



# THE SHARING TABLE

**Hammersmith & Fulham**



# HOW IT STARTED...

The idea for this cookbooklet emerged as we were living through the pandemic in Hammersmith & Fulham. Isolated away from the world, many of us chose to rekindle a love of home cooking, some spoilt for choice by diverse local restaurants, and many used community services to help with everyday meals. Whoever we are, we found ourselves attaching different meanings and moments to the food we experienced.

Inside The Sharing Table, you will find a collection of recipes from a range of local people. They are much-loved recipes often cooked at home, some even for generations. They are intentionally simple to make, like the No-Knead Bread and Greek Bouyiourdi (which also happen to work a treat when made together), and none require fancy kit or ingredients.

More than half the booklets that are printed will be given free to those on low incomes with free spice packs, and the other half will help raise proceeds so that the dedicated team at H&F Giving can continue to work hard each day through the year to help all our neighbours, with a focus on those most in need and on the breadline.

Each recipe comes with a conversation, too, a different way of getting to know Hammersmith & Fulham and learning about each other. So, whilst the cookbooklet is simple in itself, we hope that everyone who comes across it appreciates the richness it adds.

**Savraj Kaur**

Executive Director  
H&F Giving









A WALK THROUGH THE RECIPES OF

# THE SHARING TABLE

Hammersmith & Fulham



# TIPS AND TRICKS

## DOWNSHIFT ONE BRAND AT A TIME

If you normally buy premium brands, buy the next one down. If you buy the supermarket's own brand, try the value or basic range alternative. If you genuinely prefer the premium version, switch back the following week.

## CHECK YOUR STORECUPBOARD BEFORE YOU SHOP

Before you go shopping, do a quick inventory of what you already have. Divide your page into four, and write down the carbs, fruit, veg and proteins that you have in stock, checking the fridge, freezer, fruit bowl and shelves. Then, plan meals around what is already there, and just buy top-up ingredients.

## EXPLORE LOCAL SHOPS

Take a look at what the shops nearby sell, and see if there are any surprises – such as your local newsagent selling tinned pulses cheaper than the supermarket. Many fruits are usually cheaper at markets.

## WRITE A MEAL PLAN

By planning meals that use similar ingredients, you'll spend less on your weekly shop. Carrots, cumin and kidney beans, for example, can be made into a thick and filling soup, a vegetarian burger, or the base for a chilli. Just add different vegetables, or rice, so that you don't feel like you're eating the same thing every day.


## GO MEAT-FREE

Vegetable curries, chillies, soups and stews are delicious and filling, and much lighter on your wallet.



# TIPS AND TRICKS

## SUBSTITUTE INGREDIENTS



You can't go too far wrong using one leafy green vegetable instead of another, or any root veg where a recipe calls for carrot, or making a simple mixture of cumin and turmeric to make your own curry powder. If you're on a tight budget, you don't always need to follow recipes exactly, but use the flavour combinations as helpful inspiration.




## TAKE A TIN

Tins are cheap and easy to store. Tinned tomatoes make good pasta sauces and bases for curries and casseroles; tinned sardines are delicious on toast or stirred through pasta, while tinned chickpeas make quick hummus, falafels or burgers.

## BUY FROZEN VEG AND TINNED OR DRIED FRUIT

Try using more frozen vegetables for cheapness and for variety – you can buy more and they last longer. At one supermarket, frozen spinach can be £1.25 for a kilo, or £1 for 200g fresh. Frozen spinach is easy to throw into soups, tagines, curries and casseroles. Dried fruit makes good snacks, especially for children – you can buy large value bags of sultanas from the baking aisle, and tinned mandarin segments and peaches to stir into yogurts or whizz into smoothies.







# LORD DUBS' ULSTER FRY

90 MINUTES • SERVES 4

- 8 beef or pork sausages
- 4 ripe tomatoes, cut in half
- 250-300g button mushrooms
- 4 tbsp olive oil
- 8 slices black pudding
- 8 rashers smoked bacon
- 8 free-range eggs

## SODA BREAD

- 450g plain white flour, plus extra for dusting
- 1 tsp bicarbonate of soda
- 1 tsp cream of tartar
- 1 tsp sea salt
- 1 tsp sugar
- 300ml buttermilk

## POTATO FARLS

- 2 tbsp butter, plus extra to serve
- 1kg mashed potato
- 125g plain flour, plus extra for dusting

**1** To make the soda bread, heat the oven to 180C/fan 160C/gas 4. Sift the flour, bicarbonate of soda, cream of tartar and salt into a large bowl. Stir in the sugar until well combined. Gradually add the buttermilk a little at a time, mixing well until the mixture comes together as a soft dough. You may not need all of the buttermilk. Take care not to overwork the mixture.

**2** Dust your hands with flour and knead the dough very lightly in the bowl. Shape the dough into a loose ball and put onto a floured baking tray. Cut a deep cross into the top of the loaf using a sharp knife. Transfer the soda bread to the middle rack of the oven and bake for 30-35 minutes or until the bread has risen, is golden brown and sounds hollow when tapped on the bottom. Keep the oven on.

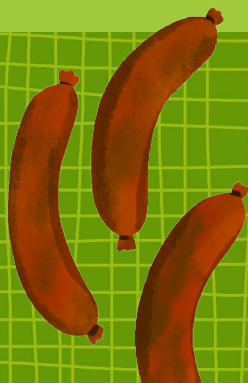
**3** To make the potato farls, melt the butter in a small pan over a low to medium heat. Add the mashed potatoes and a little salt and stir well to combine. Fold in the flour until well combined. Turn the mixture out onto a lightly floured worksurface and knead lightly until smooth.

**4** Divide the mixture in half. Roll out each half onto a lightly floured worksurface until it forms a circle the size of a large dinner plate and is about 0.5cm thick. Cut each circle into quarters.

**5** Heat a large, non-stick frying pan over a medium heat until hot. Add the potato farls, in batches, and fry for 3-4 minutes on each side until golden brown. Keep warm until ready to serve.

**6** Put the sausages in a roasting tray and roast for 25-30 minutes or until golden brown and cooked through. Put the tomato halves, cut-side up, into a separate roasting tray with the button mushrooms. Drizzle over one tablespoon of the olive oil and season. Roast in the oven for 10-15 minutes or until softened.

**7** Meanwhile, heat another tablespoon of olive oil in a large non-stick frying pan over a medium heat. Add the slices of black pudding and fry for 1-2 minutes on each side until crisp. Remove from the pan and keep warm. Add the bacon rashers to the same pan and dry fry for 6-8 minutes or until crisp and golden brown on both sides. Keep warm while you make the eggs.



**8** Heat the remaining two tablespoons of olive oil in a separate frying pan over a high heat. When the oil is hot, crack in the eggs, in batches if necessary, and fry for 1-2 minutes or until the yolk has just set.

**9** To serve, put two potato farls on one side of each serving plate. Divide the sausages, black pudding, bacon, tomato halves, mushrooms and fried eggs among the serving plates, alongside the potato farls. Slice the soda bread, spread with butter and serve alongside.

### LORD DUBS' TIPS

You don't need to stick slavishly to this recipe. Any combination works well. I've enjoyed a Northern Ireland-produced steak alongside, which is also delicious!

## LORD DUBS

**I'm a member of the House of Lords**, active member of the Labour Party, former child refugee and campaigner for the rights of refugees.

**My favourite place to shop for food in Hammersmith** is What The Fish on the corner of King Street and Ravenscourt Park. It does excellent fish and chips and I've become friendly with the Kurdish owners over the years – wonderful food and people.

**I chose this recipe because** I served for nearly four years as a Northern Ireland minister as part of Mo Mowlam's team leading up to the Good Friday Agreement. In addition to the Peace Process, I had responsibility for two departments, including agriculture. Whenever I was invited for breakfast I was offered excellent Northern Irish produce in the shape of the Ulster Fry. When I eat it today, it takes me back. My favourite ingredients in this dish are the potato farls and the soda bread because they typify Northern Irish cuisine. I also like that nearly all the leftovers can be fried up together to make bubble and squeak – which is also fantastic served in an Ulster Fry.

**Marcus Rashford is a food super hero.** He forced a government U-turn on providing food during lockdown to hungry children, which resulted in the £120m summer food fund. His activism has saved thousands, possibly millions of children across the country from going hungry.



# STEPHEN'S NO-KNEAD BREAD

1 HOUR PLUS PROVING PLUS COOLING • MAKES 1 LOAF

375g flour (any type will do, but white bread flour will make the lightest loaf), plus extra for dusting

¼ tsp instant yeast

1¼ tsp salt

3 tbs wheat bran (you can also use oatmeal, wholemeal flour or semolina)

**1** Briefly mix all the ingredients, except the wheat bran, and 375ml of tepid water together in a large bowl. Cover and leave to rise for at least 12 hours (longer is fine, even twice as long won't hurt it!)

**2** Once risen, tip the dough out onto a floured chopping board and very gently pat it down. Sprinkle the dough with some of the wheat bran and flour. Sprinkle a clean tea towel with the rest of the wheat bran and flour and flop the dough on top. Leave for another two hours.

**3** Heat the oven to the highest temperature and put a heavy-bottomed, lidded pot inside the oven for 20 minutes to heat. Carefully take the heated pot out of the oven and gently put the dough in. Cover with the lid. Return the pot back to the oven and bake for 30 minutes. Remove the lid and bake for a further 15-20 minutes or until the bread is darkened on top.

**4** Remove the bread from the oven, tip it onto a board and leave to rest for 45 minutes-1 hour to firm up the crust.







## STEPHEN'S TIPS

Swap  $\frac{1}{2}$  the water for beer to give a deep malty flavour to the loaf or finely chop some rosemary and knead in at the start.



# STEPHEN COWAN

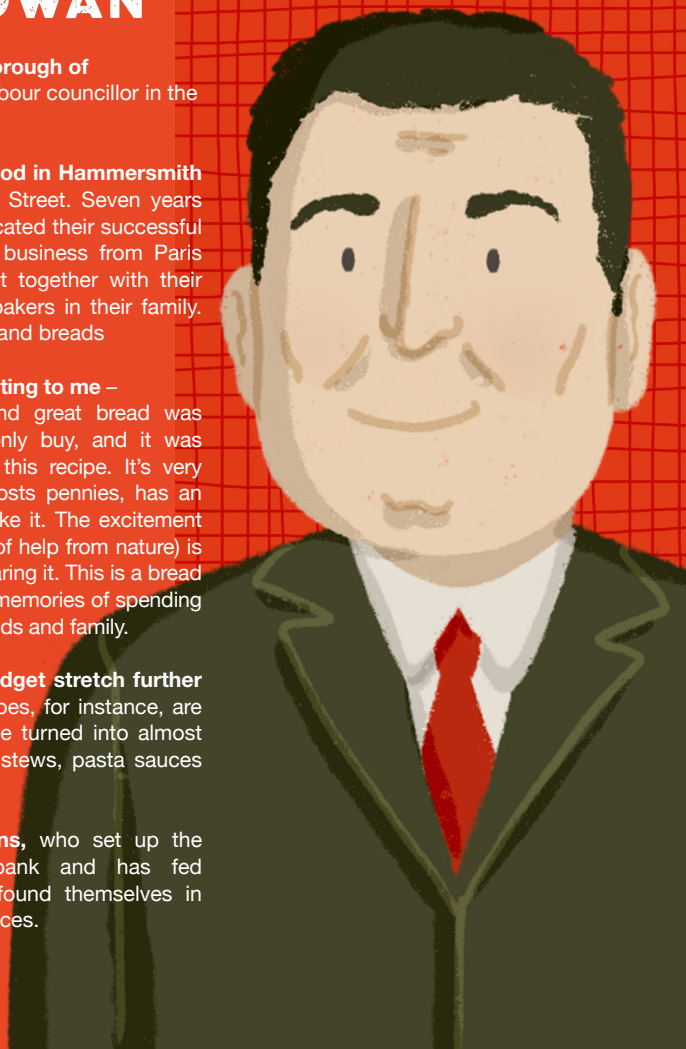
**I am the Leader of the London Borough of Hammersmith & Fulham** and a Labour councillor in the Hammersmith Broadway ward.

**My favourite place to shop for food in Hammersmith** is Patisserie Sainte Anne on King Street. Seven years ago, Alain and Keiko Marache relocated their successful family patisserie and boulangerie business from Paris to Hammersmith. They now run it together with their children – the fifth generation of bakers in their family. They sell exquisite French pastries and breads

**Bread-making used to seem daunting to me** – something other people did – and great bread was something I thought you could only buy, and it was expensive. But then I discovered this recipe. It's very easy to make and I love that it costs pennies, has an amazing taste and anyone can make it. The excitement of baking your own loaf (with a lot of help from nature) is only matched by the pleasure of sharing it. This is a bread to share, which brings back happy memories of spending time and eating good food with friends and family.

**My tips for making your food budget stretch further** is to keep it simple. Tinned tomatoes, for instance, are low-cost and nutritious and can be turned into almost anything, from curry and soup to stews, pasta sauces or pizza.

**My food hero is Daphne Aikens**, who set up the Hammersmith & Fulham Foodbank and has fed thousands of people who have found themselves in challenging and difficult circumstances.



# FUNKOLA'S COCONUT RICE

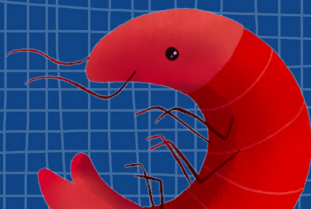
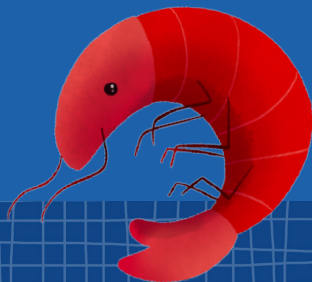
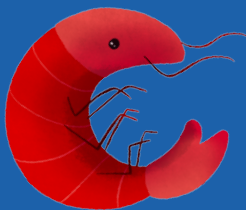
30 MINUTES • SERVES 2



- 1 tbsp sunflower oil
- 1 medium-sized onion, peeled chopped
- 2 bird's-eye chillies, chopped (use 1 or substitute with a less hot pepper depending on your heat tolerance level)
- 1 garlic clove, crushed
- 1 thumb-sized piece of ginger, finely grated
- 2 x 400ml tins coconut milk
- 2 tbsp of ground crayfish (available at [afrobuy.co.uk](http://afrobuy.co.uk))
- 2 mugs of basmati rice, rinsed and drained
- 150g king prawns, shelled, cleaned and deveined

**1** Heat the sunflower oil in a frying pan over a medium heat and fry the onion until translucent. Stir in the chillies, garlic and ginger, and fry for another 3 minutes. Season with 1 tsp salt. Pour in the coconut milk and simmer for a few minutes. Stir in the ground crayfish, the basmati rice and prawns.

**2** Bring the mixture to a boil and then reduce to a medium heat. Cover the pot and cook for 12 minutes, then turn off the heat, remove the lid and leave to stand for another 5 minutes. Fork through the rice and serve with steamed vegetables on the side.

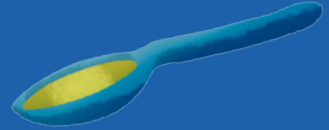




### FUNKOLA'S TIPS

You can substitute ground crayfish for shrimp paste; shrimp paste is quite strong, so you only need half a teaspoon.

For a vegetarian option, omit the crayfish and prawns.



## FUNKOLA ODELEYE

**I'm a resident of Hammersmith and Fulham.** My favourite place to shop for food here is the Brook Green Market. I love going there as I'm always spoilt for choice. Not only do I find fresh produce from eggs to vegetables, I also buy ready-cooked meals and dessert for the week.

**For my recipe I have chosen Nigerian-style coconut rice** as it is one of my husband's favourite meals. It is more synonymous with the Efik people of Nigeria but it is representative of how we Nigerians like our medley of flavours and spices. I grew up in Lagos, Nigeria with two coconut trees in front of our house. The dish and anything with coconut takes me back to my childhood. My favourite ingredient from the dish is the coconut milk. I love the taste of coconuts in curries, desserts, yogurt and snacks; it always makes THE difference.

**Make your food budget stretch further by** buying store-brand products. Most of them taste as good as big brand products and they are cheaper. I also join store loyalty programmes, they have member discounts and the points you collect can be converted to vouchers.

**My food hero is my mother.** It's always a feast when she cooks and no matter how many people are around the table, she makes sure to include favourites for each person.

**My favourite piece of food wisdom is** to use your senses for fresh produce and don't get thrown off by the expiry date. Smell, feel and look before you bin it.







# ALI'S HONEY GARLIC THYME SALMON

20 MINUTES • SERVES 4



4 salmon fillets  
½ tsp black pepper  
½ tsp paprika  
5 tsp olive oil  
6 garlic cloves, minced  
2 tbsp thyme leaves (dried or fresh),  
plus extra to garnish  
3 tbsp soy sauce  
1 tbsp sriracha sauce  
½ cup runny honey  
2 tbsp lemon juice

**1** Pat the salmon dry, then season with the black pepper, paprika and ½ tsp salt. Set aside. Adjust the oven rack to middle position, then preheat the grill.

**2** Heat the oil in a large, ovenproof frying pan. Add the garlic, thyme, soy sauce, sriracha, honey, lemon juice and 3 tbsp water and cook for 30 seconds, stirring, until the sauce is heated through.

**3** Add the salmon, skin-side down (if using salmon with skin) and cook for 3 minutes. While the fish cooks, baste frequently with sauce from the pan by spooning it over the top of the salmon.

**4** Move the salmon to the grill and grill for 5-6 minutes, basting with the sauce once during the broil, until the fish is caramelised and cooked to your desired doneness. Garnish with thyme and serve.





### ALI'S TIPS

If you don't have a grill, try flipping it in the pan to get that caramelised top.



## ALI ALZEIN

**I'm a resident & volunteer** helping in managing the wild bee population in H&F.

**My favourite place to shop for food in Hammersmith** is Bushwacker Wholefoods because it is not a chain and it is ran by a very friendly team of kind people.

**I have chosen a dish that has some of the ingredients that we use a lot in Syria**, like fish, garlic and thyme. The dish takes me back to the Mediterranean sea. It's a special dish because the flavours bring back memories from harvesting thyme and using it back home. It is one of my favourite herbs, it has so many health benefits not only to us humans but also to the bees!

**A good way to stretch your food budget** is by growing your own house herbs and basic plants like spinach, for example. They are so easy to grow, and they yield a lot!

**My food hero is my mother for sure!** She was kinda famous back home for her amazing cooking skills, and she is our hero because when we lost everything after the Syrian regime burnt down our home and factory, she was the one who provided for the family by cooking and making money from that, she now has a small, beautiful restaurant in the US.





# AMIR'S PERSIAN DOPIAZEH

45 MINUTES • SERVES 4

Vegetable oil

2 large onions, finely chopped

½ teaspoon ground turmeric

3 garlic cloves, minced

250g soya mince (optional)

2 tbsp tomato paste

A pinch of dried chilli flakes

4 medium-sized potatoes, peeled  
and cut into small pieces

**1** In non-stick frying pan, heat 3 tbsp of oil over a medium heat. Add the chopped onions and fry until golden brown. Take half of the the fried onions and set aside.

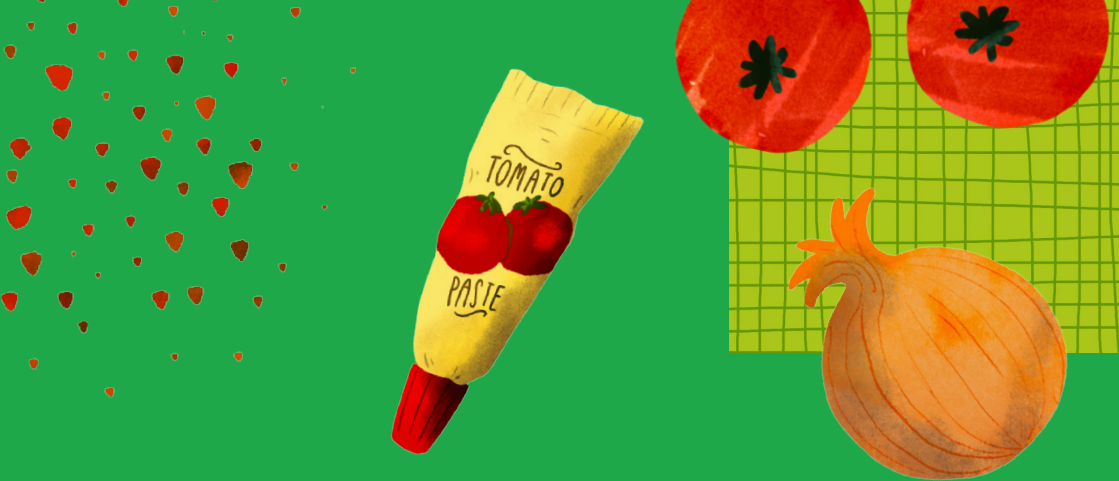
**2** Add the turmeric to the pan, stir, add the garlic and fry for 2 minutes.

**3** Add the soya mince, if using, and cook until brown. Add the tomato paste and cook for another 5 minutes, then add the red pepper, seasoning and 120ml of water.

**4** Add the cubed potatoes and the remaining fried onions to the soya and potato mixture. Stir well, cover and cook over a low heat for 30 minutes. Taste and adjust the seasoning if needed. Serve warm with rice or warm bread and salad shirazi.







## AMIR SADJADY

**I own a laundrette in White City** and I'm trustee for Hammersmith United Charities. I try to shop locally, but I really do enjoy visiting Ichiba at Westfield. This Japanese food hall has many different food ingredients, and most importantly for me, vegan meat-free options.

**This recipe is easy to make and very filling.** My late father used to make it for me, of course I've exchanged the mince for a vegan alternative.

**I think the best way to make food budgets stretch further is** to try and plan ahead so that I'm not buying things that I don't need or want to minimise wastage. My food hero is is definitely my friend Tree Enseñat Forteza-Rey, the best vegan chef that I've ever come across.

**My best piece of food wisdom is** that while I enjoy eating, I also enjoy fasting as it helps reset my relationship with food.



# FIFI'S SUQAAR AND MALAWAAX

55 MINUTES • SERVES 4

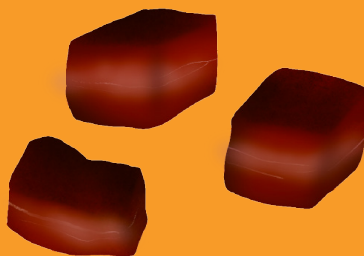
- 2 tbsp sunflower or olive oil
- 2 garlic cloves, crushed
- 2 onions, sliced
- 3 mixed peppers, sliced
- 500g diced beef steak cubes
- 1 tsp paprika
- 1 tsp ground cumin
- 1 handful of coriander
- 2 green chillies (optional), sliced
- 1 tbsp or cube of vegetable stock

**1** Heat 2 tbsp of sunflower oil in a frying pan for 2 minutes. Add the garlic, onions and peppers to the pan, followed by the beef.

**2** Mix together the ingredients in the pan and cook over a low heat for 5 minutes.

**3** Once the meat is cooked through, add the paprika and cumin, followed by the coriander and chillies, and mix together.

**4** Add the vegetable stock, 100ml of water and gently simmer for 3 minutes until the water has evaporated, then serve.





## FATHIYA ADAN (FIFI)

**I am a mother of two boys.** My main role in the community is raising two hard-working, caring gentlemen. I am also a radio presenter at Nomad Radio which I enjoy very much.

**I love shopping for food at Marks & Spencer,** but due to affordability and convenience I frequently find myself at the local halal butchers and Tesco.

**I used to eat suqaar and malawaax for Friday lunch.** Friday is a holy day for us as Muslims so in my household my mum would always cook our favourites on this day. It was lovely because it was the one time in the week everyone was present for all the meals and as children we looked forward to this day and it was the perfect way to roll in the weekend. It gives me nostalgia, suqaar and malawaax reminds me of being a young girl at family lunch. It is a meal made within every Somali household. I remember being a young girl, and my grandmother would task me to chop all the onions and I did it so many times I managed to master cutting the onions without tearing up. My favorite ingredient in this particular dish is cumin as it is the secret to all land dishes.

**When it comes to food budgeting,** my Tesco Clubcard and my Costco card have been lifesavers. I tend to purchase essentials in bulk, but the ingredients I need for specific meals on the day I plan to cook them. This ensures that no food goes to waste in my household.

**My food hero is my grandmother** as she used to make me join her in the kitchen and help her out with food prep. She used to call me her little sous chef.

**My best piece of food wisdom is** to use a spoon to peel a boiled egg. It removes the whole shell in one go, and leaves you with a clean end product.



# NAZARETH'S ATAKILT WAT

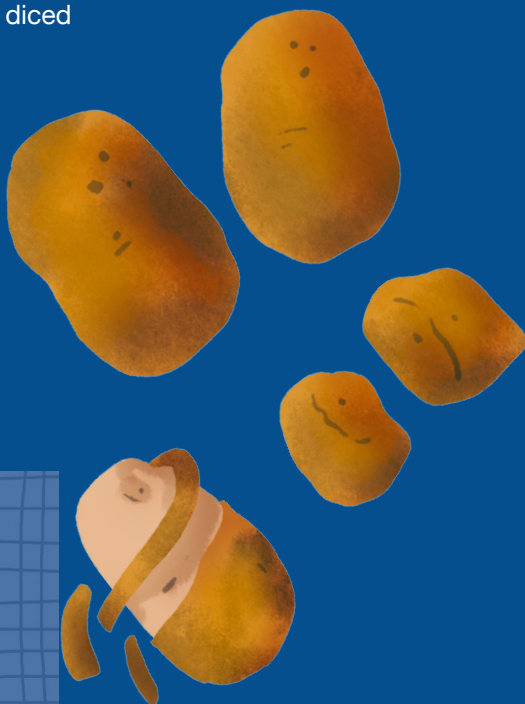
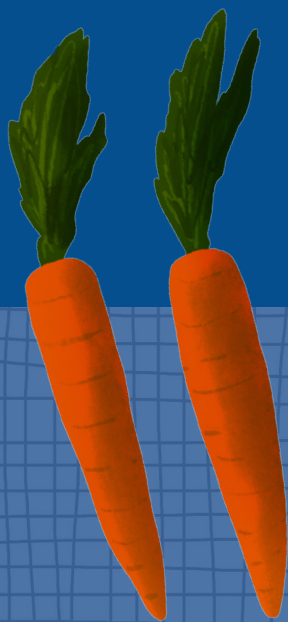
30 MINUTES • SERVES 4

- 3 tbsp vegetable oil
- 1 large onion, sliced
- 1 tbsp crushed or finely chopped garlic
- 1 tbsp crushed or finely chopped ginger
- ½ teaspoon ground turmeric
- ½ teaspoon ground cumin
- 3 medium white potatoes, cut into wedges
- ½ green cabbage, chopped lengthways
- 2 carrots, peeled and diced
- 3 green chillies, chopped lengthways

**1** Heat the oil in a large pan over a medium heat. Add the onion and cook for 5 minutes until soft and translucent. Then add the garlic, ginger, turmeric and cumin and cook for another 2 minutes.

**2** Add the potatoes and cook for 5 minutes. Add the cabbage and carrots and cook for 15 minutes, stirring gently from time to time. Turn down the heat. If anything sticks to the bottom, add a dash of water, stir gently and continue to cook until the potatoes are tender.

**3** Add the fresh chillies and some seasoning before turning off the heat and stirring gently. The dish should be moist but not too liquid.

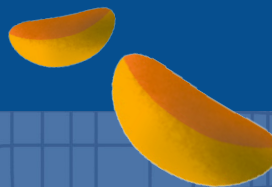






## NAZARETH'S TIPS

You can swap the cabbage for spinach. This dish is vegan, gluten-free and nut-free. It can be served with injera (a fermented flatbread) or on its own, and can be a main or side dish.



# NAZARETH KELIF

**I live and work in Hammersmith and Fulham.**

When it comes to shopping here, I love to go to Westfield because there are so many lovely shops around.

**Beyaynetu is a variety of Ethiopian vegan and not so vegan dishes,** atakilt being one of them. I chose this dish because not only is it my favourite in taste but it's so easy and consists of ingredients you might already have in your pantry. It reminds me of mashing potatoes with my own hands and eating it with injera when I was younger on the sharing plate with the rest of my family. My favourite ingredient from atakilt is the potato. When it is cooked with the cabbage and the turmeric, ginger and carrots, it tastes heavenly.

**Make food budgets stretch further by** buying in bulk and buy staples which take a long time to expire. You should also buy seasonally.

**My food heroine is my mum.** She made the most delicious food, not just in my opinion; she was renowned in our neighbourhood for her cooking. She taught me everything I know.

**The food wisdom I'd like to share is that** a good meal always starts from a hungry stomach. My mum always used to tell me that while she was making food for me and my brothers and sisters.



# MICHAÏL'S BOUYIOURDI

40 MINUTES • SERVES 2

6 medium ripe tomatoes, sliced

4 tbsp olive oil, plus extra for the dish

1 garlic clove, crushed

1 chilli, chopped

200-300g block of feta cheese

1 tbsp oregano

Pitta bread, to serve

**1** Heat the oven to 220C/fan 200C/gas 7.

Spread a double layer of paper towels in a large dish, then spread the sliced tomatoes on top to drain for a few minutes.

**2** Oil a shallow 20cm baking dish. Add the tomato slices mixed with the crushed garlic (reserving four slices), and sprinkle over some of the chopped chilli.

**3** Put the feta block on top and top the cheese with the remaining tomato slices. Drizzle with olive oil and scatter over the oregano and the rest of the chilli.

**4** Bake for 15 minutes until the cheese is golden. Serve with warm pitta breads for dipping.





## MICHAEL TZOUVELEKIS

**I'm a member of the Board of Trustees at United in Hammersmith & Fulham.** My favourite place to shop for food in H&F is Istanbul Organic on King Street, which is only around the corner and has all the ingredients and flavours I remember from back home in Greece, plus the sweetest freshly squeezed orange juice.

**I like spicy food that's full of flavour,** and nothing is more Greek than feta cheese, so I believe my recipe choice encompasses all the above. Every summer of my childhood was spent in our holiday cottage by the beach an hour's drive out of Thessaloniki. My dad used to fire up the charcoal and grill steaks, burgers, sausages, fish, aubergines, you name it. But he always also included feta cheese wrapped in foil, which was my job to prepare. Since moving to the UK, first in Aberdeen and then London, I have included this dish as a starter many times when I have friends over. With the exception of one person, everyone else always loved it and wanted more.

**When it comes to making food budgets stretch further,** I know people who buy ingredients in bulk, then prepare larger quantities of food and freeze it, so they get many meals out of it. My Greek upbringing though dictates having a full meal for lunch and then something very light for dinner, e.g. only fruit or salad. This saves money but also helps you stay healthy and keep your calorie intake in check.

**My food heroes are busy mums** who have to cook for a whole family on a tight budget. They are the unsung heroines of our society.

**The best food wisdom I have comes from my late grandfather,** after whom I was baptised, who would never leave the table without emptying his plate. He vividly remembered the days during the war when he went hungry, and he used to say "You should always finish your meal, because you don't know when the next one will come. It doesn't matter if you don't like it, we paid money for it, so eat it."



# CARLEY'S VEGAN AND GLUTEN-FREE VANILLA NO-BAKE CHEESECAKE

40 MINUTES PLUS OVERNIGHT CHILLING • SERVES 8-10

250g gluten-free digestive biscuits

120g dairy-free butter, melted

## FILLING:

600g dairy-free cream cheese

130g icing sugar, plus 1 tbsp for the topping

2½ tsp vanilla extract

250ml dairy-free double cream

## TOPPING

100ml dairy-free double cream

**1** To make the base, put the biscuits into a bowl and use a rolling pin to crush until fine. Pour the melted butter into the crushed biscuits and mix together. Press the mixture into a deep 20cm loose-bottomed cake tin. Press it down firmly and chill for 30 minutes.

**2** To make the filling, mix together the dairy-free cream cheese, icing sugar and vanilla extract. Add in the double cream and keep mixing until it firms up a little and you have a thicker spoonable mixture. It should not be a pourable consistency.

**3** Cover the biscuit base with the filling mixture and chill overnight. Remember, if the mixture isn't thick enough it won't set in the fridge however long it's in there!

**4** To make the topping, whip together the dairy-free double cream and 1 tbsp of icing sugar using an electric hand whisk until thick. Put the cream into a piping bag with a star nozzle attached. Once the cheesecake is set, carefully remove from the tin and decorate by piping the whipped cream around the edges.







## CARLEY BRIGHT

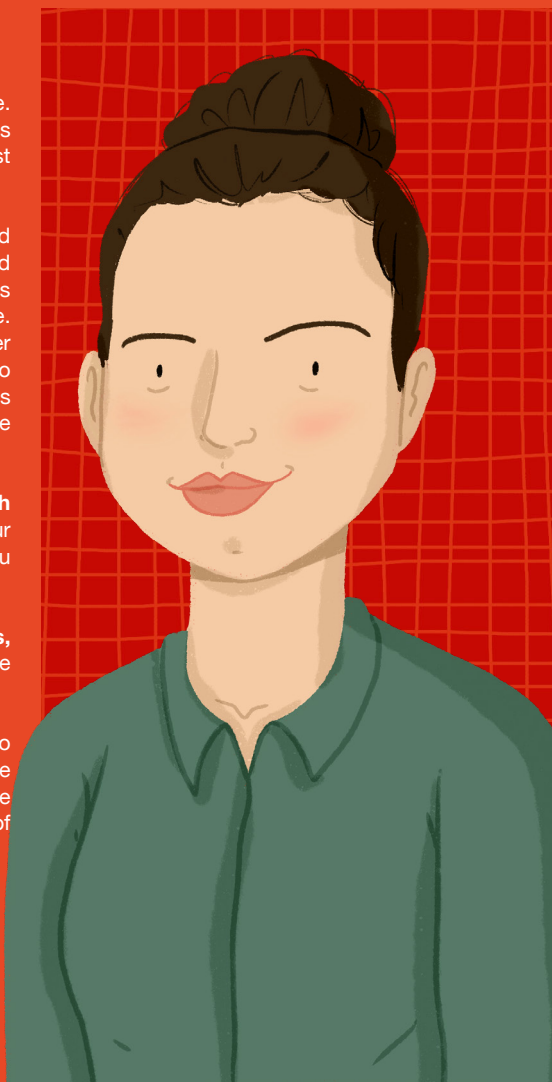
**I'm a worker,** volunteer and social value advocate. My favourite place to shop for food in H&F is Hammersmith Broadway because it has a vast selection of food places to choose from.

**I chose this dish as I'm lactose intolerant** and my partner is also vegan, and as I am an avid cake maker and do this as a small side business it seemed appropriate to provide a cake recipe. It's the first dish that I made my vegan partner and he really enjoys it as he often doesn't get to eat cake. I always use for the base Hobnobs as they are (surprisingly) vegan and make for a more interesting texture in the base.

**My advice for making food budgets stretch further is** meal planning – it's key to utilising your budget and minimising waste. It can also help you eat healthier.

**My food heroes are both of my grandmothers,** one used to cook authentic Indian food, and the other baked cakes when I was a child.

**The best food wisdom I've been given is** to separate the yolks and the whites for better cake making but for the vegans out there you can use a can of coke for chocolate cake and a can of lemonade for vanilla cakes to get a good rise.





# SABA'S MUM'S MASOOR MOONG DHAL

55 MINUTES • SERVES 4



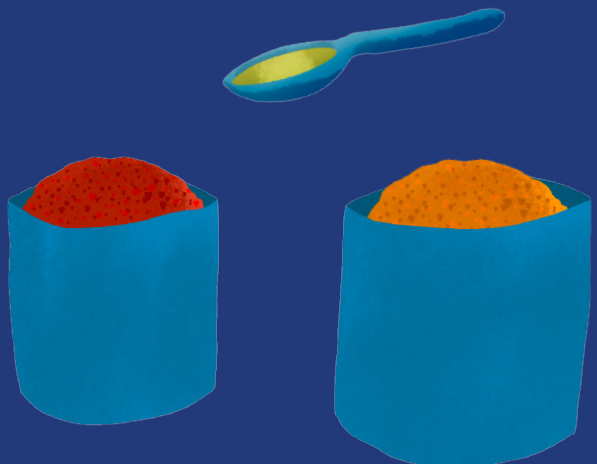
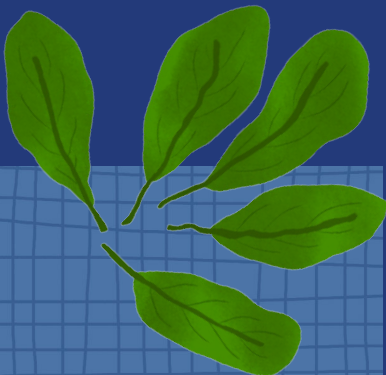
$\frac{1}{3}$  cup of split yellow (moong) lentils  
 $\frac{2}{3}$  cup of red lentils (masoor)  
 $\frac{1}{3}$  tsp cayenne pepper  
 $\frac{1}{2}$  tsp ground turmeric  
1 tomato, chopped  
150g blanched baby spinach or frozen (200g)  
 $\frac{1}{2}$  cup oil  
 $\frac{1}{2}$  brown onion, sliced finely  
1 large clove of garlic, minced  
1 tsp cumin seeds  
1 tsp crushed red chilli flakes (add more for extra heat)  
1 fresh green chilli, split  
chopped coriander leaves, to garnish

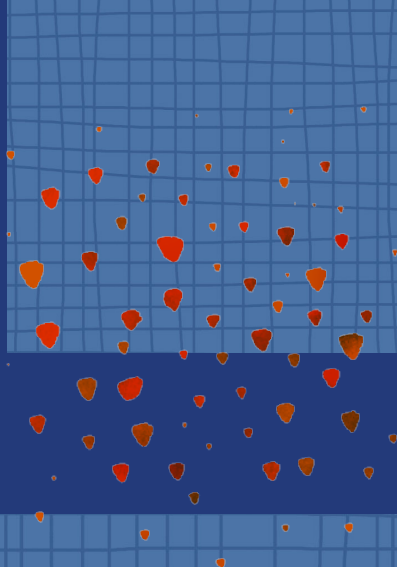
**1** Wash lentils thoroughly in water several times and drain. Put in a saucepan with plenty of water to cover. Bring to a boil and add the cayenne pepper and ground turmeric, and some seasoning.

**2** Add the chopped tomato and spinach and continue simmering on a low heat with the lid slightly ajar for 30-45 minutes or until the lentils reach a smooth consistency. Add just-boiled water as needed to keep to the required soup-like consistency. At this point if a smoother consistency is preferred a hand blender can be used.

**3** In a small pan, heat the oil. Add the onions and cook for a few minutes until browned, then add the minced garlic and fry for 30 seconds. Finally, add the cumin seeds, red chilli flakes and green chilli.

**4** Pour the prepared lentils into a serving dish and pour the spiced oil and onions over the lentils. Garnish with chopped fresh coriander leaves and serve on a bed of long grain rice.





## SABA HASSAN

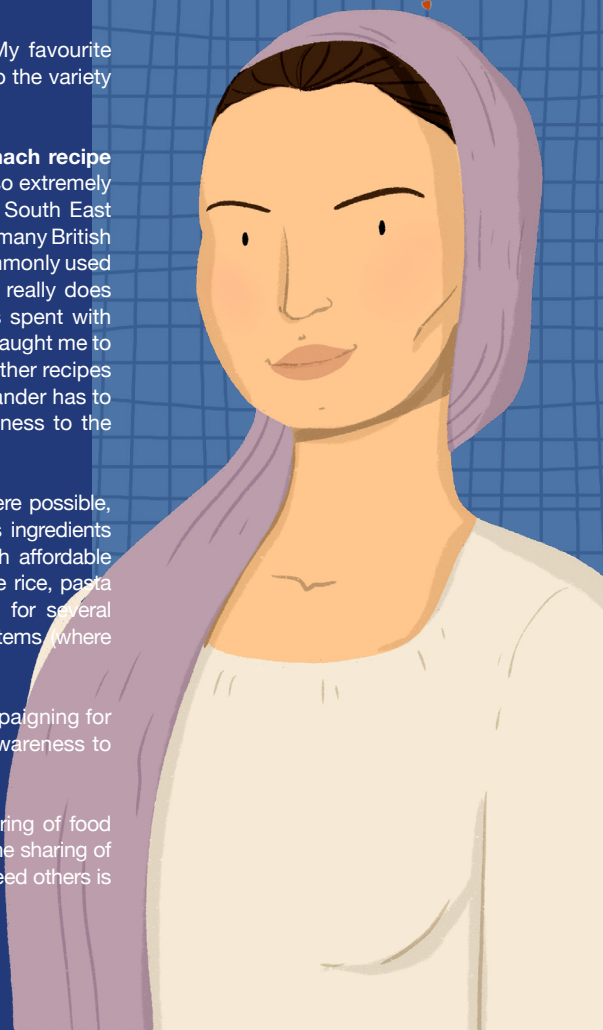
**I'm a staff member at H&F Foodbank.** My favourite place to shop in Hammersmith is Aldi due to the variety and affordability of foods.

**I want to share my mum's lentil and spinach recipe** as it is not only delicious and homely, but also extremely nutritious. This dish represents the best of South East Asian comfort food and is a staple enjoyed in many British Pakistani homes. Many of the spices are commonly used in South East Asian dishes, and the aroma really does evoke memories of childhood and holidays spent with my grandparents. It's the first dish my mum taught me to cook and it gave me confidence to explore other recipes and experiment with ingredients. Fresh coriander has to be my favourite ingredient as it adds freshness to the dish and brings the meal to life.

**Make food budgets stretch further by,** where possible, trying to use less costly but highly nutritious ingredients such as lentils which can be bulked up with affordable staples such as rice or bread. Ingredients like rice, pasta and lentils, when uncooked, can be stored for several months. It makes sense to bulk buy these items (where possible of course).

**My food hero is Marcus Rashford** for campaigning for free school meals and for drawing public awareness to the wider issue of food and affordability.

**My best piece of food wisdom is** that sharing of food brings people together. In my faith tradition, the sharing of food is considered a blessing. Being able to feed others is considered a privilege.

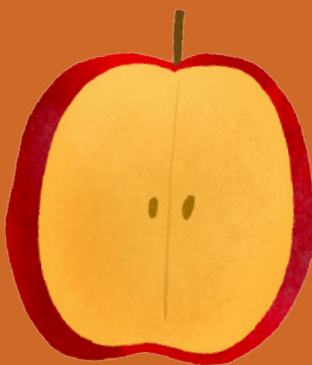


# SAVRAJ'S AYURVEDIC SPICED APPLES

15 MINUTES • SERVES 2

- 1-3 cloves to taste
- 1-2 cardamom pod, seeds only
- ¼ tsp ground cinnamon
- ¼ tsp ginger (ground or freshly chopped)
- 3 apples, chopped
- Dates, prunes and raisins (optional)
- Nuts and seeds to garnish

**1** In a small saucepan, mix the spices into a cup of water, and boil. Add the chopped apples and the dried fruit, if using, mix and simmer on a low heat for 5 minutes or until tender. Transfer into a bowl, sprinkle with nuts and seeds of your choice, and eat warm.







## SAVRAJ'S TIPS

If you don't have apples, you can use pears. If you want something a little more filling, you can add oats, too.

# SAVRAJ KAUR

**I was born in this borough.** Now I run a charity here, chair a tech social enterprise with my friends, and am a trustee of a local refugee charity.

**My favourite place to shop for food in H&F is** North End Road Market, its great-value fruit and veg stalls never let me down; it's also near GreenBay vegan supermarket, another favourite.

**My dish is spiced apples,** to start any day. I don't believe anyone can have too much fruit, and with the added spice this recipe embraces my Indian heritage, too. My health improved so much when I deep dived into whole plant foods and Ayurveda (a 5,000-year-old Indian lifestyle system) after I had a brain tumour operation in 2013. It is nutritious, satisfying and great to wake up with, especially on colder days. My favourite ingredient in the dish is cardamom seeds. It brings back memories of my mother who died when I was eight. I don't have many memories but one is that she chewed cardamom pods as a mouth freshener. I love the sweet aroma and flavour.

**My food hero is Guru Nanak,** who established langar, a Sikh community kitchen which serves to anyone regardless of their background, in the 1500s. 'Langar' was originally a Persian word that translates as 'a place for the poor and needy'. I guess it was the original foodbank, but for anyone, even the elite, to attend and experience delicious food at together.





# ASIF'S FISH CURRY

1 HOUR 15 MINUTES • SERVES 4

2 cups rice  
vegetable oil, for frying  
1 medium onion, finely sliced  
2 cloves garlic, crushed  
Spice mix pack  
4 tbsp single or coconut cream  
400g tin chopped tomatoes  
1 tsp tandoori powder  
2 tsp paprika  
4 fish fillets (salmon or any firm white fish, or even prawns)  
Handful of fresh coriander, roughly torn

**1** Put the rice in a saucepan, fill with water and swill, pour out the dirty water and repeat once more. Pour in enough water to cover the rice by 1 inch. Place the pan over a medium heat and bring to the boil, once boiling, swill the pan, put on a tight-fitting lid and turn off the heat. Allow to sit.

**2** In a deep frying pan over a low heat, fry the sliced onions in a little vegetable oil until soft – be careful not to brown them. Add the crushed garlic, mix well and cook for 3 minutes, then add the spice mix and combine. Add the cream and stir, making sure to scrape all the flavourful bits from the bottom of the pan. Increase the heat a little and heat until the cream starts to bubble, then add the tinned tomatoes, mixing well.

**3** Leave to simmer for 10 minutes or until it starts to thicken (just coats the back of a spoon). Add the tandoori powder and paprika, stir well then add the fish. Cover with a lid and allow to simmer for 5-7 minutes or until the fish is cooked through. Once tender, sprinkle with the chopped coriander and serve with the rice.

## PIP'S TIPS

If you don't have the spice mix use ½ tsp of turmeric, cumin, coriander and curry powder. You can add sliced peppers or diced aubergine to increase the vegetables, be sure to cook them after the onions for 5 minutes before the spices are added. You can replace the fish with tofu or vegetables such as diced squash. If using raw root vegetables, add more water and allow to simmer for 20 minutes or until a knife can be pushed through. The longer the sauce sits the better the flavour.





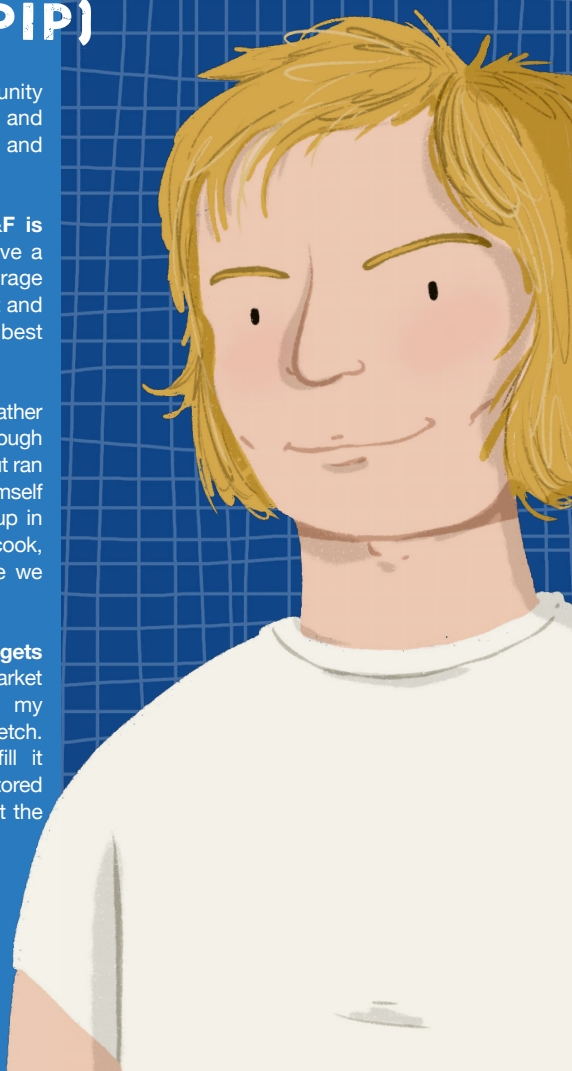
## DAVID PIPPIN (PIP)

**I'm the manager for the Nourish Hub**, a community kitchen focused on combatting social isolation and food poverty through providing healthy food and education.

**My favourite place to shop for food in H&F is Shepherd's Bush Market.** The stall owners have a real passion for what they sell, actively encourage you to try new products and stock the best fruit and veg in season all around the world. Home of the best mangos!

**This dish comes from Asif**, my children's grandfather and a local resident for 60 years. He passed through London as an 18 year old on his way to college but ran out of money and has never left. Asif taught himself to cook based on the food he tasted growing up in India and over the years has become a fantastic cook, operating only by eye and taste. How I believe we should know how to cook.

**Plan and shop smart to make food budgets stretch further.** I buy veg loose from the market and when buying meat, give the butcher my budget to see how far he can make it stretch. I also cook bulk, when the oven is on I fill it and all those spiced roasted vegetables are stored in jars for me to use through the week. Also, eat the seasons. Food is cheaper when it's plentiful.





# JOLA'S POTATO CAKES

1 HOUR • SERVES 8

2kg potatoes, peeled

150g onion

6 cloves of garlic

200g plain flour

100g cornflour

2 eggs

Oil, for frying



**1** Grate or finely chop the potatoes into strips, crush the garlic and mix all the ingredients together.

**2** Heat the oil in a pan. Spoon in the potato mixture in portions and fry for 3-4 minutes on each side or until crispy.

## JOLA MROCZEK

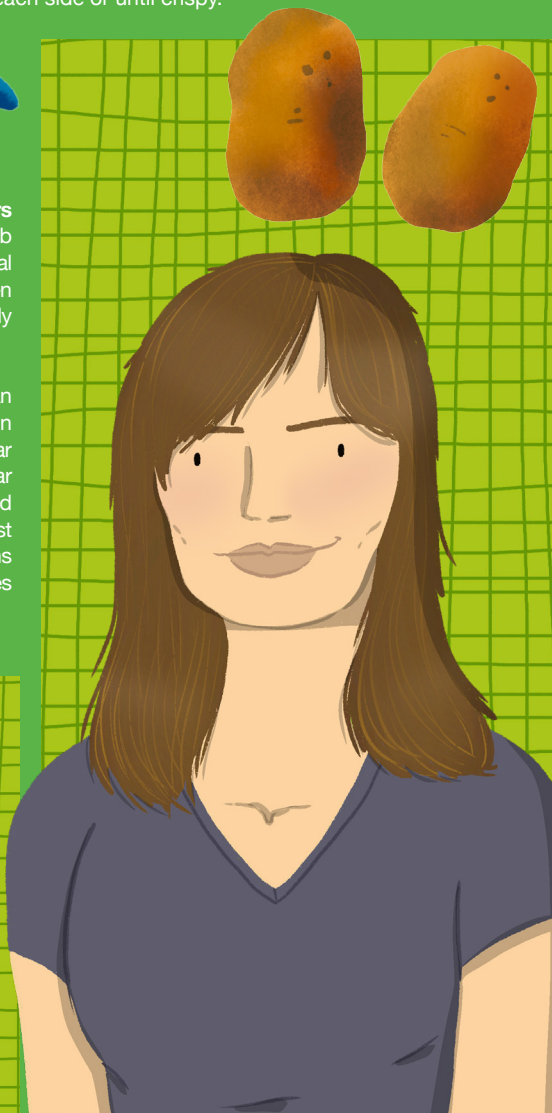
I've been a resident of Hammersmith for four years now and London for 16 years. I run the Black Lion pub on the river. Pubs are seen by some as a stable, social space, a place to talk. We know our clients. And when it's been possible this year we've supported our elderly neighbours by hosting free gatherings for them.

These potato cakes are easy to make, you can make it veggie or with meat, they can be a side, main or starter. In Poland we eat it a lot, and it's also popular in Ireland, I feel everyone can find something similar in their culture. My food hero is The Black Lion's head chef Marek because he changed our kitchen from 'just pub food' to something really special, he always listens to other staff from different nationalities and takes ideas from their cultures, too.



### JOLA'S TIPS

These potato cakes can be served with any stew or ratatouille, and they're delicious with a wild mushroom sauce. You can also add to the flavour of your potato pancakes in a variety of ways. Simply add grated onion, carrot, parsnips, courgette or other vegetables to the batter before frying. Grated raw potatoes can be stopped from turning dark by soaking them in cold water with lemon juice, while you prep. Just make sure you drain and pat them dry before making the batter.







# FREEZE AND SAVE

**CUT DOWN ON WASTE WITH OUR GUIDE TO  
FOODS YOU DIDN'T KNOW YOU COULD FREEZE**



## POTATOES

Remove any sprouts or spoiled areas, cut into chunky chips and put in a pan of cold water. Bring to the boil, simmer for 5 minutes, then drain and immediately tip into a bowl of cold water. Once cool, drain again. Arrange on a baking tray lined with parchment, toss with a drizzle of oil and some seasoning, plus a few spices if you like – paprika and a pinch of cayenne works well. Make sure none of the chips are touching, freeze for at least 2 hours, until frozen. Tip into a large freezer bag, to store in the freezer for up to 2 months. Simply bake the chips from frozen.



## AVOCADOS

Scoop out the flesh, avoiding any brown patches, and mash with a squeeze of lemon or lime juice, or a splash of white wine vinegar. Freeze in a freezer bag for up to 2 months. Defrost and spread straight on toast, or add chopped tomatoes, red onion, chilli and coriander for a really quick guacamole.



## GRAPES

Shrivelled grapes plump up when frozen. Remove from the stalk and discard any brown, split or very soft fruits. Arrange on a baking tray lined with parchment, making sure none are touching, then freeze for at least 2 hours.



## CHEESE

Once frozen, cheese will be no good for your cheese board, but will be fine sprinkled over pasta bakes or gratins, or for cheese sauce or cheese on toast. Grate a mixture of cheeses into a container, seal and store for up to 2 months, dipping in whenever you need it.



## YOGURT

Transform individually portioned fruit yogurts into fro-yo lollies. Simply push a lolly stick through the lid of each unopened yogurt and freeze. They will keep for 2 months. Alternatively, freeze natural yogurt in 150ml portions, for adding straight to a smoothie, or for stirring into a curry at the end of cooking.



# WITH THANKS TO...

It takes a huge effort to get even the smallest of cookbooklets published. Our long list to thank includes the H&F Giving team who know that more sharing – whether through food or conversations – can make our borough a better place; the incredible volunteer team at Immediate Media including Keith Kendrick, Jessica Sumby, Hannah Guinness, Rhiannon Thomas, Koli Pickersgill and Adam Bush, who offered valuable expertise gained from working on some of the world's best cooking publications; illustrator Emily Allison, who has wowed us with her talent, and dedicated so much time; our 13 recipe contributors who spent time sharing valued thoughts whilst enticing us to explore their world through food; and food-focussed community groups, H&F Foodbank, the Smile Brigade, Nourish Hub, and Dad's House (to name just a few), who kept us going in these months of creation with their drive to ensure quality food is a human right. It also wouldn't have been possible without the generosity of Denmaur, the UK's leading independent paper merchant, and Geoff Neal Group, a family-run specialist printers, who supplied the paper and printing free of charge.

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