

Saturday Homework Club Cookbook

at

**Mayville Community Centre
Woodville Road
London
N16 8NA**

WORLD



¡Hola!
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Simple BUT not simpler iii

$p = \frac{1}{3}\rho c^2$
 $F = m\omega^2 r$
 $V = \frac{\Delta V}{\Delta t}$
 $G = mgh$
 $W = mg$
 $g = \frac{GM}{r^2}$
 $a = -\frac{(2\pi f)^2 x}{}$
 $p = \frac{1}{f}$
 $360^\circ = 2\pi c$
 $y = \frac{k}{x}$
 $E = mc^2$
 $r = r_0 A^{1/3}$
 $\rho = \frac{M}{V}$
 $a = \frac{\Delta v}{\Delta t}$
 $F = \frac{Gm_1 m_2}{r^2}$
 $K = \frac{1}{2}mv^2$
 $\theta = \frac{s}{r}$
 $T = \frac{1}{f}$
 $E \propto A^2$
 $\sin \theta = \frac{y}{r}$
 $C = \frac{v}{\lambda}$
 $n\lambda = d \sin \theta$
 $\frac{1}{u} + \frac{1}{v} = \frac{1}{f}$
 bonjour Hello
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Everything should be made

Acknowledgements

This recipe booklet has been made possible thanks to the kind contributions of the Saturday Homework Club parents, carers and pupils.

Introduction

The Saturday Homework Club Cookbook is part of a project designed to bring pupils, parents and carers who are based at the Mayville Community Centre in Woodville Road together through storytelling. The booklet is intended as a work-in-progress. It is a collaborative document and contributions are actively sought from the community. Sharing stories about food and contributing favourite recipes to a community cookbook is a safe and fun way to learn from each other's cultures. We hope that you will enjoy the booklet and send in your favourite recipes and stories.



Food Recipes from my own country

Please follow the instructions:

My name is Amina, I come from East Pakistan which is known as Bangladesh which got independence in 1972. These are my favourite food recipes which we make on special occasions. The name of this recipe is Onion Bahji.

The ingredients are:

3-4 cups of gram flour

3 large onions thinly sliced

4 chili peppers thinly sliced

half of a bunch of fresh coriander thinly sliced

½ teaspoon turmeric

½ teaspoon curry powder

½-1 teaspoon salt

oil to fry

Mix gram flour with water to form a thick batter then add all the ingredients except oil. Leave for about ½ hour.

Heat the oil in a wok or pan and gently fry for about 5 minutes or until golden brown.

Serve with dipping sauce i.e. ketchup.



Food Recipes from my own country

Please follow the instructions:

My name is Amina, I come from East Pakistan which is known as Bangladesh which got independence in 1972. This is one of my favourite food recipes which we make on special occasions. The name of this recipe is Dal.

The ingredients are:

- 1 cup red lentils
- 1 medium onion thinly sliced
- 2 cloves of garlic
- salt to taste
- fresh coriander, chopped finely
- 4 whole chili peppers
- ½ cup of oil
- ½ teaspoon of turmeric

Wash lentils well and then place with water (about a cup and a half) in a pan and boil.

Add half of the onions, turmeric, chili peppers and salt. Simmer until lentils are soft, about 15 minutes, then add more water, about 2-3 cups and boil for 5 minutes. Add fresh coriander and chopped finely.

In a separate pan heat oil and fry finely chopped garlic and onions until golden brown and pour on top of lentil sauce.

Serve with plain rice.

This is a simple dish which poor people have as their daily meal.



Food Recipes from my own country

Please follow the instructions:

My name is Amina, I come from East Pakistan which is known as Bangladesh which got independence in 1972. This is another favourite food recipe. The name of this recipe is Tandoori Chicken.

The ingredients are:

- 8 pieces of chicken legs
- ½ cup plain yoghurt
- 2 tablespoon of tandoori paste
- ½ teaspoon of garlic paste
- ½ teaspoon garlic paste
- ½ - 1 teaspoon of salt
- ½ lemon

Wash chicken and score, let it drain.

Mix yoghurt, ginger, garlic, tandoori paste, salt and pepper in a large bowl, then add chicken pieces. Marinate over night in a fridge.

Cook at gas mark 5 for about 1 hour turning meat at intervals on a grill pan. Serve with salad and pitta bread.



Food Recipes from my own country

Please follow the instructions:

My name is Happy, I come from Bangladesh, and my favourite recipe is meat curry.

The ingredients are:

400 grams of lamb meat
1 teaspoon of ginger paste
1 teaspoon of garlic paste
1 teaspoon of curry powder
1 teaspoon of chili powder
1 teaspoon of Haldi powder
mixed masala: 2 bay leaves, 2 cardamoms, 1 cinnamon stick
2 tablespoon of vegetable oil
2 glasses of water
salt

First put a deep saucepan on the cooker, add the vegetable oil into the saucepan, add the chopped onion and cook until the onion goes brown. Add the garlic and ginger paste in the brown onion and cook for 2 minutes. Now add the mixed masala to the saucepan, add the meat and stir well. Cover the saucepan until the meat is cooked; add the curry and chili and haldi powder in the saucepan and stir, simmering for 5 minutes. Add the water and continue to cook for another 5 to 10 minutes before serving.

This is the dish we eat every day in Bangladesh, we serve it with rice and pitta bread.







Food Recipes from my own country

Please follow the instructions:

My name is Monidipa and I come from Bangladesh. My favourite recipe is Chicken Biryani.

The ingredients are:

- 200 grams of skinless and boneless chicken cut in small pieces
- 100 grams of onions, finely chopped
- 1 teaspoon of ground cinnamon
- 500 grams of rice
- 3 bay leaves
- 2 cloves of crushed garlic
- 5 grams of ginger
- 1 teaspoon of paprika
- 2 teaspoons of salt
- 1 cup of oil
- 1 cup of yoghurt

Firstly boil the rice for about 20 minutes; put one cup of oil in a saucepan and add the chicken cuts, onions, bay leaves, garlic and ginger and the salt; mix well, add half a cup of water to cover the ingredients and cook for about 20 minutes. Add the paprika and the yoghurt. Add the rice to the curry and let it sit for 10 minutes before serving with salad.



Food Recipes from my own country

Please follow the instructions:

My name is Nejat, I come from Eritrea, and my favourite recipe is Zigni.

The ingredients are:

- 3 onions, chopped
- 1 clove, crushed
- 1 whole garlic
- 1 teaspoon of ground ginger
- 1 teaspoon of cumin powder
- 1 cup of chicken stock
- 2 teaspoons of tomato paste
- 1 pinch of salt
- 3 table spoons of butter
- 4 tablespoon of oil
- 2 kilograms of lamb meat
- 2 spoons of red chili powder
- 1 can of chopped tomatoes

First get a deep saucepan and fry the chopped onions in oil and butter until brown, add the chili powder, ginger, black pepper, the garlic cut in 4 pieces, add water to cover, stir and simmer for 5 minutes. Add the canned tomatoes and salt, the cumin powder and some more water, simmer for 20 minutes. Add the chopped meat and the chicken stock and leave to simmer for 20 minutes.

Serve with rice!



Food Recipes from my own country

Please follow the instructions:

My name is Semra, I come from Turkey, and one of my favourite recipes is Etli Lahana Dolması.

The ingredients are:

- 2 medium tomatoes, cubed
- ½ cup olive oil
- ½ pound ground beef or lamb
- 2 cups of rice
- 1 medium cabbage, leaves boiled in water
- 6 cloves of garlic, chopped
- 2 long green peppers, chopped
- 1/3 cup chopped parsley
- 1 tsp red pepper paste
- Salt to taste
- Dry black pepper

Boil the cabbage leaves in water for 20-25 minutes. Mix all other ingredients. Take one cabbage leaf, put about 1-2 tablespoons of rice mix in the middle fold ½ inch of two longer side edges towards the middle than roll the cabbage up. In a shallow large saucepan, place the stuffed cabbaged, folding the loose edge under. Pour hot water with salt and pepper, enough to cover all stuffed cabbages, serve it hot with fresh lemon juice.



Food Recipes from my own country

Please follow the instructions:

My name is Semra, I come from Turkey, and my other favourite recipe is Ispanaklı Yumurta, which is eggs with spinach.

The ingredients are:

- 3 medium size onions
- 3 ½ tablespoons of oil
- 1 bunch of spinach
- 2 teaspoons of salt
- ½ teaspoon black pepper
- 2 medium size eggs
- ½ red pepper

In a pan sauté finely chopped onions in oil for 5 minutes, stirring occasionally. Add coarsely chopped spinach, cover and cook for a few minutes or until tender, stir occasionally. Season with salt and pepper. Make 6 egg-size holes. Slip one egg into each hole. Sprinkle with red pepper. Cover and cook over low heat for 5 minutes or until whites of the egg are set. Serve hot.



Food Recipes from my own country

Please follow the instructions:

My name is Waseelah and I come from Yemen. My favourite recipe is rice with meat, a typical dish in Yemen.

The ingredients are:

- 1 cup of oil
- 3 onions
- 1 clove of garlic
- 2 tomatoes
- 1 pinch of coriander
- 1 tablespoon of salt
- 1 kilogram of meat
- 1 pinch of black pepper
- ½ jug of water
- 100 grams of frozen mixed vegetables

Firstly chop the onions and add them to a saucepan with oil; chop the meat into pieces and fry the meat together with the frozen vegetables in the onion until it goes brown. Add the garlic, the coriander, black pepper and salt, mix all well together. Add the tomato and enough water to cover. Add rice and simmer until the rice is cooked, for approximately 25 minutes.

Serve this dish with salad.



