

RECIPE BOOK

Recipes from
pupils of Grangetown Primary School and St Paul's Church of Wales Primary School,
Grangetown, Cardiff, Wales

This booklet was developed following a workshop in Jan 2015 with
Yr 2 BSc Welsh School of Architecture students, Cardiff University,
in collaboration with Community Gateway- Cardiff University,
and Grange Gardens Pavilion Action Group



CONTENT

GRANGETOWN PRIMARY SCHOOL

(PAGE 3 - 4)
Falafel
deep-fried Middle Eastern patty made of chickpeas, fava beans

(PAGE 5 - 6)
Potato Pakora
Vegetable that is deep fried is suffixed with bajji

(PAGE 9 - 10)
Root Vegetable Biryani
indian dish consists of spices, rice and meat or vegetables

(PAGE 11 - 12)
Chicken Pakora
deep fried batter with chicken

(PAGE 13 - 14)
Roast a la brasov
roasted boneless pork chop

(PAGE 15 - 16)
Balti Chicken
curry served in a thin, pressed steel wok-like "balti bowl"

(PAGE 19- 20)
Banglay
subtle (yet sometimes fiery) flavours

(PAGE 21 - 22)
Creamy mango Sorbet
frozen sweetened water with flavoring

(PAGE 23 - 24)
Mete Chaval – sweet rice
opaque grain of rice

(PAGE 25 - 26)
Chum Chums
sweet dessert in an oval shape, garnished with coconut flakes

(PAGE 27 - 28)
Pistachio Ice Cream
ice cream flavor made with pistachio nuts or flavoring

(PAGE 29 - 30)
Kheer (rice pudding)
south Asian rice pudding made by boiling rice, broken wheat, tapioca, or vermicelli with milk and sugar

(PAGE 31 - 32)
Chocolate Cake
cake flavored with melted chocolate or cocoa powder

(PAGE 33 - 34)
Tiramisu
meaning "pick me up" or "lift me up"

ENTRÉE

A DISH SERVED BEFORE THE MAIN COURSE, OR
BETWEEN TWO PRINCIPAL COURSES OF A MEAL



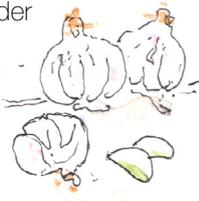


FALAFEL

deep-fried Middle Eastern patty made of chickpeas, fava beans

INGREDIENT

Beans
Garlic powder
Salt
Cooking oil



BEANS

COOKING STEP

- 1** Put the beans in the bowl of water and leave it for 24hours so it can be soft.
- 2** Put the beans in the food processor until the beans become mashed and soft after that we add a bit of garlic powder and one table spoon of salt
- 3** Make the beans into a circle shape
- 4** Fry until it becomes a colour golden brown



Pakoras are popular across Pakistan, where they generally resemble those found in India. They are sometimes served in a yoghurt based curry (salan), as a main dish, pakora Karhi, rather than as separate snacks

POTATO PAKORA

Vegetable that is deep fried is suffixed with bajji

INGREDIENT

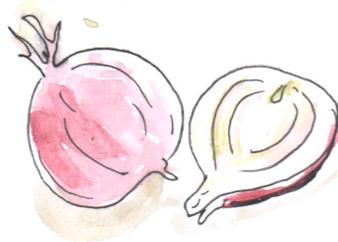
- 4 medium potatoes
- 1 cup of cream flour
- 1 big onion
- 1 green chilli (chopped)
- 1/2 tsp of tumeric powder
- 1 tsp of cumin seeds
- 1 tsp of salt
- 1 tsp of chopped coriander
- 1 egg
- 2 tbs of water
- 3 cups of oil

(portion of 20)



COOKING STEP

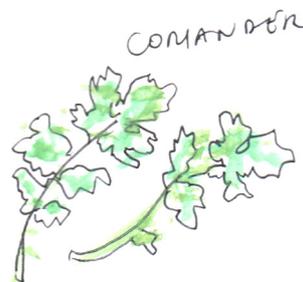
- 1** Put all the ingredients into a medium size bowl and mix
- 2** Heat the frying oil in the frying pan, and while it is heating, shape the mixture into the shape you want them to be
- 3** Next put 10 of the pakoras into the pan until they are golden brown, then put in other batch and do the same. They are ready to serve



ONIONS



GREEN CHILLI



CORIANDEER



POTATOES

GREEN CHILLI



CHICKEN

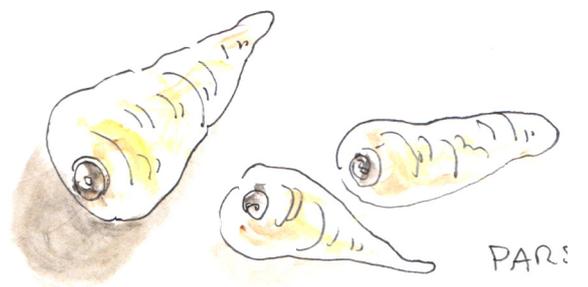


MAIN COURSE

PRIMARY DISH IN A MEAL CONSISTING OF SEVERAL COURSES. IT USUALLY FOLLOWS THE ENTREE



RED CHILLI



PARSIPS



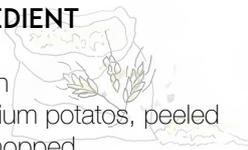
The word "biryani" is derived from Persian language. One theory is that it originates from "birinj", the Persian word for rice. Another theory is that it derives from "biryān" or "beriyān" (to fry or roast)

ROOT VEGETABLE BIRYANI

indian dish consists of spices, rice and meat or vegetables

INGREDIENT

- 1 onion
- 2 medium potatos, peeled and chopped
- 2 medium sweet potatos peeled and chopped
- 1 swede, peeled and chopped
- 2 garlic doves, peeled and crushed
- 4 carrots, peeled and sliced
- 4 medium parsnips, peeled and sliced
- 1 tbsp medium curry powder
- 1tbsp chat masala
- 350g died rice
- chopped coriander to serve

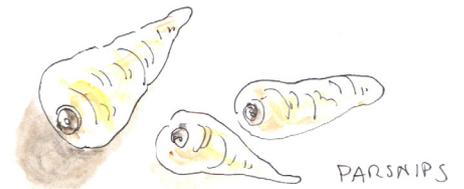
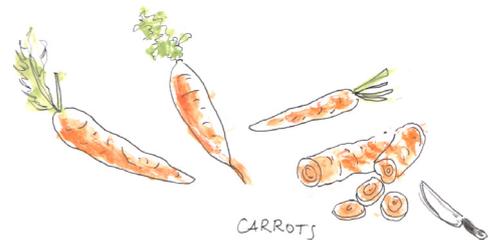


ONIONS



COOKING STEP

- 1** Place the onion, potatos, swede, garlic, carrots and parsnips in a large pan
- 2** Cover with 900ml of boiling water, bring to boil, reduce the heat and simmer for 15 min
- 3** Add the curry powder and chat masala, stir and cook for further 2 minutes
- 4** Add the rice and stiring often, cook for 20 min until the rice is cooked and the liquid has been absorbed
- 5** Serve sprinkled with chopped coriander





The word pakora is derived from Sanskrit pakvavata-, a compound of pakva 'cooked' and vata 'a small lump' or its derivative vataka 'a round cake made of pulse fried in ghee'

CHICKEN PAKORA

deep fried batter with chicken

INGREDIENT

350g bonless chicken cut into strips
 ½ cup flour
 garlic past 1 small tea spoon
 fresh coriander
 1 tbl spoon salt to taste
 ½ red chilli powder
 ½ tea spoon garam masala
 ½ teaspoon haldi powder
 2 chopped green chilli
 ½ tea spoon coriander powder

COOKING STEP

- 1** Place all the ingredients into a bowl
- 2** Add ¼ cup of water and mix together
- 3** Once the mixture is all mixed together and ready deep fry in a deep fryer
- 4** Cook until they are golden brown



CHICKEN



GARAM MASALA



HALDI POWDER



GARLIC

GREEN CHILLI





ROAST A LA BRASOVRICEZ

roasted boneless pork chop

INGREDIENT

3 boneless pork chops
1 onion
100 grams sliced smoked
bacon
100 grams smoked ham
2 bigger potatos
6 cloves of garlic or 1 -2 stalks
green garlic
salf and freshly ground pepper

COOKING STEP

- 1** Boil the potatos with their skin on
- 2** When its cooked, skin them and cut then into cubes
- 3** Fry them in a pan with a little oil until golden brown



POTATOES



ONIONS



GARLIC



'Balti' food is named after the pot in which it is cooked. That origin of the word is to do with the Urdu and Hindi word Balty, which means "bucket."

BALTI CHICKEN

curry served in a thin, pressed steel wok-like "balti bowl"

INGREDIENT

- 1 chicken
- 1 medium onion
- 1 fresh ginger
- 2 green chilli
- 2 tbs coriander
- 3 medium chopped tomatoes
- 3/4 teacup regular olive oil
- 1 tsp garam masala
- 1 tsp salt
- 1/4 tsp tumeric

COOKING STEP

- 1** Chop the onions and cook them with garlic and wait until it is light brown
- 2** Put the chopped tomatoes, chicken and salt, garam masala, green chilli, coriander. Fry in medium heat.
- 3** Every 5 minutes, check if the water has dried and stir for 15-20 minutes



DESSERT

TYPICALLY SWEET COURSE THAT CONCLUDES AN
EVENING MEAL





a culinary style originating in Bengal, a region in the eastern part of the Indian subcontinent, which is now divided between Bangladesh and West Bengal

BANGLAY

subtle (yet sometimes *fiery*) flavours



INGREDIENT

2 cups sugar
 1/2 cup semolina / rava
 7-8 strains saffron
 700 grams khoya
 400 grams refined cooking oil
 2 cups water
 1 teaspoon cardamom powder



COOKING STEP

- 1** Mix the semolina with khoya thoroughly to make dough. Keep dough over a bowl full of water for 1 hour. This helps in making Gulab Jamun light and spongy
- 2** After one hour make homogeneous dough and then separate them into small round balls as shown in the image
- 3** For the sugar syrup add two cups of water and the sugar and let it simmer
- 4** Add Cardamom powder and Saffron to it
- 5** Take oil / ghee in fry pan and Fry the dough balls. Fry carefully as they are very delicate. Fry till they attain golden brown color. Immediately put them in Sugar syrup and let them soak



MANGO SORBET

frozen sweetened water with flavoring

INGREDIENT

305g fresh mango, peeled and stoned, plus slices to garnish
2-3 tbsp artificial sweetener
175g pot vanilla Muller light yogurt

COOKING STEP

- 1** Place the mango flesh in a food processor with the sweetener and yogurt. Blend until smooth
- 2** Pour into a freezer – proof container
- 3** Freeze for 2 -3 hours or until the sides and the base of the sorbet have started to set but center is still liquid
- 4** Beat the mixture with a fork and then return to the freezer for 4 -5 hours or until firm, beating every 30 – 40 min to break up ice crystals
- 5** Transfer the sorbet to fridge for 10 – 15 minutes before scooping into bowls
- 6** Serve garnished with fresh mango slices



METE CHAVAL – SWEET

opaque grain of rice

INGREDIENT

Buy 1 kg of white plain rice then put water in a bowl .

Buy 4 bt of cake then cus-
tard flour. Halph (half) a galen
of milk. Boil the milk. Put in
the custard flour and 5 small
spoons or large spoons mix



COOKING STEP

Roti – chapatti

- 1 Put water and flour in a bowl.
- 2 Sprinkles a pinch of salt and mix

Custard

- 1 Get a large spoon
- 2 Medium size bowl
- 3 5 spoon of sugar
- 4 Stir and mix on low heat



Porabari in Tangail District, Bangladesh, has been famous for about 150 years for a type of chumcham that originated with Raja Ramgore, originally of Balia district in Uttar Pradesh.[1] This sweet has an oval shape and brownish colour

CHUM CHUMS

sweet dessert in an oval shape, garnished with coconut flakes

INGREDIENT

paneer

4 cups (1l) of whole milk
4 tbsp lemon juice
½ cup of hot water

chum chums

prepared paneer
2 cups of sugar
scups of water



COOKING STEP

- 1** Mix the lemon juice with the hot water and put aside
- 2** Boil the milk in a heavy bottomed pan over medium heat, stirring occasionally making sure not to burn the milk
- 3** As the milk comes to a boils and the lemon mixture gradually and stir the milk gently. The curd will start separating from the whey, turn off the heat
- 4** Once the milk fat has separated from the whey, drain the whey using a strainer line with cheese cloth or muslin cloth
- 5** Wrap the curd in a muslin cloth, rinse under cold water and squeeze well. This process takes out the sourness from the lemon
- 6** To take out the excess water, press the wrapped paneer under a heavy pan for about 1 hour



" My dad used to be a chef, so we make pistachio ice cream together. Sometimes mango sorbet too. I like this, it's so green", student of Grangetown Primary School

PISTACHIO ICE CREAM



ice cream flavor made with pistachio nuts or flavoring

INGREDIENT

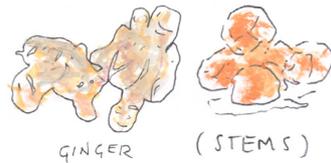
4 pieces *stem ginger* in syrop drained and finely chopped

4 dsp *chopped pistachio*

500g fatfree *natural fromage frais*

2 -3 table spoons *artificial sweetener*

few drops of *green food colouring*



PISTACHIO

COOKING STEP

1 Mix most of the chopped ginger and chopped nuts in a bowl with the other ingredients

2 Transfer the mixture to a shallow freezer proof container and freeze for 4 hours or until firm, stirring every 30 minutes to prevent ice crystals forming

3 To serve, scoop the ice cream into bowls and garnish with the remaining chopped ginger and nuts





it is flavoured with cardamom, raisins, saffron, cashew nuts, pistachios or almonds. It is typically served during a meal or as a dessert.

KHEER (RICE PUDDING)

south Asian rice pudding made by boiling rice, broken wheat, tapioca, or vermicelli with milk and sugar

INGREDIENT

Half glass of rice (any rice)
A sauce pan
Milk
Cardamom
2tbs sugar



COOKING STEP

1 Fill the sauce pan, not all to the top bring to a boil and add rice. When boiled put low heat and simmer till rice is soft and mushy. If the water reduced and rice is not cooked. You can add more water

2 When it is cooked add sugar and if you want more flavour, open cardamom pods and add seeds only

3 Stir then add milk enough to cover rice, bring to boil then lower heat and stir

4 Put heat up again to this, three times stirring occasionally

5 When kheer is done leave it to cool

6 You can have kheer warm or cold. You can also add broke pieces of almonds and pistachios and serve



The history of chocolate cake goes back to 1764, when Dr. James Baker discovered how to make chocolate by grinding cocoa beans between two massive circular millstones

CHOCOLATE CAKE

cake flavored with melted chocolate or cocoa powder

INGREDIENT

v
Egg
Milk
Flour
Sugar
Butter
Oil





ladyfingers (Italian: Savoiardi, [savoɪˈardi]) dipped in coffee, layered with a whipped mixture of eggs, sugar, and mascarpone cheese, flavoured with cocoa

TIRAMISU

meaning "pick me up" or "lift me up"

INGREDIENT

200 gr mascarpone cheese
50 gr dark chocolate
2 tbsp coffee
6-7 lady fingers
1 bsp cacao
2 eggs
1-5 tbsp powdered sugar



COOKING STEP

- 1** Separate egg yolks, add sugar and mascarpone, beat until light and creamy
- 2** Put coffee and cacao in the batter
- 3** Then quickly dip the fingers in the cold coffee top with 2 tbsp of cacao-mascarpone mixture
- 4** Then one lady finger, and 2 tbsp of coffee-mascarpone mixture, finish it with dust of chocolate. Repeat it until it is few layers and done

CONTENT

ST. PAUL'S PRIMARY SCHOOL

(PAGE 37 - 38)

Carrot and coriander

A flavoursome healthy soup with fresh and ground coriander

(PAGE 39 - 40)

Leek and Potato soup

Leek and potato soup is a classic British recipe

(PAGE 41 - 42)

Tomato Soup

(PAGE 43 - 44)

Raspberry ripple ice

A favourite in Great Britain

(PAGE 45 - 46)

Vanilla and Raspberry

A summer treat

(PAGE 47 - 48)

Mashed Potato

A dish prepared by mashing boiled potatoes

(PAGE 49 - 50)

Strawberry Ice Cream

Perfect for summer

(PAGE 51 - 52)

Chicken and Chorizo rice

Flavoured with Spanish sausage and slow-cooked with rice

(PAGE 53 - 54)

Hotpot

One of the great stews of the world



A flavoursome healthy soup with fresh and ground coriander

CARROT & CORIANDER

Serve with cheese and onion bread for a warming supper or lunch.

INGREDIENTS

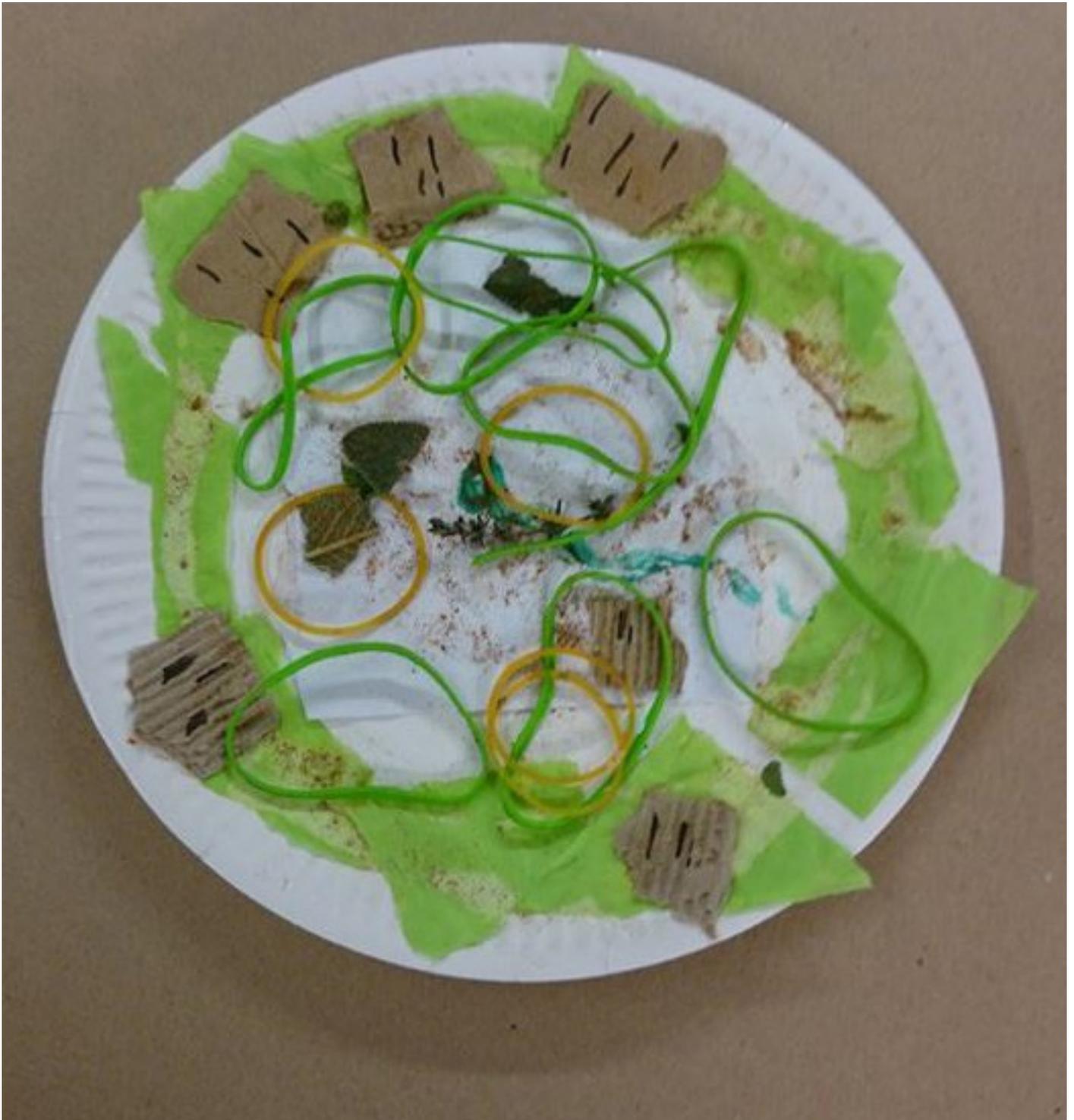
1 tbsp vegetable oil
1 onion, chopped
1 potato, chopped
450g carrots, peeled and chopped
1.2 vegetable or chicken stock
Handful coriander (about half a supermarket packet)

COOKING STEPS

1 Heat oil in a large pan, add the onion, then fry for 5 mins until softened. Stir in the ground coriander and potato, then cook for 1 min.

2 Add the carrots and stock, bring to the boil, then reduce the heat. Cover and cook for 20 mins until the carrots are tender.

3 Tip into food processor with the coriander then blitz until smooth (you may need to do this in two batches). Return to pan, taste, add salt if necessary, then reheat to serve.



Leek and potato soup is a classic British recipe

LEEK & POTATO SOUP

It is also known as Vichyssoise, and is believed to have originated in France

INGREDIENTS

1 tbsp of vegetable oil
1 onion, sliced
225g potatoes, cubed
2 medium leeks, sliced
1.2 l vegetable stock
150 ml double cream or
crème fraîche
Salt and freshly ground pepper

COOKING STEPS

- 1** Heat the oil in a large pan and add the onions, potatoes and leeks. Cook for 3-4 mins until starting to soften.
- 2** Add the vegetable stock and bring to the boil. Season well and simmer until the vegetables are tender.
- 3** Whizz with a hand blender or in a blender until smooth. Reheat in a clean pan, stir in the cream or crème fraîche, heat through and serve.



TOMATO SOUP

It is also known as Vichyssoise, and is believed to have originated in France

INGREDIENTS

1-1.25kg ripe tomatoes
 1 medium onion
 1 small carrot
 1 celery stick
 2 tbsp olive oil
 2 tbsp tomato puree
 Pinch of sugar
 2 bay leaves
 1.2l hot vegetable stock
 (made with boiling water and 4 rounded tsp bouillon powder or 2 stock cubes)

COOKING STEPS

1 Firstly, prepare your vegetables. You need 1-1.25kg ripe tomatoes. If the tomatoes are on their vines, pull them off. The green stalky bits should come off at the same time, but if they don't, just pull or twist them off afterwards. Throw the vines and green bits away and wash the tomatoes. Now cut each tomato into quarters and slice off any hard cores (they don't soften during cooking and you'd get hard bits in the soup at the end). Peel 1 medium onion and 1 small carrot and chop them into small pieces. Chop 1 celery stick roughly the same size.

2 Spoon 2 tbsp olive oil into a large heavy based pan and heat it over a low heat. Hold your hand over the pan until you can feel the heat rising from the oil, then tip in the onion, carrot and celery and mix them together with a wooden spoon. Still with the heat low, cook the vegetables until they're soft and faintly coloured. This should take about 10 mins and you should stir them two or three times so they cook evenly and don't stick to the bottom of the pan.

3 Holding the tube over the pan, squirt in about 2 tbsp of tomato puree, then stir it around so it turns the vegetables red. Shoot the tomatoes in off the chopping board, sprinkle in a good pinch of sugar and grind in a little black pepper. Tear 2 bay leaves into a few pieces and throw them into the pan. Stir to mix everything together, put the lid on the pan and let the tomatoes stew over a low heat for 10 mins until they shrink down in the pan and their juices flow nicely. From time to time, give the pan a good shake – this will keep everything well mixed.

4 Slowly pour in the hot stock, stirring at the same time to mix it with the vegetables. Turn up the heat as high as it will go and wait until everything is bubbling, then turn the heat down to low again and put the lid back on the pan. Cook gently for 25 mins, stirring a couple of times. At the end of cooking the tomatoes will have broken down and be very slushy looking.

5 Remove the pan from the heat, take the lid off and stand back for a few seconds or so while the steam escapes, then fish out the pieces of bay leaf and throw them away. Ladle the soup into your blender until it's about three quarters full, fit the lid on tightly and turn the machine on full. Blitz until the soup's smooth (stop the machine and lift the lid to check after about 30 seconds), then pour the pureed soup into a large bowl. Repeat with the soup that's left in the pan. (The soup may now be frozen for up to 3 months. Defrost before reheating.)

6 Pour the pureed soup back into the pan and reheat it over a medium heat for a few minutes, stirring occasionally until you can see bubbles breaking gently on the surface. Taste a spoonful and add a pinch or two of salt if you think the soup needs it, plus more pepper and sugar if you like. If the colour's not a deep enough red for you, plop in another teaspoon of tomato puree and stir until it dissolves, Ladle into bowls and serve. Or sieve and serve chilled with some cream swirled in.



RASPBERRY RIPPLE ICE

A favourite in Great Britain

INGREDIENTS

250g raspberries, plus extra to serve
225g caster sugar
2 large eggs plus 4 egg yolks
600ml double cream
Sliced mango, sprinkles, or cones, to serve

COOKING STEPS

1 Place the raspberries and 2 tbsp of the sugar in a small pan. Cook on a medium heat until sugar dissolves. Simmer for 5 mins until thickened, then push through a sieve into a bowl and discard the seeds left in the sieve.

2 Place the eggs, egg yolks and remaining sugar in a bowl. Whisk with an electric whisk to combine, then place over a pan of gently simmering water – make sure the bowl isn't actually touching the water. Beat with the electric whisk for 3-4 mins until thick and pale. Remove from heat and continue beating until cool.

3 In another bowl, whisk the cream until it forms soft peaks, then gently fold into the cool egg mix until just combined. Pour the mix into a shallow container or dish that can be frozen.

4 Gently swirl the raspberry coulis through, cover with cling film and freeze for at least 6 hrs. Serve scoops in bowls with sliced mango and extra raspberries, or scoop into cones and top with sprinkles for the kids.



"These are my favourite, I bake them at home all the time with my mummy", student of St Paul's Primary School

VANILLA AND RASPBERRY

A summer treat

INGREDIENTS

1/3 cup butter, softened
1/2 cup caster sugar
1 egg
1 cup self-raising flour, sifted
1/3 cup milk
1/2 tsp vanilla extract
1/2 cup fresh raspberries,
crushed with a fork
1/3 cup butter, softened
1 tsp vanilla extract
1 cup icing sugar
24 fresh raspberries, to decorate

COOKING STEPS

1 Preheat the oven to 160C (320F). Line a 24 mini-cupcake papers. In a medium-sized bowl, use an electric mixer on high speed to cream the butter and sugar until light and fluffy. Add the egg and mix well.

2 Add the flour, milk and vanilla, and beat with an electric mixer on medium until well combined. Stir through the raspberries.

3 Divide the mixture evenly between the 24 mini-cupcake papers. Bake for 10-15 mins until well risen and firm to the touch. Allow to cool for a few mins and then transfer to a wire rack. Allow to cool fully before icing.

4 Use an electric mixer on high speed to beat the butter and vanilla until light and fluffy. Gradually beat in the icing sugar until all combined. Continue beating for 1 min.

5 Pipe evenly over each mini cupcake and decorate with raspberries.



Perfect accompanied with sausages

MASHED POTATO

A dish prepared by mashing boiled potatoes

INGREDIENTS

680G Yukon Gold potatoes,
peeled and cut lengthwise into
quarters
½ tsp salt
4 tbsp heavy cream
2 tbsp butter
1 tbsp milk
Salt and pepper

COOKING STEPS

1 Place the peeled and cut potatoes into a medium saucepan. Add cold water to the pan until the potatoes are covered by at least an inch. Add a half teaspoon of salt to the water. Turn the heat on to high, and bring the water to boil. Reduce the heat to low to maintain a simmer, and cover. Cook for 15 to 20 minutes, or until you can easily poke through them with a fork.

2 While the potatoes are cooking, melt the butter and warm the cream. You can hear them together in a pan on the stove or in the microwave.

3 When the potatoes are done, drain the water and place the steaming hot potatoes into a large bowl. Pour the heated cream and melted butter over the potatoes. Mash the potatoes with a potato masher. Then use a strong wooden spoon (a metal spoon might bend) to beat further. Add milk and beat until the mashed potatoes are smooth. Don't over beat the potatoes or the mashed potatoes will end up gluey. Add salt and pepper to taste.



STRAWBERRY ICE CREAM

Perfect for Summer

INGREDIENTS

500g strawberries
175g caster sugar (plus 2
tbsp)
500ml full fat milk
500ml double cream
1 vanilla pod
10 large egg yolks
2tbsp lemon juice

COOKING STEPS

- 1** Hull and roughly chop the strawberries, put them into a bowl and sprinkle over the 2 tbsp of caster sugar and leave them to steep and infuse with flavour.
- 2** Pour the milk and cream into a heavy based saucepan, and add the vanilla pod, split down the middle lengthways. Bring the pan nearly to the boil and then take it off the heat and leave to infuse for 20 minutes.
- 3** In a large bowl whisk the egg yolks and the sugar until thick and pale yellow. Take the vanilla pod out of the milk and cream and pour, whisking all the while, the warm liquid over the yolks. Put the cleaned out pan back on the heat and stir the custard until it thickens, then take it off the heat and pour it into a bowl to cool.
- 4** Puree the strawberries in a processor and when the custard is cool fold in the lemon juice and strawberry puree.
- 5** At this point you can either freeze the ice cream in an ice cream maker, or in a plastic tub in the freezer. If you do the latter you should whip it out every hour for 3 hours as it freezes and give it a good beating, either with an electric whisk, by hand or in the processor. That gets rid of any ice crystals that form and that make the ice cream crunchy rather than smooth.



CHICKEN & CHORIZO RICE

Flavoured with Spanish sausage and slow-cooked with rice

INGREDIENTS

1 tbsp oil
8 chicken pieces or 1 whole chicken, jointed
1 large onion, chopped
1 red pepper, deseeded and chopped into large chunks
3 garlic cloves, crushed
225g chorizo, skinned and sliced
1 tbsp tomato purée
1 tbsp thyme leaf, chopped
150ml white wine
850ml chicken stock
400g long grain rice
2 tbsp chopped parsley

COOKING STEPS

1 Heat the oil in a large flameproof casserole dish and brown the chicken pieces on all sides – you may have to do this in batches. Remove from the dish and put to one side.

2 Lower the heat, add the onion and pepper, and gently cook for 10 mins until softened. Add the garlic and chorizo, and cook for a further 2 mins until the chorizo has released some of its oils into the dish. Stir in the tomato purée and cook for 1 min more.

3 Return the chicken pieces to the dish along with the thyme, white wine and stock. Bring the liquid to a boil, cover the dish with a tight-fitting lid and lower the heat. Cook for 30 mins.

4 Tip in the rice and stir everything together. Cover, set over a low heat and cook for a further 15 mins, or until the rice is cooked and has absorbed most of the cooking liquid. Remove from the heat and leave the dish to sit for 10 mins to absorb any remaining liquid. Season to taste and scatter with parsley to serve.



One of the great stews of the world

HOTPOT

This hearty dish is perfect for a chilly winter evening

INGREDIENTS

2 tbsp olive oil
 1kg neck of lamb, chopped
 into bite sized pieces
 4 lamb kidneys, cleaned,
 trimmed and cut into quarters
 2 onions, peeled and sliced
 ½ tsp salt
 1tbsp plain flour
 250 ml lamb stock
 1 sprig fresh thyme
 2 fresh bay leaves
 1 tbsp Worcestershire sauce
 50g butter, cut into cubes,
 plus extra for greasing
 2 x 250 black pudding rings,
 outer casing removed and
 thickly sliced
 1kg potatoes, peeled and
 sliced
 Salt and freshly ground black
 pepper

COOKING STEPS

- 1** Preheat the oven to 180C/350F/Gas 4. Heat the olive oil in a pan and fry the lamb pieces and kidneys for 1-2 mins on both sides, or until golden-brown all over. Remove from the pan and set aside.
- 2** In the same pan, cook the onions and salt for 2-3 minutes, or until the onions have softened. Stir in the flour until the onions are well coated with the flour.
- 3** Add the stock to the pan along with the thyme, bay leaves and Worcestershire sauce. Stir and simmer for 8-10 mins, or until thickened slightly.
- 4** Butter a lidded flameproof casserole dish and place a layer of potatoes (about a third) over the bottom of the dish and season with salt and freshly ground black pepper. Spoon in half of the browned lamb and kidneys, then lay over half of the black pudding slices and pour over half of the thickened stock mixture. Repeat the layering process until all of the potatoes, lamb pieces and kidneys, black pudding and stock have been used, finish with a layer of potatoes on top. Dot the potatoes with the butter, then cover with a lid.
- 5** Place the casserole into the oven to cook for 20 mins, then remove the lid and cook for a further 20 minutes, or until the potatoes are golden-brown on top.
- 6** To serve, spoon into serving bowls.







CONCLUSION

Through the workshop, we conclude that the primary kids are aware of the healthy lifestyle. Infact they have a healthy meal twice a day under the healthy program of the primary school. They are also pretty much involved in the cooking process of their dinner. However, their cooking ingredients come from a commercial supermarket. This does not allow them to investigate their food further as much as they would like to.

As students and makers of this little book, we were deeply inspired by the dedication and excitement of the kids, their creativity and freedom of imagination. They showed us a path that leads to a healthier Grangetown, more aware of the quality of its local products and more motivated to rediscover natural and genuine flavours. There is potential to propose a space that provides a deeper understanding of food as part of the environment. Food as the centre of a community, food as the focus of a place where everybody comes together to share, learn and enjoy everyday life.



"It is health that is real wealth and not pieces of gold and silver";
MAHATMA GANDHI