

# LAHMACUN

## RECIPE BY AL-QASAR

### INGREDIENTS

#### For the Dough

- 500g Strong Flour
- 250ml Water
- 1 Teaspoon Salt

#### For the Topping

- 350g Fatty Lamb or Beef Mince Meat
- 50g sheep tail fat, chopped fine or grated (optional)
- 1 Tsp tomato salsa (triple concentrate tomato paste)
- 1 Tsp Pepper Salsa
- 1 Handful (100g) Fresh Parsley
- 2 Cloves Garlic
- 1 Large Red Pepper
- 1 Green Pepper (Sweet or Hot depending on your taste)
- 1 Tsp Pul Biber/ Aleppo Pepper Flakes
- 1 Tsp Isot Pepper Flakes
- ½ Tsp Black Pepper
- ½ Tsp Cumin
- ½ Tsp Salt
- 3 Tomatoes
- 2 Onions
- 50g Fresh Mint
- 2 Lemons

### METHOD

1. Either using a mixer or on a clean dry worktop, sift the flour and add the salt.
2. Create a hole in the centre of the flour and pour in the water into the centre and combine the ingredients.
3. Continue to knead until the dough is firm and smooth (This takes around 10 to 15 minutes).
4. Put the dough to rest covered for as long as possible but a minimum of 30 minutes.
5. Chop the onion, peppers, garlic, tomatoes and parsley as small as possible or if preferred using a blender.
6. In a large mixing bowl combine the mince and tail fat if using.
7. Add the salsas and spices and knead together, mix in the chopped vegetables. Cover and set aside.
8. Preheat the oven to the 250 degrees Celsius or as high as it will go.

#### Cooking Option 1

Take a couple of oven trays and place them in the oven upside down. When the Lahmacun's are ready, place them onto the preheated trays.

#### Cooking Option 2

Place the rolled bases on the oven trays and then add the topping, place the tray into the oven.

#### Dough Rolling

Divide the dough equally into 8-10 portions.

Flour your work surface and the top of a dough ball. Use the palm of your hand to flatten out the ball into a circle, flip and repeat. Making sure both below and the top of the dough is sufficiently floured begin to roll out to a small dinner plate-sized circle.

Repeat in batches of 2 to 4.

Continued -

# LAHMACUN

## RECIPE BY AL-QASAR

### METHOD CONTINUED

Top each of the dough bases with the topping, starting from the centre as you add the topping gently press the meat into the dough working outwards towards the edges. Leave half a cm or so to allow the dough to crisp.

Using a pizza peel/slice or tea towel lift the dough onto the oven trays and bake for 8 to 10 minutes.

For an extra crispy base, you first cook the dough on the oven floor for 2 minutes before transferring to trays.

#### Recipe Notes

The dough needs at least 30 minutes to rest before rolling but will be easier to handle with longer resting.

The fat is optional but if not used or if using low-fat mince it's important to use grated onion to keep the topping moist.

The lahmacun can be tricky to pick up it's, therefore, easier to place them on an oven tray before topping but you'll get a crispier base if you place them on a hot tray.

I find them easier to handle if you place the rolled dough on a clean tea towel that has been dusted with flour. Then topped when it's time to transfer to the oven I peel back the towel and place on to the tray much like you would use a pizza peel. Practice makes perfect.

If rolling the dough out to a circle using an 'oklava' (a thin batten rolling pin) it makes it easier to start by creating the circle with the palm of your hand. Place the oklava in the centre of the circle and your hands on either side of the oklava. With a little pressure on your left hand roll the oklava away from you. Transfer the pressure to your right hand and roll the pin back towards you. Repeat with the occasional dusting of flour with the mantra 'Up to left and right back down'.

**Best served with Ayran (a yogurt drink that usually accompanies lahmacun).**

Ingredients - Turkish yogurt, salt, water. Mix!

# MISSER WAT

## RECIPE BY BLACK JESUS EXPERIENCE

### INGREDIENTS

- 1 Red Onion
- 5 Garlic Cloves
- 1 Inch of Fresh Ginger
- 1 Cup Red Lentils
- Berbere (Ethiopian Spice Mix) to taste
- ½ Tsp Black Cardamom
- ½ Tp Black Pepper
- Olive Oil
- 1 x Can Diced Tomatoes

### TIBS

- Olive oil
- ½ kg diced lamb
- 1 red onion
- 3 garlic cloves
- 2 diced tomatoes
- 1 hot green chilli
- ¼ teaspoon black cardamom
- 1 sprig of rosemary
- 1 tablespoon clarified butter

### METHOD

1. Caramelize onion then add garlic and ginger. Cook for 1 minute.
2. Add Berbere, black cardamom, black pepper and tomato and cook for 3- 5 minutes.
3. Wash the red lentils thoroughly and add water (3cm above lentils).
4. Bring to boil then stir and simmer for 3 minutes. Cook longer for greater flavour.
5. Adjust consistency with more water if required.

### TIBS METHOD

1. Heat pan and add olive oil.
2. Add diced lamb, sear for 2 minutes and stir.
3. Add onion for 2 minutes.
4. Then add garlic and tomatoes, stir and cook for 2 minutes.
5. Add butter, green chilli, cardamom, black pepper, rosemary and a pinch of salt.
6. Cook for 2 minutes and serve.

# VEGETARIAN BORSCHT RECIPE BY DAKHABRAKHA

## INGREDIENTS

- 1 bunch of Beetroot
- 4 Sweet Peppers/Capsicums
- 4 Tomatoes
- 5 Carrots
- 1 can of Cannellini Beans
- 3 Onions
- ½ a White Cabbage (obviously!)
- 4 Cloves of Garlic
- 1 bunch Dill
- 6 Peppercorns
- 2 Bay Leaves
- 300ml Sour Cream
- 6 White Potatoes
- Olive Oil

## METHOD

1. Peel and chop all vegetables into a uniform size.
2. Fry garlic and onion in olive oil in a large pot.
3. Add vegetables and water to pot.
4. Simmer until tender.
5. Finish with salt, pepper, dill and sour cream.

# JOLLOF RICE

## RECIPE BY IBIBIO SOUND MACHINE

### INGREDIENTS

- 1kg Basmati Rice
- 6 Red Capsicums
- 2 Large White Onions
- 1 Whole Chicken in Pieces
- Fresh Tomatoes
- Tomato Puree
- Thyme
- Curry Powder
- Chicken Stock Cubes
- Afro-Caribbean All-purpose Seasoning
- White Pepper
- Scotch Bonnet Peppers
- Vegetable oil
- Plantains

### METHOD

1. Chop half an onion and add it to a pot with the chicken, add a pinch of salt, 1/2 teaspoon all-purpose seasoning and 1 Maggi stock cube. Add around 500ml water. Boil this and keep checking it until chicken is cooked.
2. Chop the other half onion, 6 capsicums, 1 whole scotch bonnet pepper, 3 tomatoes and put them in a blender to mix. Put to one side.
3. In another pot, empty contents of blender and allow to steam gently on low heat until most of the water has evaporated, taste to check acidity.
4. Remove meat when cooked from stock pot and put to one side.
5. In a different pot put 8 tablespoons of oil and heat, chop another half onion and sauté 5 mins, then pour the blended tomato, capsicum and pepper into the pot. Season with 1 stock cube, pinch of salt, all purpose seasoning, thyme, white pepper, curry powder. Fry 10 mins, taste for seasoning then take out a quarter and put aside in another pot. Reduce heat.
6. Wash rice and add to pot with 3/4 of fried tomato mixture. Don't stir it. Cover and allow to simmer on low heat.
7. Check chicken for seasoning and if needed add seasoning to taste.
8. In a small bowl mix some of the reserved tomato sauce with some oil and seasoning if needed. Pour over chicken. Put chicken in oven heated to 180C to dry out.
9. Once dried add to remaining reserved tomato sauce and serve with rice once cooked with some fried plantains.

# PASTEL DE CHOCLO (CHILEAN MINCE PIE) RECIPE BY ILLAPU

## INGREDIENTS

- 8 Pieces of Cooked Chicken (With No Bones)
- 1 kg Lean Minced Meat
- 1 Finely Chopped Onion
- 5 Boiled Eggs
- 1 Jar Pipped Spanish Olives (Small)
- 6 Cans Mashed Corn
- Oregano
- Pepper
- Salt
- Sugar
- Olive oil

### Utensils

An oven tin baking tray - Approximately 42 x 30 x 6cm (for 8 people).  
A big cooking pot to fit the mince.

**(SERVES 8 PEOPLE)**

## METHOD

1. Brown the mince with the onion, oregano, pepper, salt and olive oil in a pot.
2. Place the meat on the bottom of the tray, put chicken pieces on top of the mince, cut the boiled eggs into pieces and place together with the olives, then cover with mashed corn.
3. Sprinkle some sugar on top and then bake it in the oven at 180°C for around 15 minutes - then it's ready to eat!

# TANZANIAN GOAT PILAU & KACHUMBARI RECIPE BY KATANGA JUNIOR

## INGREDIENTS

- Garam Masala
- 1 Tsp Turmeric
- 1/2 kg Long-Grain Jasmine Rice
- 1/2 Cup Vegetable Oil
- 1/2 kg Diced Boneless Goat Meat
- 2 Red Onions (Dice 1 for Cooking)
- 4 Tomatoes (Dice 2 for Cooking)
- 3 Carrots (Grate 1, Chop 2)
- 4 Garlic Cloves
- 3 Cardamom Cloves (Put only the seeds in)
- 1 Cup of Peas
- 2 Tbsp Salt
- Ginger (Finely Diced or Crushed)
- 1 Cucumber
- Lemon

**(SERVES 4-5 PEOPLE)**

## METHOD

1. Heat the pot and add 2 spoons of vegetable oil.
2. Add diced meat. Cook it until browned.
3. Take the meat out of the pot.
4. Add 4 Tbsp vegetable oil to the pot.
5. Add 1 diced onion, cook until browned.
6. Add meat, 1 x Tbsp of Garam Masala, 1 x Tsp Turmeric, 1 x Tbsp of salt, Ginger, Garlic, Cardamom Pods and Cloves. Stir it for a bit until it's all mixed.
7. Add grated carrots and diced tomatoes. Cook it until all tomatoes are mashed. Add rice, diced carrots and 1 cup of peas. Stir it slowly until the colour changes. Stir it for 2 minutes.
8. Add water to the rice, 2 x Big Cups - You can add the water depending on how much food you are cooking. Make sure the water is covering everything. Stir it to mix with everything. Taste it to check the salt content; if it's okay put the lid on.
9. When it's all boiling reduce the flame and let the rice cook.
10. While that is happening make the kachumabari (Tanzanian salad) by slicing the tomatoes, cucumber and onion.
11. Add salt, chilli and lemon juice to taste.
12. When the pilau is ready, serve it with Kachumbari.

# BACALHAU À BRÁS

## RECIPE BY MARTA PEREIRA DA COSTA

### INGREDIENTS

- 400g Salted Cod (3 High Loins with Fish Bones & Skin)
- 6 Onions (Sliced Very Thin)
- 4 Eggs
- 8 Yolks
- 20g Chopped Fresh Parsley
- 500g of Peeled Potatoes
- 20 Black Olives
- Salt & Pepper
- Extra Virgin Olive Oil
- 8 Finely Chopped Garlic Cloves
- 3 Bay Leaves

**(SERVES 8 PEOPLE)**

### METHOD

1. Soak the cod, changing the water from time to time in the 24 hours before preparation).
2. Slice the onion very thin. Chop the parsley, chop the garlic. Slice the potatoes and then cut them into very fine straws. Fry the potato straws in olive oil. Let them rest and dry on some kitchen towel/roll.
3. Prepare the cod pieces - take out the fish bones and skin and shred the cod.
4. Sautee the onion and garlic with the bay leaves, in some olive oil.
5. Add the flaked cod and mix with the onion. Add some fried potato sticks and add the eggs on a very low heat and stir the mixture continually so that it doesn't stick and so that it maintains a creamy texture. At the same time, add some more fried potato sticks, saving some for the end together with the chopped parsley.
6. Garnish with olives and chopped parsley and freshly ground black pepper.

# ANDIJVIE STAMPPOT WITH SAUCE KRIOYO & VEGETARIAN SAUSAGE RECIPE BY MAUSKOVIC DANCE BAND

## INGREDIENTS

### Andijvie Stampot:

- 1kg Starchy Potatoes
- 500g Andijvie (Endive)
- 200ml Full Fat Milk
- 75g Butter
- Salt & Pepper
- Pinch of Nutmeg

### Sauce Krioyo:

- 2 Medium White Onions
- 2 Cloves Garlic
- 1 Red Capsicum
- 2 Tomatoes, Diced
- 1 Tbsp Tomato Puree
- 2 Tbsp Tomato Ketchup
- 1 Tbsp Ketjap Manis  
(Indonesian Sweet Soy Sauce)
- 1 Madame Jeanette Chili Pepper  
(to taste) ; Can be substituted  
with a yellow Adjuma pepper  
or a red chilli pepper
- 250ml Vegetable Stock
- Salt & Pepper to Taste
- 4 x Vegetarian Sausages
- Olive Oil
- Butter

**(SERVES 4 PEOPLE)**

## METHOD

1. Peel the potatoes and put them in a bowl with cold water so they don't lose their colour. Make sure all potatoes are the same size. Put them in a medium size stockpot with just enough water to cover them and cook the potatoes for 15-20mins with the lid on.
2. The cooking time depends on the size of the potatoes. As soon as a dinner knife can be inserted into a potato with minimal resistance, they're ready to go.
3. While cooking the potatoes, wash the Andijvie (endive) and cut it roughly.
4. For the sauce - chop the onions, garlic and paprika finely and heat it in a large wide skillet on medium heat. When the onion is soft, add the tomato puree and stir for 2 min, then add the tomato dices and the Madame Jeannette pepper. When the tomatoes are soft add the rest of the ingredients and let it simmer for another 10mins on low heat.
5. Bake the sausages in some olive oil and butter until ready.
6. Drain the potatoes and return them to the hot stockpot and place it back on the hot burner over low heat. Hold the stockpot handles with oven mitts, and gently shake the pan for about 1 minute to release some of the steam and moisture from the potatoes. Add the butter and half of the milk and mash the potatoes. Then add the Andijvie (endive) and mix it with a spatula. If the stampot is too dry, add more milk and mix well.
7. Add salt, pepper and nutmeg to taste.

# MUAMBA DAS MANAS

## RECIPE BY PONGO

### INGREDIENTS

- 1 Whole Chicken
- 750g Okra
- 2 Onions
- 6 Cloves of Garlic
- ½ Pumpkin
- 1 Bunch of Fresh Coriander
- 250g Chili Peppers
- 1 Jar of Palm Oil
- 1kg Cassava
- 500g Spinach
- Salt

### DESCRIPTION

This is a highly regarded dish in Angola. It's a delectable chicken stew that captures the rich and flavoursome essence of Central African cuisine. Featuring a blend of palm oil and local ingredients, this dish is traditionally served with Funge, a porridge made from corn or cassava. Typically enjoyed during Sunday lunches, a day reserved for more time-consuming dishes, Chicken Muamba represents the diverse culture & history of Angola.

**(SERVES 4 PEOPLE)**

### METHOD

1. Cut the chicken into your preferred sized pieces, removing the skin.
2. Rub lemon over all parts and season with crushed garlic, salt, and chili pepper. Let it marinate for 30 minutes.
3. Sear the chicken in palm oil over high heat until golden. Once golden, add onions, part of the okra, and cubed pumpkin.
4. Sauté covered on low heat, adding water as needed to prevent sticking.
5. Cook until the chicken is tender and the sauce thickens.
6. While the chicken cooks, cut the remaining okra lengthwise.
7. Heat a pan, add a tablespoon of palm oil, and fry the sliced okra until golden. Reserve.
8. When the chicken is tender, add chopped coriander & mix, reserving some for garnish.

### FUNGE (WITH FRESH CASSAVA)

1. Blend raw cassava in a blender.
2. Cook and beat the mixture until it forms a smooth purée.

# CRISPY RICE PAPER ROLLS WITH CASHEW NUT & LIME DIP RECIPE

## BY SHARON SHANNON BIG BAND

### INGREDIENTS

- 4 Tomatoes
- 300g Mushrooms
- 150g Cashew Nuts
- 2 Onions
- 4 Cloves of Garlic
- 2 Zucchini
- 2 Carrot
- 300g Tofu (preferably pre-marinated tofu)
- 150g Vegan Cheese
- 1 Packet of Rice Paper
- Black Pepper
- Pink Salt
- 2 Teaspoons Paprika
- 2 Teaspoons of Mixed Herbs
- 2 Chilies

### CASHEW NUT & LIME DIP

- 150g Cashew Nuts
- Juice of a Lime
- 500ml Oat Milk
- 4 Tablespoons of Nutritional yeast flakes
- Garlic granules to taste
- Nice good quality salt to taste
- Cayenne Pepper to Taste

### METHOD

1. Chop tofu into lynch sticks
2. Press the garlic.
3. Grate the cheese, zucchini and carrot
4. Chop onion, tomato and chilli up small.
5. Mix the whole lot together adding the seasoning according to taste.
6. Soak rice paper in warm water until soft. Carefully lift softened rice paper out and place down flat on a dry plate and add tablespoon of the mixture. Fold over with the soft rice paper until you form a parcel. Repeat until all the mixture is used up making rolls.
7. Place parcels in pre-heated air fryer.
8. Cook on high heat until crispy and brown on the outside. They will be ready somewhere between 5 and 10 minutes.
9. While they are cooking you can start making the dipping sauce.

### CASHEW NUT & LIME DIP

1. Add all ingredients to a blender. The amount of oat milk you need depends on the consistency required.
2. Likewise, if more dipping sauce is needed, just add more nuts and everything else to blender.
3. Serve the dipping sauce hot or cold.

# BEEF MOMOS (TIBETAN DUMPLINGS) RECIPE BY TENZIN CHOEGYAL

## DESCRIPTION

Given its high altitude and harsh climate, Tibetan cuisine traditionally relied upon a reasonably small number of ingredients, most commonly barley, dairy and meat products. In nomad families like mine, ground roasted barley was mixed with butter tea to make the staple food 'tsampa' and large pots of savoury handmade noodle soups (thunkpa) would cook for hours in the tents, providing not only sustenance but warmth to the family.

I grew up in the Tibetan Children's Village in the refugee community in Dharamsala, India, an institution which housed and educated thousands of children, many of whom were orphans or separated from their parents. As a result, our diet diversified to include Indian ingredients and our menu expanded to include Dahl and other vegetarian dishes flavoured with a plethora of before unknown spices.

Momos however remained our most prized dish, made on Tibetan New Year (Losar) or other special occasions. Making Momos is a little time consuming and therefore becomes a communal effort, bringing together friends and family who chat, sing and laugh while constructing the beautiful dumplings. I have happy memories of annual visits to my mother's house and making Momos with my mother and siblings in her small kitchen, while singing the songs of our nomadic ancestors. Vegetarian options have become more popular since coming into exile, but here I will share a recipe for traditional meat Momos.

## INGREDIENTS

### For the dough

- Water
- 5 Cups Plain All Purpose Flour

### For the Filling

- 600g Beef Mince
- 4 White or Brown Onions (Finely Chopped)
- Large Bunch of Garlic Chives
- 2 Tsp Salt
- 1 Tsp Ground Cumin
- Splash of Soy Sauce
- Splash of Sesame Oil (optional)

## METHOD

1. Mix the flour and small amounts of water and knead into a soft but not sticky dough.
2. Cover and leave aside while making the filling.
3. In a large bowl, combine all filling ingredients and mix well.
4. Gently re-knead the dough and separate into a few thick 'ropes'. On a lightly floured surface, roll the dough sections into fairly thin sheets and using a dough cutter or unturned glass, cut out rounds of approximately 10cm diameter.
5. Repeat with the rest of the dough, taking care not to let the earlier dough dry out. This is where the communal part comes in handy - someone making the dough rounds while others add the filling.

Continued---

## METHOD

**6.** Add about one tablespoon of filling to the dough rounds and using thumb and forefinger, create pleats to seal the Momo. There are a number of different designs that can be used here, but I will demonstrate two of the most popular - crescent moon and full moon.

**7.** Oil a steamer (Vegetable Oil) and place Momos into the steamer in a single layer, not touching, and steam over boiling water for 13-15 minutes. Take care when oiling the steamer and removing the Momos as you don't want them to stick, break and lose all the delicious savoury 'soup' that has been created inside.

**8.** When eating Momos, it is best to take a small bite from the bottom first and suck out all this wonderful soup. If you take a big bite then you may end up with Momo juices everywhere!

To accompany the Momos, we traditionally make achilli sauce which may contain fresh chilli or chilli powder, tomatoes, coriander and salt, or a combination of chilli and soy sauce.

# CAMBODIAN FISH CAKES KAMPOT STYLE RECIPE BY THE CAMBODIAN SPACE PROJECT

## INGREDIENTS

- White Fish 600g
- 50-70ml Cool Water
- 2 Tbsp Curry Paste
- 7 Kaffir Lime Leaves
- 2 Tbsp Sugar
- 1/2 Tsp Salt
- 1 Tsp MSG (Optional)
- 3 Tsp Chicken Stock Powder
- 2 Tbsp Fish Sauce
- 30g Lemongrass
- 20g Garlic
- 15g Galangal
- 5g Turmeric
- 30g Kaffir Lime Leaves
- Dried Red Bell Pepper (Soaked In Water )
- 150ml water

This fish patty goes well with rice or serves as a side dish with pickled green papaya. Delicious! Enjoy!

## PICKLED GREEN PAPAYA

- 250g papaya
- 1 carrot
- 2 small cucumbers
- 10g ginger
- 3-5 tablespoons sugar
- 1-2 teaspoons salt
- 1 teaspoon MSG (optional)
- 2 tablespoons vinegar
- 5 chopped chillies

## METHOD

1. Let's start by preparing the curry paste in the blender. Combine the following ingredients: lemongrass, turmeric, dried red bell pepper (soaked in water), galangal, garlic, kaffir lime leaves, and water. Then blend until it becomes a fine paste and set aside.
2. Thinly slice the kaffir lime leaves.
3. Cut the fish into small cubes, place it in the food processor (mix a bits of salt and sugar into the water then add into the fish bit by bit) and blend until it becomes a fine paste.
4. In a large blender, combine the fish paste, curry paste, sliced kaffir lime leaves, sugar, fish sauce, chicken powder, and salt. Then, blend everything well until everything is well-combined.
5. Brush some oil on a plate and your hand to prevent sticking. After that, form the mixed fish paste into a ball, and flatten it with a spoon. Keep going until all of the fish paste is used up.
6. On the stove, place a nonstick pan, turn the burner to medium, add the oil, and wait for the oil to get hot. Then, add the fish cakes and pan-fry until golden brown or fully cooked.

# SOME TYPICAL ZAMBIAN DISHES RECIPES BY WITCH (WE INTEND TO CAUSE HAVOC)

## INGREDIENTS

- 100g Dried Kapenta (Small Dried Sardines)
- 500g Fresh Okra
- 500g Dried Zambian Okra (Tind-ing'Oma)
- 100g Pounded Ground Nuts
- 5kg Maize Meal
- 10 x Fresh Tomatoes
- 2 x Onions
- 35ml Cooking Oil
- 2g Salt
- Bicarbonate of Soda

## METHOD

### FOR THE NSHIMA (SIDE DISH)

Maize Meal, Water

Heat 1l of water. When it boils make a lite porridge with the maize meal. Leave to boil for 20 minutes. It will appear creamy white when it's ready to be cooked. Take cooking stick, add maize meal to the thick porridge, mix together until slightly hard then leave for 10 minutes to simmer.

### FOR THE DRIED KAPENTA

2 x Fresh Tomatoes, 1 x Onion, Salt, Cooking Oil

Soak dried kapenta in warm water for 5 minutes then wash with clean water. Add moderate amount of cooking oil into the pan. Stir and fry until crispy brown then add half large onion and 2 tomatoes, let it cook until it makes a nice thick gravy, then serve.

### DRIED TINDIN'GOMA WITH GROUNDNUTS

Tindin'goma, Groundnuts, Salt, Soda, Tomatoes

Heat 1l of water. When it boils make a lite porridge with the maize meal. Leave to boil for 20 minutes. It will appear creamy white when it's ready to be cooked. Take cooking stick, add maize meal to the thick porridge, mix together until slightly hard then leave for 10 minutes to simmer.

### FRESH OKRA DISH

Fresk Okra, Tomatoes, Soda, Salt

Boil a teacup of water, add 1 quarter teaspoon of soda to the boiled water then the chopped okra, 1 large tomato and salt. Let it boil for 10 minutes. When it looks cooked, taste a little - if it is ready you will be able to tell because it will be smooth and soft, ready to eat and serve.