



Lilian's Kenyan beans

Pre boil 100g of dried beans for 3 hrs - you can use red kidney beans, lablab or others you have available . Drain the beans just before you warm them in the sauce.

For the sauce

Chop an onion and fry in oil for few minutes. Chop 3 carrots and add to the onions, fry a little more.

Mix in ½ small tin tomato puree, a pinch of chilli powder and ashake of black pepper.

Add 1 teaspoon of special spice powder mix - equal parts of freshly ground: cumin, cinnamon, turmeric, ground ginger, coriander, fennel, garlic powder, sugar and salt.

Vegetable stock cube, dissolved in a cup of hot water. Add salt to taste

Cook 30 mins to reduce the liquid, eat with rice, or bread and a green salad

Nigerian Yam Porridge

Peel and chop/slice some yams – you can use any but the yellow yam is favourite.

Cook an onion with some garlic and ginger to taste.

Then add 3 green chillies and 2 red (all finely chopped) to pan, followed by tinned tomatoes, a stock cube and a little water and then the yam.

Simmer until they are cooked (takes about 20 mins – test with a fork)

Some people like to mash the yam so they're really soft like mashed potato, some like them a little bit hard so they are still chunky: try both to see which way you like best. Eat while still hot



You can add all sorts of things to this: - palm oil, diced fried plantains, dried crayfish, saltfish, smoked fish like smoked mackerel, any kind of meat.....

Growing from your roots recipes



We have collected stories, recipes people representing countries from all around the globe. Here are a selection of some of the recipes we collected from some of our cooking workshops.

Anna's Polish gherkins (Ogórki)

Take small gherkins, wash well and making sure that they are clean. Slice the cucumbers.

Pack in a jar sprinkling each layer with salt, dill seeds and some grated horseradish. For a 500g jar you need a big handful of salt.

After about an hour there should be plenty of liquid formed. Top up with enough bottled Polish water (NOT tapwater, you don't know what's in it!) to cover the vegetables. Put lid on.

Keep in cold place and eat after 2-3 weeks minimum. Stores for 2 months. Once open, store in fridge.



Erica's Jamaican Pumpkin Soup

Heat 2 tablespoons of coconut oil in a large pan add one cup chopped onion and 3 cloves chopped garlic, sauté for 4 minutes until the onion is soft.

Add a quarter cup of celery and one cup of carrots, chopped: cook until softened.

Add 6 sprigs of fresh thyme, 4 cups peeled and chopped Jamaican pumpkin, one cup potatoes chopped, quarter of a block coconut cream, sea salt, black pepper, 2 vegetable stock cubes and 4 pints of water.



Bring to a boil, reduce heat, simmer and cook for about 20 minutes. You can remove the thyme sprigs before serving if you don't like them.

Punjabi Bottle Gourd Curry

Thinly peel a dudi (bottle gourd) and chop the flesh into cubes. Discard any big seeds.

Fry 2 onions in oil: reserve some to scatter on top of dish at the end. Then add – 1 tin or 4 big fresh tomatoes, a big handful coriander, some chopped garlic to taste, 20 curry leaves, a teaspoon of cumin seeds, a bunch of chopped spring onions and salt.

Stir in the gourd and some stock.

Steam (keep lid on pan) until gourd is cooked –takes about 15-20 mins: stir often (check that the pan does not boil dry !)

Sprinkle reserved fried onions on top.

Eat with rice.



Chlodnik from Poland

Pick, wash then dice 4 or 5 beetroot (usually don't need to peel), chop the leaves very finely into 1cm squares.

Boil for 5 minutes and leave to cool.

Peel and dice into 1 cm cubes 2 medium cucumbers.

Chop a whole bunch of radishes into very small pieces.

Take a big bunch each of fresh dill and fresh chives and chop up finely.

Add these to your cold beetroot along with a grated garlic clove.

Then add Kefir or Shadwelko (special Polish fermented milk) – use around 2 pints for 4 big beets - it will look very pretty, bright pink!

Pour into bowls and put a half hard-boiled egg in each one.



Further information

Growing from Your Roots has collected the stories of people from 14 different countries. If you would like to listen to their stories, visit:

www.gardenorganic.org.uk/roots

If you would like to become involved in our work, contact

enquiry@gardenorganic.org.uk

