



**Popular
at Christmas
in Trinidad**

Cooking up a recipe for equality

What you'll need: Constant *refreshing* of your Race Equality Scheme so it is not past its *sell-by-date*. Ensure *well-seasoned* by support from *chef* and communities. *Too many cooks* cannot spoil this *dish*.

What you do: A Race Equality Scheme – which sets out plans for tackling race inequality in health – is always work in process. It is never finished, not something you *make*, put on the *shelf* and allow to *go off*. At Bristol PCT, which, along with Wandsworth TPCT, has pioneered work in this field, the key, they say, is to show willing. 'It's not just about technical compliance with the law,' says Christina Gray, the PCT's Associate Director of Public Health. 'It's about being committed to an ongoing process. We assume that there is always something that we have yet to discover. That makes us open and continually improving.'

A good scheme is transparent, open to scrutiny by a range of partners including staff, NHS and public service organisations, advocacy and community groups, the public and individuals. The information is published on a website but also draws issues to the attention of communities and the public, without overburdening them. Progress is reported regularly to the Board – it's vital that senior figures are supportive and that the scheme is core to your organisation.

The insider: Christina Gray says: 'If you have a robust, well-informed race equality scheme and action plan, you are meeting your core standards for better health.'

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Caribbean: Garlic Pork

What you'll need: 1kg cubed pork shoulder or leg, 5 large garlic cloves, 4 tbsp chopped fresh thyme, salt, juice of 1 lime, 1 chopped onion, 2 hot chilli peppers, 1 tbsp fresh thyme, white wine vinegar.

What you do: Use a pestle and mortar to crush together the 4 garlic cloves, lime juice, onion, chilli peppers, thyme and 2 tsp of salt into a paste. Layer the cubed pork and paste into a large sealable glass jar. Pour 150ml white wine vinegar over the mixture, giving it a little stir. Leave in the fridge for 1-3 days. Drain pork, put into boiling water and simmer for 3 minutes. Pat dry before frying up with 1 chopped clove of garlic and 1 tbsp fresh thyme until the meat is golden and crispy. Serve with sweetcorn and rice, or cassava. *Serves 4.*

The insider: Originally a Portuguese dish, Garlic Pork is now a popular at Christmas in Trinidad. If you want it extra garlicky simmer the marinade until it thickens and then pour it over the pork before serving.

Did you know? Strokes among African-Caribbean men are 40 to 70 per cent more likely than for other people.

December

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Religious festivals: 8 EID AL ADHA 22 HANUKKAH 25 CHRISTMAS DAY 26 ZARATHOSHT DISO

