

Moments of freedom

Recipe Book

Recipes:

- Lamb samosas
- Lamb kebabs
- Chicken & potatoes
- Rice & peas
- Yalange



Lamb samosas

serves 4



MOMENTS OF
FREEDOM

لحظات الحرية



Ingredients:

For the dough:

- 625g flour
- 60ml vegetable oil
- 1 egg
- 1 tsp easy blend yeast
- 185ml warm water
- 1 tsp salt
- 1 tbsp plain yoghurt

For the meat filling:

- 300g lamb mince
- 3 tbsp vegetable oil
- 1 medium onion, finely chopped
- ¼ tsp ground black pepper
- ¼ tsp ground cinnamon
- 1 tsp salt

Instructions:

- To make the dough, put all the dry ingredients into a large bowl then add the oil, yoghurt and water and mix together until you have a dough. Knead very well for 5-6 minutes then leave the dough to rest for 1 hour, covered with a clean damp tea towel.
- To make the filling, heat the oil in a pan over a medium heat and sauté the onion until it is lightly golden. Add the minced lamb along with the cinnamon, salt and pepper and continue cooking until the mixture is dry and the lamb is cooked through. Set aside to cool
- To assemble, roll out the dough on a lightly floured surface until it is very thin then, using a round cutter, press out rounds roughly 8cm in diameter.
- Put a teaspoon of the filling into the centre of each round, dampen the edge of the dough with a little water and fold over so you have a half moon shape.
- Carefully press down and seal the edges making sure that no filling escapes. Deep fry or cook in the air fryer.

Lamb kebabs

serves 4



MOMENTS OF
FREEDOM

لحظات الحرية



Ingredients:

- 500g lamb mince
- 1kg ripe tomatoes, chopped
- 4 onions, sliced
- 2-3 green peppers, sliced
- 20g butter
- Salt and pepper, to taste
- Chilli powder, to taste

Instructions:

- Put the lamb mince in a large bowl and add salt and pepper to taste. Mix together with your hands just to combine.
- Gently form the meat mixture into kebabs, which should be the size and shape of a small finger.
- Place on a plate and set aside.
- Put the butter into a deep cooking pot and heat gently until melted. Add the sliced onions and cook over a medium heat until softened. Add the sliced green pepper and chilli powder to taste, stir everything together and cook for another 3 minutes.
- Add the chopped tomatoes, stir everything together and leave to simmer for 15 minutes or so until the tomatoes have broken down and made a sauce.
- Season with salt and pepper.
- Carefully place the kebabs into the tomato sauce and cook for a further 15-20 minutes or until the meat is cooked through.
- Serve with the tomato sauce poured over the kebab.

Chicken & potatoes

serves 4



MOMENTS OF
FREEDOM

لحظات الحرية



Ingredients:

- 1kg chicken breast
- 1kg potatoes
- 5 cloves garlic, crushed
- Olive oil
- 500ml water
- Salt & pepper
- Chilli powder, to taste
- Lemons

Instructions:

- Preheat the oven to 200C/180C fan assist/ 400F/Gas 6.
- Wash and peel the potatoes, then cut them into slices around 4mm thick.
- Season the chicken with salt, pepper and chilli powder to taste.
- In a large deep ovenproof dish or tin layer the potato slices, drizzle with olive oil and season with salt and pepper.
- Lay the chicken breasts on top of the potatoes and pour the water into the dish. Cover with tinfoil and cook in the oven for 50-60 minutes. The dish is ready when the potatoes are tender and the chicken is cooked through.
- Make a smooth paste with the garlic cloves and lemon juice and add this to the dish when serving.

Rice & peas

serves 4



MOMENTS OF
FREEDOM

لحظات الحرية



Ingredients:

- 1kg rice, rinsed
- 500g peas, rinsed
- 200g lamb, finely chopped but not minced
- 250g butter
- 1 litre water
- 3 tsp salt
- 1 tsp ground black pepper

Instructions:

- Melt the butter in a large pan over a medium heat, add the chopped lamb and peas and stir everything together. Cook gently for 10 minutes.
- Add the water, turn up the heat and bring to the boil. Add the rice, salt and pepper.
- Simmer everything together and continue to cook until the water has almost been absorbed.
- Turn down the heat, cover the pan and continue cooking until the rice is cooked through and the liquid has been absorbed. Serve.

Yalange

serves 4



MOMENTS OF
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لحظات الحرية

Ingredients:

- 500g short grain rice
- 500g vine leaves
- Bunch of parsley, finely chopped
- Couple sprigs mint, finely chopped
- 3 finely chopped, medium onions
- 3 finely chopped tomatoes
- 1 tbsp of dry mint
- 1 tsp of Arabic coffee
- 1 tsp of salt
- 1 tsp of black pepper
- ½ tsp of lemon juice
- 250ml olive oil
- Water, 1 tbsp salt and 1 tbsp lemon juice
- 2 medium potatoes

Instructions:

- Boil vine leaves for 5 minutes in water in a pan to soften.
- Mix the short grain rice with the chopped tomatoes, chopped onions, the parsley and mint, Arabic coffee, salt and black pepper, the lemon juice and olive oil.
- Once the leaves are boiled put onto a tray and place a spoonful of filling on top of each leaf and roll up the leaves. Set aside for later.
- Peel potatoes and chop into slices. Layer the sliced potatoes in the bottom of a large pan with a lid.
- Carefully place the stuffed vine leaves on top of the potatoes.
- Add some water to cover, lemon juice, a tablespoon of salt and good glug of olive oil to the pan, then put the lid on and bring to the boil. Turn down the heat and simmer until the rice filling and the potatoes are cooked. One hour cooking time.



Moments of Freedom is a project led by
New Scots women, supported by
Outside the Box.

For more information visit:

<https://www.momentsoffreedom.org/>

<https://otbds.org/projects/moments-of-freedom/>