

Independence Through Employment



ANNUAL REPORT 2020-2021



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Fore- word

Dear Supporters,

I founded the Refugee Café in November 2019 and we launched it in February 2020 with a *sold out dinner* at Parlez Local. The aim was to open a commercial café sometime in the spring, but then the pandemic began with all the upheaval it caused.

From May we ran a couple of cooking demonstrations and also art activities in Refugee Week and then decided to develop products which the refugees could cook from my own domestic kitchen and sell from local markets.

In July we started trading at Rare Market in Woolwich where we still are, twice per month. Our products which include jams, paste, biscuits and condiments have been a hit from the start and continue to delight customers appreciating the exotic delicious flavours.

We continue to add new products and in the past months we have, for example, started to sell pumpkin kibbeh, mutabal, alfatorjes, chavelitas at events, market stalls and also for special occasions.

Our biscuit tins at Christmas, Valentine's and Mother's Day *sold out in 10 days* and received astounding reviews.

Over the past 1.5 years there have been many highs and lows but what has kept us going is the incredible support we are receiving from customers buying our products at markets, in local independent food retailers and donating to our recent crowdfunding campaign. In May we launched the crowdfunding campaign which in 35 days raised over £32,000 from 458 local donors. *The hundreds of messages of support blew us away!!*

At the time of writing we have over *4000 followers* across our social media platforms with good engagement.

After the successful crowdfunder we are still looking for a home for Refugee Café and exploring different opportunities. Having premises will enable us to offer an international lunch and dinner menu showcasing the incredible culinary talents among our beneficiaries. At the same

time it will provide pathways to **employment, training** and offer a vibrant **community** hub where people can meet and have a good time over delicious food. This will truly be a dream come true, adding so much to the local economy, society and culture.

My sincere gratitude goes to our funders, our enduring and very hardworking team of volunteers and fellow trustees. Truly, we could have not gone so far without each and everyone's amazing support and hard work for the Refugee Café, which remains volunteer-lead.

Iolanda Chirico

Founder and Chair

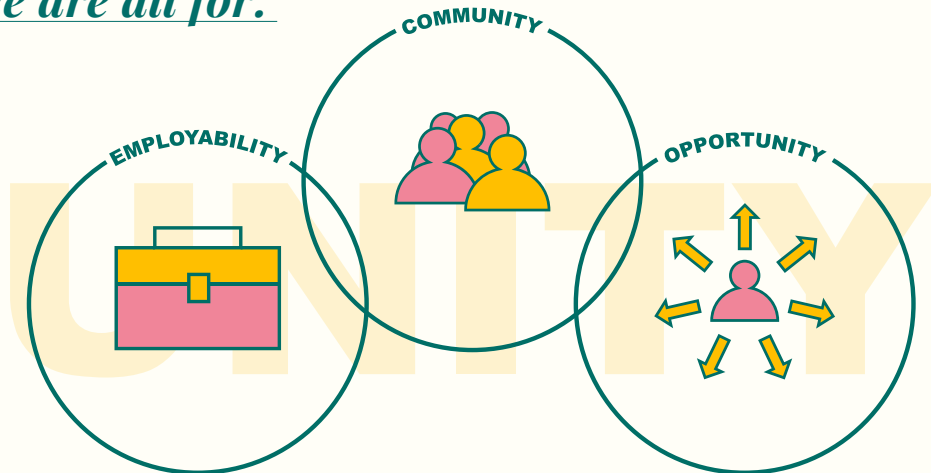


About RefugeeCafé

The Refugee Café aims to provide opportunity to refugees via employment in the catering industry. In place of illegitimate jobs, low wages and exploitation, it is our mission to provide a sense of purpose, community and security to those granted asylum in the borough of Lewisham. Our project's aim to integrate the vulnerable individuals into society and the UK job sector is underpinned by a campaign to raise awareness of the difficulties faced by the refugee community and a drive to engage everyone in support.

Thus far the Refugee Café has focused its efforts on distributing artisan products made by local refugees for the Lewisham community and beyond in order to simultaneously raise funds and awareness, and provide refugee chefs with invaluable work experience. Goods from chilli paste to hummus and pickled asparagus to biscuits are sold in their hundreds via fairs and markets, local shops, and events. Artwork is also available to buy on our website.

We are all for:



The Refugee Café has already worked with twelve refugees, such as 34 year old *Nahed* who fled her home in Homs, Syria before living in a refugee camp in Lebanon for 10 years earning \$10 for a 12 hour day's work.



Four years ago, 32 year old *Hahn* fled Vietnam with her baby son. She had few belongings, family or friends, but through her love of cooking Refugee Café helped her to develop her English and integrate into the local community and complete a cookery course.

We are planning to employ both of them as chefs once the plans for our commercial café go ahead.

Watch this video for an example of what we do!



One Year Overview

**29 FEBRUARY
2020**

Our first fundraiser community dinner

We worked in partnership with local restaurant 'Parlez' in Brockley. Our hosts there as well as the fantastic [Damascus Chef](#) of South London, helped put on an outstanding Syrian Feast, with live music and raffle prizes.

The evening was a roaring success raising over

£2,000



**MARCH
2020**

Our online blog was established



**30 MAY
2020**

Livestreamed cook-along with [Damascus Chef](#)*

Because of Covid-19 the celebrations were virtual. Over **70** people connected and watched as *Abdullah taught how to make the classic Syrian salad, *Fattoush*; which was followed by traditional Chinese music by Yijia.

£1,230

was raised, to be shared with [Donate4Refugees](#).



**15-21 JUNE
2020**

Refugee Week

During the week we organised four wonderful online arts and crafts workshops run by various talented creatives.

On Refugee Day (20th of June) we hosted a live cooking event with [Damascus Chef](#), where participants learnt to make *Baba Ganoush*; followed by a yoga and meditation class led by [Greenwich Yoga](#) and [Mindful Globe](#).



One Year Overview

DECEMBER 2020

The Year's Achievements

At Christmas time, we reflected on our achievements notwithstanding the challenges presented by the pandemic.

Despite being forced into inaction by the lockdown from March to May, we made great progress in **spreading the word of our mission**, gaining thousands of followers on social media, and we raised significant funds through markets, fairs and online sales.

The Kusuma Trust awarded us a grant of

£10,000

as a Christmas Gift.

SEPTEMBER 2020

Officially Registered Charity!!!

This enabled us to start raising funds from trusts and foundations such as **Kusuma Trust**, **Lewisham Launchpad** and **Feeding the City Programme**.

NOVEMBER 2020

Chosen for the Co-Op Community Fund

Despite Covid-related setbacks, we persisted with our stall at RARE Market and our online store, and continued to bring produce to the community through our local stockist **Bring Your Own**.

At the end of the month, we launched the *Spiced Yemeni Tea*, *Syrian biscuit tins* and gift sets, as part of our Christmas range.

JULY 2020

First Café Condiments

Syrian Hummus, Pickles, Chilli Paste and Ecuatoriano Chimichurri.

We began trading on Saturdays at **RARE Market** in Woolwich.

AUGUST 2020

Launch of Pop-Up Stall in Catford Mews

Open on Thursdays and Saturdays, our **volunteer-run stall** brought fresh produce, such as our *creamy hummus* and *chocolate brioche*, to the local community.

We provided refugees with **training in sales and customer service skills**.



One Year Overview

MARCH 2021

Wonderful support

Our delicious Syrian goodies packaged in beautifully designed tins - *illustrated by local Iranian artist, Alex* - were available to order.

At the end of March, we made a call for people to tell us why they support Refugee Café as part of our awareness campaign. We were inundated with creative responses that linked **opportunity** to **equality** and **integration**.



FEBRUARY 2021

1 year Anniversary!

Launch of our *Valentine's Day Ecuadorian biscuits* and *Valentine's Day Goody Bag*, all available for collection and prepared by local refugee creatives.

Our products were stocked by local suppliers including [Mission Green](#), [Good Food](#) and [Hill Trader](#).



APRIL 2021 - PRESENT

New training programme!

We secured enough **funding for our new training programme**, aiming to give refugees an induction to working in the UK's catering industry.

Now, we continue to expand our volunteer base, with more people working on blogs, fundraising and event organisation.



At the end of February, one year on from the conception of Refugee Café, we were **nominated for an award** for our contribution to Lewisham's community response to Covid-19. This year we celebrated our *1 year anniversary* with a giveaway hamper for our generous supporters!

[Dinner for One Hundred](#), on Kitto Road, became yet another local independent business to support us, lending us some valuable shelf space to stock our produce.

In February we also co-hosted a *Mother's Day* market with [Create Without Borders](#).

Making a Difference

In 2020, we raised a total of **£9,000** from markets, fairs and online sales. Our most successful product was our *Ecuadorian Chimichurri*, of which we sold **192** jars, followed by our extremely popular *Syrian Hummus*, which sold **181**. Not to mention our *Syrian Pickles* and *Syrian Chilli Paste*, which sold **137** and **132** jars respectively.



"I am one of the Trustees at the Refugee Café and from the start I have helped with cooking the Chimichurri, and in February the Valentine Biscuits. I have learned to be organised and I am delighted to share the cuisine from Ecuador. Cooking the dishes has helped me remember dishes I had forgotten how to cook. I am happy to continue to cook delicious food from my country using natural, healthy herbs and vegetables and I am full of joy to know the chimichurri and the biscuits continue to sell out."
- Marco

"Working at the Refugee Café has made me part of the local community. I lost my job and had nothing to do and I was so bored staring at the ceiling all day and not able to leave my room because of the pandemic. I was happy when I started to cook the products, and I am so happy to know they are selling well. I am happy to create new products and share the wonderful cuisine from my country"
- Ismail



'Family Impact' - a short story

I started making pickles in the summer of 2020 and I was relieved to pass my time doing something. During the lockdown it was something to do and solace my solitude with pickles and the smell of vinegar. I was working in a tiny kitchen and I liked being busy in an otherwise lethargic time. Later on I added chilli paste and hummus to the range of products I started to make.

I chose chilli paste because at one stage I was shown small jars and I thought they were perfect for chilli paste. I was brought 5kg of bell peppers and I made the first batch. I also have fond memories of using chilli paste in falafel wraps. Later on I started to make hummus.



When I was a teenager and in my school vacations, I used to spend that time in my family's restaurant and bakery. I remember my brother cooking the hummus in a big pot and the smell of cooked chickpeas was prevailing in the kitchen.



We had a farm and my family's main crop was red lentils and chickpeas. I remember the taste of fresh chickpeas, which I was eating early in the morning in the field; *savoury, sweet like honey and salty, and with a squeeze of lemon!*

My family used to preserve lentils in containers with olive oil and salt, and they lasted for over a year.

In December 2020 I started to bake *graibeh*, *mamoul* and *baraziq* for our special Christmas Tins, Mother's Day biscuits and as rewards for the Refugee Café's recent crowdfunding campaign. (continued...)

Making a Difference

'Family Impact' (cont.)

I am proud to introduce typical biscuits from my country, baked traditionally as I was taught by my brother. I still remember the smell of ghee and sesame in my family kitchen.

The biscuits were baked on special occasions when they were packaged in bespoke boxes, hand-made and illustrated with our family brand of yellow and green colours. Many customers ordered different quantities as a present to take with them when going abroad.

We also used to sell gift boxes containing half a kilo of roasted coffee with cardamom as well as chocolate with coconut and mint filling, presented in a cellophane decorated bag, together with our biscuits. These products sold well and they were our trademark.

I am very proud to continue with my family tradition here in Lewisham and I am also happy about the many positive customer reviews.

Mr A.



Comments from individual donors to our café crowdfunder testify to the public enthusiasm and support for our mission:

"I absolutely love this project and I can't wait to visit the café! Well done, you're making an incredible positive change."

"Really looking forward to The Refugee Café opening and proud that Lewisham is such a welcoming place"

"By supporting this initiative, we can prove that we do not subscribe to a hostile environment for any human being. We welcome refugees."

"Thank you for enabling us to demonstrate that through the café. A brilliant idea, I hope it does really well."

"I'm pleased to be able to help you in this worthwhile venture. As a society, we are not doing enough to support refugees. Good luck!"

"Thanks for all your hard work and commitment. We are all behind you to get the café and project open for 2021. A great way to get us all together over food and life stories."



Our Supporters

Our supporters range from established funders such as [Kusuma Trust UK](#) and [Lewisham Launchpad](#) to the Mayor of Lewisham and individual locals, customers and people from further afield.

A nominee from Kusuma Trust vocalises their desire to support a local charity that can **'make a real difference'**:

"I came across information on the Refugee Café by chance at my local Co-op. I was inspired by the Refugee Café's efforts to *assist, welcome, work with and empower refugees* to integrate as members of the Lewisham community. This seems to be a real benefit for the people they work with, and also helps to educate the local community of the plight of refugees while countering some of the negative media portrayals of migrants. As a bonus, the Café introduces *new foods and flavours from around the world* to those of us who live here. I can testify from first hand experience that both their Yemen tea and Syrian pickled asparagus are amazing! Nominating them was an easy decision. They are a relatively new organisation and I hope that the grant will ensure they can become a firm fixture in Lewisham. I really look forward to being able to visit them again as soon as the circumstances allow them to reopen."

We are greatly supported by our local stockists, such as [Dinner for One Hundred](#), [Sans Store](#), [Mission Green](#) and [Good Food](#). Max and Chloé of Sans Store say "[The Refugee Café's] produce celebrate lots of different cultures (every product is so unique and tasty!) and we're really happy to work with them and help support sustainable employment."

Dinner for one Hundred call our pickles, jams and pastes in their own words **"bloody proper bang-smackin good"**. And we believe them!!

Another partner stockist, Ruth from [The Hill Trader](#), says, "[I'm] so happy to support such a wonderful campaign! The new home for the Refugee Café will benefit us all! What better way to come together as one community than over good food!"

A great big THANK YOU



Our Team

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Trustees

Chair: Iolanda Chirico

Treasurer: Roy Warden

Secretary: Danielle Pham

Board Members:

Freya Laing

Abdullah Elobeid

Sujeeva Samasunara

Marco Muñoz

Eleri Jones

Azi Rahman



The Refugee Café is of course continuously supported by its volunteers and trustees.

Read on to find out about ***“Why to volunteer?”***, articles written by our very own volunteers here at Refugee Café.

Following those you will get an insight from our trustee Marco Muñoz’s story, of how he faced his challenges and barriers as a refugee in the UK.

Why to volunteer?

Volunteering for the Refugee Café

I love working with the Refugee Café. I really do. In fact, I have been struggling to write this article because I’m not quite sure where to begin telling you just how much I love it, but I guess I’ll start at the beginning. I have been working as a *Volunteer Fundraising Assistant* with the Refugee Café since October 2020. I joined because I wanted experience in the charity sector and because I wanted to do something rewarding in my spare time from the comfort of my bed, but I also wanted to work somewhere I could really make a difference. And so, when I saw the opportunity to take on this role with the Refugee Café, I was ecstatic. Here was a charity with such a unique solution to an important issue, and such a huge appetite for change.

Since then, there has been no looking back. I thoroughly enjoy everything about the fundraising process, and I am truly fortunate to have worked alongside such a passionate team. While I am given free rein to write my proposals in my own style, there has always been help on hand if I

have needed it. This experience has also given me an acute insight into how a charity functions, and I have been provided invaluable knowledge for my career in the non-profit sector. However, there is satisfaction not only in the scope of the role, but in the good that comes from it. So far, I have raised almost £10,000 through grant writing, and knowing that this will help change the lives of a generation of refugees fills me with immense pride.

I would recommend volunteering with the Refugee Café to anybody. *It’s flexible, it’s enjoyable, it’s varied, it’s insightful, it’s rewarding, and it looks great on your CV.* So, sign up today, get comfortable, treat yourself to a delicious cup of Yemeni Spiced Tea, and let’s go change some lives.



Joe Clowsley holds a master’s degree in Human Rights from the University of Sussex and a ‘Most Likely to Become Prime Minister’ award from Oakwood School.

Our Team

Why I volunteer

I am immensely proud that Lewisham has chosen to make itself a borough of sanctuary to refugees from the most dangerous war-torn countries in the world and give haven to those others persecuted in the own homelands. As a person of Italian descent, food is often the way that we welcome, incorporate, and heal those we care for. The Refugee Café charity seems to me, to have the same ethos. The charity's mission of enabling refugees through retraining, reskilling, and gaining business know-how to add to their CVs is enlightened. The UK hospitality industry is vast, and despite the recent pandemic, will continue to grow, especially in the restaurant sector. Reskilling refugees means they are less vulnerable to exploitation and empowered to move forward to a safer, sustainable future and become part of our community on their own terms. I cannot imagine having to leave your ancestral home with nothing but a few bags. To be so traumatised by losing family, culture, and your sense of being that you feel completely impotent, unable to see a

way forward or how to survive in a different land. We are lucky that most of us will not have that experience. I believe by helping the Refugee Café charity with its mission the refugees will feel encouraged, nurtured, and welcomed into our community, and hopefully heal and thrive. Of course, *we too will be enriched by meeting, learning from, and eating world food* with our new neighbours at our local Refugee Café. This is why I volunteer.

Corinna

Below, Corinna's grandfather, who migrated to South America in order to support his family from Southern Italy.



The importance of giving

Looking back at the past year, which has been so challenging for everyone around the world, I reminisce about some of the things that give life its meaning; and while gazing out of my window, I wonder 'what could we all learn from such a year?'.

Well, I can certainly say that one thing I learned, and always keep learning, is that *kindness is never wasted*. In fact, it goes a long way even when we don't realize, and there are many stories that testify to that. If only we could all take the time to ask one another of our own stories of such nature, I believe that would be a great first step.

In my case, I always found volunteering a grand prerogative for most people to find many opportunities - especially in this day and age - where they can apply their skills and knowledge to help and encourage others. Throughout my own search for these types of opportunities, I found Refugee Café; an inspiring charity which is, though relatively new, making an impact around Lewisham by taking great steps of kindness in its endeavors

to help, train and provide (in many ways to) the refugees who are in need of a community. They are a good example of people who enjoy giving their resources, time and love to their work and others.

This is why, I believe, volunteering is important.

Firstly, *we all have something to give*. We have unique skills, abilities and talents that may be of great service to someone else and in turn we can gain new knowledge and understanding of things we may not have expected before; as long as we are open to sharing our resources. Additionally, we may hear a lot around the world the phrase 'time is money'; and in many ways that sounds true. Time is valuable, and it is important to *know where to choose to give our time* in order to reap the benefits of a never-wasted-kindness, such as the building up of good relationships and creation of joyful moments in life; as long as we are open to donating our time.

Finally, the most essential thing that, I believe, we can learn from the past year and for posterity is, *loving*.

(continued...)



Our Team

If I could sum it all up in one word, this is the word I would use: love. And volunteering is one example that shows us how to see outside of our isolation and how to learn to help one another in difficult times with all that we have, as it creates a community with bonds of kindness that can teach us more about showing love. So maybe volunteering is not for the faint of heart, but it definitely gives back a lot more than we think; as long as we are willing to spread sincere love.

In my journey of *volunteering as a Graphic Designer* for the Refugee Café, I have gained a lot of knowledge about the opportunities that can be given to refugees that can aid society as a whole, and I am grateful that I have helped the charity's mission in my own way.

In reflecting back to all of this, I believe that the way to truly learn what we all individually and uniquely gain from challenging times, is to focus on honestly being thankful for what we have which we can share with others, defiantly giving more of our time to help others, and decisively showing genuine love to

one another. These things for me will always give life meaning, and allow me to keep exploring and ever learning; and volunteering is one way to access them all.

Marina K.



*Join us too,
at the
Refugee Café!*



Our Team



Marco Muñoz's story

Marco Muñoz is an Ecuadorian who has been living in London for a little more than 20 years. He was granted British citizenship six years after arriving here. Now he works for the Refugee Café as a volunteer.

Marco was a teacher in Ecuador for nearly 23 years before he moved to the UK. When he arrived, he tried to enhance his career a little by learning English, studying at

Roehampton University. At the same time he worked as a teaching assistant. After this, he took the opportunity to study for a diploma to teach adults at the Institute of Education in London. Later, he earned a further qualification, so that he could teach mathematics to adults at the University of Greenwich. Marco went on to teach at Capel Manor and Hackney Community colleges. He found time to work at **Action for Refugees in Lewisham (AFRIL)**, in south London and there he met Iolanda Chirico.

After some years of working together, Marco left AFRIL, but at the end of 2019, Iolanda asked Marco, amongst other people, to join in a new special adventure: *to create an organisation to help refugees and migrants in London*, particularly in Lewisham.

Marco joined in this new enterprise, the **Refugee Café**, and is happy to be part of this organisation and the new and exciting challenges it presents. Through his work for Refugee Café, Marco has rekindled his love for cooking, painting and writing.

One of Iolanda's ideas was to celebrate the cuisine that her organisation's members and service users have brought with them from their home countries. So, Marco has perfected his *Chimichurri Ecuatoriano*, a beautifully flavourful green sauce that enhances so many savoury dishes. With every batch he prepares, he tries to capture the same flavour as the chimichurri he used to love in Ecuador.

He has also been producing a variety of biscuits, a challenge that prompted him to research the Latin American baking style.

These biscuits are a mixture of flour, butter, sugar (among other ingredients) and the result is amazing, because it is like putting into your mouth some delicately sweet (and dangerously delicious) morsel, which melts in your mouth but you remember forever.

Marco is also a skillful maker of *pasteles Ecuatorianos*. These pasteles are a mixture of flour, cheese and spring onions, and are traditionally eaten with a cup of hot chocolate. They make a great snack to accompany any drink, in fact.

When he embarked on his new adventure as a food producer, Marco also completed a course in health and safety and the food business in the UK - as everyone who handles food for public consumption is obliged to do.

It is through his creativity that Marco has learned to deal with past trauma. His wife and the Refugee Café encouraged him to return to painting, using acrylics and other materials. This was a big challenge for Marco, but he is now growing more confident in his abilities as a painter.

He was part of the **Catford Arts Trial** and other exhibitions and will be part of the group **Creating Without Borders**, an organisation helping refugees around the world. Thanks to the Refugee Café, Marco also took his first steps in writing. At the moment he has a book available on Amazon: *'From roots to the leaves.'*

Spending this time at Refugee Café has been an important part of Marco's life. he has learned about the lives of other refugees, and he has improved his English speaking and writing skills.

Marco would like to teach others what he has learnt, and at some point produce his own range of products. Having the support of Refugee Café is very important for this new challenge. For now, though, his commitment is to stay in his trustee/advisor role in this fast-developing organisation.

Marco hopes that the Refugee Café continues to give refugees and other migrants the opportunity that they deserve as a big part of the community. He believes strongly that: "EVERYONE is an active role to play in the community. Community is like a machine where EVERYONE has an important part to play, so it can run properly and in a way that can be for all of us."

What's Coming

At the start of May 2021, we launched our crowdfunding campaign to build a commercial, refugee-led cafe in the heart of Lewisham. Donations were rewarded with beautiful gifts crafted by local refugee creatives, or invitations to our Refugee Café launch party.

#HomeForRefugeeCafe



We reached 30% of our **£20,000 target within a week**, and on the 2nd of June the Crowdfunder closed with the final total of £32,463 and gift aid of £4,158.

The café will provide a space where our community can come to **learn, grow and work together**, and will ultimately celebrate the rich culinary and cultural diversity that Lewisham has to offer.

Damien Egan, the Mayor of Lewisham, states, ***“I support the Refugee Café because they are helping local refugees build a new life here in Lewisham”***. With the Mayor’s keen endorsement of our project, we hope that he will help us to secure a suitable and financially supported venue for our physical cafe.

And we can't wait to welcome you!

Café Concept



Refugee Café concept design and illustrations by Esra Abdelrahman.



Recipes

Fatayer

16

This is a traditional all time favourite dish for many. The Fatayer is simple and easy to make, with many variations!

INGREDIENTS

For the dough:

250 gr all purpose flour
1 teaspoon dry yeast
1 teaspoon sugar
1 teaspoon milk powder
1 pinch of salt
1 teaspoon unsalted Butter
125 ml water (warm)
1 egg

For the fillings:

50 gr Fresh parsley leaves
50 gr White cheese
50 gr Grated Mozzarella

50 gr Zatar
2 slices Mozzarella cheese
1/4 cup Olive Oil

200 gr Green Pitted Olives
40 gr Pepper Paste
1 Bell Pepper
1 Carrot
20 gr Fennel Seeds
20 gr Nigella Seeds
20 gr Cumin
50 ml Olive Oil

METHOD

1. Mix the warm water with the sugar, the salt, the powder milk and yeast and leave it for 10 minutes to get active (bubbles will appear when it is active).
2. Then add the mixture to the flour and mix together until it is shaped like a ball. Add the butter to get a smooth, elastic surface.
3. Then keep it aside for an hour to double in size.
4. Afterwards, sprinkle your countertop with flour and roll the dough to the thickness of 1 millimeter and then cut it with the 5.5 to 8.8 cm wide cutters and leave it to rise again. *Prick dough with a fork to avoid bubbles when it is going in the oven to be baked.*
5. Meanwhile, combine the three different types of fillings in three bowls and add a tablespoon of the mixtures on the cut dough as you desire.
6. You can fold the dough or leave it as is, to make the circle, half-moon or boat shapes.
7. Bake in a preheated oven at 180C for 10-15 minutes. Serve hot!



Fattoush Salad

Try the most famous and amazingly refreshing salad of the Middle East.

INGREDIENTS

1/2 cup fresh lemon juice	4 tomatoes (diced)
1/2 cup olive oil	4 cucumbers
1 clove garlic (minced)	1 green pepper (chopped)
1 teaspoon salt	1 teaspoon sumac
2 teaspoon pomegranate molasses	1 Lettuce (finely chopped)
1 cup fresh parsley (chopped)	1 loaf arabic bread (squared / fried)
1/2 cup fresh mint (chopped)	Black olives
2 spring onions (chopped)	Pepper
5 radishes (diced)	

METHOD

1. For the dressing, mix together the lemon juice, garlic, salt and pepper and slowly pour in the olive oil, whisking continuously.
2. Fry the bread in a skillet until it is toasted and crispy, and golden brown in colour.
3. Place the chopped lettuce, tomatoes, cucumbers, green pepper, radishes, spring onions, parsley and mint in a large salad bowl. Sprinkle them with a little sumac.
4. Pour the dressing on top of the vegetables, add the fried bread and pomegranate molasses and toss to combine.

You can add salt and olive oil as desired, and you can decorate the Fattoush dish with olives or sliced vegetables such as lettuce, lemon slices and cucumber!

Mussaqa

This well known eggplant dish will exhilarate your taste buds. Let's get cooking!

INGREDIENTS

1 large aubergine
1 tomato
1 large red bell pepper
2 onions
1 teaspoon of ground garlic
1/2 cup of grated cheese
1 tablespoon of tomato paste
4 tablespoons of olive oil
Salt and pepper

You can replace the large tomato with cherry tomatoes and add chilli paste to the dressing mix, if you desire!

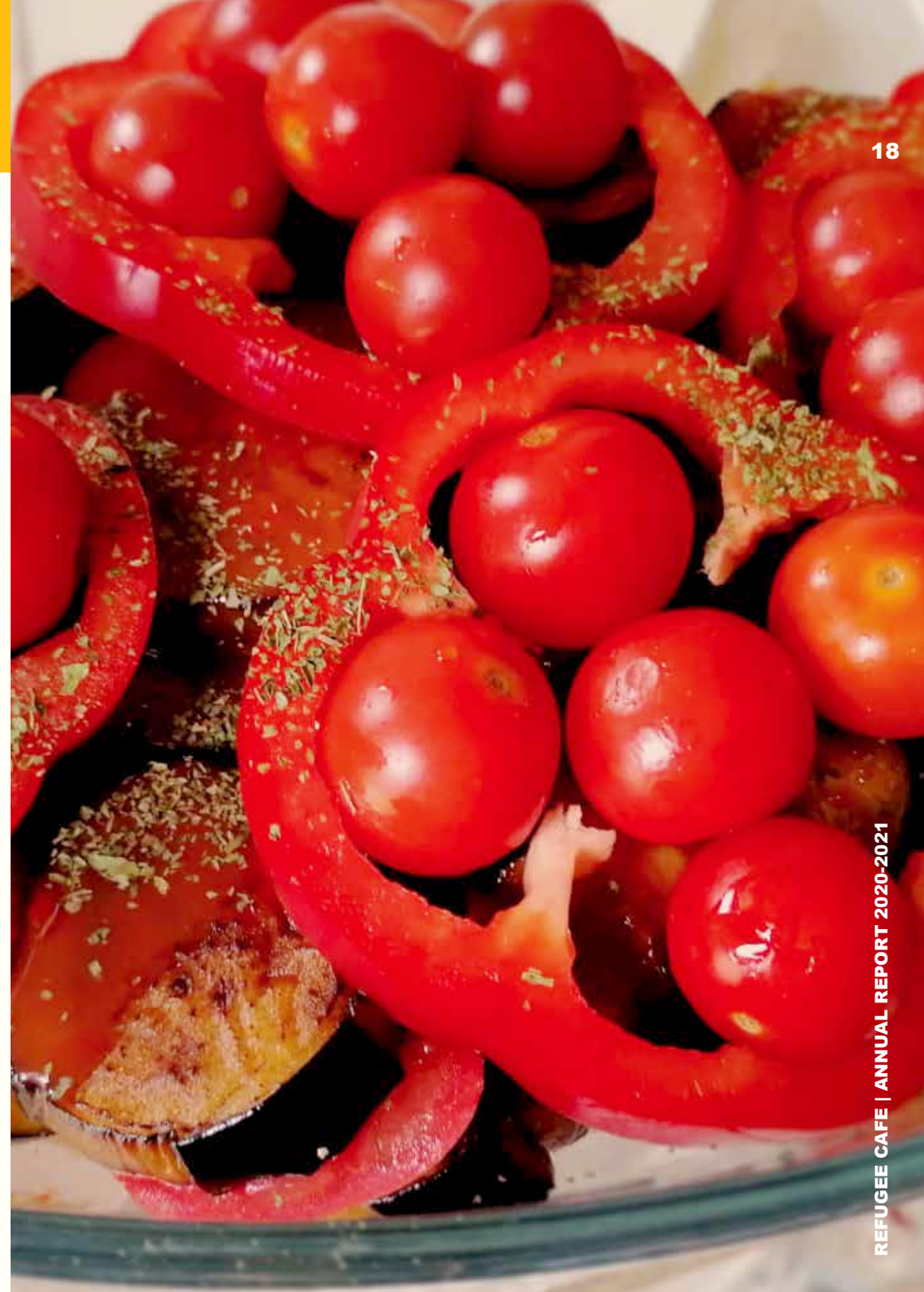


Side serving suggestion!

METHOD

1. Preheat oven at 180C.
2. Cut aubergine, tomato, red pepper and onions into slices.
3. Fry the aubergine slices in a skillet with some olive oil, until they are golden brown.
4. Layer the sliced onions at the bottom of an oven dish and place on top the fried aubergine and then the tomato and pepper slices.
5. For the dressing, add the ground garlic, salt and pepper in a bowl with a tablespoon of tomato paste and 1/2 a cup of water, mix well and pour over the top of the vegetables.
6. Place in the oven for 30 minutes, until golden brown.
7. In the last 15 minutes add the grated cheese on top.
8. Let it cool down a little, then serve and enjoy!

You can decorate this dish with fresh herbs, like mint, on top and/or add them in between the layers of vegetables.





@refugeescafe



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