

A TASTE OF...



Ama-zing Harmonies Community Cookbook
RECIPES FROM AROUND THE WORLD

At Ama-zing Harmonies, we like to sing, eat, and listen together.

During lockdown we have managed to find ways to sing and listen through zoom, but we were missing the eating part! The goal of this cookbook is to help the community learn about one another's cultures and personalities by attempting to capture their favourite recipes. We've asked participants to submit recipes that encapsulate who they are. If their identity is strongly rooted in their cultural heritage they can share foods from their grandparents and homelands. Some have identities and roots from different regions and have chosen recipes that represent that. Others love to explore and learn about other cultures through fusion cuisine. Whether hundreds of years old, or new fusion ideas, we are hoping that the recipes in here help you get a small snapshot of who we are in Ama-zing Harmonies.

So get cooking! We hope you enjoy a Taste of Ama-zing Harmonies.

Ama-zing Harmonies is a community focused charity operating in the North-West of Edinburgh. We believe one of the best ways to create strong ties is through sharing music, food, and culture. We welcome and encourage all to join in our community sessions. We are diverse and strive towards an inclusive Edinburgh.



Ongoing Programmes:

- **Community Choir:** Open to all ages and voices. We enjoy singing a wide variety of music, and encourage anyone no matter what their experience to join. Sessions are monthly on the last Monday of each month at 18:00.
- **Music Education:** We offer free keyboard and music reading lessons to children aged 6-11 with the help of Tinderbox Orchestra!
- **Youth Workshops:** We've begun offering monthly workshops for ages 12-18 helping them explore their creative interests, such as songwriting and dance.

VISIT US AT: ama-zingharmonies.org.uk

contents

Salads

Corn Salad	5
Pomegranate and Brie Salad	6
Tabbouleh	7
Toasted Walnut and Apple Salad	8

Starters and Mains

Roasted Butternut Squash Soup	10
Cullen Skink	11
Rich Chorizo Stew	12
Yam with Tomato Stew	13
Fresh Fish and Pepper Soup	14
Okro Soup	15
Nigerian Melon Soup	16
Fresh Chicken Wings and Pepper Starters	17
Dolma	18
Chicken and Spinach Curry	19
Fresh Fish in a Spinach and Pepper Sauce	20
Gwote Porridge	21

Sides

Hashbrown Casserole	23
Rosemary Creamed Mash	24
Za'atar Pita	25

Desserts

Butter Tarts	27
Pumpkin Pie (with a Walnut Crumble Topping)	28
Mocha Cheesecake	29
Crème Brûlée	30
Shortbread	31



salads



Corn Salad

Origin: North/Central America

Preparation Time: 15 minutes

A light summer salad, this side goes well with tacos or other summer dishes. For a more hearty dish, mix with black beans.

Ingredients:

- 1 tin of sweet corn
- 2 tbsp white sugar
- 3 tbsp olive oil
- 2 bell peppers (chopped)
- ½ red onion
- 1 tbsp cider vinegar
- 1 lime
- 1 package of cherry tomatoes or 2 diced salad tomatoes
- Salt & pepper
- 1 can of black beans (optional)



Preparation

- 1 Beat lime juice, vinegar, oil , salt and pepper to form a light vinaigrette.
- 2 Mix corn, diced peppers and sliced tomatoes and toss lightly.
- 3 Chill.



Pomegranate and Brie Salad

Origin: Fusion Preparation Time: 15 minutes

A Sweet salad balanced with the creaminess of brie and the crisp bite of red onion, this salad is delicious and easy to make.

Ingredients:

- Salad Greens
- ½ pomegranate (*can substitute with sliced strawberries*)
- Olive oil
- ¼ red onion
- Balsamic vinegar
- Sugar
- Brie
- Salt & pepper
- Basil (*optional*)

Other optional subs:

- Sliced almonds or toasted walnuts
- Thinly sliced red peppers
- Maple syrup or honey instead of sugar



Preparation

- 1 Beat vinegar, oil, sugar, and salt to form a light vinaigrette. To add extra depth to your vinaigrette you can blend in basil leaves (*Suggested Ratio of oil to vinegar is 2.5-1, diluted with a few drops of water. For a less tangy salad, use 3 parts oil-1 part vinegar*)
- 2 Cut brie into small thin slices.
- 3 Wash, mix, and dry salad greens.
- 4 Add cheeses, pomegranate, red onions and mix.
- 5 Right before serving toss lightly in vinaigrette.
- 6 Enjoy



Tabbouleh

Origin: Middle-East

Preparation Time: 15 minutes-25 minutes

A salad that uses parsley and cucumber as its greens, tabbouleh is refreshing and healthy. It is popular in the middle east where its light and refreshing flavour keeps you invigorated on a hot summer day. It can also be served on top of hummus and pitas to add a refreshing burst of flavour.

Ingredients:

- 1 bunch of fresh parsley (*flat not curly*)
- ½ cucumber
- ½ lemon juice
- 2 tbsp olive oil
- 1 salad Tomato
- ½ red pepper
- Green onion (*or ¼ sweet onion*)
- Salt & Pepper



Preparation

- 1 Finely chop the parsley bunch, removing the thick stems.
- 2 Remove the seeded part of the cucumber by cutting in half and then scooping out the watery part. Finely chop the flesh of the cucumber until it is almost minced.
- 3 Do the same for the tomato.
(*The wet bits of the veggies will sweat and turn your salad into a soggy soup otherwise*)
- 4 Mince onion and pepper finely.
- 5 Mix together and drizzle with olive oil.
- 6 Add salt and lemon to taste.
- 7 Enjoy!



Toasted Walnut and Apple Salad

Origin: North America **Preparation Time:** 15 minutes

An autumnal salad that celebrates the sweet and crisp flavour of apples with the homey flavours of toasted walnut.

Ingredients:

- Salad greens (*spinach works well*)
- 2 Apples, thinly sliced (*Crisp and slightly sweet apples work best*)
- 200 ml Walnuts
- Half a bunch of grapes
- Brown and White sugars
- Goat cheese (*optional*)
- $\frac{1}{4}$ red onion (*optional*)
- Cider and/or malt vinegars
- Lemon juice
- Oil
- Salt

Notes:

This salad works best when going heavier with the toppings and sparingly with the greens.



Preparation

- 1 Beat, vinegar, oil , white sugar, and salt to form a light vinaigrette. (*cider and malt vinegars are strong, so use a 3-1 ratio of oil to vinegar, and dilute with a bit of water if necessary*)
- 2 Preheat oven to 200°C
- 3 Toast walnuts for 5 minutes. After 5 minutes, lightly sprinkle walnuts in brown sugar and return to oven for another 3 minutes or until sugar is melted and nuts are browned.
- 4 As walnuts toast, slice apples, half grapes and toss in a small amount of lemon juice.
- 5 As walnuts cool, slice cheese and onions (*if adding*) and mix with salad greens.
- 6 Crush cooled walnuts and add to salad, add vinaigrette and coat well.





starters & mains



Roasted Butternut Squash Soup

Origin: North America

Cooking time: 2 hours

(including roasting squash (but don't worry you can go and have a tea or do some work while you wait))

A rich and fragrant soup that is well-suited to cold days. A firm favourite in North America in the late Autumn to early Winter.

Ingredients:

- 1 butternut squash
- Broth *(pork works best, but veggie and chicken are also fine)*
- Stock cubes
- 2-3 onions
- Brown sugar
- Cream
- Veg oil
- Bacon or gammon *(optional)*
- Salt & pepper
- Cardamom, turmeric, thyme, cinnamon, nutmeg, cloves *(to taste)*.



Preparation

- 1 Roast whole squash in the oven at 200°C until soft all the way through (Roughly 45min+) *(Most recipes have you peel the squash, but you don't have to, it is actually easier to work with by roasting whole)*
2. As squash roasts, cut and fry onions in a little veggie oil until soft and starting to brown.
3. Once squash is finished roasting, let cool.
- 4 Peel the skin away from the squash *(it should be soft and loose from roasting)*, then cut in half and scoop out the seeds. Add all the flesh to a soup pot with your onions.
- 5 Add broth and simmer for 15 minutes, adding spices and salt to taste.
- 6 Add 2 tbsp of brown sugar, 150ml of cream, and puree with a blender.
- 7 Add a sprig of thyme and serve!

Cullen Skink

Origin: Scotland

A traditional hearty soup dish from Scotland, comprised mainly of fish and potatoes, that is guaranteed to warm you up in the cold winter months.



Ingredients:

- Butter
- Veg oil
- 4 leeks (*finely chopped*)
- 2 onions (*roughly chopped*)
- 2 fennel bulbs (*roughly chopped*)
- 2 shallots (*finely chopped*)
- 2 garlic cloves (*crushed*)
- 300g potatoes (*chopped or mashed*)
- 1tbsp fresh parsley (*finely chopped*)
- 250ml white wine
- 500g smoked haddock
- 500ml double cream
- Pinch of grated nutmeg

Notes:

For a smoother, creamier soup, mash the potatoes instead of chopping.

Preparation

- 1 For the stock, heat butter and veg oil in a large pan and fry half of the chopped leeks, the onions and fennel for 3-4 minutes, or until softened.
- 2 Add the wine and bring to the boil. Add the smoked haddock, pour in 750ml water and bring to the boil.
- 3 Reduce the heat and simmer for 30 minutes, skim off any scum that rises to the surface, until the haddock is cooked through.
- 4 Remove the haddock from the stock and chop into bite-sized pieces.
- 5 For the soup, heat butter and veg oil in a large pan and fry the rest of the leeks, shallots and garlic for 3-4 minutes, or until softened. Add the potatoes and the haddock to the pan.
- 6 Add the stock and bring to the boil, then simmer for 10-15 minutes. Stir in the cream and briefly blend the soup with a stick blender.
- 7 Serve with crusty bread and sprinkle with parsley and nutmeg.



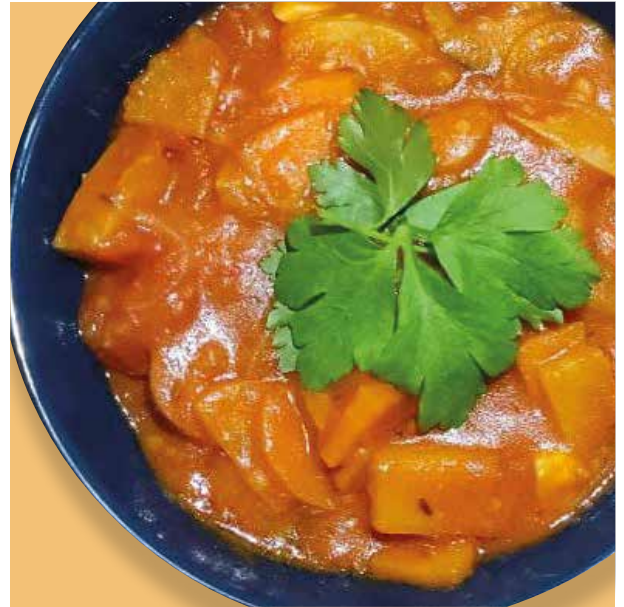
Rich Chorizo Stew

Origin: Inspired by Spain

One of Jean's favourites, this chorizo stew is warm, rich, and sure to keep you warm this winter!

Ingredients:

- 1 ½ Onion (*sliced or minced*)
- 1-2 Carrots (*sliced*)
- ½ Courgette (*sliced*)
- 2 Potatoes (*cubed*)
- 3-4 Cloves of garlic (*minced*)
- 1 tin of tomatoes
- Paprika
- Stock cubes
- Salt & pepper
- Thyme (*optional*)
- Cayenne (*optional*)
- Chorizo sausage (*sliced*)



Preparation

- 1 Fry onions and garlic until soft. Add other vegetables once onions are cooked and simmer for 5-10 minutes.
- 2 Add chorizo, tin of tomatoes and a slight amount of water.
- 3 Bring to the boil then add stock cubes and simmer until stew has reduced and veggies are cooked through.
- 4 Season to taste.

Yam with Tomato Stew Origin: Nigeria

This dish is highly versatile and an excellent way to add authentic touches to any Nigerian inspired dishes.

Yam is a traditional starch base for dishes and stews, and is a great way to vary your starches. The Scotch bonnet will keep you warm any night of the Scottish winter so use with care!

Ingredients:

- Yam
- Tomatoes
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic (*optional*)
- Ginger (*optional*)
- Stock (*of choice*)
- Meat or fish (*of choice*)
- Curry
- Thyme
- Salt, pepper & seasoning
- Stock cubes
- Veg oil

Notes:

This meal is highly customizable. Some like their stew to be runny, others prefer a thick hearty stew. Go ahead and make it the way you like! The important thing is that you enjoy!



Preparation

- 1 Peel yams and dice into large cubes
- 2 Boil in water for 15 minutes or until tender. Add a pinch of salt and set aside.
- 3 Blend tomatoes, peppers, onions, garlic and ginger till smooth. Put in a pot and heat until water has evaporated. Fry with 2 spoonfuls of veg oil until it becomes a dark paste.
- 4 Add choice of stock to desired consistency.
- 5 Add previously cooked meat or fish.
- 6 Add stock cubes, thyme, curry and salt to taste.
- 7 Allow to boil for another 7-10 minutes.
- 8 Enjoy!



Fresh Fish and Pepper Soup

Origin: Nigeria

An appetizer of Nigerian origin, this soup is full of warmth and flavour.

Ingredients:

- Fresh Catfish (*or fish of choice*)
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic
- Ginger
- Fresh curry leaves
- Thyme
- Salt, stock cubes and spices (*to taste*)
- Veg oil



Preparation

- 1 Cook fish in a pot with water.
- 2 Blend bell peppers, scotch bonnet, onions, garlic, and ginger. Add to fish.
- 3 Salt and season, cook for 15-20 minutes to allow seasoning to cook through.
- 4 Add thyme and crushed curry leaves last, cook for another 5 minutes.
- 5 Enjoy!



Okro Soup

Origin: Nigeria

A warm Nigerian soup, this dish celebrates the flavour of Okro!
(Often sold as Okra).



Ingredients:

- 600g Okro
- 1 handful of chopped spinach
- Meat of Choice (*chicken, turkey, beef, lamb, or goat*)
- 1 long pointed red pepper
- 1 scotch bonnet
- 1 whole onion
- 3 stock cubes
- 1 spoonful of palm oil
- Half a package of prawns
- 2tbsp of ground crayfish
- Salt to taste

Preparation

- 1 Cook the meat with $\frac{1}{4}$ of an onion, 2 stock cubes, and season with salt.
- 2 Cut the okro into small pieces/grate/ rough blend (*not into a paste*).
- 3 Lightly blend peppers and remaining onion
- 4 In a pot with some palm oil add the blended mix, fry for 2 minutes.
- 5 Add cooked meat and last stock cube, fry for 5 minutes.
- 6 Add the prawns, okra, mix well. Add broth from the cooked meats, simmer for another minute.
- 7 Turn off heat, sprinkle with spinach, and add remaining palm oil.
- 8 Cover for a minute.
- 9 Enjoy!



Nigerian Melon Soup

Origin: Nigeria

A warm Nigerian soup, this dish is flavoured with melon powder!



Ingredients:

- 100g ground melon powder
- 1 handful of chopped spinach/kale
- Meat of Choice (*chicken, turkey, beef, lamb, or goat*)
- 2 fresh peppers (*bell or pointed*)
- 1 scotch bonnet
- 2 whole onions
- 3 stock cubes
- 1 spoonful of palm oil
- Half a pack of prawns
- 2tbsp of ground crayfish
- Salt (*to taste*)



Preparation

- 1 Cook the meat with $\frac{1}{4}$ of an onion, 2 stock cubes, and season with salt
- 2 Chop the vegetables
- 3 Lightly blend peppers and onion
- 4 In a pot with some palm oil add the blended mix, fry for 3-5 minutes, add melon paste bit by bit.
- 5 Add cooked meat and last stock cube, fry for 5 minutes.
- 6 Add the prawns and mix well. Add broth from the cooked meats, simmer for another minute.
- 7 Turn off heat, sprinkle with spinach, and add remaining palm oil.
- 8 Cover for a minute.
- 9 It's ready, enjoy!

Fresh Chicken Wings and Pepper Starters

Origin: Nigeria

Cooking time: 2 hours (including roasting squash (but don't worry you can go and have a tea or do some work while you wait)

An appetizer of Nigerian origin, these wings are moist and packed with spicy flavour. The scotch bonnet and ginger add a zing that you won't forget!

Ingredients:

- Fresh chicken wings
- Red bell peppers
- Scotch bonnet
- Onions
- Garlic
- Ginger
- Fresh curry leaves
- Thyme
- Salt, stock cubes and spices (*to taste*)
- Veg oil



Preparation

- 1 Cook chicken in a pot with water
- 2 Blend bell peppers, scotch bonnet, onions, garlic, and ginger. Add to chicken
- 3 Salt and season, cook for 15-20 minutes to allow seasoning to cook through
- 4 Add thyme and crushed curry leaves last, cook for another 5 minutes.
- 5 Enjoy!



Dolma

Origin: Middle-East

A popular Middle-Eastern Dish, Dolma is stewed rice full of parsley, veg, and garlic that is stuffed into grape leaves. It can use your choice of meat, or be stuffed into any vegetable you like. It goes quite well in Courgettes, peppers, and potatoes.



Ingredients:

- ½ cup Broad beans (*dried*)
- 50g parsley
- Mince (*optional*)
- 2 fresh peppers (*bell or pointed*)
- 4 cloves garlic
- Dill, cumin, coriander, paprika, turmeric, curry powder, 7 spice, salt and pepper
- 2 whole onions
- Tomatoes
- Olive oil
- Pomegranate juice
- 1½ cup of rice
- Tamarind syrup
- 1 jar of grape leaves
- Chickpeas



Preparation

- 1 Blend together onions, garlic, peppers, 3 tomatoes, dill, parsley and cooked and drained broad beans.
- 2 Mix in 3tbsp tomato paste, 1tbsp cumin, 1tbsp coriander, ¼tbsp turmeric, 1tbsp curry powder, 1tbsp seven spice, ½tbsp black pepper, 1tbsp oil, 1tbsp salt and rice.
- 3 Put bread/leaves at the bottom of the pot so they don't get stuck.
- 4 Wrap mix in grape vine leaves tightly like a burrito.
- 5 Add wraps in clockwise fashion, layer after layer, to pot.
- 6 Mix 3tbsp tomato paste, hot water (*enough to just cover the stuffed leaves*), 2tbsp tamarind syrup, 1tbsp paprika, ½tbsp turmeric, 1tbsp cumin, 1tbsp curry powder, 1tbsp coriander, 1tbsp seven spice, ½tbsp black pepper, 1tbsp salt, lemon (*optional*) and 2tbsp pomegranate juice.
- 7 Add sauce to pot so that it covers dolma. Once pot starts boiling turn down to simmer and cook for an hour.
- 8 Enjoy!

Chicken and Spinach Curry

Origin: South-East Asian

This delicious curry may be easy and straightforward to make, but it's packed with flavour!

Ingredients:

- 1 large brown onion
- 40g finely chopped ginger
- Half a tube of tomato purée
- 5tsp of coriander and cumin powder
- 2tsp of turmeric
- 3tsp of garam masala powder
- ¾tsp of chilli
- Salt
- 1 large bag of spinach
- 800g chicken
- Coriander
- 8oz of rice
- Naan bread (*of choice*)



Preparation

- 1 Dice onion and place in a pan with the chopped ginger. Pour some oil to cook your onion and ginger, cook till onions brown.
- 2 Add all the spices, tomato purée and salt. Cook for another 3-5 minutes.
- 3 Cut chicken into bite-sized pieces and add it to the pan. Pre-heat oven to 180°C. Cover pan with foil or lid and place in the oven. Cook for 15 minutes.
- 4 Mix in the spinach, place foil/lid back over the pan and cook in oven for another 15-20 minutes (*until chicken is cooked through*)
- 5 Cook the rice whilst the curry is cooking.
- 6 Add the coriander to the curry as a final touch.
- 7 Don't forget your naan and enjoy!



Fresh Fish in a Spinach and Pepper Sauce

Origin: Nigeria

Soft flakey fish served with a bed of spinach, onion, and a spicy pepper sauce, this recipe is healthy and delicious!

Ingredients:

- Fresh fish fillets of choice (5-7 pieces)
- 1 bag of chopped spinach
- 2 fresh peppers (*bell or pointed*)
- 1 scotch bonnet
- 2 whole red onions
- 4 fresh tomatoes or a tin of chopped tomatoes
- 3 cloves of garlic (*chopped*)
- ½ finger of fresh ginger (*chopped*)
- 3 stock cubes
- 4tbsp of olive oil
- Salt (*to taste*)



Preparation

- 1 In a non stick pot, cook fish in ¼ cup of water, 1 onion, and 2 stock cubes. Cook for 10 minutes or until water has almost completely evaporated.
- 2 Roughly blend the peppers (*and tomatoes if using fresh*)
- 3 Add spinach to pot, pour blends and tomatoes otop.
- 4 Add remaining chopped onion, garlic, ginger, and stock cube.
- 5 Salt and drizzle olive oil over the dish
- 6 Allow to simmer on low heat for 5 minutes.
- 7 Serve with boiled rice, yam, potatoes, or corn/oat flour dishes.
- 8 Enjoy!



Gwote Porridge Origin: Nigeria

Made with Fonio/Hungry Rice/Acha. This warm Nigerian soup is flavoured with melon powder!

Ingredients:

- 1 cup of Acha (*called Fonio, it can be substituted with millet or poppy seeds*)
- Bone marrow
- Spinach
- 2 carrots (*sliced*)
- 2 onions (*chopped*)
- Cabbage
- 1 scotch bonnet
- 1 long red pepper
- Garlic
- Ginger (*paste or fresh*)
- Stock cubes
- Salt



Preparation

- 1 Boil bone marrow, season with stock cubes, garlic, ginger and salt.
- 2 Wash grains, add to pot and top up with water (*if needed*).
- 3 Allow to cook for 10-15 minutes.
- 4 Add chopped peppers, onions, spinach, carrots and cabbage.
- 5 Add final stock cubes and season.
- 6 Simmer for 2 minutes.
- 7 Enjoy!



sides



Hashbrown Casserole

Origin: North America

Cooking Time: 1-1.5 hours

A creamy and rich potato casserole, this is popular in rural North America as a hearty side to go with gammon. This dish is super easy and works well with kids. This dish can serve 6-8 people. It can also be divided and frozen to save time later.

Ingredients:

- 1 package of cubed hashbrowns (*small cubed potatoes*)
- 500ml of sour cream
- 1 tin of cream of mushroom or cream of chicken soup
- ½ cup of melted butter
- Grated cheddar cheese

Preparation

- 1 Mix potatoes, sour cream, soup and melted butter together.
- 2 Pour into a large, oiled casserole dish.
- 3 Cover mix with grated cheddar and then wrap the top in foil.
- 4 Bake at 180°C for 1-1.5 hours (*the longer you bake the crispier the edges get*)
- 5 Enjoy!



Rosemary Creamed Mash

Origin: Europe

Preparation Time: 30 minutes

A simple but delicious mash that will change the way you see mash potatoes. They are rich, indulgent and creamy. Probably best saved for company!



Ingredients:

- Potatoes
- Double cream
- Milk
- Butter
- Salt & pepper
- Garlic
- Rosemary
- Parmesan



Preparation

- 1 Boil your potatoes until they're very soft (*under boiling will result in lumpy potato*)
- 2 When potatoes are close to done boiling, in a separate saucepan, melt butter and sauté garlic.
- 3 Once garlic has cooked for 2 minutes, pour in cream and add rosemary.
- 4 As cream begins to heat up, grate in parmesan.
- 5 Season sauce to taste.
- 6 As sauce simmers, drain and mash your potatoes with 1tbsp of butter.
- 7 Pour sauce over potatoes and mix together until rich and smooth.
- 8 If needed add milk until potatoes are desired consistency.
- 9 Enjoy!

Za'atar Pita

Origin: Mediterranean/Middle-East

Preparation Time: 1.5 hours
(Bread needs to rise)

A bit of a twist on classic pita bread, Za'atar is a thyme and sesame mix that brings your pita alive! Perfect for stuffing with hummus, chicken or even tabbouleh.

Ingredients:

- 250ml of water
- 2tsp of yeast
- 750ml of white all purpose flour
- 1tsp of salt
- 2tbsp of oil
- 1tsp of sugar
- 1tsp of thyme
- 1tsp of sesame
- ½tsp of coriander, cumin and sumac (optional)

Notes:

It is very important to preheat your oven AND your pan! It is the burst of scorching heat that causes your pita to form pockets, otherwise you'll have a flatbread.



Preparation

- 1 Add 2tsp yeast and 1tsp sugar to 250ml of very warm water (*but not scalding*). Mix and let sit for 5-15 minutes.
- 2 Once the mixture is very bubbly, add to 700ml flour and mix together (*if the mixture isn't bubbly, don't add to flour. Make another batch as the yeast has probably failed*)
- 3 Knead the mix, adding salt and herbs, until you have a smooth ball. If the mix is wet, add flour until smooth. Once kneaded, cover in a bowl and let rise for 1 hour in a warm place (*I turn my oven on to 50°C and then turn it off once it has warmed*). 15 minutes in, knead it and coat with extra flour and add 1tbsp oil, return for remaining 45 minutes.
- 4 Once risen, divide the dough into balls (*usually get 5-6 balls*). Dust them and the countertop and roll into circles. Dough should be slightly firm and coated with flour on the outside. Circles should be around 1-1.5cm thick.
- 5 While you are doing the above, preheat the oven and baking tray to 225°C. Once heated and balls are rolled, add them to oven 2 at a time.
- 6 They cook quickly (*approximately 3-5 minutes if properly preheated*). They should be done once they bubble and turn colour just slightly.



desserts



Butter Tarts

Origin: Canada

A famous Canadian dessert, butter tarts are a delicious but sweet tart best enjoyed in the fall/winter. This recipe is for sweet teeth and is customisable according to preference.

If you like raisins add a handful to the mix to add texture, or have a crispy coconut topping!



Ingredients:

- 1 pie pastry (*shortcrust works well*)
- 2 cups brown sugar
- 2 eggs
- ½ cup of corn syrup (*substitute for golden syrup if necessary*)
- ¼ cup melted butter
- 1tsp vanilla
- Raisins (*optional*)

Topping (Optional)

- Sweetened coconut shavings
- Crushed nuts

Preparation

- 1 Beat ingredients in a small bowl until free of lumps.
- 2 Using a buttered muffin pan, form small tarts with pastry and fill with mix.
- 3 Bake at 165°C. for 10 minutes.
- 4 Reduce temperature to 150°C. for another 15-20 minutes until top has firmed up.
- 5 Let cool.
- 6 Enjoy!.



Pumpkin Pie: with a Walnut Crumble Topping

Origin: North America

Preparation Time: 1 hour 10 minutes **Serves** 8 people

A North American autumn classic, pumpkin pie is perfect for enjoying the autumn leaves and early winter. It reminds Dave of home in Canada where he used to go hiking in the red maple leaves during Thanksgiving.



Ingredients:

Filling

- 22cm pie crust
(*handmade or shop bought*)
- ¼ tsp ground ginger
- ¼ tsp ground nutmeg
- 1tsp cinnamon
- ¼ tsp cloves
- ¼ tsp salt
- 300ml sweetened condensed milk
- 400ml pumpkin mash
(*roast and mash pumpkin or use canned*)

Topping

- ½ cup brown sugar
- ¼ cup plain flour
- ¼ cup butter (*or butter substitute*)
- ½ tsp cinnamon
- ½ cup chopped walnuts or pecans

Preparation

- 1 Beats eggs, pumpkin and condensed milk together.
- 2 Mix in spices.
- 3 Place pie shell in oiled pie pan and fill with mixture.
- 4 Mix butter, sugar, flour and cinnamon until crumbly. Sprinkle walnuts and crumble over pie.
- 5 Bake at 190°C for 45-50 minutes
(*fork should come out clean when poke testing*)
- 6 Enjoy!

Notes:

Be careful not to overwork topping or it will become too thick, you want to have crumbly bits.



Mocha Cheesecake

Origin: North America

Cheesecake is an iconic summer dessert, but is great any time of the year. This mocha cheesecake is mainly smooth chocolate with a hint of coffee.

Ingredients:

- 125ml butter
- 375ml crushed digestive biscuits
- 4tbsp white sugar
- 4tbsp cocoa powder
- 1tbsp honey
- 250ml cream cheese
- 1 can of condensed milk
- 180ml chocolate syrup
- 2tbsp instant coffee
- 1tbsp boiled water
- 250ml double cream (*whipped*)



Preparation

- 1 Melt butter and stir into crushed biscuit crumbs, honey, sugar and cocoa. Press into a springform pan or small cake dish.
- 2 Whip cream cheese until light and smooth, slowly add in syrup and condensed milk.
- 3 Dissolve instant coffee in a little hot water and mix into the cream cheese.
- 4 Whip cream until you have stiff peaks. Fold the whipped cream into the cream cheese mixture.
- 5 Add filling into pan and smooth with a spatula or butterknife. Freeze for at least 2 hours before serving.



Crème Brûlée

Origin: France

Crème Brûlée is a smooth classic that is surprisingly easy once you get the hang of it. It is sure to impress, and wonderfully creamy and calming.



Ingredients:

- 6 egg yolks
- 750ml cream
- 2tsp vanilla
- 175g sugar
- Pinch of salt

Notes:

Serves well with sliced strawberries or blueberries on top in the summertime..

Preparation

- 1 Beat egg yolks and 100g of sugar together.
- 2 Simmer cream on stove until it is about to boil. Don't let it boil! After removing from heat add vanilla and stir it in.
- 3 As cream simmers preheat oven to 180°C.
- 4 While stirring the eggs, slowly ladle a bit of hot cream into the egg yolks. If you do this too quickly the eggs will scramble and your dessert will be chunky. It is also suggested to use the slowest setting on your mixer or whisk by hand, otherwise you'll make the cream frothy.
- 5 Pour the mixtures into ramekins (or mugs!)
- 6 Place the mugs in a deep oven dish and pour water into the tray so it is about $\frac{2}{3}$ of the way up the mugs. Be careful not to splash water into the mugs.
- 7 Bake for 40 minutes or until the mixture is firm at the top with a slight jiggle underneath when tapped.
- 8 Remove and chill for 3 hours.
- 9 Before serving, sprinkle the remaining sugar on top and torch it until the sugar melts into a brown caramel.



Shortbread Origin: Scotland

Preparation Time: 1 hour

A staple of classic Scottish tradition, shortbread is a delicious and sweet snack for any and all occasions!

Ingredients:

- 175g plain flour
- 65g caster sugar
- 250g butter
- Pinch of salt
- Caster/granulated sugar (*for dusting*)

Preparation

- 1 Preheat the oven to 160°C. Mix the flour, sugar, butter and salt in bowl until it forms a ball (*do not beat the mixture*)
- 2 Press the mixture flat into a buttered and lined cake pan, then use a fork to prick the surface (*this is more for appearance and is optional*)
- 3 Place the pan in the centre of the oven and bake for 30-40 minutes, or until the shortbread is a pale gold colour.
- 4 Remove the shortbread from the pan and cut into triangles, squares or rectangles.
- 5 Allow them to cool and dust with sugar before serving.
- 6 Enjoy!



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