



Corn processing, Bangladesh

Recipe Book

food  for good

Chicken Shata - Sudan

Pieces of chicken in hot spices



In a bowl combine:

1/2 Cup lemon juice

3 cloves crushed garlic

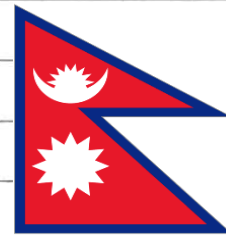
3 tsp crushed red chilli pepper

Salt and Pepper

Give the ingredients a good mix and serve with strips of cooked chicken

Pakora - Nepal

Fried snack



1 large potato

1 large aubergine

1 onion

25g plain flour

50g chickpea flour

1/2 tsp salt and black pepper

1 tsp ground coriander

1 tsp ground cumin

1 tbsp coriander seeds

Oil for shallow frying

Cut the potato, aubergine and onion into matchstick sized pieces. Mix together the flour, chickpea flour, salt pepper and spices. Mix the flours and seeds into the vegetables, sprinkle a couple of tablespoons of water. Mix together by hand until it holds together. Fry tablespoons of the

mixture in very hot vegetable oil for about 5 minutes until golden brown. Drain and serve straightaway.

Shorbet Ads - Sudan

Lentil Soup



200g split red lentils

2 litres stock (chicken or lamb)

2 medium onions

1 medium tomato

1 medium carrot

2 tbsp finely chopped onion

2 tbsp olive oil

2 tbsp lemon juice

2 tsp cumin

Salt & pepper

Chop the vegetables into medium-sized chunks. Wash the lentils. Put stock into a large pot and bring to the boil. Add the onions, carrot, tomato and lentils to the stock. Lower the heat to simmer and cook for about ½ hr or until the lentils are tender.

Puree the mixture in either a food processor or blender and return to the pot. Sauté the finely chopped onions in the oil until soft and brown. Add the cumin, lemon juice, sautéed onions, salt and pepper to the soup and stir slowly over a low heat for about 3 minutes.

Dovi - Zimbabwe

Peanut Butter Chicken



4 chicken portions

2 finely chopped medium onions

2 cloves garlic, peeled and crushed

12g margarine or butter

1 1/2 tsp ground chili pepper

2 green peppers, finely diced

400g chopped tomatoes

100ml peanut butter

250g spinach

Stir fry the onions and garlic in butter until golden brown

Add the peppers and chicken. Brown the chicken then add the onions and 500ml cold water and simmer for 10 minutes.

Dilute the peanut butter with a little of the cooking juice and add half the diluted mix back in the pan. In another pan, boil the spinach for a few minutes until cooked, drain and toss the remainder with the peanut sauce

Serve the meat with the spinach and accompany with potatoes or rice.

Prawn Curry - Bangladesh



450g prawns

5 chopped green chillies

2 chopped onions

1 small bunch spring onion leaves

Coriander leaves

2 garlic cloves

1 inch chopped fresh ginger

2 chopped tomatoes

2 tsp chilli powder

1 tsp turmeric

2 tsp garam masala

Salt to taste

Clean the prawns in salt water. Heat oil in a pan, add green chillies, onions and fry until brown. Add ginger and garlic, spring onion leaves, spices and coriander and fry for a few minutes. Add tomatoes and fry for a further 5 minutes. Season to taste. Garnish with coriander leaves.

Spicy Potatoes - Sri Lanka



450g potatoes

1 onion

2 tsp hot pepper powder

2 tbsps oil

1 clove garlic

1 tsp salt

1 tsp sugar

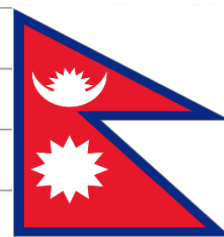
1 tsp mustard

2 small green peppers

Boil or bake the potatoes. Peel off the skin and cut into cubes. Slice the onions and green pepper.

In a large pan add the oil and heat; add onions and fry for one minute. Add hot pepper powder, garlic, salt, sugar and mustard; stir in for about two minutes. Finally add the potatoes and green pepper mix and cook for three minutes.

Cheese Barfi (Nepal) ***Sweetened cream cheese cake***



680g cream cheese

900g sour cream

1 can condensed milk

50g sugar

35g sifted flour

1/4 tsp baking powder

1/4 tsp salt

25g chopped almonds

25g raisins

25g chopped coconut

In a food processor, combine the cream cheese, sour cream, condensed milk, sugar, flour, baking powder and salt to a smooth paste. Pour into a large bowl. To the cream cheese add almonds, coconut and raisins and fold in thoroughly. Butter a baking dish and pour in the mixture. Smooth out the surface and bake at 160C for 15-20 minutes or until the top is lightly brown. Chill overnight in a refrigerator. To serve, cut into 2-inch cubes topped with cream, syrup and whipped cream.

Picarones - Peru

Pumpkin and Sweet Potato donuts



500g sweet potatoes, peeled

500g pumpkin, peeled

500g flour

3 tbsp fresh yeast

2 cinnamon sticks

4 cloves

2 tbsp aniseed

3 tbsp sugar

2 eggs slightly beaten

Pinch of salt

Syrup:

500g dark muscavado sugar

100g white sugar

4 cloves

2 cinnamon sticks

Peel of 1 orange, cut into thick large strips

1 liter water

Picarones: Boil in a pot a lot of water with the cinnamon, cloves and aniseed for 10 minutes. Strain. In this water, cook the sweet potatoes and the squash. When they're ready, take them out from the pot and strain. Keep back 2 cups of water and let it cool down.

In a bowl, mix the yeast with this 2 cups of water and the sugar and let it rest for 15 minutes.

Mix the sweet potatoes and the squash making a purée. Add the salt, the yeast mix and the eggs, beating and mixing

well. Add the flour while you continue beating well. You must get a soft and elastic pastry and it mustn't get stuck to your fingers. Let mixture rest for 1 hour or until it's doubled in volume.

Heat a lot of vegetable oil in a big frying pan. Moisten your hand in water with salt, take the pastry and let it fall in the hot oil forming a ring. Let them get brown and turn over.

Syrup: Add sugar, cloves, cinnamon, orange peel and water to a pot. Boil until it gets a little thick (200° F, 110° C), more or less for 20-25 minutes. Strain.

Served three picarones smothered in syrup.

Your Turn...

Stuck for ideas? Well why don't you take some inspiration from two of our current supporters who have already held dinner parties in support of Practical Action.

Nicola's Dinner

Nepalese
Thukpa Soup

Sudanese Tamaya
served with fresh
stir fired greens
and millet, Shata
and Kirsra bread

Peruvian Picarones
with fruity sauce

Nicola Craddock, the daughter of EF Schumacher, founder of Practical Action, organised a charity dinner with an international flavour, with the generous support of staff at the Treehouse restaurant in Aberystwyth. The evening raised £750 for Practical Action and diners enjoyed cuisine from Nepal, Sudan, and Peru.



Jeremy's Dinner



Using food as a means of raising money has also been popular with Practical Action supporter Jeremy Carne.

Earlier this year Jeremy hosted an unusual "auction" dinner by securing the services of Mark Hix, winner of the Great British Menu, long-time chef at Le Caprice and Ivy restaurants, cookery writer and owner of Hix Oyster and Chop. Guests bid in advance to attend the dinner with all proceeds going to Practical Action. The event was a great success, thanks to the generosity of Jeremy, Mark and the guests.

"It's the kind of occasion that comes around very rarely. A great chef, a quantity of remarkable mature wine and eight hungry people squeezed into a room the size of a mini!" said Jeremy.