

# TASTE OF HOME

RECIPES FROM OUR  
LONDON ESTATES

 Peabody

**MOU  
NTA  
NVIL**



Approval to rebuild Acton's Friary Park W3 estate

2019

April 2023 was a huge milestone for the Peabody and Mount Anvil partnership at Acton's Friary Park estate: we welcomed the first residents into their new homes - with new neighbours moving in from the council's waiting list.

New buildings sit alongside old, the community is reunited in brighter, safer, bigger homes, and the rest of the transformation is taking shape underneath their balconies and across from their gardens.

"We've been working closely with the Friary Park community for the past 10 years. In that time, we've watched families change and grow but the strong sense of community has always stayed the same.

At the heart of every happy home is a busy kitchen - a space where loved ones can gather and enjoy their home-cooked favourites. Especially now the new homes are larger and brighter, with more spacious kitchens.

Friary Park is a vibrant, diverse community with connections around the world. This variety certainly shines through in their cooking. With comforting, warming foods that take you to your happy place and make you feel at home, each recipe has been finessed as they're handed down the generations. There's something in here for everyone, and we thank residents for sharing their recipes." Ian McDermott, Chief Executive at Peabody.

"Estate transformation in London is all we do and is what we love. We go all-in on creating places that people are proud to call home. I love the pride that I see in this community whenever I visit, and I'm grateful that Mount Anvil gets to play its part in it." Killian Hurley, CEO at Mount Anvil.

Taste of Home celebrates not just what's cooking in these new homes, but also what's emerging in these communities as people reconnect, sit at their tables and enjoy their new surrounds.

Bon appétit!

First residents moved into their new homes

2023

Final phase of the transformation due for completion

2030



“  
Food served is always more than just food served.

MAYA ANGELOU





# FRIARY PARK



Home to 225 families, Friary Park was originally built during the 1980s. By 2014, landlord Peabody, formerly Catalyst, and Ealing Council were exploring plans to improve building quality and energy performance, give families more space and provide more affordable homes. It's always been a spirited, proud place with lively community facilities and thriving garden space tended by residents. The plans, developed with joint venture partner Mount Anvil, were designed to sustain and enhance that spirit.

Cecilia Aridegbe, chair of the Residents Steering Group summed up the community's feelings on the development: "We are really happy with the councillors' decision. Mount Anvil and Peabody have ensured our views are heard and we feel they have really listened to us. The regeneration will deliver real benefits to the residents of Friary Park."







By 2030, 455 new affordable homes will have been added to the estate. There'll be a new community kitchen, a cycle hub and the community centre; the beating heart of Friary Park since the 80s, will be back and better than ever. These facilities were redesigned in response to the changing needs of residents after the experience of COVID.





Green space is at the heart of Friary Park. Mount Anvil and Peabody have partnered with Royal Botanic Gardens, Kew, to create two acres of biodiverse woodland, gardens and walkways.











Residents are  
what shape  
our communities.





# HUDA



Born in Iraq, Huda moved to Friary Park with her husband and son 27 years ago.

“Our new apartment is definitely a lot bigger. There is so much more natural light, it’s amazing. And being on the fourth floor we have a nice view. Friary Park is home to me, it is like a security blanket.”

For Huda, making Kubba Haleb evokes memories of family and a cherished culture.

“Kubba Haleb is a traditional dish that I used to watch my mother make as a child. I would steal the mincemeat whilst she was making it and always get told off. I started to make it myself when I got married. My husband often helps me make it; he’s better than me actually!”



“

Our Kubba Haleb is crunchy on the outside, with a soft, spiced mixture on the inside. This dish really plays with all of your senses and is a taste sensation you will never forget!



# KUBBA HALEB

Cooks in: 2 hours

Serves: 10 people

## Ingredients

2 cups basmati rice  
1 tsp turmeric  
1 small onion, finely chopped  
2 cups (or 1 lb) of lamb mince (with fat)  
1 small bunch of parsley, finely chopped  
2 heaped tsp baharat spice  
(cardamom, cinnamon, coriander,  
black pepper, nutmeg, cloves)  
Salt to taste  
Sunflower or vegetable oil for frying

## Top tip

Don't be frightened to over-cook the rice — that's not a bad thing!

## Serving suggestions

Serve with salad, tomatoes, onions and cucumber.

SCAN TO WATCH HUDA  
COOKING HER RECIPE



## Directions

### — FOR THE SHELL —

1. Soak the rice for 30 minutes. Rinse thoroughly and drain.
2. Place the rice in a saucepan and pour enough cold water to almost cover it.
3. Place on medium heat, season with salt and turmeric and stir gently so all the grains are covered.
4. Cover with lid and allow to simmer for 20-25 minutes, stirring occasionally. When cooked, the rice should have absorbed all of the water and take on a yellow colour.
5. Once the liquid is absorbed, turn the heat off. Keep the rice covered and leave to cool.
6. Once cool, use a potato ricer, food processor or your hands to knead the rice and create a dough-like mix. Be careful not to over mix the rice so that it turns to a thick puree. You still want some texture in your rice shell.
7. Set aside whilst you prepare the stuffing.

### — FOR THE STUFFING —

1. In a separate pan, fry the finely chopped onions in a splash of olive oil.
2. Allow to sweat for 5 minutes before adding the lamb mince. Stir through and season with salt.
3. Cook for 5 minutes then add the baharat spice.
4. Once all combined, and the lamb mince is not too wet, add your finely chopped parsley. Stir and take off the heat.
5. Set aside to cool.

### — TO MAKE THE KUBBA HALEB —

1. With damp hands, take about a golf ball size of the rice and flatten to a disc that is about the size of your palm.
2. Add approximately 2 tsp of lamb mince into the centre of the disc and encase within the rice shell. To follow tradition, shape it like a torpedo.
3. Set aside on greaseproof paper and allow to air dry for an hour.

You should prep at least 30 Kubba Haleb.

(Freeze any that you don't want to cook immediately).

### — TO BOIL —

4. Fill a pot with boiling water.
5. Gently lower the Kubba into the water with a spoon. When the Kubba are cooked they will rise to the top.
6. Remove and place on kitchen towel to drain excess water

### — TO FRY—

4. Fill a pot with vegetable oil, enough to fully cover the Kubba when frying. Heat the oil to 170°C. To check if the oil is hot enough, take a small piece of the rice dough and drop it in the pan. It should sizzle immediately and float to the top if the oil is at the correct temperature.
5. Place 2-3 Kubbas in the oil and fry for about 2.5 minutes until golden brown.
6. Once cooked, drain on greaseproof paper.



# ROTI AND DAHL PURI

RECIPE BY CATHERINE ALBERT

— Resident of Friary Park for 30 years

“

This dish was introduced to people in the Caribbean by Indians who had migrated there as skilled labourers, so although it's traditionally Indian food, it is now a Caribbean dish.

It's made in a different way in different Caribbean countries, and you can put your own twist on it.

Cooks in: 20 minutes

Serves: 20 people

## Ingredients

1 tbsp jeera  
1 lb yellow split peas  
4 cups all-purpose flour  
1 tsp salt  
6 cloves garlic  
2 tsp baking powder  
2 tsp brown sugar  
1 hot pepper  
1 cup water  
25g ghee (for frying and greasing pan)

## Top tip

Use baking sheets to separate the roti for packing and storage. Great for freezing if you've made a big batch.

## Serving suggestion

Serve as a snack or with your protein of choice.

## Directions

1. Combine flour and salt using water to make a dough. Knead to a soft consistency.
2. Separate dough into small balls (about the size of a golf ball) and set aside to rest for about 10-15 minutes.
3. Grind the split peas to a powder and add jeera and garlic.
4. Make a small indentation into a dough ball and fill with 1 tbsp of the split peas mixture. Pinch the ball on the sides to close the hole and keep the split peas inside.
5. Dust a small amount of flour on your kitchen surface and roll the dough ball with a rolling pin until thin (make this as thin as possible) to make your roti.
6. Spread a small amount of ghee in the frying pan or tawa, and place on medium heat.
7. Place rolled dough into frying pan to cook. When the mixture rises in the pan, turn/flip the roti. You will see small brown marks on the roti once it is cooked.
8. Stack roti and cover with a clean towel until ready to serve.



# SALTFISH CAKES

Cooks in: 30 minutes

Serves: 4-6 people  
(20 cakes)

## Ingredients

400g salt fish (cod fish)  
2 cups of self-raising flour  
2 tsp baking powder  
3 cloves of garlic,  
finely minced  
½ red pepper, finely chopped  
½ spring onion  
A sprig of thyme  
¼ onions, finely chopped  
1 tsp teaspoon of  
ketchup (optional)  
¼ hot pepper (optional)  
½ cup milk and water  
1 egg  
Salt to taste

## Top tip

To test that the oil is hot enough for frying, touch a small amount of batter in the oil. If it sizzles, it's ready!

## Directions

1. Boil saltfish to remove salt or soak overnight. If soaked overnight, rinse in the morning and boil in fresh water for about 3 minutes.
2. In a bowl combine flour, baking powder, egg, black pepper, onion powder, chopped garlic, smoked paprika, spring onions and red pepper.
3. Add milk and water and combine all the ingredients to create a batter.
4. Once saltfish is cooked and cooled, break up into small pieces and add to batter and stir. Allow batter to rest for 5 minutes.
5. In a small frying pan, add 3 inches oil (½ cup) to fry the fishcakes.
6. Heat oil on medium heat. Gently lower heaped tablespoons of the fish and batter into oil making sure the oil covers the batter while frying. Saltfish cakes will float to the top when cooked.
7. Flip cakes onto the other side to make sure batter is cooked evenly.
8. Line your serving bowl with paper towels and move fish cakes from oil to the bowl to cool and drain excess oil.

## RECIPE BY ANNE-MARIE LORDE

— Resident of Friary Park for 35 years



“  
This is a family recipe that was taught to me by my mum and dad. My dad would usually make saltfish cakes and I loved them!”

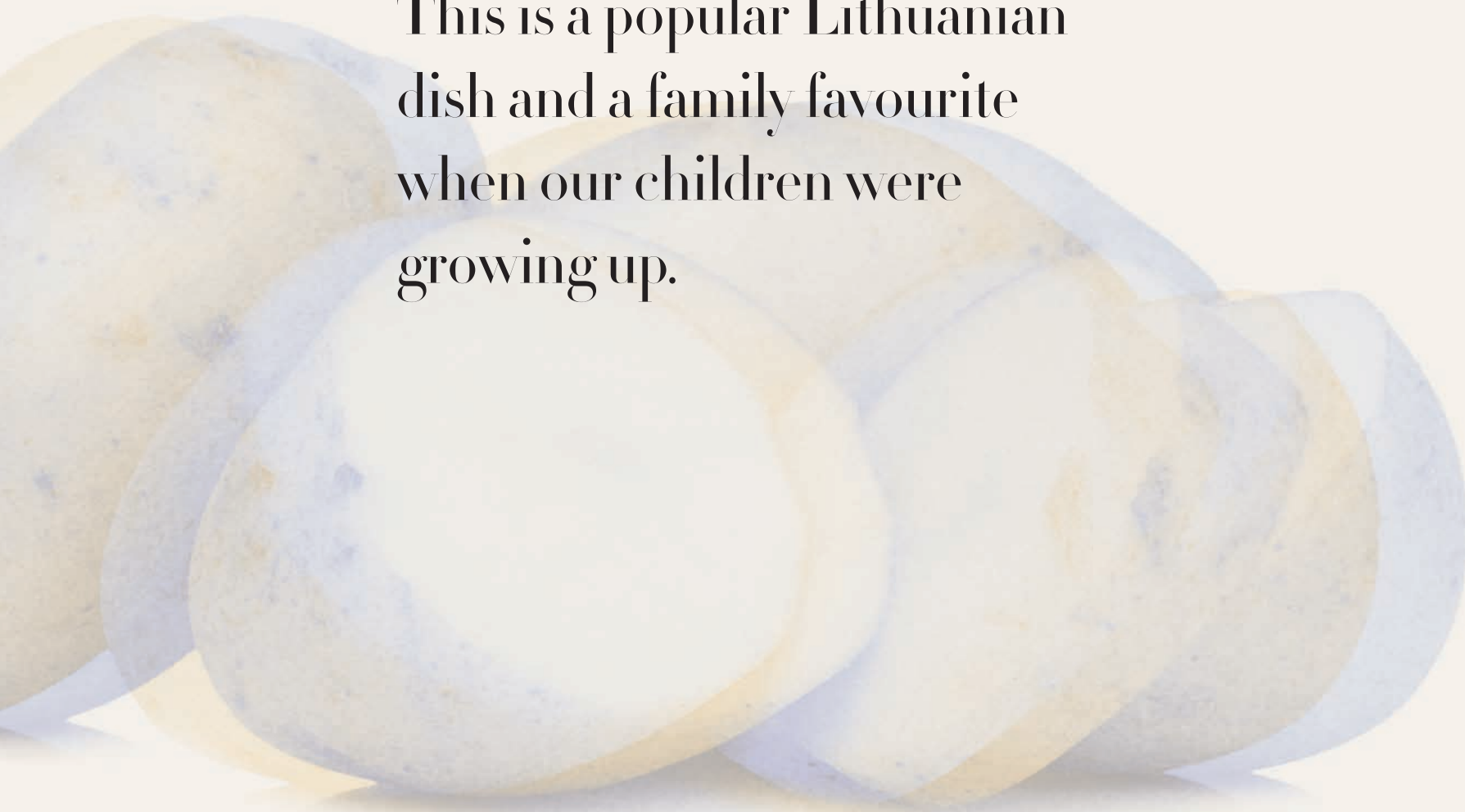


# KUGELIS

RECIPE BY ZITA AND KEVIN TAYLOR

— Residents of Friary Park for 9 years

“  
This is a popular Lithuanian dish and a family favourite when our children were growing up.”



Cooks in: 1 hour

Serves: 4-8 people

## Ingredients

25g butter (for frying and greasing baking dish)  
4 large potatoes, peeled  
6 rashers streaky bacon  
1 medium onion, finely chopped  
4 eggs  
100ml milk  
Salt and pepper to taste

## Top tip

The bacon can be replaced with chopped chicken fillet.

## Serving suggestions

Serve with sour cream, spring onions and a green salad.

## Directions

1. Pre-heat oven to 180°C. Use butter to grease a 20cm x 20cm baking dish.
2. Gently fry the bacon for 6-7 minutes until crispy and fat rendered. Place cooked bacon on a paper towel to remove excess fat.
3. Using the same frying pan, keep around 1-2 tbsp of fat and add the onions. Cook gently until soft and golden. Remove from heat when done.
4. Grate the potatoes into a large sieve and allow any water to drain.
5. Break eggs into a large bowl and beat until mixed.
6. Add milk to eggs and stir. Season with salt and pepper.
7. Coarsely chop the bacon into chunks and, in a separate bowl, add them to the grated, drained potatoes.
8. Gradually add the egg and milk mixture to the bacon and potatoes and mix until well combined.
9. Pour mixture into baking dish. Bake in oven for around 40-60 minutes, until potatoes are soft and brown and beginning to crisp.



# FRAGRANT RICE AND MEAT

Cooks in: 30 minutes

Serves: 4 people

## Ingredients

### — MEAT —

1 tbsp sunflower or vegetable oil  
1 onion  
2 large tomatoes  
2 large jalapeños  
1 kilo lamb, chopped into chunks  
Pinch of salt

Pinch of cinnamon

1 clove garlic  
1 pinch coriander  
1 tsp coriander seeds  
1 tsp black pepper  
1 tsp yellow caraboid

### — RICE —

1 tbsp sunflower or vegetable oil  
½ kilo basmati rice, washed  
Boiling water (as per rice instructions)  
1 tsp garam masala

## Directions

### — FOR THE MEAT —

1. Place 1 tbsp of oil into saucepan on medium heat.
2. Slice onions and add to the pan. Fry for 1 minute until onions caramelise/brown.
3. Chop tomatoes, add to pan and stir. Chop jalapenos, add to pan and stir together.
4. Add lamb to pan and stir until sizzling.
5. Add remaining ingredients and stir. Cook together until meat is cooked and remove from heat.

### — FOR THE RICE —

6. To another saucepan add oil and the garam masala and cook on a medium heat for a few minutes before adding the rice. Stir the rice into the heated oil for 1 minute.
7. Add boiling water (as per pack instructions) and a pinch of salt to the rice, stir and cover and allow to cook for 7-10 minutes. Stir rice and cook to taste.
8. When rice is cooked, remove pan from heat and leave to stand for 2-3 minutes before serving with the meat.

## RECIPE BY LUUL SHARIF

— Resident of Friary Park for 14 years

“  
My mother taught me  
this dish. I just love  
the flavours, and it's  
so easy to make.”





# CARROT PANCAKES

RECIPE BY CLOMEL TUITT

— Resident of Friary Park for 24 years

“

My mum taught me this dish. It was usually a sweet treat as a child and one of my fondest memories of mum. I eat my pancakes with sausages!

Cooks in: 10 minutes

Serves: 4-5 people

## Ingredients

3 carrots  
1 cup self-raising flour  
¼ cup sugar  
1 cup milk  
1 egg  
¼ tsp cinnamon  
¼ tsp nutmeg  
¼ tsp vanilla essence  
Vegetable oil for frying

## Top tip

To check if the batter is good, place the back of the spoon in the batter and when you lift it out, run your finger through it.

If the batter is good — the line on the spoon stays open.

If the batter is bad — the line will close. To correct this, add more flour to thicken the mixture.

## Directions

1. Peel and grate carrots.
2. Combine all the dry ingredients — flour, sugar, cinnamon, nutmeg — in a bowl.
3. In a separate bowl, combine all the wet ingredients — milk, egg, vanilla essence — and grated carrots. Mix well.
4. Combine both wet and dry ingredients, mix well and set aside for 5 minutes. Check the consistency of the batter (see top tip!).
5. Line your serving bowl with paper towels ready for when the pancakes are cooked.
6. Add vegetable oil to a shallow, non-stick frying pan.
7. Drop 2 tsp of batter into the frying pan to make 1 pancake.
8. Fry for around 2 minutes — until golden — on each side on a low heat.
9. Remove pancakes from oil and place onto pre-lined bowl to cool and drain excess oil.



# N O C K E T A

“

Seeing the community come together like they do here is like being back home. There is such a mixture of people here too, but everyone is so friendly and always there for each other. We love it.



Nocketa and her two children LaTonya and Daniel moved to Friary Park 10 years ago.

“It was an easy decision for me to stay at Friary Park because the people on the estate are like family to me, and it has always felt like home. When we first walked into the new apartment there was just so much space! Now we have chairs in the kitchen and all the neighbours come in and sit with us while we’re cooking. We love that.”

As the co-founder of Earth Living — a charity dedicated to providing support and nourishment to individuals and families struggling to cope — Nocketa is a culinary enthusiast and devoted to fostering unity in her community.

“Food is a really important part of our heritage and culture. Families and friends come together to cook and eat, and social events always centre around food. My uncle makes the best jerk chicken; he’s amazing. All the flavours kind of dance in your mouth!

Moving here reminded us of being back home in Jamaica where everyone comes together. I’m used to a big family — grannies laughing and telling off the kids as they run around.”



# ACKEE AND *SALT FISH*

Cooks in: 45 minutes

Serves: 4-6 people

## Ingredients

600g boneless salted cod  
2 tbsp vegetable oil  
1 medium onion, finely chopped  
4 garlic cloves, finely chopped  
3 spring onions, thinly sliced  
1 scotch bonnet pepper, deseeded and finely chopped  
1 tsp dried thyme  
(or 4-5 sprigs of fresh thyme)  
1 tsp ground pimento (allspice)  
½ red pepper, deseeded and finely chopped  
½ green pepper, deseeded and finely chopped  
1 large tomato, chopped  
2 x 540g cans ackee fruit, drained  
Salt and black pepper to taste

SCAN TO WATCH NOCKETA  
COOKING HER RECIPE



## Directions

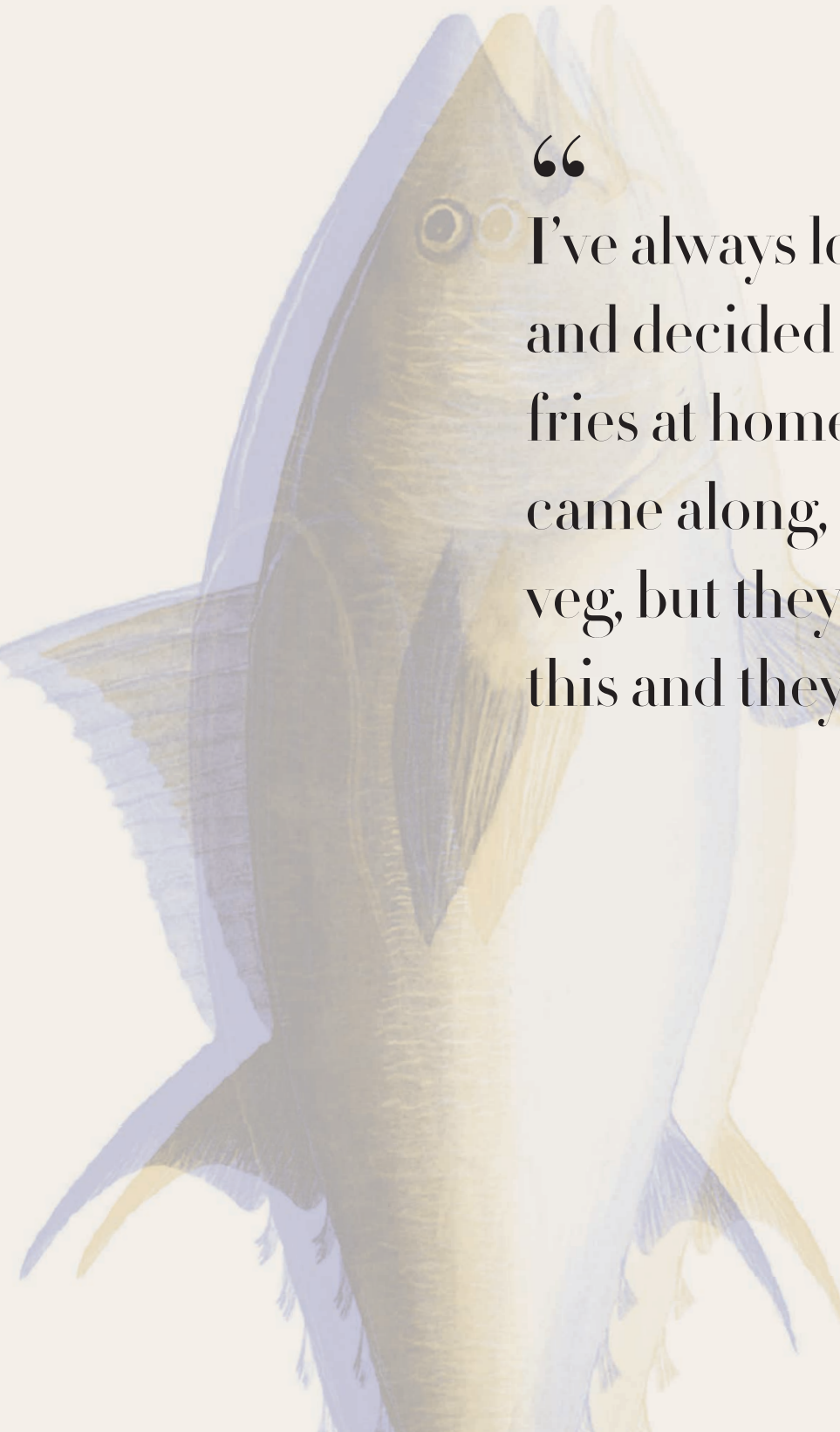
1. Place the salted cod in a large pan and cover with cold water. Bring to the boil, then boil for 5 minutes. Drain and add fresh cold water to cover.
2. Repeat this process until you're happy with the saltiness when tasted; I recommend boiling the fish three times in total for a perfect balance of salt in the fish. Drain and set aside to cool.
3. Pour the vegetable oil into a large frying pan and place over a high heat. Once the oil is sizzling hot, turn the heat down to low-medium.
4. Add the onion, garlic, spring onions and scotch bonnet, then cook until soft, for around 5-7 minutes.
5. Use a fork to shred the cooled, salted cod into pieces.
6. Add the salted cod, thyme and pimento and a dash of black pepper to the onions and scotch bonnet. Mix it together and cook for around 3 minutes.
7. Add in the red and green bell peppers, along with your tomato. Mix together and cook for a further 2-3 minutes.
8. Gently add the ackee and black pepper to taste. Fold in the ackee; the ackee is soft so it's important to fold it in very gently.
9. Once folded in, simmer on a low-medium heat for 3-5 minutes before serving.



# GREENY TUNA STIR FRIED RICE

RECIPE BY ZANA WILLIAMS

— Resident of Friary Park for 17 years



“  
I’ve always loved Chinese food and decided to start making stir fries at home. When the kids came along, they wouldn’t eat veg, but they don’t notice them in this and they love it!

Cooks in: 45 minutes

Serves: 4-5 people

## Ingredients

1 onion  
1 leek  
3 bulbs of garlic  
3 carrots  
1 bunch of greens  
½ sweetheart cabbage  
2 tins of tuna (drained)  
1 ½ cups of basmati rice  
Small bag of spinach  
2 tsp of garlic and coriander seasoning  
1 tbsp of Salt  
1 tsp of olive oil  
2 tbsp of vegetable oil

## Directions

1. Take 1 and ½ cups of rice and rinse thoroughly. Place in a large pot and add 1 tsp of olive oil, 1 tbsp of salt and 1 and ½ cups of water, cover with the lid and place on a low heat.
2. Dice 1 onion, 1 leek and 3 bulbs of garlic and set aside.
3. Take 1 bunch of greens and ½ a sweetheart cabbage, wash and remove the centre spine, lay the leaves flat and roll into a Swiss roll. Then cut greens into thin strips and set aside.
4. Wash and cut spinach leaves into thin strips and set aside.
5. Take three carrots, wash, peel and cut into 3 millimetre strips, then dice into tiny squares and set aside.
6. Put 2 tbsp of oil into a large pan/wok and add the onions. Sauté for 3 minutes.
7. Add 2 tins of tuna and stir through.
8. Add 2 tsp of garlic and coriander seasoning, then cook for a further 5 minutes.
9. Add the diced carrots and cook for 3 minutes, stirring to blend together.
10. Add the greens and stir thoroughly for 4 minutes.
11. Once the rice has steam cooked, remove from the stove and place into a large bowl. Leave to air dry for 5 minutes.
12. Add the rice to the tuna and veg and stir through thoroughly.
13. Turn off the heat and add the spinach, then stir through thoroughly.

## Serving suggestions

Serve alone or with salad.



# MACKEREL RUNDOWN

**RECIPE BY KEISHA SCOTT**

— Peabody Neighbourhood Coordinator at Friary Park

**Cooks in:** 25 Mins

**Serves:** 2 people

## Ingredients

- 260g salt mackerel
- 2 cups coconut milk
- 1 small bell pepper, chopped
- 1 medium scallion, finely chopped
- 1 small onion, finely chopped
- 3 sprigs of thyme
- 2 cloves garlic, finely chopped
- 5 pimento berries (allspice)
- 1 scotch bonnet (do not cut or burst)
- 1 tsp olive oil
- 1 lime

## Directions

1. Wash the mackerel twice with lime juice and water to help cut the salt and fish smell.
2. Place the mackerel in a saucepan, cover with fresh water and boil for 10-15 minutes or until the fish is softened and easily breaks apart.
3. Remove from heat and wash in cold water to cool.
4. Debone the mackerel, remove the head and break it into small pieces.
5. In a saucepan, add the oil, onion, garlic and bell pepper and sauté for 2 -3 minutes on medium to high heat.
6. Add the coconut milk, thyme, pimento (allspice) and scotch bonnet pepper. Cover and cook for 10 minutes.
7. Add the mackerel and cook for a further 10 to 15 minutes or until the liquid reduces to an oily custard- like creamy sauce.

## Top Tip

Add a squeeze of lime juice when the sauce is being reduced to add a tang and help cut back on the 'fishy' smell.

## Serving suggestions

Serve with roast breadfruit or boiled ground provisions such as yam or green bananas.



“  
My love for fish came from my grandmother who was dear to my heart. As a child, I remember days in the kitchen with her as she taught me how to make traditional dishes the way she learnt from her mom.”



# BEEF SAMOSAS

RECIPE BY FATUMA HUSSEIN

— Resident of Friary Park for 10 years

“  
My mum is the best at making samosas. I used to watch her making them as a child and I would always try to help. I started making them on my own as a teenager, and now it's a tradition to make samosas every Ramadan.”

Cooks in: 2 hours

Serves: 30 people

## Ingredients

3 tbsp olive oil  
300g beef mince  
1 tsp cumin  
1 tsp coriander  
1 tsp paprika  
6 gloves garlic, finely chopped  
3 carrots, grated  
¼ inch ginger, chopped  
2 large onion, finely chopped  
2 cups of plain flour  
Salt to taste  
½ cup water, warm  
oil for deep frying samosas

## Top tip

Be careful not to overwork the dough — you only need to bring the dough together. If you overwork it, the samosa will be hard.

## Directions

1. Heat oil in a medium-large saucepan at medium heat.
2. Add beef, spices, garlic, carrots, ginger. Reduce to a low heat and cook for 20 minutes or until mince is cooked.
3. Remove pan from heat and put aside to cool. Once cooled, add onions, stir and set aside.
4. In a large bowl, combine the flour, salt and water. Use your hand or a spatula to mix together. Once the dough pulls away from sides of the bowl, transfer to a lightly floured surface and knead for 4 minutes or until the dough is smooth and soft. Allow the dough to rest for 30 to 40 minutes before you start making the samosa.
5. Separate dough into 8 equal sized pieces.
6. Take 1 piece and make 2 dough balls. Use a rolling pin and sprinkle of flour, roll each ball into an identical thin, flat circle (approx. 3-4mm thick).
7. Brush 1 piece with sunflower oil and place the second piece on top to create one piece.
8. Cut the circle into 4 equal pieces and place into a flat, greased pan on high heat to par-cook. Turn after 10 seconds and cook on the other side for a further 10 seconds. The dough should not change colour.
9. Make a paste of water and flour (thick) to use to seal samosas.
10. Fold each piece of par-cooked dough into a triangular cone pocket (using the paste to seal the edges) and add 1 tbsp of filling. Fold the top and press to seal using the paste and set aside.
11. Repeat steps 6-10 until all samosas are prepared.
12. In a large, deep pan, heat oil to 350°F (180°C). Once the oil is at the correct temperature, carefully place 4-6 samosas in the pan at a time. Fry for about 5 minutes, flipping once, until light, golden brown.
13. Remove from oil and place on kitchen towel to remove excess oil.



# NERGIZ

Originating from Turkey, Nergiz moved to London when she was four years old. Friary Park has been her home for almost 20 years and having moved into her new apartment with her son and daughter in March, she feels even more at home than ever.

“We’ve lived here for just over three months now and it’s been amazing - a fresh, positive start for me and my family.

My favourite thing is probably the kitchen area. It’s huge and easy to access everything without bumping into anyone.

We also have a lot of outdoor space and eat a lot on the balcony. It feels like a real luxury!”

With a love for traditional food and healthy eating, Nergiz learned to cook from her mother and is keen to pass her skills and recipes onto her children.

“Cooking is my hobby really, I love it. I cook every day. I prepare a lot of international foods, but this is probably one of my favourites. And it’s so easy!

When my kids come home, it’s good that they see homemade food on the table. I like to see them eat healthily and to pass on the tradition to them so that they can cook and support themselves as well.”



“  
My mum taught me  
this dish, and it’s great  
because it is light and  
very healthy. You can  
eat lots of them without  
feeling too full!





# DOLMA

(STUFFED VINE LEAVES)

Cooks in: 1 1/2 hours

Serves: Many!

## Ingredients

420g vine leaves  
(approx. 60-70 leaves)  
200g minced meat  
(beef, lamb or mixed)  
2 onions  
200g short-grain rice  
1 tsp salt  
½ tsp freshly ground black pepper  
½ tsp flaked chilli (optional)  
2 tbsp tomato paste  
½ cup chopped parsley  
1 tbsp chopped fresh dill  
1 tbsp olive oil (optional,  
necessary if using lean mince)  
1 tsp tomato paste, diluted in  
600ml water

## Directions

1. If using jarred grape vine leaves in brine, remove them from the jar and rinse well.
2. Let them drain in a colander while you prepare the rice stuffing.
3. Place the rice in a colander and rinse under cold water to remove excess starch.
4. Allow rice to drain and transfer into a large bowl.
5. Add the minced meat, chopped onions, salt, freshly ground pepper, chili flakes (optional), tomato paste, olive oil (optional), and chopped herbs to the bowl.
6. Mix well until everything is combined and set aside.
7. To create the dolma, take a single leaf and lay it flat on a cutting board with the shiny side down. Place roughly 1 tablespoon of the meat and rice filling in the center of the leaf, close to where the stem was.
8. Fold the sides over the filling and roll – make sure that you keep tucking the sides in as you roll.
9. Roll the dolma tightly but not too tight, leaving enough room for the rice to expand as it cooks.
10. Layer the bottom of your dutch oven (or similar cooking pot) with broken or unused vine leaves (you can also use sliced potatoes and/or lamb ribs) to avoid the stuffed vine leaves touching the bottom of the pot and burning.
11. Arrange the stuffed vine leaves in neat rows and layers in your prepared pot. Place them seam-side down and avoid leaving any (or too much) space between them.
12. Dilute 1 teaspoon of tomato paste with 600 ml of cold water and pour it over the dolmas, until they are almost covered.
13. Bring to the boil then cover and reduce to low heat. Allow to gently simmer for an hour, or until the leaves are softened and the rice is fully cooked.
14. Allow the dolmas to rest before serving.

SCAN TO WATCH NERGIZ  
COOKING HER RECIPE



## Top Tips

Use a heavy pot or casserole dish with a tight-fitting lid to cook the dolmas. This helps to ensure even cooking and prevent burning.

When buying grape vine leaves, make sure that the leaves are flexible enough and don't have very hard veins.



# ZIGNI

## RECIPE BY SOLA ESTEFANOS

— Mount Anvil Resident Engagement Manager at Friary Park

“  
My mum taught me this  
recipe. I love it because it  
is so tasty and reminds me  
of home.”

Cooks in: 2.5 hours

Serves: 6-8 people

### Ingredients

**- BERBERE SPICE SEASONING -**  
(can be prepared in advance  
or bought in Eritrean shops)

1 small onion, finely chopped  
2 cardamom seeds or  
1 tsp ground cardamom  
2 cloves garlic, crushed  
1 cup water  
1 tbsp salt  
1 tbsp paprika  
1½ tbsp chili powder  
1 tbsp allspice  
1 tsp ground ginger  
1 tsp ground cloves  
½ tsp white pepper  
½ tsp ground fenugreek  
½ tsp ground coriander  
¼ tsp grated nutmeg  
1 pinch ground cinnamon

**- ZIGNI (MAIN DISH) -**

2 lb beef, cubed  
1 can diced tomatoes in juice,  
not drained  
6 onions, minced  
4 cloves garlic, crushed  
4 tbsp berbere (see above)  
5 tbsp oil  
Pinch of salt to taste

### Serving suggestion

Serve with bread, rice  
or injera (traditional  
Eritrean bread).

### Directions

**- BERBERE SPICE SEASONING -**

1. In a pan, roast on low heat for 2 minutes the cardamom, coriander, ginger, fenugreek, nutmeg, cloves, cinnamon and spices.
2. Allow to cool, stirring the mixture occasionally.
3. Add garlic, onion, half the salt and 2 tbsp of water. Mix everything.
4. Pour the spice mixture into a separate dish and set aside.
5. In the same pan, add the chili pepper, white pepper, paprika, allspice and remaining salt.
6. Toast on low heat for 1 minute. Pour the remaining water gradually, stirring constantly.
7. Add the spice mixture, stir thoroughly and cook over very low heat for 15 minutes.
8. Transfer the mixture to a jar. Allow to cool and then cover with a thin layer of oil. Keep refrigerated for up to 10 days.

**- ZIGNI (MAIN DISH) -**

1. Heat oil over medium-high heat and add the onions and garlic. Cook until brown, stirring constantly. Simmer for about 20 minutes.
3. Add the berbere spice mixture. Mix well and cook out. This cooks the chilli and enhances the flavours.
4. Blend in the tinned tomato to the mixture. Cover and cook for about 20 minutes. Siring occasionally, adding water when needed.
5. Add the beef cubes, reduce heat and simmer over low heat for about 1 hours and 30 minutes until the meat falls apart easily, and the sauce should be smooth and not taste sour.





In memory of

# GLORIA

Gloria Villamil was a long-standing resident of Friary Park who sadly passed away in April this year. She was well loved by her neighbours, and by those at Mount Anvil and Peabody who were lucky to know her, with her infectious laugh and good humour very much missed by all in the community.

Gloria never let a moment go to waste and believed that life was for living. A lover of many things, you would often find her sewing, knitting, gardening or out dancing, but it was her cooking that she was most famed for.

Gloria's home-grown plums made the best jam, and she also made an incredible Tarte Tatin. Always one of the first desserts to be finished off at community events - you were lucky to get a slice!



# PLUM JAM

Cooks in: 1 hour

## Ingredients

2 kg of plums  
1.2 kg of sugar  
Juice of 1 lemon  
1 level tsp of gingerbread spices (coriander, star anise, cinnamon, clove)

## Directions

1. Wash, seed and dice plums.
2. Mix fruits with sugar, lemon juice and spices.
3. Leave to rest one night in your fridge.
4. The next day, cook the mixture in a large pot on low-medium heat for around 60 minutes.
5. Monitor regular and remove foam.
6. Once the jam is ready, spoon into your sterilised jars and place immediately into the fridge to cool.

## Top Tip

Pop a plate in the freezer at the beginning of your cooking time. Once you think that your jam has reached its setting point or has thickened, spoon a bit of the jam on the cold plate and tilt it vertically so the jam runs. You are aiming for a slow descent, not a runny mess. If it runs slow, it's set!



# TARTE TATIN

Cooks in: 1 hour

Serves: 8 people

## Ingredients

100g white sugar  
3tbs tap water  
50g butter unsalted  
1 sheet of puff pastry  
1 lemon juiced and peeled  
3 pink lady apples peeled and quartered

## Serving Suggestions

Cut into wedges and serve warm with scoops of vanilla ice cream, whipped or pouring cream, or hot custard.

## Directions

1. Preheat oven to 190°C.
2. Make a solution with water, lemon juice and peel (enough to cover all the apples).
3. Peel the apples, cut in half then take off the eye of the apple and cut into quarters.
4. Place them in the lemon water mixture until needed.
5. Heat a frying pan on medium heat and add the sugar and water. Allow it to simmer until it turns brown and caramelises.
6. Once the sugar is caramelised (dark brown in colour), add in the apples and cook on low heat until the apples are a little soft and the caramel is glazing the apples. Note that when the apples are added the caramel will become liquid but keep cooking the apples in the caramel until reduced and thick.
7. In the same pan or a separate tray arrange the apples as you wish, leaving a small space at the edges for the pastry.
8. Unroll the pastry onto your counter and cut approximately 2cm (1in) wider than the diameter of the frying pan or tray containing the apples.
9. Carefully place over the hot apples, and then press down the sides to ensure all the fruit is covered and the pastry covers the inside edge of the pan or tray.
10. Prick all over a few times with a fork, brush with a pastry brush dipped in beaten egg and then bake in the oven for 20-25 minutes or until puffed up and golden.
11. Leave to cool for 5 minutes in the pan or tray, then run a small sharp knife between the pastry and the edge of the pan. Place a serving plate over the top and invert the pan or tray.



