

Nurturing Integration Through Resilience & Hope Growing & Cooking Recipe Book



Introduction

The Growing and Cooking Recipe Book project is a remarkable initiative that recognises the transformative power of community and the healing potential of cultivating and sharing food. It began with a group of compassionate individuals who understood the value of empowering torture survivors through nourishing meals and engaging with nature. Working in partnership with organisations including Urban Roots, HSPC and the Bowling Green, Freedom from Torture established therapeutic garden groups to provide participants with opportunities to connect with nature, develop skills, improve mental health, and build social connections.

The garden group sessions became a source of solace and support, during the recovery period of the Covid-19 pandemic. Participants worked together to maintain a thriving community garden allotment, harvesting fresh produce to create diverse cultural recipes such as Kurdish dolma, Tamil curries, Cameroonian stews, and herbal teas and remedies. The garden group also fostered a sense of belonging and inclusivity, with participants sharing their cultural knowledge and forming deep friendships amidst the challenges of Scottish weather.

The Growing and Cooking Recipe Book project went beyond cultivating ingredients. It aimed to bridge cultures and united people through the common language of food. Participants and contributors from diverse backgrounds shared their cherished recipes, celebrating their heritage while embracing the culinary practices of others. The resulting recipe book became a testament to the power of diversity, resilience, and the ability to find joy through sharing a meal.

By engaging in the collaborative effort of growing and cooking, the participants transcended their traumatic pasts and built bridges toward integration, resilience, and healing. The project symbolises hope for a brighter future for torture survivors, showcasing the unwavering spirit and indomitable hope of those who have endured unimaginable suffering. Through the simple act of growing and cooking, the project brought nourishment, solace, strength, and a renewed sense of purpose to the participants.

The involvement of Freedom from Torture, Urban Roots, HSPC and the Bowling Green added another layer of significance to the project. Over five years, they have worked together to offer a therapeutic garden group that has allowed participants to reconnect with nature, develop skills, improve mental well-being, and forge social connections. The garden group became a safe space for individuals to contribute to the community garden allotment, harvest fresh produce, and find support and camaraderie. In addition, bowling Green served as a welcoming community hub, fostering a sense of belonging and providing an antidote to social isolation.

The integration of the garden group and the Growing and Cooking Recipe Book project exemplifies the synergy between therapeutic gardening, communal cooking, and the resilience of torture survivors. Their stories and shared experiences inspire others to nurture integration, resilience, and hope, offering healing and support to torture survivors worldwide.

About the project:

Nurturing Integration through Resilience and Hope-Growing and Cooking Recipe Book

This project is part of the Food & Climate Change Action initiative, generously funded by the Glasgow Community Food Network. It emphasises our commitment to environmental sustainability, food security, and community resilience through culinary diversity and engagement.

The project brings together individuals from diverse cultural backgrounds, including torture survivors as new Scots, to celebrate multiculturalism, culinary diversity, and shared experiences.

The launch event will unveil a meticulously crafted recipe book featuring traditional and cultural recipes contributed by participants, including torture survivors. These individuals have found solace and empowerment through growing and cooking.

With funding from the Food & Climate Action project, the Garden group embarked on an inclusive and accessible journey. They collaborated with community groups, conducted cooking workshops using the garden's products, and created multilingual signs to welcome people from diverse origins.

The group used a church hall near The Bowling Green as their culinary space, where each member taught a traditional recipe, fostering learning, collaboration, and celebration. The workshops culminated in festive meals, symbolising unity, and shared experiences.

The idea for a recipe book emerged during the workshops, driven by the participants' love for culinary traditions and their desire to preserve favourite dishes. The book showcases their cultural backgrounds, personal narratives, and teamwork, serving as a legacy, a resource for future generations, and a tribute to partnership and cultural exchange.

The Garden group's Recipe book is a testament to their passion, ingenuity, and bridging of understanding gaps between cultures and customs. It captures their culinary adventure, incorporating the fruits of their hard work from the garden, and reflects their commitment to integration, resilience, and hope within their communities. It beautifully weaves together culture, flavour, and the shared journey of the participants, highlighting the connection between the garden and the culinary creations.

Note: We would like to emphasise that all identifiable elements in the texts and photographs used in this project have been removed, to ensure the protection and privacy of our clients and associated with individuals. The utmost care has been taken to respect their confidentiality and ensure their well-being.

Project Partners:

Freedom from Torture

Freedom from Torture is a charity which provides therapeutic care for survivors of torture who seek protection in the UK. Freedom from Torture provides medical and psychological documentation of torture, a range of rehabilitation therapies, including psychotherapy, individual and family counselling and complementary group work as well as practical advice and support.



Glasgow also runs the Healing Neighbourhood Project, a community development approach that was integrated into Clinical service and applies to help torture survivors with their rehabilitation and integration through group activities that encourages clients to learn and develop skills, tackle inequalities, injustice and discrimination, and make positive changes to improve the quality of their lives.

Quote from Ahlam Souidi, FFT Senior Community Development Worker

"The project celebrates cultural heritage and promotes sustainable choices through sustainable gardening, mindful cooking, and various culinary traditions. It has raised awareness of how food can mitigate climate change and build resilient communities".

"Working with colleagues from Freedom from Torture, Urban Roots, and the Glasgow Community Food Network has been amazing. The collaboration has nurtured resilience, communal growth, and a sustainable food culture that embraces variety and empowers individuals".

"The success of the Growing and Cooking Recipe Book is thanks to the effort, passion, and cultural knowledge shared by the amazing group and community members. Their contributions have built a dynamic foodie community that embraces diversity and fosters a sense of belonging".

"On a personal level, as a Muslim, being part of integrated Eid and Shabbat celebrations at the Garden holds special meaning. It exemplifies the beauty of religious diversity and shared values of understanding, respect, and tolerance. It reinforces the belief that genuine connections and embracing differences can lead to peace among people of all faiths and backgrounds"

Urban Roots

Urban Roots is a community led environmental and health improvement organisation working across the Southside of Glasgow.



We have enjoyed working with Freedom from Torture since 2017 and have moved around a fair bit in this time! We started off at a garden in an old church in The Gorbals, left there for The Gallowgate, then to Pollokshields; initially in the quiet and peaceful Shields Community Garden, then finally settling in the Linda McCartney Bowling Green Garden where we currently meet. The transition to this more open garden gave participants many opportunities for inclusion and to join in other community activities.

We are proud to work with FFT participants and staff in what is one of our most successful and rewarding therapeutic gardening projects. We work together to support torture survivors using gardening to improve mental & physical health and wellbeing, reduce isolation, learn new skills, and offering a place for participants to share farming

and agricultural skills with the rest of the group.

This community The Growing and Cooking project has brought the whole community together and it has been wonderful to see the FFT gardening group make this happen!

Quote from Urban Roots: *“Urban Roots are proud to work alongside Freedom from Torture, supporting and learning from torture survivors as part of the therapeutic gardening project. Our therapeutic gardeners often describe these sessions as being their favourite part of the week, with FFT staff reporting the same. We are grateful to everyone who is and has been part of this group, as well as the garden, plants and soil that continue to nurture all of us.”*

Bowling Green Garden

The Bowling Green is a local green space and community hub in the Southside of Glasgow. This area of Glasgow is one of the most diverse places you can find anywhere, with a wonderful mix of cultures, religions, ethnicities, and unique backgrounds. The Bowling Green is set up predominantly by women of colour, who along with other marginalised groups have created a space where people can share their lives and stories and is accessible to all.

The Bowling Green has been a big supporter of Freedom from Torture and we have hosted many events and celebrations in the garden.

Project Funder: Glasgow Community Food Network

“Based on years of collaborative action in Glasgow and beyond, the Food & Climate Action project aims to work alongside local communities to co-create a more resilient food system that is fairer and kinder to both people and the planet. It is a partnership project of six organisations including: Glasgow Community Food Network, Urban Roots, Central & West Integration Network, Glasgow Eco Trust, St Paul's Youth Forum, and The Space”.

Quotes from the participants



From Syria *"Proudly I have had the opportunity to share my mother's recipes for traditional falafel and tabbouleh" And also "I was a chef in my back home, and the project has given me the chance to share my skills with others".*



From Kuwait *"I was losing hope due to my circumstances, but I felt like now coping, knowing that I am part of something greater than myself" "it's just a great project". "Thank you so much FFT and gardeners and everyone at my group".*



From Somalia *"I forget my problems while I am in the Garden group" Everyone is smiling at you. I always look forward to Thursday day".*

From Somalia *"In winter things were very hard. One day it was very very cold and all frozen, but we still came to the garden, lit a fire, and played music. It was the highlight of my week".*



From Kurdistan *"I was a farmer in my back home I used to grow vegetables and fruits, the project has given me the opportunity to reconnect again with my passion"*



From Iraq *"I feel the unity and family spirit" you don't feel alone anymore" "I was very depressed before I joint FFT and its the garden project, and FFT encouraged me to join, I wasn't sure at beginning, but once I done, I felt like I am with my family, I grew the vegetable and fruits in the garden. I was surprised to see a vine tree growing in the garden... in Glasgow! It reminded me of the vine tree we used to have on our land, along with tomatoes and courgettes. It made me feel a strong connection with our back home. Additionally, I cooked biryani and people absolutely loved it!*



From Siri-Lanka *"The food has brought us together with our differences" I learnt so much about other cultures"*



From Cameroon *"The project has helped me to understand other cultures and faiths"*



From Iran *"Being a part of the Growing and Cooking Recipe Book project has helped me connect with people who have had similar problems and find comfort in the things we have all been through". "Through growing vegetables and fruits and cooking and sharing our cultural and customs stories, we felt strong, connected, and hopeful for a better future".*

From Iran *"The seeds I planted it, it was like something I was looking forward as a future in this country, being able to see the seeds growing and flourishing had given me a hope" "I never thought I would be able to harvest what I grew ".*



From Scotland *"I was lucky enough to attend the FFT cooking classes and community meal. They were really special and such a nice way of meeting people I might not regularly cross paths with, and more importantly learning how to cook delicious foods from other cultures. The dish that really stood out for me was the Couscous and spicy chicken. It kick-started my contractions and my beautiful daughter was born happy and health just 12 hours after eating this one. It was a very powerful meal!*

From Scotland *"I feel so privileged and thankful to taste such incredible food from all part of the world, cooking by wonderful people! I am grateful to have had this experience and learnt new things".*



From Egypt: *"My family has a farm in Egypt along the Nile. I miss them too much and working in the garden allows me to keep my mind busy and connects me to my old life". Staying at home makes me feel very bad, I remember all the bad things that happened to me. When I come to the garden I am with people and feel better"*



From Ethiopia *"We used to grow many things at home. When we come to the garden, we can take home fresh vegetables that taste very good and use them in our cooking".*

GROWING & COOKING GALLERY









Recipes

Nigerian Jollof Rice

History

Nigerian Jollof Rice is a popular West African dish that has gained international fame in recent years. The origins of Jollof Rice can be traced back to the Senegambian region of West Africa, where it was first created by the Wolof people. Over time, the recipe spread throughout the region and each country has put its own spin on the dish. Nigerian Jollof Rice is known for its bright reddish orange colour, which comes from the use of tomato paste and red peppers. The dish is typically prepared with long-grain rice, onions, garlic, tomatoes, and a blend of spices such as thyme, curry powder, and bay leaves. It is often served at celebrations and gatherings and is a staple dish in Nigerian cuisine.

Ingredients:

- 700g long-grain rice
- 700ml to 900ml of chicken broth
- 1 can of tomato paste (150g to 200mg)
- 2-3 medium-sized fresh tomatoes, chopped
- 2-3 scotch bonnet peppers, diced
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 1 teaspoon of thyme
- 1 teaspoon of curry powder
- 1 bay leaf
- 1 tablespoon of vegetable oil
- Salt to taste
- 2kg of chicken, cut into pieces (you can use any part of the chicken you like)

Note: You can adjust the amount of pepper you use based on your spice preference. If you do not have scotch bonnet peppers, you can use habanero peppers instead. Also, some people like to add other spices like ginger or paprika to the dish for added flavour.

Preparation

1. Wash the rice. Bring the rice to a boil and add Maggi Cubes and half the oil. Let cook on low for approximately 45 minutes.
2. While rice is cooking, blend together tomatoes, sweet pepper, onion, and hot pepper (if using) in a medium bowl.
3. Place the other half of the oil in a large stock pot on medium heat.
4. Add chopped onion and tomato paste. Stir these together until they become a brown colour. About 10 minutes.
5. Add blended ingredients and cook together another 5 minutes.
6. Drain the rice completely and add it to the mixture in the pot.
7. Add chicken stock, water, simmer everything together, covered for 30 minutes.
8. Serve hot on a plate with fried plantains or fried chicken,



Algerian couscous

History

Couscous is a staple food in Algerian cuisine, and has been for centuries. It's believed that the Berber people, who are indigenous to North Africa, were the first to create couscous. Originally, it was made by grinding grains like millet and barley and then steaming them. Later on, wheat was introduced and became the main ingredient for couscous.

Over time, couscous evolved to become a symbol of hospitality and celebration in Algerian culture. It's often served during special occasions like weddings, religious holidays, and family gatherings. The traditional way to prepare couscous is to steam it in a special pot called a couscousiere, which has a perforated top that allows the steam to circulate and cook the grains evenly.

Today, Algerian couscous is enjoyed all over the world and has even become a popular street food. There are many variations of couscous, with different regions of Algeria having their own unique recipes and methods of preparation. Some popular ingredients include vegetables like carrots, turnips, and onions, as well as meats like lamb, beef, and chicken.

Despite its widespread popularity, Algerian couscous remains deeply rooted in tradition and continues to be a cherished part of Algerian culture.

Ingredients

- 500g dry Couscous
- 700ml vegetable Oil
- 2 teaspoon salt
- 200mg chickpeas
- 1 Small Head of Garlic
- 1 Medium chopped Onion

- 1 teaspoon of Ras el Hanout (mix of all species)
- ½ teaspoon of Black Pepper
- 1 teaspoon of Paprika
- ¼ teaspoon Chilli Powder (Optional)
- 1 tube/200mg Tomato Paste
- 3 x 500ml Water + 1000ml Water

NOTE: This recipe traditionally cooks couscous in Kadra and Kasskass, a special couscous steamer, which is a pot made of two metal pieces.

Preparation

- Mix 70ml oil, plus 1 tsp salt, garlic, onion, Ras el Hanout, black pepper, paprika, chilli (if using), tomato paste and chickpeas in a large pot for 5 minutes over medium heat. Add 500ml water and cook another 10 minutes.
- Place dry couscous in a large bowl. Add 500ml water. Mix delicately with your fingertips. The couscous will begin to dry and double in volume. Add 70ml of oil, then leave it to rest. Pour 1L of water in the deep part of the Al Kadra. Let boil for 5 minutes, then put the settled couscous in the Kasskass. Let it steam until you can see the steam coming through the couscous. Let sit 10 minutes.
- Take the Kasskass out of the steam and place couscous into a large bowl. Use a wooden spoon to remove the couscous from the Kasskass. Add teaspoon of salt, and approximately 350 milliliters into the couscous. If it sticks, add 1 tsp of oil. Using the wooden spoon, mix in at out delicately and make sure that it is blended together.
- Leave to rest for 10 minutes before you put it back to the steam again for the second time for another 10 minutes. Remove the couscous from the steamer and dip it in the sauce inside the pot and mix together well, but delicately and leave it to settle before you serve it. Serve hot and pair with al B'en (Natural light Yogurt)



Middle Eastern Falafel

History

Falafel is a beloved Middle Eastern dish that has been enjoyed for centuries. Its origins can be traced back to the ancient Mediterranean region, where it was a popular street food.

The earliest known recipe for falafel dates back to the 10th century, and it was made using fava beans, chickpeas, and spices. The dish was commonly consumed during times of fasting, as it is a filling and nutritious source of plant-based protein.

Over time, the recipe for falafel evolved and spread throughout the Middle East, with each region adding its own unique twist. In Egypt, for example, the dish is often made with fava beans, while in Middle East, it is typically made with chickpeas.

During the early 20th century, falafel became popular among Jewish immigrants in New York City, where it was sold by street vendors. Over time, it spread throughout the United States and other parts of the world, and it is now a beloved food in many cultures.

Today, falafel is enjoyed by people of all backgrounds and is often served as a vegetarian or vegan alternative to meat-based dishes. It is typically made by grinding soaked chickpeas with onions, garlic, and spices, and then shaping the mixture into small balls or patties before frying or baking.

Whether enjoyed on the streets of Cairo or in a hipster café in Brooklyn, falafel remains a symbol of the rich and diverse culinary traditions of the Middle East.

Ingredients

- 1 kg Chickpeas

- -2 medium size onions
- -1 bunch of Fresh Coriander
- - 1 teaspoon of Coriander power
- -6 pieces of Garlic
- -Salt to taste
- -1 teaspoon of Cumin
- - 1 teaspoon of white paper
- 1 teaspoon of Baharat (the seven spaces). The Middle East Baharat

Preparation

- A day before dip the chickpeas inside a bowl of water for at least 12 hours, to soften the chickpeas
- Ground the chickpeas with a machine or food processor till becomes fully mashed
- Add to it all the spices mentioned above
- Mix everything till it becomes like a firm dough of chickpeas
- Start to form ball as you fry it hot in the oil.



Humous

History

Hummus has been a staple food in Middle Eastern cuisine for centuries, with its origins believed to be in ancient Egypt. However, Syrian hummus has its own unique history and preparation method. In Syria, hummus is not just a dip, but a main dish served with various toppings and accompaniments.

The traditional Syrian hummus recipe includes cooked chickpeas, tahini, lemon juice, garlic, and olive oil. However, the secret to the creaminess and smooth texture of Syrian hummus is the use of peeled chickpeas, which takes additional effort and time but is worth it for the final result. The chickpeas are boiled until tender, then peeled by hand, which removes the outer skin and creates a silky-smooth texture.

Syrian hummus has played an important role in Syrian cuisine and culture, with families often gathering around a bowl of hummus to share and connect. It is a versatile dish that can be enjoyed as a dip with pita bread, or as a meal with a variety of toppings such as ground meat, pine nuts, or diced vegetables. Syrian hummus has also gained popularity around the world, with many restaurants and food trucks featuring their own unique twists on this classic dish.

Despite its widespread popularity, Syrian hummus remains a cherished part of Syrian culture and cuisine, and its rich history and unique preparation method continue to be passed down from generation to generation.

Ingredients:

- 220mg cooked chickpeas
- 110ml tahini
- 110ml cup freshly squeezed lemon juice
- 2-3 garlic cloves, minced
- 110g cup olive oil, plus more for drizzling
- 1/2 tsp ground cumin
- 1/2 tsp paprika
- Salt, to taste
- Water, as needed

Instructions:

1. In a food processor or blender, combine the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, paprika, and salt.
2. Blend the ingredients until smooth and creamy. If the mixture is too thick, add a tablespoon of water at a time until it reaches your desired consistency.
3. Taste and adjust the seasoning, adding more salt or lemon juice as needed.
4. Transfer the hummus to a serving bowl, drizzle with olive oil, and sprinkle with additional paprika.
5. Serve with pita bread or fresh vegetables for dipping.



Jewish Chicken Soup with Matzo Balls

History

Jewish chicken soup with matzo balls has been a staple dish in Jewish cuisine for centuries. In fact, its origins can be traced back to the Middle Ages, when Jewish communities living in Europe would prepare this soup as a special dish for the Sabbath. Over time, the recipe was adapted and passed down through generations, eventually becoming a beloved comfort food for Jewish families around the world.

One of the reasons this soup has become so iconic is its reputation as a healing dish. Jewish grandmothers and mothers would often make this soup for their families when someone was feeling under the weather, earning it the nickname "Jewish penicillin." The combination of the chicken, vegetables, and seasonings, slowly simmered to create a rich broth, and the light and fluffy matzo balls, made from matzo meal, eggs, and oil, made for a nourishing and satisfying meal.

Today, Jewish chicken soup with matzo balls continues to be a popular dish, not just for its comforting qualities, but also for its cultural significance. It is often served at Jewish holidays and celebrations, and has even become a popular menu item at non-Jewish restaurants. Whether you're Jewish or not, a bowl of chicken soup with matzo balls is sure to warm your heart and soul.



Ingredients:

Soup

- 1 whole chicken (approximately 4 pounds), cut into pieces
- 3 large carrots, peeled and chopped into small pieces
- 3 celery stalks, chopped into small pieces
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon of kosher salt
- 1/2 teaspoon of freshly ground black pepper
- 2500ml of water
- 1 tablespoon of fresh dill, finely chopped

For the matzo balls:

- 220 ml of matzo meal
- 4 large eggs
- 50ml of vegetable oil
- 50ml cup of water
- 1 teaspoon of kosher salt
- 1/4 teaspoon of freshly ground black pepper
- 1 tablespoon of fresh parsley, finely chopped

Instructions:

1. In a large pot, combine the chicken, carrots, celery, onion, garlic, salt, pepper, and water. Bring to a boil over high heat.
2. Once boiling, reduce the heat to low and let the soup simmer for about 1 1/2 hours, until the chicken is cooked through and tender.
3. Remove the chicken pieces from the pot and place them on a plate. Let them cool before shredding the meat into bite-sized pieces. Discard the bones and skin.
4. Skim the fat off the top of the soup using a large spoon and discard.
5. In a medium bowl, whisk together the matzo meal, eggs, vegetable oil, water, salt, pepper, and parsley until well combined. Cover the bowl and refrigerate for 30 minutes.
6. Bring a large pot of salted water to a boil. Use wet hands to shape the matzo mixture into small balls, about 1 1/2 inches in diameter.
7. Carefully drop the matzo balls into the boiling water and reduce the heat to low. Cover the pot and let the matzo balls simmer for about 30 minutes, until they are tender and cooked through.
8. Use a slotted spoon to remove the matzo balls from the water and place them in the soup.
9. Add the shredded chicken and chopped dill to the soup and let it simmer for a few minutes until heated through.
10. Serve hot and enjoy!

Iran Kurdistan Istanbuli

History

The word of Istanbuli means Turkish in Arabic and Farsi. it appears to be a contemporary dish associated with the culinary traditions of Istanbul and Turkish cuisine in general.

Turkish cuisine is incredibly diverse and has a rich culinary heritage that dates back centuries. It is a fusion of various regional and historical influences, including the Ottoman Empire, Central Asian nomadic traditions, Balkan cuisines, and Arab, Persian, and Mediterranean flavours.

The Ottoman Empire, which spanned several centuries from the 14th to the early 20th century, had a profound impact on Turkish cuisine. During this period, the Ottomans developed an elaborate culinary culture, influenced by the different regions and cultures within their vast empire. The palace kitchens of the Ottoman sultans were renowned for their opulence and sophistication, and they played a significant role in shaping the cuisine of the time.



The Ottomans introduced new ingredients, spices, and cooking techniques to Turkish cuisine. They developed a wide range of dishes, including meat-based stews, grilled meats, kebabs, pilaf, soups, and sweets. Many of these dishes continue to be enjoyed today, forming the foundation of Turkish culinary traditions.

In the case of Istanbuli, it emerged as a local variation or adaptation of kebab recipes that have been enjoyed in Istanbul for centuries. Kebabs, in general, are an integral part of Turkish cuisine, and Istanbul, as a cultural and culinary hub, has contributed its own regional flavours and styles to the diverse kebab repertoire.

While the specific history of the Istanbuli recipe provided may not be traceable, it is part of the dynamic culinary landscape of Istanbul and Turkey, showcasing the fusion of flavours and traditions that have shaped Turkish cuisine over time.

Ingredients

500g lamb, cubed
2 onions, chopped
3 cloves of garlic, minced
2 tablespoons tomato paste
2 tablespoons pepper paste
2 red bell peppers, chopped
2 green bell peppers, chopped
2 medium-sized tomatoes, chopped
2 tablespoons vegetable oil
500ml of hot water
Salt and pepper to taste

Preparation

In a large pot, heat the vegetable oil over medium heat.
Add the cubed lamb and cook until browned on all sides.
Add the chopped onions and minced garlic to the pot and sauté until the onions become translucent.
Add the tomato paste and pepper paste to the pot, stirring until the meat is evenly coated.
Add the chopped bell peppers and tomatoes to the pot and stir until everything is evenly mixed.
Pour the hot water into the pot, and season with salt and pepper to taste.
Bring the mixture to a boil, then reduce the heat to low and simmer for about 45 minutes, or until the lamb is tender and the vegetables are fully cooked.
Serve hot with rice or bread.
Enjoy your Istanbuli!

Afghanistan Bolani and Chutney

History

Bolani is deeply rooted in Afghan culinary traditions. It has been a part of Afghan cuisine for many years and is often associated with special occasions, celebrations, and festive gatherings. Bolani is also commonly consumed as a street food or a snack.

The preparation of Bolani involves making a dough from flour, water, and sometimes yogurt. The dough is rolled out into thin circles or squares, similar to a tortilla or a flatbread. The filling options for Bolani can vary depending on personal preferences and regional variations.

Once the dough is filled, the edges are sealed, and the Bolani is either shallow-fried or baked until golden and crispy. It is typically served with a side of yogurt or chutney for dipping.

Bolani is loved for its delicious flavours, crispy texture, and versatility. It has gained popularity beyond Afghanistan's borders and can often be found in Afghan restaurants or at cultural events in various parts of the world.



Ingredients

Dough

220 ml lukewarm water
2 tablespoon vegetable oil and more for frying
2 teaspoon salt
1 active dry yeast
500g bread flour
1 large potatoes, peeled
1 teaspoon green chili pepper
½ teaspoon ground black pepper
2 leek

Direction:

To a large bowl, add the water, oil, salt, and yeast. Stir, and then add the flour. Mix well.

Then knead the dough for 3 minutes, or until soft and elastic. Add a little more flour as needed if the dough feels too sticky to work with. Cover the bowl with a damp cloth and let it rest for 30 minutes at room temperature while preparing the filling.

Boil the potatoes in a large pot of water for 15 minutes, or until the potatoes are a little cooked. Then drain.

To a large bowl, add the drained potatoes, chili, salt, and pepper. Use a fork or potato masher to mash everything then mix it with chopped leek.

Cut the dough into pieces. Roll each piece into a ball with your hands. Dust each ball with flour. Leave them to rest 30 minutes.

Sprinkle some flour on your working surface and use a rolling pin to roll each ball into a thin circle with a diameter of roughly 20 - 22 cm. The thinner the better, but not so thin that it will rip if handled.

Before adding the filling, gently lift the rolled-out dough and heavily re-flour your working surface. Spread the filling over half of the dough, leaving a ½ inch (1 cm) border along the edge. only on one half of the circle.

Fold the dough in half, over the filling, to create a half-moon shape. Press out all the air bubbles, then pinch the edges with your fingers to fully seal the Bolani.

Add 1 tsp (5 mL) of oil to a large pan over medium-high heat. When the oil is hot, add the bolani to the pan. Let cook for 2 - 3 minutes or until the bottom is golden. Meanwhile, use a spoon to add oil if it needs more.

When the bottom is golden, flip, and let cook on the other side until golden. Then transfer to a cooling rack.

Serve with green chutney. Enjoy!

Chutney

Ingredients

- 1 packet fresh coriander, washed
- 3 pieces of Green paper (fewer if you prefer less)
- 1 full Garlic
- Green chili peppers (fewer if you prefer less spice)
- Salt
- 1 teaspoon of black pepper
- 1 teaspoon of white vinegar

Directions:

To a large food processor, add the coriander, garlic, chili peppers, salt, and pepper. Blend until minced.

Finally, add the vinegar and pulse 2 - 3 times, or simply stir the vinegar in with a spoon.

Transfer to a mason jar, filling it no more than $\frac{3}{4}$ full.

Enjoy!

Notes: Make your chutney at least 3 days before you serve it, the longer it keeps the more delicious it becomes (though it is optional).

Variations: you can add fresh mint leaves, fresh ginger.

Afghanistan Standard Salad

Ingredients:

- medium tomatoes, finely chopped (the quantity to your preference)
- cucumber, finely chopped (the quantity to your preference)
- small onion, finely chopped
- Lemon, juiced
- dried mint leaves (optional)
- Coriander

Scotland - Scones & Cock-a-leekie Soup

History Scottish Scones: Scones are a traditional Scottish baked good enjoyed for centuries. The exact origins of Scottish scones are unclear, but they are believed to have been influenced by similar Welsh cakes and Irish soda bread. Scones were made using oats and griddle-baked, similar to the traditional method used in Scotland for making oatcakes.

Over time, the recipe for Scottish scones evolved, becoming a popular afternoon tea treat. The modern Scottish scone is a delicious quick bread made with flour, sugar, butter, baking powder, and milk. The dough is lightly kneaded, cut into rounds or triangles, and baked until golden and flaky. Scottish scones are often served with clotted cream, butter, or jam.

Cock-a-leekie Soup: Cock-a-leekie soup is a traditional Scottish soup that has been enjoyed for centuries. Its origins can be traced back to the 16th century, considered one of Scotland's national dishes. The name "Cock-a-leekie" comes from the Scots language, with "cock" referring to a rooster and "leekie" meaning leek.

The original recipe for Cock-a-leekie soup consisted of a simple broth made by boiling a whole chicken with leeks and various seasonings. Prunes were sometimes added to provide sweetness and depth of flavour. The soup was often a celebratory dish during special occasions, such as Hogmanay (New Year's Eve) or Burns Night.

Scones

Ingredients

- 450g/1lb self-raising flour
- 2 level tsp baking powder
- 50g caster sugar (optional and not if cheese)
- 100g butter, softened, cut into pieces
- 2 free-range eggs
- 1litre milk
- handful sultanas or Cheese (optional)

Method

1. Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease two baking trays.
2. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingertips until the mixture resembles fine breadcrumbs.
3. Crack the eggs into a measuring jug, then add enough milk to make the total liquid 300ml/10fl oz. Stir the egg and milk into the flour – you may not need it all – and mix to a soft, sticky dough.
4. Turn out onto a lightly floured work surface, knead lightly and work in the sultanas, if using. Roll out to a rectangle about 2cm $\frac{3}{4}$ in thick.
5. Cut into as many rounds as possible with a fluted 5cm/2in cutter and place them on the prepared baking trays. Brush the tops of the scones with a little extra milk, or any egg and milk left in the jug.
6. Bake for 12–15 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.
7. To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

Cock-a-leekie soup

Traditionally served in the winter and named 'Scotland's National Soup' Cock-a-leekie is a thick and flavoursome soup consisting of leeks, chicken, and rice. Cock-a-leekie soup is a staple dish in many Scottish homes and, if you've been brought up eating Scottish food, there is a high chance you'll be familiar with this warming Scottish chicken and leek soup. But have you ever made it for yourself? Everyone makes it slightly different but this is my recipe.

Serves 4-6

- whole chicken (you can use about 1kg of chicken legs or thighs (bone-in) instead)
- 4 large leeks
- 4 large carrots
- 2 sticks of celery
- 2 bay leaves
- 120g short grain rice
- Salt and white pepper
- 2.5 litres of cold water (approximately)

Boil the chicken with Celery and 2 carrots and bay leaves for approx. 1 hour till the juices are clear and the chicken is falling off the bones. Strain the broth mix (liquid) through a colander into a bowl.

Remove the chicken from the bones and return to the pot discarding the bones and celery/carrot vegetables. Place the chicken and stock (liquid) back into the pot. Then add chopped finely 2 carrots and the 4 leeks roughly chopped and rice and boil for a further 30 minutes. Season with Salt and Pepper.



Russian - Quistibi

History

Is a traditional dish from Tatar cuisine, popular among the Tatar ethnic group in Russia. The Tatars are a Turkic-speaking people residing in the Republic of Tatarstan and other regions of Russia.

Quistibi is a savory pancake or flatbread made with a simple dough filled with various ingredients. The dough is typically made with flour, water, and salt and rolled out into thin circles. The filling can include ground meat (often lamb or beef), onions, potatoes, and herbs. The filled dough is folded into a half-moon or triangle shape and then cooked on a griddle or in a skillet until golden and crisp.

The dish has a long history and is considered a traditional Tatar street food. It is often enjoyed during festive occasions, family gatherings, and celebrations. Quistibi is known for its versatility, as it can be served as a main course, a snack, or even as a breakfast item.

The exact origins of quistibi are unclear, but it is believed to have been influenced by the nomadic traditions of the Tatar people, who historically relied on simple and portable foods that could be easily prepared and cooked over open fires during their travels.



Today, quistibi is enjoyed not only by the Tatar community but also by people from different cultural backgrounds across Russia and beyond. Its unique combination of flavours and textures has gained popularity as a delicious and satisfying dish.

If you are interested in preparing quistibi at home, various online recipes provide detailed instructions on making the dough, preparing the filling, and cooking the pancakes. In addition, you can customize the filling according to your preferences and experiment with different ingredients to create your own version of this traditional Tatar dish.

FILLING:

1 Onion

500g Potatoes

100ml Milk

1½ tablespoon Butter

DOUGH

280g Flour 100ml Milk

1 Egg

4 tablespoon Butter

1 tablespoon Granulated Sugar

¼ teaspoon Salt

2 tablespoon Butter, Melted. Set aside. Use to Brush on Quistibi

Preparation:

1-Peel potatoes and boil them until quite soft

2-Mash, Chop onion and fry in a bit of butter until golden brown

3-Mix together mashed potatoes, milk, onion, and butter

4-Set aside. In a large bowl, mix together all ingredients for the dough. It should be very soft. Separate dough into 2 buns

5-Roll out each bun into a very thin circle, about 2mm

6-Fry the circle in a frying pan without oil.

7-Once both pieces are fried, brush inside with melted butter, then spread a very thin layer of filling mixture on top

8-Fold Quistibi in half, into a semicircle. Brush outside with melted butter. Fry on medium heat until golden

Iraq - Biryani

History

Iraqi Biryani, or "Timman Jazar" or "Iraqi Rice Pilaf," is a popular rice dish in Iraqi cuisine. While Biryani is more commonly associated with South Asian cuisine, the Iraqi version has unique characteristics and flavours.

The history of Iraqi Biryani dates back several centuries and has been influenced by various cultures and civilizations that have shaped the region's culinary traditions. Rice has been a staple in Iraqi cuisine for a long time, and the influence of Persian, Ottoman, and Arab culinary traditions can be seen in the flavours and techniques used in Iraqi Biryani.

Biryani is believed to have originated in the Indian subcontinent and spread to other parts of the world through trade routes and cultural exchanges. As a result, different regions have developed their versions of Biryani, incorporating local ingredients and flavours.

Iraqi Biryani typically features aromatic rice cooked with spices and a combination of meat, vegetables, and sometimes dried fruits and nuts. The dish often includes lamb, chicken, or beef, which is marinated in a mixture of spices and yogurt before being cooked with the rice. Some versions also incorporate carrots, peas, onions, and raisins for added flavour and texture.

The traditional preparation of Iraqi Biryani involves layering the marinated meat and rice in a pot and then simmering it over low heat, allowing the flavours to meld together. The pot is often sealed with dough or a cloth to trap the steam and ensure the rice cooks evenly.

Each region and household in Iraq may have variations and methods of preparing Biryani, resulting in a rich culinary diversity. Iraqi Biryani is often served during special occasions, festive gatherings, and celebrations, where family and friends enjoy it.

In recent years, Iraqi Biryani has gained popularity beyond Iraq's borders, with many Middle Eastern restaurants and food enthusiasts worldwide embracing the flavours and textures of this traditional dish.

It is worth noting that while Biryani is enjoyed in many countries, each version has its distinct characteristics and flavours, reflecting the region's unique cultural influences and culinary traditions.



Ingredients:

1kg Rice
150g Vermicelli Pasta (approximately)
1L Cooking Oil
250g Sultanas
250g Almonds, roasted
1kg Chicken Breast Approximately
700ml Water
250g Green Peas
1kg Potatoes
1 Large Onion
2 Handfuls Chickpeas
Biryani/Baharat Powder, to taste

Preparation:

1-Wash rice. Place rice in warm water for 2 hours
2-Peel and cut potatoes into cubes. Fry in 5 tbsp oil on high heat
3-In a separate pan, fry almonds and sultanas in 1 tbsp oil until lightly brown. In another separate pan, fry peas in 1 tbsp oil
4- Boil the Vermicelli pasta in salt water with a tbsp oil
5-Cook chicken breast on low heat in 1 cup water on the stovetop until water disappears. Add half the onion chopped and 1 C boiled water. Remove the onion when finished and place in the chicken breast. Let cook in tbsp oil for 30 minutes on medium
6-Cut chicken into strips. Place chicken and fried vegetables in a large pot. Add ½ C cooking oil with Vermicelli and salt in a separate frying pan and cook until golden
7-Add rice to the Vermicelli with biryani/Baharat powder and chickpeas. Boil in shallow water for 30 minutes until the water is gone.
8-Mix everything together and let sit for 10 minutes
9-Serve with green salad

Ethiopia - Zeganit (Doro Wat)

History

Ethiopian cuisine is known for its rich and diverse flavors, and one of its most famous dishes is Doro Wat, a spicy chicken stew and a vital component of the Ethiopian culinary tradition. Doro Wat is often a centerpiece during holidays, celebrations, and special occasions.

The history of Doro Wat dates back centuries and is deeply rooted in Ethiopian culture. The dish originates in the Ethiopian highlands, where it was developed and refined over time. The exact origins and historical details of Doro Wat need to be well-documented, but it is believed to have evolved from traditional Ethiopian cooking practices and cultural influences.

Ethiopian cuisine is characterised by its unique blend of spices, particularly the spice blend called "berbere." Berbere is a fiery mixture made from chili peppers, garlic, ginger, cardamom, fenugreek, and other aromatic spices. This blend gives Doro Wat its distinct and robust flavor.

Doro Wat traditionally uses a specific type of chicken called "ayiba," a free-range chicken known for its rich taste. The chicken is marinated in a mixture of spices and then slowly simmered in a sauce made with berbere, onions, garlic, ginger, and other ingredients. The sauce is typically thickened with a paste made from ground red lentils or chickpeas, which adds a unique texture and flavor to the dish.

Doro Wat is often served with injera, a spongy flatbread from fermented teff flour. Injera serves as a staple in Ethiopian cuisine and is used as a utensil to scoop up the flavorful stew.

Doro Wat is culturally significant in Ethiopia, often served during special occasions such as weddings, holidays, and religious festivities. Sharing a communal plate of Doro Wat with injera is a traditional and cherished experience that brings people together.

In recent years, Ethiopian cuisine, including Doro Wat, has gained popularity globally, with Ethiopian restaurants and food enthusiasts appreciating its unique flavors and cultural heritage.

The history and development of Doro Wat exemplify the richness of Ethiopian cuisine and the importance of food as an integral part of the country's cultural identity.

Ingredients

3kg Onions

1L Cooking Oil

1kg Berbere Peppers

5 Heads of Garlic

1 Large Piece of Ginger

1 Whole Chicken

Black Pepper, to taste Salt, to taste

Paprika, to taste

3 Eggs (Optional)

Preparation:

1. Cut chicken into pieces of your choice. Rub salt onto chicken
2. Coarsely chop all vegetables
3. Mix chicken with all ingredients
4. Cook in a large stock pot on medium heat, about 30 minutes
5. Near the end, increase heat to high. If using eggs, crack on top and allow to cook
6. Serve with Injera bread



Congo - Beignets

History

Beignets are a popular fried pastry found in various forms across different cultures. While they are commonly associated with French cuisine, the specific history of the beignet recipe in Congo is not well-documented. However, beignets have become a beloved treat in Congolese cuisine, particularly in the capital city of Kinshasa.

A blend of indigenous ingredients, techniques, and colonial and regional influences has influenced Congo's culinary traditions. For example, French colonisation during the late 19th and early 20th centuries likely have introduced French culinary elements, including the beignet, to the region.

Beignets in Congo are often made with a simple dough that is deep-fried until golden and puffed. They can take various shapes and sizes, such as rounds, squares, or elongated pieces.

In Congo, beignets are a popular street food in local markets and snack stalls. They are commonly enjoyed as a breakfast or snack item and are often served alongside a cup of coffee or tea.

The popularity of beignets in Congo reflects the country's love for fried and sweet treats, and they have become an integral part of Congolese culinary culture. People of all ages enjoy them, and are particularly cherished during festive occasions, family gatherings, and celebrations.

Ingredients

1. 500g Self-Rising Flour
2. 250g Granulated Sugar
3. 450ml Cup Whole Milk
4. 1 Sachet Dry Active Yeast
5. 1 Pinch Salt
6. 220ml Hot Water Approximately
7. 700ml Cooking Oil for Frying

Preparation

1. In a large bowl, mix all ingredients.
2. Leave to sit Pour oil into large frying pan and heat on medium-high heat
3. Scoop approximately golf ball-sized amounts of batter and roll into a ball in your hands
4. Carefully set balls in hot oil leaving room between them
5. When golden, spoon out onto paper towel to drain
6. Repeat process until all batter is used



Where to shop in Glasgow

Looking for some ingredients you can't find in your local Scottish retailer? Try these shops?

1. Alfa Store (Asian) 111-115 Lancefield St Glasgow G3 8HZ 0141 204 1483
2. Alishan Halal Butchers 57 Forth St Pollokshields, Glasgow G41 2SP
3. Babylon Supermarket 3-5 Commerce St Glasgow G5 8AB Gulmarg –
4. Asian Grocery & Halal Meat 249 Maxwell Rd Glasgow G41 1TE
5. Halal Badr Food Store (Algerian and middle east) 151 Maryhill Rd Glasgow G20 7XL
6. Kashmir Stores 69 Eglinton St Glasgow G5 9RU
7. Kurd Super Market, 69 Westmuir St Glasgow, G31 5RL
8. Motherland Afro-Caribbean Store 639 Duke St Glasgow G31 1QA
9. Oriental Food Store & Halal Butchers 307 Great Western Rd Glasgow G4 9HR
10. Punjab Stores 156 Albert Dr Glasgow G41 2NG
11. Solly's African Village 381-383 Great Western Rd Glasgow G4 9HY 07967402344
12. Strawberry Garden Cash n Carry (Asian & middle east) 11 Forth St Pollokshields, Glasgow G41 2SP 0141 429 1801
13. Sultan Super Market 175 Saracen St Glasgow G22 5JN
14. World Foods 23 Nithsdale St Glasgow G41 2PZ

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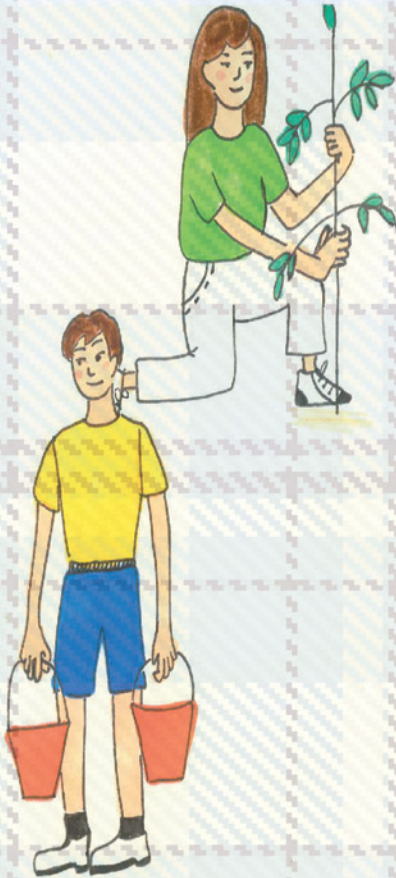
We are grateful to all the participants and community members who have shared their cultural knowledge, recipes, and personal stories. Your openness, creativity, and willingness to connect have enriched the Growing and Cooking Recipe Book with a diverse tapestry of flavours, traditions, and experiences. Your contributions have made this project a true celebration of multiculturalism, resilience, and hope.

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Thank you all



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FROM
TORTURE**
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