7. Leave to cool for about 10-15 mins in the tin and then turn it out on to a wire rack to cool some more. Cool it with the top side up.
8. Enjoy with friends and make up stories about what the objects signify. Some people like to put butter on Barm Brack too.



Borscht

by Babushka's borscht

Where does the recipe come from?

Ukraine, my grandma.

What is the personal significance of the recipe to you?

My grandma makes borscht. It's my favourite food.

Does the recipe have cultural or religious significance, and if so, can you explain?

It makes me feel at home.

Babushka, red, warm



Borscht

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	77	322	2	0	2	13	3	2	364
2-5	30 mins	10 mins	/portion	230	962	7	0	5	40	9	5	1089

Ingredients:

- Potatoes, 350g
- Nettles (optional)
- Beetroot, 80g
- Carrot, 120g
- Meat (optional)
- Cabbage, ¼ to ½ small head, shredded
- Parsley, 1g
- Salt/ pepper, 1 tsp
- Tomato puree, 1 tbsp
- Splash of vinegar
- Sour cream, 1 heaped tbsp
- Clove of garlic
- Kyiv loaf

Special Equipment:

Stockpot

Instructions:

1. Get beetroot, carrots and potatoes and chop into bite-size pieces and put to boil (optionally include the meat) in a pot.
2. Cut cabbage into very thinly sliced ribbons and add to pot.
3. Then add parsley, salt and pepper to taste, a tiny bit of tomato puree.
4. Add a splash of vinegar.
5. Serve hot with a dollop of sour cream and more green herbs.
6. Finally get a clove of garlic and a slice of Kyiv loaf- directly translated it means sweet little brick because it's that shape and a dark earth brown colour.
7. Rub the individual clove into the bread until the garlic breaks up. (It really doesn't have to be precise measurements because it's our equivalent of what needs to be used up. You can include beans or anything else you have in the fridge, in varying proportions. It is my most favourite food in the world and best for a hangover. I have been known to eat 4 bowls in one sitting on more than one occasion.)



Chana Chaat (chickpeas salad)

by Chana Chaat



Where does the recipe come from?

Chana Chaat is a savoury snack and is popular in South Asian countries, Pakistan, India, Nepal and Bangladesh.

What is the personal significance of the recipe to you?

In South Asian countries Chana Chaat is used as a salad, is light weight and very delicious. They are different forms of Chana Chaat, there is papri chaat which has more ingredients and you can add yogurt to add more flavours or tamarind chutney to give it a taste of sweet/sour.

Does the recipe have cultural or religious significance, and if so, can you explain?

The recipe does not have religious significance but cultural maybe, it is eaten a snack, salad.

Pleasure, happy, excited

Chana Chaat

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
5-6	-	60 mins	/100g	83	347	1	0	3	16	3	4	260
			/portion	175	732	2	0	7	34	5	8	550

Ingredients:

- ¾ cup dried chickpeas or 1 can of chickpeas (400 g)
- 3 potatoes,
- 1 small tomato, diced
- 1 small onion, diced
- 1 green chilli, sliced (remove seeds)
- 4 tbsp coriander, chopped, plus more for garnish
- ½ - 1 tsp salt
- 1 tsp chaat masala, plus more for garnish
- If you do not have chaat masala you can add salt and ½ - 1 tsp red chilli powder
- 2 tsp lemon juice

To make Tamarind Chutney:

- 100g tamarind
- 1 tsp cumin seeds
- 1½ cup of sugar
- ½ - 1 tsp chilli powder
- ½ - 1 tsp salt

Instructions:

1. Soak chickpeas overnight in water. Make sure to use a large bowl as the chickpeas will double in size.
2. Boil in salted water for about 45 mins until tender. A pressure cooker can also be used, and in that case the chickpeas will not need to be soaked. The time for pressure cooking will be about 30 mins.
3. If you are using canned chickpeas, make sure to drain the water from the can and rinse before using.
4. Finely dice the potatoes and boil them in salted water for 10-15 mins until they soften. Rinse them in cold water.
5. Place the chickpeas and potatoes in a large bowl. Add diced tomatoes, diced onions, green chilli, coriander and salt, chaat masala and lemon juice. Mix well.
6. Let it sit for about 10 – 15 mins to let the flavours develop. Adjust seasoning if required.
7. Garnish with coriander leaves and chaat masala before serving. (Note: You can add yogurt to give it more flavour, you can add cucumber, lettuce and

bell pepper, as Chana Chaat can be eaten as a salad.)

8. To give a sweet and savoury taste you can add tamarind chutney.

To Make Tamarind Chutney:

1. Soak the tamarind in water overnight or for 4 to 5 hours.
2. With your hands, squeeze the pulp from the tamarind in the same bowl or pan. Strain the pulp and set aside.
3. Heat oil in small pan. Fry the cumin seeds first. Keep the heat low. Then add 1½ cups of sugar, ½ of cup of water, ½ tsp salt and 1 tsp of red chilli powder.
4. Then add the strained tamarind pulp. Cook for 2 to 3 mins.
5. Mix well. Simmer for 4 to 5 mins or longer until consistency thickens.
6. The tamarind chutney is ready to eat or add to Chana Chaat when cool.



Cheese Scones

by Irish Cailín ('cailín' means 'girl' in Irish)



Where does the recipe come from?

There are lots of scone recipes but this particular one comes from Mrs. Beeton's cookbook. Scones were something we would make at home a lot, so I associate them with home (Ireland).

What is the personal significance of the recipe to you?

The first thing I ever cooked in my primary school cooking lessons was scones. I thought they were pretty straightforward; the teacher made it look easy. Then when I tried it everything went totally wrong; the mixture stuck everywhere, all over me and the board and the rolling pin. I thought I'd completely messed up and couldn't figure out what had gone wrong; I was sure the teacher would be really angry with me. It turned out I'd forgotten to flour the board and once I did that the whole thing worked brilliantly. So, it was an early lesson that sometimes you can turn around a disaster in the kitchen (I was about 9 years old at the time).

I made scones a lot at home. My mother (who was a fantastic cook and although she worked full time, cooked all meals every day from scratch for the family), loved my scones. So I always think of her when I make them, which is comforting as she died many years ago. My family also love these scones; I have to make triple batches because they get eaten so fast. They are fantastic still warm, out of the oven, with a bit of butter. They are a very definite comfort food.

Does the recipe have cultural or religious significance, and if so, can you explain?

Yes, scones are eaten a lot in Ireland so they have cultural significance for me. My theory is because it rains a lot in Ireland, we need nice comforting delicious stodgy foods! Since coming to England I know they are not just an Irish norm but are eaten over here too. In a way that is nice, to have that shared aspect of culture despite the historic difficulties our countries have had.

Comforting, tasty, homely

Cheese Scones

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	377	1577	18	11	11	44	0	2	412
6 (makes 12 scones)	10-12 mins	approx. 15 mins	/portion	254	1062	12	7	8	30	0	1	312

Ingredients:

- Fat for greasing (or greased paper to line the tin)
- 225g/ 8oz self-raising flour
- 2.5mls/ ½ tsp salt
- 25-50g/ 1-2oz butter/margarine
- Flour for kneading
- 75g/ 3oz grated cheese (e.g. cheddar, red Leicester)
- Egg (optional)
- Mixed dried herbs (optional)
- Milk or beaten egg for glazing (optional)

Special Equipment:

- Sieve
- Mixing bowl
- Scone cutter
- Baking tray/tin

Instructions:

1. Grease a baking tray, or line with baking paper.
2. Set the oven at 220°C/ 425°F/ gas mark 7.
3. Sift the flour and salt into a large bowl.
4. Rub in the butter or margarine, so the mixture looks like fine breadcrumbs.
5. Add the grated cheese and dried herbs if you are using them, and mix well.
6. Mix to a soft dough with the egg (if you are using an egg), and milk, using a knife, ideally round-bladed.
7. Knead very lightly on a floured surface until smooth.
8. Roll or pat out the dough to about 1cm/ ½ inch thick, and cut into rounds using a 6cm/ ½ inch cutter. Re-roll the trimmings and re-cut until all the mixture is used.
9. Place the scones on to the prepared baking tray. Brush the tops with milk or beaten egg if you wish, to add colour. You can sprinkle the top with grated cheese (e.g. Parmesan) if you want.
10. Bake for 10-12 mins and cool on a wire tray. Enjoy!



Chicken Biryani

by Chicken Biryani



Where does the recipe come from?

It is a Pakistani/Indian dish. Biryani was developed in the Mughal royal kitchen. I belong to the Mughal family, so this dish is very dear and close to us.

What is the personal significance of the recipe to you?

The rich flavours of this dish are amazing. It is our family dish and I am very fond of this dish. The meat or chicken is very tender and contains a lot of different spices and flavours. I can have Biryani every day of the year and I will not be bored.

Does the recipe have cultural or religious significance, and if so, can you explain?

Mughal were originally Muslims, but it has nothing to do with culture. Biryani has been a dish in South Asian countries such as India, Pakistan and Bangladesh for many years.

It makes you happy, excited & curious

Chicken Biryani

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	139	581	6	2	8	15	4	1	101
6-8	1 hr and 2 mins	30 mins	/portion	562	2351	22	6	34	60	15	3	409

Ingredients:

- Oil
- 2 onions
- Skinless chicken (whole chicken)
- Garlic + ginger
- 2 tomatoes
- 250g of yogurt
- Salt
- Rice, 2 cups
- Dried plums
- Fresh coriander leaves
- Fresh mint leaves
- Lemon
- Orange colour
- Shan/Laziza/MDH Biryani Masala (ready-made)

- 1 small whole mace
- 1-2 inch cinnamon stick
- 2-5 whole cloves
- 1 black cardamom
- 1 star anise
- 3-4 green cardamom pods
- 1 tsp roasted cumin seeds
- ½ tsp black peppercorns
- ¼ tsp fennel
- ¼ tsp carom seeds

4. Soak 2 cups of rice for 20 mins.
5. Boil water add 2 tbsp salt and add rice. Boil the rice until ¾ cooked.
6. Drain the rice and set aside.
7. Layer half of the rice, all of the chicken and then the remaining rice on the top.
8. Dissolve the orange food colour in 50mls water and add to the rice on the top and add slices of lemon, mint leaves and coriander.
9. Cover the lid with foil and put it on very low flame; allow the steam to develop for 15 mins.
10. After 15 mins remove the foil from the lid and mix the rice. The favours will meld and colour will mix.
11. Serve this with yogurt.

Instructions:

1. Prepare Biryani Masala by grinding it in the blender or food processor.
2. Take a pot and add oil and onion.
3. When the onion are golden brown add the tomatoes, Biryani Masala and cook for 2-3 mins. Add the chicken, yogurt, ginger and garlic paste and 1 tsp of salt. Cook over low heat for 25 mins.

If you do not have Biryani Masala you can make Biryani Masala by grinding the following ingredients:

- 1 medium dried bay leaf
- 2 dried button red chilli peppers



Chicken Tikka

by Chicken Tikka



Where does the recipe come from?

It is a Pakistani/Indian dish.

What is the personal significance of the recipe to you?

The rich flavours of this dish are amazing. The chicken is very tender and contains a lot of different spices and flavours. The chicken tikka can be eaten with Chapati, or in a wrap, with rice and also with salad.

Does the recipe have cultural or religious significance, and if so, can you explain?

No, this recipe has no cultural or religious significance, it is popular in western countries as well as eastern countries.

It makes you happy, excited & pleased

Chicken Tikka

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	119	498	6	2	13	3	2	0	62
5-6	20 mins	120 mins	/portion	200	837	10	4	23	5	3	1	104

Ingredients:

- 450g skinless boneless chicken thighs cut into bite size pieces
- 2 tbsp thick yogurt/Greek yogurt
- 2 tsp chickpea flour/gram flour
- 4 cloves garlic
- 1" piece ginger peeled
- 1 green chilli
- 1 tsp mild paprika
- ½ tsp chilli powder (or a little more if you'd like it spicy)
- ½ tsp garam masala powder
- 1 tsp coriander powder
- Pinch cinnamon powder
- Pinch of saffron crushed
- Salt to taste
- Butter for basting
- 1 tsp chaat masala
- Juice of ½ a lemon
- Salad & chutney to serve
- Fresh mint leaves
- 1 green chilli

Special Equipment:

- Grinder
- Grill/oven

Instructions:

1. Add the ginger, garlic and green chilli in a wet grinder and blend to a smooth paste. Mix yoghurt with gram flour in a bowl to form a thick paste-like consistency. Add the ginger, garlic chilli paste, paprika, chilli powder, garam masala and coriander powder. Also mix in the ground cinnamon, saffron and salt. Stir well and tip in the chicken pieces and mix well making sure to coat them in the thick marinade. Leave to marinate for a few hours or even overnight if you prefer.
2. Soak wooden skewers in water. Preheat the grill on medium. Shake off the excess marinade and thread the chicken pieces onto the skewers and place them on a wire rack. Cook under the grill for 15-20 mins. Turn the

skewers every 5 mins & baste with melted butter until the juices run clear and they are cooked through and slightly charred around the edges.

3. Serve warm over rice, chapati or salad.

To make Chutney:

1. Grind mint leaves, 1 green chilli and salt. Mix this with yogurt.



Christmas Pavlova

by Christmas Pavlova



Where does the recipe come from?

It comes from my mum who grew up in New Zealand (but the recipe is the same from the BBC website). What is important to me is that you have to include kiwi fruit. Without it, it loses some of its significance.

What is the personal significance of the recipe to you?

Every Christmas my mum makes a pavlova. Over the years it has developed and I now, with my own family have created the Christmas Pavlova, which is an ode to my mum and our family Christmas' but also coincidentally my husband is a kiwi so he equally loves the tradition.

Does the recipe have cultural or religious significance, and if so can you explain?

It is claimed that pavlova was created in New Zealand and named after a famous ballerina, however, some believe it originated in Australia.

Nostalgic, delicious, eye catching

Christmas Pavlova

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	328	1372	23	14	2	30	29	0	35
6-8	1-2 hrs	30 mins	/portion	627	2811	46	29	5	61	60	0	72

Ingredients:

- 6 large egg whites
- 350g/12oz caster sugar
- 1 tsp white wine vinegar
- 1 tsp cornflour
- 600ml/20fl oz double cream
- 1 tsp vanilla bean paste
- Fruits / berries of choice:
 - Kiwi fruit
 - Blueberries
 - Raspberries
 - Pomegranate seeds
 - Mint to decorate
 - Icing sugar for dusting

Instructions:

1. Preheat the oven to 160°C/140°C fan/gas mark 3. Line a large baking tray with baking parchment and draw a 30cm/12in circle in the middle of the paper. Draw a 15cm/6in circle in the centre of the larger circle to make a ring.
2. Put the egg whites in a clean mixing bowl and whisk with an electric whisk until soft peaks form when the whisk is removed. Gradually add the sugar a little at a time, whisking on maximum speed until they are stiff and glossy. Mix the vinegar and cornflour in a cup until smooth, then stir into the egg whites
3. Spoon the meringue onto the ring drawn on the baking parchment. Using a large spoon make a shallow trench in the meringue for the cream and fruit to sit in.
4. Transfer to the oven and immediately reduce the temperature to 140°C/ 120°C fan/gas mark 1. Bake for 1 hour–1 hour 15 mins, until the outside is hard but still white. Turn the oven off and leave the pavlova inside for an hour or overnight to cool and dry.
5. To assemble, whip the cream and vanilla paste until stiff peaks form when the whisk is removed. Spoon the cream into the trench in the meringue. Arrange the fruit and berries on top and decorate with a few mint leaves, if using. To serve, dust with icing sugar.

Special Equipment:

- Electric whisk



Dresdener Christollen

by Bella Turner

Where does the recipe come from?

Germany – Grandma's recipe.

What is the personal significance of the recipe to you?

This recipe is very nostalgic to me and brings me back to Christmas in Germany.

Does the recipe have cultural or religious significance, and if so, can you explain?

Not sure.

Traditional, Christmas, family



Dresdener Christollen

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	378	1581	16	8	7	56	24	2	14
8	40-45 mins	2.5/ 3 hr	/portion	1221	5108	51	26	21	180	79	5	45

Ingredients:

- 1kg flour
- 75g fresh yeast or equivalent dried yeast
- 250mls milk
- 150g sugar
- 75g sweet almonds
- 60g bitter almonds
- 375g butter
- 125g zitronat (candied lemon peel)
- 375g sultanas soaked in rum for a few days
- Butter, icing sugar, and vanilla sugar to finish

Instructions:

1. Mix all the ingredients together, knead the dough and let it prove.
2. Form the stollen and bake for 40-45 mins at 180°C in a preheated fan oven. Let it cool, brush with melted butter and then dust with vanilla and icing sugar. You might not be able to get zitronat in the supermarket.



Ghanaian Jollof Rice with Plantain and Grilled Chicken

by Anonymous



Where does the recipe come from?

West Africa, but I prefer the Ghanaian version.

What is the personal significance of the recipe to you?

Reminds me of my upbringing, my heritage and because of the adoration that many places have of the dish, makes me very proud of my heritage.

Does the recipe have cultural or religious significance, and if so, can you explain?

People of Ghana experience great pride in this dish which we take ownership of. For example, it is a source of debate who does it best.

Home, satisfying, a taste of Ghana

Ghanaian Jollof Rice with Plantain and Grilled Chicken

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	222	928	15	3	8	13	3	1	157
4	approx. 2 hrs	approx. 1 hr	/portion	2593	10849	180	32	98	156	36	10	1835

Ingredients:

Chicken stock:

- 6 chicken thighs
- 2 cloves garlic
- 1 small onion
- 1 Maggi stock cube
- 1 knob of ginger
- Bunch of thyme
- Salt

Jollof:

- 465g/ 16.4oz fresh tomatoes
- 100g/4oz green beans
- 1 small red onion
- 50ml oil

- 2 tbsp tomato puree
- 1 red pepper 2 large carrots
- 680g/ 1.5lbs basmati rice
- Curry spices
- 1 Scotch bonnet chilli

Chicken:

- 150g/6ozs breadcrumbs
- Bunch of parsley
- Bunch of coriander
- Bunch of basil
- 2 cloves garlic
- Olive oil
- Salt

Plantain:

- 3 plantains
- 1 tsp ground ginger
- 1 tsp cayenne pepper
- Salt
- 300ml olive oil

Special Equipment:

- Wok/frying pan
- Blender
- Slotted spoon

*Continues on
next page...*



Ghanaian Jollof Rice with Plantain and Grilled Chicken (Cont.)

Instructions:

1. Preheat the oven to 200°C/ 400°F/ gas mark 6

For the chicken stock:

1. Blend together thyme, onion, garlic, ginger & 160mls water. Season with salt, paprika & crumbled Maggi cube. Add chicken thighs to a large non-stick pot; pour blended mixture over them. Leave to simmer on a low heat for 20 mins, then remove the chicken from the stock and set this aside for later (keep the stock).
2. To make tomato stew, add oil & tomato purée to the leftover stock; cook gently on a medium heat. Blend fresh tomatoes, red pepper, red onion and Scotch bonnet. Add this to the stock; cook this on a medium heat for 20 mins, turning it into a thick stew.

3. Thoroughly wash the rice, drain any liquid, and then add rice to your stew with 100mls water. Cover the pot; leave this to cook on a medium heat for 20 mins, stirring very occasionally to evenly distribute the rice.
4. Chop green beans and carrots, add to the stew and stir gently. Place some parchment paper or tin foil directly onto the rice to cover it and control the steam. Leave this to cook for a further 20 mins and then set aside.

For the herby chicken

1. Blend together all of the ingredients to form a rough paste (basil, coriander, parsley, garlic, oil and breadcrumbs). Spread this over the chicken and roast in the oven for 20 mins until crispy & tender.

For the plantain

1. Heat the oil in a wok/ frying pan on a medium heat. Peel & dice the plantains. Season plantain chunks with cayenne pepper/chilli powder, ground ginger & salt. When oil is bubbling, fry plantain until golden. Using a slotted spoon, remove plantain from the oil & place in a bowl lined with kitchen roll to drain the excess oil.
2. Dish up the jollof rice, topped with chicken & plantain & enjoy!



Gosh-e Fil

(Elephant Ears)

by HWM



Where does the recipe come from?

Gosh-e Fil's place of origin is Afghanistan.

What is the personal significance of the recipe to you?

People usually serve it at a particular religious celebration such as Eid ul-Fitr, or New Year's parties.

Does the recipe have cultural or religious significance, and if so, can you explain?

People usually serve it in a particular religious celebration such as Eid ul-Fitr.

Sweet, delicious, and tasty. It reminds of my culture and home country memories.

Gosh-e Fil

(Elephant Ears)

Serves:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
3	20 mins	2 hrs 10 mins	/portion	1151	4815	78	6	13	105	24	4	810

Ingredients:

- 2 eggs
- 2½ cups all-purpose flour
- ½ cup clarified butter or vegetable oil
- Pinch of salt
- ½ tsp baking powder
- ½ cup lukewarm milk
- 2 tbsp powdered pistachios
- ½ cup powdered sugar or you can use sugar syrup.
- Oil for deep frying

Instructions:

1. Put eggs, baking powder, salt and clarified butter into a large bowl and mix together.
2. Add all purpose flour and make a soft and smooth dough by adding lukewarm milk little by little.
3. Turn the dough onto a rolling pin board, sprinkle the dough with more of the remaining flour and knead for 10 mins, using flour when needed.
4. Dough will be somewhat sticky but will have a smooth gloss. Cover with plastic wrap and let it rest for 30 mins.
5. After 30 mins, pull off a piece of dough about the size of a large cherry tomato.
6. Roll into a flat 3½" x 4" oval. Take one side of the oval and fold it over to the other side, crimping edges together. It will resemble an elephant ear.
7. Make more ears, and deep-fry them, in batches, in heated oil. Turn to cook evenly until golden, remove, and drain on paper towels.
8. When cool sprinkle with powdered sugar and pistachios. Serve immediately or store in an airtight jar.

Special Equipment:

- Large mixing bowl
- Airtight jar



Great-Grandma Hansen's Doughnuts

by Lori Snyder



Where does the recipe come from?

I would guess that it comes from Denmark. My great-grandmother was born in Denmark and had her first daughter there. She and her husband then immigrated to the United States of America and had more children, including my grandmother. The recipe comes to me from my mother as 'Grandma Hansen's Doughnuts', so I have updated the name, since she was my great-grandma.

What is the personal significance of the recipe to you?

I can remember my grandmother making these doughnuts for us grandchildren (my cousins and I) and us shaking them in paper bags of powdered sugar (confectioners sugar) and eating them while they were still warm.

Does the recipe have cultural or religious significance, and if so, can you explain?

I don't know, but when I made some during the first pandemic lock-down in Spring 2020, I sent photos of my attempt to the family back in the US it brought back fond memories to my cousins and my Aunt (my mother's sister) and Uncle.

Comfort, family, love

Great-Grandma Hansen's Doughnuts

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	269	1125	4	2	7	56	18	2	267
makes about 13 doughnuts	-	a few hours	/portion	528	2209	7	4	13	110	36	4	524

Ingredients:

Note: this recipe came from America, so the amounts are in American cup measurements. It is also an old recipe, so there are no exact timings. Some American ingredients (such as Crisco) require UK substitutions. The original recipe is preserved here.

- Yeast (the amount of yeast is not specified, by the description, presumably this used to come in a solid cake that needed to be broken up to use)
- 1 cup milk
- 1 tsp sugar
- 2 cups sugar
- 2 tbsp Crisco (vegetable oil shortening)
- 2 tbsp butter

- 2 eggs
- 2 tsp salt
- ½ tsp vanilla extract
- 2 cups milk
- 9½ cups flour
- Powdered sugar

Continues on next page...

Special Equipment:

- Large bowl
- Warm place for proving dough
- Mixer with dough hook
- Deep fat fryer or pan with sufficient oil in it for deep frying



Great-Grandma Hansen's Doughnuts (Cont.)

Instructions:

1. Use the first three ingredients to start the yeast. Break the yeast into a bowl. Add 1 cup of milk and let the yeast dissolve. Add 1 tsp sugar. When this is dissolved, add a little bit of flour to make a sponge consistency. Beat well. Let this raise in a warm place.
2. Use the next set of ingredients. In a mixer, cream 2 cups of sugar, 2 tbsp Crisco, and 2 tbsp butter. Add 2 eggs, beating well. Add 2 tsp salt and ½ tsp vanilla extract. In a pan, scald the 2 cups of milk, let it cool, and then add it to the ingredients in the mixer and mix. Add the yeast mixture. Put the dough hook on the mixer and then start adding the flour to the mixture until the dough forms around the dough hook. Let the dough raise in a warm place.
3. Knead and form into round doughnuts in the palm of your hand. Let the doughnuts each raise to double in a warm place.
4. Fry the doughnuts in deep fat. Keep turning them while they are in the fat. Drain them on a wire rack.
5. When they have cooled slightly, but are still warm, shake doughnuts in a paper bag of powdered sugar.



Griot

by KP



Where does the recipe come from?

Griot is a Haitian dish that consists of pork, usually simmered in a sweet, spicy, and tangy marinade of chilli peppers, onions, and orange, lime, or lemon juice until tender, then fried in a skillet.

What is the personal significance of the recipe to you?

This dish is mostly eaten at parties.

Does the recipe have cultural or religious significance, and if so, can you explain?

This recipe is an homage to the griot, a person of high social status in many West African countries. As pork meat was scarce and expensive in Haiti, the dish was made only for special occasions and festive events and are both very important to their respective cultures. It is now considered Haiti's national dish and is made more often than in the past.

Enjoyable, delicious, pride

Griot

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
Serves:	Oven Time:	Prep Time:	/100g	85	355	6	2	6	2	0	380
4 - 5	5 mins and 1hr on the stove	2 hrs 45 mins	/portion	172	719	12	4	13	5	4	768

Ingredients:

- Pork shoulder cut into bite size pieces
- ½ cup of orange juice
- 2 tbsp of lime juice
- Parsley
- Thyme
- ½ diced medium onion
- 1 Scotch bonnet pepper
- Paprika
- Salt & pepper
- 2 scallions
- 2 tbsp of minced garlic
- 1 bell pepper
- ½ cup of chicken bouillon

Instructions:

1. Leave the pork to marinate in the orange and lime juice, salt, pepper, chicken bouillon, paprika, garlic, parsley, scotch bonnet pepper and bell pepper for 2 hours in the fridge.
2. Once 2 hrs are up, place the pork in the marinated juice on the stove and bring to boil and simmer until tender for an hour.
3. Once the pork is tender remove the liquid and bits of spice and vegetables and set aside the pork.
4. Place the liquid in a smaller pot and simmer until desired consistency is reached, add spice if needed.
5. Place the pork in the oven and allow to broil for 5 mins until crispy and ensure a deep brown colour.
6. Add the liquid to the pork and enjoy with noodles, or drain the liquid and eat with rice and vegetables.

Special Equipment:

- Sauce pan



Gulab Jamun

by Tungy Samaji



Where does the recipe come from?

It comes from India.

What is the personal significance of the recipe to you?

It is like Indian comfort food and I like sweet foods.

Does the recipe have cultural or religious significance, and if so, can you explain?

People tend to mainly eat it during festival time to celebrate.

Oh My God, this is so good.

And "Ouchhhh my teeth are hurting" because it's soaked in sugary syrup.

Gulab Jamun

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	307	1284	7	3	4	65	61	0	70
makes 16 (serves 6-8)	30 mins + 2-3 hr of soaking	35 mins	/portion	472	1974	11	5	5	100	94	0	107

Ingredients:

For the syrup:

- 4 green cardamom pods, pierced
- 600g caster sugar
- A few drops of rosewater
- ¼ tsp saffron strands, soaked in 2 tbsp warm water for an hour
- 2 tsp chopped pistachios

For the Gulab Jamun:

- 1 tsp caster sugar
- 6 green cardamom pods, seeds removed
- 100g full-cream milk powder
- 40g plain flour
- ½ tsp baking powder
- 50g homemade ghee or softened unsalted butter
- 1 tbsp full fat natural yogurt
- Squeeze of lemon juice
- 4-5 tbsp whole milk
- Sunflower oil, for your hands

Special Equipment

- Pestle and mortar
- Mixing bowl
- Wok
- Slotted spoon

Instructions:

1. To make the syrup, heat the cardamom, sugar and 500ml water in pan, not letting the water boil before the sugar has dissolved. Simmer for 10 mins, then cool.
2. Add the rosewater, saffron and some of its soaking water, gradually adding to give a subtle flavour. Set aside in the pan.
3. To make the Gulab Jamun, grind the cardamom and sugar with a pestle and mortar.
4. Sieve the milk powder, flour and baking powder into a mixing bowl and stir in the ground cardamom. Rub in the homemade ghee or butter using your fingertips until the mixture resembles coarse crumbs.

5. Add the yogurt, lemon juice and enough milk to form a soft dough – take care not to overwork the mixture.
6. Oil your hands with a little sunflower oil and shape small portions of the dough into balls the size of a small walnut, about 3cm in diameter and 20g each. You should have 16 balls. Take care that the dumplings are smooth and have no cracks or folds.
7. Reheat the syrup. Once it comes to a boil, turn off the heat and cover with a lid.
8. Heat the ghee in a wok to 130°C. When a small piece of dough dropped into the oil turns golden in about 40 seconds, fry the balls in batches over a medium heat, moving them around until they are an even, deep brown, about 5-7 mins. Remove from the pan using a slotted spoon, then drain on kitchen paper. Add to the warm syrup, leaving them to soak for 2-3 hr or preferably overnight.
9. When ready to eat, warm the Gulab Jamun through in a wide pan, spooning over the syrup. Serve piping hot.



Häckerle

by Detlef's Mutti Goleç



Where does the recipe come from?

Poland, Germany.

What is the personal significance of the recipe to you?

Here's one from my dear friend Detlef. His family originated from just 40 miles apart from us in upper Silesia. He is German. I am Polish. His family lived in Kattowitz. I knew it as Katowice. The region is, to this day, a culturally disputed mosaic but his family was uprooted at the hands of Communist Polish troops, and I'm not proud of that. In fact, I'm a proud Pole, and I think I should shoulder all the apologies due to my nation because I hope to inherit my culture. This recipe is very similar to our Polish version, but here is Detlef's Mutti's version.

I'd only add cherry vodka and a lot of hands of "Tysiac". Forgiveness and friendship. Forgiveness.

Does the recipe have cultural or religious significance, and if so, can you explain?

Yes, it is found in both countries.

Simple, delicious

Häckerle

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	137	573	8	2	13	4	3	1	512
1-2	-	approx. 1 hr plus overnight in fridge	/portion	228	953	13	4	22	6	5	1	853

Ingredients:

- 3 salted herrings
- 2 small onions
- 50g smoked speck or bacon
- 1 hard boiled egg
- Pinch of black pepper
- Pinch of sugar

Special Equipment:

- Food processor (if you don't have one you can just chop the ingredients as finely as possible)

Instructions:

1. Wash the herrings under cold water and lie them in a bath of fresh water for 30-60 mins (make sure they do not swim away!).
2. Chop the 2 onions.
3. Fry the bacon and take out of the frying pan, letting all fat drip off. Let the bacon cool down.
4. Boil the egg until hard, peel, chop roughly.
5. Put everything into the food processor and process until the consistency resembles a pâté/paste but little bits are still visible. If the pâté appears too watery, add a small amount of fine breadcrumbs until the pâté becomes thicker.
6. Fill into ramekins or a dish, cover with cling film and leave in the dish at least 1 day before eating. Don't forget the cling film, otherwise your fridge smells of fish.

Serving suggestions:

As a pâté on crisp bread or fresh bread or as a side with boiled potatoes or a topping for baked potatoes.



Kaiserschmarrn

(aka Royal Nonsense)

by Manuela



Where does the recipe come from?

Austria, my grandmother.

What is the personal significance of the recipe to you?

We always had it after school and my grandmother would serve it with her warm homemade fruits from the garden.

Does the recipe have cultural or religious significance, and if so, can you explain?

It's our traditional dessert next to the Sachertorte which is more for wealthier people but Kaiserschmarrn aka Royal Nonsense is the dessert of the common people. Funnily, its name is royal.

Warm, washes your sorrows away, yummy

Kaiserschmarrn

(aka Royal Nonsense)

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
4	-	20 mins	/100g	235	983	8	4	6	36	16	1	47
			/portion	486	2033	17	9	13	74	34	2	98

Ingredients:

- 3 eggs, separated
- 200g plain flour
- 200ml milk
- 3 tbsp caster sugar
- 1 tsp vanilla essence
- 50g butter
- Handful of raisins (optional)
- 25g icing sugar (to serve)
- 4 tbsp plum compote, apple sauce (to serve)

Special Equipment:

- Mixer
- Spatula
- Non-stick frying pan
- Bowl

Instructions:

1. Beat the egg yolks and stir in the flour, vanilla essence and milk to make a smooth dough.
2. Whisk the egg whites and 2 tbsp of sugar together until they form soft peaks.
3. Gently fold the egg whites into the dough mixture, taking care not to lose too much air. Stir in the raisins, if using.

4. Add a knob of butter to a non-stick frying pan and heat until melted and bubbling.
5. Pour in the pancake mixture. It should be reasonably thick (at least half an inch). Cook over a medium heat until bubbles appear on top of the pancake. Slide it onto a plate and flip it over to cook the other side.
6. Once the pancake is cooked through, use a spatula to tear it up into "Schmarrn", little chunks of pancake. Then add a knob of butter and the last of the sugar to the pan and let it caramelize the pancake bits.
7. Serve with a sprinkle of icing sugar and a large dollop of plum or apple sauce.



Karah Prashad

by Tajmit Khaneja



Where does the recipe come from?

Punjab, India. My grandmother taught me this recipe.

What is the personal significance of the recipe to you?

I absolutely love Karah Prasad as it gives me the feeling of being closer to God when eating the offering.

Does the recipe have cultural or religious significance, and if so, can you explain?

This recipe has religious significance for us as Karah Prashad is a blessed food. It is distributed to everyone at the ends of services and symbolises the belief in equality and the oneness of humanity. It reminds Sikhs of the langar and the idea that all people are God's creation. The word 'gurudwara' means 'the door to the guru.' So, when you visit the guru you cannot come back empty handed. The guru offers his sweet blessings to you. Thus, the Karah Prashad signifies these blessings, and one should never say no to Karah Prashad when you visit any gurudwara. While making Karah Prasad it's important to chant the 5 Baanis. Reciting the Bani is one of the main ingredients in it. Because it adds subtle spiritual and devotional energy to the halwa and then it becomes the Prasad. Without the chanting it will be like a delicious atta halwa. So, if you want to make the Karah Prashad then while making it recite the 5 Baanis which are: JAPJI SAHIB, JAAP SAHIB, TAV PARSAAD SAVIYAE, CHAUPAI SAHIB and ANAND SAHIB. If chanting these 5 Baanis is not possible then you can chant WAHEGURU continuously from start to end while making Prashad.

Sweet, rich, blessing

Karah Prashad

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	537	2246	37	23	2	52	40	2	6
6	25 mins	15 mins	/portion	483	2020	33	21	2	47	36	2	5

Ingredients:

- Whole wheat flour, 1 cup
- Ghee, 1 cup
- Sugar, 1 cup
- Water, 3 cups
- 2 cardamoms, crushed

Special Equipment:

- Saucepan
- Heavy bottom pan
- Spatula
- Spoon

Instructions:

Making sugar solution

1. Take 1 cup sugar in a saucepan or pot. Add 3 cups water. Use a saucepan which has a handle as it helps when adding sugar solution to the whole wheat mixture in the later part of the recipe.
2. Keep the pan on stove top on a medium-low to medium flame.
3. Stir the solution so that all the sugar dissolves.
4. Heat this sugar solution until it begins boiling.
5. Once the sugar solution boils, then switch off the flame.

Frying Wheat Flour for Karah Prashad

1. Meanwhile while the sugar solution is boiling, also place a heavy bottomed pan on another stove top on a low flame.
2. Add 1 cup clarified butter, let the entire clarified butter melt, then add the whole wheat flour, stirring to mix well.
3. On a low flame begin to fry the whole wheat flour in clarified butter until reddish brown, stirring continuously. Add the crushed cardamoms and mix well.
4. Add sugar syrup to the mixture, stirring until a firm pudding consistency is reached. Serve hot.



Khajoor

Tajmit Khaneja



Where does the recipe come from?

It comes from Afghanistan. Usually made by the ladies.

What is the personal significance of the recipe to you?

This recipe brings immense happiness to me as it is made when somebody is getting married.

Does the recipe have cultural or religious significance, and if so, can you explain?

This recipe has an important relevance in our culture as it is made when somebody is getting married within the family. Two days before the wedding, the ladies gather and make this dish called Khajoor.

Wedding, party, happiness. It makes us feel alive due to the symbolism of the recipe.

Khajoor

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	424	1774	13	1	6	76	24	3	199
4	45 mins	25 mins	/portion	1063	4447	32	3	15	190	60	6	498

Ingredients:

- ½ tbsp dried yeast
- ½ cup warm water
- 4 ¼ cups all-purpose flour
- ½ tsp salt
- ½ cup vegetable oil or margarine
- 1 cup + 2 tbsp sugar
- Vegetable oil for frying

Special Equipment:

- Large mixing bowl
- Pan
- Spoon
- Spatula

Instructions:

1. Combine the yeast with warm water and set aside to soften. Sift the flour and salt together in a large mixing bowl.
2. In a pan, melt the oil and sugar together.
3. Pour quickly into the flour and stir rapidly to prevent the formation of large sugar crystals as the caramelised sugar cools.
4. Then add the yeast mixture and the ½ cup cold water and mix to make a firm dough.
5. Do not allow it to stand, but at once take a little of the mixture and form it into a ball about the size of an egg. Flatten this against the convex surface of a sieve to a thickness of about ⅛ inch and a diameter of about 2 inches, then roll it up loosely and seal.
6. Fry the cakes in deep oil until golden brown, remove, drain well and cool.



Kheer

by Saijal Kaur



Where does the recipe come from?

India/South Asia, my mother taught me this recipe.

What is the personal significance of the recipe to you?

I personally love this food because it reminds me of the festival vibes and extreme happiness.

Does the recipe have cultural or religious significance, and if so, can you explain?

This recipe has both cultural and religious significance as being Indians we make it on the day of Bhai Dooj, Diwali, and other festivals.

Sweet, happiness, filling

Kheer

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	122	510	4	2	4	18	15	0	36
4	25 mins	10 mins	/portion	445	1861	16	7	13	66	56	0	162

Ingredients:

- 5 cups milk, full cream
- ¼ cup rice, washed
- ¾ cup sugar
- 8-10 raisins
- 4 green cardamoms
- 12-15 shredded almonds
- 5-6 cashew nuts

Special Equipment:

- Colander
- Heavy bottom pan
- Spoon
- Spatula

Instructions:

1. Rinse the rice until water turns clear. Then soak the rice in enough water for 20 to 30 mins. Once soaked for around 20 mins, drain the rice using a colander and set aside.
2. Boil the rice and milk in a deep pan.
3. Simmer over low flame, stirring occasionally until the rice is cooked and the milk becomes thick.
4. When done add sugar, raisins, and cardamoms.
5. Stir until sugar gets dissolved properly.
6. Transfer into a serving dish and garnish with almonds and cashew nuts.
7. Serve hot or chilled.



Lemon Tofu Casserole

	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
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Serves:	Oven Time:	Prep Time:	/100g	61	255	2	0	2	9	2	2	207
6	approx. 30-40 mins	approx. 20 mins	/portion	201	840	7	1	6	30	8	6	684

Ingredients:

For the tofu chunks:

- 110 oz firm tofu, drained & cut into ½ inch cubes
- 3 tbsp lemon juice
- 1 tbsp olive oil
- ¼ tsp dried oregano
- ¼ tsp salt

- 110g green beans
- 1 tsp dried oregano
- Salt & pepper to taste
- Chopped parsley & chopped dill

Special Equipment:

- Stove-top casserole dish with a lid

For the vegetable stew:

- 2 tbsp olive oil
- 1 large onion, sliced into rings
- 3 garlic cloves, peeled & crushed
- 4 medium potatoes, cut into chunks
- 400g tinned tomatoes
- 2 medium courgettes, quartered & cut into ½ inch chunks

Instructions:

1. Mix tofu with lemon juice and oil. Spread in a single layer in container, sprinkle with oregano & salt & set aside to marinate.
2. Heat oil in large pot over medium heat. Add onion, and cook for 5 mins, or until translucent.
3. Add garlic and cook for 2 mins.

4. Add potatoes & water to cook. Bring mixture to a simmer, cover pot with a lid & cook for a few mins.
5. Add tomatoes, courgette, green beans, oregano & water if needed. Reduce heat to medium-low, and simmer for 20 mins, or until vegetables are tender.
6. Stir parsley and dill into stew, then season with salt & pepper to taste. Top with lemon marinated tofu towards the end of the cooking time.



Lentil Shepherd's Pie

(Vegan)

by Alexie



Where does the recipe come from?

UK.

What is the personal significance of the recipe to you?

It's a very nutritious, wholesome version of a traditional English dish – Shepherd's pie. It's what I cook up for a bulk cooking for the week or if I have to cook for my family.

Does the recipe have cultural or religious significance, and if so, can you explain?

It's a take on a traditional English dish to fit my own ethics as a vegan.

Wholesome, warm, filling

Lentil Shepherd's Pie

(Vegan)

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
4-6	40 mins	45 mins	/100g	63	263	1	0	2	12	3	1	208
			/portion	180	753	2	0	7	36	7	4	595

Ingredients:

- 750g potatoes (recipe works with sweet potatoes too)
- 225g brown or green lentils or one 400g can of brown or green lentils
- One large onion
- 1 stick of celery
- 2 carrots
- Other veg as preferred e.g. peas
- Garlic clove
- Can of tomatoes – 400g
- 250ml vegetable stock
- 2 dessert spoon soy sauce
- 2 tsp of mixed herbs e.g. thyme or marjoram
- Vegan butter to mash potato
- Salt and pepper as required

Special Equipment:

- Saucepan for boiling potatoes, rose steamer
- Frying pan
- Casserole dish
- Oven

Instructions:

1. If using fresh lentils, boil these up for 40 mins in plenty of water. This can be done a day before and kept in the fridge.
2. Chop and then boil potatoes until soft (steam them so 30 mins or so and you don't have to peel either).
3. Fry up onion in a tbsp of olive/rapeseed oil.
4. When transparent (8 mins or so) add other veg chopped small.

5. After around 10 mins add garlic and fry for one minute.
6. Then add tomatoes, stock, soy sauce and herbs for 10 mins. Add lentils when cooked and cook for another 10 mins.
7. Heat oven to 180°C – if fan.
8. While cooking, mash up the potatoes to taste with vegan butter, vegan milk, salt and pepper.
9. Add lentil mixture to a casserole dish and top with the mashed potato. Dot butter on top of dish. Bake at 180°C until golden on top.
10. Serve with broccoli or other veg. Ketchup optional!



Louvi

(Beans and Cabbage)

by Amelia



Where does the recipe come from?

Cyprus, my grandfather.

What is the personal significance of the recipe to you?

My Papou used to make this simple dish and my mum also makes it. The whole family enjoys it. I started making it at uni also, at first with tinned black beans because I could not find dried ones but the flavour was not the same. I spent an entire afternoon traipsing around various food stores to find dried ones so that I could make it in the way I was used to. My flatmates in first year nicknamed it bean water which has become a running joke (which I enjoy, it is not in bad spirit). Whenever I make it, I make it in a big batch and share it with the only house-mate who also enjoys it. Even though we are each only a quarter Cypriot, my siblings and cousins all feel a great link to the culture and we all have great pride in our small link to Cyprus. Food is probably the strongest way we feel that connection and we all celebrate that part of our family. The recipes have been passed on orally and will be even more precious to us now as we lost our dearly loved Papou early this year. Although Papou had many more recipes of varying complexity, I've chosen this recipe because it is the one that my mum cooks the most for her own children and it is the one I cook for myself the most.

Does the recipe have cultural or religious significance, and if so, can you explain?

Not to my knowledge.

It makes me feel proud and I enjoy the health and simplicity of the dish.

Louvi

(Beans and Cabbage)

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	112	468	7	1	4	9	3	2	1168
1	-	-	/portion	189	790	12	2	6	16	5	3	1974

Ingredients:

- Dried black-eye beans, 60g
- Cabbage, 90g (I think traditional recipes use different types of greens but my mum always uses cavolo nero and white. My Grandma added courgette too) washed and cut into large chunks.
- Water

For the dressing:

- Olive oil, 1 tbsp (my family always uses basil infused)
- Lemon juice
- Salt and pepper

Instructions:

1. Soak the beans in enough water to cover them overnight. They do not need to be kept in the fridge for this.
2. Once the beans have soaked, drain them and place in a saucepan with about double the volume of water. Do NOT salt the water (not actually sure why you mustn't – I think it hardens the beans). Bring to the boil and boil for about 15 mins.
3. Drain again. Refill the pan with fresh water so that the water level sits about one inch above the beans (not entirely sure about the quantities, I've never paid close attention when making it). Bring to the boil and boil for another 10 mins.
4. Now salt the water to taste. Add the cabbage and any other greens you wish. Boil for around another 10 mins or until the greens are tender. Liberally apply the dressing.
5. Can be eaten as a side dish or enjoyed as a main. My family eat it as a main with hot and buttery crusty bread rolls.



Machboos

(my lady's style)

by AM



Where does the recipe come from?

Bahrain. It is native to us but with the different techniques between people (I have included my lady's way).

What is the personal significance of the recipe to you?

This was the first meal that my wife cooked for me (in the UK).

Does the recipe have cultural or religious significance, and if so, can you explain?

No, it is just good food/smell.

Happy, Full, In LOVE

Machboos

(my lady's style)

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	111	464	3	1	6	15	2	1	73
4	up to 45 mins	up to 15 mins	/portion	616	2577	19	4	32	85	14	6	402

Ingredients:

- 1 chicken with bones (cut to 8 pieces)
- 4 cups of rice
- 2 green bell peppers
- 2 tomatoes
- 2 onions (big sized/cut up to small pieces)
- Sunflower oil
- 3 tbsp of tomato puree/paste
- Salt
- 3 tbsp of mild curry spice
- 1 tbsp of powdered black lime OR 3 balls (2 full/ 1 crushed)
- 1 tbsp of black pepper

Instructions:

Prepare

1. Cut the bell pepper and tomatoes and onions to small sized pieces (or to preference).

Pot activity (Size 24-30cm)

2. Add oil.
3. Fry onions until golden.
4. Add the bell pepper and tomatoes for 3 mins until mixed.
5. Add the spices and tomato paste/puree, along with 5 glasses/cups of water and let it boil for 5 mins.
6. Add the chicken to the mix and make sure to mix the ingredients every few mins (for a total of 15 mins).
7. Add the rice (check if the water level is 1 inch above the rice level. If not, add water).
8. Leave on a low level heat for 30 to 35 mins.



Mascarpone Cream with Coffee della Nonna

by Mascarpone Cream della Nonna



Where does the recipe come from?

Mascarpone cream is from Italy (it is the same as you eat in tiramisù). This recipe in particular is from my grandma.

What is the personal significance of the recipe to you?

This is typically a wintry dessert, it's my favourite and my grandma always makes it at Christmas. Now that I don't live at home anymore, she makes it for me every time I go home even in August; she does pull my leg for eating it when it's warm outside, but she never misses the chance to make it for me.

If there is any way for my grandma to show her love for me it is this; making my favourite dessert, even if she hates cooking and I am lactose intolerant (yes, I know - good combo).

Does the recipe have cultural or religious significance, and if so, can you explain?

Mascarpone cream is commonly found as a dessert in my area, but it does not have a cultural or religious significance.

Home, festive, loved

Mascarpone Cream with Coffee della Nonna

Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
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Serves:	Oven Time:	Prep Time:	/100g	-	-	-	-	-	-	-
6	-	30 mins	/portion	-	-	-	-	-	-	-

Ingredients:

- 500g mascarpone
- 6 tbsp sugar
- 3 eggs
- 1 tbsp of ground Coffee (or 2 if you are a coffee lover like me)
- Biscuits bucaneve if you want to be super original (you can pick your favourites, but usually butter biscuits like short bread do the job)
- A cup of instant coffee or filter coffee or watered-down espresso

Special Equipment:

- An electric whisk will make it easier to whip the eggs

Instructions:

1. Whip the egg white until firm, do not get to stiff peaks; just firm is enough!
2. Add the yolks and the sugar; mix, mix, mix!
3. Now it's mascarpone time, stir until the mix looks creamy, smooth and you feel like you can't live another second without licking the whisk, that's my personal way to know it's ready.
4. Now add the ground coffee to the mix. My gran likes to divide the mascarpone mix in half and do only one half with coffee, but that's also the best half... so only for this one time I'll suggest not to follow my grandma's example.
5. Dip the biscuits in the coffee and use them to coat the inside of your serving bowl, pour the mascarpone mix, lick the whisk and now you can put more biscuits on top.
6. Let it rest in the fridge for few hours to make it nice and firmer, I usually do it the day before for the optimal texture.



Meethe Chawal

(Sweet Rice)

by Jasmine Kaur



Where does the recipe come from?

It comes from India.

What is the personal significance of the recipe to you?

This recipe is close to my heart as my late aunt taught me how to make it.

Does the recipe have cultural or religious significance, and if so, can you explain?

The recipe has cultural significance as it is a traditional Punjabi dessert prepared and enjoyed during festivals like Basant Panchami, and Diwali.

Yellow, sweet, and full of good vibes as it is made on different occasions so makes me feel good

Meethe Chawal

(Sweet Rice)

Serves:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
2	20 mins	20 mins	/portion	469	1962	16	8	6	82	40	1	15

Ingredients:

- ½ cup basmati rice (long-grained rice)
- 2 tbsp clarified butter
- ½ inch piece of cinnamon
- 2 cloves
- 2 green cardamoms
- ⅓ cup sugar
- ¼ cup water
- 10-15 saffron strands (kesar) dissolved in 1 tbsp milk
- ¼ tsp green cardamom powder
- 3 almonds; sliced
- 3-4 cashew nuts chopped
- 5-6 raisins
- 2 pistachios, chopped
- 2 cups water

Special Equipment:

- Pan
- Colander
- Heavy-based pan
- Spatula

Instructions:

1. Rinse basmati rice in water 3-4 times and soak it in water for 20 mins. Boil rice with 2 cups of water in a pan over a medium flame until almost cooked (90%) but not mushy (approx. 9-10 mins).
2. Transfer the rice to the colander and drain water completely. Keep aside until required.
3. Take a heavy-based pan with lid. Add clarified butter and heat it over a low flame. Add cinnamon, cloves and green cardamom, sauté for 30-40 sec.
4. Add sugar and ¼ cup water. Stir and cook for a minute.

5. Add dissolved saffron mixture and cardamom powder.
6. Stir and cook until sugar dissolves for approximately 1-2 mins.
7. After the sugar dissolves, bring mixture to a boil over medium flame. It will take around a minute. When it starts boiling, add cooked rice.
8. Mix gently until each rice grain is coated with sugar-saffron mixture and there are no lumps of white rice.
9. Reduce flame to low and cover it with a lid. Cook until all moisture is evaporated, for approx. 5-6 mins.
10. Turn off the flame and let it stand for 7-8 mins. Remove the lid and add almonds, cashew nuts, raisins, and pistachios. Mix well and transfer sweetened yellow rice to serving bowl.



Messy Food

(Pork Casserole with Tagliatelle)

by The croissants, messy



Where does the recipe come from?

My grandma, possibly her mum.

What is the personal significance of the recipe to you?

It's a meal we all eat when together.

Does the recipe have cultural or religious significance, and if so, can you explain?

No.

Lovely, feel good, party

Messy Food

(Pork Casserole with Tagliatelle)

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	91	380	2	1	8	9	2	1	157
6	Slow cooker all day on low/medium heat	30 mins	/portion	439	1836	12	4	41	46	10	5	757

Ingredients:

- 400g/ 14oz tinned tomatoes x 2
- Tomato puree, approx. 2 tbsp
- 6 pork shoulder steaks (approx. 900g), trimmed & cut into bite-size chunks or vegetarian alternative e.g. Quorn chunks
- 2 cloves garlic, roughly chopped (add more if you like)
- 2 medium red onions
- 2 leeks, chopped
- Bunch of shallots, chopped
- Any other vegetables you like (e.g mushrooms, peppers)
- Stock cube (chicken stock cube or vegetable if making vegetarian alternative)
- Tagliatelli, fresh or dried, to serve 6
- Italian dried herbs (approx. 2 tsps)
- Pepper/salt to taste
- Olive oil to coat pasta
- Optional: garlic bread (need baguette, butter & chopped garlic). Slice bread as if cutting slices, but don't go all the way through, then coat both sides of each slice with the butter & garlic mixture. Wrap the bread in foil; heat for 15 mins in preheated 350°F (175°C) oven, until the butter has melted and the bread is warm.

Special Equipment:

- Slow cooker

Instructions:

1. Fry onions, leeks & garlic in a little oil until onions & leeks are soft. Remove to the slow cooker.
2. Add pork and shallots and fry until browned.
3. Add pork, shallots, any other vegetables used, dried herbs, stock cube, tomato puree and tomatoes to slow cooker. Season with salt & pepper.
4. Cook on low/medium heat for approx. 6 hours.
5. When ready to eat, cook tagliatelle using instructions on packet.
6. Coat tagliatelle in olive oil, add salt & pepper to taste.
7. Serve tagliatelle with casserole, with garlic bread if you want.



Mrs B's Oat Bars

by Sally P



Where does the recipe come from?

The UK; this is a very simple recipe that was devised by a teaching assistant in a school I worked in when my own children were young.

What is the personal significance of the recipe to you?

The teaching assistant would make the oat bars with the Year 1 children. They were always a great favourite and she used to send some of the children up to the office with tasters for us when they had finished baking on a Friday afternoon.

My own children were young at the time and we used to have fun making them together at home. They never lasted very long.

We still make up a tray of them every now and again, and when I gave some to a friend recently she too wanted the recipe!

Does the recipe have cultural or religious significance, and if so, can you explain?

No.

A simple recipe for anyone to follow.

It makes me feel nostalgic.

It is very sweet and probably not very good for me!

Mrs B's Oat Bars

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	449	1878	25	15	5	54	35	1	203
Makes approx. 18 bars	15-20 mins	10 mins	/portion	180	753	10	6	2	22	14	1	81

Ingredients:

- 130g raisins
- 75g wholemeal SR flour
- 125g granulated sugar
- 50g coconut
- 125g porridge oats
- 2 tbsp golden syrup
- 150g butter
- 25g ground almonds

Instructions:

1. Combine raisins, flour, sugar, coconut, oats and ground almonds together in a bowl.
2. Melt butter and mix with syrup.
3. Add butter and syrup mixture to dry ingredients and mix.
4. Press into a greased tin.
5. Bake 15-20 mins at 180°C.
6. Leave in tin for 5 mins then mark into bars.
7. Once cold, cut into pieces.



Mum's Plaice and Camembert

by Richard



Where does the recipe come from?

Holland via Croydon. I don't actually know if this recipe is Dutch in origin, but I believe it to be, and it seems to fit the general characteristics.

What is the personal significance of the recipe to you?

I wouldn't say this is my favourite recipe, but it has some significance to me. It came from my Mother who had family in Holland. She anglicized it with ingredients available to her in the early 1970s and I doubt any self-respecting Dutch person would recognize this version. Despite having no specific recollection of it as a child, eating this dish now always reminds me of family meals back then. I have vivid memories of these occasions; the people, the room with its 1970s décor, its old-fashioned continental furniture and the importance of table etiquette. Oddly the food itself is a more vague recollection, but for some reason this recipe is firmly connected in my mind with those times.

Does the recipe have cultural or religious significance, and if so, can you explain?

Not to me. It is a simple but rich dish, with strong flavours and eating it makes me feel connected with my childhood.

Rich, tasty, home

Mum's Plaice and Camembert

Serves:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
2	until it seems right (c.a. 30 mins)	15 mins	/100g	99	414	4	1	8	2	2	0	327
			/portion	441	1845	16	6	35	8	8	1	1461

Ingredients:

- 2 plaice fillets (dark skin preferred)
- ½ green bell pepper
- French beans (a handful)
- Camembert cheese, 75g chunked
- Salt & pepper
- Butter or oil
- White wine sauce (use a can! e.g. Homepride, 400g)

Instructions:

1. Chop half a green bell pepper into roughly ¾ inch pieces
2. Cut the beans in half and blanch them
3. Cut about 75g Camembert cheese (rind on) into chunks
4. Melt some butter (or use oil) in a cast iron casserole dish
5. Add the beans and the chopped peppers and soften slightly
6. Place the fish (skin side down) on top of the vegetables.
7. Cover with the sauce and season with black pepper.
8. Add the cheese.
9. Place the lid on the casserole and cook in a medium oven until the cheese is completely melted and the beans and the fish are cooked. The fish will be falling apart slightly – don't stir!
10. Serve either with crusty bread or rice.

Don't be tempted to increase the amount of Camembert or it will overpower the fish.



My Grandmother's Haimische Chicken

by My Grandmother's Chicken



Where does the recipe come from?

My Latvian grandmother.

What is the personal significance of the recipe to you?

When I was a little girl, I remember my grandmother buying fresh chicken for the recipe from a traditional butchers in the East End of London and the vegetables from Roman Road market. My grandmother would sit on the kitchen step, pluck the feathers from the chicken, take out all the viscera and use everything she could, e.g. the feathers for pillows, liver for chopped liver, the bones for chicken soup, chicken fat was refrigerated and spread on bread as a 'treat' and the chicken itself would be casseroled. The cat would get any leftovers. My grandmother came from a very poor family who practically walked across Europe in the 1920s to escape the political upheaval in Eastern Europe. Nothing was wasted within cultural restrictions.

Does the recipe have cultural or religious significance, and if so, can you explain?

It is typical Eastern European comfort food.

Formidable, survival, tradition

My Grandmother's Haimische Chicken

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	106	443	2	0	10	14	2	2	92
4	1½ to 2 hrs	30 mins	/portion	543	2271	8	2	50	73	9	8	469

Ingredients:

- Four breast fillets of skinless chicken
- Vegetable oil
- Finely chopped shallots or onions
- Chopped parsley
- Sliced carrots
- Sliced mushrooms
- Sliced celery
- Bay leaf
- Two chopped tomatoes or a tbsp of tomato puree
- Three tbsp of plain flour seasoned with a little pepper
- One tsp paprika
- Chicken stock made from a stock cube
- Potatoes

Special Equipment:

- Large saucepan
- Casserole dish

Instructions:

1. Pre-heat the oven at 180°C.
2. Sauté shallots or onions, chopped parsley, sliced carrots, mushrooms and celery (in your own quantities) in vegetable oil in a large saucepan. You can add some chopped tomatoes or a tbsp of tomato puree and a bay leaf if you wish.
3. When soft, transfer vegetables to an oven casserole dish. Remove the bay leaf.
4. Coat the skinless chicken fillets in two tbsp of flour seasoned with a little pepper and a tsp of paprika on a plate.

5. Sauté until the chicken is coloured on the outside and add a little chicken stock. Transfer the chicken and chicken stock to the vegetables in the casserole dish and add the remaining stock. Place the casserole onto the middle shelf of the oven.
6. Parboil some potatoes for 10 mins and then add to the top of the chicken in the casserole dish. Put a lid on the casserole dish or cover with foil. During the cooking time baste the potatoes so that they become soft and golden coloured with the paprika.
7. Serve with green vegetables.



Nearly Florentines

by Stella



Where does the recipe come from?

I found it in a cookbook my grandmother handed down to my mum, it's a recipe from my grandmother's friend, originally written out in the 1980s. The note is written by the friend (Jane Harris) with a note from my grandma- 'Jane Harris' recipe 1980!' and signed 'Jean' on the reverse. There's something beautiful about seeing how this recipe records two moments in time, in 1980 when Jane would've written it out, and then later when my grandmother passed it onto my mum. I imagine my grandmother passing it on once she'd committed it to memory, and signing/adding a caption before parting ways with it. There's a nostalgia/romance to the hand rendering of the recipe, and how it has passed the hands of different women through the decades. I've left in the short hand writing and the variations- there's an informality of language that suggests it was written down quickly to someone close to the author, quickly scribbled down as a guest of yours insists they 'must have the recipe for this one, Jane!'.

What is the personal significance of the recipe to you?

Little things like 'insignificant' notes scribbled down by loved ones like these are such indicators of the aliveness of someone who's gone; a note like this offers a glimmer of the everyday life of an individual, these glimmers are harder and harder to come by- we're more often left with artefacts- things that we deem more 'significant' whilst the insignificant is disposed of. The notes however, offer a candid image of someone passed.

Does the recipe have cultural or religious significance, and if so, can you explain?

N/a.

Nostalgic, home, rural

Nearly Florentines

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	423	1769	19	9	5	61	38	1	112
8	10-15 mins	30 mins	/portion	374	1564	17	8	4	54	34	1	99

Ingredients:

- 3 oz chopped nuts (almonds, walnuts, brazils, hazels etc.)
- 3 oz glace cherries
- ½ oz chopped angelica
- 2 oz sultanas
- ½ oz mixed chopped peel
- 4 oz self raising flour, sieved
- 4 oz butter or marg.
- 4 oz demerara sugar
- 4 oz golden syrup

Instructions:

1. Preheat oven to 325°F/ 170°C
2. Melt fat, sugar and syrup in pan - but do not let it get too hot.
3. Pour onto dry ingredients and mix well.
4. Place teaspoons of the mixture well apart on greased baking trays.
5. Cook for 10-15 mins.
6. Flatten out with the back of the spoon dipped in cold water (prevents sticking) and continue cooking until golden.
7. Cool on a wire tray.
8. Transfer to rack to crisp.
9. Can be ¼ covered in choc.

(Jane Harris' recipe, 1980!)



Paprikas Csirke, Nokedli with Cucumber Salad

(Hungarian Paprika Chicken and Homemade Pasta with Cucumber Salad)

by Sarah Sumpter



Where does the recipe come from?

It's from Hungary, it's a recipe my mama (my grandmother) makes every time we visit. Even though I'm mostly vegetarian now it's one thing that I make an exception for eating that contains meat.

What is the personal significance of the recipe to you?

This is the one and only meal that popped into my head when thinking about this project. It's something I associate with my childhood and my Hungarian heritage. The whole family getting together for mealtimes on the veranda during our holidays or when my mama would visit us in the UK, coming home after school, she was always cooking. This was always our special request. My mama is like the matriarch of the family and we jokingly call her the 'Queen of Hungary' so this recipe makes me think of her, her loving caring nature and the tastes of home. If you want something light in the summer and you love garlic you can just make the salad, it's so good! I could eat this every day.

Does the recipe have cultural or religious significance, and if so, can you explain?

This recipe uses Hungary smoked sweet paprika. The Hungarians are famous for this and it's used liberally in traditional Hungarian cuisine.

Warm, happy, family

Paprikas Csirke, Nokedli with Cucumber Salad

(Hungarian Paprika Chicken and Homemade Pasta with Cucumber Salad)

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	186	778	8	2	15	13	2	1	241
4-5	35 mins approx.	1½ hr approx.	/portion	1172	4904	53	12	94	84	12	6	1519

Ingredients:

For the cucumber salad:

- 2 large cucumbers
- 4 cloves of garlic minced (depending on taste preference, I enjoy lots of garlic).
- Lemon or white wine vinegar
- Sugar
- Salt

For the paprika chicken:

- 1-1½kg chicken on the bone (thighs or drumsticks)
- 2 medium onions
- Vegetable oil or lard
- Salt to taste

- A lot! Sweet paprika (Hungarian if possible, it makes all the difference).
- 1 tbsp flour to thicken.
- Sour cream (recommended but can adjust to one's own preference. Hungarians like to apply generously)

For the pasta:

- 400g plain flour
- Salt
- 2 medium eggs
- Warm water
- Turmeric for colour

Special Equipment

- Large, deep saucepan.
- Medium to large pot for boiling water.
- Mandolin, peeler, or thinly slicing grater.
- Knife and chopping board.
- Colander

Continues on next page...



Paprikas Csirke, Nokedli with Cucumber Salad (Cont.)

(Hungarian Paprika Chicken and Homemade Pasta with Cucumber Salad)

Instructions:

For the cucumber salad. It is best to start with this step so that it can chill in the fridge whilst the meat is cooking:

1. Peel the skin off the 2 cucumbers. Use a mandolin, peeler, or wide hole grater to thinly slice the cucumber on a slight angle.
2. Salt to taste and leave for 15 mins, then drain some of the excess fluid.
3. In a separate container mix approximately 100ml of water, with a pinch of salt, level tsp of sugar, the juice of a lemon OR 2 tbsp of white wine vinegar with 4 minced cloves of garlic.
4. Mix, tasting and adjusting as you go to find the right balance for you.
5. Pour over the cucumber, mix through to get even coverage. Then finish with a sprinkle of sweet paprika and a dollop of sour cream before serving. Best served chilled.

For the paprika chicken:

6. Wash chicken in cold running water (optional).

7. Heat a frying pan and sweat the finely diced onion (until golden) with lard or vegetable oil.
8. Seal the chicken in the pan with onions.
9. Whilst mixing continuously add the paprika and salt (generously, you want a vibrant red colour). Careful not to burn the paprika.
10. Turn heat down (low) cook until almost done, but not falling off the bone, with lid on.
11. Use tongs to take the meat out, add one tbsp of flour to the paprika and meat sauce and whisk to remove lumps.
12. Add half a cup of sour cream and mix, then add meat back to the gravy.
13. Cook for another 15 mins in the sauce, mix so everything is covered.

For the nokedli (homemade pasta):

14. In a bowl mix together the flour and the eggs and add salt to one's own preference. Get a cup of warm water and add bit by bit mixing continuously until the mixture takes on a sticky glutinous texture that you can chop into small thin strips with a knife. They

don't have to be pretty just pinch and snip about an inch in length.

15. Bring a medium saucepan $\frac{3}{4}$ full of water to the boil. Add a generous pinch of turmeric for some colour adding oil or salt is optional. You want to keep it boiling vigorously for a few mins and then gently drop the little noodles you've just cut into the water.
16. Stir gently once or twice to avoid any noodles sticking to the pan. After about 3-4 mins the noodles should rise to the top of the water's surface, this is when you know they are done.
17. Ladle them out and pop them in a colander so any excess water can drain off.
18. Mix through a knob of butter to guarantee bliss level 100%.
19. Assemble on a plate the noodles and the meat with generous helpings of the gravy. Salad can be served on the side or in a little side bowl.



Pierogi Ruskie

(Potato Dumplings)

by Klala



Where does the recipe come from?

Poland & Ukraine.

What is the personal significance of the recipe to you?

It's traditional cultural food that my family eats at holidays and also for everyday. I have memories of making it with my grandma.

Does the recipe have cultural or religious significance, and if so, can you explain?

The name 'Pierogi Ruskie' loosely translates to 'Russian pierogi'. This term doesn't actually come from Russia, but from Red Ruthenia, a historical land in South-west Ukraine and South-eastern Poland, where this dish was conceived.

Savoury, comfort food, reminds me of my heritage and family

Pierogi Ruskie

Serves:	Cook Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	178	715	5	1	5	30	2	2	515
6 (can freeze for later)	4 mins	60 mins	/portion	501	2096	13	4	13	86	6	6	1454

Ingredients:

For the dough

- 500g wheat flour
- One cup of hot water - 250mls
- 4 spoonfuls of oil - 50mls
- ½ tsp of salt

For the filling

- 300g of semi-fat twarog cheese (cottage cheese)
- Big white onion - 300g
- 500g of boiled potatoes
- 2 spoonfuls of butter
- ½ a flat tsp of salt
- ½ a flat tsp of pepper

Special Equipment:

- Clean worktop for rolling dough
- Rolling pin
- A circular glass cup approx 7-9 cm in diameter
- A clean cotton cloth and a large pot

Instructions:

Making the filling:

1. Peel 650-700g of potatoes and boil until soft in salty water. Pour out the water, gently dry the potatoes, put them in a bowl and crush the potatoes to a puree. Leave the potato puree to cool. Once cooled, add ½ tsp of pepper and ½ tsp of salt to the potatoes.

2. Peel the white onion and cut up into squares. To a warmed up pan, add 2 spoons of butter, wait until it's hot and add the chopped onion. You can substitute butter with any cooking oil that you normally use. Fry on a medium heat for about 10 mins until golden brown.
3. Take your cottage cheese and break it up so it becomes a paste. Mix the potato puree, the cottage cheese and the caramelized onions all in one bowl. Your filling is done.

Continues on next page...



Pierogi Ruskie (Cont.)

Instructions (Cont.):

Now for the dough

1. Sieve the flour into a big bowl. Add ½ tsp of salt and 4 spoons of oil (any oil with a delicate taste will do). Pour in a cup of boiled hot water and mix with a spoon and later begin to knead the dough. Knead the dough until soft and elastic.
2. Cover the finished dough in foil and leave to sit for 30 mins, this prevents the dough from shrinking during rolling.
3. After the 30 mins, cut the dough into 3 pieces, cover 2 with a cotton cloth so they don't dry out while you roll out the other piece.
4. Sprinkle flour onto your worktop and roll out the dough until thin. Take your circular cutting tool or glass cup and punch out the dough. Take the

circular piece of dough and place filling in the centre and shape it along the diameter of the dough so that when you fold it in half, the filling fills the inside of the dumpling. Fold the dough in half and stick the ends together. To make sure the filling won't fall out, you can make a frill along the ends. Take the remaining dough and roll into a ball and roll out again to make more dumpling pockets. When you make the dumplings, make sure to cover the finished ones with a cotton cloth so they don't dry out before cooking.

5. Gently place the dumplings in a pot of salted boiling water. The pot should be only gently boiling. Once the dumplings are cooked they will float to the surface, where you can fish them out. You can serve the ready dumplings with caramelised onion, like in this recipe, or sour

cream. You can also gently stir fry the dumplings for a crispier skin. If you've made too many dumplings, you can also freeze them raw, and boil whenever you want.



Pork Bafat/Dukra Maas

by Darren D Cunha



Where does the recipe come from?

It comes from Mangalore which is a place in South India. It's a traditional and classic Mangalorean Catholic dish. The main spice which is Bafat powder is a rarity in the UK, which is why I always get it when I go back home. I usually get it from a shop near St Anthony Mills near Milagres Church.

What is the personal significance of the recipe to you?

It always reminds me of going back home. In my books it's the tastiest dish out there. The spice is just right and nothing beats the flavour of the dish.

Does the recipe have cultural or religious significance, and if so, can you explain?

Usually, a dish present at all sorts of occasions like weddings, community gatherings and other celebrations. Most catering companies in Mangalore are unofficially rated as to how good their Pork Bafat is.

Tasty, spicy, happy

Pork Bafat/Dukra Maas

Serves:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
4	1 hr	30 mins	/100g	156	652	11	3	11	4	3	1	232
			/portion	1006	4209	71	20	71	28	21	10	1496

Ingredients:

- 1.5 kg pork ribs and belly
- 4 big red onions
- Bafat powder (ground ingredients below) (3 tbsp)
 - 10-15 dried red chillies
 - 1 cinnamon stick
 - Peppercorns (1 tsp)
 - Cloves (1 tsp)
 - Cumin seeds (1 tsp)
 - Coriander seeds (2 tsp)
 - 1 Star Anise
- 2 bulbs of garlic
- Fresh ginger (2 tbsp)
- 2 dried cinnamon sticks (3 inches)
- 12 cloves
- Tamarind water (if available) or else use 1 whole lime
- Salt (based on taste)
- 1-2 green chillies (optional)
- 1-2 bay leaves

Special Equipment:

- Large non-stick pot
- Mixing bowl

Instructions:

1. Wash the pork and cut the pork belly into small cubes.
2. Add the cubes with the ribs into a bowl and add 3 tbsp of Bafat powder.
3. Marinate for half an hour. Whilst marinating, mince the ginger and garlic.
4. Finely chop the chillies and chop the onion into quarters.
5. Add the meat into a large non-stick pot on a medium heat.
6. Add the ginger, garlic, cinnamon sticks, chillies, cloves, salt (to taste), bay leaves and tamarind water/lime juice.
7. Cook for 30 mins on a medium flame while stirring at regular intervals.

8. Add the diced onions and let it cook for another 30 mins on a medium heat (can be cooked longer on a lower heat for tenderised meat).
9. The dish is ready to be served and is traditionally eaten with rice or Sanna (Manglolean rice cake).

An added bonus of the dish is that it tastes even better the next day.



Pork Casserole

by Tinkerlynch

Where does the recipe come from?

1930's county Kerry, Ireland.

What is the personal significance of the recipe to you?

My mother didn't learn how to cook because she grew up in an orphanage but she liked to make this dish, which is fool proof, on special occasions which we all enjoyed.

Does the recipe have cultural or religious significance, and if so, can you explain?

Very much so. My mother was raised in the Sisters of Mercy orphanage in Dingle, Co. Kerry in the Great Depression years and so didn't have an education or learn to cook. An exception was this dish which I believe she learned after coming to live with her grandparents on her mother's side who were protestants and so her father (who after the death of her mother had to leave to find work) had not wished to raise his children for religious reasons. It's a simple tasty dish that must have been a real treat in hard times she used to like to cook for us.

Simple, tasty, good



Pork Casserole

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	123	514	6	2	8	9	2	1	99
4-6	Approx. 1 hr 20 mins	30-40 mins	/portion	457	1912	24	8	29	32	6	5	369

Ingredients:

- 4-6 slices thick pork belly (1 per person)
- Large onion, sliced into rings
- 3 garlic cloves, peeled & crushed
- Juice & zest of a whole lemon, unwaxed
- Bay leaf
- Thyme
- Half pint of chicken stock
- Salt & pepper to taste
- Chopped parsley
- New potatoes, sufficient for 4-6

Instructions:

1. Season the pork belly slices with salt & pepper. Place in a preheated large casserole on the stove top to brown on all sides & release some pork fat.
2. Once browned, remove the pork from the pan & place aside. Lower the heat & in the fat, fry the onion rings until just softened then add grated garlic & lemon zest & cook until aromatic.
3. Add the stock, the bay leaf & thyme & bring to a simmer. Return the pork to the casserole & put the lid on the casserole dish.
4. Turn the heat to lowest setting & gently simmer for approx. 1h 20mins or until pork is super tender & the liquid has reduced.
5. Add the lemon juice. If needed, thicken the stock by adding a little flour mixed with water to make a paste, then slowly add to the stock while constantly stirring. If you wish, you can sweeten with a little sugar & adjust seasoning to taste.
6. Serve with buttered boiled new potatoes & chopped parsley as a garnish.

Special Equipment:

- Stove top casserole dish with a lid





Red Thai (Jungle-Tastic) Curry with Rice or Noodles

by Jo Heath

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	71	297	2	0	8	10	3	1	1342
2	approx. 40 mins	approx. 60 mins	/portion	545	2280	18	2	61	74	26	7	10260

Ingredients:

For the Thai red curry paste:

- 16 dried chillies
- 2 tbsp chopped lemon grass
- 1 tbsp galangal or ginger, peeled & grated
- 4 garlic cloves, peeled whole
- 1 tbsp shrimp paste
- ½ tsp dried coriander
- ½ tsp ground cumin
- 1 tbsp chopped coriander stems & roots – preserve the leaves for garnish
- 2 red shallots or 1 small red onion
- 1 tsp lime zest
- ¼ cup reserved chilli soaking water

For the curry:

- Thai red curry paste
- Fish sauce
- Palm sugar or caster sugar
- Lime juice
- Coriander
- 2 tins coconut milk
- 100ml vegetable or chicken stock
- 2 chicken breasts sliced, prawns or vegetables of your choice
- Rice or noodles, as preferred

Continues on next page...

Special Equipment:

- Sauté pan or wok



Red Thai (Jungle-Tastic) Curry with Rice or Noodles (Cont.)

Instructions:

For the paste:

1. Set the chillies in a bowl, cover with boiling water & set aside. Leave to soak for 30 mins.
2. Put the chillies in a bowl with all the other paste ingredients & 50mls of the chilli soaking water. Blend until smooth, adding water as needed. This paste will keep for 3 days or you can freeze it until needed.

For the curry:

3. Heat a large sauté pan or wok with light flavoured oil. Add 1 tbsp of the paste per person & fry until it looks like it has split.
4. Add the chicken, fish sauce & sugar. Stir fry until it looks sticky.
5. Add the coconut milk & lime juice, and simmer until the chicken is cooked through.
6. Add a squeeze of lime juice & serves with noodles or rice & garnish with coriander.



Roasted Vegetables and Chickpea Stew

by Saffron Tugwell-Coles



Where does the recipe come from?

It is a family recipe.

What is the personal significance of the recipe to you?

Something we all used to make when growing up as a family.

Does the recipe have cultural or religious significance, and if so, can you explain?

N/a.

Happy, comforted, gratitude (as a family recipe)

Roasted Vegetables and Chickpea Stew

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
3 to 4	1 hr (in total)	10 mins	/100g	53	222	1	0	3	9	4	2	176
			/portion	218	912	4	1	11	38	18	8	751

Ingredients:

- 2 courgettes, sliced
- 1 aubergine, sliced
- 1 red onion, sliced
- 400g of tinned chickpeas
- 400g of tinned tomatoes
- 2 tbsp of tomato puree
- 1 tbsp of honey
- Pinch of chilli flakes (optional)
- Salt and pepper
- Olive oil

Instructions:

1. Preheat oven to 180°C, fan.
2. Start off by cutting vegetables into chunks, then place them in a baking tray along with the drained chickpeas and a good drizzle of olive oil, salt and pepper and honey – give everything a good mix to ensure all the vegetables are coated then bake in the oven for 35 to 40 mins.
3. While your vegetables are cooking place tinned tomatoes, tomato puree and chilli flakes into a saucepan on a medium heat. Bring to a boil and then reduce the temperature and leave to simmer for 10-15 mins.
4. Once the vegetables are cooked, then add the vegetables and chickpeas into the tomato-based sauce and serve.

Special Equipment:

- Saucepan
- Baking tray



Semolina with Kale and Beef

by Isitshwala



Where does the recipe come from?

It's a staple food in most southern African countries (Kenya, Zambia, Botswana, Lesotho, Zimbabwe, Malawi, SA, Mozambique to name a few).

What is the personal significance of the recipe to you?

I grew up eating this almost every-day. This is an affordable meal, enjoyed by everyone in Zimbabwe, rich or poor. You could say it brings people together.

Does the recipe have cultural or religious significance, and if so, can you explain?

No, just affordability.

Filling, affordable yet satisfying, high fibre

Semolina with Kale and Beef

Serves:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
4	-	1 hr	/portion	628	2627	34	10	38	50	7	10	656

Ingredients:

Kale and beef

- Kale, 750g
- Olive oil, 3 tbsp
- Beef, 400g
- Tomatoes, 2 large on the vine organic
- Tomato puree, 40g
- Spring onions, 2 bunches
- Black pepper
- Curry powder, 1 tsp
- Salt, ½ tsp
- Maggi cube
- Garlic- 4 cloves diced
- Fresh ginger, diced

Semolina (aka:

- Maize powder (mealie-meal)
- Boiling water

Special Equipment:

- Large wooden spoon or spatula
- Kettle
- Large deep pan
- Garlic crusher

Instructions:

Kale and Beef

1. Add a little olive oil to the pan and fry beef until tender and brown.
2. Add black pepper, salt and curry powder and stir.
3. Add spring onions, stir, and leave for 30 seconds.
4. Add tomato puree and using a garlic crusher, crush the Maggi cube into the mixture and stir.

5. Add tomatoes, garlic, ginger, stir and immediately add kale on top and leave to simmer for 3 mins.
6. Stir to get all ingredients mixed up and remove from heat.

Semolina

1. Boil water in a kettle.
2. To a pan add a cup of maize powder and mix into a watery paste using cold water.
3. Set the pan on the heat and pour in the boiling water whilst stirring. Let it simmer for 5 mins.
4. Using a wooden spatula keep stirring in some maize powder until the desired thickness and serve with kale and beef.



Seville Orange Marmalade

by Patricia Harris



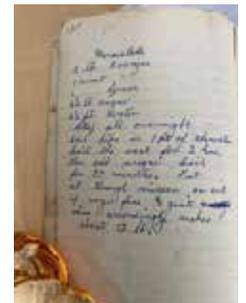
Original Keiller's marmalade jar from the 1860's (Source: ebay.co.uk, 2021)

Where does the recipe come from?

The word marmalade derives from the Portuguese marmelade, a form of quince paste. There are many stories about how this was converted into the conserve of oranges that we know today, but little hard evidence. Marmalade, while enjoyed all over the UK, is closely associated with my home country of Scotland. The earliest known recipe from anywhere in the UK dates from 1683 and was found in a notebook at Castle Dunrobin in the highlands of Scotland – instructions for making 'Orieng Marmalot'. Dundee was for centuries the epicentre of British marmalade making, most famously by James Keiller's company. Keiller's marmalade was the UK market leader for decades, but the brand was bought and sold many times in the 1980's and 1990's, ending up with Cadbury's. Unfortunately, Cadbury's management saw no future in the brand and it was withdrawn from the market in 1996. A sad end to a famous company, but the recipe lives on.

I have inherited a number of recipes for marmalade – from my mother, my grandmother and my uncle. They are all a bit different, and some are extremely cryptic with almost no instructions at all. This posed quite a challenge for me when I first decided to make marmalade myself. For example:

Granny Wallace first says to 'steep all overnight' (no information on whether/how the oranges should be cut up) and then later she says to add the sugar! You need to be on your toes and read it all carefully first. We then have the enigmatic instruction 'Put all through mincer', and finally 'makes about 12lb' but no actual cooking instructions. Fortunately, I watched my mother make marmalade many times as a young child, and as I grew, I helped.



My Grannie Wallace's recipe

What is the personal significance of the recipe to you?

Marmalade reminds me of my family in Glasgow and of my wider Scottish roots. All the women in my family made it every year, in January, when the Seville oranges were in season. My Uncle Wallace made it for his part of the family, something that the other men looked at with a degree of bewilderment and derision. The year was punctuated with marmalade – washing and storing empty jars for the next batch, counting the number of full jars left and hoping we wouldn't run out, spreading it on my toast at breakfast,

arguing as to whether toast and marmalade was perfect as is, or better with a slice of Scottish cheddar cheese on top (definitely the latter), being sent round to deliver a pot to a neighbour as a thank you for something or other, taking a pot to a favourite teacher, and finally making the new batch. Marmalade was sustenance, energy, currency and gift. The frantic phone calls between my mother, grandmothers and aunts would start not long after New Year – has anybody seen Seville oranges in the shops yet? The first sighting was a cause for jubilation, unless it happened to be in a greengrocer's on the other side of Glasgow. As a student in Edinburgh I took marmalade with me from home at the start of each term, and received supplements when my parents came to visit me. Even as a younger adult working in London, then married with two children, I managed to maintain my supply of homemade marmalade, stocking up whenever I visited my mother or when she visited us carrying jars in her suitcase.

Then, my mother died. Marmalade was very far from being the first thing on my mind, but I did bring the 'jeely pan' to London when I emptied out and sold the family home in Glasgow. It wasn't many months before our store of my mother's marmalade was exhausted and my elder son was bemoaning our lack. I had to learn to make it myself, wracking my memory to supplement the patchy written recipes.



The 'jeely pan' which I inherited from my mother. It originally belonged to my great grandmother and dates from the early 1900's.

I now make it every year, and it acts as sustenance, energy, currency and gift just as it did before. My children are now grown men and, to my delight, my younger son makes his own marmalade and between us, we keep his brother well supplied. We argue about whose is best, clearest, most radiant in the jar and console each other when a batch doesn't quite set.

My version of the family recipe, as passed on to my younger son.



Does the recipe have cultural or religious significance, and if so, can you explain?

As I mentioned above, marmalade has strong cultural links with Scotland, being something that was made and eaten regularly in Scottish homes. Dr Samuel Johnson, on his famous tour of Scotland, is said to have remarked on the quality of the Scottish breakfast in general and the marmalade in particular. Marmalade also had strong economic links as Keiller's Dundee factory employed a large workforce and generated considerable income for the local and national economies between the 1760's and the demise of the brand in 1996. I'm not aware of any religious significance, but who knows!

Tangy, amber deliciousness

Seville Orange Marmalade

Makes:	Oven Time:	Prep Time:	/100g	Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
approx. 6 x 450g jars	-	2 hrs plus overnight soaking	/100g	274	1146	0	0	0	73	73	0	4
			/portion	55	230	0	0	0	15	15	0	0

Ingredients:

- 1 kilo Seville oranges
- 1 sweet orange
- 1 lemon
- 2.5 litres water
- 2.4 kilos granulated sugar – if you want a thicker set use the same quantity of jam sugar

- Juicer or citrus squeezer
- 8x450g jam jars with lids (you will probably only need 6, but better too many than too few)

Instructions:

Start the day before.

1. Wash and dry the fruit. Cut in half and remove all the pips. Cut a 20cm square from the muslin or J-cloth and put all the pips in the middle. Bring the corners together and tie into a little purse with string.
2. Squeeze as much juice as possible from all the fruit halves and put the juice in the preserving pan. Cut the fruit halves into small pieces - peel, pith and all. You can do this by hand with a sharp knife. If you

have a mincer attachment for a food mixer, use that – it does a lovely job, chopping the fruit into small, even pieces. If you have a liquidiser/blender, you can use that but you need to add some of the 2.5 litres water from the recipe to the liquidiser/blender jug. Measure the water carefully, so you don't exceed the overall amount of 2.5 litres.

3. Put the cut fruit and water into the pan. Immerse the pips in their muslin bag, having first tied the bag to the handle of the pan. Make sure the pips are fully immersed. Leave to soak overnight.

Special Equipment:

- Preserving pan – if you don't have one of these, use a very large saucepan e.g. 8 litre capacity
- Muslin or a clean, scalded J-cloth
- String
- Mincer or liquidiser/blender (not food processor)

Continues on next page...



Seville Orange Marmalade (Cont.)

Instructions (Cont.):

Next day,

4. Sterilise the jars in the dishwasher or in a low oven. Boil the contents of the pan uncovered for one hour or until reduced by one third. Allow to cool slightly, then remove the bag of pips and squeeze hard. Scrape the jelly-like substance which comes through the bag back into the pan – use clean household or disposable gloves to protect your hands.
5. Put a saucer or small plate into the freezer.
6. Add the sugar to the pan and stir while bringing back to the boil. Boil rapidly for 15 mins, and then start testing for set. Remove the saucer from the

freezer and put a small spoonful of marmalade onto it. Leave for a minute, then push gently with your finger. If the surface creases/wrinkles, the marmalade is set. If not, wash the saucer and return to the freezer, and keep boiling the marmalade. Repeat the set testing at 3 minute intervals. When set, pour into the jars, put on the lids tightly and label the jars if you like. Ready to eat when cold but keeps for at least 1 year.



Seville Orange Marmalade

by Emily Boynton (with thanks to Good Housekeeping)



Where does the recipe come from?

I inherited from my grandmother her preserving pan and the recipe I use is from the Good Housekeeping book my mother gave to me when I first went to University over 30 years ago. Making marmalade isn't hard but it takes time to chop and boil the oranges and finish it up in pots. Helpfully Seville oranges are only around in the UK in January/February so it is a good project for a winter weekend. My whole family makes/made marmalade - my mum, dad, brother, mother-in-law and grandmother - we talk about how it turned out and swap jars competitively. The taste is always so much better than shop bought - not so sweet and mine tends towards the chunky as I cut it by hand. It varies each year from too runny to over-boiled - judging the setting point can be stressful but it still always tastes good. I usually swap in some muscovado sugar to get a better flavour and darker colour. I give jars to friends as presents to spread the joy. This saddens my husband though as he knows it brings the day when the marmalade cupboard is bare towards the end of the year a bit closer. Sometimes, around Christmas I find a hidden jar at the back of the cupboard which can tide us over while we wait for the next year's crop of oranges to arrive.

What is the personal significance of the recipe to you?

My mother-in-law, mother, father, grandmother, brother all make marmalade – we share jars and our successes and failures. It is an annual event making it and the smell fills the whole house. I give jars to friends but my husband is my biggest marmalade fan.

Does the recipe have cultural or religious significance, and if so, can you explain?

No, though it does give you something to do in January/February so it is seasonal.

Tangy, uplifting and English– makes me feel like I am part of a long tradition.

Seville Orange Marmalade

		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)		
Makes:	Cooking Time:	Prep Time:	/100g	270	1130	0	0	0	72	73	0	4
about 4.5kg (10lbs)	approx. 3 hrs	approx. 30 mins	/portion	54	226	0	0	0	14	15	0	1

Ingredients:

- 1.4kg/ 3lbs Seville oranges, washed
- Juice of 2 lemons
- 3.4 litres/ 6 pints water
- 2.7kg/ 6lbs sugar

Special Equipment:

- Clean dry jam jars (heated in a moderate oven for about 5 mins before adding the cooked marmalade).
- Preserving pan or heavy bottomed pan with lid.

Instructions:

1. Halve the oranges & squeeze out the juice & pips. Tie the pips, and any membrane into muslin.
2. Slice the orange peel & add to a preserving pan with the fruit juices, water & muslin bag.
3. Simmer gently for about 2 hours until the peel is soft & the liquid reduced by half.
4. Remove the muslin bag.
5. Add the sugar & heat gently, stirring until dissolved. Bring to the boil & boil the mixture rapidly for about 15 mins.
6. Test for a set & when setting point* is reached, take off the heat & remove any scum from the surface.
7. Leave to stand for 15 mins, then stir gently to distribute the peel. Pot & cover immediately.

***Setting point: While the fruit is cooking, place 4 small plates in the freezer compartment. When the marmalade has boiled, place a tsp onto one of the chilled plates. Allow it to cool for a few mins, then push it with your finger. If a crinkly skin has formed on the marmalade then it has set. If not, boil it for another 5 mins and then do another test.**



Sheera

by Tajmit Khaneja



Where does the recipe come from?

India/Afghanistan.

What is the personal significance of the recipe to you?

Absolutely delicious recipe usually made for pregnant ladies in the family.

Does the recipe have cultural or religious significance, and if so, can you explain?

It does not have a religious or cultural significance, but it is usually made in the Afghan Sikh community for pregnant ladies as it is a rich source of folate, a vitamin that helps build the brain and spinal cord of the foetus during pregnancy. It also helps in the overall development of the baby. Also, the presence of clarified butter and milk make it good for the foetus. The combination of phosphorous and calcium found in gram flour helps in strengthening of bones. However, it can be consumed by anyone in winter seasons as there is no special ingredient that it is made for pregnant ladies only.

Happiness, delicious, tasty. It makes me feel good as it correlates to happiness in the family.

Sheera

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	144	602	6	3	7	16	7	2	40
2	10 mins	5 mins	/portion	449	1878	20	10	20	50	23	5	126

Ingredients:

- 2 cups milk
- ¼ tsp whole black peppercorns, freshly powdered
- ⅛ tsp turmeric powder (Haldi)
- 3 tsp jaggery (or sugar)
- 1 tbsp clarified butter/ghee
- 1 tbsp pistachios or almonds for garnish
- 1 pinch saffron strand
- Gram flour

Instructions:

1. To begin making Sheera, heat clarified butter in a saucepan, add gram flour and slow roast it until it turns golden and aromatic.
2. Slowly add in the milk and whisk well to avoid the lumps.
3. Add turmeric, cracked pepper, jaggery (or sugar if using) and mix well.
4. Add saffron and whisk the mix for 5 mins until it turns a little thick in consistency.
5. Switch off the heat and mix in nuts.
6. Serve the hot Sheera in a cup.

Special Equipment:

- Saucepan
- Spatula



Squid Peratal

by Squid Peratal



Where does the recipe come from?

From my mother – Malaysian/ South Indian recipe.

What is the personal significance of the recipe to you?

One of my favourite dishes which automatically makes me feel like I'm at home!

Does the recipe have cultural or religious significance, and if so, can you explain?

Believed to be very healthy and also a good dish as a comfort food.

Spicy, warm, homely

Squid Peratal

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	77	322	2	0	7	8	1	1	88
5	30-45 mins	30 mins	/portion	398	1665	11	2	37	40	4	8	455

Ingredients:

- 1kg squid, with ink removed. Cut into rings (tentacles can also be used)
- 1 bulb garlic, peeled & crushed
- ½ inch of ginger, peeled & cut into toothpick shapes
- 1 large or 2 medium cinnamon sticks
- 6 shallots, thinly sliced
- 3 tbsp chilli powder
- 1 tsp turmeric
- 2 sprigs curry leaf
- 1 large tomato, cut into quarters
- 5 medium potatoes, peeled & cut into 1 inch cubes
- 3-4 tbsp grapeseed or olive oil
- 1 medium sized green chilli

Special Equipment:

- Wok

Instructions:

1. Heat oil in wok (low heat).
2. Add cinnamon stick. When it starts to release its scent & darken a little, add ginger to wok.
3. When ginger has cooked (to a golden brown colour), add shallots & cook until soft, then add chopped garlic.
4. When garlic begins to brown, add curry leaves & cook until they begin to release their scent.
5. Add turmeric & chilli powder to wok. Add more oil if needed.
6. Stir all ingredients, then add chopped tomatoes.
7. After 2-3 mins, add squid rings, stir & cover for 20 mins.
8. Add potato chunks, add water if needed for potatoes to cook. Add salt to taste, cover & cook until potatoes are cooked through.
9. Remove cover & allow sauce to concentrate down.
10. Stir & add green chilli to garnish.



Tarator

by Natalia



Where does the recipe come from?

Bulgaria.

What is the personal significance of the recipe to you?

It is served from the spring and until the end of the summer (usually end of September and the first week or so of October). It is so easy to make, refreshing in the hot days and can be combined with several meals or consumed separately. My family always made tarator using homemade organic ingredients that give such rich flavour of nature, health and freshness.

Does the recipe have cultural or religious significance, and if so, can you explain?

It is traditional cold summer soup. Given the geographical location of Bulgaria, it is most likely that a similar recipe was introduced in the Middle Ages around the XV century. In neighbouring countries it can be seen as salad or another alternative but not as a soup.

It is tasty, refreshing and specific for the Bulgarians.

Tarator

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	109	456	9	4	3	3	2	0	270
5	-	15 mins	/portion	180	753	15	6	6	5	4	0	447

Ingredients:

- Cucumber 1 piece
- Bulgarian yoghurt 400g
- Dill ½ sprig
- Garlic 3 cloves
- Salt
- Walnuts 20g
- Oil 2 tbsp
- Water 300 mls

Special Equipment:

- Large bowl

Instructions:

1. The first step in the tarator recipe is to prepare the cucumbers. Wash the cucumber and peel it. If you have managed to get fresh cucumbers made by a grandmother in the village, there is no need to peel them. Cut it into very small pieces / cubes. Many housewives grate the cucumber to save time. Thus, the cucumber softens more and the tarator becomes like porridge. But if you are thirsty and cannot wait long, you can use this method as well.
2. Pour the cucumber into a large bowl and add to it the finely chopped dill (you can also use dried dill), salt, the ground walnuts and the garlic that you have crushed or cut into very small pieces. Unlike the French, however, many Bulgarians do not like garlic, so you do not have to add garlic to the tarator, but leave it in a separate plate, so everyone will be happy: garlic lovers will add later, and opponents will not frown.
3. Once you have added the garlic, walnuts and dill, add the oil / olive oil and mix well. Then beat the Bulgarian yoghurt with the cold water, add to the cucumber mixture and stir again. The tarator is ready.

Tip: If you feel that the tarator is not cold enough, you can add a few ice cubes. The oil is mixed with yogurt and salt before pouring the water. This will avoid those yellow spots that float above the white tarator. You add black pepper to the recipe. You can use homemade yoghurt (cow, sheep or goat depending on your preferences) or just a store-bought one.



Tarta de Santiago

(St. James Spanish Almond Cake)

by Spanish Almond Cake (Tarta de Santiago)



Where does the recipe come from?

North of Spain from a town called 'Santiago de Compostela' in Galicia, which is probably best known as the end point of the 'Camino de Santiago' (St. James Pilgrimage). It's a long trail, traditionally a pilgrimage, that is said to follow the path of St. James leading to the cathedral that holds a shrine to him. It is believed to have originated in the middle ages. All the bakeries in the town sell this cake!

What is the personal significance of the recipe to you?

My Spanish grandfather was from Galicia and this cake was eaten often in our family. It is simple to make, moist and delicious! Often served for special occasions.

Does the recipe have cultural or religious significance, and if so, can you explain?

It has religious and cultural origins as it is from Santiago de Compostela and named after St. James (Santiago).

Happy, family, sharing

Tarta de Santiago

(St James Spanish almond cake)

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	385	1610	18	1	8	49	48	0	32
8	40 mins	5-10 mins	/portion	445	1861	21	2	10	57	56	0	38

Ingredients:

- 4 eggs
- 300g caster sugar
- 300g ground almonds
- 1 lemon (use all the zest and juice)
- ½ tsp cinnamon
- 2 tbsp icing sugar (for dusting over the top)

Special Equipment:

- Cake tin (approx. 20cm)
- Bowl, whisk and spatula
- Sieve (for decorating the cake with icing sugar)
- Cardboard St James cross stencil (if using)

Instructions:

1. Preheat oven to 180°C. Line a round cake tin with greaseproof paper on the bottom and rub the sides with a little butter.
2. Crack the eggs into a bowl and add the sugar. Whisk the two together until the mixture starts to become lighter in colour and increases in volume.
3. Add the ground almonds, lemon zest, juice and cinnamon and mix until just combined.
4. Pour the mixture into the cake tin and place in the preheated oven. Bake for approximately 30 mins until a skewer inserted in the middle comes out clean.
5. Remove the cake from the oven and allow to cool around 10-15 mins on a cooling rack before removing the outer ring. Allow it to cool completely and then dust the icing sugar over the top. Slice and serve or store at room temp, covered.

Traditionally this cake is decorated using a St James cross stencil (see pic). If you wish to recreate this, print out an image and cut out of cardboard to use as a stencil. Place your stencil on top of cake before dusting the whole top with the icing sugar. Remove stencil and enjoy!



Teriyaki Nori-Seaweed Fried Tofu

by Ming Tang



Where does the recipe come from?

Japan/Hawaii/China.

What is the personal significance of the recipe to you?

Tofu is a traditional alternative to meat; providing low calories, high protein, high fats, no cholesterol; and micronutrients/minerals. Throughout childhood, tofu was always on the menu cooked in various methods every week to save money and provide a balanced nutrient intake needed for a light lunch or dinner. This of course has been carried onto student life.

For a certain period, I was a vegetarian where I was getting protein from tofu and meat-alternatives, but now I just follow a balanced diet and try to minimise meat/fish consumption to 3-4 times a week. The recipe given here has been adapted through watching and learning various YouTube tutorials to give simple, fresh, flavourful and mixture of textures to intrigue the taste buds.

Does the recipe have cultural or religious significance, and if so, can you explain?

I believe that one of the origins of tofu came from monks/tribes in China/Mongolia during the AD period. One of the Buddhist teachings in their religion is to not harm/consume living things such as animals. Tofu can provide essential nutrients they need on a vegetarian diet to carry out their specific daily routines.

I am unsure of the origin of teriyaki fried tofu as it may be a combination of Japan/Hawaii/China.

Flavoursome, crispy, light

Teriyaki Nori- Seaweed Fried Tofu

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	229	958	13	1	16	12	4	0	82
2	-	20-30 mins	/portion	984	4117	56	2	70	50	16	1	350

Ingredients:

- 400-500g tofu (firm/extra firm)
- 1-2 eggs
- Cornflour
- 1 nori seaweed sheet
- 2 spring onions
- 50-60g ginger
- 1 large red chilli (or any other chilli)
- 3 cloves of garlic
- Approx. 500mls rapeseed oil (for frying) - reusable

Sauce

- 2 tbsp of mirin
- 2 tbsp of soy sauce
- 1-2 tbsp of honey/brown sugar

- 4 tbsp of water
- 1-2 tbsp of cornflour (adjust for consistency of sauce)
- 2 cooking wine if you wish

Special Equipment:

- Stainless steel saucepan
- Tongs

Instructions:

1. Remove tofu from packaging and drain, cut the block of tofu into thick slices (approx. 3cm).
2. Use paper towel to soak up excess water on segmented tofu. And leave to side.

3. Have ready on the side with enough cornflour to coat tofu on a plate/bowl.
4. Slice the ginger thinly, chop the garlic.
5. Cut the nori seaweed sheet with scissors in long strips by following the indentations provided.
6. Start heating up the oil in a stainless steel saucepan on medium heat (suggestion - not to use coated kitchenware as it is not suitable for frying).

*Continues on
next page...*



Teriyaki Nori-Seaweed Fried Tofu (Cont.)

Instructions (Cont.):

7. Beat the egg in a bowl and coat the tofu.
8. Then transfer the egg-coated tofu into the cornflour ensuring that they're evenly coated.
9. Using the leftover egg, dab across one end of the stripped seaweed using your finger (the seaweed should stick to the coated tofu). Wrap around the centre of the coated tofu, until you nearly reach the end of the seaweed strip where you will need to apply egg again to seal the parcel.
10. Use some dry cornflour and drop test into the heating oil to see if it sizzles and rises to the top. If it does then the oil is hot enough for the seaweed-tofu parcels to put in.
11. Put the seaweed-tofu parcels into the hot oil for 90-150 seconds, if the oil is too hot turn to low-medium heat (depending on how crispy you like the coating, you will be able to tell from the change in colour). Once the time is up use tongs to pick up and drain on paper towel-plate.
12. Whilst the tofu is draining from the excess oil. Mix up the main sauce ingredients (mirin, soy sauce, honey) and mix water and cornflour separately. Then mix all together.
13. Heat frying pan with oil (on high heat), once oil is heated add the ginger and garlic. When ginger/garlic is slightly browned add the sauce mixture in and lower heat to low letting it simmer for 3 mins (or until water has reduced). Remember to stir ensuring that it is not sticking to the pan/saucepan you are using otherwise it will burn!
14. Within those 2-3 mins chop up the spring onions and chill into desired shapes.
15. Place the already fried-cooled tofu on a plate.
16. Once the sauce starts bubbling it is ready to pour over the plated-tofu.
17. Finish with spring onion/chilli garnish. Serve with rice.



Vegan Spaghetti Bolognese

by Lottie



Where does the recipe come from?

My mum.

What is the personal significance of the recipe to you?

It was the first meal I cooked when I came to university.

Does the recipe have cultural or religious significance, and if so, can you explain?

My mum cooked this for me growing up and changed it to be vegan when I stopped eating meat.

Ethical, hearty, warm

Vegan Spaghetti Bolognese

Serves:	Oven Time:	Prep Time:		Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)
			/100g	102	426	3	0	4	15	2	2	45
2	20 mins	10 mins	/portion	791	3309	25	3	33	116	15	14	346

Ingredients:

- Vegan meat substitute (mince), 175g
- Mushrooms, 100g
- Cherry tomatoes, approx. 70g
- Bell pepper, 1
- Spaghetti for 2
- Tomato and basil sauce, approx. 300 mls

Instructions:

1. Boil pasta with a pinch of salt for 9 mins, or until cooked.
2. Dice vegetables.
3. Fry vegan mince for 4 mins.
4. Add chopped vegetables to frying pan.
5. Add sauce, cover & simmer for 8-10 mins.
6. Serve and enjoy.

Special Equipment:

- Frying pan



Welsh Cakes

by Associate Welsh bloke



Where does the recipe come from?

Wales.

What is the personal significance of the recipe to you?

Unfortunately, half the family I married into are from Swansea.

Does the recipe have cultural or religious significance, and if so, can you explain?

Matriarch comfort food for all.

Warm, history, family

Welsh Cakes

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Makes:	Oven Time:	Prep Time:	/100g	412	1723	18	11	5	60	24	2	42
approx. 36	approx. 10 mins	approx. 10 mins	/portion	224	937	10	6	3	33	13	1	23

Ingredients:

- 1lb/ 454g self-raising flour
- 1 tsp baking powder
- Pinch of salt
- 8 oz/ 200g margarine or butter
- 6 oz/ 150g sugar
- 4 oz/ 100g currants or sultanas
- 1 tsp mixed spice
- 1 egg & 1 tbsp milk, beaten together

Instructions:

1. Mix flour, baking powder & salt together into a large bowl.
2. Rub in the butter/margarine until crumbly.
3. Add sugar, fruit & mixed spice.
4. Stir in the beaten egg & milk mixture.
5. Roll out mixture onto a floured surface (mixture may be a bit sticky).
6. Cut with a cutter.
7. Cook in batches until browned, in a frying pan with oil/melted butter for 3-4 mins on each side. Cool on a wire rack, sprinkle with sugar if you wish.
8. Eat!

Special Equipment:

- Scone cutter (6cm)
- Frying pan



Yorkshire Puddings

by Lily



Where does the recipe come from?

It comes from my Great Grandma who is from Yorkshire, she was very secretive about it. I got this recipe from my Great Aunt.

What is the personal significance of the recipe to you?

My dad often talks about how these were the best Yorkshire puddings ever, and his favourite person was his Grandpa who ate endless amounts of them.

Does the recipe have cultural or religious significance, and if so, can you explain?

It has cultural significance for our northern family.

Comforted, protective, deep

Yorkshire Puddings

			Energy (kcal)	Energy (kJ)	Fat (g)	Saturated Fat (g)	Protein (g)	Carbs (g)	Sugar (g)	Fibre (g)	Sodium (mg)	
Serves:	Oven Time:	Prep Time:	/100g	117	490	4	2	5	17	4	1	298
5	20 mins	20 mins	/portion	182	761	6	3	7	26	6	2	462

Ingredients:

- 2 onions boiled and chopped
- 4 heaped tbsp plain flour
- 4 large eggs
- 8oz skimmed milk
- Salt (level tsp or to taste)
- Beef dripping

Special Equipment:

- 4 medium sized flan/cake tins (kept only for Yorkshire puddings)

or

- 1 large roasting tin

Instructions:

1. Set oven to preheat to 220°C.
2. Sieve flour into large wide mixing bowl.
3. Add salt.
4. Make a well in the flour and add eggs and some milk.
5. Beat eggs drawing in flour gradually. Beat well with a wooden spoon until all lumps are removed (My mother was told as a young girl that the sound of the beating spoon against the bowl should sound like a pony trotting on a frosty morning!).
6. Add milk gradually until the consistency is like thick cream. Leave mixture to stand.
7. Boil onions until soft then drain and chop.
8. Put dripping from roast beef (or beef dripping) into tins/large roasting tin and place in oven until fat is just smoking.
9. Remove tins, pour in mixture and scatter cooked onions over the top.
10. Place in top of oven and cook for 15/20 mins until well risen and golden brown
11. Remove, serve immediately with hot gravy.



"Food is about far more than nutrition;
it is about people and places, emotions and memories.
We all eat, so we all have food in common".

Cultural Food Stories Project Lead

Dr Hilda Mulrooney, Associate Professor in Nutrition

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