



**Recipes from our  
community  
as we celebrate our 50<sup>th</sup>  
year**

The Salisbury Centre  
Summer 2023

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## Mujadara (quick version)

Bismillahi-iRahmani-rRaheem

(in the Name of God, the Most Compassionate the Most merciful)

**Recipe given by:** Colin, Chair of the board of Trustees

**Season:** Any

**Servings:** up to 20

Mujadara is a middle eastern dish common in most Arabic-speaking communities.

It's a healthy mix of green or brown lentils and rice flavoured with plenty of caramelised onions. It is sometimes blended to a soft consistency but usually has a characteristic speckled look as the pulses and rice grains stay intact. Some recipes include spices such as cumin, bay, or cinnamon. Another variation is to cook the onions separately and serve them on top of the cooked rice and lentils.

Cooking with dried lentils and regular long grain rice is cheaper but takes longer. On a busy Friday evening as we prepare food to be eaten after our Sufi dhikr recital, I would use this super-quick recipe. This serves up to twenty people, and can be served with salad, yoghurt, hummus, or tahini.

### **Before you start:**

Inwardly focus your intention to provide goodness and blessings to those who will eat the food, and recite the Bismillah as above. Shaykh Nazim qs recommends reciting dhikr (remembrance of God) as you cook.

They also said that 40 angels assist in the making of each teaspoon of food!

### **Ingredients**

3 large onions

4 x 400g tins of Green Lentils

6 x 250g packets of microwave Wholegrain Basmati & Wild Rice

4 dessert spoons of Extra-Virgin Olive Oil (e.g., Zaytoun Palestinian oil)

Salt

### **Method**

1. Peel and slice the onions into thin rings.
2. On the hob, warm the oil on a low heat in a large, heavy-bottomed saucepan.
3. Add the onions and fry slowly for 20 minutes until brown, stirring occasionally to prevent sticking.
4. Drain and rinse the lentils.
5. Once the onions are well caramelised, add the lentils, rice, and salt to taste.
6. Turn up to medium heat and keep stirring until everything is piping hot.

# Spring



## **Creamy nettle, Sweet Potato and Chickpea Curry**

**Recipe given by:** Susannah (resident and Community Development Worker)

**Season:** Spring

**Servings:** 6 (It freezes well if you have extra portions, and is even tastier after a night in the fridge!).

This recipe is my absolute favourite thing to cook with nettles, taught to me by my friend and permaculture teacher Claude Oprea. The nettles and spices get cooked and blended into a coconutty sauce, while texture and sweetness comes from chickpeas and sweet potato. You will need a hand blender.

If stinging nettles weren't such a prolific and accessible plant, they would be right up there with spirulina powder and goji berries, sold as expensive superfoods in every health food shop. Nettles are incredible. Their deep roots allow them to access nutrients that other plants cannot reach, making it available to us! They contain high levels of iron, calcium, vitamin C, vitamin A, vitamin K, potassium, magnesium, and more chlorophyll than almost any other plant (cleansing the blood, energising the body, and boosting the immune system).

Harvest nettles in the spring when they look fresh and juicy! Choose a patch where they are still fairly young and haven't started flowering yet. Pick the top 4 - 6 leaves, and leave the rest of the fibrous stem. Wear rubber/garden gloves if you don't want to get stung, but if you're brave nettle stings are also tremendously good for circulation! In fact, it was the Romans who brought nettles to the UK, to whip themselves with to keep warm while they invaded Ancient Britain!

### **Ingredients**

- 2 onions, diced
- 2 heaped tbsp coconut oil (other cooking oils would also work)
- 1 tbsp ground coriander
- 1 ½ tbsp ground cumin
- 1 tbsp garam masala
- 2 tbsp curry powder
- 400-600g cooked chickpeas
- 3 sweet potatoes (around 600g)
- 1 tin coconut milk (the more concentrated the better)
- 400g nettle tops, rinsed
- 1 litre vegetable stock
- 4 garlic cloves
- 5cm ginger root
- Glug of olive oil
- Salt and Pepper to taste

Optional toppings: chopped coriander, squeezed lime and toasted flaked almonds

Serve with brown rice.

## Method

1. Cook the onions in 1 tbsp of the coconut oil, in a big pot on medium heat until they're translucent (you could add in the garlic and ginger here if you don't want them to be so strong).
2. Add the spices along with another tablespoon of coconut oil, and stir with a wooden spoon til fragrant.
3. Tip in the nettle tops, and pour the stock over them. Stir until they begin to wilt, then put the lid on to cook down for 5 minutes.
4. Meanwhile, peel and chop the sweet potatoes into bite-sized chunks.
5. Once the nettles have cooked down, blend the spicy nettle mixture. Then add in the chunks of sweet potato and the cooked chickpeas to the green slime, and continue cooking until the sweet potatoes are cooked (about 10 minutes) with the lid off to thicken up the sauce.
6. When the sweet potatoes are cooked, turn off the heat. Now is the time to add the garlic and ginger. Use a garlic grater plate if you have one, or the finest grater you have if not, and mix/crush in a wee bowl with several glugs of olive oil. Whatever contraption you are using, the aim is to get them as mushy as possible.
7. Add the oiled up garlic-ginger mush into the curry along with the tin of coconut oil, and give everything a good stir to combine the flavours. Taste and add salt and pepper to taste.
8. Serve with brown rice, along with optional toppings of chopped coriander, a squeeze of lime and toasted flaked almonds.



## Pão de Ló (Portuguese Sponge Cake)

**Recipe given by:** Jane, Community Member

**Season:** Any

**Servings:** 10

### Ingredients

8 large eggs (4 whole, 4 yolks only).

120g flour

1 tsp baking powder

180g sugar

¼ tsp salt

50ml olive oil

2 tsp vanilla essence.

### Method

1. Beat the eggs and yolks and vanilla for 2 minutes.
2. Add sugar in a stream and increase beating speed, for 6 minutes.
3. In a separate bowl, mix flour, salt and baking powder, and add to the wet mix a spoonful at a time.
4. Finally, beat in olive oil.
5. Stop mixer and finish blending with a spatula.
6. Pour into 9" springform cake tin which is lined with greased parchment.
7. Bake for 25-30 minutes. Should puff up to a dome.
8. It's ready when a toothpick inserted 5cm from the edge comes out clean.
9. Cool for an hour in the tin. It should sink down unevenly and be mossy in the centre.



# Few Flowered Leek Kimchi

**Recipe Given by:** Susannah (resident and Community Development Worker), taken from <https://www.eatweeds.co.uk/wild-garlic-kimchi>

**Season:** Spring

**Servings:** many

## Step 1: Gather your ingredients and equipment:

- A knife, chopping board and grater
- Weighing scales, a tablespoon and jars/jar

## Ingredients

Essentials (per 1kg leaves):

- 150g daikon/mouli (the big white root! You can get it in oriental supermarkets)
- 75g Korean coarse red pepper flakes (you can also find in oriental supermarkets)
- 3tbsp grated ginger
- 2tbsp sea salt

Less essential / substitutable (per 1kg leaves)

- 1tbsp Ume Shiso (fermented plum seasoning (sold at Real Foods and New Leaf))
- 2tbsp dried sea lettuce sprinkles (I reckon you could use any flaked seaweed, or omit)

## Step 2: Harvest and prepare your Few Flowered Leek

A fully packed and o'erbrimming mixing bowl is about 0.5kg, to give you an idea, and 1kg of leaves makes about 1.5L kimchi

Wash, clearing out any debris and unwanted plants, and roughly chop it.



## Step 3: Make your kimchi paste

Grate the daikon and ginger, and mix with the red pepper flakes, sea salt, and ume shiso and seaweed (if using)



#### Step 4: Massage this paste into your Few Flowered Leek

If you are doing 1kg leaves or less, one big mixing bowl will be enough space, and you can just add more leaves as they break down (they shrink loads). Keep pummeling, pressing and squeezing them until there's quite a bit of liquid - enough to cover the leaves once they're in jars.



#### Step 5: Pack your kimchi into jars!

Make sure you squash it down lots, so it's completely submerged. Taste after a week, it will get better over a month, and should keep for many more!



## **Lime/Lemon Rice**

**Recipe given by:** Vimala, Community Member

**Season:** Any

**Servings:** 4

My grandma used to cook this during Hindu celebrations and it was also served at temples after prayers.

### **Ingredients**

Basmati rice, 2 cups

Mustard seeds

Bay or curry leaves

Cooking oil

Turmeric

Lemon/lime juice

Salt and pepper

Chillies (optional)

Added extra: dried fried peanuts as garnish.

### **Method**

1. Cook rice in one pan.
2. When nearly ready, heat oil in another pan.
3. Add Mustard seeds to the oil until they 'pop'!
4. Add bay/curry leaves and chillies to the oil.
5. Add turmeric to the oil.
6. Add cooked rice to the oil pan.
7. Mix well!
8. Add lemon/lime juice and salt / pepper to taste.
9. Enjoy!!



# Summer





## Vegetarian Savoury Cake

**Recipe given by:** Heloisa, Community Member.

**Season:** Any season but best for summer picnics.

**Servings:** 6

I grew up in France and the yoghurt cake is the first thing you are taught to cook as a child. I decided to make it savoury instead of sweet. You can put whatever you want in it, but I chose olives and sundried tomatoes.

### Ingredients

1 small yoghurt pot (approx. 100g)

3 pots of flour

½ pot of olive oil

2 eggs

1 Tbsp baking powder

½ jar of olives

½ jar of sun dried tomatoes

Optional: grated cheese to taste.

### Method

1. Use the yoghurt pot to measure the other ingredients (flour and oil) and mix all together with the eggs and baking powder.
2. Cut olives and sun dried tomatoes into small bits and mix them in the dough and add pepper and salt to taste.
3. Transfer to a cake mould.
4. Bake for 30 minutes in the oven at 200 degrees C.

## Jollof Rice

**Recipe given by:** Jason, Community Member

**Season:** Summer

**Servings:** Adjust as required.

This dish is West African and Caribbean, and often eaten for birthday and wedding functions.

### Ingredients

'Scotch Bonnet' peppers to taste

Garlic

6-12 fresh tomatoes

Tomato puree

2 brown onions

Basmati rice

Ground Nut oil

Olive Butter

Serve with sweet corns.

## Carrot Salad

**Recipe given by:** Dee, Community Member

**Season:** Summer

**Servings:** Adjust as required

Cheap, cheerful and colourful! 😊

### Ingredients

Carrots

Currant/sultanas/raisins

Apples

Vegetable Oil

Brown sugar or honey

Lemon juice

### Method

2. Wash (peel if you wish) and grate carrots.
3. Wash and chop the apples into small pieces.
4. Throw in some raisins to the carrot and apple mix.
5. Add a little oil, lemon juice, and sugar/honey to taste.
6. Enjoy!



## Wild Flower Fritters

**Recipe Given By:** Susannah (resident and Community Development Worker)

**Season:** Summer.

**Servings:** Adjust as needed.

There are many edible flowers, and I imagine you could use this same technique for wild greens as well. Dandelion fritters are lovely because the middle stays so soft while the outside is nice and crispy, and the wild garlic flowers were delicious with their sweet garlicky flavour! Later on in the season you can try it with elderflowers too...



### What you need

A small-ish pan (the oil has to be 1cm deep so the bigger the pan the more oil you need)

Cooking oil (sunflower or rapeseed is good)

A bunch of edible flowers picked with long stalks (such as dandelion or wild garlic)

White flour

Water

Kitchen roll

Dips of your choice (chilli dipping sauce for savoury, or honey/maple syrup for sweet are my favourites!)

### What to do

All you do is mix up flour and water to the consistency of pancake batter. You can add other flavours into the batter if you like, such as salt and pepper for savoury, or vanilla extract and sugar for sweet.

Meanwhile, heat up about 1cm oil in a saucepan. When it's good and hot, dunk your flower heads in the batter using their stalks like handles. Holding the stalks, put the flower heads into the hot oil, with the stalks standing up / dangling over the edge. There will be a lot of bubbling in the oil, so make sure you don't get splashed!

When they begin to brown (it only takes a couple of minutes) take them out and place on kitchen roll to remove the excess oil.

Serve straight away, with dips of your choice!



# Autumn



# Campfire Crumble

**Recipe given by:** Brenna Nyznik, Eco Steward.

**Season:** Autumn

**Servings:** 6 (increase amounts as needed).

This recipe was inspired by our Apple Day celebrations, which began during our Living Lighter Project from 2019-2021 and took place in the garden and around our beautiful fire pit.

As a result of social distancing measures brought on by the pandemic, I needed a creative alternative to indoor cooking sessions, and the idea of cooking outside around the fire was enthusiastically received by the community who were keen to find a way to gather. Calling on the spirit of Samhain, we celebrated all things apples, and honoured the end of the harvest season and the drawing in of darker days with this sweet treat.

## Ingredients

For the crumble topping:

75g plain organic flour, sieved

150g organic oats

pinch of salt

175g demerara brown organic sugar (can also add maple syrup if preferred)

200g/7oz unsalted vegan butter at room temperature, cubed, plus a little for greasing

For the filling:

450g locally grown apples, peeled, cored and cut into 1cm pieces

75g demerara brown organic sugar

1 tbsp plain organic flour

1/2 tbsp ground cinnamon and nutmeg or to taste

Also Needed:

2 x 24cm fireproof dishes

Materials to prepare and light a campfire

Metal grill to cook on and long spoons

## Method

1. Light and stoke the fire until logs are smoldering steadily without large flames.
2. Place the flour, salt, oats and sugar in a large bowl and mix well. Taking a few cubes of butter at a time rub into the flour mixture. Keep rubbing until the mixture resembles breadcrumbs.
3. Place the fruit in a large bowl and sprinkle over the sugar, flour and cinnamon. Stir well, being careful not to break up the fruit.
4. Butter the fireproof dishes. Spoon the fruit mixture into one, and the crumble topping mixture into the other.
5. Cook the fruit mixture stirring regularly until it is bubbling. Toast the crumble topping until browned, also stirring regularly so as not to burn.
6. Spoon the fruit mixture equally into bowls and top with equal parts of the crumble topping.
7. Serve with thick vegan cream, ice cream or custard if desired.

# Cheesy Polenta

**Recipe given by:** Cris, Community Member.

**Season:** Autumn/Winter

**Servings:** 4

I needed to impress a date and this recipe worked!

## Ingredients

Polenta

Sun dried tomatoes

2 onions

2 garlic cloves

Fresh herbs

Thyme or oregano

Cheese or nutritional yeast

Nutmeg

Black pepper

Mushrooms

Oatly cream.

## Method

1. Chop garlic and onions and slow fry.
2. Chop mushrooms and add to onions.
3. Add herbs and sun dried tomatoes.
4. Pour on oatly cream and vegetable stock.
5. Add pepper.
6. Stir polenta in with boiling water until good consistency.
7. Add cheese or nutritional yeast.
8. Serve with nutmeg sprinkled on top.

# Lentil Soup

**Recipe given by:** Lorraine Prince, Centre Manager.

**Season:** Winter

**Servings:** 4

My mum regularly made us veggie curry when I was growing up. This soup is a quicker and simpler recipe, is very creamy and comforting, and goes a long way (add more water for a thinner soup / to feed more people!).

## Ingredients

300g Lentils (red or yellow)

1 onion

3 cloves of garlic (optional)

1 potato

1 tin tomatoes

1 can coconut milk (optional)

Spices to your own taste:

Cumin seed

Turmeric

Garam masala

Salt and pepper

## Method

1. Fry the onion in oil until brown.
2. Fry the cumin seeds, then add the rest of the spices and toast for a couple of minutes.
3. Add the tomatoes, then the lentils, and enough hot water to cover them.
4. Add the chopped potato.
5. Season well to taste.
6. Add a tin of coconut milk (optional / to taste).
7. Allow to cook on a low heat until everything is soft, stirring occasionally.



# Winter



## Vegan Red Lentil Curry

**Recipe given by:** Chloe Lyth, Engagement Co-ordinator

**Season:** Winter

**Servings:** 4-6

A lockdown favourite. Add extra vegetables – it's great!

### Ingredients

Vegetable oil

4 garlic cloves

Fresh ginger

Turmeric

Peppers

Cumin

Ground and fresh coriander

Chilli powder

Garam masala

190g red lentils

Veg broth 48 mls

1 can tomatoes

1 can Coconut milk

Salt

Serve with rice to taste.

Optional:

Carrot

Potato

Almond Butter

Onion

Lemon Juice

### Method

1. Sauté the ginger, garlic, chilli, pepper, turmeric and onions (if using) for 2 minutes.
2. Add spices
3. Add veg broth, red lentils, and tinned tomatoes, and simmer for 20-25 minutes.
4. Add any extra veg you are using at this point (such as potatoes and carrots).
5. Add coconut milk (and almond butter if using).
6. Simmer for another 15 minutes.
7. Add lemon juice just before serving.

## Mum's Wartime Potato and Onion Soup

**Recipe given by:** John Molleson, Semprevivum, taken from

<https://www.bbcgoodfood.com/author/goodfood>

**Season:** Winter

**Servings:** 6-8

We were evacuated from London during WWII and were able to grow some food. A staple was potato and onion soup. Here is a luxury version, most comforting on a dreich winter day.

### Ingredients

50g butter

450g potatoes, peeled and cut into 1cm pieces (try Golden Wonders or Kerr Pinks)

1 small onion, cut the same size as the potatoes

450g white parts of leeks, sliced (save the green tops for another soup or stock)

850ml-1.2litres/1.5-2pts light chicken or vegetable stock

142ml carton whipping cream

125ml full-fat milk

To finish:

the white part of 1 leek

a small knob of butter

finely chopped chives

### Method

1. Melt 50g butter in a heavy saucepan. When it foams, add 450g potatoes, cut into 1cm cubes, 1 small onion, cut the same as the potatoes, and 450g white parts of leeks, sliced and toss them in the butter until they are well coated.
2. Season well with salt and freshly ground pepper and toss again. Put a disc of greaseproof paper (called a cartouche by chefs) on top of the vegetables to keep in the steam), then cover the pan with its lid.
3. Cook over a gentle heat for 10 mins, or until the vegetables are soft but not coloured.
4. Uncover the pan and discard the paper. Pour in 850ml of the light chicken or vegetable stock, bring to the boil and simmer until the vegetables are just cooked – about 5 minutes. Do not overcook or the soup will lose its fresh flavour.
5. Purée in a blender until silky smooth, in batches if necessary, then taste and adjust the seasoning. Return the soup to a clean pan and stir in three quarters of a 142ml carton of whipping cream and 125ml full-fat milk.
6. To finish the soup, finely shred the white part of 1 leek and gently cook it in a small knob of hot butter for a few mins until it is softened but not coloured.
7. Reheat the soup to a gentle simmer (add some extra stock at this point if the soup is too thick for your liking), then pour into warmed bowls.
8. Drizzle the remaining cream over each serving, top with a little pile of buttered leeks and a scattering of chives and black pepper and serve at once.

## Date Crumble

**Recipe given by:** Helen Farvis, ex resident

**Season:** Winter

In the middle of the 1970s, Green City made a big regular delivery of grains, nuts seeds etc to the Centre which formed the foundation of much of our diet with the addition of veggies largely from the garden. Much brown rice and kale was eaten in lean times. However a frequent treat for afters was date crumble introduced by resident Jenny King.

I have kept these recipes from then, and have made them since, very very occasionally for old times sake. ( a bit too much sugar and butter for me now!)

### Ingredients

1 cup rolled oats

1/2 cup sugar

1 cup wholemeal flour

4ozs melted butter

1lb dates

### Method

Cook 1lb dates with a little water until soft and mushy. Mix together rest of ingredients into a crumble. Press 1/2 crumble into tin, spread date mixture on top and finish with other 1/2 crumble. Cook in medium oven for about 20mins until brown on top. Serve hot with custard, or cool and cut into squares.

## Granola

**Recipe given by:** Helen Farvis, ex resident

**Season:** any

Two of the weekly tasks was to make bread (excellent and very popular at the Centre's sales) and granola (very ahead of its time then) which was a staple for breakfast and introduced to the Centre by resident Erica Day.

### Ingredients

4 cups oatflakes

2 cups wheatflakes

2 cups barley flakes

1 cup coconut flakes

1 cup chopped nuts

pinch of salt

1/2 cup oil

1/2 cup honey

### Method

Combine and cook in cool oven until toasted. Stir frequently.

## **Lemon Cheesecake (sort of)**

**Recipe given by:** Helen Farvis, ex resident

**Season:** any!

The real treat from those days!

### **Ingredients**

1 large tin condensed milk

8ozs cottage or cream cheese

Juice and rind of 2 lemons.

2oz melted butter

1 Tbsp caster sugar

4oz crushed biscuits (we used digestive)

### **Method**

Mix and press butter, sugar and biscuits into tin. Bake 310 degrees for 8 mins. Leave to cool.

Mix cheese, condensed milk and lemon rind. Add lemon juice little by little to prevent curdling.

Pour over biscuit base and leave to set.



## Acknowledgements

With love and gratitude to everyone who has contributed a recipe to this book, turned up to a community meal at the Centre, been a resident, staff member, volunteer or trustee, or part of our community over the past 50 years. You make the Centre the special place that it is.

## About The Salisbury Centre

We are a thriving community building in South-East Edinburgh, established in 1973 on principles of creative, spiritual and psychological growth. We are committed to working towards ecological sustainability, in the belief that our ability to nurture our own wellbeing and growth is inextricably linked with understanding and ensuring the wellbeing of the planet at the same time.

As well as offering rooms and outdoor spaces for use by the community, we offer a programme of accessible and inclusive activities including workshops, community meals, meditation sessions, seasonal celebrations, and volunteering opportunities.

## Get Involved or find out more

### Volunteering

Interested in helping out or other ways to get involved? Email us on [volunteers@salisburycentre.org](mailto:volunteers@salisburycentre.org)

### Events

Information about events at the Centre can be found on our website at:  
[www.salisburycentre.org/whats-on/](http://www.salisburycentre.org/whats-on/)

### Room hire

All of our rooms are available for hire. For more information including rates, please contact us using the details below.

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