

HOMEMADE

The SEED Cookbook

2021



Delicious + Diverse recipes for
everyone to try at Home

WELCOME TO THE 2021 SEED COMMUNITY COOKBOOK!

SEED (Surrey Embracing Ethnic Diversity) was formed at the University of Surrey in 2020, in response to the murder of George Floyd, as a space for staff to support each other plus discuss pivotal issues experienced across our diverse community.

We have grown in strength and in number and are working towards sharing the diverse cultures that make up the University of Surrey. All of these recipes have been put together by staff based on well loved family dishes so bear with us - we are not home economists but home cooks!

Sharing culture matters to us and we hope it helps you to see that we have more in common than what divides us. It's not always easy being a minority in mainly white spaces so we hope this cook book starts conversations, breaks down barriers and connects us all - through food.

We'd love to see and hear how your recipes turn out!

[Share your dishes at EDI@surrey.ac.uk](mailto:EDI@surrey.ac.uk)

With love and togetherness,
The SEED Community



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Onion Kadhi

Country of Origin: Punjab, India

SEED Member: Dr Neelam Wright

This is a low-fat, creamy, tangy and inexpensive dish that my mother cooked in our household. It is a traditional staple that my children enjoy, but it rarely pops up in Indian restaurants or recipe books. All the ingredients can be purchased at your local supermarket. Versions of this are served in temples in India, often on a bed of rice on a thali (metal tray), sometimes with no cutlery!

The recipe easily serves a family of 4 and could be adapted for vegans by using a yoghurt substitute plus some coconut milk.

Warning: it will turn your tongue and wooden spoon bright yellow!



Ingredients:

Sunflower oil

2-3 normal sized white onions, sliced as thinly as you can manage

5 heaped dessert spoons of Gram flour (chickpea flour)

1 pot of plain yoghurt (I use 500g for a family for 4; fat free works fine too)

1 heaped teaspoon of Haldi (Turmeric powder)

1 teaspoon of Jeera (Cumin seeds)

1 teaspoon of Coriander seeds

3-4 Curry leaves (optional, dried is fine but fresh is better)

1 teaspoon of black Mustard seeds

A small handful of fresh chopped Coriander (optional)

1 inch of Ginger, finely chopped

1-2 cloves of Garlic, finely chopped

Small pinch of salt to taste (optional)

Pinch of dried fenugreek leaves (optional)

1 ordinary sized cup of tap water (Punjabi cooking is rarely about precision – take a leap of faith on what sized cup!)

Cooked white rice to serve

Method:

Mix all the yoghurt with all of the gram flour in a bowl until it is all combined and there are very few lumps. I use a metal spoon but you can use a hand blender if you wish.

Gently heat the pan and add the jeera for a few seconds until it gives off an aroma.

Add 2 tablespoons of sunflower oil to the pot. Add the mustard seeds, curry leaves and coriander seeds.

After a few seconds the seeds will start to sizzle. Add the garlic, ginger and onion and stir fry for a minute. Add the Haldi (turmeric) and keep tossing on a low heat for about 20 seconds so it doesn't burn.

Add the yoghurt and gram flour paste to the pan. Stir until you have an even colour.

Add the water to the pot. Simmer on a low to medium heat for around 20-30 minutes, with a lid fitted loosely over the pot (the sauce will bubble and spit at you, so watch out!). Keep stirring occasionally to make sure the bottom of the pan isn't burning and add some more water if the sauce gets too thick.

Add salt and fenugreek at this point if you wish to. Some people also like to add cooked potato cubes, peas or sweetcorn. The flavour will deepen the longer you cook the sauce for. The kadhi is ready to serve when the time is up. The consistency should ideally be a bit thinner than English custard. Use a ladle or large spoon to pour onto a bed of white rice and sprinkle with some freshly chopped coriander. You can also eat it with your favourite type of Indian bread or roti. Kadhi lasts fine in the fridge for a few days.

Bulgogi (불고기), also known as Korean BBQ beef

Country of Origin: Korea
SEED member: Namy Yu

This is one of the most well-known Korean traditional foods. It's a marinated thinly sliced beef, typically cooked over an open flame. "Bul" means fire in Korean, and "gogi" is a general term for meat. The recipe serves 3 to 4 people.

We serve the bulgogi with steamed sticky Korean rice and a few Korean side dishes such as Kimchi. Koreans like wrapping Bulgogi with lettuce and perilla leaves (깻잎) with a dipping sauce called Ssamjang (쌈장). I must say it is my favourite dipping sauce in the world!



Ingredients **Serves 3-4**

Finely cut rib eye 500 g (Any tender, flavourful cut of beef, such as sirloin or tenderloin. If you go to a Korean supermarket, you can usually find very thinly pre-sliced Bulgogi meat).

- 1 onion (sliced)
- 3-4 spring onion (thinly sliced)
- 1 carrot
- 5-7 mushrooms (any mushrooms are fine: Shiitake, Button, Portobello etc)
- Toasted sesame seeds

Marinade

- 7 tbsp soy sauce (I use a Korean rich and dark sauce called Sempio Soy Sauce Jin Gold F3. It is stronger and has a richer taste than other versions)
- 1 or 2 tbsp sugar (white granulated ideally,)
- 3 tbsp minced garlic (about 4 cloves of garlic)
- 2 tsp minced ginger
- 2 tbsp chopped spring onions
- 2 tbsp toasted Sesame seeds
- 2 ½ tbsp toasted Sesame oil (You can also buy it in a Korean market)
- ½ tbsp ground black pepper
- 4 tbsp grated Asian pear, kiwi or red apple (this is optional, but it makes bulgogi juicy and tender)

Method:

Thinly slice the beef and spring onions. The key here is to slice the meat as thinly as possible.

Chop up the mushrooms and onions. You can decide how chunky you want them.

Place the meat, spring onions, carrots and mushrooms in a large bowl.

Combine the marinade ingredients and add the marinade sauce to the same bowl and toss gently to combine everything well. Marinate the beef and vegetables for 3 to 4 hours or overnight (I like to marinate them overnight to give the dish a stronger taste and make it easier to cook the next day).

Grill the meat on charcoal (this is the more popular way in Korea) or pan fry it in a skillet over a high heat until slightly caramelised. You can also stir-fry (easy option for me!) by preheating a pan and adding the meat over a high heat. Do not toss around the meat as the beef generates more liquid. Just turn it over gently if needed to cook evenly. Cook with a medium-high to high heat, until the meat is no longer pink and is cooked the way you like it. Pour in all the marinade in the bowl if you want some sauce to remain at the end.

Finish by sprinkling toasted sesame seeds on top!



What to Serve with

We serve the bulgogi with steamed sticky Korean rice and a few Korean side dishes such as Kimchi. Koreans like wrapping Bulgogi with lettuce and perilla leaves (깻잎) with a dipping sauce called Ssamjang (쌈장). I must say it is my favourite dipping sauce in the world!

Do you fancy pairing wine with Bulgogi? As Bulgogi can be sweet and full of flavour, bright and simple red wine is good. Dry Riesling from Alsace, or not-so-dry Pinot Gris could pair well if you would like white wine. To enjoy under the sunshine, I choose dry rosé wine.

Bajan Fishcakes

Country of Origin: Barbados

SEED Member: Kaya Holder

This is my go-to snack whenever I visit my second home of Barbados. Best served beachside after a swim, in my opinion!

This local dish is often referred to as a "Bread and Two" and is perfectly both chewy and crispy. Since asking my family about this recipe, it transpires that fishcakes are highly controversial across the Caribbean due to each island having their own specific recipes! This recipe makes about 20 fishcakes.

Ingredients

1 lb boneless, skinless salt cod (Dry saltfish is typically cod that has been preserved by drying after salting it. It can be purchased from local international food stores plus the world food aisle of a big Tesco's)

1 onion, finely diced

1 cup plain flour (a tea mug will suffice)

1 tsp baking powder

1 egg

1 cup of water

Chopped fresh parsley, thyme and/or marjoram

Optional: 1 small hot pepper finely diced, (scotch bonnet advised!) or 1 tsp curry powder or splash of hot pepper sauce



Method

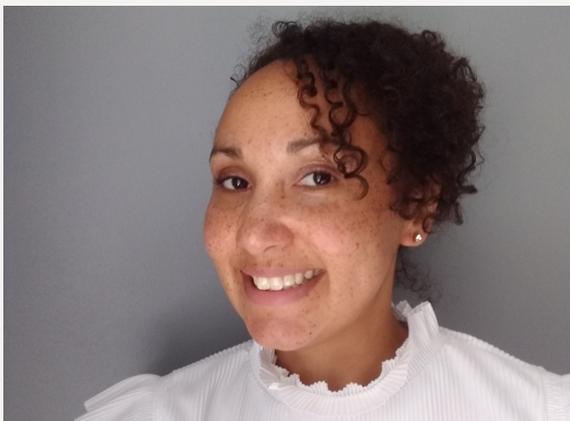
To prepare the saltfish, boil it in 6 cups of water for 4 minutes. Drain the water and boil a second time for 3 minutes. Alternatively, soak it in water overnight and then boil once for 10 minutes. This step removes the excess added salt from the fish.

Flake the fish with a fork or shred it with your fingers and remove any bones found.

In a large bowl, combine the flaked fish with all the other ingredients. Stir until a thick cake-like batter forms.

Heat some oil, about an inch deep, in a pan over a medium heat (I like using olive oil). Drop the batter with a tablespoonful slowly into the pan, being careful not to overcrowd the pan. Cook for a few mins on each side. You may need to turn the heat down to medium-low if the fish cakes are burning on the outside before being fully cooked inside.

Drain on some kitchen towels to absorb the excess oil and enjoy. Fish cakes are best served hot with mayo, marie rose, tamarind or Bajan pepper sauce.



Napolitain
Country of Origin: Mauritius
SEED member: Najaah Oozeer

This is an infamous sweet snack, beloved by Mauritians around the world. You can find these in bakeries (patisseries) all over the island, but they're also given out during functions like weddings, birthdays, and gatherings.

This recipe should make about 20 cookies.



Ingredients

250g softened unsalted butter

300g plain flour

Strawberry Jam

200g icing sugar

2 tsp Lemon juice

Food colouring (light pink is traditional in Mauritian shops)

Water

Method:

Cut the butter into cubes and rub it into the flour until it resembles breadcrumbs – do not add water.

Once the breadcrumbs have formed, bring the dough together without kneading it (you can just press the dough together with your hands).

Cover the dough in cling film and leave to rest in the fridge for at least 10 minutes. The closer to room temperature the dough is, the more the butter will melt when rolling!

Method continued:

When you're ready to roll, form the dough into a ball, and place it on a sheet of greaseproof paper. Cover the dough with another sheet of greaseproof paper and roll the dough until it is around 1-2cm thick. Using greaseproof paper means that you will not use flour to stop the dough sticking, which may affect the texture.

Cut out the cookies on the dough to your desired shape (circles are the tradition; you can have Eid themed ones for Eid) and lift onto a lined baking tray. Reassemble the remaining dough into a ball, then roll out and cut again. Do this until you have no more dough left.

Place the cut cookies in the oven at 180 degrees for approximately 10 - 13 minutes. Once the cookies are done, take them out and transfer onto baking racks to cool.

As you wait for the cookies to cool, make your icing. Combine the icing sugar, lemon juice, food colouring, and just a splash of water. Add the water bit by bit when needed; you want the consistency of the icing to coat the back of the spoon.

Once the cookies are cool, take 1 tsp of strawberry jam and put that on one cookie; then sandwich that with another similar shaped cookie.

Pour the icing over the cookies and make sure it runs down the sides to stick it together. Leave the cookies to set for at least an hour or two... but no one will judge you if you tuck in straight away.

Sweet & Spicy Roti

Country of origin: India & Sri Lanka

SEED member:

Dr Sumeetra Ramakrishman

Rotis (flat breads) come in various shapes, sizes and fillings and are popular in many parts of South Asia. They can be eaten for breakfast or as main meal accompaniments. I would like to share two of my favourite roti recipes from two great cooks, my Indian mum and my SriLankan mother-in-law. Both are family favourites bringing back lovely memories of home. Each recipe makes four rotis.



Ingredients for Patta gobi (Cabbage) roti

- 2 cups / 300 grams of Atta (wheat flour)
- 2 or 3 large Savoy cabbage leaves chopped very finely
- ½ teaspoon grated ginger
- 3 cloves of garlic, crushed
- 1-2 finely chopped Green chillies
- ¼ teaspoon Turmeric powder
- ¼ teaspoon Garam masala
- 2-3 tablespoons oil (for the dough; any oil such as sunflower or vegetable)
- Warm water (to make the dough)
- Salt to taste
- White unsalted butter 1 tsp per roti
- Coriander leaves to garnish (optional)
- Extra oil to add to the pan

Ingredients for Vazhaipazham (Banana) roti

- 2 cups Maida (refined white flour)
- Two ripe bananas (peeled)
- 3 - 4 tablespoons of Coconut milk or single cream
- Unsalted Butter
- Warm water
- Honey
- Banana slices to garnish (optional)



Method - Patta Gobi (Cabbage) roti

Mix all the ingredients (except the butter and coriander leaves) together to make the dough. Knead it well for about 5 minutes. You might need to add more or less water to achieve a firm consistency.

Leave the dough to settle for 20 minutes, covered by a muslin cloth.

After 20 minutes, roll into a cylindrical shape, cut into four portions. Dust a chopping board with flour and roll each of the portions into a circular shape to achieve flatbread shape and thickness.

Put each roti in turn on a warm flat pan on a medium heat. Turn the roti over as it cooks, adding some oil on both sides. Leave it for 30 seconds on each side to allow the dough to cook properly. Turn for 15-20 secs on each side again. Dark brown, black spots will appear, and there will be a slight puffing up when it is ready.

Once cooked, add a tsp of unsalted butter and garnish with coriander leaves. Serve warm.

Method - Vazhaipazham (banana) roti

Follow the same steps for cabbage roti, starting by mixing all the ingredients for the banana roti (except for the honey) and adding 1 tbsp warm water to achieve a firm consistency. Split, roll and shape the dough as above.

Put each roti in turn on a warm flat pan on a medium heat. Turn it over as it cooks, adding some butter on both sides. Leave it on each side to allow the dough to cook properly. Once done, spread one teaspoon of honey over the roti, garnish with banana slices and serve warm.

Newari Choila (Choi-la)
Country of origin: Nepal
SEED Member: Pranay Shakya

This is a spicy colourful dish originally made from charred 'water buffalo meat' is one of the most celebrated everyday food items in Newari ethnicities in Nepal. The Buffalo meat is generally listed under exotic meat here in the UK however, it is a common culinary item in Nepal especially within the Newari ethnicity. In a typical Newari Feasting menu, there are almost 25+ starters amongst which 8-10 items are prepared from buffalo meat. One can use Buffalo meat, or replace it with lamb, mutton, duck, or chicken or soybean chunks (boiled). The recipe serves 4 people.

Ingredients

- 500 grams of your preferable protein source: boneless chicken breast, mutton, or buffalo (meat with only 2%-5% fat).
- 1 teaspoon Turmeric powder
- 1 teaspoon Cumin powder
- Red chili powder (to taste)
- Red Whole Dried Chilli (add to taste, between 3 to 5 chillies)
- 1 teaspoon Garlic paste
- 1 teaspoon Ginger paste
- Rapeseed oil
- A bunch of 4-5 Spring Onions (freshly chopped)
- One large Red Onion
- Salad Tomato (cut into two halves)
- Fenugreek seeds
- Salt (add to taste)



Method

Grill the chosen meat (an open fire BBQ grill is ideal). Alternatively, you can pan-fry a large piece of meat (e.g. half a breast piece) until well-brown on each side before cutting it into small pieces. The meat must be cooled down before you start cutting it. The pieces should be cube-shaped ideally; chunky pieces of 2cm x 2cm. Warm a frying pan and add 2-3 tablespoons of rapeseed oil. Add dried whole chillies, whole fresh garlic and ginger. Fry until they are very light brown. Then place all these in separate bowl.

In the same pan, cook the tomato half pieces for 5-10 mins so that they are not raw.

Make a fine choila paste from the fried whole dried chilli, garlic, ginger, cooked tomatoes and a little salt. One can use mortar or pestle, or alternatively a food processor. If using a food processor, be careful to make sure you do not make a very fine paste.

Cut the cooked meat into ½ inch pieces (cube shaped if possible).

In a bowl, add the grilled meat pieces with the prepared choila paste (which should be aromatic, spicy and red in colour). Heat the pan again and add 2 tablespoons of rapeseed oil. Add between 7 to 10 fenugreek seeds to the oil until they are dark brown and then add them to the same bowl with the meat.

Add chopped spring onion, red onion, add the cumin powder to the bowl.

Mix everything well and keep the dish covered with cling film or a tight lid for 15 mins at room temperature.

Your delicious Choila is ready to eat. Best served with Nepalese crispy flaked/flat rice or puffed rice with fresh cucumber salad. Choila is also very well complimented with a typical Newari spirit/alcoholic drink called 'Aila' (pronounced Aai-lah).



Barbadian Chicken with Rice & Peas and Rum Punch

Country: Barbados

SEED member: Jocelyn Chandler-Hawkins

I've been eating this since childhood, and it took some time persuading my mum to share the details! I think she has kept her secret touches to herself, but here is a tasty guide to making the meal that many Barbadians ('Bajans') will sit down to on a Sunday on the Island and across the world. Kaya Holder's Fish Cakes, which are also featured in this cookbook, make a great starter for this feast! This recipe is to serve 2 people, so double your ingredients if you are hosting for more folks. Caribbean cooking involves some 'freestyling' so don't worry too much about exact measures!



Ingredients

For the chicken:

- Skinless chicken thighs or chicken breasts (2 thighs or 1 breast per person)
- Dried mixed herbs (not Italian, but any other)
- All spice (half a teaspoon)
- All-purpose seasoning (I use the Dunn's River)
- Half an onion or 4 spring onions
- 6 sprigs of fresh thyme
- The juice of one lime
- 2 or 3 tablespoons of hot pepper sauce (I use the Encona original brand)
- 1 teaspoon of olive oil
- 2 tablespoons of sunflower oil
- Salt & Pepper

For the Rice & Peas:

- 1 x tin of Gungo peas (available from world food isles) or use kidney beans
- 250g / 9oz Basmati rice
- 200ml Coconut milk
- 200ml chicken stock
- 1 x scotch bonnet pepper

Serve with: sweet potatoes, corn on the cob, plantain or green salad

Method: / Preparation:

Marinate your chicken either on the night before or on the morning of cooking (Bajans call it "cleaning up the meat" - they remove any extra fat and any feathers before marinading).

In a bowl, combine the onion, 4 sprigs of thyme, all-spice, all-purpose seasoning, mixed herbs, all the juice from the lime, the hot pepper sauce, the teaspoon of olive oil and salt & pepper to taste. Add the chicken and coat it in the mixture. Cover and leave in the fridge either overnight or for the morning (4-5 hours).

To cook:

Method: Set the oven to 200C/180C/Gas mark 6.

Heat a large frying pan until it is hot and add the sunflower oil and then the chicken pieces, either in batches or all in one go. Let the chicken pieces sizzle and brown a bit but do not let them cook through (you just want to add colour and crispy bits on the edges). Transfer the browned pieces to an oven proof dish with all the juices from the pan and any left-over marinade. Bake in the oven for 25 minutes until cooked. (For extra sauce, you can add 100ml of chicken stock and a small tin of chopped tomatoes - this will also change the flavour to a milder kick).

Rum punch (remove the alcohol if preferred)

Generous measures in your cocktail shaker or jug will make enough for 2 people.

Ingredients

175ml freshly squeezed orange juice
(Mango juice works well too)
75ml freshly squeezed lime juice (approx. 1 lime)
150ml good-quality golden rum
(personally only Mount Gaye will do from Barbados)
50ml sugar syrup (or coconut water if you are avoiding sugar)
A dash of grenadine syrup (optional)
A dash of Angostura bitters (optional but a good addition)
Ice cubes, to serve
A generous pinch of freshly grated nutmeg
2 thick slices of orange, to garnish
Maraschino cherries, to garnish

To serve with rice & peas and sweet potatoes:

Peel, chop and roast a quantity of sweet potatoes in the oven.

Cook the rice as per the packet instructions, but by substituting some of the water with coconut milk and chicken stock. Drop in the scotch bonnet pepper and the last 2 sprigs of thyme before cooking the rice.

Towards the end of the rice cooking, rinse the peas and warm for 1 minute in the microwave and add to the rice. Stir through.

Enjoy your Bajan cook up!

Method

Pour the juices, rum, sugar syrup, grenadine and Angostura bitters into a large jug and give it a good stir. Pop into the fridge to chill for 1 hour.

Serve over ice cubes, sprinkle over the nutmeg and garnish with an orange slice and maraschino cherry, speared with a cocktail stick. And relax.....



Plantain and Grilled Seabass (Dodo and Fish)

Country of origin: Nigeria

SEED Member: Ihinosen Ovbude

Plantain is a common food in Nigeria, the whole of Africa and Caribbean Islands. Like banana, ripe plantain is yellow and sweet, whereas green plantain is bland. It complements other meals like rice, beans, and may be served on its own in various ways.

It is loved by almost every family member. It is quick and easy to prepare and can be grilled, fried, or boiled and eaten with or without any sauce. It can be served with egg (omelette, scrambled) or smoked mackerel sauce. It is sometimes served in the form of a snack e.g. plantain crisps called 'ikpekere' in Nigeria. Fried plantain is simply called 'dodo'.

The recipe is for one serving.



Ingredients:

One whole seabass seasoned with salt and paper
2 Ripe Plantain
1 small onion
1 Sweet Bell pepper
1 medium sized Scotch bonnet
1 medium sized fresh tomato
Rapeseed oil



Method

Thoroughly wash and clean the plantain, tomatoes and sweet pepper.
Peel the plantain (skin off). Peel and chop the onion.

Chop or coarsely blend the scotch bonnet, tomato and place in a bowl.

Heat up 1-2 tablespoon of rapeseed oil in a saucepan. Add the chopped onion first, then the bowl of scotch bonnet and tomato blend, in that order. Keep stirring until the aroma starts oozing out.

Grill the sliced plantain in a halogen cooker or alternatively fry in hot oil placed in a frying pan until golden brown. (Note that grilled plantain is healthier than fried).

Place your seasoned seabass in the oven grill (or grill in halogen cooker) until cooked. Allow to stand for 5 minutes.

Arrange the plantain on your plate, garnish with the fried sauce as in photo or dish sauce separately. It can be served as desired, alongside, on top of the fish or in a separate bowl.
Serve hot.

A variation of this would be Plantain and Gizzard, with the plantain either boiled ripe or green.

Moinmoin (Olele, Alele)

Bean Paste Meal

Country of origin: Nigeria

SEED Member: Ihinosen Ovbude

Moinmoin (Bean paste meal) is a common Nigerian dish. Moinmoin is made from peeled black eye or brown beans combined with other ingredients (see details below).

There are variations depending on the specific occasion. Moinmoin is the only Nigerian meal which can be said to have up to 7 'lives' depending on the number of additives e.g. egg, liver, kidney, fish, corned beef, crayfish, chicken bits added. It is made to taste depending on individual preferences. It is sumptuous and ever present at Nigerian parties.

Ingredients:

2 cups black eye or brown beans
2 medium size onions
2 Sweet Bell peppers
4 Scotch bonnets
¼ cup rapeseed oil or cholesterol-free palm oil
¼ cup dry or fresh crayfish
2 Smoked or steamed mackerel (deboned)
3 eggs
2 Bouillon (Knorr) cubes or seasoning
Salt to taste
Thaumatococcus daniellii leaf (also called 'ewe eran' or 'goat leaf'). Banana leaf may be used instead, or kitchen foil (folded into rectangular pouches).



Method

Thoroughly wash beans and place in a blender. Add some water, then press the pulse blend button a few times to break and deskin the beans.

Pour the split/broken beans in a bowl and add water again to separate the beans from the skin. Clean under a running tap using a sieve to help further separate the skin from the split/broken beans. Separate all the chaff from split/broken beans.

Blend together the cleaned split/broken beans, bell pepper, scotch bonnet, and onion to a smooth paste of dropping consistency.

Place in a bowl and add the eggs, oil, squashed bouillon cubes, salt and mix together. Debone and shred the mackerel and add it to the bowl. Also add the crayfish and fold into the bean paste

Place a cooking pot on the burner. Place a few wooden or metal skewers into the pot. Pour 1-2 cups of boiling water into the pot.

Scoop the paste mix and place it in a leaf or foil and wrap into a parcel as shown.



Use 1 or 2 leaves per wrap depending on the size you want.

Gently place the wrapped parcels in the pot of water and place a lid over the pot.

Allow to steam cook for 30 minutes, checking at intervals to ensure there is enough water in the pot to prevent burning.

Check that the wraps are firm and well moulded.
Turn off the burner and allow to stand for 5 minutes.

Take off the lid and remove the wrapped parcels. Unwrap and serve hot with salad or the side dishes suggested above.

Wrapping moinmoin in leaves adds flavour but requires great skills, like no other, You may also use takeaway foil packs, empty tomato cans or aluminium cups instead of the leaves. Moinmoin can be served with plantain or any rice dish such as jellof rice, coconut rice, or fried rice. It can be served with stewed chicken, beef steak, fresh or smoked fish and salad or plain. You may also add corned beef, liver, gizzard, or ¼ - ½ boiled egg per wrap if preferred. The more the additives, the higher the number of 'lives' otherwise, it can be kept simple and tasty too! This recipe serves 4 people.



A Nigerian party menu is incomplete without moinmoin. It is served with and complements other meals like rice, Asaro (yam porridge) and may be served on its own in various ways. It is loved by almost every family member. This is a favourite traditional Nigerian breakfast especially amongst the Yoruba tribe. It is usually served with porridge (corn, guineacorn or millet) called 'kwokwo' in Hausa and 'Ogi' or 'eko' in Yoruba. Ogi and moinmoin is a common breakfast combination for the Yorubas.



Holemgingarmin
(Inspired by Covid -19 Pandemic)
Country of origin: UK/Nigeria
SEED Member: Ihinosen Ovbude

Ginger & Lemon based drinks are common in Nigeria especially during the Harmattan Season when it is extremely cold, however, this was inspired by Covid-19 Pandemic (Anything to help us survive the onslaught)



Ingredients:

- A handful of fresh organic ginger
- 1 whole organic garlic bulb
- 1 medium sized organic lemon
- . Fresh mint leaves 10-15
- Organic honey

Preparation:

- Thoroughly wash and clean ginger (peel if preferred)
- Peel and clean the garlic bulb/cloves
- Coarsely blend 1 & 2 together
- Wash and cut through whole lemon into slices
- Clean the mint leaves
- Place all in a medium pot
- Fill with water and slowly bring to boil
- Allow to stand for 5 minutes
- Sieve to serve the brew hot
- Add ½ to 1teaspoon of organic honey
- Serve hot or cold



Kadhai Paneer

Country of origin: (North) India

SEED member: Neerja Muncaster

This is a semi dry curry made with paneer (a type of South Asian cheese), capsicum and spices. This is a family recipe shared by my aunt and is a firm favourite.

A 'masala' is a spice paste, blend or mix that often forms the foundation of many typical South Asian curry dishes. Garam masala comes as a readymade powder.

Ingredients:

1 block of paneer, cut into small cubes
4 medium onions, finely chopped
1 green chilli, finely chopped
2 green chillies, cut length-wise
1 inch ginger, finely chopped
1 green capsicum, chopped into 1 inch pieces
1 red capsicum, chopped into 1 inch pieces
2 small carrots, julienned
2 large tomatoes, chopped
2 teaspoons tomato paste
½ teaspoon cumin seeds
1 tsp red chilli powder
½ tsp haldi (turmeric powder)
½ tsp garam masala
1 tsp MDH Tava Fry (or olive/vegetable oil)
Fresh dhaniya (coriander)
salt to taste

Method

Boil water in a pot and add 1 spoon of salt. Put the cut paneer in the hot water. Leave aside.

In another pan, heat 1-2 teaspoons of oil and add cumin seeds. Once they start to crackle, add the onions and sauté until translucent. Add the ginger, green chillies and continue to sauté until the onions are golden-brown.

Add the tomatoes, tomato paste, salt, haldi, red chilli powder and cook until the masala and oil separate.

Add the carrots, mix well and cook for a few minutes.

Add the green chillies, green and red capsicums and mix well. Cook for a minute.

Drain and add the paneer, mixing well. Ensure the paneer cubes do not break.

Cook uncovered for a couple of minutes until the masala coats the paneer and vegetables well.

Add the garam masala and the Tava fry masala and mix well. Cover the pan and turn off the heat.

Garnish with dhaniya just before serving. Eat with naan, roti, parantha or rice.



Ciulama de pui cu ciuperci
(Creamy chicken and mushroom stew)

Country of origin: Romania

SEED member: Julia Moldoveanu

Chicken and mushroom is a traditional Romanian recipe that is perfect for when you're craving a hearty and easy to make meal. My mom and I used to make this on weekends when I was young and I definitely recommend making it together with your loved ones. The recipe serves 6 people. Creamy chicken and mushroom stew can be served with polenta.

Ingredients:

1 kg chicken (thighs or breast is best)
500g button mushrooms
100 ml whole milk (or coconut milk for a plant-based alternative)
50 g plain flour
50 g unsalted butter
2 tablespoons crème fraiche
3-4 tablespoons oil (any oil of your preference)
2 bay leaves
Salt
Pepper
Water
Peeled vegetables for chicken stock (such as 1 onion, 2 carrots, 1 red pepper, 1 parsnips, 1 celeriac, 1 parsley root. You can replace these with stock cubes but having vegetables leads to a much tastier stock).

For a video version of the recipe with English subtitles, you can click on this link. On this channel you can also find many more Romanian recipes for mains, desserts and other tasty treats.

Original picture by Jamila Cuisine

Method

Start preparing the chicken stock by adding the chicken and salt to 3,5 litres of water to a pot and setting it off to boil for 20 minutes.

When foam starts to form, collect it carefully and dispose of it. Continue to boil the stock and collect the foam until the water boils clear. When the chicken is $\frac{3}{4}$ cooked, add the stock vegetables to the pot whole with the bay leaves and pepper and boil for another 20 minutes.

While the stock is boiling, you can cook the mushrooms. Add oil to a pan and cook the mushrooms for 10 minutes. When the mushrooms are soft, take them out the pan and leave aside.

When the stock is done, take out the chicken and vegetables and slice them. You can choose whether you want to carry on using the vegetables in this recipe or keep them aside for another one – I like to use just the carrots. Keep the stock aside for making the cream.

To prepare the cream, melt the butter in a pot and let it slowly melt. Add the flour and stir carefully until it dissolves in the butter. Slowly add some of the stock and whisk everything to form a white and creamy sauce. Add more stock and whisk until you get the right consistency. Adding the stock 1 cup at a time and letting it to incorporate first before adding more will allow you to get to the consistency you prefer. Most people in Romania make it like single cream.

Add more salt, pepper and milk and let the sauce simmer for 5 minutes.

Add the chicken, mushrooms and any vegetables you might have kept back into the pan with the sauce, stirring carefully. You can also add more stock if you want it to have a creamier consistency. Once you achieve the desired consistency, turn off the hob and add the crème fraiche. Once this is done, you can serve the dish.



Beef Suya

Country of origin: Nigeria

SEED member: Dr Femi Adeyemi-Ejeye

Suya is the most popular Nigerian street food and it is never made at home. On the street, it is prepared by Mallams (aka Mai Suya), men from the north of the country, who are trained in the art of meat spicing.

Suya is a delicacy that brings everyone together. At four or five pm daily, the suya spots are suddenly transformed into a hive of activity. Amongst the crowd are parents, kids, colleagues, friends and everyone in between.

No one is too rich, too poor, too southern, northern or western to get suya from the same open-flamed shop. It is a that cuts across every social level of society.

The recipe below offers two different ways of cooking this dish.

Ingredients:

500g Beef fillet

100g Suya Spice mix (You can get this on Amazon)

4 tbs Groundnut/Sunflower/Peanut oil

8 Soaked Bamboo Skewers



Method

Cut the beef into thin fillets. If the fillets are long and large, cut them into small pieces so that you can easily thread them on the sticks.

Thread the fillets on the skewers.

Brush the fillets of beef with the oil. This is what helps the Suya spice stick to the meat so make sure you do not leave out any part of the meat.

In a wide dish, spread the Suya spice and dab the threaded fillets of beef in the spice so that the beef takes up as much of the spice as possible. All the beef will be covered with the Suya spice when you are done.

Leave the beef to marinate for an hour.

Option 1: Oven preparation

Preheat the oven to 150°C.

Place the beef flat on the oven rack (wire shelf) and put in the oven to roast.

After 15 to 20 minutes, flip the beef to roast the underside as well. The total time for roasting is 30 to 40 minutes.

Rub some of the remaining oil on both sides of the beef. Increase the oven temperature a bit and roast either side of the beef for 5 minutes each.

Option 2: Barbecue Preparation

Cook over an open grill for 10 minutes (flipping to the other side halfway) and leave to rest for a few minutes once cooked.

INTERACTIVE RESOURCES
Country of Origin: Bengal
SEED member: Sadia Ahmed

My aunt has created a youtube channel called 'Spice Palette' over lockdown to share some Sylheti Bengali classics. My old work colleague is loving the channel and constantly cooks her recipes! Click a recipe to watch it online.

Spice Palette channel:
<https://www.youtube.com/channel/UCuaf8j7245AldJY-cokNIAA>

Bengali Snacks

How To Make Deliciously Sweet Coconut Samosa Easy | Sweet Treats

Bengali Snack Recipes Vegetarian | Beingun Bora | Bengali Style Aubergine Fritter

Bengali Mains

Delicious Minced Lamb Biryani Recipe | Keema Biryani | Rice Recipe

How To Make Mackerel Satni Recipe Bengali Style | Mackerel Masala | Mackerel Recipe

Egg Masala Curry - Quick & Easy | Dim Bhuna | Bengali Style Egg Bhuna Recipe | Simple Egg Recipe

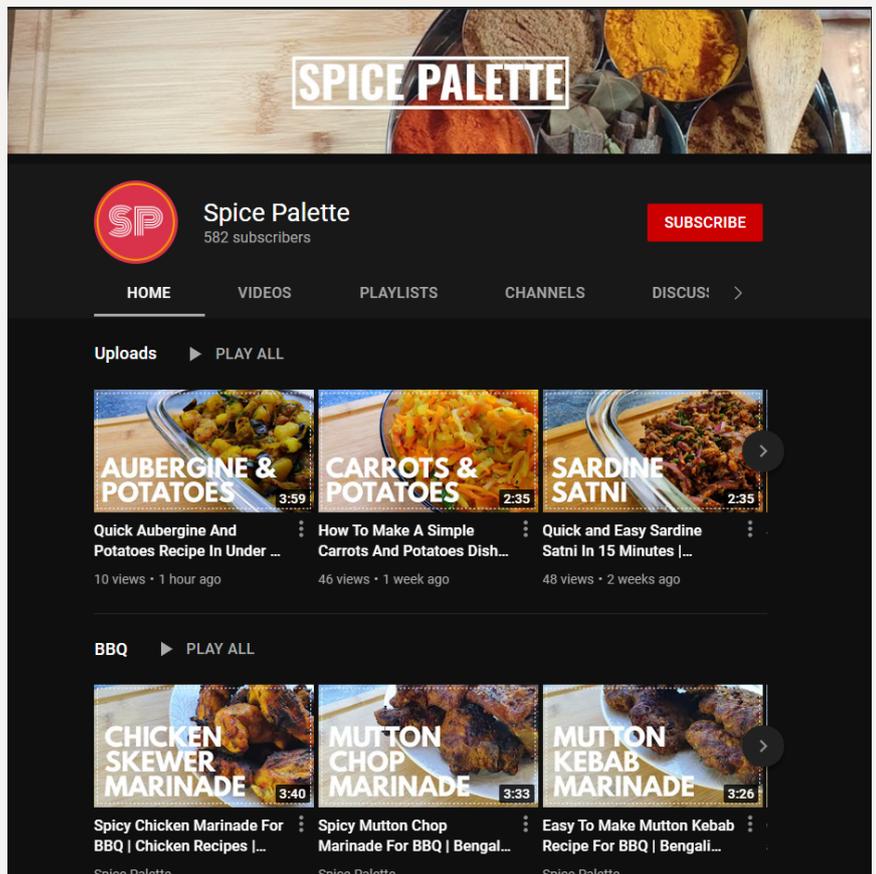
How To Cook Chana Masala Fast | Chana Biran | Sana Biran | Bengali Style Chickpea Masala

Bengali Desserts

Delicious Date Sponge Molasses Cake | Guror Handesh | Malpua - YouTube

Rice Pudding With Coconut Recipe | Kheer - YouTube

Easy and Quick Delicious Halwa Recipe | Dessert Recipe - YouTube



Ingredients Directory

SimplyFresh

Stag Hill, University Campus, Guildford GU2 7XH

World food ingredients including authentic brands. Particularly good for dried and frozen South-East Asian ingredients.

Chinese Taste

89b Woodbridge Rd, Guildford, GU1 4QD

Offering a wide variety of authentic products from China, Korea, Japan, Thailand, Philippines, Singapore, Malaysia, Vietnam, Poland, Russia, Romania, Ukraine and Latvia, Lithuania.

Rumwong Thai Market

16 London Rd, Guildford GU1 2AF

Small Asian/Thai Grocery shop.

Sadia Grocery

47 Woodbridge Hill, Guildford GU2 9AD

Wide range including Asian, Indian, Iranian, African foods.

Atif Superstore Atif Superstore | Your local Halal & Ethnic Food Store

103 Walton Road, Woking, Surrey, GU21 5DW

Pakistani, Indian, Halal plus Chinese and African foods. Drivable from Guildford or accessible on foot from Woking station.

Ebiere & Ivan Intercontinental Food: The World of Flavour

Market Walk, Woking Town Centre

Specialising in African-Caribbean foods including fresh fruit and vegetables.

Short walk from Woking station.

H Mart Website

Unit 1 Leigh Cl, New Malden, Surrey, KT3 3NW

A large Korean supermarket selling a variety of Southeast Asian Foods, including dried, frozen and fresh deli and bakery food items. Driving distance from Guildford with a large car park.

Longdan Supermarket

Longdan Oriental Online Supermarket

2 Vicarage Road, Kingston Upon Thames, KT1 1TY

Pan-Asian food ingredients, including Vietnamese and Japanese

Miah's Oriental Foods

369 Harrow Road, London, W9 3NA

Sadda Superstore

356 Bath Rd, Hounslow TW4 7HW

South Asian Supermarket with a wide variety of ethnic fresh fruit, veg and spices. Located by Hounslow West tube station on a strip with similar grocery stores, authentic South Asian restaurants and halal meat shops. Approximately 35 minutes' drive from Guildford.

Paya Thai Supermarket

101-103 Kew Rd, Richmond TW9 2PN

Pan-Asian foods, specialising in Thai food.

Thai Smile Thai Smile Shop

283-287 King Street, Hammersmith, London, W6 9NH, UK

Oriental supermarket, recommended particularly for Thai food ingredients