

**ACTIVE
HORIZONS**



SUGAR & SPICE

MULTICULTURAL RECIPE BOOK

ABOUT ACTIVE HORIZONS

Active Horizons is youth-led, creative and dynamic organisation set up to create a platform for young people to promote active participation, advance young leadership and develop their skills and capacity.

All young people come from various communities to work in addressing issues that affect the community.

ABOUT THE PROJECT

The idea of the recipe book came out from young people who felt the need to celebrate diversity in Bexley through food and drink. Although food and drink are an important in our lives, we hope that this project has and will continue to make a positive impact in understanding various cultures fused together in one community.

In preparation of compiling this awesome book as a group of young people from the Black Ethnic and minority background

met weekly to cook and try out various dishes. We did so by engaging elders of the community who were happy pass down the mouth-watering recipes as we felt we may lose touch of the important dishes that makes up who we are.

We have gained a lot of cooking skills and would like to share this with everyone.

Please proceed to enjoy the mouth-watering African, Asian, Caribbean, Oriental and European cuisines.

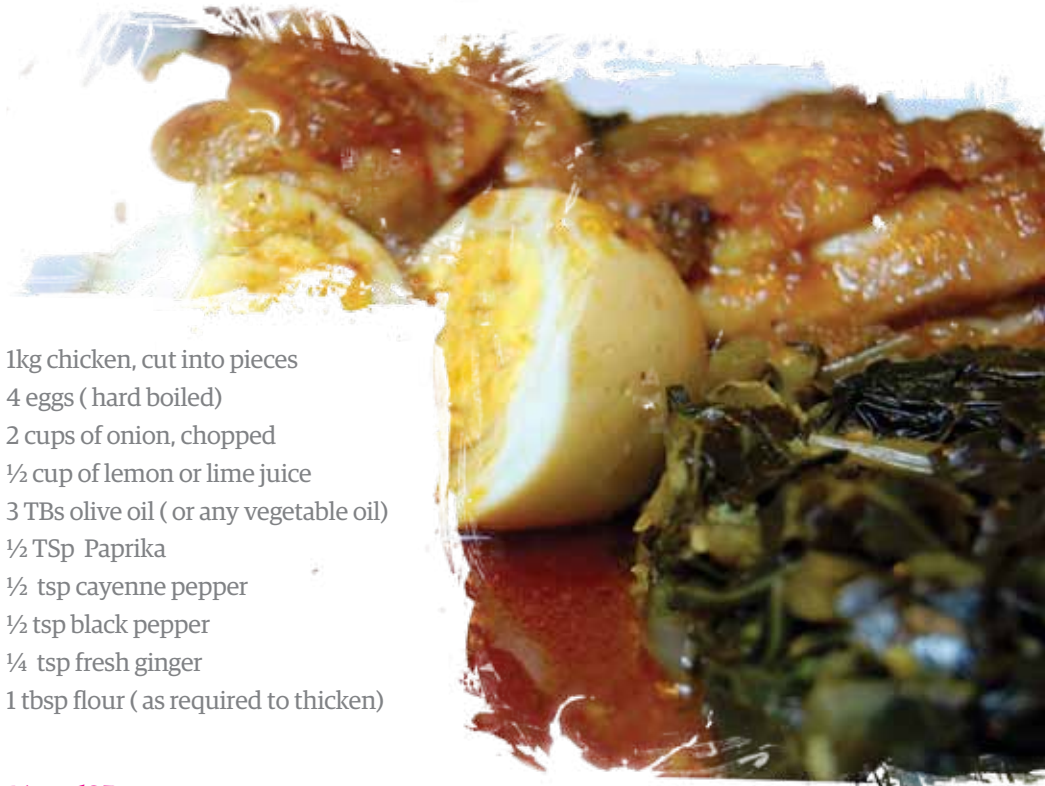
THE SUGAR AND SPICE RECIPE BOOK PROJECT HAS BEEN MADE POSSIBLE BY A DYNAMIC TEAM OF YOUNG PEOPLE



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DORO WAT – ETHIOPIAN CHICKEN STEW

This dish serves 8. Use a slow cooker.



1kg chicken, cut into pieces
4 eggs (hard boiled)
2 cups of onion, chopped
½ cup of lemon or lime juice
3 TBs olive oil (or any vegetable oil)
½ TSp Paprika
½ tsp cayenne pepper
½ tsp black pepper
¼ tsp fresh ginger
1 tbsp flour (as required to thicken)

METHOD

Brown 3 cups of Onion chopped finely, without fat, until quite dark, stirring constantly. Add: 3 oz. Butter or Olive Oil, Cayenne Pepper, Paprika, Black Pepper, Ginger.

Blend the seasonings into the onions. Add 1 cup Water. Soak: 1 3-lb. Chicken cut in 1-inch pieces, bones left on and including neck and

gizzards, in 2 cups Water to which the cup of Lemon Juice has been added, for 10 minutes. Drain the water from each piece of chicken. Add chicken to onion mixture, stirring it through. Cover. Simmer over low heat until chicken is tender. Add more water, if necessary, to bring to stew texture (or if Wat is

watery, thicken with 2 tablespoons of flour dissolved in 2 tablespoons of water). Add 8 Peeled Hard Boiled Eggs a few minutes before serving.



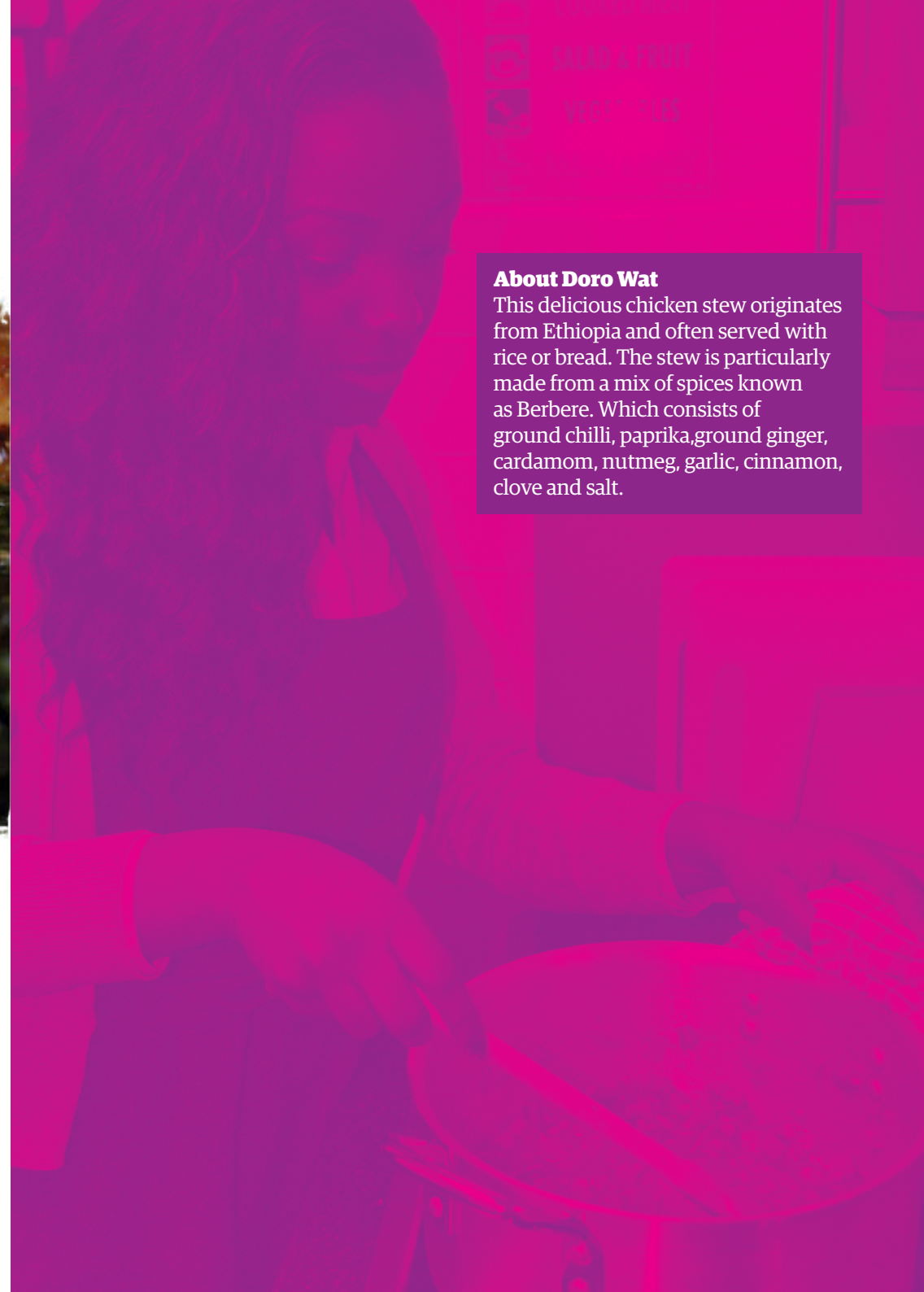
SALAD & FRUIT



VEGETABLES

About Doro Wat

This delicious chicken stew originates from Ethiopia and often served with rice or bread. The stew is particularly made from a mix of spices known as Berbere. Which consists of ground chilli, paprika, ground ginger, cardamom, nutmeg, garlic, cinnamon, clove and salt.





SPINACH AND GROUND NUT STEW - TANZANIA

INGREDIENTS

1 onion, chopped
1 chilli pepper, chopped
1 tablespoon oil
1/2 cup peanut butter
1 cup light coconut milk
1 (10 ounce) fresh spinach
or (frozen, thawed and drained)

METHOD

Saute onions and chili pepper in oil until onions is transparent. Add peanut butter and coconut milk slowly, stirring constantly until it comes to a boil. Add spinach, salt to taste. Reduce heat and simmer 15 minutes or until spinach cooked.

JAMAICAN RUM PUNCH

Serves 10

INGREDIENTS

4 Cups water
2 cups Jamaican white rum
1 Cup lime or lemon juice
2 Cups pineapple juice
1 cup coconut rum

METHOD

Mix all ingredients together in a punch bowl.
Serve over ice cubes with a piece of lime or lemon.
Water and rum maybe added to weaken or strengthen as needed.



Rum is an alcohol beverage drink popular in the Caribbean commonly used in cocktails.



About Sadza

Sadza is a Zimbabwean cooked staple meal from white maize/corn meal known as hupfu in Shona. Sadza is cooked to be a white thickened like porridge served mainly served with meat stew and green relish vegetables.

About Aloo Dum

Aloo Dum is a yummy dish that can be eaten at any occasion. Originating from Kashmiri Pundits from Kashmir region. The name of this recipe suggest pressure cooked potatoes using Kashmiri spices. Aloo' is a hindi word, which means potato, and 'dum' means, 'pressure.

SADZA - ISITSHWALA (ZIMBABWE)

INGREDIENTS

4 cups of white maize/corn meal

Water

METHOD

Set aside about 1/4 of your mielie meal and mix the rest with about 3 or 4 cups of water to make a thick paste - make sure you have a strong arm and wooden spoon! Then slowly add this paste to the boiling water, stirring all the time, this will prevent lumps from forming

and bring to the boil again, don't talk too much with your friends around the braai or it will stick and burn the bottom of the pot! Keep cooking and stirring for a few more minutes. Then slowly add the remaining mielie meal to the pot.

The sadza should be very

thick and smooth, it should then begin to pull away from the sides of the pot and form a large ball.

Cook for a few minutes more. That's it, then transfer it to a bowl and serve your sadza with any meat stew and relish.

ALOO DUM - INDIAN POTATO CURRY

Serves 4

INGREDIENTS

4 medium-sized potatoes or 12 baby potatoes
7 tablespoons light vegetable oil
1 1/2 cup finely chopped onions
1 teaspoon finely chopped ginger
2 teaspoons cumin
4 teaspoons ground coriander
1 teaspoon turmeric
3/4 teaspoon red pepper
1 teaspoon garam masala
1 cup canned tomatoes
2/3 cup plain yogurt
4 teaspoons salt (2/3 cup thick cream (optional)

METHOD

Boil potatoes For 10 mins. Peel the potatoes and cut into cubes. Leave them on the side. Put oil in a pan. Add geera. Slice onions , Green chillies, Ginger and garlic and fennel, Haldi, Fry it all till it turns brown. Chopped tomatoes fry it then add the slightly

boiled potatoes and mix it all together. Sprinkle masala on top and dhania chopped into small pieces. Gravy should be thick enough to cover the potatoes. If the gravy is till thin need to boil until you get the desired consistency. Reduce the heating and CLOSE the lid.

FRIED BITTERGOURD (KARAVILA) - SRI-LANKA

Servings: 6-8



INGREDIENTS

3-4 large Indian bitter gourd
(Karavila)
1 medium size onion sliced
2-3 green chillies or 1/2 of a
green bell pepper
1 tomato cut into cubes
lime juice
Salt to taste
black pepper powder(optional)

METHOD

Wash the karavila well and
slice them very thinly (you
can use a grater with a slicing
blade). Add a little tumeric
powder and salt, Mix well
and deep fry the karavila
until golden brown. Add the

fried karavila to a bowl and
add the sliced green chillies
or bell pepper, onions and
cubed tomato. Finally add
salt and lime juice to taste
and mix well. Enjoy with
rice and curry.

JOLLOF RICE

INGREDIENTS

500 g (1 lb) lean beef or chicken (Or vegetables only)
Salt and ground white pepper, to taste
Vegetable oil for frying
1L (1-3/4 pt) stock or water with 3 crushed stock cubes
3 large onions, finely chopped
4 cloves garlic, peeled and finely chopped
2-3 chillies (Scotch bonnet), finely chopped
4 large tomatoes, blanched, peeled and blended or mashed
45 g (3 tablespoons) tomato paste
250 g (8 oz) each of assorted chopped vegetables, e.g. carrots, green beans, mushrooms
and capsicums (sweet or bell peppers)
500 g (1 lb) long-grain rice, Basmati Rice or Easy cook Rice
Lettuce, parsley or fresh coriander (cilantro) and hard-boiled eggs to garnish

METHOD

Cut meat or chicken into
5 cm (2 in) cubes or small
pieces and season with
salt and pepper. Cover and
allow to stand for 1-2 hours.
Heat oil in fry-pan and fry
the meat or chicken pieces
until brown. Remove meat
from oil and add to the
stock in a large, heavy-based
saucepan. Simmer on low
heat until meat begins to
soften, then remove from
heat.
Drain excess oil from fry pan
leaving enough oil to fry
onions, garlic and chillies

(hot peppers) until golden.
Add tomatoes, tomato
paste, half the combined
vegetables and 250 ml (8 fl
oz) of stock from the meat
mixture. Stir well, adjust
seasoning and simmer on
low heat for 5-7 minutes.
Add this vegetable sauce
to the meat mixture in
the saucepan and simmer
gently. Finally, stir in the
uncooked, long-grain rice.
Adjust the seasoning again,
cover and simmer slowly
on low heat for about
15 minutes. Arrange the

About Jollof Rice

A West African dish
thought to have
Originated from
Gambia. Jollof rice can
be prepared either as
vegetarian or with meat,
which includes fish or
chicken. Whilst it really
easy to prepare also its
ingredients are easy
to get with cooking
variations.

remaining vegetables on
top of the rice and continue
to simmer until the rice
absorbs all the stock, softens
and cooks, and the meat is
tender. It may be necessary
to sprinkle additional water
mix to help the rice cook.
If so use small amounts at
a time of approximately 250
ml (8 fl oz) lightly salted
water. Serve hot, garnished
with chopped lettuce,
parsley or fresh coriander
(cilantro) and hard-boiled
eggs.

MUSTARD SEED CAULIFLOWER STIR FRY

INGREDIENTS

2 teaspoons yellow mustard seeds
2 teaspoons brown mustard seeds
1 teaspoons Turmeric
1 teaspoons tamarind puree
1/2 cup water
2 tablespoons Coconut oil
1/2 onion, finely chopped
3 shallots, finely chopped
1 head cauliflower, divided into florets
1 chopped seeded green chili
2 teaspoons nigella seed (aka Kalonji seed,
black onion seed and black cumin seed)

METHOD

Grind together yellow and brown mustard seeds. Mix in the turmeric, tamarind puree and water. Blend all of this together into a nice liquid paste. Heat the coconut oil in a deep skillet or Kadhai. When hot, toss in onion and shallots. Stir fry until slightly golden then start adding the cauliflower. Once it starts to brown,

add the green chili; cook it until it browns. Stir in the ground mustard seed mixture and nigella. Turn heat up to medium. When the liquid in the pan comes to the boil, turn it back down all the way to low and cover the pan until the cauliflower is nice and tender and the sauce is dry. If you need

to add more water during the cooking process, that's fine (to prevent burning or sticking). If the cauliflower is too wet once it's done, turn the heat up a bit and boil it off. Add salt to taste and you're done.

NOTE: If you don't have tamarind puree, lemon juice can be a substitute.



KENYA OMENA FISH STEW

INGREDIENTS

3 cups dried fish (Omena)
4 cups water
1/2 cup cooking oil
1/2 kilo tomatoes
2 large onions chopped
Salt to taste
2 cups milk

METHOD

Wash the fish in cold water. Place in a pan and add 4 cups water. Simmer gently until the water is nearly evaporated. Drop the tomatoes into boiling water, take them out and peel. Chop the tomatoes. In a frying pan heat the oil. Stir in the onions and tomatoes and cook gently until soft. Add the cooked fish and salt. Stir gently taking care not to crush the fish. Add the milk and simmer for about 30 minutes. The milk forms the gravy. Serve with ugali or rice.

About Omena

Omena is a small fish found which is 2-inch long found in Lake Victoria in Western Kenya. This dried fish is sold in local African shops and groceries





About Sesame

Since ancient times the Chinese have believed that sesame seeds contribute to good health. Sesame seeds come in two colours, black and ivory. The ivory coloured seeds are those frequently used in both sweet and salty dishes. They need to be lightly roasted to enhance the flavour.

CHINESE SESAME PORK (TZE MA JOW)

INGREDIENTS

300g lean pork
4 tbsp sesame seeds
1 tsp salt
1 tsp salt
2 egg yolks
2 tbsp cornflour
1 litre oil for frying

METHOD

Cut the pork into even, bite sized pieces. Sprinkle salt then set aside for 5 minutes
Mix egg yolks with cornflour.
Heat oil in a deep frying pan
Dip pieces of pork into the egg/corn flour mixture then roll in the Sesame seeds
Plunge the pieces one by one into the hot oil.
Fry for 4-5 minutes or until golden brown
Drain on absorbent kitchen paper and serve hot.

ITALIAN LASAGNE DELICIOUSA

Servings: 8-10

INGREDIENTS

500g uncooked Lasagna
250g italian sausage
226g minced beef
1 c Chopped onion
2 Cloves garlic, minced
1 c (28 ounces) tomatoes, Chopped, undrained

20g Tomato paste
2 ts Sugar
2-1/2 ts Salt, divided
1-1/2 ts Dried basil, crushed
1/2 ts Fennel seeds
1/4 ts Pepper
15 oz Ricotta cheese

1 Egg, beaten
1 tb Parsley flakes
20g Sliced pitted ripe olives
4g Shredded mozzarella cheese
3/4 ts Grated Parmesan cheese

METHOD

Cook sausage, ground, beef, onion and garlic in large skillet over medium-high heat until sausage is no longer pink and onion is tender. Stir in tomatoes, tomato paste, sugar, 2 teaspoons of the salt, the basil, fennel seeds and pepper. Bring to the boil over

high heat. Reduce heat to low. Simmer uncovered for about 20 minutes. In a small bowl, blend ricotta, egg, parsley and remaining 1/2 teaspoon of salt; Spoon 1 1/2 cups of meat sauce into 13x9 inch baking dish; Layer 1/3 each of the lasagne, remaining meat sauce, ricotta

mixture, olives, mozzarella and Parmesan cheese into dish; Repeat layers. Cover with foil and bake at 375 F for 25 minutes. Uncover. Bake about 20 minutes more or until heated through. Let stand 10 minutes before cutting.

TURKISH BAKLAVA

INGREDIENTS

1 pound chopped mixed nuts
1 teaspoon ground cinnamon
1 (16 ounce) package phyllo dough
1 cup butter, melted
1 cup white sugar
1 cup water
1/2 cup honey
1 teaspoon vanilla extract
1 teaspoon grated lemon zest

METHOD

Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13 inch baking dish. Toss together cinnamon and nuts. Unroll phyllo and cut whole stack in half to fit the dish. Cover phyllo with a damp cloth while assembling the baklava, to keep it from drying out. Place two sheets of phyllo in the bottom of the prepared dish. Brush generously

with butter. Sprinkle 2 to 3 tablespoons of the nut mixture on top. Repeat layers until all ingredients are used, ending with about 6 sheets of phyllo. Using a sharp knife, cut baklava (all the way through to the bottom of the dish) into four long rows, then (nine times) diagonally to make 36 diamond shapes. Bake in preheated oven 50 minutes,

until golden and crisp. While baklava is baking, combine sugar and water in a small saucepan over medium heat and bring to a boil. Stir in honey, vanilla and lemon zest, reduce heat and simmer 20 minutes. Remove the baklava from the oven and immediately spoon the syrup over it. Let cool completely before serving. Store uncovered.



About Baklava

Baklava is a rich desert which originally was made from putting a layer of nuts and honey on thin slices of bread, then baked in oven in the 18th century.

ENGLISH YUMMY APPLE PIE

INGREDIENTS

Pastry Base

14oz / 350g plain flour
6oz / 150g butter
1 tablespoon caster sugar
A pinch of salt
A little cold water

Filling

28oz / 700g Bramley apples
Juice of 1/2 lemon
3oz / 75g sultanas
3oz / 75g soft brown sugar
pinch each of ground cinnamon and
ground nutmeg
grated rind of 1 lemon and 1 orange
1 tablespoon flour



METHOD

Place half the apples into the lined pie dish. Mix sultanas with spices and pour over the apples. Add the remaining half of apples. Roll out the last third of pastry. Dampen the edges of the pastry in the pie plate and cover pie with the last piece of pastry. Press edges together to seal, then trim

and flute the edge. Decorate the top of the pie with pastry trimmings. Cut slashes in the top of the pie or make a hole and insert a pie funnel. (This is important! It lets the steam escape during cooking and ensures that your pastry is lovely and crumbly.) Place pie in the oven and bake

for 10 minutes. Then lower oven temperature to 190°C / 375°F / gas mark 5 and bake for a further 20-25 minutes. Your pie is ready when the pastry is golden brown. Remove from the oven and sprinkle with coarse sugar before serving. Serve with Custard or cream

WE HOPE YOU WILL ENJOY TRYING OUT THESE DELICIOUS CUISINES FROM AROUND THE WORLD

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