

# Lanarkshire Carers

## Refugee Week 2021 Aromas – Dinner Menu



Refugee Week (14 – 20 June) is a UK-wide festival celebrating the contributions, creativity and resilience of refugees and people seeking sanctuary. To mark this occasion Lanarkshire Carers has worked with carers from refugee communities to collate a recipe book featuring their favourite and traditional recipes.

### **Starters**

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Chapli Kebab

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Kashmiri Tea

# Starters

# Tabbouleh



Tabbouleh is a very popular salad belonging to the Mediterranean region but popular across the whole world. It is made with very finely chopped vegetables, aromatic herbs, bulgur wheat, lime juice and olive oil. The star ingredient is parsley, the more the better. It can be accompanied with everything and tastes even better the next day.

## Ingredients

- 3/4 pound ripe plum tomatoes, finely diced
- 2 cups finely chopped flat-leaf parsley leaves and tender stems (about 2 bunches), finely chopped with a sharp knife
- 2 teaspoons salt, divided, plus more for seasoning
- 1/4 cup dry coarse bulgur wheat
- 1 cup finely chopped fresh mint leaves (about 1 bunch)
- 2 scallions, white and light green parts only, finely chopped
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons fresh juice from 2 lemons
- Freshly ground black pepper
- Romaine lettuce leaves, for serving

## Method

1. Season tomatoes with 1 teaspoon salt and toss to combine. Transfer to a fine mesh strainer or colander set in a bowl and allow to drain for 20 minutes. Reserve liquid.
2. Season parsley with remaining 1 teaspoon salt and toss to combine. Transfer to a large mixing bowl lined with paper towels and let stand for 20 minutes. Blot parsley with towels to remove excess moisture.
3. Bring 1/2 cup reserved tomato water to a boil, then pour over bulgur in a small heatproof bowl and let stand until bulgur is softened, about 1 hour (bulgur may still have a slight bite, but will continue to soften in the salad). Drain bulgur of any excess liquid and pat dry with paper towels.
4. In a large mixing bowl, stir together tomatoes, parsley, mint, bulgur, scallions, olive oil, lemon juice, coriander seed, and cinnamon until well combined. Season with salt and pepper. Serve tabbouleh with romaine leaves.

# Chapli Kebab



Chapli kebab is a form of Pashtun style kebabs widely popular in Eastern Afghanistan. Traditionally they are made of mince beef but chicken, mutton or lamb mince can also be used. The kebabs are a popular street food due to their flavour and few, simple ingredients. The mince is mixed together with a blend of spices and formed into patties that can be grilled or shallow-fried. A charred exterior gives the kebab its distinctive look and flavour.

## Ingredients

- 250 gms beef mince
- 1 ½ medium onion finely chopped
- 2-3 tbsp fresh coriander leaves finely chopped
- 2 tbsp flour
- ½ tsp cumin powder
- 1 small tomato seedless, finely chopped
- ½ tsp red chili flakes
- ½ tbsp whole coriander seeds roasted and grinded coarsely
- ½ tsp black pepper powder
- 1 tsp Lemon juice
- 1 egg
- 1 tsp garam masala ( mixed spices )
- Oil for shallow frying
- Salt to taste

## Method

1. Strain the excess water from the mince thoroughly.
2. Add salt, black pepper powder, red chilli flakes, whole coriander seeds crushed, garam masala and flour to the mince.
3. Squeeze out the excess water from the onions and add it to the mince. Add the egg, tomatoes, lemon juice & fresh coriander leaves.
4. Mix well all the ingredients using your hands.
5. Heat 2 tablespoons of oil in a large flat non-stick pan until hot.
6. Wet your hand with water or oil, take small portions of the mixture and then shape the kabab into round flat or oval shape, using your hand.
7. Shallow fry in oil until golden brown. Serve hot.



# **Main Dishes**



# Mujadara



Mujadara is a classic Arabic recipe served across the Middle East in various forms. It is a delicious vegetarian main dish featuring layers of lentils and rice at the bottom, followed by caramelized onions (the more, the better), herbs and yogurt.

## Ingredients

- 1 tablespoon garlic powder
- 2 bay leaves
- 1 tablespoon ground cumin
- 1 ¼ teaspoon salt
- 1 teaspoon freshly ground black pepper
- 5 cups water
- 1 cup brown basmati rice, rinsed & drained
- 1 cup brown or green lentils, rinsed and drained
- ⅓ cup extra-virgin olive oil
- 2 medium yellow onions, thinly sliced
- ½ cup thinly sliced green onions
- ½ cup chopped fresh parsley
- Plain whole-milk or Greek yogurt, for serving

## Method

1. Combine the garlic, bay leaves, cumin, 1 teaspoon salt and pepper in a large pot. Add the water and bring the mixture to a boil.

2. Stir in the rice and reduce the heat to medium. Cover and cook for 10 minutes.
3. Add the lentils and let the mixture simmer. Cover again and cook until the liquid is absorbed and the rice and lentils are tender.
4. While the mixture is cooking, warm the olive oil in a large skillet. Add onions and start frying. Cook until the onions are deeply caramelized and starting to crisp at the edges. In the meanwhile, line a large plate with a couple of paper towels.
5. Transfer the onions to the lined plate using a slotted spoon and spread them evenly across. Sprinkle the remaining  $\frac{1}{4}$  teaspoon salt over the onions. Allow them to crisp up as they cool.
6. When the lentils and rice soft, drain off any excess water, if there is any. Cover the pot and let it rest for 10 minutes.
7. Remove the lid, discard the bay leaves, Add about  $\frac{3}{4}$  th of the green onions and parsley and gently mix them in .Season to taste with additional salt and pepper, if necessary.
8. To serve transfer the rice and lentil mixture to a shallow large serving platter. Top with the caramelized onions and garnish with remaining green onions and parsley. Serve hot, with yogurt.

# Muamba Chicken



Chicken Muamba is an extremely popular chicken stew in Central Africa. It is a stew flavoured with garlic, lots of onions, chilli, pepper and paprika. Butternut squash can be substituted with pumpkin or sweet potatoes.

## Ingredients

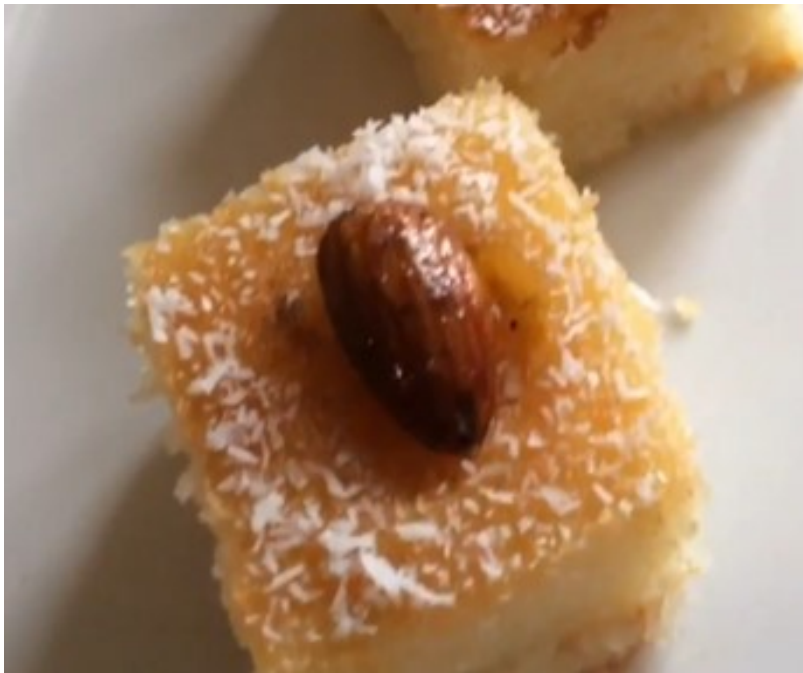
- 2 pounds chicken cut in pieces
- 2 tablespoons lemon juice
- 1 teaspoon white pepper
- 1 teaspoon minced garlic
- 1 teaspoon dried thyme
- ½ teaspoon paprika
- 3 tablespoons of oil
- 2-3 medium onions sliced
- ½ pound okra sliced in half
- 2 ½ cups chicken broth or water
- 1 pound butternut squash cut into large cubes
- Salt to taste

## Method

1. Place chicken in a large bowl. Rub in a mixture of with lemon juice, salt, garlic, thyme, white pepper. Marinate for 2 hours.
2. Heat up oil in a large pan. Add chicken pieces and medium brown both sides.
3. Add garlic and paprika, onions and tomatoes. Saute until onions are translucent.
4. Add chicken stock or water to cover chicken. Add squash. Bring to a boil and let it simmer until sauce thickens.
5. Throw in okra, continue cooking for about 5 minutes. Serve hot.

# Desserts

# Sudanese Beseema



Traditional Sudanese food has Arabic and East African influence. The Sudanese Beseema is a cake/dessert whose recipe has influences of Egyptian Basbousa yet it has its own distinct taste and method.

## Ingredients

- 5 eggs
- 1 cup icing sugar
- 3/4 cup butter / oil
- 500g yogurt
- 2 tsp baking powder
- 2 cups flour
- 1 tsp of vanilla extract
- 1 cup of coconut
- 1 1/2 cups of sugar
- 1 tbsp lemon juice
- 1 cup water

## Method

1. Beat eggs and sugar. Add oil and yogurt and mix.
2. In a separate bowl sift flour and add baking powder and coconut, then add to the mixture while stirring.
3. Spread mixture onto greased tray. Bake for 30 minutes 200° Celsius.
4. In another saucepan, mix sugar and lemon with water, boil until syrup thickens.
5. When the cake is baked and still hot, poke holes in it pour syrup over evenly so it soaks through.



# Iranian Gaz



It is made of egg whites, sugar and pistachios and is a speciality of the historical city of Isfahan. It is like nougat but it has its own taste and texture. It is lighter, less sweet and very soft. Gaz is the take-home souvenir for any tourist visiting Iran.

## Ingredients

### Meringue

- 2 egg whites
- 1 cup sugar
- 1/2 cup corn syrup ( glucose)
- 2 tablespoon water

### Syrup

- 1 1/2 cup sugar
- 1 1/2 cup corn syrup ( or glucose syrup)

### Additions

- 1 1/2 cup whole blanched almonds or pistachios, toasted.
- 2 tablespoon melted butter
- 2 teaspoons of rosewater or vanilla extract



## Method

1. Heavily butter a rectangular tin, set aside. Heavily butter a large mixing bowl, set aside.
2. To make the meringue, beat egg whites with an electric mixer until stiff peaks form.
3. Boil sugar, corn syrup and water over medium heat. Stir until the sugar has dissolved and the mixture starts to boil. Continue to boil on low heat for 10 minutes, without stirring.
4. Add this hot liquid in a steady stream over the beaten egg whites while mixing carefully and slowly. Beat the mixture for another 10 minutes, until mixture holds its shape and becomes lukewarm. Transfer this to the buttered mixing bowl.
5. Next, make the syrup.
6. In a large heavy saucepan, combine sugar and corn syrup over medium heat. Cook and stir until sugar has dissolved and mixture comes to a boil. Uncover and use a clean spoon to stir on medium heat for 10 more minutes.
7. Pour the hot mixture over the meringue (do not scrape the saucepan) and with a large wooden spoon stir until blended.
8. Mix melted butter and rosewater. Gradually add this rosewater mixture and pistachios until blended. To put your own spin on it you can even add cranberries alongside.
9. Transfer to a buttered rectangular tin. Spread and level the mixture and stand for several hours to cool and set (at room temperature) before cutting in to small pieces. Wrap in wax paper. Store in cool and dry place.

# Tea

# Kashmiri Tea



Kashmiri tea or noon chai as it is called in Kashmir, in its original form was a salted tea beverage but over the years, it has evolved into a sweetened beverage. It is usually served after dinner at winter weddings and in festive gatherings these days. It's usually made in large volumes and is quite complicated in its original recipe but there is a short cut method that gets us there quickly.

Serves 2

## Ingredients

- 1 cup of water with 2-3 large ice cubes
- 1 cup water
- 2 table spoon Kashmiri chai leaves, easily available from Asian stores
- ½ star anise
- 3 - 5 green cardamom pods opened (mandatory)
- 1 whole cloves (optional)
- ½ " cinnamon stick (optional)
- 1/8 tsp heaped baking soda
- 1 cup whole milk
- Mixture of ¼ cup heavy whipping cream + ¼ cup milk
- Pinch of salt
- 2-2 ½ table spoons sugar or use sweetener

- ½-1 table spoon raw almonds, boiled, skin removed and crushed using mortar and pestle into crumb size pieces or cut into fine slices
- ½ table spoon unsalted pistachios, boiled, skin removed and crushed using mortar and pestle or cut into fine slices

## Method

1. Prepare the iced water by combining 1 cup of water with 2-3 large ice cubes and set aside.
2. Add water, Kashmiri tea leaves, star anise, green cardamom pods, cloves and cinnamon and bring to a boil in a medium sauce pan put over a high flame
3. Once it comes to a boil, add the baking soda. It will fizz a little. Allow this mixture to boil over high heat for 5-6 minutes. Occasionally, use a ladle to aerate (scoop and pour back from a slight height above the saucepan) the tea mixture. Slowly the froth in the water will form from pale green to a deep pink almost purple colour. If not, add another 1/8 tsp of baking soda. At this point the volume of water in the pan will be greatly reduced, almost evaporated.
4. Add the prepared ice water (discard any ice cubes). Aerate several times to deepen the colour. Add the milk, the mixture of ¼ cup heavy whipping cream + ¼ cup milk, salt, and sweetener/sugar. Allow it to come to a light boil, then immediately turn off the heat. Do not allow it to boil for too long as it'll start to lose some of its pink colour. Taste and adjust salt and sugar/sweetener.
5. Strain and aerate. Then pour the tea into cups using a ladle from a slight height to keep the froth.
6. Add crushed/sliced almonds and pistachios, as garnish