



This pilaf is said to originate in Gambia

Workforce innovation gives food for thought

What you'll need: A *hard-boiled* attitude to understand why services sometimes fail BME communities *combined with* a willingness to *chuck out old recipes* that don't meet their needs.

What you do: Luton PCT found *feeding* was at the heart of a major health problem for a lot of BME children. Many were requiring hospital treatment for deformed palettes and gastro-intestinal infection. Realising that continued bottle-feeding, sometimes past school entry age, was causing the problem, local health visitors began health education work. 'It had virtually no impact,' recalls Ian Winstanley, Luton PCT's Chief Operating Officer. 'We were not reaching the mothers and grandmothers we needed to reach in those communities.'

So Luton PCT *sifted* through its workforce for an answer. A white nurse consultant who has worked in Pakistan was asked to recruit specifically among mothers who did not have English as a first language and who lived in the affected communities. The PCT *created* an Open College Network (OCN) course, *presented* in the appropriate languages, that helped them understand how the NHS works and gave them appropriate qualifications and the ability to speak with authority.

The insider: 'These staff are listened to by the community's matriarchs and have delivered phenomenal results,' says Ian Winstanley. 'The incidence of deformed pallets has fallen dramatically. The GPs are delighted. Self-referral is high because people feel comfortable with the service.'

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West African: Jollof Rice with beef

What you'll need: 500g inch-cubed sirloin or topside beef, 2 garlic cloves, 2 tsp chopped ginger, 2 tsp chopped fresh thyme, 2 chopped hot chillies, 2 chopped onions, 1 tsp cayenne pepper, 4 blended fresh tomatoes, 1 beef stock cube, 240g washed rice, 2 diced carrots, a handful of peas.

What you do: Jollof means 'one pot' and one pot cooking signals one thing across the globe: quick and easy comfort food. Sizzle the beef in a big pot on a medium heat with a splash of vegetable oil, garlic, chopped ginger and fresh thyme. Season. When browned, remove meat and add the hot chillies, onions, cayenne pepper and tomatoes to the pot. Once the onions are soft, pour in 100ml of water. Bring to the boil, stir in the beef stock cube and the washed rice, pouring in more boiling water until it reaches 1cm above the rice (roughly 500ml). Simmer for 8 minutes. Add the meat, diced carrots, and a handful of peas. Cook for 5 more minutes until the water evaporates and the rice is soft. *Serves 4-6*

The insider: Be creative. The tomato base is a must, but you can use any meat, fish or vegetables, and add more chilli if you like it spicy.

Did you know? Male life expectancy in Westminster PCT, where many West Africans live, varies hugely: 83 years in Belgravia and 67 years in Church Street

February

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