



St Albans Bishop's Harvest Appeal 2024

**Cook authentic Sri Lankan food
with these recipes from Reverend
Joshua and raise money for people
affected by leprosy**



**Each month Reverend
Joshua invites people
affected by leprosy to a
community meal at his
home.**

**His passion for food
started in his childhood,
when his family fled the
civil war. Living in a
jungle with no income,
they learned to live off
the land.**

**It was here that Reverend
Joshua heard from God
and found his calling to
feed the hungry.**

**Now Rev Joshua
teaches communities
how important nutrition
is in building immunity
and fighting leprosy.**

**By bringing your
community together to
enjoy these recipes, you
can help people
affected by leprosy to
grow the food they need
to enjoy good health
and make a living.**



Coconut curry with black rice

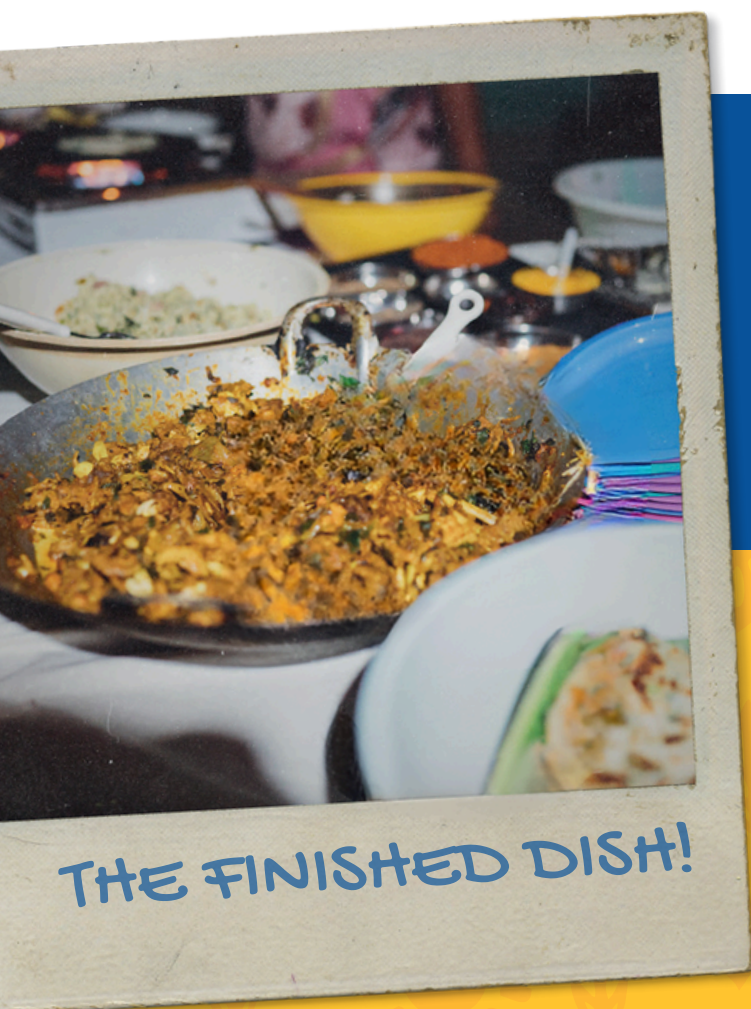
Serves 4 people

Ingredients

- 1 tbsp vegetable oil
- 500g chicken (or tofu)
- 2 red onions
- 4 garlic cloves
- 200g leafy greens
- 250g cassava (or potato)
- 1/2 tsp mustard seeds
- 2 tsp chilli powder
- 2 tsp turmeric
- 1 fresh green chilli (deseeded) a handful of curry leaves (optional)
- 400ml coconut milk
- 100g black rice (although any variety is fine)

Method

- Grate the cassava or potato.
- Crush the garlic & chop the onions.
- Heat the oil in a frying pan and stir in the cassava.
- Add the onions and garlic and stir until soft. Add the leafy greens and stir in the chicken.
- Add the mustard seeds, chilli powder and turmeric.
- Add the green chilli and curry leaves.
- Add the coconut milk, bring to the boil and leave to simmer.
- In the meantime, rinse the rice and place in a saucepan with 500ml boiling water and a pinch of salt. Simmer for 25-30 mins.
- Add the rice and curry to a bowl and enjoy!



DID YOU KNOW...

That black rice is one of the healthiest forms of rice? The colour comes from anthocyanins, a group of plant pigments that have powerful antioxidant and anti-inflammatory properties. These anthocyanins have even been shown to have anticancer properties. You can find black rice (also known as forbidden rice) at most large supermarkets in the world food aisle.

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**Find out more
or make a donation at:**

**[leprosymission.org.uk/
harvestappeal24](http://leprosymission.org.uk/harvestappeal24)**

Pumpkin and beef stew

Serves 15 people

Ingredients

- Coconut oil
- 1 kg beef, chopped small
- 1 kg pumpkin
- 1 cup/240g coconut milk
- Gongura or sorrel leaves
- Chopped onion
- Chopped garlic
- Curry leaves
- 1 tbs cumin seed
- 1 tbs mustard seed,
- 1 tbs fenugreek
- 1 tbs chili powder
- 1 tbs turmeric powder

Method

- Wash and peel the pumpkin.
- Heat the oil in a frying pan and add the mustard, fenugreek, cumin seeds and curry leaves.
- Add onion and garlic, and fry well.
- Add the pumpkin and cook for 15 minutes until softened.
- Add the beef and mix well.
- Add the chili and turmeric powder, and mix.
- Cook for 10-15 minutes over a low flame.
- Add the coconut milk and simmer until reduced.
- Serve warm with rice or bread.



DID YOU KNOW...

The main ingredients of this recipe are highly nutritious foods that are generally available in our local area. Gongura leaves contain a high amount of nutrition but only need a little water to grow. They are also known as 'jungle leaves' and can thrive in various environments and any season. The use of these leaves has fallen over time. However, in the past, people used to incorporate these leaves much more in their meals and dishes.

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Beetroot dessert

Serves 10 people

Ingredients

- 1kg beetroot, to make 1 cup/240g beetroot juice and 250g dried beetroot
- 250g cassava
- 1 cup/240g of coconut milk
- 250g sugar

Method

- Wash and peel the beetroot and cassava.
- Squeeze the beetroot to make 1 cup/240g of beetroot juice. Keep the dried out beetroot as you will need it later.
- Chop the cassava into small pieces.
- Cook until the cassava becomes sauce.
- Add the beetroot juice, and stir well.
- Add the coconut milk and sugar, and stir well.
- Add the dried beetroot and mix well.
- Serve warm.



DID YOU KNOW...

Combining cassava and beetroot creates a nutritious dessert. Cassava is easily available and cost-effective in Sri Lanka, flourishing with minimal water resources. It effectively absorbs CO₂ and enriches the soil with nitrogen, making it a vital component for soil health. Planting cassava essentially nurtures the soil!

Beetroot is renowned for supporting the production of healthy red blood cells. It is particularly beneficial in treating anemia, especially in women.

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