

Colin's Recipes

Harira Soup

Ingredients

1 can of CHICK PEAS
1 can of CHOPPED TOMATO
1 can of KIDNEY BEANS
2 large ONIONS
2 cups of RED LENTILS
1 cup of FAIR-TRADE RICE
2 CARROTS
2 POTATOES
FAIR-TRADE CINNAMON
FAIR-TRADE TURMERIC
fresh CHILLI PEPPERS
FRESH GINGER
GROUND CORIANDER
VEGETABLE OIL

Instructions

- fry Onions until soft (in large soup pot using 100ml of oil)
- add finely chopped Ginger and Chillies (fry for 1 minute)
- add ground Cinnamon, Turmeric and Coriander
- add canned ingredients (and boil for 5 minutes)
- add 3 kettles of boiling water (3 litre) along with all other ingredients (chop veg to suitable size).
- simmer for 1 hour, then serve.

Vegetable Samosa

Filling

1 POTATO finely diced
1 CARROT finely diced - as above
2 cloves of crushed GARLIC.
1 ONION finely chopped
1 cup of frozen PEAS
1 tablespoon VEGETABLE OIL
1 tspn each of CHILLI FLAKES
SALT to taste.
100ml of VEGETABLE STOCK

Instructions

- Heat the Oil in a frying pan
- add the Onion then Garlic
- mix in the Spices and fry until soft.
- add the Vegetables, seasoning and stir well until coated. -
- add the Stock.
- cover and simmer for 30 minutes until cooked.

use ready made FILO PASTRY to create Samosa parcel.

- keep the Pastry at room temperature for 30 minutes.
- then divide it into 12 equal pieces.
- roll each piece into a ball and roll out into a circle of 15 cm.
- divide this circle into two equal pieces with a knife.
- brush each edge with a little water and form a cone shape around your fingers, sealing the dampened edge.
- fill the cases with a tblpn of the filling and press the two dampened edges together to seal the top of the cone.
- Deep fry the Samosas in hot oil until crisp and brown take out and drain on a paper towel.

Serve with fresh SALAD and PITTA BREAD.

Fair-Trade Banana Crumble

Ingredients

4 fair-trade BANANAS
FAIR-TRADE HONEY
FAIR-TRADE JAM
a packet of DIGESTIVE BISCUITS
a FAIR-TRADE VANILLA POD
FAIR-TRADE CINNAMON STICKS
FAIR-TRADE CHOCOLATE
FAIR TRADE ICE CREAM

Instructions

- chop the Bananas and separate into 4 bowls.
- drizzle a generous amount of Fair-Trade Honey over the Bananas
- drizzle a generous amount of Fair-Trade Strawberry Jam over the Bananas
- make a crumble topping by covering mixture with crushed Digestives
- place a chunk of Fair-trade chocolate on top
- Garnish with Fair-Trade Vanilla pod and Cinnamon Stick
- microwave each bowl for 1 -2 minutes
- serve with Fair-Trade Ice-Cream.