



# Healthy Brain, Healthy Life

Our traditional food  
and our community

Recipe book





# 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



Lentil  
curry stew,  
chickpea  
and  
chapatis

# 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

# 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

### 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

Its 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, iron, and zinc. Tilapia is also a good source of omega-3 fatty acids and B vitamins.

Spinach  
stew with  
smoked  
mackerel  
fish and ripe  
plantains

# 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**

# 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



# 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 yoghurt**

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

# Cocoa avocado mousse with seed granola

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

# 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

# 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.







# Useful links

Flavours School of Cookery  
<https://avoursschoolofcookery.co.uk/>

British Heart Foundation  
<https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating>

Oldways  
<https://oldwayspt.org/>

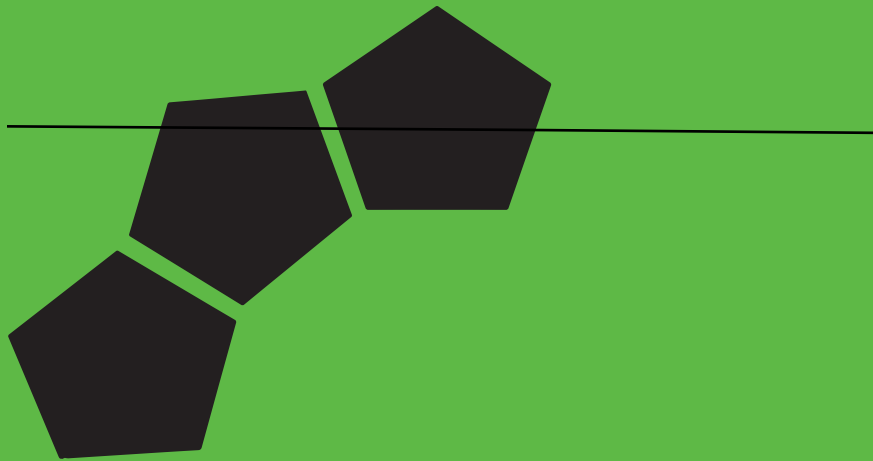
## Co-created by

Dr Sophia Amenyah (RNutr)  
Bournemouth University

Elizabeth Hagger  
Chef Lead,  
Flavours School of Cookery,  
Bournemouth

## Designed by

Caroline Hemmings  
Creative Design and  
Administrative Support Officer,  
Bournemouth University



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