



Kingsmeadow

Integrity, Resilience, Respect



**Celebrating our students'
culture and heritage**



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Celebrating our students, their culture and heritage



Mr Barrett
Headteacher

At Kingsmeadow we create a school community where every child feels valued, respected, and included.

Recognising and embracing the diverse cultures, traditions, languages, and experiences within our school enriches learning for everyone. It encourages curiosity, empathy, and mutual respect while helping students develop a broader understanding of the world around them. These celebrations provide opportunities to challenge stereotypes, promote inclusivity, and foster meaningful connections between students, families, and the wider community.

By celebrating cultural diversity throughout the year, we acknowledge that every student's background is an important part of our shared school identity. Whether through classroom activities, storytelling, music, art, food, language, or family engagement, these experiences help students appreciate both their own heritage and that of others.

When students see their identities reflected and celebrated in the classroom, they develop a stronger sense of belonging, confidence, and pride in who they are, and this collection of recipes, provided by our students, celebrates them and their heritage and strengthens our inclusive school community where everyone feels they belong, every voice is heard, and every story matters.

I hope that you enjoy reading their recipes, and have the opportunity to make some of these dishes yourself at home.

Liboké

Democratic
Republic of Congo



In the Democratic Republic of the Congo, banana leaves are a cornerstone of cooking. Wrapping foods like fish or meat in banana leaves before steaming seals in flavour and infuses the food with a subtle, earthy taste.

Ingredients

- 2 fillets of white fish (cod, pollock, or tilapia)
- 2 cloves of garlic
- 1 green pepper
- 1 bunch of spring onions
- 1 red chilli
- 1 bunch of coriander
- Zest and juice of 1 lime
- 1 inch cube of ginger
- 2 tablespoons of vegetable oil
- Salt and black pepper to taste



Traditional ingredient

Banana leaves (for wrapping and steaming). They can be replaced by foil parcels.

Method

1. Peel and finely chop the spring onion, bell pepper, ginger and garlic; deseed the chilli and minced finely.
2. Finely chop the bell pepper and coriander; including the stalks.
3. Zest and juice the lime.
4. Add all of the above together, with the vegetable oil to make a paste. Season to taste.
5. Wash the fish and score the skin with a sharp knife.
6. Drape the banana leaves over a baking dish and place the fish in the middle.
7. Spread the paste over the fish.
8. Fold the banana leaves over the fish.
9. Bake for an hour at 150°C.

Makemba

Democratic
Republic of Congo



Makemba is sliced ripe plantains fried in oil until they are golden-brown and caramelised. It is a popular side dish, breakfast food, and snack in the Democratic Republic of the Congo.

Ingredients

2 very ripe plantains
Ground cinnamon
Brown sugar
Vegetable oil



Method

1. Slice the plantains and place to one side.
2. Heat the oil in a large non-stick pan over medium heat. Once the oil is hot add the plantain slices - working in batches, careful not to overcrowd. Fry until golden brown and slightly crisp, about 2-3 minutes on each side - just look for them to be caramelized on the outside with a soft centre.
3. Once cooked put the plantains on to a kitchen towel-lined plate to soak up any excess oil.
4. Sprinkle with a mix of cinnamon and brown sugar.
5. Serve immediately.

Jollof Rice

Nigeria



Jollof rice is a staple in West Africa, with its exact origins tracing back to the Wolof people of Senegal. It is a beloved, one-pot dish, with Nigeria and Ghana being famous for their unique, highly spiced versions.

Ingredients

400g basmati rice
3 red peppers halved and deseeded
1 half of an onion
2 cloves of garlic
1 tbsp grated fresh ginger
1 Scotch bonnet chilli (deseed for less heat)
5 tbsp vegetable oil
100g tomato purée
2 bay leaves
1 tbsp dried thyme
2tsp curry powder
½ tsp ground white pepper
600ml hot chicken stock



Method

1. Heat the oven to 200C/180C fan/gas 6.
2. Tip the rice in a sieve, rinse under cold water, drain and set aside.
3. Put the peppers, onion, garlic, ginger and chilli in a food processor and blitz until chopped.
4. Heat the oil in an ovenproof casserole dish over a medium heat and fry the tomato purée for 2-3 mins, stirring often.
5. Add the blitzed pepper mixture and fry for 5 mins more, then add the herbs, spices and 1 tsp salt.
6. Fry for a further 1-2 mins, then stir in the rice to coat.
7. Pour in the stock, stir, cover and bake for 45 mins until the rice is tender.

Puff-Puff

Nigeria



Puff puff is a popular street food made of deep-fried, pillowy dough. It is crispy on the outside, fluffy and sweet on the inside. Made from pantry staples, it can be served as a sweet or savoury dish.

Ingredients

1½ tsp active dried yeast
50g caster sugar
200g plain flour
1.5 litres of vegetable oil
Icing sugar and cinnamon if
serving as a sweet dish.



Method

1. Mix the yeast, sugar, salt, and water, and set aside for 5 minutes to activate the yeast.
2. Add the flour and mix well.
3. Cover and let it rise for 1-2 hours.
4. In a large saucepan, heat at least 3 inches of vegetable oil (7-8cm) on low. Too little oil will result in flatter balls.
5. Test to make sure the oil is hot enough by putting a drop of batter into the oil. If it is not hot enough, the batter stays at the bottom rather than rising to the top.
6. When the oil is hot enough, grab bits of the mixture with your hands or use a spoon to get small balls of dough and drop them carefully into the oil.
7. Fry for a few minutes until the bottom side is golden brown. Turn the balls over and fry for a few more minutes until the other side is golden brown.
8. Use a large spoon or strainer to remove them from the oil. I usually place them on napkins immediately to soak up the excess oil.
9. If desired, you can roll the finished product in cinnamon or powdered sugar to make it sweeter.

Pan Haggerty

United Kingdom



Originating in the coal-mining communities of Northumberland, Pan Haggerty was a cheap, filling "peasant" meal designed to feed working families using affordable and readily available ingredients.

Ingredients

4 large potatoes
2 large onions
100g mature, grated cheddar cheese)
50g butter or lard
Salt and pepper



Method

1. Peel and thinly slice the potatoes and onions.
2. Over a medium heat, melt the butter in an ovenproof frying pan.
3. Layer the ingredients beginning with a layer of potatoes, followed by onions, and then a sprinkle of cheese and seasoning. Repeat this until all of the ingredients are used.
4. Cover the pan with a lid or foil and cook over low heat until the potatoes are tender.
5. Remove the lid and place the pan under a hot grill for a few minutes so the top is bubbling and golden-brown.
6. Serve and enjoy!

Cheese Pudding

United Kingdom



During the 1940s, the British government actively encouraged people to choose cheese over meat as part of the "Choose Cheese" campaign during the rationing period. Cheese Pudding's taste and texture are very similar to a quiche, without the crust. It is very good in helping to use up ingredients.

Ingredients

2 eggs
285 ml milk [½ pint]
115 grams cheese
45 grams of any type of grated bread
¼ tsp mustard powder or a good
pinch of ground black pepper.



Method

1. Preheat the oven to 160 Fan oven, 180°C, Gas 4, 350°F.
2. Grease the pie dish with some margarine or butter.
3. Pour the milk and eggs into a mixing bowl and mix.
4. Add the breadcrumbs, mustard powder, and cheese.
5. Mix well.
6. Pour the mixture into the greased pie dish.
7. Bake for about 25-30 minutes until the pudding is firm and golden. If it's still wobbly in the middle, bake for a further few more minutes.
8. Allow to sit for five minutes before slicing or scooping out portions.
9. Best enjoyed when served as a hot dish, but can be served cold too.

Moamba de Galinha

Angola



This is a savoury, rich chicken stew that serves as the national dish of Angola. Traditionally, the stew is made with Red Palm Oil, which provides the dish with its signature earthy richness, thickness, and deep orange color. This is an ingredient that is not readily available in the UK and is replaced in this recipe with vegetable oil.

Ingredients

- 6 chicken thighs or 10 chicken drumsticks
- 3 onions - sliced
- 2 green chillies
- 5 cloves of garlic - finely chopped
- 1 butternut squash - cut into cubes
- 20 okra - cut in half, lengthways
- 1 tbsp. tomato paste
- 3 tbsp. vegetable oil
- 3 tomatoes
- Chicken stock
- Juice of ½ lemon
- 3 bay leaves
- 1 tsp. each of salt, smoked paprika and white pepper
- ½ tsp. each of dried thyme, ground ginger, ground coriander and ground cumin



Method

1. Heat the oil in a heavy-bottomed pot over a medium heat. Add the chicken and brown on both sides for about five minutes then set aside.
2. Add the onions and sauté until translucent, about 3 minutes. Add the garlic and cook another 30 seconds.
3. Add in the tomato paste and seasonings, butternut squash and seared chicken. Pour over the chicken stock, enough to cover the chicken.
4. Bring to a boil and let it simmer, covered, until the chicken is cooked and tender. Add in okra, cooking for an additional five minutes or more.
5. Serve hot with rice.

Doce de Banana

Angola



This is a traditional, creamy dessert made by cooking sliced bananas in a sugar syrup, mixing it with egg yolks to create a rich custard, and folding in whipped egg whites. It is typically served chilled and dusted with cinnamon.

Ingredients

500ml water

200g sugar

6 bananas, sliced into rounds

6 egg yolks

6 egg whites, beaten to stiff peaks

Ground cinnamon for sprinkling.



Method

1. In a saucepan, dissolve the sugar in the 500ml of water and cook over medium heat until a syrup forms. This will take approximately 15 minutes.
2. Add the sliced bananas to the syrup and cook until the bananas soften and break down into a puree.
3. Remove the pan from the heat and add the egg yolks; stir well, then return to medium heat and cook until thickened, stirring constantly. This will take approximately 8 minutes.
4. Transfer the banana cream to a bowl and let it cool.
5. Once cool, gently fold in the 6 beaten egg whites.
6. Divide the mixture into bowls, decorate with sliced banana and sprinkle with ground cinnamon.
7. Serve chilled.

Murgir Jhol

Bangladesh



Bangladeshi cuisine is rich, aromatic, and relies heavily on spices like turmeric, cumin, and chili, paired with mustard oil for an authentic, sharp flavour profile. This chicken curry is a popular Bengali comfort food and simple to make.

Ingredients

- 1 kg chicken on the bone
- 3 medium potatoes - diced
- 2 large onions - sliced
- 1 large tomato - diced
- 2 tbsp of ginger and garlic paste
- 1 tsp of turmeric
- 1 tsp of cumin powder
- 2 tsp of coriander powder
- 2 tsp of chilli powder
- 250ml of chicken stock

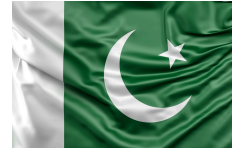


Method

1. Heat the oil over medium heat. Turn down to a low heat and cook the onions, stirring occasionally, until light brown.
2. Add the spices and cook for 30-45 seconds. The spices need to be wet so add a little more oil if this is needed, and to avoid burning the spices.
3. Add the garlic ginger paste, stir and cook for another three minutes
4. Add the tomatoes and cook until they soften.
5. Increase to a medium heat, add the chicken stock and the potatoes. Cover and simmer for approximately 15 minutes when the potatoes should start to soften.
6. Add the chicken and simmer until the potatoes are tender and chicken is cooked.
7. Season to taste and serve with rice.

Zarda

Pakistan



Zarda is a traditional Pakistani sweet rice dish made with basmati rice, milk, sugar, and aromatic spices like cardamom, cloves, and cinnamon. Its signature bright yellow or orange color comes from saffron or food colouring. The name derives from the Persian word zard, meaning yellow.

Ingredients

300g basmati rice
5 green cardamom pods
 $\frac{3}{4}$ teaspoon yellow food colouring
1 handful chopped nuts
1 handful raisins or sultanas
265g sugar
2 tablespoons (15 ml) ghee



Method

1. Wash and drain the rice until the water no longer runs cloudy, then soak in water for 30 minutes.
2. In a large pan, add the drained rice, cardamom pods, food colouring, 1 tablespoon of ghee and enough water to cover everything well and bring to a boil.
3. In a separate pan add 1 tablespoon of ghee, 1 tablespoon of sugar and the chopped nuts and raisins. Heat on medium heat, stirring often to roast the nuts well.
4. Once the rice is fully cooked through, drain.
5. Using the pan the rice was cooked in, take $\frac{1}{3}$ of the rice and put it at the bottom of the pot. Add $\frac{1}{3}$ of the sugar, then $\frac{1}{3}$ of the nuts and raisins. Repeat this process to make layers until all of the rice, sugar, nuts and raisins have been used. Nuts and raisins should make up the last layer so they are at the top.
6. Cover the pot and turn the heat to the lowest setting possible and steam for 15-20 minutes.
7. Uncover and carefully stir the rice to mix in the sugar. Leave to rest for 5-10 minutes, then serve.

Mahjouba

Algeria



Mahjouba is a popular traditional Algerian street food. It consists of a thin, flaky, crepe-like flatbread made from semolina flour, folded over and stuffed with a savory, spiced mixture of onions, chilli, carrot and tomato. They are very simple to make and super tasty.

Ingredients

Dough

200g of semolina flour or very fine semolina

1 tsp of salt

1 tablespoon of vegetable oil, plus a little more for greasing

Water - as needed to make the dough

Filling

1 onion - finely chopped

1 can of chopped tomatoes

75g of carrot - finely grated

2 to 3 green chillies - finely minced

2 tablespoons of tomato ketchup

1 tsp of roasted cumin powder

Salt - to taste

Pepper - to taste

1 tablespoon of vegetable oil



Method

1. Combine the semolina flour and salt in a bowl and mix them together. Slowly add water to make a soft dough. Knead the dough until it is elastic.
2. Add 1 tablespoon of oil and continue to knead. Let the dough rest for at least 30 minutes.
3. Heat 1 tablespoon of oil in a pan. Add finely chopped onions and saute them until they are translucent.
4. Add the grated carrot, chillies and chopped tomatoes and bring to a boil.
5. Add the ketchup and cumin powder with salt and pepper to taste.
6. Simmer for 15 minutes to let the mixture thicken. Set aside to cool.
7. Divide the dough into six equal balls, brush with oil and place it on a greased surface.
8. Spread the ball with the heel of your hand to form a very thin circle, stretching the edges to make it as thin as possible.
9. Spread two heaped tablespoons of the filling in the centre and fold in the ends to form an envelope.
10. Heat an oil coated frying pan.
11. Fry the Mahjouba on both sides until golden brown.

Muriwo Unedovi



Peanut Butter Leafy Greens is classic dish that pairs leafy greens with a creamy peanut sauce. It takes about 15-20 minutes to make and the ingredients are inexpensive. Traditionally, it is either served alongside grilled meats, with rice or with sadza, a stiff maize porridge. It is also delicious on its own.

Ingredients

- 250g-300g of spinach or kale - washed and chopped
- 3-4 tablespoons of smooth peanut butter
- 1 medium onion – diced
- 2 medium tomatoes – diced
- 2 cloves garlic – minced
- 1 tablespoon of vegetable oil
- 60 ml water
- Pinch of salt, pepper, chilli flakes
- Handful of salted peanuts



Method

1. Heat the oil in a large pan or skillet over medium heat. Add the diced onion and garlic, cooking for three to five minutes until softened.
2. Stir in the diced tomatoes and cook for another three to five minutes until they begin to break down into a soft mixture.
3. Add the chopped leafy greens to the pan. Cook for three to five minutes, tossing occasionally until they are fully wilted.
4. In a small bowl, whisk together the peanut butter and the water. Pour into the pan with the greens and add the salt, pepper, and chilli flakes.
5. Cover the pan, turn the heat down and simmer for three to five minutes.
6. Crush the peanuts and sprinkle on top. This provides texture to the dish.
7. Serve hot.

Seswaa

Botswana



Seswaa is considered the national dish of Botswana. It is a slow cooked then shredded meat dish that is prepared for weddings and national independence celebrations. The meat is cooked until tender in a pot and often served with pap - maize meal, or setampa - ground corn.

Ingredients

1 kg beef chuck on the bone
1 whole onion
3 bay leaves
Salt
Black pepper
Water - just enough to cover the meat



Method

1. Pre heat the oven to 160oC.
2. Brown the meat in an ovenproof casserole dish.
3. Add the whole peeled onion, salt, black pepper, water and bay leaves and bring to the boil.
4. Once boiling, cover the dish with a lid and place into the oven for four hours.
5. After four hours, remove from oven and place onto the hob and reduce most of the remaining liquid.
6. Using a wooden spoon, pound or mash up the meat, which should fall apart easily and appear shredded.
7. Check for seasoning and serve.

Keftedes

Greece



Seswaa is considered the national dish of Botswana. It is a slow cooked then shredded meat dish that is prepared for weddings and national independence celebrations. The meat is cooked until tender in a pot and often served with pap - maize meal, or setampa - ground corn.

Ingredients

500g minced beef
200g minced pork (or use more beef mince)
1 red onion, grated
2 garlic cloves, minced
60g panko breadcrumbs
1 egg
2 tablespoons of finely chopped parsley
6 large, finely chopped mint leaves
1/2 teaspoon dried oregano
1 tablespoon of olive oil
3/4 teaspoon of salt
Black pepper



Method

1. Using your hands, mix all of the above ingredients together for a few minutes until the mixture is smooth and combined.
2. Measure out heaped tablespoon size portions and roll each into a ball.
3. Coat the meatballs lightly in flour, shaking off the excess.
4. Heat most of the oil on medium high heat and cook the meatballs in two to three batches, rolling them regularly around the pan for five to six minutes, until they are browned all over.
5. Serve with Tzatziki and warm pitta breads.

Jambari Mahamar

Sudan



This popular Sudanese dish is commonly served as an appetiser or a main course, and often accompanied by a creamy tahini dip.

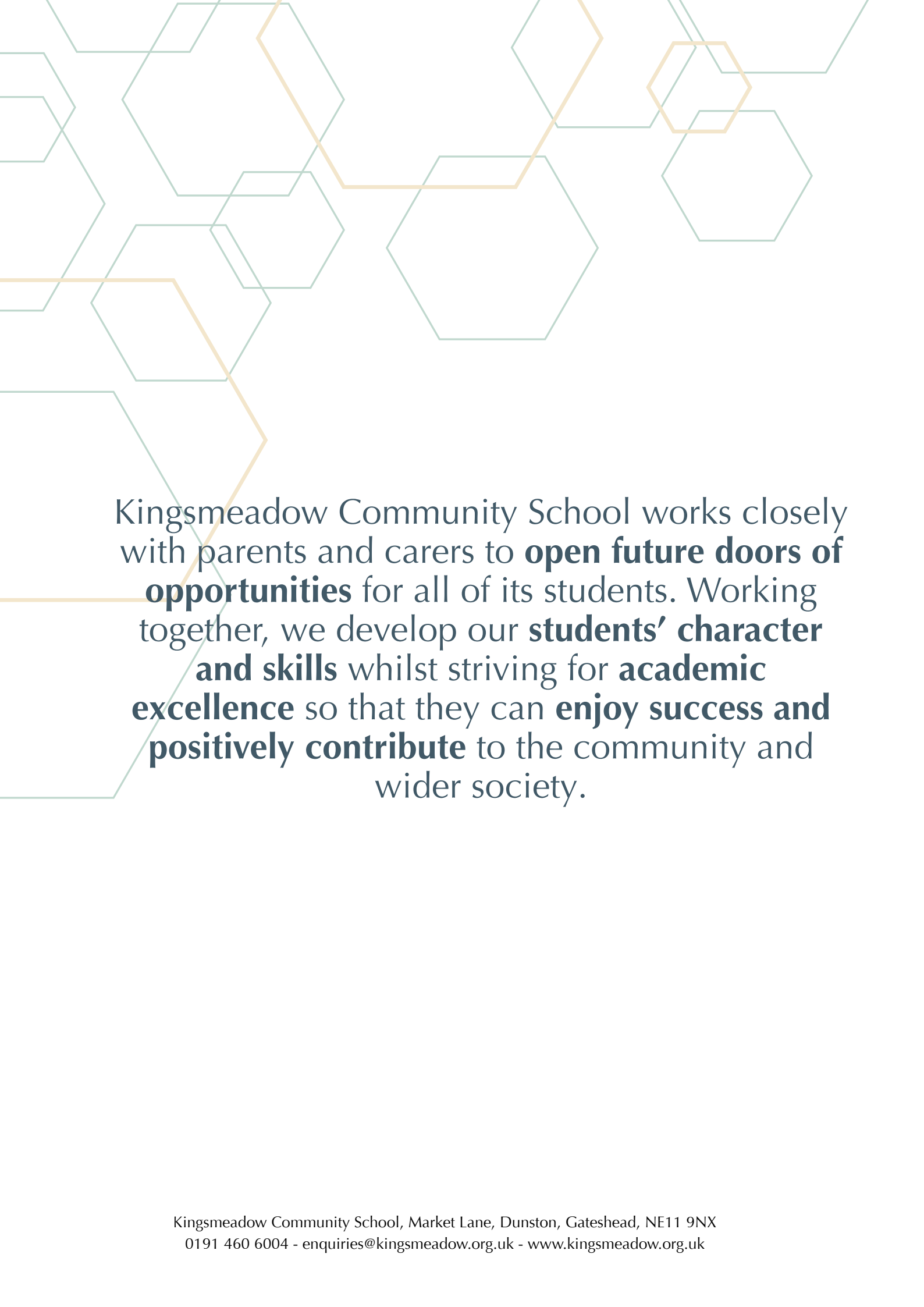
Ingredients

1kg peeled, raw jumbo prawns
300g plain flour
1 tablespoon of salt
50ml vinegar
1 teaspoon ground black pepper
1 tbsp ground coriander
1 tablespoon ground cumin
2 teaspoons chilli powder or flakes
6 garlic cloves, pressed
1 large lemon, juiced
4 large eggs, beaten
300g plain breadcrumbs
1 litre of vegetable oil
Jar of tahini



Method

1. In a bowl, mix together the salt, black pepper, coriander, cumin, chilli powder, garlic cloves, lemon juice, and vinegar. Add the prawns, mix well and leave to marinate at room temperature for two hours.
2. Take three bowls. In one mix the plain flour with a good pinch of salt. In another bowl, beat the eggs and season with salt and pepper. Place the breadcrumbs in the third bowl. Arrange the bowls next to one another.
3. Place a few of the marinated prawns in plain flour until lightly covered on all sides, then dip into the eggs, and then coat with the breadcrumbs.
4. Deep fry the fully battered prawns in hot oil for three to four minutes until golden on all sides. Place on kitchen paper to dry. Repeat the process, working in batches.
5. Serve warm with a tahini dip.



Kingsmeadow Community School works closely with parents and carers to **open future doors of opportunities** for all of its students. Working together, we develop our **students' character and skills** whilst striving for **academic excellence** so that they can **enjoy success and positively contribute** to the community and wider society.