

Meet Me Recipes



at
Made In Hackney



Cannellini, Spinach & Leek Soup

INGREDIENTS

- 1 leek finely sliced
- 2 garlic cloves finely chopped
- Handful of kale or spinach
- 1 carrot diced
- 2 cans of cannellini beans
- Salt & pepper
- 500ml stock
- Olive oil



4 servings



50 minutes

INSTRUCTIONS

- Prepare ingredients.
- Pour some olive oil into a sauce pan and add the leeks, cook them on a low heat until soft and reduced by half.
- Add garlic, carrot and kale and cook for 5 minutes.
- Add beans and stock and simmer for 30 minutes until creamy.
- Add water if too thick.
- Season with salt and pepper
- Roughly blend if you like it thicker.





Spelt Flatbread

INGREDIENTS

- 500g spelt flour
- 1tsp baking powder
- 1tsp salt
- 60ml olive oil
- 300ml lukewarm water



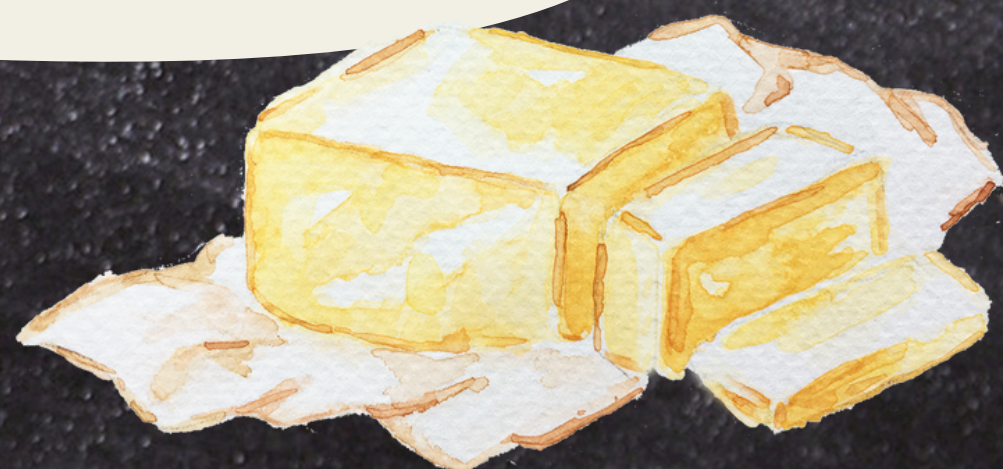
4 servings



45 minutes

INSTRUCTIONS

- Place flour in a large bowl and stir in baking powder and salt. Add the oil and most of the water. Mix, gradually adding the rest of the water until you have picked up all of the flour and formed a dough. You may not need to add all of the water.
- Turn the dough out onto a clean surface and knead for 5 minutes until smooth and elastic. Only add flour if too sticky.
- Cover the dough with a clean tea towel and rest for 15 minutes.
- Divide the dough into 8 balls.
- Roll the balls out into thin circles (8in wide).
- Place a large frying pan over medium heat and brush with some oil.
- Once hot, place dough in pan and cook for 1-2min either side until brown spots appear and it has puffed up.
- Flip the bread over and cook the other side until browned.
- Repeat for all balls of dough.



History of soup: Dates back to 20,000 BC. People started cooking broths once mud was discovered and clay pots made to boil vegetables.

The word soup derives from the Latin word 'suppa', which refers to bread soaked in broth

There was a lot of excitement amongst the members while conversation about cooking started to form. It was clear that everyone shared the same love for food and had plenty of memories from childhood and their working lives to share.

Made In Hackney



We all piled into the surprisingly spacious (Tardis like) hall where we were welcomed by our teacher and two lovely volunteers who gave us a warm introduction to the community-based space.

“Made in Hackney is all about teaching people how to cook food that is not only healthy for your body but is healthy for the planet.”

“We’re plant based as you know, no dairy, no meat, but we cook really really tasty food.”

Firstly, we made the dough. We were each given a bowl of ingredients alongside some oil and water which we mixed together to form a ball. It was then left to rest.

It was lovely to observe the members getting stuck in and helping each other out. Pauline was the first to rescue Jeanie's dough from the puddle of water at the bottom of her bowl. Pauline explained she knew exactly what she was doing as she worked as a chef for the Royal Borough of Greenwich for many years. "As long as you did it, it's in you, you know" "and the more you made it the better it tastes".

Pauline also shared her experiences working in the factory where she "had to stretch the raw skins of the sheep and the weasels".



We are all provided with a chopping board, knife and a bowl of vegetables for the soup.

My recordings document the rhythmic actions and sounds of the peeling, chopping and placing of utensils.

Rita talks about her kidney and lentil soup she likes to make at home.



Jim shares memories of his mum cooking in the kitchen.

“I like all the things your mother used to make you know- stews”. Listing the ingredients “Carrots, onions...” One pot cooking, “its lovely”. He loves a stew, the meat that falls off the bone.

Jim explains that they used to know if a knife was sharp or not by cutting it on horse hair.

A conversation unfolds with Yvonne about her childhood. She talks about her magical adventures growing up in the countryside, foraging for berries and mushrooms in the fields and watching the many vegetables grown in their garden. The family then moved to London and opened ‘The homemade cake shop’ in Fulham. A story full of gratitude, ambition and success.





The dough is well rested and ready to split into eight pieces. We rolled them out into thin circles and cook them in a frying pan.



Finally, we all sat down with our very own flatbreads and soup.



The room was full of satisfaction, as the exchanging of stories came to a close and the clanking of spoons and bowls took over.

Everyone agreed that they will make this recipe again and conversation starts around the plant-based recipe. Most members decided they didn't miss the meat, while others spoke fondly of chicken soups or other varieties they make at home. Regardless of personal preference, it was good to be reminded of the positive impact plant-based cooking can have on both our health and the planet and how something so simple can be so delicious.



The ritual of cooking brought us all together and allowed the members to connect with each other on a deeper level. In some ways the day seemed like a guided meditation, with a therapeutic element to the process of making. It created a safe space for people to reflect on their lives and share special moments and memories in the familiar setting of a kitchen.