

Brushstrokes Community Recipe Book

Food from around the world





BRUSHSTROKES RECIPE BOOK

A collection of recipes gathered from dishes shared at the Brushstrokes annual BIG LUNCH and a series of cookery demonstrations which took place at Brushstrokes during the summer of 2017

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With thanks to all the volunteers and demonstrators who attended and contributed to these events

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ALBANIAN BYREK WITH SPINACH



Ingredients:

400g (12 sheets) Filo pastry

200g Spinach

2 eggs

180g Cheddar Cheese

25g Cream Cheese

4 tablespoons Olive Oil

220ml Water

½ teaspoon Dried Basil

Method:

Ensure all stalks are cut off the spinach and place into a mixing bowl. Add the eggs and cheeses. Mix together so the egg covers all the spinach.

Take two sheets of pastry, add some of the filling along the long edge leaving about an inch underneath. Fold in both sides about 2 inches, then from the bottom, fold the inch left over the mixture then roll upwards to make a long sausage shape.

Roll loosely into swirls or fold into horseshoe shapes.

Oil the base of a baking dish and place them inside against each other. Brush olive oil over them and sprinkle with basil.

Bake in the oven at 180 degrees for 30 minutes or until golden brown.

These are the perfect size for packed lunches. If you make a whole pie it is called Pite.

An Albanian recipe from Zana

GURABIJA

SIMPLE DELICATE BISCUITS FROM ALBANIA

Ingredients:

350g butter (at room temperature)

150g icing sugar (and extra for dusting)

550g flour

1 egg white

Walnuts or hazelnuts for decoration

Optional additions:- grated zest of 1 lemon or a little vanilla essence

Method:

Set oven at 190/375 degrees or Gas 5.

Line a baking sheet with greaseproof paper or grease and dust with flour.

Mix butter and icing sugar until light and fluffy. Add egg white and mix well, preferably using a mixer or food processor.

Knead small amounts of flour into the mixture until you have a smooth light dough. It shouldn't feel too greasy. Knead into a small ball of dough.

Make small balls the size of a large walnut and flatten to form round biscuits or use a cutter such as a heart shape. To decorate – push a small piece of walnut or hazelnut into the centre of each biscuit. Bake for about 10 minutes in the middle of the oven. Dust with icing sugar when cooled.

In some countries they prefer the biscuits to have a very light colour, others think a golden brown colour tastes and looks better – it's up to you!

Serve with a little compote on the side.

An Albanian Recipe from Tsmete

KABULI PALAU



Ingredients:

4 cups Basmati rice
 5 skinless chicken legs
 5 skinless chicken thighs
 3 medium yellow onions, peeled and quartered
 ½ cup + 2 tablespoons olive oil or vegetable oil, divided
 5 teaspoons salt
 1 cup chicken broth
 3 large carrots, peeled
 1 cup black raisins
 ½ cup slivered/flaked almonds
 3 tablespoons sugar
 ¾ cup water
 2 teaspoons ground cumin
 1 ½ ground cardamom
 ½ teaspoon ground black pepper
 12 cups water
 2 tablespoons browning sauce such as Kitchen Bouquet (optional)

Method:

Preheat oven to 500 degrees.

Immerse rice in a bowl of water and drain in a colander. Repeat this step 3 times.

Wash and dry chicken – set aside.

Chop the onions, then pour ½ cup of oil in a large saute pan at least 2" deep.

Saute onions over high heat for 5-10 minutes until they are a deep rich brown but don't burn them.

Add chicken to pan, sprinkle on 3 teaspoons of salt. Cook over medium heat for 6 minutes, turning so that all sides are golden brown. The onion will start to caramelize and turn into a thick sauce.

Add ¼ cup chicken broth. Stir frequently to stop chicken from burning. Once liquid is absorbed, add another ¼ cup of chicken broth, bring it to the boil and cover with lid. Simmer for 10 minutes. The sauce should be dark brown – you can add gravy browning at this stage.

While chicken is cooking, cut carrots into long thin matchsticks, about 4" long and not too thin.

In a large frying pan add ¾ cup of water and bring to the boil, add carrots and cook until tender and a deep orange hue, about 5 minutes. Keep a close eye to make sure you don't overcook them.

When done, drain any left over water from the pan, add remaining 2 tablespoons oil, raisins, almonds and sugar to the carrots.

Stir quickly over medium high heat, keep stirring 3 minutes. The raisins will look plump, carrots will be sweet. Remove from heat and package into a sealed aluminium foil pouch about the size of a small paperback novel.

Remove chicken pieces from the broth and set aside. Stir into the broth the cumin, cardamom and black pepper. Cook for 5 minutes to thicken.

Meanwhile, measure 12 cups water and remaining 2 teaspoons of salt into a large Dutch oven or pot with a lid. Bring to the boil. Add rice and boil to al dente (still slightly crunchy). Taste for doneness – don't overcook it.

Immediately strain the rice through a colander. Put back in the cooking pot and add the sauce from the chicken. Mix well. Arrange the chicken pieces on top of the rice. Set the foil package of carrots on top of the rice – this will keep the carrots warm and deepen the flavours without mixing with the rice yet. Bake the pot for 15 minutes in the oven at 500 degrees then drop the temperature down to 250 degrees. Cook for a further 20 minutes. Arrange the chicken pieces on a large platter.

Cover with the rice. Sprinkle carrots, raisins and almonds on top.
Serve with a simple salad. 6-8 servings.



A traditional recipe of Afghanistan from Hadia

TURKISH ALMOND CAKE

Ingredients:

4 eggs

1 cup olive oil

2 cups self-raising flour + 1 teaspoon baking powder

1 cup yoghurt

1 teaspoon vanilla essence

Flaked almonds

Method:

Beat all the ingredients together.

Place in an oiled 8" baking tin.

Cook in a moderate oven for 20minutes.

Take out of the oven and sprinkle top with flaked almonds.



A Turkish recipe from Makbule

9 HALLWA & PAQLAWA

KURDISH SWEET DISHES



HALLWA

1 tablespoon oil

1 cup flour

4 cups of hot water

ground cardamom

ground cinnamon

flaked almonds

rose water

sugar – to taste

Bring all ingredients to the boil.

Stir to a thick consistency and pour into a dish ready to serve.

This is made for special occasions

PAQLAWA

Filo Pastry sheets
Butter
Ground Cardamom
Ground walnuts
Ground cinnamon
Sugar
Sugar syrup or honey

Line a deep square dish with greaseproof paper.

Place sheets of ready- made filo Pastry into dish, brushing each layer with melted butter. After 8 sheets, also sprinkle with cardamom, cinnamon and ground walnuts mixed with sugar.

Top with 5 more layers of filo pastry and butter.

Cut into 4 x 4 slices and brush with butter.

Put in a moderate oven to cook and brown on top.

Take out of the oven and pour sugar syrup or honey over the top.

Allow to cool before removing from the dish.



LEMON MERINGUE PIE

Ingredients:

1 Lemon

6 oz caster sugar

½ pint water

1 oz cornflour

1 oz margarine

2 large eggs, separated

Ready-made pastry case



Method:

Mix cornflour with a little cold water in a measuring jug. Pour on ½ pint boiling water. Add to this the grated rind and juice of the lemon and 3 oz sugar. Put in a saucepan and stir until boiling. Simmer for 3 minutes then add the margarine. Remove from the heat, beat in the egg yolks one at a time. Cool for a few minutes, then pour into the pastry case.

Whisk the egg whites in a bowl until stiff peaks form. Add 3 oz sugar and fold in. Pile on lemon mixture and brown top in a cool oven, Gas 2, for approximately ½ hour or under the grill. Allow to cool.

Serve with cream or ice-cream.

A quick and easy dessert from Kathy



JOLLOF WITH PLANTAIN

Ingredients:

- Chicken legs and thighs
- Vegetable oil
- 2 tablespoons tomato paste
- 2 tins chopped tomato
- 1 red chilli
- 6 bay leaves
- 4 onions
- JUMBO chicken stock powder
- Mild curry powder
- Dried Thyme
- Butter/margarine
- Knorr chicken cubes
- Ground nutmeg
- Salt
- 2 kg Basmati rice
- 3 plantain 2 sweet peppers
- water



Method

Place chicken in a large frying pan with a lid. Add Jumbo chicken stock and water and boil for 45 minutes.

Blend together the chopped sweet peppers, chopped chilli, onions, chopped tomatoes, Thyme, Nutmeg and curry powder in an electric or hand blender.

Peel the plantain and slice into small pieces. Deep fry in large saucepan of vegetable oil.

Add 2 tablespoons tomato paste to the blended ingredients and stir together in a large saucepan. Wash, then mix the bay leaves into the pan.

Drain the cooked chicken from the frying pan in a colander. Place in the deep fryer (or a large pan of oil) and fry for a few minutes until brown.

Add the stock juices from the chicken pan to the other pan, then add the washed and drained rice with approximately $\frac{1}{4}$ litre of water.

Cook for 30-40 minutes until the rice is ready. Add a tablespoon of butter or margarine and stir until melted into the mixture.

Serve with chicken and plantain.

A Nigerian Recipe from

Elizabeth



KUBA

Ingredients:

- 1 kg minced meat
- 3 onions
- 3 celery sticks
- 3 walnuts
- 1 tablespoon oil
- 1 teaspoon black pepper
- 1 teaspoon salt
- 3 cups rice (1 cup rice to 2 cups of water)
- 1 teaspoon food colour
- 1 egg



Method:

First, cook the rice in a saucepan. Put the food colour with the water and when the rice has soaked up all water, then you place the lid on to the saucepan. Now cook the rice on a low heat for approximately 10 minutes until the rice is firm enough to be able to knead it into a ball.

Using another saucepan, heat the oil.

Then, cut the onions with the celery together and put into the heated oil for a few minutes, then add the minced meat. When nearly cooked you can add salt and pepper and the chopped walnuts, then cook for a further few minutes.

After everything is ready, make a hole in the rice and add 2 or 3 tablespoons of the meat mixture. Make into a ball and put into the hot oil until it has browned.

Now it is finished and ready to eat.

A Kurdish recipe from Halima



ETON MESS

**Ingredients:**

1 packet of ready made meringues

1 punnet strawberries

½ pint or 250g whipping cream

mint to garnish

Method:

Whip the cream with a balloon whisk to a stiff consistency but don't over-beat it.

Wash, hull and quarter the strawberries, saving 1 whole strawberry for each serving.

Break up the meringues into pieces and mix into the whipped cream. Add the quartered strawberries.

Pile into sundae dishes or glasses.

Add a whole strawberry and a sprig of fresh mint leaves on top of each to garnish.

Makes approximately 6 servings.

An English recipe from Jennifer

SHEPHERD'S PIE

Or COTTAGE PIE
(if made with minced beef)

Ingredients:

500 g minced lamb or beef

2 medium onions

a little garlic, freshly crushed or ready prepared

2 carrots

few sticks of celery

swede (also known as rutabaga) /parsnips, or any vegetable of choice

200g frozen peas

400g tin of chopped tomatoes

1 tablespoon of tomato puree

mixed herbs, fresh or dried

salt and pepper

little flour or gravy browning if liked

Topping

500 g white potatoes

500 g sweet potatoes

little butter or margarine

salt and pepper



Method:

Prepare vegetables : peel and chop onions, garlic if using fresh, carrots, swede, parsnips into small chunks, shave off tougher outer skin of celery first before chopping.

Put a little oil in an ovenproof / hob-safe casserole dish or use a large saucepan.

Add onion and garlic, soften for a few minutes. Add the minced lamb and when browned, add the remaining vegetables, tomato puree and tinned tomatoes. Reserve the frozen peas for later, but add herbs and a little flour if liked. Add a little water if mixture is too thick. Put the dish in the oven on a medium heat for 1 hour.

Peel and slice the potatoes and boil in a saucepan on the hob. You can put the white and sweet potatoes together, but sweet potatoes take less time to cook, Combine and mash both with a little butter or margarine when soft and season with salt and pepper.

Take meat and vegetable dish out of the oven or if from the hob, transfer to a dish. Add the frozen peas. When cooled a little either use a spoon and fork or a piping bag fitted with a large nozzle to spread the potato mixture over the meat and vegetables. Dot with butter or margarine and return to the oven to brown the topping or place under a grill.

Serve piping hot. This dish will serve a family of 6-8 people.



A tasty family recipe from Jennifer

PLANTAIN AND PILAU

PILAU INGREDIENTS:

- 1 Kilo chicken legs (boned)
- 1 Kilo Basmati Rice
- 3 tablespoons sunflower oil
- 3 onions
- 1 tablespoon garlic paste
- 1 tablespoon Garam Masala
- 1 tablespoon powdered ginger
- 3 vegetable stock cubes – Maggi's KUG OR L'ORIGINAL



Method

Weigh 1 Kilo of Basmati rice and rinse well in cold water.

Slice the onions into medium sized pieces.

Put the oil in a saucepan and add the onions, softening them until they brown lightly.

Add the chicken legs and fry.

Add 1 tablespoon of garlic paste, the 3 stock cubes and the Garam Masala and ginger.

Add 1 cup of rice and 4 cups of water.

Taste, then add salt. Add the rest of the rice, turn down the heat and leave to simmer for 10 minutes. After it has cooked turn off heat and leave on stove for 20 minutes. Do not stir until then or you will break up the rice.

PLANTAIN INGREDIENTS:

3 plantain Sunflower oil

1 kilo Chicken gizzards

3 onions

3 spring onions

1 green pepper, 1 red pepper

1 small can chopped tomatoes

1 tablespoon curry powder

1 vegetable stock cube (as before)

black pepper and salt

Method

Heat sunflower oil in a frying pan. Peel and slice plantain one at a time and carefully place in pan, tipping in from the bowl as it faces you. Fry until browned and drain on kitchen paper. Do the same with other two plantain.

Chop the onions into slices, de-seed and slice the red and green peppers.



Using a wok, heat it and add a little of the oil from the frying pan. Add the onions and slightly brown. Add the chopped tomatoes, sliced peppers, a teaspoon of salt and the stock cube. Stir fry to blend. Add 1 teaspoon black pepper, 1 teaspoon paprika and a little water. Steam with a lid on for approximately 5 minutes. Add chicken gizzards which have already been boiled and fried, stir and cook for 5 minutes. Add plantain and stir fry for 10 minutes.

Serve and enjoy.

A Tanzanian Recipe from Zina

DOLMA

Ingredients:

THE QUANTITIES ARE DEPENDENT ON HOW MANY YOU ARE COOKING FOR

RICE

SILIQ (CHARD) LEAVES

OIL

TOMATO PUREE

ONIONS

GREEN PEPPER

COURGETTE

AUBERGINE

POTATOES

SALT AND PEPPER

SPICES – CUMMIN AND A KURDISH BLEND

MEAT – LAMB PIECES

BROAD BEANS

CELERY + LEAVES

WATER (1 CUP OF RICE TO 2 CUPS OF WATER)

LEMON JUICE



Method:

First, rinse the Chard, put on a plate.

Secondly, rinse the rice and mix with tomato puree, salt, spices, chopped celery and some of the onion and mix into a big ball with water.

Next, bring saucepan of oil to a high temperature, add sliced potato, courgette, onion, aubergine, broad beans and peppers, you can use the outer skins to stuff with mixture. Put the vegetables on a plate when fried and softened in the saucepan, after that put the left over oil in the rice ball.

Then, bring the meat to the saucepan and heat it until it smells cooked.

Next, put the broad beans still in their skins, and the meat, in a large saucepan. Bring each Chard leaf one by one and put a spoonful of rice ball mixture in each leaf. Roll it up and put each one in the saucepan one above another. Also you can stuff mixture in other vegetable skins, however you like it.

Finally, cover the saucepan and put it on the hob to cook for one hour.

Then turn out onto a large tray and enjoy it.

A Kurdish recipe from Susanne



KALAM POLO

Ingredients:

3 cups rice
 6 cups shredded cabbage
 1 onion
 1lb ground beef
 1 teaspoon turmeric
 2 cups fresh parsley
 2 cups fresh cilantro (coriander)
 2 cups chives
 2 cups basil (Persian)
 ½ cup tarragon
 1 cup fresh dill or 3 tbsp dry dill
 2 tbsp dried summer savoury
 salt and pepper
 Canola Oil (Rapeseed Oil) / butter



Method:

Grate the onion, add to the ground beef and season with salt and pepper. Make into hazelnut-sized meat balls.

In batches, fry the meatballs in oil in a frying pan.

When cooked, season and add the turmeric.

Shred the cabbage.

Chop the fresh herbs, season with salt and mix together.

Wash, drain and par-boil the rice.

In another large pan or casserole dish, build layers of rice, herbs, meatballs, cabbage and add 2 tablespoons of oil and 2 tablespoons of water. Finish with a layer of rice.

Make 5 holes in the rice but make sure not to touch the bottom of the pot/dish.

Cover and cook for 10 minutes.

Mix 1 tablespoon of oil with 2 tablespoons of water and pour over rice, or 2 tablespoons of butter cut in several pieces and put on top of rice.

Put lid on pan or dish.

Cook on a low heat for 1 hour on the hob or in the oven.

Serve and enjoy.

An Iranian dish from Asma



SHORNAKOD

Afghan Chickpea and Potato Salad

Ingredients:

- ¾ lb potatoes (Russet are best)
- ½ cup of roughly chopped scallions (spring onions), white and green parts
- 1 cup of roughly chopped cilantro (coriander)
- 1/3 cup & 1 tablespoon white wine vinegar
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 ½ cans of chickpeas (15oz cans)

Method:

Boil the potatoes in their skins until cooked through. Drain, and when cooled enough to handle, slip skins off potatoes and cut into small chunks.

While the potatoes are cooking, combine the scallions, cilantro, vinegar and salt and pepper in a blender or food processor and puree until smooth.

Empty the chickpeas into a colander, rinse and drain. Put into a bowl or deep dish with the potato chunks. Pour on the dressing and mix well.

Can be served warm or cold. Serves 4 – 6 people.

A recipe from Nafisa



PUTTU



Ingredients:

2 cups Plain Flour or Rice Flour
½ cup fresh grated Coconut (or desiccated coconut soaked in a little water)
1 teaspoon salt
warm water

Method:

Dry roast the flour until it has become a little brown and fragrant.
Mix the salt with warm water in a jug, pour on the flour gradually to form a grainy mixture.
Mix the flour mixture with the coconut and place in a steamer pot which can be layered with pandan leaves or use a puttu mould.
Steam for 10 minutes until steam is seen coming out from the lid.
Remove and serve hot with curries or hodi. For a sweet alternative, add jaggery or sugar with banana and coconut milk.

A recipe from Sri Lanka from Sukaanthini



KABAB

A RECIPE FROM IRAQ

Ingredients:

500g finely minced lean meat
2 tablespoons chopped fresh parsley
1 grated medium onion
25g bread, soaked in water
1 teaspoon salt
½ teaspoon ground black or sweet pepper

Method:

Mix all the ingredients together.
Divide into equal pieces depending on the size you want.
Mould the pieces around sticks or skewers
Either grill until evenly golden brown or cook in an oven 350 degrees or Gas 4, for 1 hour, turning half-way through.
Serve garnished with sliced cucumber and lemon and fresh parsley.

Recipe from Kochar





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