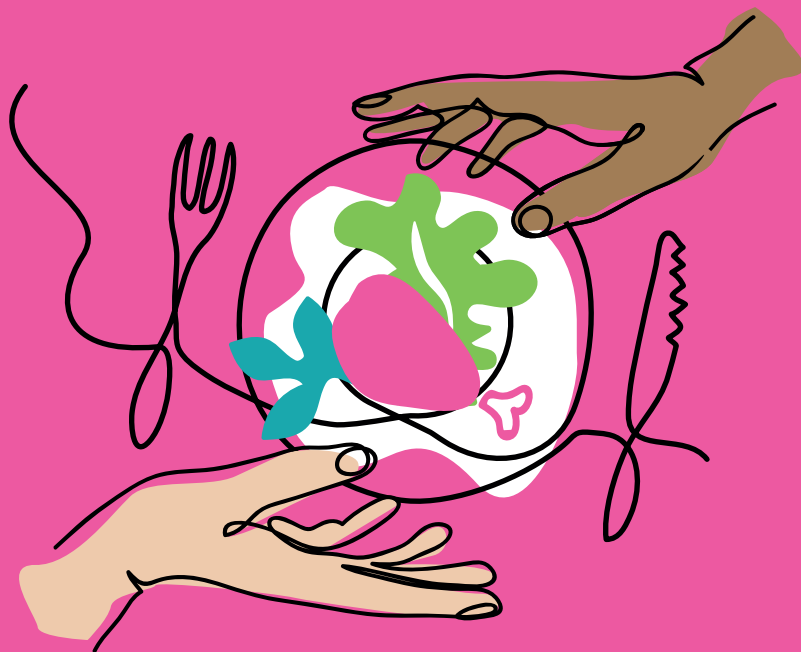




A Taste of Home



Recipe book by refugees finding
sanctuary in Warwickshire 2025



A Taste of Home — Introduction

Sharing food is one of the most beautiful ways to connect. It's a universal language that says we are neighbours, friends, and chosen family. Food heals, celebrates cultures, and builds community.

You can exchange recipes, teach each other dishes, and most importantly, share meals that foster meaningful connections. Let's celebrate Community as a Superpower by bringing people to the table. This booklet has been put together by ESOL staff from Migration Services team at Warwickshire County Council, collating favourite recipes from English language learners of all abilities on the theme of 'A Taste of Home'.

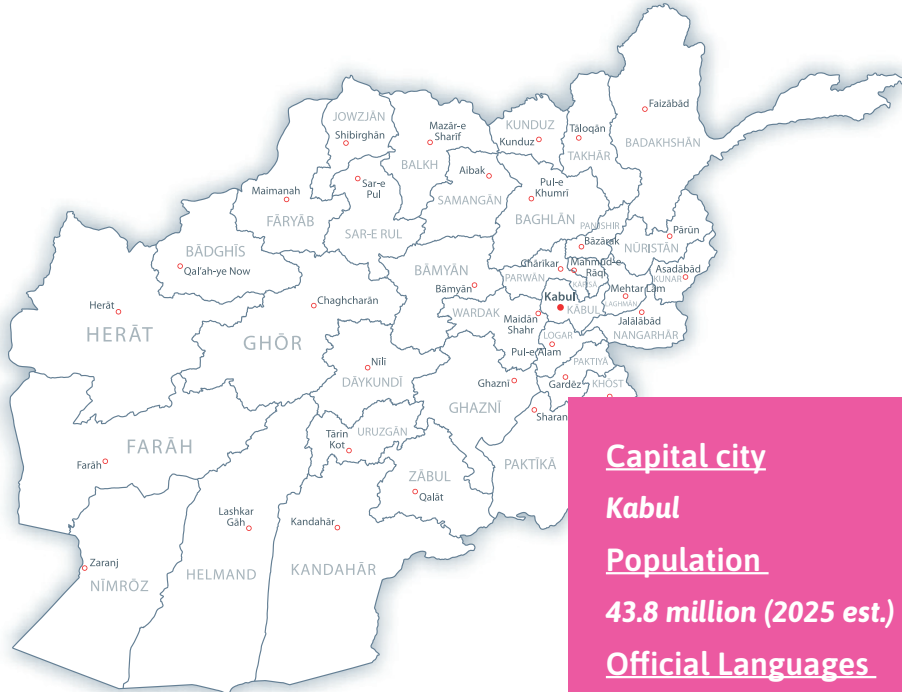
The students from Afghanistan, Hong Kong, Syria and Ukraine have all contributed recipes that they love to cook and that remind them of home. It is hoped that through sharing this book that you will be inspired to cook them too and try something new.

To enquire about joining an ESOL class, email
migrationesol@warwickshire.gov.uk

For services and information go to
www.warwickshire.gov.uk/migrationservices

More about Refugee Week can be found at
refugeeweek.org.uk

Afghanistan



Capital city

Kabul

Population

43.8 million (2025 est.)

Official Languages

Pashto and Dari

Location

**Landlocked country in
South-Central Asia**

Borders

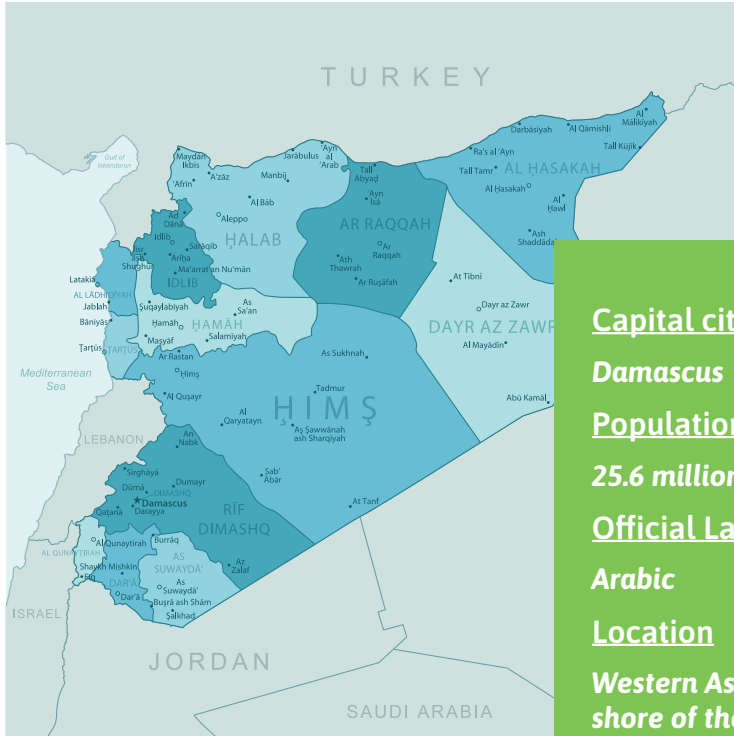
**Iran, Pakistan, Turkmeni-
stan, Uzbekistan, Tajikistan,
China**

Religion

Predominantly Islam

- **Sunni Islam (approx. 85–90%)**
- **Shia Islam (approx. 10–15%)**

Syria



Capital city

Damascus

Population

25.6 million (2025 est.)

Official Languages

Arabic

Location

Western Asia, on the eastern shore of the Mediterranean

Borders

Turkey, Iraq, Jordan, Israel, Lebanon

Religion

Predominantly Islam

- **Sunni Islam (majority)**
- **Alawite, Druze, Ismaili, and Shia minorities**
- **Christian minorities (including Greek Orthodox and Armenian Apostolic)**



Ukraine



Capital city

Kyiv

Population

39 million (2025 est.)

Official Languages

Ukrainian

Location

Eastern Europe, with access to the Black Sea

Borders

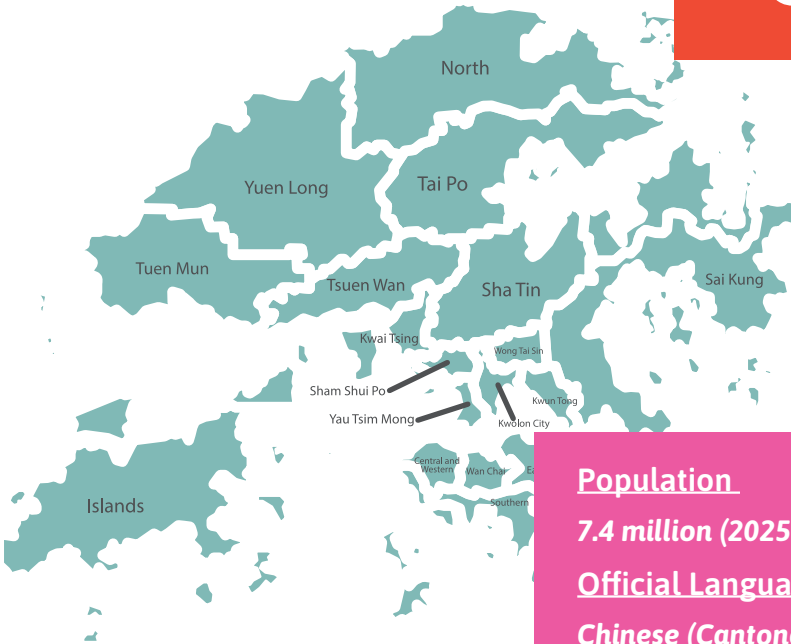
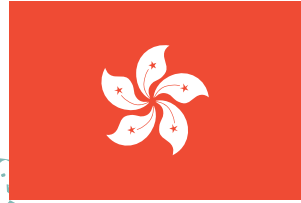
Russia, Belarus, Poland, Slovakia, Hungary, Romania, Moldova

Predominantly Christianity

- Eastern Orthodoxy
- Greek Catholic and Roman Catholic minorities
- Small communities of Judaism, Islam, and Protestantism
- nian Apostolic)



Hong Kong



Population

7.4 million (2025 est.)

Official Languages

Chinese (Cantonese) and English

Location

Coastal city-region on the South China Sea

Borders

Special Administrative Region (SAR) of China with a high degree of autonomy under “One Country, Two Systems”

Religion

- Buddhism, Taoism, and Confucianism (often blended)*
- Christianity (Catholic and Protestant)*
- Small communities of Islam, Hinduism, Sikhism, and Judaism*

Bolani



Why is this dish special to me...

*This is traditional Afghan food.
Every Afghan family enjoys this.*

Adela

Ingredients

(for around 12 bolani)

Dough

1 kg bread flour

Water

Filling

2 large potatoes

3 bunches spinach

1 bunch coriander

2 leeks

2 onions

4 cloves garlic

2 green chillies

Method

For the dough:

Mix the flour with enough water to make a soft dough.

Knead for 10 minutes and then rest for about 3 hours.

For the filling:

Boil the cut potatoes until cooked. Then mash.

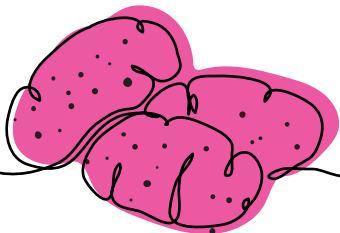
Wash and cut the spinach, leeks, coriander, onions, garlic and chilli. Mix together in a large bowl with the mashed potatoes.

Roll out small balls of the dough to make a big circle.

Put some filling onto half of the circle, and fold over pressing the edges well.

Cook in a hot oven (275) for 10 minutes.

Eat.

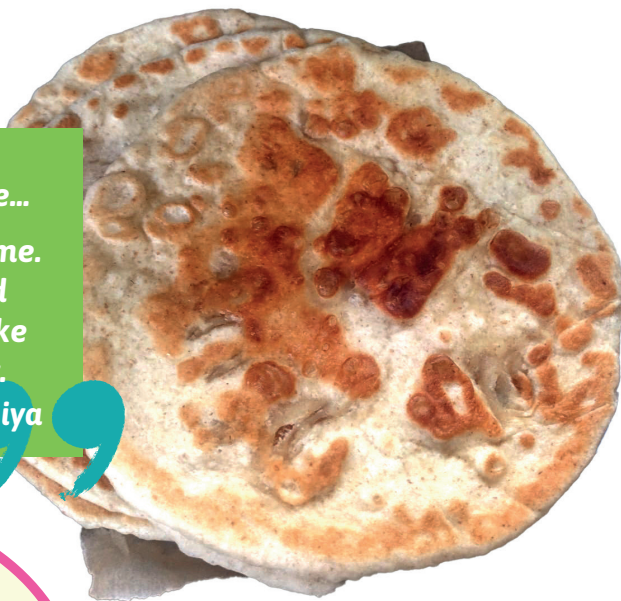


Paratha

Why is this dish special to me...

*I like paratha at breakfast time.
All Afghanis like paratha and
my mother taught me to make
it and her mother taught her.*

Aliya



Ingredients

2 cups plain flour

2 teaspoons salt

2 cups warm water

Vegetable Oil for frying

Method

Put all ingredients in a bowl.

Mix everything together by hand.

Knead for 20 minutes.

Cover with plastic and leave for
20 minutes.

Cut into 8 small balls.

Take a frying pan and heat it on a
hob until very hot. Add a little oil.

Roll out each small ball until flat.

Cook one at a time for one minute
each side until brown.

Put them on a plate ready to eat.



Roush

Why is this dish special to me...

This dish is very special to me because it is made in our house especially during Eid-ul-Adha. This dish is a special identity of the Pashtun people in Afghanistan.

Marzia

Ingredients

2kg mutton shank/lamb
200 g mutton/lamb fat
1 kg medium size potatoes
2 medium size onion
10 green chilies
3 bulb garlic
2 inch ginger
2 tablespoons salt
1 cup oil
1 cup water
Half cup of white vinegar
Black pepper to taste

Method

1. Wash all ingredients.
2. You will need deep and thick pot.
3. Put the potato first layer of a pot .
4. Second layer is the mutton shank .
5. Third layer add onion, green chilli, chopped garlic, chopped ginger, 2 full bulbs garlic.
6. Add 1 cup of water, half cup white vinegar, sprinkle 2 tablespoon salt, and one cup of oil.

Close the lead of pot.

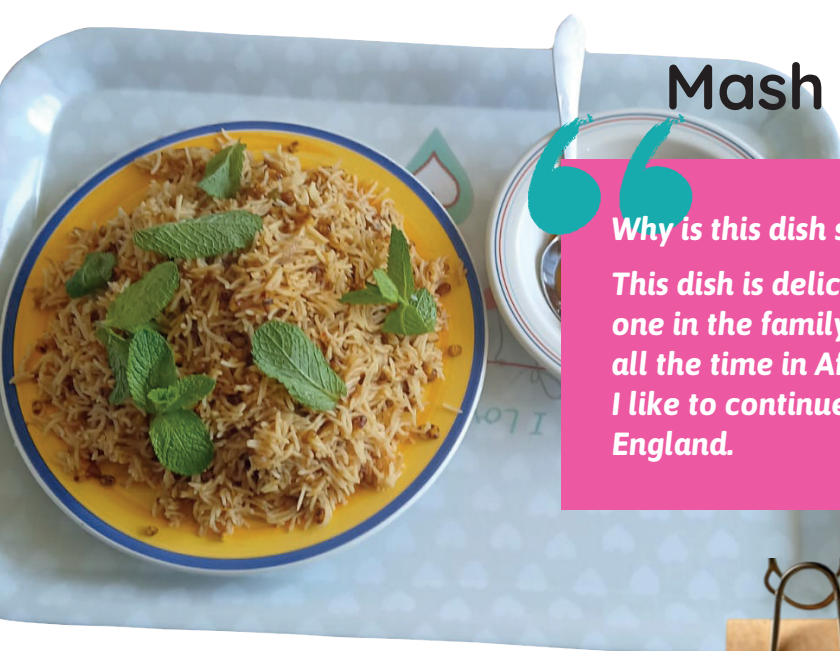
Put it on the stove to cook

Leave it first high heat for 15 minutes. And then slow down to simmer for 2 hours leave it.

Now it's ready to be put in a plate and sprinkled with a lots of black pepper on top. Eat delicious Roush!



Mash Pilau



Why is this dish special to me...

This dish is delicious for everyone in the family. We made it all the time in Afghanistan and I like to continue it now I live in England.

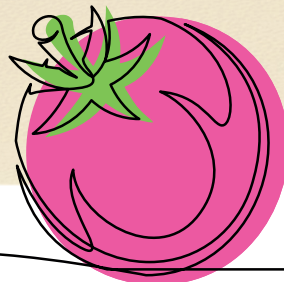
Nasreen

Ingredients

- 3 cups Pakistani or Afghani rice
- 1 onion
- 1 cup mung beans (soak these in water for 10 hours before)
- Half cup of vegetable oil
- 3 tomatoes (chopped)
- 3 cloves garlic
- 2 green peppers (chopped)
- 1 teaspoon salt

Method

1. Heat a large pan and add the oil.
2. Chop the onion and add to the oil with some salt, garlic green pepper and the tomatoes.
3. Add the soaked mung beans and 3 cups water.
4. Simmer for 10 minutes.
5. Add the rice and simmer for 30 minutes.



Mantu

by Nazira



Ingredients

Dough:

4 cups flour

1 table spoon of salt

1 teaspoon full yeast

Water (as required)

Meat for Filling:

1kg of mincemeat (lamb/beef)

5 medium onions (finely chopped)

1 small cabbage (finely chopped)

5 cloves of garlic (smashed)

1 table spoon salt

1 teaspoon full black pepper

1 teaspoon full red chilli pepper

1 teaspoon full turmeric

2 teaspoon full coriander powder

Tomato sauce:

1 cup of chana dal

3 large tomatoes (chopped)

3 garlic cloves (smashed)

200 ml oil,

1 tsp each of turmeric, salt, chilli powder

half cup of water.

Yogurt sauce:

1 cup plain yogurt

2 garlic cloves (crushed)

A pinch of salt

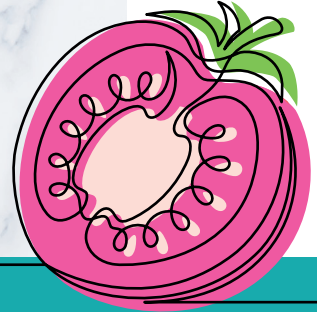
Half glass of water

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Mantu

by Nazira



Method

1. Dough

Mix flour, salt, yeast, and water. Knead it and let it rest for 30 mins.

2. Meat for filling

Put mincemeat in a pressure cooker of 10 mins, and then mix it with finely chopped cabbage, onion, smashed garlic, and spices in a bowl. Leave it in the fridge for 15 minutes.

3. Tomato sauce

Put the oil in a pan and add the chopped tomatoes, garlicks, spices, and water cook them for 10 mins.

Cook chana dal for 10 mins and after that mix it with tomato sauce.

4. Yogurt sauce

Mix all the ingredients in bowl till it gets thin.

Prepare the Recipe of Afghani Mantu

1. Roll the dough thin, cut into small squares or circle.
2. Put a bit of the prepared mince-meat filling in the centre. Pinch the edges closed.
3. Steam the Mantu for 30 -40 minutes
4. Serve:

Place the mantu on a plate.

Pour the tomato sauce on top.

Add the yogurt sauce.

Sprinkle some mint or herbs

Enjoy your delicious homemade Mantu!





Phirni

by Parween

Ingredients

250g cornflour (with a little water to mix)

200g sugar

500ml of milk

1 teaspoon of cardamom (ground)

A few drops of food colouring of your choice

Crushed pistachios and almonds as needed.

Method

1. Stir the flour with the water until it is fully mixed to a paste.
2. Heat the milk in a pan and add sugar, cardamom and the food colouring. When it has boiled, add the flour mix and stir well.
3. Simmer for 3 to 5 minutes, then pour into a serving dish. Add the crushed nuts to decorate. Leave to set for around an hour in the fridge.

Method

First, steam the meat, split peas, potatoes, and onion. Then, grind them using a meat grinder or mash them thoroughly.

After that, add salt, crushed coriander seeds, minced or crushed garlic, eggs, and black pepper. Mix everything together well.

Then, shape the mixture into sausage-like rolls and fry them in oil.

Finally, serve and enjoy!



Kofta Kebab

by Sahra

Ingredients

500 grams of lean minced beef

Half a cup of split peas (chana dal)

2 potatoes

2 eggs

1 onion

garlic, salt, coriander seeds, black pepper — as needed.

Tandoori Naan

I really like Tandoori naan. It is special to me because I make this naan fresh with every dish and meal for my family. It's a part of our culture to cook fresh naan at home.

Sakina

Ingredients

4 cups of flour
2 cups of water
1 tsp yeast
1 tsp baking powder
1/2 tbsp salt

Method

1. Mix all the ingredients together.
2. Knead well for 10 minutes.
3. Leave to rest for 1 hour.
4. Cut into 5 or 6 balls.
5. Make flat by hand.

If we want a big naan keep the big piece if we want a small naan we can make it a small piece. Twisted around with the hands, when it is round leave it for a bit of time to rise (about 10 minutes). Then it is cooked in a bread oven for 3 minutes.

If somebody doesn't have bread oven, they can cook it in a gas or electric oven.

This is a 'Naan Pillow'

an essential tool in making traditional naan.



Qorma

This is a traditional Afghan stew made with meat (usually lamb or beef), onions, tomatoes, garlic, and a blend of aromatic spices. It's rich, flavorful, and often served with naan or Afghan rice (such as chalaw or kabuli pulao).

Shaima

Method

1. Caramelize the onions

Heat oil/ghee in a large pot.

Add the sliced onions and cook on medium heat until golden brown. This step is crucial for flavor.

2. Add garlic and ginger

Stir in the minced garlic and ginger. Cook for 1–2 minutes until fragrant.

3. Add the meat

Add the meat pieces and sauté on medium-high heat until browned on all sides.

4. Add spices

Stir in all the ground and whole spices. Cook for a few minutes until the oil separates and the spices are well blended with the meat.

5. Add tomatoes and yohurt

Add chopped tomatoes (or paste) and yohurt (if using). Cook until the mixture thickens and oil separates again.

6. Simmer with water

Add enough water to cover the meat. Cover the pot and simmer on low heat for 1.5 to 2 hours, or until the meat is tender. Stir occasionally.

7. Adjust seasoning and consistency

Check salt. If needed, increase heat to reduce the sauce for a thicker consistency.

Ingredients

Main Ingredients:

- 1 kg lamb or beef (bone-in pieces preferred for richer flavor)
- 2 large onions, thinly sliced
- 3–4 garlic cloves, minced
- 1-inch piece of ginger, minced
- 2 large tomatoes, chopped (or 3 tbsp tomato paste)
- 1/2 cup plain yogurt (optional for a richer texture)
- 1/2 cup cooking oil or ghee
- Salt, to taste
- Water, as needed

Spice Mix:

- 1 tsp turmeric powder, 1 tsp ground coriander, 1 tsp cumin powder, 1 tsp black pepper, 1/2 tsp chili powder (adjust to taste), 2–3 green cardamom pods, 1 cinnamon stick, 4–5 cloves, 1 bay leaf

Rote

Why is this dish special to me...

My son and husband very much like this, so I make it at home.

Shakiba



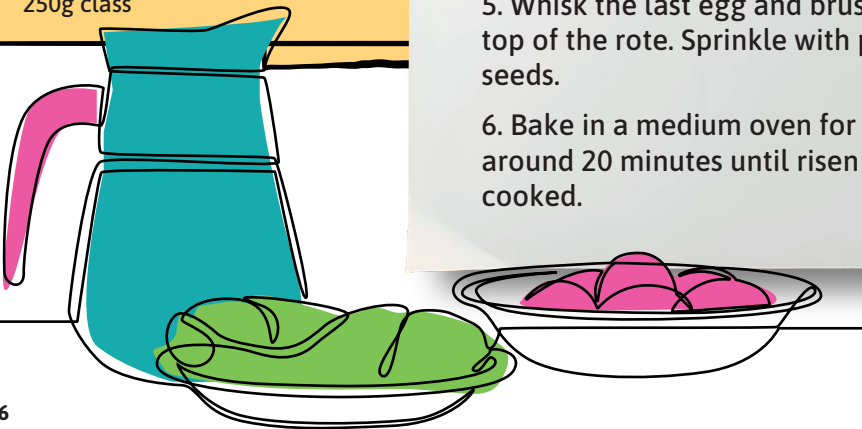
Ingredients

- 2 eggs
- 1 glass* of oil
- 3-4 glass* of flour
- half-glass* of milk
- 1 spoon of baking powder
- 1 spoon of salt
- 1 spoon of cardamon
- 1 glass* of yeast
- White poppy seed

*250g class

Method

1. Crack the eggs into a bowl with oil, milk and sugar.
2. Whisk well together.
3. Add the flour, baking powder, salt, yeast and cardamom, and mix by hand.
4. Pour the mix into a round baking tin.
5. Whisk the last egg and brush the top of the rote. Sprinkle with poppy seeds.
6. Bake in a medium oven for around 20 minutes until risen and cooked.



Seekh Kebab

by Shazia A

Ingredients

3 onions
10 cloves of garlic
1kg lamb cubed
coriander
3 tbsp oil

Method

1. Mix the onions, garlic and coriander in a food processor until pureed.
 2. Add the meat to the onion mixture and leave to marinate for the night.
 3. On the day of cooking, make skewers of lamb ready to grill on the BBQ or grill.
- Serve with bread.



Okra

This is a very healthy dish. It is good for heart health and for bones and skin. It is a very popular dish in Afghanistan.

Nahida and Shazia

Ingredients

300g okra
2 large tomatoes
1 white onion (or red if no white available)
1 green pepper
3 cloves garlic
3 Tbsp vegetable oil
Salt and black pepper
Chilli

Method

1. Cut the okra into 3 or 4 cm pieces
 2. Slice the onion finely.
 3. Chop the tomatoes, green pepper and garlic.
 4. Fry the onion for 2 minutes until soft.
 5. Add the tomato, pepper and garlic and continue cooking on medium heat until soft (3 minutes).
 6. Add the okra, and mix well.
 7. Add black pepper and salt to taste and stir in.
 8. Allow to cook with a lid on for 15 minutes stirring occasionally.
 9. It is now ready to serve.
- Tryt with bread and salad.

Shorwa

Why is this dish special to me...

This dish is special because Afghan farmers and labourers want food which will keep them full and with energy for the whole day. This dish is good for that.

Weda

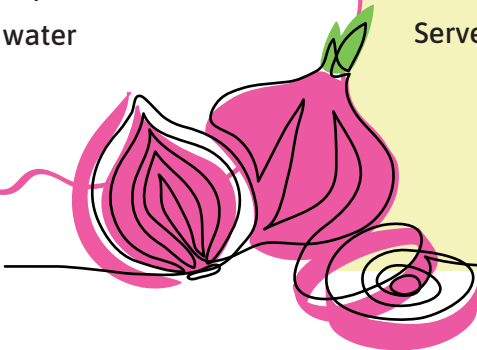


Ingredients

Oil (as needed)
2 large diced onions
2 large minced garlic cloves
2 teaspoons coriander
1 teaspoons chilli powder
1 teaspoon turmeric
1 kg lamb meat
2 peeled carrots, cut in half
2 peeled potatoes, cut in half
4 cups water

Method

1. Pour oil into the pressure cooker or pan.
2. Add the onions to fry until golden
3. Add meat, garlic, tomato, black pepper, turmeric powder, coriander powder, and salt.
4. Fry for 15 minutes and finally add water cover and keep on medium flame for 15 minutes.
5. Open the pressure cooker and then add potato and carrot.
6. Leave it to cook for five minutes.
Serve with bread.



Burani

Why is this dish special to me...

Burani is our traditional and vegetarian food. That is why most people in Afghanistan like burani.

Zarghona



Method

Heat the oil well, then fry the aubergine in the shape of a ring in the oil to cook

Then we prepare the glaze.
Fry the oil well, then cook the onion in it. When the onion is fried, add the tomatoes, garlic, salt and black pepper and let the glaze cook for five minutes. Now add the black aubergine that we had fried in oil. Move to a plate and add the glaze and pour yohurt on top and now our delicious burani is ready to eat.

Ingredients

Aubergine (eggplant) cut into rings
onions
tomatoes
yohurt
half a cup of oil
half a teaspoon of salt
half a teaspoon of black pepper
cloves garlic as needed
green peppers as needed

Spinach Soup

In Hong Kong, my family used to have dinner together in the evening. We think that it's the important time for family gatherings and good food.

Yani Ho, Bill Leung



Method

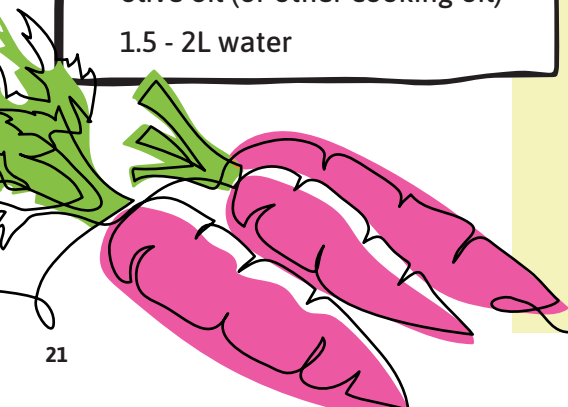
1. Chop the parsnip, carrots, ginger, onion, garlic and meat into pieces.
2. Heat some oil in a frying pan.
3. Add the ginger, garlic, onions and pork (or chicken) into the pan and fry for 5 minutes. If you use beef instead of pork, don't put the beef into the pan in this step.
4. Add the parsnips and carrots into the pan and stir fry for 5 minutes.
5. Add all water into the pan. Cover the pan and boil the water.
6. Put half of the spinach into the pan and press them down into the water. Then put the rest of the spinach into the pan and make sure all the spinach is under the water. If you use beef instead of pork, put the meat into the pan together now.

Add 1 teaspoon sugar and then stir well. Cover the pan until it's boiled and simmer for about 15 minutes.

Add 2 teaspoons salt and stir well. Enjoy.

Ingredients

- 450g spinach
- 180g parsnip, chopped
- 180g carrot, chopped
- 100g pork, (or beef/chicken; skip for vegetarian)
- half a clove of garlic
- 1 onion, chopped
- 2 pieces ginger
- 2 teaspoons salt
- 1 teaspoon sugar
- olive oil (or other cooking oil)
- 1.5 - 2L water





Pineapple Buns

Why I like pineapple buns is because they are a very common bread. In Hong Kong a lot of people eat pineapple buns for their breakfast.

If you put some butter in the pineapple buns and eat it, it is very tasty. I love these and I make them every weekend for my family.

Chun

Ingredients

Bun

350g bread flour
60g sugar
Pinch salt
1 egg
6g yeast (sachet)
85g utane dough
125ml milk
30g butter

Utane dough

The proportion is 5 portions of water: 1 portion of bread flour

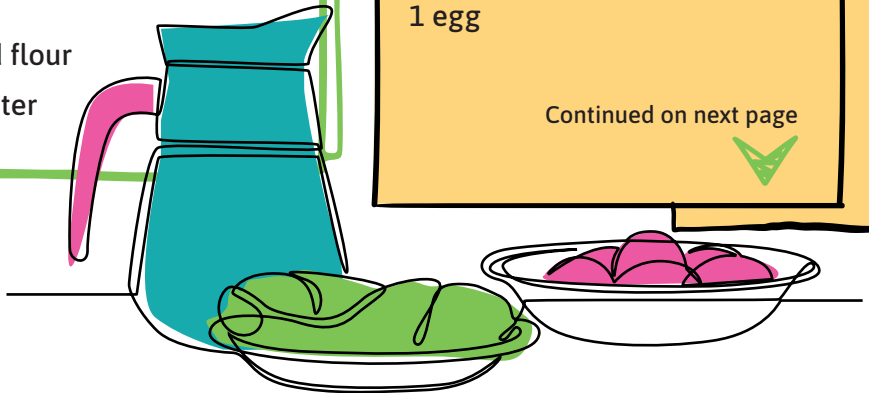
50g Bread flour
250ml Water

Ingredients

Pineapple crisp topping

120g plain flour
60g butter
60g sugar
1g baking soda
3g baking powder
1 egg

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Pineapple buns

Method

Pineapple buns

Preheat oven to 180 degrees

1. Put sugar, yeast and salt into the bread flour and mix well.
2. Then add the beaten egg, Utane dough and milk.
3. After mixing well into a ball, add butter and mix until it is smooth.
4. Carry out the first fermentation (about an hour)
5. Cover the bowl and leave to rise in a warm place.
6. After first rise, divide it into the 9 balls.
7. Carry out the second fermentation (about an hour)
- 8 Put the pineapple crisp on top of each of the pineapple buns
- 9 Brush with some beaten egg over the crispy crust topping.
10. Put it in the oven that has been preheated at 180 degrees for 13 to 15 minutes.

Utane dough

1. Put the bread flour and water

into a pan and mix well.

- 2 .Then cook over low heat until thick.
3. After cooking, let it cool down for later use.

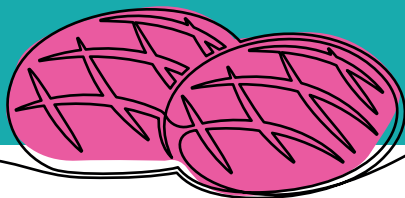
(The extra utane dough can be put in the refrigerator and used within a week)

Pineapple crisp topping

1. Soften the butter to room temperature.
2. Sift the flour into a bowl.
3. Add the baking soda , baking powder and sugar. Mix well
4. Then add butter until and mix thoroughly.
3. Finally, add the beaten eggs to make a ball.

Leave covered at room temperature for about

4. Put it in the refrigerator for 1-2 hours.
5. Take the crisps out of the refrigerator.
6. Divide into the required portion (9 balls).
7. Put the crispy skin in two plastic wraps and flatten it.



Shola



Why is this dish special to me...

This dish is very special to me because it reminds me of my grandmother. Whenever she used to make stew, we would always eat it together. It brings back so many fond memories.

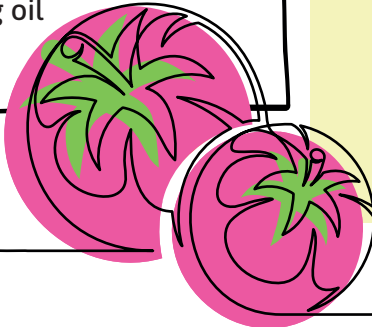
Husna

Ingredients

1 cup rice
1 cup green lentils
1 onion, chopped
1 tomato, chopped
2 tablespoons tomato paste
Salt and pepper to taste
1 teaspoon turmeric
Cooking oil

Method

1. Wash the rice and lentils, then put them in a pot with 4 cups of water.
2. Once the water boils, reduce the heat, cover and let it cook.
3. In a pan, fry the chopped onion in oil until golden brown.
4. Add the chopped tomato and tomato paste, and let it cook for 5 minutes.
5. Add turmeric, salt, and pepper to the mixture and stir.
6. Add this mixture to the rice and lentils in the pot.
7. Let the soup cook for another 10 minutes on low heat. Keep the pan covered.
8. Once done, your Shola is ready. You can serve it with bread or rice.



Kofta



Why is this dish special to me...

I like this dish because it is a very popular dish in Afghanistan. My family love this dish and we cook it twice a week. My sons really enjoy this dish.

Ihsanullah

Method

Prepare the kofta mixture:

1. In a large bowl combine ground meat, finely chopped onions, garlic, turmeric, salt, and eggs.
2. Mix everything together.
3. Make kofta balls with the mixture.

Cook the kofta:

4. Heat oil in a frying pan over medium heat.
5. Fry kofta until the brown and cooked.
6. Remove the kofta from the pan

Make the sauce:

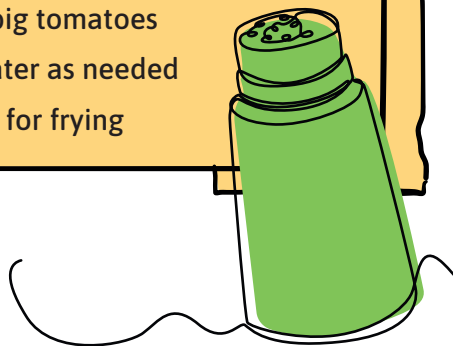
7. In the same pan add chopped tomatoes and cook until it is soft.
8. Simmer the sauce.
9. Gently place kofta in sauce let them cook for 20-30 minutes.
10. Garnish the kofta with chopped coriander.

Serve the kofta with rice or nan bread.

Enjoy!

Ingredients

- 500g minced lamb
- 2 onions finely chopped.
- 3 garlic cloves.
- 1/3 cup coriander
- 1/2 tsp cumin powder.
- Black pepper to taste
- 1/2 tsp turmeric
- 2 eggs
- 1 tablespoon breadcrumbs
- 2 big tomatoes
- water as needed
- oil for frying



Crispy Pork

Why is this dish special to me...

We have this dish at many festivals in Hong Kong or large celebrations and family gatherings. It takes me back to some happy memories.

Kenneth



Ingredients

- a. pork belly joint with skin kg
- b. 1-1/2 tablespoons Oyster Sauce
- c. 3 tablespoons Shaohsing Cooking Wine
- d. 1-1/2 teaspoons Chinese Five Spice Powder
- e. 3/4 teaspoons garlic granules
- f. a little fine sea salt
- g. a little coarse sea salt
- h. some Vodka

Method

1. Put the Pork Belly Joint into a pan of boiling water. The water level should just cover the pork skin only. It needs to be skin side down.
2. Turn down the heat to medium for 5 mins. Make sure the pork skin is always covered with the water and the pan doesn't dry out.
3. Take the pork joint out from the pan. Use a knife to scrape some of the top layer of the pork skin.
4. Use the meat needles or metal skewers to needle over the whole skin before it dries out & cools down.
5. Mix the fine Sea Salt, Garlic Granules, Chinese Five Spice Powder, Shaohsing Cooking Wine and Oyster Sauce.
6. Put the pork upside down and spread the mixed sauce on the meat side & bottom. Don't spread it on the skin.
7. Cover the meat side & bottom with cling film and then turn it skin side up.
8. Spread a little Vodka on the skin and wait for it dry. Do it again twice.



Crispy Pork

Method

9. Sprinkle a little Coarse Sea Salt on the skin. It will help to make the skin dry.

10. Put meat in the fridge to chill for around 36 - 48 hours. Don't cover the skin and keep it uncovered. It helps to dry out the skin.

11. After chilling, rest it at room temperature for around an hour.

12. Remove the cling film and cover the side & bottom of the meat with foil. Don't cover the skin.

13. Cook it into Oven and roast it at 80 degrees for 40 mins.

14. Increase to 160 degrees in 40 mins.

15. Increase to 250 degrees in 40 mins.

16. Rest it at room temperature for around an hour.

17. Cook it back to Oven again and roast it at 250 degrees for 40 mins.

18. Rest it at room temperature around an hour again.

19. Rest it for 40 mins and then carve. Keep the juice.

20. Serve it on dish and dip it in mustard.



Kabuli Palao



Why is this dish special to me...

I love Kabbuli Palao because it is a traditional Afghan dish. There are many reasons why I love it. The first is because it reminds me of my grandmother – she always used to cook it for me and it was always delicious. Kabuli Palao has carrots and rice in it, both of which I love. Finally Kabuli Palao also has meat in it and I love meat and for these reasons I love this dish!

Khukola

Ingredients

Serves about 5–6 people

3 cups basmati rice

½ kg mutton, lamb or beef

2 onions

2 carrots (200g)

1 cup raisins (200g)

½ cup sliced almonds or sliced peanuts

1 tsp salt

½ tsp cardamom powder

1 tsp cumin

½ tsp black pepper

2.5 cups boiling water

Method

1. First wash the rice 3 times, then pour water over the rice and let it soak for 2 hours.

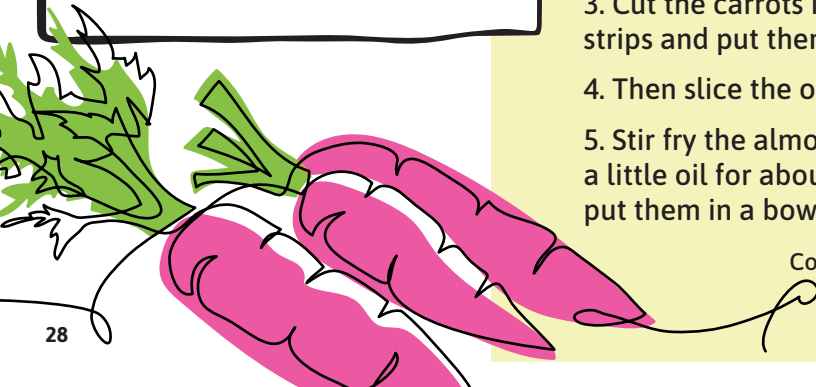
2. Wash the raisins and leave them in a bowl of water.

3. Cut the carrots into long and thin strips and put them in a bowl.

4. Then slice the onions.

5. Stir fry the almonds or peanuts in a little oil for about 3 minutes, then put them in a bowl.

Continued on next page



Kabuli Palao

Method

6. Add some oil into a large pan or pressure cooker. Then add the onions and fry on medium heat for about 3 minutes until they are golden.

7. Add the meat and brown it with the onions. Add the salt and cumin powder then stir for about 5 minutes.

8. Pour 2.5 cups boiling water into the pan or pressure cooker and stir.

9. Add the black pepper and then cover the pan and cook on medium heat for about 25 minutes or until the meat is nearly cooked.

10. After about 25 minutes add the raisins and carrot into the pan and mix it well.

11. Add the rice then sprinkle 1/2 tsp cardamom and 1/2 tsp cumin and mix well.

12. Cover the pan and cook the rice for about 10 minutes.

13. Then take the lid off the pan and serve it on a plate.

14. Sprinkle the fried almonds on top for a garnish.



King Prawns with Tomato Sauce

Why is this dish special to me...

This dish is my family's favourite food because it's a 'must have dish' for Chinese New Year greetings. This dish reminds me of my grandmother. When I was a child, she used to say it means family happiness for the whole year.

Mandy

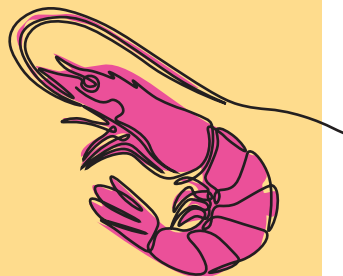
Ingredients

8 Shell-on king prawns
3 tablespoons ketchup
3 tablespoons sugar
1 tablespoon tomato puree
5 tablespoons water
1 tablespoon white vinegar
3 tablespoons oil
1/4 teaspoon salt
A little white pepper powder
5 tablespoons cornflour
2 shallots
2 cloves garlic



Method

1. Chop shallots and garlic
2. Trim and clean the prawns
3. Wash and pat dry the prawns with paper towel.
4. Add white pepper powder and salt into cornflour.
5. Coat each prawn in the cornflour.
6. Make sauce: add ketchup, sugar, tomato: puree and white vinegar into the water and mix.
7. Heat the pan on a high heat and add the oil.
8. Put the prawns into the pan.
9. Fry the prawns both sides until they are golden brown.
10. Add the minced shallot and garlic to the pan and stir
11. Pour the sauce over the prawns and stir.
12. When the sauce is thicker it is done. It should take about 5 mins.



BBQ Pork



Why is this dish special to me...

This dish is special for me because I really like eating BBQ Pork. It has a meaty, sweet smell.

In the past, not everyone had an oven to cook it. People usually had to go to the shop to buy BBQ pork and it was expensive. So, I didn't eat it often when I was a kid. But my mother would buy it for me on my birthday or festivals and it reminds me of my childhood.

Nowadays I still love to eat it. I learned to cook it and cook it for my family often

Mei

Method

1. Clean and dry the pork, and cut into pieces to fit your oven dish
2. Put the pork in a bowl and add char siu sauce and rose cooking wine .Mix well.
3. Marinate it in the refrigerator overnight.
4. Next day, take the pork out of the refrigerator and place it at room temperature for one hour.
5. Preheat oven to 220°C. Place pork on a baking tray and cook in the centre of the oven for 15 minutes.
6. Spread honey on pork and cook for another ten minutes, repeat until cooked throughout before serving.
7. It should take about 40 mins to fully cook.

Ingredients

- 250 grams of pork shoulder
- 3 tablespoons of char siu sauce
- 2 tablespoons of rose cooking wine (available from Asian supermarkets)
- 2 tablespoons of honey

Red Bean Coconut Milk Pudding

I like to eat sweet and very easy food. My two sons love to eat this and are very happy when they eat this sweet dish.

Ming

Ingredients

- 80 g red beans
- 10 g agar-agar powder
- 473 ml (2 cups) water
- 140 g sugar
- 250 ml (1 cup) coconut milk
- 118 ml (½ cup) evaporated milk
- 50 g cornstarch
- 118 ml (½ cup) water
- You will need:
- Glass dish 1.5 L | 22.23 x 17.15 x 4.45 cm
- 6 Cups | 9 x 7 x 5 inch **
- 1 sheet parchment paper .

Method

1. Wash red beans under a running tap by rinsing them a few times, soak beans overnight.
2. Drain and discard soaking water. In high heat, boil red beans in about 946 ml (4 cups).

3. Once boiling, lower heat to medium and let simmer for 25 minutes.

4. Slowly pour cornstarch mixture into agar-agar mix, while consistently stirring to form paste.

5. Once the paste is well formed, gently fold red beans into the mixture.

6. Turn off heat and let sit with the pot lid on for 20 minutes.

7. Add cornstarch into 118 ml (½ cup) of water and mix well. Set aside for later use.

8. In a pot, add 473 ml (2 cups) of water, add agar-agar powder and stir well while bringing mixture to a boil. Turn heat to medium so mixture does not spill over. Add coconut milk, evaporated milk and bring back to a boil.

9. Slowly pour cornstarch mixture into agar-agar mix, while consistently stirring to form paste. Once the paste is well formed, gently fold red beans into the mixture.

10. Oil container and align the bottom with parchment paper. Pour mixture into container, let cool until room temperature. Fridge for at least 6 hours - until solidified. Knife all 4 sides and flip the container to retrieve the pudding whole. Remove parchment paper. Cut pudding into pieces and it's ready to serve.

Rosettes

This is a Chinese New Year traditional food, called rosettes; it is sweet and crispy. When I was young, my grandmother used to make it before Chinese New Year and she would made a lot to let me take the rosettes back home. This is my sweet memory snack.

Nancy



Ingredients

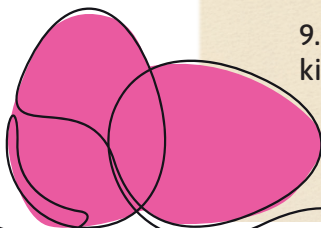
600g plain flour
75g tapioca flour
50g coconut milk powder
2 eggs
113g sugar
200ml water
150-160C°sunflower oil
Special rosette mould

Method

First put all flour, milk powder and sugar into a bowl

and mix.

2. Beat the eggs into the mixture.
3. Pour the water into the mixture.
4. Mix it all until it is a smooth batter
5. (Boiling flower oil) Heat the oil to 150-160C in a small pan
6. Dip the mould in the mixture
7. Fry the mould with mixture for 30 seconds
8. Place on kitchen paper to absorb excess oil
9. Let it rest for 1-2 mins, remove the kitchen paper and serve



Kibbeh

Why is this dish special to me...

This dish is special because my whole family loves this dish and it's famous in my country

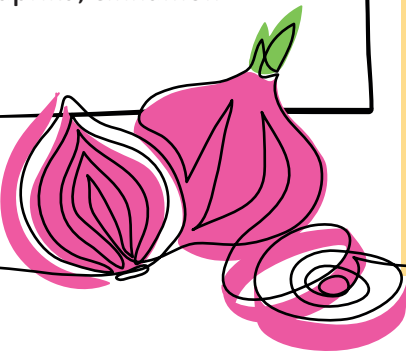
Nour

Method

1. Prepare the Bulgur: Rinse the fine bulgur and soak it in water for about 30 minutes. Drain well.
2. Mix the Filling: Combine the ground meat, chopped onion, parsley, salt, pepper, and any desired spices in a bowl. Mix well.
3. Shape the Kibbeh: Take a handful of drained bulgur and shape it into a small ball. Make a hole in the centre and fill it with the meat mixture. Close the hole and shape the kibbeh into an elongated form.
4. Repeat and Serve: Continue shaping the kibbeh until all ingredients are used. You can serve them raw, fried, or baked, depending on your preference.
 - Fried Kibbeh: Fry the kibbeh in hot oil until golden brown.
 - Baked Kibbeh: Bake in a preheated oven at 375°F (190°C) for about 20-25 minutes.

Ingredients

- 1 cup fine bulgur
- 1/2 cup ground meat (beef, lamb, or a mix)
- 1 onion, finely chopped
- 50g of pine nuts
- Salt and pepper to taste
- Optional spices: cumin, paprika, cinnamon



Corn Cake

Why is this dish special to me...

I like this snack. It is very tasty and my kids love it!

Raihana



Ingredients

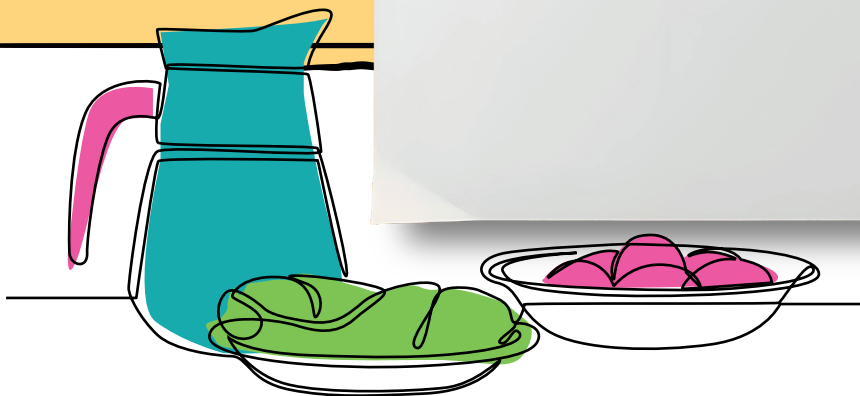
3 eggs
200g sugar
100ml oil
200ml milk
2 cups sifted corn flour
1 tablespoon baking powder
A little salt
A little cardamom

Method

1. We mix three eggs with of sugar for 5min.

2. Then add oil and milk along with sifted corn flour and mixing baking powder, salt, and cardamom.

After 5min of mixing all the ingredients put them in the mould and bake for 35min at 180°celsius.





Clay Pot Chicken

This dish is special to me because when I was a child , my mum always used to make it for dinner when the weather was very cold in the winter. It reminds me of the love and warmth of my childhood.

Sam

Method

1. You can use a cast iron pot or dutch oven for this recipe.

Add the rice into the clay pot.

2. Pour water into the clay pot.

3. Cut the chicken thighs into small pieces.

4. Add to the rice and cover the clay pot.

5. Boil the water in the clay pot on high heat for about 2 minutes.

6. Then, turn the heat down very low for about 10 minutes.

7. Finally turn off the heat and keep it covered for about 15 minutes.

8. To make sweet sauce , put the yellow rock sugar ,soy sauce and 50 ml water into a small pan.

9. Heat them until the sugar melts .

10. Serve the sweet sauce over the cooked chicken and rice.

Ingredients

300 g rice

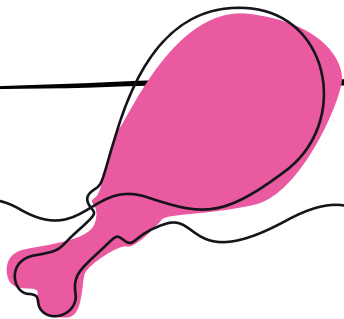
350 ml water

2 boneless chicken thighs (about 350 g)

50 ml soy sauce

50 ml water for the sauce

25 g yellow rock sugar (available from Asian supermarkets)



Dumplings

by Teresa

Ingredients

1 pack gyoza skin (about 35 pieces, buy it in Asian super-market)

300g pork mince or chicken mince

400g Napa cabbage

15 ml soy sauce

15 ml oyster sauce

1 egg

5g garlic powder

5g onion powder

3g white pepper

5ml sesame oil

100 ml water

Dumpling sauce :

30 ml soy sauce

1 clove garlic

Method

1. Grate the nappa cabbage.
2. Break the egg and beat.
3. Mix the egg , pork mince, nappa cabbage, soy sauce, oyster sauce, garlic powder, onion powder, white pepper, water and sesame oil.
4. Put about 20g mixture onto the middle of the gyoza skin . Seal it together with a little water.
5. Steam them for about 15 minutes

To make dumpling sauce:

6. Chop the clove garlic
7. Mix the cloves garlic and soy sauce, serve the sauce over the cooked dumplings.

Ginseng Goji Chicken Soup



Method

Pressure cooker method:

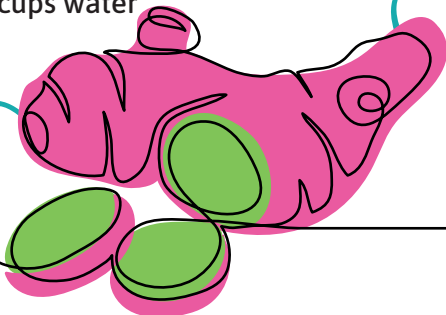
1. American ginseng is very hard. You can steam it and put it in the boiling water until it is soft and slice it easily.
2. Chop it into 2 to 3 pieces. Put it into boiling water and cook it for 2 to 3 minutes, and then remove it into a plate.
3. Rinse all the other ingredients.
4. Put the chicken into the pressure cooker. Add the American ginseng, ginger slices, goji berries, lotus seeds, pitted red dates and dates.
5. Pour in the water.
6. Seal the lid.
7. Cook on high pressure for 35 minutes.
8. Press Cancel then release the pressure.
9. Open the lid carefully
- 10 You can use a normal pan. Add all the ingredients into boiling water. Cook on a low heat for about 45-50 mins.
11. Season with a little salt to the soup and then taste it.

I love to drink Ginseng Goji Chicken Soup. It is because my mum always used to cook it for me when I was a teenager. It reminds of my childhood. Additionally, the soup was very tasty. I love soups and I make it for my family now.

Yuki

Ingredients

- a half of a chicken pieces(about 710g)
- 2 sticks American ginseng (about 28g) from Asian supermarkets
- 3 slices ginger
- 15g goji berries
- 35g dried white lotus seeds
- 15g pitted red Chinese dates
- 2 dates
- 5 cups water



Japanese Soft Cheesecake



Why is this dish special to me...

When I lived in HK I went to a Japanese bakery and tried this cheesecake. The taste was lovely and creamy. I used to go there every week for this cheesecake.

After coming to the UK, I wanted to know how to make it. I tried many times. Japanese soft cheesecake is my favorite cake.

Zhen

Ingredients

100g Double cream

180g Soft cheese
(Philadelphia)

30g Sugar

30g Unsalted butter

3 Eggs

20g Plain flour

10g Cornflour

Method

1. Preheat the oven to 150 degrees.

Separate the egg whites from the yolks and chill the egg whites in the refrigerator for about ten minutes.

2. Mix soft cheese, double cream and butter then add egg yolks, plain flour and cornflour together. Mix until smooth.

3. Sieve the mixture to make it smoother.

4. Use a mixer to beat the egg whites until stiff.

5. Mix the beaten egg whites with the mixture.

6. Line the cake tin with grease-proof paper. Put the mixture into a cake tin and place in the preheated oven. (The baking pan needs to have a little water and the cake pan needs to have the outside covered with tin foil.)

7. First bake at 150 degrees for 30 minutes. Then bake at 110 degrees for an hour. Finally, increase the temperature and bake until the surface is golden brown.

8. After baking, take the cheesecake out of the tin and leave it at room temperature until it is cool and put into fridge overnight for a better taste.

Japanese Style Rice Ball

by Zoe

Ingredients (for 6 pieces)

Around 150 grams of boneless salmon fillet (you can use tinned salmon)

30-50 grams small pieces of corn/cucumber/avocado

Around 300 grams sushi rice

3 soup spoon of sushi seasoning(or sushi rice vinegar)

2 soup spoon of mayonnaise (other flavor if you like, e.g. spicy)

1/2 tea spoon salt

1/2 tea spoon white pepper

Few pieces of seaweed (optional).

Method

1. Making the filling:

1.1 Wash the salmon and remove the fish skin, then place it into the plate.

1.2 Put the salt and white pepper evenly into the surface of salmon.

1.3 Steam the salmon until it is fully cooked (Around 8-12 minutes).

1.4 After steaming the salmon, drain out the fish juice.

1.5 Flake the salmon and mix with some mayonnaise.

1.6 Add small pieces of avocado into the salmon and mix them together.

2. Cook rice:

2.1 Rice & water ratio is 1:1.2

2.2 Cook the rice around 15-20 minutes.

2.3 After cooking, do not open the lid and let it rest for 15-20 minutes to continue steaming.

2.4 Add some sushi seasoning into the cooked rice and mix it.

3. Wrap up a rice ball

3.1 Spread a layer of cling film in the bowl to avoid the rice stick to hands. (special shaper?)

3.2 Spread some rice evenly on the cling film in the bowl and press the rice to a thinner size.

3.3 Put some mixed salmon ingredients on the center of the rice.

3.4 Wrap up the rice with the cling film. You may add a bit rice on top of the salmon filling until totally cover the salmon.

3.5 Make the shape if you want. (Normal Japanese style is triangle)

3.6 Peel the cling film, Enjoy!

3.7 Wrapping the rice ball with seaweed makes it tastier.

Ukrainian Cheese Cake

Ukrainian cheese cake is a traditional and favorite dessert. The name "syrynik" comes from the Ukrainian word "cheese" - the main ingredient of cheese cake. A real Ukrainian cheese cake is a tasty and healthy food. We remember its taste from childhood.

Our mothers and grandmothers cooked it.

Svitlana and Andrii



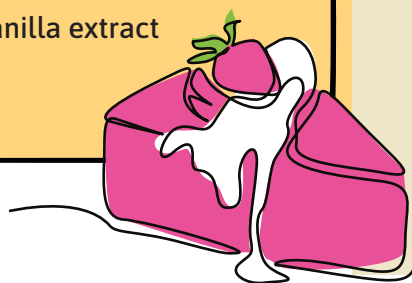
Method

1. Preheat the oven to 170°C (338°F). Grease a cupcake mold with butter and sprinkle with flour.
2. Mix the flour and milk in a deep bowl until smooth.
3. Add the cream, Ricotta cheese, and sugar to the bowl, mixing well.
4. Add the eggs one by one, mixing thoroughly after each addition.
5. Stir in the vanilla extract.
6. Pour the mixture into the prepared cupcake mold.
7. Place the mold in a container with water (water bath) and then into the oven.
8. Bake for 40-45 minutes.
9. Turn off the oven and open the oven door, leaving the cheesecake inside for another 30 minutes.
10. Serve the cheesecake warm or cold, garnished with fruit, jam, yogurt, or drizzled with your favorite syrup.

Ingredients

(for 6 servings)

- 500 g ricotta cheese
- 150 g cream (30%)
- 4 medium eggs
- 50 g sugar
- 3 tbsp plain white flour
- 150 g milk (room temperature)
- 1 tsp vanilla extract



Sweet and Sour Rib/Chicken Wing



Why is this dish special to me...

I'm not a fan of sour food but this dish is different. It comes with a sweet taste which makes the flavour much better. The recipe is simple and easy to memorise especially the ingredients for the mixture. Since my family members seem enjoy it very much, I still remember the recipe even I seldom cook now.

Antio

Method

Prepare a mixture of seasoning ingredients.

Soak the defrosted meat in water with 1 teaspoon of salt for half an hour

Wash and dry them well

Chop the spare ribs into 6cm chunks

Fry them slightly at both sides in a pan - Stir fry ginger and chive with little oil in a pot.

Add in the meat and then the mixture

Cover the pot and braise on medium heat until the sauce thickened

Ingredients

1 kg Spare rib/chicken flat wing

1 handful Ginger and chive

Seasoning:

1 c.s.s* . Zhenjiang vinegar

2 c.s.s* . Brown sugar

1 c.s.s* Light Soya sauce

3 c.s.s* Dark Soya sauce

5 c.s.s* Water

*c.s.s. — chinese soup spoon

Chinese Wonton Soup

I remember my family when thinking about wonton soup. When I was young, I am very happy and enjoy to cook wonton soup with my family. I felt very full and warm when taking many piece of wonton. .

Betty



Method

Heat the broth

In a saucepan, heat the chicken broth to a boiling point. Set aside for later use.

Cook the wontons

While the broth is heated, bring plenty of water in a separate pot/wok to a full boil. Gently put in the wontons. Move them around with a spoon to avoid sticking. You may need to cook them in batches.

When the wontons rise from the bottom and float on the surface, continue boiling for a further 1½ minutes or so. Put in bok choy and cook for another 20 seconds.

Assemble the dish

Add salt, ground white pepper and sesame oil to 4 serving bowls, then top up each one with the heated broth.

Fish out the wontons and bok choy and put them to the bowls. Garnish with scallions and chili oil.

Method

Mix the filling

- Add ground pork, scallions, ginger, light soy sauce, Shaoxing wine, salt, white pepper and 3 tablespoons of chicken stock to a mixing bowl. Swirl constantly to combine until the meat fully absorbs the liquid and becomes a sticky paste.

Wrap the wontons

- With your fingertip, wet the edge of a wonton wrapper with a little water. Place some pork filling in the middle. Fold the wrapper into a rectangle. Press to seal the edge.
- From the folded side, wet one corner then place the other corner on top. Press to seal.

Stir Fried Noodles



Why is this dish special to me...

This dish is special to me because I always eat when I feel hungry at night, and it reminds me of my home country. It's the comforting food that helps me overcome homesickness.

Morna

Ingredients

200g egg noodles

50g spring onion, long sliced

200g beansprouts

1 onion, sliced into strips

Optional:

10g roasted Sesame Seeds

1 tbsp sesame oil –

Sauce Mix:

2 tbsp light soy sauce

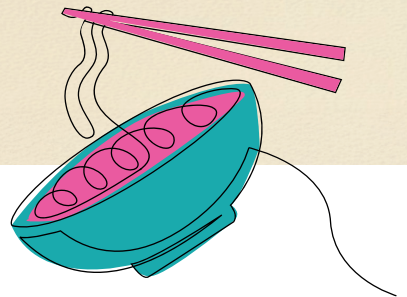
2 tbsp dark soy sauce

2 tbsp water

1 tsp sugar

Method

1. Boil the noodles for 1 minute in a pot, then drain.
2. Heat the wok and coat it with oil.
3. Add the beansprouts and fry until medium-well.
4. Add the noodles and sauce mix, and stir together.
5. Add the spring onion and sesame oil, and fry until fully cooked.
6. Put to a plate, top with roasted sesame, seeds, and enjoy!



Periki

Why is this dish special to me...

This dish is special to me because it is healthy, natural, and delicious!

Shamsia



Ingredients

2 cups all-purpose flour
1/2 teaspoon yeast
1/2 cup water (adjust as needed)
1/2 teaspoon salt
2 tablespoons oil (for dough)
2 boiled potatoes, mashed
2 cup fresh spinach leaves, chopped
1/2 cup chopped green onions
1/2 cup fresh parsley
1/2 teaspoon black pepper
1/2 teaspoon red chili powder (optional)

Method

Dough

In a bowl, mix flour, salt, yeast, oil, and water to form a smooth dough. Knead for 5-7 minutes, then cover and let it rest for 30 minutes.

Filling

In another bowl, mash the boiled potatoes.

Fry the onion, then add the spinach and cook for 3 minutes. Add the potatoes, then mix in the green onion, parsley, salt, and black pepper.

Assemble

Divide the dough into small balls and roll each into a thin circle.

Place 2-3 tablespoons of the filling on one side.

Fold the dough over the filling and press the edges to seal.

Cook

Preheat the oven to 200–220°C and bake the Periki until fully cooked.

Chutney

Ingredients: Yogurt, minced garlic, chopped parsley and salt.

Instructions: Mix all ingredients in a bowl, stir well, and serve chilled.

Khachapuri



My mother used to cook khachapuri for me when I was a child.

Now I sometimes cook them for my children and grandchildren. They really like this dish.

Volodymyr

Ingredients

(8 pieces of Khachapuri)

400 g (1 layer) ready-made puff pastry

200 g grated Cheddar cheese

200 g cottage cheese

2 eggs

Method

Prepare all the ingredients for Khachapuri made from puff pastry with cheese and cottage cheese according to the list.

Put the cheese in a spacious bowl, add the cottage cheese, beat in 1 egg. Stir until smooth.

Sprinkle the work surface with a small amount of flour, lay out the dough layer, cut it into two equal halves.

Roll out half of the layer with a rolling pin to a size of 26x26 cm. Cut across into four squares measuring 13x13 cm.

Do the same with the second half of the layer.

Put about 50 g of cheese filling in the center of each square.

Gather the edges of the dough to make an envelope, and pinch the edges with your fingers.

Place all the Khachapuri pieces on a baking sheet lined with baking parchment and brush each piece with beaten egg using a brush.

Bake the Khachapuri in an oven preheated to 200°C for 20-25 minutes until golden brown.

Chapli Kebab

Why is this dish special to me...

My mum always made me chapli kebab when I visited her because my dad liked this kebab. When I cook the kebab, this reminds me of my mum and dad.

Farzana



Ingredients

1 kg lamb mince meat
2 large tomatoes
2 large onions
Small bunch coriander
Fresh chili (as much as necessary)
2 eggs
3 cloves of garlic
2 tablespoons of chickpea flour
½ teaspoon ground coriander
½ teaspoon cumin powder
1 tsp black pepper
1 tsp turmeric powder
Salt (as much as necessary)
Vegetable oil

Method

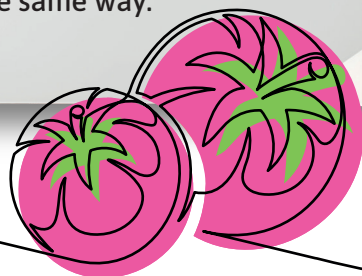
Mix all ingredients together.

Once the oil is hot, take a walnut-sized portion of the kebab batter, shape it in your hands, and flatten it completely with your palms.

Then, drop it into the hot oil.

When the edges of the kebab are starting to brown, gently flip it over to brown the other side.

Continue to shape all the kebabs in the same way and fry in the same way.



Dopiazza



Why is this dish special to me...

Special for me because my grandma always made it for me when I was a child.

Najla

Ingredients

- 1 medium onion, chopped
- 1 kg lamb meat
- 5 cloves garlic
- Salt to taste
- 1 1/2 tsp black pepper
- 1 1/2 cup water
- 1 tsp turmeric
- 7 dried plums
- 3 chili peppers, chopped
- 1 bell pepper, chopped

Method

Add the lamb to a pressure cooker and cook for 30 minutes.

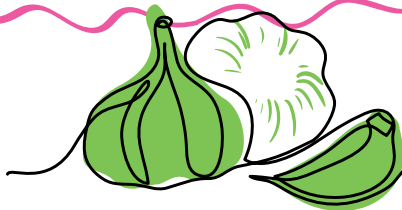
After 30 minutes meat becomes soft.

Put half a cup of oil in a pan and fry 2 onions for 2 minutes.

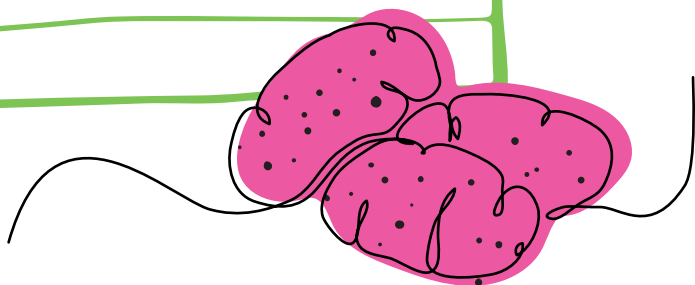
Add the cooked meat, turmeric, chili peppers and bell pepper into the pan and mix.

Cook for 10 more minutes.

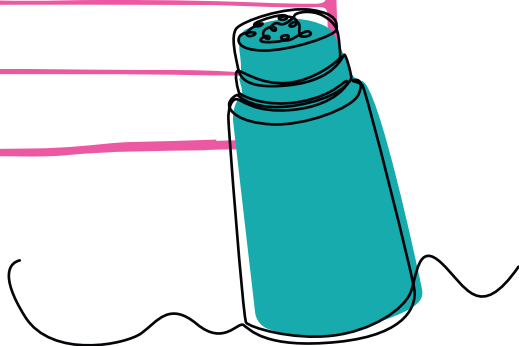
After 10 minutes, delicious dopiazza is ready.



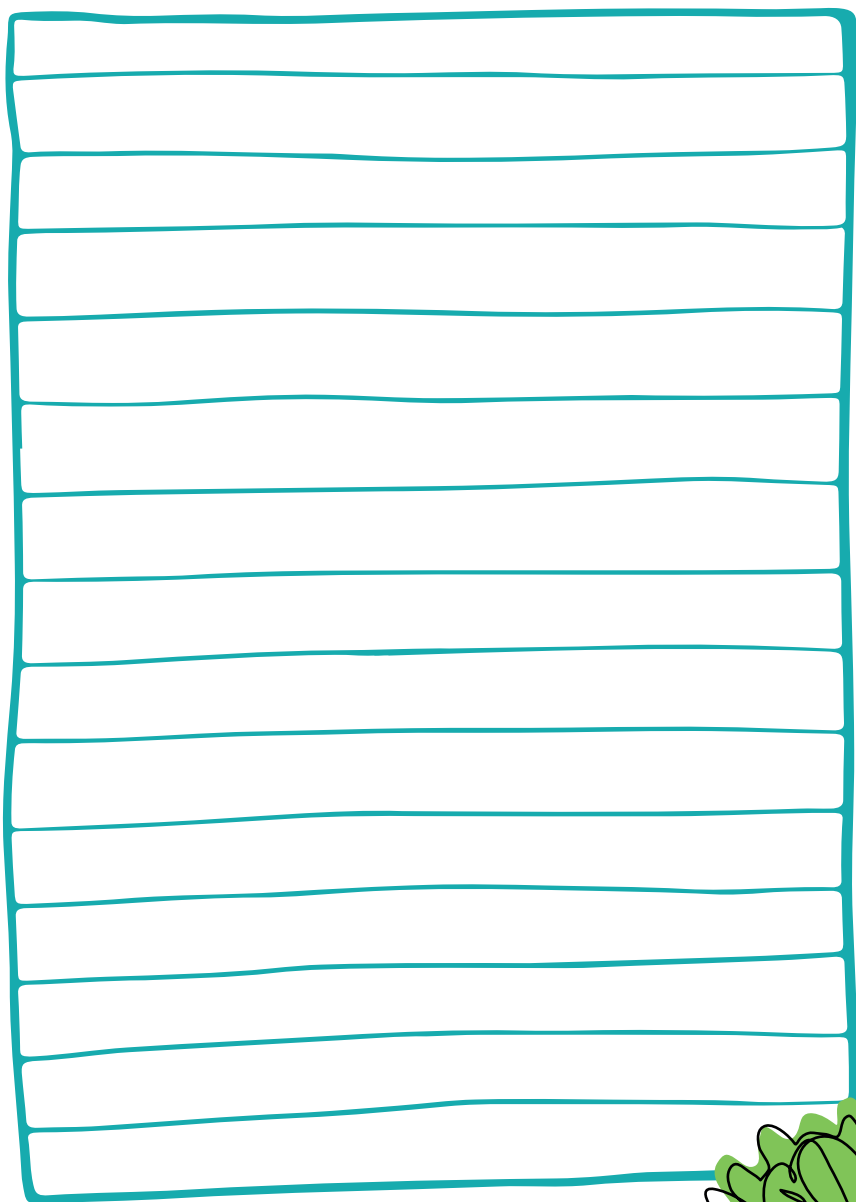
Notes

This image shows a single sheet of white paper with horizontal green lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, stylized illustration of a pink strawberry with black seeds and a green leaf. The entire sheet is set against a solid black background.

Notes

[illegible]

Notes





“We have a legal and moral obligation to protect people fleeing bomb, bullets, and tyrants, and throughout history, those people have enriched our society.”

Juliet Stevenson

“Refugees are mothers, fathers, sisters, brothers, children, with the same hopes and ambitions as us—except that a twist of fate has bound their lives to a global refugee crisis on an unprecedented scale.”

Khaled Hosseini

“Human rights start with breakfast.”

Leopald Sedar Senghor

“The greatness of a community is most accurately measured by the compassionate actions of its members.”

Coretta Scott King

“Community is much more than belonging to something; it’s about doing something together that makes belonging matter.”

Brian Solis

