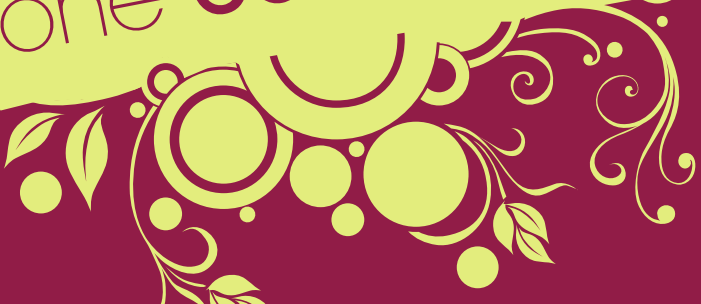




a taste of the world
from one **community**



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a taste of the **world**
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Welcome to *A Taste of the World from One Community*. I hope you enjoy the recipes and find it a useful read for exploring the different local cultures through the exciting world of food.

Inspiration for the book has come from a series of very successful Multicultural Feasts run by the Barton Hill Settlement, as well as requests from residents wanting to cook food from the local area. Yes, this is a recipe book but equally it's a glimpse into some of the cultural characteristics that make up the strong and vibrant inner east areas of Bristol.

This book is a celebration of the area's diversity but also a clear show of strength for the things we have in common - sharing food has traditionally always brought people together.

Enjoy sampling the tastes from around the world found in this community. We've included many recipes that have never been written down before but have been passed down through generations. They are all favourites of the contributors and a great way of learning more about our neighbours.

Bon appetite!

Andrew McLean

Lead Race Equality Officer



As someone who loves food and experimenting with it, it is a pleasure to write the introduction to this book and I look forward to trying out some of the recipes.

Not too long ago I had the pleasure of travelling around the Caribbean to make a series of cookery programmes for ITV.

The programme called *Sugar and Spice* was a fantastic opportunity for me to eat to my heart's content and sample the wonderful flavours of the Caribbean, but more importantly, to learn about the food traditions and the nutritional properties which are hidden treasures locked away in our food, only released when we're told how...

Be creative in your kitchen. Celebrate the fact that whether you're from Poland, India, Africa, the Caribbean, China or anywhere else in the world, specialist ingredients can be purchased right here in Bristol. Experiment and be inquisitive and most of all, enjoy.

Happy eating and congratulations on achieving this fantastic goal.

Sherrie Eugene

Award-winning broadcaster



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Healthy eating tips



You may be surprised to know that a healthy diet does not have to be boring or bland – by making a few simple changes to your daily food choices you can create a tasty, enjoyable, balanced diet.

Start by making sure you eat three meals a day - every day. This has a positive impact on your energy, mood, concentration and sleep. Then see how you can improve on what you already have by asking yourself the following:

What can I add to my meal to make it more nutritious?

Fruit and vegetables are a good place to start:

- Add salad to your sandwiches; chop extra vegetables into any recipe or stir fry a variety of vegetables to serve with your meal
- Chop fruit onto your cereal; add frozen fruit pieces to juice to make a smoothie
- Increase your fibre intake by leaving the skin on potatoes or by adding a handful of lentils to casseroles and soups.

What can I change in a recipe to make it healthier?

- Bake or grill instead of frying
- Try replacing salt with herbs or spices
- Use wholegrain cereals, rice and whole wheat pasta and bread instead of white varieties
- Use low fat dairy products instead of full fat ones
- Try xylitol in place of sugar. If you are not sure if you will enjoy the taste of the alternative, try using half and half until your taste buds adapt.

What can I reduce or remove from this recipe and still enjoy the taste?

- Trim visible fat from meat
- Reduce the amount of sugar in a recipe
- Stop adding salt when cooking (add it at the table if you must – but don't do both!)
- Make the majority, (80%) of meals healthful, nutritious ones and a few times a week you can indulge in the less healthy meals and desserts – just make sure you relax and enjoy them!

Cheri Wilkins - Nutritional Therapist



Look out for this symbol for more hints and tips on how to eat healthily throughout the book.



STARTERS / SIDE DISHES





(Rice dish)

Serves 6-8

"We would eat this rice dish at celebrations or you can make it to eat every day. People like seeing this colourful dish on special days like Eid and at weddings. It can be cooked in meat stock and we would eat this with meat, like a shoulder of lamb."

Saada Jumale, Barton Hill,
Member of the One World Group

Ingredients

2 kg/4.4lb basmati rice

½ litre/17½ fl oz water

1 dessert spoon of powdered chicken stock/1 stock cube or meat stock (see Huuris recipe, mains)

1 large onion, chopped

1 teaspoon curry powder

1 teaspoon seven spice seasoning

1 teaspoon cumin powder

1 teaspoon cardomen seeds, chopped

3 garlic cloves, chopped

A handful of fresh coriander, finely chopped

200 ml/7 fl oz oil

1 pinch red saffron

1 pinch yellow saffron

½ cup raisins

1. Add the oil to a pan and fry the chopped onion for 2 minutes.
2. Add the garlic, coriander, cardomen seeds, cumin powder, curry powder and seven spice and cook for 2 minutes, stirring.
3. Add the rice, mix together and stir for 5 minutes.
4. Add meat stock or water with powdered chicken stock or a stock cube. Bring to the boil and cook for 15 minutes on a low heat.
5. When the water has been absorbed, sprinkle red saffron powder on one side of the rice and yellow saffron powder on the other. Cover the rice with aluminium foil, put the lid on and turn off the heat.
6. Fry the raisins for 2 minutes in a little oil, then remove from the oil.
7. Serve with the white rice underneath and the coloured rice and raisins on top.



Aloo Choley

(Potato chickpeas)

Serves 4-6

"This is from Punjab and you can eat it any time, I make it for my family and for parties. You can eat it with chapattis or pita bread if you want and with chutney or yoghurt or you can have it as a main dish with rice."

Surinder Chadha, Easton

Ingredients

4 cans chickpeas	piece of fresh ginger, finely cut
1 large onion, thinly sliced	1 tin plum tomatoes
2 medium potatoes	2 teaspoons tomato puree
1-2 garlic cloves, chopped	1 tablespoon oil for frying
1 teaspoon ginger powder or	Fresh coriander leaves, chopped

1. Peel the potatoes and cut into small chunks.
2. Fry the onion, garlic and potatoes in a saucepan.
3. Add the ginger powder or finely chopped fresh ginger.
4. When the mixture turns slightly red, add the tomato puree and tin of tomatoes and mix together.
5. Drain the chickpeas and add to the tomatoes.
6. Cook for 20 minutes.
7. Serve topped with fresh coriander.

You can add spinach if you want to this dish when it is cooking at stage 5.



Pakoras

(Potato and onion fritters)

Serves 7-8

"Pakora is a traditional dish in Pakistan and we normally cook them in the month of Ramadan. We usually serve them to guests with tea and we also cook pakoras when it's a rainy day. We serve this dish with coriander and tamarind sauce."

Zahida Harif, Easton

Ingredients

500 g/1.1 lb gram flour

1 litre/2 pints oil

2 tablespoons cumin seeds

2 tablespoons pomegranate powder

2 tablespoons salt

2 tablespoons coriander seeds

1 teaspoon red chilli powder

8-10 green chillies, finely sliced

1 bunch of fresh coriander, finely chopped

5 medium potatoes, finely sliced

5 medium onions, finely sliced

1. Put the oil into a large frying pan and leave it to warm.
2. Mix all of the ingredients into a bowl and slowly add some water to make a thick paste.
3. Leave for 10–20 minutes.
4. Carefully put the batter in the oil with a tablespoon, one by one, and fry on a low heat until golden brown in colour. Turn to make sure they are brown on both sides.
5. Once they are cooked, put them in a drainer to drain off excess oil or place on kitchen paper.
6. Serve with any chutney.



The spices in this dish allow you to reduce the salt to a pinch. Blot the pakora on kitchen paper to reduce the fat content.



Karelian Pies



(with rice filling)

Makes approximately 20 pies

"These pies/pasties are everyday food, eaten as a savoury snack (with egg-butter) and with salad as lunch. The art is in the making, to get the pastry right.

Almost every wedding, funeral and family celebration will have these pasties, decorated with parsley, served with generous helpings of egg-butter. There are variations of the pies, with carrot, potato or swede filling, all equally delicious. There are some regional differences; in some areas they use a flour mix, rye/barley and or wheat or buckwheat."

Ulla, works in Barton Hill

Ingredients

200 ml/7 fl oz water
450 g/1 lb rye flour
100 g/4 oz white flour
1 teaspoon salt

Rice filling

450 g/1 lb short-grain rice
2 litres/3½ pints milk
½ litre/18 fl oz water
1 teaspoon salt
2 tablespoons butter

Glazing

Butter
Water or milk

Egg-Butter Spread

8 hard-boiled eggs
150 g/5 oz butter
½ teaspoon salt



1. Bring water to the boil in a saucepan with a thick bottom. Add the rice and cook until the water is absorbed. Add milk and bring to the boil while frequently stirring. Simmer at a low heat for approximately 30-40 minutes, until cooked. Season the rice porridge with salt and butter and set aside to cool.

2. Boil the eggs in water for at least 8 minutes. Rinse under cold water and remove their shells. Use a fork to mash the eggs finely together with the soft butter, in a mixing bowl. Add salt. Cover the bowl with plastic wrap and place in the fridge to cool.

3. Stir the flours and salt into water and knead into a solid dough. Form the dough into a bar on a well-floured baking board, and cut into 20 pieces. Form little balls from the pieces, then flatten them.

4. Sprinkle some rye flour onto the baking board. With a rolling pin, roll a piece of the dough into as thin a

round crust as possible. Place the ready-made crusts into two piles, sprinkle rye flour between them. Cover the crusts with a kitchen towel to prevent them from becoming dry before all have been rolled.

5. When the crusts are ready, fill the centres with a thin layer of rice porridge. Fold the edges of the crusts and pinch, forming oval shaped pies. Turn the tips of the pies inwards to prevent them from burning during baking.

6. Place the pies onto a baking tray covered with greaseproof paper, and bake in a hot oven, 240C/475F/gas 9 for 10-15 minutes, until golden brown.

7. Remove the pies from the oven and brush with melted butter or a butter and water/milk mixture. Place them on greaseproof paper and cover with a kitchen towel to soften. If you prefer a crispy crust, do not cover.



Replace full fat milk with semi-skimmed, reduce 2 tablespoons of butter to 1 dessertspoon.

Cullen Skink

(Haddock soup)

Serves 4-6

"The name of this rich, tasty soup comes from the fishing village of Cullen, in Morayshire. "Skink" is a soup made originally from a shin of beef, but in this case, the main ingredient is smoked haddock. When I was a child, my mum would buy the fish fresh on Friday and we would have this Saturday lunchtime or for high tea on Sunday. It is a nutritious meal in itself."

Laura Hamilton, Redfield

Ingredients

A large smoked haddock
(weighing around 900 g/2 lb)

1 medium onion, finely
chopped.

1 ½ pints/900 ml milk

2 tablespoons butter

225 g/8 oz mashed potato

Salt and pepper

1 bay leaf

Chopped parsley

Water

Triangles of toast

1. Cover the smoked haddock with water in a shallow pan, skin side down.
2. Bring to the boil and simmer for 4-5 minutes, turning once.
3. Take the haddock from the pan and remove the skin and bones.
4. Break up the fish into flakes, return to the stock and add the chopped onion, bay leaf, salt and pepper. Simmer for another 15 minutes.
5. Strain, remove the bay leaf but retain the stock and fish. Add the milk to the fish stock and bring back to the boil.
6. Add enough mashed potato to create the consistency you prefer. Don't be afraid to make it rich and thick!
7. Add the fish and reheat. Check for seasoning.
8. Just before serving, add the butter in small pieces so that it runs through the soup.
9. Serve with chopped parsley on top, accompanied by triangles of toast.



If you use a good non-stick pan you will be able to use less oil to fry the omelette without it sticking.

Tortilla de Patatas

(Spanish potato omelette)

Serves 6

"Tortilla de patatas is basically a potato omelette (about 4cm thick). It is popular all over Spain and often served in bars as a tapa and is eaten either hot or cold. Usually people would use onion but I strongly dislike it and definitely find this more delicious with garlic."

Be goña Chamorro-Ramos, Redfield

Ingredients

4 medium-large potatoes
(organic if possible), peeled
and thinly sliced

6 eggs (organic or free range
are best)

Pinch of paprika

2 garlic cloves, chopped

250 ml/8 fl oz olive oil

Salt and pepper

1. Heat oil in a large frying pan and gently fry the potatoes and garlic mixture until the potatoes are soft, stirring from time to time so they don't burn on the bottom of the pan. Cook for around 15-25 minutes.

2. Add some salt and a pinch of paprika.

3. Beat the eggs in a bowl and season with salt and pepper. Remove the oil from the fried potatoes and garlic and add them to the bowl with the eggs, mixing well.

4. Heat a little oil in a frying pan on a moderate heat. Pour in the potatoes and eggs and shake the frying pan from time to time so that the omelette doesn't stick to the bottom.

5. Once the bottom of the omelette has set, turn the heat down low. Turn the omelette by placing either a flat plate or saucepan lid on the frying pan and quickly turning over.

6. Gently slide the omelette back into the frying pan and continue frying, once again shaking the pan from time to time so that it doesn't stick to the bottom, until it has set. Repeat the turning until the omelette is cooked all the way through.

7. Cut into slices and serve with bread and olives or salad.

Burani

(Spinach meal)



Serves 3

"In Albania we like a lot of spinach with meat and vegetarian dishes. If I go home I ask my mother to make this. This is very popular and traditionally served with slices of bread."

Besnik Zyberi, proprietor of Cafe a Roma, Lawrence Hill

Ingredients

1 large bag of spinach

1 tablespoon oil

1 ½ large onions, chopped

Grated cheese

½ cup/2 tablespoons long grain rice

½ teaspoon salt (to taste)

½ teaspoon sugar (to taste)

Black pepper (optional)

1. Put oil in a large saucepan and half cook the chopped onions.
2. Add the spinach and mix with the onions. Leave for 5 minutes on a very low heat.
3. Add 1 cup of water and ½ cup of rice, salt and sugar to taste. Mix and cook for 20 minutes, until water is absorbed.
4. Serve with grated cheese on the top and black pepper if desired.





MAIN DISHES





Groundnut Stew

Serves 4-5

"Groundnut stew is one of Ghana's most common and regularly prepared dishes. The main ingredient of the stew, groundnut, is what makes the dish unique in flavour, taste and aroma. Groundnut stew can be prepared using goat, lamb, chicken or smoked fish, although it is general practice among the more southern countries of West Africa to use a combination of smoked fish and goat meat providing an added strong taste. This stew is very rich and nutritious and quite morish when served with the right complement."

Tokunbo Beyioku, Savannah African food shop, Lawrence Hill

Ingredients

- | | |
|---------------------------------|-------------------------------|
| 4 medium onions, chopped | 2 tablespoons groundnut oil |
| 2 beef tomatoes, chopped | 3 teacups of milled groundnut |
| 6 large chicken thighs | (or 3 serving spoonfuls of |
| 200 g/7 oz smoked fish (tilapia | organic peanut butter) |
| or cat fish) | 1 teaspoon dried chilli |
| 4 white garden eggs (garden | powder |
| aubergine), finely chopped | 1 litre/1 ¾ pints of water |
| Stock from seasoned chicken | 6 okra (Ladies' Fingers – |
| or added stock cube of choice | optional) |
| 1 teaspoon thyme | Salt (to taste) |

1. Wash the chicken and season with salt, thyme and some chopped onion.
2. Place in a pot and bring to the boil until tender, without overcooking.
3. Add smoked fish, the rest of the chopped onions, chopped tomatoes, groundnut oil, chilli powder and finely chopped garden egg.
4. Top and tail the okras, if used, and add to stew.
5. Simmer the stew until it boils.
6. Mix the groundnut or peanut butter with warm stock liquid, and add the paste to the stew.
7. Add salt (to taste).
8. Simmer for 15-30 minutes. Allow the stew to cool off the stove before serving.
9. Serve with rice, boiled ripe plantain or fufu (cassava starch).



After deep-frying the fish, place on kitchen paper to absorb excess oil before adding the sauce.

Rougaye

(Fish in tomato sauce)

Serves 4

"In Mauritius we are a fusion of French, English, Chinese and most of all Indian. This dish is eaten any time of year because Mauritius is hot all year round. The whole family can enjoy this and you can fillet the fish or eat it on the bone. I have eaten this since I was a child and it is a recipe that has been eaten for centuries."

Nazmah Purmanan, Easton

Ingredients

4 fish steaks (dorado)

1 onion, chopped

2 garlic cloves

1 small piece of ginger

5-6 green curry leaves

2 green chillies (to taste)

1 kg/2.2 lbs tomatoes

1 tablespoon cooking oil

½ cup/120 ml/4 fl oz water

A few fresh coriander leaves,
chopped

1. Heat the oil in a pan and lightly brown the onion.
2. Put the garlic, ginger, chillies and curry leaves in a blender (or finely chop) and then fry with the onion.
3. Put the tomatoes in hot water for a few minutes, remove the skins and finely chop.
4. Add the tomatoes to the mixture. Cover and simmer until it thickens (about 30 minutes). It needs to slightly stick to the pan.
5. Stir and add half a cup of water.
6. Deep fry the fish steaks in a frying pan or fryer. Remove and add to the sauce.
7. Cover the fish with the sauce, adding extra water if needed to make sure the steaks are covered.
8. Simmer for a further 10 minutes and serve topped with fresh, chopped coriander leaves.
9. Eat with rice, boiled potatoes or crusty bread and salad.



To lower the fat content use chicken instead of goat and remove the skin. Don't add the optional palm oil.

Egusi

(Fish and goat or chicken dish)

Serves 4

"This is served with gari, powdered yam, semovita, amala or rice. Egusi is ground melon seed widely used in West Africa and adds a creamy texture and nutty flavour. All the ingredients can be bought in any African, Caribbean or Asian food shop. I used to watch my husband make this and I thought it was important that my son was aware of his culture. I cook it regularly for my Nigerian friends who say it is delicious."

Lorna Obunike, The Dings

Ingredients

450 g/1 lb goat meat (on the bone) or chicken thighs

1 large fish (I use snapper)

2 onions, chopped

1 large red pepper

1 or 2 scotch bonnet chilli peppers (very hot)

Vegetable oil for frying

1 or 2 tablespoons palm oil (optional)

1 bag or 2 bunches of spinach

1 small packet of egusi

2 stock cubes

Salt and pepper

Grated ginger (optional)

Sprig of thyme (optional)

1. Boil the meat for 30 minutes. Add the stock cube, half the chopped onion and ginger (optional) to flavour the water. Put to one side to drain and cool.

2. After you have gutted and de-scaled the fish, cut into steaks (about 4 pieces). Fry lightly on each side and put to one side to cool (frying first is optional).

3. Fry the meat that has been boiled until brown.

4. Blend the rest of the chopped onion and peppers with ½ pint/300 ml water, salt, pepper, thyme (optional) and a stock cube.

5. Add to the saucepan with the meat and simmer for 30-40 minutes.

6. Roll the spinach into bundles and cut into strips. Add to the saucepan.

7. Add a packet of egusi and stir.

8. Add fish steaks. Do not stir as it breaks up the fish.

9. Simmer for 5 minutes. It should be quite thick in consistency.



Red Benachin

Serves 4-5

"You can use chicken or any other meat, fish or add shellfish straight to the rice in this dish. In The Gambia we cook on a fire, we don't have ovens or fridges so we eat everything fresh. This dish is normally eaten at lunch or dinner and is typical of The Gambia and Senegal. We like spicy food but you don't have to use the hot pepper. You can put any vegetables into the pot."

Mo Secka, Redfield

Ingredients

½ chopped chicken	1 sweet potato, cut into quarters
1 large onion, sliced	1 Scotch Bonnet hot pepper, very hot (optional)
Garlic, according to taste	Salt and black pepper
3 medium potatoes cut into quarters	Chicken stock cube
1 carrot, sliced	1 tablespoon oil
1 piece crushed root ginger	1 cabbage, either thick sliced or quartered
Tomato paste	½ cup rice per person

1. In a large pot add 1 tablespoon of oil and fry the chicken to seal for 15 to 20 minutes.
2. Remove the chicken from the pot and add the potatoes. Cook on a high heat for 5 minutes and then add the onion, garlic, carrot, ginger, sweet potato, and cabbage. Cook for 10 minutes.
3. Add enough water to almost cover the vegetables and bring to boil.
4. Add seasoning, tomato paste, the stock cube and bonnet pepper, if used.
5. Add the chicken and mix carefully with the vegetables.
6. Simmer until the vegetables cook down but are not too soft.
7. When the vegetables and chicken are cooked, remove from the pot and keep them hot.
8. Drain off any surplus oil from the pot and leave the onion. Cook the rice in the vegetable and chicken stock in the pot. Add water and salt if required and cook as you would normal rice.



Mullah Bamyah

(Okra /Ladies' Fingers)

Serves 4-6

"This is a typical Sudanese recipe and is served by some families on a daily basis. My children love it."

Muna Talha, Barton Hill

Ingredients

900 g/2 lb okra (small)

450 g/1 lb lamb cut into pieces

Mixed spices

(½ teaspoon cumin seed, 1
teaspoon ground coriander)

5 garlic cloves, crushed

2 cups tomato juice

2 small onions

Cooking oil

Salt and pepper (to taste)

1. Chop onions into small slices and fry with oil until golden and soft.
2. Add the lamb and cook it over a low heat until half cooked.
3. Add the okra to the lamb with crushed garlic, salt, pepper and mixed spices.
4. Pour seasoned tomato juice over the okra and cook over a very low heat, until the juice has absorbed.
5. Turn over onto a serving dish.

You can use seasoned mince instead of lamb. Serve with rice or bread.



Try using soya mince instead for a lower fat, higher fibre vegetarian alternative.



Choose a lean cut of lamb and remove any visible fat.
Keep the amount of oil used for frying to a minimum.

Huuris

(Lamb dish)

Serves 4

"In Somalia, meat, milk and crops such as wheat and maize are popular because we have influence from the nomads. Our main dish is always meat and could be lamb, camel, goat or chicken. A lot of recipes are not written down and we cook by taste."

Ifrah Mohamoud, Support Worker

Recipe from the One World Group, Barton Hill

Ingredients

1 leg of lamb	4 garlic cloves, chopped
2 medium potatoes	1 teaspoon coriander seeds
1 carrot, chopped	1 red, 1 orange and 1 green pepper
1 onion, chopped	4 tablespoons oil
1 teaspoon powdered chicken stock or 1 stock cube	1 lemon
1 handful of fresh coriander leaves, finely chopped	1 teaspoon black pepper (to taste)

1. Cut slices of lamb off the leg.
2. Put in a saucepan with 2 cups of water and powdered chicken stock or a stock cube.
3. Add the chopped onion, carrot and black pepper (to taste). Simmer until the water has disappeared (around 20-25 minutes).
4. Cut the potatoes up and fry them in some oil.
5. Take out the meat and fry in a little oil with the garlic, coriander seeds and coriander leaves for 5 minutes, until the meat is brown. Squeeze some lemon juice over it.
6. Put the meat and carrot in the middle of a dish, potatoes round the edge and decorate with sliced peppers.
7. Serve with rice.



Remove the skin from the chicken thighs and use reduced fat coconut milk.

Thai Green Curry

Serves 4

"This is one of my favourite recipes because I like coconut, chicken and chillies. Green curry pastes are used in chicken, seafood and beef curries. We would eat this with sticky rice."

Jiraporn Phonyiam (Am), Barton Hill

Ingredients

750 g/1.7 lb chicken thigh fillets

250 g/9 oz green beans

1 red pepper

1 yellow pepper

1 courgette

¼ cup/60 ml/2 fl oz green curry paste

400 ml/14 fl oz coconut cream

Green curry paste

3 small fresh chillies, seeded and sliced thickly

2 garlic cloves, halved

3 spring onions, coarsely chopped

¼ cup coriander leaves, coarsely chopped

¼ cup lemon grass, coarsely chopped

¼ cup/60 ml/2 fl oz peanut oil

2 tablespoons water

1 teaspoon shrimp paste

½ teaspoon ground cumin

225 g/ ½ lb can bamboo shoots, drained and sliced thickly

1. Blend or process the curry paste ingredients until smooth. This makes ¾ cup.
2. Cut the chicken into thin strips. Cut the beans into 5cm pieces, the courgette into small chunks and peppers into strips.
3. Heat the wok or large frying pan, add the green curry paste. Cook, stirring, for about 3 minutes or until fragrant.
4. Add the chicken and cook, stirring for 10 minutes or until the chicken is almost cooked. Stir in the coconut cream, bring to the boil and simmer uncovered for 30 minutes.
5. Add the beans, peppers and courgette and simmer for 10 minutes or until tender.



Indonesian Noodles

Serves 6

"This recipe is from an Indonesian book. I come from Surabaya and most of the people there cook this because it is easy and it's very popular. This is everyday food for us. If you like, you can add chicken or prawns to this. In Indonesia people will also eat noodles and rice together, I use small noodles that I buy in the local supermarket."

Siti Fathonah, Barton Hill

Ingredients

2 packets of noodles
2 garlic cloves, chopped
2 onions, finely chopped
½ teaspoon black pepper
2 tablespoons soy sauce
Pinch of nutmeg

Small bunch of spring onions,
chopped

Garnish

2-3 eggs
A knob of butter
Half a cucumber, sliced
Two red chillies, sliced

1. Put the noodles in hot water for 3-5 minutes, then drain.
2. Fry the onions and garlic a little bit, then add half the spring onions with soy sauce, black pepper and nutmeg and fry for a few minutes.
3. Add to the noodles and stir for 3-4 minutes.
4. Put a knob of butter into a frying pan and beat 2-3 eggs in a cup. Add to the pan to make an omelette. When cooked cut it into thin strips.
5. For the garnish, top the noodles with sliced omelette, finely sliced red chillies and cucumber slices.
6. Eat the noodles straight away, while hot.



Try low sodium soy sauce to reduce the salt content.



Pork Adobo

Serves 4-5

"This is a typical Philipino dish, it is usually eaten for lunch or dinner. You can eat it with chopped tomatoes or salad. Sometimes we give the dish our own twist – I added the sugar to this which improves the flavour."

Vivian Delatorre, Redfield

Ingredients

500 g/1.1 lb pork, cut into small pieces (shoulder joint)

5 tablespoons soy sauce

½ cup/4 fl oz/120 ml water

3 bay leaves

1 teaspoon black pepper

3 tablespoon vinegar

5 garlic cloves, chopped

1 onion, chopped

1 teaspoon sugar

1. Mix the pork, water, soy sauce, bay leaves, black pepper, garlic and onion in a pan.
2. Simmer until the meat is tender; then add the vinegar.
3. Simmer for a few more minutes until the sauce becomes oily and reduced.
4. Add sugar.
5. Eat with rice or noodles.



Use low sodium soya sauce to reduce the salt content. Try using ½ teaspoon of agave syrup instead of the sugar.



Replace the coconut cream with reduced fat coconut milk. You can also use ½ teaspoon of agave syrup instead of sugar.

Shwe-taung Noodle

(Noodles with coconut chicken curry)

Serves 4-5

"This is typical of Burmese staple food because they would use fresh local ingredients like shrimp, shrimp paste and fish sauce – you can buy these on Stapleton Road. People in Burma would eat something like this every day."
Bruce Williamson, Redfield

Ingredients

500 g/1.1 lb fresh egg noodles	2 tablespoons vegetable oil
1 cup finely chopped spring onions (rinsed and drained)	1 inch fresh ginger
2 cups crispy fried noodles	4 garlic cloves
A few sprigs of coriander leaves	2 teaspoons paprika or chilli powder
Some lemon or lime wedges	1 teaspoon each of salt and sugar
Chicken Curry	3 tablespoons fish sauce
500g/ 1.1 lb boneless chicken, cut into small cubes	½ teaspoon ground turmeric
½ cup coconut cream	1 onion, chopped

1. Pound the onions, garlic, paprika, ginger and ground turmeric in a mixer to make a paste. Use a pestle and mortar or rolling pin if you don't have a mixer.
2. Heat the oil in a pan and fry the paste over a moderate heat for 2 minutes.
3. Add the chicken, fish sauce, salt and sugar, then continue to stir fry for 5 minutes
4. Add the coconut cream and cook for another 5 minutes, then remove from the heat.
5. Take around 2 cups of noodles and fry in oil for a few seconds.
6. Place some noodles in a bowl and top with a few rinsed, chopped spring onions, 2 tablespoons of chicken curry, a few crispy noodles, coriander leaves and some lemon juice to taste.



Montego Beef

Serves 4-5

"You can eat this with anything, have a salad with it or cabbage. We serve it with rice, rice and peas, sweet potatoes, yams or dumplings. In Jamaica every type of meat is cooked differently with different seasoning. You can eat this any day of the week – it's like having a steak. This is one of the most popular dishes I make."

Roy Reuben, owner of Montego Restaurant Takeaway, Lawrence Hill

Ingredients

1.4 kg/3 lb beef cut into inch square cubes

For marinade

1 teaspoon beef seasoning

½ teaspoon all purpose seasoning

2 teaspoons paprika

1 teaspoon garlic powder

1 ½ teaspoons jerk seasoning

1 teaspoon mixed herbs

2 tablespoons mild curry powder

1 ½ onions, chopped

4-5 sprigs of thyme

½ tablespoon hot chilli powder (optional)

For cooking

Oil to brown meat

1 ½ cups water

1 tin chopped tomatoes

1. Mix all the marinade ingredients with the meat and put in the fridge for two hours or overnight.
2. Put a little oil into a pan and brown the meat. When browned add 1 ½ cups of water and cook slowly.
3. Half way through cooking add the chopped tomatoes. Let it cook slowly with the lid of the pot slightly open, until it has cooked into a thick juice.



Choose a lean cut of beef and trim away any visible fat. Serving with a lovely fresh salad will add extra nutrients.



Garlic Lovers' Lentils

Serves 2

"I first made this when there was very little in the fridge; I thought it all held together rather well. I tend to cook lentils up in bulk and freeze them in smaller portions, so it makes a really quick lunch or supper. I like it with crusty bread and it's also nice with a little balsamic vinegar sprinkled over."

Emma Rowbotham, Whitehall

Member of the Grub Hub, a local food buying group

Ingredients

100 g/4 oz puy/green or brown lentils

1 tomato, chopped

2 large garlic cloves, crushed

Generous knob of butter

1 dessertspoon tomato puree

1 large field mushroom or handful of chestnut mushrooms, chopped

Plenty of fresh basil or 2 heaped teaspoons pesto sauce

Salt and pepper (to taste)

1. Boil lentils for 20-30 minutes until cooked.
2. Gently fry the mushrooms and garlic in the butter until cooked.
3. Add the tomato and cook until softened, then add the lentils and tomato puree and stir in the basil or pesto. You can loosen the mix by adding 1 or 2 tablespoons of water.
4. Add plenty of pepper and salt (to taste) and serve.



Choosing fresh basil instead of pesto will give a lovely flavour and will reduce the fat content of this dish.



Liver with Oranges

Serves 4

"Liver is a very traditional English dish but this also has an Italian twist with the added orange juice and rind. I always use pig's liver because it has more taste. I've been cooking this for at least 10 years and have it once a week or fortnight as part of a balanced diet. My husband adores it and I've also given the recipe to my mother."

Margaret Castle, Barton Hill

Ingredients

350 g/12 oz liver, sliced

2 tablespoons flour

Salt and pepper

1 tablespoon olive oil

2 tablespoons butter (optional)

1 onion, sliced

1 small garlic clove, crushed

Half cup/120 ml/4 fl oz brown stock

Juice and grated rind of 1 orange

1. Dredge the liver slices with flour and season with salt and pepper.
2. Heat the oil in a large pan and drop in the butter (optional). When the fat is hot, add the liver and cook until browned on both sides, about 5 minutes. Cook in two batches if necessary. Remove the liver from the pan.
3. Add the onion to the pan. Cook until beginning to brown and add the garlic.
4. Add any remaining flour and pour on the stock and orange juice.
5. Add the orange rind and stir to mix well, scraping any sediment off the bottom of the pan.
6. Add the liver, cover the pan and simmer for 10-15 minutes, or until the liver is tender.
7. Serve with rice or pasta.



You could use wholemeal flour without affecting the taste of this recipe. It can also be made without the butter.



Melanzane Alla Parmigiana

(Aubergine Parmigiana)

Serves 4

"In Italy a region invents a recipe and all the other regions invent their own original variation of it. This is from central Italy - Emilia Romagna in Tuscany. I don't have a clue exactly why my mum and nan make it like this, so maybe this is their own version. You can have this as a starter, a main course, or a side dish with some meat. It goes with everything. In my family we used to eat it quite often, sometimes once a week."

Sara Ruggeri, Barton Hill

Ingredients

4 large aubergines

800g jar of passata (sieved and pureed tomatoes)

10 leaves of fresh basil (2 pinches if dried)

1 garlic clove

1 tablespoon olive oil (preferably extra virgin)

80-100 g/4 oz grated Parmesan cheese

250 g/9 oz mozzarella cheese

Salt and pepper (to taste)

1. Fry the garlic clove in the olive oil in a large saucepan for 1 minute at a low temperature.
2. Take away the garlic and add the passata and salt (to taste).
3. Leave to boil for about 20 minutes on a low heat, adding the basil and pepper (to taste).
4. Slice the aubergine into discs and grill them.
5. Chop the mozzarella as fine as you can.
6. Pre-heat the oven to 150 C/300 F/gas 2.
7. When everything is ready, place in an oven dish (as deep as the one you would use for a pie or lasagne), a layer of aubergine, a layer of mozzarella and a sprinkle of Parmesan.
8. Carry on until you have finished all your ingredients. The last layer must be Parmesan, a layer thicker than the others.
9. Put your dish in the oven for 25 minutes or until cooked.



When the mince and onions are cooked drain away any excess oil. Try using a reduced fat cream in the sauce.



Galabki

Serves 4

"A Polish meal typically consists of a soup, a second course which is very often boiled potatoes, meat in some form and salad followed by cake with a cup of coffee or tea for pudding. These are delicious parcels made of cabbage leaves and filled with spicy rice and mince. They are usually served as a main course and best with boiled or mashed potatoes and cucumbers in brine. You will also enjoy them with a slice of fresh bread or a roll."

Malgorzata Garczek, Polish Women's Group in Barton Hill

Ingredients

1 large cabbage
600 g/1.3 lb minced pork or beef
250 g/9 oz rice
1 onion, thinly chopped
1 tablespoon oil
1 tablespoon margarine
2 eggs
Fresh dill
Salt and pepper (to taste)

Sauce

1 litre/2 pints stock made from meat or stock cubes
1 tin tomato puree or chopped tomatoes
3 tablespoons flour
125 ml/4 fl oz water
2 tablespoons cream
Spices: Salt and pepper, sugar (to taste), bay leaf, pimento

1. Put the whole cabbage into a big saucepan. Bring to the boil and simmer for about 20 minutes. Take the cabbage out of the water and gently take the leaves apart.
2. For the filling, boil the rice. Fry the onion with the mince in oil until brown. Add the cooled rice to the mince and onion. Add the eggs, salt and pepper and mix it all up.
3. Put about a spoonful of the filling onto each cabbage leaf and wrap the leaf around it tightly.
4. On the bottom of the large saucepan put a few spare cabbage leaves (it will prevent the parcels sticking). Pile the parcels on top. Pour water over them and add the margarine. Sprinkle with fresh dill and simmer covered for about 1 hour.
5. For the sauce add tomato puree or chopped tomatoes to the meat stock. Add the spices and bring to the boil.
6. Mix the flour with water and add the stock, stirring at all times. Add the cream and stir in.



Frango a Portuguesa

(Portuguese Chicken)

Serves 4

"Chicken is a very popular meat in Portugal, especially in the north. There are many ways of cooking and preparing chicken. This one is marinated in advance so it tastes richer. It's my personal recipe based on Portuguese savoury gastronomy and is very popular with my family and friends."

Claudia Aurora, Afro-Brazilian dancer, teacher and singer

Ingredients

6 free range (or organic) chicken drumsticks

1 lemon or half a glass of white wine

1 small orange

Fresh parsley or coriander, chopped

2 garlic cloves, chopped

1 small onion, sliced

Salt

Tabasco

Black pepper

2 bay leaves

Olive oil

1. Wash the chicken drumsticks and put them on pyrex dish or metal tray with foil.
2. Make a few cuts in each drumstick and squeeze a lemon (or half a glass of white wine) and an orange over the chicken, always turning.
3. Put the small pieces of chopped garlic on top.
4. Add a little salt, a few drops of tabasco (not too much unless you like very hot chicken), black pepper, bay leaves, sliced fresh parsley or coriander, sliced onion and finally a drizzle of olive oil.
5. Make sure you marinate both sides so they absorb the flavour of the ingredients. Leave marinating for 30 minutes if you can - but it's not essential.
6. Turn on the grill less than half heat and place the drumsticks below, not too near the flame. Cook for 15 minutes each side.
7. Keep an eye on the drumsticks so they don't burn and are well cooked. They might take 45 minutes, depending on the grill. When they look crispy and brown they are ready to serve.
8. They can be accompanied by rice or chips with fresh salad.



Ghormeh Sabzi

(Stewed meat with black-eye beans)

Serves 4

"My mother-in-law showed me how to cook this nearly 30 years ago and I've never written it down before. My children always loved it. It's easy to cook and you can get the herbs fresh from local Asian supermarkets or the dried version - we grow our own. You could have this every day or for special occasions, I cook it for guests. It's a traditional food and in different regions they add different ingredients."

Susan Aramfar, Whitehall

Ingredients

450 g/1 lb stewing meat (lamb or beef)

1 large onion

4-5 garlic cloves

1 tin tomatoes or 450 g/1 lb fresh tomatoes

1 tin black-eye beans, rinsed

300 ml/½ pint water

Stock cube

Small bunch of dill

Large handful/bag of spinach

Small bunch of parsley (to taste)

Bunch of coriander

Bunch of fenugreek

Bunch of scallions or chives

2-4 crushed and seeded limes (to taste)

1 teaspoon turmeric

Salt and pepper (to taste)

1 tablespoon olive oil

1. Fry the meat to seal it in a large frying pan or wok. Remove.
2. Fry the onion to soften and add the turmeric, pepper and salt. Add the garlic at the last minute and fry until soft.
3. Transfer the meat and onion/garlic mixture to a large pot and mix in the chopped herbs.
4. Add the tomatoes and a tin of black-eye beans and stir.
5. Add the stock and simmer for 1-1½ hours, until the meat is tender.
6. Serve with rice, yoghurt with mint and chopped cucumber, salad and pita bread.



Choose the leanest cuts of lamb, remove visible fat. You could use brown rice instead of white or mix equal amounts of both.

Lamb Rice

Serves 4

"This is a typical Kurdistan dish, served with okra and beans. You can eat it with naan bread and salad."

Ali Bahman, Kurdistan chef, Easton

Ingredients

1 kg/2.2 lb lamb	1 tablespoon tomato puree
1 litre water/1¾ pints (for lamb)	1 garlic clove
Oil	Oil
1 onion, sliced	500 ml/17 fl oz water
1 dried lemon	Bean dish
Salt to taste	3 cans haricot beans
4 cups of rice (1 per person)	Salt (to taste)
Okra dish	Oil
1 pack frozen okra	1 tablespoon tomato puree
1 tomato, chopped	Water (to taste)

1. Cut the lamb into pieces and cook in water on a low heat for half an hour. Add salt and cook for a further 25 minutes.

2. Cut up the onion and add half to the water, with the dried lemon and simmer for a further 25 minutes.

3. Put oil in a pan and fry the other half of the onion, then add just over 4 cups of water and salt.

4. Cover and simmer for 5 minutes then add the rice. Cover and simmer for 10-15 minutes, stirring the rice once during this time.

For okra dish

5. Put the pack of frozen okra into water with oil, tomato puree, chopped tomato and garlic clove for 20 minutes to simmer.

For bean dish

6. Heat some oil, add tomato puree, salt and haricot beans. Add some hot water (to taste) and simmer for 15 minutes.



DESSERTS



Queen's Pudding

Serves 3-4

"This recipe is from my 90-year-old mum. She used to make it for us as children. My grandmother made it too, she was born in 1880s on a smallholding, in a tiny Oxfordshire village, and became a housekeeper and cook. Many recipes were just in her head. Being from a farming family - my mother and grandmother were brought up in households where there was plenty of eggs, milk and butter. This doesn't use special ingredients but stuff you'd just have in normally."

Joyce Tyson, Redfield

Ingredients

100 g/4 oz white bread crumbs

Grated rind of 1 lemon

2 tablespoons jam

25 g/1 oz butter

2 eggs

100 g/4 oz caster sugar

300 ml/½ pint milk

1. Heat the milk, add the rind, butter, breadcrumbs, sugar and egg yolks, remembering to keep the whites for the topping.
2. Leave to soak away from the heat.
3. Butter a pie dish well, add the jam. Spread well over the bottom of the dish and add the mixture.
4. Place in a moderate oven (150C/300F/gas 2) for 1 hour. Remove from the oven and switch it off.
5. Whisk the egg whites until stiff. Add the rest of the sugar and whisk again. Spread on the pudding.
6. Place in the warm oven until brown.





Bread and Butter Pudding

Serves 5

"I have NVQs in food preparation and cooking and this was a recipe taught to me at college. I've used it ever since, when I cook for friends and family or if I do a buffet for someone. It always goes down well."

Paul Griffiths, Barton Hill

Ingredients

10 slices of stale bread

75 g/3 oz butter

3 tablespoons sugar

100 g/4 oz raisins or sultanas
(or a mix of both)

3 eggs

1 teaspoon vanilla extract

600 ml/1 pint milk

150 ml/¼ pint cream

2 teaspoons freshly grated
nutmeg

1. Grease a large ovenproof dish with some of the butter.
2. Butter the bread and remove crusts.
3. Cut the bread into triangles.
4. Place in layers in the bowl, sprinkling the dried fruit on top of each layer.
5. Whisk the eggs. Whisk the milk, cream, sugar and vanilla essence and then combine with the eggs.
6. Pour on top of the bread and fruit and leave to soak for about 2 hours, until the bread is saturated.
7. If there isn't enough liquid to cover the bread, add more milk and/or cream.
8. Sprinkle the top with grated nutmeg.
9. Bake in a medium oven for approximately 1 hour.



You can still keep the flavour and texture of this dessert by replacing the sugar with xylitol and the full fat milk with skimmed.



Irish coffee soufflé

Serves 4

"This recipe came from my mum. It takes a lot of patience and hard work but it is delicious if you get it right. My boyfriend tried it and failed miserably! My family in Ireland are great chefs and run a group of award-winning restaurants so they would have no problem with this."

Leonie Williams, Redfield

Ingredients

6 eggs	225 g/8 oz sugar
600 ml/1 pint whipping cream	75 g/3 oz Irish whiskey
300 ml/½ pint very strong coffee	75 g/3 oz crushed walnuts
	50 g/2 oz powdered gelatine

1. Lightly grease a 1 litre (2 pint) soufflé dish and tie a band of grease proof paper around the outside of the dish to extend 5cm above the rim. Grease the inside of the paper collar.

2. Separate the eggs and whisk the egg yolks with the sugar.

3. Heat the coffee until hot but not boiling and dissolve the gelatine. Add this mixture to the yolks and sugar.

4. Beat well and place the bowl over a saucepan of boiling water.

5. Continue beating until the mixture begins to thicken and remove from the heat.

6. Allow to cool slightly, place over cracked ice and continue stirring.

7. When the mixture is on the point of setting, fold in half of the whipped cream and the whiskey.

8. Beat the egg whites to a stiff peak and fold into the mixture.

9. Pour into the soufflé dish and leave to set.

10. Remove the paper collar by easing around the edge with a knife dipped in hot water.

11. Decorate with crushed walnuts, grated nutmeg and whirls of cream (if desired).

You can use chocolate powder instead and serve with strawberries for a romantic dessert.



Snickers Cake

Serves 6

"Sponge cake is a very popular type of cake in Poland. It is served in a variety of ways, with fruit such as strawberries and jelly, or, like this one, in a more contemporary way using a chocolate bar as an inspiration."

Kamelia Szymcinska, Redfield

Member of the Polish Women's Group, Barton Hill

Ingredients

6 eggs

Whipped cream or vanilla cream
(from Polish shop)

240 g/8 oz plain flour

1 ½ tablespoons white vinegar

260 g/9 oz white sugar

1 teaspoon baking powder

Topping

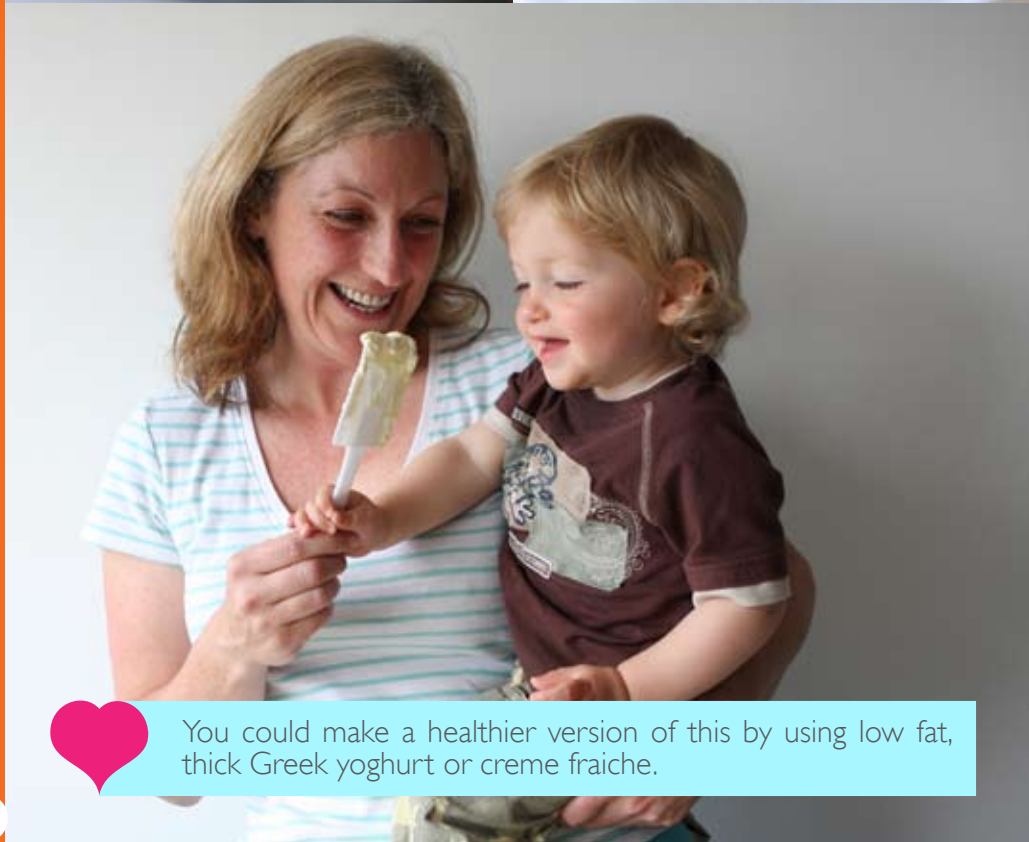
Unsalted peanuts

Tin of ready-made caramel

1. Separate the egg whites and yolks. Beat the egg whites with sugar and a pinch of salt until they are stiff.
2. Add the yolks with the vinegar and the rest of the ingredients. Mix it all up and pour onto a baking tray.
3. Bake it in the oven for about 30 minutes at 180 C/350 F/gas 4.
4. When cool, cut the sponge cake into halves. Spread your favourite cream over one half. Put the other half on top.
5. Cover the top with unsalted peanuts and ready-made caramel. You will need to put the caramel tin in hot water to melt it.



Try a Starburst cake instead and use sliced fresh fruit and hundreds and thousands instead of nuts and caramel.



You could make a healthier version of this by using low fat, thick Greek yoghurt or creme fraiche.

Kiwi Pavlova

Serves 6

"Pavlova is a traditional dish which is eaten as a dessert in the summer in New Zealand and Australia – usually at family BBQs and parties especially Christmas Day (it's so hot we don't tend to have Christmas pudding).

There is a huge rivalry between New Zealand and Australia as to who actually invented the Pav – although serious research indicates New Zealand as the source. It's named after the famous Russian ballet dancer Anna Pavlova and was created to honour her during her tour of the countries. This recipe is from my mother and grandmother."

Nicola McDonald, Redfield

Ingredients

3 egg whites	1 teaspoon vanilla essence
Pinch of salt	3 teaspoons cornflour
2 tablespoons cold water	Whipped cream
1 cup caster sugar	2 or 3 kiwi fruit
1 teaspoon vinegar	2 passion fruit

1. Pre heat oven to 150 C/300 F/gas 2.
2. Beat the egg whites and pinch of salt until stiff, use an electric mixer or beater for best results. Add water and beat again. Add the sugar very gradually, only a tablespoon at a time, while still beating.
3. Slow the mixer down to add the vinegar, then vanilla and cornflour and give one final beat, folding all the ingredients together.
4. Line an oven tray with baking paper, then draw a circle on the baking paper about 20cm round. Spread the Pavlova to within the edge of the circle, keeping the shape as round and even as possible.
5. Smooth the top surface with a knife and then place in the centre of the oven for 45 minutes.
6. Leave to cool in the oven and then carefully lift the Pavlova onto a serving plate.
7. Decorate with fresh whipped cream, then peel and slice the kiwi fruit and put on the top. Cover with the inside juices of the passion fruit.



Lemon Tart

Serves 6

"My mum used to make this in Adelaide for pudding and never a crumb was left on the plate. It's a family favourite and I hope you all enjoy it."

Nick Davis, Barton Hill

Base

1 pack of biscuits
(digestives/hobnobs)
100 g/4 oz of butter

Top Layer

2 lemons
Tin of condensed milk
200 ml/7 fl oz double cream

1. Put the biscuits into a bowl and break them up until they become a powder about the consistency of sand.
2. Melt the butter in another bowl and pour into the biscuit powder. Mix thoroughly.
3. Put this into a flan dish and spread it out to make an even layer.
4. Press this down with the back of a spoon to firm it up.
5. Leave in the fridge. This should become solid. If it doesn't add more melted butter, mix thoroughly and spread out again as before.
6. Rind one of the lemons and then juice both, taking out the pips. Set aside.
7. Put the tin of condensed milk and the cream into a mixing bowl and mix thoroughly. Add the lemon juice, this makes the mixture thicken.
8. Put this mixture onto the base and spread out evenly. Sprinkle the zest over the top for added zing. It is very strong so be light with the zest.
9. Leave in the fridge for 20 minutes before serving.



Use reduced fat spread instead of butter. Replace $\frac{1}{2}$ the double cream with the same amount of reduced fat creme fraiche.

Local food shops

Ingredients for all of these recipes can be bought from local retailers. Here is a selection of independent shops in the area supplying food and spices from around the world as well as local produce.

Butternut Deli

Local, worldwide & homebaked food
341 Church Road, BS5 8AQ
Tel 0773 833 6573.

Biaty Orzet

Polish Delicatessons
359 Church Road, BS5 8AQ
0117 955 4252.

Stella's Fruit and Veg

Greengrocers
229 Church Road, Redfield,
BS5 9HL.
0117 955 3817.

Sharif Shop and Butchers

Food & halal meat
223 Church Road, Redfield
0117 955 1562.

Savannah African Foods Stores Ltd

African foods & spices
17 Church Road, BS5 9JJ
0117 955 7032.

Soomar Stores

Somalian, South Arabian & Italian food
139 Lawrence Hill, BS5 0BT
0117 955 8729.

Qudus

International food & halal butchers
198 Lawrence Hill, BS5 0DR
0795 162 8296.

Gelle Mini Shop

International groceries
190 Lawrence Hill, BS5 0DR
0750 601 8824.

Barton Hill Supermarket

Groceries & Caribbean food
127-129 Queen Ann Road, BS5 9TJ
0117 955 2666

Chaudhry's Mega Mart Ltd

Halal meat, English, Asian & continental food
58-62 Bellevue Road, BS5 6DP
0117 939 3322.

Bristol Sweetmart

Supplier of ethnic foods & spices.
80 St Marks Road, Easton, BS5 6JH
0117 951 2257.

Pak Butchers

Halal meat
88 St Marks Road, Easton, BS5 6JH
0117 951 4906.

Raja Foodstores

West Indian, African & continental food
60-62 St Marks Road, Easton
0117 951 2010.

Istanbul Supermarket

Turkish, Kurdish, Persian & Polish food
410-412 Stapleton Road
0117 951 9175.

International food market

Eastern European food
392 Stapleton Road
0772 551 9045.

Masala bazaar

Asian grocery
382-386 Stapleton Road, BS5 6NQ
0117 951 8808.

R. Jenkins Butchers

240 Stapleton Rd, BS5 ONT
0117 952 1014

BRB supermarket

Caribbean food market
232 Stapleton Rd
0117 952 1965.

Mubarak market

Somali food store
222 Stapleton Rd
0117 952 2107.

Rehans butchers & frozen food

Fish & halal meat
218 Stapleton Rd
0789 066 2696.

Toveys Seafood Ltd

198-200, Stapleton Rd, BS5 ONY
0117 951 0987.

Sahan Supermarket

International Groceries
209 Stapleton Road
0117 952 5727.

Rehans Foodstore & Off Licence

*African, Caribbean, Asian & English
food, fruit & veg*
196 Stapleton Rd
0117 952 5556.

National food store

Continental grocer
142 Stapleton Rd, Easton
0117 952 2639.

The Best Supermarket

Continental food store
132-134 Stapleton Rd, Easton
0117 951 0245.

Adubakar Halal Butchers

Halal meat & international groceries
128 Stapleton Rd
0790 443 7390.

Sid Purnell's Family Butchers

Caribbean & English meat
114 Stapleton Road, BS5 OPX
0117 955 6357.

Al Madina Halal Butchers

Frozen food & groceries
80 Stapleton Rd, Easton, BS5 OPW
0117 935 0356.

United supermarket

68 Stapleton Rd
0117 955 1331.

Ahmed Halal Butchers

48 Stapleton Road, BS5 ORA
0117 955 7094.

Maliks – One Stop Shop

*Asian, West Indian & Afro-Caribbean
food, fruit & veg*
26 Stapleton Rd, Easton
0117 955 1741.

Local foodbuying group**The Grub Hub**

Buy eco-friendly food in bulk
0117 955 9444.

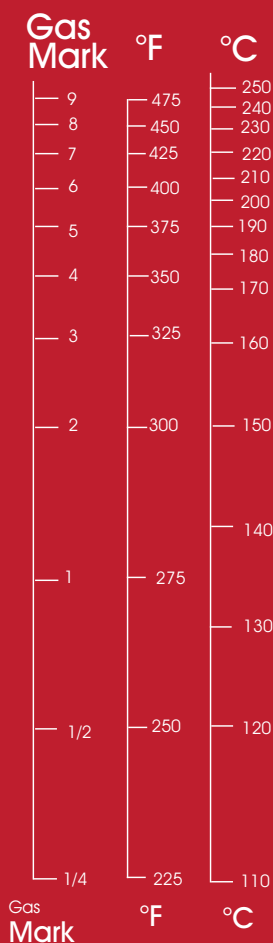
Conversions

1 teaspoon = 5 ml

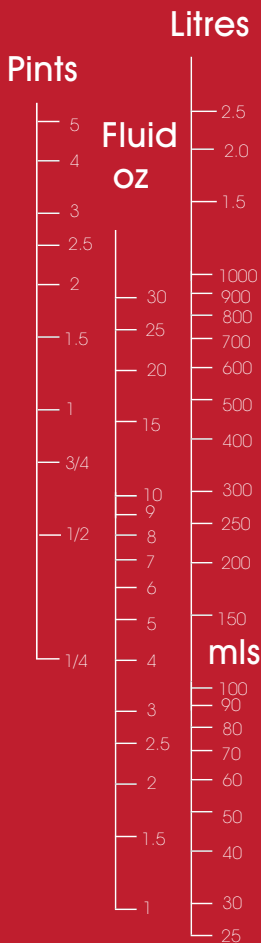
1 dessertspoon = 10 ml

3 teaspoons = 1 tablespoon = 15 ml = ½ fl oz

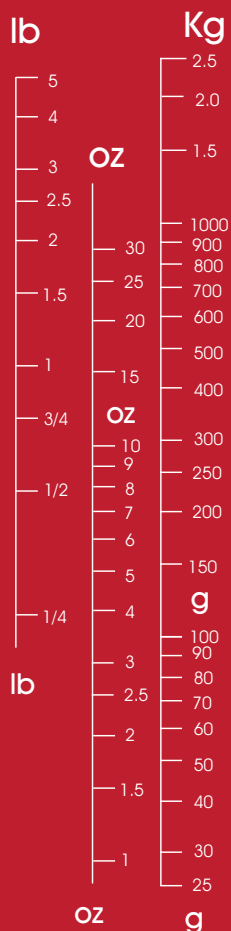
2 tablespoons = 30 ml = 1 fl oz



TEMPERATURE
CONVERSION CHART



CULINARY VOLUME
CONVERSION CHART



CULINARY WEIGHT
CONVERSION CHART

70%

of house fires in our community start while people are cooking

Don't become another statistic:

- ◉ Never fill a pan more than one third full of fat or oil.
- ◉ Never leave the pan or grill unattended when the heat is switched on.
- ◉ Never put food in a chip pan if the oil begins to smoke. Turn off the heat and leave the oil to cool, otherwise it could catch fire.
- ◉ Never wear loose clothing near to cooking materials, as it could catch fire causing severe burns.
- ◉ Keep tea towels well away from cooking appliances, as they could catch fire.
- ◉ Clean hobs regularly to prevent a build up of fat.
- ◉ Drinking alcohol and cooking is a mix that can end in disaster.



'Live well together'



Wellspring Healthy Living Centre offers a wide range of activities and services to improve your health and wellbeing.

Wellspring is unique in its approach to health and wellbeing - by locating G.P.s, dentists, health visitors, health trainers and pharmacists in the same building as a community-run health organisation, we are able to provide residents with an integrated and responsive health and wellbeing service.

Activities on offer:

- Cooking courses in our community kitchen
- Yoga, Tai chi, Samba dancing
- Painting, Ceramics & Animation
- Men's groups
- Complementary therapies
- Health activities for young people
- One-to-one mental health support
- Counselling
- Support to stop smoking



The Wellspring Community Kitchen, which is equipped with excellent facilities to accommodate up to 9 people, is used to host courses that focus on food, nutrition and a variety of healthy eating activities:

- Healthy eating for families with young children
- Cooking with residents new to the community
- Creative cooking for young people
- Cooking for older people
- Foods to support people with low-level mental health issues



Bristol
Primary Care Trust



Healthy Living Centre

Funded and supported by:



These and further recipes from the community are available online at www.ndcbristol.co.uk

While we have tasted all these dishes, it has not been possible to make them all and we have relied on the expertise of our contributors.





“...With the multicultural mix we have in Bristol, imagine if we translated that into food and the culinary delights. Imagine no longer because reality is here!

...Happy eating and congratulations on achieving this fantastic goal.”

Sherrie Eugene - Award-winning broadcaster



£2.50
where sold