

# YOUNG CAMDEN FOUNDATION X HAF COOKBOOK 2023

**RECIPES OUR AMAZING YOUNG PEOPLE  
HAVE COOKED OR ENJOYED ON  
CAMDEN'S HAF PROGRAMME**

**YOUNG  
CAMDEN  
FOUNDATION**

---



# CONTENTS

## **3. KCB'S CHICKEN CURRY**

**ONLY FIVE STEPS SO GREAT FOR A MIDWEEK DINNER!**

## **4. FAIRFIELD'S BRUSCHETTA**

**NO COOKING INVOLVED MAKES AN EASY LUNCH**

## **5. HVH ARTS BULGOGI**

**TRY IF YOU'RE FEELING ADVENTUROUS!**

## **6. KCB'S LENTIL AND SPINACH CURRY**

**SUPER HEALTHY WITH LOTS OF FLAVOUR**

## **6. HVH ARTS DUM BIRYANI**

**IMPRESS YOUR FRIENDS AND FAMILY WITH THIS FILLING MEAL**

## **7. HVH ARTS LAKSA**

**SOOTHS THE SOUL IF YOU'RE UNDER THE WEATHER**





# KCB'S CHICKEN CURRY



## Chicken curry



### Ingredients

- 1.5 lbs (about 700g) chicken pieces
- Olive oil
- Diced onion
- Garlic
- Curry powder (a blend of coriander, turmeric, cumin, and chili powder)
- Cinnamon
- Paprika
- Bay leaf
- Ginger
- Sugar
- Salt
- Tomato paste
- Yogurt
- Coconut milk
- Lemon juice
- Cayenne pepper

### Directions

- Start by partially cooking the seasoned chicken in a large pan, then set it aside.
- In the same pan, cook garlic, onions, and ginger to create the flavor base.
- Add in the spices and cook for a few minutes until fragrant.
- Stir in the tomatoes and yogurt, then add the chicken back to the pan.
- Simmer the curry until the chicken is tender and the sauce has thickened.

By Ayoub - KCB

# FAIRFIELD'S EASY BRUSCHETTA



## Ingredients

- 3 brown sliced bread, or a roll cut in half.
- 1 teaspoon of olive oil
- 6 tomatoes, diced.
- 4 garlic cloves, crushed.
- 4 tbsp basil finely chopped.
- 1 teaspoon of posh balsamic vinegar

## Method

- 1.Brush the bread slices lightly on both sides with the olive oil.
- 2.Toast the bread slices until they are golden brown.
- 3.Chop the tomatoes, garlic and basil into small pieces, and place into a small bowl and mix it all up.
- 4.When ready to serve, pile the topping onto the bread and gently press down with a fork to hold the topping in place.



# HVH ARTS X MOTHER CANTEEN'S KOREAN BULGOGI

## Ingredients:

One pound of beef tenderloin, cut into thin slices 1/2 inch x 2 inches and a half thick

Or 500g mixed mushrooms

## Marinade:

½ cup of crushed Korean pear (aka “Asian pear”)

¼ cup onion purée

4 cloves of minced garlic

1 teaspoon minced ginger

1 chopped green onion

2 tbs soy sauce

2 tbs brown sugar (or 1 tbs of brown sugar and 1½ tbs rice syrup)

pinch of ground black pepper

1 tbs toasted sesame oil

## Method:

You can grill, pan-fry, or BBQ right after marinating, it's best to keep it in the fridge and let it marinate for at least 30 minutes, or overnight for a tougher cut of beef.

Grill over medium-high heat, stir-frying will also work

3. Can serve with kimchi as well as lettuce, ssamjang, garlic cloves and sliced green chilies to make lettuce wraps. Just put some meat on a lettuce leaf with some ssamjang and a clove of garlic, wrap it up and eat it in one bite!




# KCB'S LENTIL AND SPINACH CURRY

## Ingredients:

- Red lentils
- Water
- Salt
- Ground turmeric
- Chilli powder
- Spinach (rinsed and Chopped)
- Butter
- Onion
- Ground cumin
- Garam Masala

## Directions:

- 
- 1) Soak lentils for 20 minutes
  - 2) Boil salt water with lentils, turmeric and Chilli powder. Simmer for 15 minutes. Stir in spinach, until lentils are soft.
  - 3) In another pan, melt butter, saute onion with cumin. Combine with lentils. Stir in garam masala, cook until heated through

## Lentil and Spinach Curry



By

ARIFF

KCB

# HVH ART'S X MOTHER CANTEEN'S DUM BIRYANI

## Ingredients

1 bay leaf, 1 tsp fennel seeds, 2 tsp coriander seeds, 1 mace, 1 star anise, 1 inch cinnamon stick, ½ tsp pepper, 3 green cardamom, 4 cloves, 1 tsp cumin seeds

2 Tbsp oil

2 Tbsp Ghee/ clarified Butter

2 bay leaves

3 cloves

3 cardamom

1 onion

1 tbsp ginger paste

1 tbsp garlic paste

1/2 tsp turmeric powder

1-2 Tbsp chili powder

1 tomato

Mint leaves coriander leaves

1/2 cup yogurt / curd

500g chicken

2 cups basmati rice

3 cups of water and salt to taste





## Method

Par cook rice in salty water and add spices (1 cinnamon stick, 3 cardamom pods, 1 star anise and 3-4 cloves)

Set aside when rice is doubled in size and breaks in 3 pieces

To make biryani masala dry roast bay leaf, fennel seeds, coriander seeds, mace, star anise, cinnamon stick, pepper, green cardamom, cloves, cumin seeds for 2 minutes in a medium heat and grind it to a fine powder

To start heat 2 tbsp of oil and 2 tbsp ghee / clarified butter, add the whole spices bay leaves, cardamom and cloves

Add thinly sliced onion, then add a sprinkle of salt and sauté until the onions are golden brown.

Once the onions are nice and brown add 3 green chilies, 2 tbsp of ginger garlic paste, then add the masalas turmeric powder freshly ground biryani masala and chili

Give it a quick mix, add sliced tomatoes and cook until the tomatoes turn into a paste

Add some mint and coriander leaves then add 1/2 cup of yogurt and mix everything well.

Add the chicken pieces (prefer the one with bones for biryani). Mix well and cook for some time until the chicken pieces are done.

Layer rice and meat mixture like a lasagne: Meat and sauce, rice, mint and coriander leaves, fried onions, and drizzles of ghee, and repeat procedure at least twice - Put heat on high, cover with lid tightly and let to steam turning flame to the lowest setting

Alternatively, you can put the pot in the oven at 200 degree for 20-30 minutes

Serve with Raita and salad



# HVH ARTS X MOTHER CANTEEN'S LAKSA

## Ingredients

2-3 pureed onions  
6 garlic cloves  
1 inch ginger  
½ galangal  
3-4 dried chillies  
3-4 fresh red chillies  
(blend above to make paste)  
1-2 lemongrass stalks  
2 tsp turmeric  
handful kari leaves  
1tsp fenugreek seeds  
2 tsp cumin powder  
3tsp coriander powder  
1 cup ground dry shrimp (optional)  
3 cups of thick coconut milk  
¼ cup lime juice  
400g rice noodles (cooked)  
fish sauce (or salt) and sugar to taste  
To serve -boiled egg, mint leaves, coriander leaves, prawns, fish,  
clams, mushrooms (whatever you like)

## Method

In a big pot fry paste on medium heat, makes sure ingredients  
don't burn

Add dry spices, stir well until fragrant

Add about 2 litres of water, snap lemongrass stalks inside

Leave to simmer for 1 and a half hours (lid on)

Add coconut milk, and then lime to balance

Add fish sauce or salt and sugar to balance

Serve hot with noodles in bowl -top with your choice of herbs,  
egg, meat etc



**TO SHARE YOUR FAVOURITE RECIPES, EMAIL:**

[info@youngcamdenfoundation.org.uk](mailto:info@youngcamdenfoundation.org.uk)

**HAPPY COOKING!**

**YOUNG  
CAMDEN  
FOUNDATION**

---

