



DELICIOUS RECIPES FROM
*A taste
of my country*
AROUND THE WORLD





Colombian Black Bean Stew

Preparation Time: 20 minutes Cooking Time: 20 minutes Serves: 4-5



When most people think of Colombia, they tend to think of its coffee; its cuisine is generally overlooked, which is such a shame because Colombian food is DELICIOUS. One of the traditional meals served everywhere is a 'bandeja paisa' – a platter which contains a hearty bean dish, rice and some avocado slices. Colombians like their food on the spicy side, so chilli flakes or a spicy chilli sauce - aji - are usually added to the platter too as well as a crisp side salad. It's so quick and easy to throw together, easy to modify to your liking and utterly delicious. Here's hoping you enjoy the recipe.

INGREDIENTS

2 packs of black beans – pack of 380g each, 230g when drained
Dash of olive oil or rice bran oil for pan frying
100ml water
5 garlic cloves
1 can/400g of chopped tomatoes
100ml of water

1 teaspoon ground cumin
1 vegetable stock cube
2 small onions
1/2 a ground ginger
1 heaped teaspoon of dried oregano
2 - 4 teaspoons of sugar
A pinch of ground black pepper
A small handful of fresh coriander or fresh parsley

Optional additions:

Some fresh tomatoes to garnish
Some chilli flakes
Avocado to serve with
1 fried plantain to serve with
Rice or quinoa to serve with

METHOD

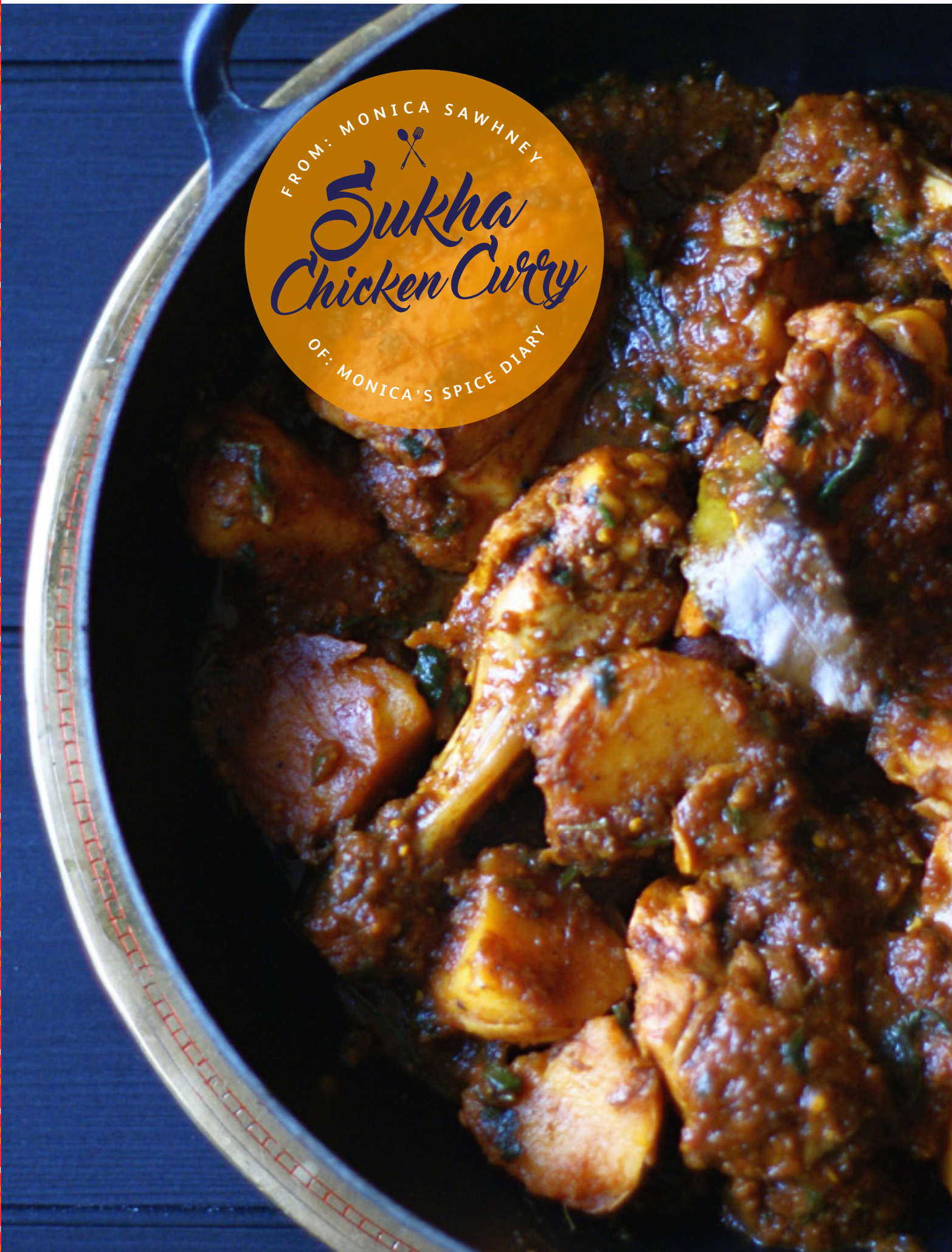
- 1 Drain the black beans and set aside.
- 2 Peel and finely chop the onions and garlic.
- 3 Over a medium heat, warm the oil in a large frying pan and sweat the onions until translucent; about 5 minutes.
- 4 Add the garlic, and pan fry everything for about 2 minutes.
- 5 Next add the chopped tomatoes, stir and add the water.
- 6 Next add the beans and stir until nicely combined.
- 7 At this point lower the heat to a simmer, add the vegetable cube and let it dissolve completely. Add the cumin, ground ginger, sugar and dried oregano.
- 8 Let it simmer to intensify the flavours. Taste and see if it needs a tiny bit more sugar.
- 9 Let it reduce a little more - this shouldn't take very long.
- 10 When done, remove from the heat and sprinkle some ground black pepper on top, and serve warm.

Tip1: You can also use dried beans for this recipe if you prefer. Just replace the packed soaked beans with 250g of dried beans. Soak for a minimum of 12 hours, or preferably 24 hours.

Tip2: You can use white or red onions, it doesn't really matter. They should be small-ish though.

Tip3: If you prefer, you can keep 100ml of the water from the packed beans and use instead of the regular water.

Tip4: There is no need to add salt as the vegetable cube will suffice.



Sukha Chicken Curry

Preparation Time: 15 minutes **Cooking Time: 45 minutes** **Serves: 4**

Manchester food-entrepreneur **Monica Sawhney** (26) founded the popularly celebrated Manchester-based Spice Club in 2010 where she hosts exclusive supper clubs and pop-up dining events showcasing her gourmet take on classic home-cooked Indian food. Monica manages to accentuate and balance the incredible gamut of smells and tastes of Indian cuisine to produce exceptionally crafted dishes that are a delight to all of the senses. Her ambition, art and skill have attracted the attentions of food lovers around the country. She has been critically acclaimed by some of the leading voices of opinion and featured in BBC TV, BBC Radio, BBC Food Magazine, The Telegraph, The Guardian, Sainsbury's Magazine and Company Magazine, and also writes a popular food blog <http://www.spicediary.com>



“ Although Sukha Chicken Curry is a dish that originates from North India, this specific recipe was created by my Dad, who passed it on to me. This is the type of dish that made us constantly ask as kids – is it ready yet? How about now? This recipe is just so good. I’m talking lip smacking, forehead-sweating, nose slightly running, hyper ventilating-ly good; you know what I mean.

”

INGREDIENTS

| | | |
|---|-------------------|-------------------------------|
| 1 kg chicken thighs & legs, skinnless & on the bone | 4 tbsp olive oil | 2 1/2 tsp salt |
| 2 potatoes, washed and quartered | 1 tsp cumin seeds | 2 tsp garam masala |
| 2 medium onions, chopped roughly | 3" cinnamon stick | 1 tsp paprika |
| 2 green chillis | 2 cloves | 1 tsp turmeric powder |
| 3 garlic cloves, | 3 peppercorns | 3 plum tomatoes & 3 tbs juice |
| 3" ginger, washed | 2 bay leaves | Handful fresh coriander |
| | 1 black cardamom | |

METHOD

- 1 Slice several slits in the chicken pieces.
- 2 To make the masala, grind the onions using a processor then add them to a bowl. Then coarsely grind up the chilli, ginger and garlic.
- 3 Heat some oil in a pan. Once it's hot, add the cumin, cinnamon, cloves, peppercorns, bay leaf and black cardamom.
- 4 Once they begin to fry, add the onions. The add ½ tsp of salt and cook for 3-4 minutes, ensuring you stir the mixture continuously
- 5 When they begin to go see through, add the ground chilli, ginger and garlic mixture. Cook for a further 3-4 minutes until the masala turns golden.
- 6 Once this has happened, reduce the heat and add the remaining salt, garam masala, paprika and turmeric powder and mix together.
- 7 Following this, add the plum tomatoes and juice and mash it all into the masala.
- 8 Once the oil begins to separate from the masala, add the chicken and potatoes and mix together.
- 9 Once you've added this, add a ¼ cup of water to the mixture, and cook on high heat ensuring you stir it every couple of minutes. After 5 minutes, reduce heat to medium and place the lid on the pan.
- 10 Leave, and let the chicken cook for 20 minutes; stirring every 2-3 minutes.
- 11 Check the chicken is white all the way through. Then, place a knife through the potatoes to ensure they are also fully cooked. Sprinkle fresh coriander onto the dish, and mix.
- 12 Then check for salt and adjust accordingly.
- 13 Finally, if you would like the gravy of the dish to be a little "drier"; turn up the heat and cook until it is at your desired consistency.

Tip: You can use any part of the chicken, but I recommend thigh/leg as they are the most tender.

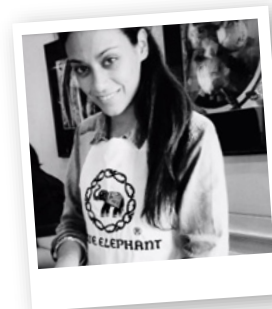


Bamya bel Lahma

Slow cooked lamb shoulder with okra

Preparation Time: 30 minutes **Cooking Time: 6 hours** **Serves: 6-8**

Yossra Fadl is a pharmacist by profession, and a home cook and photographer by passion. She currently lives in Sydney with her two children and husband. Her inspiration for cooking comes from her Egyptian roots. Her recipes are a revelation of the Middle Eastern and North African culinary traditions, and her kitchen is a place where she celebrates the good old ways of eating wholesome food.



“This classic Egyptian dish ‘Bamya bel Lahma’ the Arabic for ‘Okra with meat’, is a staple in Egyptian households. This dish is found in various forms throughout the Middle East, and the plant itself is known in many English speaking countries as Gumbo, ladies’ fingers or Ochro. Bamya ‘okra’ is a green edible seed pod and is commonly eaten as a vegetable. Whether you cook it with beef, lamb or chicken or even skipping the meat and turning it into as a vegetarian dish, it’s really delicious! My favourite way to cook it is with a marinated lamb shoulder. The slow cooking of lamb releases tones of flavours in its juices, which the okra braises in and soaks up. My advice to you when buying okra, is to shop around for the freshest and smallest size okra, if possible. Sometimes you could find frozen okra sold in Middle Eastern shops, and those are usually the baby ones, which would be the closest to Egyptian okra.

INGREDIENTS

| | | |
|--|---|---|
| 1 lamb shoulder, bone in, about 1.6kg | 3 bay leaves | 1 whole green chilli (deseed if too hot) |
| 600g fresh Okra (smallest size you can find) | 2 tsp salt | 1/2 bunch of coriander leaves and stems, washed and chopped coarsely. |
| 1 handful fresh coriander leaves (for garnish) | 1 tsp raw unrefined sugar | 2 tsp mild paprika |
| 2 medium carrots, finely grated | Lemon wedges for serving | 2 tsp ground cumin |
| 1 large celery stick with leaves attached | White rice with vermicelli | 2 tsp ground coriander |
| 1 organic passata cooking sauce bottle (720ml) | Wholemeal pitta bread to serve (optional) | 1 tsp raw unrefined sugar |
| 2 fresh ripe tomatoes, diced | Lamb shoulder marinade: | 1 tsp fine sea salt |
| 1 cup of filtered water | 10 garlic cloves | 1 tblsp good quality apple cider vinegar |
| | 1 medium red onion, cut coarsely | 120ml extra virgin olive oil |
| | 2 long whole red chillies | |

METHOD

- 1 Remove the lamb shoulder from the fridge at least half an hour before cooking so it’s at room temperature.
- 2 Preheat the oven to 180 C.
- 3 **Prepare marinade:**
 - Put the chillies, garlic, and chopped coriander in a food processor and blend to a paste.
 - Add the paprika, cumin, coriander and sugar and blend for a further 30 seconds.
 - Stop blending, add the apple cider vinegar and salt. Blend whilst drizzling the olive oil slowly into the blender, until an oily brownish smooth paste is formed.
- 4 Add half of the marinade to a large bowl, then add grated carrots, passata cooking sauce, tomatoes, water, salt and sugar. Stir to combine.
- 5 Put the lamb shoulder in a large roasting tin. Insert a small sharp knife into the lamb’s flesh in 4 - 5 different areas, to help the marinade penetrate deep while cooking. Pour the other half of marinade over and massage it well into the lamb.
- 6 Pour the tomatoes and carrots mixture (prepared in the bowl) over the marinated lamb. Add bay leaves and the stick of celery to the tin.
- 7 Cover the lamb loosely with baking paper then cover the tin tightly with a sheet of foil, making sure no steam is able to escape from the tin.
- 8 Reduce oven heat to 160 C and cook for 4.5 hours.
- 9 30 mins before lamb is cooked, prepare okra by trimming its heads, without chopping the whole head off and exposing the okra seeds inside (forming a cone-shape smooth head)
- 10 Rinse the okra thoroughly and drain, then lay them on a tea towel and rub until they are completely dry.
- 11 In a frying pan, heat 5 tablespoons of olive oil and fry okra lightly until it changes into a light golden colour, set aside.
- 12 After 4 hours of cooking the lamb, remove the roasting tin from the oven, uncover and discard only the baking paper. Spoon the okra into the lamb’s delicious liquid in the tin (add half a cup of water if needed) and cover again with foil.
- 13 Cook for a further 45 mins if your okra is medium in size, but if you are lucky enough to have found small size okra, then 30 mins should be enough. Uncover and turn the grill on for a further 10 mins until the top is beautifully coloured.
- 14 Just before serving scatter over some fresh coriander leaves and squeeze some lemon juice on top, serve with extra lemon wedges.

Fancy Fish Pie

Preparation Time: 30 minutes **Cooking Time: 40 minutes** **Serves: 4**
Equipment: One 24cm pie dish, about 3cm deep

Frankie Unsworth is a London-based food stylist and writer. When she isn't styling cookery books for celebrity chefs and cooks, she can be found eating her way around London as the restaurant editor for Porter + Sail. Find more of her recipes at www.london-pantry.co.uk.



“In London we have such a variety of brilliant restaurants, from the old intuitions to the new wave of young trailblazing British chefs, showcasing our culinary heritage. But when it comes to a humble fish pie, nothing quite beats a home-cooked number. This fish pie is the perfect project for a cold winter Sunday, with its homemade pastry and fancy fish scales. Serve with minty mushy peas and you have my favourite ‘taste of home’, with a little bit of a crafty twist.”

INGREDIENTS

For the pastry:

300g plain flour, plus extra for dusting
 ¾ tsp baking powder
 ¾ tsp salt
 150g cold unsalted butter, cubed
 100ml water
 1 egg yolk

For the filling:

1 tbsp olive oil
 ½ fennel, roughly chopped into small cubes
 1 large leek, trimmed, cleaned and sliced into thin rounds (keep the fronds)
 Sea salt
 1 tbsp plain flour
 300ml single cream
 2 tps of mustard powder

1 lemon, zest and juice
 Black pepper
 100g of frozen peas
 125g un-dyed smoked haddock, in 4cm chunks
 200g salmon fillet, in 4cm chunks
 150g cooked mussels (approx 450g in shell raw weight)

For the egg wash:

1 egg, beaten

METHOD

- For the pastry, place the flour in a bowl with the baking powder and salt. Add the cold butter in cubes, and place in a food processor.
- Pulse until you get a breadcrumb texture. Beat the water and egg yolk together, and add to the dough bit by bit, pulsing until it comes together.
- Remove from the food processor and press together, flatten with your hands and place in cling film, in the fridge, to chill for 30 minutes. In the meantime, make the filling.
- Heat the olive oil in a large pan. Add the fennel and leek, along with a pinch of salt, and sweat for 10 minutes over a medium to low heat. Add the flour and toss in the vegetables.
- Continue to cook until the flour is golden and add the single cream, mustard powder, lemon zest. Add the fronds from the fennel if you have any. Season to taste with salt and pepper.
- Once the single cream is hot but not quite boiling, add the peas, haddock, salmon and peas.
- Cook until the peas have defrosted, add the mussels and pour into your pie dish. Set aside somewhere cool (I put mine outside on the patio).
- Preheat the oven to 200c/180c gas.
- While the filling cools, dust your work surface and cut the pastry in half. Roll one piece of the pastry out in a circle to about 3mm thickness, and the size of the pie tin (allow 2 cm of overhang).
- Use a pastry brush and brush the edge of the pie dish, and place the pastry over the cool fish pie mixture.
- Use the prongs of a fork to press the pastry into the edge of the dish. Brush the top liberally with the egg wash. Place in the fridge.
- Take the other half of the pastry and roll it out to about 2 mm thick. Cut a large fish shape out using a small sharp knife. Place the fish shape on the top of the pastry in the pie dish. Brush the top of the fish.
- Using a 2cm cookie cutter, cut out about 35 circles and overlap them in rows across the fish, brushing each one with egg wash as you go.
- Place in the oven and bake for 30 minutes by which point the crust should be golden brown.

Parmigiana, Lecce Style

Preparation Time: 20 minutes Cooking Time: 60 minutes Serves: 6

Daniela is a young Italian woman with a strong passion for cooking. She was born and raised in a small town in the south of Italy, but following the completion of her master's degree in Chinese, she moved to China in 2007.

She has been living in Shanghai for five years, and has shared her passion for cooking on her blog for around three of those; which has become popular among the expat community and locals, as well as outside of China.

Her recipes have been featured on local magazines and international website. She also cooperates with many brands and teaches cooking classes, opened a restaurant in Shanghai and works as consultant for many restaurants and cafés.



“Being raised in Lecce, Puglia, she received a traditional upbringing like many others in this sun soaked Mediterranean region. This meant spending much of her youth in the love and care of her grandmother. Throughout her formative years her grandmother taught her many things, but most importantly gave her a passion for cooking. This was done by sharing traditional recipes and family culinary secrets, which were passed down through the generations. With many Italian recipes having different slants depending on what region they come from, this dish features the feel of her home in Lecce, along with her grandmother's influence.”

INGREDIENTS

For the eggplants:

2kg of eggplants
2 eggs
1 pinch of salt
2 cups of flour

For the meatballs:

400g ground beef
400g ground pork
½ cup grated Parmesan
1 tsp salt
2 tbs of chopped parsley
6 slices of bread
(soaked in water and squeezed)

Other ingredients:

400g tomato sauce
500g mozzarella cheese
(1 day old)
1 cup grated Parmesan
100g mortadella

METHOD

- 1 First thing first, prepare the meatballs. In a bowl combine the ground beef and pork, the bread, parmesan cheese, salt and chopped parsley. Mix all the ingredients together.
- 2 Using your hands make very small balls, as big as your thumb nail.
- 3 In hot oil fry the meatballs, then mix them with a few tablespoons of tomato sauce.
- 4 Next up, prepare the eggplants.
- 5 Slice up the eggplants, coat them in flour. In a bowl beat up the eggs with a pinch of salt and lightly coat each slice of eggplant into the eggs, then fry them up in hot oil.
- 6 Time to assemble your dish; get all your ingredients ready.
- 7 Pour a few tbs of tomato sauce into a casserole pan, then place a layer of eggplants to cover the bottom of the pan.
- 8 Then generously sprinkle some parmesan cheese, and cover with half of the fried meatballs, more tomato sauce, half of the mortadella bologna and half of the sliced mozzarella cheese.
- 9 Add a few more tbs of tomato sauce, and cover with another layer of fried eggplants.
- 10 Repeat as above, then cover with a last layer of eggplants and tomato sauce.
- 11 Bake at 180 C for about 30-40 min.
- 12 Remove from the oven and let it cool down. When ready to serve, cut it up and bring it to the dining table.

Broccoli Quinoa Soup with Spicy Roasted Chickpeas

Preparation Time: 15 minutes **Cooking Time:** 45 minutes **Serves:** 4

I'm Lauren, and I write the vegetarian food blog Lauren Caris Cooks, and I love creating recipes using fresh, seasonal and local produce. I am originally from the UK, but currently live in Switzerland; where I'm enjoying discovering a whole new culture of food and produce. I post new recipes three times a week on my blog and I'm always looking for new ways to cook vegetables.



I'm sharing a recipe for Broccoli Quinoa Soup with Spicy Roasted Chickpeas. Broccoli is a diverse ingredient that's in season in the UK from around April through to October. The broccoli adds a hearty flavour and vibrant colour to the soup. Quinoa is used to create the creaminess in the soup, so it's a lighter option as well, avoiding that uncomfortable heaviness that can come with traditional cream based soups. To finish off this delicious soup, I'm topping it with some spicy roasted chickpeas, for a contrast in both flavour and texture.

INGREDIENTS

1 can of chickpeas; drained and thoroughly rinsed
1 tablespoon of olive oil
½ a tps of smoked paprika
¼ tps of ground coriander
¼ tps of chilli powder
¼ tps of cayenne pepper
Salt and pepper

For the Soup:

2 - 3 heads of broccoli
(3 if they are small)
1 white onion, finely chopped
5 cloves of garlic, minced
Zest of 1 lemon
Juice of 1 lemon
45g of quinoa (dry weight)
20g of parmesan cheese (grated)

1 cup of vegetable stock (250ml)
1 cup of quinoa cooking water (250ml).
Handful of fresh parsley (chopped).
Salt and pepper

Toppings:

Finely chopped spring onion.
Drizzle of olive oil.
Drizzle of crème fraiche

METHOD

Chickpeas:

- 1 Preheat the oven to 200 degrees, and line a baking sheet with parchment paper.
- 2 Drain and thoroughly rinse the chickpeas, then dry them.
- 3 Once this is done, remove any skins that come loose.
- 4 Place the chickpeas in a bowl, add the olive oil and spices, and mix until evenly coated.
- 5 Spread the chickpeas across the parchment paper, in an even layer, and bake for 20 minutes.
- 6 Remove from the oven and allow to cool completely.
- 7 Bake for a further 15 minutes, before removing and allowing to cool, this helps the chickpeas become crunchy rather than soggy.
- 8 Set aside, and move onto the soup.

Soup:

- 1 Cook the quinoa in a saucepan for around 25-27 minutes.
- 2 Don't worry about it being slightly overcooked, as this will allow it to act as the thickening agent for the soup.
- 3 When cooked, blend the quinoa whilst adding the cooking water. Do this until the mixture is thick and smooth, which takes around a minute.

- 4 Cut the broccoli into small pieces and steam them until cooked. If you don't have a steamer, don't worry, as boiling them works too.

- 5 Add some olive oil and the onions to a large pot, and sauté on a low heat until.

- 6 Add the lemon zest and minced garlic, and cook for another minute.

- 7 Then add the broccoli to the mixture and cook for two more minutes. Finally, add the chopped parsley and stir together.

- 8 Put the broccoli mixture, quinoa mixture, vegetable stock, lemon juice and parmesan cheese into a blender.

- 9 Blend on a high speed until the soup becomes smooth and thick

For the toppings:

Once the soup is in a bowl, add some crème fraiche, and mix it in with a spoon. Drizzle some olive oil over the top, before adding some spring onions and the roasted chickpeas to really set the dish off. Serve while hot.





Spicy Dal with Chora Vadi & Cashews

Preparation Time: 10 minutes **Cooking Time:** 45 minutes **Serves:** 3-4

Born and brought up in India, Roy currently resides in London. She works as a part-time software professional, writer, heuristic recipe developer and stylist, alongside blogging, photographing and travelling. She chronicles them on her website, Heuristic Kitchens, and is currently smitten by the rare art of slow living. When not juggling pots, a camera or her computer, she can be found making memories with her family.



“Dal and rice are the staple food of the Indian subcontinent. Dal is the principal accompaniment in most meals. It's low in calories, full of protein and extremely flavourful. Chora Vadi are sundried cowpea lentil chunks. The Vadis are extremely crunchy and stored in an air-tight container. These can be extremely versatile, and can add a whole new texture to your curries. It is now considered exotic as not many homes make it.”

INGREDIENTS

| | | |
|--|------------------------------------|---------------------------------------|
| 1 cup/100gm of pigeon peas lentils | 2 cloves of garlic, finely chopped | 1 tbsp of refined oil |
| 20 gm of cashews | 1 onion, finely chopped | ½ a lemon |
| 50 gm Chora Vadi (Available at all Asian stores) | 1 tps of turmeric powder | Salt to taste |
| 1 tomato, finely chopped | 2 tps of red chilli powder | Fresh spring of coriander for garnish |
| | 1 tps of asofetedia | |

METHOD

- 1 In a cast iron skillet dry roast the Chora Vadi and cashews, with a tsp of oil. Sauté until they look golden brown in colour. Then set it aside and allow it to cool.
- 2 Boil the lentils in 2 cups of water in a pressure cooker, for 3 whistles. Allow it to cool.
- 3 Heat the oil in a deep bottomed pan. Add the mustard seeds and wait until they splutter. Then add the asofetedia and garlic, and fry for another minute.
- 4 Add your onions and fry until soft. Add your Tomatoes along with salt and turmeric powder. Sauté these until the mixture separates the oil. This should take approximately 5 minutes.
- 5 Add the red chilli powder, and fry for another minute.
- 6 Pour the boiled lentils into the spice mixture, mix it thoroughly, and bring to the boil. Add a cup of water if the dal seems very thick.
- 7 For serving, squeeze the juice of lemon and top it with the sautéed Chora Vadi and Cashews. Sprinkle fresh Cilantro and eat it with hot steamed rice and papad.
- 8 This is one of the most soulful dishes and extremely satisfying for the Palette.

Tip: If you let the Chora Vadi soak in the dal it will become soft. Some prefer it crunchy and some soft; the choice is yours.



*A taste
of my country*

Netflights.com