



Traditional dish served on religious occasions

## Lost culinary arts rediscovered in classes

**What you'll need:** 'Cookery lounge' where BME communities can relearn lost *culinary* skills, *cooking tutor* with *layers* of languages, *low-priced* classes in a *warm* environment.

**What you do:** In areas such as Ealing PCT in London, high incidence of diabetes, coronary heart disease and obesity can be tackled by restoring people's confidence in cooking.

'The classes at Dormers Wells Community Centre encourage people to use healthier cooking, with less oil, salt and more vegetables,' says Kalwant Sahota, the PCT's Choosing Health Coordinator. 'Communities may have lost skills because of their lack of extended families, personal isolation or, maybe, because people just don't have enough time and are cooking on a tight budget. There may be plenty of fresh produce sold on street corners, but people may not know what to do with fruit and vegetables.'

The Cookery Lounge – a domestic-style teaching kitchen – was opened in Southall in Sept 2007 by Atul Kochhar, the first Asian chef to be awarded a Michelin star. There is an emphasis on hands-on cooking rather than being lectured and everyone gets to take food home. Classes are advertised using local BME media and community networks.

**The insider:** 'We have Asian people learning how to make healthy muffins, and the Somali community learning about how to make a basic vegetable curry,' says Kalwant Sahota.

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## East African: Ethiopian Chickpea fritters

**What you'll need:** 200g chickpea flour (gram flour), 3 finely chopped onions, 4 crushed garlic cloves, a pinch of ground coriander, cardamom, fenugreek, nutmeg, cinnamon, ½ tsp all spice, 1 tsp cayenne pepper, 1 tsp paprika, vegetable oil.

**What you do:** Mix the chickpea flour with 100-120ml of water, a finely chopped onion, and 1 crushed garlic clove. Season. Roll the sticky ball onto a floured surface and cut into ¼ inch thick fingers. Heat a splash of vegetable oil in a large pan and cook the fingers for 3 minutes each side. Remove. Add 2 finely chopped onions into the pan with a bit more oil. When the onions are translucent add a the ground coriander, cardamom, fenugreek, nutmeg, cinnamon, all spice, cayenne pepper, paprika, 3 crushed garlic cloves, 200ml of water and 2 tbsp of vegetable oil. Gently bubble for 20 minutes. *Serves 4-6.*

**The insider:** To make this dish healthier, bake the fritters in the oven at 200C for 25 minutes instead of frying them.

**Did you know?** Lambeth PCT identifies almost all HIV infections in pregnant women, pre-delivery, a particular benefit to its black African population

## November

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**Religious festivals:** 12 BIRTH OF BAHA'U'LLAH 13 BIRTHDAY OF GURU NANAK DEV SAHIB 30 ST ANDREW'S DAY

race for health