

MIGRANT ENGLISH PROJECT

RECIPES FROM AROUND THE WORLD



BEY AYNTU



INGREDIENTS

–MESIR WAT–

- 3 cups red lentils
- 1 tbsp powdered chilli
- 1 Onion
- 2 cloves garlic
- 3 tbsp tomato puree
- 2 tbsp vegetable oil
- Berberere spice mix

–GOMEN–

- 1 cabbage
- 1 white onion

–ALICHA–

- 3 cups brown lentils
- 1 tbsp Turmeric
- 3 cloves chopped garlic



Gennet and Genno cooked us an Ethiopian family recipe, as used on special occasions. The ladies spent time making the Injera at home and donated them to their lunch.

The injera recipe can be found at www.angelfire.com/ak/sellassie/food/injera.html.

The whole dish is best described in four parts, the pancakes (recipe can be found on website above), the red lentil dish – Mesir Wat – the brown lentil dish – Alicha – and finally the cabbage dish – Gomen.

For the Mesir Wat: Add 2 tablespoons of the berbere, the ginger and garlic to the pan and cook, stirring, for 1 minute. Add the lentils and 4 cups water. Reduce the heat and simmer, uncovered, stirring occasionally, until the lentils are very soft and the mixture is very thick. Add the powdered chilli to taste and stir in the tomato puree.

For the Gomen: Cook the green cabbage finely sliced over a medium heat with the white onions until softened, season to taste.

For the Alicha: Put the lentils and water in a large saucepan and bring to a boil. Stir to keep the lentils from sticking to the bottom of the pot. Cook uncovered, stirring occasionally, add salt, chopped garlic and turmeric and cook until the lentils are tender but still firm.

SLAVIC HOTCH POTCH

SERVES 4



- 150g long grain rice
- 150g carrots
- 150g tomatoes (fresh or tinned)
- 150g string beans
- 50g peppers (green and red)
- 100g courgettes, peeled
- 50g onion or leeks
- 50g parsley
- 4 tablespoon vegetable or olive oil
- 1 vegetable stock cube
- Black pepper

First cut the vegetables into cubes.

Heat the oil, add carrots and string beans and cook for a short time. Add the peppers, courgettes, and onions/leeks and stir them to colour a little.

Add the rice and cook until it starts to change colour. Add the tomatoes and stir carefully. Dissolve the stock cube in 300ml of hot water and pour into a baking pan and add pepper to taste. Add the rice mixture. Bake in a medium oven until all the liquid is absorbed.

Finish with a sprinkle of parsley.



Bon appetit!

VENEZUELA

AREPAS



INGREDIENTS

2 cups Harina P.A.N. pre-cooked maize flour
Handful wheat flour
2 cups warm water
Pinch salt
Corn or sunflower oil
1 400g tin black beans
Chopped tomato, red onion and avocado salad

Add maize flour to water and mix well with hands. Leave for 1 minute, then add a handful of wheat flour. Gently knead and then divide into balls.

Flatten each into a round shape about 1/2cm thick. Wipe frying pan with small amount of oil and heat. When hot fry the arepas for 5 to 10 mins, turning over from time to time until brown. You can cook in advance then warm in oven at 160°F. Serve with drained black beans and finely chopped salad.

ENSALATA FRIA

CHILE



INGREDIENTS

Potatoes and carrots chopped into cubes
Cauliflower and broccoli in florets
Peas
Lettuce and celery
Kidney beans
Onions thinly sliced
Mayonnaise (vegan)
Vegetable oil

Cook the vegetables in water and allow to cool. Slice the lettuce and cut the celery into delicate fan shapes. Rub the onions between your fingers with a little salt, then wash and drain. This removes the bitterness.

Mix all together; then add the oil and mayonnaise and mix again. Serve with couscous or rice and chilli sauce on the side.

MA PO TOFU



INGREDIENTS

Cotton tofu, or aubergines if you prefer

2 leeks, chopped

2 cloves garlic, clopped

2 inch piece of ginger, minced

2 tbsp sesame oil or sunflower oil

1 small jar of Toben Djan sauce (chilli bean sauce)

2 tbsp black bean chilli sauce

1 bag Soya mince

2 tbsp Soya sauce

1 vegetable stock cube

1 tbsp potato starch

Use cotton tofu, which has a solid texture and doesn't disintegrate.

Fry leeks, ginger and garlic in a little sesame or sunflower oil for two minutes.

Add the Toban Djan sauce and the black bean chilli sauce.

Add water to pot.

Soak soya mince in hot water with soy sauce and vegetable stock. Watch salt quantity as these ingredients contain a lot. Taste as you go.

Add soya to the pot and bring to the boil.

Add tofu to the pot, but leave at the top of stew and shake to coat in liquid. If you stir the pieces will disintegrate.

Mix a little potato starch in a little bowl with some boiling water to make a paste and add to the mix to thicken.

Cook rice in boiling water and serve on the side.



VEGETABLE CURRY

SERVES 4

Rice: two cups

1 Aubergine

1 Cauliflower

4 Carrots

Lemon juice fresh or bottled: 1 whole lemon

1 teaspoon soy sauce

1 tablespoon vegetable oil

2 400g tins chickpeas

2 large potatoes (peeled)

6 fresh tomatoes

1 400g tin tomatoes

1 large white onion

2 large red onion: half to be blended in a masala mix, save the rest to be sliced and used as a garnish for the rice.

2 garlic cloves

(CONTINUED ON PAGE 7)

Wash and chop all the vegetables into rough 2cm pieces.

Put vegetable oil in the pan and add the potato, aubergine, cauliflower and carrot and fry until starting to brown on edges. Remove from pan and leave to cool. Pour some lemon juice over the vegetables.

In a blender mix and chop the coriander stalks with ginger, garlic and green chilli. Use some of the liquid from the tinned tomatoes to add to the mixture and help it blend. Put this aside for now.

Next blend a mixture of red and white onion and fresh tomatoes.

Use the pan to fry onion masala (masala means a mix of flavours or spices) and then add the coriander blended mix into pan and fry for two to four minutes.

In the large pan add your chickpeas, tinned tomatoes, fried vegetables and both fried spice masala. Add water to loosen the mixture and sprinkle in the turmeric and salt to taste, then turn the heat up to bring to the boil and then turn down the heat to gently simmer for twenty minutes.



INGREDIENTS (CONTINUED)

Green chilli. Amount depends on taste but recommend two – remove the seeds if you don't want your curry too spicy

Fresh peeled ginger: a 2cm piece

Fresh coriander: a whole bunch. Save the leaves to add to the curry at the end.

Spices: one teaspoon cumin seeds (Jeera), two teaspoons chat masala (a dry spice blend which includes dried mango for sprinkling on salads), half a teaspoon cayenne pepper, salt to taste, and half a teaspoon turmeric.

Wash rice thoroughly under tap, then put in water and boil.

Fry the jeera and add to the rice.

Finely slice the red onion, sprinkle on the chat masala and soy sauce then squeeze using your hands and love to mix. The red onion mixture will be served on top of the rice.

Chop some salad vegetables and sprinkle with salt and soy sauce and again mix with your hands and love.

Just before serving add the whole coriander leaves to the curry dish.



KUSHARI



SERVES 4

120g of lengths of dried spaghetti broken into 3

120g of macaroni

Vegetable oil

2 white medium onions, chopped into large pieces

40g rice

120g brown lentils

2 400g tins of tomatoes

1 tablespoon of tomato puree

1 small bulb of garlic

8 tablespoons of lemon juice

1 tablespoon of salt

2 teaspoons of cumin

1 teaspoon of black pepper

A pinch of cayenne pepper (optional)

A little flour

1 400g tin of cooked chickpeas

(CONTINUED ON PAGE 9)

This was our largest group; at least six people including

two men crammed into the tiny kitchen. They then brought out the food singing a traditional song!

Dust the onions in seasoned flour, dry fry for three minutes, then heat oil in another pan, add onions and shallow fry until crispy and dark brown in colour. Remove from oil and drain on a paper towel.

Finely chop garlic, add salt and puree with side of knife or use pestle and mortar to make into a paste.

Blend tins of tomatoes and half of the cooked onions until smooth, add $\frac{3}{4}$ of garlic puree, tomato puree, salt, black pepper, cumin and lemon juice, put in a saucepan on a low heat to cook for 20 minutes.

Bring pan of water to the boil, pour in lentils, add salt, bring back to the boil and simmer for 5 minutes, until lentils are a little softer but not mushy. Keep the lentils in the water to use when cooking the rice.

Heat a tablespoon of vegetable oil to a large bottom pan, stir in rice until all coated with oil and continue stirring for a further 3 to 4 minutes. Add boiling water a little at a time from pan lentils were cooked in continue stirring as water is absorbed, after a few minutes add a large amount of water and lentils, until rice is covered and bring to the boil, simmer on a medium heat. Cook until water is absorbed, if rice is still hard at that point, add small amounts so the bottom of pan doesn't boil dry and rice cooks thoroughly.

Fill a large pan with salted water, cook macaroni and spaghetti according to instructions, drain well in colander. Return to pan off heat, cover with lid to keep warm.



INGREDIENTS (CONTINUED)

Fresh chopped salad – we used tomatoes, cucumber, lettuce and peppers washed and chopped into small pieces.

Green chilli sauce on the side, optional extra

Mix the rest of the lemon juice with garlic puree and add salt and cumin to taste. This liquor will be used to dress the rice, chickpea and pasta layers.

To serve place a large spoonful of the rice and lentil mix on a plate, followed by the spaghetti and macaroni on top, layering next a spoonful of chickpeas and the lemon and garlic sauce topped with a smothering of tomato sauce and a handful of fried onions and some cayenne pepper sprinkled on top if you wish, also chopped salad on the side. Don't forget your Egyptian preserved lemons (see below).

FOR THE PRESERVED LEMONS

Wash the lemons thoroughly, put them in a pot with some water and boil them for 2 minutes. Remove the lemons from the boiling water immediately. Mix together the salt, garlic, saffron, black seeds (Habat Al Baraka). When the lemons have cooled down take each one and with your finger or a knife and put some of the mixture into each lemon and arrange the lemons in a jar. Make layers of stuffed lemons and sprinkle each layer with a bit of the mixture and you can also add green chillis or cabbage which has been pre soaked in vinegar, lemon and boiled water for three days previous. When you have finished with all the lemons that are to be pickled, fill the jar with lemon juice (use only fresh lemon juice) you can peel the lemons like oranges, split them in half and remove the seeds, and then put them in the food processor and puree, you can add some Jalapeneos that have been slashed slightly to pickle with the lemons and to add a bit of zest to them. At the top of the jar put some oil to seal the top and pack in some regular lemon halves to force the pickled lemons at below the oil and juice. Cover with an air tight lid and let the jar sit in a dark place for a few days.

MJADARA

INGREDIENTS

Bulgur wheat
Green lentils
4 large white onions
6 tbsp vegetable oil
Lemons
Lettuce
Mixed peppers
Tomatoes
Salt and black pepper



Randa and her sister Bahije are from Damascus and cooked us a traditional Syrian dish. They served it with salad.



Cook green lentils and bulgur wheat in salted boiling water until soft.

Slice 3 and a half of the onions and brown over medium heat in oil. Once the onions are cooked add the excess oil and onions to the lentils and bulgur wheat and cover.

Chop the salad items, including the last of the onion and squeeze lemons for the dressing, season to taste.

SHIRIN POLO (PERSIAN SWEET RICE)

INGREDIENTS

4 cups long grain rice
 (basmati best)
 8 cups water
 3/4 cup thinly sliced
 orange peel
 3/4 cup finely shredded
 carrots
 1/2 cup sugar or honey
 3/4 tsp crushed saffron
 1 tsp rosewater
 1/4 tsp ground cinnamon
 Pinch turmeric
 1/2 cup flaked almonds
 1/2 cup chopped
 pistachios
 2 tsp salt
 1/2 cup oil or unsalted
 butter
 1/4 tsp cardamom

Coarsely grate orange peel put in small pan cover with water and bring to boil. Drain and repeat to reduce bitterness. Add sugar or honey, carrots, pistachios, almonds, rosewater, saffron, cinnamon and small amount water. Gently heat half the oil or butter and add to mixture. Set aside.

Rinse rice in strainer until water runs clean, cover with water and leave for 2 hours. Put rice, salt and 8 cups of water in a large pan and bring to boil. Cook until rice rises to surface (approx 12 mins) then drain. Using same pan gently melt remaining oil or butter, then add saffron and rice. Form into

a mound and using handle of wooden spoon make 5 holes in rice mixture to allow steam to escape. Cook for 20 mins until golden crust forms on bottom of pan. Transfer to serving dish and garnish with orange syrup mixture. Enjoy!



ABOUT THIS BOOKLET

Every Monday in Brighton a unique gathering takes place. People from a multitude of different countries come together to learn English, to seek help or advice or just to meet up with friends. This gathering takes place at The Cowley Club under the auspices of an organisation called The Migrant English Project. MEP was set up in 2003 by a group of friends who wanted to offer a safe and welcoming space for one of the most marginalised groups in our society: refugees, asylum seekers and migrants. It is run entirely by volunteers in a non-hierarchical manner and receives no central government funding, preferring to remain independent.

From the beginning it was felt important to provide a nutritious meal at lunchtime as many of our students are living on very small incomes. The Cowley Club is a vegan establishment and lunch is usually prepared by volunteers in the small kitchen at the back of the club. Everyone then sits down together for lunch and this has become a really nice time to chat and to get to know each other. In March 2014 we were lucky enough to be awarded a grant for £800 from the Brighton & Hove Food Partnership, part of the Good Food Project, to help us improve health and skills by involving students in preparing and cooking lunch. We decided once a month throughout the year to ask nine students or groups of students to cook a dish from their country. Some of the MEP cooking team helped with shopping and in the kitchen when needed. A teachers' pack was given out beforehand to help, where appropriate, with English lessons. The students who agreed to take part in the cooking project were extremely generous with their time and often brought in special ingredients that they needed, often refusing to take any payment.

Here then is our celebration of the diversity of cultures found at MEP. Often people have created vegan recipes inspired by the dishes of their countries. Our thanks go to all our students who so generously cooked delicious meals for us. It's quite a challenge cooking lunch for 40 to 50 people! We hope you will enjoy trying out some of these recipes yourself!

THANKS

Awatef	Edward	Hannah	Kate	Melad	Paolo	Sylvana	Zara
Bahije	Farah	Isabel	Layette	Michelle	Randa	Teresa	Zoe
Carole	Genno	Jenny	Louisa	Min	Ros	Tessa	
Chizuko	Genet	Jodie	Mariana	Minako	Sue	Treza	

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www.bhfood.org.uk

