

# RECIPES



# OF LIFE

# Shoreditch Trust



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Throughout all geographies, nations and time periods, the act of gathering for a meal has consistently fostered connection among individuals.

When we engage in the act of “eating together,” we actively build our connections with others — whether it is with our family members during a meal, with our friends at a communal event, dropping into our favourite restaurant or fast-food shop or eating together at school or work.

‘Recipes of Life’ was created by Natalie Rudland-Wood, a narrative therapist and chef based in Australia.

Bringing storytelling together with cooking and eating sessions, Recipes of Life focuses on promoting health, wellbeing and resilience. Sharing the stories linked to our well-loved culinary creations, as well as those of our loved ones, connects us all through our skills, abilities and knowledge. It also connects us to the wisdom of our communities, cultures and heritages. As we eat and talk together, we begin to connect through our stories.

This Recipes of Life booklet represents the knowledge, skills and humour of a group of young people from Hackney in East London. It includes a menu developed and cooked together by Hackney Quest Young People and Shoreditch Trust’s WaterHouse chefs, together with some recipes for some of their favourite dishes that they spoke about.

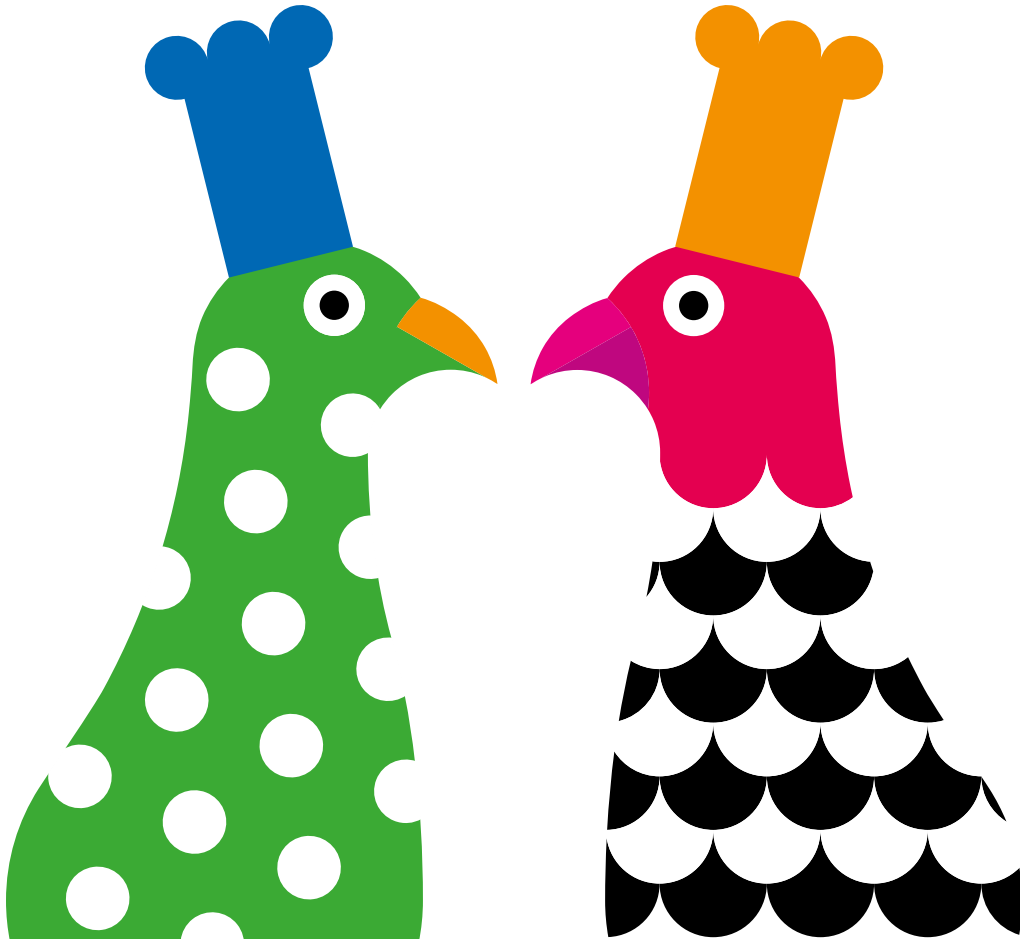
As well as sharing food-based recipes, through our sharing of stories we were able to bring themes together and create a metaphorical recipe of life — a recipe for connection.

This Recipes of Life project was a partnership between Hackney Quest and Shoreditch Trust in which young people came together to cook and eat and share stories about connection with friends, family and cultures, adapting and experimenting with new things and having fun. We hope you enjoy our recipes and stories.

Dr Angela Byrne, Clinical Psychologist  
Naveen Naseem, Narrative Approach Assistant, Shoreditch Trust

# A RECIPE FOR CONNECTION

A quick dish that brings us all together!



In Recipes of Life we don't just think about the recipes that create our favourite dishes, we also think about the recipes for important things in life. We thought about what made these sessions work and the overall theme of the stories told. Out of this, we created a recipe for connection.

## **ingredients:**

Exchanging conversation with the people around us.  
Being open to learning from each other.  
Empathy and listening.  
Having a laugh together.  
Appreciating each other.

## **method:**

### **exchanging conversation with the people around us:**

Some of us were talkative and some of us were shy, but we found different ways of helping each other to talk. This included working in smaller groups, sharing things we know well and feel confident about and being supported by the volunteers we know well. We 'broke the ice' by opening up about our favourite fast-food order which brought a sense of familiarity and a way to get to know one another.

### **being open to learning from each other:**

We shared many skills and abilities, including skills in preparing food and taking photographs. We learned from each other by sharing stories about our favourite dishes, the skills and abilities we have and the important people in our lives.

## **empathy and listening:**

These were the key ingredients that helped us to learn from each other and work together as a team.

## **having a laugh together:**

The sessions were really fun. We laughed at our 'weird food combinations' which included having french fries with ice cream or how we can make the most of just a few ingredients. This also gave us an opportunity to open up about our own likes and dislikes surrounding food choices.

## **appreciating each other:**

We got to celebrate together and eat the dishes we created and see the pictures and stories from the sessions. We took turns when it came to being the photographer for each session. We used our photographs in a final collective certificate to celebrate our involvement. The way we all helped each other in switching between different roles was really fun to watch. From helping chef and dividing tasks among each other to encouraging one another to participate, we all got to appreciate the activity we were doing together.

# GETTING TO KNOW EACH OTHER — WHAT'S YOUR ORDER?

This was a favourite moment of the session, there was a lot of laughter. Young people talked about what they loved and what they hated and about interests such as football and games and everyone got to know each other.

*"Spicy Korean flavour cheesy fries and drink. I had it once and really liked it. Because it is yummy a burst of flavour."*

*"Double bacon sandwich, chicken nuggets, chicken wrap... love cheese."*

*"I love getting fat chicken and chips from my local chicken shop."*

*"Love junk food, like making it at home (50% pre-made and 50% I will cook it)."*



# PASSING ON RECIPES

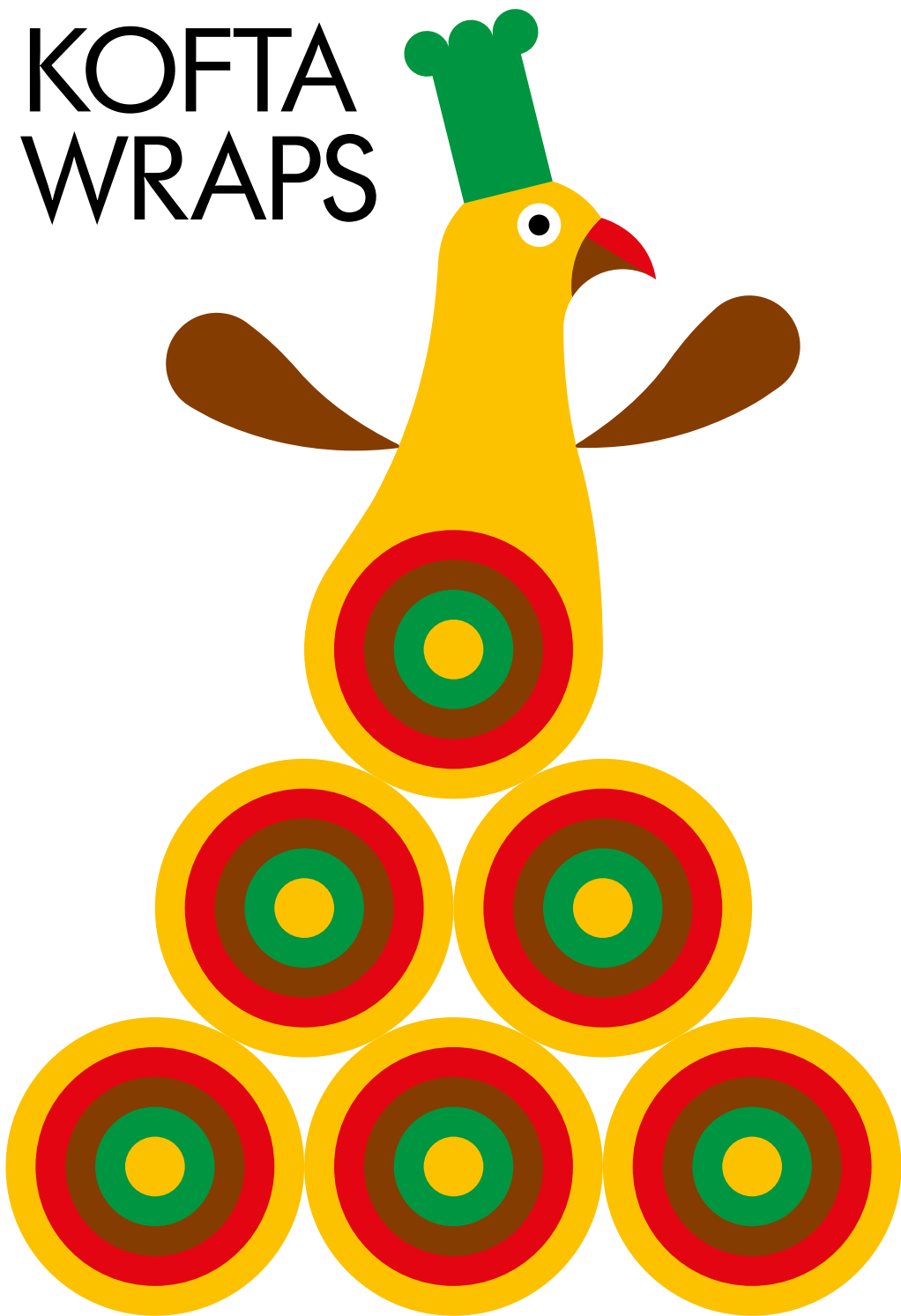
In the tapestry of life, there exists a rich tradition passed down through generations. Like an heirloom, it carries the flavours of wisdom and experience. Central to this approach is the theme of 'passing on recipes,' in which individuals impart not just their culinary secrets but also the very fabrics of their lives to the generations that follow.

We heard about the people who had first introduced our young participants to their favourite dishes or taught them how to cook it. This included grandmothers and mothers and visiting relatives in parents' home countries. We also heard about how group members pass on some of their dishes to those they care about, including brothers cooking for sisters and mums.

*"We cook waakye —  
an authentic Ghanaian  
dish — at home,  
we are from Ghana."*



# KOFTA WRAPS



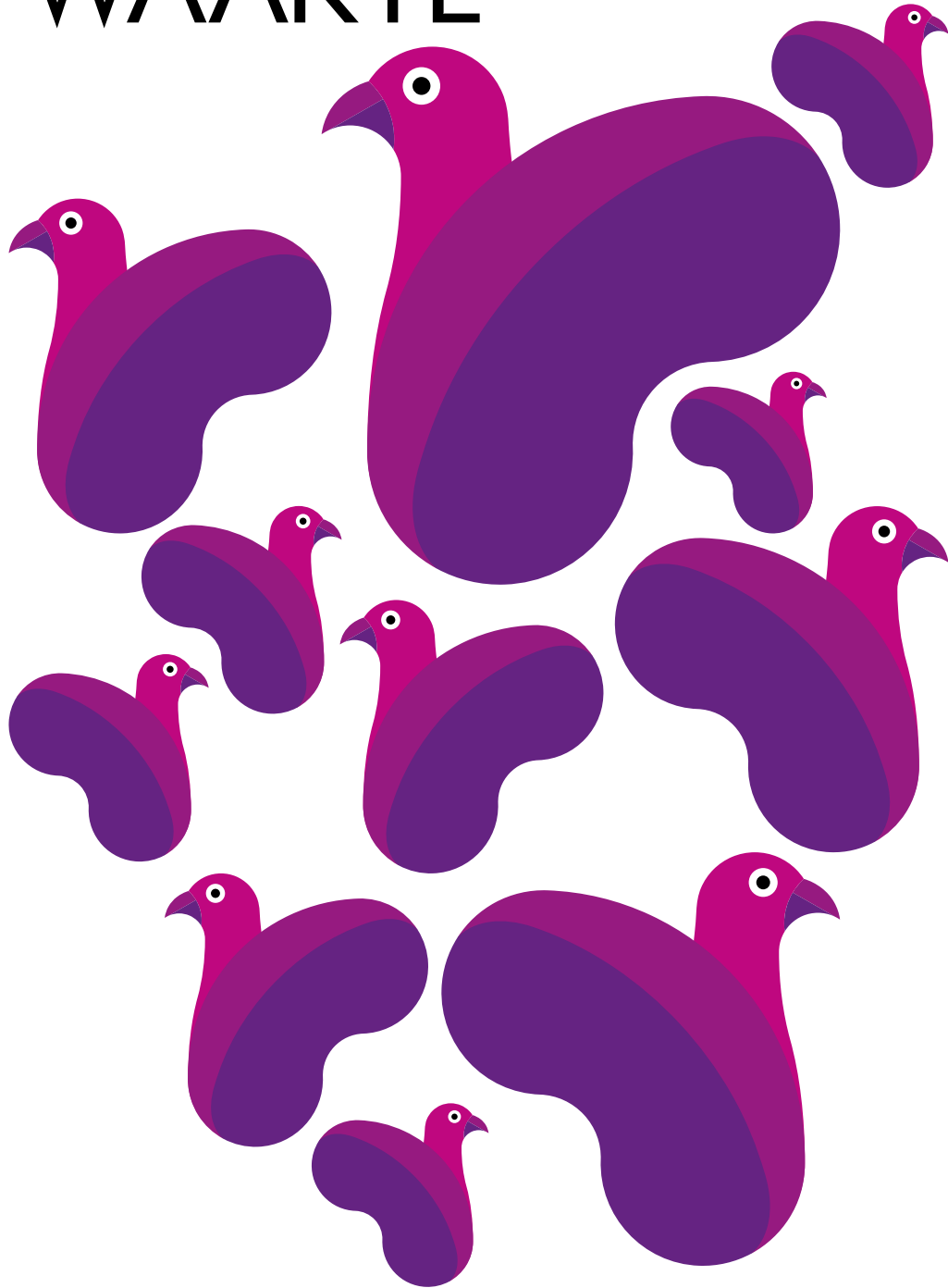
## ingredients:

500g lamb mince.  
1 teaspoon ground cumin.  
2 teaspoon ground coriander.  
2 garlic cloves, finely diced.  
1 tablespoon chopped mint.  
4 medium-sized tomatoes, diced.  
1 pack tortilla wraps.  
Cucumber, chopped.  
Lettuce, chopped.  
Humous.

## method:

1. In a bowl, mix together the lamb, cumin, coriander, garlic and mint until well-combined.
2. Roll into small balls, place on skewers.
3. In a pan, fry the lamb skewers on each side for 3–4 minutes.
4. Spread humous on the wraps.
5. Remove the koftas from their skewers, and place them inside the wraps, together with the chopped vegetables, and roll up!

# WAAKYE



Serve waakye as a side to other dishes, or by itself with a soft boiled egg and some chopped spring onion and chilli flakes on top.

## ingredients:

- 1 cup dried black-eyed beans.
- 1 cup white rice.
- 1 bunch of dried sorghum leaves (also called millet or waakye leaves).
- ½ teaspoon baking soda.
- 4 cups boiling water.
- 1 tablespoon coconut oil.
- Salt.

## method:

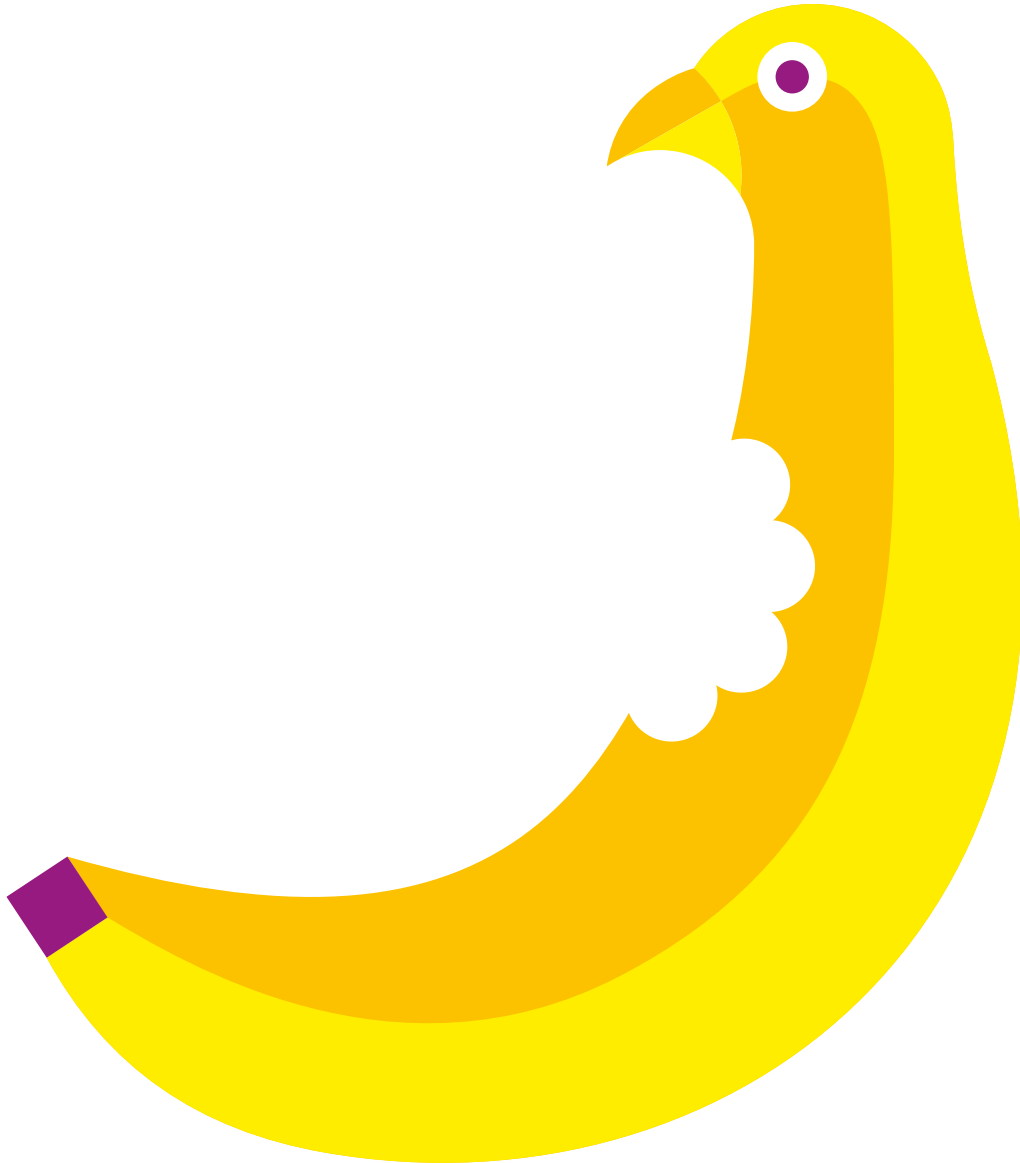
### the night before:

1. Rinse the beans, place in a large bowl and pour in enough cold water to cover them generously. Cover and set aside to soak overnight.
2. Rinse the sorghum leaves well and then put them in a large saucepan and pour in 4 cups of boiling water. Put the lid on and leave them to soak overnight to release all of the deep red colour from the leaves.

### on waakye day:

1. Stir ½ teaspoon baking soda in with the soaked sorghum leaves in their pan, place on a high heat and bring to a boil, then switch off the heat and set aside (with a lid on the pan).
2. Drain and rinse the soaked beans.
3. Using a slotted spoon, carefully remove all the sorghum leaves from their hot, deep-red coloured liquid.
4. Add your drained beans to the sorghum liquid, bring to a boil and then simmer (with the lid on) for around 30 minutes or so — until you are sure a bean is tender enough to be squeezed easily.
5. Wash your rice and then add it in with the beans. Season with a little salt and mix it all together. You might need to add a little extra water if you think there won't be enough to cook the rice.
6. Simmer for 15 minutes (with the lid on).
7. Switch off the heat and let stand (with the lid on) for another 15 minutes, until all the water is absorbed and the rice is tender.
8. Stir through 1 tablespoon of coconut oil.

# FRUIT SALAD



## ingredients:

- 1 honeydew melon.
- 1 pineapple.
- 1 bunch of grapes.
- 2 bananas.
- 5 kiwi fruit.
- 4 apples.
- 2 tablespoons honey.
- 4 tablespoons lemon juice.

You can use pretty much any fruit you like! Try experimenting with different combinations and flavours.

## method:

1. Cut the melon in half and scoop out the seeds. Cut the halves into wedges, which makes it easier to cut the melon into bite-size chunks and remove the rind.
2. 'Top and tail' the pineapple. Carefully cut away the gnarly outer skin all round. Cut the pineapple in half and then into wedges. Cut into bite-size chunks.
3. Wash the kiwi fruit and cut into bite-size pieces (no need to peel them).
4. Wash the apples (no need to peel them). Remove the stalks and cut into quarters. Cut away the core and then cut into bite-size pieces.
5. Wash the grapes. Remove them all from their stalks. Cut each one in half.
6. Peel the bannanas and cut into bite-size chunks.
7. In a large bowl, mix together the honey and lemon juice.
8. Tip in all your chopped fruit and mix it all around.



# COOKING TOGETHER AS A FAMILY...

We shared stories about cooking together with family members. This included favourite dishes but also included things that didn't always turn out well. Even when things didn't work out, it gave us a laugh and became a shared family story. Young people spoke about enjoyment of cooking for family members — as a way to connect with one another. This also brought a sense of belonging and expressing love for family members.

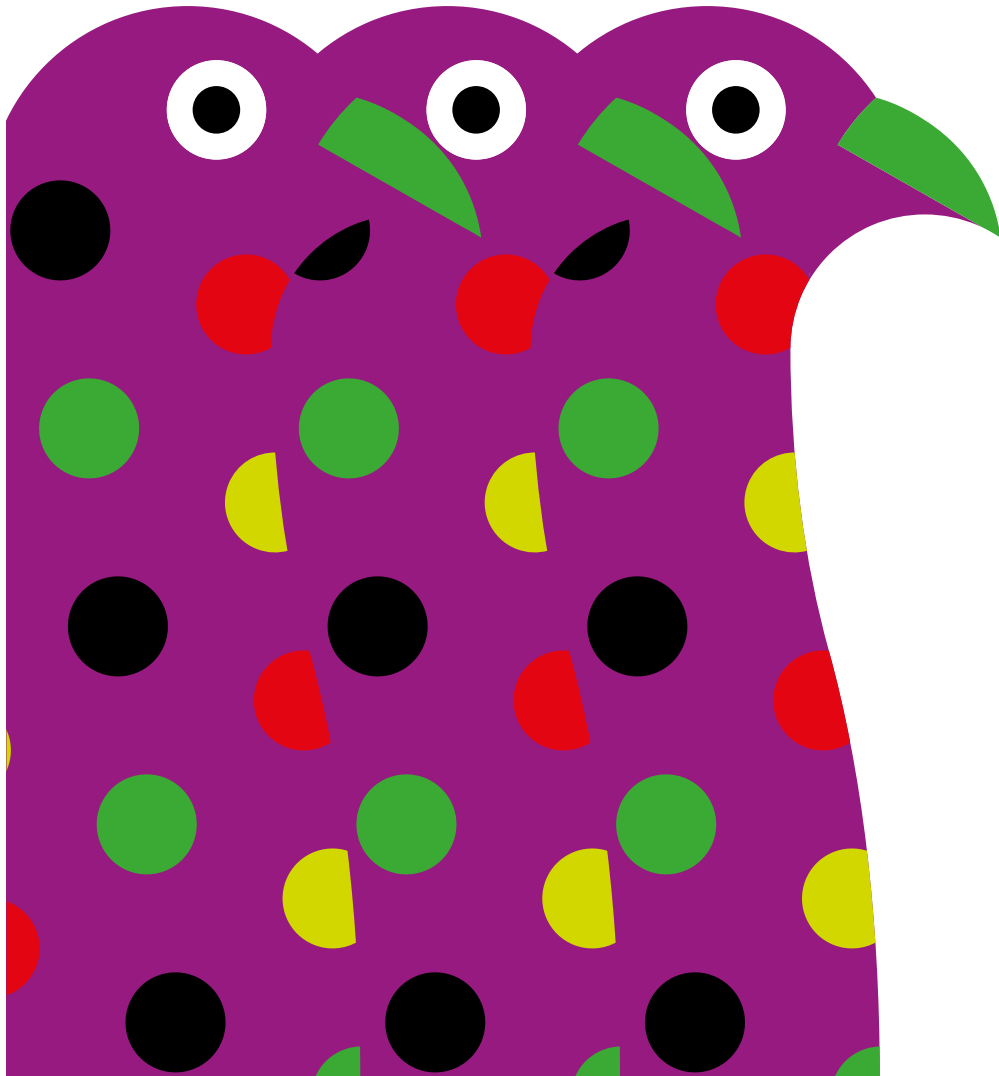
*"I make jollof rice for my mum."*

*"Waakye, lasagna, garlic bread and jollof rice. I really like it. Can't remember probably when I visited Ghana. My mum makes it for me."*



*"My favourite dish is egg-and-prawn fried rice. My mum used to make it for dinner a lot. I first ate it when I was little. My mum taught me how to make it when I was little, and now I make it for my sister."*

# JOLLOF RICE



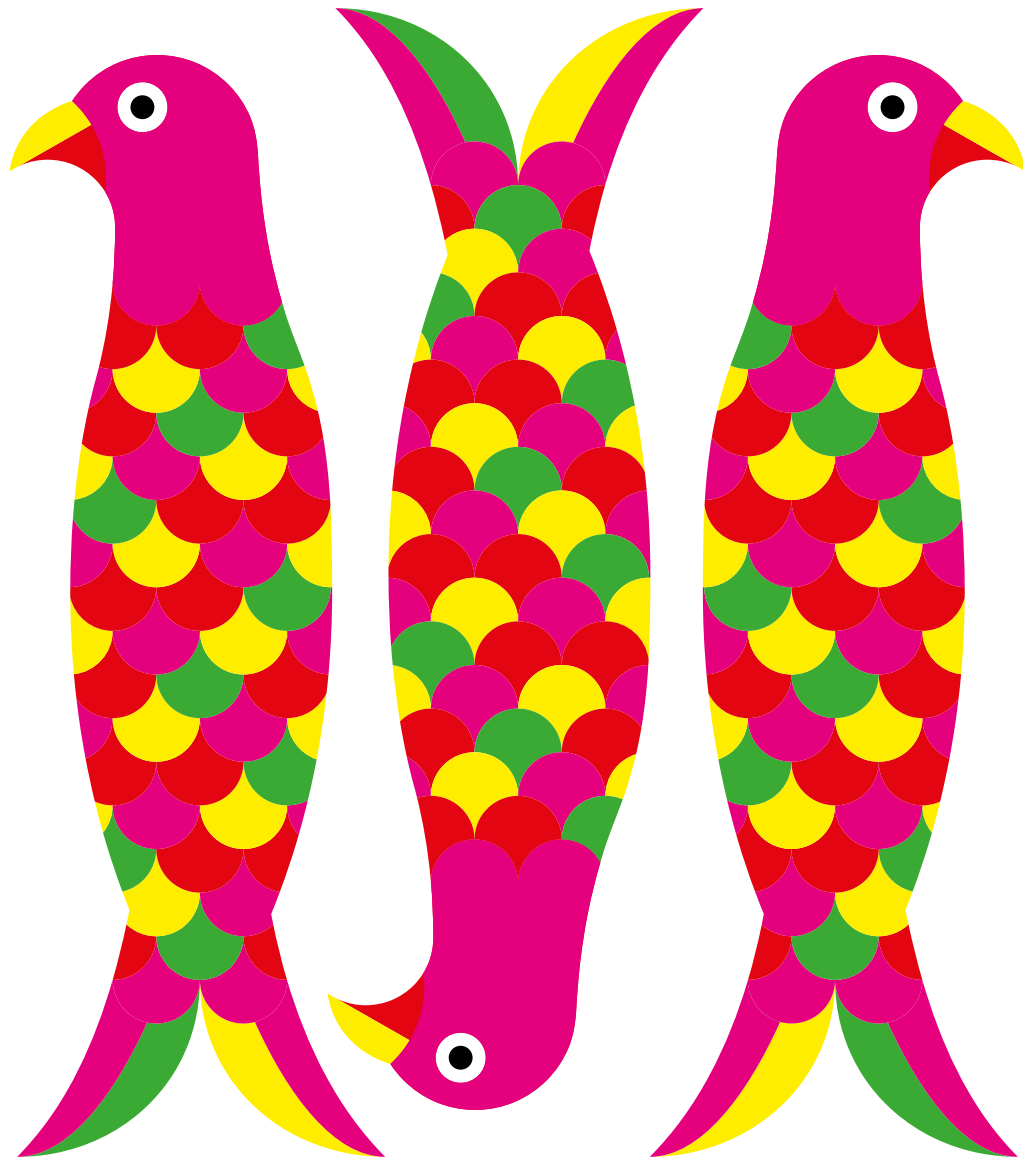
## ingredients:

2 cups medium brown rice.  
250ml vegetable stock.  
1 tablespoon of oil.  
2 onions, finely chopped.  
1 bell pepper, chopped.  
1 carrot, chopped.  
1 cup green beans, trimmed and chopped.  
4 very ripe tomatoes, chopped.  
2-3 chillies, deseeded and chopped.  
1 teaspoon black pepper.  
1 tablespoon dried or fresh thyme.  
4 tablespoons tomato purée.

## method:

1. Wash the brown rice and leave it to soak for 30 minutes in cold water.
2. Heat the stock in a large pan and leave to simmer.
3. Heat 1 tablespoon of oil in a large and deep frying pan and cook the onions, chillies and garlic until soft and the onions turn golden.
4. Add the tomatoes, tomato purée, half the vegetables and 250ml of stock. Simmer on low heat for 5 minutes.
5. Drain the rice and stir in, along with the thyme.
6. Cover and simmer on a low heat for 15 minutes.
7. Arrange the remaining vegetables on top of the rice and continue to simmer until the rice absorbs all the stock and softens. If it starts to get too dry during this stage, just add a splash of extra water.
8. Season with the black pepper and serve!

# EGG & PRAWN FRIED RICE



*Note: fried rice is best made with cold, pre-cooked rice. Please be sure to follow guidance on how to safely cool cooked rice. A simple way is to spread the hot, just-cooked rice on a baking tray, let it cool for 10 minutes, and then immediately put it in the fridge to chill for 30 minutes.*

## ingredients:

3 cups cold, pre-cooked rice.  
200g raw tiger or king prawns (peeled and deveined, and defrosted if you are using frozen prawns).  
¼ teaspoon salt.  
¼ teaspoon white pepper powder or ground black pepper.  
2 eggs.  
1 tablespoon garlic, finely chopped.  
½ onion, finely diced.  
1 carrot, finely diced.  
½ cup frozen green peas.  
2 tablespoons vegetable oil.  
2 spring onions, thinly sliced.

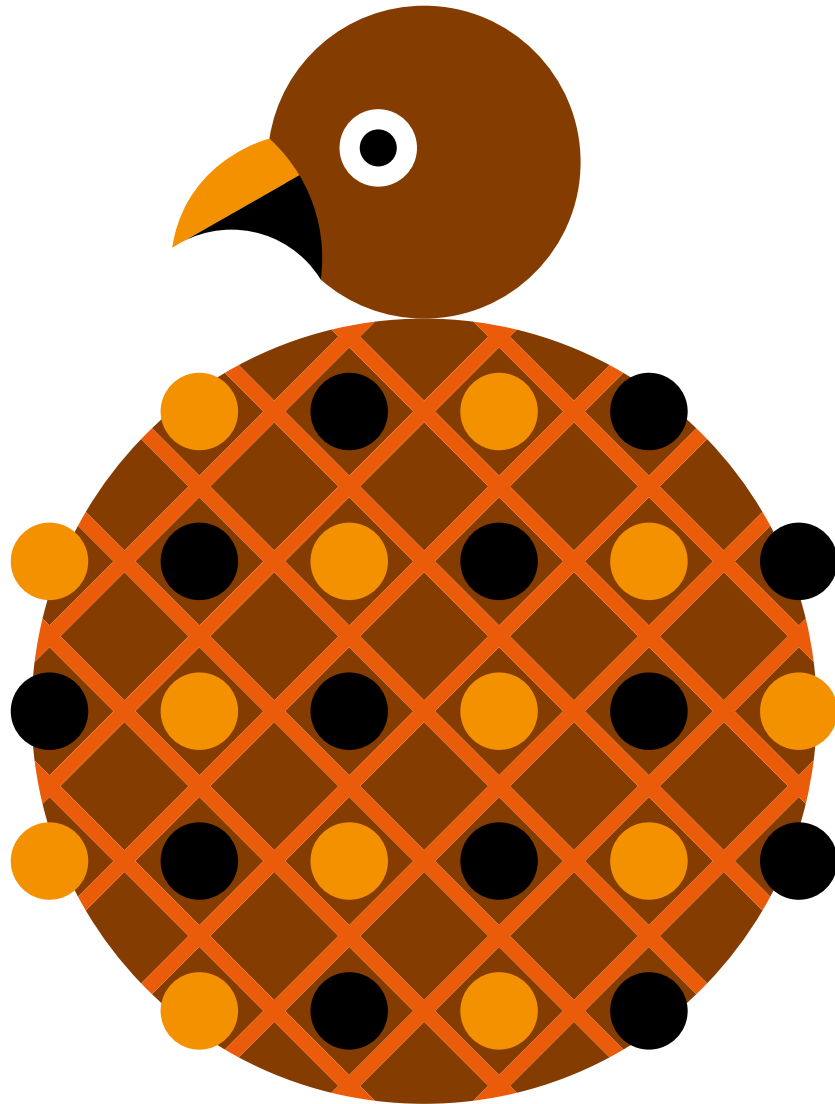
## for the stir fry sauce, mix together:

2 tablespoons oyster sauce.  
2 tablespoons soy sauce.  
1 teaspoon sesame oil.  
¼ teaspoon white pepper powder or ground black pepper.

## method:

1. Season the prawns with the salt and white pepper.
2. Put the eggs in a bowl and whisk with a pinch of salt.
3. Heat a large wok or pan to medium-high heat, add 1 tablespoon of oil and stir fry the prawns for few seconds. Add the garlic and stir fry the prawns and garlic together for another 1–2 minutes.
4. Push the prawns and garlic to one side of the wok. Drizzle 1 teaspoon of oil in the space, add in the whisked eggs and scramble cook them. Remove the prawns and egg from the wok and set aside.
5. Add 1 tablespoon of oil to the wok, add the chopped onions and stir for a few seconds. Add the carrots and peas and cook for 2 minutes or until all cooked through.
6. Add the rice and pour the stir fry sauce over it. Stir fry over a high heat for 2–3 minutes or until the sauce dries out.
7. Add the prawns and eggs back in the wok and toss well to combine everything evenly and continue to stir fry for another 1 minute.
8. Turn off the heat and sprinkle the chopped spring onions on top. Serve immediately.

# CHOCOLATE CHIP COOKIES



## ingredients:

280g plain flour.  
1 teaspoon baking powder.  
1 teaspoon salt.  
300g granulated sugar.  
227g unsalted butter (room temperature).  
2 large eggs.  
1 tablespoon vanilla extract.  
300g desiccated coconut.  
213g chocolate chips.

## method:

1. In a small mixing bowl, whisk together the 'dry ingredients' (flour, baking powder and salt).
2. In another bowl, beat the sugar and butter together with a wooden spoon, or if you have a mixer use its paddle. Do this for about 2 minutes until smooth.
3. Add the eggs and vanilla to the butter and sugar mix, half at a time, whisking in between. Make sure there are no lumps.
4. Add the dry ingredients, little by little. Mix at a low speed until all the flour is wet, then increase the mixing speed.
5. Once the mixture is smooth, add in the coconut and the chocolate chips. Keep mixing until they are evenly spread throughout.

## bake:

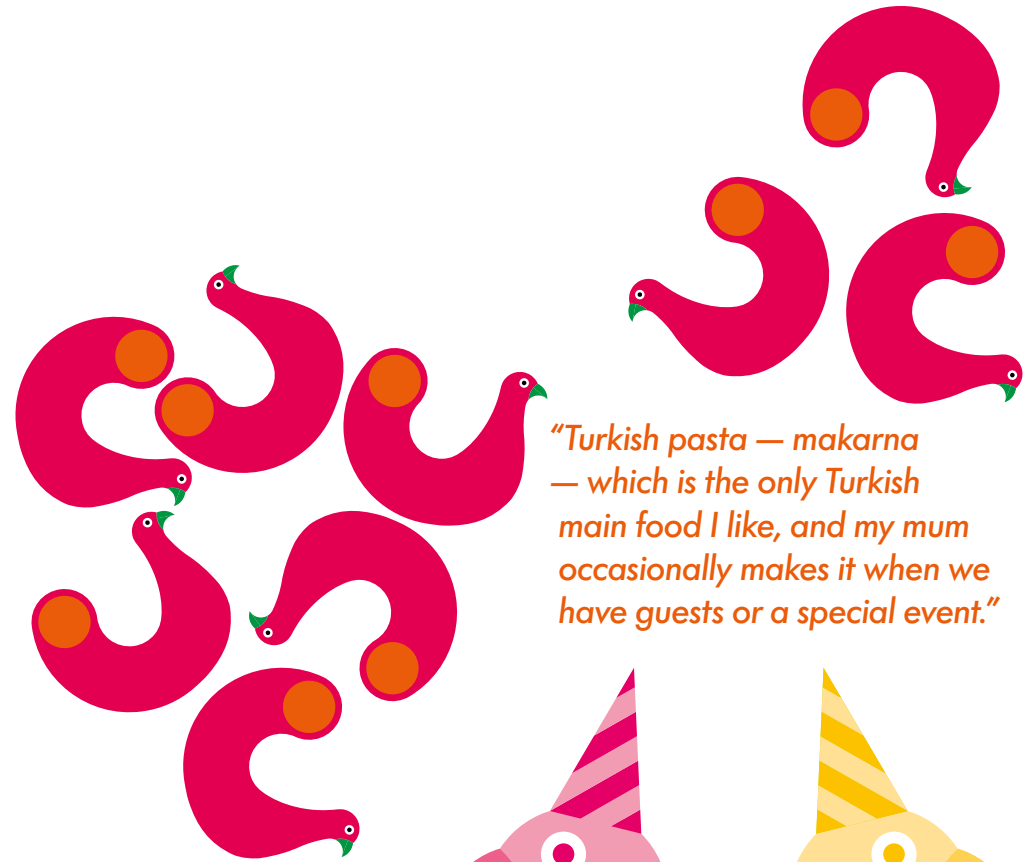
6. Roll the mixture into little balls, making sure they are all the same size.
7. Preheat oven to 180C (fan).
8. Line a baking tray with parchment paper.
9. Place your dough balls on the tray.
10. Use a fork to push them down into a cookie shape with a criss-cross pattern on top.  
*Note: make sure there is space between the cookies before you start baking, otherwise they will merge together when they heat up!*
11. Place the tray in the oven and bake for 10–12 minutes.

## freeze to bake another time:

Instead of baking them straight away, you can freeze your dough mixture for another day. Place the entire dough mixture onto a sheet of parchment paper. Roll it up like a giant sausage, then wrap in cling-film and freeze it. When you are ready to bake your cookies, use a breadknife and slice the frozen sausage of cookie dough into discs, place them on the parchment-lined tray, and bake as above.

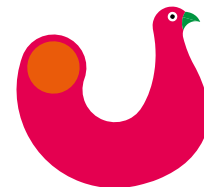
# CONNECTING TO CULTURAL ROOTS

Our group reflected the multi-cultural community of Hackney. During the sessions we heard about the different languages that some of the group members can speak and about visits to parents' or grandparents' countries during school holidays. Some favourite recipes connect to these rich and diverse roots.



*"Turkish pasta — makarna — which is the only Turkish main food I like, and my mum occasionally makes it when we have guests or a special event."*

*"Baklava with ice-cream — a traditional Turkish dessert that I have whenever I travel to Turkey to visit family there and we all have it together."*



# TADKA DAL



## ingredients:

### for the dal:

- ½ cup of yellow lentils.
- ⅔ cup red lentils (masoor).
- ½ teaspoon turmeric.
- ½ teaspoon red chilli powder.
- ½ teaspoon coriander powder.
- Handful of coriander leaves, chopped.

### for the tadka:

- ¼ cup oil.
- 2 medium sized tomatoes, chopped.
- 1 medium onion, sliced.
- 5 cloves garlic, sliced.
- 1 teaspoon cumin seeds.
- 1 green chilli, slit, deseeded & chopped.
- 1 sprig curry leaves.
- 2 handfulls chopped fresh coriander.
- Handful of coriander leaves, chopped.
- Salt.

## method:

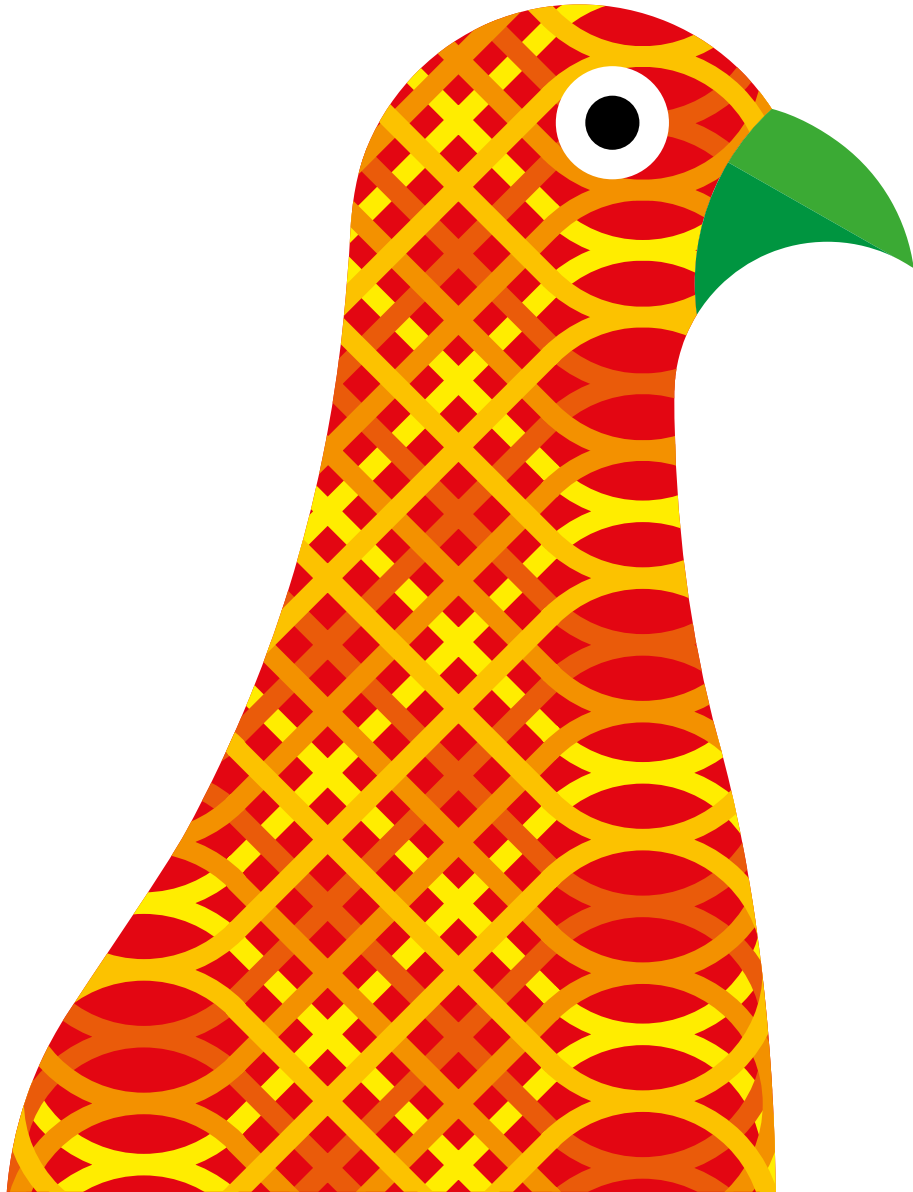
### make the dal:

1. Give the lentils a good wash.
2. Put the lentils in a pan, add 4–5 cups of water together with the turmeric, chilli powder and coriander powder.
3. Bring to the boil, cover with a lid (slightly ajar), turn down the heat and simmer for 45–60 minutes. Keep an eye on them in case they start to stick to the bottom of the pan, and if necessary, add a splash more water. They should be soft and mushy when done.
4. Mix in the coriander leaves and turn off the heat.

### make the tadka:

1. Heat the oil in a pan. Add the chopped onion, green chilli and a generous pinch of salt. Gently fry until soft.
2. Add the garlic, curry leaves and cumin seeds. Continue to gently fry for 2–3 minutes, but do not brown.
3. Add the tomatoes and fry for another 2–3 minutes, until the tomatoes are soft and starting to break down.
4. Transfer the dal to a serving dish, pour the tadka over the dal and sprinkle generously with chopped coriander leaves.

# FIRINDA MAKARNA



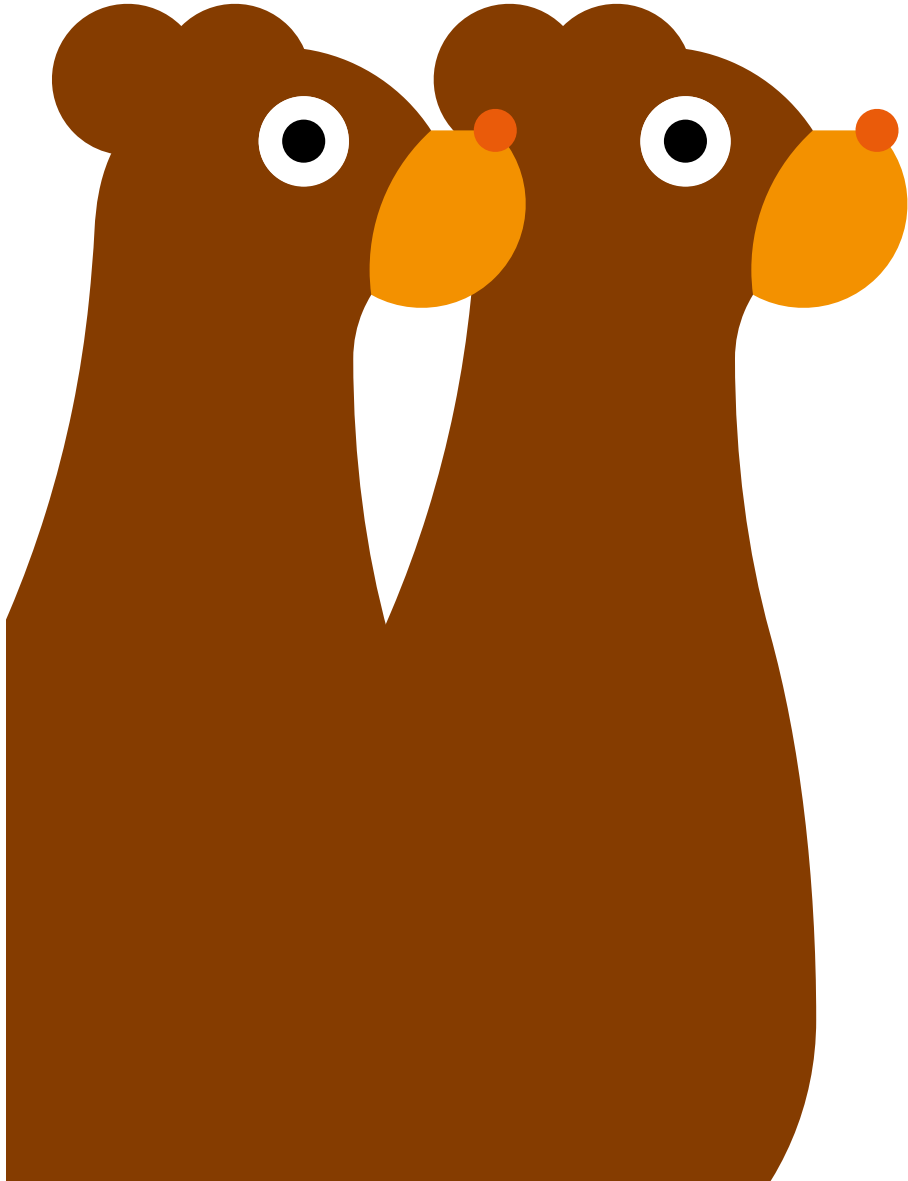
## ingredients:

1 tablespoon vegetable oil.  
1 onion, finely chopped.  
600g beef mince.  
½ bunch parsley, finely chopped.  
500g long Turkish pasta.  
2 packets halloumi, finely grated.  
3 heaped tablespoons unsalted butter.  
1 large egg.  
1 teaspoon of dried mint.  
5 heaped tablespoons plain flour.  
1420ml whole milk at room temperature.  
Salt and pepper.

## method:

1. Preheat the oven to 200C.
2. Heat up the oil in a large frying pan. Add the chopped onion and cook on a medium heat until golden.
3. Add the beef mince and fry for about 10 minutes or until cooked through. Season with salt and pepper and add the parsley. Take off the heat and put to one side.
4. Bring a very large pot of water up to the boil. Add about 1 tablespoon salt. Add the Turkish pasta and boil, stirring occasionally until just cooked, around 8 minutes. Drain in a large colander and run under cold water to stop it cooking.
5. In a baking dish, put in half the pasta and sprinkle over a few tablespoons of the grated halloumi. Then add all the mince and spread evenly across, followed by the final layer of pasta and another few tablespoons of halloumi.
6. Whisk the egg in a small bowl along with the dried mint and set aside.
7. Melt the butter in a large wide saucepan on a medium heat. Add the flour and whisk and cook until light golden brown. Whisking all the time, add the milk bit by bit, ensuring it is all incorporated and smooth before adding in the next lot (it's easier to take the pan off the heat to do this part).
8. While still whisking on a medium-high heat, add the beaten egg and continue to cook until it starts to boil — just don't stop whisking!
9. Add the rest of the grated halloumi and incorporate well. Take off the heat. Pour the sauce over the pasta and even out.
10. Place in the hot oven and bake for about 30 minutes, or until the top becomes golden brown.
11. Once you have taken it out of the oven, allow it to cool for around 15 minutes before serving, so it doesn't collapse once you cut into it.

# CHOCOLATE BROWNIES



## ingredients:

225g unsalted butter.  
3 eggs.  
1 tablespoon coffee (optional).  
1 tablespoon vanilla.  
200g granulated sugar.  
200g brown sugar.  
120g plain flour.  
75g cocoa.  
200g chocolate chips.  
1 teaspoon salt.

## method:

1. Preheat oven to 170C (fan).
2. Put the butter and sugar in a mixer with a paddle and turn on until they are combined and smooth.
3. Add the eggs and vanilla.
4. If you are making this for adults, you can also add a shot of coffee.
5. Sift in the cocoa powder. Add the salt.
6. Mix everything together until smooth.
7. Turn off the mixer and gradually fold in the flour.  
*You can also make your brownie mix by hand, if you don't have a mixer.*
8. Once the mixture is consistent, add the chocolate chips and mix through.
9. Rub a cake tray with a little butter all round the inside. Cut a piece of parchment paper to fit the inside base of the tray, and then line the tray with the parchment sheet.
10. Pour the brownie mixture into the lined tray and place in the middle of the oven for 25–30 minutes. You can check them after 20 minutes using a skewer to see if they need longer in the oven — and depending how squidgy you like them!



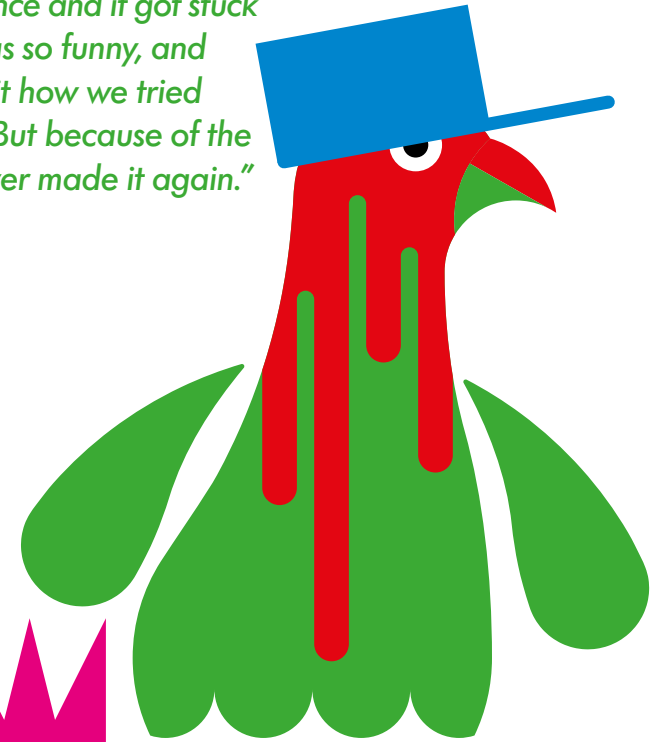
# EXPERIMENTING AND ADAPTING

We enjoyed sharing how we put our own twist on recipes. For example, everyone loves lasagne but most of us liked to make it a bit more spicy. We had fun talking about weird food combinations and also the foods and tastes we hate! Some of the experiments are the things we create when we don't have much money, like pizza made with toast.

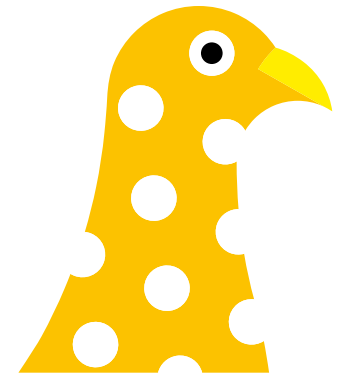
*"I like to have ice-cream with fries."*



*"Tang hulu — Chinese candied fruit — my mum and me and my sibling tried making it at home once and it got stuck to the pan and it was so funny, and I always remember it how we tried making it together. But because of the pan incident we never made it again."*



*"I like food spicier so I add extra spices in my food."*



*"Sometimes I like to have a block of cheese with bread."*

# PIZZA



## ingredients:

### for the pizza dough:

500g type '00' flour (sometimes also called pasta flour, or pizza flour).

1 teaspoon yeast.

600ml warm water.

1 teaspoon salt.

1 teaspoon olive oil.

### for the tomato sauce:

2 sliced onions.

3 carrots.

1 celery.

2 cloves of garlic.

Bunch of thyme.

400g tinned chopped tomato.

1 tablespoon tomato purée.

### for the toppings:

Whatever you like on a pizza — get creative with ideas!

## method:

### for the dough:

1. Add the warm water, yeast and 50g of the flour into a mixer with a paddle. Turn on and leave for 5–10 minutes to activate the yeast. Then you can gradually add the rest of the flour, salt and olive oil. Leave to mix for 10 mins. *You can also mix your pizza dough by hand, if you don't have a mixer.*
2. Dust a table top or kitchen counter with some flour and knead the dough until when you make a thumb dent in the surface, the dent disappears.
3. Roll into a ball, place in a large metal bowl, cover with cling film and leave to prove in a warm place for 4–5 hours. Then place in the fridge overnight.

### for the tomato sauce:

1. Heat a pan with a little oil in it. Add the onions and gently fry until they are brown and soft. Add in the carrots and the celery. Cook until soft and onions are dark brown.
2. Add the garlic and the thyme, let them fry for about 1½ minutes. Then spoon in the tomato purée, stir and add the chopped tomatoes. Pour in about 200ml of water or vegetable stock.
3. Once it boils, turn down to simmer for 1½–2 hours.
4. Blend the mixture until it is smooth and thick. Let it cool down to at least room temperature.

### make your pizza:

1. Pre-heat oven to 200C.
2. Roll out pizza dough to desired shape. (If you have a regular oven, you can pre-cook the dough for about 6 minutes before adding the sauce or toppings).
3. Spread your tomato sauce thinly on top.
4. Sprinkle all over with cheese.
5. Add the toppings of your choice!
6. Place in the oven for 10–12 minutes.

# LASAGNE & COLESLAW



## ingredients:

Pasta sheets.  
Grated cheddar.

## for the tomato sauce:

2 onions, sliced.  
4 cloves garlic, chopped.  
3 carrots, chopped.  
1 red bell pepper, roughly chopped.  
1 stick of celery, chopped.  
2 tins of chopped tomatoes.  
2 tablespoons tomato purée.  
Bunch of thyme, chopped.

## for the mince:

500g beef mince.  
2 teaspoons paprika.  
1 teaspoon mixed herbs.  
2 cloves garlic, finely chopped.  
½ teaspoon salt.  
1 teaspoon pepper.

## for the bechamel sauce:

250g butter.  
200g plain flour.  
300ml milk.  
1 teaspoon mustard.  
½ teaspoon Lea & Perrins sauce.  
Pinch of salt & pepper.

## for the coleslaw:

¼ red cabbage (finely sliced).  
¼ white cabbage (finely sliced).  
3 carrots (grated).  
1 red onion (finely sliced).

## for the coleslaw dressing:

1 lemon (zested and juiced).  
60ml olive oil.  
Salt and pepper.

## method:

### for the mince/tomato sauce:

1. Preheat the oven to 180C.
2. Scatter the chopped bell pepper on a baking tray lined with grease-proofed paper. Sprinkle with a little oil and put in the oven for 12 minutes or until it looks roasted.
3. While the pepper is roasting, heat some oil in a pan and add the onions.
4. Gently fry the onions until brown, then add the carrots and celery. Mix and cook until soft and the onions are dark.
5. Add the thyme and garlic. Stir for about 2 minutes then add the tomato purée, then the tomatoes.
6. Add in the roasted bell pepper and mix these all together on full heat, when it boils turn it down to simmer.
7. Simmer for 30 minutes. Then use a hand-blender to blend to a smooth consistency (if you don't have a hand-blender make sure you finely chop the ingredients beforehand).
8. Leave to cook for another 15 minutes (keep stirring it so it doesn't stick to the pan). Turn the heat off once the sauce is thick and set it aside.
9. Mix all the mince ingredients in a bowl.
10. Put a small amount of oil in a large flat pan. Place on a medium-high heat.
11. Add the mince mix. Stir in the pan to brown it all over. Tip the browned mince into a colander over a bowl to drain off the oil.
12. Put the drained mince in another bowl and mix in some of the tomato sauce. Continue to mix in more of the tomato sauce, but be careful not to add too much. You want the mince/tomato sauce to be thick so that it stays as layers when the lasagne is cooked.



# LASAGNE & COLESLAW

## for the bechamel sauce:

1. Put the butter in a pan on a medium heat. Once it has melted (and is not bubbling or turning brown) sprinkle in your flour gradually and whisk. Slowly add the milk while continuing to whisk.
2. Make sure there are no lumps — you can whisk them away if there are.
3. Add the mustard, Lea & Perrins and salt & pepper. Keep stirring with a wooden spoon while it cooks. Once this is thick and smooth, turn off the pan. This should take around 10–20 minutes tops.

## assemble & bake your lasagne:

1. In a large baking tray, spoon in a thin layer of the mince/tomato sauce.
2. Spread a thin layer of bechamel sauce on top of that.
3. Place a layer of pasta sheets across the top.  
*Note: the layers are thin because the lasagne cooks better that way.*
4. Repeat those steps:
  - Thin layer of mince/tomato.
  - Thin layer of bechamel sauce.
  - Layer of pasta sheets.
5. Repeat until you use up all the mince/tomato mix. Make sure to save some bechamel sauce for a final top layer.
6. When you get to the top layer, add a final layer of bechamel across the top.
7. Sprinkle a generous helping of grated cheddar cheese all over.
8. Place in the oven at 180C and bake for 35–45 minutes.

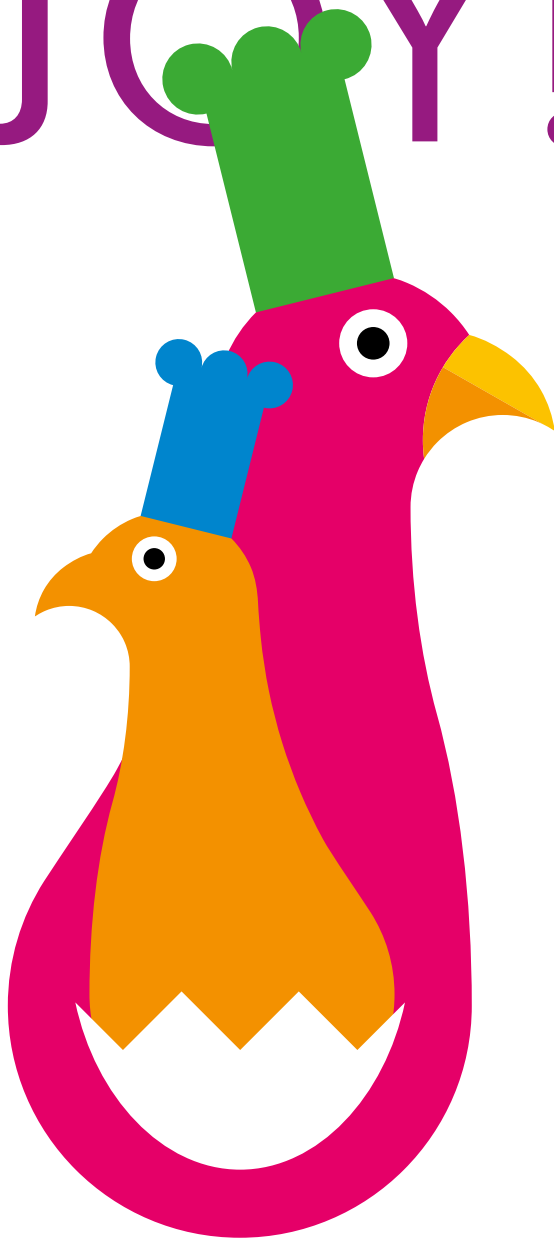
## make your coleslaw:

1. In a large bowl whisk together the oil and lemon juice, season with salt & pepper.
2. Add in everything else (including the lemon zest), and toss it all together.



# RECIPES OF LIFE

# ENJOY!



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