

Here and Elsewhere



Recipe Book



Recipe:

Lamb meat, onion, ground spice powder, egg, plain masala, cinnamon sticks, fresh coriander, tomato, garlic, lamb seasoning.

How to make it:



A collection of recipes and dishes from the families at Lillian de Lissa Nursery School. Perfect for trying at home with your family.

page

- | | |
|----|--|
| 2 | Pakorras, Dumplings |
| 3 | Easy Soda Bread |
| 4 | Fasolia or Kidney Bean Curry |
| 5 | Fried Rice, Koshari |
| 6 | Sanga's Special Spicy Pork and Rice,
Chicken Manila with Rice |
| 7 | Chicken Stir Fry, Sweet and Sour Chicken or Fish |
| 8 | Mash Potato Chicken Casserole,
Jamaine's Own Homemade Nuggets |
| 9 | Chicken, Egg and Vegetable Fried Rice, Chicken Curry |
| 10 | Somali Traditional Rice |
| 11 | Zurbian or Biryani Rice, Lamb Couscous |
| 12 | Yaprakh or Dolma, Spaghetti Bolognese |
| 13 | Pancakes, Cornmeal Pudding |
| 14 | Lemon Syrup Sponge Pudding |
| 15 | Banana Cake |
| 16 | Gingerbread Men, Strawberry Clown Cheesecake |
| 17 | Mud Cake |

Pakoras

A recipe from Mrs Suliman

Ingredients:

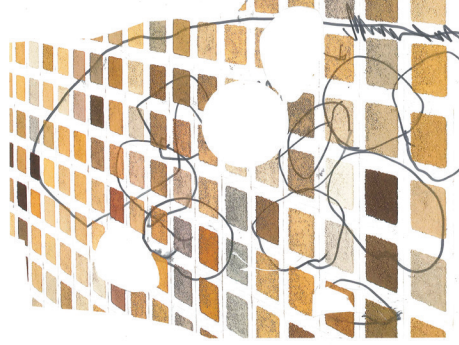
onions
gram flour
salt
dried ground coriander

potatoes
spinach
green chillies
oil

How to make it:

Chop the vegetables into small pieces and put them in a bowl. Mix together and add chillies, salt and coriander. Add gram flour and mix with water to make a sticky paste. Form small pieces and fry the pakoras.

Pakorras are a traditional Pakistani dish. I learnt how to make them from my mother and she learnt from her mother. It has been passed on from generation to generation.



Dumplings

A recipe from Alicia and her mum Stella

Ingredients:

flour
sugar
ground nutmeg for flavour

water
milk



How to make it:

Mix the ingredients together and roll into balls. Fry and serve with hotdogs or eggs.

These are Nigerian dumplings, but back home they are made with flour ground from dried beans, without sugar and nutmeg. So this is an English version of Nigerian dumplings!

Easy Soda Bread

A recipe from the Little Red Hen and her helpers, Talia, Abdullah, Kumani, Amirah, Adna, Chaniya, Nuha, Reeyan, Jamaine, Ahmad Badr, Camara, Gracie, Sami, Rojaane and Anaya

Ingredients:

170g self-raising flour
½ tsp salt
290ml milk or buttermilk

170g wholemeal flour
½ tsp baking powder

How to make it:

Mix the milk or buttermilk into the dry ingredients. Knead a little, then shape into rolls. Brush the top with milk for a glaze. Bake in a moderate oven for 12-15 minutes or until golden.

"Who will help me to bake this bread?" asked the Little Red Hen. The cow, pig and cat were all too busy (or maybe too lazy?) to help. But – mmmmm! The bread smelled delicious when it was baking in the oven. When it was ready, the cow, the pig and the cat wanted to share the bread. But the Little Red Hen said they couldn't share it, because they hadn't helped to bake it. And then they were sorry!

Luckily, here at Lillian de Lissa Nursery, lots of children joined in and helped to weigh the ingredients, mix them up and knead the dough into rolls of all sorts of shapes and sizes. When it was cooked we all shared it, and – mmmm! It tasted delicious!





Fasolia or Kidney Bean Curry

A recipe from Sugar and Honey Fahd and the Bagl family

Ingredients:

- | | |
|-----------------------|--------------------|
| 1 tin of kidney beans | 3-4 tomatoes |
| 2 cloves of garlic | 3 green chillies |
| fresh coriander | 1 onion |
| 1 tsp cumin seeds | 1 tsp salt |
| 1 tbsp tomato puree | 1 tsp black pepper |
| 1 tsp turmeric powder | |



How to make it:

First dice 1 onion with 3 chillies, 2 cloves of garlic and a handful of coriander and 3 to 4 tomatoes. Blend well. Add to the pan with a bit of oil, let it simmer till golden. Add tomato puree with half a cup of hot water, and mix well. Then blend a can of kidney beans with cold water and add it to your mixture. Put it on a low heat for 40 minutes and add 1 spoon of turmeric powder and 1 spoon of cumin seeds, 1 spoon of black pepper powder and salt.

This recipe was given to us from my grandparents who lived in the Middle East, in a country called Yemen. This particular main dish is served up for supper. It's traditional in the Middle East.

Fried Rice

A recipe from Bing Lin Li's family

Ingredients:

rice
soya sauce
chopped spring onions

oil
salt and pepper
eggs

How to make it:

Pick, wash and soak the rice in enough water for 15 minutes and then drain. Steam or boil it. Put eggs in hot oil and fry. When rice is done, leave it for a while and then mix with fried eggs. Use soya sauce and pepper, salt, spring onions together. Cook for 2-3 minutes and serve hot.

A traditional family recipe from China.

Koshari

A recipe from Ismail's family

Ingredients:

rice
pasta
garlic
salt
vinegar

lentils
onion
tomato sauce
pepper

How to make it:

Boil the pasta. Boil the rice and some lentils with it. Bring a plate and put the pasta in the bottom, then lentils, then rice and put fried onion on it. Add tomato sauce with minced garlic and a little bit of salt, pepper and vinegar.

It is famous food in the Arabic countries. This is the national dish of Egypt.

Sanga's Special Spicy Pork and Rice

A recipe from the Sanga family

Ingredients:

curry powder
1 onion
4 cloves of garlic
basmati rice
1 chilli

masala powder
oil
ginger
chunks of pork



How to make it:

Boil rice and fry onions, garlic and ginger together. Fry pork pieces, chilli, curry powder and masala together and mix it in with the rice. Serve with Greek yogurt.

Dad's Saturday afternoon lunch. He makes it for the family.

Chicken Manila with Rice

A recipe from Barzan Mohammed's family

Ingredients:

chicken
1 tsp turmeric
1 pinch of saffron
salt
1 onion
whole cloves
food colouring

1 tsp spice
2 tsp melted butter
4 cups of rice
2-5 green chillies
cardamom
cinnamon sticks
bay leaves



How to make it:

The night before (for several hours), place the saffron in warm water, mix the spice with turmeric and melted butter on the chicken.
In a large pot, sauté the onions in oil and add the rice, cardamom and cloves, cinnamon stick, green chillies, and salt.
Cook the chicken for 15-20 minutes until brown.

This recipe is from Aden, Yemen.



Chicken Stir Fry

A recipe from Amara and her mum

Ingredients:

fresh crunchy vegetables
sugar snap peas
cooked chicken
soy sauce

carrots
baby corn
sweet and sour sauce
noodles

How to make it:

Chop the vegetables small so they will fry quickly.

This is like a Chinese takeaway dish – but nicer!



Sweet and Sour Chicken or Fish

A recipe from the Ho-Iqbal family

Ingredients:

1 tin of pineapple chunks
1 egg beaten
1 onion
2 tbsp vinegar
2 tbsp ketchup

cornflower
chicken thighs or breast/cod fillets
1 green pepper deseeded
oil
2 tbsp of brown sugar

How to make it:

Cut onion, pepper, pineapple into small pieces, put oil in frying pan, fry them until brown, put aside for later. Cut chicken into pieces, dip them into egg then flour, fry them until they are cooked. Once chicken is cooked, add onion, pepper, pineapple, vinegar, sugar, ketchup until thoroughly combined. Serve with a portion of rice.

In Cantonese, sour sounds like the word of grandchildren, families believe that serving this dish will help ensure they have more grandchildren! Sweet is from sugar, while sour is from vinegar, ketchup is to add colour.

Mash Potato Chicken Casserole

A recipe from the Ho-Iqbal family

Ingredients:

25 chicken thighs/wings
4 tbsp oyster sauce
oil

6 white potatoes
1 tbsp brown sugar
2 glasses of water

How to make it:

Pan-fry chicken thighs or wings in frying pan with oil (about 2 tbsps). When they are half done, put them into casserole. Cut potatoes into small pieces, brown them in frying pan for about 5 minutes, add them into casserole with the chicken, put water into casserole and cover over with lid and let it cook for about 10 minutes, mix well and wait till potatoes are all soft and melted. Add brown sugar and oyster sauce. Serve with rice.

From a family recipe.

Jamaine's Own Homemade Nuggets

A recipe from the Babb-Hanley family

Ingredients:

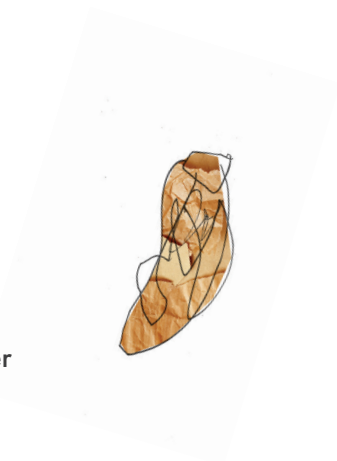
diced chicken fillets
whisked egg
bread crumbs

crushed black pepper
plain flour

How to make it:

Place the whisked egg in a bowl, bread crumbs in another and plain flour with some of the crushed black pepper into another bowl. Dip diced chicken into the flour and black pepper, make sure the chicken is covered. Do the same in the egg. Then coat it in the bread crumbs. Fry it till golden brown, do this with each piece of chicken.

Jamaine loved McDonald's chicken nuggets, but I didn't want him eating them too often, and he is a very fussy eater. So my mum and I started trying different things to encourage him to eat more. With this recipe he is able to help make it and get a little messy and he eats it every time we make it.



Chicken, Egg and Vegetable Fried Rice

A recipe from the Manoj family

Ingredients:

1 cup of cooked basmati rice	3 spring onions
¼ of a carrot	green beans
2 pods of garlic	2 eggs
2 chicken sausages	2 tbsp soya sauce
1 tbsp tomato ketchup	salt to taste

How to make it:

Cut small pieces of chicken sausages and sauté to cook. Keep aside. Beat egg and add a little salt. Cook on gas and make scrambled egg (dry). Keep aside. Take a big pan and add 2 tbsp of oil. Add garlic (finely chopped), spring onions (white side, finely chopped), carrot (finely chopped), and green beans (finely chopped). Cook for 1 minute. Add cooked rice (preferably cold). Cook for another minute and add egg and sausage. Add soya sauce and tomato ketchup. Season with salt (use as little as possible). Finish with sprinkling of the green part of spring onions.

My daughter Melvia is very reluctant eating vegetables and I find this recipe good to get her to eat vegetables and rice. She loves it and I love to see her enjoy it.

Chicken Curry

A recipe from the Kaur-Jearon family

Ingredients:

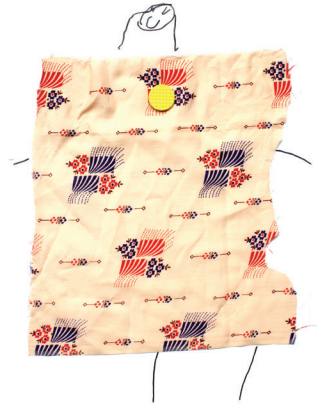
chicken	garlic
onions	tomatoes
ginger	mirch masala - hot spice mix
coriander	salt
green chillies	black pepper
zeera - cumin	oil

How to make it:

Fry onions in oil, add garlic and ginger and fry for a while. Then add tomatoes and vegetables and chicken, then mirch masala, and add water. Cook on top of the stove till the water is gone.

From my mother in India.





Somali Traditional Rice

A recipe from Ibrahim Abdi's family

Ingredients:

lamb meat
rice
cinnamon sticks
tomato
lamb seasoning

onions
mixed spice
fresh coriander
garlic
green cardamom

How to make it:

First, cook the lamb separately using boiling water, then after lamb is cooked, use water to cook the rice. Using a new saucepan, add oil and onions, after 5 minutes add other ingredients - tomatoes, crushed garlic, mixed spice powder. Stir all the ingredients and leave for 10 minutes, then add boiling water. Wash rice and add to the ingredients and stir, then add boiling water. Finally add cinnamon sticks with green cardamom. Wait until all water is gone.

Traditionally Somali food, but originated from Asia. This type of food is used in events such as family gatherings, parties, weddings etc. It is served alongside salad, spiced meat and other foods.



Zurbian or Biryani Rice

A recipe from the Jama family

Ingredients:

lamb cutlet	2 onions
ginger	1 pepper
6 cloves of garlic	2 ½ cups rice
bay leaf	1 tbsp turmeric
1 tbsp cinnamon	½ tsp yellow food colouring
½ cup of greek yogurt	3 tomatoes
1 cup of water	

How to make it:

Fry onions until brown. Add peppers and ginger for 3 minutes. Add lamb, cinnamon, bay leaf and garlic. Add chopped tomatoes and cook over heat for 10 minutes. Add ½ cup of plain yogurt. Add turmeric and 1 cup of water. Boil rice separately in saucepan. Cook sauce for 30 minutes then add boiled rice on top.

Mix yellow food colouring with 1 tbsp of water and sprinkle over rice.

Origin is from grandparents for special occasions eg. Eid or family weddings.

Lamb Couscous

A recipe from Hatem and his mum, Shant

Ingredients:

onion	potato and other vegetables
lamb	1 tin of tomatoes
chilli	cumin
mint	couscous

How to make it:

Fry onion and lamb, then add tomatoes and other vegetables. Cook for an hour on top of the stove.

Cook couscous in water for half an hour.

This is a traditional Libyan dish. I learnt to cook it from my mother and her husband – he was a good cook. Here in Birmingham I buy food from the Bullring Market.



Yaprakh or Dolma

A recipe from Lawie and his dad Mariwan

Ingredients:

aubergine	spinach
green pepper	courgette
onion	tomatoes
lamb breast	rice

How to make it:

Chop onion and lamb into small pieces and fry. Mix with cooked rice and stuff inside each of the vegetables. Cook on top of the stove.

This is a dish from Kurdistan. Traditionally, families might cook Yaprakh at the weekend or on a day off, and take it for a picnic when they make a day out in the mountains or beside a river.

Spaghetti Bolognese

A recipe from Tarik's Family

Ingredients:

2 tbsp olive oil	400g beef mince
2 cloves of garlic	1 tin of tomatoes
dried spaghetti	

How to make it:

Heat a pan with a tbsp of oil and once hot add the beef mince. Cook the mince until well browned. Once cooked, leave aside. Add a tbsp of oil to another pan, then gently fry the onions until soft. Add the garlic and fry for another 2 minutes. Then put the beef mince in with the onions and garlic. Add tinned tomatoes to the pan and stir well. Bring to a simmer then reduce temperature to cook gently for 30 minutes. Cook the spaghetti in a large saucepan of water. Once cooked, mix well.

Spaghetti Bolognese is an Italian dish. It's a quick and simple meal yet a favourite in our family.





Pancakes

A recipe from Brandon and Jason

Ingredients:

1 egg
1 cup of milk
lemon and sugar to serve

1 cup of flour
butter

How to make it:

Mix the ingredients into a batter. Fry and flip on top of the stove to make crispy pancakes, or bake in the oven for a more 'cakey' dish.

I learned to cook at college in Boystown, Jamaica. Catering was part of a Five Skills course, covering spray painting, welding, machining, art and catering. You need lots of skills to help you find work in Jamaica.

Cornmeal Pudding

A recipe from the McLoud family

Ingredients:

cornmeal
milk
vanilla

sugar
ground nutmeg

How to make it:

Blend all the ingredients and bake for 45 minutes.

A Jamaican recipe.





Lemon Syrup Sponge Pudding

A recipe from Gracie Thompson's family

Ingredients:

120g butter	100g caster sugar
1 tbsp golden syrup	2 eggs
zest of 1 lemon finely grated	1 tbsp lemon juice
130g self-raising flour	5 tbsp golden syrup for basin

How to make it:

Heat oven to 180°C/gas mark 4. Grease a 500ml ovenproof pudding basin with butter. Spoon 5 tbsps of syrup into the bottom of buttered basin. Put all the sponge ingredients into a large mixing bowl and beat well until very smooth and light. Spoon the mixture into the basin.

Cut a sheet of foil big enough so it overlaps the basin, butter the foil, then fold a pleat in the centre (to allow for the rise of the pudding during baking). Lay the foil butter side down over the top of basin and seal tightly under the rim. Bake in oven for 45-50 minutes until a skewer or round-bladed knife inserted in the centre comes out clean.

Remove from oven and take off foil. Run a round-bladed knife around pudding to loosen it from the basin. Put a warm serving plate on top, hold plate and basin firmly together and turn it over so the pudding is unmoulded on to the plate. Spoon any leftover syrup in basin over the pudding. Serve immediately with custard, a few scoops of ice cream or double/whipped cream.

This recipe has been passed down through my mother's side of the family. As far as I know, it's from my great-grandmother who I remember as a sweet, small lady with a Rottweiler dog almost as big as her! I used to love going to her house to visit. This recipe is also the first cake I ever made with Gracie. It's definitely a family favourite!

Banana Cake

A recipe from Monkey and Crocodile

Ingredients:

100g sultanas
150g self-raising flour
125g sugar
4 very ripe bananas



75ml orange juice
110g melted butter
2 eggs

How to make it:

Mash the bananas. Mix with melted butter and all the other ingredients. Bake in a low oven at 170°C/gas mark 3 for an hour or a little longer till a skewer comes out clean.

Recipe story: adapted from a traditional tale from India

Every day, Crocodile ate fish, fish, fish, fish in the deep, wide river. He was tired of eating fish. One day he spotted Monkey, who lived beside the river, high in a banana tree. Crocodile wanted to eat Monkey's heart. "That will be sweet to eat!" thought Crocodile.

So Crocodile said to Monkey, "You can't swim, can you? Climb on my back and I'll carry you across the deep, wide river. On the other side grows the biggest banana tree in the world."

"Tee hee hee," giggled Monkey. "That sounds promising." So Monkey climbed on Crocodile's back, and Crocodile set off across the deep, wide river.

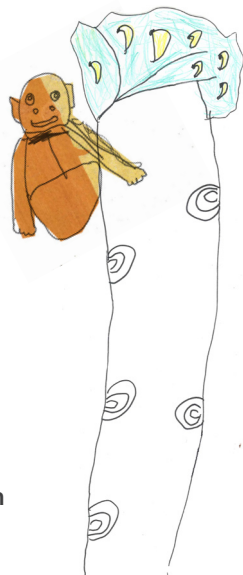
Halfway across the river, Crocodile told Monkey, "Ha! It was a trick. Now I'm going to eat your heart!"

Monkey thought very quickly. "Oh, no, Crocodile," he said. "Don't you know, we monkeys don't wear our hearts every day, only on special occasions. I left my heart hanging up back at home in my banana tree."

"You haven't got your heart?" scowled Crocodile.

"But I can get it," said Monkey. "If you take me back to my tree."

So Crocodile turned round and carried Monkey back to the bank. And when he got back, Monkey scampered back up his tree. "Tee hee hee," he giggled. "You thought you were tricking me, but I tricked you!" And poor old Crocodile had to go back to eating fish, fish, fish, fish, from the deep, wide river.



Gingerbread Men

A recipe from Keziah

Ingredients:

cinnamon
plain flour
brown sugar

ground ginger
treacle
butter

How to make it:

Mix all the ingredients together and roll out the dough. Cut out gingerbread men shapes and bake in the oven.

Using a recipe that his mum found online, Keziah bakes gingerbread men with his two sisters. They each have a cutter to cut out the gingerbread men. When they are baked and cool, Keziah eats the gingerbread man's legs first, then his head, and finally the rest of his body.



Strawberry Clown Cheesecake

A recipe from Ruby Gadd's family

Ingredients:

12 digestive biscuits
1 cup of strawberries
2 red grapes

50g icing sugar
500g mascarpone cheese
2 tbsp butter or margarine

How to make it:

Crush the biscuits in a bowl with the end of a rolling pin to make crumbs. Melt the butter in a saucepan and add the biscuit crumbs. Stir with a wooden spoon until all crumbs are coated.

Put the mixture into a greased, loose-bottomed cake tin and press flat with a spoon.

Squash the cupful of strawberries with a fork until mushy. Add the icing sugar and the cheese and mix well. Cover the biscuit base with the strawberry mixture.

Put in the fridge to set for 1-2 hours.

When ready to serve, add strawberries to make a face and smiley mouth.

Ruby's brother Jayden did a similar project at school a few years ago and everybody at this school seemed to enjoy the 'fun' recipe, so we decided to stick with the same recipe this time too. We found it on a DVD of Jayden's.

Mud Cake

A recipe from Talia, Abdullah, Kamani, Amirah, Adna, Chaniya, Nuha, Reeyan, Jamaine, Ahmad Badr, Camara, Gracie, Sami, Rojaane and Anaya

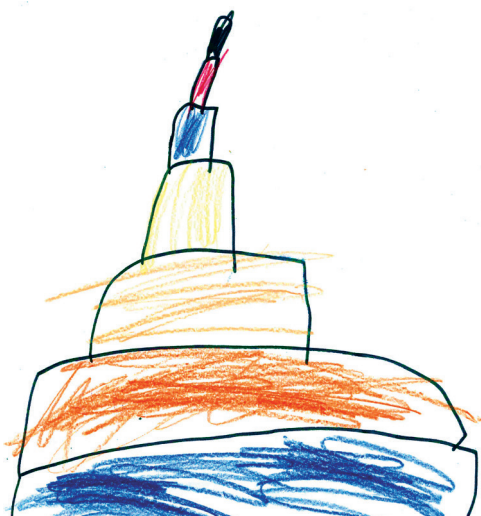
Ingredients:

grains of sand at the bottom of the bucket
3 green leaves
several handfuls of dry brown leaves and bark
spoonful of mud
one handful of grass
a jug of clean splashy water
a yellow bowlful of dirty splashy water
one piece of string

How to make it:

Put on an apron and wellies.
Gather ingredients from the Mud Kitchen and the forest.
Mix in a large green bucket, with a blue spoon and a silver spoon.
If it is too dry, add more muddy water.
If it is too wet, add more soil and leaves.
Bake in a pretend oven for 4 minutes.
Pretend to eat.
When you have finished pretending, throw it all over the ground and trample with a muddy splash!

It is fun to make a mud cake. Everyone can join in and add their favourite flavours. This mud cake was an especially tasty one.



In 2014 writer Mandy Ross worked with children and parents from Lillian de Lissa Nursery School and Children's Centre and Poppits Pre-School Playgroup in the project *Here and Elsewhere*. Together they shared stories from Birmingham and around the world, collecting recipes, plants and songs along the way.

The collection of foods brought together here provide a hint of some of the tastes and flavours of the diverse family communities that make up Lillian de Lissa and Birmingham as a whole. Alongside the culinary contributions of the families are beautiful illustrations by the children.

Here and Elsewhere was inspired by visits to the exhibition *reporting back* by Birmingham born artist Hurvin Anderson at Ikon Gallery in Autumn 2013. Generously supported by Birmingham City Council's Next Generation programme.



Ikon Gallery
1 Oozells Square
Brindleyplace
B1 2HS
+44(0) 121 248 0708
www.ikon-gallery.org

Open Tuesday – Sunday
and Bank Holiday Mondays
11am-6pm, free entry

Ikon is supported using public funding by Arts Council England and Birmingham City Council.

Ikon Gallery Limited trading as Ikon
Registered charity no. 528892

IKON



Supported using public funding by
**ARTS COUNCIL
ENGLAND**