

# Ageing Artfully



## Ageing Artfully

Akademi South Asian Dance UK has been exploring the natural affinity between South Asian dance and movement practices and well being. ‘Ageing Artfully’ worked with one hundred older residents of the borough of Camden and took place across five community centres. The programme aimed to support participants’ physical and mental well being through ten weeks of creative workshops and follow-up activities led by project volunteers. The workshops combine South Asian movement classes, walking, gardening in local allotments and healthy cooking classes.

This book, made in collaboration with chef Manju Malhi and dance artist Amina Khayyam brings together the best of the project by sharing the recipes and exercises the participants liked most, and by giving them the opportunity to continue what they have learned at home or in their community centre. The recipes written by Manju Malhi are complemented by illustrations and project photographs, whilst the exercise pages were made in collaboration with members of the Bengali Worker’s Association who are pictured carrying out the exercises themselves. The book also contains other tips for living an active life in older age based on activities which were organised by the groups during the project.

We hope you enjoy it!

## Contents

<b>Exercises by Amina Khayyam.....</b>	<b>4 - 17</b>
<b>Recipes by Manju Malhi.....</b>	<b>18 - 67</b>
<b>Group activities.....</b>	<b>68 - 72</b>
<b>Credits.....</b>	<b>73</b>

# A gentle exercise routine

Dance artist Amina Khayyam has designed the following sequence of simple exercise movements for older adults. This sequence of exercises are derived from her ongoing yoga and dance practice.

These gentle exercises aim to support and encourage the group to develop a regular exercise routine, which can be practiced independently or with friends, at home or in the park.

These gentle exercises aim to improve breathing, flexibility, mobility and help you feel energised. You will notice that each exercise is repeated eight times, this is the 'eight count'. When learning or practicing dance most songs are broken up into segments of 8. Once the count of 8 is reached a new movement begins. As you gain confidence in doing each routine you can double the speed or increase the counts of 8.

We recommend you practice these movements alongside regular classes and on the advice of your dance or exercise teacher.

If you see the red triangle ▲ please take extra care with this exercise and practice in consultation with your exercise teacher.



## 1. Breathe in... through your nose



## Breathe out... through your nose x 8

This will bring you internal focus which will make you feel lighter, relaxed and ready to start the exercise routine.

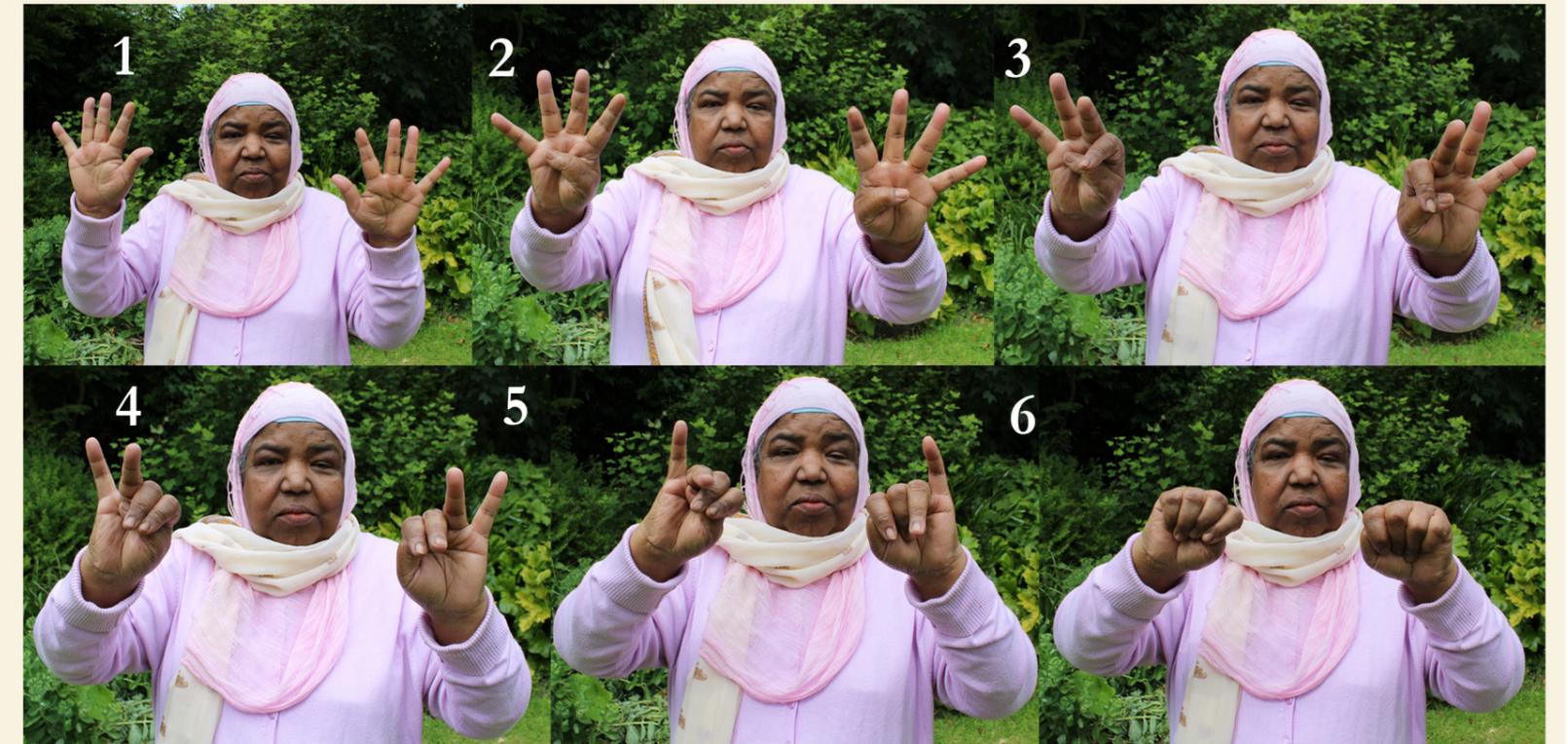
## 2. Shoulder roll



**Roll towards the back x 8**  
**Roll towards the front x 8**

**This helps to release tension and stiffness around the shoulder area.**

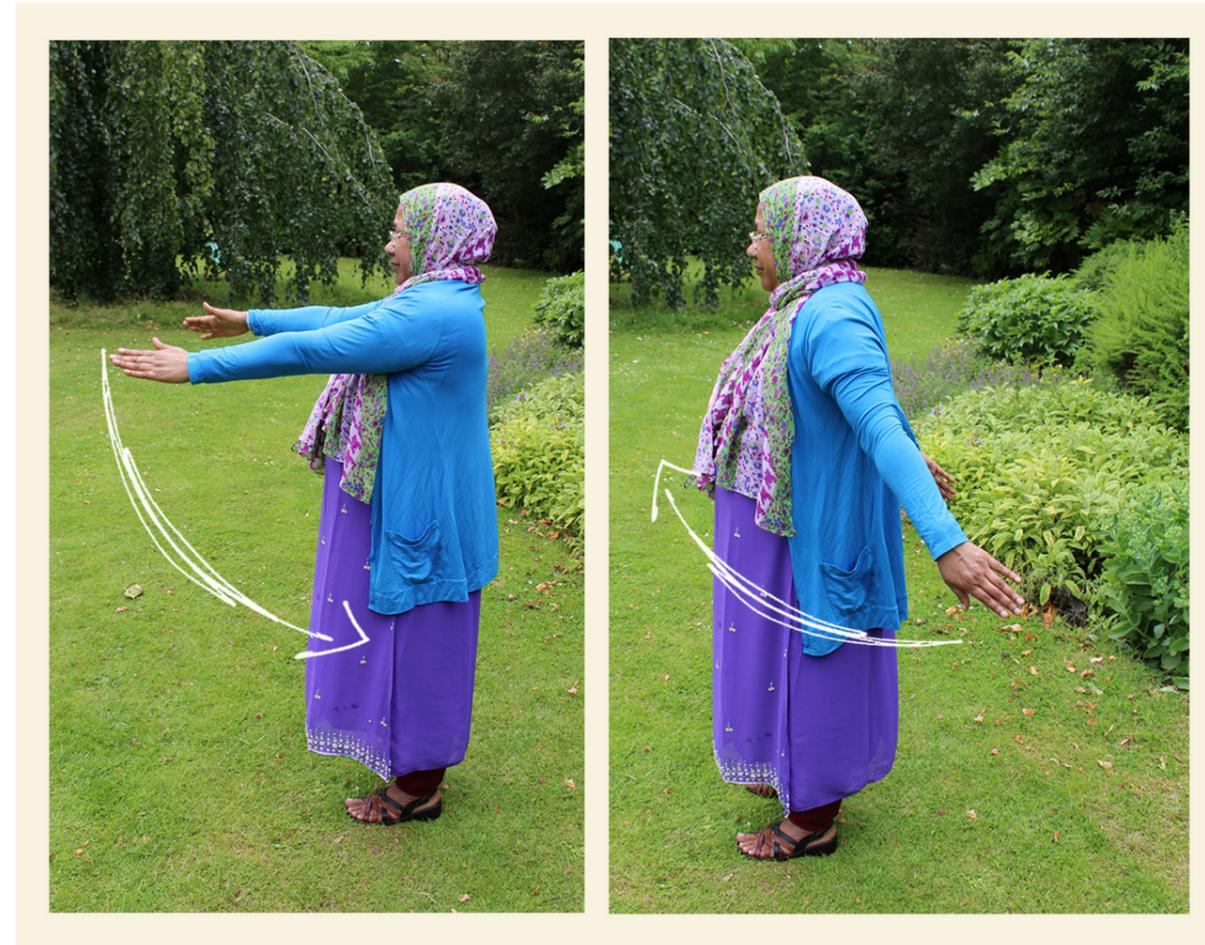
## 3. Palm and finger stretch



**Open and close x 8**

**This helps to mobilise the joints and release aches and pains.**

#### 4. Heart stretch



With arms extended throughout, stretch your chest forward as your arms move back x 20

#### 5. Arm rotation



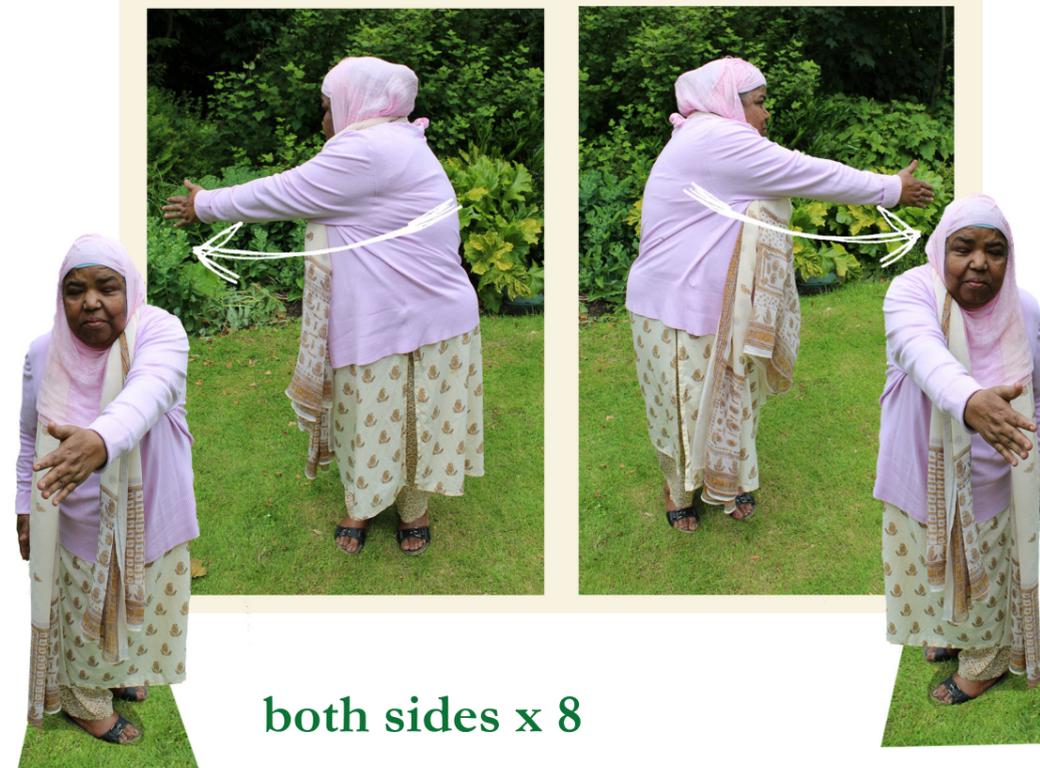
Rotate arms in continuous circular motions  
back x 8  
front x 8

▲ If you feel dizzy whilst doing this exercise, stop or try rotating one arm at a time instead.

## 6. Facial muscle exercise



Stretch your mouth open with these sounds x 8



both sides x 8

## 7 & 8. Stretch and twist

These exercises help to:

- build stamina
- stretch the sides of the body
- tone the upper body



both sides x 8



### 9. Toes taps up and down x 8 (try at double speed)

Mobilises toes and feet and releases tension in the ankle area.

### 10. Heels up and down x 8

Stretches calf muscles and increases mobility.

For extra support hold on to a chair for this exercise.



### 11. Jog on the spot

3 - 5 minutes or until you feel out of breath.

Jogging increases heart rate which helps to circulate the blood flow, increase stamina and improves overall mobility.

Also try walking around or doing a gentle jog.



## 12. One leg up then down

Helps with blood circulation and releases tension and stiffness around the back of the leg and bum.



“I like to exercise together with my friends as sometimes at home there are many distractions.” Mrs.Wang

“With the group I feel more confident to try new things and it is really fun!” Lilly Chong

Stretch each leg x 8

## ▲ 13. Cycling x 20



This stomach and leg exercise helps you to connect to the centre of the body. It also tones the stomach and thigh muscles.

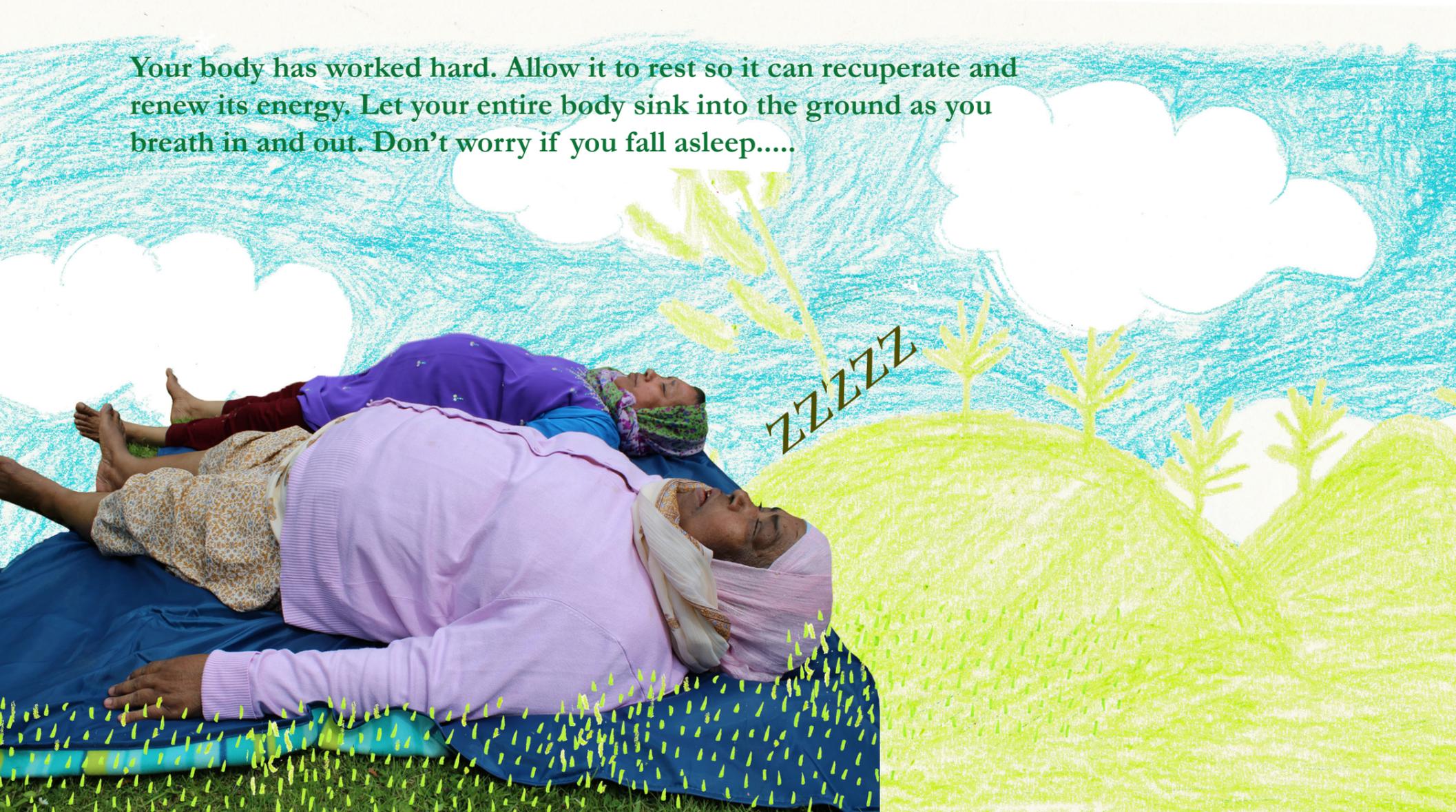
## ▲ Both legs up in the air x 10



Core exercise which helps to tone the stomach muscles and brings awareness to the centre of the body.

## 15. And now relax...

Your body has worked hard. Allow it to rest so it can recuperate and renew its energy. Let your entire body sink into the ground as you breath in and out. Don't worry if you fall asleep.....



These exercises have been demonstrated by:

Nurjahan Bibi  
Shahida Chowdhury  
Nimco Mahmud



# Recipes

A delicious selection of healthy and scrumptious recipes written by Manju Malhi whilst working with Ageing Artfully participants. Enjoy cooking and sharing these dishes together with friends, with the family or just for you.



**Starters, Dips, Dressings and Salads.....20 - 29**

**Main Dishes.....30 - 57**

**Sweet Stuff.....58 - 66**



## Starters, Dips, Dressings and Salads

### Bruschetta

Serves 4

- 7-8 ripe plum or regular tomatoes
- 2 garlic cloves, minced or finely chopped
- 1 small red onion, finely chopped
- 1 tbsp olive oil
- 1 tsp balsamic or malt vinegar
- 6-8 fresh basil leaves, chopped or torn
- Salt and freshly ground black pepper to taste
- 1 baguette French bread or similar Italian bread



If you don't want the skin on the tomatoes, parboil them first for a couple of minutes in boiling water. Drain and let them cool.

Using a sharp small knife, remove the skins of the tomatoes. (If the tomatoes are too hot, you can protect your finger tips by rubbing them with an ice cube between tomatoes). Once the tomatoes are peeled, cut them in halves or quarters. Also cut out and discard the stem area. Why use plum tomatoes instead of regular tomatoes? The skins are much thicker and there are fewer seeds and less juice. But if you cannot get hold of plum tomatoes, regular ones will do and you can keep the skin on them.



Preheat the oven to 350°F/180C/Gas 4. Chop up the tomatoes coarsely. Put them with the garlic, onion, one tablespoon of olive oil and vinegar in a bowl and mix. Add the basil. Season with salt and pepper.

Slice the baguette on a diagonal into roughly 1/2 inch thick slices. Coat each side of one slice with the remaining 1 tablespoon of olive oil using a pastry brush. Place on a cooking sheet, olive oil side down. You will want to toast them in the top rack in your oven, so you may need to do these in batches depending on the size of your oven. Place a tray of bread slices in the oven on the top rack. Toast for 5-6 minutes, until the bread just begins to turn golden brown.

Alternatively, you can toast the bread without coating it in olive oil first. Or make three score on the both sides of the slices. Rub some garlic and brush with oil. Then place them on a heated griddle. Cook for 2 minutes on each side.

Another way is to heat a frying pan and place the baguettes on the frying pan, toasting them for about 3 minutes on each side.

Align the bread on a serving platter. Either place the tomato topping in a bowl separately with a spoon for people to serve themselves over the bread, or place some topping on each slice of bread and serve. If you top each slice with the tomatoes, do it right before serving or the bread may get soggy.

# Beetroot Soup

Serves 6

- 4-6 raw beetroots about 500g, tops removed and washed
- 3 bay leaves
- 1 onion, chopped
- 1 garlic clove, crushed
- 2 tbsp olive oil
- 2 green chillies, finely chopped (optional). 1 tbsp red wine or malt vinegar
- 600ml low salt vegetable or chicken stock
- 4 spring onions, sliced quite thinly



Cook the beetroot in boiling, salted water with the bay leaves for 50-60 minutes until tender. Cool in the water. When cool enough to handle, skin and dice.

Heat a pan and add the oil. Fry the onion, garlic and green chilli, if using, for 15 minutes or until really soft. Add the red wine vinegar and the diced beetroot. Tip in the hot stock and simmer for 15-20 minutes.

Purée the soup, push through a sieve and season. If it's too thick, add a little more water or stock. Chill completely if serving cold.

Spoon into serving bowls or cups, and finish with the spring onions.



## Spicy Yogurt Dip

Serves 4

6 tbsp of natural unsweetened yogurt  
1 garlic clove, crushed  
1/4 tsp cumin seeds, crushed  
pinch of salt (optional)  
pinch of paprika (optional)

Mix all the ingredients together in a bowl. Cover and place in the fridge to chill. Serve with poppadoms. This will last for a week in the fridge.

## Chilli Yogurt Salad Dressing

Serves 4

6 tbsp natural yogurt, whipped or whisked  
1 green chilli, finely chopped

Mix the chilli into the yogurt and serve as a side relish

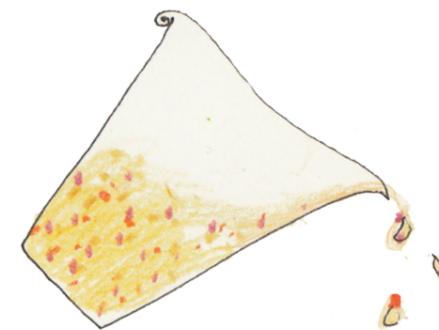


## Honey and Mustard Vinaigrette Dressing

Serves 4

1 clove garlic, minced or finely chopped  
1 tbsp malt or white wine vinegar  
1 1/2 tsp Dijon or English mustard, (coarse or smooth)  
1/2 tsp runny honey  
a pinch of salt  
freshly ground pepper, to taste  
1/3 cup or 5 tbsp extra-virgin olive oil

Whisk the garlic, vinegar, mustard, honey, salt and pepper in a small bowl and then gradually whisk in the oil. Spread over the salad leaves just before serving.



## Houmous

Serves 4-6

- 1x450g can of chick peas
- 2-3 garlic cloves, crushed
- 2 tbsp tahini paste (sesame seeds paste)
- 4 tbsp olive oil, plus a little for garnish
- juice of 1 lemon
- 1 tsp ground cumin
- 1/2 tsp salt
- 1/4 tsp ground white pepper
- 1/2 tsp paprika
- 8 pitted black olives, for garnish

Tip the chick peas into a colander and drain, reserving some of the liquid. In a large bowl, blend or mash the chick peas with the garlic, tahini paste, olive oil, lemon juice, cumin, salt and white pepper. Add more lemon juice if necessary and add enough of the reserved chick peas liquid to give a soft dropping consistency, but not too runny. It's a good idea to add the liquids little by little. Garnish with a sprinkling of the paprika, the black olives and a drizzling of oil. Serve with crackers or toasted wholemeal pitta breads.



## Cannellini Bean Dip

Serves 4-6

- 1x 410g can cannellini beans, drained and rinsed
- 3 tbsp tahini paste
- 2 cloves garlic, minced
- 3 sprigs rosemary leaves, washed and finely chopped
- juice of 1 lemon
- 2 tbsp extra-virgin olive oil
- Salt to taste

Place the beans in the food processor with the tahini, garlic, rosemary and lemon juice. Turn on the processor and stream in the olive oil. When smooth season to taste with salt and transfer to a small serving bowl.

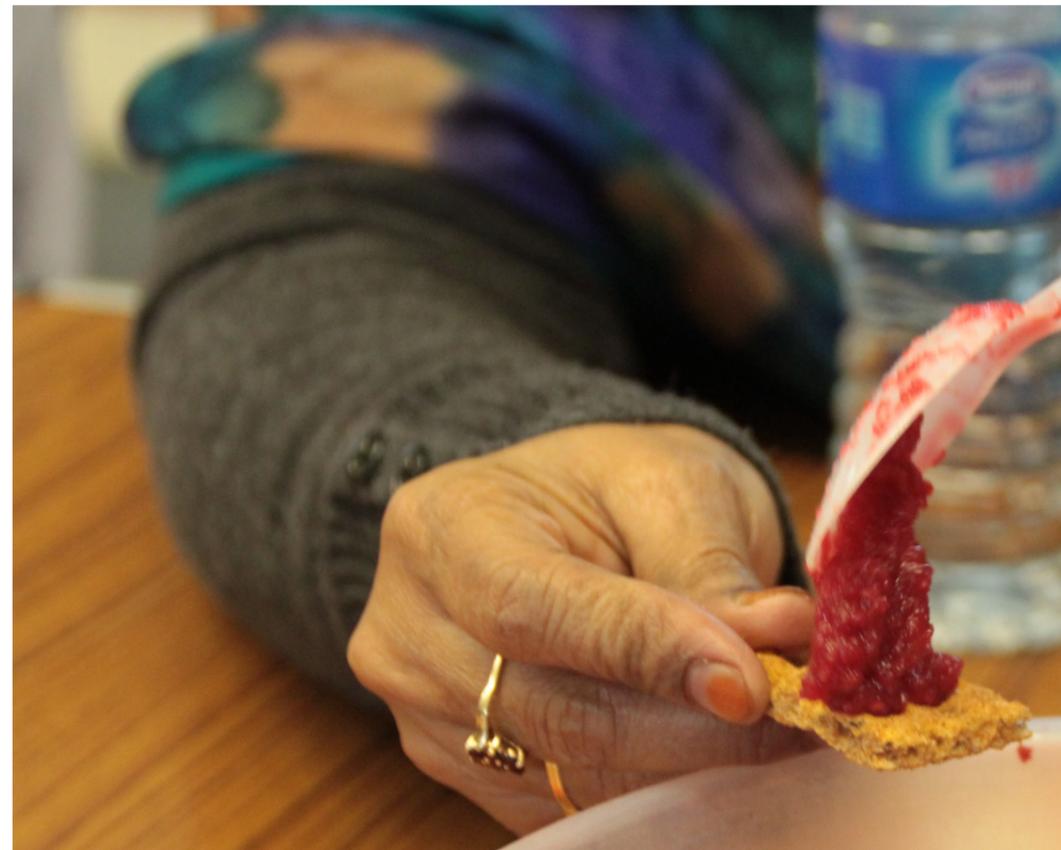
Serve with toast.



## Beetroot Chutney

Serves 8

4 cooked beetroots, roughly chopped  
1 green chilli, roughly chopped  
2 tomatoes, roughly chopped  
1 onion, roughly chopped  
a pinch of salt



Place all the ingredients in a blender or food processor and blend till grainy or the consistency of basil pesto.

Serve as a side relish or dip which can be mixed with natural yogurt.

## Carrot Salad

350g carrots, peeled and coarsely grated  
1 onion, finely chopped  
1 green chilli, finely chopped  
2 tbsp lemon juice  
½ tsp salt  
2 tbsp roasted peanuts, crushed (optional)  
1 tbsp sunflower or groundnut oil  
4-6 curry leaves (optional)  
½ tsp brown or black mustard seeds  
¼ tsp turmeric  
1 tomato, finely chopped

Put the carrots, onion, chilli, lemon juice, salt and peanuts, if using, in a large bowl and mix well. Set aside.

Heat the oil in a frying pan over a medium to high heat. Add the curry leaves, if using, and mustard seeds and fry, stirring constantly, for 30 seconds, or until they splutter. Watch carefully so the mixture does not burn.

Add the turmeric and mix, then drizzle the hot mixture over the salad. Stir well. Mix in the tomato. Set aside until the salad cools completely, then cover the bowl with cling film and refrigerate until required. Serve chilled.



## Main Dishes

### Spicy Stir Fried Soya Mince with Creme Fraiche

Serves 4

- 3 tbsp sunflower or olive oil
- 2 bay leaves
- 350g Quorn mince or vegetarian mince
- 3-4 garlic cloves, chopped
- 2 tsp ground cumin
- 1/4 tsp salt
- 1 green chilli, finely chopped
- 1/4 tsp paprika
- 200g can chopped tomatoes
- 1 tsp tomato puree or paste
- 2 tbsp creme fraiche

Heat a wok and add the oil. Put in the bay leaves followed by the Quorn or vegetarian mince and fry for 5-7 minutes. Add the garlic and continue frying for another minute. Tip in the cumin, salt, green chilli and paprika and mix well for a couple of minutes. Add the tomatoes and mix. Stir in the tomato puree or paste and continue cooking for 3-4 minutes until the mixture is quite thick. Serve hot with a dollop of creme fraiche and wholemeal pitta breads.



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**AGEING ARTFULLY**

Take yoga together

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Akademi & Kings Cross Chinese Group invites you to take part in an exciting 14 week free course of activities to inspire healthy and artful living after 50. This course starts on 8th February 2013

**4 weeks of cooking with Manju Malhi**

4週烹飪課, 教師 Manju Malhi

**Fridays 8th, 15th, 22nd February and 1st March**

星期五 2月8日, 15日, 22日和 3月1日

**from 12.00 until 14.00**

# Tempered Red Lentils

Serves 4

200g split red lentils  
1 tbsp butter  
½ tsp brown or black mustard seeds  
6-8 curry leaves (optional)  
1 green chilli, chopped  
½ tsp turmeric  
1/2 tsp salt  
a pinch of asafoetida (hing)



Bring 500ml of water to the boil in a large saucepan over a high heat. Add the lentils and return the water to the boil. Partially cover the pan, reduce the heat to low and simmer, uncovered, stirring occasionally, for 20-30 minutes until the mixture becomes mushy. Watch carefully so the lentils do not burn. Top up with extra boiling water if necessary. Heat a frying pan over a medium heat. Melt the butter. When it bubbles slightly, add a few of the mustard seeds. When the seeds appear to be crackling or sizzling, add the remaining seeds, curry leaves, if using, chilli, turmeric, salt and asafoetida, and fry, stirring constantly, for 30 seconds, or until the spices splutter. Watch carefully so they do not burn.

Stir the buttery spice mixture into the lentils, then cook for a further 2 minutes. Serve with toasted wholemeal pitta breads.



# Spicy Sweet Potatoes Curry

Serves 4

600g sweet potatoes, washed  
3 tbsp olive oil  
1/2 tsp cumin seeds  
1 red onion, chopped  
3 garlic cloves, chopped  
1 green chilli, finely chopped  
1 tomato, chopped  
1/4 tsp salt  
1 tsp lemon juice

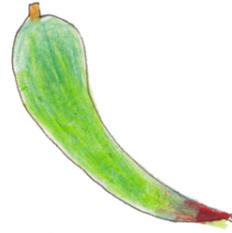


Choose a saucepan that will be large enough to hold the sweet potatoes without crowding them. Fill the saucepan with just boiled water, enough to cover the sweet potatoes. Bring to the boil. Then cover the pan and cook for about 15-20 minutes or until just tender on the outside, but resistant in the centre when pierced with a knife. For softer, tender sweet potatoes, cook for 10 minutes further.

Heat a pan and add the oil. To check that the oil is hot enough, tip in a few of the cumin seeds. If they start to splutter, the oil is ready. Add the remaining seeds and fry for a few seconds. Put in the onion and garlic and continue to fry for 5-7 minutes until golden brown. Add the chilli and fry for a minute then mix in the tomato and salt. When the mixture becomes fairly thick, stir in the cooked sweet potatoes and cook for a couple of minutes more. Sprinkle over the lemon juice and serve hot with a dollop of natural unsweetened yogurt and toasted wholemeal pitta breads and a green salad.



# Veggie Chilli



Serves 4

- 2 tsp sunflower or vegetable oil
- 1 onion, chopped
- 1 carrot, chopped into small pieces
- 4 garlic cloves, chopped
- 2 green chillies, chopped
- 2 peppers, any colour, deseeded and chopped
- 1 tsp ground cumin
- 300g vegetarian mince or Quorn mince
- 420g red kidney beans in water, drained
- 2 tbsp tomato puree
- 400g chopped tomatoes
- 100ml reduced salt vegetable or chicken stock
- 1 pinch ground black pepper



Heat the oil in a frying pan and add the onion. Fry gently for 2-3 minutes and then tip in the carrot, garlic, chilli and peppers and fry for 2-3 minutes more stirring often. Mix in the ground cumin and stir. Add the mince and fry for 2 minutes. Tip in the beans and continue mixing. Add the tomato puree and mix then the tomatoes. Stir from time to time. Pour in the stock and bring to the boil. Reduce the heat and simmer for 20 minutes.

Serve hot with plain rice.



# Vegetarian Spaghetti Bolognese

Serves 4

2 tbsp olive oil  
1 onion, finely chopped  
1 carrot, finely chopped  
3-4 garlic cloves, crushed  
200g mushrooms, finely chopped  
400g tin chopped tomatoes  
1 tbsp tomato purée  
1 tsp dried oregano  
1 tbsp tomato ketchup  
1 low salt vegetable stock cube  
dissolved in 200ml boiling water  
350g Quorn Mince  
salt and freshly ground black pepper  
350g brown or white spaghetti (dried)  
fresh basil leaves, torn, for garnish  
Italian style hard cheese or low fat Cheddar shavings, to serve



Heat the oil in a saucepan and fry the onion, carrot and garlic gently for 5 minutes. Add the mushrooms and fry for 2-3 minutes more.

Add the tomatoes, tomato purée, dried oregano, tomato ketchup and vegetable stock. Cover and simmer gently for a further 8-10 minutes. Stir in the Quorn mince. Season with salt and black pepper. Continue to cook over a low heat while you cook the spaghetti according to the instructions on the packet and season to taste.

Drain the spaghetti, spoon the bolognese sauce over the top and serve, sprinkle with some basil leaves and vegetarian Italian hard cheese shavings.

# Healthy Spanish Omelette

Serves 1

- 1 medium potato, peeled and cubed
- 1 tsp of olive oil
- 1 small onion, finely chopped
- half a red or green pepper, finely chopped
- 1 clove of garlic, finely chopped (optional)
- 25g frozen peas, defrosted
- 2 small tomatoes, peeled and chopped
- 2 medium eggs

Boil the potato in water for 8 to 10 minutes until soft, then drain carefully.

Heat the oil in a pan and cook the onion, pepper and garlic, if using, for 5 minutes until soft.

Add the peas, potatoes and tomatoes to the mixture in the frying pan.

Beat the eggs together in a bowl and pour over the vegetables.

Cook for 5 minutes, then place the pan under a medium grill for 3 to 5 minutes until the eggs in the omelette have set and it is golden brown.



## Seasonal Roast Vegetable Tray

Serves 6

6 medium carrots, ends trimmed  
6 small parsnips, ends trimmed  
1 small suede, cut into thick wedges  
2 medium sized sweet potatoes, peeled and cut into thick wedges  
4 tbsp olive or sunflower oil  
2 medium sized aubergines or brinjals, cut lengthways  
4 small onions, cut in half  
1/2 tsp salt  
1/2 tsp coarsely ground black pepper  
large knob of butter, to serve



Place the carrots, parsnips, suede and sweet potatoes in a saucepan and parboil for 15 minutes. Preheat the oven to 180C/350F/Gas 6. Pour 3 tbsp of the oil into a roasting tin, scatter and roll the vegetables including the aubergines and onions in the oil and season with the salt and pepper. Drizzle with the remaining 1 tablespoon oil. This stage can be prepared an hour ahead.

Roast the vegetables for 45-55 minutes until tender and golden brown. Brush with butter before serving.



# Bombay Potatoes

Serves 4

4 tbsp sunflower or rapeseed oil

1/4 tsp brown or black mustard seeds (rai)

1/4 tsp turmeric

1/4 tsp salt

400g fluffy potatoes such as King Edward or Maris Piper, peeled, boiled and cut into 4cm pieces

1/4 tsp chilli powder or chilli flakes

Heat the pan on a medium setting and add the oil.

To check that the oil is hot enough, add a few mustard seeds. If they pop, the oil is ready. Then add the remainder of the mustard seeds.

Tip in the turmeric and salt. Mix well.

Fry the pungent mixture for about 30 seconds and then add the potatoes. Fry for about 4-5 minutes until the potatoes are smothered in seeds and appear to have crispy edges. They will look quite yellow in colour. Add the chilli powder or chilli flakes and mix well. Cover the pan and cook on a low heat for a few minutes more if necessary.

Serve immediately with wholemeal pitta breads and a crisp green salad.



## Salmon Parcels

There's no single best way to bake salmon in the oven, but healthier methods incorporate less oil or butter and therefore contribute to fewer additional calories and less fat. Baking is ideal for fillets, steaks and whole salmon. Seal individual salmon fillets or steaks in foil parcels, with or without a drizzle of olive oil, fresh herbs or salt and pepper. Set the parcels on a sheet pan and place it in an oven preheated to 190C/375F/Gas 5 for about 10 minutes, or until the flesh flakes easily. Alternatively, line a sheet pan with foil, spritz it with cooking spray rather than greasing it with oil, and set the salmon portions on it. Drizzle a small amount of olive oil over each portion, or use fresh lemon or lime juice for a lighter option.

Serves 4

4 cloves garlic, minced

6 tbsp olive oil

2 tsp dried basil

1 tsp salt

2 tsp ground black pepper

2 tbsp lemon juice

1 tbsp chopped fresh parsley

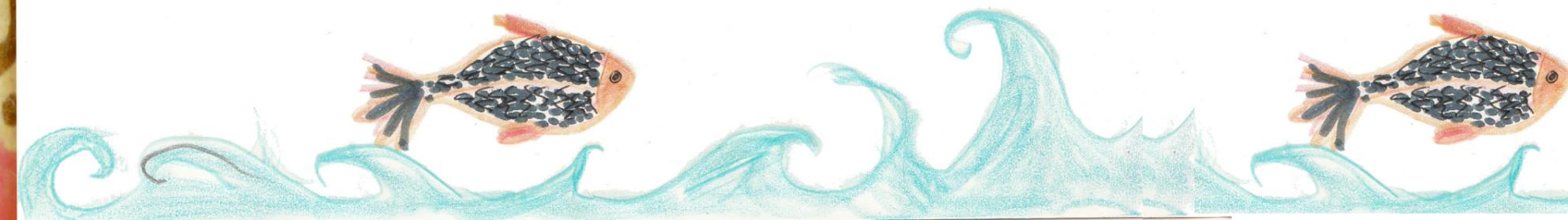
1/4 tsp chilli flakes

4 (170g) fillets salmon or steaks

In a medium glass bowl, prepare marinade by mixing garlic, olive oil, basil, salt, pepper, lemon juice and parsley. Place the salmon fillets in a medium glass baking dish, and cover with the marinade.



Marinate in the refrigerator about 1 hour, turning occasionally. Preheat the oven to 190C/375F/Gas 5. Cover the top of the baking dish with foil. Put the dish in the centre of the oven and bake for 35-45 minutes until the salmon flakes easily with a fork. Serve with a cucumber salad.



# Vegetable Stir Fry

Serves 2

- 1 red pepper, cored, seeded, and cut into thin strips
- 1 yellow pepper, cored, seeded, and julienned
- 1 cup small broccoli florets
- 1 carrot, sliced into rounds
- 2 cups bok choy, washed and sliced
- 2 tbsp sunflower oil
- 1 thinly sliced red onion
- 1 clove garlic, minced
- 1/2 cup teriyaki sauce
- 1 cup fresh mung bean sprouts
- 1/4 tsp freshly ground black pepper
- 1/4 tsp salt
- 2 tbsp sesame oil



Start by preparing and cutting all the vegetables and measuring your ingredients so that they are ready to go. Once you begin stir-frying, it goes very quickly.

In a wok or a large skillet, heat the oil over high heat until almost smoking. Add the peppers and onion while stirring constantly. While continuing to stir, add the broccoli, carrots, garlic, and teriyaki sauce. Cook, stirring, constantly for 2 minutes. Add the bok choy, sprouts, black pepper, and salt and cook, stirring, until crisp-tender for about 2 minutes more.

Stir in the sesame oil and remove from heat. Serve immediately.



# Healthy Chinese Fried Rice

Serves 4

- 2 cups brown rice
- 3 tbsp reduced soy sauce
- 2 eggs, beaten
- 3 tbsp sunflower oil
- 3-4 garlic cloves
- 2 tsp peeled and grated root ginger
- 2 green chillies, chopped
- 2 carrots, peeled and sliced into strips
- 6 tbsp frozen peas, thawed
- 4 spring onions, chopped
- 2 tsp sesame oil
- 1/4 tsp chilli flakes (optional)
- 1/4-1/2 tsp ground white pepper or Chinese Five Spice powder



Cook the rice first by placing the rice in a saucepan and adding 4 cups of just boiled water. This will take about 45 minutes to an hour. Set aside.

Add a teaspoon of soy sauce to the egg mixture and mix. Heat a frying pan and add 1 tablespoon of the oil. Tip in the beaten egg. Cook for 2 minutes and then with a slotted spoon, flip over and cook the other

side. Remove the omelette from the pan and cut into thin strips. Set aside.

Heat the wok and add the remaining oil. Tip in the garlic, ginger and green chillies and stir until well mixed. Add the carrots, peas and spring onions and saute for a minute. Tip in the cooked rice and mix thoroughly. Add the remaining soy sauce and sesame oil and season with chilli flakes, if using, and white pepper or Chinese Five Spice powder. Toss it all together and remove from the heat. Spoon the rice into individual serving plates and garnish with the strips of omelette.

Tip: Refrigerated rice is used in this recipe because when rice is chilled, the grains don't tend to stick together. This makes it the perfect consistency for fried rice dishes.



# Vegetable Brown Basmati Biryani

Serves 4

200g brown Basmati rice, rinsed  
4 tbsp olive oil  
1/2 tsp cumin seeds or Shahi Jeera (black cumin seeds)  
3 tsp peeled and grated root ginger  
4-5 garlic cloves, crushed  
500g frozen mixed vegetables such as cauliflower florets, carrots and green beans  
2 tbsp fresh mint leaves, finely chopped  
2 tbsp coriander leaves, chopped  
2 green chillies, slit lengthways  
2 tbsp mixed ground Biryani spices or 2 tbsp Biryani paste  
4 tbsp natural unsweetened yogurt, whipped or whisked  
2 tbsp milk  
8-10 saffron strands  
2cm piece cinnamon or cassia bark  
3-4 cloves  
4-5 green cardamom pods  
3 black cardamoms  
10 cashew nuts, coarsely crushed  
20 almonds, roughly chopped



Soak the rice in water for 20 minutes.

Heat 3 tbsp of the oil in a large pan and add the cumin seeds or Shahi Jeera and saute for a few seconds, then tip in the ginger and garlic, then add the vegetables. Fry for 3 minutes. Tip in 1 tablespoon of mint and 1 tablespoon of coriander leaves. Mix in the green chillies. Add the Biryani paste and cook for 2 minutes. Mix in 2 tablespoon of yogurt.

Cook the vegetables till they are partially cooked - about three quarters cooked. Place the milk in a small bowl and add the saffron. Set aside.

Heat a saucepan and add the remaining 1 tbsp olive oil, tip in the cinnamon, cloves and cardamoms. Drain the rice and add to the pan of spices and mix well. Partially cook the rice for 45 minutes or until about 70 percent cooked. Drain any surplus water.

Preheat the oven to 180C/350F/Gas 4.

In a casserole dish, place half of the vegetable mixture at the base of the dish, then spread the remaining 2 tbsp of yogurt and the cashew nuts and almonds. Mix it up. Tip in half the rice. Add the remaining vegetable mixture and place the leftover rice on top. Add the remaining coriander and mint leaves. Sprinkle over the saffron and milk. Cover the dish and place in the oven till the rice is cooked.



## Brown Basmati Rice with Garlic

Serves 3-4

- 1 cup brown Basmati rice
- 1 tbsp olive oil
- 3-4 garlic cloves, finely chopped
- 1 tbsp lemon juice
- a few sprigs of parsley, finely chopped (optional)



In a medium saucepan with a tight-fitting lid, combine the rice with 2 cups of just boiled water and bring to the boil. Stir once, cover, and reduce heat to low. Simmer for 45-50 minutes (do not lift the lid or stir). Remove from the heat and let it stand, covered, for 5 minutes; fluff with a fork.

Heat a pan on a medium heat and add the oil. Tip in the garlic and saute till it begins to change colour (careful not to overcook the garlic or it will be bitter). Add the rice and saute for one to two minutes. Mix in the lemon juice. Fluff with a fork, sprinkle with parsley if using, and serve hot with Tarka Dal.

# Theplas: Fenugreek Flatbreads

Makes 6

- 150g wholemeal atta (flour), plus more for dusting
- 1/4 tsp turmeric
- pinch of asafoetida (optional)
- 20-30g fenugreek leaves, finely chopped or 2 tbsp dried
- 1/2 tsp chilli powder
- 1/2 tsp ground coriander
- 1/2 tsp ground cumin
- 1/4 tsp peeled and grated fresh root ginger
- 3 tbsp sunflower or groundnut oil



Mix together the flour, turmeric, asafoetida, if using, fenugreek, chilli powder, coriander, cumin, ginger and 1 tablespoon of the oil, then add 100ml tepid water and knead the mixture for 5 minutes into a soft pliable dough. Leave the dough in a bowl covered in cling film for 10-15 minutes.

Divide the dough into 6 equal-sized balls. Use a clean damp tea towel to cover those not being worked with to stop the dough drying out. Take each ball and, with a dusting of flour, roll out into a 12.5cm disc about 2mm thick.

Heat a griddle and preheat a warm oven. When the griddle is hot, add 1 teaspoon of the oil and place a disc on to the griddle. Cook for about 1 1/2 minutes on each side, carefully pressing the disc firmly down so that the whole surface is cooked. Cover with foil and place in the warm oven while you cook the remaining discs, adding 1 teaspoon of oil each time.

Serve hot with a mixed vegetable curry.



# Noodles with Mushrooms and Lemon Ginger Dressing

Serves 4

For the dressing:

3/4 tsp chilli powder

grated zest of 1 lemon

1 tbsp freshly squeezed lemon juice

1 inch piece root ginger, peeled and grated

8 tbsp rice vinegar

4 tbsp soy sauce

1 tbsp honey

1 tbsp sesame oil

3 tbsp olive oil

For the noodles:

250g dried noodles (buckwheat, spaghetti, linguine, udon, soba)

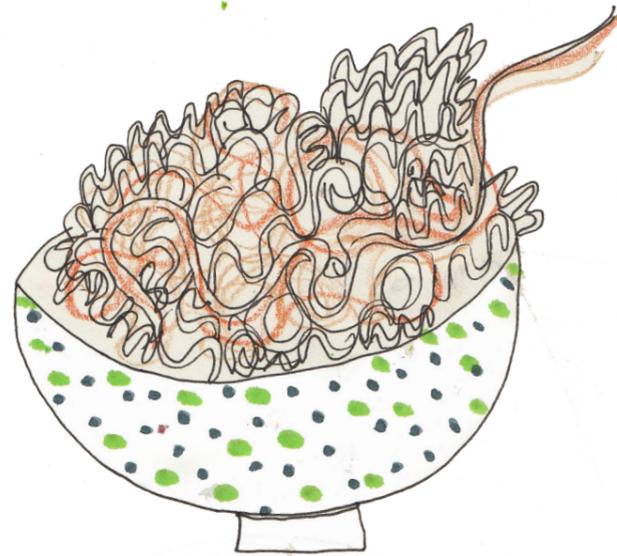
200g fresh mushrooms, sliced button or sliced shiitake

1 1/2 tbsp butter

1 tbsp minced coriander leaves

1 tbsp sesame seeds (optional)

Make the dressing by combining all ingredients, except for the sesame oil and olive oil in a food processor or hand blender. Run the blender for a few seconds, until all ingredients are combined. Drizzle in the oils.



If you haven't got a blender, use a pestle and mortar or mix the ingredients in a bowl with a fork or an egg whisk.

In a pot, cook the dried noodles according to the package instructions. Drain and set aside.

Heat a frying pan over a high heat. Add the butter and when the butter starts bubbling, add the mushrooms. Saute the mushrooms for 2 minutes.

In a large bowl, toss the cooked noodles with the mushrooms, coriander, sesame seeds and the dressing.



# Sweet Stuff

## Healthy Carrot Cake

Serves 6

140g raisins  
1 medium orange  
115g wholemeal flour  
115g self raising flour  
1 tsp baking powder  
1 tsp bicarbonate of soda  
1 tsp ground cinnamon  
125ml rapeseed or sunflower oil  
140g dark muscovado or brown sugar  
2 eggs  
280g finely grated carrots (about 375-400g carrots before peeling)

Preheat the oven to 180C/350F/Gas 4. Place the raisins in a bowl. Finely grate the zest (the outer skin of the fruit) from the orange and squeeze 3 tbsp of juice. Pour the juice over the raisins and stir in the zest. Leave the raisins to soak. Lightly oil or grease a deep 20cm cake tin. Line with greaseproof paper. In a bowl, mix the wholemeal and self raising flour with the baking powder, bicarbonate of soda and cinnamon.

Whisk the sugar and eggs together for about a couple of minutes until thick and foamy. Slowly pour in

the oil and continue to whisk on a low speed until well mixed. Tip in the flour mixture a little at a time. It will become quite stiff.

Fold in the carrots, raisins (and any liquid) into the flour mixture. Then pour into the cake tin. Jiggle the tin to level the mixture.

Place in the centre of the oven and bake for 1 hour until risen and firm or until a skewer inserted in the centre comes out clean.

Leave to cool in the tin for at least 10 minutes. Turn out onto a wire rack, peel off the greaseproof paper, then leave until cold.

The cake will keep for 5 days in an airtight container.

Enjoy your cake with a nice cup of tea!



## Plum Crunchies

Serves 4

6 plums pitted and quartered  
4 wholemeal digestive biscuits, crushed or broken  
125g fat-free fromage frais (low fat plain yogurt is also fine)

Put the plums into a saucepan with 6 tablespoons water. Simmer for 5-8 minutes until soft, but still holding their shape. Cool.

Meanwhile, share the crushed biscuits between 4 ramekins or small dishes and press down with the back of a spoon.

Spread the fromage frais carefully over the crushed biscuits. Top with the cooled plums, drizzling the juice over the top. Serve immediately.

Tips:

Try using sliced fresh nectarines or peaches instead of plums - you'll need two for 4 servings.  
Add a pinch of ground mixed spice or cinnamon to the plums for a spicy flavour.  
To crush the biscuits, put them into a polythene bag and crush with a rolling pin.



## Almond and Apricot Bites

Makes 25 pieces

1 cup almonds  
1 cup raisins  
1/2 tsp ground cinnamon  
10 dried apricots  
1/2 cup unsweetened shredded or desiccated coconut



Place the almonds, raisins, and cinnamon in a food processor. Process thoroughly into a smooth, thick almond butter paste. This should take about three minutes or so. Turn off the food processor. Add the chopped apricots and pulse for 30 seconds, and then add the coconut and pulse for another 10 seconds.

Remove the dough and place it on a cutting board or counter that's covered in a piece of cling film wrap. Pull up the cling film on either side and begin to press it together to form one large square, keeping the layer of plastic between your hands and the dough to prevent sticking.

Wrap up the square and place it in the freezer for 20 to 30 minutes. This will make it easier to cut. Take it out of the refrigerator and using a sharp knife, cut the square into 25 smaller squares.

## Cardamom and Cinnamon Cookies

Makes approximately 24 biscuits

80g butter, softened

70g caster or demerara sugar

3-4 drops vanilla extract

The seeds of 4-6 green cardamom pods

150g wholemeal flour

50g fine semolina

1/2 tsp ground cinnamon

Preheat the oven to 190C/375F/Gas 4.

Cream the butter then add the sugar and beat till fairly soft and fluffy. Mix in the vanilla extract. Crush the cardamom seeds into a coarse powder and add to the flour and semolina with the cinnamon. Combine the butter mixture with the flour and semolina and knead into a dough. It may look quite crumbly.

Take a piece of the dough and roll into a small ball the size of a ping pong or squash ball. Flatten till about 5mm thick, or roll out the dough onto a floured surface and use a biscuit cutter. Then place them on a flat baking sheet which is covered in greaseproof paper.

Space out the biscuits at least 4cm apart or else they will merge into one another in the oven while baking. Bake for 25-40 minutes until golden brown.

Remove and allow to cool and harden. The biscuits can be stored in an airtight container for up to 3 weeks.



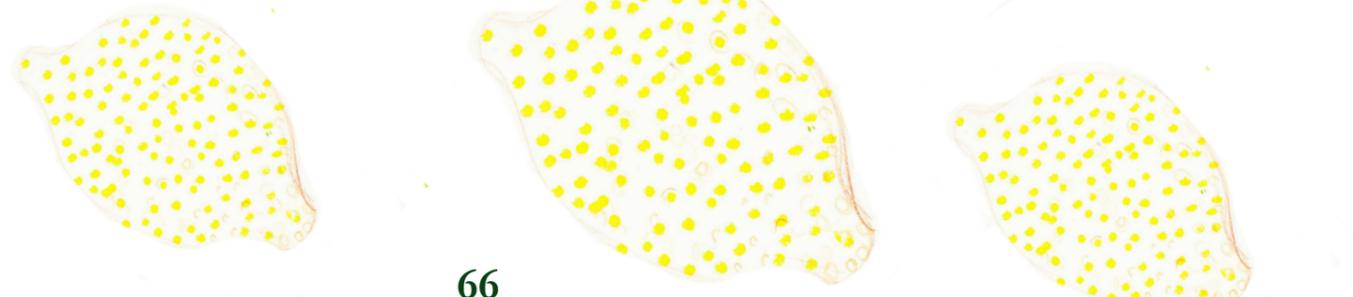
# Homemade Lemonade - Nimbu Paani

Nimbu Paani is an Indian version of lemonade and you can make either sweet or salty versions.

Serves 2-3

juice of 1 lemon  
4-5 green cardamoms, slightly crushed  
mint sprig, washed  
1 tsp runny honey  
750ml/3 cups water or fizzy water

Mix all the ingredients together ensuring the honey is dissolved. Serve chilled or with ice cubes.  
For an intense cardamom flavour, remove the seeds from the cardamoms and crush them thoroughly. Mix into the water and then strain the mixture before serving.



## Cookery notes...

# Ideas for group activities in your local community

ACTIVITY	PLACE	DAY	TIME	TRANSPORT (Getting there)
Walking	Regents park	Monday	12 pm	meet at bus stop take 69 to Park.
Gardening	community centre	weekday evenings	6 pm	meet at the centre
Swimming	Swiss Cottage swimming pool	wednesday womens only sessions	12 pm	take bus together after Yoga class
Cooking & gupshup (gossip)	community centre	Monday Thursday	11 pm	meet at the centre
Fishing	Canal	Saturday	10 am	walk to the river meet by the Cafe



Foraging in the park



Gardening



Before...



After...



# A walk in the park...

Artist Khavita Kaur took participants on a walking journey weaving a Bollywood inspired performance and dance along the way. The walk encouraged the group to respond to and celebrate their natural environment.

“Oh my goodness! I am still thinking about that walk and that story. I keep telling my daughter in law about it! I so enjoyed it. Believe me, I will never forget it!” Mala Bibi

“The walk was very special; it was very fun and thoughtful and it made me feel very good inside.” Mrs. Chow

“A magical day with lovely people The story telling was full of great wisdom!”  
Ruth Gordon



# 5 top Bollywood walking songs!

Create your own Bollywalk! All you need is a pair of head phones, a lovely park and a selection of your favourite songs. If you want to spice up your walk then why not try a few Bollywood numbers. Here are our recommended top 5 Bollywalk tracks:

- 1) All is Well - ‘3 Idiots’ movie song
- 2) Zoobi Doobi - ‘3 Idiots’ movie song
- 3) Chaiya Chaiya - ‘Dilse’ movie song
- 4) Om Shanti Om - ‘Om Shanti Om’ movie song
- 5) Muni Badnaam Hui - ‘Dabang’ movie song



## Fishing Trip



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