

MADE IN HACKNEY

The plant-based community cookery school in London
shares its favourite recipes from around the world



TROPICAL NO-BAKE BARS

By Melissa Saint Hill (Instagram: @the_bare_scientist) from Made In Hackney (madeinhackney.org)
Makes 8-10 bars | Prep 10 mins plus soaking and chilling | Cook none | Calories 167 (per bar)

130g (scant 1 cup) pitted dates, soaked in hot water

¼ tsp coconut oil

150g (1 cup) of a mix of dried pineapple, raisins, coconut shavings and pecan nuts

100g (1 cup) oats, blended to flour

2 tsp ground ginger

a pinch of salt flakes

- 1 Lightly grease and line a loaf tin with parchment paper.
- 2 Once the dates have softened after soaking in boiling hot water for about 20 minutes, blend or mash them with the back of a fork to form a smooth paste.
- 3 Fill the bottom of the lined loaf tin with some of the tropical mix (not all, just enough to cover the bottom of the tin).
- 4 Add all ingredients to a mixing bowl and mix thoroughly until everything is coated.
- 5 Transfer to the loaf tin and, using either the excess parchment or clingfilm, cover the mix and firmly press the mixture into the tin until it is packed in tightly. I use the back of a spoon or a measuring cup to pack the mixture in tightly.
- 6 Leave to refrigerate for a couple of hours until the block is firm.
- 7 Remove and turn right-side-up so the tropical mix is facing up and cut into bars.
- 8 This can be stored in an airtight container and kept all week in the refrigerator.



6.2g	2.8g	0.02g	15.7g	2.7g
Total fat	Saturates	Salt	Sugar	Protein



BANANA PEEL THORAN

By Hannah Walker from Made In Hackney (madeinhackney.org),
 photography by Amy Hillier (www.amyhillier.com)
Serves 2-4 | Prep 10 mins plus soaking | Cook 20 mins | Calories 218 (per serving)

3 large banana peels
1 onion, finely chopped

1 sweet red pepper

1 red chilli

1 green chilli

2 garlic cloves, crushed

1 tsp grated ginger
(or ½ tsp ground ginger)

a pinch of asafoetida
(optional)

5-6 curry leaves

2 tsp olive or coconut oil

½ tsp each of black
mustard seeds and
cumin seeds

½ tsp turmeric

1-2 tbsp grated coconut

- 1 Wash the bananas well and peel the skin, removing any big dark spots. Set the bananas aside for use in other recipes or eat them! Soak the peel in water (and vinegar if not organic). After soaking (for 5 minutes if organic or 20 minutes if non-organic), chop the peel into slices or cubes about 1cm (½in) thick. Peel and chop the onion, red pepper and red and green chillies.
- 2 Heat the oil in a pan over a medium heat and add the mustard seeds and cumin seeds. Once they start to pop, add the asafoetida (if using), red and green chilli, garlic, curry leaves and ginger and sauté for 1-2 minutes until the garlic begins to brown.
- 3 Add the onion and sauté for around 5 minutes until this softens and browns.
- 4 Add the banana peel, pepper and turmeric and sauté for another 2 minutes, then add around 60ml (¼ cup) water and a pinch of salt. Cover and cook until the banana peel softens, around 2-5 minutes depending on the type of banana/plantain used.
- 5 Uncover and cook for another couple of minutes, then add the grated coconut. Turn down the heat and cook for a final minute to allow the coconut to infuse.
- 6 Serve along with rice and dahl.

7g	2g	0.01g	19.5g	3.6g
Total fat	Saturates	Salt	Sugar	Protein



CARIBBEAN-STYLE PATTIES

By Jay Brave (www.jaybrave.com) from Made In Hackney (madeinhackney.org),
photography by Amy Hiller (www.amyhillier.com)

Makes 8 | Prep 30 mins | Cook 45-50 mins | Calories 245 (per patty)

FOR THE CRUST

345g (3 cups) wholemeal or white spelt flour (or plain flour),
you can also use a blend of 50/50 wholemeal/white flour

1 tsp sea salt

2 tsp achiote or turmeric powder (for yellow patties)

60ml (¼ cup) grapeseed or rapeseed oil

240ml (1 cup) plant milk

make other colours of crust by using 1 tsp powdered beetroot or hibiscus (pink), spinach or moringa (green), red lentil or paprika powder (red)

FOR THE FILLING

175g (1¾ cups) diced mushrooms

½ of each of a green, yellow, red and orange bell pepper (or purchase 2 different bell peppers and use whole)

1 red or white onion

1 spring onion (scallion) (optional)

2 Roma/plum tomatoes, diced

1 bay leaf

2 sprigs of thyme (or 1 tsp dried thyme)

1 tsp achiote or turmeric powder
seasoning of choice - you can add scotch bonnet, pimento, paprika, onion powder, cayenne pepper, mixed herbs, all spice, curry powder or a bit of all of the above!

1 To make the pastry, place the spelt flour (or plain flour), achiote/turmeric and salt in a mixing bowl and use a fork to combine. Alternatively, use a food processor and pulse to combine. Add the oil and stir with a fork or pulse in the food processor to get a crumb-like consistency. Add the plant milk and combine until you have a dough ball. Place the dough, covered, in the fridge for about 20 minutes while you make the filling.

2 For the filling, heat cooking oil in a large pan over a low heat. Add the onion and cook for about 10 minutes until soft and translucent, stirring often. Add the bell pepper, mushrooms and tomatoes. Cook for 10 minutes, stirring often, until the vegetables have started to soften. Add the bay leaf, achiote, spring onions, thyme, salt and seasoning of choice, and cook for 1 minute.

3 Take the filling off the heat and leave to cool slightly while you divide the dough and roll it out. Divide the pastry into eight even pieces and roll each into a ball.

4 Meanwhile, preheat the oven to 200°C/Gas Mark 6.

5 On a lightly floured surface, roll each ball out into a circle about 3mm (⅛in) thick. Cut round a 16cm (6in) upturned round plate or saucer with a sharp knife to get a neat circle of dough. Don't worry if it's not perfect. The plate should be a good template.

6 Place a couple of heaped spoonfuls of filling on one side of a dough circle, in a smile shape. Be careful not to add too much or you won't be able to seal the patty.

7 Brush a little water around the whole rim of the pastry and fold it over the filling. Press the edges together to seal, then crimp the edge with the tines of a fork. Poke some holes in the top of the patty for steam to escape.

8 Place the patties on a baking tray lined with baking paper. Brush the tops of the chilled patties with a little dairy-free milk, then bake for 25-30 minutes until golden and bubbling.

9 Set aside to cool for about 10 minutes before serving.

8.8g	0.6g	0.26g	5g	7.8g
Total fat	Saturates	Salt	Sugar	Protein

KOLO ROAST

By Woin Tegegn (Instagram: @ethiopickitchen) from Made In Hackney (madeinhackney.org),
photography by Casey Lazonick (www.caseylazonick.com)

Serves 4 | Prep 5 mins | Cook 35 mins
Calories 452 (per serving)

200g (1 cup) barley	50g (½ cup) sesame seed
100g (½ cup) each of red and white chickpeas	30g (¼ cup) peanuts (optional)
25g (¼ cup) Ethiopian sunflower seed	1 tbsp berbere (Ethiopian spice)
	2 tbsp olive oil

- 1 Wash the barley thoroughly, then boil for 5 minutes with a pinch of salt.
- 2 Drain the water and warm the pan.
- 3 On a low heat, start to evenly toast the barley and, when it has turned golden, remove from the heat.
- 4 Boil the chickpeas with a pinch of salt for 10 minutes, then drain. On low heat, toast the chickpeas until cooked and crunchy. Remove from the pan.
- 5 Toast the peanuts on low heat for a few minutes, then remove from the pan.
- 6 Toast the sunflower seeds on low heat until they change to a creamy colour.
- 7 Finally, toast the sesame seeds on low heat until aromatic and lightly golden.
- 8 Mix all the toasted seeds, grains and chickpeas together. Mix the olive oil and berbere, then sprinkle over the kolo and mix by hand. It's now ready to eat!



21.9g	3g	0.47g	0.9g	14.3g
Total fat	Saturates	Salt	Sugar	Protein