



SERVE'd up

Cookbook

EXPLORE THE WORLD FROM YOUR KITCHEN

In March 2020, SERVE made the difficult decision to postpone all volunteer and immersion programmes due to the COVID-19 pandemic. The Four Peaks Challenge and the Flip-Flop Appeal collections were also cancelled. The SERVE team began to work from home, and what was expected to be an exciting year became a quiet one.

Nevertheless, the crisis gave SERVE the opportunity to focus on a special project that had been in the works for a while. Months passed as we worked from all across Ireland, safe in our homes, cooking, trying (and re-trying!) recipes until they brought memories flooding back from our time overseas, photographing the dishes, and ultimately creating this precious book that you now hold in your hands.

To us, SERVE'd Up is more than just a cookbook: it's a journey of resilience.

◀ Cover and back cover photo
© Siobhan Hughes, Freedom Park OVC
feeding programme South Africa, 2014



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EXPLORE THE WORLD FROM YOUR KITCHEN



This book is dedicated to Deborah Lebogang Senne, who cooked and shared stories with our South Africa volunteers each year. Deborah's cooking and love for her dishes contributed to the inspiration for SERVE'd Up. All SERVE South Africa volunteers would have eaten Deborah's Chakalaka around the kitchen table in Phokeng after a hard day's work. Rest in peace, Deborah.



Glossary

LOOK OUT FOR THESE SYMBOLS ON OUR RECIPES



Suitable for vegetarians



Suitable for vegans



Vegetarian optional
Recipe that contains meat, but can be replaced with veggie substitute



Spicy



Low carbon footprint
Suggestions for alternative ingredients found in Ireland

Video

Click 'Play' to watch the recipe video on SERVE's YouTube channel.

Click the link below to watch the entire SERVE'd Up Cookbook YouTube recipes playlist:

[SERVE'd Up Cookbook](#)

GLOSSARY FOR INGREDIENTS

kg : kilogram
g : gram
ml : millilitre
cm : centimetre
tbsp : tablespoon
tsp : teaspoon

► © SERVE, outdoor kitchen area, Brazil



Click on the flip flop of any page to go to the contents

Where to shop

Some ingredients in this cookbook may not be found in large supermarket chains. Here is a list of some multi-ethnic food stores throughout Ireland that sell many products from the countries in this cookbook. A quick online search is your easiest way to source your nearest ethnic food store.

We also encourage our readers to shop in local stores – such as your local butchers, co-ops, and fruit and vegetable suppliers – to support the local economy in your community, as well as shopping sustainably!

List of shops

DUBLIN CITY:

- Eurasia Supermarket, Font Hill Retail Park, Dublin 22
- Asia Market, 18 Drury St, Dublin 2
- Oriental Emporium, 30-32 Abbey St Upr, Dublin 1
- 101 Rathmines Rd, Dublin 6

BELFAST CITY:

- St George's Market, East Bridge St
- Lee Foods Oriental Market, Donegal Pass
- Bangla Bazaar, Ormeau Rd
- Madinah Grocery, Lisburn Rd

CORK CITY:

- The English Market, Princes St, City Centre
- Asian Foods, 14 North Main St
- Inside Africa, 81 Shandon St, Gurranabraher
- Spice town, Uam Var Avenue, Bishopstown

GALWAY CITY:

- Jasmine Asian Grocery, 8 Mary St
- Asiatic Manila, 50 Abbeygate St
- Armazém Brazil, 34 Prospect Hill
- Terryland Asian Foodmarket, 6a Headford Rd, Terryland Retail Park

LIMERICK CITY:

- Foodland Asian Store, Richmond Court, Unit 3 Mount Kenneth Place, Dock Rd
- Cheong Heng Hong Oriental Supermarket, 97 Henry St
- Limerick Food Store, 17 Davis St
- Carnival Asia, 19 William St Upr

SHOP ONLINE:

- Asia Market
www.asiamarket.ie
- Asian Foods Cork
www.jiajiamarket.com
- Groceries.ie
www.groceries.ie

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ACKNOWLEDGEMENTS

Introduction

SERVE

in the world

SERVE's story began in 2003, when a group of twelve young Irish people were given the opportunity to volunteer in the Philippines. Over ten weeks, they worked alongside locals, supporting educational initiatives with a marginalised indigenous tribe and facilitating retreats for vulnerable youth. It was a positive experience for all, and the volunteers returned to Ireland full of hope. They were dreamers, and believed that more people in Ireland should have the same opportunity. Thus, SERVE was born. Within the space of a few years, SERVE grew from a single volunteer project to a professional development and volunteering organisation, supporting projects in Southern Africa, Southeast Asia, India, and Brazil. Since 2003, SERVE has placed over 1,200 volunteers on overseas assignments and contributed over €20 million to development projects.

17 years on, SERVE believes that the only thing separating people in Ireland from people in the Global South is geographic distance and nothing more. One way to shorten that distance even further is to do so with the most basic (and wonderful) aspect of the human experience: food. How we engage with food is integral to who we are, so what better way to learn about the world than to do so through cooking? These recipes have the hearts of SERVE volunteers, and we're sure they'll steal yours too.

► Opposite page top
© SERVE, *First SERVE*
volunteers in the Philippines
► Opposite page bottom
© SERVE, *Volunteers in Brazil*



IRELAND



First stop, Ireland! It wouldn't be fair to exclude our own island from this culinary quest. Centuries of social and political change have shaped the food landscape here in Ireland, and we've gone from a time where the potato was all anyone could afford, to an era where enjoying a *pad thai* on a Friday night is standard fare and the speciality of Irish mummies is spaghetti bolognaise. As much as we like to think we've moved on, however, there's still nothing that beats a slice of buttered brown bread or a pint of stout. Arguably, one of the best parts of this little country is our openness towards change, and our ability to remain true to ourselves all the while. So, before you go cooking any Indian desserts or Zambian chicken, why not meditate on the brilliance of the country where it all began for SERVE: little old Éire.

Taking Action on Climate Change by Eating Local

BY LISA FINGLETON

One day, I bought a BLT sandwich in a petrol station and I couldn't believe that there were over 40 listed ingredients from all over the world, including things like diglycerides of fatty acids, xanthan gum, emulsifier and stabilisers. I started to think about the journey

of a sandwich and where these ingredients came from. It felt like this sandwich connected me to so many places, people, plants

and animals from all over the planet. I started to think about the energy needed to bring this sandwich to me; all the electricity, fuel, and water. It makes me sad that food, which lands on our plate, has travelled thousands of miles just to be eaten by us. I had been to Borneo and seen the destruction of the rainforest with palm oil plantations and here I was with palm oil in my sandwich.

I learned a lot from that BLT. It made me question: is there really any such

thing as "cheap food"? Someone, somewhere is paying the price, be it through poor working conditions, crowded spaces for battery hens, or health implications for the consumers of processed foods. When you see something being offered at an

unreasonably low price, ask yourself: who is paying the real price for this? Choose to become a conscious consumer and remember that every euro

you spend has an impact somewhere around the world. I'm concerned about the fact that we're importing so much of our food and, as a result, are losing the capacity to be self-sufficient – despite everything we know about climate change and carbon footprints. According to Eurostat in 2016, only 1% of Irish farms grow vegetables, which is the lowest in the EU. Why aren't we growing vegetables here in Ireland? Rather than getting bogged down

“When you control food, you control society. When you control seeds, you control life on earth.”

VANDANA SHIVA



▲ @ Lisa Fingleton, Barna Pollytunnel

by these questions and doubts, I established the 30 Day Local Food Challenge, encouraging people to eat local food for the month of September each year. This meant eating only ingredients grown on the island of Ireland, forcing participants to do without imported goods such as sugar, bananas, and all of the other exotic luxuries to which we've become accustomed! This initiative is a great way to eat good food, to support local food producers, and to become more sustainable and resilient. Groups around the country started inviting me to give talks and workshops on eating local food. It wasn't possible to meet everyone, so I decided to write a book that could share the learning. The book explains how you can enhance the lives of others around the world by buying FAIRTRADE food. This gives a fair wage to people who are involved in the production of things such as coffee, tea, bananas and

chocolate. Furthermore, if you can, buy LOCAL food, as this directly supports growers in your community, which, in turn, enables families and children to grow up on the land. If you choose to purchase ORGANIC food, you are supporting the production of food that is free from chemicals, chemicals that have an immediate impact on our health, air, and waterways. In other words, think LOAF: Local, Organic, Animal-Friendly and Fairtrade! Finally, remember that your choices have a chain reaction, literally around the world. There is power in our pockets as consumers. We must use this power wisely. Think global, act local.

Lisa Fingleton is an artist, filmmaker, writer and grower. Her book 'The Local Food Project' explores the power of growing and eating local food. For more information, and to get a copy of Lisa's book, go to her website at lisafingleton.com.



PREP: 20 MINS. COOK: 30 MINS.

MAIN


Bangers & Mash

These recipes are from The Urban Co-op, Limerick. They believe in supporting local farmers by providing a viable route to market for their produce. Small, sustainable, local supply from diverse sources is key to helping our community grow and thrive. Appreciating traditional foods also underpins the direction of their enterprise. In times of crisis and challenge, we are glad they are there for us! This is the ultimate comfort food, fueled by the satisfying taste of local farming goodness.



SERVES 4

Ingredients

8 large free-range pork sausages or vegan / vegetarian sausages 

10 potatoes - peeled & diced

2 large onions - sliced thinly

100g butter


300ml milk

2 tsp honey

3 tbsp balsamic vinegar

1 pinch of salt & pepper

1 tbsp oil* for frying.

*Locally produced  cooking oil such as organic Irish rapeseed oil is a sustainable oil option.

- Boil the potatoes in salted water until they are soft. Strain off the excess water.

- While potatoes are boiling, pop sausages on an oiled frying pan and cook until nicely browned. Keep warm. Alternatively, roast in the oven at 180°C/160°C fan.

- Heat the milk and butter in a small saucepan. Add to the potatoes and mash until a creamy consistency is reached. Add salt and pepper to taste.

- To make the onion gravy, add a little butter or oil into a saucepan and sauté the onions for 2 minutes. Add honey and balsamic vinegar to the onions and slowly on low heat cook until caramelised. This will take about 30 minutes. Add a little water if the gravy goes dry. Keep warm.

- Serve the sausages and mash together with the onion gravy.

Healing Oxtail Stew

This is a classic Irish winter warmer that's simple to make and a real budget saver. It's delicious, versatile, and goes a long way. Leftovers can easily be blended to make a nourishing soup.

SERVES 4

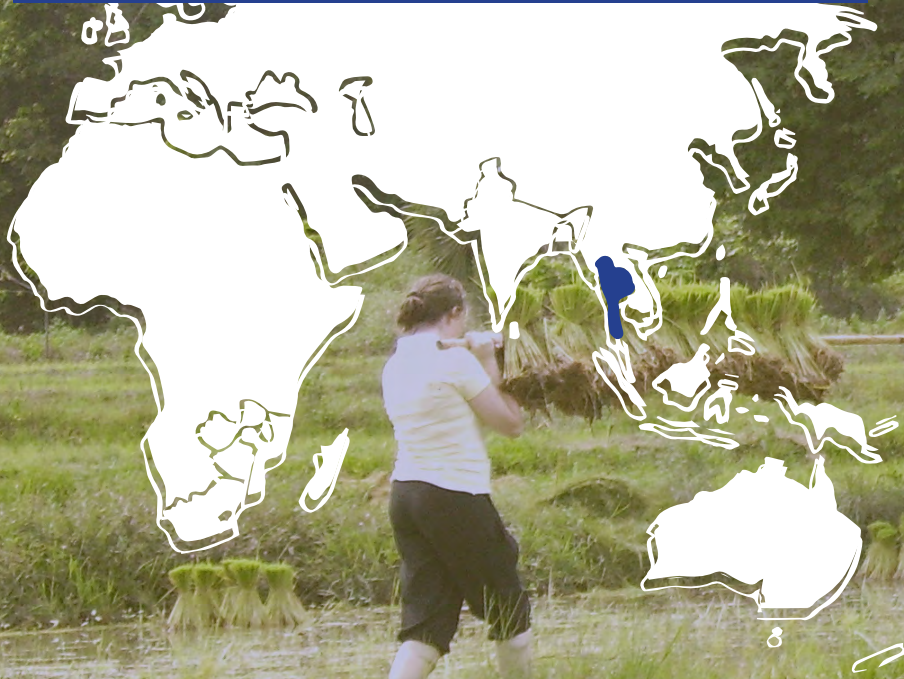
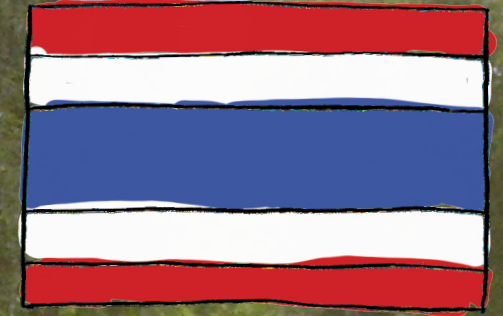
Ingredients

1 oxtail (grass-fed)
1 leek - sliced into 1/2cm rounds
2 onions - peeled
2 garlic cloves - roughly chopped
3 carrots - roughly chopped
4 large tomatoes - roughly chopped
5 celery sticks - sliced into 1cm sections
1 litre beef stock
1 bay leaf
1 pinch of salt & pepper

- Place the meat and onions in an ovenproof dish and roast for 30 minutes at 200°C.
- Meanwhile, prepare your vegetables. Place the carrots, leeks, celery, tomatoes, and garlic into a slow cooker or a large pot.
- Add the stock, bay leaf and seasoning.
- Remove meat from the oven and place in the cooker/pot. Mix and cover.
- Set the slow cooker to Low for 8 hours or High for 4 hours. If using a large pot, cover and simmer for 4-6 hours.
- The dish is ready once the bone falls away easily from the meat, and can be easily removed.
- Serve with mashed potatoes or bread of choice.



THAILAND



"The first Asian country of our book, Thailand holds a special place in SERVE's heart. The Good Shepherd Sisters have been involved in community development in Nong Khai for the past 40 years. They provide resources, services, skills development, education, and empowerment to tens of thousands of children, women and families. SERVE support income-generating activities run by the Good Shepherd Sisters. These programmes empower women and girls to make and sell handcrafted items, therefore earning a dignified living. Without these programmes, they would have to travel to big cities to find work, where they'd be vulnerable to exploitation and forced prostitution. Every year, SERVE sells fair-trade flip flop pins that have been crafted in Nong Khai. SERVE adopts the symbol of flip flops, as they are the footwear of the poorest and most vulnerable in society.

Thai food ensures a balance of five main flavours: salty, sweet, sour, bitter, and spicy. Thai people eat slowly, and enjoy meals as an opportunity to share with loved ones."



PREP: 10 MINS. COOK: 10 MINS.

SIDE

Thai Satay

PEANUT SAUCE

This sauce can be used in so many ways: as a dip, put on crackers or in a salad dressing, added to pad thai or spring rolls, or used to make a sauce for burgers and wraps.

SERVES 4

Ingredients

1 tbsp oil of choice
1/2 tomato - finely chopped
1 tsp red chili paste
6 tbsp coconut milk
1 tbsp crushed roasted ground peanuts
2 tsp sugar
1 tbsp mixed light and dark soy sauce
1 tsp lime juice

- Add oil to a wok or large frying pan and place on med-high heat.
- Add the chopped tomato and crush it flat with a spatula.
- Reduce heat a little and add the chili paste. Fry until fragrant.
- Add coconut milk and peanuts.
- Add more coconut milk if the sauce is too thick.
- Add sugar, soy sauce mixture and lime juice.
- Add a drop of water if the sauce is too thick and not mixing well. Serve.

◀ © SERVE, Thailand
▼ © Eoin, Joe cooking up a storm, 2011, Thailand



Nam Prik Noom

THAI CHILI PASTE

Spice advice! Large chili peppers are generally milder than small chili peppers. Green chilies are milder than red chilies. Remove the seeds to reduce the heat or keep them in for the full effect.

MAKES 1 JAR

Ingredients

4 tbsp fresh green or red chili
1 tbsp each of Kaffir lime leaf, galangal, lemongrass, onion, garlic
1/2 tsp salt
Water (if using a food processor)

- Add all ingredients to a blender or a pestle and mortar.
- Blend until all ingredients are completely crushed and a smooth paste has been created.
- Slowly add water to the food processor if it is not mixing properly .
- This recipe can be kept in a jar for up to 2 months in the fridge.

▼© Paula Quigley,
Chiang Mai, Thailand




Tam Sam

GREEN PAPAYA SALAD

This recipe is traditionally prepared in a pestle and mortar but can also be made in a bowl. Feel free to add other ingredients such as mixed salad leaves or whatever fruits are in season.

SERVES 4

Ingredients

1/2 tsp crushed red or green chilies
1 green papaya - sliced fine (or cucumber, , beetroot, green mango)
4 tbsp of tomatoes - sliced into thin half moons
2 tbsp cashew nuts or peanuts - roasted
6-8 green beans - topped and tailed
1 carrot - grated
1 tbsp light soy sauce
1 tbsp dark soy sauce or sesame oil
1/2 tbsp brown sugar mixed in with 10ml water
1/2 tsp garlic - chopped
Juice of half a lime

- In a pestle and mortar, or bowl, add the chilies, chopped garlic, tomatoes, chopped green beans and cashews/peanuts. Mix together and crush.
- Add in the soy sauces, brown sugar water, lime juice and the vegetables.
- Mix well until all ingredients are mixed thoroughly.
- Serve immediately.





Kaeng Khiao Wan


THAI GREEN CURRY

Make your own chili paste as the base for this mouthwatering curry. The ingredients are quite flexible, you can use alternative oils or add other root vegetables and greens.

SERVES 4

Ingredients

1 tbsp oil
1 tbsp Thai chili paste
(see page 24)
250g raw chicken or
firm tofu 
50g spinach or 1/4
cabbage - shredded
Handful of green
beans or sugar snaps -
washed
50g mushrooms -
chopped
3 Kaffir lime leaves -
chopped (optional)
1 tin coconut milk
2 tbsp light soy sauce
1 tbsp fish or oyster or
dark soy or mushroom
sauce 
1 tbsp brown sugar
1 tbsp water

- Wash and prepare the vegetables.
 - Dice chicken/tofu into bite-sized chunks.
 - Add oil to wok or large frying pan and put on high heat.
 - Add chicken/tofu and cook for 3 minutes, stirring regularly.
 - Add Thai chili paste to the pan and mix through the chicken/tofu.
 - Add vegetables to the pan. Cook for 3-4 minutes until cooked through.
 - Add 1 tablespoon of water.
 - Add the 3 tablespoons of coconut milk, light soy sauce, fish/dark soy/mushroom sauce, sugar and cook thoroughly for 3 minutes.
 - Add another 3 tablespoons of coconut milk and stir until the texture is thick. Add kaffir lime leaves as an optional extra flavour.
 - Serve with rice. Just before serving, top with 1 tablespoon of coconut milk.
-  Soya protein or tofu must be flavoured and precooked according to the packet, or soaked for 5-10 minutes and gently fried.

► © Paula Quigley,
Chiang Mai, Thailand






Tom Yam Soup

THAI SOUP

This is a hugely popular soup, especially in central Thailand. You can make a variation called *Tom Kha Soup* by reducing the water amount and adding more coconut milk.

SERVES 3-4

Ingredients

700ml water
 250-300g chopped fish or chicken or soft (silken) tofu 
 1 tbsp oil of choice
 2 kaffir lime leaves - chopped
 2 slices of galangal or ginger
 1 piece of lemongrass - reduced to 1/2cm
 1 tsp of fresh chili (optional) 
 2 tbsp light soy sauce
 1 tbsp light fish or oyster or soy or mushroom sauce 
 1 tbsp brown sugar
 3-4 spring onions - chopped
 1 handful of coriander leaves - chopped
 2 tbsp lime or lemon juice
 6 tbsp coconut milk
 100-150g oyster or straw mushrooms

- In a wok or large frying pan, boil 700ml of water.
- Add the fish or chicken or soft tofu and allow to boil for 5 minutes.
- Add the kaffir lime leaves, galangal, lemongrass and/or chili (optional for personal flavour).
- Add the mushrooms. When almost cooked through, add the sauces and sugar.
- Reduce the heat and simmer until all vegetables are tender, but do not let all the water evaporate. Add more water if it becomes too dry.
- Before serving, add the chopped spring onions and coriander, lime juice and 1 tablespoon of coconut milk and mix through thoroughly.
- Serve immediately. Garnish with fresh coriander/ and or chili.

VIETNAM

Vietnamese cooking is sometimes considered the healthiest in the world, thanks to the balance it strikes between meat, fish, spices, and fresh herbs. In Vietnam, food is generally served as fresh as possible, with ingredients only briefly cooked in order to preserve the original textures and colours. The cuisine varies from region to region, but broths and soup-based dishes remain consistently popular across the whole nation. Furthermore, the importance and sanctity of rice is agreed on by the entire Vietnamese population. Other classic ingredients include pickled vegetables, mint, cinnamon, lime, fish sauce, and birdseye chili peppers. Meals are typically eaten with a spoon and chopsticks, while some dishes are served in banana leaves. Vietnam's history of French colonisation had a significant impact on the food culture; keep an eye out for our *bánh mì* recipe to learn a little more.

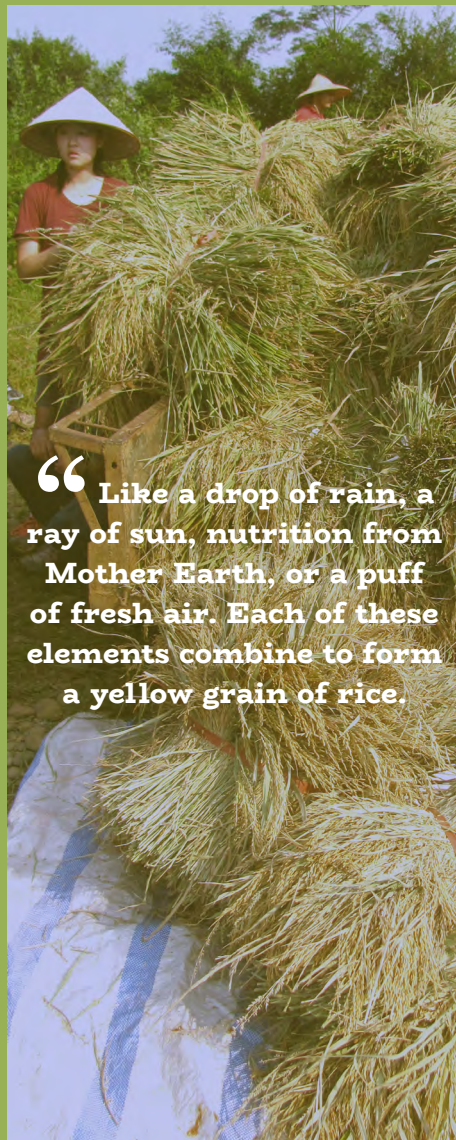
A Single Grain of Rice

BY DIỆP THU HIỀN AND NOLLAIG HULME

There is a legend sometimes told in Vietnam about rice, about a time when it was not grown, but summoned by constant prayer. The rice came from above, delivered from the heavens into every Vietnamese household. The legend tells that, one day, as a ball of rice fell into a home, it was struck by a sweeping brush, shattering the ball into a million grains. From that day on, the people of Vietnam had no choice but to work tirelessly in growing their own rice.

This may just be a tale told by Vietnamese mothers and grandmothers to their children, but the story is not without substance. It is used to highlight the time and effort that goes into harvesting each individual grain of rice. Behind every meal, there is a farmer pouring their heart into draining, cutting, drying, and threshing the rice plants.

Hiền, a coordinator at the Centre for Sustainable Development Studies in Hanoi (a partner organisation of SERVE), was asked by volunteer Nollaig Hulme to give her take on the story.



“ Like a drop of rain, a ray of sun, nutrition from Mother Earth, or a puff of fresh air. Each of these elements combine to form a yellow grain of rice.



Hiền explained that this legend teaches Vietnamese youngsters to appreciate the magnificence of the things that nature gives us: “Like a drop of rain, a ray of sun, nutrition from Mother Earth, or a puff of fresh air. Each of these elements combine to form a yellow grain of rice.”

When Hiền was growing up in Thanh Hóa, the farming machinery that’s available today was not around, leaving all of the work to be done by hand. As a result, the process of turning a little yellow grain into a white, soft, edible piece of rice was a long and arduous one. In remembering this process, current generations learn to treasure every single grain. This is why chopsticks are used to pick up every last piece, and why meals are accompanied by a certain appreciation that is often forgotten in the eating behaviours of a Western context. Like any folklore, stories like this one are passed from parent to child, being told a little differently each time. Nevertheless, the underlying message remains the same, existing as a gentle reminder to show gratitude for the food we have, and respect for the nature that has supplied it.

◀ This page from bottom to top
@ Charlotte Ly Van Luong, rice noodle drying, craft village of noodle around Hanoi
@ Charlotte Ly Van Luong, rice paper confection, Vinh Long
@ Charlotte Ly Van Luong, puffed rice confection, Vinh Long
◀ Opposite page
© David Cunningham, rice harvest, Vietnam


Nem Cuon

FRESH SPRING ROLLS


A parcel of fresh, flavoursome ingredients. Fillings vary from region to region, so feel free to be adventurous and try different combinations.

SERVES 4-6

For spring rolls

1 pack of thin rice noodles (rice vermicelli)
Handfuls of fresh herbs:
mint, coriander
1 cucumber and 1
carrot - sliced thinly
(matchstick-sized)
1 mango or pineapple -
sliced thinly
Head of lettuce -
shredded
Bean sprouts (optional)
Cooked chicken or
prawns or pork or tofu -
sliced thinly 
Rice paper wrappers

For dipping sauce

1 tbsp sugar
2 tbsp lime juice
1 tbsp fish sauce
or soy sauce or
mushroom sauce 
1 garlic clove - minced
Fresh or dried chili to
taste

- Prepare your vegetables, herbs and other fillings.
- Prepare the dipping sauce by mixing all the ingredients together and making it sweeter or spicier depending on your preference.
- Put the rice noodles in a bowl of boiling water for up to 4 minutes, then strain.
- You will need a shallow dish of warm water to soften the rice paper as you make each roll. Place sheets individually into the water until submerged, then put on a plate or chopping board and add your ingredients.
- To wrap, bring the bottom edge of the rice paper (closest to you) tightly up over the filling. Then fold the sides in and continue to roll it up tightly (away from you). The rice paper may stick to the plate/board but just unstick it with your fingers. For a visual guide, see 'How to Roll a Spring Roll' (page 51).
- Place the completed roll on a plate, fold side down.
- Continue until you use up all your fillings or you have enough to serve. Enjoy!

► © Charlotte Ly Van Luong,
Hanoi, Vietnam





PREP: 20 MINS.

STARTER

Goi Ga

CHICKEN AND CABBAGE SALAD

This simple and versatile salad can also be made using fresh greens, rice noodles, green papaya, banana flower, lotus root or even jellyfish!

SERVES 4

For salad

1 carrot - grated / sliced
5 spring onions - cut diagonally, 1cm long
1 onion - sliced thinly
5 shallots - sliced
1/2 cabbage - shredded
2 chicken fillets - steamed and shredded
Handfuls of fresh herbs: mint, coriander
50g or a handful of peanuts (or cashew)
nuts - crushed

For salad dressing

2 tbsp lime juice
1 tbsp sugar
1 tbsp (rice) vinegar
1 tbsp fish sauce
1 garlic clove - minced
Fresh or dried chili
3-5 tbsp water

- Prepare vegetables, herbs and shredded chicken.
- Prepare salad dressing by mixing ingredients together until well incorporated.
- Heat some oil over a medium heat and fry shallots until golden / crispy.
- Mix the vegetables, chicken and dressing.
- Garnish with nuts and herbs and *ăn đi* (tuck in)!

◀ © David Cunningham
▼ © Charlotte Ly Van Luong, Sapa, Vietnam





Banh Mi

VIETNAMESE SANDWICH


The perfect combination between Vietnamese cooking culture and the French baguette! The origin of Banh Mi goes back to the time of French Indochina (1887-1954). It is said that the term “Banh Mi” is derived from the Vietnamese pronunciation of “pain de mie” in French (bread). Let’s try this tasty version of the now globally popular Vietnamese sandwich.

SERVES 2

For Sandwich

280g pork tenderloin
or firm tofu or 4 eggs -
scrambled 
3 tbsp hoisin sauce
3 tbsp rice wine vinegar
1 medium carrot -
sliced
1 medium (daikon) 
radish - thinly sliced
1 tsp salt
2 tbsp oil of choice
30cm baguette - sliced
in half lengthwise
1 tsp mayonnaise
1 handful fresh
coriander with stems

For Marinade

3 tbsp hoisin sauce
3 tbsp rice wine vinegar
2 garlic cloves - grated
2 tbsp fish sauce
or soy sauce or
mushroom sauce 

- Place pork tenderloin into the freezer for 15 minutes to make it easier to slice thinly.
- Slice chilled tenderloin as thinly as possible.
- Transfer to a bowl and add marinade : hoisin sauce, vinegar, garlic, and fish sauce.
- Mix ingredients until well combined. Leave at room temperature for 15 minutes.
- Toss carrot and radish with remaining vinegar and salt; leave at room temperature for 1 hour.
- In a large cast-iron skillet / frying pan on medium high, heat oil and add marinated pork. Cook without stirring for 4 minutes. Flip and continue to cook for 1 minute.
- Toast baguette in the oven until golden brown.
- Spread mayonnaise on bottom half of bread and remaining hoisin sauce on top half.
- Layer pork, then pickled veggies and coriander on the bottom half.
- Place remaining pork on top and slice diagonally before serving. *Chúc ngon miệng!*





PREP: 25 MINS / COOK: 2 HRS

MAIN

Thit Kho

CARAMEL PORK

This is a sweet, succulent pork dish, traditionally served in a claypot with an egg on top and rice on the side. Be brave when it comes to making the caramel!

SERVES 6

Ingredients

Liquid caramel (or
150g sugar and 50ml
water)

1kg pork belly or
shoulder

3 shallots or 1 onion -
diced

60ml fish sauce

1 egg per person -
boiled and peeled

Black pepper to garnish
1 courgette - sliced into
batons

1 small onion - sliced
into half moons

- Cut the pork into 1.5cm cubes so that they can be eaten easily with chopsticks.
- Then, make the caramel:
 - Heat a pot over a medium-high heat and add the sugar and water.
 - Stir constantly until it starts to thicken and smell like caramel.
 - Use immediately, as it will harden over time.
- Heat a large pot over a medium-high heat, add the shallots / onions, pork and caramel.
- Add the fish sauce and enough water to cover the pork. Stir and cover.
- Cook for 1½ hours, then add the eggs and cook for a further half hour. You'll know it's ready when the water has reduced by half and the meat is a rich brown colour.
- Fry the courgettes and onions over a medium heat for 2 minutes.
- Serve the pork, eggs and fried vegetables with rice.

Banh Chuoi

VIETNAMESE BANANA CAKE


An Asian take on cake - this one is steamed in the microwave and there are no eggs or butter involved. Get ready for a different flavour and texture!

SERVES 10+

Ingredients

A microwave-safe
baking tin or casserole
dish

6 large ripened
bananas

200g rice flour or plain
flour or 10 slices of
bread - chopped 
into small squares

1 tin of coconut milk

140g caster sugar

1 tbsp toasted sesame
seeds

1 tbsp rum or 1 tsp
vanilla extract (optional)

- Combine the rice flour and sugar, then gradually add the coconut milk and mix everything together. If using bread, soak it in the coconut milk then mix with the flour and sugar.
- Put the bananas (with the skins on) in the microwave at medium-high heat for 3 minutes. Remove, peel and cut them into 6-8 slices of 1.5cm. Add to the mix, stirring them in gently.
- Grease your tin or use baking paper before pouring in the mix. Parts of the bananas should be visible above the surface of the liquid.
- Cover with cling film (not tin foil) and cook in the microwave for 5 minutes at full power, uncover and cook for another 3 minutes at medium power. Test that it is cooked by putting a clean knife into the centre; it should come out clean. If not, cook for another minute or two.
- Sprinkle the toasted sesame seeds over the cake.
- Serve on its own, or with some coconut milk / crème fraîche.



PHILIPPINES



► © Paula Quigley, *Fishing Boats*, Palawan, Philippines

There are over 7,600 islands in the Philippines, so where does one even begin to dissect the food culture? A good place to start would be in the province of Cebu, where SERVE work alongside the Badjao tribe through partnership with the Presentation Sisters. Issues in the Badjao include unemployment and lack of housing and education. As a nomadic tribe, the Badjao are skillful fishermen, which is reflected in their diet. Members of the community make use of spearfishing techniques to catch tuna and stingray. A key ingredient in the SERVE Philippines Volunteer Programme is the lively conversation between SERVE volunteers and the Badjao teachers as they prepare lunch together in the staff room. Chopping green beans and carrots at the table and learning about life in the tribe from the teachers while food is sizzling in the frying pan is one of our happiest memories from the Badjao!

Resourcefulness of the Badjao Community with Food and Water

JULY 26, 2019, SERVE SOLIDARITY BLOG
BY CIARA O'KEEFFE

When I think back to my first day at the Badjao, I think of happiness. Purely for the fact that these people must be the happiest people I have ever met, despite their circumstances. The kids ran around happily, holding a plastic bag full of water with a small hole that they drank from, which was shared among all the children in the circle.

“The Badjao are a group of tribal fishermen, so it is no surprise that their diet consists of a lot of fish.

The Montessori school, set up by the Presentation Sisters, provides a warm meal for the Badjao children that attend the school each day. This gives them an incentive to come to school. The food is prepared by a Badjao community member, Nana Thelma. During our time at the Badjao, we prepared meals for lunch alongside the teachers.

The food varied every day, as each person took their turn to cook. A mountain of food was always prepared, but the leftovers were given to a different family each day. I was so thrilled when I heard this, because statistics in Ireland show that 60% of perfectly usable food is dumped.

The Badjao are a group of tribal fishermen, so it is no surprise that their diet consists of a lot of fish. In fact, the older generation don't eat any meat other than fish. They believed that other meats would make them sick. These skilled fishermen and divers sail out to sea in their handmade boats, crafted by fellow Badjao people. They dive up to 30ft and stay underwater for up to 5 minutes, without any fancy equipment or oxygen tanks. They catch fish using a spear. If the fish is too big to fit in the boat, they will drag it back to land by hand.



▲© Siobhan Hughes, *Cooking in the Badjao Nano Nagle School with Marie, Aisling and Rebecca*, 2016, Philippines

I spoke to some of the older students and asked them the following questions: “Do you cook?”, “Who cooks in your family?”, and “Where did you learn to cook?” I was slightly surprised to hear that the fathers were the cooks in most of the homes of the people I spoke to. They learned to cook from their dad. The cooking equipment available to the Badjao is very limited. Their ancestors would have cooked using fire, but now they use a gas stove that would resemble a small camping stove. These incredible people prepare food for large families.

The Badjao people have the added stress of sourcing clean water needed for cooking, washing, drinking, etc. Each morning, they will walk with their buckets to fill up for the day. Bearing in mind, this could take multiple trips. The implications of dirty water are serious, and could result in amoeba, headaches, and fever.

As a chef, I am so interested to see food culture wherever I go. I have never experienced food culture in areas so affected by poverty. The Badjao, as a unit, are so resourceful. These people are a support network, always thinking about their community. From the sharing of water among the kids, to giving the leftovers to a family in need. While us SERVE volunteers had a lot to give, I feel like I learned so much each day during my time with the Badjao tribe. I look at food in a whole new way now.

“The Badjao, as a unit, are so resourceful. These people are a support network, always thinking about their community.

Dipping Sauce for Lumpia

If you're making Lumpia, you'll need this delish dipping sauce. It can also be quickly rustled together anytime you need a sweet and savoury sauce on the side!

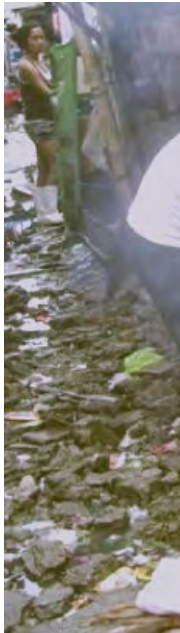
SERVES 4

Ingredients

100g sugar
500ml water
2 tbsp cornstarch
3 tbsp soy sauce
1 pinch of freshly ground pepper
1 pinch of salt (optional)

- Combine all ingredients in a saucepan.
- Cook over high heat, stirring constantly until the sauce thickens.
- Serve on top of or beside Lumpia or anything that needs dipping!

▼© Paula Quigley, stove cooking, Philippines



WAITING NEW
PICTURE

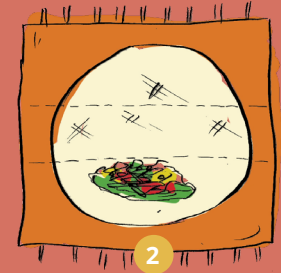


How to Roll a Spring Roll

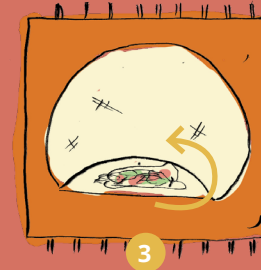
PREPARE YOUR ROLL



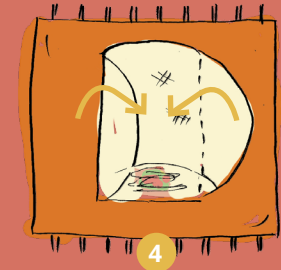
Dip rice paper or wrapper in warm water then place on clean mat or towel, shiny side down.



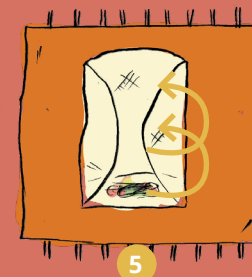
Put your ingredients on the 1/3 of the rice paper closest to you.



Bring the bottom edge of the rice paper tightly up over the filling.



Fold the two sides inwards.



Continue to roll it up tightly.



Your spring roll is ready to go!

TUCK & ROLL


Lumpia

VEGGIE FRIED SPRING ROLLS

Filippino-style spring rolls with sautéed vegetables, packed inside a thin pastry roll and deep-fried for a super satisfying snack. Traditionally, ground meat such as pork, chicken, beef or shrimp are added with the vegetables. However, chickpeas/diced tofu are ideal alternatives for vegans.

MAKES 12

Ingredients

2 tbsp oil of choice
 1 tbsp garlic - crushed
 1 small onion - diced
 450g ground meat
 or firm tofu - crumbled
 or 1 tin chickpeas -
 drained 
 3 medium-sized
 potatoes - diced
 100g green beans -
 sliced diagonally
 1/2 cabbage - shredded
 1 large carrot - diced
 2 tbsp parsley or
 coriander - chopped
 2 tbsp soy sauce
 Ready-made spring roll
 wrappers
 1 cup ground roasted
 peanuts (optional)
 500ml oil of choice

- Heat oil, garlic, onion in pan on medium heat for 5 mins.
- Fry meat/tofu for 5 mins until light brown (optional).
- Add cabbage, carrots, potatoes, green beans, chickpeas / tofu, and soy sauce.
- Cook until vegetables are tender. Set aside to cool.
- Spread wrappers on flat surface, put 3 tbsp of filling on each wrapper, then sprinkle with parsley/coriander and ground peanuts (optional).
- To roll, see 'How to Roll a Spring Roll' (page 51).
- Fill a deep pot with 500ml oil and place on high heat. Fry spring rolls for 5-7 mins, or until golden and crispy.
- (Alternatively, lightly coat spring rolls in oil and bake at 180°C/160°C fan for 20-25 mins.)
- Carefully remove and place rolls on kitchen paper to drain excess oil.
- Serve, with Lumpia Dipping Sauce (page 50).



Bam-I

NOODLES

A Filipino noodle dish where you can get creative - feel free to customise with your favourite protein and vegetables!

SERVES 4-6

Ingredients

4 tbsp soy sauce
4 tbsp water
2 tbsp rice wine vinegar
4 tbsp cooking oil
5 garlic cloves - minced
1 onion - sliced
1 big or 2 small carrots - sliced
12 sugar snap peas - topped & tailed
12 green beans - topped & tailed
1/4 cabbage, shredded
3 button mushrooms or 1 large flat mushroom - sliced
200g Udon noodles
300g thin rice noodles (rice vermicelli)
1/2 tsp ground black pepper
1/4 cup spring onions - chopped

- Heat oil in a wok.
- Saute garlic and onions over medium heat until soft and fragrant.
- Add carrots, green beans, sugar snap peas, mushrooms and cabbage.
- Continue cooking and stirring for about 5 mins.
- Add the water, vinegar and soy sauce. Mix well and simmer for 10 mins.
- Meanwhile, soak rice noodles in cold water and cut them into half.
- Then, mix rice noodles into the boiling broth and allow to cook for 5 mins.
- Finally, add the udon noodles, stirring constantly and allow to cook until softened.
- Add ground black pepper and extra soy sauce to taste. Simmer for 5 mins.
- Serve the stir-fried noodles with the stir-fried vegetables mixed through, garnished with some spring onions.

► © SERVE, Tommy cooking
noodles in the Badjao
School, Philippines, 2019





PREP: 35 MINS - 4HRS. COOK: 15 MINS.

MAIN

Pritong Manok

FRIED CHICKEN

A truly moreish fried chicken recipe – Filipino style! The original recipe for this chicken calls for ‘Crispy Fry’, a popular pre-packaged breading mix. You can find ‘Crispy Fry’ in certain Asian markets or, alternatively, make your own mix by following the directions below.

SERVES 4

Ingredients

500g chicken
drumsticks (or chicken
breasts, thighs or
wings)
3 cloves garlic - minced
4 tbsp soy sauce
2 eggs - beaten
1/2 tsp black pepper
1 pinch of salt
250g Crispy Fry (or
combine 150g flour,
100g cornflour, 1/2 tsp
each of garlic granules,
paprika and black
pepper)
1 litre oil of choice

- Begin by preparing your marinade. Combine the soy sauce, minced garlic, and chicken pieces in a bowl. Marinate in the fridge for up to 4 hours, or at least 30 minutes. While marinating, stir the chicken occasionally to ensure that the marinade is evenly distributed.
- Add the eggs, salt, and pepper to a bowl and mix well. Add the Crispy Fry (or substituted flour mixture) to another dish.
- One by one, dunk the marinated chicken pieces in the egg mixture before tossing them in the Crispy Fry, ensuring they are well-coated.
- Heat the oil in a deep pot over medium high heat. Carefully add the chicken pieces to the oil and fry for about 15 minutes, or until golden. You can do this in batches to avoid overcrowding the pot.
- Once cooked, place the chicken pieces on a paper towel to drain any excess oil.
- Serve with rice or vegetables.

Crema de Mangga 🍃

MANGO FLOAT

This is a fresh and simple version of a cake that can be made with custard and then chilled. This refreshing Filipino dessert is a firm favourite among past volunteers!

SERVES 4

Ingredients

1 packet of graham crackers or half a packet of digestives
400ml of all purpose cream - whisked until light & fluffy
1/3 tin condensed milk
1 fresh ripe mango - cubed or sliced

- In a bowl, slowly fold the condensed milk into the all purpose cream.
- Place a layer of graham crackers on the base of the dish.
- Add a layer of the cream mix, then the mango.
- Repeat for three to four layers.
- Top with a layer of mango.
- Refrigerate for 3-4 hours.



Often deemed “the land of unity in diversity”, India is home to thousands of tribes, sixteen official languages, and six major world religions. It only makes sense, then, that there is no “Indian food”, but instead a vast number of regional ingredients and methods of preparation. Nevertheless, staple ingredients throughout the country tend to include lentils, rice, whole-wheat flour, chickpeas, ginger, coconut, coriander, turmeric, and curry leaves. Over time, many members of Indian society have embraced vegetarianism, which is why you’ll find that all but one of our Indian recipes are completely vegetarian.

SERVE have been working in Bengaluru since 2005, supporting innovative projects around disability awareness, access to basic services, and educational supports for people with disability. Bengaluru is the technology capital of India, drawing people from across the sub-continent and further afield. It’s the perfect place to experience the diversity of flavours and smells that the country is famous for.

INDIA





PREP: 10 MINS. COOK: 15 MINS.

STARTER

Onion Bhaji

VEGGIE FRITTERS

These crispy onion fritters are a hugely popular Indian snack, particularly with a cup of chai tea during rainy season. They are sold in the streets and made in people's homes, often served with chutney. Traditionally made with gram flour – a gluten-free, protein-packed chickpea flour – different types of flour can also be used.

SERVES 4-6

Ingredients

110g onions - rough chopped
160g gram (besan) flour
1.5 tbsp cornstarch
1 tsp salt
1/2 tsp caraway seeds
2-3 green chilies chopped (optional: deseed to reduce heat)
1/2 tsp ginger - grated / finely chopped
5-7 curry leaves - chopped
2 tbsp fresh coriander leaves - chopped
50g crushed cashew nuts (optional, soaked for 15 mins & drained)
Oil of choice
Water as required (to make dough)

- Mix the chopped onions with chilies, ginger, curry leaves, caraway seeds, coriander and salt. Leave aside for 10 mins.
- Next, add flour, cornstarch, and cashews. Mix well with onions, squashing the onions slightly to release their moisture.
- Add water (about 2 tbsp) and mix slowly to form a moist mass of dough.
- Optional: Mix 1 tbsp hot oil into dough to make it crispier and absorb less oil while frying.
- Heat oil in a frying pan, 3cm deep for shallow frying. Check oil is hot enough by dropping some dough in, it should rise in the hot oil and brown gradually.
- Form bite-sized pakoda balls with the dough and place carefully into the hot oil, one by one. It's best done in batches to avoid overcrowding, they need space to float around and fry well.
- Flip the pakodas a couple of times for even frying. Fry until crisp and golden brown.
- Remove from oil and place on kitchen paper or a colander to drain excess oil. Serve immediately.

◀ © Paula Quigley

Aloo Masala

INDIAN SPICED SPUDS

This spicy South Indian potato dish can be served as a tasty accompaniment to any meal. It's traditionally used as a filling for dosa, an Indian pancake made with rice flour.

The term '*masala*' refers to a number of spice mixtures that are ground into a paste or powder and used in Indian cuisine. Sambar masala is popular in South Indian cuisine, but the more widely known garam masala is a good substitute for it.

SERVES 4-6

Ingredients

4 tbsp oil of choice
1 tsp mustard seeds
10-15 curry leaves
1/4 tsp asafoetida (or
1 tsp onion & garlic
powder combined)
1 onion - thinly sliced
1 tbsp tomato purée
3 tsp sambar masala
powder mixed with 1/4
cup water (or garam
masala)
4 large potatoes -
boiled and cut into bite
size chunks
1 handful fresh
coriander - finely
chopped
1 tsp salt

- Heat the oil in a pan over a medium heat.
- Fry the mustard seeds, curry leaves and asafoetida until they begin to crackle, then add the onions.
- Cook for 3-4 mins until the onions are slightly golden.
- Stir in the tomato purée along with the diluted sambar masala.
- Tip in the potatoes, 1 teaspoon of salt, and mix well.
- Lightly crush the potatoes with a wooden spoon and cook for a further 3-4 mins.
- Taste and season further, if desired. Garnish with coriander and serve!





PREP: 1 HR. COOK: 30 MINS.

MAIN

Daily Dal

YELLOW LENTILS

The name says it all. This is a daily meal in most Indian households. The word 'Dal' means lentils, or a lentil dish. There are many variations of dal; almost every region in India has its own way of making it. This particular recipe is fully cooked in a microwave. This simple meal is healthy, packed full of protein, energy, and, most importantly, it tastes delicious! You can change the consistency of the dal by adding more or less water, depending on your preference.

SERVES 4

Dal

1 cup yellow lentils
(toor / arhar dal)
1 litre of water
2 medium onions -
finely chopped
3 medium tomatoes -
washed and chopped
2-4 garlic cloves -
minced
2 green chilies - split
lengthways
1 pinch of salt

Tempering

2-3 red chilies - broken
into 2 halves
1/2 tsp mustard seeds
1/2 tsp cumin seeds
2 tsp oil of choice
1 pinch of asafoetida (or 1 tsp
onion & garlic powder combined)
1 handful coriander - chopped

- Soak the lentils in room temperature water for an hour and drain.
- Prepare the dal ingredients. In a deep, microwave-safe bowl, add the lentils, green chilies, onion, garlic, tomatoes, salt and water.
- Cover the bowl and microwave on HIGH for 25 minutes. Stir half-way through.
- Stir the mixture and mash it slightly in the process. Set aside.
- Prepare the tempering. In another microwave bowl, add the oil, mustard seeds, cumin seeds, red chilies, and asafoetida.
- Microwave uncovered on HIGH for 3 minutes.
- Combine the dal and tempering, mixing well.
- Garnish with coriander and serve with rice, roti, or naan bread.




Murgh Makhani

BUTTER CHICKEN CURRY

An absolute classic, this dish has become a family favourite all around the world. Sourcing the ingredients can be its own voyage of discovery and well worth it when you all sit down around a steaming bowl of buttery chicken curry!

SERVES 4

For Chicken

300g chicken breast
or tofu - chopped
or 1 tin chickpeas 

1 tbsp each red chili
powder, ginger purée,
garlic purée, oil

For Curry

500g tomatoes - diced
100g onions - chopped

100g butter

50g cashews

1 clove garlic

1 tsp kasoori methi

2 green cardamom

1 cinnamon stick

2 tsp each garam
masala & (kashmiri) chili
powder

3 tbsp sugar

2 tbsp white or malt
vinegar

200ml water

Salt to taste

3 tbsp cream

Fresh coriander

- Marinate the chicken with ginger purée, garlic purée, red chili powder and salt and set aside for a minimum of 30 mins. If using chickpeas, drain water from can.

- In a pan, heat some oil and fry the marinated chicken pieces until they start to brown.

- Remove chicken pieces when done and set aside.

- In the same pan, add chopped onions, a tbsp of butter and a drop of oil. Once the onions are starting to brown, add tomatoes, cashew nuts, cinnamon sticks and cardamom.

- Add 200ml water along with the garlic, salt, vinegar, sugar, garam masala and chili powder. Evenly mix and allow to simmer for 15-20 minutes.

- Remove from heat and remove the cinnamon stick, and blend mixture using a hand blender.

- Add butter, cream, chicken and kasoori methi (fenugreek spice). Stir and allow to simmer for 5-8 minutes.

- Garnish with cream and coriander leaves.

- Serve with boiled rice or naan bread.

► © Siobhan Hughes





PREP: 5 MINS. COOK: 5 MINS. CHILL: 1 HR.

DESSERT

Coconut Burfi

COCONUT CAKE

This festive dessert is easy to make and bursting with flavour. You can use desiccated coconut, found in the baking section of shops, or fresh coconut (blended then cooked to expel any excess moisture). Coconut Burfi is versatile and customisable; cardamom can be replaced by pistachios, saffron, or even cocoa powder, for example.

SERVES 4-6

Ingredients

300g desiccated coconut
400g condensed milk
240ml milk
1/4 tsp cardamom powder
10 roasted cashews or peanuts (optional)

- In a saucepan, add desiccated coconut and milk. Mix and cook on a medium heat for 5 minutes, until the entire mixture comes together and thickens. Add cardamom powder and mix well.
- Transfer the mixture to a greased tray and spread it evenly. If desired, sprinkle crushed nuts on top of the mixture and press lightly to stick.
- Refrigerate for an hour to set, then cut coconut burfi to desired sized squares and serve.
- Coconut Burfi can be refrigerated for up to 3 days

◀ © Siobhan Hughes
▼ © Elaine Houlihan, *SERVE Volunteers and Staff from the Association of People with Disability (APD), India, 2019*



MOZAMBIQUE

Bem vindo a África! Mozambique has the longest stretch of Indian ocean coastline in Africa, so it's no surprise that Mozambican shellfish is considered some of the best in the world. The cuisine here is deeply influenced by the history of Portuguese rule, making dishes like piri piri chicken and grilled seafood with chips and rice the quintessential Mozambican meals. Classic foods include paprika, cashew nuts, beans, sugarcane, maize, and delicious bread rolls known as *pão*, which can be purchased fresh each morning from street vendors. Mozambican dishes include ample amounts of chili, garlic, and lemons, so don't be afraid to turn up the heat when working your way through these pages.

After a long day of work under the Mozambican sun, SERVE volunteers pull up a wooden chair and gather around the tables in Magico's restaurant on the Young Africa campus, whose dishes inspired the recipes for this section.

► © Siobhan Hughes,
*Catering Students in
Beira, Mozambique,*
2014



Cooking up a Storm at Young Africa Mozambique

APRIL 10, 2015, SERVE SOLIDARITY BLOG
BY LINDSAY CLEARY



Young Africa provides integral empowerment through training for young people. The difference between Young Africa training centres and more traditional vocational training centres is that departments are run by franchisees; local entrepreneurs who pay rent for the use of Young Africa's facilities, equipment and name. Each department raises their income from the profit they generate through the production of goods or services. In turn, contributions from these franchisees cover the operational expenses of the centres, guaranteeing sustainability. The franchisees then train students in the practical skills required to get their qualifications, through a learning-through-production method which adequately prepares young people for the world of work.

Manosso Faera and Gift Mandiringa were the very first franchisees at Young Africa's centre in Beira, Mozambique. Since 2008, they have trained over 1,200 young people across their two courses of cookery and hospitality, all carried out through their active restaurant Magico, located on the Young Africa campus.

Manosso says, "I trained as chef for six months, spent just over a year working as a chef in a restaurant in the city, and then began teaching. Gift and I were introduced to Young Africa's directors by a mutual friend. At the time the centre was still in its planning stage. There were no facilities yet, and when they showed us the planned location for the restaurant, it was just all bush and trees!



"Our restaurant was the first ever franchised department here, and we were here to see the first classroom block going up. When Magico first opened in 2008, we found it difficult to reach our target group, and only a few students took part in the courses in the first six months. We started a marketing campaign, and over the years young people in the area have gotten to know and trust us. Now, courses are full to capacity every semester! Right now we have 83 students enrolled in evening and day courses.

"As part of the franchise programme, Young Africa provided us with the start-up equipment for the kitchen and restaurant. Our very first clients were a group of SERVE volunteers from Ireland in 2008. Since then, we've continued to grow, and last year we opened our second location nearby, where we run a takeaway that brings in extra income. Both restaurants also do outside catering for local factories, businesses and universities.

"Our graduates are employed in restaurants and major hotels in the city, and in popular tourist locations like Vilanculos and Nampula. Making food for clients is not the real idea; my first plan is to teach students for employability. The second is food! That's why I'm here.

"I just recently graduated myself, from a four year degree in Human Resources. So now I can manage my staff better. I was like these young people; my family couldn't pay for me to go to university so I did a short course, started working, and paid for university myself. I believe that all young people can do the same, to be independent, even if some don't have parents. So my first job is to assist students, my second is to run a business. A lot has changed since we started out seven years ago, but we've never forgotten the students."



► © SERVE, Mozambique
◄ Opposite page from
bottom to top
© Siobhan Hughes, *Fernanda Luis Cotena, catering student in Beira enjoying soup that was just made in class, Beira, Mozambique*
© Siobhan Hughes, *Rainha Machale Junior, catering student at YA Beira, Mozambique*

Magico's Piri Piri Oil



SPICY SAUCE

This spicy gem is a must for Mozambican meal time. You'll often find a jar of it in the middle of the table at Magico's on the YA Beira campus. Delicious when drizzled over *Quarto Frango com Arroz*.

MAKES 200ML

Ingredients

120ml olive oil
2 green chillies - finely chopped
2 large garlic cloves - finely chopped
70ml white wine vinegar
1 pinch of salt & pepper

- Combine all ingredients in a jar or ramekin and stir well. Allow the garlic and chillies to infuse the oil for a couple of minutes before serving.



Dondo Banana Chips



These banana chips, as made by the ladies at the YA Dondo Campus, are the perfect snack. Munch on them at lunchtime or add to breakfast cereal for some added nutrition. They're a great way to use up ripe bananas, therefore reducing food waste!

SERVES 4

Ingredients

3 large ripe bananas
- sliced about 1/4cm thick
1 tbsp lemon juice
1 pinch of salt

- Preheat the oven to 130°C.
- Lay banana slices on a baking tray lined with parchment paper.
- Lightly brush lemon juice onto slices before sprinkling evenly with salt.
- Bake slices in oven for two hours, turning them over halfway.
- Remove from oven and allow cool for ten minutes, after which they should be crisp.
- If they aren't crispy enough, pop them back in oven for a further ten minutes.

▼© Magico, food processing course in Dondo, Mozambique





PREP: 10 MINS. COOK: 12 MINS.

MAIN


Caril de Camarão

PRAWN OR CHICKPEA COCONUT CURRY

This creamy prawn curry is a popular dish at Magico's. To make an equally delicious vegan version, swap out the prawns for chickpeas and use a vegetarian stock cube. Whichever way you make it, in the words of our volunteers, 'it's divine!'

SERVES 4

Ingredients

500g raw king prawns
or 2 tins chickpeas -
drained 

1 white onion - finely
sliced

2cm piece of ginger -
peeled and grated

3 garlic cloves - minced

3 bay leaves

1 tbsp tomato purée


1 tbsp turmeric

1,5 tbsp curry powder

1 tsp paprika

2 tsp sugar

1 tin coconut milk

1/2 chicken or
vegetable stock cube -
crumbled 

1 tbsp oil of choice

Handful of parsley -
chopped

1 pinch of salt & pepper

- Fry the onion, garlic, ginger and bay leaves in a pot with the oil over a medium-high heat until the onion softens.
- Add the prawns to the pot and stir for approximately two minutes.
- Once the prawns begin to turn pink, add the tomato purée, turmeric, curry powder, paprika and sugar. Mix until all ingredients are well-incorporated.
- Add the coconut milk and the crumbled stock cube and stir well. Allow the sauce to simmer for five minutes, turning up the heat if necessary.
- Remove the bay leaves and season with salt and pepper.
- Garnish with the chopped parsley and serve with long grain rice.

Quarto Frango com Arroz

QUARTER CHICKEN AND RICE

A Mozambican go-to that consists of a quartered chicken served with vegetable rice and zingy slaw. Chefs in Mozambique 'quarter' whole chickens like this so no piece goes to waste. Great with a chilled *cerveja*!

SERVES 4

Ingredients

1 whole chicken -
quartered or 4 chicken
thighs/legs

For marinade

3 destemmed green
chilies
6 garlic cloves - peeled
1 **tbsp** each of regular
and smoked paprika
1 **tbsp** tomato purée
1 cube chicken stock
120ml olive oil
1 **tsp** lemon zest
1 pinch of salt & pepper

For slaw

1/2 head white cabbage
- shredded
2 small onions - sliced
3 carrots - diced
2 **tbsp** each of
mayonnaise, olive oil
and white wine vinegar
1 pinch of salt & pepper

For rice

200g long-grain rice
425ml cold water
100g fresh or defrosted frozen vegetables
1 **tbsp** turmeric
1/2 **tbsp** salt

- Blitz the marinade ingredients in a food processor/ blender until smooth, then marinate the chicken in an ovenproof dish. Cover and refrigerate for 3 hours.
- Mix slaw ingredients in a bowl, adjust to taste.
- Cook marinated chicken in preheated oven at 180°C/160°C fan, for forty minutes.
- Add rice, water, salt and turmeric to a pot of water. Bring to the boil then simmer for ten minutes, covered. After ten minutes remove lid and stir in mixed vegetables.
- Quarter the whole chicken if using. Plate up alongside slaw and rice then serve.





To achieve the perfect Magico's chip, they should be long, wide, and thin!

PREP: 30 MINS. COOK: 40 MINS.

MAIN


Peixe e Fritas

MAGICO FISH & CHIPS

Another Magico's classic, this shallow-fried fish is served with a generous portion of oven-baked chips. In Beira, the delicious 'Manica' (a pale lager named after the Mozambican province) would be used in the batter, but any beer you have will do just fine!

SERVES 2

Ingredients

2 white fish fillets of choice (preferably thin)
3 Irish potatoes of  choice - peeled, cut into chip shapes, placed in cold water for 30 mins
Oil of choice
Water
1 handful parsley, chopped
1 lemon wedge

For batter

65g flour
150ml lager beer
1 tsp garlic powder
1 tsp lemon juice
1 pinch of salt & pepper

- Preheat the oven to 180°C/160°C fan.
- Remove potatoes from the water after 30 mins and pat dry with kitchen paper.
- Place chips on lined baking tray and drizzle with oil, toss to coat evenly, sprinkle with salt.
- Cook in oven for 40 mins, or until the edges have crisped a little. If not turning crispy, increase heat for final 10 mins.
- Mix batter ingredients together until a smooth paste has formed.
- One at a time, dip fish fillets into batter until fully coated. Set aside, separately.
- Fill deep pan with oil to 1cm of depth and heat over high heat. To test the heat, drop some batter in, if it floats up and turns golden the oil is hot enough.
- Carefully place coated fish fillets in pan with metal tongs or fork and reduce heat to medium high. After 4 mins, or when underside turns golden, rotate the fillets 180. Fry on the other side for 3-4 mins.
- When completely golden, remove from oil. Season with salt and a squeeze of lemon.
- Serve with chips. Garnish with parsley and lemon.

ZIMBABWE



Zimbabwe is a landlocked country in southern Africa, where popular foods include rape, papaya, pumpkin, beans, and air-dried meats. Various foods are often dried in this way after the rainy season in order to prepare for the winter. This ensures access to nutrition despite seasonal availability, as well as reducing the need for refrigeration. A defining aspect of Zimbabwean food is the presence of *sadza*, a porridge-like maize dish. *Sadza* is a staple at every mealtime, helping ensure a feeling of fullness as well as serving as a utensil with which Zimbabweans can scoop up the other parts of their meal. You'll also see that peanuts appear a lot in our Zimbabwean recipes, thanks to their high protein content. British colonial rule had a strong influence on Zimbabwe's food culture, meaning their food isn't as spicy as that of neighbouring countries, like Mozambique.



▲ © Siobhan Hughes, Teacher Unotida Huye in catering department helping Otilia Bunjira and Vimbai Thatope in Domboshava, Zimbabwe

Cooking up Opportunities at Young Africa Zimbabwe

APRIL 18, 2017, SERVE
SOLIDARITY BLOG
BY LINDSAY CLEARY

“As well as working with Young Africa Mozambique, SERVE work in solidarity with Young Africa Zimbabwe, another vocational training centre. In 2017, SERVE volunteer Lindsey Cleary spoke to Clara Mbare, a student at the YA Zimbabwe centre in Harare, to see how being able to study Hotel & Catering changed her life.

Clara Mbare (20) graduated in Hotel & Catering from Young Africa Chitungwiza, Zimbabwe in 2016. Clara completed her 'O' Levels in 2014 and only passed two subjects. She lost hope in her life: "I thought I wasn't capable of doing anything, I lost my self-esteem, I spent two years doing nothing". Clara's passion for cooking meant that the company she went on attachment to (Bethel Catering) employed her immediately. Clara took up the job even though her dream is to be an entrepreneur. She now earns \$200 per month and stays at the Young Africa hostel to keep costs low. Through savings Clara has managed to start a side business making cakes. "My monthly income has changed my life, I am able to send money to my parents, I am contributing to my brother's school fees, I am confident, the sky is the limit for me thanks to Young Africa".




▲ © Tendayi Mudyarabikwa, Clara Mbare

Mutetenherwa

FRIED PEANUTS

A traditional snack in Zimbabwe, making the most of the ever-popular peanut by simply frying them in some salt and chili powder. The perfect snack!

SERVES 4-6**Ingredients**

100g raw, shelled
peanuts
1 tbsp water
1 tbsp salt
1 tbsp chili powder or
chili flakes (optional) 

- Mix water and salt, set aside to dissolve.
- Add peanuts to a pan and toast slowly over a medium heat.
- Once browned, add the salt water and continue cooking until water evaporates.
- Add chili powder / flakes, if using. Serve.



Muriwo Unedovi

FRIED VEG IN PEANUT SAUCE

This stir-fried dish is the perfect accompaniment to a beef or bean stew, the most common green used is rape (related to rapeseed and colza), however this can easily be substituted.

SERVES 4**Ingredients**

1/2 onion - sliced into
thin half moons
Bunch of green rape or
collard greens or Swiss
chard or spinach - cut
fine
1 tomato (optional) -
diced
1 tbsp natural peanut
butter
1 tbsp cooking oil
1 pinch of salt & pepper

- Add the cooking oil to your pot or frying pan and bring to a medium heat.
- Fry the onions until they are golden brown.
- If using the tomato, add and fry for 1 minute.
- Mix in the rape and peanut butter then cook for 10-15 minutes.
- Add salt and pepper. Serve



Green rape

► © David
Cunningham



Sadza

MEALIE MEAL

Sadza is Zimbabwe's staple food and is made with white or brown mealie meal (made from maize). It can be used to make porridge or as part of *Sadza Nyenama Nemuriwo* (mealie meal with beef stew and fried greens).

SERVES 4

Ingredients

2 cups of water
1 cup of mealie meal or cornmeal or wholewheat flour

- Boil the water and add half a cup of mealie meal to it.
- Bring back to the boil while stirring constantly.
- When the texture thickens add the other half cup and continue stirring.
- Reduce heat and let it simmer until it is a nice, thick texture.

SIDE

PREP: 1 MIN. COOK: 15 MINS.

Mupunga Unedovi

PEANUT BUTTER RICE

A slight twist on standard rice, this recipe simply requires boiling some rice and adding peanut butter at the end. Can be served with *Sadza Nyenama Nemuriwo* or any other dishes.

SERVES 4

Ingredients

1 cup of rice
2.5-3 cups of water
60g natural peanut butter
1 tsp salt
1 tbs cooking oil

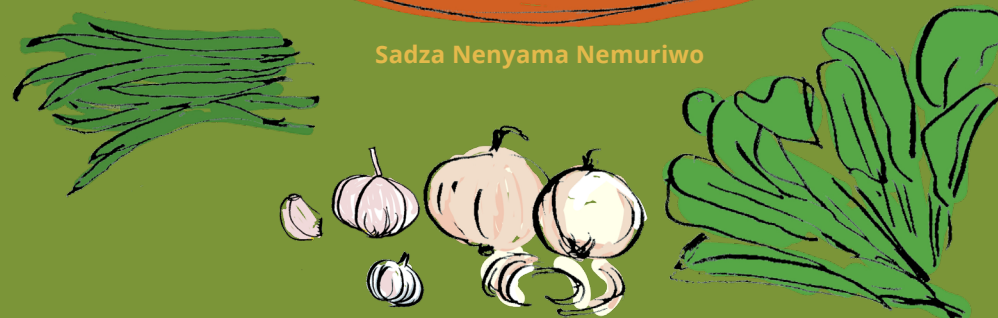
- Bring water to boil, add salt, cooking oil and rice.
- Once rice is cooked, lower the heat and add 4 tablespoons of peanut butter.
- Switch off and taste, add more salt or peanut butter if needed. Serve.



Sadza



Sadza Nyenama Nemuriwo



Nyemba

BEAN STEW

This vegetarian stew is a great opportunity to fill up on some tasty beans. The recipe calls for sugar beans but you can use cannellini or butter beans. Goes well with *sadza* and fried greens.

SERVES 4

Ingredients

200g or 1 tin of dried sugar beans
1 onion - diced
2 cloves garlic - crushed
3 tomatoes - diced
2 carrots - diced
1 tbspcurry powder
1 tsp oil of choice

- Soak beans overnight if using dried ones.
- Boil them the next day until softened (around 1 hour).
- Fry onions and garlic in oil until golden brown.
- Add the tomatoes and cook for about 5 minutes.
- Add curry powder, beans and carrots.
- Simmer for about 15 minutes. Serve.

▼ © David Cunningham




Nyama

BEEF STEW

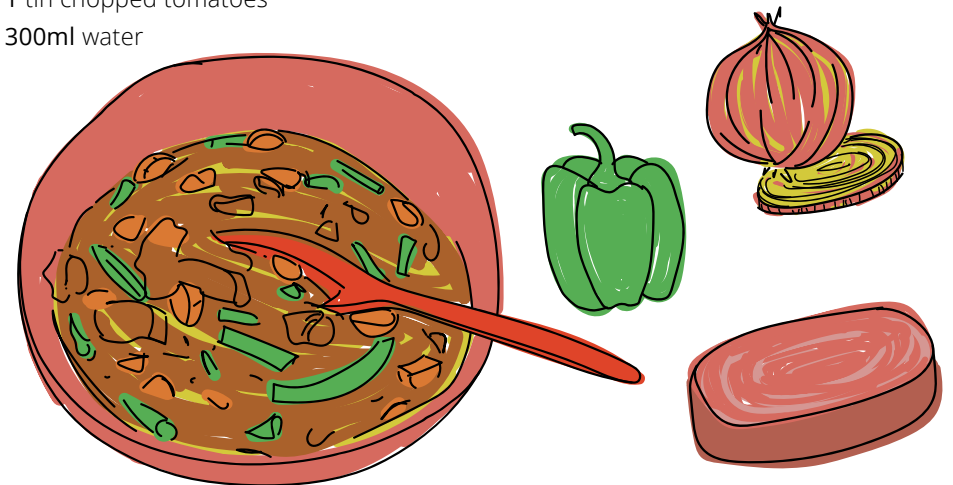
This beef stew is a firm family favourite throughout Zimbabwe and is usually served as part of *Sadza Nyenya Memuriwo* (beef stew with mealie meal and fried greens in peanut sauce).

SERVES 4

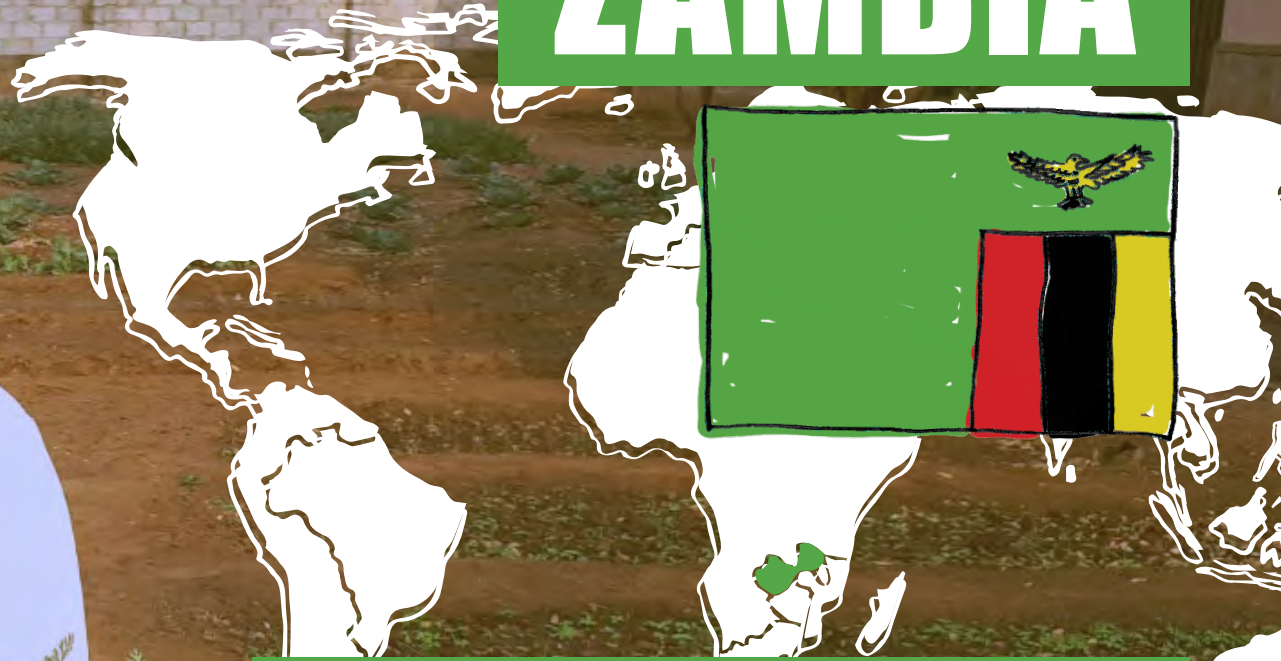
Ingredients

300g Irish 
stewing beef
1 onion - diced
2 cloves garlic - crushed
1 green pepper - sliced
2.5cm ginger - sliced
2 small carrots - sliced
100g green beans
1 tsp oil of choice
1 pinch of salt
1 tbspcurry powder
1 tin chopped tomatoes
300ml water

- Fry onions, garlic, ginger and green pepper in a saucepan with some oil and salt over a medium heat until golden brown.
- Add curry powder and tomatoes. Stir for 2-3 mins.
- Add meat to tomato sauce. Stir for 2-3 mins.
- Add water, cover and simmer for 45-50 mins on low heat.
- Add carrots and green beans. Taste to test if salt or spice are needed. Add water if becoming dry
- Simmer for another 10-15 mins, until the sauce has thickened. Serve.



ZAMBIA



Zambia is another southern African country, getting its name from the mighty Zambezi River. Common foods include freshwater fish, okra, peanuts, stews, and sautéed insects. The population of Zambia is made up of 72 different ethnic groups, but the food culture remains consistent. Maize is the country's staple starch, as *nshima* is served with almost every meal – it has the same integral role in Zambian cuisine as pasta does in Italian cooking! *Nshima* is the Zambian take on Zimbabwe's *sadza*, and is prepared and eaten in the same way. Some Zambian beers even contain maize, for example the popular *Chibuku*. Traditional preparation methods, when it comes to Zambian cooking, include steaming food in leaf wrappers, fire-roasting, and baking in ashes.

In Zambia, SERVE works alongside the Assumption Parish in Mazabuka. SERVE volunteers have supported the community through youth leadership training, education support and renovation of classrooms and the youth centre.

► © Darren Hennelly,
Frank showcasing
produce from the
garden in Assumption
Parish, Mazabuka,
Zambia, 2020

Ifisashi

GREENS IN PEANUT SAUCE

A traditional Zambian dish prepared with greens (pumpkin leaves, bondwe, rape, spinach, etc) and peanuts. Although Ifisashi is typically vegetarian, meat or fish can be added to bulk it up. Usually served with *nshima* (a thick maize porridge).

SERVES 4

Ingredients

2 bunches fresh greens
- washed and chopped
250g raw peanuts -
crushed
Salt to taste
1 onion - sliced
2 medium tomatoes -
sliced
100ml water
1 pinch of salt

- In a medium-sized saucepan, boil the onion and tomatoes with the crushed peanuts, adding salt to taste and water as needed.
- After a few minutes, add chopped greens.
- Stirring occasionally, continue cooking until the peanuts are soft and the mixture has become a fairly thick, buttery sauce (15-20 minutes).
- Serve hot or cold with *nshima*.

Nshima

This can be prepared in the same way as Sadza (see Zimbabwe section)

▼© David Cunningham



Delele

BOILED OKRA

Although there are other ways of cooking okra, including grilling or roasting, this is the way our volunteers experienced it. The bicarbonate of soda helps to break down the okra.

SERVES 4

Ingredients

500ml water
1/2 tsp bicarbonate of
soda
750g okra, sliced
(topped and tailed)
3 tomatoes - peeled
and diced
1 pinch of salt & freshly
ground black pepper

- Boil water in a pot. When it starts boiling, stir in the bicarbonate of soda.
- Add the tomato, okra and salt.
- Continue boiling while stirring occasionally and skimming off any foam.
- Boil for 10 minutes and it is ready.





PREP: 10 MINS. COOK: 1 HR.

MAIN

Traditional Zambian Chicken & Nshima

A comfort food throughout Zambia, with variations including grilling or smoking the chicken. It is served with *nshima* (a thick maize porridge), fried vegetables, and *Ifisashi* (see page 94).

SERVES 4

Ingredients

4 chicken drumsticks or thighs
2 tomatoes - diced
1/2 onion - diced
3 tbsp oil of choice
240ml water
1 tsp salt
1 tsp chicken spice or 1 chicken stock cube
1/2 tsp curry powder

- In a medium pot, add the chicken and water.
- Let the chicken cook at medium heat for about 30 minutes.
- Remove the chicken from the pot and let cool. Keep the broth, you will need it later.
- Heat the oil in a non-stick pan. Add the chicken and fry on both sides until golden brown.
- Once the chicken is all fried, remove along with half of the oil. Set aside.
- Use the same pan to fry the onions and the tomatoes for 15 minutes. Then add the seasonings, forming a gravy.
- Next, mix the broth into the gravy and add the chicken.
- Let it simmer on medium-low for about 30 minutes or until the gravy thickens.
- Serve with boiled rice or vegetables.

Nshima

This can be prepared in the same way as Sadza (see Zimbabwe section)

Zambizza!

ZAMBIAN PIZZA PARTY

In Zambia, SERVE volunteers live and work alongside the Assumption Parish. The bakery in the parish provides freshly baked bread each day for the volunteers' breakfast and lunch. Typically towards the end of the placement, the bakery cooks large pizzas for Irish and Zambian youth to enjoy together for the annual 'Pizza Party!'. This is a simple pizza recipe to allow you to host your own *Pizza Party* at home.

MAKES 2 PIZZAS

Ingredients

440g plain flour (more for hands and surface)
1 packet yeast (7g)
1 tbsp sugar
1 pinch of salt
320ml lukewarm water
2 tbsp olive oil

• Prepare the dough:

- Mix the lukewarm water, yeast and sugar together in a bowl.
- Add olive oil, salt and flour and beat until a ball of dough starts to form.
- Turn dough onto a lightly floured surface and knead with lightly floured hands for 3-4 minutes.
- After kneading, the dough should feel soft. If it slowly bounces back when you poke it with your finger, your dough is ready to rise. If not, continue to knead your dough.
- Lightly grease a large mixing bowl with oil (use the same bowl you used for the dough). Place dough in the bowl, turning to coat all sides of the dough in the oil. Cover the bowl with a clean kitchen towel.
- Allow the dough to rise at room temperature for a minimum of 60 minutes.
- Preheat oven to 220°C. Allow to heat for at least 15-20 minutes as you shape the pizza. Lightly grease baking tray with olive oil.

• **Shape the dough:** When the dough has risen, punch it down to release any air bubbles. Divide the dough in half (if not making 2 pizzas, freeze one half).

• On a lightly floured surface, gently roll out the dough into a disk shape. The texture of the pizza crust will be better if done by hand! Otherwise, use a rolling pin.

• Cover dough lightly with a clean kitchen towel and allow to rest for a few minutes while you prepare the toppings

• **Top and bake the pizza:** To prevent your crust from going soggy, brush the top lightly with olive oil. Using your fingers, push dents into the surface of the dough to prevent bubbling. Top with your favourite sauce and toppings and bake for 12-15 minutes.

▼ © Tomas, *Preparing to cook on the farm in Zambia, 2011*



Victoria Falls

Sponge Cake

WINNING CAKE FROM THE 2020 SERVE SOLIDARITY GAMES

The SERVE Solidarity Games were developed in response to the devastating effect that COVID-19 has had on community fundraising in Ireland. Teams competed in fitness, skill, and talent challenges in an effort to become SERVE Solidarity Stars! Sarah Gleeson (of Team Three Musketeers) baked a beautiful Victoria Falls Sponge Cake, winning the overall challenge.

The Victoria Falls Sponge Cake is inspired by the Victoria Falls on the Zambia and Zimbabwe border, which is a special place for many SERVE volunteers. One of the 7 Natural Wonders of the World, the Falls on the Zambezi River is also considered one of the biggest waterfalls in the world.

SERVES 12

Ingredients

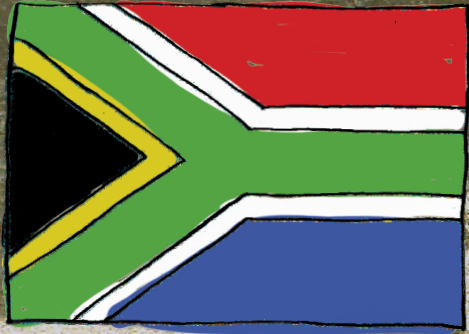
4 eggs
225g caster sugar
225g self raising flour
2 tsp baking powder
225g butter (room temperature)
Good quality strawberry jam
Whipped fresh cream

- Preheat the oven to 180°C/160°C fan. Grease and line two 20cm sandwich tins.
- Cream sugar and butter with an electric mixer.
- Add flour and baking powder.
- Slowly add your eggs and mix until you have a smooth mixture.
- Divide between two tins, gently smooth the surface.
- Bake for approximately 25 minutes. Press them gently to check if they are ready, they should just spring back.
- Remove from the tins and allow to cool completely.
- To assemble, place one sponge upside down, spread a generous layer of jam, followed by cream, topped with your second sponge. Sprinkle with a dusting of icing sugar to decorate.

► © Sarah Gleeson,
Solidarity games
winner 2020



SOUTH AFRICA



South Africa has one of the most complex and diverse populations in the world, making its food culture similarly eclectic. Here, flavours of native African plants, grains, and game are juxtaposed with culinary influences from the Netherlands, Britain, Germany, Indonesia, Malaysia, India, and more. Meat tends to be the centre of any good meal for many South Africans, whether it's dry-curing some beef to make *biltong* or grilling red meat at a *braai*. South African *braais*, a social occasion where friends and family gather around an open fire to grill spiced sausages, chops, kebabs, and steaks over hot coals, are a fundamental part of the country's food culture. Many meals are served with pumpkin, cabbage, *pap* (South Africa's version of *sadza/nshima*), bread rolls, and, most importantly, a spicy bean relish known as *chakalaka*. Keep reading to learn how to make your own!

Year of Pulses

FEBRUARY 25, 2016, SERVE SOLIDARITY BLOG
BY KARINA MCGINLEY

"Beans, beans, a wonderful fruit, the more you eat the more you...."

Maybe it's just me, but the above statement was common during my childhood. I have vivid memories of singing along to this at tea-time in nursery and now, as a student, it's common to see posts online such as *"Ultimate student survival meal: beans on toast"*. What would impel me to write a blog on beans, I hear you say? Well, in December 2013, the United Nations General Assembly declared 2016 the 'International Year of Pulses' with the tagline *"Nutritious seeds for a sustainable future"*. So, why do pulses warrant a year? Pulses are widely seen as part of a healthy, balanced diet and have proven to have an important role in preventing illnesses such as cancer, diabetes, and heart disease. They are very nutritious as they are high in protein and contain numerous vitamins and minerals which help to alleviate malnutrition and associated diseases.



▲© Siobhan Hughes, *Refurbished OVC Container, Freedom Park, South Africa, 2015*

Inspired by the 'International Year of Pulses', I'm going to highlight how the work of Tapologo in Freedom Park, an informal settlement which is home to over 20,000 people near Rustenberg, helps provide food security for hundreds of children every day! Tapologo is part of SERVE's Development Programme, which is supported by Irish Aid. SERVE's Development Programme seeks to "reduce vulnerability and improve livelihood security for poor children, young people, women and men in targeted communities". The first goal of the Millennium Development Goals (now replaced by the Sustainable Development Goals) was to "eradicate extreme poverty and hunger".

The Orphan and Vulnerable Children (OVC) programme at Tapologo meets the aim of SERVE's development programme. It improves the lives of young people by providing nutritious meals and a safe place for them to play and do their homework. SERVE support the work of 4 OVC centres, but I will reflect on the one in Freedom Park, as it is the one where I spent the most time.



▲© Siobhan Hughes, *Volunteers from Freedom Park at the new OVC kitchen getting ready to start cooking!*, South Africa, 2015

In 2014, Irish volunteers emanating from the healthcare sector facilitated first-aid training and demonstrated to staff and volunteers in the OVC centres to take the BMI and height of children so that they could keep accurate records and see how children under their care were progressing. Also in the Summer of 2014, SERVE leaders identified the kitchen in Freedom Park as a project for the 2015 volunteers. In the summer of 2015, I am happy to say that I was part of a group that transformed a grungy, dark, infested container into one filled with light, electricity, up to date appliances, suitable storage facilities, and innumerable paintings of Minions!

In this kitchen, literally thousands of nutritious meals will be prepared every year.

It also encourages a spirit of volunteering among the women who work there, and they can get away from the stresses and strains of living in an informal settlement for a few hours each day to chat, sing, dance and COOK PULSES.

The front of the OVC kitchen is decorated by the hands of SERVE volunteers and children from the OVC centre, as we can all play a hand in helping to eradicate extreme poverty and hunger.


So, a 'Happy International Year of Pulses' to you all; a nutritious food with a long-shelf life! A food that can do much to improve the lives of many.

Cape Malay Curry

This is 'Bo-Kaap Cape Malay Kerrie', which is a speciality of the Cape Malays, who are the only cultural group of their kind globally.

SERVES 6

Ingredients

1.5 kg boneless mutton or lamb shoulder or firm tofu - chopped or 1 tin chickpeas - drained 

Rapeseed oil (for sautéing) 

4 onions - chopped

4 garlic cloves - minced

1 piece fresh ginger - peeled and crushed

1 tbspc curry powder

1 tsp each of ground coriander and cumin

1/2 tsp turmeric

Salt & pepper to taste

1 cinnamon stick

3 cloves

2 bay leaves

2 carrots - peeled and diced

250g dried apricots

2 tbspc tomato paste

50ml wine vinegar

250ml stock

2 bananas, peeled and sliced

3 tbspc apricot jam

3 tbspc natural yoghurt

- Heat oil over high heat in large pot or saucepan.
- Fry onions and garlic, stirring continuously.
- Add ginger, curry powder, spices, salt and pepper.
- Stir for one more minute then remove from pot/pan and set aside.
- Reduce heat to medium. Fry meat in oil until brown all over.
- Add spiced onion mix, soaked apricots, vinegar, stock, cinnamon stick, cloves, bay leaves and carrots. Reduce heat and cover.
- Simmer, stirring occasionally, until everything is tender, approx. 1.5 hours for lamb and 2 hours for mutton, maybe a little longer.
- Add in the sliced bananas.
- Stir in the apricot jam and the yoghurt before serving.
- Serve with yellow rice, sambals (spicy sides) and atjars (pickled sides).



Chakalaka

SPICY BEAN RELISH

This simple vegan recipe makes a delicious vegetable relish that is spicy, tangy and the perfect accompaniment to stews, meat, bread and more. An amazing alternative use for baked beans!

SERVES 4

Ingredients

1 tbsp extra virgin olive oil
 1 medium-sized onion, approx. 100g - chopped
 2 red & yellow bell peppers - chopped
 2 medium-sized ripe tomatoes - roughly chopped
 2-3 shredded carrots, approx. 180g - chopped
 1 tbsp curry powder
 1 tsp cayenne pepper
 1 tsp sweet paprika
 1 garlic clove - minced
 1 scotch bonnet pepper - deseeded
 1 vegetable stock cube - crumbled
 1 tin baked beans
 1 pinch of salt & pepper

- Heat the oil over a medium heat in a large saucepan.
- Fry the onions, bell peppers, and scotch bonnet pepper for 2 minutes.
- Next, add the cayenne pepper, paprika and curry powder.
- Stir fry for about 1-2 minutes to allow the flavours to develop.
- Then add the shredded carrots and sauté for about 4-5 minutes, stirring occasionally.
- Stir in the tomatoes, baked beans, stock cube and season to taste.
- Simmer uncovered for 15-20 minutes on medium heat, stirring occasionally to prevent sticking. The consistency should thicken.
- Serve either hot or cold.





Bobotie & Blatjang

SPICED BEEF CASSEROLE & APRICOT CHUTNEY


Bobotie is a hybrid dish, strongly influenced by the flavours that found their way to South Africa along the spice routes hundreds of years ago. Best served with yellow rice (rice with turmeric and raisins) and apricot blatjang.

SERVES 6

For Bobotie

2 slices white bread
3 garlic cloves - crushed
1 onion - diced
1kg minced Irish beef 
or vegetarian mince 
30g butter
2 tbsp Madras paste
1 tbsp dried herbs
1 tbsp allspice
2 tbsp fruit chutney
5 cloves
300ml milk
2 eggs - beaten
3 tbsp sultanas
Salt and pepper
50ml cold water

For Blatjang

250g dried apricots
1 red onion - diced
1/2 tsp chili flakes
(optional) 
2 garlic cloves - crushed
50ml white malt vinegar
1 tbsp brown sugar
500ml boiled water

Prepare Bobotie

- Pour cold water over the bread and soak for 15 mins.
- Fry onions in butter over medium heat for 5 mins, stirring occasionally. Add garlic and beef and stir well.
- Stir in curry paste, herbs, spices, chutney, cloves, sultanas, salt and black pepper. Cover and simmer for 10 mins.
- Squeeze water out of bread and blend into meat mixture. Transfer mix to casserole dish and smooth down.
- For topping, beat milk and eggs with seasoning, then pour over meat.
- Bake for 35-40 mins at 180°C/160°C fan until topping is set and starting to turn golden.

Prepare Blatjang

- Pour boiling water into bowl of apricots and leave for 30 mins.
- Put all the ingredients in a food processor or just slice the apricots and mix with the other ingredients.
- Put the mix into a saucepan over medium heat, cover and simmer for 20-25 mins. Add more water if the mix is too dry.

► © David Cunningham



BRAZIL



Our final destination is the lively Brazil, the only South American country on our list. A real melting pot of cultures, Brazil's cuisine varies in each region. General staples include rice, beans, cassava (a root vegetable from which flour is produced), cashew nuts, cheese, and coffee. The tropical climate means fruit grows well here, making fresh guava, papaya, mango, and açaí berry all hugely popular breakfast choices. Spicy sausage like *linguiça*, shrimp, and *churrasco* (a type of beef) are all favoured proteins when it comes to assembling a classic Brazilian dish. Unlike some of the other eating customs you'll have learned about in our book, knives and forks are used when dining in Brazil. The national dish is a stew known as *feijoada*, which you can learn how to prepare for your own family and friends if you keep reading!

Camarão ao Alho e Óleo

GARLIC PRAWNS

A classic Brazilian snack. As our SERVE Brazil leader, Alvina, says: "It's great served while drinking beer!" Bom apetite!

SERVES 4-6

Ingredients

1kg prawns fresh or frozen
1 full garlic bulb (about 10 cloves)
3 tbsp of olive oil
1 pinch of salt (optional)
A handful of parsley or 5 spring onions (optional, but excellent)

- Wash the prawns.
- Peel the garlic cloves and chop/crush them into small pieces.
- Fry the garlic cloves in oil until they are turning light brown.
- Add the prawns to the garlic, add some salt (optional) and fry them until they are turning into a golden colour.
- Turn off the heat and serve with the spring onion and parsley, if desired.



2005
▶ © David Cunningham
◀ © SERVE, Brazil





PREP: 30-40 MINS. COOK: 2-5 HRS.

MAIN

Feijoada

MEATY BEAN STEW

A meat feast, this black bean stew gets better the longer you cook it. Best served with a platter of (brown) rice, salad, chips, farofa and a refreshing glass of *caipirinha*.

SERVES 6-8

Ingredients

500g package dry
black beans - soaked
overnight or 2 x 400g
tins of black beans
2 onions - chopped
5 spring onions -
chopped
2 garlic cloves -
chopped
500g pork shoulder or
smoked ham hock
500g ham or sausages
or chorizo
150g bacon - thick-cut,
smoked
1 tbsp olive oil
1 tbsp white wine
vinegar or apple cider
or lemon juice
1 chili - crushed
2 bay leaves - crushed
1 tbsp ground coriander
1 pinch of salt & pepper
1/2 cup chopped coriander
1/2 cup chopped parsley

- Heat a large, heavy-based pot or pan to a medium-high heat. When ready, fry the bacon and set aside.
- Using the oil from the bacon, brown the outsides of the other meats, then set them aside.
- Add some olive oil to the pot or pan and add the onion, garlic (and chili, if using it). Fry until these ingredients are soft.
- Add the ground coriander, beans, oil and vinegar, then stir.
- Add the meat (and bay leaves, if using), stir, add enough water to cover everything and bring it to a boil.
- Once it reaches a boil, reduce heat to a simmer, cover and cook for at least 2 hours.
- If it looks like it's drying out, add more water. If there's too much water, remove lid or increase heat slightly for the final hour of cooking. Low heat, long simmer is best.
- Serve with spring onions, rice, salad, chips, parsley, coriander, farofa and lemon or orange wedges.

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Farofa

TOASTED CASSAVA

Farofa is a traditional Brazilian dish, made by frying flour, bacon, garlic and onion together. It is usually served beside *feijoada*, or other meat dishes.

SERVES 6-8

Ingredients

250g cassava flour or plain flour
 1 tbsp butter (optional)
 1 tbsp olive oil (or other oil)
 150g of bacon - diced (can be omitted or replaced with dried fruits such as prunes) 
 1 brown onion - diced
 2 garlic cloves - diced / crushed
 1/2 tbsp salt (optional)
 1 bunch of parsley - washed and chopped (or other herbs)

- Slice and dice the bacon, onion and garlic. Set aside.
- Dry-fry half (1 cup) of the flour in a frying pan at medium heat for 4-5 minutes, until golden brown.
- Remove the flour and turn the heat up to high. Add the oil (and butter, if using it).
- Fry the bacon until crispy, then add the onion and garlic, fry until the onion is golden brown.
- Add the roasted and the unroasted flour to the pan. Fry everything, stirring regularly, for 3 minutes.
- Remove from the heat, add the parsley (and salt, if using it), mix and serve.



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Brigadeiro

GOOEY COCOA BALLS

These sweet, gooey chocolate truffles are a popular festive dish throughout Brazil. Once made, they can be rolled in any combination of nuts or sprinkles.

MAKES 25-30 BALLS

Ingredients

1 can sweet condensed milk

4 tbsp cocoa powder - sifted

2 tbsp (or 25g) butter, plus more for rolling balls

1 pinch of salt

50g of good quality chocolate sprinkles (or any other type of sprinkles you like)

- In a small sauce pan, mix the condensed milk, the cocoa powder, the salt and the butter and heat over a medium heat.

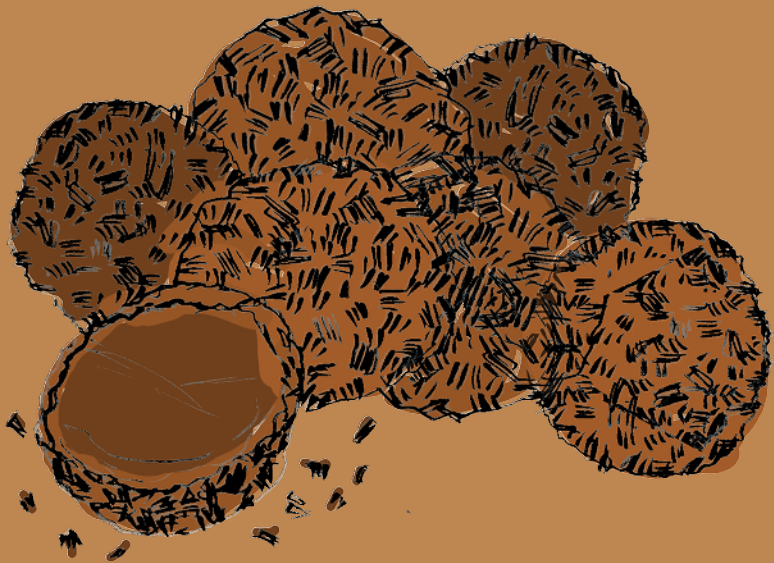
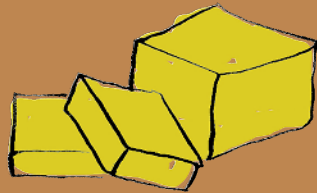
- Cook it, mixing constantly (this is important, otherwise it will burn!) until it thickens. A trick is to run your wooden spoon (or spatula) in the middle of the mixture. If it takes a while for the mixture to move, then your brigadeiro is ready!

- Set the mixture aside, allowing it to cool to room temperature.

- In a plate or bowl, spread your sprinkles.

- Once the mixture is cool, grease your hands with butter and roll the brigadeiros into little balls, around 3cm diameter. In Brazil we usually use half a tablespoon as measurement, but you can make your balls as big or small as you'd like!

- Roll the brigadeiro balls into the sprinkles and place them in paper/foil candy cups.



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Share your food!

We hope you enjoyed this cookbook and that you've learned something along the way, be it the recipe for feijoada or the eating customs of the Badjao!

If you tried any of these recipes, we'd love for you to share your experience by joining our Facebook group, 'SERVE'd Up Cookbook Recipes and Tips'.

Let's continue this culinary quest beyond the pages of this book!

Follow SERVE on social media for more and use the #SERVEDUp hashtag to share your cooking with us.




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The *SERVE'd Up* cookbook brings readers on a trip around the globe, demonstrating how to cook recipes that our volunteers learned to make while working in the Global South. This book sparks a learning process, feeding an interest in other cultures. It includes photos from each country alongside real volunteer accounts that educate readers on the way in which food impacts the lives of others. With a little help from this book, we encourage readers to acquire new cooking skills, to appreciate the importance of food, and to explore the world through their taste buds.

