

Notting Dale

COMMUNITY COOKBOOK

Recipes from the Notting Dale community,
curated by Nourish Hub.

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INTRODUCTION

The **Future Neighbourhood 2030 Project (FN2030)** began in 2021 when the Greater London Authority invited London boroughs to apply for grants to support green recovery, sustainability, and community upskilling. In March 2022, the Notting Dale ward in the Royal Borough of Kensington and Chelsea (RBKC) was one of just two areas selected to pilot this initiative, with a vision to create a 'Future Neighbourhood' that addresses local needs by 2030.

Notting Dale's successful bid focused on four key areas:

-  Expanding local greening efforts,
-  Retrofitting schools and homes to improve energy efficiency,
-  Upskilling the community on food waste reduction,
-  Promoting zero waste and fostering a circular economy.

In the first year (Phases 1 and 2), RBKC delivered over 42 environmental initiatives in collaboration with various community partners. As the project moved into its second year, the focus shifted toward ensuring lasting impact through legacy projects.

This recipe booklet is a legacy project. Nourish Hub have collaborated with previous and current FN2030 community partners, schools, religious organisations and housing associations to contribute to a recipe book which reflect the diets and lives of our neighbours and residents of Notting Dale ward.

OVERVIEW OF COMMUNITY PARTNER PROJECTS

Arts for Nature and Creativity for Change – Silchester Residents Association
www.silchesterestate.org | chair@silchesterestate.org

Climate Change Awareness – Rugby Portobello Trust (RPT)
www.rugbyportobello.org.uk | @rugbyportobello

Climate Change Education Programme – UrbanWise
www.urbanwise.london | @urbanwise.london

Climate Change Podcasts – Portobello Radio
www.portobelloradio.com @portobello.radio

Community-Owned Solar Project – NKCE & Repowering London
@repoweringlondon | @NorthKenCE

FutureHood Young Pioneers – Latimer Community Art Therapy (LCAT)
www.lcat.org.uk | @hdcommunitycentre

Green Spaces and Wellbeing Initiative – Clement James Centre
www.clementjames.org | @theclementjamescentre

Kitchen Gardens – Kingsnorth House, Henry Dickens, and Winterbourne House
community.gardeners@rbkc.gov.uk

Notting Dale Railway Station Gardens – Energy Garden
www.energygarden.org.uk | @energygardenldn

NourishEd Cookery Courses - Nourish Hub
www.nourishhub.org.uk | @thenourishhub

Planting and Greening Project – Harrow Club
www.harrowclub.org | @harrow.club

Restore Upcycling – Lanc West
@lancasterwestneighbourhoodteam

Rewired, Refill, and Repair – Circular Economy Initiatives (RBKC)

OVERVIEW OF COMMUNITY PARTNER PROJECTS

The Intergenerational Space Project – The SPACE

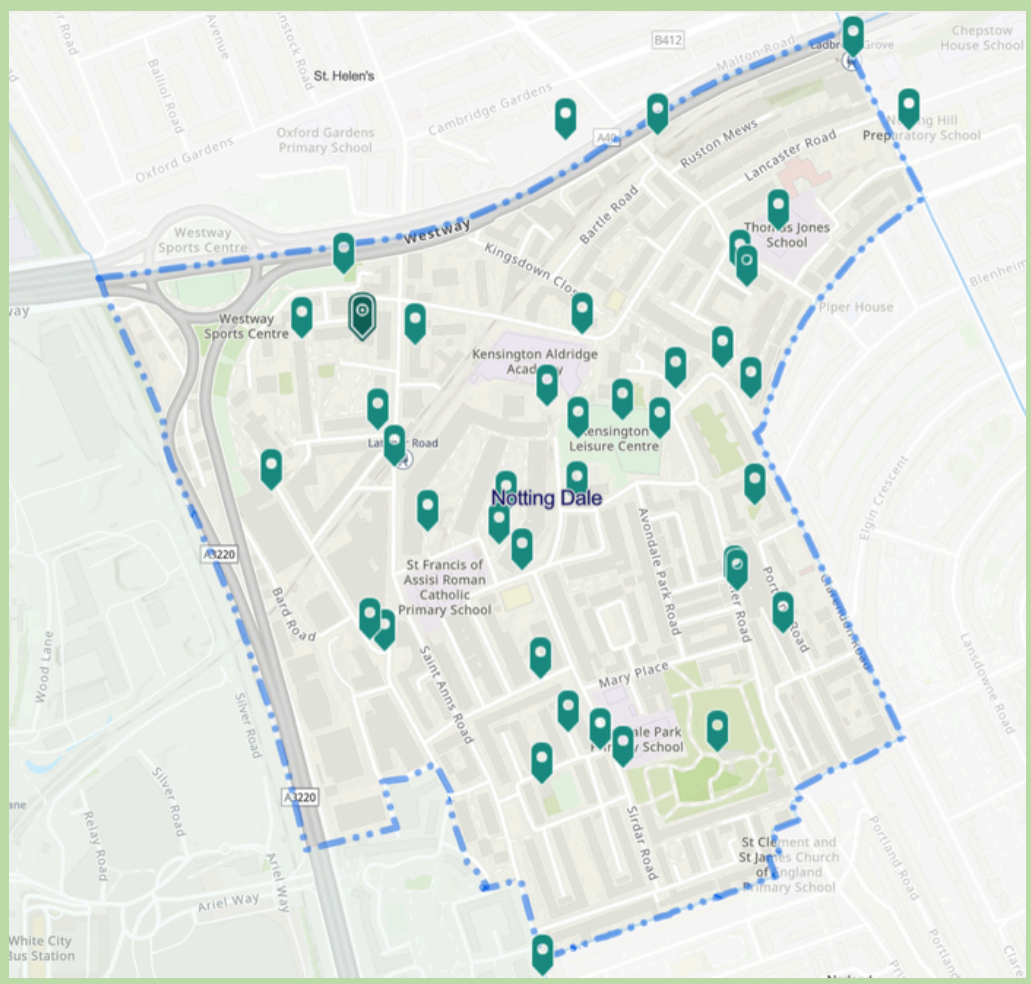
www.214space.org | [@214space](https://twitter.com/214space)

Westway Breathes & Life Under the Westway – Grow2Know

growtoknow.world | contact@Grow2Know.org.uk

Windows of Hope – North Kensington Volunteer Centre

www.voluntarywork.org.uk | [@volcentre_KC](https://twitter.com/volcentre_KC)



HINTS AND TIPS FOR AN AFFORDABLE, HEALTHY AND SUSTAINABLE DIET

Ditch the Peeler

No need to peel carrots or potatoes! Their skins are packed with nutrients. As long as they're washed, you can cook and eat them with the skins, reducing food waste.



Fill your Freezer

Got leftover meals or food nearing its use-by date? Freeze them to extend their shelf life and save for another day.



Make a Shopping List

Plan meals based on when you'll be home and how many people you're feeding. Create a shopping list to avoid impulse buys and always check your cupboards before shopping to prevent double purchases.



Know your Dates

'Use-by' dates are the only dates you need to be mindful of as these dates refer to safety. 'Best-before' dates relate to quality. If something is nearing its 'use-by' date, eat it, share it with others, or freeze it to avoid waste.



HINTS AND TIPS FOR AN AFFORDABLE, HEALTHY AND SUSTAINABLE DIET

Eat Me First Shelf

Place food that's close to its 'use-by' date or leftovers at eye level in the fridge. This makes you more likely to use them before they spoil.



Introduce Meat Free Days

Animal agriculture consumes large amounts of resources. For example, a single beef burger requires 2,350L of water to produce! Reducing meat intake, even just for one day a week, benefits both your health and the environment.



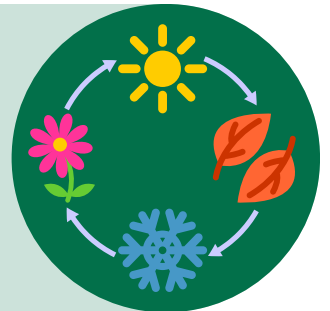
Eat the Rainbow

Only 1 in 8 adolescents get their five-a-day. Aim to increase your intake of fruits and vegetables, which are rich in essential vitamins, minerals, and fibre. A portion is roughly the size of your fist and half your plate should be made up of fruit and vegetables.



Eat Seasonally

Eating seasonal produce reduces the environmental impact of food. Plus, seasonal fruits and vegetables are often fresher, tastier, and more nutritious!





**SHARING PLATES
AND MAINS**

VEGGIE CHICKPEA BAKE

Helena from the Clement James Centre submitted this recipe. It can either be served as a sharing plate with toasted bread or individual portions as part of a larger meal. It is beginner friendly and showcases plant-based protein.

SERVES 4

INGREDIENTS:

- 3 courgettes
- 2 garlic cloves, peeled
- 5 tbsp olive oil
- 2 large rosemary sprigs
- ½ lemon, juice only
- 1 handful basil
- 1 can chickpeas, drained
- 2 tbsp crème fraiche
- 25g parmesan, grated
- Bread, toasted, to serve



METHOD:

1. Preheat the oven to 200 degrees fan/gas mark 6.
2. Slice the courgettes into 1cm thick circles, thinly slice the garlic cloves lengthways and remove the rosemary leaves from the stem.
3. On a large baking tray, arrange the courgettes, cover with 1 tbsp oil and sprinkle with salt.
4. Transfer to the preheated oven, roast for 20 minutes or until golden brown.
5. Using a high-sided bowl that can accommodate a hand blender, add the lemon juice, basil, the rosemary leaves and 2 tbsp oil. Blend until combined and herbs are chopped evenly.
6. Preheat a pan and fry the garlic in 2tbsp olive oil until just golden.
7. Add the drained chickpeas to the pan with the herb oil and crem fraiche. Mix well to combine.
8. Pour the chickpea mixture into the baking tray and stir to combine with the courgettes. Scatter over grated parmesan and cook for a further 10 minutes, or until cheese is melted.
9. Serve hot or cold with toasted bread and fresh basil leaves.

SPAGHETTI OLIVE E CAPPERI

Ilaria submitted this recipe on behalf of both the Energy Garden and the Kensington and Chelsea Volunteer Centre. Ilaria celebrates her Italian heritage on her birthday or saint's name day when she asks her family to cook Spaghetti Olive e Capperi for her. This recipe was chosen due to its versatility and ability to use either fresh, canned or preserved ingredients and still achieve the same fresh Italian feel.

SERVES 4

INGREDIENTS:

- 1 tbsp olive oil
- 2 garlic cloves, peeled and thinly sliced
- 2 tbsp capers, rinsed
- 150g pitted black olives, roughly chopped
- 1 tin chopped tomatoes, or 500g fresh tomatoes
- Handful basil, roughly torn
- 300g dried pasta (75g per person)
- Drizzle olive oil, to serve



METHOD:

1. On a medium-high temperature, heat the olive oil to heat in a large frying pan. Add the garlic and cook until golden, stirring frequently.
2. Next, add the capers and olives to the pan.
3. Add the tin of chopped tomatoes, or fresh if using, followed by two thirds of the fresh basil. Cook until the tomatoes have softened, and sauce thickened.
4. Separately, bring a saucepan of salted water to the boil. Add your pasta and cook following packet instructions or until softened.
5. Once the pasta has cooked, take out 1 cup of the pasta water and save it.
6. Drain the pasta then add to the sauce. Stir through and add some of the reserved pasta water gradually until the sauce is loose enough. Garnish using the remaining basil and a drizzle of olive oil.



VEGETARIAN QUESADILLAS

Michelle from Urbanwise submitted this fun family favourite. This recipe was selected because it's ideal for teaching young children, incorporating a variety of techniques such as chopping, slicing, mashing, and squeezing. These hands-on steps make it both engaging and educational for little ones. Also, Quesadillas can be easily scaled up for larger groups or parties.

SERVES 4

INGREDIENTS:

For the bean mixture:

- 1 large red onion, diced
- 2 garlic cloves, diced
- 1 tbsp oil
- 1 can black beans (including liquid)

For the guacamole:

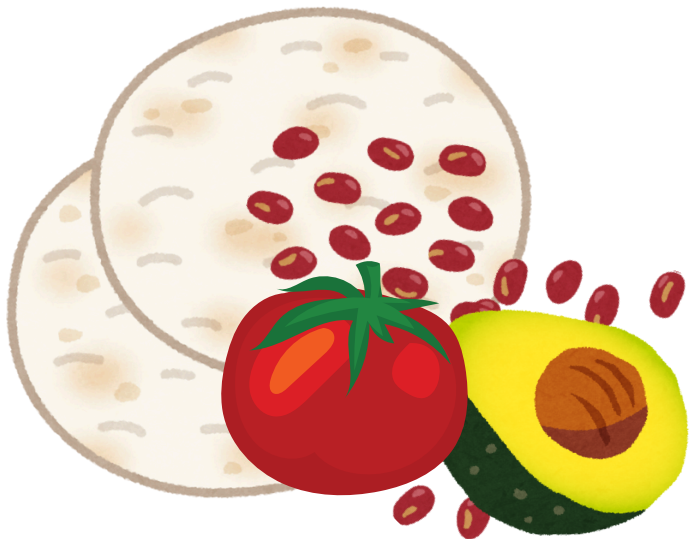
- 2 ripe avocados, smashed
- ½ red onion, diced
- Handful fresh coriander, chopped
- ½ lime, juice only

For the red salsa:

- ½ red onion, large dice
- 1 red bell pepper, large dice
- 2 salad tomatoes, large dice
- 1 tbsp oil
- ½ lime, juice only
- ½ tsp paprika

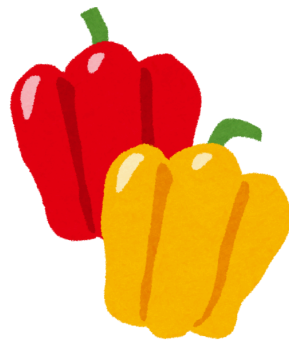
Other Ingredients:

- 8 tortillas (wholemeal for a healthier option)
- 100g cheddar cheese, grated
- ½ tbsp oil, for frying



METHOD:

1. For the bean mixture: use a sharp knife to finely chop the red onion and garlic.
2. Using a large saucepan, add heat 1 tbsp oil to a medium-high temperature. Add the onion and garlic and fry until for about 8 minutes or until softened.
3. Pour the can of black beans, including liquid, into the saucepan. Cook on a low heat until the liquid has reduced, and the beans have softened. While this is cooling down, start preparing your fresh ingredients for the salsa and guacamole.
4. For the red salsa: finely dice the red onion, red bell pepper and two tomatoes.
5. Transfer the salsa ingredients to a bowl, then add 1 tbsp oil, the lime juice, paprika, and a pinch of salt and pepper. Mix to combine.
6. For the guacamole: prepare the avocados by cutting in half, removing the stone and scooping out the flesh into a separate bowl. Mash the avocado using a fork.
7. Finely dice the remaining red onion, finely chop the fresh coriander, and add both to the avocado with the lime juice, and a pinch of salt and pepper.
8. Going back to your bean mixture, use the back of a wooden spoon or a fork to mash half the beans to become a paste, leaving some beans whole for texture.
9. To assemble, spread a spoonful of the bean mixture on one of the tortillas, sprinkle with grated cheese, then sandwich another tortilla on top. Do this again with the remaining bean mixture and other tortillas.
10. Heat a little oil in a frying pan, then toast both sides of the 'sandwiched' quesadillas, allowing to brown slightly on each side.
11. Serve with a generous spoonful of guacamole, red salsa and any remaining fresh coriander.



FORAGED NETTLE SAAG ALOO

Foraged Nettle Saag Aloo combines traditional Indian flavours with the earthy taste of foraged nettles. Submitted by Callum from Energy Gardens, this dish highlights wild ingredients that can be foraged in London. When washed and blanched, nettles lose their sting and add a unique flavour.

SERVES 6

INGREDIENTS:

- 1 tbsp vegetable oil
- 1 onion, peeled, finely diced
- 3 garlic cloves, peeled, finely diced
- 1 inch ginger, skin removed, finely diced
- 1 green chillies, seeds removed, finely diced
- 2 tomatoes, finely diced
- ½ tsp turmeric powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 1 tsp salt
- 500g potatoes, diced into 2cm cubes
- 150ml water
- 400g nettles, or spinach, or an alternative leafy green
- 1 tsp lemon juice
- Handful fresh coriander, optional, to serve)

METHOD:

1. In a large saucepan, on a medium-low heat, heat the oil, then add the diced onion and sauté for about 10 minutes or until the onions soften and begin to take a caramelised colour.
2. Add the garlic, ginger, and chilli to the pan, and cook for 2 minutes, until fragrant.
3. Next, tip in the diced tomatoes, ground spices (turmeric, cumin, coriander, garam masala) and salt. Allow to cook for a further few minutes, or until the liquid from the tomatoes reduces and the oil separates.
4. Add the diced potatoes to the same saucepan, adding 150ml water and bringing to the boil. Put a lid on the saucepan, reduce the heat to a simmer, and allow to cook for 10-15 minutes, until the potatoes are almost soft through. At this point, take off the lid and continue to cook on a high heat to reduce the water content.
5. Add the nettles and stir until wilted.
6. Taste the saag aloo and balance with a splash of lemon juice, salt or pepper.
7. Serve warm, topped with coriander leaves.



HALLOUMI AND BEETROOT TRAY BAKE

Tracie, from Rugby Portobello Trust, first made this recipe when she had leftover beetroot in her wonky veg box and didn't know how to use up. She advises that this recipe can be made with any odds and ends you have in the fridge and is especially good in autumn using all seasonal vegetables.

SERVES 4

INGREDIENTS:

- 3 beetroot bulbs, washed
- 1 large red onion, peeled
- 3 garlic cloves, peeled
- 2 tbsp oil
- 1 large bell pepper, deseeded
- 20 cherry tomatoes
- 1 tsp chilli flakes
- 225g halloumi, (alternatively use feta)
- 1 tsp fresh oregano
- Salad, crusty bread or new potatoes, to serve

METHOD:

1. Preheat the oven to 200 degrees fan/gas mark 6.
2. Add the beetroot whole into a pan and boil in salted water for 30 minutes.
3. Run under cold water and slip off the skins. Once cool cut into 2cm cubes and set aside.
4. Chop the onion into 6-8 segments lengthways and chop the peppers to a similar size.
5. In a large baking tray, add 2 tbsp oil, beetroot, onions, tomatoes, peppers, chilli flakes and peeled garlic cloves, and sprinkle with salt. Roast in the preheated oven for 20 minutes.
6. Remove the baking tray from the oven. In the tray, crush the garlic cloves using a fork.
7. Shake the tray to ensure the added vegetables are coated with oil, adding extra oil if needed.
8. Return the tray to the oven for 20 minutes.
9. Slice the halloumi into strips, similar in size to the bell pepper. Heat a frying pan then cook the halloumi slices in batches, allowing to turn golden in colour.
10. To serve, transfer the cooked vegetables to a large sharing plate, top with fried halloumi and sprinkle with fresh oregano. Or if using feta, crumble over the cooked vegetables. Serve with salad, crusty bread or new potatoes.



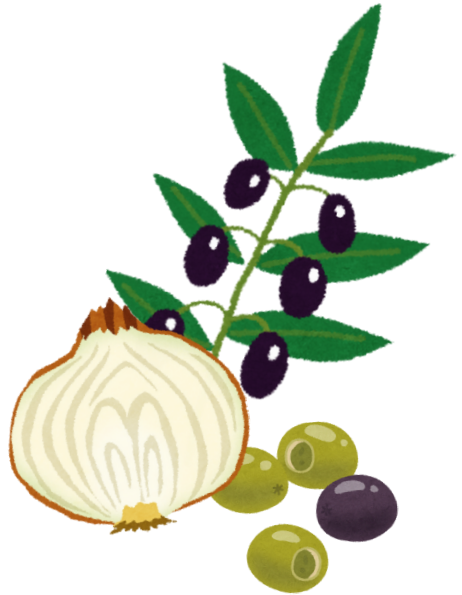
ROMANIAN LEEK AND OLIVE STEW

Leek and Olive Stew is a traditional Romanian dish commonly prepared during Lent. Throughout Lent in Romania no animal products are consumed, therefore Andreea's grandparents needed a wide variety of recipes which were vegan, quick to make and suitable to eat for all ages. Andreea now cooks her family's heritage dishes with her own children, in London, connecting with her roots and memories.

SERVES 4

INGREDIENTS:

- 2 tbsp oil
- 4 leeks, washed and sliced into 1cm circles
- 1 large onion, peeled, finely sliced
- 1 tin chopped tomatoes
- 250g black pitted olives
- 1 stock cube
- 2 bay leaves
- 1 tbsp sugar
- Fresh sage or other leafy herbs, optional, to serve
- Polenta, sour cream, crusty bread, to serve



METHOD:

1. Preheat the oven to 180 degrees fan/gas mark 4.
2. Using an oven-safe pan, on a medium-high temperature start on the hob by heating the oil and add the sliced onions and leeks. Cook for 15 minutes or until soft.
3. Add the tomatoes and black olives, then crumble in the stock cube and mix to combine. Increase the heat and allow to simmer for 10 minutes.
4. Add the bay leaves and sugar, and season to taste.
5. Transfer the dish to the preheated oven and allow to bake for a further 10 minutes.
6. Serve warm, topped with fresh herbs, alongside polenta or sour cream and crusty bread.

CAULIFLOWER STEAKS WITH ROMESCO SAUCE

This vegan recipe is perfect for people looking to expand their cooking repertoire as it uses commonly found vegetables in unique ways, creating a balance of textures with a tangy and smoky taste. Jo, a volunteer at Nourish Hub often uses the romesco sauce on pasta or as a dip!

SERVES 4

INGREDIENTS:

For the cauliflower steaks:

- 1 large whole cauliflower, sliced into 4cm steaks
- Olive oil
- 1 tsp garlic powder
- 1 tsp cumin
- 1 tsp smoked paprika
- 1 tsp turmeric
- Parsley, chopped, to garnish

For the Romanesco sauce:

- 4 red peppers, whole
- 2 tbsp apple cider vinegar (or white wine vinegar)
- 2 garlic cloves, peeled
- 1 tsp smoked paprika
- 1 tbsp tomato puree
- 100g almonds, blanched
- ½ tsp chilli flakes
- 60ml olive oil
- Parsley, chopped, to garnish

METHOD:

1. Start by making the Romesco sauce. Under the grill char the skins until blackened and then steam with the residual heat in a bowl covered with cling film.
2. After 10 minutes of steaming, remove the blackened skins, the core and the seeds, leaving as much pepper flesh as possible.
3. In a large bowl, add the peppers and remaining ingredients for the sauce and blend using a hand blender.
4. Next, preheat the oven to 180 degrees / gas mark 4.
5. Moving onto the cauliflower steaks, remove the leaves of the cauliflower and then chop into 4cm thick slices.
6. Cover a baking tray in oil and lay your cauliflower slices flat.
7. Evenly coat the cauliflower in the garlic powder, cumin, paprika and turmeric.
8. Bake in the oven for 45 minutes.
9. To serve, place one ladle of the sauce onto your plate, add the cauliflower steak and then top with a sprinkle of parsley.



VEGAN TOFU STEW

Portia's grandson loves this recipe, she shares, "it's a great way to make them eat their veggies". Portia is a participant of the Tuesday morning gardening group at Clement James Centre.

INGREDIENTS:

- 2 tbsp oil
- 1 onion, diced
- 3 cloves garlic, minced
- ½ tsp chilli flakes
- 1 tsp turmeric
- 3-4 tomatoes, tinned or fresh
- 1 large carrot, diced, 1cm cubes
- 1 large potato, diced, 1cm cubes
- ¼ large squash or pumpkin (roughly 200g), cubed
- 1 stick of celery, diced
- 1 vegetable stock cube
- 400ml water
- 1 courgette, cubed
- ¼ large cabbage, shredded
- 1 tin coconut milk
- 1 pack of firm tofu, diced, 2cm cubes

Optional:

- spring onions, diced
- fresh chilli, diced
- handful coriander, whole leaves
- lime, squeezed

METHOD:

1. Start by preparing the vegetables, chop to size as indicated above.
2. Heat a large saucepan onto a medium-high heat and add 1 tbsp oil.
3. Once the oil is hot, sauté the onions until soft and translucent, then add the garlic.
4. Next, add the chilli flakes, turmeric and chopped tomatoes and fry until broken down.
5. Add the chopped carrot, potato, pumpkin or squash and celery to the pan and sauté for 2 minutes.
6. Dissolve the stock cube in 400ml of freshly boiled water, then pour in to the saucepan. More water may be needed to ensure all vegetables are covered.
7. Bring this to the boil and then reduce to simmer for 5 minutes.
8. Add the chopped courgette, shredded cabbage, coconut milk, stirring well to combine, and cover with a lid. Simmer until the vegetables are nearly cooked.
9. In a separate frying pan, on a high heat, add 1 tbsp oil and fry the cubed tofu until golden in colour. Transfer to the vegetable sauce mixture and stir through to combine.
10. Leave uncovered and boil rapidly for 2-3 minutes or until the sauce thickens to desired consistency.
11. Season to taste and serve with optional: spring onions, chilli, coriander and a squeeze of lime.

LENTIL AND POTATO SOUP

Sophia, a local resident in Notting Dale, submitted this nutritious recipe as it is her go to when under the weather. It is affordable and great for batch cooking as all ingredients used are easily accessible, contains a source of plant protein, and quick to make and freeze.

SERVES 4

INGREDIENTS:

- 1 large onion, peeled and diced
- 2 large potatoes, cubed
- 1 large carrot, cubed
- 2 garlic cloves, peeled and diced
- 1 tbsp oil
- 1 tsp cumin seeds
- ½ tsp turmeric powder
- Pinch chilli flakes
- 100g dried red lentils (or a 400g tin of lentils in water)
- 1 litre hot water
- 1 vegetable stock cube
- Toasted bread or croutons, to serve

METHOD:

1. Instead of peeling the potatoes and carrots, give them a good wash to remove any dirt.
2. Chop the onions, potatoes and carrots into similar sized pieces, dice the garlic and set aside.
3. In a saucepan, heat 1 tbsp oil and fry the cumin seeds for 1 minute. Add the chopped onion and garlic, and sauté until softened.
4. Once the onions have softened, scatter in the turmeric and chilli flakes, stir through and sauté until fragrant.
5. Next add the chopped potatoes, carrots and if using dried lentils add them now.
6. Once the carrots are part cooked, add the hot water and vegetable stock cube. If you are using a tin of lentils, add them now.
7. Put a lid on the saucepan and reduce the temperature to allow to simmer for a further 25 minutes until the potatoes are cooked through.
8. Take off the heat, then use a hand blender to blend to the desired consistency.
9. Serve hot with toasted bread or croutons.

BYREK

Byrek is a phyllo pastry pie traditionally enjoyed in Balkan countries like Albania and Kosovo. Phyllo can be rolled into a swirl for a shared centrepiece or cooked in a frying pan for individual portions. This Byrek recipe, submitted by Xheva from Barlow House Gardens, is designed to be a stunning dinner party centrepiece!

INGREDIENTS:

For the phyllo pastry:

- 500g white flour, sieved
- 250g warm water
- 5 tsp oil (plus extra for greasing)
- 2 tsp white vinegar
- Pinch of salt

Optional:

- sesame seeds

For the Byrek filling:

- 1 tbsp oil
- ½ onions or 2 spring onions, chopped
- 2 leeks, chopped
- 200g spinach
- 150ml double cream
- 150g Greek cheese
- 2 eggs

METHOD:

1. In a large bowl, add the flour and make a large indent or 'well' in the middle. Pour your wet ingredients (water, oil and vinegar) plus salt into the 'well'.
2. Combine with a spatula then knead for 5 minutes on a clean and floured worksurface until the dough "bounces back" and is elastic.
3. Separate the dough into five small balls. In the bottom of a container or high sided tray, add a layer of oil, roll the balls in the oil and leave to rest in the fridge for 30 minutes.
4. While the dough is resting, begin to make the filling.
5. For the filling: heat 1 tbsp oil in a large frying pan. Sauté the chopped onions (or spring onions), and leeks until soft. Next, stir through the spinach and allow to wilt. Set aside and leave to cool.
6. In a separate bowl, combine the double cream, Greek cheese, 1 whole egg and 1 egg white. Once the vegetables have cooled, add them to the mixture.
7. To assemble the Byrek: use your fingers, press and turn the balls into a pizza shape, using the excess oil in the bowl to prevent it sticking to the table.
8. Using the back of your hands gently stretch the dough from the underside pulling outwards until thin. If the pastry breaks – this is okay, you are aiming for as thin as possible. You should be able to see the silhouette of your hand through it! Aim for a rectangular shape.
9. Place a portion of the filling in a thick line along the long edge of the pastry sheet and begin rolling to form a long sausage.
10. Next, curl the sausage into a spiral and place onto a baking tray.
11. Repeat the process with the remaining balls of dough and continue your spiral.
12. Brush with the remaining egg yolk add sprinkle with sesame seeds if using.
13. Bake at 180 degrees fan / gas mark 4 for 40 minutes.



VEGETABLE MOROCCAN TAGINE

Nofissa is a member of the Tuesday morning gardening group at the Clement James Centre. This recipe was picked for the cookbook as the fragrant use of spices creates a warming dish, perfect for those colder months transporting us from London to warm and sunny Morocco.

INGREDIENTS:

- 3 tbsp oil
- 1 onion, diced
- 3-4 cloves garlic, sliced lengthways
- 1 inch ginger, finely diced
- 1 tsp turmeric
- 1 tsp cumin
- ½ tsp cinnamon
- ¼ tsp cardamom
- 1 tsp coriander
- 2-3 medium fresh or tinned tomatoes, diced
- 1 courgette, 4cm chunks
- 1 bell pepper, sliced into 6 pieces
- 2 small carrots, 4 cm chunks
- 1 large potato, 2cm cube
- Handful of green beans, chopped
- Pinch of salt
- 1 tin chickpeas, drained and rinsed
- ¼ lemon, wedge
- Handful fresh parsley or coriander

METHOD:

1. Start by preparing the vegetables as indicated in the ingredients list. No need to peel the vegetables, washing them is fine and reduced waste!
2. Heat a large sauce pan on a medium-high heat and add 3 tbsp oil.
3. Fry the chopped onion, garlic and ginger until the onions are translucent.
4. Stir through the turmeric, cumin, cinnamon cardamom and coriander and fry for a further 30 seconds
5. Next add the chopped tomatoes and other remaining vegetables (courgette, bell pepper, carrots, potato, green beans), sprinkle a pinch of salt to help soften the vegetables and add flavour.
6. Add the chickpeas and enough water, to reach a little below the top of the vegetables. Cover with a lid.
7. Bring to the boil and then reduce to simmer on a low heat until the potatoes are soft
8. Season to taste, and serve warm with bread or couscous and garnish with a squeeze of lemon and the chopped parsley or coriander.
9. Garnish with a squeeze of lemon and the chopped parsley or coriander.

ETHIOPIAN LENTIL STEW

This recipe was submitted by Ejigayehu from the Clement James Community Centre and Gardening Group. Misir Wat is an Ethiopian lentil stew flavoured by Berbere, a spice mix commonly used in Ethiopian and Eritrean cooking. Berbere has a base of paprika and can use up to 20 other spices, and differs by region and family. Misir Wat is commonly served with Injera; a slightly fermented, pan-fried flatbread with a soft and bubbly texture.


INGREDIENTS:

- 2 large onions, diced
- 4 garlic cloves, finely chopped and minced
- 2cm root ginger, finely chopped and minced
- 2 tbsp oil
- 4 vine tomatoes, chopped
- 1 tbsp tomato paste
- 200g red lentils
- 1 vegetable stock cube
- 600ml water
- Ethiopian Injera breads, to serve
- 1 tbsp Berbere Spice Mix (Note: the spice mix makes approximately 4 tbsp for use in later dishes).
 - 2 tsp coriander seeds
 - 1 tsp cumin seeds
 - ½ tsp fenugreek seeds
 - 1 tsp black peppercorns
 - 2 whole allspice berries
 - 4 cardamom pods, seeds only
 - 4 cloves
 - 5 dried red chillis (deseeded)
 - ¼ tsp nutmeg
 - ¼ tsp cinnamon
 - 1 tsp turmeric

METHOD:

1. If you are using a purchased spice mix, skip steps 1 and 2. If not, start by making the spice mix: dry fry the whole spices and chillis for 3 minutes, shaking the pan to prevent scorching
2. Allow to cool and then grind using a coffee grinder or pestle and mortar. Combine with the powdered spices and then store in an airtight container (as you will only use a quarter of the mix for this recipe).
3. In a large saucepan, add the oil and then sauté the onions, ginger and garlic on a medium-high heat until the onions have softened. Add just 1 tbsp of the spice mixture and cook for 2 minutes.
4. Add the chopped tomatoes to the pan with the tomato paste, cook for 5 minutes or until softened.
5. Add the lentils, stock cube, and water.
6. Put on lid and then cook on a slow heat until the lentils have softened and water has reduced. Stir from time to time to prevent sticking. This will take approximately 30 minutes.
7. Serve with traditional Ethiopian Injera breads.





**SMALL PLATES
AND SIDES**

WILD GARLIC PESTO

Wild Garlic is a plant which can be foraged in early spring in the UK. The bulbs, leaves and flower buds are all edible, but for this recipe we only want the young leaves. If wild garlic isn't available, you can substitute the leaves with an equal amount of basil and two cloves of garlic for a basic pesto. This recipe was submitted by Carolina from Urbanwise.

INGREDIENTS:

- 50g pine nuts, or other nut alternative
- 1 lemon, juice only
- Salt to taste
- 40g wild garlic leaves
- 40g basil
- 50g hard cheese, grated
- 150ml oil



METHOD:

1. In a blender, add the nuts, salt, and lemon juice. Blitz this until the nuts are a crumbly consistency and have released their oils.
2. Add the wild garlic, basil, grated cheese and oil. Blend this only for a short time, as the more the basil is aggravated, the more bitter the pesto will become.
3. Season to taste with extra salt or lemon juice.

TOP TIPS WHEN USING WILD GARLIC:

- When foraging in woodlands, chose plants which are off the main path - as you are less likely to encounter rubbish or animal waste on your harvest.
- Wild garlic is a beginner plant to forage, if you are struggling to identify it, cut and smell a singular leaf, rather than a floral smell it will smell like a mild garlic scent.
- Cut the leaves about 1cm above the ground level to give the plant chance for regrowth. It is important to NOT pull the plant up from its roots.
- Treat wild garlic like any other leafy herb, add to dishes at the end of cooking to maintain their fresh aromas.

WATERMELON RIND CHUTNEY

Vonny, a volunteer and participant in Nourish Hub's fermenting and pickling course, submitted this recipe. This chutney was chosen for its creative approach to reducing food waste and turning something often discarded into a delicious condiment. It pairs well with curries or cheese and crackers.

INGREDIENTS:

- 500g watermelon rind (white part only)
 - roughly 1 medium watermelons worth
- 200ml water
- 100g pitted dates
- 1 tbsp oil
- ¼ tsp mustard seeds
- ¼ tsp cumin seeds
- 1 onion, diced
- 3cm root ginger, diced
- 1 green chilli, diced
- ¼ tsp turmeric powder
- ¼ tsp chilli powder (optional)
- ¼ tsp salt
- 60ml apple cider vinegar

METHOD:

1. Sterilise your jar by washing it with hot soapy water and then heating in the oven for 30 minutes at 100 degrees fan/gas mark ¼.
2. Remove the watermelon flesh and green skin from your watermelon. Chop the white rind into matchstick-sized pieces.
3. In a large saucepan, cover the white rind matchsticks with water and cook for 10-15 minutes, or until it is translucent and tender. Drain and set aside.
4. Soak the dates in a bowl of water to soften for 10 minutes. Transfer to a hand blender or food processor and blend to a paste. Set aside.
5. In the large saucepan, heat oil over medium heat, then add the mustard seeds and cumin seeds. When they start to splutter, add the chopped onions, ginger, and green chilies. Sauté until the onions are soft and translucent, stirring occasionally to prevent anything from sticking to the bottom of the pan.
6. Into the onions, add the turmeric powder, red chilli powder (if using), and salt. Stir well.
7. Add the cooked watermelon rind to the pan with onion mixtures.
8. Next, add the apple cider vinegar and date paste. Stir well to combine. Reduce the heat to low and let it simmer until the mixture thickens to a chutney-like consistency (about 20-25 minutes).
9. Let the chutney cool to room temperature. Transfer to your sterilized jar and store in the refrigerator. It can be kept for up to 2 weeks.

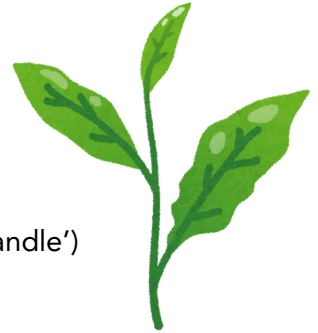


FRIED SAGE LEAVES

Sage bushes are grown in abundance by Francesca at the RBKC Kitchen Gardens. Fried Sage Leaves are a very simple recipe which can take no more than 20 minutes from start to finish. This recipe is great as an antipasto or as an accompaniment to cocktails. We have developed this recipe to use sparkling water instead of beer but other unsweetened carbonated drinks or water can be used.

INGREDIENTS:

- 100g plain flour
- Pinch of salt
- 200ml sparkling water
- Oil, for frying
- 24 sage leaves (stalks removed leaving 1cm stalk 'handle')
- To garnish: 2 tsp lemon juice (optional)



METHOD:

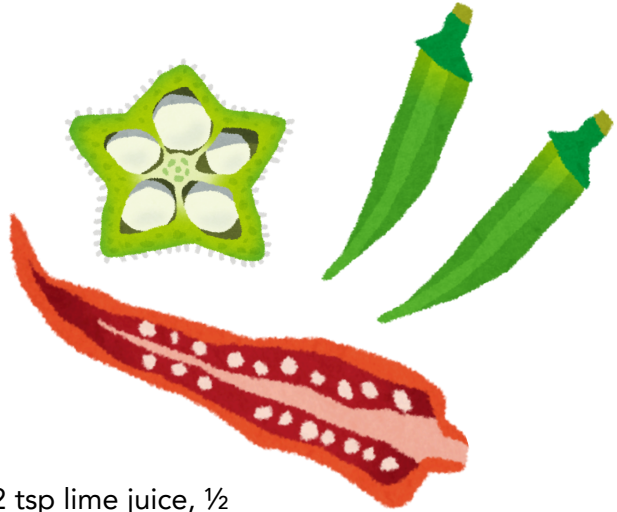
1. In a large bowl, combine the flour, salt. Stir in sparkling water gradually using a whisk until it forms a smooth thick 'double cream or paint' -like consistency.
2. Using a small high-sided saucepan, pour in enough oil so that it reaches approximately 5cm from the base of the pan. Heat until the oil begins to bubble.
3. Check the oil is ready by dropping a small amount of batter into the oil. If it immediately bubbles and sizzles, remove and begin the next step. If not, allow the oil to heat to a higher temperature.
4. Holding the stalk of the sage leaves, dip the leaf into the batter ensuring an even coating.
5. Working in batches, use a slotted spoon to carefully lower the battered leaves into the hot oil. Allow to cook until lightly golden.
6. Once, golden and cooked, use a slotted spoon to remove from the oil and transfer to a paper towel to remove the excess oil. Best served warm.

SPICY OKRA FRIES

Local resident and volunteer, Jo, loves anything spicy! This recipe is a great example of a dish which can be adapted and altered to personal preferences. Enjoy by itself, or alongside a drink as a sort of 'bar snack', this small plate is very moreish!

INGREDIENTS:

- 100g plain flour
- 25g gram flour
- ½ tsp chilli powder
- ¼ tsp turmeric
- ¼ tsp salt
- ½ tsp fennel seeds
- ½ tsp nigella seeds
- 250ml cold water
- 100g okra, halved lengthways
- Oil (for frying)
- To garnish: 1 small red chilli, 2 tsp lime juice, ½ a small red onion, a handful of coriander.



METHOD:

1. In a large bowl, mix the flour, spices and salt.
2. Add your water slowly and mix until you have a paste like consistency, adding more water if it's too thick.
3. In a small high-sided saucepan, add an inch of oil and heat to a medium high temperature.
4. Slice your okra length ways and then coat each okra half in the batter.
5. Check the oil is ready by dropping a small amount of batter into the oil. If it immediately bubbles and fries, remove and then begin frying your okra.
6. Cook the okra until golden and crispy (approximately 3-4 minutes), be careful not to overcrowd the pan.
7. Remove the okra using a slotted spoon onto a piece of kitchen roll to catch an excess oil.
8. Slice your chillis and red onion, in a bowl with coriander toss in 2 tsp lime juice.
9. Plate the okra and garnish.



GRILLED PEPPER AND TOMATO SALAD

This family recipe is steeped in history for Ruth, who has record of her father's family eating it 300 years ago in Morocco. It reminds Ruth of her Mother who made it weekly to celebrate the Jewish Sabbath. The charring of the peppers and tomatoes gives this dish a smoky flavour and enhances their sweetness.

INGREDIENTS:

- 6 large bell peppers, whole
- 6 large tomatoes, whole
- Optional: garlic
- 1 tsp pepper
- 1 tsp salt
- 3 tbsp oil
- 1 lemon, squeezed
- 2 tbsp vinegar
- Optional: basil



METHOD:

1. Char the peppers and tomatoes under the grill. Keep an eye on them and turn regularly to char all the skin. If using garlic, wrap the cloves in a foil parcel after coating in oil, place in the oven with the peppers.
2. Place the charred peppers and tomatoes in a heatproof bowl and cover with clingfilm to briefly 'steam'. The moisture will help you remove the charred skins.
3. Once cool, use a spoon to remove the burnt skins. Remove the stalk and seeds of the peppers, and tear into large pieces.
4. Chop the skinned tomatoes and in a serving bowl combine with the peppers, salt, oil, lemon juice and vinegar. Top with basil if preferred.



**SWEET TREATS
AND DESSERTS**

OREO CHEESECAKE

Submitted by young people from Harrow Club, this Oreo Cheesecake became a favourite during the Club's online cooking classes held during COVID-19. Loved by both participants and instructors, it can be easily scaled to feed a crowd and is beginner-friendly, requiring minimal equipment and just five ingredients. Its simplicity and fun made it a standout choice for the cookbook.

INGREDIENTS:

- 100g butter
- 500g oreos (300g for biscuit base, 200g for filling)
- 600g soft cheese
- 100g icing sugar
- 248ml double cream

METHOD:

1. In a bowl, melt the butter in 30 second intervals in the microwave.
2. In a food processor, or in a large bowl with the end of a rolling pin, break up the Oreos until they are the fine texture of breadcrumbs.
3. Combine the melted butter with the Oreo crumbs.
4. Line the base of a large 30cm cake tin and then press the Oreo mixture into the base of the tin. Chill in the fridge.
5. In a large mixing bowl, combine the soft cheese and icing sugar and beat until smooth.
6. Add the double cream and mix until combined.
7. Roughly break up the remaining Oreos into small chunks and then fold into the cheese mixture.
8. Pour onto of the refrigerated biscuit base and leave in the fridge a minimum of three hours, or overnight for best results.

PLUM CRUMBLE CAKE

Kasia, a participant in Nourish Hub's beginner cookery course, shared a Plum Cake recipe inspired by her visit to Hungary. It was chosen for the cookbook for its balance of complexity and ease. Plums can be substituted with other soft stone fruits, pears, or apples.

INGREDIENTS:

Sponge Cake:

- 150g butter or margarine
- 150g sugar
- 140g plain yogurt
- 2 eggs
- 200g plain flour
- 1 tsp baking powder
- ¼ tsp bicarbonate of soda
- Pinch of salt
- 6 tbsp coconut flakes or desiccated coconut (alternatively almonds)

Plum Layer:

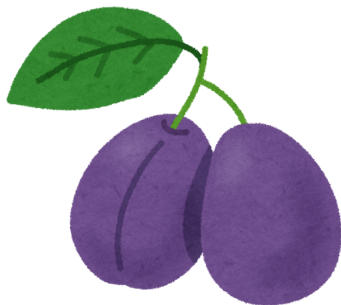
- 5 Plums
- 1 tsp cinnamon
- 1 tsp vanilla extract

Crumble:

- 100g butter or margarine
- 150g plain flour
- 2 tbsp coconut flakes
- 65g brown sugar
- 1 tsp cinnamon

METHOD:

1. Preheat the oven to 180 degrees fan/gas mark 4.
2. For the sponge cake, in a large bowl using a wooden spoon cream the butter and sugar together until light and fluffy.
3. Mix in the yogurt and eggs to combine.
4. Sieve the flour, baking powder and bicarbonate of soda into the batter and fold gently to combine. Be careful not to beat the batter, as this removes all the air from the mix.
5. Fold in the coconut flakes (or ground almonds).
6. Grease a 20cm cake tin and line the bottom with grease proof paper. Pour the batter into the tin and cook in the oven for 30 minutes.
7. While the cake is cooking make a start on the plum layer by deseeding and chopping each plum into 10 slices.
8. In a small saucepan, cook the plums, cinnamon and vanilla extract on a low-medium heat until softened and a small amount of liquid is released.
9. Make the crumble topping by melting the butter and combining with the dry ingredients.
10. Remove the cake from the oven once golden in colour, testing if it is cooked by inserting a skewer, if the skewer comes out clean it is cooked, if it has batter on, return to the oven in 5 minute intervals until cooked.
11. Spread the plums across the top evenly and then sprinkle the crumble mixture. Return to the oven for a further 15 minutes.
12. Once cooked, allow to cool and then slice and serve with your choice of cream, ice cream, custard or on its own.





MANDAZI (SOMALI “DOUGHNUT”)

Nasri, a Community Champion from North Kensington Community Energy (NKCE), shared this recipe because it holds cherished childhood memories. As part of her Somali heritage, Mandazi is a traditional food made before Eid. Her recipe is affordable, using simple pantry ingredients, and promotes togetherness, often served at gatherings. Paired with Shaah, a spiced milk tea, it can be enjoyed as a snack, dessert, or even breakfast.

INGREDIENTS:

- 400g plain flour
- 1 tsp baking powder
- 2 tsp ground cardamom
- 75g caster sugar
- 1g salt
- 20g butter or margarine
- 187ml milk
- 1 sachet of fast-acting dried yeast
- 1 large egg
- 2 tbs oil + more for deep frying
- Optional icing sugar to dust

METHOD:

1. In a large bowl, sieve the flour, and add the baking powder, cardamom, sugar and salt.
2. Using clean hands, rub the butter into the dry ingredients until the mixture resembles breadcrumbs.
3. Warm the milk in the microwave and stir in the dried yeast. Ensure the milk is not boiling as this will kill the yeast.
4. Create a 'well' in the centre of the large bowl of dry ingredients, add the egg, and warmed yeast and milk mixture. Stir and combine to form a dough. The dough will be wet and sticky. Add 2 tablespoons of oil and knead it in until the dough is smooth and elastic.
5. Return the dough to the bowl and cover with cling film. Leave in a warm environment to rise for approx. 2 hours or until it has doubled in size.
6. On a clean work surface, roll or press the dough into a rectangle (20 x 30cm). Divide the rectangle into 6 squares and cut each square diagonally into two triangles. This will give you 12 Mandazi.
7. Cover and rest on a baking sheet for another 30 minutes until they have risen slightly.
8. Heat your oil in a high sided sauce pan on medium heat. Once hot, start to fry the Mandazi until puffed up and golden brown, turning to fry both sides (approx 2 minutes each side). If the mandazi turn dark brown too quickly, the oil is too hot and they will burn, reduce the heat. Do not overcrowd the pan, as it drops the temperature of the oil and the dough will stick together.
9. Dust with icing sugar and best when served warm.

SHAAH (MASALA CHAI)

During a Somali afternoon tea, known as Casariya, Shaah is served alongside Mandazi. Community and conversation are key elements, with Nasri (NKCE) joking that it is even a part of the 'menu', quoting "The most important things to serve with Shaah Cadays are Sheeko, which is the Somali term for stories". Shaah can be served alongside Canjeeros, which are Somali pancakes or flatbread which is made using a fermented 'sourdough' like batter.

INGREDIENTS:

- 5 green cardamom pods, crushed
- 5 whole cloves, crushed
- 1 teaspoon black peppercorns, crushed
- 1 inch root ginger, sliced
- 2 cinnamon sticks
- 500ml cups of cold water
- 3 black teabags
- 2 tbsp granulated sugar
- 500ml cups whole milk (or milk alternative)



METHOD:

1. Crush your cardamom pods, cloves and peppercorns using the flat side of a knife or bottom of a pan.
2. Slice your ginger as thin as possible.
3. Break the sticks of cinnamon into smaller chunks.
4. In a large saucepan, add your dry spices and heat. Stirring constantly or shaking the pan to draw out the fragrances.
5. Add the water, ginger, tea bags and sugar. Increase the heat to high and once at a rolling boil reduce onto a low temperature until the tea bags have diffused (approximately 5 minutes).
6. Stir in the milk and cook out, being careful not to allow the milk to boil over or burn.
7. Strain using a sieve, loose-leaf teapot or coffee cafetiere and serve hot in your favourite mug.



CHOCOLATE CHIP SCONES

Claire Simmons, Notting Dale Councillor, and chair of Housing & Communities Scrutiny Committee, donated this recipe. It holds sentimental value for her family as they first found the recipe after a family bereavement. On a trip away, her family used the time together, sharing scones and telling stories of their passed loved one, as a way to reconnect and heal.

INGREDIENTS:

- 455g self-raising flour
- 1 tsp salt
- 112g butter, cubes, at room temperature
- 56g caster sugar
- 100g chocolate, roughly chopped
- 230ml milk
- 1 egg, beaten to glaze
- Whipped cream, to serve

METHOD:

1. Preheat the oven to 230 degrees fan, gas mark 8.
2. In a large bowl, sift the flour and salt.
3. Using clean hands, rub the butter with your fingertips until the mixture resembles breadcrumbs.
4. Add the sugar and chocolate, mix to combine.
5. Gradually pour the milk, mix to combine.
6. Very briefly knead to combine, careful not to overwork the dough.
7. Roll out on a floured surface to 3cm thickness, and using a narrow cookie cutter, cut into 12 circles.
8. Place on a lined baking sheet and brush with the beaten egg. Then place into the preheated oven for 8-10minutes until golden brown.
9. When cooked, slice in half horizontally and serve with whipped cream and a cup of tea.



CARROT TRAY CAKE

This carrot cake was submitted by Geraldine, a kitchen volunteer at Nourish Hub. While the recipe originally came from her sister in Kentucky, Geraldine's daughter regularly makes it for family gatherings, for friends and celebrations.

INGREDIENTS:

Sponge:

- 4 eggs
- 200ml oil
- 250g caster sugar
- 250g plain flour
- 3 tsp ground cinnamon
- 1 tsp ground ginger
- 2 tsp baking powder
- ½ tsp bicarbonate of soda
- ½ tsp salt
- 4 medium carrots, grated
- 100g walnuts, roughly chopped

Icing:

- 140g cream cheese
- 70g softened salted butter
- 300g icing sugar, sifted

METHOD:

1. Preheat the oven to 180 degrees fan/gas mark 4.
2. Grease and line a 30 x 20cm tray or cake tin.
3. In a large mixing bowl, add the eggs, oil, and sugar. Beat using an electric whisk or by hand using a regular whisk until the mixture foams slightly.
4. Sieve your flour, spices, baking powder, bicarbonate of soda and salt into the wet ingredients and then fold in gently using a spatula.
5. Stir through the chopped walnuts and grated carrot, then spoon into the baking tin.
6. Bake for 40 minutes in the pre-heated oven.
7. When cool, make the frosting. Put the cream cheese, butter and icing sugar into the bowl of a food processor. Beat briefly with the balloon whisk to combine. Smooth over the cake then slice to serve.





ACKNOWLEDGEMENTS

We would like to extend our heartfelt thanks to everyone who contributed to this cookbook. It would not have been possible without the incredible members of our community who generously shared their cherished recipes. Your culinary traditions and creativity have made this project truly special.

A special thank you to the Nourish Hub volunteers (Amanda, Bilal, Bud, Charty, Christina, Decibel, Fiona, Helen, Idris, Jade, Jazzy, Jo, Loan, Mihalis, Mouni, Raluca, Sade, Sarah L., Sarah P., and Sophia), Chef Angus and Helen (ANutr) who dedicated their time and expertise to testing and perfecting the recipes. And to the photographer Hannah and food stylist Katie who offered their time and skills to make this cook book visually brilliant. The passion and commitment of all whom were involved have ensured that each dish is a reflection of the people in this neighbourhood.

A warm thanks to Anca and Batool from the Notting Dale Future Neighbourhood 2030 project and the team from the GLA, for your support, vision, and leadership throughout this project. Finally, we are deeply grateful to our fellow Future Neighbourhood 2030 community partners, your collaboration and shared commitment to sustainability, wellbeing, and community empowerment have been invaluable to this project.

Thank you all for being part of this journey and for helping to nourish our community and the environment.



NOTTING DALE COMMUNITY COOK BOOK

This cookbook celebrates the vibrant flavours and shared stories of the Notting Dale community. Curated by Nourish Hub and enriched with recipes generously donated by local groups and residents, each dish is a testament to the power food has in bringing people together.

Inside, you'll find a diverse collection of vegetarian recipes—each carefully tested by Nourish Hub. From comforting classics to creative new dishes, these meals are designed to be both affordable and nourishing, perfect for any home cook.

"Food is the heart of community; it nurtures connections, sparks conversations, and transforms strangers into friends around a shared table" - **Ffion Hayward, Nourish Hub Manager**

"Rooted in equity and shaped by the community, the Future Neighbourhoods programme is sowing the seeds of a greener, fairer, and climate-resilient Notting Dale for everyone. This cookbook captures the community's spirit, with recipes that celebrate and honour the neighbourhood's diverse cultures"

- **Anca Giurgiu, Senior Climate Change and Sustainability Manager**

