



Tree Food Recipe Book

Written by members of
the Awaz Utaoh Group

Compiled by Westonbirt Arboretum

WESTONBIRT 
THE NATIONAL ARBORETUM

Introduction

The Awaz Utaoh group came to Westonbirt Arboretum as part of our “Hidden Voices” project to develop their personal connections with Westonbirt and discover how an arboretum may be relevant to their lives.

Awaz Utaoh, who meet in Bristol, provide a service that enables users to feel valued, uplifted and empowered. As the literal translation of Awaz Utaoh means 'raise your voice' this is what the organisation strives to achieve.

Over a series of visits, the Awaz Utaoh group took part in many different activities designed to enhance their connection with trees. A real favourite was the tree food tasting session. The group were soon telling us how they use these foods all the time, so we asked for recipes. They came flooding in.





The recipes within this book all contain food that grows on trees. In a world of supermarkets and shops, it is all too easy to forget where our food really comes from. This book is about celebrating those connections.

So whether you want to cook up the bark of a tree (cinnamon), the fruit (mango), the leaves (bay), the nuts (pistachio) or even the flower buds (cloves) there is something here for you to try.

Cook, eat and celebrate your own connections with trees.

Side Dishes



1 Green Peas Rice by Alisha

Ingredients

3 cups Pakistani basmati rice
(soaked for 20 minutes)

6 cups water

18oz peas

2 small onion, finely chopped

1 tsp ground turmeric

1tsp salt

8 tbsp oil

3 cloves garlic, chopped

6 cardamom pods

4 bay leaves

2 inch cinnamon sticks

8 cloves

1 tbsp grated ginger root

2 tbsp garam masala

1 tbsp cumin seeds

20 black peppercorns

Tree
Foods
within
this
recipe:



Bay leaves



Cinnamon



Cloves

Instructions:

- Heat the oil and fry half the onions until browned and crisp. Remove from the pan.
- Add the remaining onions to the pan and fry until golden. Add the peppercorns, cardamom, cloves, turmeric powder, salt, garlic, ginger, cinnamon stick, cumin seeds and green peas. Fry for 2 minutes.
- Add the garam masala and stir well.
- Drain the rice, reserving the liquid. Make the soaking liquid up to 6 cups with water.
- Add the rice to the pan. Bring to the boil, cover and simmer gently for about 10 minutes, until the water has been absorbed.
- Separate the grains with a fork and serve garnished with the crisp fried onions. Serve with any curry.

2 Potato Paratha by Alisha

Ingredients

2 cup wholemeal plain flour

1 tsp salt

100g ghee

½ cup water, approximately

100g ghee extra

Filling:

1 large (300g) potato, chopped

½ small onion, finely chopped

1tsp coriander seeds

½ tsp ground cumin

¼ cup firmly packed fresh coriander

1 tsp red chilli powder

2 green chillies

1 tsp lemon juice

Tree
Foods
within
this
recipe:



Lemon juice

Instructions:

- For the filling, boil the potato, mash and stir in the spices and coriander.
- Sift the flour and salt into a large bowl. Rub in the ghee. Stir in enough water to make the ingredients cling together. Turn dough and kneed about 10 minutes or until smooth.
- Divide dough into 16 portions. Roll each portion on a floured surface into a 16cm round. Stack rounds between layers of plastic wrap to prevent drying out.
- Divide filling among 8 rounds. Spread filling over round, leaving 7mm borders. Brush edge with water, top with remaining rounds and press edges together to seal.
- Heat some of the extra ghee in a large pan. Add parathas in batches. Cook until browned and slightly puffed on both sides. Drain on absorbent paper. Repeat with the remaining ghee and parathas. Serve with plain yoghurt.

3 Matanjan (Rainbow rice) by Mussrat Ahmed

Ingredients

1 cup rice (soak for about an hour)

$\frac{3}{4}$ cup sugar

40g butter

6 or so cardamoms

Juice of an orange and orange rind

Nuts of your choice (Almonds,
cashews, pistachios)

Dried fruit of your choice (sultanas,
coconut).

Food colouring; a few different
colours, e.g. red yellow, green,
blue.

Tree
Foods
within
this
recipe:



Orange



Almonds



Cashews



Pistachios



Coconut

Instructions:

- Put 2-3 cardamoms into water, and boil. Once water boiling add rice and cook until rice is partially cooked. Drain the rice and set aside.
- In another pan melt butter and add 2-3 cardamoms (without pod, just the seeds), after a few seconds add the chopped dried fruit and nuts of your choice. Add the orange juice and rind followed by the sugar. Then add a little less than $\frac{1}{2}$ a cup of hot water and then quickly cover and cook on a medium heat for like a minute. Then add the rice and cook for about 3-5 minutes more.
- Mix food colouring with a little water on a table spoon, and add a few drops over the rice in different places. Repeat this with all the colours.
- Finally do the dam, this is done by wrapping the pan lid with a damp tea towel, so when replaced a seal is created. Leave on very low heat for about 5 minutes then turn fire off, but do not open pan as the rice will cook perfectly in the steam in the sealed pan.

4 Methi Paratha by Tabassam Aziz

Ingredients

3 cups atta

1 tsp salt

½ cup besan

1 tsp red chili

4 whole green chilies

2 tsp anardana (pomegranate)
powder

1 tsp ajwyan (carom seeds)

1 onion (grated)

1 tsp zeera (cumin)

1 tbsp oil

2tsp sesame seed

1 bunch methi (fenugreek)

¼ bunch green coriander

Tree
Foods
within
this
recipe:



Pomegranate

Instructions:

- Firstly get your methi and wash it thoroughly.
- Break the leaves off and slice thinly.
- Repeat as step to shows with the green coriander.
- Gather all ingredients except the oil and add them to a bowl. Mix them together and add oil and 2 cups of water bit by bit until it makes a dough.
- With this dough make round balls. Roll out the balls roughly 3mm. While rolling out add flour (atta) every time it sticks. Remove extra flour and heat in a pan.
- Place the rolled out dough onto a hot pan and out oil onto the visible side of the dough (paratha).
- When prepared, enjoy this easy recipe with delicious plain yoghurt.

Main Courses



5 Haleem Recipe by Maqsuda

Ingredients

- 1 pkt special mix – Haleem (containing many spices including mace, cinnamon, cloves and bay leaves) with pulses
- 1 kg boneless chopped chicken
- 10 glasses of water
- 1 cup oil
- 2 onions, sliced
- ¼ fresh ginger, chopped
- ¼ bunch coriander, chopped
- 1 fresh lemon, sliced

Tree Foods within this recipe:



Lemon



Mace



Cinnamon



Cloves



Bay leaves

Instructions:

- Soak the pulses for 2-3 hours, though best soaked overnight
- Fry the onions and put to one side
- Heat 1 cup oil and add washed chicken. Cook for 10 mins.
- Add drained pulses and spices from packet. Cook for 5 mins on medium heat.
- Add 10 glasses of water and cook on medium heat, stirring now and then. Cook until most of the water has been absorbed.
- When you can see pulses and chicken is cooked with not much water left in the pan, blend with a hand blender so that no lumps of chicken are visible.
- Cook for a few minutes and then take off the gas.
- Garnish with coriander, onions, ginger, lemon and green chillies to taste.

6 Lamb Tikka Masala by Alisha

Ingredients

- 1 tsp ground cumin
 - ½ tsp ground turmeric
 - 5cm/2 inch piece ginger root, grated
 - 2 garlic cloves, crushed
 - ½ salt
 - 120ml/4 fl oz/ ½ cup natural yoghurt
 - 1kg/2 lb boneless lamb, cut into
2.5cm/1 inch cube
 - 1-2 drops red food colouring
 - Fresh mint leaves to garnish
- ### MASALA SAUCE
- 1 tbsp ghee
 - 3 tomato, peeled and chopped
 - ½ tsp yellow mustard seeds
 - 2 fresh green chillies, chopped
 - 120ml/4 fl oz/ 1 ½ cup coconut milk
 - 3 tbsp chopped fresh mint
 - 3 tbsp chopped fresh coriander
 - Salt

Tree
Foods
within
this
recipe:



Coconut milk

Instructions:

- Combine the cumin, turmeric, ginger, garlic, salt and yoghurt in a bowl. Stir in the lamb until evenly coated with the sauce. Dilute the food colouring with the water and add to the bowl. Stir well.
- Marinate in the fridge for 2 hours. Soak 6 wooden skewers in warm water for 15 minutes.
- Make the Masala sauce. Heat the ghee in a large saucepan and add the tomatoes. Allow them to break down, stirring occasionally.
- Thread the pieces of lamb onto the skewers. Set on a grill pan and cook under a preheated very hot grill for 15-20 minutes. Turn occasionally.
- Stir the mint and fresh coriander into the sauce, and season with salt.
- Carefully remove the lamb from the skewers. Stir the lamb into the sauce and serve garnished with mint leaves.

7 Alisha's favourite Keema Matar (peas)

Ingredients

- 18 oz minced lamb
 - 5 tbsp ghee or oil
 - 2 onions, thinly sliced
 - 3 large cloves garlic, crushed
 - 1 tsp crushed ginger
 - 4 cloves
 - 4 black peppercorns
 - 2 bay leaves
 - ½ inch cinnamon stick
 - 1 black cardamom pod
 - 1 tsp ground coriander
 - 1 tsp ground roasted cumin
 - 1 tsp garam masala
 - ½ tsp chilli powder
 - ½ tsp ground turmeric
 - 8 oz tinned tomatoes
 - 6 ½ tbsp water
 - 9 oz peas
 - 1 tsp salt
- Garnish:
- ½ tsp garam masala
 - 1 tbsp chopped fresh coriander

Tree
Foods
within
this
recipe:



Cloves



Bay leaves



Cinnamon

Instructions:

- Heat the ghee or the oil in a heavy based pan and fry the onions, garlic, ginger and whole spices over a medium heat, until golden brown.
- Stir in the ground spices, salt and lamb and fry for 2 minutes.
- Add the tomatoes and water. Bring to the boil, then cover and cook over a low heat for 20 minutes, until the meat is tender, stirring occasionally.
- Remove the lid and increase the heat to dry off any remaining water.
- Stir in the peas and cook for a further 5 minutes.
- Sprinkle over the garnish ingredients and serve hot with chapatis, puris or vegetable pulao.

8 Bindi Tori (Okra curry) by Alisha Aziz

Ingredients

- 1 lb bindi (okra)
- 3 onions
- 1 tin tomatoes
- 1 garlic cube / 6 cloves
- 1 ginger cube
- ¼ tsp turmeric
- 1 tbsp salt
- 1 ½ tsp red chilli
- 1 level tsp pomegranate powder
- 2 tbsp fresh coriander
- 4 fresh green chillies
- 1 tsp garam masala
- 2 tsp paprika
- ½ cup oil

Tree Foods within this recipe:



Pomegranate



Cloves



Cinnamon

Instructions:

- Put the bindi (uncut okra) in a bowl and allow it to soak. Then after a while wash it then cut. However if the okra is cut do not wash it as it doesn't come out the same.
- Leave it to dry and drain the water.
- Cut off the heads and tails, and split it through the middle. Check if it is clean (if it is black then throw it away as there is a bug in it) and then cut it into inch-sized pieces.
- In an ovenproof tray spread out the cut okra then put the tray in a preheated oven at 150°C for 5 minutes.
- Meanwhile just cut the onions up into long strands.
- In a very large saucepan add the oil and then light brown the onions. Add the tomato and spices and cook for 5 minutes. Add the okra. Stir well for a while. Add the coriander. Put the lid on for 10 minutes.
- You should find that it is ready now. Serve hot, with rotis (chapattis)

9 Khari by Tabassam Aziz

Ingredients

Pakora:

- 1 cup Gram flour
- 1 tsp Garam Masala
- ½ tsp Red chili powder
- 2 small onions (thinly sliced)
- 5 cups water
- ½ tsp Asafoetida
- 1 tsp salt
- 1 tsp coriander seed
- 1 tbsp Green chili
- 1 tsp Ajwain seeds
- 1 tsp Cumin
- Oil for frying

Khari:

- ½ tsp Garam Masala
- ¼ cup Gram flour
- ½ tsp Ground Ginger
- ½ tsp Red chili powder
- ½ tsp Turmeric
- 2 cup natural yoghurt
- 1 tsp salt

Tarka:

- Ghee or Oil for frying
- 1 tsp Zeera (cumin)
- 1 small onion (thinly sliced)

Tree
Foods
within
this
recipe:



Cloves



Cinnamon

Instructions:

- Place the gram flour in a bowl and stir in the spices. Gradually blend in the yoghurt. To make the pakoras, mix together the gram flour, garam masala, red chili, green chili, coriander seeds, onion and salt, oil and water, and blend to a smooth batter. Heat the oil in a deep pan over a medium-high heat. Fry tablespoons of the batter until golden brown on both sides.
- Heat the oil in a saucepan and add the cumin seed and fry for a few seconds, then pour in the yoghurt and gram flour mixture and half the water. Bring to the boil stirring. Then add the fried pakoras and remaining water. Bring to the boil, simmer for 30 minutes.
- Prepare the tarka. Heat the ghee or oil in a frying pan and fry the zeera for a few seconds. Add onion and fry until golden brown.
- Serve hot with chapatti or with plain rice.

Desserts



10 Halwa Recipe (Semolina Pudding) by Maqsuda

Ingredients

1 cup semolina

1 ¼ cup sugar

½ pack of butter

4 green cardamom

4 cups water

Splash of milk

Nuts such as almonds, pistachios
and coconut

Tree
Foods
within
this
recipe:



Almonds



Pistachios



Coconut

Instructions:

- Melt butter over a medium heat.
- Take seeds out of cardamom and add to butter.
- Add semolina and cook until golden brown.
- Add milk and cook, stirring throughout. When adding the milk, lumps will form. Flatten them out with the spoon.
- Add boiling water to sugar and add to semolina mixture over a low heat, constantly stirring.
- Increase the heat and cook until the water has been absorbed.
- Halwa is now ready to serve. Garnish of chopped almonds, pistachios, coconut and raisins can be added.

11 Traditional Bread and Butter Pudding

Ingredients

300ml double cream
450 ml half-fat milk
1 tsp vanilla essence
6 large egg yolks
75g golden caster sugar
6 slices white bread
50g unsalted butter
25g sultanas
25g currants
Ground nutmeg

Tree
Foods
within
this
recipe:



Ground
nutmeg

Instructions:

- Place the cream, milk and vanilla essence into a saucepan and bring almost to the boil. Whisk together the egg yolks and sugar until pale. Then gradually pour in the warm cream mixture, whisking as you pour.
- Remove the crusts from the bread. Spread each slice generously with butter. Then cut in half diagonally. Grease an ovenproof dish and place some of the bread slices in the bottom. Sprinkle with some of the sultanas and currants. Continue layering up the bread and fruit.
- Pour the warm custard through a fine sieve onto the bread and sprinkle with the ground nutmeg. Place the dish in a bain marie (a roasting tin half-filled with hot water).
- Bake for about 45 minutes, until the pudding is lightly set. Serve warm.

12 Carrot Halwa by Alisha

Ingredients

2lb carrots, grated

2 ½ cups milk

1 cup sugar

4 tbsp ghee

½ blanched almonds, halved

¼ cup pistachios, halved

1 tsp ground cardamom

1 cup khoya (milk powder)

Tree
Foods
within
this
recipe:



Almonds



Pistachios

Instructions:

- Place the carrots and milk in a heavy based pan and bring to the boil, over a high heat. Reduce the heat to medium and simmer until all the milk has been absorbed, stirring occasionally.
- Add the sugar and continue to simmer until the liquid has been absorbed.
- Pour in the ghee and cook gently for 10 minutes.
- Stir in the nuts, khoya and cardamom. Simmer for 5 minutes.
- Serve hot or cold.

13 Spiced fruits in a yoghurt cream

chosen by Simi Chowdhry from Indian Everyday by Anjum Anand

Ingredients

4 portions of prepared fruits such as apple, pear, plum, peach, apricot, pineapple, mango, lychee, papaya, orange, grape, pomegranate, melon.

Flaked almonds, toasted, to serve.

Syrup:

80g jaggery (which can be made from the sap of the date palm) or 3-4 tbsp soft brown sugar to taste

400ml cold water

3 green cardamom pods, lightly pounded to open

2 brown cardamom pods, lightly pounded to open

3 inch cinnamon stick

3 cloves

1 inch fresh ginger

2-3 drops rose essence

2-3 black peppercorns

Tree Foods within this recipe:



Apple



Pear



Lychee



Cinnamon



Cloves

Tree
Foods
within
this
recipe:



Mango



Pomegranate



Date palm
sap



Papaya



Orange

Instructions:

- Place all the ingredients for the syrup in a small saucepan and stir over a low heat until the sugar completely dissolves. Bring to the boil, then simmer for 10 minutes or until thickened and syrupy. Pour straight over the prepared fruit.
- Garnish with the nuts and serve with sweetened yoghurt cream.

14 Cardamom Tea by Alisha

Ingredients

2 cups water
6 cardamom pods
1 cup milk
4 tsp sugar
½ cinnamon stick
2 tea bags

Tree
Foods
within
this
recipe:



Cinnamon

Instructions:

- Put the water, cardamom pods and cinnamon stick in a pan. Bring to the boil, then simmer for 5 minutes.
- Add the tea, return to the boil and boil for 2 minutes.
- Stir in the milk and sugar. Remove from the heat, strain and serve immediately.