

**UNITY**  
**IN**  
**EVERY**  
**BITE**

Beyond the kitchen, beyond borders: A collection of recipes weaving together tales of empowerment, community, and the joy of sharing a meal



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# ABOUT THE BOOK

The Qatar Fund for Development (QFFD) cookbook features some of the diverse countries and cultures we are privileged to work with, showcasing a global journey of food through our beneficiaries. In every dish presented is a story of humanity, of resilience and strength, of determination, and of compassion. The QFFD cookbook highlights the unifying power of food and how, despite current situations, people are still able to come together and share their voices and identities through different recipes. It provides a unique space where individuals and communities around the world, regardless of their background or where they come from, come together to share stories of empowerment and resilience.

Food is not only a daily life habit of survival, it is an art of living that should not be a luxury, but an art accessible to all, that unites people of all cultures and nationalities, allowing everyone to share their stories. The QFFD cookbook features an insight into different cultures, yet it is still a small fraction of what these cultures have to offer of history and beautiful heritage. Whether it is through raising awareness of crisis, highlighting local ingredients, simply sharing their favorite dishes, or how cooking talent affected their careers, this cookbook is a testimony of strong individuals who have come together to give us hope through food.

We would like to thank our implementing partners on the ground for sharing the recipes with us, and for whom this great opportunity would not be possible without. Finally, we would like to invite you to immerse yourself in a unique journey through trying these recipes from different corners of the world.



QFFD, in cooperation with Qatar's steadfast dedication to nurturing global understanding, tributes this cookbook to cultural diversity and culinary mastery. Inspired by QFFD's mission, this cookbook delves into the various cultural communities and different stories that have been uplifted by the Fund's support.

QFFD's unwavering initiative funds countless of tenacious, inspiring, and vibrant communities, as well as individuals, all around the world. As the recipes within this cookbook peeks into the spirited and vital individuals and communities funded by QFFD's initiative, while giving a taste of their culture. And so, When it comes to food, as a chef, I wholeheartedly agree that it knows no geographical boundaries, but rather it can break cultural barriers.

I am highly thankful and proud to work with QFFD to support their mission in international development to make the world a better place. Nonetheless, I am honored to work alongside such a dedicated organization that helps create such an impact on the lives of others and sincerely support their faithful initiative and mission.

Also, I am immensely grateful to the beneficiaries of QFFD's projects, thank you for sharing your inspiring tales and delightful recipes. I appreciate the opportunity to have learned from you, to celebrate your contributions, and your wonderful communities. Most of all, your resilience, creativity, sense of community, and persistence is nothing short of inspirational.

My dear reader, I thank you for joining us in our culinary journey. It is my deepest wish that the recipes you encounter in this cookbook will bridge you towards a rich, diverse world, connects you to different cultures, and marvel at our vibrant world.

*Chef Noof Al Marri*

# MADROUBA (CHEF NOOF STYLE)



## Ingredients



## Method

- › Soak the rice for an hour before cooking. Meanwhile prepare the spices: crush the dried limes and remove the seeds; paste the ginger and garlic; chop up the curry leaves.
- › Put the corn oil and butter in a 5-litre pot. Then add the curry leaves, fenugreek and the dried limes, followed by the chopped onion.
- › Once the onion has turned gold, add the ginger and garlic paste. Whisk it all up well, add the chicken julienne and let it simmer for a few minutes.
- › Add the turmeric powder, red bizar, coriander flakes and salt. Let it simmer until no liquid remains.
- › Add the chopped green bell pepper (don't forget to remove the seeds first!) and fry for 1-2 minutes.
- › Finally, add the rice and hot water and mix everything well.
- › When the rice is cooked (after about 45-60 minutes), blend everything using a hand blender – but only a bit, not until pureed. The dish needs some chunkiness.
- › Now add the oats, julienned spinach, as well as the dill and coriander leaves and cook them for a few minutes. Check if you need a bit more salt.
- › Serve with Qatari butter, microgreens and mabooj.

500 g	Basmati rice
1 kg	Chicken breast, julienne cut
10 g	Curry leaves
2	Loumis (dried lime)
5 g	Fenugreek
100 ml	Corn oil
100 g	Qatari butter
300 g	Onions, chopped
25 g	Ginger
25 g	Garlic
100 g	Green bell pepper, chopped
20 g	Red bizar
30 g	Coriander flakes
10 g	Turmeric powder
3.5 L	Liters water
100 g	Fast-cooking oats
500 g	Spinach, julienne cut
50 g	Coriander leaves
50 g	Dill leaves
	Salt to taste
	Qatari butter, microgreens (Preferably amaranth) And mabooj for serving



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MEAL  
HALWA E BAMYANI



## Ingredients

200 gr	All-purpose flour
100 gr	Cooking oil
100 gr	Sugar
400 gr	Water
100 gr	Raisins
Enough for garnishing	Walnuts
1 tsp	Cardamom
1 tsp	Rosewater



## Method

1. Heat a larger pan with enough space to stir the ingredients with ease. Add the oil and leave for a little while to heat up.
2. Add the flour and keep stirring. Oil and flour will form a paste. Keep stirring the paste inside the pan making sure all sides of the paste cooks equally until the paste changes colour to golden brown. It will only take a few minutes.
3. Add all the water and keep stirring. Lower the heat and stir until water mixes well with the flour and it looks like a thick liquid.
4. Add the sugar and keep stirring until the water evaporates and the paste forms.
5. Add rose water, cardamom and raisins and stir.
6. Cover the pot lid with a clean towel and cover the pot. Turn the heat very low or turn off and leave for 15 mins to rest.
7. When serving garnish, the halwa with nuts like walnuts, almonds, pistachios or whatever you have available. Halwa is best served with freshly baked bread and a cup of green tea with cardamon.

MEAL

# QABELI PALAW E MAZZARI



## Ingredients

1 kg	Lamb on bones
2.5 cups	Basmati Rice
1 cup	Sesame oil
3	Medium size onions
2	Garlic cloves
1	Large tomato (or two small)
1 tbsp	Tomato puree
4 - 5	Carrots
1 cup	Raisins
as required	Salt
1 tbsp	Cumin seeds
1 tsp	Cardamon powder
1/5 tsp	Turmeric powder



## Method

- › Soak rice in water at least one hour before cooking
- › Cut onions in slim stipes
- › Cut carrots in slim long strips
- › Cut lamb in pieces of 5 to 7 cm

## MAKING INSTRUCTIONS

1. In a pressure cooker add lamb, garlic, tomatoes, salt and two cups of water and cook for 20mins or until the lamb is very soft. When steam is out. Open the lid and leave it rest. When cold, take the lamb out and put on a side.
2. In a large and thicker pot add the oil to heat up on medium heat. Add onions and cook for a few mins until the colour is golden. This will take 2 to 3 mins.
3. Then add the cooked lamb and fry well with the onion. After lamb and onion is cooked well add the carrots and raisins in the pot and cook. After the carrot is a bit soft add the tomato puree and stir. Then add the remaining lamb soup from the pressure cooker and the turmeric power to it.



4. Drain the water from the soaked rice and add it to the boiling ingredients very carefully to avoid breaking the grains. Check the salt. Check the water. Water should be 1inch above the rice. Adjust and add water if needed. Close the lid and cook in medium heat for a few mins. Check regularly to see the water level is just under the rice grains. Add cumin seeds and cardamon powder.
5. Cover the lid with a fabric or clean towel. Cover the pot and reduce the heat to low. Cook for 30 mins. Do not open the lid. Do not stir the pot. Just leave it steam well.
6. Turn the heat off and leave for another 10 mins to rest.
7. Before serving, make sure you carefully air and mix the ingredients with a large skimmer spoon.
8. Best served with green salata (salad) and cold dogh.

## Background

'Fatima' is a weaver supported by Turquoise Mountain from Bamiyan, Afghanistan. In a time of economic crisis in the country, weaving and the wider handicrafts market have become a vital lifeline for many households.

Thanks to her work with Turquoise Mountain, Fatima is able to work flexible hours – meaning she can stay at home and look after her family as well as earn an income.

Through Turquoise Mountain's partnership with fairtrade NGO, Label STEP, Fatima also has access to health services and can attend group meetings to discuss workers' rights and international labour standards, and her children are able to attend school. She is now a weaver representative and speaks on behalf of a group of 40 weavers in negotiation with producer companies.

Fatima said: "The Label STEP team interviewed me and I was selected as a Weaver Representative... It was a new world for me... As a group leader, I provided awareness raising to 40 other women and I felt like I became stronger day by day."

Turquoise Mountain ensures supported weavers consistently earn %10 above market rate, as well as good working and living conditions, fair wages, the prohibition of child labour and environmentally friendly production.

# PEPPERPOT AND FUNGI NATIONAL DISH

The word Fungee is thought to be derived from Twi or Yoruba. “The word fungi has also been linked to a Twi word, fugyee, meaning “soft meal of boiled yam.” It has also been linked to the words Kimbundu funzi (meaning cassava mush), Congo fundi (meaning flour or porridge), and Yoruba funje (meaning “given to eat”).

The dish is from Antigua and Barbuda, but the Leeward Islands share African origins, hence the source document from British Virgin Island history.

## 1. PEPPERPOT



### Method

Boil the meat until partially cooked in water with seasonings to taste. Use no curry seasonings. Add all the chopped vegetables, except green peas. Add seasoning. Boil until the pumpkin softens. Remove vegetables. Chop or mash well with a potato masher, fork and swivel stick, return to pot. Allow to cook until thick. Simultaneously, cook green peas in a small amount of salt water. Add cooked peas vegetable and meat mixture. Season and return to fire. When cooked, serve hot with fungee. Sometimes and be served with white wheat flour dumpling.



## Ingredients

4	Eggplant unpeeled and cut in cubes
454 grams	Malabar spinach chopped
5 cups	Ochro (okra) sliced crosswise
4 cups	Pumpkin cut in cubes
4 cups	Green papaya cut in cubes
4 cups	Table squash unpeeled and cut in cubes
4 cups	Long squash if available unpeeled and cut in cubes
5	Large eddoe leaves washed and chopped finely
5	Large dasheen leaves washed and chopped finely
3 cups	Green fresh pigeon peas
4½ cups	Salted pickled meats (pigtails, pig mouth, salt beef) soaked overnight and cut in 1inch pieces
450 grams	Chicken preferably chicken wings or chicken back and neck (chopped and seasoned with ground onions, chive, thyme and garlic)
	Onions, scallions, thyme, garlic, and seasoning peppers chipped finely for the pot

## 2. FUNGEE



### Method

Bring water to boil with the okra until they are cooked. Soak the corn meal in a separate bowl in a small quantity of water. Remove two cups of water from the boiled okras and put into a separate pot. Add the cornmeal to this pot of water, while over the heat, stirring constantly as the cornmeal is added. Allow the corn meal to simmer lightly, stirring to prevent sticking (until bubbles are seen).

Using a “turn-stick” or wooden spoon, stir, and pull cornmeal and press to the side of the pot several times to remove lumps, and create an elasticity and holding together of the cornmeal. As the corn meal is turned add small amounts of the okra and okra water and continue to cook and turn until all the chopped okras are incorporated into the mixture. Simmer on a very low fire, turning occasionally until the mixture leaves the sides and bottom of the pan, remove from the fire. In total it should be cooked for at least 15 minutes. Place a teaspoon of butter in a small bowl, place a large spoonful of fungee in the bowl, and roll to a ball. Turn onto the serving ochres bowl and serve hot buried under many spoons full of the Peppercot.



### Ingredients

2 cups	Yellow cornmeal (not corn flour)
3 cups	Water
	Salt to taste
6	ochros (okra), cut into pieces
2 tbsp	butter (or ¼ cup cooking oil)

## Background



Jennifer Maynard was born in Antigua and currently a resident of Antigua and Barbuda. She is the founder of JayMay Acetoria, a sustainable climate smart startup growing affordable Microgreens in Antigua, and drawing on that experience to repurpose the production facility as a post-disaster response production (post hurricane and drought event) of vegetables seedlings and fodder for rapid food production response, that farmers can adopt.



For Jennifer, the Peppercot recipe is significant. In the first place, a meatless version can be prepared with increased pulses and legume content for vegan or vegetarian diners. It has further significance, as finely chopped microgreens can be added to the meal of an individual at serving to increase the overall nutritional content. Researchers have found that various Microgreens can provide up to 40 percent more phytonutrients and antioxidants by weight than their full-grown counterpart. Peppercot and Microgreens are highly compactable.



# SEA MOSS DRINK



## Method

1. Wash Sea Moss thoroughly for 2-3 minutes to remove any sediments. Using purified water, let the Sea Moss soak in 1 cup of water or enough to cover it overnight and let it expand.
2. Bring 5 cups of water to a boil with cinnamon sticks and bay leaves.
3. Reduce heat and add Sea Moss (without the water). Let it simmer for 1 hour or until completely dissolved on low to medium heat. Stir occasionally to break it up into smaller pieces.
4. Turn off the stove and set the liquid to cool for about 30-45 minutes. Remove the cinnamon sticks and bay leaves.
5. After the liquid has cooled, add it to a storage container and put it in the refrigerator to thicken into a gel (i.e Sea Moss Gel) for another 30 minutes.
6. In a blender, add almond milk, condensed coconut milk, vanilla essence, nutmeg, date syrup, and  $\frac{1}{2}$  cup of the Sea Moss gel. Blend until combined.
7. Add ground flaxseed and continue blending to thicken.
8. Let it cool, then serve with a sprinkle of cinnamon.



## Ingredients

500 grams	Dried Sea Moss (use $\frac{1}{2}$ cup of Sea Moss gel made from this amount of dried Sea Moss)
$\frac{1}{4}$ cup	Condensed coconut milk (or to desired sweetness)
1-2 tbsp	Date syrup (or to desired sweetness)
2 - 3	Cinnamon Sticks
$\frac{1}{8}$ tsp	Vanilla essence
$\frac{1}{2}$ tsp	Ground nutmeg
	Dash of cinnamon powder
4 - 5	Leaves of Bayleaf
2 $\frac{1}{4}$ cups	Almond Milk
1 tbsp	Ground flaxseed
5 cups	Water

## Background



*Nathaniel H. Williams*  
CEO  
West Indies Botanicals LTD

I was not aware of its touted health benefits while growing up and consuming it; nevertheless, it was my favorite drink to have each weekend when the family and I would visit Grandma, as she offered us some from the batch that she would prepare to sell to her customers during the week.

A few years later, during my adolescence, when visiting the white sandy beaches of Antigua, I would see the Sea Moss washing up on the shore and be reminded of the great times spent with Grandma when she was still alive.

Out of curiosity, I decided to bring back some moss and have it properly cleaned and dried. Sometimes it would go to waste as the drying process can be complex, and factors such as unexpected rainfall, poor water drainage in the drying mesh, and overcast skies would interfere with the drying process, causing one to start all over if spoiled.

I spent hours researching recipes and doing my best to perfect the taste to be just as good as when I first tried it at Grandma's home, and to my success, it was smooth and delicious.

This led to more trips to beaches to get Sea Moss. I shared both the drink and dried moss with friends and family out of generosity and realized that people were very interested in its benefits to fortify their immune system, improve thyroid health and metabolism, digestion, and much more. Witnessing the demand for this popular Caribbean Superfood, I decided to start the West Indies Botanicals Ltd company for utilizing Sea Moss and other nutrient-dense Caribbean foods for nutritional support.

# ROUROU BALL IN COCONUT MILK SAUCE (LOLO SAUCE)



## Ingredients

Served for 4 adults

10	Taro Leaves (finely chopped)
4	Cloves of garlic (crushed)
1 cup	Normal flour (or enough to make a batter mixture)
1 tsp	Baking powder
1	Egg (whisked)
	A pinch of salt
	Water (enough to mix a pancake mix)
	Oil

## Sauce

1	Grated coconut
1 tbsp	Butter
4	Cloves crushed Garlic
1	Finely chopped onion
	Finely chopped spring onions
1 tbsp	Cornflour
	Salt to taste



## Method

1. In a small basin mix together flour salt garlic and combine well with water into a batter.
2. Add whisked eggs then mix pour into taro leaves and combine well.
3. Heat up enough oil in your deep frying pan, once well heated using a spoon scoop little balls of the mixture and deep fry.
4. Once it is golden brown place on paper towel to drain oil.

## The sauce

In a saucepan, heat butter, add garlic and onions and saute well on a medium heat. After breathing in that aroma of cooked garlic and onion, pour in coconut milk and let it boil. Mix cornflour and water and pour into coconut milk to make it a little thicker than normal. Add spring onions to flavour. Reduce heat then place all the rourou balls into the sauce and let it simmer for 3 – 2 minutes. Remove from heat and serve with freshly cooked kumala (sweet potatoe) or cassava.

## Background



*Amoreena Mitchell with her dish*

I was only 12 when I started making rourou balls. Why this recipe has been in my menu for years is because the first time I made it, I burnt my hand while frying the rourou balls. It has been a family favourite and I am glad that I was able to learn this recipe from my mum because now I have given it a name and made it sound very delicious when after all it is just a backyard vegetable that may not seem as inviting to our people but to our guests it is a delicacy. Please do not forget to let the rourou balls sit and simmer in the lolo sauce for 3-2 minutes because taro leaves when raw makes our mouth itchy.

Amoreena's Enterprises trades as Amoreena's Village Experience providing accommodation for independent travellers who wish to get an authentic Fijian village experience. They also trade as ShEReaps Boutique which is a joint venture between Amoreena and her two daughters, providing a selection of Boutique accessories, local handicraft and home-made baked goodies. The name instills in them that women (ShE-Sharon Eunice) can Reap (Reape) anything by hard work, determination and perseverance.

Amoreena Mitchell from Fiji is a graduate of the Pacific Greenpreneurs Incubator program 2023



MEAL

# YAM AND GARDEN EGG SAUCE



## Ingredients

3	Large tomatoes
3	Cheekie Peppers
2	Large Onions
	Tomato Paste
1	Bottle of Palm Oil
6	Medium-sized garden eggs
	Salt, curry, spices
114 grams	Salted beef
	Salted fish
	Yam
1	Medium sized Avocado
2	Eggs



## Method

1. Wash the garden eggs, cut the top of the garden eggs, slice into two halves and boil in a sauce pan for about 15 minutes
2. Once cooked, drain the water and grind/mash the garden eggs until you have a pasty/pureed mix. Cover and set aside.
3. Heat 5 tablespoons of palm oil for 1 minute and add sliced onions, then blended cheekie peppers and tomatoes and tomatoes paste and allow to simmer for 5-10 minutes under low heat
4. Add salt to taste and preferred spices and a little water and allow to simmer for 3-5 minutes.
5. Add fish, salted beef and garden egg paste.
6. Allow to simmer until cooked, stirring it occasionally.
7. Peel and slice yam into preferred thickness, boil in slightly salted water for 10 minutes and drain the water. Cover boiled yam and set aside.
8. Serve boiled yam hot with garden egg stew with sliced avocados and boiled eggs.



## Background

Ghanaian cuisine is made up of a variety of soups, stews, boiled, steamed and fried foods and vegetables. Typical staple foods in the southern part of Ghana include cassava and plantain. In the northern part, the main staple foods include millet and sorghum. Yam, maize and beans are used across Ghana as staple foods. Sweet potatoes and cocoyam are also important in the Ghanaian diet and cuisine. Garden egg / eggplants are native to sub-Saharan Africa and have been cultivated since ancient times. Garden egg is a type of eggplant that is used as a food crop in several countries in Africa. It is a small, white fruit with a teardrop or roundish shape that is valued for its sweet and bitter taste, and excellent in stews. In Ghana, Garden Egg eggplants are grown in small gardens and are consumed as an inexpensive and widely available meat-substitute. Garden Egg eggplants are consumed on a daily basis by all ethnic groups and are also deeply rooted in cultural traditions. Representing fertility, friendship, and respect, garden egg or eggplants are given as gifts at social events, weddings, and gatherings. Garden Eggs are a good source of potassium and fiber, and also contain some vitamin C, iron, calcium, and beta-carotene. It is usually eaten with boiled yam or cocoyam, plantain or boiled rice.

Ghanaian people love to share food with family and friends. It is very common to invite people to have a seat and offer them a portion (even if its small) for them to eat. Yam and Garden Egg Sauce makes a great dish for this purpose. Ghana is a country where hospitality and generosity can be found all over the country.



# VEGETABLES AND ROASTED POTATO



## Method

1. Make the dough for the filling.
2. Sautee finely chopped onions until fragrant
3. Add the tomatoes that have been removed and blended, sauté until wilted.
4. Add the carrots that have been cut into small cubes and boiled and the peas. Stir well.
5. Add salt, pepper, nutmeg and granulated sugar. Stir well.
6. Pour in water, cook until absorbed and thick. Add celery leaves. Stir flat and set aside.
7. How to make the skin dough (outer layer)
8. Steam the potatoes until cooked and mash them.
9. While it's still hot - hot, mix potatoes, salt, pepper, nutmeg, etc. coconut oil. Stir well.
10. Take a little potato mixture, spread it in a small round dish.
11. Spoon the filling on top, cover again with the potatoes and spread evenly.
12. Put the dough in the oven under 180 degrees Celsius for +30 minutes until cooked, sprinkle.
13. Pieces of celery on top of vegetable roasted potatoes.



## Ingredients

300 gram	Potato
½ tea spoon	Salt
¼	Pepper
½ tea spoon	Nutmeg
½ spoon	Coconut oil
1 spoon	Chopped celery
½ piece	Onion
1 piece	Tomato
1 piece	Carrot
50 gram	Peas
¼ tea spoon	Salt
½ spoon	Sugar
1 stalk	Celery
100 ml	Water
1 spoon	Vegetable oil

## Background

Vegetables and Roasted Potato was created for also nutrition awareness in Purbalingga district. This recipe made from local ingredients by homestead production group in UPLAND location who get benefited from nutritional package support. The recipe was made for supporting malnutrition children.



# BUBUR MANADO



## Method

1. Wash the rice clean.
2. In a pan, add water, rice, cassava, sweet potato and cook over heat until soft.
3. Add garlic, shallots, bay leaves and lemongrass while continuing to stir.
4. Add the corn and pumpkin.
5. Add more water if needed, add salt, pepper and mushroom stock, mix well again
6. After the rice has become porridge, add all the vegetables, mix well, adjust the taste, remove from heat.

## Background

Bubur Manado or vegetables porridge is a generation to generation recipe of South Minahasa, Indonesia. This recipe one of well-known dish among Indonesian. This recipe is also part of nutrition awareness campaign to support nutrition intervention in UPLAND area.



## Ingredients

1 Servings

200 gram	Rice
100 gram	Yellow sweet potato, diced
150 gram	Diced cassava
2	Sweet corns, pile out the seeds
1 kg	Yellow pumpkin, steamed, crushed
4 liters	Water or add as needed

## Vegetables

1	Turmeric leaf,
2	Spring onions, finely chopped
5	Gedi leaves, finely chopped.
1	Small bunch of spinach,
1	Bunch kale leaves removed
1 cup	Basil, coarsely chopped

## Spice

6	White cloves, finely chopped
6	Red onions thinly sliced
5	Stalks of lemongrass, white part bruised
2	Bay leaves
1 tsp	Salt
2 tbsp	Mushroom stock

## Complementary

Fried salted fish
Sambal dabu dabu or chili paste

# PUMPKIN SHOOTS IN COCONUT MILK



## Method

1. Scrap coconut and extract milk (optional if using canned coconut milk)
2. Remove outer skin of pumpkin shoots.
3. Chop onions to thin slices.
4. Boil water with pumpkin shoots until shoots are very soft, drain out water.
5. In a frying pan, add 3 tsp of cooking oil. Wait till medium hot. Add onions and garlic, fry till golden brown. Add pumpkin shoots and continue frying.
6. Add salt to taste.
7. Add 250 ml of water and bring it to boil, once boiling, add coconut milk.
8. Cook for 2 minutes after you add coconut milk till it boils, its ready to serve.

\* Optional: you can add meat of your choice from step 5.



## Ingredients

4 Servings

1 ball	Onion
1 tsp	Mince garlic
2	Coconuts or 1 can of coconut milk
20	Pumpkin shoots
2 Cups	Water
3 tsp	Cooking oil



## Background



Ms. Tiiare Takaria Tevesi (pronounced as Si-a-ree Ta-ka-ria Te-ve-si) participated in the 3rd round of home garden training under the Climate Smart Agriculture for Kiribati project funded by Qatar Fund for Development. She is a housewife and very keen in gardening at her home. She is happily married with 2 children. She resides at Betio, South Tarawa. While providing this recipe, Tiiare mentioned that "the recipe can be used when I'm running out of green leaves (cabbages and others) around my home. Because the recipe is not very expensive and during the time, we don't have meat/protein in our food, we tend to cook as a main menu. My husband and 2 children enjoyed eating it."

# “KIRIBATI STYLE” MIXED VEGETABLE STIR FRY



## Ingredients

3 Servings

- |        |  |
|--------|--|
| 8      | Eggplants (approximately 1 kg)   |
| 1      | Whole onion  |
| 6      | Nambere leaves (also called “bele”, slippery cabbage or sunset hibiscus) |
| 1      | Chilli   |
| ½ lbs  | Kituram leaves (English name is moringa or drumstick leaves)             |
| 3 tbsp | Cooking oil  |
| 2 tbsp | Light soy source   |



## Method

1. Wash and clean nambere, kituram leaves and eggplant.
2. Cut eggplant and nambere into small pieces.
3. Chop onions and chilli into thin slices.
4. Prepare your stove and fry pan.
5. Add 3 tablespoon of cooking oil into the pan.
6. When the oil is medium hot, add chopped onions and fry till light golden brown. Add 2 tablespoon of light soy sauce.
7. Add eggplant into the fry pan and mix with onions for 2 minutes. Cover with lid.
8. Cook for 5 minutes. Add nambere, kituram leaves and chili into the frying pan. Cook for another 3 minutes or until the leafy vegetables are cooked to your taste. Add salt to taste.

\* The mixed vegetable stir fry is ready to be served.

## Background



Mr. Timeon (pronounced as Sim-e-eon) participated in the 3rd round of home garden training under the Climate Smart Agriculture for Kiribati project funded by Qatar Fund for Development. Timeon and his family were dependent mainly on fish, chicken, and other meat products in their diet. Now he is preparing dishes from vegetables available in his backyard.

“We always ate eggplant recipe as the main dish substituting the fish, chicken, and other meat since it is cheaper as we grew it around our home. Initially I used to do planting for few vegetables and green leaves but after completing my home gardening training, I managed to learn more on how to do gardening of different types of vegetables and especially on how to cook these vegetables.”



# PUMPKIN SALAD



## Method

1. Cut pumpkin into small square pieces.
2. Cut the coconut into half and use the hand grater to grate the white "meat".
3. After grating coconut, take a sieve or silk cloth, place the shredded coconut inside and squeeze to extract the coconut milk. Use a strainer to filter the coconut milk. Pour the milk into a separate bowl. The clean coconut milk is ready for cooking.
4. Clean nambere leaves with water, remove the white stick from the leaves and put them together to cut into small pieces. Put them into a separate bowl when done.
5. Boil 1 litre of water in a pot. When the water begins to boil put nambere leaves the pot. Cook until the leaves half cook. Remove the leaves and keep it in a separate bowl.
6. In a different pot add 1L of water and pumpkin. Bring the water to boil. Add a 2 - 3 tablespoon of sugar (as per taste). Boil it until the pumpkin is cooked properly (do not overcooked) Once cooked, you can take out excess water from the pot, just leave water (200-300mls) in the pot.
7. Add the nambere leaves into the pumpkin pot and mixed it well with the pumpkin for 2 minutes.
8. Add the coconut milk (already filtered) into the pot and mixed it well with pumpkin and nambere leaves. Just give five minutes to boil and then it ready to be served.



## Ingredients

Served for 3 adults

3/4 kg	pumpkin
2	Coconuts (or 1 can coconut milk)
20	Nambere leaves
2 tsp	Sugar
1L	Water

## Background



Mr. Totaieta Tiikam (pronounced as To-ta-i-eeta Si-kam) participated in the 1st round of home garden training under the Climate Smart Agriculture for Kiribati project funded by Qatar Fund for Development. At the moment he is unemployed, however he is very passionate about home gardening and using vegetables from his garden to prepare dishes for his family.

While providing the recipe, Totaieta said "the above recipe is always used by my family as an additional dish to our food menu on Sunday or any other family function. It's very good to us since we grow the pumpkin and nambere around our home."

# SOYA MILK DRINK



## Ingredients

Served for 10 adults

6 Cups	Dried soya beans
10	Pieces of tender Ginger
4 Cups	Sugar
2 teaspoon	Flavouring
30 - 25	Cups of water



## Method

1. Pick the beans, remove impurities then rinse
2. Soak in a bowl for 9 – 10 hours
3. Throw away the water and pour fresh water, wash to peel off the skin of the beans
4. Put the soya bean in a blender, add grated tender ginger and add water to blend
5. Sieve the contents using muslin cloth
6. Transfer the contents to a pot, add water and put on fire
7. Put it on medium heat and allow it to simmer for 40 minutes, while stirring intermittently
8. Put off the fire
9. Allow it to cool
10. Sieve again, add sugar and flavour
11. Refrigerate
12. Put in plastic bottles and consume within 3 days

## Background

Umami Abdulkarim is a 27 year old young lady who lives with her widowed father and three siblings at Rimi Kebe, a community largely inhabited by low income earners in Ungoggo local government area. Her mother had died a few years ago while her dad struggled to make ends meet. Out of her father's four children, she is the only one that managed to go for tertiary education, with the support of relatives, because her father is poor.

One day a female relative informed her of a training programme on nutrition and hygiene to be conducted by KNARDA, through Kano Agro-Pastoral Development Bank, a project funded by the Islamic Development Bank and the Lives and Livelihood Funds. And she gladly joined the training programme on where she

learnt how to produce Soya milk.

Soya milk is very rich in high quality protein and its vitamin content important for overall health and development of the body.

Umami says she would have regretted thoroughly if she had not participated in the training. "After the day training, which took place more than one year ago, I started producing the Soya milk in small plastic bottles, for sale in this community at a nearby shop. I faced challenges initially because not many people buy it. They were apprehensive about the drink while others could simply not afford it. So I started taking it in a cool box, with the help of my young male cousin, to a more populated place near the market".

Gradually, customers came regularly and she now makes a profit of between N000 ,40 – N000 ,50 monthly. "This is business has created employment for me and for me twin sisters, aged 17. They help me in preparing the product and in selling it".

Interestingly, from the proceeds of sale of Soya milk, Umami has rented a small shop not too long ago at Brigade, a neighborhood not far from her home, where she sells refrigerated Soya milk, table water, soft drinks, sweets and some provisions.



"I am now supporting dad to run the family and everybody is happy. Without learning the Soya milk production technique, not only me but everybody in the family will be suffering because dad is not well to do", she enthused.

She however, says her major challenge at the moment is that of electricity to keep the refrigerator working, Because of fluctuating power supply, the Soya milk sometimes get spoilt and she incurs loss.

While showering praises on the Islamic Development Bank and the Lives and Livelihood Funds for supporting vulnerable women in Kano to get an economic foothold, Umami was optimistic that she would one day be supported with mini solar facilities and trained on how to preserve her product, to extend its expiry date.



# SOBAT SUREED / PAINDA



## Ingredients

1 kg	Desi chicken
½ cup	Oil
2 tsp	Ginger paste
2 tsp	Garlic paste
2 tsp	Red chili powder
	Salt to taste
2 tsp	Coriander powder
½ tsp	Turmeric (Haldi)
1 tsp	Roasted cumin seeds (Bhunna khutta zeera)
4	Tomatoes (blended well)
1 cup	Yogurt (Dahi)
2	Medium-sized Onions, finely chopped
	Roti (as required)
6 cups	Water



## Salad

1	Cucumber, finely chopped
1	Onion, finely chopped
1	Tomato, finely chopped
½ cup	Cabbage, finely chopped
1	Carrot, finely chopped
2 tsp	Fresh pomegranate seeds
½ tsp	Salt

## Raita

4	Green chillies
1 tsp	White cumin seeds
½ bunch	Fresh coriander
½ cup	Garlic cloves
1	Yogurt (Dahi)
	Water (as required)
	Salt to taste



## Method

1. Start by adding onions to the oil and sauté until they turn light golden.
2. Now, add chicken and ginger-garlic paste, and sauté for 3 minutes.
3. When the chicken changes color, add tomato puree and seasonings. Let it cook on medium heat.
4. Once the tomato's water dries up, add yogurt and cook it thoroughly.
5. Add 6 cups of water and let it come to a boil on high heat.
6. Now, let it cook on medium heat for half an hour, until the chicken is tender and there are 4 cups of water left. Turn off the heat; there should be more broth in it.
7. For the salad, mix all the vegetables in a bowl and add 1/2 tsp of salt.
8. For the raita, blend coriander, garlic cloves, green chilies, cumin seeds, and a little water in a blender. Then, add this mixture to yogurt along with salt to taste.
9. Assemble the Sobat/Sureed/Paindaina: In a pot, add pieces of roti, then pour the broth over it. Layer the salad on top, followed by the raita. Lastly, add the chicken. Serve hot and enjoy, especially in cool weather

## Background

Saima Gul: Working for polio program for the last nine years in National Emergency Operation Centre

It was a bright sunny day, and I was sitting in my office, talking to my colleague about my 4 months old sweet daughter Junaina when I received a call from my supervisor: Saima please get ready as you are going to Hernai for social investigation and campaign support of positive wild case for 15 days.



I got angry and sad saying why me? Why can't anyone else go, what if my daughter catches the virus. What if something happens to her. In the depth of my memory the unbearable grief of the death scene of my 8 years old only son genteelly resurfaces. It was a moment that shattered my world, the wound was still fresh and I felt heaviness in my heart.

With a heavy heart I took my flight from Islambad to Quetta and the next day I had to reach Hernai a very hard to reach and difficult district of Balochistan . It was a cold morning and I and my daughter were wearing sweaters; a mid age driver came to pick me from the hotel. I started my journey and on the way I saw majestic mountains. I thought they were guarding me and I forgot my pain for



some time when all of a sudden, my daughter started crying. I did everything to console her, but she kept crying and crying. Her diaper was wet and she needed a change when I asked the driver is there any resting area and he said what is that? My daughter kept crying for 30 more minutes when I reached the settlement of the polio-affected child.

I looked around and saw the poor condition of the tents, sun rays were falling through the holes in the tents serving as rays of hope for me and for the desperate family. The paralyzed child was sitting in his mother's lap, around 15 children gathered around me.

The mother kept telling me about their sufferings and I was feeling guilty inside. How could I get annoyed and insecure coming to them as they opened their arms with full love and generosity and helped me instead. The echoes of my father words lingered in my ears:” Saima , genuine comprehension of someone’s suffering can only be achieved through going through the very path oneself” I continued my journey to Hernai. I faced a lot of challenges during my stay, but I was happy now to support the cause over there. It’s been four years and I am going to the toughest areas with my 4 years daughter Junaina with no fear and great hope of eradicating polio.

I would like to use this story as a means to also communicate the importance of balanced diet and proper hygiene. In my field experience, I have observed that many communities are either unaware of the importance of a balanced diet or face financial constraints that limit their access to proper nutrition. To enhance children's resistance against polio in Pakistan, it is crucial to ensure they receive a well-balanced diet rich in essential nutrients. This includes incorporating foods high in vitamin A, such as carrots, sweet potatoes, and spinach, which bolster the immune system. Similarly, vitamin C from fruits like oranges and guavas, along with protein sources like lean meats, beans, and lentils, can significantly strengthen their immunity. Adequate iron intake from sources like lean meats and zinc from nuts and dairy products also play pivotal roles in this regard. Folate, found in leafy greens, further contributes to overall health and immunity. Additionally, emphasizing proper hydration and promoting exclusive breastfeeding for infants under six months of age will further reinforce their immune defenses against polio.

At the household level, it is also imperative to observe personal hygiene and discourage open defecation.





# PURONG / BANANA OR TARO PUDDING WITH GALIP OIL DRESSING



## Method

1. Place Galip nuts in the “Kunum” (wooden mortar and pestle) and beat until the nuts are all mashed.
2. Add a bit of warm water, while mashing the galip nuts, until the galip oil is extracted.
3. Place the galip oil and mashed galip in separate bowls.
4. Cook the sweet ripe banana's with the skin in a saucepan to boil.
5. Once the ripe bananas is cooked, remove the skin and place in the “Kunum” to mash.
6. While mashing the banana, the galip oil is added slowly and mashed together with the banana.
7. Banana's are added at a time and also the galip oil to allow the mixture to have a smooth consistency.
8. Once there is smooth consistency of the banana, then place in another bowl.
9. Pour the remainder of the galip oil over the banana as a dressing.

The end result is a rich gleaming organic dish, that is authentically delicious.



## Ingredients

Served for 4 adults

5 kg	Smoked galip nuts (Canarium indicum)
1 bunch	Ripe banana
1 cup	Warm water

## Background



Caroline Silasil

In Karkar Island, Purong dish is made by Waskias and Takias alike and is used as a welcome dish for visitors to their village or homes and at special occasions and ceremonies such as peace offerings and farewells etc. During ceremonies this dish was actually placed in large wooden bowls or Diag – Takia, Tavir – Waskia that were made by our forefathers' generations ago.

The Galip nut (*Canarium Indicum*) grows abundantly on Karkar. In season, Galip Nuts are collected from the tree, and the outer hard shell smoked, after which the shell is cracked and mashed in the “Kunum” (pestle and mortar) allowing the oil to be extracted for the Purong dish and other dishes.



At Pero Pero @ Mangul Eco-Guest Haus, this dish is used to welcome and farewell our visitors at Kuburne Village, Karkar Island, Madang Province, Papua New Guinea.

Caroline Silasil is a graduate of the Pacific Greenpreneurs Incubator program 2022 and recipient of USD 5,000 seed funding. She is a participant in the Pacific Greenpreneurs Accelerator program 2023.

At Pero Pero @ Mangul Eco Guesthouse, the current major initiative of the business is to be the leading Eco Guest house in the Sumkar District in the next 5 years, by 2028. The guesthouse is located at Kuburne village in Karkar Island, Madang, Papua New Guinea. The business promotes inclusive and sustainable economic growth through tourism, creating jobs, promoting the local culture and products and educating the community about climate change. The Eco Guesthouse makes money by receiving offer accommodation, food and drinks to guests. They also bring economic benefit to the local community through the concept of coconut spoon production, mothers selling their famous Karkar bilum, other artisans selling their items and teaching people who are interested about selling their own products online.

SWEET

# SEMAI OR VERMICELLI



## Method

1. Soak the sago in water for about 15-20 minutes. Drain and set aside.
2. In a pan, dry roast the vermicelli until it turns light golden brown. Remove from heat and set aside.
3. Heat ghee in a deep pan or pot.
4. Add the roasted vermicelli to the hot ghee and sauté until it becomes slightly crispy.
5. In another pot, bring the milk to a boil.
6. Once the milk starts boiling, add the sautéed vermicelli to it. Also, add the soaked and drained sago pearls.
7. Reduce the heat to low and let the mixture simmer, stirring occasionally to prevent sticking.
8. Add sugar according to your taste preference and stir well until the sugar is completely dissolved.
9. Add grated coconut, raisins, and chopped peanuts to the mixture. Stir well.
10. Allow the mixture to cook on low heat until the vermicelli and sago are fully cooked and the pudding thickens to your desired consistency. This might take around 15-20 minutes.
11. Once cooked, remove from heat and let it cool for a few minutes. Serve warm or chilled, as per your preference.



## Ingredients

- Soft vermicelli
- Ghee
- Milk
- Sugar
- Sago
- Grated coconut
- Raisins and peanuts

## Background



Romida Mohd Hussain

Semai or vermicelli, is a dessert cooked mainly on special occasions and Eid. This dish is so popular to have on during Ramadan to break fast that some Rohingya call Eid Ul Fitr 'Semai Eid'.

Not only do the Rohingya cook this dish for themselves and their families, but there is also a tradition of cooking this as fatiya (donation of food to the poor).

- › Most Rohingya prefer to cook SEMAI with castor sugar, but palm sugar can also be used. Although it is a special dish for Eid, semai is also eaten throughout the year.
- › The dry variation of semai is called bunna semai, but it can also be made with milk.

# MOHINGGA



## Ingredients

Carp

Rice

Lemongrass sauce

Water

Boil fish until cooked

Chickpeas



## Method



Nasimah Mohammed Yusof

The Mohingga originated from Myanmar. It is cooked at festivals and is usually eaten for breakfast by the people of Myanmar.

1. If you want to boil chickpeas by adding water and making them soft, grind them with a blender.
2. Rub the mashed red garlic, ginger, rice, lemongrass with a lot of oil, then add green pepper powder and fish meat balls and stir for a long time until the meat is rolled up.
3. If you are going to add the omnivore, cut it into small pieces, add salt and sesame water and soak it. Dissolve the package of sweet rice flour with water, add the excess fish broth, onion egg, and bean broth to the cooking pot. If the water is low, add more water to boil. Then stir for a while.

# D.J.'S GREEN FE'E (OCTOPUS) PLATTER

Homemade Coconut Octopus  
on a Bed of Seasonal Greens



## Ingredients

2	Medium size Octopus
1	Whole brown onion
1	Ginger
6	Cloves garlic
1 tsp	Sea salt
1	Tablespoon of pepper spice
1 cup	Fresh coconut milk
1 cup	Water
1	Medium sized chilli



## Veggies

Pumpkin	Quarter or depending on how much you like
Bok Choy	2 medium individual Pok Choy
1	green pepper



## 1. Octopus

### Method

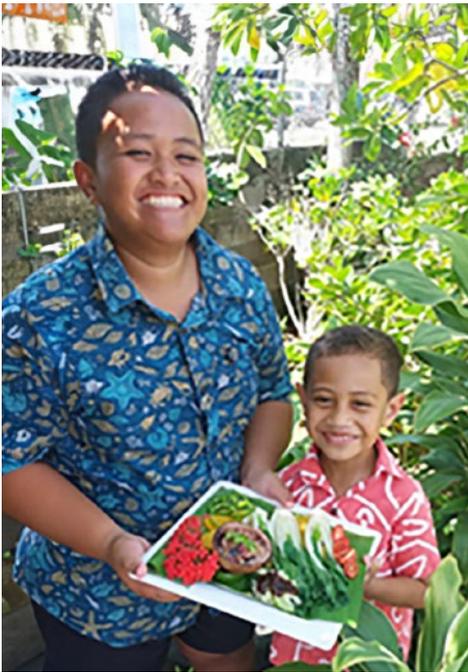
1. Pour  $\frac{1}{2}$  cup water in a perfect size non-sticking pan. Turn stove to medium heat and add the whole octopus and steam until it's firm and hard or until texture is ideal for cutting.
2. Once ready, leave it to cool.
3. Cut up all your onions, garlic, ginger, green pepper, chilli, add your herbs (optional) and keep aside in a bowl.
4. Mix 2 cups of coconut cream with  $\frac{1}{2}$  cup water and add to the herbs/spices and onions.
5. Cut octopus into small chunks (or to your preferred size) and add to the coconut mix. Stir well and pour into a baking tray. Bake for 45 minutes.
6. Use one of your clean empty clean coconuts to scoop a good portion of the octopus inside once fully cooked. Top it with green pepper pieces.

## 2. Veggies

1. Bok Choy - cut them into halves and steam in salted peppered water in medium heat for 1-2minutes. Remove and put in a separate bowl with icy water.
2. Steam pumpkins (cut in halves or moon-shape)
3. Tomatoes – cut them in halves.
4. Onions – lightly crease (coconut oil) the pan and add onions. Cook until they are nice golden down.
5. Place greens on plate (as you prefer). Have your caramelized onion sauce available for the greens. Add the cooked octopus.

## Background

Agrippina's Kitchen (AK) started in late 2021 then it hibernated for a while primarily due to the impact of COVID19-. The nation-wide restrictions was a rough time for our economy and it was also a real challenge finding workers. The RSE Scheme attracted majority of the local labor market and essentially those with good jobs quit jobs and opted for seasonal work instead. We are currently a team of three (3) committed individuals,



Josiah

but plans are in the pipeline to recruit more workers to help with our service.

The whole idea of Agrippina's Kitchen is to offer home-made and whole food using mainly local produces and resources. AK main priority is to improve the health of our family members, communities through the meals that we provide. There has been a rapid increase of premature deaths on the island and majority of these are reported to be non-communicable diseases: diabetes, cardiovascular issues, cancer, and kidney problems. AK believes that a Healthy Diet and Lifestyle can make a difference and we intend to market our product and at the same time promote, educate, and share our way of making local food, especially offering it at a reasonable price. Agrippina's Kitchen caters for all types of clients especially those who are looking for that authentic and homely taste of Samoan hearty delicacies. You are not going to regret your investment for that Samoan meal, with each menu prepared freshly just for you. AK, an intimate establishment aims to unpack Samoans flavors using our very own local produces - Good Food, Good Mood!

Featuring here is one of Agrippina's Kitchen Signature dishes called D.J.'s Green Fe'e (Octopus) Platter. This is Octopus in coconut cream with herbs and spices accompanied by steamed greens – pumpkins, Pok Choy and green pepper garnished by caramelized onions. This is a family favorite especially on special occasions (Birthdays, Mother's Day, and Father's Day). D.J. represents the names of our two sons (Dimitri and Josiah). Both enjoy seafood, especially when it's covered with fresh coconut cream with a kick of ginger and garlic. We educate our kids to use what we have taught them and not to rely on others but to work the land for survival - "Samoa can feed Samoa", minimizing reliance on import products for daily consumption.

Josiah (left) and young Dimitri holding up one of AK's Signature Platters named after them – DJ's Green Fe'e Platter.

Dulcie Wong Sin Simanu from Samoa is graduate of the Pacific Greenpreneurs Incubator program 2023.

# BREADFRUIT AND SALTFISH



## Ingredients

1	Breadfruit
1 Pack	Saltfish
2	Sweet peppers
1	onion
1	Large tomato
1	Cucumber
1	Avocado
1	Plantain
¼ cup	Coconut oil



## Method

1. Remove the breadfruit stem and roast over charcoal fire.
2. Peel and slice breadfruit.
3. Wash saltfish with fresh water and boil in a pot of water to further remove salt.
4. Discard the boiled water from saltfish and mince the saltfish.
5. Wash and dice the vegetables.
6. Add oil to a frying pan.
7. Add diced vegetables to hot oil in frying pan and sauté.
8. Add the saltfish to the vegetables and continue to sauté.
9. Slice plantains and fry in oil.
10. Peel and slice avocado.
11. Plate food, serve and enjoy.

## Background

The Breadfruit & saltfish dish is a very culturally significant dish in St. Vincent & The Grenadines as it was often associated with the poor and working-class during colonialization and early independence. Today it is enjoyed by people of all walks of life, especially those attending cultural events.

The dish uses fresh locally grown vegetables and emphasizes the rich agrarian culture and history of St. Vincent & The Grenadines and showcases the relative ease with which food is abundantly grown in our fertile volcanic soils.



# CEEBU JËN, A CULINARY ART OF SENEGAL



## About the meal

Among the rice dishes prepared in Senegal, a country situated in West Africa, the most popular is Ceebu jën (pronounced “chebu jen”), which is a richly flavored combination of fresh fish, rice, and vegetables. Ceeb, in local Wolof language, means rice, while jën means fish.

This dish requires 40–30 minutes of preparation and about an hour and a half of cooking time.

For this recipe, a wide variety of vegetables and fish can be used, making ceebu jën a versatile and healthy dish. Broken rice is preferred because it seems to better absorb the sauce and is more pleasing to the taste than long-grain rice.



## Ingredients

Served for 5 adults

1	Large fish (about 2 kg, preferably a grouper or any other white fish), rinsed and cut into 4 large chunks.
250 grams	Tomato concentrate.
1 cup	Peanut or vegetable oil.
1 kg	Rice (Senegalese prefer to use broken rice for this recipe, but you can use normal rice).
100 grams	Dried fish such as stockfish, rinsed.
200 grams	Carrots, peeled.
200 grams	Cassava, peeled.
1 small	Small cabbage cut in quarters.
4	Okra (optional).
4	Sweet potatoes, peeled.
2	Eggplants with their stems removed and cut in half.
4	Small turnips, peeled.
1	Onion.
1	Clove garlic.
3	Green chili peppers.
1	Bunch fresh parsley.
1	Small green bell pepper.
1	Jumbo cube (if not available, substitute it with a fish - or shrimp-flavored Maggi cube).
	Salt to taste.
1 tsp	Black pepper.



## Method

1. Deseed and cut the bell pepper in half. Slice the onion and finely chop the parsley. Peel the garlic clove and cut it into two pieces.
2. Make a paste by grinding together the parsley, half of the chili pepper, a half tablespoon of the black pepper, and half of the garlic clove with a mortar and pestle or in a grinder. Add a pinch of salt.
3. Using a knife, make a slit in each chunk of fish, but be careful not to cut all the way through. Stuff the slits with this paste.
4. Heat 2 - 3 inches of oil in a large pan and fry the fish for 3 - 4 minutes on both sides. Remove the fish and set aside.
5. In the same pan, fry half of the sliced onion and half of the bell pepper and chili pepper. Add the tomato concentrate (dilute it with a little water), let it simmer for 2 - 3 minutes, pour 1 liter of water on it, and add salt. Boil the mixture for 5 minutes.
6. Add all the vegetables and the rinsed dried fish along with the remaining chili peppers, then cover and simmer on low heat for 30 minutes.
7. Grind together the remaining black pepper, garlic, and onion, and the remaining half of the bell pepper with the Jumbo cube.
8. Pour this paste into the pan and add the fried fish. Reduce the heat and then simmer for another 15 minutes.
9. Remove the fish pieces and all the vegetables with a little sauce. Leave the rest of the sauce in the pan.
10. Wash the rice and half-cook it (preferably using a steamer). Remove the half-cooked rice from the steamer and stir it in the pan with the remaining sauce.
11. Cook it for 15 minutes (stir every 5 minutes).
12. Spoon the cooked rice onto a large serving platter, arrange the fish and vegetables over the rice, and garnish with lemon wedges.



## Background

Thieboudienne, or ceebu jën in Wolof (language spoken in Senegal, in The Gambia and Mauritania), which literally means “rice and fish”. It is also spelled cee bu jen, ceeb u jen, thieboudiene, theboudienne, theibou dienn, thiebou dienn, thiebou dinne, thiébou dieune, tie biou dian, thieb-ou-ddjien, thiebu djen or tiep bou dien.

Ceebu jën is a dish that originated in the fishing communities on the Island of Saint-Louis in Senegal . According to the legend, thieboudienne was created, or at least made famous in its current form by a renowned cook of the nineteenth century named Penda Mbaye. There are few traces and verifiable sources of this famous Penda Mbaye, but many oral stories talk about her.

Ms. Penda Mbaye was apparently a waalo-waalo (resident of the historic Kingdom of Waalo centered on the Senegal River delta, around the city of St. Louis) who made her living by cooking for family ceremonies. One day, she had the genius idea mashing cherry tomatoes to use in her cuisine. The success and fame followed the result delighted the palaces of Saint Louis.

The reason why her Ceebu jën now affectionately called Ceebu jën Penda Mbaye by Senegalese, became so successful, is largely due to the fact that the city of Saint Louis was a reference in terms of culture at the time. Indeed, Saint Louis (or Ndar in Wolof) was the capital of French West Africa (Afrique Occidentale Française), one of the oldest cities and most important culturally in Senegal .

Although recipes vary from one region to the next, the dish is typically made with fish steak, broken rice, dried fish, mollusc and seasonal vegetables such as onions, parsley, garlic, chilli pepper, tomatoes, carrots, eggplant, white cabbage, cassava, sweet potato, okra and bay leaf.

The quality of the fish and the choice of vegetables are determined by the importance of the event or the degree of affection one



has for the guest. The recipe and techniques are traditionally passed down from mother to daughter. In most families, ceebu jën is eaten with the hands, although spoons or forks are usually used in restaurants. The dish is also tied to specific cultural practices.

For instance, it is forbidden to sit with a raised knee, the bowl must be held with the left hand, and grains of rice must not be dropped when eating. The ceebu jën dish and associated practices are viewed as an affirmation of Senegalese identity.

Senegalese ceebu jën is also known in other African countries under the name of “riz au gras” in Côte d’Ivoire or Guinea but also under the name of jollof rice in Nigeria, Mali and Ghana.

The authorship – and therefore origins – of jollof rice is the subject of a spicy debate between West African nations. Senegalese, Nigerians and Ghanaians claim ownership. And each believes their recipe surpasses all others.

Following an application from the Senegalese government in October 2021, the United Nations' cultural agency UNESCO on December 15th, 2021, added Senegal's national dish, "thiebou dieune", to its cultural heritage list, such as the art of Neapolitan "Pizzaiuolo", and couscous culture in Mauritania, Morocco, Algeria and Tunisia.

# ABLAMA W RIZ



## Ingredients

Served for 5 adults

2 kg	Zucchini
0.5 kg	Minced meat
3 pcs	Onions
2 kg	Yogurt
3 tsp	Fat
2 cups	Frying oil
3 cups	White rice - medium or long grain is ideal
1.5 cup	water
	Pine nuts (small handful- optional)



## Method

1. Wash and core the zucchini (but careful not to make it too thin to keep it from falling apart when you stuff it).
  2. Drain the zucchini.
  3. Dice the onions and put together with one spoon of fat into a pan. Once the onions begin cooking, add the meat. Cook for about 10 minutes (or until meat is cooked). Add a dash of salt and pepper (or to liking).
  4. Let the onion and meat cool down.
  5. Scoop little amounts of the onion and meat stuffing and place it inside each zucchini.
  6. Put frying oil to the pan and heat it up. Add the zucchini and fry until they look somewhat golden before taking them out.
  7. Drain the zucchini on napkins.
  8. Drain the yogurt, then cook it in a pot for about ten minutes.
  9. Once the yogurt boils, add in the zucchini. Turn off the heat after about five minutes.
  10. Mix two spoons of fat, salt and pepper, bay leaf, and two cups of water and cook until they boil. In the meantime, wash the rice and soak it in water for about ten minutes. Drain the rice and add it to the boiling water mix. Do not stir, and let it cook for about five minutes.
  11. Serve the "ablama" (yogurt and zucchini) over a bed of rice.
- ... Sahtein!

## Background



*Sheikha and Mohamad, Bekaa, 2022.*  
© UNHCR/Jinane Saleh

Sheikha, a widowed Syrian mother of three, sought refuge in Lebanon after the war in Syria began, and she currently resides in the Bekaa with her children. After her husband passed away in Syria, Sheikha became solely responsible for the protection and safety of her children.

While her children are at school, Sheikha tries to earn a living by offering cleaning services to neighbors around her. She is also a talented cook, and customers commission her to prepare local dishes in her home, such as stuffed grape leaves, kibbeh, tabbouleh, and yogurt-based traditional dishes, like the “ablama”. She utilizes her skills to best support her family.

In 2022, Sheikha completed 60 hours of cooking training and obtained a certification from a local non-governmental organization. With her children, Sheikha dreams of someday opening her own little restaurant in Syria. She would like to call it “The Three Children,” where she would serve traditional Syrian dishes and run her own business independently.

Sheikha receives multi-purpose cash assistance (MPCA) from UNHCR, which is a lifeline for refugees in Lebanon, helping families meet their basic needs such as rent, food, and medicine. QFDD has generously supported UNHCR’s MPCA programme in Lebanon in 2022, helping tens of thousands of families like Sheikha’s to make ends meet.

*Sheikha (holding the cooking training certificate) and her son Mohamad, Bekaa, 2022*  
© UNHCR/Jinane Saleh.



# KAFTA WRAP



## Ingredients

Served for 1 adults

4 oz	Minced meat (beef or lamb work)
1 tablespoon	Salt
1 tablespoon	Lebanese Seven Spices
1 tablespoon	Black pepper
2	Finely chopped
1	Parsley
1 cup	Sliced tomato
1	Flat bread



## Method

- Step 1: Preheat your oven to 350°F (175°C).
- Step 2: Place the beef/lamb, salt, pepper, onion and parsley in a mixing bowl and knead together with hands.
- Step 3: Spread the kneaded Kafta mix on a flat bread loaf and then fold the loaf in two.
- Step 4: Place the wraps in the oven for 5 minutes.
- Step 5: Once the bread has turned golden and the kafta is grey, remove from the oven and serve.
- Step 6: Use the sliced tomatoes to garnish the plate when presenting, the vibrant color and refreshing flavor of tomatoes complement the rich and savory taste of kafta.

... Enjoy your meal!!

## Background



*Sleiman Kadrah preparing his famous Kafta Wrap*

The destruction wrought by Syria's war forced Sleiman and his family to flee the country. Their family home was completely destroyed by the fighting in 2012, and Sleiman's family had no choice but to seek refuge in Lebanon. Sleiman's mother joined them, and together, they faced the challenges of displacement and an uncertain future. Despite their best efforts to secure stable employment in various fields, the economic conditions in Lebanon continued to deteriorate, making it

increasingly difficult for them to meet their basic needs.

Determined to establish a sustainable livelihood for his family, Sleiman took a bold step and decided to open a restaurant and butcher shop called Abu Zaid Rest House in the town of Al-Masnaa. He hoped that this venture would provide the stability and financial security they desperately needed.

Initially, things seemed promising. The local community welcomed Sleiman's restaurant and butcher shop, appreciating the quality of his products. However, their initial success was short-lived. The economic situation in Lebanon took a turn for the worse as inflation soared and the local currency depreciated. These challenges, coupled with the COVID19- pandemic, directly affected their business, making it increasingly difficult to sustain operations and meet financial obligations.

During this difficult time, Sleiman received financial assistance from the Qatar Fund for Development. This support enabled him to acquire essential equipment that played a vital role in revitalizing their operations. With the provided funds, he purchased a much-needed refrigerator to ensure the freshness and quality of the meat. Additionally, he acquired an oven machine, expanding his menu to cater to a wider range of customer preferences. These essential resources not only helped him reopen his business but also played a crucial role in its long-term sustainability.

Sleiman expresses immense gratitude to the Qatar Fund for Development for their kindness and generosity. According to him, the support received not only helped him during challenging times, but also instilled a renewed sense of hope and stability. Thanks to this assistance, Sleiman's restaurant and butcher shop, Abu Zaid Rest House, has made strong improvements.

PICKLE

# PICKLED CUCUMBERS



## Ingredients

Served for 1 adults

4-5	Small to medium-sized cucumbers
2 cups	Water
2 cups	Distilled white vinegar
2 tablespoons	Salt
2 tablespoons	Sugar
2	Cloves of garlic (optional)
1 teaspoon	Dill seeds (optional)
1/2 teaspoon	Black peppercorns (optional)
	Fresh dill sprigs (optional)



## Method

1. Wash the cucumbers thoroughly. If the cucumbers have a wax coating, scrub them to remove it. Slice them into rounds or spears, depending on your preference.
2. In a saucepan, combine water, vinegar, salt, and sugar. Bring the mixture to a boil, stirring occasionally until the salt and sugar are completely dissolved. Remove the pan from heat and let the brine cool for a few minutes.
3. While the brine is cooling, prepare the optional flavorings. Peel and crush the garlic cloves, or slice them into thin pieces. Lightly crush the dill and black peppercorns them using a mortar and pestle to release their flavors.
4. Place the sliced cucumbers in a clean glass jar or container. If using flavorings, add these too.
5. Pour the cooled brine into the jar or container, ensuring the cucumbers are fully submerged. If necessary, use a weight or a smaller jar filled with water to keep the cucumbers submerged.
6. Seal the jar tightly and refrigerate. Allow the pickles to marinate for at least 24 hours to develop their flavor. The longer they sit, the more flavorful they become.
7. After the desired marinating time, your homemade pickles are ready to be enjoyed! They can be stored in the refrigerator for several weeks.

## Background



*Halima standing next to her homemade pickled cucumbers and eggplants*

Halima Melhem, a former resident of a conflict-affected village, faced a dire situation when her home in Syria was bombarded, erasing the once-safe environment she knew. Faced with war and insecurity, she and her family were compelled to flee to Lebanon in 2014, seeking refuge in the town of Taalabaya, Bekaa.

In the years leading up to 2018, Lebanon's economic situation remained relatively stable. However, as conditions deteriorated, Halima

recognized the need to take matters into her own hands in order to secure a livelihood for her family. Driven by determination and resourcefulness, she made the courageous decision to start producing homemade goods. To enhance her entrepreneurial skills and sales techniques, Halima enrolled in the microenterprise support scheme offered by the International Organization for Migration (IOM). She participated in IOM's business development training, which equipped her with valuable knowledge and strategies to develop her business and enhance her sales capabilities. Thanks to a financial grant provided through the scheme, Halima was able to invest in raw materials, expand her production capabilities, and offer a wider range of products to meet the growing demands of her customer base. Halima expresses deep gratitude to the Qatar Fund for Development for their invaluable assistance in supporting small projects like hers.

With her expanded venture and improved sales, Halima discovered fulfillment and a renewed sense of hope. Her determination, coupled with the support she received, paved the way for her success. Through her journey, she serves as an inspiration to others, showcasing the resilience and tenacity of women even in the face of adversity.

SWEET

# CHOCOLATE PUDDING



## Ingredients

Served for 6 adults

1 cup	White sugar
1 cup	Milk
2 cups	Self raising flour
4 tablespoons	Cocoa
1 teaspoon	Vanilla essence
2	Eggs
170 g	Margarine
Whipped Cream (optional)	
Ice Cream (optional)	



## Method

1. Pre-heat the oven at 200 Degrees Celcius.
2. Mix together white sugar, milk, cocoa, vanilla essence, eggs and margarine
3. Fold in the self raising flour to the mix above until the flour fully disappears
4. Bake for 20-30minutes
5. Check with a knife or skewer if it is cooked and serve with whipped cream or ice cream (optional)

## Background



My older half-sister graciously passed down this cherished recipe, a culinary tradition spanning three generations of bakers. While I may not possess innate baking talents, I willingly embraced the art because my sister often required assistance, especially when her work commitments clashed with the demand for her signature chocolate pudding. This delectable treat has become a staple at our family gatherings, transcending the divides created by our father's three marriages to unite children, grandchildren, and great-grandchildren. This chocolate pudding serves as a poignant reminder that, regardless of our origins or family histories, the warmth of family bonds remains constant. Our father's choices do not define us; we are all human beings capable of forging our own paths. This inspired me to be a baker. Here in Tonga, I've turned this cherished recipe into a means of generating extra income.

Tupou Kolokihakaufisi from Tonga is graduate of the Pacific Greenpreneurs Incubator program 2023.

Grace Nursery & Garden cultivates and develops vital primordial bond between humans and plants for Tonga. The uniqueness of Grace Nursery & Garden originates from an unwavering resilience and determination. Rooted in a profound passion for gardening, the business commenced modestly, integrating eco-friendly practices and self-taught expertise. Despite confronting adversities posed by natural disasters, the business has thrived, embodying principles of environmental consciousness and sustainability.

# YEMENI HAREESA



## Ingredients

Served for 10 adults

1.25 kg	Lamb
0.7 kg	Pearl barley
10 ml	Salt
5 ml	Cumin seeds
5 pcs	Cloves
4 pcs	Cardamom pods
1	Cinnamon stick
7 ml	Ground black pepper
3	Liters Water
125 ml	Unsalted butter or ghee



## Method

1. Add the lamb meat to a large pot
2. Cover the meat with 3 liters of water
3. Cook the meat on high heat until it comes to a boil
4. With a spoon, skim the fat off the top of the water for a less oily taste and a clearer broth
5. Lower the heat to medium and cook for 2 hrs
6. Wash the barley and let it soak for 2 hrs while the meat is cooking
7. Add the barley, salt, spices, and cinnamon stick to the broth
8. Cook over low heat for 2 hrs

9. Remove the cinnamon stick and bones
10. Stir vigorously
11. Add ground black pepper
12. Use a blender to better mix the barley and lamb
13. Serve with poured melted butter or ghee and sugar or honey on the side

## Background



Hareesa, a delicious thick paste consisting of barley and meat, has existed in the Middle East and South Asia for hundreds of years and is even included in the earliest known Arabic cookbook, “Kitab Al-Tabkh,” which was compiled in 10th century in Baghdad. This traditional dish still remains beloved today in Yemen due to its delicious flavour and relatively low price for its high caloric and nutritional value.

One of the producers of this classic dish in Yemen, Am Bin Nasser, has worked hard to make his hareesa business venture a success in his hometown of Seiyun, saying, “At the beginning, there weren’t many people who loved hareesa. To overcome this, I initiated small-scale gatherings where I prepared hareesa for my brothers, brothers-in-law, uncles, and relatives. These gatherings served as a learning



experience for me. After that, I began serving hareesa at wedding events and other social functions. Over, thirty years, our reputation grew, and now we receive invitations to prepare hareesa at various types of events.”

To make the highest quality hareesa for his customers, Am Bin Nasser buys well-sourced sheep meat. He said, “When it comes to selecting sheep, purchasing from market vendors may not always guarantee optimal quality. Therefore, we prefer to source our sheep directly from shepherds' homes, where we can also negotiate a reasonable price.”

Am Bin Nasser’s hareesa business is doing well despite the economic instability in Yemen, and it adds to the already exceptional range of restaurants and food offerings in Yemen’s Hadramawt Governorate.

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