

# LIMIN

COMMUNITY COOKING ZINE



# TABLE OF CONTENTS

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**01** INTENTION MAPPING

---

**02** PARTICIPANTS AND  
FACILITATORS

---

**03** RECIPES

---

**04** GROUP THOUGHTS

---

**05** WORKBOOK ACTIVITIES

---

# INTENTION MAPPING

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Limin is an intergenerational cooking program that creates more access to food and fosters food skills through recipes from the African diaspora. This program is specifically for African, Black, and Caribbean clients who want to connect with communities that share similar experiences. This program is based on the cookbook *Black Food*.



# PARTICIPANTS AND FACILITATORS

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Cilla (They/Them)



Middle (She/Her)



TD (They/Them)



Trene (She/Her)



Talin (They/Them)



Nishi (They/Them)



Charlton (He/Him)



Jamal (He/Him)



Najat (She/Her)



Purity (She/Her)

# RECIPES

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# JERK CHICKEN BREASTS WITH HONEY GARLIC SWEET POTATOES, GARDEN SALAD & FRIED PLANTAINS

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*By: Trene Sweeting*

## INGREDIENTS:

- 2 skinless boneless chicken breasts
- 2 Caribbean yams
- 1 ripe plantain
- 1 head of Romaine lettuce
- 1/2 of a cucumber
- 1 small carrot
- 1 small tomato
- 1 yellow onion
- 1 sweet pepper
- 1/2 cup of Jerk sauce (store bought)



## DIRECTIONS:

Season chicken breast with onion, sweet pepper, seasoning salt, minced garlic, black pepper & add jerk sauce and let sit for 30 mins to 1 hour.

## **DIRECTIONS CONT'D:**

Preheat oven to 365° and bake the marinated chicken covered for 45 mins then uncovered for another 20 mins or until browned.

Add diced yams to a baking sheet mix minced garlic in with yams and drizzle honey over each piece - bake uncovered until crispy.

Slice ripe plantains at an angle into 1/2 inch pieces. Sprinkle the plantain with a little bit of salt and then fry them in medium to low heated cooking oil for about 7 minutes each side. Drain on paper towel before serving.





# BLACKENED SALMON WITH PAN SEARED ASPARAGUS AND MUSHROOMS & GARLIC MASHED POTATOES

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By: *Trene Sweeting*

## INGREDIENTS:

- 1 salmon steak
- 6 asparagus
- 3 white cremini mushrooms (or your mushroom of choice)
- 4 red potatoes
- 1 dollop sour cream
- Seasoning salt

## DIRECTIONS:

Season salmon with seasoning salt, minced garlic, and black pepper and let sit for 30 mins to an hour.

Heat medium skillet to high heat add tablespoon of butter and let heat. Reduce heat to medium/low Fry salmon on both sides until done.

Add extra virgin olive oil to pan and heat- add washed and cut asparagus and mushrooms. Season with salt and black pepper to taste.



## **DIRECTIONS CONT'D:**

Boil potatoes until completely soft. Strain water and add to mixing bowl. Mash with fork to desired consistency. Add sour cream, green onion & garlic salt to taste. Place mash in the oven at 350° for 10-13 mins uncovered.



# BULGOGI WITH WHITE RICE AND SWEET CARROTS

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*By: Trene Sweeting*

## INGREDIENTS:

- 1lb of ribeye or top sirloin steak
- 1/4 cup of soy sauce
- 1/3 cup of sugar
- 3 cloves of garlic minced
- 1 tablespoon of red pepper flakes
- 1 tablespoon of ginger
- 3 green onions
- 1/2 a yellow onion
- 2 tablespoons of sesame seed oil
- 3 carrots (steamed)
- 2 cups of Jasmine rice



## DIRECTIONS:

Add sliced beef, minced garlic, minced ginger, 2 tablespoons sesame seed oil, 1/4 cup of soy sauce, 1/3 cup of white sugar, red chili flakes, and chopped green onions to a bowl mix & let sit overnight.

Heat pan with generous sesame seed oil to high, add white and green onions to pan, let simmer. After 3 mins add marinated beef and sauce to pan, cook at medium heat until sauce thickens, and beef is cooked through.

# LIMIN FRUTATA

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*By: Charlton Jones*

## **INGREDIENTS:**

- 1/2 banana sliced
- 3 grapes
- 2 strawberries
- 1 diced mango slice
- 3 blueberries
- 100 g / 3.5 oz strawberry

## **DIRECTIONS:**

Chill martini glass with yogurt, then add fruits to the mix and serve.



# BREAK YUH FAST

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*By: Charlton Jones*

## INGREDIENTS:

- 8 thinly cut cucumber slices
- 2 eggs
- Italian herbs
- (1) 100 g / 3.5 oz avocado (sliced)
- (1) 123 grams / 4.3 oz tomato (sliced)
- Pinch black pepper & salt
- 1 stalk scallion (chopped)
- 2 chopped bacon strips
- 1 tbsp / 0.5 oz olive oil
- 1 sliced natural cheddar



## DIRECTIONS:

Break eggs and add black pepper, herbs and salt, scallion and bacon strips. Mix well and add to preheated skillet with oil. Gently toss for approximately 30 seconds -

## **DIRECTIONS CONT'D:**

add cheese slice and remove from flame.

Add tomato and cucumber slices to skillet and settle for 30 seconds before flipping on the other side. Remove from flame and add to plate with eggs. Add avocado slices and serve.



# VEGAN GNOCCHI FOR THE SOUL

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By: *Cilla Williams*

## INGREDIENTS:

- 2 tablespoons olive oil or butter
- 2 or 4 vegan Italian sausages sliced, I used Gusta Italiana
- 4 or more cloves garlic, minced
- 1/2 cup (for more sauce use 1 cup) vegetable broth/ or vegan chicken broth
- 1 can full fat coconut milk
- 2 teaspoons or more (to taste) of fresh lemon juice
- 2 teaspoon dried basil
- 2 teaspoon dried oregano
- 1 teaspoon Italian herbs
- 1 teaspoon black pepper



## **INGREDIENTS CONT'D:**

- Salt to taste throughout cooking
- 2 tablespoon nutritional yeast
- 1 or 2 teaspoons pesto
- 1/3 cup mini tomatoes
- 1 pound/pack uncooked gnocchi, the dry packaged kind
- 2 cups loosely packed baby spinach
- Vegan parmesan for garnish, optional,
- Chopped fresh basil for garnish, optional

## **DIRECTIONS:**

In a large skillet, sauté the vegan sausage over medium-high heat, until browned (or slightly crispy).

Add the garlic and cook, until brown.

Pour in the vegetable broth, add all dry seasonings and cook until aromatic.

Add coconut milk and tomatoes and stir well.

Add lemon juice, pesto, gnocchi and stir well.

On medium heat, cook for 9 minutes, stirring occasionally (lower heat if necessary). Add salt + pepper to taste, and stir in the spinach.



## **DIRECTIONS CONT'D:**

Cook for another 1-2 minutes, until the spinach has wilted.

Sprinkle over top with vegan parmesan. optional. At this point, the gnocchi should be cooked through but not mushy, and the sauce thickened somewhat. Cook an additional minute or two if necessary.



# VEGAN GRIOT TACOS

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*By: Cilla Williams*

## PART 1

### INGREDIENTS:

- Green seasoning
- 1-2 medium yellow onion, rough chopped
- 1 bunch scallion / green onion
- 1/2 yellow bell pepper
- 1/2 green bell pepper
- 6-8 garlic cloves
- 2 tbsp fresh thyme leaves
- 1/2 or 1 scotch bonnet
- 1/3 cup lime juice
- Salt to taste
- 1 tsp crushed clove or 6 cloves



## **INGREDIENTS CONT'D:**

- 1 tsp all purpose Caribbean seasoning
- olive oil
- \*Smashed avocados seasoned to your liking or mild guac SAVE FOR THE END

## **DIRECTIONS:**

Place all ingredients in food processor and blend. While blending, stream in enough olive oil to smooth.

## **PART 2**

### **INGREDIENTS:**

- 2 cups shredded cabbage
- 1 large carrot
- 1 cup bell pepper (green, orange, red)
- 1 onion
- 2 scallions
- 1 or 2 scotch bonnet peppers
- 4 cloves garlic
- 1 teaspoon salt
- 12-14 peppercorns
- 2 cups vinegar
- 1/2 lime juice

## **INGREDIENTS CONT'D:**

- \*4 cloves (traditionally used)
- Shred all the ingredients finely and combine together in jar and keep in fridge
- Griot ingredients
- 1 large can or 2 small pre-packaged jackfruit, fully rinsed and sectioned
- 4 tbsp of green seasoning
- onion powder, 2 tsp
- garlic powder, 2 tsp
- salt, to taste
- Equal parts flour and cornstarch

## **DIRECTIONS:**

1. Combine all ingredients and leave out flour and cornstarch In large pot or large pan preheat oil for frying
2. In a separate bowl, mix together the cornstarch and flour
3. Coat the jackfruit in the flour mixture on all sides
4. transfer the jackfruit to the oil carefully. Avoid splatter so you do not get burn.
5. Deep fried to golden brown set a slide on paper towel or rack

## **PART 3**

### **INGREDIENTS:**

- 2 plantains green or slightly yellow
- 3 tbsp salt
- 2 cups warm water
- \*Limes and extra water + bowl to clean plantain

### **DIRECTIONS:**

1. In a medium bowl, add the warm water and salt. Stir and set aside.
2. Cut and peel plantains. I recommend cleaning the plantains with water and lime. Use the lime to rub off the stickiness. Once cleaned, cut the plantains thick diagonally.
3. In a skillet, heat oil over medium-high heat until shimmering.
4. Working in batches to avoid crowding, add plantain slices to skillet
5. Turning plantains, until golden on both sides and just turning brown at the edges. As they brown, transfer them to paper towels to drain.
6. On a chopping board, using a plate with oil on cutting board and plate pressing the plantains flat but not too thin, leave some thickness

## **DIRECTIONS CONT'D:**

7. Dip flattened plantains in the salt water for 30 seconds or less and fry the rounds again for about 1 minute on each side, until crispy and golden brown
8. Place Bannann peze on plates and spoon the smashed avocados on top and top with Griot and Pickles and ENJOY!



# UGALI

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*By: Purity Mwaura*

## **INGREDIENTS:**

- 500g beef
- 500g chopped sukumawiki (kale)
- 3 tomatoes
- 1 green onion
- 3 tablespoons of Vegetable oil
- Salt
- Irish potatoes
- 1 tsp Curry powder

For Ugali:

- 3 cups of water
- 1 and a half cup of cornmeal



## **DIRECTIONS:**

Heat the 2tsp of oil in a deep pot and add the diced onions, garlic and curry powder and stir.

Add the beef and beef cubes into the mixture.

## **DIRECTIONS CONT'D:**

Add salt, pepper, potatoes and tomatoes and stir

Pour water, stir, and leave it to simmer for 30-40 minutes.

Add coriander leaves and stir.

## **UGALI**

Bring the water and salt to a boil in a heavy-bottomed saucepan. Stir in the cornmeal slowly, letting it fall through the fingers of your hand.

Reduce heat to medium-low and continue stirring regularly, smashing any lumps with a spoon, until the mush pulls away from the sides of the pot and becomes very thick, about 10 minutes.

Remove from heat and allow to cool somewhat.

Place the ugali into a large serving bowl. Wet your hands with water, form a ball and serve.

Enjoy one of the best Kenyan recipes. Yummers:)



# CORNMEAL PORRIDGE

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*By: TD*

## **INGREDIENTS:**

- 1 cup fine yellow cornmeal
- 3 cups of water
- 1 cup milk
- 1/4 teaspoon nutmeg
- sugar to taste or fat-free condensed milk
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 3 tablespoons fat-free condensed milk or sugar to taste
- 1 teaspoon vanilla extract



## **DIRECTIONS:**

- Mix cornmeal in 1 cup water.
- Bring the remainder of water and milk to boil and stir in cornmeal and salt.

## **DIRECTIONS CONT'D:**

- Cook for about 10-12 mins.
- Add nutmeg, cinnamon, and vanilla.
- Sweeten with condensed milk to taste
- Serve hot.



# CORN SOUP

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By: *Limin Group*

## INGREDIENTS:

- 1 cup corn kernels  
115g
- $\frac{3}{4}$  cup presoaked  
split peas drained  
(115g)
- 1 medium sweet  
potato chopped
- 1 red pepper chopped
- 1 cup pumpkin  
chopped (135g)
- 1 medium carrot  
chopped
- 2 celery stalks sliced
- 1 small onion chopped
- 2 chives scallion, sliced
- 4 garlic cloves chopped finely
- $\frac{1}{4}$  of cilantro/coriander
- 4 sprigs of thyme stems removed
- 1 teaspoon black pepper
- 1 can of coconut milk 400ml
- 3 cups of vegetable stock 300ml
- 3 cups warm water 300ml
- 1 scotch bonnet (or pepper of your choice)



## **INGREDIENTS CONT'D:**

- 2 tablespoon coconut oil
- Pink salt to taste
- To make the dumpling
- 1 cup of gluten free flour 125g
- ½ cup of warm water 125ml
- ¼ teaspoon of pink salt

## **DIRECTIONS:**

- Melt the coconut oil on medium heat.
- Proceed to saute the onion, chives, garlic and celery until soft and translucent.
- Add the split peas, red bell peppers, sweet potato then stir and season with thyme, cilantro, black pepper and pink salt to taste.
- Cook for 2-3 minutes until fragrant. Pour in the vegetable stock along with the warm water
- Bring the pot to a boil, reduce the heat to medium-low then cover with lid and simmer for 30 minutes until the split peas are soft (they should be easy to smash with a fork or spoon).
- Remove the lid then use an immersion stick blender to puree the entire contents in the pot.
- Pour in the coconut milk, ears of corn, corn kernels, carrots, pumpkin and pepper.

## **DIRECTIONS CONT'D:**

- Make the dumplings by placing the flour and pink salt in a medium sized bowl
- Pour the water, in intervals, into the bowl while kneading the flour and water into a large dough ball
- Pinch off a small piece of dough and roll it in the palm of your hands to create a long (spinner) dumpling
- Repeat and lower each dumpling into the pot of soup.
- Once added continue to simmer for a further 20 minutes.
- Remove the pepper before serving



# TAKE YOUR TIME-ARIND SAUCE

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*By: Limin Group*

## INGREDIENTS:

- 1 1/2 cups sour tamarinds, shelled
- 2 + 1 cup of water as needed
- 2 tablespoons brown sugar
- 1 pinch of salt
- 2 cloves garlic, crushed
- 1 scotch bonnet (de-seeded to reduce heat if needed)
- 2 leaves of chadon beni (cilantro)



## DIRECTIONS:

- Remove veins from tamarind as best as you can
- In mortar mash together pepper, garlic, and chadon beni (cilantro)

## **DIRECTIONS CONT'D:**

- Run water over tamarind to wash off any loose shells that may have stuck on
- Add cleaned tamarind to saucepan
- Add 2 cups water to tamarind and leave to boil on a low boil
- Let boil for 20 mins, till tamarind starts to separate from seeds. (This takes some patience)
- Keep adding water if needed.
- Use a potato masher to help pulp separate
- Remove seeds
- Add water if needed to the consistency you want. You want it not too thick and also not too watery
- Add mashed spices to tamarind
- Add sugar
- Mix together
- Add more sugar and/or water if needed.
- Leave the sauce to cool
- Store in an airtight container in the fridge

# GREEN BANANA PORIDGE

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*By: Limin Group*

## **INGREDIENTS:**

- 3 medium green bananas, peeled
- 1 cup coconut milk
- 1/2 teaspoon salt
- 3 cups water
- 1/2 cup organic brown sugar, or coconut sugar
- 1 teaspoon vanilla
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground allspice/pimento



## **DIRECTIONS:**

Peel green bananas and roughly chop. place in a blender along with coconut milk and salt. Process in a high-speed blender until creamy.

Bring water to boil in a large saucepan on -



## **DIRECTIONS:**

medium-high, slowly pour in the banana mixture while whisking constantly to prevent banana porridge from turning lumpy.

Bring porridge to a boil and reduce heat to simmer for 15 minutes. Add sugar, spices, stir and serve!

*What's green banana?*



# PEANUT PORIDGE

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*By: Limin Group*

## **INGREDIENTS:**

- 1 cup of raw peanuts blanched or redskin
- ½ cup of ground oats gluten free if sensitive to trace
- 1 teaspoon of vanilla extract or powder
- 1 ½ cups of coconut milk
- 1 teaspoon of nutmeg
- 1 teaspoon of cinnamon
- 1 ½ cup of boiling water
- pinch of salt.
- condensed coconut milk to taste



## **DIRECTIONS:**

1. Blend the peanuts in water on high speed until completely ground.
2. Pour the liquid into a saucepan along with the coconut milk and allow to boil then reduce to low heat
3. While stirring, add the ground oats in increments (don't add it all at once) until all of it is in the saucepan and combined
4. Once the peanut mixture starts to thicken stir in the vanilla, cinnamon, nutmeg and salt.
5. When everything has been incorporated, allow to simmer for a further 5-10 minutes, stirring throughout, if the porridge thickens up too much simply add a splash of water
6. Finally sweeten with sweetener of your choice to taste
7. Serve HOT.

# GROUP THOUGHTS

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# I BE BLACK QUEER...

*By limin group*

I be Black queer, frying my plantain while listening to  
The Read podcast in the morning

I be Black queer, connecting with earth and being free

I be Black Queer, creating my own path being the light  
I dreamed of

I be Black queer, with my Afro hair, living lavish in  
gratitude that I was born this complexion

I be black Queer with my black beautiful coolie hair

I be black Queer when I wake up and say my prayer

I be Black queer, running to the other end of the room  
as I laugh

I be Black queer, choosing myself

I be Black Queer, when my presence isn't wanted

I be Black queer, arguing with my birth family about  
women's rights at Christmas dinner

I be Black queer, in defiance of everything I was taught to believe

I be Black queer, in teaching those around me that were raised like me

I be Black queer, imperfect & still deserving of love

I be Black queer, unsure, unafraid & unabashed

I be Black queer, posing up in church auntie wigs for Halloween, making light of our trauma

I be Black queer, naturally setting the standard and changing community for the better

I be Black queer, giving myself and my loved ones the love, peace and understanding we've always deserved

I be Black queer, observing and understanding my surroundings and reassuring myself of sheer power, poise and awesomeness

I be Black queer, with changing my hair colour as often as I'd love to

I be Black queer, not dimming my light to make others comfortable

# SOMETHING I KNOW...

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*By: Limin group*

Something I know about my food...being from a landlocked country (Ethiopia), we don't eat a lot of seafood because of access

Something I want to know about my food is more about the Indigenous recipes because I am from that group

Something I want others to know about my food is Ethiopian food has many vegan options for people who are vegan/vegetarian

Something I know about my food is that Jamaican foods incorporate a lot of spices and flavors...soups on Saturday evenings and rice and peas and chicken on Sundays are traditional and an expectation. Breadfruit is described as bread-like in texture and taste and was brought to Jamaica by Cpt. Blythe and ackee are described as resembling scrambled eggs and originate from Africa and comprise the national dish.

Something I want to know about my food is how to prepare foods from the Caribbean/ Africa that I don't eat but, in a way, delightful to the palates.

Something I want others to know about my food - You can test the limits and make it your own and adapt it to your needs

Something I know about my food is that there are limited options with Caribbean vegan food, you must be creative.

Something I know about my food is, it makes me feel connected to the people who came before me

Something I want to know about my food- learn more about roots and herbs used in foods & and more vegetarian options

Something I want others to know about my food is it is for the soul

Something I know about my food...it makes my heart smile

Something I want others to know about my food...It's not only good for the body, it's great to the Soul



Something I know about my food is it brings me joy  
Something I want to know about my food - More information on nutritional value of each ingredient and spice

Something I want others to know about my food is it is NOT a trend

Something I want to know about my food is where the staples of my food come from

Something I want others to know about my food - not every hot pepper sauce is jerk

Something I know about my food is it's long lasting and resourceful



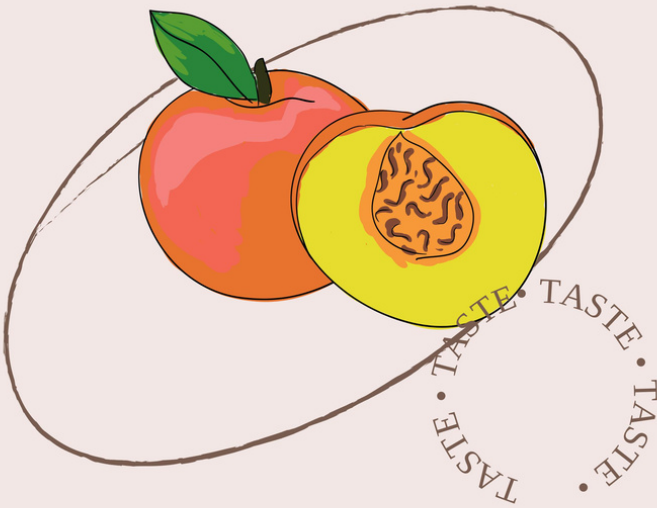
# WORKBOOK ACTIVITY

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*By: Basmah Ahmed*

*My Life's Menu*

NARRATIVE EXERCISE



NARRATIVE EXERCISE BY  
BASMAH AHMED

MODIFIED EXERCISE FROM  
[WWW.WHATISPTSD.COM](http://WWW.WHATISPTSD.COM)

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# Goal

Your goal with the My Life's Recipe – A Narrative Exercise is to begin creating emotional distance from your past so that you can become reflective in order to gain perspective on your life as a whole. This is a storytelling outline that helps you organize life events and gain self-compassion, without going too deeply into the memories. It also helps us envision the future.

# Time-out

Always reflect on your inner state and notice if you need a break from the exercise to find your inner calm.

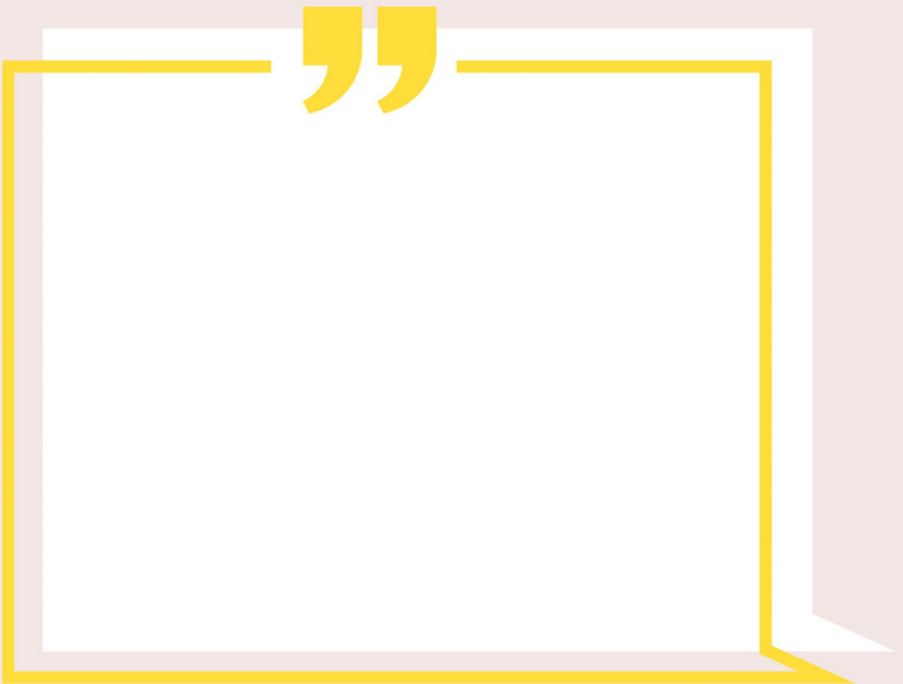
A good way to practice this is through movement, you can do an exercise where you lift up your hands and wiggle your fingers. Get up and walk. Practice self-compassion when it feels heavy.

# Path to complete

Recounting your story is important for creating coherent episodes from chaotic events. This helps you re-establish a sense of identity as well as gaining some control over feelings of helplessness. We all have complicated lives but few of us take the time to truly know our-selves and so are left with a sense of uncertainty. This exercise opens the door to knowing and appreciating ourselves more deeply. The idea is not to add more than seven to ten words for any food name, recipe, or ingredient – or for the section, Into the Future. This keeps the exercise more reflective and less emotional, so we can really take over the role of being our own Wise Counsel.

## My Life's Menu

Write the name of your menu below: Think about food that represents you - your story, who you are and who you are becoming



A large, empty rectangular box with a thick yellow border and a white background. At the top center of the box, there is a large, stylized yellow quotation mark. The box is designed for the user to write the name of their menu.

# What's on the menu?

Write out a minimum of six Life Menu Items below that represent significant life stages and events. For each piece of Food, write out one line to describe the food and the memories it brings (i.e., 1. Fried Okra – My family life included me and my family doing things together that weren't always the most exciting but we still did them together



- 1.**
- 2.**
- 3.**
- 4.**
- 5.**
- 6.**

# Into the future

What do you hope the final course looks like? What would be the last menu item you'd want your life to taste like? What would the texture and taste be, what would be its colours?



# MY NOTES

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# sherbourne

## HEALTH

Zine design and format by Harmeet Rehal  
[harmeet-rehal.com](http://harmeet-rehal.com)  
[@Harmeetrehal](https://www.instagram.com/Harmeetrehal) (Instagram)