

**Flavours of Middlesbrough:
Recipes gathered at
MIMA's Community Day**

New Mappings of Europe | 2019

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Introduction

This slim publication is one of four produced as part of *New Mappings of Europe*. A partnership between four art and education institutions, *New Mappings of Europe* charts and brings to attention stories of migration that make up our cities and inform cultural organisations. Through it, MIMA has aimed to embed overlooked narratives and voices into the public spaces and collections of Middlesbrough. The programme at MIMA, through 2018 and 2019, took the shape of an exhibition highlighting the long histories of migration that have shaped our context, and a public programme of discussions and workshops through which diverse people found points of connection and commonality.

This book brings together recipes shared by constituents with a spectrum of knowledge and experiences who regularly contribute to MIMA's Community Day. Recipes are often entwined with memories and emotions, reminding us of particular people and situations. Those shared here are as fascinating as the people who brought them to our attention. Food is an important part of MIMA's programme; through growing and cooking together

we embark on conversations about creativity, biodiversity and cultural exchange. Drawings by Katie Chappell, known as Katie Draws, document the fun, care and warmth felt between those who meet to make new ideas and connections at MIMA.

This publication was made possible through a fruitful and thoughtful partnership with Akademie der bildenden Künste, Austria; Moderna galerija MG+MSUM, Slovenia and Museum of Yugoslavia, Serbia and with funding from the European Commission. This cross-European endeavour has formed an important intellectual space for us at a time of political change. MIMA is made up of contributions by a range of constituents and we'd like to thank those who were part of this programme. We are grateful to the team at MIMA and associate artists, facilitators and practitioners who bring our programmes into being. As ever, designer Joanna Deans is key to making this publication and I have had the pleasure of working with researcher and curator Ashleigh Barice as co-editor to make this series of books a reality.



Peas & Potatoes

Serving Size: 4-6 Servings

Skill Level: Easy

Prep Time: 15 mins

Cook Time: 15 mins

Vegetarian

Ingredients

2 onions
1 cup peas
2 tomatoes
2 garlic cloves
2 potatoes
2 small pieces ginger
1 tbsp olive oil
180ml gravy
2 tbsp butter
1 tbsp red chili powder
1 tbsp coriander powder
1 tbsp marsala
Salt to taste

Method

1. Chop all ingredients and add onion, tomato, garlic, and ginger to pot and soften.
2. In separate pot, boil potatoes until soft.
3. Remove some water from potatoes, add gravy and cook for 5 minutes.
4. Add peas and butter to potatoes and cook for 10 minutes.
5. Add hot water and remaining vegetables.
6. Serve with rice and salad.

Mince & Dumplings

Serving Size: 4-6 Servings

Skill Level: **Moderate**

Prep Time: 25 mins

Cook Time: 50 mins

Ingredients

Mince:

1lb beef mince

2 large carrots

1 large onion

2 Oxo cubes

2 tbsp corn flour

3 tbsp milk

1 tsp herbs

Salt & pepper to taste

Dumplings:

4 oz self-rising flour

2 oz suet mix

4 tbsp water

1 tbsp milk

Method

1. Brown mince in pan over medium heat.
2. Add carrots, onion, herbs, salt & pepper. Cook for 5 mins on low heat.
3. Add hot water and 2 Oxo cubes.
4. For dumplings, mix flour, suet mix, milk, and water in deep glass bowl.
5. Separate into 6 dough balls.
6. Place mince into ovenproof dish and place dough balls on top.
7. Place in oven on 190c for 35-45 mins or until golden brown.





Vegetable salad with peanuts & yogurt

Serving Size: 2 Servings

Skill Level: Easy

Prep Time: 10 mins

Cook Time: 0 mins

Vegetarian

Ingredients

Vegetables of choice

1 handful of peanuts

1 tbsp olive oil

1 pot of yogurt

1 lemon

1 bell pepper

Method

1. Chop vegetables and add to large bowl.

2. Add peanuts, olive oil, yoghurt, and lemon juice and toss.

Porridge

Serving Size: 3-4 servings

Skill Level: Easy

Prep Time: 5 mins

Cook Time: 30 mins

Ingredients

Water

Flour

Chicken or lamb

Milk *optional

Honey *optional

Method

1. Add water and flour to pot and boil for 30 minutes.

2. Add protein (chicken or lamb) and cook for 30 minutes.

3. Add milk or honey, if desired, and serve.



Cheese Scones

Serving Size: **Makes 6 scones**

Skill Level: **Easy**

Prep Time: **10 mins**

Cook Time: **15 mins**

Vegetarian

Ingredients

125g self-raising flour

30ml unsalted butter

1 tsp baking powder

125ml milk

200g grated cheddar cheese

1/2 tsp salt

Method

1. Sieve flour, salt, and baking powder into a bowl.
2. Add butter into mixture to form "breadcrumbs".
3. Add cheese and then milk into the mixture.
4. Flour a flat surface and roll out dough.
5. Cut out 6 scones, place on hot baking tray, and bake for 10-15 minutes until golden brown.

Mixed Salad

Serving Size: 3-4 Servings

Skill Level: **Easy**

Prep Time: 10 mins

Cook Time: 0 mins

Vegetarian, Vegan

Ingredients

1 head of lettuce

1 cucumber

1 carrot

1 onion

1 garlic clove

1 tomato

1 tbsp olive oil

Salt to taste

Method

1. Chop all vegetables and add to a large bowl.

2. Toss salad in olive oil and salt and serve.



Sautéed Vegetables with Chillies

Serving Size: 4 Servings

Skill Level: **Easy**

Prep Time: 15 mins

Cook Time: 15 mins

Vegetarian, Vegan

Ingredients

1 head of cabbage

1 onion

3 chillies

2 cloves of garlic

1 carrot

2 tbsp olive oil

salt to taste

Method

1. Chop all vegetables.
2. Add oil and cabbage to pot and sauté for 3 minutes.
3. Add remaining vegetables and sauté for about 15 minutes.
4. Serve with slice of bread.





Cloth Club's Favourite Flapjacks

Serving Size: **Makes 20 flapjacks**
Skill Level: **Easy**
Prep Time: **10 mins**
Cook Time: **15 mins**
Vegetarian & Gluten Free

Ingredients

- 250g porridge oats
- 125g unsalted butter
- 125g light brown sugar
- 2-3 tbsp golden syrup

Method

1. In a medium pot, melt butter, sugar, and syrup over a low heat.
2. Stir in the porridge oats until fully coated.
3. Pour into a greased and lined 8x10 inch baking tin.
4. Bake at 200c for about 15 mins until nearly golden brown.
5. Cut into squares while warm.

Lemon Drizzle Cake

Serving Size: 4-6 servings

Skill Level: **Easy**

Prep Time: 10 mins

Cook Time: 30 mins

Vegetarian

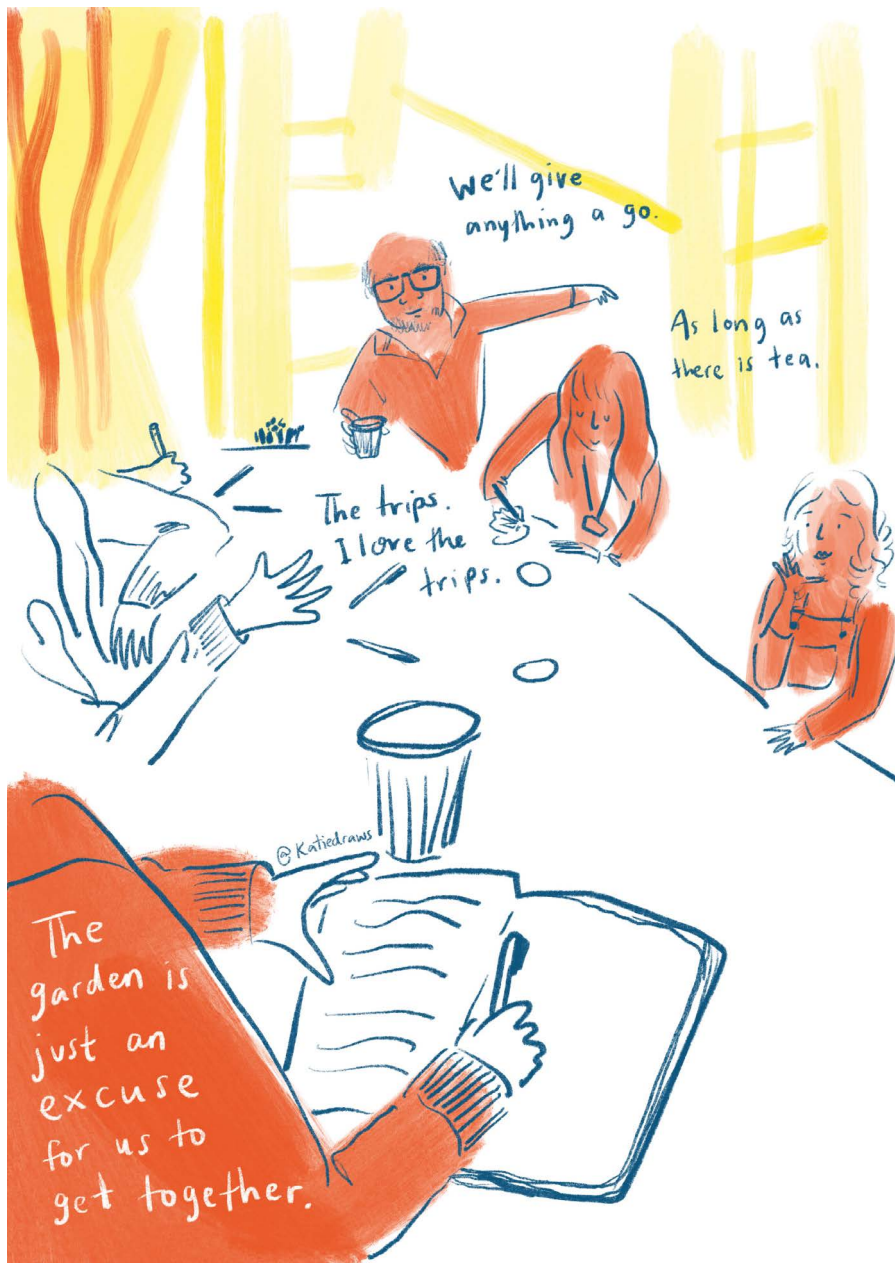
Ingredients

175ml margarine
170g sugar
1 lemon
2 large eggs
2-3 tbs icing sugar

Method

1. Whisk margarine and sugar until soft. Add eggs and flour. Grate rind of lemon over mixture and add a touch of milk if needed for moisture.
2. Bake in a 2lb loaf tin at 180c for 30 minutes.
3. In a small bowl, mix lemon juice, water, and icing sugar. Drizzle mixture over warm cake.





Janet's Rich Scones

Serving Size: **Makes 6 scones**

Skill Level: **Easy**

Prep Time: **10 mins**

Cook Time: **10 mins**

Vegetarian

Ingredients

225g flour
20ml baking powder
Pinch of salt
60ml margarine
30ml castor sugar
60g currants
or sultanas
1 egg beaten with
enough milk to make
 $\frac{1}{4}$ pint of liquid

Method

1. Mix flour, salt and sugar in a bowl.
2. Rub in margarine.
3. Add sugar and fruit.
4. Add liquid leaving enough to brush tops.
5. Knead lightly keeping mixture soft.
6. Roll out and cut into rounds.
7. Brush top with egg and milk.
8. Bake for 10 minutes at 220c.

Simple Cookie Recipe

Serving Size: **Makes 10–15 cookies**

Skill Level: **Easy**

Prep Time: **1 hour 10 mins**

Cook Time: **15 mins**

Vegetarian

Ingredients

225 g butter
80 ml powdered
sugar
300 g flour
½ tsp baking powder

Method

1. Blend softened butter and sugar until creamy, add flour and baking powder.
2. Wrap well mixed dough in cling film and set in fridge for 1 hour.
3. Remove from fridge and cut dough into pieces.
4. Place on baking tray and bake at 200c for 15 mins.

Glossary

Cornflour, or corn starch: derived from the corn grain. Primarily used to thicken sauces or soups.

Currants: small, dark, richly flavoured raisins made from a dried, small, black variety of grape.

Dumpling: a small lump of dough traditionally made from twice the weight of self raising flour to suet, bound together by cold water and then steamed or boiled.

Flapjack: a sweet tray-baked bar in British cuisine made from rolled oats, butter, brown sugar and golden syrup.

Golden syrup: a thick amber coloured sugar syrup.

Icing sugar: a finely ground sugar used to make icing, frosting, and other cake decorations. Also called confectioners' sugar.

Margarine: a substitute for butter.

Masala: an aromatic mixture of spices composed primarily of coriander seeds, cumin, cardamom, fennel seeds, mustard seeds, cloves and red chilli. Commonly used in South Asian Cuisine.

Scone: a sweet or savoury British baked good made of wheat or oatmeal. Scones are primarily found in a traditional English Tea.

Suet: a cooking fat made from beef or mutton.

Sultanas: golden-coloured dried grapes, also known as "golden raisins".

Contributors: Constituents of Community Day

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