



A TASTE OF HOME

Recipes from refugees

Compiled by JRS Indonesia

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LUBIA

From Afghanistan

DIRECTIONS

1. Soak the kidney beans in plenty of water for 12 hours/overnight.
2. Boil the kidney beans for 75-90 minutes, until soft. The water might need to be changed in that time. Once cooked, drain and leave to one side.
3. Dice the onion, tomato and potato.
4. Fry the onion and garlic with salt until soft, then add the tomato.
5. In a separate pan, fry the potato in a little oil until golden, then add to the tomato mix.
6. Remove from the heat and add the kidney beans just before serving.
7. If using meat, cook separately and add before serving, or serve separately as desired.

INGREDIENTS

- 250g dried kidney beans
- 2 onions
- 1 bulb garlic
- 12 tomatoes
- Meat of choice (optional)



“I never tried to cook with my family, because my culture is so different.

But I liked joking and preparing food with my wife.

It’s cute, saying things like ‘sweetie, pass me the knife!’”

CHICKEN QURMA

From Afghanistan

DIRECTIONS

1. Dice the onion, fry in the oil on a medium temperature until soft and golden.
2. Add the chicken and stir until coated.
3. Blend the tomatoes, garlic and chilli. Then add to the pot immediately after chicken, stir again.
4. Add seasoning
5. Cover and cook for about 30 minutes. Start on a high heat until boiling, then reduce to a simmer.
6. Serve with bread for lunch or dinner

INGREDIENTS

- 150ml oil
- 3 onions
- 8 tomatoes
- 2 cloves garlic
- 5 green chillies
- 1kg chicken pieces

FRIED RICE (TAMINKYAW)

From Myanmar

DIRECTIONS

1. Soak the dried chickpeas for 12 hours in plenty of water.
2. Boil the rice and leave to cool before frying.
3. Finely dice the shallots and garlic. Heat the oil in a large pan and add the shallots and garlic, stir.
4. Once the shallots are golden, add the rice and stir again.
5. Slice the long green beans into bite size pieces and add to the pan, along with the turmeric for the colouring, stir again.
6. Add chilli as desired.
7. Add seasoning along with the eggs and stir until cooked.

INGREDIENTS

- 275g uncooked rice
- 250g dried chickpeas
- 6 red shallots
- 6 cloves garlic
- 100ml oil
- 300g long green beans
- 1tsp turmeric
- 6 eggs
- chilli (optional)

MOHINGA

From Myanmar

DIRECTIONS

1. Firstly, boil the catfish. Once cooked, remove the fish meat from the bones. Discard the bones and keep the fish to one side.
2. With a mortar and pestle, grind half of the red shallots, the garlic, chillies, and shrimp paste. Add seasoning and grind to a paste.
3. Heat the oil and add the paste.
4. Fry for about five minutes before adding the catfish, then cook for a further 20 minutes.
5. Finely cut the banana tree trunk into finger size pieces, wash then cover in the turmeric.
6. Place in boiling water and continue to boil until the pieces float at the top. Then add the remaining shallots whole. Cook for a further 20 minutes.
7. Add the catfish, fish sauce and garam masalah and simmer for 20 minutes.
8. To serve, divide the rice noodles into bowls and spoon the broth over.
9. Garnish with coriander leaves and chilli flakes.

INGREDIENTS

- 500g catfish (or similar)
- 500g red shallots
- 100g garlic
- 4 dried red chillies
- 1 stalk lemongrass
- 2 tsp shrimp paste
- 100ml oil
- 100g banana tree trunk
- 1tsp turmeric
- 4 tbsp fish sauce
- 1.5 tsp garam masala
- 600g cooked thin rice noodles
- Coriander leaves and chilli flakes, to garnish



“Mohinga is so difficult, but so delicious”

OMLETTE

From Afghanistan

DIRECTIONS

1. Blend or finely chop the tomato and chilli.
2. Fry until the liquid is gone and the tomato is concentrated.
3. For the eggs, either beat together before pouring into the pan, or break each egg into the pan separately.
4. Season with salt and pepper.
5. Turn to a low heat and cover the pan until cooked through.

INGREDIENTS

- 4 large tomatoes
- 4 green chillies
- 8 eggs
- 2tsp salt



SHURWA

From Iran

DIRECTIONS

1. Blend or finely chop the onions, garlic, chillies and tomato.
2. Fry in a little oil with the ground coriander and turmeric for about 10 minutes
3. While frying, peel the potatoes and cut into large chunks, along with the beef.
4. Add the potatoes and beef to the pot. Add enough water to cover the contents of the pot, stir and bring to the boil.
5. Once boiling, reduce the heat to a simmer and cook for around two hours until the potatoes are soft and meat is tender. Check regularly and add extra water if necessary.
6. Season with salt and pepper to taste before serving with bread.

INGREDIENTS

- 1-2 onions
- 4 cloves garlic
- 5 green birdseye chillies
- 500kg tomatoes
- 1 tbsp ground coriander
- 1/2 tbsp ground turmeric
- 500g stewing beef
- 2 potatoes

SALAD SHIRAZA

From Iran

DIRECTIONS

1. Finely chop the tomatoes, onion, cucumber, parsley and chilli, if using.
2. Juice the lemon and combine with olive oil, season with salt and pepper.
3. Mix the chopped vegetables with the dressing and serve as a side dish.

INGREDIENTS

- 11 cucumber
- 2 tomatoes
- 1 onion
- 1-2 chillies (optional)
- 1 lemon
- 2 tbsp. olive oil
- 4 tbsp fresh parsley



“In my country, you can find this in every house. We have thousands of different types of Torshi.”

TORSHI

From Iran

DIRECTIONS

1. Bake aubergines at 140°C for 20-30 minutes until soft.
2. Once, cool enough, remove skins.
3. Place in a strainer and add some salt. Leave overnight until the liquid has drained from the eggplant.
4. Finely chop the eggplant and boil in a little vinegar for 3-5 minutes.
5. Finely chop the herbs and add with salt and pepper to the eggplant after removing from the heat.
6. Place in a sterile jar and add vinegar until covered.
7. Store in a cool, dry place for around two months before opening.
8. Serve as a side dish.

INGREDIENTS

- 1kg eggplant
- 1 bulb garlic
- 250g fresh mixed herbs
- White vinegar

BREAD

From Afghanistan

DIRECTIONS

1. Mix together the ingredients and knead by hand for around 15 minutes. If it is too hard, add a little extra water.
2. Leave to rise overnight or for nine hours.
3. Divide into two and make into round loaves.
4. Pierce the top of the loaves all over with a fork.
5. Place on an oiled baking tray and bake for 2.5 hours at 160°C.

INGREDIENTS

- 1kg flour
- 1tsp salt
- 1/4 tsp yeast
- 200ml water



“This is just 1kg, but this was my job and I would make it with 100kg of flour in a very big bowl!”

SHIRBIRNJ

From Afghanistan

DIRECTIONS

1. Firstly, wash the rice in water.
2. Bring the milk to the boil in a large pot, and add the rice and sugar.
3. Cover with a lid and cook on a medium heat for 40-50 minutes, stirring occasionally.
4. Once the rice is very soft and the texture is thicker, it is ready to be served.
5. Add extra sugar to taste.

INGREDIENTS

- 2 litres milk
- 1kg rice
- 100g sugar



“This is my favourite, my mother makes it so well!”

Food has the incredible ability to transport us to a time, or a place, so far from our current reality. It can unite people, cross language barriers, give someone joy, give a cook something to be proud of, give the person eating a taste of a foreign land that they know so little of.

This recipe book came about because of that power of food. We recognised that food is not only a necessity of life, but also a key to fullness of life. This book is to celebrate the way we have seen food play a part in the lives of the refugees served by JRS Indonesia in Yogyakarta.

All of the featured recipes were collected from refugees that are served by JRS Indonesia. These refugees often welcome us to share lunch with them, and feed us until we couldn't eat another thing- so we thought it only fair we share some of their secrets!