

Healthy Brain, Healthy Life

Our traditional food
and our community

Recipe book



Two Starters



Ginger garlic skewered prawns with coloured vegetables



1

Ginger garlic skewered prawns with coloured vegetables

Prep time 20 mins; cook time 10 mins - Serves 10

Ingredients

2 rainbow peppers
1 aubergine
2 courgettes
20 tiger prawns
10-12 skewers

Allergens
Shellfish

Seasoning

100ml vegetable oil
10g salt
10g chilli powder
4g cinnamon
10g sugar
4g mixed spice
10g ground coriander
1g black pepper
5g mixed herbs
3 cloves garlic grated
30g grated ginger



Ginger garlic skewered prawns with coloured vegetables

Prep time 20 mins; cook time 10 mins - Serves 10

Preparation

1. Wash and cube the vegetables, approximately the same size and thickness of your prawns.
2. De-vein the prawns
3. Make the seasoning in a large bowl and toss in all the ingredients.
4. When marinated (ideally 1 hour) start building the skewers with 2 prawns on each and 4 vegetable cubes.
5. Then cook on a griddle, or in the oven for approximately 10 minutes.





Star ingredients for brain health



Prawns

Rich in proteins, iron, iodine, selenium and zinc which are important in immunofunction and brain development.



Aubergines

Widely cultivated in African and South Asian countries, aubergines are especially rich in anthocyanins and have antioxidant effects.



Rainbow peppers

Great sources of vitamin C, beta carotene, vitamins E and K, antioxidants, folate, and potassium which contribute to a healthy heart.

Lentil curry stew, chickpea and chapatis



2

Lentil curry stew, chickpea and chapatis

Prep time 20 mins; cook time 30 mins - Serves 10

Ingredients

Chapatis

150g bread flour

150g wholemeal chapatti flour

150ml warm water (may need more)

3tsp ghee/oil

Dhal

6-8tsp vegetable oil

1tsp mustard seeds

1 cumin seeds

5 garlic cloves, sliced

8 dried red chillies (soaked)

1 onion halved and sliced

6 curry leaves

Ghee

Temper

100g soaked chickpeas

250g mung dal

120g masoor dal

120g toor dal

2 large onions, grated

4 vine tomatoes

2tsp turmeric

Salt

Allergens
Milk, Mustard
and Wheat



Lentil curry stew, chickpea and chapatis

Prep time 20 mins; cook time 30 mins - Serves 10

Preparation

Dhal

1. Wash the dhals well in cold water and strain. Put in a large saucepan and cover well with water with the pre-soaked chickpeas. Bring to the boil and skim the top of the water to remove any scum.
2. Prepare the vegetables: grate the onions, dice the tomatoes. For the temper: slice the onions, puree the garlic, tear the curry leaves.
3. Turn the heat down to medium, add the onion, tomatoes, and turmeric.
4. Simmer uncovered until the dals are cooked, about 20-30 minutes.
5. Taste and season with salt.



Lentil curry stew, chickpea and chapatis

Prep time 20 mins; cook time 30 mins - Serves 10

Preparation

Temper

1. Heat the oil in a small wok or frying pan.
2. When hot, add the mustard and cumin seeds.
3. As the mustard seeds pop, add the garlic, red chillies, and curry leaves.
4. Stir until the garlic is golden, add onions and fry until they start to brown.
5. Pour pan contents (including oil) over the lentils and stir in well.



Lentil curry stew, chickpea and chapatis

Prep time 20 mins; cook time 30 mins - Serves 10

Preparation

Dough

1. Mix the flour with the water together to make a dough.
2. Add the ghee and knead together for at least 5 minutes.
3. This process will make the dough slightly elastic and the rotis will have a softer texture.
4. For best results, cover the dough with a damp cloth and leave for 1 hour.
5. With this mix you can make 20 little chapattis.



Lentil curry stew, chickpea and chapatis

Prep time 20 mins; cook time 30 mins - Serves 10

Preparation

Chapatis

1. Sprinkle some flour on to your board, place the ball of dough on this and flatten, sprinkle with more flour on top, roll out gently to a thin pancake, place on the hot griddle over a high heat.
2. When brown spots appear turn over and let it cook completely pressing down if necessary.
3. Wrap them in foil and keep warm until ready to serve.





Star ingredients for brain health



Turmeric

It's most active compound curcumin is a natural antioxidant with anti-inflammatory effects and contributes to improved heart and brain health.



Chickpeas and Lentils

Nutrient-dense sources of proteins, rich in B-vitamins, polyphenols, fibre, essential amino acids and unsaturated fatty acids.



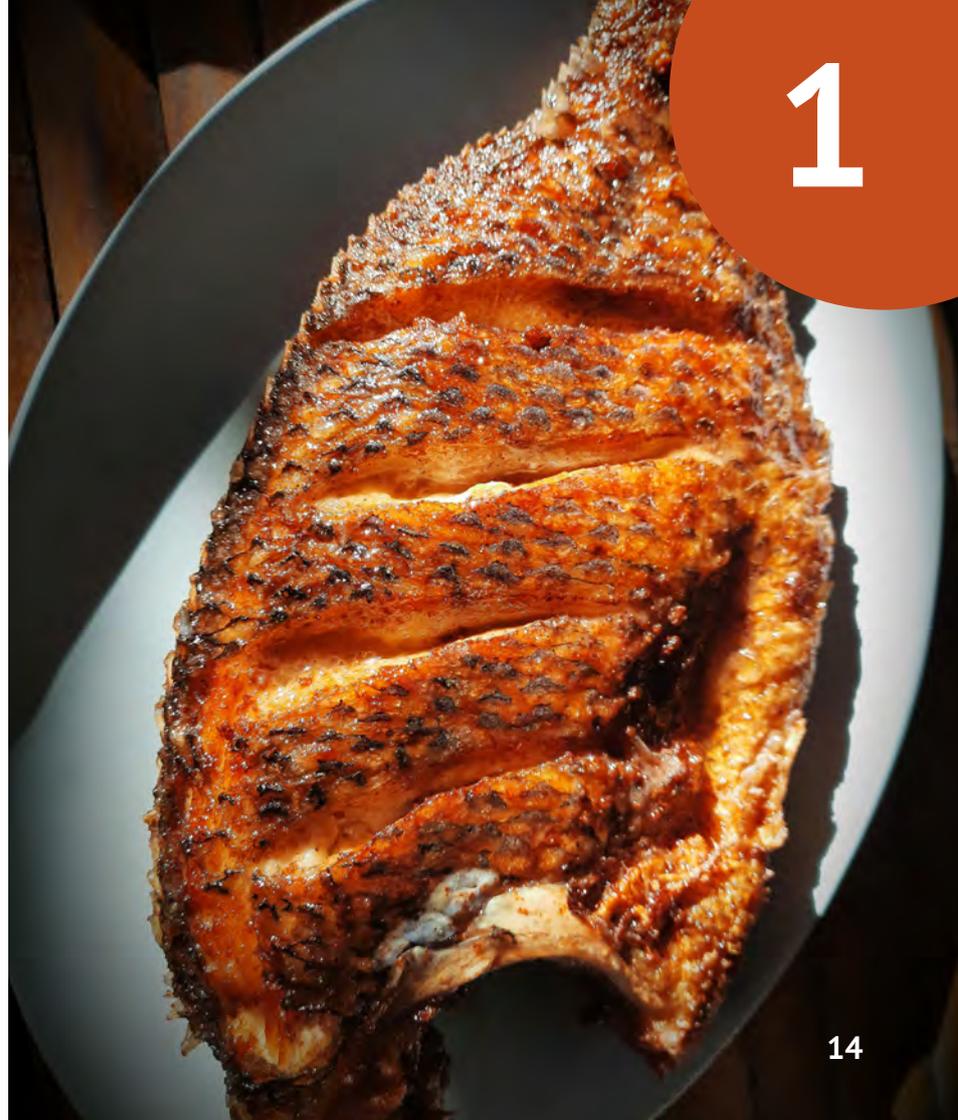
Ginger

Gingerol, a natural component of ginger root, contributes to improved gut health, rich in anti-inflammatory and antioxidant compounds.

Two Mains



**Sweet
potato
satay, pan
fried tilapia**



Sweet potato satay, pan fried tilapia

Prep time 20 mins; cook time 30 mins - Serves 10

Ingredients

2k tilapia whole
1 tbsp coconut oil
1 onion, chopped
2 garlic cloves
10g grated ginger
30g smooth peanut butter
2 x sweet potato
1 tin coconut milk
100g spinach
1 lime, juiced
100g calabash/dudhi

50g dry roasted peanuts
200ml water
2 x lemongrass
50g coriander
2-3 x dried chillies, chopped

Allergens
Fish and
Peanuts



Sweet potato satay, pan fried tilapia

Prep time 20 mins; cook time 30 mins - Serves 10

Preparation

1. Fillet the tilapia and pin bone and portion, set aside in the fridge for pan frying later.
2. Prepare your vegetables and place on a tray: dice the onion, puree the garlic, fine dice the ginger and peel and cut the potato in chunks, same for the Dudhi. Pick and wash the spinach.
3. Heat the saucepan, then place in the coconut oil, onion, ginger and garlic, sweat for a couple of minutes, then add the soaked dried chillies, lemongrass and sweet potato.
4. Add the coconut milk and 200ml of water.
5. Bring to the boil, turn down the heat and simmer, uncovered, for 20-25 mins or until the sweet potato is soft.
6. Pan fry the fish, skin side down on some parchment
chefs tip
7. To finish: Stir through spinach and the lime juice and season well. Place in a bowl, with the fish on top.





Star ingredients for brain health



Tilapia fish

Native to Africa, tilapia is a lean and excellent source of protein. It is high in vitamins and minerals, such as selenium, vitamin B12, niacin and potassium.



Sweet potatoes

Commonly eaten in many African and South Asian homes, is abundant in beta-carotene, polyphenols, fibre, vitamin C, potassium, manganese, vitamin B6 and vitamin E.



Coconut

Native to Southeast Asia and Africa, coconut is very rich in medium-chain triglycerides, antioxidants, minerals including manganese, selenium and copper.

Spinach stew with smoked mackerel fish and ripe plantains



2

Spinach stew with smoked mackerel fish and ripe plantains

Prep time 15 mins; cook time 45 mins - Serves 10

Ingredients

400g cooked smoked mackerel
100ml red palm oil
1 medium red onion, chopped
4 cloves garlic, puree
30g grated ginger
1 habanero chili (or scotch bonnet) diced
salt
1 tablespoon tomato paste
2kg tomatoes, chopped
130g melon seeds or raw shelled pumpkin seeds
12g smoked paprika

Fish sauce to taste

400g spinach, washed, dried and roughly chopped
3 large ripe (yellow) plantains, peeled and boiled in salted water until just tender

Allergens
Fish and Celery



Spinach stew with smoked mackerel fish and ripe plantains

Prep time 15 mins; cook time 45 mins - Serves 10

Preparation

1. Prepare the vegetables.
2. In a large sauce pan, warm the oil, and add the onions, garlic, ginger, chili, and a couple pinches of salt. Cook, until the onions are golden brown and sweet, approx. 15 minutes.
3. Stir in the tomato paste, add the tomatoes, bring to a boil, lower heat to a simmer and partly cover the pan.
4. Simmer, stirring occasionally, until the sauce has cooked to a rich tomato-soup consistency, about 25 minutes.
5. Meanwhile, blend the melon or pumpkin seeds in a food processor or blender to a fine powder, until it just starts to get clumpy. (Do not overprocess into a butter.) Remove to a bowl.

P.T.O for number 6 onwards



Spinach stew with smoked mackerel fish and ripe plantains

Prep time 15 mins; cook time 45 mins - Serves 10

Preparation

6. When the tomatoes have reduced, add the smoked paprika and fish sauce to taste, and simmer 2 minutes.
7. Stir in water, a tablespoon at a time, to the bowl of melon seeds powder until it is a loose paste.
8. Add the melon seed paste on top of the tomato sauce and spread it out. Cover the pan and cook 5 minutes.
9. Stir the sauce all together; it will look like a thick porridge. Add a few splashes of water and increase heat to a boil. Stir in the spinach, until wilted and tender.
10. Taste, season with salt (or more fish sauce) and serve with boiled ripe plantains.





Star ingredients for brain health



Mackerel fish

Substantial source of omega-3- fatty acids which are essential for brain health and cognitive function. It contains significant amounts of vitamin B12 which is essential for the immune and nervous system.



Spinach

Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folate, iron, and calcium. It contributes to improved heart health and reduced oxidative stress.



Melon seeds

So commonly consumed in West African countries, it is rich in magnesium, monosaturated and polyunsaturated fatty acids and a good source of proteins.

Two Desserts



Tropical mango and passion fruit fool

1



Tropical mango and passion fruit fool

Prep time 20 mins; cook time 20 mins;
set time 30 mins - Serves 10

Ingredients

4 large ripe mangoes
6 passion fruits, halved
450g full fat Greek yoghurt
Juice from 2 limes

Allergens

Milk and Peanuts



Tropical mango and passion fruit fool

Prep time 20 mins; cook time 20 mins;
set time 30 mins - Serves 10

Preparation

1. Peel the mangoes using a vegetable peeler. Slice the cheeks off one and cut into small dice. Set aside.
2. Cut the flesh from the remaining mango and stone, then purée flesh in a liquidiser.
3. Squeeze out the seeds from 2 of the passion fruit halves and mix with the mango purée. Add lime juice to taste.
4. Gently fold the yogurt and half the diced mango through the fruity purée.
5. Divide between 8-10 glasses and top with the remaining diced mango.
6. Cover and chill for 30 mins before eating.
7. Scoop the seeds from the remaining passion fruit over the top of the fools to serve.





Star ingredients for brain health



Mangoes

Tropical fruit packed with polyphenols, B-vitamins, vitamin C and K, immune-boosting nutrients and contributes to improved heart health.



Passion fruit

A tropical and colourful fruit filled with carotenoids, polyphenols and rich in vitamins C, antioxidants and a good source of dietary fibre.



Natural greek yogurt

It is particularly rich in protein, vitamin B12, riboflavin (B2), vitamin D and selenium. It contributes to improved gut health and supports immune function.

Cocoa avocado mousse with seed granola



Cocoa avocado mousse with seed granola

Prep time 30 mins; set time 2 hours - Serves 10

Ingredients

Avocado mousse

200g dark chocolate
75g maple syrup
2 tsp vanilla extract
100-150ml whole milk
50g cocoa, sieved
1tsp salt
4 large ripe avocados, flesh scooped out

Seed granola

60g pumpkin seed
30g sesame seeds
60g sunflower seeds
30g poppy seeds
30ml honey
Pinch salt

Allergens
Milk, Soya
and Sesame



Cocoa avocado mousse with seed granola

Prep time 30 mins; set time 2 hours - Serves 10

Preparation

Avocado mousse

1. Bring the milk to the boil on the hob. Then leave a few minutes to cool and pour over the chocolate to melt.
2. Stir in the maple syrup, vanilla, $\frac{1}{4}$ tsp salt and the cocoa until smooth.
3. With a hand blender, whizz the chocolate mixture with the avocado flesh until silky smooth.
4. Divide the mixture between 10 small dessert glasses.
5. Chill for at least 2 hours.
6. Sieve cocoa or add a chocolate decoration over the mousse just before serving.



Cocoa avocado mousse with seed granola

Prep time 30 mins; set time 2 hours - Serves 10

Preparation

Seed granola

1. Place all measured seeds in a bowl and stir in the honey and salt.
2. Place on a baking tray with parchment.
3. Roast at 180°C for 8-10 minutes, until nicely brown.
4. Allow to cool and break into shards.





Star ingredients for brain health



Avocados

Provide nutrients that are essential for the health of the immune system, including vitamin C, B6, and E. An avocado-rich diet contributes to improved heart, brain and gut health.



Dark chocolate

Cocoa is abundant in West African countries and rich in flavanols which contribute to improved heart health. Dark chocolate contributes to improved brain health and cognitive function.

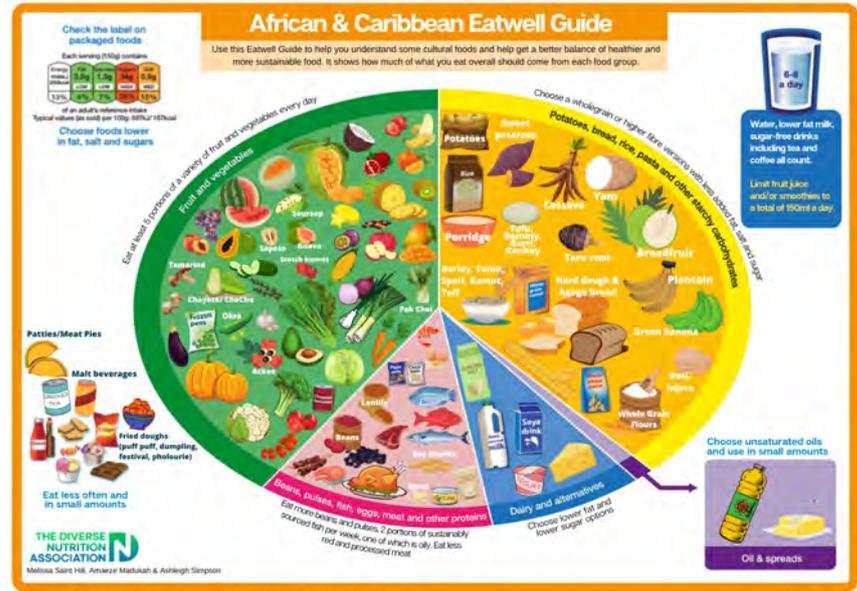


Seeds and nuts

Flavourful, containing healthy unsaturated fats, plant-based omega-3 fatty acids, B-vitamins, vitamin E, magnesium, fibre, manganese and good sources of fibre.

The African & Caribbean Eatwell guide

Check out the African and Caribbean Eatwell Guide on how to eat a balanced diet using our own traditional ingredients and foods.



The South Asian Eatwell Guide

Check out the South Asian Eatwell Guide on how to eat a balanced diet using our own traditional ingredients and foods.



Developed in collaboration with the Health Commission, Food Standards Australia and the Food Standards Agency in Australia

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Useful links

Flavours School of Cookery

<https://flavoursschoolofcookery.co.uk/>

British Heart Foundation

<https://www.bhf.org.uk/information-support/support/healthy-living/healthy-eating>

Oldways

<https://oldwayspt.org/>

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Health Brain, Healthy Life

Brain health and dementia prevention using creative
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