

Displaced cook off  
Recipes and ingredients list

Basic ingredients (leaders to vary amounts depending on group size):

- Plain flour	400g	for bread, portions vary
- Rice	1kg	11 portions
- Lentils	170g	3 portions
- Dried chickpeas	85g	2 small portions
- Tinned kidney beans	400g	2 portions
- Tinned sardines	125g	1 portion
- Vegetable oil	300ml	use for cooking
- Salt		

Additional ingredients (leaders to tell groups how many they can select):

**Herbs**

- Mixed herbs
- Oregano
- Rosemary
- Thyme
- Basil
- Marjoram
- Bay leaf

**Spices**

- Black pepper
- Cardamom
- Cayenne pepper
- Coriander
- Cumin

- Ginger

- Turmeric

**Other**

- Garlic
- Onion
- Red pepper
- Tinned tomatoes
- Tube of tomato puree
- Powdered milk / Milk
- Cheese
- Sugar
- Honey
- Yoghurt
- Baking powder

## Cooking suggestions for your main ingredients

### Plain flour – flatbread/roti

Makes 6  
10 minutes prep  
6 minutes cooking

100g flour plus some for dusting  
A pinch of salt  
60ml water  
Oil

Mix the flour, salt and water in a bowl and knead with your hands a few minutes until smooth.  
Divide the dough into six and roll into balls.  
Put a frying pan on the heat (A heavy frying pan is better).  
Flour your worksurface and flatten each ball into a thin circle about 15cm in diameter.  
When the pan is hot put your first bread in it. After about 30 seconds flip the bread over and cook it for 30 seconds the other side. It might puff up...that's a good sign!  
Take the bread out of the pan and wrap it in a clean teatowel.  
Repeat until all the bread is cooked.

### Rice

5 minutes prep  
15 minutes cooking  
10 minutes rest

90g rice per person  
Enough water as described below

Wash the rice in some water to remove any starch and dirt. You can do this by putting the rice in the pan you are cooking it in, adding some water, swirling the rice with your fingers and then carefully pouring out the water so you do not lose any of the rice.  
Add enough water to cover the rice and then add enough to the depth of the first joint of your finger over the rice (About 2 to 3 cm).  
Cover the pan and bring the rice to the boil.  
Lower the heat and let the rice cook for 10-15 minutes.  
Check the rice. If you can still see water cook it a little longer, checking every 2 minutes.  
If there are steaming holes among the grains and you can't see bubbles breaking above them turn off the heat, cover the rice and leave it for 10 minutes.  
Fork the rice to make it fluffy and serve.

## Lentils

### Whole lentils

5 minutes prep  
20 minutes cooking

55g lentils per person  
165ml water per person

Wash the lentils in some water in the same way you washed the rice.

Put the lentils in the pan with the water.

Cover the pan and bring to the boil, cooking for 15 minutes.

Test to see if the lentils are soft by pushing a lentil against the side of the pan. If it easily squashes it is ready. Otherwise give it five more minutes and try again.

If you need to add a little more water do so sparingly.

Once the lentils are soft pour off any water and serve.

### Lentil soup (Daal)

10 minutes prep  
25 minutes minimum cooking time

55g lentils per person  
300ml water per person

Wash your lentils in the same way you washed the rice. Set them to one side, you will need the pan. Put the pan on the heat and add a little oil. If you have extra ingredients like herbs, spices or onions, add them now. Once they are golden and toasted and smell good, add your lentils and stir them through your flavourings.

Add the water and bring to the boil.

Cook until the lentils have broken up and the pan looks soupy. Stir occasionally to stop the lentils sticking to the bottom of the pan.

You can keep cooking until you have a smooth soup. Remember to stir it.

To make the soup thicker cook it a little longer with the lid off....and remember to keep stirring as this is the time it is most likely to burn.



## Chickpeas

1 hour to 1 day prep! (or use tinned)

40 minutes cooking time

42g chickpeas per person

water for soaking (tip: a pinch of bicarbonate of soda will help soften the chickpeas)

water for cooking

You have to soak chickpeas before you cook them.

Put the chickpeas into a pan and cover them with plenty of water to allow for them to double in size. You can either soak them overnight or bring the pan to the boil and then take it off the heat and let it stand for an hour.

Throw away the soaking water.

Cover the chickpeas with plenty of fresh water.

Bring to the boil then cook for 40 minutes.

## Tinned sardines

You don't need to cook these, but can if you want.

Use the oil in the tin to add flavour to your meal.

You can add them to your other ingredients while cooking them.

You can stir them into your meal once the cooking is complete.

## Tinned kidney beans

Can be eaten cooked or uncooked.

Even if you think it looks gross use the liquid from the tin with the beans. It will add some flavour to your meal.

