



Meal and snack ideas from a range of cultures



This supplement is to be given with the **Eat, Drink, Live Well booklet**. It is based on the ideas from people who represent various cultures*. It is intended to provide a wider range of snack and meal ideas for people who have a reduced appetite or who have lost weight without meaning to.



If you need to gain weight it is better to eat 6 smaller meals instead of 3 big meals – choose 6 from a variety of foods.

Meals

- Achaar paratha with egg and butter
- Chicken soup with butter and cream
- Curry made with butter and cream with rice
- Halem (stew with lentils, chicken, spices)
- Soya mince curry
- Jacket potato, beans and cheese with vegetables
- Vegetable pasta bake
- Mielie pap (savoury – see recipe)
- Porridge with fortified milk and honey
- Chicken bhattar
- Saag with butter
- Flat bread, or naan with creamed vegetable soup
- Fish and chips
- Eggs, cheese and bread
- Rice and meat
- Vegetarian cottage pie (lentils or soya mince)
- Vegetable casserole
- Vegetable curry and chips



Snacks

- Full fat yoghurt
- Alsi pinni (flax seeds sweets)
- Fresh / tinned fruit
- Biscuits
- Cake rusks / cream cake
- Methai (Indian sweets with desi ghee)
- Burfi (milk based sweet)
- Handvo (vegetable cake – see recipe)
- Vegetarian cocktail sausages
- Mini cheese and onion pie
- Toast and honey
- Baklava (sweet pastry)
- Scones
- Gol papdi (cake)
- Indian sweets
- Vedhmi puranpati (stuffed flatbread)
- Samosa
- Nuts
- Puri (flatbread)
- Flap jacks
- Cereals / porridge
- Bhakhari (flat bread)

Puddings

- Gajar halwa (sweet carrot)
- Sweet rice with raisins, almonds and butter
- Semolina pudding with butter, sugar and nuts (purriyani)
- Mielie pap (sweet – see recipe)
- Jalebi (sweet batter) and milk
- Rice pudding
- Panjiri with dried fruits
- Apple pie or crumble and custard



Drinks

- Panha
- Piyush
- Chaas (see recipes)
- Milky tea / milky coffee
- Lassi
- Fruit smoothie
- Ayran (yoghurt drink)

Refreshing Drinks

Panha

makes 4–6 glasses

- 2 raw mangoes
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon cardamom powder (elachi)
- Pinch saffron

Method:

1. Boil the raw mangoes in water until soft.
2. Drain all the water, remove the skins from the mangoes and strain the pulp.
3. Add sugar, cardamom powder and saffron – mix well.
4. Store in a bottle and refrigerate.
5. When you wish to drink, put 2 tablespoons of the mixture into a glass and top up with chilled water.



Piyush

makes 4 glasses

- $1\frac{1}{2}$ cups of shrikhand
- 3 cups of buttermilk
- Sugar to taste
- Garnish with sliced pistachios

Method:

Whisk ingredients together, chill, pour into glasses and garnish.



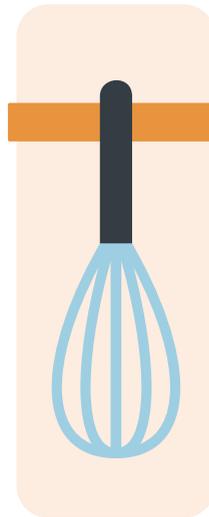
Chaas

makes 4 glasses

- 2 cups of fresh curds
- 1 teaspoon of roasted cumin seed powder (jeera)
- Half a teaspoon of green chilli-ginger paste
- $\frac{1}{2}$ teaspoon black salt
- 4 cups cold water
- Garnish – chopped coriander

For the tempering (optional)

- 1 teaspoon oil
- $\frac{1}{4}$ mustard seeds, pinch asafoetida (hing)



Method:

1. Whisk the curds until smooth and add roasted cumin seed powder green chilli-ginger paste, black salt – mix well.
2. Add 4 cups cold water.
3. If you want to temper, heat the oil, add mustard seeds and asafoetida until mustard seeds crackle then pour over the buttermilk.
4. Garnish with chopped coriander.

Serve chilled – delicious served with handvo

Snacks and small meals

Handvo

Savoury cake made with lentils, rice and vegetables

- 2 cups of rice (chawal)
- ¼ cup wheat (optional)
- 1 cup of toovar dal (arhar)
- ¼ cup urid dal
- ¼ cup bengal gram (chana)
- ¼ cup split green gram (mung)
- 2 ½ cups white pumpkin (lauki) grated
- 1 teaspoon bi-carb soda
- 1 cup sour curds (or yoghurt)
- 4 tablespoons oil
- Juice of ½ lemon
- 2 tablespoon sugar
- 1 teaspoon chilli powder
- ½ teaspoon turmeric
- 3 tablespoons green chilli ginger paste
- Pinch salt

For the tempering

- 2 teaspoons mustard seeds
- 2 teaspoons carom seeds
- 2 teaspoons sesame seeds
- 2 teaspoons asafoetida (hing)
- 4 tablespoons oil



Method:

1. Rinse rice, then soak rice and dals for 4–5 hours, and drain.
2. Grind to a paste, gradually add sour curds, stir to prevent lumps. Ferment for 8 hours.
3. Mix in the rest of the ingredients. Pour this batter mix into a green tin or thali.

Tempering

Heat the oil in a pan, add mustard seeds until they crackle, add carom seeds, asafoetida and sesame seeds.

When the sesame seeds are golden, pour mix over the batter.

Bake in a preheated oven at 200C (400F) for 30-35 minutes until golden.

Cut into desired shapes.

Serve hot with peanut and coriander, chutney or tomato ketchup.

Serves 6–8



Method:

1. Put the water in a saucepan and bring to the boil.

Optional (savoury): you can add a tin of sweetcorn at this stage or a teaspoon of garlic.

2. Turn to a low heat once boiling and immediately add in the butter and the maize meal.

3. Adjust with extra water or maize meal to the consistency of your liking.

Optional (savoury): smooth off the top of the pap in the pot and smooth over a tin of tomato and onion mix. Cover with grated cheese.

Serve hot. Serves 8 as a side dish.

Preparation: 5 minutes **Cooking:** 30 minutes

Meilie 'Pap' or 'Putu'

- 2 cups (500 ml) water
- 1/2 tsp (2.5ml) salt
- 1 cup (250 ml) maize meal
- 1 tbs (15ml) butter

Optional extras (savoury)

- 1x tin sweetcorn
- 1x tsp crushed garlic
- 1x 400g tin tomato
- 200g grated cheddar cheese

Optional extras (sweet)

- Sugar and milk to taste

4. Leave to cook covered on a low heat for about 30 minutes. Turn the heat right down so it stays warm.



Optional (sweet):

Add milk / inkomazi (sour milk) and sugar to taste.

***Suggested and approved by the following focus groups:**



Adult Learners (English class), Fatima Women's Association, Indian Association, Primrose Community Association – who represent different cultures including: Bangladesh, India, Kurdistan, Pakistan and South Africa.

With support from Nayan Joshi (Action Together) and Anna Kennedy (WIFI).