



EmbRace

EmbRace the culinary tapestry of LSE

Recipes celebrating diversity on every plate

Edited by Nermin Abdulla, Jennifer Ho, Sandra Ma and Yvonne Olusoga



Welcome!

We are thrilled to present *EmbRace the Culinary Tapestry of LSE*, a collection that celebrates the vibrant and diverse culinary traditions of the LSE community. This cookbook is more than just a compilation of recipes; it's a heartfelt tribute to the rich tapestry of cultures, flavours and stories that make up our university.

At LSE, we believe that food is a universal language that brings people together. Whether you're sharing a meal with friends after a long day of lectures or experimenting in the kitchen during a cosy night in, cooking has the power to create lasting memories and foster connections. In these pages, you will find an array of recipes from around the globe, lovingly contributed by students, staff and faculty who have come together to share their culinary heritage.

From comforting classics to modern take on dishes, this cookbook invites you to explore the flavours that have shaped our community. Some of the recipe tells a story, offering a glimpse into the backgrounds and experiences of those who have walked through LSE's doors. As you embark on this culinary journey, we encourage you to embrace the creativity and joy that cooking brings.

EmbRace would like to thank its volunteers Sandra Ma and Nermin Abdulla for collecting the recipes and photos, the Design Unit in creating this book for LSE EmbRace and Andrew Young, who has been a key advocate of LSE EmbRace since the beginning.

With that said, gather your ingredients, invite your friends and family, and let's cook up some unforgettable meals together. Here's to celebrating the diverse flavours of LSE and the connections they create!

Happy cooking!

With warm wishes,

Yvonne Olusoga and Jennifer Ho
Co-chairs of LSE EmbRace

Important Notice: Allergy Disclaimer

While we have taken great care in compiling the recipes in this cookbook, we recognise that food allergies and intolerances can pose serious health risks. Each recipe may contain ingredients – such as nuts, dairy, gluten, shellfish and eggs.

Before preparing or consuming any recipe, please read the ingredient list carefully. We encourage you to make substitutions as needed to accommodate your dietary restrictions. The authors and publishers of this cookbook are not responsible for any adverse reactions or health issues that may arise from the the ingredients used and consumption of these recipes. Always prioritise your health and safety.

Recipes submitted by the community members are shared with their permission and the cookbook is a collaborative, not for profit work.

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Recipes

Main dishes

Mauritius crab soup	4
Mauritian style chicken curry	5
Escovitch fish	6
Moroccan couscous	7
Hokkien meatballs	8
Bak Ge (Hokkien rice cake)	9
My mum's revithia	10
Yan's Chinese dumplings	11-12
Spaghetti jollof	13-14
Congee (Chinese rice porridge)	15
Chinese steamed egg	16
Brother Ben's banging brunch	17
Sarah's mum's Bengali samosa	18
Sarah's mum's spiced chicken korma	19
Vegan red lentil dhal	19
Filipino adobo	20
Parippu (Sri Lankan Tamil lentil curry)	21
Jennifer's dad's steamed scallops with glass noodles	22

Sweet treats and drinks

Jamaican Guinness punch	24
Jamaican carrot juice	24
Mango lassi	25
Cheats Vietnamese iced coffee	25
Plantain puff puff	26
Nigerian puff puff	27
Gulab jamun	28
Cinnamon and vanilla pisang goreng	29
Brazilian brigadeiros	30
Kelewele	30
Mochi ice cream	31
Togo Lime cake (keke)	32





Main dishes





Mauritius crab soup

Monica, Secretary's Division

🕒 Serves 4

Crab in the shell (enough for 4 people)

1 onion

15g garlic and ginger paste (freshly crushed)

20ml oil

2 medium size tomatoes

Thyme and coriander

Salt and pepper to taste

Heat the oil in a pan add the crab in and heat until the shell turns red.

Add the onion until transparent and soft.

Cut the tomatoes in small chunks and add to the pan, cook until it forms a thick sauce then add the thyme, coriander, garlic and ginger mixed to the pot stir well and simmer for 5-7 minutes.

Add salt and pepper with water bring to the boil then cover and simmer for a total of 15-20 minutes.

Serve with hot fresh bread.



Mauritian style chicken curry

Monica, Secretary's Division

🕒 Serves 4

Ingredients

1kg chicken

15g cumin powder

20g coriander powder

5g clove powder

5g cardamon powder

20g fennel powder

20g poppy powder

5g turmeric powder

1 tbs garlic and ginger paste

Curry leaves

1 large tomato

1 large onion sliced

Put oil in a pan on medium heat add the sliced onion cook until soft and translucent.

In a bowl mix all the powdered ingredients with the garlic and ginger paste add a little bit of water to loosen.

Once onion is cooked put the mixture slice the tomatoes and add to the pan cook for 5 minutes then add the chicken, salt and pepper to taste stir then leave to cook on low heat until chicken is totally cooked through.



Escovitch fish

Paulette, Department of Management

Escovitch Fish is a popular Jamaican dish derived from the Spanish word “escabeche,” meaning “marinated.” It typically features fish like whole snapper, hake, red mullet, or my favourite, sliced red bream, topped with tangy, spicy sautéed vegetables. I’ve made this dish countless times for occasions like Easter and family gatherings

🕒 Serves 4

Your choice of fish

Oil (*I recommend vegetable oil or any other neutral flavoured oil with a high smoke point*)

1 small onion thinly sliced

½ carrot, sliced

½ bell pepper, sliced

3 garlic cloves minced

Coarse black pepper

1 scotch bonnet pepper, de-seeded and sliced

Salt

1tbsp whole pimento berries

1 Sprig of thyme

6 tbsp vinegar (*I like to use white vinegar*)



Clean and rinse the fish, rubbing it down with a lemon or lime. Season with coarse black pepper and preferred seasoning. If using fish seasoning there is no need to season with additional salt.

Powder the fish in seasoned flour as it gives a nice crisp coating.

Heat oil on medium in a large frying pan. As soon as it is hot, gently add the fish and cook until brown, cooked through and crispy.

Remove the fish. Set it aside until the dressing is ready.

Sauté the vegetables. Add the onion, bell peppers, carrots, scotch bonnet and garlic to 2 tablespoons of oil. Stir on gentle heat for 2-3 minutes.

Add pimento berries.

Add the vinegar (roughly 3-4 tablespoons), sprinkle some coarse black pepper and mix. Let it simmer with lid on for about 2 more minutes until the carrots are tender but still have a bit of a bite.

Place your fish on a serving dish and pour the sautéed vegetables and the sauce it’s cooked it over the fish.

Serve with your choice of accompaniment such as fried dumplings, festival, hard dough bread, breadfruit or bammy (a Jamaican flatbread made from cassava).



Moroccan Couscous

Hassan, Department of Economics

In the UK, I've noticed people make couscous as a side dish and very plain, but back home in Morocco, it's practically a meal on its own cooked in a special pot called a *couscoussière*. For me, it's about the spices – cumin, cinnamon, coriander, turmeric, and saffron – giving couscous a warm and fragrant flavour. Couscous is a big deal at family gatherings and special occasions, and it really symbolises hospitality and togetherness.

🕒 Serves 4

1 shallot, minced
30 ml extra virgin olive oil
½ tsp ground turmeric
½ tsp salt
½ tsp ground black pepper
400ml chicken broth
250g couscous
50g dried apricots, sliced into strips
40g currants
2 tbsp lemon juice
5g orange zest
10g fresh mint, chopped

First, pop the almonds in a 325°F oven for about 5 minutes until they start to turn golden. Once they are done, take them out and let them cool on a plate or in a bowl. While that is happening, you can fry the shallot.

In a medium saucepan, heat up some olive oil over medium heat and sauté the shallot until it gets soft, stirring it around for about 5 minutes.

Then, sprinkle in the salt, pepper, and ground turmeric. Pour in the broth and crank the heat up to medium-high.

When the broth starts to simmer, toss in the couscous, sliced apricots, and currants. Cover it with a lid, turn off the heat, and let it sit for 5 minutes.

After 5 minutes, take off the lid, add in the orange zest, lemon juice, and those toasted almonds, and fluff it all up with a fork.

Finish it off by garnishing with some freshly chopped mint.





Hokkien meatballs

Natalie, Communications Division

I grew up celebrating Chinese New Year with my extended family at my aunty's house – often a large gathering with my Hokkien grandmother presiding. These two dishes were firm favourites of mine as a child, and adult, and are paired with a chilli sauce (when I can get my hands on some!) from Kampar, a small mining town in Malaysia where my family originate from.

🕒 Serves 4

500g pork mince

1 tsp salt

½ tsp soy sauce

½ tsp white pepper

2 tbsp cornflour

1 block semi-soft tofu (number 3)

100g shallots

2 eggs, beaten

Oil for deep frying

Mix pork mince with cornstarch, soy sauce and salt.

Add cornflour and mix it in.

Squeeze out liquid from tofu and add it to the meat mixture. Break up tofu and mix thoroughly with the meat.

Add shallots and mix thoroughly.

Form tight meatballs about 3cm in diameter.

Spoon meatballs into egg mixture, and drop the meatballs along with a decent amount of egg into hot oil and deep fry until brown (they are cooked when the oil stops bubbling).

Serve with your favourite chilli sauce or condiment.





Bak ge (Hokkien rice cake)

Natalie, Communications Division

 **Serves 4**

1 tbsp oil

6 shallots, minced

3 cloves garlic, minced

300g pork belly slices, marinated for at least 30 minutes in a dash of sesame oil, soy sauce and white pepper

8 dried shiitake mushrooms*, sliced

1 packet of fresh white rice cake

250ml anchovy stock**

1 napa cabbage, roughly chopped

2 tbsp cooking caramel (black oil)

1 tbsp oyster sauce

½ tsp white pepper

½ tsp salt or to taste

**soak shiitake mushrooms for 8 hours or overnight*

***make the anchovy stock by frying up a handful of dried anchovies, bringing to boil in 1 litre water and simmering for 30-45 minutes*

Heat oil in wok or large pan and fry the garlic and shallots for a few minutes, until fragrant.

Add the pork belly and stir until it starts to brown.

Add shiitake mushroom slices and stir for a few minutes.

Add fresh white rice cake and continue to stir.

Add napa cabbage and continue to mix.

Add cooking caramel and oyster sauce and stir.

Add a cup of anchovy stock, bring to boil and simmer until sauce starts to thicken.

Add salt and pepper to taste, and serve.





My Mum's revithia

Joss, Phelan United States Centre

Revithia is a traditional Greek dish made of chickpeas stewed until tender in a simple lemon and olive oil broth, perfect for scooping with soft flatbread or crusty bread. It embodies the beauty of cucina povera – hearty meals made from simple ingredients that each household personalises.

My mum's Revithia stands out with its thick, herby tomato sauce that clings to the chickpeas like a warm blanket. The quantities I provide are just guidelines; peasant food is crafted by intuition rather than precise measurements. By the end, it'll be uniquely yours. Just remember to take your time – play some music, let the flavours develop, and don't rush the cooking process.

🕒 Serves 2 or to share

2 red onions, lazily chopped

2 celery stalks, chopped into half moons

2 carrots, chopped into half moons

200g chickpeas (dry, or 1 jar or chickpeas in water (if possible, avoid canned))

500ml passata or a 400ml tin of chopped tomatoes

Several sprigs of fresh thyme and rosemary, lazily chopped

Several cloves of garlic, lazily chopped

1 bay leaf

Oregano, to taste

Sugar or honey (optional and to taste)

Cinnamon and nutmeg (optional)

Olive oil

If using dry chickpeas, soak overnight with a teaspoon of bicarbonate of soda, and then boil for 1-2 hours.

In a Dutch oven, sauté the onion, celery and carrot with the oregano in a good glug of olive oil over a low heat for around 12 minutes or until soft.

Add garlic, thyme and rosemary and sauté for a further 30 seconds.

Add passata or tomatoes, bay leaf and chickpeas, leave to simmer uncovered until the sauce is thick. If you prefer a sweeter sauce, add sugar or honey to taste. You can also add cinnamon and/or a pinch of nutmeg if desired. Add a splash of water or vegetable stock whenever the sauce begins to look too dry or starts to catch.

Serve once the sauce is thick and the flavours have had time to develop.

Serve with your favourite bread and an enormous Greek salad, or, if celebrating, as one dish on a mezze table. I recommend Greek salad, honey-encrusted saganaki, a courgette pie, fava bean puree and an assortment of small Greek pastries.





Yan's Chinese dumplings

Yan, Department of Philosophy, Logic and Scientific Method



⊙ Serves 3-4

Dough

1 cup of plain flour (25-30 dumplings,
3-4 people)

Salt

Few pinches of salt

Water

Small cup of cold water

For cooking

1 tbsp cooking oil

100ml water

Emergency rescue: It is not difficult to find frozen ready dumpling pastry from a Chinese/Asian shop in case you cannot make the dough yourself.

Fillings

You may need big kitchen knife to chop meat and vegetables or you can use blender:

Meat (This can be your choice)

I use one big piece or two small pieces of chicken breast/thigh (300g) and a small box of fresh prawns (165g).

Other alternative option can be pork, beef, or lamb, better to be fresh meat which can be easily chopped into mince.

Vegetarian

Shitake mushroom, Chinese cabbage or lettuce, vermicelli (dried one needs to be soaked in hot water and cut into small pieces beforehand), eggs (needs to be scrambled before use), chives or your choice. Chinese cabbage or lettuce (200g) if you can't find one, celery, shitake mushroom, spring onions, water chestnut, chives. You can choose one of these or all.

Seasoning

Sesame oil (sunflower, vegetable or rapeseed oil is ok)

Light soy sauce

Paprika (optional)

Oyster sauce (optional).



Yan's Chinese dumplings

For the dough

In a mixing bowl, combine flour with a few pinches of salt. Mix well.

Slowly pour the cold water into the flour mixture while stirring continuously with chopsticks or a fork. Add just enough water to form a shaggy dough.

Once the mixture comes together, transfer it to a clean surface. Knead the dough for 8-10 minutes until it becomes smooth and elastic. If the dough feels too sticky, sprinkle a bit more flour; if it's too dry, add a few drops of water.

Cover the dough with a damp kitchen towel or plastic wrap and rest it for 20-30 minutes.

After resting, divide the dough into smaller portions. Roll each portion into a log and cut it into equal pieces (roughly 25-30 for this recipe). Roll each piece into a thin, circular wrapper using a rolling pin, ensuring the edges are slightly thinner than the centre. Make sure you keep the rest of the wrappers under a damp cloth as they can dry out easily. Your dumpling dough is now ready for filling and folding!

For the filling and making the dumplings

Chop/mince the meat or vegetable and chopped cabbage or lettuce with the seasoning.

Take a dough wrapper and with the other hand, dip your finger into some water and moisten the edges of your wrapper. Then place a heaped teaspoon of filling into the centre of the wrapper. Be careful not to fill it with too much or the filling will just come out of the sides.

Fold over into a half moon. Holding the wrapper in one hand, pinch the wrapper at one of the corners, then taking the side of the wrapper closest to you, keep pinching to create a pleat towards the one you have already sealed. Keep doing this until you have a crescent shape and seal the dumpling well. Try not to get filling on the outside as it will be hard to seal. You may also need a touch more water to keep the pleats closed.

Two ways to cook the dumplings

Fry and Steam method

Cook the dumplings in two or three batches for the best results.

Heat a large frying pan over medium heat and add a small amount of oil.

Place the dumplings flat-side down in the pan and fry for about 2 minutes, or until the bottoms develop a golden crust. Watch carefully to avoid burning, as they crisp up quickly.

Pour a small amount of cold water into the pan, enough to cover the bottom, and immediately cover with a lid (or a large plate).

Allow the dumplings to steam for about 8 minutes, or until the water has evaporated completely and the dumplings are cooked through.

Remove the lid and let the dumplings cook for another minute, allowing them to crisp up further and release easily from the pan. If they stick, gently loosen them with a spatula.

Repeat the process with the remaining batches.

Serve the dumplings immediately with a chilli dipping sauce on the side.

Boiling the dumplings method

Bring a large pot of water to a boil.

Add the dumplings and stir gently to prevent sticking.

Cook for 6-8 minutes or until the dumplings float to the top and the wrappers look translucent.

Optionally, add a cup of cold water after the dumplings float and bring it back to a boil to ensure even cooking. Repeat once or twice.

Remove with a slotted spoon and serve with your favourite dipping sauce.



Spaghetti jollof

Whitney, Extended Education

I never liked Supermalt, but I pretended to because everyone said it was the ultimate cultural betrayal. As a Ghanaian-Nigerian – a blend of two rival cultures – disliking Supermalt felt like crossing a line. The gentle clink of its signature brown bottle was almost sacred, often followed by debates over whose jollof rice was better. “Whitney, you’re from both; which is best?” they’d ask. “Ghanaian jollof, obviously!” I’d reply with confidence.

My fellow Ghanaians cheered, quickly drowned out by the groans of Nigerian despair. Yet, Spaghetti Jollof remains a beloved dish for both sides. For me, it represents the warmth of Sundays at my dad’s house, flipping through *Girl Talk* magazines while he cooked and sang along to Luther Vandross. “You can’t sing!” I’d shout, to which he’d respond, “At least I can cook!”

🕒 Serves 6

1kg diced goat meat

6 eggs

450g spaghetti

Sunflower/rapeseed oil

400g can of plum tomatoes

4 tbsp tomato puree

1 scotch bonnet

Spice level medium (*add more/less to suit your spice level!*)

2 medium-sized yellow onions

1 red bell pepper

1 green bell pepper

5 small cloves of garlic

10g fresh ginger root

3 Maggi or Knorr cubes

2 tsp white pepper

2 tsp madras curry powder

1 bay leaf

1.5 tsp thyme

Sugar

Salt

Black pepper

Clean the goat meat removing any excess fat. I usually keep any bones to help flavour the stock we will make for the stew.

Add meat to a pot with enough water to cover most of the meat, 3 cloves of garlic, 1 onion chopped into four, Maggi/Knorr cubes, 1 tsp of thyme, 1 ½ tsp salt and 1 tsp black pepper. Heat the pot to a boil then reduce to a medium heat to simmer for at least 25-30 minutes, stirring occasionally.

Whilst the meat is cooking, we can prepare the tomato mix for the stew. Blend the plum tomato, 2 cloves of garlic, ginger, and scotch bonnet until smooth. Set aside.

After 30 minutes, remove meat from pot and strain the stock to a clear liquid and set aside.

Heat enough oil to immerse the meat in the pot and fry until browned and slightly crispy. This should take approx. 8-10 minutes. Once fried, remove the meat from the pot and set aside.

Dice your remaining onion and bell peppers, reduce the oil in the pot to 1½ cups and on a medium heat, sauté vegetables until onions are translucent and slightly browned.

Add the tomato puree, curry powder and white pepper. Let this simmer for 3-5 minutes, stirring periodically to avoid burning.



Add your blended tomato mix, ½ tsp thyme and bay leaf then cover and bring to a boil. Reduce to a medium-high heat for 20 minutes, stirring periodically to avoid burning.

At the 20 minute mark add the stock and cook for a further 5 minutes.

After 5 minutes add the goat meat. At this point you can taste for seasoning and add your remaining Maggi/ Knorr cube, salt, black pepper, and a little sugar to cut any acidity if needed. Reduce to a simmer for another 15 minutes.

In a separate pot, bring slightly salted water to a boil and cook the spaghetti and eggs. The eggs should be hard-boiled and the spaghetti slightly undercooked. Drain the spaghetti, peel the eggs, and set aside for serving.

By now the stew should have thickened and oil risen to the top, meaning the stew is ready. Mix the stew into the spaghetti until the spaghetti is covered and heat until spaghetti is al-dente.

Serve with an egg and voila! Spaghetti jollof.

Serving suggestions

Feel free to add vegetables of your choice to the mix – our go-to is a frozen mix added towards the end and heated until softened.

If you really want to kick it up a notch, try frying the boiled eggs until the outer layer is crispy and slightly browned.

Finally, for a little extra indulgence, serve with fried ripe plantain.

When my mum needed a dish to feed my six cousins and me during holiday sleepovers, the big silver pot would go on the stove, and out came the spaghetti.

You could hear a pin drop as we enjoyed our meal, gathered on the Ankara cloth my mum spread on the living room floor. My memories, like this dish, are hearty and plentiful. But you're here for the food, so without further ado, here's spaghetti jollof – symbolic of our journey from home to this new land.



Congee (Chinese rice porridge)

Sandra, Department of Accounting

You'd think growing up in a Chinese takeaway, with a menu bursting with all sorts of exciting dishes, we'd be spoiled for choice, right? Wrong! Forget the fancy stuff – give me congee morning, noon, and night, and I was a happy camper! Rice porridge, the ultimate comfort food, is done a little differently across East and Southeast Asia. In the Philippines, it's called Lugaw, and on my Hong Kong side, it's just good ol' congee – topped with whatever you can find in the kitchen! Honestly, I swear you could feed an entire village with congee. Just a little rice goes such a long way.

🕒 Serves 6

100g short grain rice (such as jasmine)

1080ml water

1 tsp chicken bouillon powder

Ginger (thumb size, sliced)

Salt and pepper (for additional seasoning)

Topping

Spring onions (chopped)

Soy sauce for more flavour (optional)

Fried/dried onions (optional)

Dried shrimp (optional)

Left over chicken (cooked naturally)

Wash your rice and set aside.

Heat up your water over a stove until it comes up to a boil.

Once water is boiling, add washed rice into the water along with chicken bouillon powder, and ginger.

Reduce to medium heat and let it simmer for 30-40 minutes, adding salt and pepper towards the end for seasoning.

Serve in a bowl with spring onion and soy sauce and any other additional toppings.

Getting the water-to-rice ratio right is key to achieving the perfect congee consistency. Some prefer it thick and creamy, while others like it more on the soupy side. It's all about personal taste, and luckily, it's super easy to adjust!

If your congee is too thick, just add more water and let it simmer. If it's too thin, leave it uncovered to simmer longer, and the water will naturally cook off.





Chinese steamed egg

Caihong, Department of Management

Chinese steamed egg is my favorite recipe for a comforting taste of home. It's incredibly simple and requires just a few ingredients. You can use a wok with a lid or a basic steamer to cook it. I enjoy pairing it with rice and dried shrimp, which you can find at Chinatown or any good Asian grocery store.

🕒 Serves 1

2 eggs (*beaten*)

Warm water

(*double volume of the beaten eggs*)

1 pinch salt

1 teaspoon chive or spring onion

(*finely chopped – optional*)

2 teaspoon light soy sauce

2 drops of sesame oil

Mix warm water into the beaten eggs, add a pinch of salt, and give it a good stir.

Use a sieve to pour the mixture into two small serving bowls. If you've got chives, sprinkle some on top!

Cover the bowls with cling film and poke a few holes in it to let the steam escape.

Steam them over gentle heat for about 10-12 minutes (just pop the bowls in when the water starts boiling).

Once they're done, drizzle with light soy sauce and sesame oil if you like. Feel free to cut through the curd a bit to let the sauce soak in. Serve warm alongside some rice!



Brother Ben's banging brunch

Adeola, Phelan US Centre

My brother and I used to have epic TV binge-a-thons on weekends, picking a show and trying to watch the whole season in one night – think *The Wire*, *Game of Thrones*, or *Stranger Things*. We'd stay up until the last episode, although by 2am, my brother was snoring! I usually powered through, but the next day, I felt like a zombie with burning eyes.

Sometimes, my brother would whip up brunch in the kitchen, despite getting to bed early. The first time I tasted his dish, it revived me! It's simple, quick, and delicious. With his permission, I'm sharing it with you. Don't underestimate simple food – some of the best meals are the easiest to make.

🕒 Serves 1-2

2 spring onions

200g piccolo tomatoes

150g mini sweet peppers

1 ripe avocado

150g sweet piquanté peppers

1 salmon fillet (*for vegetarians try haloumi, for vegan's try a protein alternative*)

Chilli pepper (*I chop up a small amount of fresh chilli if I want to give it a kick. Don't rub your eyes after chopping!*)

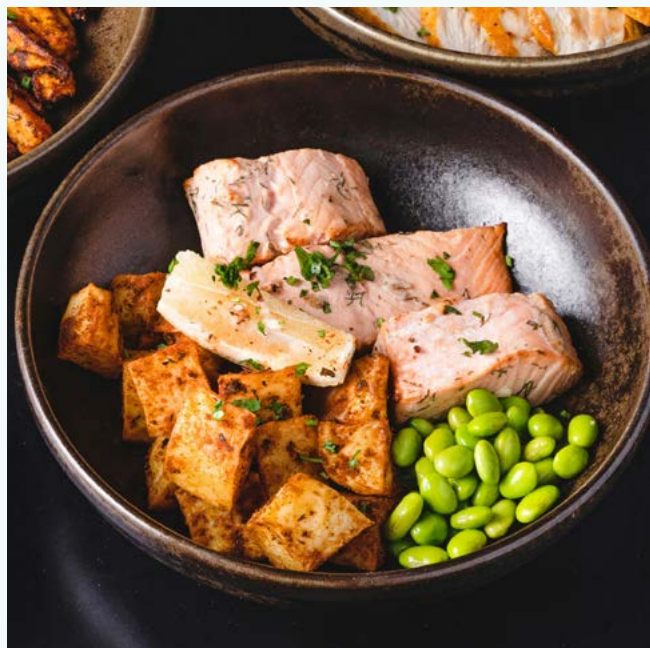
Chop all your vegetable ingredients.

Except the fresh chilli, put all the vegetables ingredients in the same bowl.

Season your salmon and pan fry (until cooked in the middle).

Crumble the panfried salmon into the bowl (you can do this either hot or cold).

Add chilli pepper to taste (optional, mix fresh chopped chilli to your own taste).





Sarah's mum's Bengali samosa

Sarah, Care Policy and Evaluation Centre

 **Serves 4**

For the filling:

600g potatoes

(peeled, boiled and cooled)

3 tbsp vegetable oil

3 cloves of garlic, crushed

2 onions, diced

1 tsp cumin

2 tsp salt

Handful of freshly chopped dill



For the pastry:

240g plain flour

1 tsp salt

2 tsp caster sugar

4 tbsp vegetable oil

85-90ml cold water

(you may not need it all)

Oil for frying

Peel, boil, and cool the potatoes for the filling. Heat vegetable oil in a small pan, then fry the garlic until golden. Add onions, cumin, and salt, and cook until the onions are soft and browned.

Mash the potatoes until smooth. Add the browned onion and chopped dill, mix well, and let cool completely.

For the pastry, combine plain flour, salt, caster sugar, and vegetable oil in a bowl. Gradually add water, mixing by hand until a firm dough forms. Once combined, wrap the dough and let it rest for 1 hour at room temperature.

Divide the dough into six equal pieces (about 60g each). Roll each into an oval, 13cm x 23cm, and 2mm thick. Cut each oval in half to create semi-circles.

Prepare water to seal the pastry. Dab water along the straight edge of a semi-circle, fold it in half to form a cone, and seal. Hold the cone with your index finger and thumb, then fill with the potato mixture.

Dab water on the outer rim, fold over to create a flat base, and seal the edges. Place on a floured tray, ready for frying. Repeat with all semi-circles.

Heat oil in a pan over medium heat, starting with lukewarm oil for a crisp texture. Heat the oil to 70°C, then add the samosas. Fry in batches of six for about 30 minutes.

Slightly increase the heat; you should see a few bubbles as they fry. Turn and move the samosas every 5 minutes.

Drain on kitchen paper and enjoy hot.



Sarah's mum's spiced chicken korma

Sarah, Care Policy and Evaluation Centre

🕒 Serves 4

250g ghee (*If you ever struggle to find ghee, you can always substitute it with unsalted butter*)

4 cinnamon sticks

4 bay leaves

6 cardamom pods

4 onions, finely diced

1 tbsp fine salt

125g ginger, peeled and roughly chopped

2 medium/large bulbs of garlic, peeled and roughly chopped

200ml water

8 chicken thighs (*bone still in or boneless if you prefer*)

Heat ghee in a large pot with a lid over high heat. Add cinnamon sticks, bay leaves, and cardamom pods, letting them sizzle briefly.

Add the onion and salt, cooking on low for 30 minutes until the onion is soft and almost translucent.

Blend the chopped ginger and garlic with water until smooth. Stir the mixture into the pot and cook over medium heat until thick and most liquid evaporates.

Make three deep slits in each chicken thigh and add them to the pot, stirring them into the sauce.

Cook on medium heat with the lid on for 30 minutes, then remove the lid and serve.



Vegan red lentil dhal

Kashvi, Law School

This Dhal is made with ingredients you may already have in your cupboard and freezer. I make a huge batch for the freezer and then always had lunch or dinner to go if I couldn't make it to the shops.

🕒 Serves 4

250g red split lentils

1 big tbsp curry paste

1 tbsp curry powder

¼ tsp salt

¼ tsp ground black pepper

½ a can (200 ml) coconut milk

4 blocks of frozen or 2 handfuls of fresh spinach (*optional*)

Rinse the lentils well, then place them in a large pot with 750 ml of water. Bring to a boil, then reduce the heat and simmer for 20 minutes until the lentils are soft and mushy.

Stir in the curry paste, curry powder, salt, pepper, coconut milk, and spinach (if using). Add 250 ml more water and simmer for another 15 minutes.

Stir regularly to prevent sticking. If the mixture becomes too thick, add more water. Once it reaches a creamy consistency, remove from heat and serve, or freeze for future meals.



Filipino adobo

Sandra, Department of Accounting

I feel super lucky when it comes to food, growing up Chinese-Filipino. Adobo is a go-to dish that every Filipino family knows! It's got this delicious savoury and slightly tangy flavor. You can make it with either chicken or pork, but this recipe – my aunt taught it to me first – is all about manok (chicken).

🕒 Serves 2-4

Quantity for 2-4 people depending on how hungry you are.

1 large onion, sliced

Minced garlic (*lots of it, or at least a minimum of six clove*)

2-3 bay leaves

8-10 pieces chicken thighs and drumsticks with skin and bone-in

120ml regular soy sauce

120ml white vinegar or apple cider vinegar
(*although cane vinegar is traditional*)

180ml water

2 tbs vegetable oil
(*or any other neutral oil*)

1 tsp peppercorn

1 tbs sugar (*optional, to balance the acidity*)

In a big bowl, toss together the chicken, soy sauce, and half of the minced garlic. Mix it all up, cover it, and let it marinate for at least 30 minutes to an hour. For the best flavour, pop it in the fridge overnight!

Next, grab a large pot and heat up some cooking oil over medium heat. Take the chicken out of the marinade (but save that marinade!) and sear the pieces in the hot oil until they're nice and browned on all sides. Once done, remove the chicken and set it aside.

In the same pot, throw in the sliced onion and the rest of the garlic. Cook them until the onions are soft and translucent, then add the rest of the garlic.

Put the chicken back in the pot and add the reserved marinade, vinegar, water, bay leaves, peppercorns, and sugar (if you're using it). Give it a good stir to mix everything together.

Bring it all to a boil, then turn the heat down low. Cover the pot and let it simmer for about 30-40 minutes, or until the chicken is tender and cooked through. Make sure to stir occasionally and taste it – adjust the seasoning with salt and pepper as needed.

Serve your chicken adobo hot over some steamed rice. You can also switch things up by adding potatoes or hard-boiled eggs if you like.

Enjoy your delicious homemade Filipino chicken adobo!





Parippu (Sri Lankan Tamil lentil curry)

Anouska, Research and Innovation

This is the first Tamil dish I learned to cook. My recipe is the final version of many iterations over the years, tested and approved by friends and family. I love that it happens to also be inclusive for people with many different diets (vegan, veggie, gluten etc), so it is a great one to bring to gatherings. Parippu is often considered a side dish, but this is recipe so hearty, warming and colorful that it is definitely elevated to main dish status!

🕒 Serves 2-4

1 cup split orange lentils

½ tsp turmeric

1 medium red/green chilli, chopped
(for heat, optional)

1 tin coconut milk (400ml)

1 large or 2 medium onions, chopped

1 tsp mustard seeds

5-10 fresh/dried curry leaves

2 cloves garlic chopped

1 tsp salt (or to taste)

1 tsp freshly ground pepper

1 tsp freshly ground cumin

3 tsp vegetable oil

Small handful of chopped fresh coriander to serve

Heat 2 tsp oil in a pan and add the mustard seeds. Once they start to pop, add the onion, garlic, curry leaves, chilli, pepper, cumin and the last tsp oil.

Fry until the onions are soft and translucent, remove from heat and set aside.

Wash lentils, add turmeric, 2 cups water and bring to boil.

Reduce the heat and add salt and onion mixture.

Cook for 5 minutes then add in the coconut milk. You may need to add another half cup water to fully cook the lentils (soft with a slight bite).

Once cooked through it can be served. Add more water to get the desired texture if needed. I like it quick thick and creamy, served with a sprinkle of chopped fresh coriander.





Jennifer's Dad's steamed scallops with glass noodles

Jennifer, LSE Cities

🕒 Serves 2

50g Lungkow glass noodles

2-3 cloves garlic, minced

3 tablespoons neutral oil

6-8 half shell scallops
(cleaned and rinsed)

2 tbs light soy sauce

1/8 tsp sugar

75ml water

coriander leaves/spring onions
for garnish



Boil a small pot of water and remove from heat. Immediately add the dry noodles and let cook, stirring for 30 seconds. Rinse with cold water and transfer to a colander to drain. Set aside. This step is needed to hydrate and soften the noodles, be careful not to overcook them.

Heat a saucepan over medium heat. Add the oil then garlic, and stir until just starting to sizzle. Remove from the heat and set aside to cool.

Remove the scallop meat from the shells. In the shells, distribute the noodles evenly (we are using the shells as "plates").

Place the scallops on top of the noodles, and spoon a small amount of garlic on top of each scallop. Add the soy sauce, the sugar, water to the remaining garlic and oil in your pot and bring to a simmer, stirring occasionally. Set aside.

Heat water in your steamer or pot/wok set up with a steamer rack until boiling and turn off the heat. Carefully place the shells/plate(s) of scallops into the steamer and cover tightly. Turn the heat back up to a boil. Steam for 4-6 minutes until the scallops are cooked through.

Immediately remove the scallops from the steamer and pour off some of the liquid if there is too much to safely transfer them. Wet scallops will release more liquid than dry scallops.

Reheat the sauce if needed and distribute it evenly over each scallop until all the sauce is gone. Garnish with coriander/green spring onions and serve hot!



Sweet treats and drinks





Jamaican Guinness punch (my favourite drink!)

Tash, Department of Health Policy

 **Serves 4**

600ml guinness foreign extra stout

397g can of condensed milk

400g can of nurishment original vanilla

½ tsp ground cinnamon

½ tsp ground nutmeg

¼ tsp vanilla extract

Place Guinness, condensed milk, nurishment, and spices into blender.

Blend until smooth (You can mix by hand but you'll get a smoother consistency in a blender!).

Pour over ice or pop in fridge for a few hours and you're done. Enjoy!



Jamaican carrot juice

Tash, Department of Health Policy

 **Serves 4**

1kg carrots, peeled and chopped

1 litre water

397g can of condensed milk

½ tsp ground cinnamon

½ tsp ground nutmeg

½ tsp vanilla extract

½ tsp fresh ginger

Juice the carrots with water in a blender until smooth.

Use a cheesecloth/nutmilk bag, or fine sieve, to extract the carrot juice.

Discard of the pulp and wash the blender.

Add the carrot juice to the blender with the rest of the ingredients.

Pour over ice or pop in the fridge for a few hours. Enjoy!





Mango lassi

Aarush, Department of Mathematics

☉ Serves 2

450ml can of mango pulp or large mango slices with juice

60 ml plain yoghurt

40 ml milk

2 cups ice cubes

Cardamom (optional for sprinkling on top)

Method

Blend mango pulp, yoghurt, milk, and ice in a blender until smooth; pour into tall glasses and serve. Simple!

This is the most simplest mango lassi which uses canned mango but you can use fresh – but it has to be Alphonso . I would make this for me and my flatmates after pulling an all-nighter for an exam. This can serve two generous portions.



Cheats Vietnamese iced coffee

Minh, Department of Mathematics

Normally I would make this with a Vietnamese “phin” filter but you can use a French press cafeteria. I drink this a lot in the summer.

☉ Serves 1

1 tbsp dark roast coffee, per person

85ml freshly boiled water, per person

1-2 tbsp condensed milk, per person

Ice, to serve

Add the coffee grounds to the bottom of your French press and pour in the hot water. Allow it to brew for about 4 minutes, or adjust the time to your taste preference.

Pour 1 tablespoon of condensed milk into the bottom of each glass.

Once the coffee is ready and pressed, gently pour it over the condensed milk in each glass, being careful not to mix the layers too much.

Add a generous amount of ice to each glass and serve.

Let each person stir their drink and adjust the sweetness by adding more condensed milk if they wish.



Plantain puff puff recipe

Yvonne, Library



🕒 **Serves 4-6**

2 ripe plantains

1 cup all-purpose flour

¼ cup granulated sugar

1 tsp baking powder

¼ teaspoon salt

½ cup water

Vegetable oil for frying

Peel and mash the ripe plantains in a bowl.

In a separate bowl, mix the flour, sugar, baking powder, and salt.

Add the mashed plantains to the dry ingredients and mix well.

Gradually add water to form a thick batter. Add more water if needed.

Heat vegetable oil in a deep-frying pan or pot.

Using a spoon or your hands, drop small portions of the batter into the hot oil (Don't worry if the shapes aren't perfect at first – practice makes perfect!)

Fry until golden brown and the outside is slightly crispy, turning occasionally to make sure all sides are cooked.

Remove the puff puff from the oil and drain on paper towels.

Serve warm and enjoy!

Note: You can also add a pinch of nutmeg or cinnamon for extra flavour if you prefer.



Nigerian puff puff (deep fried dough)

Adenike, Department of Economics

A super popular West African street food that's quick, easy, and tasty! Everyone has their own take. Once you try it, you'll be hooked!

🕒 Serves 6-8

475ml warm water

7g active dry yeast

420g plain flour

100-150g sugar

8g salt

Oil for deep frying



Mix together some salt, sugar, water, and yeast, then let it chill for about 5 minutes.

Toss in the flour and give it a good mix until everything's combined.

Let the mixture rise for about 1-2 hours. You want it nice and puffy!

Grab a big saucepan, pour in vegetable oil until it's at least 3 inches deep, and heat it on low.

To check if the oil's ready, drop a bit of the batter in. If it sinks to the bottom instead of floating, it needs more time.

When the oil's hot, scoop a little dough with your hands or a spoon and drop it into the oil carefully.

Fry those babies for a few minutes until the bottom's golden brown.

Flip them over and let the other side get golden too.

Use a slotted spoon to take them out and pop them on some napkins to soak up the extra oil.

If you're feeling sweet, roll the finished treats in some sugar – granulated or powdered works great! Enjoy!



Gulab jamun

Nermin, LSE Cities

My grandmother would make the best gulab jamun. This was one of my favourite desserts growing up. I had tried to gather all of her recipes a few years ago but in true grandma fashion, she only knew the ingredients not the measurements because she made everything based on instinct. She sadly passed last year, and I think of her every time I have it now. It's never quite as good as hers.

🕒 Serves 4

- 1½ cup full cream milk powder
- ½ cup plain flour
- 1 tbsp semolina
- ½ tsp roughly ground cardamon
- ¼ tsp saffron
- 1 heaped tsp baking powder
- 1 tbsp oil, warmed but not hot
- 1 cup double cream

For the syrup:

- 2 cups sugar
- 1 cup water
- ½ tsp saffron
- Oil for deep frying**



Mix together the dry ingredients.

Add the warm oil to dry ingredients and mix until crumbly.

Bind the mixture with cream until a soft (not sticky) dough forms. Add additional milk or flour to achieve consistency.

Shape dough into balls.

Fry in oil until deep golden.

For the syrup: boil water, saffron, and sugar over medium heat for 5 minutes. Pour into bowl and allow to cool.

Once all the jamun are fried and relatively cool, soak in syrup for at least 2 hours. Overnight in the fridge is best.

Serve, warmed with syrup. Ice cream optional.



Cinnamon and vanilla pisang goreng

Aminah, Department of International Relations

You can find Pisang Goreng (banana fritters) everywhere in Indonesia, Malaysia, Singapore, and Brunei. It's a popular street food, but we also make it at home for a tasty snack – for breakfast or afternoon treat - though my older sister usually makes it as a late-night snack! Ripe plantains are ideal, but if you only have regular bananas from the supermarket, those will work too, though I warn you it may not hold up quite when deep-fried (I have tested it)!

🕒 **Serves 4**

4-6 medium sized bananas

65g rice flour

1 tbsp plain flour

1 tbsp corn flour

30g butter melted

170ml coconut milk

a pinch of salt

Sunflower/vegetable oil (for frying)

Cinnamon for topping (to taste)

Honey for topping (to taste)

Combine the flours, melted butter, coconut milk, and salt in a bowl until you have a smooth batter.

Peel the bananas and slice each one lengthwise into quarters.

Dip the banana slices in the batter until well coated, then shallow fry them in the oil until they turn golden brown.

Top the bananas with honey and cinnamon, and serve with your favourite ice cream.





Brazilian brigadeiros

Miguel, LSESU Latin American Society

🕒 Serves 1-2

1 can sweetened condensed milk

1 tbsp butter

3 tbsp cocoa powder

Pinch of salt

**Chocolate sprinkles to decorate
(or coconut flakes)**

Cook over medium-low heat, stir vigorously the sweetened condensed milk, butter, salt and cocoa powder using a wooden spoon.

Cook the mixture until it thickens enough to show the pan bottom during stirring.

Pour the mixture in a greased dish and let it cool to room temperature. Take small amounts of the mixture with a teaspoon and make balls.

Roll the balls over chocolate sprinkles to decorate.

Hint: Grease your hands with butter to make the balls easily.

Kelewele

Yvonne, Library

Spicy fried plantains seasoned with ginger, garlic, and pepper

Here's a step-by-step recipe for kelewele (spicy fried plantains):

🕒 Serves 4

2 ripe plantains

1 tsp ginger (grated)

1 garlic clove (minced)

½ tsp cayenne pepper (or fresh chilli)

½ tsp salt

½ tsp ground nutmeg

Any oil for frying

Prep the Plantains: Peel and cut plantains into bite-sized cubes.

Make the Marinade: Mix ginger, garlic, cayenne, salt, and nutmeg.

Coat the Plantains: Toss the plantain cubes in the spice mixture until well-coated.

Fry: Heat oil in a pan and fry the plantains until golden brown and crispy.

Serve: Drain excess oil and serve hot as a snack or side dish.





Mochi ice cream

Laura, Department of Media and Communications

This is a slight cheat as this recipe uses ready-made ice-cream and using a microwave is easier than steaming.

🕒 Serves 4-6

150g glutinous rice flour

50g granulated sugar

15g powdered/icing sugar

240ml water

Food colouring (*optional, to change the colour of the dough*)

Cornstarch or potato starch, for dusting and rolling

Ice cream, your favourite kind

(*amount depends on preference*)



Line a sheet pan with parchment paper. Quickly scoop tightly packed ice cream balls onto the parchment, leaving a flat edge for stability. Freeze for 1 hour.

In a microwave-safe bowl, mix glutinous rice flour, sugar, and powdered sugar. Add water and stir until smooth. Cover with plastic wrap and microwave for 1 minute. Wet a spatula to prevent sticking, fold the mixture, cover, and microwave for another minute. Fold again, then microwave for 30 seconds. If the dough is not shiny, microwave for another 30 seconds.

Dust a piece of parchment paper with cornstarch. Carefully transfer the hot mochi dough onto the paper (using a spatula). Dust the top with more cornstarch, then roll the dough into a rectangle about ¼ inch thick. Chill in the fridge for 30 minutes.

Cut large squares of cling film/plastic wrap (one for each ice cream ball) and set aside.

Remove the dough from the fridge and cut out circles using a 3-inch cookie cutter. Brush off excess cornstarch. Place an ice cream ball in the centre of each circle, pinch the dough around it to seal, and wrap it tightly in plastic.

Place the wrapped mochi in the freezer, twisted side down. Repeat with the remaining dough and ice cream. Freeze for at least 1 hour before enjoying. Allow to thaw slightly before eating



Togo lime cake (keke)

Ashanti, Department of Sociology

Lime cake is super easy to throw together, and it's perfect with a cup of coffee or milk as a snack or dessert. My grandma, or "mama" in the Ewe language, taught me this recipe, and she used to have it ready for me after school! I have made it for my flatmates here in London.

🕒 **Serves 6-8**

200g sugar

35g butter

2 eggs

Juice of 1 lime

180g plain flour

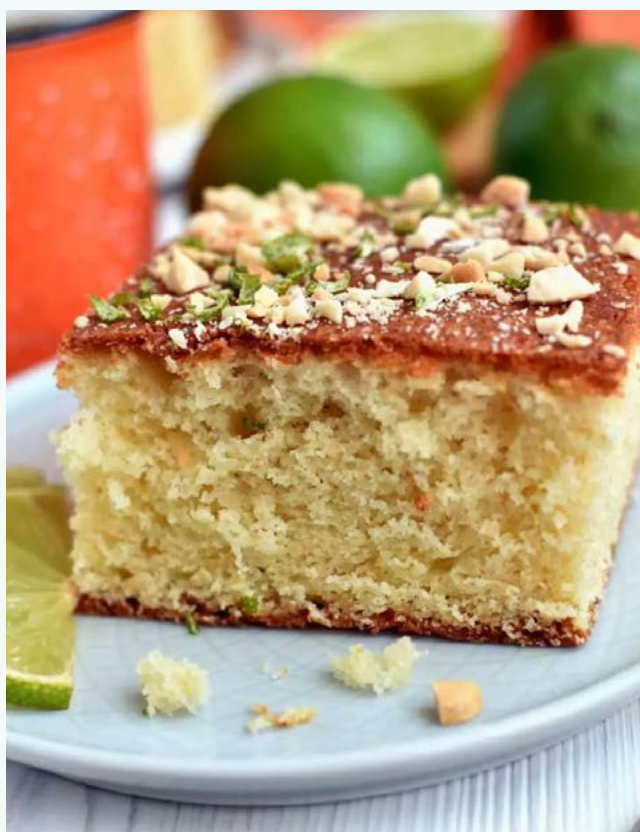
11g baking powder

Chopped peanuts

(optional, adjust amount to taste)

Cream the sugar and butter together, and then mix in the beaten eggs and lime juice. Gradually add the flour and baking powder, combining everything well.

Pour the batter into a greased and floured 8-inch square cake pan. Bake at 175°C for 25 minutes, or until a toothpick inserted in the centre comes out clean. If desired, sprinkle chopped peanuts on top for garnish.





EmbRace

About LSE EmbRace

LSE EmbRace is LSE's staff network for Black and Minority Ethnic* colleagues, dedicated to raising awareness and driving change on cultural and diversity issues that impact the LSE community. Our aims and objectives centre on Networking, Development and Awareness.

Networking

- Provides a platform to share experiences of working at LSE
- Creates a safe space for BME staff to discuss their concerns
- Encourages networking and collaboration with similar groups
- Hosts social events to celebrate and raise awareness of cultural diversity.

Development

- Helps members develop skills, confidence, and knowledge for career progression through programmes such as the RISE Coaching Circle, BAME Mentoring Programme and the Fair Recruitment Advisers initiative.

Awareness

- Offers support, guidance, and relevant information to all
- Encourages participation in LSE committees, forums, and governance
- Contributes to consultations on LSE's policies and strategies
- Informs members about available benefits and provisions.

*A note on terminology

Black, Asian and Minority Ethnic (BAME) and Black and Minority Ethnic (BME) are umbrella terms used by the UK government and the Higher Education Statistics Agency (HESA) to refer to all non-white people. However, we recognise that these terms are problematic, in that they mask differences in lived experience and outcomes for many different ethnic groups. Improving our community's understanding of these differences will be part of our work on race equity at LSE.

Images: LSE staff, Pexels, Pixabay, Unsplash, Wikipedia



Get Involved



For more information or to join EmbRace, contact:

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