



An Indian classic, with a fennel twist

Movie feast as good as Toad in the Hole

What you'll need: Film presentations à la *Jamie Oliver* giving *pukka* health messages for BME communities that's as *chilled* as *comfort grub* after a night *playing footie* with the boys.

What you do: *Get stuck in* and recruit local film makers to *kick-start* their cameras and shoot some real-life health issues affecting their communities. Round up your local voluntary organisations for different ethnic groups to get their people out for a night, *sort* a venue, screen the film, along with a talk from some *boffins* and *Bob's your uncle*, you've got a *feast*.

Haringey Teaching PCT in north London started by screening 'Seksmisja' (Sex Mission) free at a neighbourhood learning centre. Two Polish-speaking nurses from the PCT's sexual health service spoke about emergency contraception and PALS distributed materials in Polish about NHS services.

The Haringey team then launched a competition for locally made films about race, health and the community. One focuses on sickle cell disease, including interviews with carers and people who have the condition. In 2008, Haringey Independent Cinema, along with the TPCT, is screening regular double bills. For example, the issue of diabetes will be explored in a film about the Asian community followed by a Bollywood movie.

The insider: Michele Daniels, the TPCT's Head of Diversity and Health, explains: 'We want to contact people from BME communities to raise awareness of health and race issues in a way which has mass appeal.'

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South Asian: Cauliflower curry

What you'll need: 1 tsp fennel seeds, 4 tsp vegetable oil, 1 chopped onion, 2 pinches turmeric, 2 tsp chopped ginger, ½ tsp chilli powder, 1 tsp ground coriander, 3 tsp tomato paste, 200g inch-diced potato, 200g cauliflower florets, 4 chopped tomatoes, 100ml whole milk, handful of roughly chopped coriander leaves, lemon juice.

What you do: Sprinkle the fennel seeds into a pan with the vegetable oil. Cook on a medium heat for 2 minutes and then add the onion and cook until browned. Sprinkle in the turmeric, ginger, chilli powder and ground coriander. After a couple of minutes stir in the tomato paste, potato, cauliflower florets, tomatoes and milk. Season, and stir until the potatoes are cooked (about 15 minutes). Right at the last minute, put in a handful of roughly chopped coriander leaves and the juice of half a lemon. Serve with basmati rice. *Serves 4*

The insider: If you fancy a richer meal just replace the milk with tinned coconut milk.

Did you know? In Leicester PCT, like elsewhere, diabetes rates for South Asian people are three times the national average

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Religious festivals: 1 ST DAVID'S DAY 16 PALM SUNDAY
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26 KHORDAD SAL

race for health



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