

# Cooked with love

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World recipes without borders



# **Cooked with love:** **World recipes without borders**

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## **Special thanks to:**

Thahmina Begum, Lead Creative Facilitator and Writer

Nicola Fox, Photographer and Creative Facilitator

Louise Sidibe and Olivia Rochelle, Social Workers

Jane Kaye, Herd Farm, Leeds City Museum

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Harrah - Dolmas

4 Large Tomatoes  
2 Red Onions  
10 Vine leaves  
2 Carrots  
2 White garlic  
Boiled rice  
2 Aubergines  
250g Keema (Lamb)  
1 Lemon  
Salt 1 teaspoon  
Turmeric

3 small potatoes

1) Take your vine leaves & wash them in water for 15 min  
2) Take mixture add spices with oil, add salt, sow (lemon juice)  
3) Mixture take + stuff into tomatoes + then place in large pan  
4) Assemble mixture into vine leaves  
5) place on top of the stuffed red  
6) Add 2x2 water + place top with a lid

Salad

Lettuce  
2 Tomatoes  
Olives  
2 lemons

1) Peel onions, tomatoes  
2) Slice aubergine in half  
3) Cut carrots in half  
4) Wash + chop coriander finely  
5) Mix together  
6) Add to mixture, add tablespoon of olive oil + washed potatoes + slice tomatoes + washed



# Introduction

## Louise Sidibe

### Unaccompanied Asylum-Seeking Children Lead for Leeds

Anyone who knows me knows how passionate I am about the talented young people we work with who arrive in Leeds from around the world. In this recipe book they share their skills and knowledge to recreate dishes from their homes.

The strength of our young people amazes me every day. I wanted an opportunity for their voices to be heard and celebrated, and for others to see what I see every day: how lucky we are to have them now living in Leeds.

By creating this recipe book we wanted to show that we can all learn from each other and that differences can be embraced. That everyone can offer something special.

Sharing in this way has opened a window into these young people's lives before they arrived in the UK. We have all learned so much; from recipes to heart-warming stories from back home and life lessons for us all.

We didn't always need English. We learned by watching, hand gestures and actions.

Many of our young people had incredible talents in the kitchen. Mona chopping a million onions shedding not a tear, Sudi teaching us the Afghan alternative to an expensive pressure cooker and Youssouf breaking a branch off a tree to make the perfect barbeque skewers.

We hope our collection of recipes will go on to help others, especially to comfort those newly arrived in the UK when all seems so very different. We hope it will start conversations and educate, celebrating the best of diversity our city has.

# Ingredients

Some of these recipes need a few ingredients that you can find in specialist shops, larger supermarkets or online. Try making your own spice mixtures to find your favourite blend.

**Advieh** is a spice blend, known regionally in parts of Iran as turesh. The ingredients vary from region to region but it often includes turmeric, cinnamon, cardamom and cloves.

**Berbere** spice is a blend of chilli powder, fenugreek, cardamom, cumin and turmeric. The mixture of ingredients can vary.

**Ghormeh sabzi** herb mixture combines dried chives, fenugreek, parsley and coriander leaves.

**Hilbet** is a flour made of fava beans, fenugreek and lentils.

**Injera** is a sour fermented flatbread with a spongy texture.

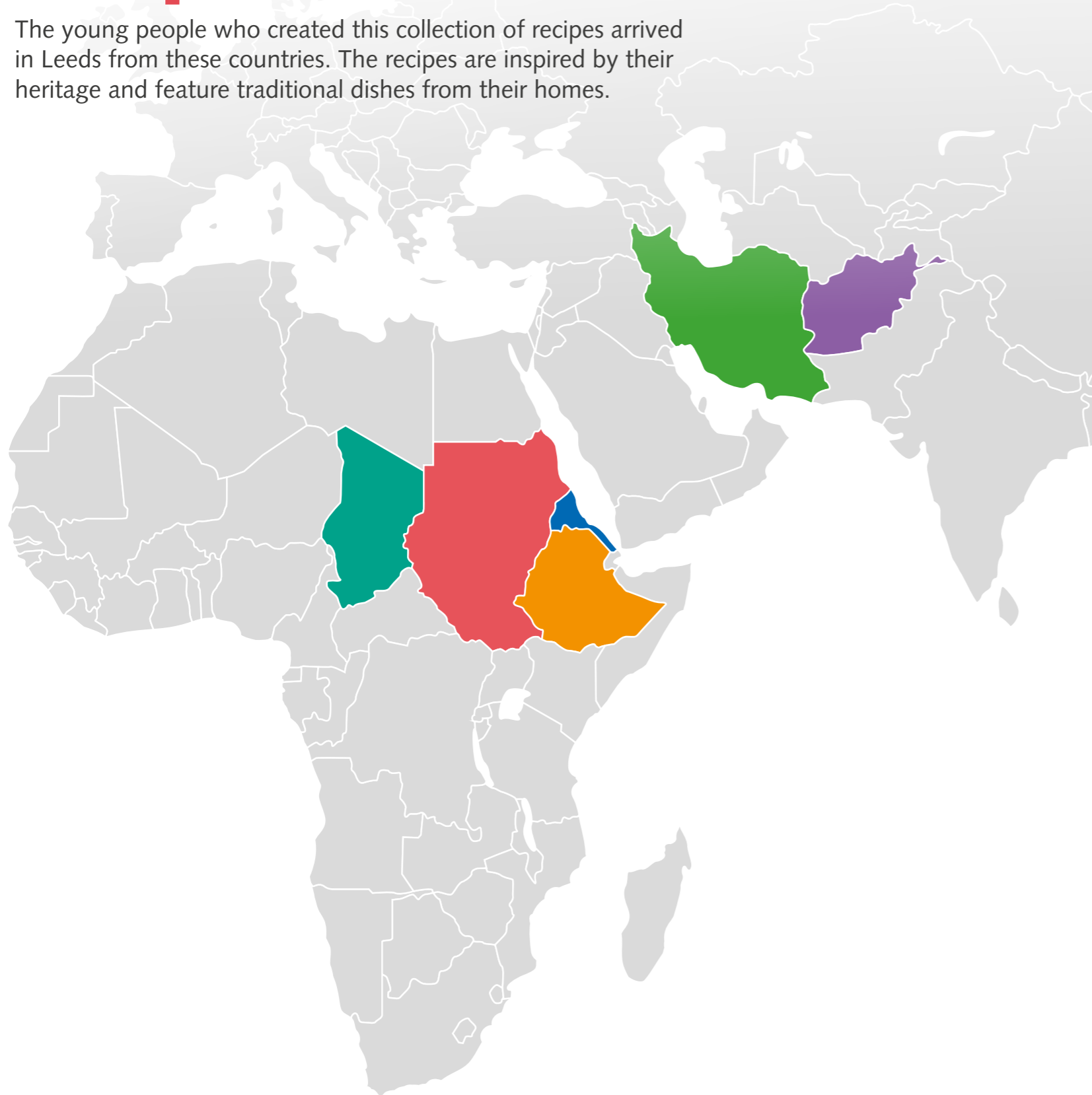
**Jowar (sorghum) flour** is made from a grain native to the African continent and commonly used in food across the world.

**Okra powder** is used as a thickener for soups and stews.



# Where these recipes come from

The young people who created this collection of recipes arrived in Leeds from these countries. The recipes are inspired by their heritage and feature traditional dishes from their homes.



Iran



Sudan



Afghanistan



Eritrea



Chad



Ethiopia

# Noşîcan be

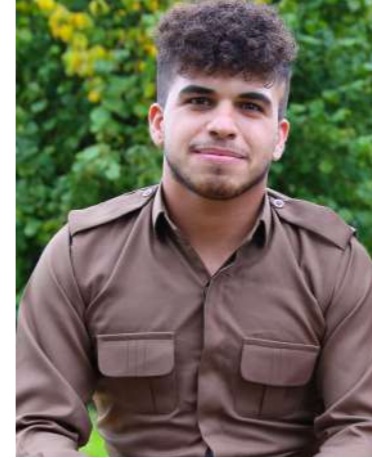
Iranian food from Leeds



By Bryar, Dilman, Hardi, Mina,  
Ramin, Rozhan and Zhiako

'Noşîcan be' means 'enjoy your meal' in Sorani Kurdish





# Meet the chefs

## Mina

I am 19 years old and have been in the UK for two years. My family are from Afghanistan, but I grew up in Iran. I have two sisters called Tamanna and Tabassum and two brothers Ilyas and Adrian. I really miss my hometown. I miss my school friend Zahra. I miss the sunny weather, the parties, Eid celebrations, weddings and festivals. There was always lots of food. At the Ashura ceremony during Muharram (Islamic New Year) everybody gathers at the giant Masjid, and we celebrate together, the atmosphere is amazing! I also miss our weddings, they are always big, with dancing, dressing up, delicious food and a big cake. I love how lots of people come together. The thing I miss the most is my mum's delicious food. I am currently studying English at college.

## Dilman

I am 17 years old and have been in the UK for eight months. I have my mum, dad and little sister Dalya who is 10 years old. I miss my family, the people, and the food. My favourite type of food is barbeque. I also love dolmas and biryani. I used to

help my mum make those. Growing up I didn't have an education; I used to help my dad who is a farmer look after the sheep and dogs. I used to love playing football, kickboxing and chaw sharke (hide and seek). I am studying English at Leeds City College. I would like to become a hairdresser as I love talking to people and feel I am creative. One day I would like to open my own salon.

## Hardi

I am 17 years old and have been in the UK for four months. I grew up in Sardasht in Iranian Kurdistan. I speak Kurdish. I have my mum and two sisters Farnik and Zhytoon, which means Olive in English. I really miss the people and food of home. My favourite dish is tamata bainin which is a tomato and aubergine dish. I am studying English at Leeds City College. When I grow up, I would like to become a mechanic and one day maybe have my own garage where I can fix people's cars.

## Ramin

I am 17 years old and have been in the UK for eight months. I am from a small town in Iranian Kurdistan. I speak

Kurdish. I miss many things from my hometown including the celebrations of Ramadan and Eid. I really miss the food, especially kofta and dolmas which my family used to cook. I miss my friends and the beautiful weather. I am studying English, Maths and Computing at Leeds City College. I would love to become a mechanic as I love working with cars.

## Bryar

I am 17 years old and have been in the UK for 10 months. I grew up in a small village in Iranian Kurdistan. I have one sister called Shahla. I really miss my home country. My favourite season was spring because it was so green and beautiful. Growing up I used to love playing football and hide and seek with my best friends Mohammad, Abdullah and Gailan. I especially miss the food, kofta and pacha (cows' brain and tongue). I am studying English at Leeds City College. I would like to become a builder because I am practical and like to do things with my hands.

## Rozhan

I am 16 years old and have been in the UK for one year. I was born in

Sabzevar, Iran, and grew up in the large city of Mashhad. We lived in spacious apartments there; I find homes in the UK are small. I have my mum and one sister called Baran. I miss my family, the people, the atmosphere and of course the Persian food. My favourite must be ghormeh sabzi stew with rice and kebabs made with minced lamb. In Iran school is hard and strict. You start at six years old and you learn Arabic, Persian Literature, Maths and Iranian History. I would like to become a dentist. I love the science subjects and I would like to do something different as I come from a family of engineers.

## Zhiako

I am 17 years old, and I have been in the UK for five months. I grew up in a small village with my mum and dad and my sister. All the houses were made of wood. My sister Zhina is 25 years old. She got married and moved to a big town called Sardasht in Iran. I really miss my mum's kebabs. I also miss my friend Chiaco. My favourite season in my home country was winter, the weather was so nice and crisp. I am studying English at Leeds City College.

# Rozhan's

## Ghormeh Sabzi

This slow-cooked herb stew can be served with rice and salad as a main dish, or with a variety of other Iranian dishes.

Serves: 8–10 people

Cost: around £12

Time: 10 hours



### Ingredients

7 dried limes

1 packet ghormeh sabzi  
dried herb mix

1kg boneless leg of lamb

2 white onions

4 tbsp vegetable oil

Pinch ground turmeric

Pinch ground cinnamon

Pinch ground black pepper

240g tin kidney beans

1 tbsp tomato puree

### Method

- 1 Pierce the limes all over with a fork. Soak the limes and herb mix in a bowl of hot water for 1 hour
- 2 Wash the meat and cut it into small cubes
- 3 Roughly chop the onions and fry in 2 tbsp oil over a medium heat for 10 minutes
- 4 Add the meat to the onions and cook for a further 10 minutes. Stir in the turmeric, cinnamon and black pepper
- 5 Place the onions and meat mixture into a slow cooker on a low setting with enough water to cover the meat. Cook for 1 hour
- 6 Drain the herbs and limes
- 7 Fry the limes and herbs in 2 tbsp oil over a medium heat for 2–3 minutes
- 8 Add the herbs and limes to the slow cooker and continue to cook for 8 hours
- 9 After 8 hours, place the mixture into a large pan over a low heat. Gently stir in the kidney beans and tomato puree, and cook for 20 minutes

# Dilman's Chicken Biryani

The biryani is delicious served with a simple salad of lettuce, tomato and onion.

Serves: 8–10 people

Cost: around £7

Time: 1 hour



## Ingredients

- 1kg chicken breast
- 2 cups rice
- 1 tsp salt
- 1 tsp ground turmeric
- 4 tbsp vegetable oil
- 1 tsp ground black pepper
- 1 tsp chilli powder (optional)
- 1 cup vermicelli
- 50g golden raisins or sultanas

## Method

- 1 Cut the chicken into small cubes and wash
- 2 Wash the rice. Add it to a saucepan with 4 cups of water, the salt and turmeric. Cover the pan and bring to the boil, then turn the heat to low and allow to cook until the rice is soft
- 3 Fry the chicken in 2 tbsp oil over a low-medium heat for 10 minutes. Add spices and cook for a further 10 minutes
- 4 Add 2 tbsp of oil to a separate frying pan over a medium heat and fry the vermicelli for 5 minutes or until it is soft
- 5 When the rice is cooked, drain off any excess water
- 6 Add 2 tbsp oil to a small pan over a medium heat and fry the raisins for one minute
- 7 Gently stir the chicken, raisins and softened vermicelli into the rice
- 9 Cover the pan with kitchen foil and the lid so no heat can escape
- 10 Cook over a low heat for 10 minutes
- 11 Serve

# Hardi's Dolmas and Stuffed Vegetables

These stuffed vine leaves are the perfect side dish for any Iranian meal.

Serves: **15 people** as a side dish

Cost: around **£11**

Time: **2 hours**



## Ingredients

2 red onions  
2 aubergines  
4 large tomatoes  
1 bulb garlic  
1 bunch coriander  
250g lamb mince  
1 tbsp oil  
3 tsp salt  
Pinch ground turmeric  
3 tbsp tomato puree  
20 vine leaves  
3 cups white pudding rice  
4 litres hot stock  
Bunch fresh coriander

## Method

- 1 Peel the onions and chop off their tops. Carefully remove the inside layers of the onions to leave hollow cases for stuffing. Do the same with the tomatoes. Slice the aubergines in half and scoop out their middles. Finely chop the insides and place in a large bowl with the washed rice
- 2 Wash and finely chop the coriander and add to the bowl
- 3 Peel and finely chop the garlic and add to the bowl
- 4 Fry the mince, salt and turmeric in 1 tbsp oil over a medium heat for 10 minutes. Add the fried mince to the bowl with the vegetable mixture
- 5 Stuff the vegetable cases with the mixture. Place them into a large deep pan. Dot 3 tbsp of tomato puree among them
- 6 One at a time, lay the vine leaves out on a work surface. Place a small amount of the stuffing mixture into the middle of the leaf. Roll the leaf up tightly around the stuffing, folding in the edges. Place them into the deep pan on top of the stuffed vegetables
- 7 Add enough water to cover the food. Place a lid onto the pan and cook over a medium heat until the rice is soft.

# Zhiako's Zrishk

Zrishk is a delicious Persian rice and chicken dish.

Serves: **5–7 people**

Cost: around **£8**

Time: **1 hour**



## Ingredients

**4 tbsp** vegetable oil  
**2** white onions  
**1** yellow pepper  
**1 tsp** salt  
**1kg** chicken breast  
**1 tbsp** tomato puree  
**1 tsp** advieh spice mix  
**Pinch** chilli powder  
**2 cups** rice  
**Handful** of raisins  
**¼ tsp** ground turmeric

## Method

- 1** Chop the onions and pepper
- 2** Add 2tbsp oil to a frying pan over a medium heat. Fry the onions and peppers with the salt for 5-10 minutes, until golden
- 3** Slice the chicken and add to the pan. Cook for 10–15 minutes, turning occasionally
- 4** In a small pan, gently heat the tomato puree with a dash of water. Stir in the spice mix and chilli powder
- 5** Add the tomato sauce to the chicken and cook for a further 10–15 minutes over a low heat
- 6** Add the rice to a saucepan with 4 cups of water and a pinch of salt. Cover the pan, bring it to the boil then turn the heat to low and cook until the rice is soft
- 7** Fry the raisins in 2 tbsp oil over a medium heat for 1 minute
- 8** Remove the raisins from the heat. Stir the turmeric into the raisins with 6 tbsp of the rice
- 9** To serve, place the white rice onto one half of a large plate and add the saffron rice on top. Add the chicken to the other side of the plate

# Ramin's Fried Fish

This simple but tasty dish is a great addition to a large meal.

Serves: 5–7 people as part of a larger meal

Cost: around £5

Time: 20 minutes



## Ingredients

- 1 medium white fish
- 2 tsp advieh spice mix
- 1 tsp lemon salt
- 2 tbsp vegetable oil
- 1 lemon
- 1 tomato

## Method

- 1 Slice the fish and sprinkle it with advieh and lemon salt
- 2 Heat the oil in a frying pan over a medium-high heat. Fry the fish for 2–5 minutes on each side
- 3 Serve with slices of lemon and tomato

# Bryar's

## Kufta

Kufta are a chicken kebab that can be served alongside a variety of dishes, or with rice and a simple salad.

Serves: 15 people

Cost: around £8

Time: 40 minutes



### Ingredients

1½kg chicken breast

3 cloves garlic

3 white onions

Large handful fresh parsley

2 tbsp salt

2 tsp ground black pepper

¼ cup plain flour

½ cup vegetable oil

### Method

- 1 Cut the chicken into small pieces
- 2 Peel and finely chop the garlic, onions and parsley
- 3 Place the chicken, garlic, onion and parsley into a large bowl. Add the salt and pepper then stir in enough flour to create a thick consistency that can be rolled into small balls
- 4 Form the mixture and roll into flat, bite-sized pieces
- 5 Carefully heat the oil in a large pan over a medium-high heat. Fry the kebabs for 3–5 minutes on each side until golden brown

# Mina's

## Potato and Spinach Flatbreads

Filling the dough can be a little tricky, but the result is worth it. We recommend enjoying the flatbreads hot.

Makes: **15 flatbreads**

Cost: around **£6**

Time: **1 hour**



### Ingredients

#### For the dough

200g plain flour  
1 tsp dried yeast  
1 tsp salt  
Water

#### For the filling

4 large white potatoes  
2 spring onions  
30g fresh coriander  
3 bunches spinach (about 600g)  
1 red onion  
3 cloves garlic  
1 tsp salt  
1 tsp ground black pepper

#### For the sauce

30g fresh parsley  
1 cucumber  
2 cloves garlic  
3 chillies  
Pinch salt  
Pinch ground black pepper  
50ml white vinegar  
100g natural yoghurt  
Juice of 1 lemon

### Method

- 1 To make the dough, mix together the flour, yeast and salt. Knead, adding cold water a little at a time until the mixture comes together into a stretchy, soft dough
- 2 Place the dough in a bowl covered with cling film or a cloth and leave to prove at room temperature for 2 hours
- 3 To make the filling, begin by boiling the potatoes (whole and with their skins on) in water until they have become soft enough to insert a knife easily
- 4 Wash, trim and finely chop the spring onions, coriander and spinach
- 5 When the potatoes are cool enough to handle, peel and grate them
- 6 Mix the chopped herbs into the grated potato
- 7 Finely chop the red onion and fry in a little oil for 5 minutes

Continued on next page

## Continued

- 8 Slice the garlic, add it to the pan with the onion and continue to cook for a couple of minutes
- 9 Stir the onion and garlic into the potato mixture and season with salt and pepper
- 10 After 2 hours, when the dough has risen, divide it into 15 balls
- 11 One at a time, roll out a dough ball into a rough circle
- 12 Place a couple of tablespoons of the potato filling onto one side of the dough circles, leaving a small border around the edge. Fold the other side of the dough over the top of the filling and gently press the edges together to stick
- 13 Add 2 tbsp oil into a frying pan over a medium heat. Fry the flatbreads one at time, turning so they are golden brown on both sides
- 14 Make the sauce by finely chopping the parsley and cucumber and mixing them together with all the other ingredients
- 15 Serve



# al-Matbakh al-Sūdānī

Sudanese food from Leeds

By Abdul-Muneim, Adam, Ali, Ismiel, Mahmood and Mansoor

'al-Matbakh al-Sūdānī' means 'Sudanese kitchen' in Arabic





# Meet the chefs

## Abdul-Muneim

I am 22 years old and have been in the UK for six years. I grew up in South Darfur State. I miss my mum and sisters Rowia and Mona. I miss kisra pancakes and an okra and meat stew called barmia that my mum used to cook on a Friday. Visitors would come after Jumma our special Friday prayer. I miss so many things about Sudan: the weather, my best friends Izadin and Ashraf. I miss the tradition of Eid; the celebrations are just not the same here! In Sudan we see family and friends all the time; we eat together, get together, share! I am studying my Foundation Degree in Business Management. When I have finished my studies, I would love to open a food or electronics shop.

## Adam

I am 16 and a half years old and I have been in the UK for three months. I used to live in a big city in Sudan. I really miss my mum, dad and stepbrothers and sisters Mahmood, Mubarak, Mubashir and Morium. My favourite food is lamb kebab and kisra. I am currently studying English and Maths at Leeds City

College. When I am older, I would love to become a dentist and open my own surgery or become a footballer.

## Ali

I am 17 years old and have been in the UK for one year and one month. I miss my mum and dad. I am from a city called Geneina in West Sudan. We lived in tents in a camp. After that I lived in Chad for nine years, where I learnt Arabic. My favourite food is salmon. I am currently at Leeds City College studying English. When I grow up and have studied, I would like to become a flight engineer and fix planes. I know my dad would be happy as it was his wish for me to become this. I also would love to become a businessman and develop brands of clothes and shoes.

## Ismiel

I am 16 years old and have been in the UK for three months. I lived in a small village in Sudan. My favourite foods are ful and assida. I miss my mum, dad, brothers Abdullah, Ahmed and Faris, my sisters Hiba, Nadia, Shadia and Shaza. I go to Leeds City College and

am learning English. I would just love to feel confident in English, I have no other goal right now; this is my ambition! My hobbies are cooking, riding my bike and listening to music.

## Mahmood

I am 17 years old and have been in the UK for nine months. In Sudan I lived in a town called Kutum near the city Al-Fashir. I miss my mum, dad, sisters and brothers Mohammad and Munib. I also miss my best friend Yasar. I miss the beautiful hot weather in Sudan. My favourite foods are kisra and aubergine salad. I am currently studying English and Maths at Leeds City College. When I'm older I would love to go to university and study business. I would love to develop a phone brand like Apple or become a footballer.

## Mansoor

I am 18 years old and have been in the UK for seven months. I grew up in Krinding near Geneina city. I miss my friend Badradeen and my favourite foods assida and kisra. When I was young, I

used to love going riding on horses. I am currently studying English at Leeds City College. I would love to study Law at university and become a lawyer as in my country Sudan there are no laws, it is lawless! So, I would love to develop laws for the people that are fair. I love playing football and going to the gym.

# Assida

Assida is perfect to eat with savoury dishes from Sudan.  
Mixing assida is hard work. Get someone to help you.

Serves: **15 people** as a side dish

Cost: around **£2**

Time: **1 hour**



## Ingredients

- 1 litre water
- 1kg juwar (sorghum) flour
- 500g self-raising flour
- 2 tbsp vegetable oil

## Method

- 1 Add the water to a large deep pan and heat until simmering
- 2 Add the juwar and self-raising flour a little at a time, mixing as you go
- 3 Continue to stir over a low heat for 10 minutes
- 4 Remove from the heat and continue to stir for another 10 minutes until you reach a doughy consistency. You will need help with this
- 5 Take a small bowl for each individual serving and coat the inside with a little oil
- 6 Completely fill the bowl with the assida mixture
- 7 Place the bowl upside down on a plate and then gently remove the bowl to reveal a dome of assida
- 8 Repeat for each serving

# Ali's Gurasa

These flatbreads are perfect to eat with savoury Sudanese dishes. We recommend eating them hot.

Makes: **15 flatbreads**

Cost: around **£1**

Time: **1 hour 30 minutes**

## Ingredients

**190g** self-raising flour

**2 tsp** olive oil

**500ml** water

## Method

- 1** Combine the flour and oil in a large bowl
- 2** Add the water a little at a time, mixing until you have a doughy consistency
- 3** Divide the dough into 15 balls
- 4** Heat a non-stick frying pan to medium-hot
- 5** One at a time, roll the balls out flat with a rolling pin
- 6** Cook each flatbread for 5 minutes on each side until slightly golden
- 7** Serve



# Ali's Kebab Mula

Serve this goat liver dish with the assida or flatbreads in this book.

Serves: 8–10 people

Cost: around £5

Time: 1 hour 15 minutes



## Ingredients

1kg goat liver  
4 red onions  
2 tsp olive oil  
A pinch salt  
A pinch ground black pepper  
4 fresh tomatoes  
1 green pepper  
2/3 fresh green chillies to taste  
5 cloves garlic  
½ tsp ground turmeric  
½ tsp ground ginger  
½ tsp ground coriander  
½ tsp ground cumin  
½ tsp ground cinnamon  
6 green cardamom pods  
5 tsp tomato puree  
250ml water  
Small bunch fresh coriander

## Method

- 1 Wash the liver in water
- 2 Place the liver in a deep large pan. Add enough water to cover it. Bring to the boil and simmer for 30 minutes
- 3 Peel and finely chop the red onions
- 4 Heat the olive oil in a large, deep pan over a medium heat. Add the onions, salt and pepper and cook until the onions are caramelised
- 5 Finely chop the tomatoes, green pepper, chillies and garlic. Stir these into the onions and cook for 10 minutes
- 6 Stir in all of the dried spices
- 7 Stir in the tomato puree and water and reduce the heat to low
- 8 When the liver has boiled for 30 minutes remove it from the heat, drain it thoroughly in a sieve and cut it into small pieces
- 9 Stir the liver into the vegetable mixture and cook for a further 30 minutes on a low heat
- 10 Wash and roughly chop the coriander and stir it into the pan
- 11 Serve

# Ismiel's Kouera

**Kouera is a flavour-packed cow foot soup. Ask your butcher to chop the cows' feet for you. Serve it with the assida or flatbreads in this chapter.**

Serves: **15 people**

Cost: around **£6**

Time: **3 hours 15 minutes**



## Ingredients

2 cows' feet (around **500g**)  
Ask your butcher to chop these for you  
**Handful** plain flour  
**10** white onions  
**6 large** fresh tomatoes  
**3 cm** ginger  
**6** green cardamom pods  
**2** bay leaves  
**6** whole cloves  
**A pinch** salt  
**A pinch** ground black pepper  
**6** fresh green chillies  
**2** cinnamon sticks  
**1 litre** water  
**½ tsp** ground turmeric  
**½ tsp** ground cinnamon  
**½ tsp** ground cumin  
**½ tsp** chilli powder  
**½ tsp** lemon seasoning  
**3 large** carrots  
**2** cloves garlic

## Method

- 1** Clean the cows' feet thoroughly. Use a knife to scrape them first then wash them in water three times, rubbing the surface with your hands. Finally, rub the flour into the feet, then rinse it off with water
- 2** Boil the cows' feet in water for 15 minutes then discard the water
- 3** Peel and quarter the onions and quarter the tomatoes
- 4** Peel the garlic and ginger
- 5** To a large deep pan, add the cows' feet, onions, tomatoes, cardamom, bay leaves, ginger, cloves, salt, pepper, chillies and cinnamon. Add 1 litre of water and mix thoroughly. Cover with a lid, bring to the boil then reduce to a simmer for 1 hour
- 6** After an hour, add the rest of the spices, the carrot and garlic. Continue to cook for a further 1 and a half hours on a low heat
- 7** Serve

# Mahmood's

## Salad Aswat

This nutty aubergine salad can be served warm or cold with assida or flatbreads.

Serves: 15 people

Cost: around £10

Time: 1 hour 15 minutes



### Ingredients

- 5 aubergines
- 2 carrots
- 3 green peppers
- 3 **tbsp** olive oil
- 1 **tsp** salt
- 4 white onions
- 4 fresh tomatoes
- 2 **tsp** peanut butter
- 2 cloves garlic
- 2 fresh green chillies
- Small bunch** fresh coriander
- Sprig** fresh dill
- 1 **tsp** ground black pepper

### Method

- 1 Heat the oven to gas mark 5 / 190 °C
- 2 Peel and slice the aubergines and carrots into 1 cm slices. Roughly chop the peppers
- 3 Place the vegetables into an oven-proof dish. Add 2 **tbsp** oil and the salt and massage into the vegetables using your hands
- 4 Place in the oven for 30 minutes
- 5 Peel and finely chop the onions and tomatoes
- 6 Heat 1 **tbsp** oil in a large, deep pan over a medium-high heat. Fry the onions and tomatoes for 10 minutes, then reduce the heat to low
- 7 After 30 minutes, remove the vegetables from the oven and add them to the pan with the onions and tomatoes
- 8 Mash the vegetables together until roughly softened
- 9 In a small bowl, mix the peanut butter with a dash of water to loosen
- 10 Stir the peanut butter into the vegetable mixture
- 11 Peel and finely chop the garlic, chillies, coriander and dill and add to the mixture with the pepper
- 12 Cook for a further 5 minutes
- 13 Serve

# Mahmood's

## Kifta

A hearty dish of goat liver and potatoes, best served with assida or flatbreads.

Serves: 8–10 people

Cost: around £3

Time: 40 minutes



## Ingredients

- 2 large potatoes
- 1 white onion
- 2 cloves garlic
- 2 fresh tomatoes
- Sprig fresh dill
- 500g goat liver
- 1 tbsp plus 1 tbsp olive oil
- 2 tsp tomato puree
- 1 tsp salt

## Method

- 1 Peel and chop the potatoes into bite-sized chunks
- 2 Peel and finely chop the onion and garlic. Finely chop the tomatoes and dill
- 3 Wash the liver and chop into small pieces
- 4 Heat 1 tbsp oil in a large, deep pan over a medium heat. Add the onions, tomatoes, garlic and liver and fry for 10 minutes, stirring often
- 5 Heat 1 tbsp oil in a frying pan over a medium-high heat. Add the potatoes and fry for 5 minutes, stirring often until golden brown
- 6 Add the potatoes to the liver mixture
- 7 Add the tomato puree, salt and dill and cook for a further 5 minutes
- 8 Serve

# Adam's Ful

A simple but delicious bean salad, which can be served with any of the dishes in this chapter.

Serves: **3 people** as a side dish

Cost: around **£2**

Time: **20 minutes**



## Ingredients

- 400g tin fava beans
- 1 white onion
- 1 spring onion
- 1 sprig fresh dill
- ½ lettuce
- 2 tomatoes
- A pinch salt
- 1 tsp sesame oil

## Method

- 1 Drain the fava beans and rinse with water
- 2 Use a masher or fork to mash the beans to a smooth consistency
- 3 Spread the beans on a large plate, making the first layer of the salad
- 4 Peel and finely chop the onions, spring onion, dill, lettuce, and tomatoes
- 5 Add a layer of lettuce, then onion, then spring onion, then tomato, then dill to the plate
- 6 Sprinkle over the salt
- 7 Drizzle over the sesame oil
- 8 Serve

# Adam's Shakshuka

A speedy scrambled egg dish best eaten with assida or flatbreads.

Serves: **2 people**  
Cost: around **£2**  
Time: **20 minutes**



## Ingredients

- 2 onions
- 1 spring onion
- ½ lettuce
- Sprig** fresh dill
- 2 tomatoes
- 4 eggs
- 1 **tsp** salt
- 1 **tbsp** olive oil

## Method

- 1** Peel and finely chop the onions, spring onion, lettuce, dill, and tomatoes
- 2** Crack the eggs into a large bowl and whisk them together
- 3** Stir the onions, spring onion, dill, tomatoes, lettuce and salt into the eggs
- 4** Heat the oil in a medium frying pan over a medium-low heat
- 5** Cook the mixture for 5 minutes, stirring gently to create a scramble
- 6** Serve

# Ismail and Mahmood's Mula Assida

A delicious dipping sauce made with tuna. Serve with assida.

Serves: **15 people** as a side dish

Cost: around **£2**

Time: **40 minutes**



## Ingredients

- 3 white onions
- 1 green pepper
- 3 fresh tomatoes
- 1 carrot
- 5 cloves garlic
- 1 **tbsp** olive oil
- 1 **tsp** salt
- 400g tinned tuna
- 4 **tsp** tomato puree
- 2 **tsp** okra powder

## Method

- 1 Peel and finely chop the onions, pepper, tomatoes, carrot and garlic
- 2 Heat the oil in a medium saucepan over a medium heat
- 3 Add the onions, pepper, carrot, tomatoes and salt and cook for 10 minutes
- 4 Stir in the garlic, tuna and tomato puree and cook over a low heat for 20 minutes
- 5 Stir in the okra powder
- 6 Serve

# Mansoor's Zalaybia

These scrumptious fried doughnuts will end up slightly different shapes and sizes – don't worry! Enjoy them hot.

Serves: **15 people**  
Cost: around **£1.50**  
Time: **1 hour**



## Ingredients

500g self-raising flour  
1 sachet (7g) dried yeast  
1 tsp salt  
1 tsp baking powder  
100ml warm water  
500ml sunflower oil  
Icing sugar for dusting

## Method

- 1 Mix the flour, yeast, salt and baking powder in a large bowl
- 2 Stir in the water a little at a time until the mixture is a thick, sticky consistency
- 3 Cover the bowl with a tea towel and allow to prove for 30 minutes in a warm place
- 4 Heat the oil in a large deep pan over a medium-high heat
- 5 Very gently drop tablespoons-sized balls of the dough into the oil
- 6 Cook until the balls are golden
- 7 Remove from the oil using a slotted spoon and drain over kitchen paper or a colander
- 8 Sprinkle with icing sugar and serve

# Akil Tchadi

Chadian food from Leeds



By Aboubakar, Issa, Khalil,  
Moussa and Youssouf

'Akil Tchadi' means 'Chadian food' in Arabic





# Meet the chefs

## Moussa

I have lived in the UK for two years. I grew up in Borkou, near the border of Libya. I come from a large family; there are 30 of us and my dad has four wives. I used to play in the mountains with my siblings. If you were academic you could stay on at school, but if not you would spend a lot of your time looking after the camels. I would like to become a neurologist, as there are not many doctors in Chad and I have always been good at science. I miss the animals in Chad, especially the camels. I also miss the milk, which tastes different to milk in the UK. I miss my mum's cooking. I often go to London as there is a big Chadian community there. I give £5 every month to a Chadian charity which helps people in need.

## Aboubakar

I have been living in the UK for 11 months. Growing up, I used to love playing hide and seek in the mountains with my siblings. I miss the animals in my home country, such as the lions and elephants. You must be careful when walking in the countryside in Chad, as suddenly a wild animal could appear!

One of my favourite games growing up in Chad was the tyre rolling competition, where we would get car tyres and see who could roll them the furthest. I would like to become a nurse, as I like to look after people.

## Issa

I have been living in the UK for 11 months. Food means home to me, and I think especially about eshe, rice and meat. Visiting family during Eid was very exciting as a child because you were given gifts of sweets and money. In Chad, you start school at the age of four or five and you will usually begin to read Arabic and learn to read the Qur'an. I would love to become a professional footballer. I currently attend Leeds United Football Academy Foundation. If I don't become a footballer, I would love to become an airline pilot.

## Youssouf

I have been living in the UK for three weeks. I have four brothers and I grew up in the capital city, N'Djamena. One of my favourite times of the year is Ramadan, when we eat dates to break our fast and then have soup and a fruit

juice called Cacou. The thing I miss most about Chad is my family and wearing traditional dress, especially my kaftani. When I first arrived in the UK, I felt very lonely and thought that I was the only person here from Chad. However, having now come to this group and made friends and talked about my culture, I no longer feel alone. When I'm older, I would love to become an electrician or work in IT.

## Khalil

I have been living in the UK for 11 months. I have two sisters and one brother. I grew up in the capital of Chad, N'Djamena, which means 'we are well'. When I think of home, I think of my family; especially my mum's spinach dish, which was my favourite. I love Eid in Chad; it is custom to cook a whole sheep. We would cook it on the barbeque and eat it with rice and salad. When I get older, I would love to become a famous actor, director, or writer. I would love to walk down the red carpet and for people to want to take selfies with me. I want to make movies that tell stories; factual documentaries that highlight Chad and

people's journeys coming from Chad. If my plan to become famous doesn't work out, I would like to become a businessman.

# Moussa's Eshe

Eshe is a perfect rice dish to eat with the other savoury dishes in this chapter.

Serves: **8–10 people** as a side dish

Cost: around **£5**

Time: **40 minutes**



## Ingredients

1kg basmati rice  
1½ litres water plus 4 tbsp  
8 tbsp juwar (sorghum) flour  
2 tbsp vegetable oil

## Method

- 1 Wash the rice, then place in a large pan with 1½ litres of water
- 2 Allow to cook for 15 minutes until the rice is soft
- 3 Add the juwar flour and mix thoroughly on a low heat for 10 minutes
- 4 Take the pan off the heat and continue to mix until it is a smooth, thick consistency and lumps have disappeared
- 5 Place back onto the heat and mix thoroughly for a further 5 minutes
- 6 Add 4 tbsp of water and mix.
- 7 Take off the heat again and mix thoroughly
- 8 Take a bowl small enough that the mixture will fill it right to the top and coat with oil
- 9 Completely fill the bowl with the eshe mixture. Lightly tap the bowl to help the mixture settle
- 10 Place the bowl upside down on a plate and then gently remove the bowl to reveal a dome of eshe
- 11 Serve warm

# Moussa's Salat

This simple, traditional salad is perfect as a side with the other dishes in this chapter.

Serves: **8–10 people** as a side dish

Cost: around **£5**

Time: **15 minutes**

## Ingredients

- 3 boiled eggs
- 3 soft boiled potatoes
- 3 avocados
- 2 stock cubes
- 1 lemon
- 1 **tbsp** sunflower oil
- 3 green chillies
- 3 fresh tomatoes

## Method

- 1 Slice the potatoes, eggs, avocados, tomatoes and chillies
- 2 Place into a large bowl
- 3 Crumble in the stock cubes, add the oil and the juice of the lemon and mix
- 4 Serve



# Moussa's

## Lamb and Vegetables

Serve this aromatic dish with rice, injera or eshe as a main.

Serves: 8–10 people

Cost: around £7

Time: 1 hour 10 minutes

### Ingredients

- 1kg mixed lamb
- 2 white onions
- 2 stock cubes
- 3 fresh tomatoes
- 2 green chillies
- 2 green peppers
- 10–15 pieces okra
- 1 tsp ground coriander
- 1 tsp chilli powder
- 5 large potatoes
- 2 tbsp oil
- 1 large red chilli

### Method

- 1 Dice the onions
- 2 Pour the oil into a large pan over a medium-high heat. Add the onions, and cook for 10 minutes or until caramelised
- 3 Wash the meat, then stir it into the pan and cook for 10 minutes
- 4 Add the chilli powder and ground coriander, mix, and cook for a further 10 minutes
- 5 Chop the tomatoes, peppers, and green chillies into small pieces and add to the pan
- 6 Peel and wash the potatoes, then add them whole to the pan, mixing thoroughly
- 7 Crumble in the stock cubes and 2 tbsp of water
- 8 Slice the okra and stir into the pan
- 9 Place a lid onto the pan and allow to cook for 30–40 minutes on a low heat
- 10 Garnish with a red chilli and serve



# Moussa's Dogo

**Pancakes done the Chadian way. Serve hot with a little cold milk drizzled on top.**

Serves: **8–10 people**

Cost: around **£2**

Time: **1 hour**

## Ingredients

**½kg** plain flour

**25g** sugar

**Pinch** salt

**250ml** water

Oil for frying

**2 tbsp** milk

## Method

- 1** Take a large bowl and mix the flour, sugar, salt, and water until it makes a smooth, batter-like consistency
- 2** Heat oil in a flat frying pan on the hob
- 3** Add half a ladle of the mixture at a time and fry for 5 minutes on each side, until golden brown
- 4** Serve with cold milk drizzled on top



# Aboubakar's Daraba Gombo

This okra and lamb dish can be served with a variety of side dishes. Rice, injera, eshe and assida are all good choices.

Serves: 8–10 people

Cost: around £10

Time: 1 hour 10 minutes



## Ingredients

- 1kg okra
- 2 tbsp sunflower oil
- 2 white onions
- 1kg mixed lamb
- 2 fresh tomatoes
- 6 peeled garlic cloves
- 1 tsp ground coriander
- 2 stock cubes
- 2 tsp salt

## Method

- 1 Wash the okra, slice thinly, and place into a bowl of cold water
- 2 Finely dice the onions
- 3 Wash the meat and cut into 5 cm chunks
- 4 Add the oil to a large pan over a medium heat. Add the onions, meat and salt and mix together. Cover and cook for 15 minutes, stirring occasionally
- 5 Place the okra in a large pan and cover with water. Bring to boil and cook for 10–15 minutes until the okra are very soft
- 6 Chop the tomatoes and garlic into small pieces and add to the meat and onions
- 7 Add the ground coriander to the meat and mix thoroughly. Place the lid onto the pan, reduce the heat and allow to cook for 10 minutes
- 8 Mash the okra with the back of a spoon to create a mushy consistency
- 9 Add the okra to the meat, add the stock cubes, mix together, and allow to cook for 10 minutes
- 10 Stir in the salt
- 11 Serve

# Aboubakar's Fangassou

These tasty fried sweet breads aren't dissimilar from a doughnut. Enjoy them warm with a little sugar.

Makes: 20–30 pieces

Cost: around £3

Time: 2 hours



## Ingredients

- ½kg plain flour
- 2 tsp instant yeast
- 2 tsp salt
- 2 tbsp sugar
- ½ litre water
- 2 eggs
- 1 litre oil for frying

## Method

- 1 Place the flour, yeast, salt, and sugar in a large bowl and mix together
- 2 Add the water into the bowl and mix with your hands
- 3 Add the eggs and continue mixing to form a thick batter. Try to dissolve any lumps
- 4 Continue mixing for a further 10 minutes
- 5 Cover the bowl with a lid or tea towel and leave in a warm place to allow the mixture to rise for 1 hour
- 6 After 1 hour, put the oil in a deep large pan over a medium-high heat
- 7 When the oil is hot, scoop out small doughnut sized amounts of the mixture and carefully place them in the hot oil. You will need to do this in batches
- 8 Fry the doughnuts for around 10 minutes, turning so they cook evenly on all sides
- 9 Place on a kitchen towel to absorb excess oil
- 10 Sprinkle the balls with sugar and eat warm

# Khalil's Karkandji

This nutty lamb and spinach dish can be served with rice, injera or eshe.

Serves: 6–8 people

Cost: around £5

Time: 40 minutes



## Ingredients

- 1kg mixed lamb
- 2 white onions
- 2 tbsp oil
- 2 tbsp peanut butter
- 2 x 380g tins spinach
- 1 tsp salt

## Method

- 1 Wash the meat
- 2 Finely dice the onions
- 3 Add the oil to a large pan over a medium-high heat
- 4 Add the meat and onions and allow to cook for 10 minutes, stirring occasionally
- 5 Put the peanut butter in a small bowl with 3 tablespoons of water. Mix to make a paste
- 6 Strain the peanut paste through a sieve into a clean bowl. Throw away any remains from the sieve
- 7 Stir the sieved peanut paste into the pan. Cook for a further 10 minutes
- 8 Add the spinach and mix, cook for a further 10 minutes on a low heat
- 9 Serve

# Khalil's Fried Plantain

Eat these hot as a snack or as a side dish.

Serves: **4 people**

Cost: around **£2**

Time: **30 minutes**

## Ingredients

**4 large** plantains  
**6 tbsp** sunflower oil

## Method

- 1** Slice the plantain into 1cm thick slices
- 2** Put the oil into a frying pan over a medium high heat
- 3** When the oil is hot, place the plantain into the pan and fry each side for 1 minute
- 4** Remove the plantain and place it on a kitchen towel to absorb excess oil
- 5** Serve



# Youssof's Mutasha

You'll really taste the difference using a barbeque to cook this meat and fish dish, but you could use a hob or oven instead. Eat on its own or with a salad or bread.

Serves: 2–3 people

Cost: around £5

Time: 45 minutes



## Ingredients

- 1kg lamb chops  
OR 2 whole tilapia fish
- 2 stock cubes
- 2 tsp salt
- 2 tbsp sunflower oil
- 1 tsp chilli powder
- 1 tsp ground black pepper
- 1 tsp ground coriander

## Method

- 1 Wash the meat, or clean and descale the fish, depending which you are using
- 2 Put the oil, spices, salt and seasoning into a large bowl and mix thoroughly
- 3 Add the meat or fish and coat thoroughly with the mixture
- 4 Leave for 10 minutes
- 5 Heat the barbeque and then add the meat or fish
- 6 Cook thoroughly, turning so it cooks for around 10 minutes on each side
- 7 Serve

# Issa's Kibda

This liver dish can be eaten with a variety of dishes in this chapter, or simply some bread.

Serves: 4–6 people

Cost: around £4

Time: 45 minutes



## Ingredients

1kg lamb liver  
1 green pepper  
1 white onion  
1 large green chilli  
½ tsp salt  
2 stock cubes  
2 tbsp oil  
1 cinnamon stick  
1 tomato  
Small bunch fresh coriander

## Method

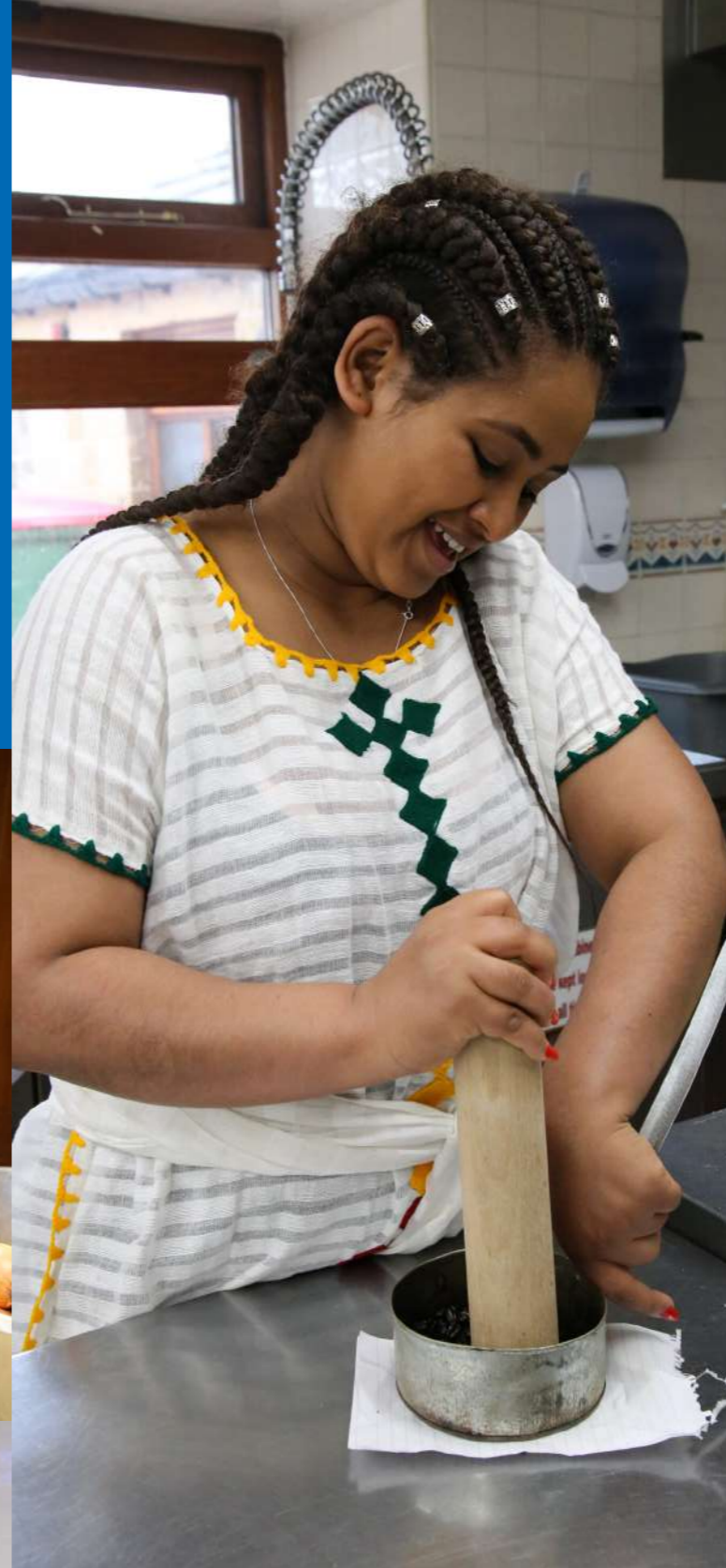
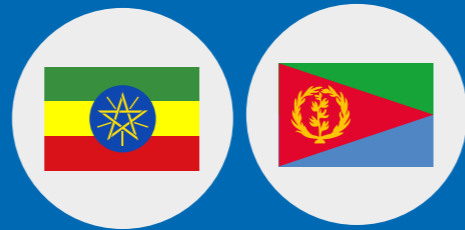
- 1 Cut the liver into small pieces (around 5cm square) and wash
- 2 Chop the onion, pepper, and chilli into chunks
- 3 Add the oil to a frying pan over a medium-high heat, then add the liver, onion, pepper and chilli
- 4 Fry for 10 minutes, stirring occasionally
- 5 Add salt and crumble the stock cubes into the pan
- 6 Add a dash of water and continue to fry for 10 minutes
- 7 Dice the tomato and add it to the dish with the cinnamon stick
- 8 Cook for a further 5–10 minutes, stirring often
- 9 Serve warm, garnished with the coriander

# Habesha Recipes

Eritrean and Ethiopian food from Leeds

By Elsa, Millen, Monalisa, Ruta, Winta and Winta.

'Habesha' is a word used to describe shared Eritrean and Ethiopian culture



## Coffee ceremony

The coffee ceremony is an important custom in Eritrea and Ethiopia. It's a way of getting together with friends, family, neighbours and visitors. Performing the ceremony, like Elsa is here, is a special honour.



# Meet the chefs

## Winta H

I grew up in Asmara, Eritrea's capital city, and have been living in the UK for three years. One of my fondest memories growing up is Easter, which is a special time for us. We would go shopping and everybody would be full of excitement. We would prepare two lamb dishes: one spicy, and the other with rice. Weddings are big in our culture too; there would be a buffet with salad, vegetables, cakes, donuts, cream and cheesecakes. Growing up, my favourite treat was strawberry lollipops. I started cooking when I was 10 or 11 years old. I began with chopping vegetables and eventually moved on to making injera. When I was at school, we used to take a packed lunch of just bread and water. We tried to keep it simple, because people were poor.

## Monalisa

I have been living in the UK for four years. I grew up in a large village in Eritrea called Bahat. One of my favourite memories of growing up is eating fufu every Sunday for breakfast with injera, oil and chilli. Another special food memory for me is a tea called camam shahid; we used to drink five cups a day. It is not strong, but it is very tasty.

In the mornings, we used to have a sweet bread called himbasha. We would eat it fresh three days a week. We used to take injera, lentils, shiro stew, bread and milk to school for lunch. We used to grow vegetables like tomatoes, potatoes and cabbage and keep sheep, goats and hens. Our mothers would cook everything together outside. I have fond memories of dancing and eating food together.

## Winta G

I grew up in Ethiopia and have been living in the UK for eight months. My first memory of cooking is helping my aunt chop vegetables when I was ten years old. The first dish I ever made was shiro wot, a bean stew. It was not a good experience: the beans went all mushy! One of my favourite dishes is doro wot chicken stew. Traditionally, if you are lucky you get a leg; if not, you get a wing! The 'man of the house' gets the largest piece of chicken and the mother gets the 'good leg'. In our culture, we just love feeding people; it is how we show love. If someone comes to your home while you are eating, you offer them food. If they do not want to eat, they bless your food before they leave.

## Elsa

I grew up in a small village in Ethiopia called Aromea Callile, where everybody knew each other. We grew fruits in our garden like oranges, mangoes and avocados. When my mother went into the city she would bring us sweets. If she forgot, I would get ice cream instead. I have been in the UK for three years. When I first arrived I knew very little English, so it was difficult to find Eritrean and halal foods. The first time I found an Ethiopian restaurant, it was very special. Food, to me, is about sharing, communicating and helping each other. We all eat from a single plate using our hands. In our culture, we use lots of spices like ginger, garlic, chilli powder and cardamon, but I have noticed that British people often use ketchup and mayonnaise to add flavour instead.

## Millen

I grew up in Ethiopia and I have been living in the UK for eight months. I grew up in a small town called Metema where houses were made of mud and cement. What is special about our culture is that we sit and eat together. One of my

favourite memories of growing up is eating a dish called genfo, made with barley flour, together at breakfast. At Easter we share a chicken stew known as doro wot. At weddings, chicken with turmeric usually takes centre stage. Growing up, I remember that we would always cook outside, and there would usually be two or three people cooking and helping each other. I remember churros were the first thing I made when growing up; I was so happy when I got the recipe right.

## Ruta

I have been in the UK for three years. I grew up in a town in Eritrea called Adi Keyh. We used to get everything fresh from our garden. One of my memories of growing up is making and eating injera all the time. One of my special memories of food was during Easter, when we would cut a chicken into twelve pieces and make a chicken stew with twelve eggs, and eat himbasha sweet bread. We made our injera over a special coal fire called a mogogo. At weddings there would always be two large lamb dishes which you would eat with injera. A special treat for us growing up were biscuits called abolet.

# Winta's

## Hilbet and Silsee

These dips are traditionally served together, with the silsee in the middle of the hilbet, and eaten with injera.

Serves: **8–10 people** as a side dish or starter  
Cost: around **£12**  
Time: **2 hours**



## Hilbet

### Ingredients

3 tbsp hilbet  
500ml water  
5 cloves garlic  
10g ginger (fresh or dried)  
3 bird's eye chillies  
3 tbsp fresh coriander  
1 tsp salt

### Method

- 1 Sieve the hilbet into a large bowl, to remove any lumps
- 2 Put 100ml of the water into a pan and bring to the boil
- 3 Add the hilbet to the boiling water and mix thoroughly
- 4 Keeping the pan on a low heat, begin to add the rest of the water in small amounts, mixing vigorously until the mixture thickens up and all the water is used
- 5 Leave to cook on the hob for 20–30 minutes on a low heat
- 6 Turn off the heat and place the mixture into a bowl
- 7 Place the mixture into the fridge for 1 hour
- 8 After 1 hour take the hilbet out of the fridge and mix in a blender or by hand until you reach a smooth consistency. You may need to add a little water if the mixture is too thick
- 9 Peel and finely chop the garlic, ginger, chilli, and coriander, and add to the hilbet
- 10 Add the salt and mix thoroughly

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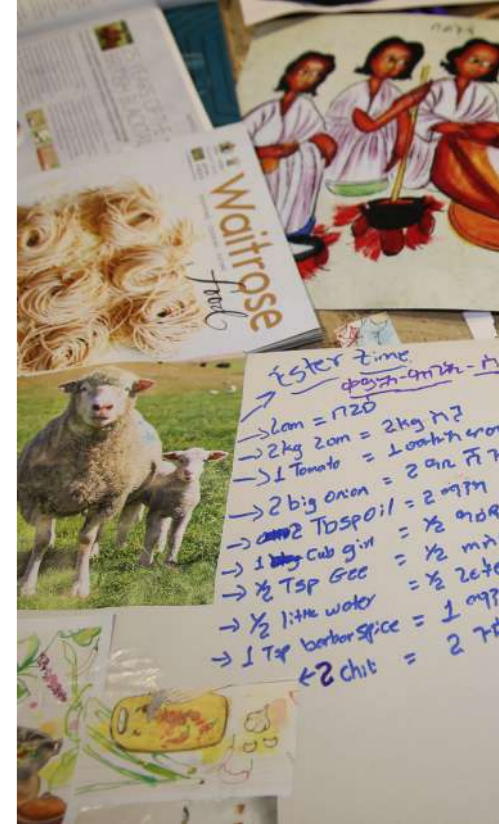
# Silsee

## Ingredients

- 4 large white onions
- 2 tbsp vegetable oil
- 1 tsp salt
- ½ tsp ginger (fresh or dried)
- 1 tbsp berbere spice
- 350ml passata
- 2 tsp fresh rosemary

## Method

- 1 Peel and finely chop the onions and ginger
- 2 Place the onions in large pan with the oil over a medium heat
- 3 Stir in the salt and ginger
- 4 Cook the onions for about 10 minutes until they are turning golden brown
- 5 Add the berbere spice and cook for 5 minutes
- 6 Stir in the passata and rosemary and cook for 5–10 minutes on low heat
- 7 Place the silsee in the middle of the hilbet and serve with injera



# Monalisa's Zigini

Serve this spicy lamb dish with injera or rice.

Serves: 8–10 people

Cost: around £10

Time: 1 hour 30 minutes

## Ingredients

- 10 white onions
- 4 **tbsp** vegetable oil
- 1 whole garlic (7/8 cloves)
- 1 green bird's eye chilli
- 3 **tbsp** berbere spice
- 350g passata
- 1 **tbsp** vegetable seasoning or stock powder
- ½kg lamb (you can use a mixture of lamb on and off the bone)
- 1 **tbsp** salt

## Method

- 1 Peel and finely chop the onions. Place in a large, deep pan to cook on a low heat
- 2 Continue cooking the onions until they are golden and caramelised. This should take about 20 minutes. Stir occasionally and add a dash of water if needed to stop them sticking to the pan
- 3 Add the oil and cook for 5 minutes
- 4 Peel and finely chop the garlic and chilli. Add these to the pan and mix with the caramelised onions
- 5 Stir in the berbere spice
- 6 Stir in the passata and cook for another 10 minutes
- 7 Add the vegetable seasoning or stock powder and mix thoroughly with a dash of water
- 8 Cut up the meat into small pieces and wash thoroughly
- 9 Add the meat to the pan and cook for 20–30 minutes, stirring occasionally
- 10 Stir in the salt
- 11 Serve hot



# Winta's Tikel Gomen

This cabbage and potato dish is best served hot with injera or rice.

Serves: 8–10 people

Cost: around £4

Time: 1 hour



## Ingredients

- 1 white cabbage (approximately 2kg)
- 4 carrots (peeled)
- 3 white onions
- 1 green pepper
- 6 large potatoes (peeled)
- 3 cloves garlic
- 2 tsp vegetable oil
- 3 tsp salt
- 3 green chillies

## Method

- 1 Wash and roughly chop the cabbage, carrots, onions, green pepper and potatoes into chunks
- 2 Peel and finely chop the garlic
- 3 Place the cabbage into a large pan with a lid over a medium heat
- 4 After 5 minutes add a dash of water to help prevent the cabbage sticking to the pan
- 5 After 10 minutes when the cabbage has softened a little add the carrots and stir in the oil
- 6 After 10 minutes add the onions
- 7 After 5 minutes add the garlic
- 8 Leave on low heat on the hob for 10 minutes until all the vegetables are cooked and soft. Add the chillies and pepper. Mix thoroughly and cook for 5 minutes
- 9 Stir in the salt
- 10 Serve

# Elsa's

## Gomen Besiga

**Gomen Besiga is a spicy lamb dish with spinach. Enjoy it hot with injera or rice.**

Serves: **8–10 people**

Cost: around **£11**

Time: **1 hour 30 minutes**



### Ingredients

**6** white onions  
**1** whole garlic (**7/8** cloves)  
**30g** fresh ginger  
**2 tbsp** vegetable oil  
**3 tbsp** butter  
**½kg** lamb (you can use a mixture of lamb on and off the bone)  
**3 bunches** spinach (about **750g**)  
**3** fresh jalapeño chillies  
**2 tbsp** salt  
**280ml** water

### Method

- 1** Peel and finely chop the onions, garlic and ginger
- 2** Place the onions with a splash of water in a large, deep pan over a medium heat. Cover and allow to sweat for 5 minutes
- 3** Add the oil, garlic and ginger and cook for another 10–15 minutes. Stir frequently
- 4** Add 1 tablespoon of butter and continue to cook for 5 minutes
- 5** Cut the meat into small pieces and wash thoroughly. Add the meat on the bone first to the pan, then after 5 minutes add the rest of the meat. Mix thoroughly and cook for 20–25 minutes
- 6** Roughly chop the spinach and wash it thoroughly
- 7** Add the spinach a little at a time, allowing it to wilt into the dish before adding more
- 8** Stir in the remaining butter
- 9** Wash and finely slice the chillies and stir them into the dish
- 10** Stir in the salt
- 11** Add the remaining water to the pan and cook for 15–20 minutes until the meat is tender
- 12** Serve

# Millen's Dinch Wot

This warming potato stew can be served alongside a variety of dishes in this chapter, or simply with rice.

Serves: 8–10 people

Cost: around £5

Time: 1 hour



## Ingredients

12 onions  
2kg white potatoes  
2 tsp salt  
1 tbsp vegetable oil  
1 whole garlic (7/8 cloves)  
30g fresh root ginger  
4 tbsp berbere spice  
400ml water

## Method

- 1 Peel and finely chop the onions
- 2 Peel and chop the potatoes into bite-sized chunks
- 3 Place the onions with a splash of water in a large, deep pan over a medium heat. Cover and allow to sweat for 5 minutes
- 4 Add the salt and oil and continue to cook for 10 minutes, stirring regularly. Add more water if needed to stop the onions sticking to the pan
- 5 Peel and finely chop the garlic and ginger, stir into the pan
- 6 After 5 minutes add the berbere spice and mix thoroughly. Add a dash of water and cook for a further 5 minutes
- 7 Add the potatoes and mix thoroughly
- 8 Add the remaining water, cover and cook for about 10 minutes until the potatoes are soft
- 9 Serve hot

# Ruta's Tibsa

This stew can be made with lamb on or off the bone – or a mixture of both. Serve it hot with injera or rice.

Serves: 8–10 people

Cost: around £10

Time: 45 minutes



## Ingredients

- 2 white onions
- 4 cloves garlic
- 1kg lamb (you can use a mixture of lamb on and off the bone)
- 2 fresh jalapeño chillies
- 3 bird's eye chillies
- 2 **tbsp** vegetable oil
- 1 **tbsp** salt
- 1 **tsp** dried rosemary

## Method

- 1 Peel and finely chop the onions and garlic
- 2 Cut the meat into small pieces and wash thoroughly
- 3 Wash the chillies, slice them and take out the seeds
- 4 Place the meat into a large, deep pan and cook for 5 minutes on a high heat
- 5 Reduce the heat to medium. Add the onions and garlic to the pan and cook for 10 minutes
- 6 Stir in the oil
- 7 Add the rosemary and chillies to the pan and mix thoroughly
- 8 Continue to cook for a further 10–15 minutes until the meat is tender
- 9 Stir in the salt
- 10 Serve

# Khwandwar Afghan recipes

Afghan food from Leeds

By Ihsan, Ikram, Shakoor and Sudi

'Khwandwar' means 'tasty' in Pashto.



A close up of a person pouring sliced okra from a pan onto a chopping board.





# Meet the chefs

## Ihsan

I am 16 years old and have been in the UK for one year and four months. I am doing my GCSEs and plan to do my A levels. In Afghanistan I lived in a village called Lachapur in the Bati Kot district of Nangarhar province. I miss my mum, dad, five brothers and four sisters. I especially miss my mum's cooking and working with my dad growing, watering and harvesting the fields. I love eating lobiya (green beans). Meat was very expensive so we only bought it when we had guests, which was not very often. When I grow up, I would love to become a doctor or nurse so I can help and care for people.

## Ikram

I am 14 years old and have been in the UK one year and four months. I am studying Business, Sports Science, Geography and Statistics. I love playing cricket and sometimes we play in the village where we live now. My favourite dishes are lobiya, chicken and rice. I have made loads of friends at school, and everyone is so friendly in my community. When I grow up, I would love to become a Maths or Sports teacher.

## Shakooreh

I am 16 years old and have been in the UK for 11 months. I come from a small village called Jukan in the province of Hisarak. I am studying English and Maths. I miss my family in Afghanistan. I miss the food, especially sabu (spinach) and lobiya. I really love cricket and sometimes we play in the senior village team. I would love to become a Sports teacher when I grow up as I love sports and fitness and go to the gym all the time. I would also like to become a social worker as they really do help people.

## Sudi

I am 18 years old and have been in the UK for four months. I am currently studying English and Maths at college. In my homeland my favourite subjects were English, Physics, Football, Maths and History. My favourite Afghan dishes are Kabuli pilau, kebabs, barbequed meat and chicken. I miss my family, my sisters, and my friends. I would love to go to university and become a police officer. There are no women police officers in Afghanistan. Before things changed in Afghanistan my mum and sister were teachers; now they just have to stay at home and have no money. They had to burn all their books and papers to avoid getting into trouble.

# Shakoor's

## Beef Dish

The dough lid helps trap heat in the pan, producing a succulent beef dish. Eat it hot with rice or naan.

Serves: 8–10 people

Cost: around £18

Time: 1 hour 30 minutes



### Ingredients

1kg beef  
2 large potatoes  
2 lemons  
2 white onions  
2 tomatoes  
2 red, green or yellow peppers  
2 **tbsp** sunflower oil  
1 **tsp** salt  
1 **tsp** ground black pepper  
1 **tsp** red chilli powder  
1 **bulb** garlic  
5 **tbsp** plain flour  
Water

### Method

- 1 Wash the meat thoroughly and dice it into small chunks
- 2 Wash the potatoes, lemons, onions, tomatoes and peppers and slice each of them in half
- 3 Find a large deep pan with a lid. Warm the pan over a low heat
- 4 Add the meat, creating a layer in the bottom of the pan
- 5 Add the lemons, potatoes, onions, tomatoes and peppers on top of the meat
- 6 Add the oil, salt, pepper, chilli powder and whole garlic bulb on top of the vegetables
- 7 In a small bowl mix the flour with 3 **tbsp** water to create a sticky dough. You will use this to seal your pan
- 8 Stick the dough all around the rim of the pan lid, creating a circle
- 9 Place the lid with the dough on top of the pan
- 10 Cook over a high heat for 5 minutes
- 11 Turn the heat to low and cook for 1 hour
- 12 Serve

# Ikram's Bamiyah

Enjoy this spicy okra dish with rice.

Serves: 8–10 people

Cost: around £8

Time: 30 minutes



## Ingredients

- 3 cups fresh okra (about 300g)
- 1 white onion
- 4 cloves garlic
- 2 tbsp sunflower oil
- 1 tsp ground coriander
- 1 tsp garam masala
- 100g passata
- 1 tsp chilli flakes
- 1 tsp salt
- 1 tsp ground black pepper

## Method

- 1 Wash and thinly slice the okra
- 2 Peel and finely chop the onions and garlic
- 3 Warm the oil in a large frying pan over a low heat
- 4 Add the onions and cook for 5 minutes
- 5 Stir in the garlic and okra and allow to cook for 5 minutes
- 6 Stir in the spices and allow to cook for a further 5 minutes
- 7 Stir in the passata, chilli flakes, salt and pepper
- 8 Cook gently for a further 5 minutes
- 9 Serve

# Sudi's Chicken Korma

This isn't your typical takeaway chicken korma, but it is still best enjoyed with rice or naan.

Serves: 8–10 people

Cost: around £8

Time: 45 minutes



## Ingredients

- 2 white onions
- 2 fresh tomatoes
- 4 cloves garlic
- Bunch fresh mint (about 25g)
- Bunch fresh coriander (about 25g)
- 3 tbsp sunflower oil
- 1kg boneless chicken thighs or breast
- 2 tsp turmeric
- 1 tsp salt
- 1 red, green or yellow pepper

## Method

- 1 Peel and finely chop the onions, tomatoes, garlic, mint and coriander
- 2 Wash the chicken and cut it into small pieces
- 3 Add the oil to a large saucepan over a medium heat
- 4 Add the chicken to the pan and cook for 10 minutes
- 5 Stir in the turmeric, salt and onions, and cook for 15 minutes
- 6 Stir in the garlic and tomatoes
- 7 Turn the pan down to low and cook for 10 minutes
- 8 Stir in most of the coriander, reserving a little for garnish
- 9 Slice the pepper and use it with the mint and the rest of the coriander to garnish the dish
- 10 Serve

# Ihsan's

## Qabil Pilau

An aromatic dish of lamb shanks and rice. Serve with salad.

Serves: 8–10 people

Cost: around £22

Time: 1 hour 40 minutes



### Ingredients

4 carrots  
2 **tbsp** sunflower oil  
100g sugar  
200g golden sultanas  
4 onions  
2kg lamb shanks  
1 **bulb** garlic  
3 **cm** ginger  
1 **tsp** salt  
2 **tsp** cumin  
2 **tsp** ground cardamom  
2 **tsp** ground black pepper  
2 **tsp** garam masala  
6 **cups** basmati rice  
1 cucumber  
2 red, green or yellow peppers  
**Bunch** of mint (about 25g)  
**Bunch** of coriander (about 25g)

### Method

- 1 Peel and slice the carrots into batons
- 2 Add the oil to a large saucepan over a medium heat
- 3 Once hot, add the sugar to the oil and fry for 5 minutes
- 4 Add the carrots and sultanas. Cook for about 10 minutes until caramelised, then remove them from the pan and put them on a plate
- 5 Slice the onions and add them to the oil
- 6 Wash the lamb shanks and add them to the pan with ½ litre of hot water. Leave to cook for 20 minutes
- 7 Peel and finely chop the garlic and ginger
- 8 Stir the garlic, ginger, salt, cumin, ground cardamom, ground black pepper and garam masala into the pan
- 9 Cook for a further 15 minutes, then carefully remove the lamb shanks and set aside

Continued on next page

## Continued

- 10 Stir twelve cups of water into the onion mix
- 11 Wash the rice and add it to the pan. Raise the heat and bring it to a simmer
- 12 Add the lamb shanks back on top of the rice and continue to cook until the water is absorbed
- 13 Turn the heat down low then add the carrot and raisin mix on top of rice
- 14 Place a lid tightly on the pan and leave to cook gently for 30 minutes
- 15 Wash and finely chop the cucumber, peppers, mint and coriander and mix together to make a side salad
- 16 Serve

# Cook with love



We invite you to cook with love.

In this cookbook we wanted to show you a little bit about our culture and the traditional foods that are authentic and important to us. It is our pleasure to provide you the opportunity to try dishes that we are proud of from our different regions.

It was important to us to include dishes that bring us happy memories from home, and we hope you are able to make happy memories by recreating them too. We included dishes that our mums used to make. We miss our families, and these dishes feel like home. We also included traditional and authentic dishes that we have at celebrations and that truly represent our countries and cultures.

We wanted to show you part of our culture through photographs to give you a little taste of our countries. We hope you enjoy our dishes, learn a little more about our countries and cook these recipes to make special memories. We hope our recipes bring everyone together as a community as this is one of our countries' values.

**Bryar, Dilman, Hardi, Ihsan, Ikram, Mina, Ramin, Rozhan, Shakoor, Sudi and Zhiako**



Welcome to our special book. We really hope you enjoy making our recipes. These dishes are really special to us as they remind us of childhood, our country, our culture, our cooking and most importantly eating together with our family and community. This project allowed us to do this again, something which many of us miss now living in the UK. Eating dinner together is a massive part of our culture: sharing food cooked with love.

It is important to us to be able to share our culture and teach people what and where Sudan is in the world and the amazing food we make and eat. When we recreated our dishes in this project it took us back home: the smells, the spices and fragrances. We loved working together to make special dishes like assida and ful.

**Abdul-Muneim, Adam, Ali, Ismiel, Mahmood and Mansoor**





*Our home country of Chad is such a beautiful place; if people only knew. Sadly, the problem now is safety and war. It wasn't always like that, and we want you to learn about our beautiful home. We want to welcome all and include people in our culture. We want to show you our country's values and rich history. We are proud of our country. We are all surprised when people ask us where Chad is. People don't know about it. We want to share Chadian traditions and the delicious food we make.*

*We shared our dishes and learnt so much from each other. Some of us had been cooked for by our mums and sisters before we came to the UK. Learning from older ones in the group helped. It is not always easy to cook traditional food as it takes time and the right ingredients. This book is for us as well as for other people.*

*The barbeque was a highlight for us. In Chad we often cook outside as the weather can be too hot at times, so it reminded us of home. In Chad some of us had special trips into the countryside with the other boys and men in our communities where we would cook together. The barbeque reminded us of our days out.*

*Our food is cooked with love. We give thanks for our meals by saying 'haya' and 'bismillah' at the start and 'alhamdulillah' at the end.*

**Aboubakar, Issa, Khalil,  
Moussa and Youssouf**





This book presents traditional recipes from Afghanistan, Chad, Eritrea, Iran and Sudan, cooked by young people from those countries who now live in Leeds.

It was created as part of a collaborative project between the British Library, Leeds Children and Families Social Work Service and Child Friendly Leeds.



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