

Food and Nutrition

Judy you have always been keen on the art and craft of cookery and the enjoyment of meals together. Thanks to you, many of us are confident in the kitchen, whether it is taking on an ambitious creation or knocking something together from whatever is in the back of the cupboards.



From Maria and Gertrude:



Fried Fresh Fish (Tilapia) (Nsomba yo kazinga)



Ingredients:

Tilapia

Salt

Lemon slices for decorating (absolutely optional)

¼ cup of Cooking oil

Preparation:

Clean the fish by removing scales and innards. You can cut the heads off if so desired. Personally, the heads are the best part of the fish. If you decide to keep the heads, make sure to clean the inside and remove the gills.

Wash the fish and pat dry.

Make slits about the body and rub salt into it.

Cooking Instructions:

Heat a pan with oil on the stove top

Put the fish in once the oil is hot. Reduce the heat to medium.

Depending on the size of the fish, cook it for 5/6 minutes on each side.

You'll know it's ready when it's golden brown.

You can serve this with some vegetables and nshima. Or, you can eat it as is with a beer for a snack. This is our favorite Lazy Friday dinner! (No beer for the kids though....)

Fresh Turnip Greens



Most meals are not complete with a vegetable accompaniment. So here goes:

Ingredients:

2 bunches of turnip greens (You can use any leafy greens such as collard greens, mustard greens, Swiss chard or spinach).

Half an onion

1 tomato

Salt to season

2 - 3 Tablespoons of Cooking oil

Preparation:

Wash each vegetable leaves thoroughly.

Make a bundle and cut the vegetable finely.

Wash the onion and tomato and chop them into cubes.

Cooking Instructions:

Put a pan on the stove top on medium heat. Put some oil (3 table spoons) in it to heat.

Once the oil is hot, lightly fry the onions. Then add the greens and tomatoes. Turn them and add about 2 pinches of salt. (Add one first and taste to see if you need a second pinch)

Add a little water (1/4 cup) and simmer. When the water finishes, slightly fry it and it should be ready. Cooking time varies according to the vegetable choice. This works best for turnip greens.

Bean Stew (Nyemba)



2 medium cans of pinto beans (This is the cheat version. Normally, it's cooked from scratch: using dried beans)

1 Tomato

½ Onion

1 pepper

Paprika

2 or 3 Tablespoons of oil

Salt

Preparation:

Wash the onion, pepper and tomato.

Dice them.

Cooking Instructions:

Heat the pot or pan on medium heat and add the oil till it's heated.

Lightly fry the tomatoes, onion and pepper.

Add a few shakes of paprika and salt.

Add the beans.

Simmer for about 10 minutes or when the liquid has reduced.

Add a pinch of salt and taste for your liking. Ready for serving. It tastes even better on the second day.

Braai Chicken (Nkuku yo ocha)



Ingredients:

Chicken pieces (boned/deboned, skin/skinless is really as you prefer)

Garlic

Lemon Pepper

Chicken spice

Salt for seasoning

Preparation:

Clean the chicken pieces. Skinless is optional.

Pat the pieces dry with paper towel.

Season with salt, lemon pepper and chicken spice.

Add $\frac{1}{4}$ cup of oil and leave to marinate for an hour or more.

Cooking Instructions:

Prepare a mbaula if you have one OR a BBQ stand will do OR grill.

Put it on a rack on the hot mbaula and cook each side until it's a nice brownish color. Keep turning it and please don't burn it. Serve as an accompaniment with your meal. Enjoy!

Kapenta

Ingredients:

2 Handfuls of kapenta OR sardines

Green pepper (optional)

1 medium size onion

1 large tomato

4 Tablespoons Oil

Salt

$\frac{1}{4}$ cup of water

Preparation:

Sort the kapenta carefully and remove any debris

Wash the kapenta several times with warm water until it's clean.

Dice the onion, tomato and green pepper

Cooking Instructions:

Heat the pan on medium heat and add cooking oil to it. Lightly fry the Kapenta until golden brown.

Add a pinch or two of salt (to your taste), tomatoes, onion and pepper. Lightly fry the ingredients. Then add $\frac{1}{4}$ cup of water.

Simmer for about 10 – 15 minutes or when the liquid has reduced. Taste for tenderness. Serve.

Vitumbuwa (Fritters)



Ingredients:

2 cups: All Purpose flour

2 Teaspoons of baking soda

¼ Cup sugar

4 Eggs

1 cup milk

Pinch of salt

1 cup of oil

Preparation:

Sift the flour into a mixing bowl.

Add sugar and pinch of salt.

Whisk the milk and eggs and pour into the bowl with dry ingredients. Mix together into a thick batter.

Taste to see if there is enough sugar and salt to your liking. They're usually not too sweet.

Cooking Instructions:

Heat the oil in a pan on medium heat.

Scoop tablespoon fills of batter. Place them separately into the pan and let it fry for 3 minutes and turn over and let it fry again for 3 minutes till a golden-brown color. If it's cooking too quickly, reduce the heat and maybe the size of the spoon full that you put in the pan. Remove one to check if it's cooked in the center. Remove the fritters from the pan and put them on a plate with paper towel for the excess fat to drain. Add more spoon fills to the pan. Repeat till the batter is finished. Serve as a snack or have them with a cup of tea.

#Nsima (Nshima)

Ingredients:

3 cups of maize meal flour or (mealie meal)

3 cups of water

Preparation:

Put the water in a pot and bring to boil on the stove top.

Take 1 cup of mealie meal and make a runny paste with 1 ½ cups of water. Pour this mixture into the pot and stir quickly (to avoid forming lumps) with a cooking stick.

Cover the pot and leave to boil for about 8 - 10 minutes.

Slowly add in the remaining mealie meal while stirring all the while till it becomes a thick dough. Leave on the stove to cook for an extra 5 minutes, stir and leave for another 5 - 8 minutes. Remove from the stove and serve in a thermos plate to keep warm or flat plate if it's eaten immediately.

Goat Stew:

Ingredients:

Goat (or you can use Lamb) meat

1 large Onion

2 tomatoes

1 pepper

Paprika

Salt

1 Teaspoon Cumin or coriander

2 or 3 Tablespoons of oil

Preparation:

Wash the onion, pepper and tomato.

Dice them.

Grind or crush the cumin

Wash the goat pieces and remove excess fat. Pat dry with a paper towel.

Cooking Instructions:

Heat the pot or pan on medium heat and add the oil till it's heated.

Lightly fry the tomatoes, onion and pepper.

Add a few shakes of paprika, 2 pinches of salt and cumin.

Add the goat meat and stir.

Simmer for about 10 minutes or when the liquid has reduced then turn the goat meat over. Let it simmer and repeat.

Add 3 cups of water and cook on low heat or you can use a slow cooker. Let it simmer for 1 ½ - 2 hours till the gravy has reduced and is not too runny. Also, check to make sure that the goat is tender.

Ready for serving.

A recipe from Candida!



PASTA E CECI



serves 6
4 cloves garlic
1 small onion
2 small carrots
2 sticks celery
tomato puree or 6 plum tomatoes
use 300gr dry chickpeas soaked overnight and then boiled OR two tins of chickpeas drained and washed.
small pasta or broken up spaghetti
2 tins chickpeas drained and washed
2 sprigs rosemary
stock or stockcube of your choice
1/2 chilli optional
pepper/ salt(not a lot if using cubes)
olive oil 1)
Make a soffritto with olive oil, the onion/carrots/celery chopped veryvery small add garlic, sautee, do not burn.....

2) add Tomatoes (chopped) or puree, little water, rosemary sprigs, stock or cube and water add drained chick peas from tin OR if using the dry ones add the soffritto etc to the pan with the cooked chickpeas, boil together for a while.

3) add the pasta , boil until cooked

A lovely thick soup for any season..... I have been cooking it for years.....

Hope it's all clear.....

Hope to see you soon in Italy Judy.....or che toi in Antequera! Cannot believe we met over 40 years ago!
Buon appetito Candida

From Chela Claire and Stanley



Gujarati Journey Bread (Thepla)



For 4 people:

150g wholemeal flour (plus extra to dust)
50g chickpea (gram) flour
1½ teaspoons sesame seeds (or poppy seeds)
¼ teaspoon ajwain (or carom) seeds
¼ teaspoon ground turmeric
½ teaspoon chilli powder
½ teaspoon salt
rapeseed oil
120ml warm water

Put both wholemeal flour and gram flour in a large mixing bowl. Add the seeds and spices. Mix thoroughly, then add 1 tbsp of oil and rub mixture through with fingers until the flour resembles fine breadcrumbs. Add the warm water (we use half cold tap and half boiled water). Mix together with a spoon until mixture comes together, then knead for about 5 mins. to form a soft and pliable dough (add more flour if too sticky).

Divide dough into 8 balls, or roll out on a well-floured board and use a cookie cutter to make circles ~3-4 mm thick (~16 pieces).

Heat a non-stick pan over a medium to high heat with some rapeseed oil.

Heat bread circles in the pan on each side until they start to bubble, then turn over and cook the other side (needs quite a lot of oil and hot pan). Once cooked through, remove from the pan onto a serving plate with some kitchen paper to absorb excess oil.

Serve either warm or cold with a selection of Indian pickles and chutneys, mmm delicious!

Love from Claire xxx

Adapted From 'Fresh India' Meera Sodha

Farfalle con Salmone

eg
Limone (serves 4)

Ingredients

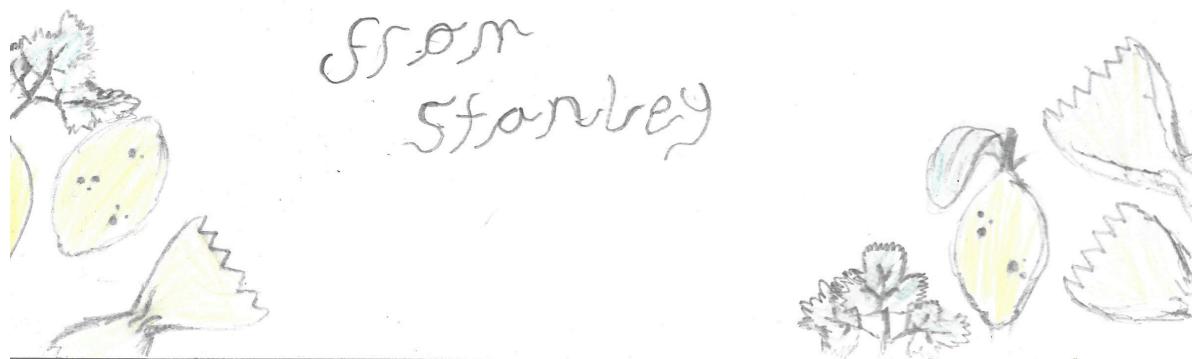
400g of Farfalle
200g of smoked Salmon
125g of crème fraîche
20g of butter (we do it without)
Juice and zest of one lemon
salt
parsley

first boil a pot of water, then add salt, stir and add the pasta.

After that slice the salmon into small slivers put into a serving bowl along with the crème fraîche, lemon juice, parsley and lemon zest add some of the pasta cooking water. (if the sauce needs loosening) You should have a sort of creamy sauce add salt if you need.

Drain the pasta then add it to your sauce, sprinkle with parsley mix all thoroughly and tuck in.

From
Stanley



Spaghetti alla puttanesca. (Italians: forgive me :))

1. Small tin oily anchovies
3. garlic cloves
- dried flaked chillies to taste
1. small jar pitted black olives drained
- 1 tin chopped tomatoes

Spaghetti (enough)

In a mortar crush the anchovies and garlic cloves together to make a paste. Put the paste into a small saucepan, add the chilli and fry gently for a minute or two taking care not to scorch the paste. Add the tomatoes and olives. Stir and simmer for at least 20 minutes. In the meantime boil the spaghetti in a big pot and then drain. Mix the sauce with the spaghetti and Voila! Add more chilli to taste.

Lots of love Melk



“Emere Yona”

“Emere Yona” is an expression in Uganda to suggest ‘a bit of everything’. It’s not very common in tourist areas and only a few restaurants will offer this. However, it’s very common in local or traditional restaurants.

The variety of staple foods include a mix of all or many of the following: Posho (nshima), rice, sweet potato, pumpkin, yam, chapati, cassava, matooke and so on.

These are eaten with sauces (relishes) including binyebwa, beans, greens, nyamas (meats) and fish.

The food (carbohydrates) would go with a sauce, beans, some pasted fish, Luwombo, chicken or meats of some sort. 2 mins ago Peanut sauce is called binyebwa, which is raw groundnuts ground into a paste and cooked as a sauce to add to fish, chicken or meat. This makes the pink colouring to the meal. This is a very special quality to Ugandan foods.

The greens include nakati, sukuma wiki, cabbage, entula, katunkuma (small), eggplant, green pepper and so on.

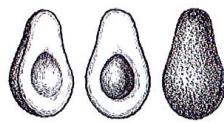
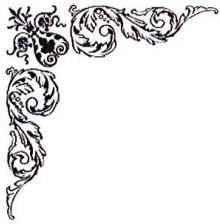
Matooke (*Musa acuminata*) is a green banana used as a staple in cooking.

Luwombo is a stew steamed in banana leaves; it has been considered to be a very special dish that was/is served only to very important guests in Ugandan culture.

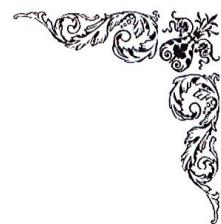
Nakati - Ethiopian Eggplant (*Solanum aethiopicum*). The leaves are a very popular green and delicious. Sukuma wiki (collard greens) is an East African dish cooked with onions and spices. Entula (*Solanum macrocarpon*) is an African baby egg plant Bitter Berries (Katunkuma) are also used as a green

From Pilar





Avocado three ways



- Two avocados, sliced, pitted, mashed
- Three spoonfuls of olive oil
- Half a chili, minced finely
- Salt and pepper to taste.

- Two avocados, sliced, pitted, mashed
- Handful of cilantro, minced
- Half an onion, diced finely
- One spoonful of olive oil
- Salt and pepper to taste.
- Two limes, squeezed.



- Two avocados, sliced, pitted, mashed
- One tomato, diced finely
- Half an onion, finely diced
- Tabasco, to taste
- Henderson's Relish, to taste
- Salt and Pepper, to taste



From Pilgrims



From Isabel



Salmon Wellington

To the Shops!!

butter, two tablespoons
 garlic, two cloves
 onion, half
 spinach, 140 grams
 salt, to taste
 pepper, to taste

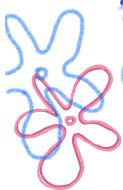
breadcrumbs, third of a cup
 cream cheese, a whole tub, or more ...
 dill, as much as you desire
 puff pastry, one sheet
 salmon
 egg
 one large fillet
 one, beaten

Time to chef-it-up!

 → FILLING TIME

- one, preheat oven to 220 °C
- two, melt the butter, fry the garlic and onions, till golden
- three, add the spinach, salt, pepper, fry till wilted
- four, add the cream cheese, breadcrumbs and dill
- five, remove from heat and set aside



 → PASTRY TIME

- six, spread out the puff pastry, place the salmon in the middle
- seven, smooth out the cream cheese/spinach mix on top
- eight, fold the edges of the puff pastry over the salmon and cheese
- nine, flip the pastry, so that the salmon is underneath, place on baking paper
- ten, brush the top with the egg, add cute flower decorations
- eleven, bake for 20 - 25 minutes, till golden





Wonderfully simple delicious quick economical versatile luxurious and basic.
SpanAfroIndo Green Lentils/Lentejas.
 Have them how you want. Although a staple meal also a treat.

INGREDIENTS/QUANTITIES

for 4 as a starter or side dish. Double quantities to make it a main course.

Core ingredients to make base.

- 250 grammes Green lentils
- 1 large onion
- 2 cloves of garlic
- 2 large carrots
- 2 Tablespoons of Olive oil.
- Half a teaspoon of salt
- Pinch of cumin seeds
- Pinch of Cilantro seed.
- Teaspoon of Sugar



OTHER SPICES ADDED TO TASTE.

- Chilli powder
- Curry powder
- Fresh Ginger.



CHOICES TO ADD TO BASE.

Meat eaters

(added at the beginning of the cooking time)

- Chorizo picante.
- Salted anchovies.



Veggie options

(Added for the last 5 to 7 minutes of cooking time)

- Courgette.
- Oysters mushrooms.
- Tofu
- Green bean or broad bean.



SERVE WITH.

- Pitta bread.
- Yoghurt
- Fresh Coriander
- Fresh chillies.



From Simon



METHOD

Total cooking time 20 to 30 minutes

Each action simply follows when ready.

Put the 250 grammes dried Lentils into a pot to boil with half a litre of water.

As the pot heats up and starts to boil move through the actions below at a leisurely pace.

Turn down to simmer once it reaches boiling temperature.

Peel and slice carrots to reasonably large pieces, approximately thumb size, and add to the pot.

If you are adding Chorizo Picante (8 x 25mm long slices) or whole Anchovies (Entire tin) add now.

Dice onion into large pieces and add to the pot.

Peel the garlic cloves and slice to 4 or 5 slices per clove and add to the pot.

Add Salt, Teaspoon of Sugar and the Cumin seed and Cilantro to taste.

For the veggie versions add the sliced treat vegetables/tofu 5 to 7 minutes before the end of the

cooking time to heat, soften and allow the vegetable slices to absorb the flavours without

disintegrating and ideally retaining their form to add texture.

Leave to boil until the lentils have achieved the texture you prefer. Al dente with the lentils soft but still whole or more like a delicious porridge.

Gently stir in a large tablespoon of Olive oil, a handful of shredded fresh coriander leaves, and other spices/embellishments to your taste like Chilli, Curry powder and fresh sliced ginger.

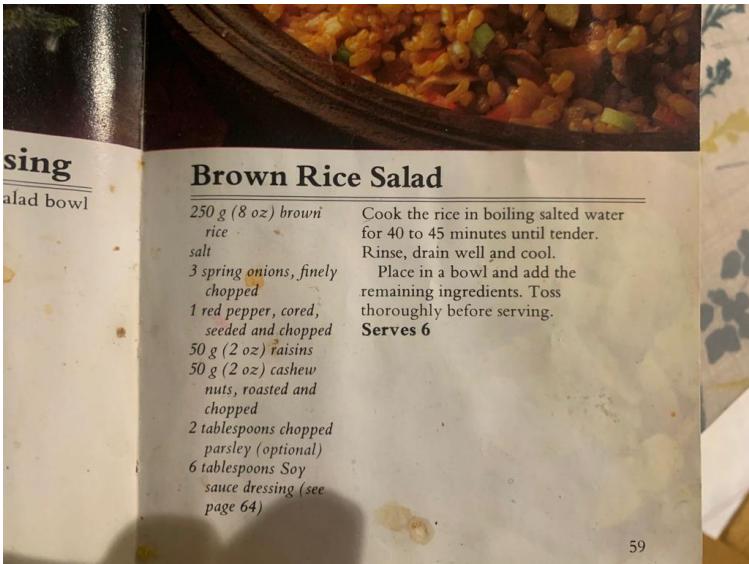


SERVE

Serve in a large bowl, embellish with a sprinkling of fresh coriander, a dollop of natural yoghurt and serve with pieces of toaster warmed Pitta bread.

From Clare





sing

salad bowl

Brown Rice Salad

250 g (8 oz) brown rice
salt

3 spring onions, finely chopped

1 red pepper, cored, seeded and chopped

50 g (2 oz) raisins

50 g (2 oz) cashew nuts, roasted and chopped

2 tablespoons chopped

parsley (optional)

6 tablespoons Soy sauce dressing (see page 64)

Cook the rice in boiling salted water for 40 to 45 minutes until tender. Rinse, drain well and cool.

Place in a bowl and add the remaining ingredients. Toss thoroughly before serving.

Serves 6

59

salt and pepper

Soy Sauce Dressing

175 ml (6 fl oz) olive oil

4 tablespoons soy sauce

2 tablespoons lemon juice

1 clove garlic, crushed

1 cm ($\frac{1}{2}$ inch) piece root ginger, finely chopped

salt and pepper

Put all the ingredients in a screw-topped jar, adding salt and pepper to taste. Shake well to blend before serving.

Makes 300 ml ($\frac{1}{2}$ pint)

From Jenni



I may include my lasagne recipe which has a story attached. I was very proudly making this for your gran and granddad the first time they visited us just after we got married. I was so well prepared I had it made and in the freezer. Forgot to bring it out on time so, at best, the lasagne was served lukewarm! Yet being kindly parents-in-law, they said it was lovely! Not my best effort!!

from Katy-Louise

LENTIL BARLEY STEW

Ingredients

2 - 3 oz of Butter
1/2 cupful chopped onion (2 onions)
1/2 cupful chopped celery (about 2-3 sticks)
6 cupsfuls of water
1 1/2 cupfuls of lentils
16 oz can chopped tomatoes
1 1/4 cup of barley
2 Teaspoons salt
1/2 teaspoon of pepper
1/2 teaspoon rosemary (optional)
1/2 teaspoon garlic salt (or 1 clove
1/2 cupful of chopped/ garlic
shredded carrot

These are the main ingredients
but you can add leeks or any
other veg that you want really.
Also you can add more lentils
but watch you don't run out
of water.

Method

Using a large heavy pan
melt butter.

Sauté onion till tender

Add celery + cook for 5 mins

Add water + lentils + simmer
for 20 mins

Add tin of tomatoes, barley, carrots
spices etc.

Bring to boil + simmer for 45 -
60 mins

|| YOU MAY NEED WATER PART WAY
THROUGH - lentils + barley
swell up so keep checking

At end you can also add
chopped parsley if you want.

From Susan and Alvar



Susan's Welsh cakes

Ingredients:

225g plain flour
75g caster sugar
1/2 tsp mixed spice
1/2 tsp baking powder
100g butter (cut into small pieces)
50g currants or sultanas
1 egg beaten
Splash of milk
Pinch of salt



Method

Tip flour, sugar, mixed spice, baking powder and salt into a bowl. Rub in the butter with your fingers until the mixture resembles fine bread crumbs. Mix in the currants, add the egg and work into the mixture with your hands until it becomes a soft dough. Add a little milk if the mixture is too dry.

Roll out onto a floured surface to the thickness of your little finger. Cut into rounds of around 6 cm (you can use a glass to do this).

Lightly grease a frying pan, and cook for around 3 minutes on each side.

Sprinkle with caster sugar when you remove the cooked cakes from the pan.





Recipe for Alvars chicken curry Super simple the following ingredients are all one teaspoon. Cumin. Paprika. Cinnamon.

Cardamom. Cayenne pepper. Chilli flakes. Ground ginger. Tandoori masala. Garam masala. Jaggery powder. Tamarind

Salt. 2 teaspoons mild curry powder.

1/2 teaspoons turmeric.

Large finely chopped onion. 3 cloves garlic.

600g to 1kg chicken.

About 2cm fresh ginger.

Fresh or tinned tomatoes.

And chopped vegetables of your choice.

Method:-

Mix all spices and salt well and mix well with uncooked chicken, if possible leave 6 to 12 hours Fry onions well not allowing to burn after ten minutes add ginger and garlic. Fry for a further 5 minutes. Add chicken shortly followed by vegetables cook for a further 10 minutes with lid on, do not add water liquid will come from vegetables. Finally added tomatoes and purre is recommended and leave to simmer gently for 20 minutes