

MANDELA DAY

GLOBAL ONLINE COOK-A-LONG



THIS MANDELA DAY HELP FEED, NOURISH & GROW THE CHILDREN OF SOUTH AFRICA!

RECIPES

HEARTY VEGETABLE, RED LENTIL AND COCONUT SOUP

(See ingredient quantities for 5 litres or 2.5 litres of soup)

1. Fill, and boil the kettle
2. Peel and chop all the vegetables finely (it's easier if they smaller - it cooks more quickly)
3. Make up the spice mixture if using a combination
4. If using stock cubes, place in a jug and dissolve with hot water (if using powder, you will throw straight in later)
5. Place a pan on the heat and add a good splash of olive oil
6. Add the onions, leeks, carrots and celery to the pan and saute for a good few minute until softened/translucent
7. Now add the spice mix and fry for a minute to release the flavours – add more oil if too dry - we don't want the spices to burn
8. Now add the courgette and sweet potato and turn in the mix so coated with the spices
9. Add hot water, stock cubes, tomato puree, lentils and bay leaves
10. Refill and re-boil the kettle, add 2 more litres of water more water as needed – if making 5 litres of soup
11. Add black pepper and a salt (very sparingly as stock may be salty enough – taste first)
12. Simmer until the vegetables and lentils are soft (about 30 minutes depending how small you chopped the veg)
13. Turn off heat and blend with a stick blender (or transfer to liquidiser and blitz in batches)
14. Add in the coconut cream and stir again
15. Check seasoning and adjust – add more salt, pepper, stock powder if required. You can also add sugar and a squeeze of lemon to help balance the flavours (esp. if too salty)
16. Cool and refrigerate – see separate notes for cooling if you are donating the soup

SODA BREAD

1. Preheat the oven to 190 degrees Celsius
2. Place the flours, oats, bicarb and salt in a bowl and mix
3. In a separate bowl/jug whisk together the buttermilk/yoghurt, the egg, and the honey
4. Make a well in the centre of the dry ingredients and pour in the wet mixture
5. Use a fork to stir the wet mixture into the dry flour
6. When the dough starts to come together, use your hands to bring it together fully, and shape into a round.
7. Then lightly flour a baking sheet and place the round of dough on to the sheet
8. Flatten it slightly into a disk of about 7cm thick
9. Cut a cross shape into the top of the dough with a blunt knife
10. Bake for 30 - 40 minutes (in a fan oven) or up to 50 minutes in a regular oven - until a crust has formed on the top, and the base sounds hollow when you tap it.
11. Turn the finished bread onto a wire rack to cool
12. Serve warm, eat same day.

INGREDIENTS

HEARTY VEGETABLE, RED LENTIL AND COCONUT SOUP		
	5 litres (if donating)	2.5 litres (home only)
Onions	2	1
Carrots	2	1
Celery	2	1
Leek	1/2	1/4
Courgette (large)	2	1
Sweet potato (large, approx. 450g)	1	1/2
Vegetable stock cubes/powder	For 4 litres water (approx. 8 cubes)	For 2 litres water (approx. 4 cubes)
Tomato paste	2 Tbsp	1 Tbsp
Large bay leaves	2	1
Light olive oil	50ml	25ml
Red lentils (not green or black)	2 cups/350g red lentils	1 cup/175g red lentils
Boiled kettle water	4 litres	2 litres
Spice Mix (mix OR you can use any pre-mix you have)	2 Tbsp ground cumin 2 Tbsp ground coriander 2 tsp turmeric 2 tsp paprika 1 tsp cinnamon 1 tsp allspice (or 40g your own pre-mix)	1 Tbsp ground cumin 1 Tbsp ground coriander 1 tsp turmeric 1 tsp paprika 1/2 tsp cinnamon 1/2 tsp allspice (or 20g your own pre-mix)
Salt and Pepper	To taste	To taste
Tin coconut cream (min 15% fat/100g)	1 tin	1 tin (will use half)
Caster sugar	2-4 Tbsp	1-2 Tbsp
Lemon	1	1/2
FOR THE RUSTIC SODA BREAD		
Wholemeal flour	250g	
Plain Flour	100g (+ 25g for dusting)	
Porridge oats	50g	
Bicarbonate of soda (baking soda)	1 tsp	
Salt	1 tsp	
Honey or treacle	1 tsp	
Large Egg	1	
Buttermilk (or full-fat Greek yoghurt, or full fat milk soured with 1 tbsp of lemon juice or vinegar)	300ml	

UTENSILS

For the soup:

- Large chopping board
- Large cook's knife – must be sharp
- Large pan with lid– ideally 7 litre capacity for the 5 litre soup/or smaller if making 2.5 litre
- Large mixing spoon/paddle
- Kettle – filled and boiled in just before the start of the class
- Large heatproof jug
- Tbsp & Tsp measures
- Small bowl
- Large “keep-it-clean-as-you-go” bowl – for peelings and rubbish
- Stick blender or liquidiser
- Ladle
- If donating:
 - Solid plastic sealable containers (thoroughly cleaned ice cream tubs are ideal)
 - Kitchen/paper towel
 - Empty space in your freezer
 - Clingfilm
 - Cool box and ice packs – for transporting

For the soda bread:

- Med/large mixing bowl
- Small/med mixing bowl/jug
- Mixing spoon
- Whisk
- Fork
- Baking sheet/tray
- Blunt knife
- Wire cooling rack

GUIDANCE - IF DONATING SOUP

When cooking for others (especially vulnerable people), it is very important that you cook hygienically and that you chill the food quickly. Here are some guidelines to follow:

Preparation & Cooking:

- Clean your kitchen thoroughly before you start cooking- anti-bac spray all working surfaces and only cook with clean equipment.
- Only cook this food at this time, don't mix in with cooking other meals
- No pets in the kitchen when cooking
- If young children in the kitchen, no fingers near the food, no coughing near the food
- Thoroughly clean the containers for donating– ideally a wash in the dishwasher, otherwise hot soapy water, rinse and leave to air dry (don't dry with a used dishcloth)
- Wash hands thoroughly before cooking
- Wash all vegetables very well, even though peeling
- If long hair, tie it well back (hair always gets into food)
- If any open sores/cuts on hands, wear gloves
- Ideally wear a mask, but understand this may be asking too much

Chilling, labelling and transporting:

- When the soup is cooked, you want to cool it as quickly as possible, and freeze
- You can fill your sink with cold water/ice and place the whole pot of cooked soup in there, stirring to allow the heat to escape. If you can't do this, stir frequently to cool
- As soon as its cooled slightly, decant the soup into the cleaned smaller containers. Don't seal the lids (that will keep the heat in) but cover lightly with kitchen paper (to prevent contaminants getting in)
- As soon as you feel it's possible, seal the lids and freeze (remember that it will expand with the lid on if still warm, so don't overfill and try depressing the lid slightly and expel the air when closing, so it has room to expand.
- Put the soup in the freezer.
- Transport the soup in a cleaned cool box/bag with ice packs



Recipes and Cook-a-long facilitation by Cook for Good - <http://www.cookforgood.uk>