

THE FEARLESS OLIVE
REEMA ISLAM

Recipes from around the world



The year 2024 arrived with a sudden cold wave that called for the warmest dishes one can conjure. As we bid adieu to this cold weather and look forward to the yellows of spring, we take advantage of the chilly evenings for the last of this season's warm soups and pies.

A Fearless Olive version of the recipes and a personal favourite to brighten your dinner tables. Have a lovely week!

Moroccan Harira

The unofficial national soup of the country, it is easily available all over the region referred to as the Maghreb. Hearty with lentils, meat, vegetables and a silky, smooth texture.

Ingredients

1 large yellow onion diced
2 celery stalks, chopped
1 carrot, chopped
5-6 garlic cloves, diced
1 tsp ginger paste
2 tsp black pepper
1 heaped tsp turmeric
1 heaped tsp cumin
½ tsp ground cinnamon
½ tsp cayenne pepper
About 1.5 kg of crushed fresh tomatoes.
Add 3-4 tbsp canned tomato paste to give it a tangier, more authentic taste.
1 cup green lentils
1 cup red lentils

250g chickpeas soaked overnight
½ kg chopped beef/chicken (you may keep it meatless)
¼ cup long-grain rice
About half a cup olive oil and salt to your preferred taste

**Method**

Sautee the celery, carrots, and onions until glazed and softened. At this point add the garlic, and ginger and sauté for about 1-2 minutes until the kitchen is redolent with the smell of garlic. Add the masalas and cook for up to 3 minutes, then add the tomatoes and cook for another 2 minutes before adding the meat.

Cook it for up to 5 minutes until the meat is nicely seared and loses its raw odours. Add the lentils and chickpeas and either cook it at pressure for about 12-15 whistles or cook it on low heat for up to 45 minutes.

Once nearly done, add the rice and cook it for around 15 minutes. The rice should be cooked at this point. Add in chopped coriander and mint leaves and serve this hot or with a sprinkling of chilli flakes to add more heat.

Bolivian Humintas

This South American/Andean dish has been prepared for centuries. It was mentioned in texts from Peru dating from the 1600s so it can be assumed to be a local staple. Today's version is from Bolivia shared by

a local many years back during one of the Fearless Olive's escapades with cooks from around the world as part of the Cultural Cooks series.

Ingredients

4 large corns with husk
½ cup olive oil (you can alternate this with ¼ cup butter)
2 tbsp sugar
1 tsp baking soda
½ teaspoon of anise seeds, powdered
½ tsp of cinnamon powder
1 cup shredded cheese (use any white cheese, or queso fresco. I would suggest trying Dhaka Poneer if nothing else is available)
1 tbsp fresh ground chilli
Salt to taste

Method

Remove the husks from the corn and set aside for the filling. Now remove the cobs from the corn and grind them into a watery paste. In a bowl, mix this paste with the ingredients and allow them to be incorporated to form a consistency like a watery paste.

Now take the husk and fill them in with a tablespoon full of the mix and fold it like a packet (the largest and widest husk should go underneath and the smallest on top). Before closing the wrap, don't forget to sprinkle some cheese on top then wrap it up and tear a long strand of the corn husk to make a string.

In a pot of boiling water, place the humintas and let them cook for up to 1 hour. You can alternately bake them in a preheated oven of 120°C and cook them in a dish with about ½ inch water, for about 45 minutes. You can keep checking by opening the packets to see if the mixture is cooked. They form a moist cake which is sweet, savoury and spicy all together. Serve hot or even cold and can also be refrigerated.

By Reema Islam**Photo: Collected****GREEN CROSSROADS**
FAIZA AHMED

is an artist, sustainable fashion activist, owner of Manas, owner, food visionary and vegan chef at Shanchayita.



A delightful vegan recipe: Cabbage roll

(Serves 6-8 people)
Prep time: 30 minutes
Cook time: 30 minutes
Total time: 60 minutes

The cabbage rolls are packed with mushrooms, potatoes, and garlic simmered in mustard oil! This dish is low-carb, dairy-free, gluten-free, and vegan. It can be used as a side dish but is also filling enough as a main dish. Cabbage is in season right now



so you can find them locally grown at any market and superstore.

Ingredients

1 cabbage
4 cups boiling water
2 cups chopped button mushroom
1 tablespoon oil
2 tsp chopped garlic
½ cup cubed potato
1 tsp salt
1 teaspoon cashew dust
1 teaspoon chopped cilantro
2 finely chopped green chilli
1 teaspoon mustard oil for sauté rolls

Method

Place the cabbage head in a large pot of boiling water to soften the leaves. Drain and set in a colander to cool. Then remove several layers of the outer leaves of the cabbage. When boiling the cabbage to prepare for rolling, handle the leaves gently as they tear easily. To minimise this, after the cabbage has cooled, cut at the base and around the stem to release the



cabbage leaves.

Rehydrate the mushrooms, drain, chop, and slow cook for 5 minutes in a pinch of mustard oil and set aside.

In a medium skillet on medium-high heat, place the garlic, green chilli, boiled potato, sautéed mushrooms, and a pinch

of black pepper for a few minutes.

Now add in the cashew dust until everything is well combined.

Salt to taste and add freshly chopped cilantro.

This filling is ready for the roll now.

Scoop up about a tablespoon of stuffing into your cabbage leaf, fold the sides first and then roll. There will probably be some breakage. I used the torn leaves to close up any broken rolls. This will make approximately 12-15 rolls.

Once you have rolled up all your cabbage, sprinkle it with salt and pepper.

High heat a frying pan. Use mustard oil and fry a few rolls. Once you get a half-burned colour on the cabbage surface it is just ready to plate. Dip it in any of your favourite tomato gravy; it's fulfilling without any sauce!

Food & Photo: Faiza Ahmed