

St Clement Danes Coffee Morning Cooks



*St Clement Danes Church of England Primary School
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London
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Angola

Muambe

Ingredients:

Muambe (concentrate of palm tree fruit with oil)

1 chicken (preferably free range)

2 medium aubergines

Approx. 12 okra

1 onion

3 peeled ripe tomatoes

Lemon

Garlic

Salt – to season, to taste

Method:

Cut the chicken into pieces. Season with salt and crushed garlic and the juice of the lemon. Leave it to marinate for a while.

Put the chicken in a pan along with the onion, sliced finely and the tomatoes.

Cook on a very low heat on the stovetop. When almost cooked, add a little water if necessary. Then add the muambe, the okra and also the aubergines; let it cook until the sauce gets thicker. Check on the salt and the chilli (match to your own taste). The Muambe is ready.

Side Dish: Fuba De Milho –Fine Cornmeal

Boil some water in a pan. In a container put together some cold water and the cornmeal in order to obtain a thick paste. Add to the boiling water and let it boil until it makes a thick gruel. Do not stop stirring. Put the lid on the pan and let it boil for 15-20 minutes. Whisk it and simultaneously add some flour until it becomes yet a thicker mixture.

Serve on a platter together with the Muambe.

From: Joana Fatima



Bangladesh

Anwara's Appealing Curry

Ingredients:

Fish of your choice

2 onions – grated

2 tblsp sunflower oil

3-4 cloves garlic

1-2 tsp chilli powder (Rajah)

Tumeric – bit less than 1 tsp (Rajah)

¼ - ½ tsp curry powder

½ tsp ground coriander

Salt

(Anwara's mum adds a tiny bit of cumin)

Method:

Fry onions, but don't burn. Add garlic and all of the spices. Add some water once the spices have amalgamated. Put in fist of your choice or prawns, add more water if necessary. Finish with fresh coriander. Eat with cooked basmati or tollyboy rice.

From: Anwara Begum





Samosa

Ingredients:

4 large potatoes – diced and peeled
2 onions – chopped finely
3 large garlic cloves - crushed
4 heaped tsp Garam Masala
2 tsp turmeric
2 heaped handfuls of frozen peas
1 handful fresh coriander – chopped
Juice of ½ lemon
Filo pastry sheets 3-4 inches wide

Method:

Boil potatoes until just soft. Fry onions and garlic together for a few minutes until brown. Add Garam Masala and turmeric, fry for a few more minutes. Add frozen peas, coriander, and lemon juice. Mix together with potatoes. Leave to stand. Put a spoonful of mixture in one corner of the pastry, as shown. Brush sides with egg and keep folding in triangles. Bake in oven 200°C for 15 minutes or until brown or deep fry till golden.

From: Krysta Parsons

Rumi's Ruby

Ingredients:

1 chicken
1 small head of garlic - grated
½ ginger - grated
A few cardamom seeds
Cinnamon
2½ onions
5 bay leaves
Salt
1½ tsp salt
1 tsp turmeric

2 tsp curry powder
2 tsp coriander power
½ cup of oil
Fresh coriander
3 cups of water
Jera 1 tsp

Method:

Slice chicken into pieces. Wash and dry. Put oil in pan, add ginger, garlic, chopped onion. Stir until onion goes brown. Add cardamom, cinnamon, bay leaves and salt to mixture. Stir. Add all powders – chilli, coriander, turmeric, cumin and stir until dry. Add the water. Place chicken pieces, stir and leave with lid on to simmer on a medium heat until chicken is cooked. Add cold water to make sauce – heat through and at the end add fresh coriander. Serve with plain boiled rice or chapatti.

From: Rumi Izadani

Biriyani

Ingredients:

1 large onion
2/3 cloves garlic, finely chopped
1 tsp lazy ginger
2 cups basmati rice
Vegetables of your choice – courgettes sliced, carrots, peas, etc.
1 tin of tuna
Vegetable stock in hot water
1 tsp chilli powder
2 tsp Cumin powder
2 heaped tblsp Pataks biriyani paste
Vinegar

Method:

Fry onion until golden. When golden, add garlic and ginger, salt and pepper, chilli and cumin. Add some vinegar to stop sticking. Add vegetables and more spices if necessary. Add rice. Stir around and make sure that rice is coated with oil, onion and spices (2/3 minutes of stirring). Add 2 large tblsp Biriyani paste – again coating rice grains. Pour in 4/5 cups of hot water – stir, cover with foil and put in oven for 25 minutes on medium. Check to see if rice is cooked and liquid absorbed. If rice is undercooked, add a little more

liquid. If rice is cooked and liquid remains, take off foil and turn up heat. At last stage of cooking (ie 5 minutes before done) add tuna and flake it into rice. If desired, throw some freshly chopped coriander over the top. Return to oven for 5 minutes and then serve with bottle of Budvar or a nice Merlot! Adjust seasoning/spices to taste. I often put in some fresh green chilli as well to spice it up even more!

From: Viv Sanassy

Pilau Rice

Ingredients:

3 tblsp Ghee
1 tsp ginger grated
½ tsp salt
2 cups Basmati long grain rice (washed and drained)
2 onions chopped
any vegetables
¼ tsp Turmeric Powder
1 tsp Mixed Powder
¼ tsp Dhanya Powder
Boiled water

Method:

Use a pan and put ghee into it, let it heat up completely and add ginger. While it becomes a bit crispy and brown, add the chopped onions and stir for 5 mins. Add salt, turmeric, dhanya and mixed powder and stir for 30 seconds and add a quarter of a cup of water and stir till it turns into a brownish colour. Add the rice to the pan and continue to stir for 5 mins, add your vegetables and continue to stir till it is mixed well. Add boiling water till it covers the rice and stir to make sure the water reaches everywhere and cover the pan with a lid and cook for 3 minutes on full. Lift the lid and stir again properly, this time cook on a low heat and leave for 15 mins. Stir once in a while and wait for the rice to become very soft and yellow in colour.

From: Viv Sanassy



China

Crispy Duck

Ingredients:

1 whole duck
100gms ginger – sliced
10 gms of Farchiew spice + star aniseed (Chinese herbs)
6 stalks of spring onions (use the bottom part about 3 inches long only)
1 tsp salt and ½ tsp MSG – mono sodium glutamate.

Method:

Chop duck in half. Chop off head and legs. Clean inside of duck properly and dry. Add Chinese herbs, ginger, salt, MSG (spread on the duck's stomach). Steam for up to 2 hours. Leave to cool before removing small bones – Do not remove wings and leg bones. Make sure the duck is cooled down and deep fry until the colour changes to brown and crispy.

How to steam duck in a wok:

Put enough water in the wok
Put tripod stand in the water
Put large round container on tripod
Put duck on container (already seasoned)
Cover the wok completely
Steam for at least 2 hours, check regularly to make sure there is always water in the wok.

From Mrs. Cheuk



Spicy Bake Chicken

Ingredients:

1 chicken about 2lb in weight
1 bag 'season spicy bake mix (6 bags in each packet from Chinese supermarket)

Method:

Clean and dry the chicken. Open the bag of spicy bake mix. Sprinkle the whole chicken, including the inside. Cover with cling film and leave for about 3 hours. Heat the oven to 250°F. Pour some oil on a baking tray and place chicken on top. Cook for approximately 30 minutes then serve.

From: Mrs Cheuk



England

Bangers and Mash - Serves 4

Ingredients:

1½lb Cumberland sausages
3 lbs potatoes
2 large Spanish onions - sliced into rings
1 Packet Schwartz gravy granules
4½ ozs milk
2 ozs butter
8 ozs mature cheddar cheese or 8 ozs peas - optional

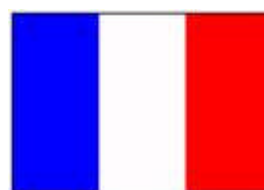
Method:

Peel potatoes, cut into small pieces. Place in cold water, boil until soft. Fry sausages in a little oil, on a high heat until brown, then reduce heat. Fry the onions gently. Make up gravy mixture with granules. When onions are cooked put into the gravy and keep warm. When potatoes are cooked mash them. Warm milk and pour slowly over potatoes, add butter and whisk until the potatoes mixture is firm but moist. (For added flavour you can add grated mature cheese or peas. Get a large soup plate, place mash in centre and arrange three sausages per portion in a

wigwam effect and pour onion gravy slowly on top.



From: Jackie Childe



France

Sassy's Squid

Ingredients:

1 lb squid tubes
2 large onions – chopped
3-4 cloves of garlic – finely chopped
½ tsp. Chilli powder
1 tin of tomatoes
½ bottle of white wine
Parsley Olive Oil
Salt and pepper

Method:

Fry onions in 2 tbsp. of olive oil, adding more oil if onions stick. Fry onions until soft do not brown. Add garlic and stir for 3 minutes on medium heat. Add chilli powder, salt and pepper.

Add chopped tomatoes and cook for 5 minutes until reduced. Add wine – allow to boil and then simmer for ½ hour.

In the meantime, cut defrosted squid into rings and fry a batch at a time in a frying pan with hot olive oil. Cook each batch for about 5 – 8 mins on a medium

heat and add to tomato mixture. When all the squid is in tomato mixture, cover loosely with lid and allow to simmer for about ½ hour (very low heat). When ready add chopped parsley and serve with basmati rice, or with green salad and crusty bread.

From: Viv Sanassy



Kenya

Prawn Delight

Ingredients:

Vegetable oil
400 gms prawns fresh or frozen
1 medium onion - chopped
3 cloves of garlic
1 tin of tomatoes
1 tsp. Chilli powder
Salt to taste
1 tsp. Garham masala
1 tsp. Tumeric powder
Fresh coriander
1 small green pepper - diced

Method:

Put vegetable oil and onion in medium size pan. Cook the onions for 5 mins until slightly brown. Add garlic and stir,. Add the tinned tomatoes squeezing each one in your hand before adding to onions. Add all spices. Simmer for 5 minutes, taste to see if salt and spices are ok.

Wash fresh/defrosted prawns then add to pan. Stir and leave for 20 minutes, but keep an eye on it so that it doesn't burn. Make sure the prawns are cooked, if they turn an orangey colour, they are cooked. Add the green pepper. Chop the coriander and sprinkle on the mixture.

Serve on a bed of plain rice or pasta and any kind of side salad dressed with olive oil.

From: Sumira Abdul-latif



Beef / Lamb Curry – Kenyan Style

Ingredients:

2 big steaks of lamb or beef
1 big onion
3 cloves of garlic - crushed
Small piece of ginger
1 tin of tomatoes
Salt
Chilli powder
Graham malasala
Hildi
Mixed peppers – red, green yellow and orange
Fresh / frozen coriander
Vegetable oil

Method:

Cut the meat into small pieces and wash. IN big pot add diced meat, sliced onion, ginger and garlic. Add 2 tblsp of oil, salt, chilli, graham malasala, hildi and water – Cook this for 20 minutes – don't let the meat get too soft. Slice peppers. Add the tinned tomatoes squeezing each one in your hand before adding to mixture. Add more spices if you wish. Simmer for 5 minutes then add peppers. Add coriander and simmer for another 3 minutes. Serve with rice/chappati or naan bread. Serves 3 to 4 people.

From: Sumira Abdul-latif

Gulab Jamun Dessert -Makes 50

Ingredients:

1 packet of Gulab Jamun mix
600 gms of sugar
Rose essence or a few crushed
cardamon seeds
Milk
Vegetable oil to fry

Method:

Sieve the contents of the pack.
Gradually add 8 tblsp of milk and gently form a soft dough. Divide the dough into 50 parts and make each part into a smooth round shape without any cracks. Cover lightly with a damp cloth, prepare syrup to dissolving 600 gms of sugar in water. Boil and simmer, add rose essence or cardamon seeds. Leave to stand. Cook the pieces of dough in vegetable oil in a deep pan a few at a time. (If the first few Jamun do not rise, the oil needs to be hotter. If it rises too fast, reduce the heat. Drain off excess oil and immerse the Jamuns in the hot syrup. For softer Jamuns, warm them in the syrup for 2 – 3 minutes. Allow Jamuns to rest for 30 minutes before serving. Serve after a lovely meal. If any Gulab Jamuns are left, put into a container in the fridge.

From: Sumira Abdul-latif



Malaysia

Curry Chicken

Ingredients:

1 kilo of drum sticks (cut into small pieces, seasoned overnight in: curry powder, sugar, soya sauce, lemon grass.)
3 tblsp curry powder
1 cup of fresh milk or coconut milk
Salt to taste
1 cube chicken stock
4 shallots – chopped small

3 pieces lemon grass – cut 1 inch long
5 cloves garlic chopped small
1 packet rendang paste (Chinese supermarket)

Method:

Heat 2 or 3 tblsp oil in the wok. Add shallots, stir fry for 1 or 2 minutes, add garlic and fry until fragrant – colour becomes brown. Add rendang paste and lemon grass, stir fry together with chicken. Add some water and fry until meat is firm. Finally add milk and chicken stock. Simmer for about 10 minutes.

If you like curry with potatoes – cut potato in small pieces then boil it until soft and cook it with curry chicken together. You may add star aniseed if you like the curry to be more fragrant.

From: Connie Ying



Fish In A Flash

Ingredients:

Cod fish
1 tsp palm oil
1 tsp vegetable oil
1 onion chopped into cubes
1 red pepper chopped into cubes
1 tin chopped tomatoes in tomato juice
1 fish stock cube
Ground cumin

Method:

Warm up the wok, then put in veg oil and palm oil. Add onion and red pepper together and stir until the onion turns brown. Add cumin. Pour in tinned tomatoes, stir a few times. Add a small cup of water, then add fish with pinch of salt and fish stock. Bring to the boil for a few minutes. If you prefer you can add some lime juice and coriander.

From: Connie Ying



Morocco

Rama's Cous-Cous

Ingredients:

1 Kilo Cous-cous

Method:

Soak cous-cous in water for 10 minutes. Drain and let cous-cous stand for 10 minutes. Steam cous-cous for ½ hour. Pour in large serving dish and work through with a fork incase it is stuck together. Make a hole in the middle and pour on the following cooked mixture.

Ingredients:

Meat or chicken
3 carrots
2 onions
¼ cabbage
1 leek
¼ pumpkin or small slice
2 courgettes
Salt and pepper
Coriander
Parsley
1 tsp. cumin
½ tsp Yellow egg powder

Method:

Put 3 tblsp of oil in large pot. Add a small spoonful of salt and black pepper. Add meat, cook for 10 minutes on medium heat. Add coriander, parsley and cumin. Cook together until meat is almost done. Add chopped vegetables, Add 2 glasses of water. Place lid and leave to simmer on medium heat until meat is cooked.



From: Rama Salmoun



Phillipines

Filipino Chicken Adobo

This is a traditional dish from the Philippines. It can be prepared with small pieces of pork as well, which also takes up the savoury taste of the ingredients.

Ingredients:

1 whole chicken cut up into its parts
or chicken drumsticks
or breast of chicken cubed
(if you eat pork, you can also add cubed pork)
1 cup of white wine vinegar
1 cup of soya sauce
2 leaves of basil
8 cloves of garlic – chopped
1 tblsp of whole black peppercorns
Salt and pepper to taste

Method:

Mix all the ingredients and marinade for at least one hour, preferably overnight in a fridge. Cover with a lid and slow cook until meat is tender.



From: Carmila Legarda-Alcantara



Portugal

Bacalhau a Bras - Serves 3-4

Ingredients:

Dry Salted Cod Fish bacalhau: soaked overnight and then, cut into pieces
4-5 onions depending on their size
3-4 garlic cloves
6 medium sizes potatoes
2-3 eggs, depending on size
Chopped parsley
Black pepper
Olive oil
1 large bay leaf
Cream (optional)
Frying sunflower oil
Black olives

Method:

On the day before you intend to cook this dish, put the bacalhau in a container filled with water and leave to soak overnight. If the pieces of bacalhau are very thick and salty, you may want to change the water once or twice during the soaking period. The following day, boil the bacalhau. Once boiled, take it out of the water and let it cool down. Then remove all the bones and skin and you should end up with small chunks of the fish. Peel the potatoes and cut them into very fine, small chips. Deep-fry the chips with the sunflower oil. Once deep-fried, get rid of the excess oil in the chips. Slice the onions into rings and do the same with the garlic cloves. Take a large pan and pour some olive oil into it (Enough olive oil to cover generously the bottom of the pan). Fry the onions and garlic in the pan until almost golden. Then add the bay leaf and the chunks of bacalhau. Let it fry for a few minutes whilst stirring and mixing well the onions with the bacalhau. The mixture should be turning rather brown but still moist. When it starts to dry a

little, add the chips and stir well. When well mixed together, add the eggs (whole), but at this point it is crucial to keep stirring. The eggs bring moisture to the dish and help with the blending of the whole ingredients. You could also add at this point some liquid cream. However, this is optional: bare in mind that this is already a rather rich dish. Add pepper. The cod should be a good salt provider, however taste the food and decide whether to add some salt or not. Remove from the stove-ring. Sprinkle the dish generously with the chopped parsley and the black olives. Serve hot. Accompany with a green salad (just lettuce with a very simple vinaigrette is perfect) to refresh the pallet.



From: João Simoes-Brown



Somalia

Kabsa - Isku Karis

Ingredients:

½ leg of lamb (cut into steaks) or chicken or broccoli – if vegetarian
3 onions
7/8 cloves of garlic
Chopped fresh coriander-handful
Tablespoon ground cumin
2 whole dried lemons (buy these in an Asia/Arabic shop) or 2 fresh limes
2 whole fresh green chilli
1 courgette
1 teaspoon five spice powder
½ green pepper-sliced
1-tablespoon ghee
1 big potato-sliced thinly

2 glugs of oil
2 mugs of Basmati rice
Raisins to decorate
Salt & pepper
3-4 cardamom seeds
3-4 whole black peppercorns
2 big cinnamon sticks
2 stock cubes

Method:

Cover steaks in cold water. Add salt. Chop one onion into quarters and add to the steaks. Bring to the boil and cook for 10 mins until no blood appears. Turn off the heat and leave.

In the meantime put glugs of oil in saucepan, heat. Add 2 onions, cut into rings. Put in peppercorns, cinnamon sticks and cardamom. Before onions are golden, add potatoes. Add the steaks (do not throw away the liquid) and fry.

Grind or blend garlic and coriander together and add this plus all the spices to the mixture. Add some water from the cooked meat liquid to the pan to prevent sticking.

Soak basmati for ½ minute, drain and add to mixture. Fry briefly and add dried lemon or limes. Add salt to taste, also 3 cups of steak water. Bring to boil and turn heat very low (simmer). Add green pepper and chillies. Put lid on. Cook with your eyes. Add tablespoon ghee. When there is a little water left, stir and bring cooked rice to the surface. Serve when water is absorbed and meat tender. Decorate with raisins.



From: Jamilla Buraleh



Turkey

Aubergine Kebab

Ingredients:

2 Large Aubergines – sliced
Mince meat
4 Cloves Garlic
1 small onion – diced
Chilli flakes – between 1 tsp and 1 tblsp
Chilli paste
Salt and Black Pepper
Tomatoes
Green Chillis
Oil

Method:

Mix together, mince, garlic, onion, chilli flakes, chilli paste, black pepper, salt, and oil in a mixing bowl. Place small amounts between each aubergine to make a sandwich tower. Put tower on its side in a meat tin or small casserole dish. Top with sliced tomato, green chillies and cover.

Cook on hob for 45 mins to 1 hour, until meat and aubergines are cooked. Serve with a salad



From: Susan Cinik

Mercimek Çorbasi – Turkish soup

Ingredients:

25 oz red lentils
3-4 cloves of garlic – white
1 whole medium onion
3 medium chopped carrots
1 lemon
3 tsp dried mint
Swiss Bouillon stock, green one, 1 tblsp
or to taste
2 tsp paprika

Method:

Soak lentils overnight. Next day, wash until water runs clear. In saucepan add lentils, carrots, onion, garlic and water – 3 inches over lentils. Cook until soft. When soft liquidise. If not thick enough, cook down some more. Add bouillon to taste. Before serving – in a frying pan put 1 tsp butter and add 2 tsp paprika, 3 tsp dried mint. When serving, dish soup up, put paprika mix on top and squeeze ¼ lemon per person into soup.

From: Karen Nayir

Pasta Fasule

Ingredients:

½ tin Berlotti beans. Preferably fresh -
½ kilo
3-4 cloves garlic
Olive Oil
½ tin tomato puree – 7oz
200 gms soup pasta – small
2 dried red chillies

Method:

Put the oil in a pan to cover the base. Finely grate garlic and cook until golden. Add tomato puree to pan. Add 1½ pints cold water, tinned beans (if fresh bring to boil, if dried, soak the night before). Cook until thick 15 – 20 minutes. Add Swiss bouillon 1 tblsp and taste, add more if necessary. Once thicker than water add pasta and dried chillies.

From: Karen Nayir



Universal

Over The Rainbow

Ingredients – Makes 8

For the Orange Jelly:
3x15ml/3tblsp hot water
0.5 sachet of powdered gelatine
300 ml/0.5 pt unsweetened orange juice
25g/10z caster sugar, to taste
For the Green Jelly:
3x15ml/3tblsp hot water
0.5 sachet of powdered gelatine
300 ml/0.5 pt strong lime juice
25g/10z caster sugar, to taste
For the Red Jelly:
3x15ml/3tblsp hot water
0.5 sachet of powdered gelatine
300 ml/0.5 pt cranberry juice
25g/10z caster sugar, to taste

Method:

Make up each of the individual jellies one by one, putting the hot water into a bowl and sprinkling on the gelatine. Leave for 5-10 minutes to dissolve then stir well. Pour the gelatine and sugar into the fruit juice. Heat the juice in a saucepan over a gentle heat until the liquid is warm. Remove from the heat and stir well. Carefully pour the first jelly into 8 serving glasses and leave to set in the fridge before carrying on with remaining jellies. Layer the remaining jellies as described above.

Top Tip

If you feel adventurous, very carefully stand the jellies in the fridge at an angle to set to give a different effect.

From: Mrs. Cheuk



