



# PIP into the kitchen



# The Haringey PIP project cookbook





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The PIP project

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This project and its actions were  
made possible due to co-financing  
by the European Fund for the  
Integration of Third Country Nationals



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Published by Learning Unlimited Ltd as part of the Parents' Integration through Partnership (PIP) project. The PIP project, led by Learning Unlimited, was funded through the Greater London Authority (GLA) and delivered in partnership with primary schools and children's centres in Lambeth and Haringey, London.

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# Foreword

## **The Parents' Integration through Partnership (PIP) project Haringey Cookbook**

This publication is a collection of recipes from 12 countries shared by Haringey-based participants from the PIP project. PIP was an innovative multi-strand project led by Learning Unlimited, which supported the language learning and integration of 193 non-EU mothers of school children at partner primary schools and children's centres in Haringey and Lambeth. It was funded through the GLA (Greater London Authority) using EIF (European Integration Fund) funding.

We hope you enjoy the recipes.

To find out more about the PIP project, please see:

**<http://www.learningunlimited.co/projects/parents-integration-through-partnership>**

# Quick chicken curry

Quick chicken curry from Bangladesh

By Jolika Begum

## Ingredients

.....

- |                         |                              |
|-------------------------|------------------------------|
| 1 kg chicken drumsticks | 1 tsp garam masala powder    |
| 3 large onions, chopped | 1 tsp coriander powder       |
| 2 large tomatoes puréed | 1 tsp turmeric powder        |
| 1 tbsp garlic paste     | 2 tbsps vegetable oil        |
| 1 tbsp ginger paste     | fresh coriander for garnish. |
| 2 tps cumin powder      | chopped                      |
| salt                    |                              |
| ½ tsp chilli powder     |                              |



## Method

.....

1. Heat the oil in a saucepan. Cook the onions, garlic and ginger paste until golden brown.
2. Add the tomato puree and reduce. Add the coriander powder, cumin powder, garam masala powder and salt.
3. Stir the spices for 5 minutes.
4. Add the chicken drumsticks. Stir and cook for 5 minutes until they are golden brown.
5. Stir in  $\frac{1}{2}$  cup of water, cover and simmer for 15 minutes or until the chicken is cooked. Garnish with chopped coriander and serve with rice.



# Aromatic Rice

Aromatic rice from Somalia

By Khadro Ahmed

## Ingredients

.....

4 cups basmati rice	2 vegetable stock cubes
2 medium potatoes, sliced in ribbons	4 cardamom pods
1 medium onion, sliced	1 tsp ground coriander
½ cup sultanas	1 tsp ground rosemary
4 garlic cloves, minced	1 tsp powdered red food colour
¼ cup vegetable oil	6 cups water
1 cinnamon stick	

## Method

.....

1. Fry the cardamom pods, coriander, ground rosemary, cinnamon stick and minced garlic in two tbsp of hot oil for 2 minutes then add the dry rice. Stir.
2. Crumble in the stock cubes and add 6 cups of boiling water.



3. Add ½ tsp of red colouring but do not stir through. Cover the pot and simmer on low heat for 10 – 12 minutes.
4. Heat the remainder of the oil then add ½ tsp of red food colouring to potato slices.
5. Shallow fry the potato slices, onion and sultanas.
6. Use a spoon to remove from the oil and put in a large bowl. Serve with rice.



# tasty vegetable cutlet

Tasty Vegetable Cutlet from Bangladesh

By Shirina Begum

## Ingredients

.....

- |   |                               |
|---|-------------------------------|
| 2 cups cooked white rice                            | 2 tsps ground ginger          |
| 1 small boiled potato,<br>peeled and cut into cubes | 1½ tsps salt                  |
| 1 cup green beans, diced                            | ½ tsp cumin seeds             |
| 1 cup red pepper, diced                             | 1 tbsp corn starch            |
| 1 cup carrot, minced                                | 3 cups water                  |
|   | 1 cup canola or vegetable oil |





## Method

.....

1. Add the green beans, carrot and pepper to boiling water and boil them for 4 – 5 minutes. Drain the water and leave vegetables to cool.
2. When the vegetables are cool, mash them coarsely.
3. Fry the ginger and cumin seeds in 1 tbsp oil and add mashed vegetables until the vegetable mixture is quite dry and remove from pan.
4. When this mixture is cool, make small balls out of the vegetable mixture.
5. Heat the remainder of the oil in a deep pan and fry on both sides until golden brown.

# Chicken and rice with spices

Chicken and rice with spices from Eritrea

By Ruta Tesfai

## Ingredients

.....

- |                               |                           |
|-------------------------------|---------------------------|
| 1 small yellow onion, chopped | 6 tbsps Eritrean Spice    |
| 1 small purple onion, chopped | 2 large tomatoes, chopped |
| 1 litre water                 | ½ cup tomato sauce        |
| 1 tbsp butter                 | 4 garlic cloves, chopped  |
| 1 tbsp turmeric               | 2 chicken drumsticks      |
|                               | 2 chicken thighs          |



## Method

.....

1. Cook onions in  $\frac{1}{2}$  cup of water for 10 minutes over medium heat, in a pot with lid on.
2. Add the butter and turmeric to the pot and stir well.
3. Add in the Eritrean Spice.
4. Add 600ml water with the tomatoes and tomato sauce.
5. Bring to the boil then add the rice.
6. Stir in the garlic and add the chicken.
7. Cook with the lid on for 30 minutes.
8. If you want, you can fry the chicken drumsticks in a frying pan until golden brown then serve with the rice.



# chocolate brownies

Chocolate brownies from Turkey

By Fatma Sural

## Ingredients

.....

110 grams unsalted butter       $\frac{3}{4}$  cup self-raising flour

$\frac{1}{2}$  cup of cocoa powder

$\frac{3}{4}$  cup caster sugar

2 eggs

1 tsp vanilla essence



## Method

.....

1. Preheat your oven to 150C.
2. Grease and line a 20 x 20cm tin.
3. Melt the butter in a bowl, add the cocoa and mix until smooth.
4. Add the sugar and eggs and mix well.
5. Pour the mixture into the tin and spread with a spoon.
6. Bake at 150C for 20 – 25 minutes.
7. When the brownies are cool, cut into squares.



# Curried spaghetti

Curried spaghetti from Chad

By Ache Gori

## Ingredients

.....

5 litres water

500g spaghetti

1 tbsp oil

2 tbsps crushed garlic

½ cup chopped onions

2 cups tomato purée

2 tps white sugar

½ tsp meat masala powder

2 tbsps cream

1 cup milk

salt





## Method

.....

1. Add the spaghetti to 5 litres of boiling water and boil for 10 – 12 minutes or until cooked then drain.
2. Heat the oil in a large frying pan and add garlic and chopped onions.
3. Add the tomato puree, meat masala powder, salt and sugar, stir well.
4. Add cream and milk. Stir for 2 minutes until smooth and then turn off the heat.
5. Add the spaghetti to the frying pan, stir well and serve.



# Kichiri

## Rice and lentils from Bangladesh

By Mukta Deb

### Ingredients

.....

2 cups split lentils

1 tsp dried chili flakes

2 cups long grain rice

1 tbsp pach phoron

1 small green chili, finely  
diced

salt

Vegetable or canola oil

1 tbsp grated ginger

1 tbsp curry powder

### Method

.....

1. Rinse the lentils and rice and put them in a saucepan or rice cooker with 8 cups of water leaving to simmer for 20 minutes.
2. Add 1 tsp salt and curry powder to the rice and stir.
3. After 10 minutes add the green chili and mix.

4. Heat 3 tbsps canola oil and fry chili flakes, pach phoron and ginger until brown then add to the rice and lentils and serve.



# Kısır

## Bulgur wheat salad from Turkey

By Yildiz Serbert

### Ingredients

.....

2 cups fine bulgur wheat	sunflower oil
2 medium cucumbers	Italian parsley, finely chopped
2 onions, finely chopped	1 stick celery, finely chopped
2 medium tomatoes	¼ cup lemon juice
1 clove garlic, finely chopped	½ tsp dried chili flakes
	1 tbsp sweet red pepper paste

### Method

.....

1. Put the bulgur wheat in a large bowl and pour 2 cups of boiling water on it. Cover with cling film.
2. Finely chop the tomatoes and cucumber. Mix with onions, parsley and celery and put in a bowl.

3. Remove the cling film from the bowl and mix the bulgur wheat with a fork.
4. Add some oil and sweet red pepper paste to the bulgur wheat and stir.
5. Add chopped vegetables, chili flakes, lemon juice, salt and pepper to taste and mix with a fork.
6. Serve straightaway or cover and refrigerate for a few hours before serving.



# Afonio

## Fonio and fish from Mali

By Assetou Fofana

### Ingredients

.....

4 white fish fillets	salt
1 lemon	pepper
cayenne pepper	3 tbsps olive oil
2 yellow onions, sliced	500g fonio
2 medium tomatoes, chopped	
4 cloves garlic	
1 cup okra	

### Method

.....

1. Pre-heat the oven to 220C.
2. Rinse the fonio, bring 2 cups of water to the boil and add the fonio with a pinch of salt. Cover the fonio and remove from the heat, leave it for 10 minutes.

3. Make deep cuts in each side of fish fillet. Season with salt, pepper and cayenne pepper and squeeze lemon over all the fish. Put fish in refrigerator to marinate for 1 hour.
4. Heat 1 tbsp oil in the pan and add onions, tomatoes, okra and garlic and cook for a few minutes.
5. Cook fish fillets in a baking tray in the oven for 15 minutes. Turn the fish once.
6. Serve on warm fonio with tomatoes, onions and okra.



# jollof rice

Jollof rice from Sierra Leone

By Fatu Serry

## Ingredients

.....

1 scotch bonnet chili, seeds removed	2 400g cans chopped tomatoes
3 tbsps vegetable oil	1 red pepper, thickly sliced
1 white onion, sliced	1 yellow pepper, thickly sliced
1 chicken stock cube	black pepper
400g basmati rice	
1 garlic clove, finely chopped	

## Method

.....

1. Heat the oil in a large deep frying pot on high heat then add the rice, canned tomatoes, chili, 1 onion, 1 garlic clove, thyme, salt, pepper and 4 cups water.



2. Cover and simmer for 15 minutes or until the water is gone.
3. Take the lid off (the rice won't be cooked yet) then scatter the peppers over the rice. Re-cover and cook for 10 minutes until the veg is softened and the rice tender.



# Banana Cake!

Banana cake from Angola

By Madalena Costa

## Ingredients

.....

5 eggs	2 tbsps butter
2 cups caster sugar	2 ½ cups self-raising flour
½ cup whole milk	
2 ripe bananas	
3 overripe bananas	

## Method

.....

1. Grease a ring-shaped cake tin with butter.
2. Slice 2 bananas finely and place banana slices on the inside of the cake tin.
3. Mash 3 bananas and mix with butter, flour, eggs, sugar and milk until it is smooth.
4. Carefully spoon the mixture into the cake tin making sure the sliced bananas do not move.

5. Place the cake onto the centre shelf of a pre-heated 180C oven and bake for 45 – 50 minutes until golden brown.
6. Remove the cake from the oven, put it aside until it is cool, then run a knife around the edge to loosen the sides.
7. Place a large plate upside down over the top of the cake tin. Turn the plate and tin upside down then serve.



# Curry noodles

## Curry noodles from Bangladesh

By Astomi Deb

### Ingredients

.....

1 packet of instant noodles	1 tbsp minced garlic
2 tsps curry powder	1 tbsp grated fresh ginger
1 tsp ground cumin	1 tbsp vegetable oil
½ tsp turmeric	1 cup red onion, chopped
½ tsp ground coriander	1 cup carrot, peeled and sliced
3 tsps soy sauce	1 cup sliced red peppers
¼ cup water	salt
1 tsp caster sugar	black pepper

### Method

.....

1. Place the noodles in a bowl and cover them with boiling water and cover the bowl.

2. Mix together the curry powder, cumin, turmeric, and coriander in a small bowl.
3. In a separate bowl, mix soy sauce, water, and sugar.
4. In a large pan, heat the garlic, ginger, and oil for about 2 minutes, stirring.
5. Add the red onions, carrots and peppers and stir.
6. Drain the noodles, add the vegetables and enjoy.



# Empanadas de Viento

Fried cheese empanadas from Ecuador

By Elva Duche

## Ingredients

.....

1 $\frac{1}{3}$ cup all-purpose flour	225g crumbled queso fresco or feta cheese
$\frac{1}{2}$ cup cold butter, cubed	vegetable oil for frying
$\frac{1}{4}$ cup sparkling water	caster sugar for sprinkling
$\frac{1}{2}$ tsp salt	

## Method

.....

1. Mix 1 cup flour, salt and butter in a large bowl. Knead for 5 minutes.
2. Add the sparkling water and keep kneading.
3. Add the remaining flour in small amounts while kneading. When the dough is smooth, let it rest for 10 minutes.

4. Divide the dough into 10 balls and roll out each ball on a floured surface with a rolling pin, making flat circles.
5. Put a small amount of cheese in the middle of each ball and fold one side of the disc cover, pressing the edges shut.
6. Heat the oil in a large pot until it is 375C.
7. Place the empanadas folded side down into the oil until golden brown and small bubbles appear on their surface. Sprinkle with caster sugar.
8. Serve warm (not hot).



# Firin Kofte

Meatball potato casserole from Turkey

By Nevin Cepe

## Ingredients

.....

500g mince meat	1 white onion, diced
500g potatoes, sliced	1 tbsps tomato purée
parsley, chopped	1 tsp ground cumin
200g mushrooms	1 tsp salt
1 medium green pepper	1 cup breadcrumbs
4 tbsps olive oil	

## Method

.....

1. Preheat the oven to 200C.
2. Mix the mince, parsley, onion and salt in a large bowl and put aside.



3. Wash and chop the mushrooms and green pepper and place them in an oven tray with the potato slices.
4. Shape the mince mixture into small balls and place on top of the potatoes, mushrooms and green peppers.
5. Mix the tomato purée with 2 glasses of water and a little olive oil and pour it over the meatballs carefully.
6. Bake in the oven on the middle tray for 20 minutes.



# biryani

Biryani rice from Sudan

By Mona Adam

## Ingredients

.....

300g basmati rice	1 tsp turmeric
25g butter	4 skinless chicken breasts, cut into large chunks
1 large onion, finely sliced	4 tbsps curry paste
1 bay leaf	85g raisins
3 cardamom pods	850ml chicken stock
small cinnamon stick	

## Method

.....

1. Heat butter in a big pot and cook the onions with bay leaf, cinnamon and cardamom for 10 minutes.
2. Add turmeric, chicken and curry paste and cook for 5 minutes on medium heat.

3. Soak the rice in warm water then rinse in cold water.
4. Stir the rice into the pot with the raisins and add the stock.
5. Bring the pot to the boil then turn the heat to low and cook for 5 minutes.
6. Turn off heat and leave for 10 minutes and serve warm.



# Recelli Kek

Jam cake from Turkey

By Filiz Mehmed

## Ingredients

.....

125g caster sugar

butter

125g plain flour

½ jar strawberry jam

3 large eggs

## Method

.....

1. Grease a swiss roll tin with butter.
2. Pre-heat the oven to 200C.
3. Whisk the sugar and eggs in a glass bowl until thick and pale.
4. Sift half the flour into the bowl and fold carefully. Repeat with the remaining flour.

5. Carefully spoon the mixture into the tin and bake for 10 – 12 minutes.
6. Remove the sponge from the oven. When it is warm but not hot, run a knife around the edge to loosen it from the tin and turn it out gently onto the paper.
7. Heat the jam on low heat until it is slightly runny.
8. Lay down a piece of greaseproof paper and dust with caster sugar.
9. Spoon the jam onto the sponge leaving a gap around the edges.
10. Using the paper to help you roll tightly, start rolling the jam gently.
11. Make sure the seam side is down until the cake is cool then slice into large pieces.



# Chicken Cutlet

Chicken cutlet from Afghanistan

By Palwasha Hajisaduzi

## Ingredients

.....

½ kilo boiled chicken, minced	2 tsps fresh ginger,
2 white onions, chopped	chopped
3 medium potatoes, boiled and mashed	1 tsp mustard seeds
1 tsp red chili powder	1 egg, beaten
2 gloves garlic, chopped	vegetable oil for frying
	2 cups breadcrumbs

## Method

.....

1. Fry the onions, ginger and garlic until the onions are soft, add mustard seeds and fry for 30 seconds.
2. Mix chili powder and chicken into the frying pan.
3. Turn off the heat and allow mixture to cool for 10 minutes.

4. Add the mashed potato to the pan and mix well.
5. Shape the mixture into balls and flatten them into discs.
6. Dip each cutlet into egg and roll them in breadcrumbs.
7. Heat oil in a deep pan and fry each cutlet until golden brown on both sides.



# Puff-Puff

Puff-Puff from Chad

By Achta Mahamat Nur

## Ingredients

.....

1 ¼ cups flour

1 tsp quick rise dry yeast

½ cup sugar

½ tsp nutmeg

1 cup warm water

vegetable oil for frying





## Method

.....

1. In a mixing bowl add flour, sugar, yeast and nutmeg, slowly stirring in warm water.
2. When the mixture is smooth cover with a cloth and leave for 3 – 4 hours.
3. Heat the oil in a large pot on medium heat for 5 – 6 minutes.
4. Scoop the dough mixture with your hand or an ice-cream scoop.
5. Drop the dough in the oil.
6. Fry until golden brown turning occasionally.
7. Remove from the oil and leave to cool then serve.



# Empanada Gallega

Galician pie from Colombia

By Leidy Joanna Henao

## Ingredients

.....

3 cups all-purpose flour	2 white onions, chopped
½ cup water	1 red pepper, chopped
1 egg, beaten	1 green pepper, chopped
2 tbsps olive oil	1 400g tin chopped tomatoes
1 tbsp dried yeast	salt and pepper
1 tsp smoked paprika	

## Method

.....

1. Stir the yeast into warm water. Mix the flour, salt and paprika and make a shallow hole in the centre, pouring in the warm water and yeast.
2. Knead the mixture until it is smooth and elastic, adding a bit more water if needed.

3. Place the dough in an oiled bowl and cover with plastic wrap until the dough is twice as big.
4. Heat 2 tbsps oil in a frying pan and fry the onions, peppers and tomatoes for 5 minutes with salt and pepper then put aside.
5. Roll out the dough until it is 1cm thick then cut the dough into squares.
6. Place  $\frac{1}{4}$  up of the onion and tomato mixture on each square then put another square of dough on top.
7. Brush the top of the empanadas with beaten egg and bake in 200C oven for 20 minutes or until golden brown.



# Lentil Bites

Lentil Bites from Bangladesh

By Israt Jahan

## Ingredients

.....

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 cup red lentils             | 1 tbsp coriander powder        |
| 1 white onion                 | salt and black pepper to taste |
| 1 small piece ginger, chopped | vegetable oil for frying       |

## Method

.....

1. Soak the lentils in water for 1 hour then drain.
2. In a blender, blend the lentils with chopped ginger and some black pepper
3. Add the chopped onion and coriander to mixture, add salt to taste.
4. Deep fry small spoonfuls of lentil mixture until golden brown.



# PEPPER chicken

Pepper chicken from Sierra Leone

By Margaret Kamara- Dee

## Ingredients

.....

2 small whole chickens	3 tbsps peanut butter
4 tbsps olive oil	4 small red chilies, chopped
2 tbsps tomato paste	2 chicken stock cubes
1 medium tomato, chopped	salt
1 white onion, chopped	pepper
1 lemon	
4 cloves garlic, chopped	

## Method

.....

1. Pre-heat oven to 180C.
2. Wash chicken and dry with paper towel

3. Juice the lemon and blend all the ingredients except the chicken in a food processor.
4. Rub the mixture over the chicken and marinate for at least an hour (or overnight) in the refrigerator.
5. Cook chicken for 1 hour.



# curry vegetables rice with chicken

Curry vegetable rice with chicken from Nigeria

By Bukola Olaseinde

## Ingredients

.....

500g basmati rice	1 tbsp curry powder
2 chicken stock cubes	1 tsp garlic powder
2 large carrots, cubed	vegetable oil
1 handful green beans, sliced	2 vegetable stock cubes
1 large green pepper, chopped	salt
2 white onions, chopped	pepper
	500g chicken drumsticks
	1 tsp thyme

## Method

.....

1. Boil the beans and carrots for 5 minutes. Drain and set aside.



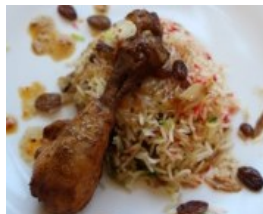
2. Cook chicken drumsticks in a saucepan of boiling water for 15 minutes. Add 2 chicken stock cubes and cook for 2 minutes.
3. Simmer rice in 4 cups of water for 20 minutes.
4. Heat oil in a large saucepan. Add onions, beans, carrots, green peppers, curry powder, thyme, 2 vegetable stock cubes and  $\frac{1}{2}$  tsp salt.
5. Mix with rice and serve.



# Acknowledgements

Special thanks go to all the staff at Earlsmead Children's Centre, South Grove Children's Centre and Welbourne Children's Centre for their amazing support as well as the parents, carers, volunteers, children and tutors who have contributed to the PIP project. We greatly appreciate their effort.





# PIP into the kitchen



This cookbook contains recipes shared by 22 ESOL learners from 12 countries.



Everyone was part of the Parents' Integration through Partnership (PIP) project. This London-based project supported over 190 women based in Haringey and Lambeth from March 2014 to May 2015.



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