

Good Food From Glasgow

A Collaborative Community Cookbook



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Good Food in Glasgow

Welcome to the Good Food From Glasgow Cookbook. This book features a range of recipes from Glasgow groups and organisations who bring Good Food to the people of Glasgow in one way or another.

At Glasgow Food Policy Partnership we take Good Food to be food which is good for the planet, good for food producers, good for our bodies, and food which is, as you'll find in these pages, tasty. We have a vision for Glasgow where this Good Food is available and accessible for everyone, and this vision is what we are working towards with the Glasgow City Food Plan. You can find more information about the Plan at the end of this book.

The recipes in this cookbook vary as much as the organisations who wrote them. Some are low cost and keep energy use to a minimum, while others require a range of ingredients which you might not have in your cupboard already. We hope that everyone can find a recipe which feels accessible for them, and that you feel confident to experiment and swap ingredients depending on what you have. If you don't have a certain spice or seasoning, you can always use more of something else or another ingredient that you already have.

You might also notice that almost all of the recipes in this book are vegetarian or vegan. When it comes to community food, cooking without meat means that everyone can eat what you make regardless of any dietary restrictions. The other benefit is that this helps to reduce the carbon impact of your food. If you already eat lots of vegan or veggie food then this cookbook will suit you just fine, or if this is new for you then we're pleased to say that there's lots to explore.

While not a complete picture of all the fantastic projects which are working to improve our food system, the groups included in this book give a good idea of the impressive range and number of projects working on Good Food in Glasgow, and we are so grateful to all of them for sharing their recipes. We hope you enjoy making and eating them!

This cookbook has been put together by Thalia Groucott, who works on communications and events at Glasgow Food Policy Partnership. Thalia has loved bringing all the recipes and organisations together in one place, and they are especially excited to try all of the different recipes.

Thank you to Glasgow Community Food Network's Food and Climate Action Team for providing the funding to get some physical copies of this book printed, which will be available in Glasgow libraries from 2023 onwards.

Eating with the Seasons

One way to eat more sustainably is to eat with the seasons, and try to eat what is grown at the time of year you're in. This is better for the environment in several ways: when you eat things that are naturally suited to that time of year it means that farming doesn't require extra energy or artificial conditions. This also means that you can eat more locally, as the food you're choosing is suited to the climate around you. This further reduces the carbon footprint of your food as it doesn't have to travel as far to get to you.

Eating seasonally also provides the opportunity to source your food in ways that benefit the local economy and your own pocket. Eating locally grown food supports local growers, and by foraging some ingredients or growing your own you can save money.

If you're interested in eating seasonally, you can find a guide to what's in season by The Soil Association at bit.ly/eatingseasonally.



Reducing Food Waste

Food waste is a massive contributor to global greenhouse gas emissions and climate change. As food rots it releases methane, especially when it gets squashed up in landfill. This then adds to the warming of our planet. Throwing our food away not only negatively impacts the environment but means that all of the energy used to produce the food and the money we spent on it is wasted.

Making sure to minimise our food waste wherever possible means that we can make a difference in all of these areas. There are lots of simple ways to reduce our food waste which we would encourage you to employ when making the recipes from this book.

If you have leftovers, label a tupperware with what it is and the date, and then put them in the freezer. This means that they will be just as delicious and fresh when you want to eat them, rather than going off in the fridge and ending up in the bin.

If you buy fresh ingredients for a recipe and don't end up using all of them, find another recipe that uses the same thing and use this to help you decide what to make. You can use the ingredients index on page 60 to help you with this.

If you would like to find out more about food waste and what you can do to prevent it, you can go to lovefoodhatewaste.com for a range of information.



Glasgow Community Food Network's Food and 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.

The project works alongside 5 organisations in different areas of Glasgow: St Pauls Youth Forum, Urban Roots, Glasgow Eco Trust, Central West Integration Network, and The Space.

The project has several key strands of activity including increasing urban agriculture within the city and engaging and empowering people of all ages through food education. The work connects to wider action on climate and food through policy and campaigns activity including the aims of the Glasgow City Food Plan.

This recipe is from FCA South Activator Rebecca who has been running regular fermentation workshops.

You can find out what we're up to at glasgowfood.net, [glasgowcommunityfoodnetwork](https://www.instagram.com/glasgowcommunityfoodnetwork) on Instagram, or at facebook.com/GlasgowCFN



Wild Garlic and Rhubarb Kimchi

4-6 stalks of Rhubarb
2 handful of chives chopped in 1 cms length
(Or spring onions/Welsh onions/1 white onion sliced thinly)
2 teaspoons of salt
2 small handfuls of wild garlic flower buds coarsely chopped
(forage wild garlic flowers from mid-April onwards)
4 tbsp of fermented chillis or 2tbsp korean chilli flakes
2 tbsp of fresh grated ginger
1 tsp of chopped dulse seaweed (available at health food shops)
500ml clean glass jar

Method

Finely slice the rhubarb, add the chives and the salt and mix well. This will help to create a brine. Add everything else and massage together with your hands.

Add everything to a clean jar and pack it down. There should be enough brine to submerge the ingredients – keep pressing down until there is. Use a zip lock bag filled with water or a glass jar that just fits inside the jar to keep the ferment under the brine. By keeping the ingredients submerged you will create the right environment for fermentation to occur, keeping mould and yeast out. Keep on your kitchen counter, out of direct sunlight.

This recipe should take 5 days or so to ferment, taste it as it ferments to find when you like its tanginess best. Then transfer to the fridge.

Once fermented this will keep for several months in the fridge, if you are lucky!

The Good Food For Glasgow Campaign aims to get more people on board with the movement to improve Glasgow's food system and get us all eating good food. As part of the campaign I (Thalia) make [The Good Food For Glasgow Podcast](#) and host different events in collaboration with **Glasgow Food Policy Partnership** partner organisations.

This Bannock Bread recipe comes from an event I did with [Glasgow University Environmental Sustainability Team](#) (featured later in this book), [Slow Food Glasgow](#), and [Friends of Garnethill Green Spaces](#). We used the Garnethill Bread Oven in Garnethill Park, although you can just make it in the oven or on a stovetop!

We made our recipe vegan and used Scottish heritage Beremeal flour, although you can experiment with any flour you like so long as it adds up to 400g total. While sampling our Bannock we used the flavour wheel below to think about the flavour, and this is a great activity if you're making it with different Scottish flours - how do they impact the taste?



Bannock Bread

Ingredients

- 250g beremeal flour
- 150g plain flour
- 5g salt
- 15g baking soda
- 7.5g cream of tartar (available at big supermarkets or you can substitute this with more baking soda if you can't find it, but beware of baking soda's slightly bitter taste)
- 25g oil (any veg or olive oil will work but use Scottish rapeseed oil if you'd like to be on theme!)
- 220g oat milk



Method

Mix the dry ingredients together in a large bowl.

Add in the oil and the oat milk and mix until the dough comes together. If it seems too dry and flaky you can add more milk, or add more flour if it seems too wet.

Flatten the bread so it will fit into a small dish or pan.

You can cook the bread in a pan on the hob with the lid on, or in the oven. You want to cook it low and slow, so keep the temperature at around 180 degrees or a medium hob heat.

Bake until the bread has puffed up slightly and is golden on top - around 15/20 minutes.

Once cooked, let your bread cool slightly and then serve it with (vegan) butter or any seasonal dip or spread - we enjoyed beetroot hummus and bean dip.

Colourful Salads from



Good food for all

GLASGOW FOOD POLICY PARTNERSHIP

Co-ordinator Riikka Gonzalez

Glasgow Food Policy Partnership is a multi-sectoral partnership working together to improve our food system. In 2019 we launched the [Glasgow City Food Plan](#), a holistic 10-year-plan working on six theme areas and with three overarching pillars of equity, sustainability and health.

Go to goodfoodforall.co.uk to find out more.

'Eating the rainbow' is probably the simplest way to think about eating healthy, nutritious food. Different coloured vegetables (and fruit) tend to have different health benefits (think carrots for good eye sight), so having as many colours on your plate as you can goes a long way. Offering vegetables in different colours and shapes is also a fun way to get children trying new foods. Luckily Glasgow has many growing spaces, where people can sample many locally grown delights. These salad recipes use produce easily grown in the Glaswegian climate, so shop local where you can.



Healthy Coleslaw

Ingredients

1 cup finely sliced or coarsely grated red cabbage (½ small cabbage or less)

1 cup finely sliced or coarsely grated white cabbage (½ small cabbage or less)

2 peeled and grated carrots

1 peeled and grated apple

Small handful chopped fresh parsley

Up to ½ cup pumpkin or other seeds/nuts/mixture of both

Lemon dressing

¼ cup olive oil

juice of ½ lemon

1 clove garlic, pressed or minced

½ teaspoon ground cumin

Method

In a medium serving bowl, combine the prepared purple and white cabbage, carrots and parsley.

Measure out your seeds into a small pan. Toast over medium heat, stirring frequently, until the seeds are fragrant and starting to make little popping noises. Pour the toasted seeds into the mixing bowl and toss to combine.

To make the dressing, combine the olive oil with lemon juice in a small bowl. Add the garlic and cumin and whisk until thoroughly blended.

Drizzle the dressing over the slaw and mix until all of the ingredients are lightly coated in dressing. Taste and add an additional tablespoon of lemon juice if the slaw needs a little more zip. Serve immediately or cover and refrigerate.

Power of Potatoes

Potatoes are the world's fourth-most-important food crop, after maize, wheat and rice. They provide more calories, more quickly, using less land and in a wider range of climates than any other plants. Potatoes are weight by weight also one of the cheapest healthy foods out there. Even though they have been getting lots of bad 'press' in recent years potatoes are:

- an excellent source of vitamin C (for fighting bugs and increasing immunity)
- a good source of potassium (helps retain water-balance; great after exercise!)
- fat, sodium and cholesterol free!

The healthiest way to cook potatoes is to either boil or bake them. They only become less healthy when you deep fry them (chips/fries), mash them (the composition changes and mash often includes large amounts of butter and/or whole milk), bake them with lots of cream or if they are heavily processed with salt and fat added (crisps).



(serves 4)

Spring Potato Salad

Ingredients

8 new potatoes

2 eggs

2 spring onions or 1 small red onion

a small handful of spinach

½ red pepper (or another crunchy vegetables such as celery)

½ green pepper (once again can be replaced by your favourite raw veg)

2-3 gherkins

1 tbsp white/red wine vinegar

Dressing

1 tsp mustard

1 tsp runny honey

50 ml/¼ cup white wine vinegar

250 ml/1 cup olive/rapeseed oil

1 clove of garlic, crushed

small handful of parsley

juice of ½ lemon

pepper to taste

Method

Scrub dirt off potatoes. Cut them in half and cook in boiling water with a tiny bit of salt (shortens cooking time) for about 20 minutes. When the potatoes are soft enough for a fork to go through, but still a little firm, drain them and let them cool for about 10-15 minutes. You can boil the eggs in the same pan at the same time for 10 minutes (use a spoon to lift them out if potatoes are not ready). After cooking put the eggs in cold water to stop them cooking further.

Chop spring onions or red onions and pour 1 tablespoon of vinegar on them. This will make them less sharp. Put in a salad bowl and set aside.

Cut pepper into small cubes and add to onions.

Chop gherkins small and add in the salad bowl.

Now make the dressing by mixing all ingredients well and set aside.

By now your potatoes should be cool enough to peel. Potato skins have vitamin C underneath, so you could leave the skins on if you like. Cut the potato pieces in half again. Mix in with the rest of the salad ingredients and some of the dressing.

Peel the eggs and cut into quarters. Place on top of the potato salad and serve with your favourite bread or crackers.

[St Paul's Youth Forum](#) is a community organisation working in Blackhill and Provanmill in North East Glasgow. In 2015 we started our community food project, Blackhill's Growing, with the aim of bringing people together through the acts of growing, cooking and eating good food. We run a large productive community garden, with polytunnels, orchards, raised beds and chickens, where we engage with local people through volunteering sessions, growing workshops and community fun days. We also work with local schools and nurseries to embed growing and cooking workshops within education. Finally we run a program of weekly free community meals, a free cooking club, free community larder and weekly 'Veg Barra' selling fruit and veg staples at wholesale prices alongside free garden produce.

Lentil Soup

This soup is a favorite at St Paul's Youth Forum. Everyone has their own take on this classic recipe and it often makes an appearance at our community meals. Lentils are one of the cheapest sources of protein available and this recipe also makes a fantastic 'nail soup' recipe where you can add and remove different vegetables depending on what you have available. As long as you have the basics (onions, lentils, starchy veg, stock) it should still taste pretty good.



Ingredients

1 medium onion
1 bay leaf
2 cloves of garlic
4 potatoes
5 carrots
1/2 a turnip
175g red split lentils
4 vegetable stock cubes
2 litres boiling water
Salt and pepper to taste
1 tablespoon of oil (sunflower, vegetable or olive)



Method

Remove the skins from the onion and garlic and finely chop them. Add them to the pot with the bay leaf, oil and a few cracks of black pepper. Fry gently over a medium heat for 5 mins.

Wash and peel the turnip, carrots and potatoes (if you prefer, leave the carrots and potatoes unpeeled for the extra fibre). Chop into small cubes, add to the pan and fry for 5 mins.

Rinse your red lentils and add to the pot along with 2 liters of boiling water and 4 stock cubes. Stir well until the stock cubes are dissolved.

Let the soup simmer for 30 minutes, or until the vegetables and lentils are soft. You can add more stock if you prefer your soup less thick and you can either mash or blend the soup to get the consistency you desire.

Season to taste with salt and pepper and serve. When we have parsley growing in the garden we also add some chopped parsley at the end to add some extra flavour.

Nutrition Scotland is a social enterprise underpinned by evidence-based nutrition. We work towards reducing food-related health inequalities through nutrition education and intervention. We deliver a range of food and health training, online and face to face cooking classes and workshops and are passionate about making healthy, sustainable and affordable food accessible to all.

This tasty and warming soup is packed full of veggies and the addition of the beans gives it a big fibre punch! The pasta gives it a real bite and is perfect for a filling lunch. Try it with different types of pasta - we like breaking spaghetti strands into ours.

Minestrone Soup

Ingredients

1 tbsp olive oil	2 tbsp tomato puree
1 onion, chopped	400g tin chopped tomatoes
2 carrots, peeled and chopped	1 litre stock
3 celery sticks, chopped	400g tin white beans, drained and rinsed
2 garlic cloves, finely chopped	100g dry pasta (any shape)
	Two handfuls shredded greens
	Salt and pepper

Method

Heat the olive oil in a large pan over a medium heat. Add the onion, carrots and celery, season with salt and pepper and cook for about 10 minutes, until the vegetables have softened.

Add the garlic and tomato puree and cook for another 3 minutes.

Stir in chopped tomatoes and stock. Cover with a lid and bring to the boil. Reduce the heat to a simmer and cook for 15 minutes.

Add beans and pasta then simmer gently for another 10 minutes.

Add the greens and cook for 2 minutes.

Have a final taste and season with salt and pepper if required.

You can find out more about Nutrition Scotland at www.nutritionscotland.org, where you can sign up to their newsletter, or find them on Facebook [@nutritionscotland](https://www.facebook.com/nutritionscotland), or on [Instagram](https://www.instagram.com/nutritionscotland) and [Twitter](https://twitter.com/nutritionscotland) @nutritionscotland



DIG IN

Dig In Community Greengrocers is a non-profit grocers at 193 Crossloan Road in Elderpark. We sell fresh fruit and veg and cupboard essentials. Dig In is open Monday, Wednesday and Friday. We have a veg bartering system so people can bring in their fresh grown surplus harvest and swap it for a voucher to spend in store, a utensil library so people can borrow what they need to cook with, and they make free soup on a Monday.

This Scotch Broth recipe is one that we make in the shop using whatever veg we have that needs used up and our broth mix from [Greencity Wholefoods](#). It really lets the natural tastiness of the veg and the grains shine through, and we hope you enjoy.

You can find Dig In online at [@dig_in_govan](#) on Instagram or www.facebook.com/digingovan

At the time of publishing, Dig In doesn't have funding to open beyond mid-October 2023, although they are working to change this.



Scotch Broth

Ingredients

- 300g broth mix
- A splash of vegetable oil
- 1 large onion
- 2 large carrots
- ½ turnip
- Veg stock cubes or bouillon



Method

Soak the broth mix overnight for quicker cooking time.

Dice the onion and chop the carrots and turnip into bite size chunks.

Fry the onion in the oil in a large pot until it goes translucent.

Add in 1 litre of water, a stock cube or spoonful of bouillon, the turnip, carrot, and drained broth mix.

Leave to simmer until the vegetables are soft and the grains have swelled and cooked.

Taste and season with salt and pepper.



The Wash House Garden is a small market and community garden in the East End of Glasgow. On a tiny bit of land, 1/5th of an acre, we grow vegetables, herbs and fruit for the local community and for local cafes and restaurants. We run a vegbox scheme during the summer but our heart really lies in creating a community space that has growing and eating food together at its centre. We run community workshops, skill-shares and meals and we love bringing people together over our love for food. We think it's not just amazing but also necessary to help people reconnect with food through hands on experience and through being in community with each other.

In 2022, we added a large polytunnel to our space and we are now able to grow crops like tomatoes, aubergines and peppers, too. This tomato sauce recipe was one of the things we made from our Glasgow-grown tomatoes.



Homemade Tomato Sauce from Jac

Right, I think this is great. It's super versatile and jam-packed (or sauce-packed, I guess) with veggies - but you can't see or strongly taste the celery or anything, just in case you're worried kids won't go for it. Use it as a classic tomato sauce for dipping yer chips into, or as a sauce for pasta. It'd be great mixed with roast veg and popped into lasagna or bolognese, or on a pizza. It freezes well, so make a big batch and tub it up into wee 400ml servings that you can use as your heart desires.

Ingredients (for 1L of sauce)

20g of celery	140g of carrots
1 onion	2 teaspoons of sunflower oil
2 cloves garlic	50g of tomato puree
75g of leek	½ low salt vegetable stock cube
3 tins of chopped tomatoes	1 tsp dried basil or oregano

Method

Roughly chop the carrots (leave the skins on for extra nutrition), onion, celery and crushed garlic.

Put in a medium pot with the oil, herbs and the crumbled stock cube.

Cook on a medium heat for approx. 15 mins.

Add the tomato puree and continue to cook for another minute and then add the tinned tomatoes.

Bring to the boil and then reduce heat and simmer for 30-40 mins.

Puree the sauce with a blender.

Jill Muirie, Public Health Programme Manager,
[Glasgow Centre for Population Health \(GCPH\)](#)

I have worked at the GCPH since 2015 on a range of topics, including on developing a fairer, healthier and more sustainable food system in Glasgow. I am part of the [Glasgow Food Policy Partnership](#) which developed the [Glasgow City Food Plan](#), launched in 2021. I work with a wide range of organisations and people across Glasgow to try to make it easier for everyone to eat tasty, nutritious, affordable, and more sustainable food.

I have a hungry teenage boy at home who is always on the hunt for quick food. I have found that the following recipe is quick and easy (and relatively low-mess even for a teen) to make, it can be endlessly varied to whatever he finds in the fridge or cupboard and it can fill a hunger gap at any time of the day (or night).

Email: Jill.Muirie@glasgow.ac.uk



Quesadilla ('Cheesy wrap')

Serves 1 to 2 people

Ingredients

2 wraps (any sort)

Generous handful of grated cheese (I used mild cheddar but whatever cheese you like is fine, e.g. Red Leicester, grated mozzarella, a mix)

1 tablespoon of tinned chopped tomatoes, chopped fresh tomatoes, pasta sauce or tomato salsa (or red or green pesto)

Optional additions (or add whatever you fancy):

Veg: chopped onions/spring onions, chopped peppers, chopped mushrooms, sweetcorn, leftover cooked or roasted veggies

Protein: Spoonful of baked beans, other beans of your choice, tuna, chopped chicken, leftover chilli/veg chilli or other chopped or shredded meat of your choice

Method

Put a frying pan or wide based pan on a medium heat on the hob. No need to add oil or fat.

Place one of the wraps on the base of the pan.

Sprinkle over the two thirds of the grated cheese and whatever other additional ingredients you want to add.

Dot the chopped tomato, sauce or salsa over the fillings and sprinkle over the remaining cheese.

Place the remaining wrap on top and leave to heat until cheese has melted and the bottom wrap begins to toast.

Use a spatula or fish slice to flip over to allow the other wrap to toast.

Cool slightly (so you don't burn your tongue) and serve in wedges. Repeat to feed more people.



is a Scottish charity based in the centre and west end of Glasgow that supports asylum seekers, refugees, migrant workers and black and minority ethnic people to access resources that improve their standard of living. We are a vibrant community organisation that promotes food security, participation and integration.

We have two responses that involve giving people food: our food hub (formerly foodbank) and our community meal. At our meal we serve a delicious hot meal, tea and coffee and we give people access to information and support. Many of our community members are highly skilled and highly motivated and we offer as many opportunities to become involved and contribute as we can. The kitchen is a very popular spot, as many people in our community are great cooks and miss the food of their home countries. We work from a very small kitchen so we offer people a takeover slot for one day. The takeover slots create quite a buzz at our community meal as the people attending the meal are often very excited to be served food from their own countries.

The recipes we are contributing to this cookbook come from takeover slots and were tried and served at our community meal. They are vegetarian, because this is the best way to cook for people from different cultures. The recipes have travelled across cultural and language barriers, so some of them do not include exact quantities the way a Western cookbook would. It's a culinary adventure! We have chosen a starter, a main and a side. Enjoy!

Find CWIN online at www.cwin.org.uk or on social media @ [cwintegration](https://www.instagram.com/cwintegration)

Dolma by Saleh (Kurdistan)

Ingredients

Vegetables for stuffing: cabbage, onions, vine leaves
(you can also hollow out courgettes, peppers or aubergine)

For the rice:

Olive oil

Spice mix: "Baharat for dolma"

Celery or dill

Tin tomatoes

Arborio rice

Tomato puree



Method

How to measure the quantities to get the right ratio of rice and vegetables: 1 cabbage per spoonful of rice.

Heat the oil, add the rice, tomato puree and tin tomatoes.

Leave the mix on a high heat for 10 minutes and stir continuously.

Add celery or dill and Baharat mix

Pour some oil into the bottom of a big pot.

Lay onions and broad beans at the bottom of the pot.

Stuff the vegetables with the rice mix.

(You can stuff the hollowed out vegetables or roll the rice mix into cabbage or vine leaves).

Stack them up in the pot.

Cover with a lid and cook for 20 minutes.

Take off the heat and leave for 15 minutes.

Tip the pot and pour out the juices – you can serve them as a soup.

Braised Aubergine by Angel (Hongkong) Serves 4-6 people

Ingredients

2 aubergines	1 tbsp spicy bean sauce
250g King Oyster mushroom	2 tbsp soy sauce
100g trimmed green beans	1 tbsp white vinegar
4 cloves garlic	1 tsp white pepper
Oil	1 tsp starch/ flour

Method

Chop the mushrooms and green beans in small pieces (1-2cm) and chop aubergine into small pieces (7-8cm).

Fry the mushrooms and green beans in oil in a large pot until they are soft and translucent.

Add white pepper and stir until mixed in, then empty the large pot.

Fry garlic and aubergine in oil in the large pot, allow to cook for a minute.

Add some water to boil and put lid on until they are soft. Add spicy bean sauce and stir in.

Put the precooked mushrooms and green beans in the pot and stir in. Add white vinegar and stir in, cook on low heat for a minute with lid on.

Add starch into a bowl, add some water and mix, then stir into the pot.

Rice with broad beans (ءالقاب نمٓ) by Shaymaa (Iraq)

Method

In a pan, put a good amount of frying oil with the diced onions and garlic and wait for the onion to be gold on a medium heat.

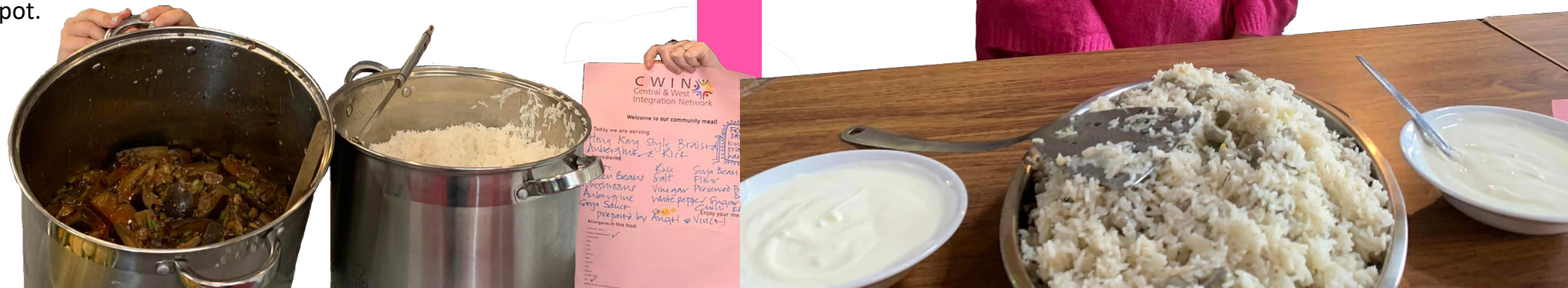
After that, add the rice with the broad beans and salts to the mix and add an appropriate amount of water for the rice to be cooked.

At the end, add a large amount of chopped dill to the cooked rice (the large amount of dill makes the rice colour green).

This dish can be served with cooked chicken, lamb or beef and a sauce of yogurt and garlic.

Ingredients

- Broad beans
- Rice
- Onions
- Dill
- Garlic
- Frying oil
- Salt



Baltic Street Adventure Playground (BSAP) is the only community green space in Dalmarnock, the heart of Glasgow's east end. It is a space for children and young people to get back to basic play. To run, jump, climb, build dens, learn to use tools, grow fruit and vegetables, learn to cook, engage in music and expressive arts, and tend for our (growing) collection of animals. With all this exercise, a main priority is ensuring the provision of nutritious food whilst attending the playground, particularly in an area where parents struggle to put food on the table for the family.

During school term times, BSAP provide around 75 hot meals daily, during school holidays that rises to over 500 hot meals per day. Inclusion is one of our main ethics therefore we ensure all diets, allergies etc, are catered for. We also ensure that there is always plenty of fresh fruit and snacks to munch on along the way. When taken in context that is a huge amount of food annually. We have also been a Fareshare Community Food Member for six years, and any surplus that is not used to feed the children on site is distributed to around 300 families and older persons from our non-referral food hub every week.

With all this food, what do we cook? Well, just about everything is the answer however we have chosen these three dishes. Given that we cook in huge batches we have given the ingredients for one person which will allow them to be adapted for the number of people being catered for. We hope you try and enjoy our food. Good scan!

East End Stovies

Stovies are essentially a one pot mixture of meat, potato and vegetables with dozens of different variations nationally. However, here at BSAP any variation from this recipe will not be accepted by our discerning diners.

Ingredients

2 slices of Lorne sausage (square slice)
1 large potato, scrubbed and cut into bite size chunks
1 medium carrot, scrubbed and cut into slices or diced
1/2 onion, peeled and chopped
1 tbs OXO gravy granules (must be OXO!)

Method

Grill or bake sausage for around 5-10 minutes until soft but not crispy and drain off excess fat. Leave to cool.

Bring pan of water to the boil, add the potatoes and carrots and simmer for 10 minutes, adding the onion for the last 2-3 minutes.

Remove the potato, carrots and onion, keeping the water for the gravy. Doing so will retain all the vitamins etc lost during cooking and the starch from the potato will help thicken the gravy, you can't have runny gravy!

Add the OXO to the some of the water, and mix well over a low heat.

Cut the sausage into bite sized chunks and add to the gravy along with the vegetables, mixing well until heated through adding more reserved water if the gravy is too thick.

Serve with a slice of pan bread and butter.....bangin



Vegetable Dhal

Although as a project we promote healthy eating and lifestyle, our priority is ensuring that our children are fed sufficiently at all times. We always include a healthy option, which can be a real challenge. However, in early summer we received a batch of yellow bean curry paste in our Fareshare delivery, and after a bit of experimenting this has become a real favourite. It is plant based so ideal for everyone, especially vegan diets.

Ingredients

100 gm yellow split peas

500 ml Vegetable stock

1 tbsp yellow bean curry paste (any curry paste is fine)

100 ml coconut milk

Any amount of vegetables you like, we use:

Butternut squash or sweet potato peeled and chopped into small bite size chunks

Peppers chopped into bite size chunks

Mushrooms halved and sliced

Courgettes halved and sliced

Broccoli cut into florets

Spinach

Soft herb - basil, coriander, parsley etc (optional)

Method

Best cooked in a wide pan such as frying pan or wok.

Wash the lentils and drain.

Make the stock adding the lentils and simmer for 10 minutes.

Add the squash/sweet potato, cover and continue to simmer for another 10 minutes until contents are soft but not turning to mush, this dish should have a wee bit of bite to it.

Continue to add water if it starts to dry out.

Add the curry paste and allow to cook for 2-3 minutes, then add the coconut milk and mix all together.

Add the rest of the vegetables apart from the spinach and herbs and simmer for another 5 minutes, ensuring the sauce doesn't dry out too much. If it is too wet turn up the heat slightly to reduce the sauce.

Finally add the spinach and cover the pan turn off the heat and cover for 5 minutes.

Sprinkle on the herbs and serve with naan bread.



Disguised Vegetables - Cooking for Children

Disguising vegetables is useful as lots of children won't eat vegetables in a visible form. This can be for lots of reasons - sensory, disliking, and inhibitions the child has around colour/ texture/ previous associations.

A lot is down to how it is cooked – if you get overcooked broccoli it isn't enjoyable. If you take certain vegetables in isolation they can be bitter or the texture is mushy so won't be eaten on its own.

It's important to get different veggies for the vitamin content, fibre, reducing salt and sugar intake, and as part of your five a day.

We've tried to gradually introduce wee bits which can get bigger and bigger and make the recipe less smooth, chunkier over time.

We did this with risotto and started plain, then we added mushrooms, then pepper, broccoli and so begin to open horizons.

As children get older you gradually start to open up conversations around what they like and dislike it. Identifying what they like gives the opportunity to make informed decisions.

The fall-back vegetables with children are beans, corn, and peas- because they're sweet and look similar. For a child's palette, which is really sensitive, they could have a certain vegetable just once and it taste, for example, very bitter - children will then make a decision immediately and be put off trying that again.

Gradual introduction is key and having things to anchor to that are familiar.

Ingredients

Base sauce (e.g., pasta, casserole dish, etc.,)
Soft vegetables (courgettes, peppers, broccoli, onion, mushrooms, spinach, aubergine, peas, carrots & green beans (after cooking)
garlic
Pasta or other carbohydrate
Any protein
Cream cheese or vegan alternative (optional)
Herbs

Method

Stew all the vegetables

Retain some of the liquid (not too much) then blitz it and stir in the cheese

Add sauce to the carbs and protein

The blitzed sauce can also be a base for soups – just add a touch of cream

Voila!



Kin Kitchen are a collective of over 30 volunteers who work collaboratively to deliver community food initiatives. We run a variety of projects relating to addressing food poverty, education, sustainability, and social inclusion, this includes community meals, cookery classes, community events, and food provision. All our food is vegan and vegetarian.



Esra's Mercimek Koftesi/Red Lentil Potato Kofte Serves: 6-8

Ingredients

- 250g red lentils - rinsed thoroughly and soaked for 20 mins
- 150g fine bulgur wheat (or couscous)
- big bunch of fresh parsley - finely chopped
- bunch of fresh coriander - finely chopped
- 2 lemons - 1 halved for juice / 1 sliced for garnish
- 1 tbsp tomato puree
- 1 ½ tbsp red pepper paste
- 1 tsp ground cumin
- ½ tsp chili flakes (optional)
- bunch of spring onions - finely chopped
- 1 large sweet potato OR 3 small potatoes - diced into small pieces
- salt and pepper to taste

Method

Start by washing and soaking the red lentils. Meanwhile, prepare the potatoes by peeling and dicing into small pieces that will easily break down when cooked.

Add the red lentils, potatoes, tomato and red pepper paste to a large pot. Pour enough water into the pot to cover the lentils by two inches. Add all of the spices and simmer over a medium heat for roughly 30 minutes, stirring occasionally and adding water if needed. The texture, when ready, should be thick and mushy, with the potatoes and lentils thoroughly cooked.

While the pot is simmering away, finely chop the parsley, coriander and spring onions and place to one side.

When the lentil mixture is ready, remove from the heat and pour in the extra fine bulgur wheat. Combine well, and cover with a lid to allow the bulgur to soak up all of the excess liquid. This should take around 10 minutes, the kofte mix is ready when it resembles play-dough, and is sticky but malleable.

Add the spring onions, herbs and lemon juice to the mix and combine thoroughly. Allow the mixture to cool down a little bit before you begin molding. Take a scoop in your dominant hand and begin to roll using the palms of your hands to create either balls or a longer kofte shape.

Repeat with the remainder of the mix.

These are traditionally served "raw" /ungrilled, with lots of extra fresh parsley, lemon juice, garlic yogurt and hot flatbreads - enjoy!



Sadia's Moroccan Style Red Lentil Soup

Serves 4

This reminds me of my grandmother who would cook this for the whole family in the winter months - it is a heart warming family favourite which is easy to make. This can be eaten on its own or served with some crusty bread or boiled rice as part of a complete meal.

Ingredients

1 large onion diced	2 teaspoon ras el hanout
2 clove of garlic minced	1 teaspoon turmeric
2 celery stalks diced	1 teaspoon tumeric
2 carrots diced	½ lemon
1.5 cups of red lentils	Fresh coriander leaves
2 tomatoes diced	Salt to taste
	Chilli flakes to taste

Method

In a large pot sauté the onion in olive oil until translucent. Add in the garlic, celery and carrots. Cook for a few minutes until they're a bit tender.

Add in the red lentils and ras el hanout and give it a good stir. Stir in the tomatoes.

Add the water (or veg broth) and bring it to a simmer. Cover and cook for 20 to 25 minutes until the lentils are fully cooked.

Using a blender, blend the soup until creamy. Please make sure it's heat proof. Serve this red lentil soup with olive oil and red pepper flakes if desired. Roughly chop fresh coriander leaves to garnish top.

Squeeze with some lemon just before serving

Rowan's Lentil, Beetroot and Feta Salad

Serves 4

This dish is so versatile, you can add in or change a lot of the ingredients depending on what's available or in season. It's perfect for a summer barbeque or as a healthy, hearty side to a main dish.

Ingredients

8x large beetroots (raw)	200g feta cheese
4 tbsp olive oil	85g hazelnuts
6 sprigs of fresh thyme	Small bunch of fresh dill
500g cooked lentils (puy or green)	3 tbsp runny honey
	Salt and pepper

Method:

Preheat the oven to 200C.

Cut the raw beetroot into bite size chunks. Toss with 2 tbsp of the olive oil, fresh thyme, salt and pepper and place in an ovenproof dish. Put the dish in the oven and cook for 15 minutes or until the beetroot is close to soft all the way through.

Roughly chop the hazelnuts. Once the beetroot is nearly cooked add the hazelnuts, crumble the feta cheese and mix the lentils into the beetroot and return to the oven for another 10 minutes or until the beetroot is soft all the way through.

Mix the runny honey with the remaining 2 tbsp of olive oil and add a small dash of water if you feel it's not runny enough. Season with a generous grind of salt and pepper. Roughly chop the fresh dill.

Once the beetroot is cooked, remove from the oven and mix in the honey dressing and sprinkle on the fresh dill. You can make this in advance and serve cold but it's best served warm.

Woodlands Community Development Trust began work in 2010 as a community garden. They have now served the Woodlands community for over a decade, often with delicious, sustainable, healthy food. Woodlands run a fortnightly veg box scheme and a weekly community cafe, which is where the following recipes come from.

If you'd like to learn more about Woodlands Community Development Trust and their projects to improve the Woodlands Community, integrating social wellbeing and the environment, you can go to woodlandscommunity.org.uk.



Tomato & Basil Soup

Serves 4

Ingredients

1 large red onion, sliced
3 cloves of garlic, peeled & crushed
5 or 6 (about 500g) tomatoes, washed and sliced into $\frac{1}{8}$ sized wedges
The vine tomatoes are on (you'll see why in a bit)
2 or 3 sticks of celery, washed and roughly chopped
30g fresh basil, leaves and stems roughly chopped
1.2L vegetable stock (1.2L water + 2+1/2 stock cubes)
Olive oil
Salt & Pepper

Method

Place the tomato wedges on the baking tray, lightly drizzle with olive oil, salt & pepper and roast in the oven at 180C for about 3 minutes (this step isn't essential but if you ask me it makes a BIG difference).

In the deep pot, fry the onion and garlic on a medium heat for 5 minutes, then add the celery and fry for a further 10 minutes.

Add tomatoes (once roasted) and stock and bring to the boil.

Add the vine the tomatoes were on then simmer for about 20 minutes. The vine brings a beautiful herby, fresh flavour to the soup!

Add basil, then salt & pepper, remove from the hob (turn off the hob!), stir through then blend with your hand-blender. If using a stand-blender then be very careful! Make sure you have all the lid components on and that you don't get boiling soup on yourself.

Taste the soup and add more salt and/or pepper as required.

Serve with bread or on its own. Will keep in the fridge for about 3 to 4 days.



New Potato & Pea Curry

Serves 4

Ingredients

1 white onion, peeled and sliced
3 garlic cloves, peeled and crushed
2 or 3 sticks of celery, washed and roughly chopped
1 tbsp curry powder of your choice (add more if you like it spicier)
1 tsp ground cumin
1 tsp ground turmeric
500g new potatoes, washed and chopped into 2-3cm pieces
500ml tub of soya yogurt
300ml vegetable stock (half a vegetable stock cube plus 300ml boiling water)
150g frozen peas
Pitta bread or naan (to serve)

Method

In a large saucepan or a wok, fry the onions in a little oil for about 5 minutes on a medium heat, then add the garlic, chillis & ginger and fry for another 5 minutes or so until the onions have softened.

Add the spices and fry for one minute more.

Add the potatoes and stir to fully coat them in the spices.

Add soya yogurt & stock, turn the heat down slightly, stir through and leave to simmer for about 30 minutes or until the potatoes are cooked.

Add the peas and cook for a further 10 minutes.

Serve with pitta bread, naan or on its own.

Dorset Apple & Pear Cake

Ingredients

2 apples*, peeled, cored & chopped into 2cm pieces
2 pears*, peeled, cored & chopped into 2cm pieces
2 tablespoons of linseeds
150g vegan margarine, melted & cooled
175g soft brown sugar (light or dark is fine)
225g self-raising wholemeal flour**
1 tsp ground nutmeg
2 tbsp demerara sugar

*You could use 4 apples or 4 pears instead if you'd like.

**You can use regular self-raising flour instead if you like

Method

Preheat the oven to 180C/gas mark 4 and line your tin with baking paper.

Soak the linseeds in 60ml of cold water for about 5 minutes (this will release the oil from the seeds, resulting in a gloopy, eggy consistency).

Add the sugar & margarine and mix/whisk together until fully combined.

Fold in the flour & the nutmeg, then add the apple & pear pieces and fold through.

Pour the batter into your lined tin, sprinkle the demerara sugar on top and bake in the oven for about an hour, or until a skewer inserted into the centre comes out clean.

Serve warm or cold. Will keep in an airtight container for about a week.



Kinning Park Community Kitchen

Our community kitchen brings people together, twice a week, to enjoy affordable fresh food, socialise, and participate in our community kitchen activities. We believe that everyone has a right to access food and that's why our community kitchen operates a pay-what-you-can model.

[Kinning Park Community Kitchen](#) started in 2015, the kitchen was launched as a volunteer-led project with the aim to support local people with access to affordable food. KPCK's twice weekly community meals are a place for our community to come together, share a meal and learn from one another. At the time of publishing, meals at KPC have been paused due to funding shortages.

Za'atar flatbreads

Serves 120

Ingredients

100g fine salt
100g za'atar
93g active dry yeast , or instant/quick action yeast
900ml oil
5.1kg warm water (not hot!)
100g white sugar
6.2kg all purpose flour, bread flour or wholemeal flour

Method

Mix the water with the yeast. (The water should be warm, If you drop some on the inside of your wrist it should feel warm but not hot). Stir it together and leave to sit for 5 minutes.

Next, weigh the flour, salt and sugar out then mix together. This can be done by hand or in a stand mixer with a dough hook.

Slowly add the yeasty water and oil. Mix together until it forms a slightly sticky dough. You may not need all of the oil or water so add gradually. This recipe is fairly forgiving so do not worry too much about the consistency of the dough. It should be sticky but keep mixing/kneading until it comes together in a ball around 5 mins (knead for less time if you are doing a smaller batch).

Split the dough in two and transfer into two large well oiled buckets. The dough will rise so leave enough room in the bowl for this. Leave to rise in a warm place for 1 hour.

During this hour make your Za'atar oil. Using the remaining oil, place in a pan with the Za'atar and gently heat for 5 minutes. You do not want to boil the oil just lightly heat to release the flavours in the Za'atar mix. (This step can also be done with other spices such as cumin seeds, coriander seeds or sumac.)

After an hour sprinkle flour on your work surface then wet your hands to remove the dough from the bowls. Wetting your hands ensures that the dough will not stick too much. Then gently punch the air out of the dough so it collapses a wee bit.

Begin heating your pan or griddle so that it is nice and hot!

Form the dough into an even round ball. Using a sharp knife, cut into 120 evenly sized pieces. With this many flatbreads you may need lots of flour at this point to keep the dough from sticking. If you will be rolling for a long time, keep the dough balls under a damp tea towel to stop them from drying out.

Once your pan or griddle is up to heat, place the dough rounds into the pan and cook for a couple of minutes each side - you will know when they are done as they will be nicely charred on both sides.

Finally spoon the Za'atar oil onto the bread and enjoy.

Tomato and chickpea soup with cumin and coriander oil and bread

Serves 50

Ingredients

6 large onions, sliced
8 medium fennel bulbs, sliced
Olive oil
8 large carrots, peeled, cut lengthways in half and sliced
2 bunch celery sticks, sliced
8 tbsp tomato purée
Half cup vinegar
8 small cans or 3200g chopped tomatoes
50g chopped oregano
150g chopped parsley
50g thyme leaves
6 bay leaves
100g caster sugar
3 cubes of vegetable stock
1kg stale bread (crust removed)
8 small cans or 3kg freshly cooked chickpeas
salt and black pepper
25g cumin seeds
25g coriander seeds



Method

Preheat the oven to 180°C.

Heat oil in a large pot then add the onion and fennel and sauté on a medium heat until soft.

Add the carrot and celery and continue cooking. Stir in the tomato purée and stir as you cook for 1 minute.

Then add vinegar. Next, add the canned tomatoes, herbs, sugar, veg stock and some salt and pepper.

Bring to the boil, then cover and leave to simmer gently for about 30 minutes.

While you wait, break the bread into rough chunks with your hands. Toss with oil and some salt and scatter in a roasting tin. Bake for about 10 minutes, or until thoroughly dry. Remove from the oven and set aside.

Next crush the cumin and coriander seeds in a pestle and mortar then toast in a small saucepan on a low heat. Finally add olive oil and leave to heat for 3-5 mins. Once done leave to cool.

Now add cooked chickpeas to the soup and cook. Add the toasted bread, stir well and cook for another 5 minutes. Taste the soup and add salt and pepper liberally.

Serve soup with a spoonful of cumin and coriander oil.

Za'atar flatbreads from previous page



Coconut and lime cake w/ vanilla frosting

Makes two loaves or one large tin

Ingredients

500g Plain flour

175g Desiccated coconut + 25g for the top

560g Caster sugar

3 tsp Baking Soda

1.5 tsp salt

700ml Soy Milk

220g Vegetable oil

1 tsp vanilla extract

Zest from 8 limes (save some for the topping)

Juice from 8 limes



Method

Preheat the oven to 180 degrees celsius and line your tins with baking paper.

Measure out your soya milk and add a few tablespoons of lime juice to curdle it then leave to sit.

Next toast your coconut, then add the flour, bicarbonate of soda, sugar and salt to a bowl and mix well. Then pour the oil into the jug of soya milk along with the vanilla extract.

Add the soy milk oil mix to the flour mix and mix together until nicely combined and no big lumps remain. Fold in the coconut (remember to leave some for the topping).

Put in the pan and bake for 35 mins or 50 mins for a loaf tin. You will know the cake is ready when a skewer comes out clean or if the sponge bounces back when pushed a wee bit.

Whilst the cake is baking, prepare your frosting (this step is optional, the cake is delicious on its own!). Beat the butter and icing sugar together for as long as you can wait until it is bright white and fluffy. If you can still taste the butter it needs more whisking!

This step is best done with a stand mixer or electric mixer but a whisk and a bit of elbow grease also does the trick.

Once the cake is out of the oven, brush the remaining lime juice over immediately. Leave to cool then flip out of the tin and remove the greaseproof.

Ice the cake, however you like, then sprinkle the remaining coconut and lime zest over the top.

Founded in 2015, [MILK](#) is a social enterprise set up to empower and support women from a refugee and migrant background. We are a catering company and community space in the Southside of Glasgow.

MILK have created a safe and welcoming place where women can come together, meet new friends, share ideas and learn from each other. Everyone who has been involved in the project has changed it in some small way, whether it's helping them prepare food, nurturing the plants or giving their time and expertise.

MILK offers a variety of free classes and workshops that are open to all women in their community (and sometimes, where appropriate, men and children too). We also offer their space on Victoria Rd to other groups and individuals who share our values, and we are always delighted to work with new partners on new and exciting ideas.



Squash chilli with zingy lime & coriander relish

We like to change up our menu quite often at MILK Catering, usually updating at least once per season. One dish that remains an almost-constant, though, is our veggie chilli. It's a favourite among our regular customers and we often get asked for the recipe. This is a great hot pot option that's easy to make and full of flavour. It is a very flexible recipe and allows for a lot of improvisation, especially in terms of what veg you put in. In fact, within the MILK team we all have our own way of doing it and different wee changes we like to make.

Ingredients

1 x butternut squash
1 x yellow pepper
1 x red pepper
1 x sweet potato
1 x onion
4 cloves garlic
2 red chillies
2 tbsp tomato purée
2 tbsp chipotle paste
2 tbsp smoked paprika
2 tsp ground coriander
1 tin red kidney beans
1 tin white beans
1 tin black beans
2 tins chopped tomatoes
A few squares of dark chocolate

For the relish

Bunch of fresh coriander
(about 50g)
1 red chilli
1 clove garlic
Zest of 1 lime
Glug of olive or rapeseed oil
150ml lime juice

(quantities are approximate; adjust to taste)

Method

Start by peeling the squash and chop up into generous chunks. Toss with oil, salt & pepper and about a quarter of the paprika (½ tbsp) then stick it in the oven at about 200° to roast for about 35-40 minutes.

Next, peel and chop the sweet potato into cubes and roast in the oven with oil until soft (about 30 minutes). Deseed and quarter the bell peppers and roast these too (about 20 minutes).

Slice your onion and add it to a big pot with a good glug of veg oil and put it on a medium heat. Finely slice the chillies and garlic and add these to the pot. Cook for 5-10 minutes until the onion is softened. Add the rest of the paprika, the coriander, chipotle paste and tomato paste. Stir it all together and cook for another couple of minutes, then add the beans followed by the tinned tomatoes. Let it come to the boil and bubble away, making sure to stir often so the bottom of the pan doesn't catch. Add in the chocolate and stir through until melted and then turn off the heat.

When the sweet potato is cooked and soft, mash it down a little with a fork and then stir through the chilli (this helps give the chilli a thicker texture) and finally stir through the cooked squash and peppers (you may want to rip the peppers into slightly smaller pieces if the quarters are quite large). Season with salt to taste.

For the relish, simply blitz everything together using a blender or food processor and season to taste. Drizzle a tablespoon of the relish onto each portion of chilli and serve with the side of your choice: rice; potato wedges; or some nachos to dip in!

the hidden gardens

are Scotland's first sanctuary garden dedicated to peace. It is an inspirational and accessible urban greenspace designed to provide a safe place of sanctuary, learning and participation. In 2023 we are celebrating our 20 years anniversary with a busy programme of free events and community activities, including garden volunteering programmes, and the Tai Chi, Men's Group and Cultural Cookery classes.

Cultural Cookery

Cultural Cookery is the longest running community programme at The Hidden Gardens. Since starting in 2006 the programme has provided the opportunity to men and women from the south of Glasgow to learn how to cook delicious recipes from all around the world, make new friends, share stories and learn about food from different cultures. Zubaidah, who is local to Pollokshields and proud alumni of our Cultural Cookery class, agreed to share her recipe for sweet rice, a traditional Pakistani dessert served during Eid.

Zubaidah's Sweet Rice (Yellow)

Serves 2-3

Sweet rice is traditional dessert enjoyed in Pakistan during Eid, after the end of the Ramadan. Sweet rice is served alongside other staple Eid dishes, such as Chicken Pulao and lamb kababs.

Zubaidah serves her rice with flaked almonds. Other popular toppings include sultanas and glazed cherries. For a creamier texture and a hint of tartness you can mix your rice with some yogurt.

Sweet rice can be enjoyed as a dessert or mixed with pilaf to make a sweet and savoury dish. Reportedly some enjoy sweet rice with pickled mango or green chillies, which adds a splash of spicy tartness.

Ingredients

1 tablespoon milk
1 cup of basmati rice
1¼ Sugar
4-5 Cardamom Pods
75 gram Butter
Orange colouring
Flaked Almonds (optional)

Method

Soak Rice in medium water (for 15-20 mins).

Put 3 cups water in the pot with colouring and bring to boil. Add the cardamon pods and the drained rice.

Keep checking the rice by eating a few grains to see if it has cooked properly. Once softened, drain into a sieve.

Using the same pot melt the butter and add the sugar and the milk. Stir for couple minutes then add the boiled rice. Keep gas on high stirring now and then to stop rice sticking onto the bottom of pan.

Once the rice has absorbed all the liquid, put a cloth over the pot, put with lid on top and leave to cook for another 15 to 20 minutes in very low heat.

Serve and garnish with the flaked almonds.

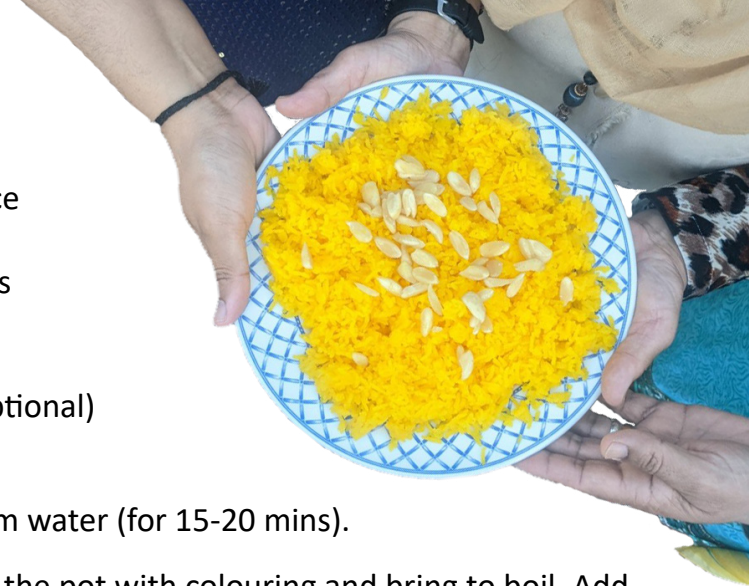
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<https://thehiddengardens.org.uk/> online



Glasgow University Environmental Sustainability Team (GUEST) is a group of student interns employed by the University of Glasgow to amplify student voices and encourage sustainable change on campus. In order to do this we run lots of different projects and events, including those by our Sustainable Food and Waste Promoter and Gardener.

The 2022/23 Food Promoter Sorrel made this recipe for a garden party that GUEST hosted in September 2022.

Rhubarbs are harvested from April to September and different varieties of apples are seasonal at different times during the year making this recipe extremely versatile and adaptable to the time of year you're making it.

General information about GUEST is available on our website:

<https://www.gla.ac.uk/myglasgow/sustainability/guest/>

The team can also be found on Instagram [@uofgguest](https://www.instagram.com/uofgguest) where we post about upcoming events and projects.



Rhubarb and Apple Crumble

Ingredients

450g rhubarb
350g apples
1 tsp vanilla extract
100g caster sugar
Topping:
100g plain flour
1 tsp ground ginger
100g cold vegan butter
50g light brown sugar

Method

Preheat the oven to 200C

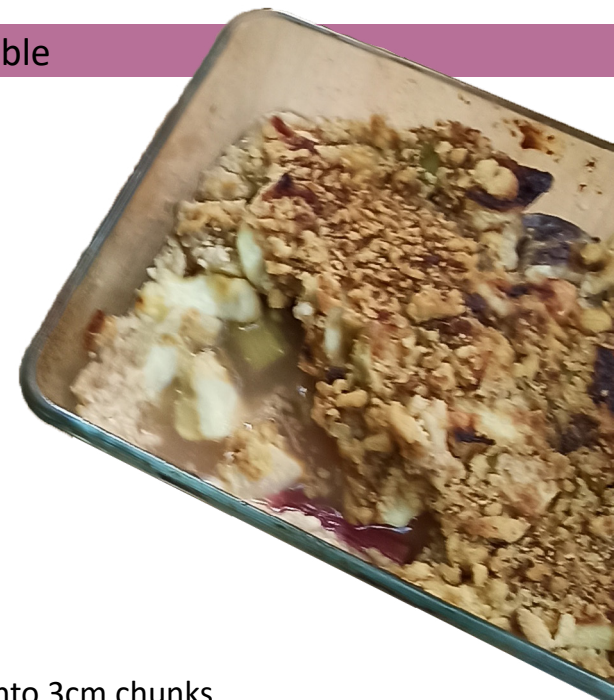
Cut the rhubarb and apples into 3cm chunks

Mix the rhubarb, apples, vanilla and caster sugar and roast for 10 minutes.

In a large bowl, mix the flour and ginger together and then rub in the butter with your fingers.

Stir through the brown sugar.

Take the tray out of the oven, sprinkle over the topping mixture and cook again for around 30 minutes until golden brown.



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Access to food

If you are unable to access food due to your circumstances, you can find some information which may be useful on the Glasgow Food Policy Partnership website by scanning the QR code below or visiting this link bit.ly/worriedaboutfood.

The page includes signposting services like Glasgow Community Food Network's free food map, which has information about food banks, pantries, and community meals: <https://glasgowfood.net/find-local-food-services>

Glasgow Helps, which has information about a whole range of available support services: glasgowhelps.org

The Independent Food Aid Network's Worrying About Money Leaflet, which can help you access all the support you're entitled to: <https://www.worryingaboutmoney.co.uk/glasgow>

If you want to support your independent, sustainable food shops, you can find some of them on the Glasgow Sustainable Food Directory: slowfoodglasgow.co.uk/Glasgow-Sustainable-Food-Directory



The Glasgow City Food Plan

The Glasgow City Food Plan is a holistic 10-year plan aiming for Glasgow to be recognised for its good food and as a city where tasty, healthy, affordable food is accessible to everyone. The plan has 6 themes and is based around 3 overarching pillars – Equity, Sustainability and Health.

The Glasgow City Food Plan was been developed by a team comprising Glasgow Food Policy Partnership, Glasgow Centre for Population Health, Glasgow City Council, Glasgow Health and Social Care Partnership, NHS Greater Glasgow and Clyde and Glasgow Community Food Network.

You can read more about the plan at <http://goodfoodforall.co.uk/home/glasgow-city-food-plan> or by scanning this QR code.



Community Cookbooks to Try Next

If you liked this recipe book and you want to try other community recipes, check out these books and recipes we like:

Tatties for Tea

A potato themed recipe book from a cooperative group of allotment plot-holders and creatives including a range of recipes, potato history, and growing tips. You can find a copy at Glasgow Women's Library.

New scots cooking: food for freedom by Freedom from Torture

A cooking workshop has turned into this cookbook featuring recipes from 4 women from across the world. You can purchase a copy here: shop.freedomfromtorture.org/products/new-scots-cooking-food-for-freedom

Gather by Kin Kitchen

If you liked the recipes Kin Kitchen submitted for this recipe book you should check out their recipe book 'Gather: recipes from a Govanhill cookery exchange'. It includes delicious recipes from four cultures. It's available online at www.kinkitchenglasgow.org.uk/projects-info/govahill-cookery-exchange

Veg Power

If you're looking for recipes to cook with kids to get them excited about eating vegetables, check out the Simply Veg campaign and the recipes online at vegpower.org.uk/recipes/

