



We're celebrating

**BLACK HISTORY  
MONTH**



### [Black History Month – Recipes To Try!](#)

#### ***Bajan Coconut Turnovers' (adapted from Caribbean Vegan by Taymer Mason pg.248)***

In Barbados, coconut turnovers are usually eaten on Sundays with a cup of tea or glass of juice. As the winter months are approaching, why not try this with a lovely cup of tea or some hot Sorrel/Zobo?

Ingredients:

2 and ¼ teaspoons (7g) of active dry yeast

¼ cup (50g) granulated sugar

240ml (1 cup) of warm (43 to 46 degrees Celsius) dairy or nondairy milk

440g (3.5 cups) of plain flour

½ teaspoon of pink or sea salt

115g (½ cup) of margarine or vegan margarine

200g (2 cups) of fresh or frozen grated coconut

150g (¾ cup) of light brown sugar

1 ½ teaspoons of almond essence or ¾ teaspoon of almond extract

2 teaspoons of granulated sugar dissolved in 60ml (¼ cup) of water

Demarara sugar

Method:

1. Stir the yeast and granulated sugar into the milk and let stand for about 15 minutes, until the top is foamy. (If the yeast doesn't foam, it's dead or the milk was too hot or too cool. You need to start over with fresh yeast.)
2. Put the flour and salt in a large bowl and stir to combine. Add the margarine and rub it into the flour with your fingertips or a pastry blender until the mixture resembles fine bread crumbs. Make a well in the centre of the flour and pour in the yeast mixture. Stir until the dough comes together and then knead it in the bowl until the dough is smooth and leaves the side of the bowl clean.
3. Knead the dough in the bowl for about 5 minutes, until fairly smooth. Put the dough in a lightly oiled bowl in a warm, draft-free place, cover, and let rise until dough has doubled in size, about 1 hour in a warm climate or 2 hours in more colder regions.
4. Mix the coconut, brown sugar and almond essence (or extract) together to create the filling. Stir for a few minutes so that the sugar can melt a little and the mixture is a little moist. Set aside.
5. Divide the dough into 8 equal pieces, Working on a lightly floured surface, roll each piece out to a diameter of 11-13cm. They should be about 6mm thick. Spoon 2 to 3 heaping tablespoons of filling into the centre of each dough circle. Don't use too much, or you will not be able to seal them and the filling may burst out during the baking. Fold each circle in half over the filling, pressing the edges tightly to ensure that the filling stays inside. Bring the two ends together again and squeeze tightly. Form into a miniature loaf as shown in the image below.
6. Grease two 8x4-inch (20 x 10cm) loaf tins and place the turnovers in the pans. Put the pans in a warm, draft-free place, cover, and let rise for 30 minutes to 1.5 hours, until the turnovers have increased in size by one third.
7. Preheat the oven to 180 degrees Celsius.
8. Brush the turnovers with the sugar water, then sprinkle the demerara sugar over the tops. Bake for 15 minutes, then remove from the oven and brush with the sugar water again and sprinkle with more demerara sugar. Bake for 6 to 10 minutes more, until tops are golden brown.
9. Cool slightly and serve warm or at room temperature. They will keep for 1 day at room temperature. After that, refrigerate or freeze them. You can reheat them in the microwave.

### ***Sorrel or Zobo Drink***

Made from hibiscus flowers which can easily found in most world food aisles in supermarkets, sorrel also known as zobo, is a ruby-red refreshing sweet drink that can be enjoyed hot or cold and is also packed with a multitude of health benefits!

Ingredients:

1 cup (40g) of dried hibiscus flowers

One 13cm x 2.5cm piece of orange or tangerine peel

135g of brown sugar

12 whole cloves

1 teaspoon of ground ginger

1.25l of boiling water

1 tablespoon of fresh lime juice

Simple syrup to sweeten (400g of brown sugar dissolved in 180ml of water on a low heat and then increased to a medium-high heat two minutes before removing from the heat)

Method:

1. To make the concentrate, put the dried hibiscus flowers, orange peel, sugar, cloves and ginger in a large stainless steel or glass bowl. Pour in the boiling water, cover with a kitchen towel and steep for 2 hours.
2. Strain the concentrate. Stir in the lime juice. Transfer to a clean glass container, seal and refrigerate. What you now have is a concentrate that you can use to make a sorrel beverage. It will keep for as long as 1 week in the fridge.
3. To serve sorrel, mix  $\frac{3}{4}$  part concentrate to 1 part cold or hot water and sweeten with simple syrup to taste.

### ***Nigerian Meat Pie (adapted from MyActiveKitchen.com)***

Meat pie is a snack/street-food extremely popular across West Africa. The different nations across Africa have their own ways of making this loved buttery shortcrust pastry filled with mincemeat cooked in rich and delicious flavours. For those who have been to Nigeria before, hopefully you find these as yummy as the ones from Tasties or Mr Biggs!

Ingredients:

500g of mincemeat or ground beef

700g of plain flour (extra for dusting and thickening)

380g unsalted butter (if you only have salted butter, omit salt when making the shortcrust pastry)

1 large egg

1 Seasoning/Stock cube (Knorr or Maggi will suffice)

1 teaspoon of curry powder

1 teaspoon of dried or fresh thyme

2 medium-size potatoes, peeled and cubed (about 1 cup)

1 small onion, chopped

1 large carrot, peeled and cubed (about  $\frac{1}{2}$  cup)

2 tablespoons of cooking oil

Water

Salt to taste

1 teaspoon of sugar (optional)

Method:

1. TO MAKE THE DOUGH

In a mixing bowl, add flour, salt, sugar (if using) and butter. Rub together till all turns into crumbs

Add 100ml of water and mix till all ingredients are combined. If the dough still needs water, add a tablespoon of water at a time until the dough is well combined.

Set dough aside in a cool place or a fridge for 30 minutes.

## 2. TO MAKE THE FILLING

Place a pan on medium heat and add your cooking oil. Heat for 2 minutes, add chopped onions and fry until the onions are translucent. Add mince to the onions and stir until its brown. Then add curry powder, thyme, a stock cube, a pinch of salt and stir till all ingredients are combined. Reduce the heat if need be to avoid burning. If the mince, onions and seasoning mix appears dry, add some water.

Add boiled potatoes and carrots, combine well and cook on a low heat for another 3-5 minutes. The mince should be well cooked now, so it's time to move on to thickening the mince!

Add 2 tablespoons of flour to a bowl and mix with water to form a paste. Add the paste to the mince meat on the heat and combine well. Leave to cook for another minute, take off the heat and allow to cool.

## 3. ROLLING THE DOUGH AND MAKING THE MEAT PIE

Preheat the oven at 180C

Break an egg into a bowl, whisk and set aside

Sprinkle flour on a clean surface/worktop

Divide dough into 2 or 3 pieces and roll out flat using a rolling pin

Place a circle cutter on the flat dough and cut out into many circles you can get.

Once the Add the meat filling to the centre of the circled dough, brush one half of the circle with whisked egg and carefully fold over the meat filling making sure the 2 edges touch one another. The aim of the egg is to seal the dough.

Close edges by pressing down with the tip of a fork.

Repeat this process for the remaining dough and filling. Place a sheet of foil in a baking tray and lightly cover with oil to prevent the pies from sticking to the tray when baked. Alternatively, you can use baking parchment paper.

After you have set the pies on to the baking tray, brush the egg wash on top and prick with a fork.

Place in the oven and bake for 20 – 30 minutes at 180C.

**Playlist: [https://youtube.com/playlist?list=PLvojcJBk2ptSgnT\\_OxeNaqjvD-D2nD2gU](https://youtube.com/playlist?list=PLvojcJBk2ptSgnT_OxeNaqjvD-D2nD2gU)**

Fela Kuti – Water No Get Enemy

Susana Baca – Negra Presentuosa

The Cavemen – Fall

Bob Marley – Stir It Up

Stevie Wonder – Dark ‘N’ Lovely

J.B. Mpiana – Y’a Pas Match!

Afro Cuban Jazz Project – Rumbata

Buju Banton – Champion

Wizkid (featuring Damian Marley) – Blessed

Little Simz – Point and Kill

Ego Ella May – Girls Don’t Always Sing About Boys

Lagbaja – Konko Below

Sir Victor Uwaifo – Joromi

Luther Vandross – Never Too Much

Bob Marley – Forever Loving Jah

Osibisa – Africa We Go Go

Dave – Black

Swiss – Cry

Sam Cooke – A Change Is Gonna Come

Beyonce – Freedom

Jorja Smith – Blue Lights