

**Regent Park Film Festival's #UndertheStarsOnline Pre-show:
A cooking class with the Regent Park Catering Collective**

AFGHANI MANTU

INGREDIENTS

1 PACKAGE OF DUMPLING WRAPPER	4 TBSP OF OIL
1 POUND GROUND BEEF	1 CUP OF TOMATO PUREE
2 GARLIC CLOVES	2 GARLIC CLOVES
1/2 TSP OF SALT	1/2 TSP SALT AND PEPPER
1 TSP OF BLACK PEPPER	1 CUP OF YOGURT
2 ONIONS	SALT AND MINT 1/2 TSP
1/2 CUP OF CORIANDER	

PREPARATION

1. Heat pan to high heat. Add 2 tbsp oil and 1 pound of ground beef. Mix and cook for 10 minutes.
2. Add 2 crushed garlic cloves, 1/2 tsp of salt, 1 tsp of black pepper. Mix.
3. Add 2 large onions (chopped) and 1/2 cup of cilantro. Mix.
4. Take a dumpling wrapper out of the package and lay it flat. Add 1 tbsp of ground beef mix in the middle. Fold each corner to the middle. Use a bit of water to make it stick.
5. Continue with the other wrappers.
6. Place ready dumplings into dumpling pan. Let steam for 45 minutes.
7. Tomato sauce: Add 4 tbsp of oil, 1 cup of tomato puree, 2 crushed garlic cloves, 1/2 tsp of salt, 1/2 tsp of red pepper, 1 cup of boiled chickpeas. Stir ingredients together.
8. Yogurt Mint Sauce: 1 cup of yogurt, 1 garlic clove, 1/2 tsp salt, 1 tsp of mint. Mix together.
9. Spread yogurt sauce on a plate. Place steamed dumplings on plate. Pour tomato sauce over dumplings. Garnish with chopped parsley or seasoning.

Afghani Kabuli Pulao

INGREDIENTS:

Meat:

Leg of Lamb – 1 Kg

Mixed Spice – 1 tsp

Salt – 1 tbsp

Onion – 2 (medium)

Oil – ½ Cup

Decoration:

Carrots – 1 & ½ Cup

Raisins – 1 Cup

Pistachios – 1/3 Cup

Almonds – ½ Cup

Rice:

Basmati Rice – 6 Cups (wash and soak 1 hour before cooking)

Salt – 2 Tbsp

Sugar – 1/3 Cup

Oil – 1 Cup

Cardamom – 1 tsp

Cumin – 1 tsp

PREPARATION

Meat

1. In a frying pan add a small amount of oil and place the lamb leg pieces on. Fry this until there are no pink parts left and the skin is brown/light brown. As the leg of lamb is frying take a pressure cooker and add the remaining oil from the ½ cup and add that following it with the chopped onions. Cook this until lightly browned and then add the fried leg of lamb to the frying onions.

2. As the leg of lamb and the onions are frying together now throw in the mixed spices and the salt with water. Stir for around 1 minute and then place the lid with the nubble on top and pressure cook this for 10 minutes.

3. After the 10 minutes have gone by your meat portion of this dish is finished and you can move on to the rice.

Rice

1. Just like the meat the rice is very easy too. In a very large pan boil 5 litres of water and sprinkle in the salt. Stir this and then ladle by ladle throw in the drained rice.

2. Let this boil for 10 minutes making sure to stir every 3.

3. Once the 10 minutes have gone by drain the rice and leave that to move onto the decoration.

Decoration

1. This part consists of frying all the accents of the dish. So take a pan and fill it with the oil. And one by one add in the ingredients in this order.

- Almonds (fry for 1 minute) Take out on a aluminum wrap
- Pistachios (fry for 30 seconds) Take out on a aluminum wrap
- Raisins (fry for 2 minutes) Take out in a small bowl
- Carrots (fry for 2 minutes) add the sugar and leave it in the pan with the oil

Assembling

1. Get all the ingredients you have cooked so far together and in the pan you boiled the rice in – have it ready in front of you.

2. First place some lettuce leaves on the bottom of the pan to prevent the rice from sticking.

3. Ladle in half of the rice and follow this up with all the meat, sprinkle on the cumin and half of the mixed spice (1 tbsp)

4. Throw on top the remaining rice, remainder of the mixed spice and cardamom.

5. Pour over the rice the meat juice left in the pressure cooker for the rice to soak up all the flavour.

6. Lastly place in all your fried ingredients (Pistachios, Almonds, Raisins and carrots with the oil too)

7. Create holes in the rice for the heat to distribute well.

8. Wrap the lid with a towel and put it on the pan with something heavy to stop the heat from escaping.

9. For the first 5 minutes have the pan on high heat and then after bring it down to the lowest heat for 25 minutes. All together it should cook for 30 minutes.

10. Decorate the rice how you desire and enjoy.

Afghani Spinach

INGREDIENTS:

1 Cup Spring Onion
2 Large Onions
1 Cup Coriander
3/4 Cup Oil
1 tsp Garlic
1 tsp Chili
1 tsp Coriander powder
1 tsp Black Pepper
1 tsp Salt
1 KG Spinach

Optional Ingredients:

1/2 Cup Oil
1/2 Lentils
1 tsp Salt
1/2 tsp Coriander Powder
1/2 tsp Paprika
1/2 tsp Turmeric
1/2 Cup Tomato Sauce
3 tbs Dried Onion

PREPARATION

1. Pour boiling water over the spinach and cover it to rest for 10 minutes so the spinach softens.
- 2 While that is happening you can create the accent sauce of the dish which is optional. Take the oil and pour it in a small saucepan. Add in the tomato sauce and allow that to cook for 3 minutes. Add in the Coriander powder, paprika and turmeric for the seasoning and also the lentils (Soak the lentils 1 hour prior to cooking with boiling water.) and dried onions. Pour in the salt and 1 cup water and let that cook for 7 minutes.
3. Once the accent sauce is done we can move onto the sabzi. Take the owl with the spinach and pour in cold water so you can put you hand in. Take a fist full of spinach and squeeze out the water. Repeat this until all the Spinach is finished. after cutting it finely on a chopping board you can start cooking.
4. Add oil in the pan and throw in the onions and fry till golden brown. Add in the Garlic with coriander powder and black pepper. Stir this and throw in the spring onion and fry for 1 min. After add the chili, coriander and Spinach.
5. Leave this for 15 mins with a lid on medium heat and stir every 3 mins.
6. Serve and Enjoy.

Afghani Eggplant (Burani)

INGREDIENTS

2-3 large eggplants

Vegetable oil for frying

1 medium onion, finely chopped

110g tomatoes

1 green bell pepper finely sliced into rings

425ml strained yoghurt

2 cloves of garlic peeled and crushed

2 tsp dried mint

½ tsp chilli powder

Salt to taste

PREPARATION

1. Peel the eggplants and slice them into rounds about 1 cm thick. Heat plenty of vegetable oil in a frying pan and fry as many as possible in one layer.
2. Fry on both sides until brown. Remove from the pan and drain on kitchen paper.
3. Fry the chopped onions in a little oil until brown.
4. Slice the tomatoes. Arrange the eggplants, tomatoes, sliced pepper and onions in layers in a pan, sprinkling each layer with a little salt and chili powder.
5. Add 2-3 tablespoons of water, cover the pan with a lid and simmer over a low heat for 40 minutes.
6. Meanwhile combine the yoghurt, crushed garlic, a little salt and dried mint.
7. Put half the yoghurt onto a warm serving dish. Carefully remove the eggplants from the pan and arrange them on the yoghurt. Dot over the remaining yoghurt and sprinkle any sauce from the eggplants (not oil). Enjoy!