



RECIPES FOR *Life*:



Cooking,
Community,
& Connection







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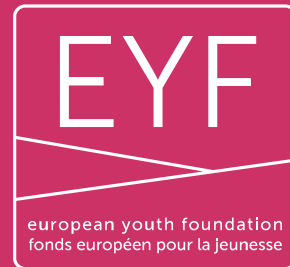
Cooking
Community
& Connection



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ACKNOWLEDGMENTS



We want to extend a big thank you to everyone who helped make this cookbook a reality:

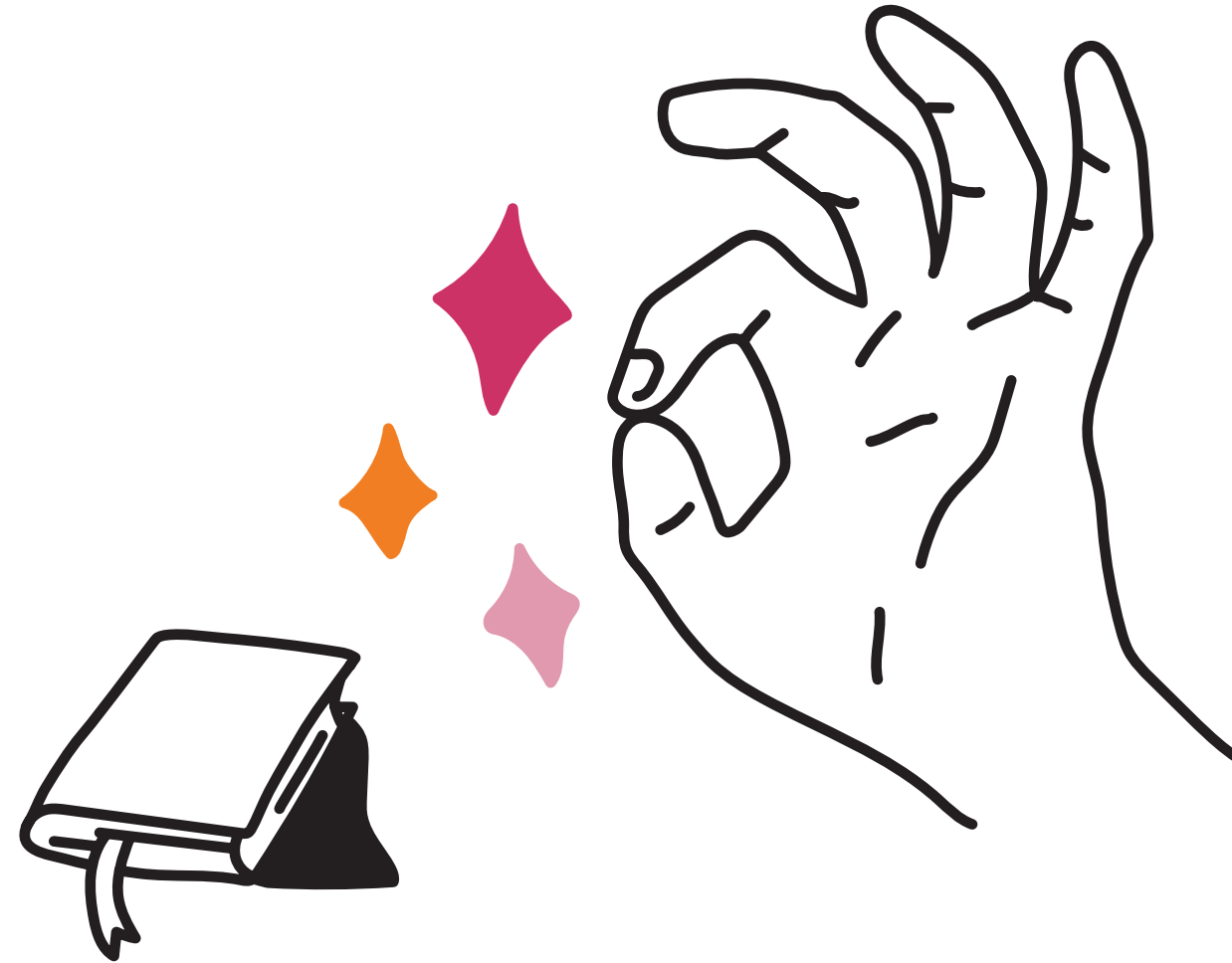
Firstly, thank you to Project Armonia, the amazing cooking school that provided hands-on guidance to our residents throughout this project.

A special thanks to Susami Creative Agency for the fantastic design work that truly brought the vision of this book to life. Your attention to detail and creativity made all the difference.

And finally, a big thank you to EYF for the funding and support that made all of this possible.

A note on confidentiality:
to respect our residents' privacy, we are not showing their faces or sharing their names in this book.

PREFACE



This is not just a cookbook; it's a collection of recipes that tells the story of a community coming together.

Each dish shared within these pages reflects the experiences, cultures, and stories of the community of Mazi. These recipes honour the diverse backgrounds

of our residents, celebrate the bonds formed through shared meals, and showcase the resilience and strength of a group that has turned a shared space into a thriving, supportive community.

Through these dishes, we invite you to experience the heart and soul of Mazi the connections made, the traditions carried forward, and the healing power of food.

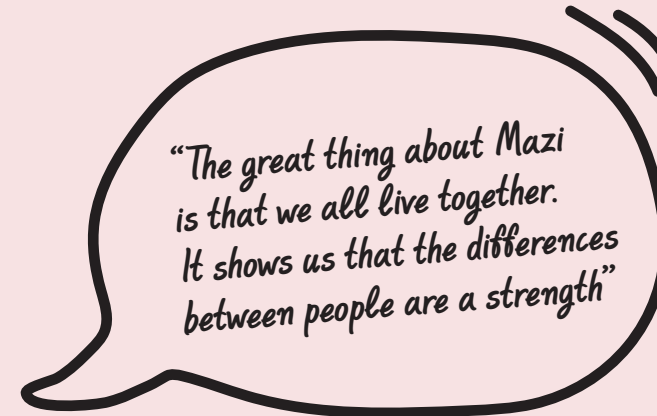
MAZI HOUSING'S WORK:

Mazi Housing is dedicated to breaking the cycle of homelessness and social exclusion for displaced people in Greece, particularly young men. We do this through two complementary interventions: community-based housing and person-centred social support. Our work goes beyond providing shelter; it's about creating a foundation where each resident can develop the skills, confidence, and independence needed to rebuild their lives.



Since 2020, we've supported over 120 young men from diverse backgrounds, cultures, and countries.

We focus specifically on young men, as they make up the majority of arrivals in Greece. They face significant barriers to accessing support, largely due to the negative narratives surrounding male migrants in the media, which skew public perception.



"The great thing about Mazi is that we all live together. It shows us that the differences between people are a strength"



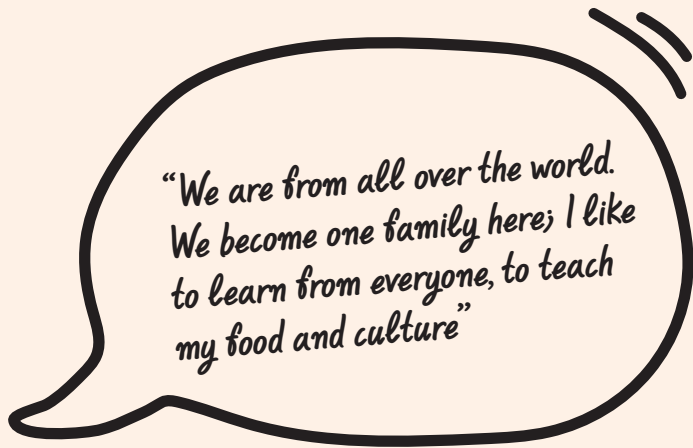
Often portrayed as dangerous or threatening, these young men find it harder to ask for help, and their requests are less likely to be met.

Our approach is grounded in the belief that stable housing is the foundation for everything else. When someone has a safe place to sleep, eat, and feel secure, they are able to move forward to recover, rest, and plan for the future. Over the past five years, we have learned that, when surrounded by a community that listens to and responds to their needs, young men can achieve self-reliance. A humane and cost-effective housing solution for migration is not only possible, it's beneficial for everyone.



In our apartments, residents from many different backgrounds live together. Ensuring that these communities are ones where everyone can contribute and benefit requires careful and consistent work.

Our housing manager is the first point of contact for all residents' needs, providing guidance and a steady presence. With her support, residents take responsibility for their living spaces. In weekly house meetings, tasks are coordinated, house rules are discussed, and relationships are built. These meetings are also opportunities for residents to connect, share their experiences, and learn from one another.



Older residents assist newcomers, fostering communication, cultural understanding, and collaboration—skills essential for independent living. In this respectful and supportive environment, each resident is empowered to contribute his strengths and ideas, helping to create a home that balances individual and communal needs.

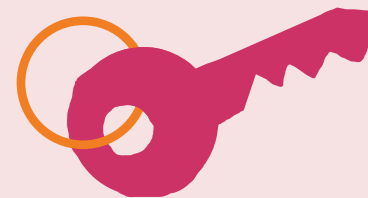


No two paths at Mazi are the same. Our casework programme is designed to be flexible and tailored to the unique needs of each resident. Unlike prescriptive models, we don't have a set agenda for how residents spend their time. We begin with a deep understanding of each individual's goals, motivations, and experiences. Some may focus on securing legal status, while others prioritise health, language skills, or employment.

This resident-defined pathway ensures we can effectively meet a wide variety of needs. Residents define not only their goals, but also how they interact with the casework programme.



Whether they need support to get the documents for legal employment, or to access public services, our social worker adapts to what works best for them. Some may need accompaniment to appointments, while others have the language and self-advocacy skills to navigate services independently.



From day one, we work with our residents to ensure they have access to the services, resources, and opportunities that allow them to make choices that are right for them.

Our priority is always to provide clarity, ensuring that residents are equipped with the information they need to make informed decisions about their next steps. Greece's bureaucratic system is a minefield, and misinformation is common.



THE RECIPES FOR LIFE PROJECT:



Food has always been central to the work we do at Mazi. We noticed that many of our residents didn't have the skills or confidence to cook. Knowledge about cooking and nutrition is generally passed on in the home, and displacement removes this environment for learning, as well as access to known and affordable ingredients. On top of that, the stress of displacement can affect physical and mental health, which knowledge of nutrition can go a long way to improving. That's why we created the "Recipes for Life" project.

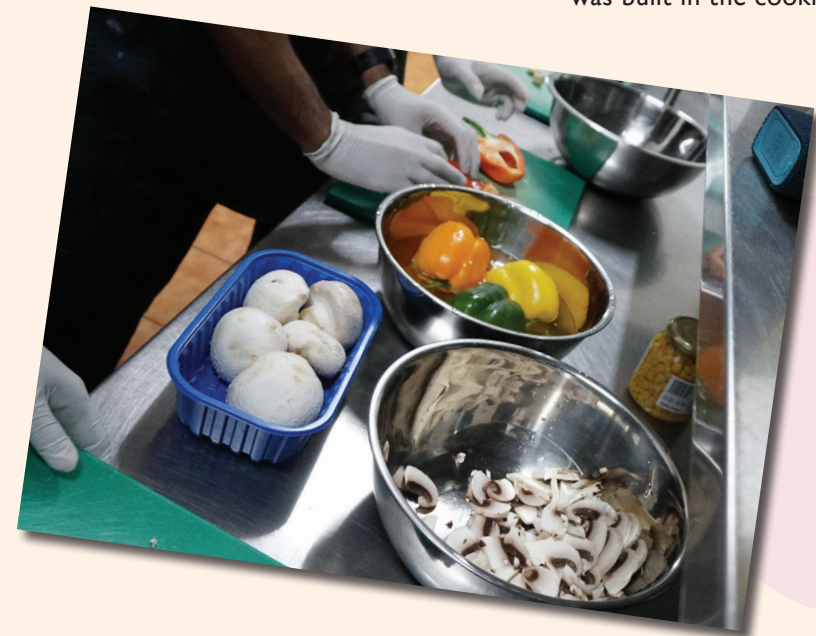
Each week, a different resident picks a dish they'd like to learn to cook, ranging from pizza to ramen to lamb stew. This project isn't just about teaching people to cook—it's about building confidence in the kitchen, learning new skills, and connecting over shared meals. It's about creating a space where everyone can contribute, share their knowledge, and feel part of a community. After each class, everyone comes together to eat the meal we've prepared. Sharing food has a unique way of bringing people closer, and we've seen how it helps build trust, teamwork, and mutual respect.

Here's how the classes worked:

1. Cooking lesson: in collaboration with Project Armonia, a wonderful organisation based in Athens, we held cooking classes where residents learnt how to prepare the dish they've chosen. During the classes, they also picked up important skills like knife safety, meal planning, and kitchen hygiene. Everyone also got extra ingredients to practice at home, so they could share what they learnt with housemates who couldn't make it to the class.

2. Nutrition talks: alongside the cooking lessons, we had short, informal discussions about nutrition and food hygiene. These talks covered everything from balanced diets to how to store food properly to eating on a budget. The topics were tailored to what the residents wanted to know, so it was all practical, relevant information that they could apply in their daily lives.

3. Dinner: after the presentation, we all sat down together to share the meal we had prepared. Breaking bread together every week was a great opportunity for residents to connect, and solidify the teamwork and sense of community that was built in the cooking seminars.





Through the project, residents learned planning, budgeting, time management, cooperation, responsibility and communication, as well as shifting their diets to integrate healthier choices. Feedback about the project has been really positive; residents have mentioned that “these sessions are teaching us things we really need to learn”, and following the sessions, 2 participants were inspired to gain a professional qualification to work in a kitchen.

To wrap up the project, we held a community dinner where residents who participated in the cooking classes prepared a meal for everyone at Mazi—current and former residents, volunteers, and the whole team. Our cooks showed off their new skills, and the rest of us benefited from the delicious meal they made. It was a moment to celebrate the progress made, showcase the skills learned, and simply enjoy each other’s company over a delicious meal.



This will be the first of many such dinners; together we will cook through this book, which is not only a valuable educational and cultural resource, but also a tangible and physical product celebrating Mazi’s community.

This cookbook is a reflection of that spirit. It’s a celebration of the people at Mazi, the relationships we’ve built, and the role food plays in bringing us together. We hope it brings you closer to our community and the power of shared meals, wherever you are.

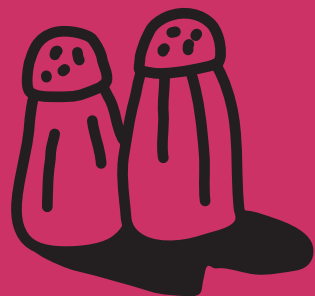


LEBANESE *Fajitas*

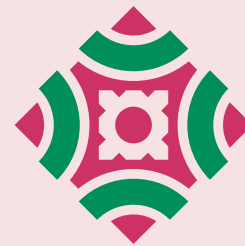


O. chose this popular street food recipe, which he fondly recalls enjoying with his family in Lebanon. Whether from a local fajita shop or his mum's own version, this dish was a go-to for a quick and satisfying lunch. The combination of tender chicken and melted cheese is perfectly balanced and irresistibly delicious.

Pair this recipe with a simple green salad for a wholesome, filling meal.



serves: 10 people
time: 60-90 minutes



For the bread:

570g flour
2 eggs
125ml vegetable oil
250ml warm milk
12g active dry yeast
10g sugar
12g salt
10g baking powder
10g sesame seeds

For the filling:

1.5kg chicken breast
300g yoghurt
Spices (pepper, cumin, paprika, curry, garlic powder)
3 peppers
2 cloves garlic
2 red onions
400g mushrooms
1 tin sweetcorn
10g soy sauce
10g pomegranate molasses
5g oregano
10g table salt
100g grated cheese

method:

- 1. Activate the Yeast:** Warm the milk and sugar over low heat. Once it begins to bubble, stir in the yeast. Let it sit for 10 minutes to activate.
- 2. Prepare the Dough:** In a large bowl, combine the flour, salt, and baking powder. Add the activated yeast mixture, vegetable oil, and eggs.
- 3. Knead the Dough:** Knead for 10 minutes until smooth and elastic. Cover with a damp cloth and leave to rise in a warm place for about 1 hour or until doubled in size. Preheat the oven to 170°C (340°F).
- 4. Marinate the Chicken:** Cut the chicken into thin strips and marinate in the yoghurt and spices for 10 minutes. Slice the peppers, mushrooms, onions, and garlic.
- 5. Cook the Chicken:** Heat oil in a frying pan over high heat. Add the marinated chicken and cook until golden. Remove from the pan and set aside.
- 6. Cook the Vegetables:** In the same pan, cook the peppers, onions, garlic, and mushrooms until golden. Add the sweetcorn, oregano, soy sauce, and pomegranate molasses. Stir in the chicken and mix well.
- 7. Shape the Dough:** Divide the dough into 10 equal portions. Roll each into a circle about 1cm thick. Place some filling and grated cheese in the centre.
- 8. Seal the Dough:** Fold over the dough and seal the edges well.
- 9. Prepare for Baking:** Brush the tops with milk and sprinkle with sesame seeds.
- 10. Bake:** Place on a baking sheet and bake for 25-30 minutes, or until golden brown and cooked through.

Pastitsio



I chose this recipe, which he remembers enjoying with friends from school. We learnt to make both a traditional meat and béchamel version and a lighter, quicker, and more affordable lentil and yoghurt sauce version. Both are equally delicious, and the béchamel and ragù sauces are very tasty with rice or pasta. You only need one white sauce, so you can choose between the béchamel or yoghurt sauce.



*serves: 4 people
time: 90 minutes*



Meat/lentil sauce:

1tbsp olive oil
1kg meat OR 500g lentils,
2 tins of tomatoes (or 400g
fresh tomatoes)
2 onions
2 carrots
1 celery stick
2 cloves of garlic
Salt/pepper/olive oil/ sugar (to
taste)
1 handful chopped parsley
500g pasta

Béchamel Sauce:

200g butter
220g flour
1L milk
50g grated cheese

Yoghurt sauce:

1kg yoghurt
4 eggs
50g grated cheese
100g grated cheese
(for topping)

method:

1. Preheat the oven: 170°C (340°F).

2. Prepare the Sauce: Finely chop all the vegetables. If using lentils, boil them in salted water for 30 minutes or until soft.

3. Heat olive oil in a large pot over medium heat. Add the meat (or cooked lentils) and brown. Stir in the chopped vegetables and tomatoes. Let simmer, adding water if needed.

4. Prepare the Béchamel Sauce: Melt the butter in a pot, then whisk in the flour. Cook until golden. Gradually add the milk, stirring constantly until smooth. Season with salt, pepper, and cheese.

5. Prepare the Yoghurt Sauce: Mix all the ingredients until smooth.

6. Assemble the Pastitsio: Cook the pasta in salted water for 8 minutes, then drain. In a baking dish, layer the pasta, followed by the ragù and béchamel or yoghurt sauce. Sprinkle with grated cheese.

7. Bake: Bake for 30-45 minutes, until golden and bubbling.

Pizza



H. chose this recipe, wanting a healthier alternative to the pizza he enjoyed while working on a Greek island. With fresh vegetables and protein-rich yoghurt in the dough, this pizza is delicious and nutritious.

The simple salad dressing can also be used for marinating chicken.

*serves: 4 people
time: 90 minutes*



For the dough:

200g self-raising flour
150g yoghurt
30g milk
Pinch of salt
Pinch of sugar
6g active dry yeast

For the sauce:

200g tinned tomatoes
5g oregano
10g salt
10g Olive oil
Pinch of sugar

For the salad:

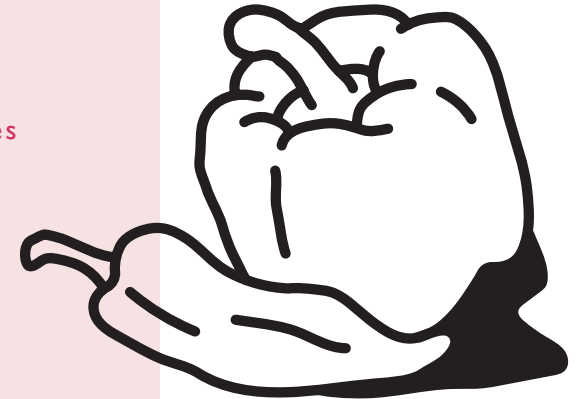
Mixed salad greens
(rocket, lettuce, etc.)
1 cucumber
1 tomato
2 green onions

Salad dressing:

10ml vinegar or lemon juice
30ml olive oil
2 tsp mustard
Salt and pepper, to taste
Honey, sugar or another sweetener

Suggested toppings:

Jarred olives
Red onion
Mushrooms
Peppers
Grated mozzarella cheese
Tinned tuna



method:

1. Prepare the Dough: Warm the milk and sugar. Sprinkle yeast over and leave for 10 minutes until bubbly.

2. Mix the Dough: In a bowl, combine flour and salt. Add the yeast mixture and yoghurt. Knead for 5 minutes until smooth. Leave to rise for 30-60 minutes.

3. Prepare the Sauce: Mix all ingredients and season to taste. Preheat oven to 200°C (400°F).

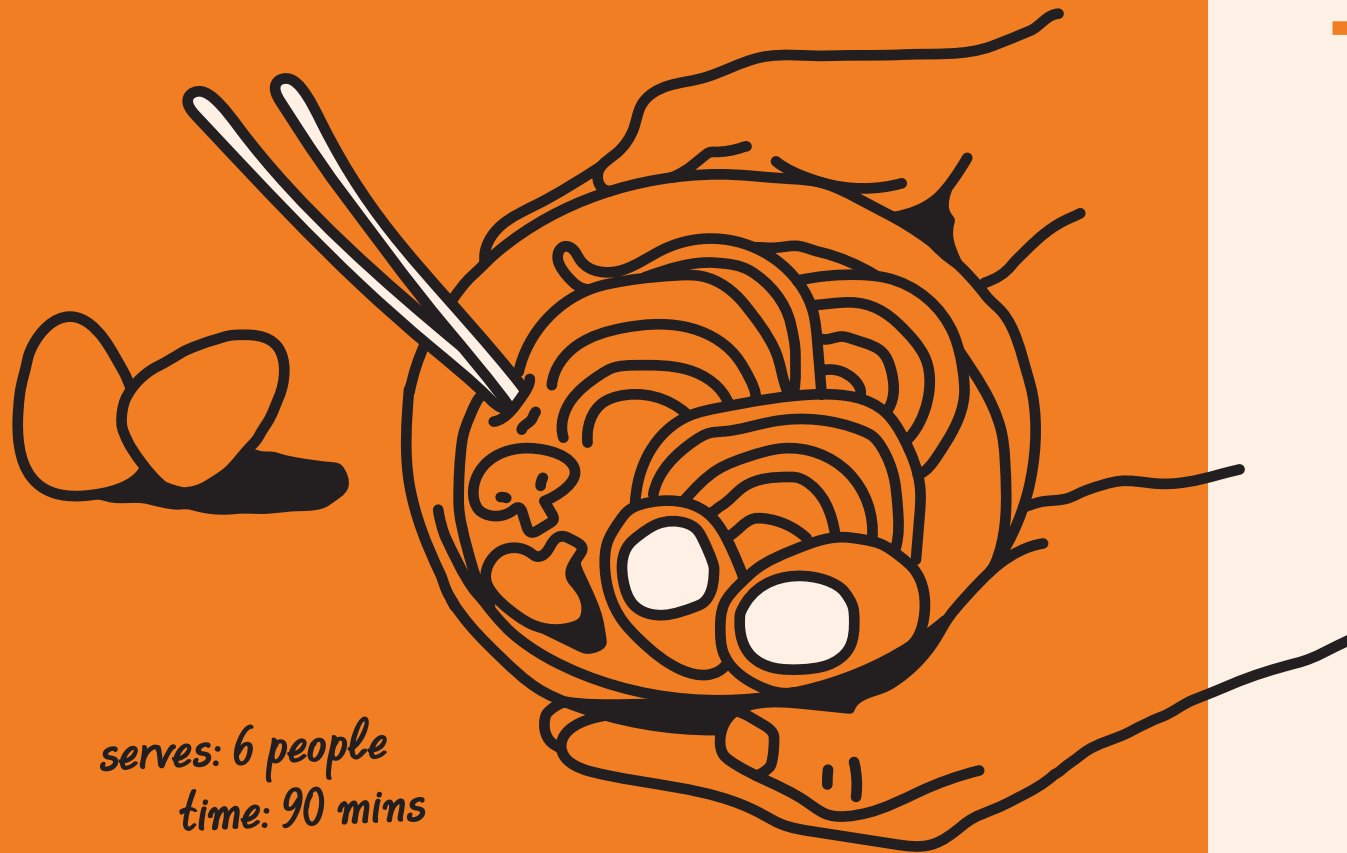
4. Assemble the Pizza: Roll out the dough, spread with sauce, and add toppings.

5. Bake: Bake for 12-15 minutes, until golden and bubbling.

6. Prepare the Salad: Toss salad ingredients with dressing.

7. Serve: Enjoy with the salad on the side or as a topping.

Ramen



serves: 6 people
time: 90 mins

M. is a huge fan of anime, and his love for the steaming bowls of ramen featured in the shows inspired him to learn how to make this delicious dish. We prepared it in late December, and the rich, gingery broth was the perfect comfort for the cold weather. The technique for making this flavourful broth is versatile, serving as the base for a variety of soups and stocks. While we used beef as the topping, chicken, pork, or tofu also work wonderfully. Ramen is a customisable dish that can be tailored to your preferences.

do it your way!! ↗



For the soup:

- 1 bunch of spring onions
- 1 celery
- 1 leek
- 2 carrots
- 2 onions
- 400g white mushrooms
- 1 tbsp sesame oil
- 150g miso paste
- 1 stock cube
- Fresh ginger
- 1 red chilli
- 1 tsp star anise
- 2 tsp chinese 5-spice powder
- 1 cinnamon stick
- Chicken or beef bones (optional)

For the toppings:

- 600g beef brisket
- 1 tbsp olive oil
- 6 eggs, at room temperature
- 150ml soy sauce
- 1 tbsp sugar
- 600g dried wheat noodles
- Sesame seeds



method:

- 1. Prepare the Soup:** Chop the green parts of the spring onions and the remaining vegetables into large chunks. Heat sesame oil in a large pot over medium heat. Sauté the vegetables until caramelised (5-7 minutes). Add miso paste, stock cube, ginger, chilli, star anise, Chinese 5-spice, and cinnamon stick. Cover with water and bring to a boil, then simmer for 1 hour. Strain and adjust seasoning with salt, pepper, and soy sauce.
- 2. Prepare the Beef:** Preheat the oven to 180°C. Season the brisket with salt and pepper, sear in a pan, then roast for 30 minutes. Rest for 10 minutes before slicing thinly.
- 3. Soy-Marinated Eggs:** Boil eggs for 8 minutes, cool in ice water, peel, and marinate in soy sauce, sugar, and water for 30 minutes.
- 4. Cook the Noodles:** Boil in salted water as per packet instructions, then drain.
- 5. Assemble the Ramen:** Place noodles in bowls, pour over broth, top with beef, halved eggs, white spring onion slices, and sesame seeds.

GROUNDNUT

Stew



I was eager to share this beloved dish from Sierra Leone. Here, we've prepared it with fish, but the rich, spicy, and creamy sauce works perfectly with chicken, meat, or hearty vegetables as well. This dish offers a wonderful balance of protein and healthy fats, making it both nourishing and satisfying. Typically served alongside rice and vegetables, it makes for a well-rounded and complete meal.

serves: 4 people
time: 60 minutes



Ingredients:

3 large fresh tomatoes
300g dried fish
1 onion, chopped
3 garlic cloves
3 cm fresh ginger, peeled
3 red chillis
1 tsp paprika
Pinch of chilli powder (optional)

30ml olive oil
1 large red bell pepper, cut into strips
1 large yellow bell pepper, cut into strips
250g peanut butter
400ml (1 can) coconut milk
Fresh parsley, to taste, chopped
Salt and pepper, to taste

method:

1. Prepare the Fish: Clean, cut into bite-sized pieces, and season with salt and pepper. Fry in oil until browned, then set aside.

2. Blanch and Peel the Tomatoes: Boil for 1 minute, cool in ice water, then peel.

3. Make the Tomato Paste: Blend tomatoes, onion, garlic, ginger, and spices until smooth.

4. Cook the Aromatics: Heat olive oil in a pot, cook tomato paste for 5 minutes.

5. Add Bell Peppers: Stir in sliced peppers and cook for 3-4 minutes.

6. Make the Sauce: Mix peanut butter and coconut milk in a bowl, then pour into the pot. Simmer.

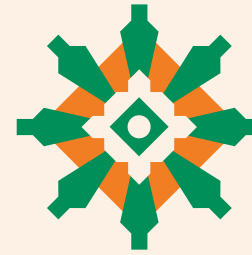
7. Cook the Fish: Add the fish and simmer for 10 minutes. Adjust seasoning and serve over rice with parsley garnish.

OKRA Stew



Okra is a staple vegetable in many cuisines, packed with vitamins, fibre, and antioxidants. It can be bought fresh or frozen, depending on the season. I chose this preparation because they're delicious, and not something he gets to eat often. In Sierra Leone, this stew is often served with fufu or rice for celebratory meals or everyday. Traditionally, it is quite spicy, but this can easily be adjusted to personal taste by adding or leaving out chilli peppers.

*serves: 6 people
time: 60 minutes*



Ingredients:

500g meat of choice: goat, lamb, beef or chicken
One stock cube, diluted with water
600g okra, fresh or frozen
3 Red bell peppers
2 tomatoes
2 red chillies
5cm fresh ginger
2 cloves garlic
1 onion
500g shelled shrimp
15 ml olive oil

method:

- 1. Prepare the Vegetables:** Slice okra into rounds and chop tomatoes.
- 2. Rinse the Shrimp:** Clean under cold water and set aside.
- 3. Brown the Meat:** Heat oil in a pan, cut meat into pieces, season, and brown on all sides..
- 4. Make the Chilli Paste:** Blend peppers, tomatoes, chillies, ginger, garlic, onion, and 250ml water until smooth.
- 5. Assemble the Stew:** Add pepper paste to the browned meat, scraping the pan. Stir in tomatoes and okra, then simmer for 20 minutes.
- 6. Cook the Shrimp:** Add shrimp and cook for another 10-15 minutes.
- 7. Serve:** Enjoy with rice or fufu.



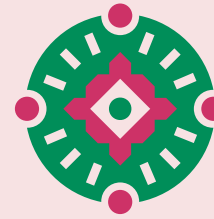
Fakorizo



A. wanted to learn a healthy and balanced recipe to take for packed lunches, which would be suitable for when he is working or at school all day. We decided to focus the ideas around different ways to use pulses, as they are an affordable and filling healthy option.

Fakorizo is a traditional Greek dish, often enjoyed in the winter months with feta. We made the feta into a creamy sauce, and also learned to make hummus as another alternative accompaniment.

serves: 8-10 people
time: 45-60 mins



For the fakorizo:

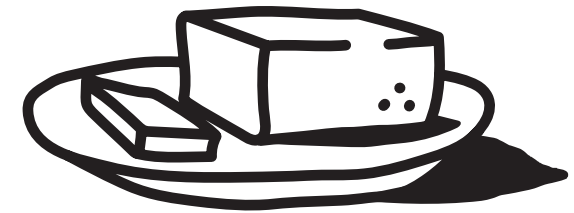
500g Lentils
500g rice
2 tbsp olive oil
2 onions
1l chicken stock
(homemade or from a cube)
Zest of 1 lemon
2 cloves garlic
1 tsp dried oregano
or mixed herbs
2 packs (400g) baby spinach
250g cherry tomatoes
Tinned tuna, sardines or other
type of protein (optional)

For the feta cream:

500g feta
200ml cream

For the hummus:

500g chickpeas
(either canned or
cooked from dried)
100ml lemon juice
200ml vegetable oil
2 tsp ground cumin



method:

1. Prepare the Fakorizo: Bring 2 large pots of well-salted water to a boil. In the first pot, cook the lentils for 20-25 minutes, or until soft. In the second, cook the rice for 10-15 minutes, until al dente. While the rice and lentils cook, finely chop the onions, grate the garlic, and halve the cherry tomatoes. Once the lentils and rice are done, drain them and set aside. In a large pot, heat the olive oil and sauté the onions for 5-10 minutes until soft and translucent. Add the grated garlic and cook for another minute until fragrant. Add the cooked rice and lentils to the pot. Pour in the chicken stock and bring to a boil. Stir in the dried herbs, lemon zest, and season with salt and pepper to taste. Add the spinach to the pot, stirring until wilted. Set aside while you prepare the feta cream.

2. Prepare the Feta Cream: In a blender, combine the feta cheese and cream. Blend until smooth and creamy.

3. Prepare the Hummus: In a blender or food processor, combine the chickpeas, lemon juice, vegetable oil, and cumin. Blend until smooth and creamy. Taste and adjust the seasoning with more lemon juice, salt, or cumin as desired.

4. To Serve: Serve the fakorizo topped with halved cherry tomatoes, your choice of tinned fish (if using), and a generous spoonful of feta cream. Accompany with the homemade hummus for a satisfying meal.

BORANI

Banjan



R. chose this delicious dish of oven-baked vegetables. He hasn't eaten it since he left Afghanistan and remembers particularly enjoying it in Ramadan with his family.

Although there are many renditions of this dish around the world, the addition of the garlicky yoghurt makes this one particularly moreish. We served it with bolani (see overleaf) to mop up the sauce.



serves: 8 people
time: 45-60 minutes



Ingredients:

6 aubergines
2 onions
2 potatoes
4 tomatoes
2 tsp each turmeric, cumin, and coriander
6 cloves garlic
4 tbsp tomato paste
500g plain yoghurt
2 jalapenos
Cooking oil
(to fry aubergine)
2 tbsp chopped parsley

method:

1. Prepare the yogurt sauce: In a bowl, mix the grated garlic with the yogurt and $\frac{1}{2}$ tsp salt. Set aside to allow the flavors to develop while you prepare the vegetables.

2. Fry the aubergines: Coat the bottom of a large pan with oil and heat over medium-high. Fry the aubergine slices in batches, cooking each batch until golden brown. Once done, transfer them to a plate lined with paper towels to drain excess oil.

3. Fry the potatoes: After frying the aubergines, add the sliced potatoes to the pan in a single layer. Allow them to brown slightly while you prepare the tomato sauce, vegetables and tomatoes. Let simmer, adding water if needed.

4. Make the tomato sauce: In a small bowl, mix the tomato paste with 250ml water, the dried spices, and salt and pepper to taste. Stir until combined.

5. Layer the vegetables: Begin layering the vegetables in the pan. First, add half of the sliced tomatoes over the browned potatoes. Follow with half of the onions, then half of the cooked aubergines. Pour half of the tomato sauce mixture over the top. Repeat the layers with the remaining vegetables and sauce.

6. Cook: Cover the pan with a lid and cook over low-medium heat for 30 minutes, or until the vegetables are tender. Check occasionally to ensure the potatoes don't burn.

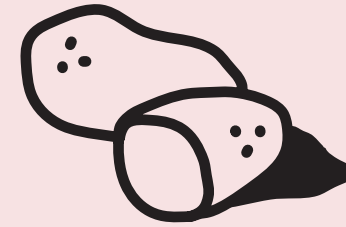
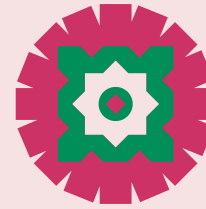
7. Serve: Transfer the yoghurt sauce to a large platter and spread it evenly. Once the vegetables are soft, spoon them on top of the yogurt. Add a little extra yogurt on top, and garnish with chopped parsley.

Bolani



These tasty stuffed breads are served as a quick grab-and-go meal or snack in the streets of Afghanistan with a variety of fillings. R.'s favourite is this combination of potatoes, alliums and herbs. Traditionally, perennial Afghan leeks known as gandana flavour the filling; the combination of spring onions and other herbs is a close approximation.

serves: 8 people
time: 45-60 minutes



For the dough:

240ml lukewarm water
1½ tbsp vegetable oil
1½ tsp salt
½ tsp active dry yeast
420g bread flour

For the filling:

2 large potatoes
6 spring onions
25g each fresh chives, parsley, and coriander
1 green chili
1 tsp ground coriander
1 tsp salt
½ tsp ground turmeric
½ tsp ground black pepper
1 tbsp vegetable oil, for frying

method:

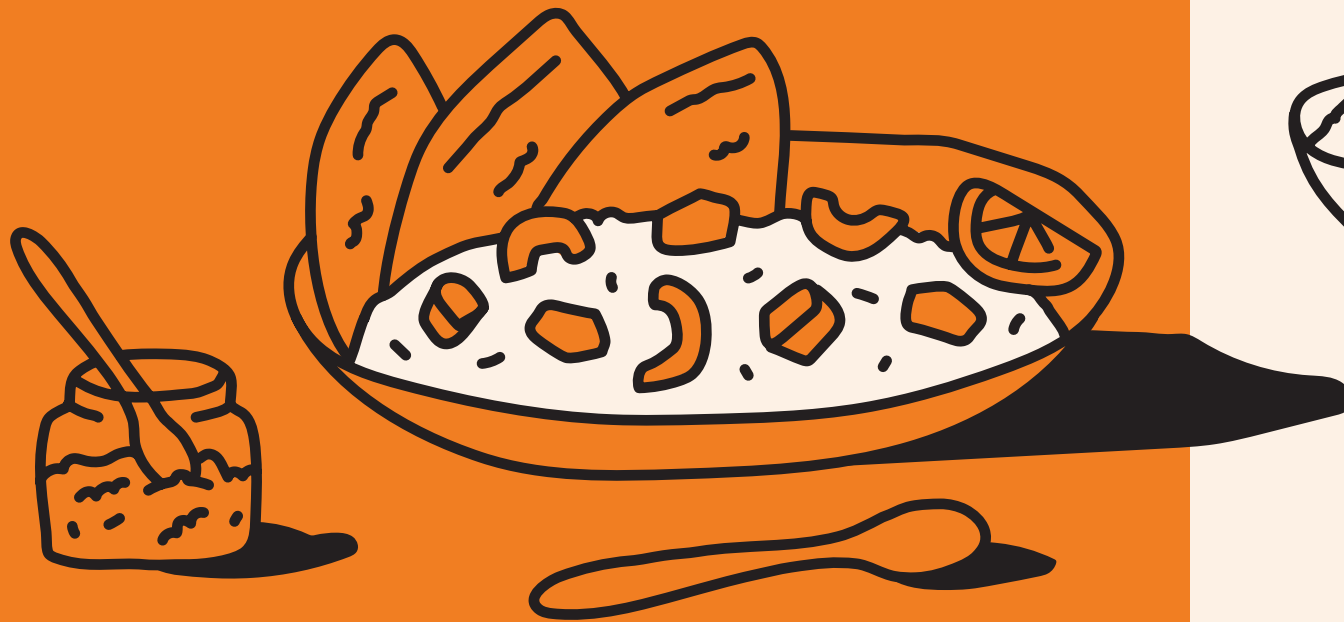
1. Make the dough: In a large bowl, combine the lukewarm water, vegetable oil, and active dry yeast. Stir to dissolve the yeast, then add the flour and salt. Mix to combine. Knead the dough for a few minutes until it becomes soft and elastic. If the dough is too sticky, add a little more flour. Cover with a damp cloth and let it rest at room temperature for 30 minutes.

2. Prepare the filling: While the dough is resting, peel and chop the potatoes into 1cm cubes. Slice the spring onions and finely chop the herbs and chili. In a large pot, bring water to a boil and cook the potatoes for 15 minutes, or until tender. Drain the potatoes and transfer them to a large bowl. Add the spring onions, cilantro, chili, and the ground spices (coriander, turmeric, black pepper, and salt) to the bowl. Mash everything together with a fork or potato masher until fully combined.

3. Shape the bolani: Once the dough has rested, divide it into 8 even pieces. Roll each piece into a ball and lightly dust with flour. On a floured surface, roll each ball into a thin circle using a rolling pin. Carefully lift each piece of dough and add one eighth of the potato filling over one half of the dough, leaving a 1cm (½ inch) border along the edge. Lightly dampen the edges of the dough with water. Fold the dough over the filling to create a half-moon shape. Press out any air bubbles and pinch the edges firmly to seal the bolani.

4. Cook the bolani: Heat 1 tablespoon of vegetable oil in a large pan over medium-high heat. Once the oil is hot, add the bolani to the pan and cook for 2-3 minutes on one side. While cooking, brush the top with a little more oil using a silicone pastry brush. Once the bottom is golden and crispy, flip the bolani and cook the other side until golden. Transfer to a cooling rack to rest. Repeat the process with the remaining bolani.

LAMB *Suqaar*

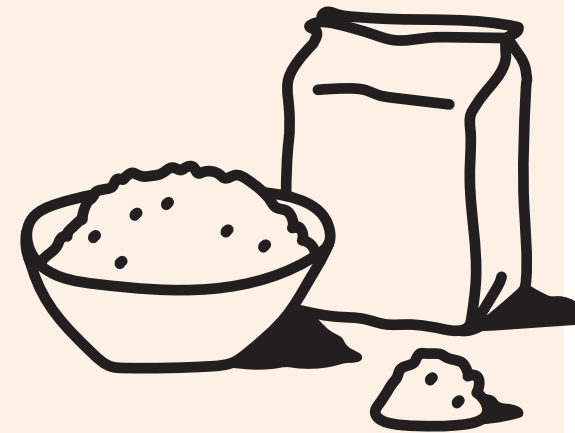


A. chose this recipe, a beloved dish he frequently shared with his extended family, especially after school on Fridays or during special occasions. Whenever suqaar was on the menu, he would eagerly rush home—it's easy to see why once you've tasted this perfectly balanced dish. We served it with bread, but it's also delicious paired with rice or pasta.

serves: 4 people
time: 45 minutes



method:



For the lamb:

3 onions
3 peppers
1 tbsp oil
1kg lamb cut into bite-size pieces
3 cloves of garlic
3 large tomatoes
2 tbsp garam masala
4 tbsp of tamarind paste

For the bread:

200g self-raising flour
150g yoghurt
30g warm milk
Salt
Sugar
6g dry yeast

1. Prepare the dough for the bread:

In a small pot, gently warm the milk and sugar until it feels warm to the touch. Sprinkle in the yeast and leave to activate for about 10 minutes, until bubbly. Meanwhile, combine the flour and salt in a large bowl. Once the yeast mixture is ready, add it to the yoghurt and stir. Gradually knead the mixture into the flour for 5-10 minutes, adding more milk or flour as needed, until a smooth, soft dough forms. Cover the dough and let it rise in a warm place for 30 minutes. Preheat your oven to 180°C (350°F)

2. Prepare the lamb stew: Heat the oil in a large pot over medium heat. Add the garam masala and lamb, stirring to coat the meat with the spices. Let it cook undisturbed for a few minutes until golden brown on all sides. Once the lamb is caramelized, add the onions, peppers, and garlic. Cook for 5-10 minutes until the vegetables soften.

3. Add the tomatoes and tamarind:

Stir in the grated tomatoes and tamarind paste, followed by enough water to cover the meat. Season with salt and pepper, then bring to a simmer. Cover the pot and allow the stew to cook for 30-45 minutes, until the lamb is tender and the flavors meld together.

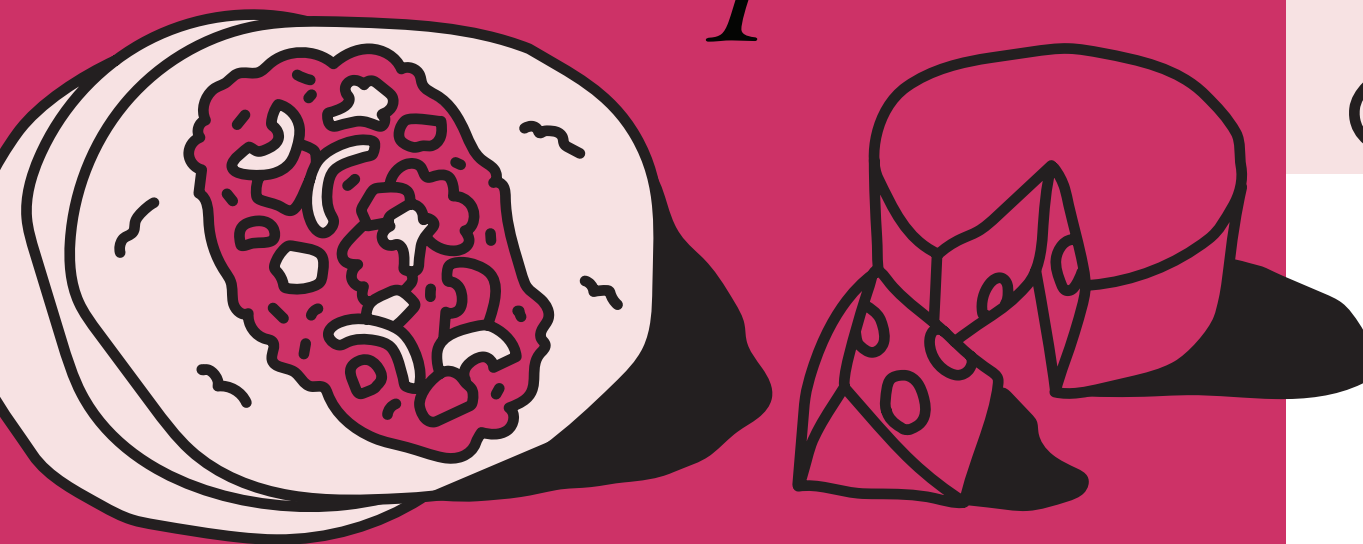
4. Shape the bread rolls: Once the dough has risen, divide it into 4 equal pieces and shape each into a roll. Place the rolls on a lined baking sheet and let them rise for another 25 minutes

5. Bake the bread: While the stew simmers, bake the bread rolls for 20-25 minutes, or until they're golden and crusty

6. Serve: Once the lamb is tender and the bread is golden, serve the stew alongside the freshly baked rolls. Use the bread to mop up the rich, flavorful sauce for a truly satisfying meal.

VEGETARIAN

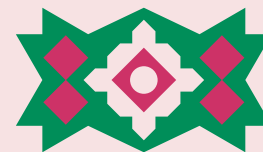
shawarma wraps



This delicious combination of vegetables makes a compelling alternative to the traditional meaty fillings of shawarma and gyros wraps. Our cooking instructor chose to make this dish in the first cooking class we had.

They learned how to clean and cut a variety of different vegetables, and how to prepare them in different ways. The result was fresh and delicious, a great way to use up any vegetables you have to hand.

serves: 8 people
time: 10 mins



For the Dough:

15g dried yeast
500ml warm water
1kg bread flour
20g salt

For the Filling:

1 small pumpkin
1 small celeriac
2 tbsp olive oil

4 cloves garlic, minced
1 bunch fresh thyme
2 heads of cauliflower, broken into bite-sized florets
2 eggs
200g breadcrumbs
200g flour
1 head of lettuce, washed and sliced
1 bunch parsley (or other soft herbs)
200g hard cheese (e.g., Kasseri), grated

For the Sauce:

100g yoghurt
30g tahini
Juice of 1 lemon

method:

1. Preheat your oven to 180°C.

2. **Prepare the dough:** In a large bowl, combine the yeast with the warm water and let it activate for about 5 minutes, until bubbly. Once activated, add the flour and salt. Knead the dough for about 10 minutes, then cover the bowl and let it rise for 30 minutes.

3. **Prepare the vegetables:** Peel and slice the celeriac and pumpkin into sticks, then break the cauliflower into bite-sized florets. Remove the thyme leaves from the stems.

4. **Roast the vegetables:** Place the minced garlic, celeriac, and pumpkin on a baking sheet. Drizzle with olive oil, sprinkle with thyme leaves, and season with salt and pepper. Roast in the oven for 20-25 minutes, until golden and tender.

5. **Prepare the breading station:** Set up three separate dishes: one with flour, one with beaten eggs (seasoned with salt and pepper), and one with breadcrumbs (also seasoned). Dip each cauliflower floret into the flour, then the egg, and finally the breadcrumbs, coating thoroughly. Place

them on a baking sheet, drizzle with olive oil, and bake for 20-25 minutes, until golden and crispy.

6. **Shape the flatbreads:** Once the dough has risen, divide it into 10 equal pieces and shape each into a ball. Let the dough balls rest for another 10 minutes on a baking sheet.

7. **Prepare the salad:** Combine the sliced lettuce and chopped herbs in a small bowl.

8. **Make the sauce:** In a separate bowl, whisk together the yoghurt, tahini, and lemon juice. Taste and adjust seasoning as needed.

9. **Cook the pittas:** Roll each dough ball into a thin pitta. Heat a frying pan over low heat and cook each pitta for 5-10 minutes, turning occasionally, until golden brown and puffed.

10. **Assemble the wraps:** Fill each pitta with a portion of the roasted vegetables, crispy cauliflower, and salad. Drizzle with the yoghurt-tahini sauce, top with grated cheese, wrap up, and enjoy!



