

## Refugee Week Recipes

### Bangladesh - Rice pudding recipe



#### Description

Payesh (পায়শ) or sometimes called Kheer (ক্ষীর). It is a traditional dessert made with rice, milk, sugar, and flavoured with cardamom, and often garnished with nuts and raisins.

#### Ingredients:

- 1 Litre Milk (just over 4 cups)
- 1/3 cup Basmati Rice
- 1/3 cup sugar
- 4 cardamom pods OR 1 tsp ground nuts (e.g. cashews, pistachios, almonds)
- Dried fruit (e.g. raisins, dates, apricots, mango)
- 2 tsp ghee or butter
- 2 bay leaves

#### Instructions:

- Heat a pan on the stove.
- Add a few spoons of butter to the pan and let it melt.
- Once the butter is melted, add the rice to the pan and stir for about 2 minutes.
- Pour in the milk and add a pinch of salt.
- Add sugar and crushed cardamom to taste.
- Boil the mixture until it thickens.
- Finally, garnish with nuts or dried fruit as desired.

## Ethiopia – Injera recipe



### Description:

Injera is a sourdough flatbread from Ethiopia, made with fermented teff flour. It serves as both a plate and utensil in Ethiopian cuisine, used to scoop up stews and other dishes. Its unique taste and spongy texture come from fermentation.

### Ingredients:

- 1 cup Teff flour\*
- ½ cup All-purpose flour
- 1 teaspoon Instant yeast
- ½ teaspoon
- Sea salt
- ¼ teaspoon Baking soda
- 2 cups Warm water
- 1 tablespoon Apple Cider Vinegar

### Instructions:

- In a large mixing bowl, combine teff flour, all-purpose flour, instant yeast, salt, and baking soda and mix well.
- Stir in apple cider vinegar and warm water. Whisk vigorously until the batter is smooth and free of lumps.

- Cover the bowl and set it aside in a warm spot for 1 hour.
- Preheat a 9" non-stick or cast-iron skillet on high heat for 5 minutes.
- Lightly spray the skillet with cooking spray.
- Pour ¼ cup of the batter onto the outer edge of the hot pan, working in a spiral toward the center. Tilt the pan to fill in any holes.
- Immediately cover the pan with a loose-fitting lid and let the injera cook for 2-3 minutes.
- The injera is done when the top is no longer shiny or wet and feels firm to the touch.
- Transfer the cooked injera to a plate and cover immediately with a kitchen towel or plastic wrap.
- Repeat with the remaining batter.
- Stack the injera on top of each other, keeping them covered to retain moisture and softness.

## Pakistan - Chicken Biryani recipe



### Description:

Chicken Biryani is a rice dish made with fragrant basmati rice, chicken, and aromatic spices. It's known for its rich flavours and is often garnished with fried onions and fresh herbs.

### Ingredients:

- 4 boneless, skinless Chicken thighs (1 1/4 to 1 1/2 pounds)
- 3/4 cup plain Yogurt
- 2 tbsp. Ginger & Garlic paste
- 2 tbsp. fresh Lemon juice
- 1 1/2 tbsp. Biryani Masala
- 1 tbsp. dry Coriander
- 1 tbsp. dry Cumin
- 1/2 to 1 tsp chilli powder
- 1 green chilli, such as serrano, minced
- 1/2 teaspoon ground turmeric
- 1 1/2 teaspoons fine salt, divided
- 1 pinch saffron threads
- 5 tablespoons milk
- 2 cups basmati rice
- 2 tablespoons ghee
- 2 teaspoons cumin seeds
- 2 bay leaves
- 8 peppercorns
- 1 (2-inch) cinnamon stick
- 1/2 cup shallots
- 1 Roma tomato, grated
- 1 tablespoon garam masala, store-bought or homemade
- 1/4 cup coriander leaves, finely chopped
- 1/3 cup mint leaves, finely chopped

### Instructions:

- In a large bowl, mix the chicken with yogurt, ginger-garlic paste, lemon juice, biryani masala, coriander, cumin, red chili powder, green chili, turmeric, and 1/2 teaspoon salt.

## Pakistan - Chicken Biryani recipe (Cont'd)

- Coat the chicken well and let it marinate, covered and refrigerated, for at least 2 hours or overnight.
- Preheat the oven to 325°F (163°C).
- In a small bowl, combine saffron and milk. Let it steep while you prepare the biryani.
- Place the rice in a medium bowl and cover with cool water. Let it soak while you cook the biryani.
- In a deep, heavy-bottomed pan, heat ghee over medium heat until shimmering.
- Add cumin seeds, bay leaves, peppercorns, and cinnamon stick. Cook, stirring constantly, until fragrant and slightly darkened, about 1 minute.
- Add 1/4 cup fried onions and tomato. Cook for 3-4 minutes until the tomato turns jammy. Add the marinated chicken and cook, stirring occasionally, until the chicken is almost cooked through, about 12-15 minutes. Stir in the garam masala.
- Boil the Rice
- While the chicken is cooking, heat 5 cups of water and 1 teaspoon salt in a medium saucepan until it reaches a rolling boil.
- Drain the soaked rice in a fine mesh sieve.
- Add the drained rice to the boiling water and cook for 5-6 minutes on medium heat until al dente. Do not fully cook the rice.
- Drain the rice in a colander or strainer and set aside.
- Once the chicken is almost cooked, top it with the par-boiled rice, ensuring the chicken is fully covered.
- Sprinkle the remaining 1/4 cup fried onions on top and drizzle with the saffron-milk mixture.
- Cover the cooking vessel and transfer it to the preheated oven.
- Cook for about 10 minutes or until the rice is tender.
- Garnish with coriander and mint leaves.



## Georgia - Khinkali recipe



### Description:

Khinkali are Georgian dumplings filled with spiced meat and herbs, boiled and served hot. They're a popular dish in Georgian cuisine.

### Ingredients:

- 1 kg Flour
- salt and pepper (to taste)
- 1 Red pepper
- Cumin (to taste)
- Coriander
- 2 Onions
- 300 g of Pork
- 700 g of Beef

### Instructions:

- Put the meat, onion, and coriander in a food processor. Add cumin, salt, and crushed red pepper to taste. Add water until the mixture is neither too thin, nor too thick. Cover the mixture and set it aside.
- For the dough, dissolve salt in a little warm water and slowly pour it into the flour placed in a bowl. Knead the dough for about 15 minutes until it is smooth and

elastic. Let the dough rest for another 15 minutes. Roll out the dough to about 1 cm thickness and cut out circles with a dough cutter.

- Place a levelled tablespoon of filling in the centre of each dough circle. Avoid overfilling to ensure the dumplings close properly. Crimp or pleat the edges of the dough and twist to create a stem-like top, resembling small purses or sacks. Use both hands to pleat, folding the edges over like a fan. Make sure your fingers remain clean to avoid difficulty in sealing.
- Lightly flour the khinkali. Take a pot, add water and salt and let it boil. Place the khinkali in the boiling water with the pleated side facing down and stir gently to prevent sticking. Boil for 7-8 minutes. Pour a glass of cold water into the pot, then remove the khinkali once the dough appears glossy.

## Ukraine – Borshch



### Description:

Borscht is a Ukrainian soup made with beets, cabbage, potatoes, and other vegetables, often with meat. It's known for its vibrant colour and rich flavour.

### Ingredients:

- 500g pork or beef
- 2-3 potatoes
- 1 onion
- 2-3 carrots
- 1-2 beetroots
- parsley root/parsley leaf
- celery (optional)
- 300g white cabbage
- 1 pepper (yellow or red)
- 2-3 tomatoes or 2 tablespoons of tomato paste or 2 tbsp. tomato paste
- 1-2 tbsp. vegetable oil
- 3-4 cloves of garlic
- 1 bay leaf
- Salt & black pepper (to taste)
- Vinegar (to taste)
- Sour cream

### Instructions:

- Pour cold water into a pan, add the meat, and place over medium heat. The broth will be tastier if you use meat on the bone. Keep an eye on the broth and skim off the foam before boiling. When the liquid boils, cover the pan with a lid and simmer over low heat for an hour and a half if using bone-in meat. If using boneless meat, cook for 30 minutes.
- While the broth is cooking, prepare the vegetables. Wash then peel the beetroots, carrots, onions, tomatoes, parsley, and bell peppers. Grate the beets on a coarse grater and the carrots on a medium grater. Cut the onion into small cubes and the pepper into strips. You can cut the tomatoes into cubes or use tomato paste.
- Pour oil into a frying pan and turn on medium heat. Fry the onions

## Ukraine – Borshch (Cont'd)

and carrots for 5 minutes. Add the parsley, the beetroot, and the vinegar. This will ensure the borscht is truly red and has a pleasant sourness. Simmer for another 10 minutes. Add half a glass of broth and simmer for another 15 minutes. Add the chopped peppers and tomatoes or tomato paste and simmer for another 2-3 minutes.

- While it cools, add shredded cabbage to the pan. After 5-10 minutes, add the potatoes cut into

cubes. While the potatoes are cooking, remove the meat from the bone and cut it into cubes. Return the meat to the pan and add salt to taste.

- Add the stewed vegetables to the broth. Add a bay leaf, pressed garlic, salt, black pepper, celery, and spices to taste. Bring to a boil and cook over moderate heat for another 10-15 minutes. Cover the pan with a lid for 15-20 minutes. Serve with herbs and sour cream on top.

## Afghanistan - Rice, Chicken Kebab, Spinach & Aubergine



### Description:

Afghan cuisine typically features a variety of dishes rather than one-pot meals, Rice is a core staple and the most important part of any meal in Afghan culture.

### Ingredients:

#### For the Rice:

- 1000 - 1500 gr rice (50 - 75 grams per person)
- 1 cup sunflower oil
- Salt to taste
- Cumin powder to taste
- Black pepper to taste

#### For the Kebab:

- 20 chicken legs
- 1 quart plain yogurt
- Juice of 4 lemons
- 3 whole crowns of garlic, peeled and crushed
- 500 grams tomato puree
- 1 dessert spoon turmeric
- 1 dessert spoon chilli
- Powder
- 1 cup sunflower oil

#### For the Spinach side:

- 6 brown onions, chopped
- 2 crowns of garlic, finely chopped
- 1 cup sunflower oil
- Salt to taste
- Pepper to taste
- 4 teaspoons chilli pepper
- 10 large bags spinach

#### For the Aubergine side:

- 10 aubergines, peeled and sliced lengthwise
- 1 kilogram fresh tomatoes
- 2 garlic crowns
- Sunflower oil for frying
- Salt to taste
- Black pepper to taste
- Fresh coriander for garnish



## Afghanistan - Rice, Chicken Kebab, Spinach & Aubergine (Cont'd)

### Instructions:

#### For the Rice:

- Soak the rice for 3 hours.
- Cook the rice and drain it.
- Heat 1 cup of sunflower oil. Add salt, cumin powder, and black pepper.
- Pour the seasoned oil into the rice and stir well.

#### For the Kebab:

- Mix all ingredients together to make the marinade.
- Marinate the chicken legs for 23 hours.
- Preheat the oven to 180°C (350°F).
- Lay the marinated chicken legs on a baking tray.
- Bake for 45 minutes or until the chicken is thoroughly cooked.

#### For the Spinach Side:

- Fry the onions, garlic, salt, pepper, and chilli pepper in sunflower oil for 30 minutes.
- Add the spinach and cook for an additional 30 minutes.

#### For the Aubergine Side:

- Fry the aubergine slices until light brown.
- Roll and place them into a baking tray.
- For the sauce: Fry garlic, tomatoes, salt, and pepper for 30 minutes.
- Pour the sauce over the aubergines.
- Bake at 180°C (350°F) for 45 minutes.
- Decorate with chopped coriander before serving.

## Afghanistan - Kabuli Pulao Recipe



### Description:

Kabuli Pulao, the national dish of Afghanistan, is a culinary masterpiece that's as visually striking as it is delicious. Characterized by its glistening, caramelized carrots and generous chunks of tender lamb, this dish offers an unforgettable gastronomic experience.

### Ingredients:

- 2–4 tbsp. char masala
  - 2 tsp cumin seeds
  - 1.5 lb lamb
  - 350 grams julienned carrots
  - 250 grams of raisins
  - 1/4 C sesame oil
  - 2 sliced onions
  - 4 chopped garlic cloves
  - Salt
  - 2 tbsp. of sugar
  - 3 Cups Rice
- Heat sesame oil in your Instant Pot, pressure cooker, or regular pot. Add diced onions and roughly chopped garlic, cooking for about 30 seconds before adding cumin.
  - Add the lamb pieces and a tablespoon of salt, followed by 3 cups of water. In an Instant Pot, cook on high pressure for 25 minutes. If using a regular pot, simmer for about an hour until the meat is fork-tender.
  - While the lamb is cooking, heat vegetable oil in a pan and add shredded carrots, cooking until soft. Set aside on foil. Soak raisins in hot water for 5 minutes, drain, and quickly sauté them in the same pan for about 30 seconds. Add them to the foil with the carrots and wrap into a packet to add to the rice later.
  - Boil a large pot of salted water and add the rinsed and soaked rice. Cook until the rice is partially

### Instructions:

- Thoroughly rinse your rice until the water runs clear. This step removes excess starch that can make the rice sticky, which is not desirable for this dish. Let the rice soak.

## Afghanistan - Kabuli Pulao Recipe (Cont'd)

cooked—about 4 minutes on average. The rice should still be firm enough to break with your fingers. Drain the rice.

- In a pan, heat a quarter cup of vegetable oil and add sugar. Let the sugar darken and caramelize, then add half a cup of water. Set aside.
- Remove the cooked lamb from the broth. In a large pot, layer half of the partially cooked rice at the bottom. Add the lamb pieces on top, followed by the remaining rice. Pour a few scoops of lamb broth, the sugar mixture, and a sprinkle of char masala over the rice.
- Poke holes in the rice with the handle of a spoon to allow steam to escape. Place the foil packet of carrots and raisins on top of the rice. Cover the pot with more foil and then the lid.
- Cook the assembled dish on the stovetop over medium-low heat for about 25 minutes, allowing the flavours to meld together.