



FROM THE PLATES OF REFUGEES

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Jakarta, 20 June 2022

World Refugee Day

On this special day we commemorate 2022 World Refugee Day. UNHCR is pleased to share a compilation of recipes coming straight from the plates of refugees in Indonesia. The recipes originate from different corners of the world and like any other recipe book the aim is to unite around a table and enjoy a tasty meal.

The World Refugee Day this year is commemorated under the theme “Right to Seek Safety”. Indonesia is a country which has given access to its territory to people who have been forced to flee conflict, persecution or human rights violation. In this region, Indonesia has for many years set an example for its humanitarian principles and have not shut its door as we have seen it in other parts of the region and the world. There are more than 13,100 refugees from some 50 countries of origin currently living in Indonesia. They live in Indonesian communities and contribute to the area where they live. They can contribute more if we allow them.

This recipe book includes several traditional dishes from various countries in the world that you – until now - might not have associated with exciting culinary experiences: Afghanistan, Myanmar, Palestine, Iraq, Somalia, Iran, Uganda and Sri Lanka. The refugees cooked the dishes and shared the food with their Indonesian friends in Medan, Pekanbaru, Batam, Jakarta and Makassar.

This friendship, the sharing between refugees and local communities, gives a deeper meaning to this year’s theme around Safety. Refugees’ safety is multifaceted and cannot be achieved with one action alone. Indonesians’ solidarity with the refugees gives refugees a sense of security. The welcome they might feel give warmth and reassurance to the refugee children, women and men. The friendships give hope and bring renewed energy and diversity to the communities.

We hope that this recipe book can be a memorable token to commemorate the special World Refugee Day this year. And we hope that you will enjoy trying the dishes while remembering that solidarity with refugees is an important contribution to the advancement of our world.

Ann Maymann

UNHCR Representative in Indonesia

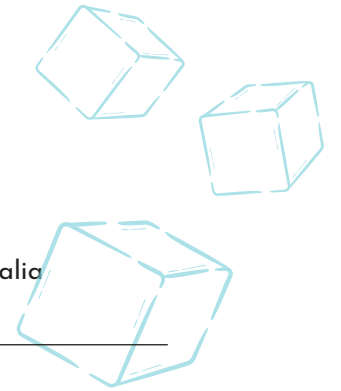


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ICUN

by Zainab and Shamsoo, refugees from Somalia



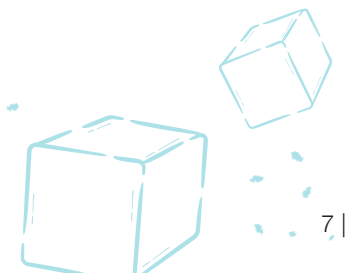
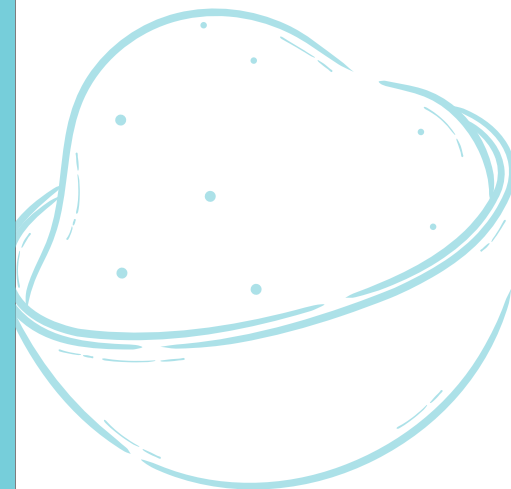
Ingredients:

- 250 ml of unsalted butter
- 150 grams powdered sugar
- 250 grams all-purpose flour
- ½ tablespoon ground cardamom
- ½ tablespoon vanilla
- Food coloring (red, blue, yellow, etc)



How to Cook:

1. Place the butter in the bowl of a mixer.
2. Add the powdered sugar and beat for 7 minutes until the colour of the mixture becomes very light.
3. Add the flour and mix.
4. Add vanilla and the ground cardamom.
5. Mix for 3 minutes and then refrigerate the dough for 1 hour.
6. Bake in a preheated oven for 18 to 20 minutes.



SAMBOOSA

by Zainab and Shamsoo, refugees from Somalia



Ingredients:

Dough

- 3 cups all-purpose flour
- 2 cups warm water
- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour

Filling

- 1 kg ground beef
- 1 onion, chopped thin
- 5 cloves of garlic, minced
- 1 tablespoon salt
- ½ tablespoon cumin
- ¼ teaspoon black pepper
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon ground cloves
- ¼ teaspoon ground cinnamon
- ⅓ cup fresh cilantro chopped finely
- Vegetable oil for frying



How to Cook:

1. Add the flour to a large mixing bowl and slowly add in the water and oil, kneading as you go. Do this until all of the liquids have been added. If too dry, add a small amount more water. If too moist, add more flour.
2. Form the dough into a ball and knead on a flour-dusted surface for an additional 10 minutes.
3. Place the ball of dough back into the bowl and cover.
4. Meat Filling: Place ground beef, onion and garlic in a skillet and cook over medium heat until no pink remains. Drain of any liquids and then put the mixture in a medium mixing bowl. Add the remainder of the filling ingredients and combine well.
5. Divide the dough into some balls. Roll each ball out into a thin circle. Slice that circle in half, roll out each dough to shape triangle form.
6. Working with one triangle at a time, lightly brush the edges of the wrapper with water. Fold the long side of the triangle in half, pinching the edge to seal and form a little cup.
7. Place a generous tablespoon of the meat mixture into the cup, then pull the open flap of the wrapper over the cup, pressing to seal. As each samboosa is finished, place it on the baking sheet. When the sheet is full, cover the samboosa with another piece of parchment paper and continue layering with finished samboosa.
8. Heat the vegetable oil, until it is well-heated.
9. Cook, 2-4 at a time around 2 minutes on each side to achieve a golden-brown color.

ROTIFERA

by Rohana, Rohingya refugee



Ingredients:

- 2kg rice flour
- 1,5kg beef, chopped
- ½ kg shallot
- ¼ kg garlic
- An inch of ginger
- ½ kg tomatoes
- 5 tablespoons masala powder
- 5 tablespoons turmeric powder
- Salt to taste
- ¼ tablespoon of Ajinomoto
- 1 ounce of coriander leaves
- ½ kg oil
- Bird chili, as desired

How to Make the Roti:

Mix rice flour and salt together, then knead with water little by little until the texture is not too dry, but not too sticky. If too sticky, add a little amount flour. Make small balls from the dough and then roll each ball evenly using a rolling pin. Then sear the flattened dough on a pan.

How to Make the Kari:

Pour oil to a cooking pot, then add shallot, garlic, tomatoes, masala and turmeric powder, as well as Ajinomoto. Add the beef and coriander leaves at the end. Cook until the beef is done.

GUSSO SALON

by Nur, Rohingya refugee



Ingredients:

- 1kg unfrozen, preferably fresh, beef, cut it in small squares
- ½ kg small potatoes
- 5 onions, chopped
- Cinnamon as long as your index finger
- 4 cloves of garlic
- 4 cloves
- Ginger as big as your thumb
- 3 stars of anise
- ½ cup of oil
- Salt to taste
- 1 tablespoon ajinomoto
- 1 ½ half tablespoon masala powder
- 1 tablespoon turmeric powder
- Coriander as garnish
- 1/2 glass of water
- 2 tablespoons mashed chili or adjust as you need

How to Cook:

1. In the pot, mix together meat, oil, onion, garlic, ginger, masala powder, chili, clove, star anise, salt, ajinomoto, turmeric powder and cinnamon.
2. Mix it on medium heat for around 20 minutes until the ingredients bring its pleasant aroma.
3. Meanwhile boil the potatoes separately until they are softened.
4. When the ingredients are ready, add the boiled potato and glass of water, then boil them together for 25- 30 minutes.
5. Put the coriander as garnish on top, or any other garnish of your preference.



AFGHANI PULAO RICE

by Ahmadi, refugee from Afghanistan

Ingredients:

For the stock (Yakhni)

- 800g mutton, with bone
- 8 cloves of garlic
- 1 black cardamom pod
- 8 green cardamom pods
- 1 tablespoon coriander seeds
- 1 tablespoon whole black pepper corns
- 1 tablespoon cumin seeds
- 5 cloves
- 2 bay leaves
- 1 large cinnamon stick
- 2 tablespoons salt, or to taste

For the rice


- 2 medium onions, sliced
- 600g sella rice
- 1 tablespoon cumin seeds
- Oil, to fry the onions

For the carrot topping

- 2 medium sized carrots, julienne cut
- 1 big handful raisins or sultanas
- 1 big handful nuts, lightly crushed (pistachios, or any will do)
- 2 tablespoons sugar
- Oil, for frying



How to Cook:

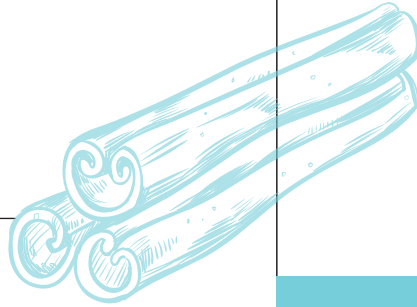
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1. Add all the ingredients for the yakhni to a pot and cover with enough water to submerge all the meat. Bring to a boil and then cover, simmering for 1.5-2hrs, until the meat is tender but not falling off the bone. Keep checking and once at 1.5 hours, check if it is ready for serving.
 2. Meanwhile, in a pan heat 3-4 tablespoons of oil and add your julienne-cut carrots. Sauté these on medium heat for 5 minutes, till they are tender and then add the raisins. Cook for an additional 5 minutes, till the raisins begin to swell up.
 3. Finally, add 2 tablespoons of sugar, the lightly crushed nuts and cook for just a minute. Turn off the heat.
 4. Take a clean sheet of aluminium foil and place the carrot mixture with all the oil onto it. Fold tightly around the edges into a parcel shape. Set aside.
 5. When the mutton is tender, strain out the liquid stock using a strainer and discard the whole spices. Reserve the stock.
 6. In a heavy based pot, heat 4-5 tablespoons of oil and add 3 thinly sliced small onions and 1 tablespoon cumin seeds. Sauté this on medium-high heat till the onions become lightly brown. The darker the onions become, the darker the rice will be. You can sauté the onions longer if you prefer darker shade of Kabuli rice.
Once the onions are to your desired colour, add the mutton from the stock. Sauté for another 5-8 minutes.
 7. Add the rice, stock and top up with water if required. My rule of thumb for Pilau is to have enough water (half of index finger).
 8. Cook on high heat till the water begins to boil and then reduces, until there is very little water left in the pot. Stir once or twice using a 'panja spoon', being careful not to break any rice pieces.
 9. At this point, reduce the heat to the lowest possible, add the foil parcel full of the carrot mix and cover with a lid wrapped with a tea towel. Allow it to steam like this for 10-15 minutes.
 10. To serve, plate the rice on a rice platter, add the chunks of mutton so they are at the top, on full display and scatter with raisins, nuts and carrots from the foil parcel.





KHORESHT GHEYMEH BADEMJOON

by Munirah, refugee from Iran



Ingredients:

- 500 gr lamb stew, or any type of meat, cut
- 100 gr raw split peas
- 4-5 small shallots
- 3 tablespoons of tomato paste
- 2 potatoes
- 2 tablespoons of lemon juice
- ½ tablespoon cinnamon or 1 inch cinnamon bark
- 1 tablespoon turmeric powder
- ¾ eggplants (optional)
- Oil as needed

How to Cook:

- Boil the split peas
- Separately, fry the shallots until they are slightly golden
- Add the sliced meat and fry them together for 5 to 7 minutes
- Add boiled split peas into the meat
- Mix powder ingredients (cinnamon, turmeric), then add the tomato paste and mix them all for 2 to 3 minutes
- Add 2 glasses of water and the lemon juice, close the lid and let it cook for about 30-35 minutes on low heat
- Add salt and pepper to your liking

For the side:

Fry the potatoes and eggplants, put them on the top of the Khoreshht Gheymeh Bademjoon.



DOLMA

by Ahmed,
refugee from Iraq

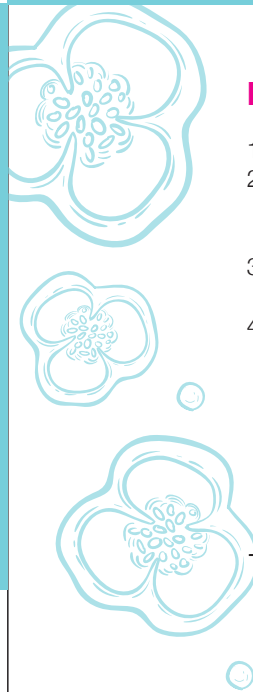


Ingredients:

- 1,5kg of rice
- 750g of lamb
- 1 kg of onions
- 100g celery
- 1 bulb of garlic
- Spices and salt
- 250 g of tomato sauce
- 4-5 tablespoons of pomegranate molasses
- 1,5kg chard or grape leaves
- 1kg of eggplants
- 1kg of tomatoes
- 500g of green pepper
- 500g of potatoes
- 125ml oil

How to Cook:

1. Wash the rice, soak in water, and rinse it.
2. Chop all ingredients (lamb, onions, garlic, tomatoes, celery, spices, tomato sauce, chopped potatoes and pomegranate molasses) and add to the rice.
3. Mix all of the ingredients very well, add enough amount of salt and lemon juice.
4. For stuffing, you may choose one among these options: chard, eggplants, onions, ring peppers. Once you have identified your vegetable of choice, stuff it with the ingredients then add them in a deep pot with adequate amount of tomato sauce diluted with water.



MATOOKE (GREEN BANANA) KATOOGO

by Farida, refugee from Uganda

Ingredients:

- 3 tablespoons of cooking oil
- ½ kg banana
- ½ kg beef
- 1 onion
- 2 tomatoes
- 1 tablespoon ginger (smashed)
- 1 tablespoon garlic (smashed)
- 1 tablespoon Royco
- 1 tablespoon green pepper
- 1 tablespoon yellow pepper
- 1 tablespoon tomato paste
- 1 tablespoon curry powder
- 2 cups of water
- Salt to taste



How to Cook:

1. Put the beef in a pan with a small amount of water, boil for 15 minutes until the water runs out.
2. Pour 3 spoons of oil to the pan and cook. Mix ingredients together (tomato, ginger, garlic, onion, green and yellow pepper) and blend in the blender.
3. Mix the ingredients with beef in the pan, and continue cooking for 10 minutes, then add the tomato paste. Mix 2 cups of water and boil for another 5 minutes.
4. Peel the banana and mix them into the pan, then add curry powder and Royco.
5. Continue to cook for 20 minutes until the banana turns soft. Lastly add a little of salt and boil for 5 minutes.
6. Tips: salt should be added at the end, otherwise it will prevent the banana from turning soft.



MAQLUBA

by Ghassan and Meser, refugees from Palestine

Ingredients:

- 1 kg of beef, cut into cubes.
- 2 sweet potatoes, sliced.
- 2 cups of rice
- 2 eggplants, sliced.
- 2 pcs onion, chopped.
- 1 onion, sliced.
- ½ teaspoon of ground cardamom.
- ½ teaspoon of ground cinnamon.
- Bay leaf.
- ½ teaspoon of turmeric.
- Beef broth.
- Vegetable oil.
- Salt and pepper.
- Pine nuts and nuts for garnish



How to Cook:

- Wash the eggplants well and cut it into slices, sprinkle with salt and leave for 15 minutes.
- Bring a saucepan and put it on the fire, then put a little vegetable oil in it for two minutes, add the beef and leave until it changes color.
- Add 2 chopped onions to the pan, keep stirring.
- Add the spices (cardamom, cinnamon, turmeric, salt, pepper and bay leaf) in the pan.
- Add water to the previous mixture, and leave it on a medium heat until fully cooked.
- Fry the eggplants with generous amount of oil, then place the eggplants on kitchen paper to strain the oil.
- Fry the slices of potato with the same oil until half fried, remove the potatoes from heat and drain the oil.
- Fry the sliced onion with the same oil, until it turns golden, remove from heat and drain the oil.
- Soak the washed rice in water for 10 minutes, then drain the water.
- Take a cooking pot, pour two tablespoons of oil in, then place the sliced eggplants in the pot side by side. Then put the sliced potatoes on top of the eggplants.
- Arrange the sliced onion on top of the potatoes, then place the cooked beef on top.
- Place another layer of eggplants on top of the meat.
- Put the rice in the last layer.
- Add the beef broth that you boiled at the start, and you can add water if needed.
- Be careful adding the broth gradually so you don't spoil the layers.
- Leave the layers on medium heat until cooked.
- When done, take a large serving tray and carefully turn it upside down.
- You can add the pine nuts and nuts on top of the dish for final touch.

FRIED FISH IRAQI AND RED RICE

by Jnan, refugee from Iraq



Ingredients:

- 2 cups of rice
- 1 kg fish (any fish)
- 1 onion
- 2 lemons
- 2 tablespoons of tomato paste
- 1 tablespoon salt
- ½ tablespoon of turmeric powder
- Oil as needed

For salad:
Cucumber, Tomato, Vinegar,
Salt and Sugar



How to Cook:

For Red Rice:

Fry the onions with oil until they turn golden
Add the tomato paste to the onions for two minutes, then add the rice and two glasses of water
Put in low heat and put on the lid

For Fish:

Warm the oil then add turmeric powder
Fry the fish in the oil until it gets a crispy texture

For Salad:

Cut the cucumbers and tomatoes in small pieces then add vinegar, salt and sugar for a richer taste

PUTTU AND SAMBAL

by Thanalaxmy, refugees from Sri Lanka

Puttu is a famous and mainly served for breakfast and dinner in Sri Lanka. Side dishes can vary, it tastes different with different side dishes and you should try it with all curries.

Ingredients:

Ingredients for Puttu:

- 2 ½ cups all-purpose flour
- 1 ½ cups water
- 1 teaspoon salt
- ½ cup grated coconut

Ingredients for Sambal:

- 1 cup grated coconut
- 10 dried red chili
- 4-5 medium sized shallots
- Curry leaves (small amount)
- ½ teaspoon tamarind paste
- Salt to taste

How to Cook:

For Puttu

1. Steam cook all-purpose flour for 30 minutes. Allow it to cool for 5- 10 minutes, then using a food processor grind it to have the texture of powder.
2. Use strainer to sieve flour and repeat the process until the whole flour become fine.
3. In a large mixing bowl, add 2 ½ cups of sieved flour, add salt and water. Then mix using a wooden spatula.
4. When the dough is warm enough, mix using your hand and form balls with the dough.
5. Put the dough in a flat-bottomed bowl, mix until you get granulated consistency (you may use stainless cup with sharp edges to mash the dough until mixed evenly)
6. Now heat water in puttu mold. Add the dough as the first layer, and then add a tablespoon of grated coconut on top. Repeat the layers until the mold is full.
7. Steam cook for 10 minutes, and remove carefully.

For Sambal

1. In one or two drops of oil, roast the chilies roasted evenly. Keep stirring to avoid burning.
2. Allow it to cool and then using grinder, grind the roasted chili until it has the texture of powder.
3. Add grated coconut, chili powder, curry leaves and tamarind paste, then mix with food processor.
4. Finally add salt and shallots into the mixture and mix again.
5. Transfer to a bowl and enjoy with puttu.


Tips:

If your dough for puttu turned too watery don't worry, add some flour. Some suggestion for side dish: chicken gravy, fish curry, chickpeas curry, or simply sugar.





UGANDAN FRIED RICE



by Farida, refugee from Uganda



Ingredients:

- 2 cups of Basmati rice
- ½ kg beef
- 6 cardamoms
- 6 cloves
- 4 stars of anise
- 4 sticks of cinnamon
- 3 tablespoons of cumin seeds
- 7 seeds blackpeppers
- 1 tablespoon of minced garlic
- 1 tablespoon of minced ginger
- Salt to taste
- ¼ cup of oil
- 2 onions

How to Cook:

1. Soak the ingredients (cardamom, cloves, anise, cumin seed and cinnamon) in enough water for 30 minutes.
 2. Put the beef in the pan, add garlic, salt to taste and some water to cook. Make sure at the end you still have the soup remain.
 3. In a separate pan, add ¼ cup of cooking oil and 2 onions, cook for 1 minute until the onions turn golden brown.
 4. Add the spices that was soaked in water, add the beef and salt, cook for 5 minutes. Add water so that the mixture is not sticky.
 5. Add rice and more water to allow boiling, cook until water runs out.
 6. Then continue cooking on low heat.
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Special contribution from Chef Haryo Pramoe in Indonesia on World Refugee Day

CHEF HARYO'S SIGNATURE LAMB FRIED RICE

Ingredients:

- 500 gr lamb meat, thinly sliced or cut into small squares (according to taste)
- 500 gr cooked rice (rice preferably cooked the day before)
- 150 g butter
- 2 cm Cinnamon
- 1 sheet bay leaf

Ground spices:

- 10 cloves of red onion
- 8 cloves of garlic
- 6 red chilies
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon cumin powder
- 8 cloves, crushed
- 8 cardamom seeds, mashed
- Sweet Soy Sauce, to taste
- Salt to taste

History of Indonesian lamb fried rice cuisine: This Indonesian dish is influenced by three major cultures, namely Arabic culture, Chinese culture and Malay culture. The three cultures are mixed because Indonesia during the colonial era was known as a world transit port. The spice trade took place in the Banten region of West Java in the 16th century.

How to Cook:

- Heat butter in a frying pan, add cinnamon, bay leaf, and ground spices and sauté until fragrant.
- Add the lamb into it, then stir until the spices are evenly distributed.
- Add water, let it simmer until the lamb meat is cooked and the broth is slightly thickened.
- Put the rice and sweet soy sauce and salt into it, stir until evenly mixed and the rice is slightly dry.
- Ready to be served with pickles and emping chips.

I hope you enjoy the meal.

Chef Haryo Pramoe
