



COOK/ EAT /WRITE /SHARE
THE HEART & PARCEL COOKBOOK



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Manchester-based dumpling project Heart & Parcel publish collaborative cookbook in order to continue meaningful English language support for migrant communities in Manchester.

“Dumplings in all cultural forms are nourishing, delicious little parcels perfect for sharing, made with care and many hands”.

The process of making dumplings is a food-making tradition passed down through many cultures, where grandmothers or mothers teach their children how to make dumplings whilst spending time with one another. The humble dumpling brings people together. It is no surprise that different forms of dumplings are made on the eve of many new year's celebrations around the world. By creating a dumpling, you are creating something special.

Dumplings in all cultural forms are nourishing, delicious little parcels perfect for sharing, made with care and many hands.

Heart & Parcel is a Manchester based food project focused on developing English language skills whilst cooking. The project focuses on dumpling-making as a medium to connect with people from migrant communities around Manchester, practising English whilst sharing stories, experiences, making connections and breaking down barriers.

This cookbook is the result of three years of weekly English language and cooking sessions, where recipes brought in by many of our learners would be presented, cooked together, eaten together, written about and shared. Many of these dishes were showcased at Heart & Parcel's popular fundraising supper clubs, local markets, catering and open workshops, where the users of Heart & Parcel's projects could develop their skills further through employability skills and English language.



Over 700 learners have benefited from Heart & Parcel's sessions since 2015. Incredible homemade unique dishes normally cooked in many domestic kitchens across Manchester have been shared with us, and now we at Heart & Parcel would like to share them with you.

The book is a collection of recipes and stories generously offered by some of the learners Heart & Parcel work with. The book contains 29 home-cooked recipes from Syria to Greece, Pakistan, to Bangladesh, Ethiopia to Poland, Iraq to Gambia, Morocco to Tibet to with a selection of hot and cold dishes, warming soups, fresh salads, versatile sides and indulgent sweets. Dumplings are the main attraction, showing favourite parcels such as Tibetan steamed momos, Polish pierogi, Chinese jiaozi and Syrian kibbeh.



All dishes celebrate the learner's own identities, their daily lives, memories and experiences. Every nourishing recipe is presented alongside its own story from each individual's memory. The nature of the stories mean that each page is full of individual takes on traditional recipes and nostalgic memories surrounding the selected foods.





This book was self-published through collaboration with local Manchester-based ethical designers [Minute Works](#). The book is accompanied by stunning photography from local portrait photographer, [Rebecca Lupton](#). Each section contains spreads of the final dishes, photos of the Heart & Parcel women themselves and of the food being lovingly made in their Manchester kitchens.

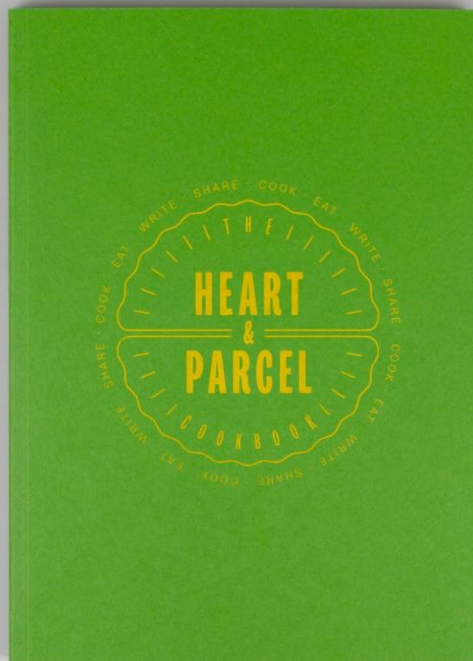
The Heart & Parcel Cookbook is an essential kitchen cookbook for anyone who agrees that food is much more than what you see on your plate. If you enjoy reading beyond the recipe and trying new flavours you will appreciate the ethos behind Heart & Parcel. This cookbook is for anyone who recognises the connection of food across the world, whilst also celebrating and respecting those differences that are created through influences from our life stories. This is a book for anyone who believes getting to know more about your community through food.

All profits from the book go back into Heart & Parcel's projects, providing further English provision for people from migrant communities living in the UK to flourish in their local communities and forge connections by developing English language and communication skills through the medium of food.

Paperback / £19 / ISBN 978-1-5272-4030-8 / 240 x 170mm / 100 Pages / full colour photographs /

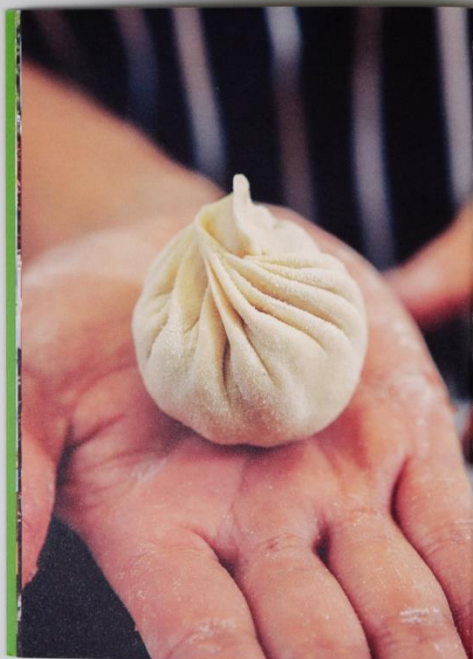
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Introduction

By Clare and Karolina, founders of Heart & Parcel, the Manchester community project combining cooking with learning language skills

"Recipes, ingredients, and the process of making something, really can bring people closer together."

Heart & Parcel grew out of a love and a frustration. A love for food, cooking it, eating it and sharing it, and a frustration with the lack of free, inclusive and meaningful English language provision for individuals from migrant communities.

We bonded over our appreciation of the humble dumpling, its ubiquitous presence and the shared experience of making it. Our childhoods and early working lives in Poland and China were full of these little parcels. We made them surrounded by family and newly-made friends, each member having a role in its creation: folding, rolling, filling and boiling, all the while chatting and sharing experiences of the day and beyond.

This shared process was something we wished to harness for our ESOL (English for Speakers of Other Languages) sessions. Many women we came across in our full-time work were directly impacted through the inequalities that still exist for women today, especially from BAMER (Black, Asian, Minority ethnic and Refugee) communities, and as a result were missing out on opportunities to develop their own English language needs meaningfully and confidently. Combining our skill sets, we set up creative informal cooking and ESOL sessions for women who craved an alternative to the traditional classroom learning experience, using their new language to take control of their learning, to make friends, share recipes and stories along the way. Three years later, over 350 women have enjoyed our project, cooking together, eating together and practising those much needed English language skills.

Aside from spoken English, many of our learners also wished to develop their English writing skills in order to become more independent in their everyday lives in the UK. We designed our lottery funded project, Cook/Eat/Write/Share in 2018 in response to this, which aimed to guide women through telling their stories and sharing recipes from their lives by cooking them and writing them down. The next step felt obvious to everyone who took part - to record these recipes and stories in a cookbook that celebrated all of the women's voices who have become Heart & Parcel - including our own, as the founders of the project

INTRODUCTION • 00



"Fatta is the traditional food from my country, Iraq, and I think everyone likes it because it is easy to make, and I think maybe most people in my country have ingredients in house. When I was child, I like this dish when my mum made it. Then when I grow up I learnt how to make it and my family like it too. Now when I make it and when I put cumin with the sauce I remember my mum because she likes the smell of cumin." — **Suhar**

Aubergine salad with tahini dressing

فطّة • Aubergine fatta

FOR THE SALAD

- vegetable oil, for frying
- 2 medium aubergines, chopped into 1-2cm cubes
- 3 fresh flatbread, cut into small squares
- 1 tsp salt
- 200g cooked peas, fresh or frozen (left to cook)
- 1 medium cucumber, chopped into small cubes

FOR THE DRESSING

- 100g walnut or Greek yogurt
- 3 tsp tahini
- 2 lemons, juice only
- 2 tsp cumin

FOR THE GARNISH

- handful parsley, finely chopped
- handful walnuts, chopped
- drizzle of extra virgin olive oil

NOTES

- Serves 4-6
- Takes 15 mins
- Vegetarian
- Works well with Lasha's kibbeh or Rashe's kubdum

1. In a frying pan with enough oil to cover the bottom of the pan, shallow fry the pieces of aubergine for around 3 mins, or until golden brown and soft. Remove with a slotted spoon and put in a bowl lined with kitchen paper and season. Next, in the same pan, fry the flatbread pieces until crisp and golden. Drain and put in another bowl. Leave both to cool.

2. Mix all the dressing ingredients together in a bowl - it should be a slightly thick consistency.

3. In a shallow serving dish, arrange the peas, aubergine, crispy bread and cucumber in layers and pour the dressing over. Garnish with parsley, chopped walnuts, a drizzle of olive oil and serve.



16 • COLD DISHES

"I remember when I was 15 years old, I got married. We made daal and rice (daal chawal) for the main meal. I called all of my friends and I served to them daal chawal but I forgot to add salt in the daal. When I served the dinner to my friends, all of them laughed at me and were giving me negative comments, making fun of me! However, I still remember how nice and delicious the whole house smelt. Now when my children request for me to cook daal chawal it always reminds me of 'the daal wedding'" — **Shamim**

Four-lentil stew with rice

دال چاول • Daal chawal

FOR THE RICE

- 200g brown or long grain white rice, cooked

FOR THE DAAL

- 75g chana daal (split chickpeas)
- 75g moong daal (split green-mung bean lentils)
- 75g masoor daal (split washed black lentils, also known as urad)
- 75g masoor daal (split red lentils)
- 1L water
- 1 tsp chili powder
- 1 tsp salt
- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp ajwain seeds (Travag seeds)
- 1 tsp nigella seeds (black onion seeds)

FOR THE TOPPING

- 100ml vegetable or olive oil
- 3 tbsp cumin seeds
- 1 medium brown onion, halved and finely sliced
- 4 garlic cloves, minced
- 2cm ginger, peeled and grated
- 2 large fresh tomatoes, finely chopped
- 1 small bunch fresh coriander, finely chopped

NOTES

- Serves 4
- Takes 3 hrs
- Vegan
- Suitable for freezing without the topping

1. Before you start, soak all the pulses in water for 2 hrs.

2. Fill a saucepan with the water. Place on a high heat. Next add the chili powder, salt, turmeric, coriander, ajwain and nigella seeds and bring to the boil.

3. Drain the soaked pulses and add to the pot. Cover and cook on a medium to high heat until all the lentils have broken down and mixed together. You should aim for a porridge-like consistency. This will take around 45 mins. Remember, it will thicken more once you take it off the heat too.

4. Around 10 mins before the lentils finish cooking, make the topping. In a separate frying pan, heat the oil on a medium-high heat. Fry the cumin seeds and onions for 2 mins. Then add the garlic and ginger and fry for a further 2 to 3 mins. You should aim for a brown colour. The smell should fill the kitchen and be aromatic. Finally, add the chopped tomatoes and stir for 1 min.

5. Spoon the finished daal into a serving dish with the onion and tomato mixture on top, followed by the fresh coriander. Serve with brown or white rice.

Tip: Four types of lentils may sound extravagant, but it's worth it for the taste! Asian shops will most likely stock all of them.



42 • HOT DISHES



"A snack to give us energy to study! When I was a child in Bangladesh, in the evenings around 5pm my mum gave me this food with my two brothers and two sisters. She shared it out and told us not to fight! All my sisters and brothers liked this food. We ate it with tea and then went to evening study. After our homework we had our dinner at 8pm. This is a versatile dish, eaten all around Bangladesh as a snack, for breakfast or even dinner with a salad." — **Bibi**

Vegetable and egg-stuffed pancake

মোগলাই পরোটা • *Mughlai paratha*

FOR THE PARATHA

- 500g plain white flour
- 1½ tsp salt
- 125ml vegetable oil
- 250ml warm water

FOR THE FILLING

- 3 large red onions, finely chopped
- 1 carrot, peeled and grated
- handful fresh coriander, chopped
- 2 small fresh green chillies, finely chopped
- 6 eggs, beaten

NOTES

- Makes 4 (sufficient to serve 6-8 as a snack)
- Takes 1 hr 20 mins
- Vegetarian
- Works well with flower's mil chutney or 'Saag' & saag.

1. Start with the paratha: in a large bowl, combine the flour and salt and use a metal spoon to mix the oil into the dough. Rub the mix gently through your fingertips until it resembles a crumb-like texture. Slowly pour the warm water onto the dough while mixing together. Knead for 5 to 10 mins or until soft and stretchy. Spread more oil over the dough and cover the bowl with a damp tea towel. Leave to rest for 45 mins.

2. For the filling, combine the onion, carrot, coriander and chilli, then fold the beaten eggs through. Season with salt and pepper.

3. When the dough has rested it should be springy and light. Using your hands, pinch golf ball-sized sections from it. Grease your rolling pin and surface lightly with oil. Roll out the ball of dough thinly into a paratha the size of a dinner plate. The dough should be as thin as possible without breaking.

4. Heat a frying pan with enough oil to cover the bottom of the pan. While the oil is heating, place 3 to 4 tbsp of the filling at the centre of a paratha. You don't want the egg to run out, so work quickly, folding two opposite sides in to meet in the middle and then the other two sides so it looks like a square parcel. When the oil is hot it's ready when a small piece of dough sizzles when dropped in; place the parcel carefully in the pan. Fry until golden and turn over (around 3 mins each side). Remove and drain on a kitchen towel. Repeat with the remaining parathas.

5. When all the parathas are made, either leave whole and serve with salad as a main for four people or cut into pieces for a snack.



60 • PARATHA

SWEETS

"Laila learnt to cook this recipe for her children. She taught herself from Youtube when she was in Syria, and Laila now makes this at least once a week for her family. Traditionally you stuff them with cheese, but her daughter absolutely loves them with chocolate spread inside!" — *By Laila, as told to Naomi from Heart & Parcel*

Honey beehive buns

خلية النحل • Khaliat nahal

FOR THE DOUGH

- 500g self-raising flour
- 300g unsalted butter
- 2 tbsp natural yoghurt
- 1 tsp fast-acting yeast
- 1 tsp baking powder
- 1 tsp salt
- 1 tbsp sugar
- 1 egg, beaten
- 1 tbsp sunflower oil (plus extra)
- 200ml milk, warmed up
- 200ml water (boiled)

FOR THE FILLING

- 150g semi soft cheese, cut into chunks OR 150g chocolate spread (Laila's daughter's favourite)

FOR THE GLAZE

- 1 egg, beaten
- 1 tsp black sesame seeds (optional)
- 1 tsp white sesame seeds (optional)
- 300g runny honey

NOTES

- Makes 15-20
- Takes 2 hrs 10 mins
- Vegetarian
- Suitable for freezing

1. Start with the dough: add the flour, butter, yoghurt, yeast, baking powder, salt and sugar into a large bowl and mix together well (if you have a mixer use this on a medium setting). Then add the egg, oil and milk and mix for 1 min. Keep stirring and slowly add the water bit by bit until the dough becomes firm enough to handle but malleable (you may not need all the water). Knead well, up to 10 mins.

2. Move dough into a clean bowl, cover with a damp tea towel and leave in a warm place to prove for 30 mins to 1 hr. Grease a deep, medium baking tray with oil.

3. After proving, gently knead the dough for 1 min, then place on an oiled surface. Oil hands and lengthen the dough into an oblong shape, roughly 4cm in diameter. Break off small palm-sized balls of dough (14 to 20). Flatten one ball with your fingers, place piece of cheese or 1 tsp chocolate spread into the centre, then gently close up around the filling. To finish, gently roll the ball between your palms to get an even shape. Place on tray and repeat. Cover and allow to rest for 15 mins.

4. Preheat oven to 180°C/360°F fan/gas 4. Once the buns have risen, apply egg wash over the top with a brush to help them turn golden and sprinkle with sesame seeds (if using). Place in the oven for 30 to 35 mins, turning the tray half way through, until golden on top. The buns will connect together while cooking, like honeycomb.

5. Take the buns out of the oven and allow to cool slightly. To finish, pour honey all over the buns and serve warm.

Tip: If you are making these buns with the traditional cheese filling, you can use cream cheese, feta, goat's cheese or even cheese triangles, as Laila does sometimes.



"A snack to give us energy to study! When I was a child in Bangladesh, in the evenings around 5pm my mum gave me this food with my two brothers and two sisters. She shared it out and told us not to fight! All my sisters and brothers loved this food. We ate it with tea and then went to evening study. After our homework we had our dinner at 10pm. This is a versatile dish, eaten all around Bangladesh as a snack, for breakfast or even dinner with a salad." — Bibi

Vegetable and egg-stuffed pancake

মোগলাই পুরোঁচী • Mughlai paratha

FOR THE PARATHA

- 500g plain white flour
- 1½ tsp salt
- 125ml vegetable oil
- 250ml warm water

THE FILLING

Onions, finely chopped
and grated
and chopped

1. Start with the paratha: in a large bowl, combine the flour and salt and use a metal spoon to mix the oil into the dough. Rub the mix gently through your fingertips until it resembles a crumb-like texture. Slowly pour the warm water onto the dough while mixing together. Knead for 5 to 10 mins or until soft and stretchy. Spread more oil over the dough and cover the bowl with a damp tea towel. Leave to rest for 45 mins.

2. For the filling, combine the onion, carrot, coriander and chilli. Then fold the beaten eggs through. Season with salt and pepper. The dough has rested it should be springy and light. Each golf ball-sized sections from it. Grease lightly with oil. Roll out the ball of a dinner plate. The dough

Heart & Parcel is a community project bringing women together through their passion for food and language. In this exciting new cookbook, 17 women share 28 delicious recipes from their Manchester kitchens, passed down through their family, friends, cultures and communities.

Including some of the bestsellers from their food events, this is not just a cookbook, it's a testament to the women Heart & Parcel work their wonderful dishes, lives, skills and stories. Join these inspirational women. Cook, Eat, Write, Share. This book will be a part of your projects.

wheat salad

oil to a bowl and season with salt and pepper. Add the wheat and mix thoroughly. In the salad.

onions and parsley and mix together. Add the wheat and mix again. Add the dressing and combine thoroughly.

add to the vegetable bowl. Add the mint, 2 tbsp of lemon juice and toss and serve.

It suggests that you can use