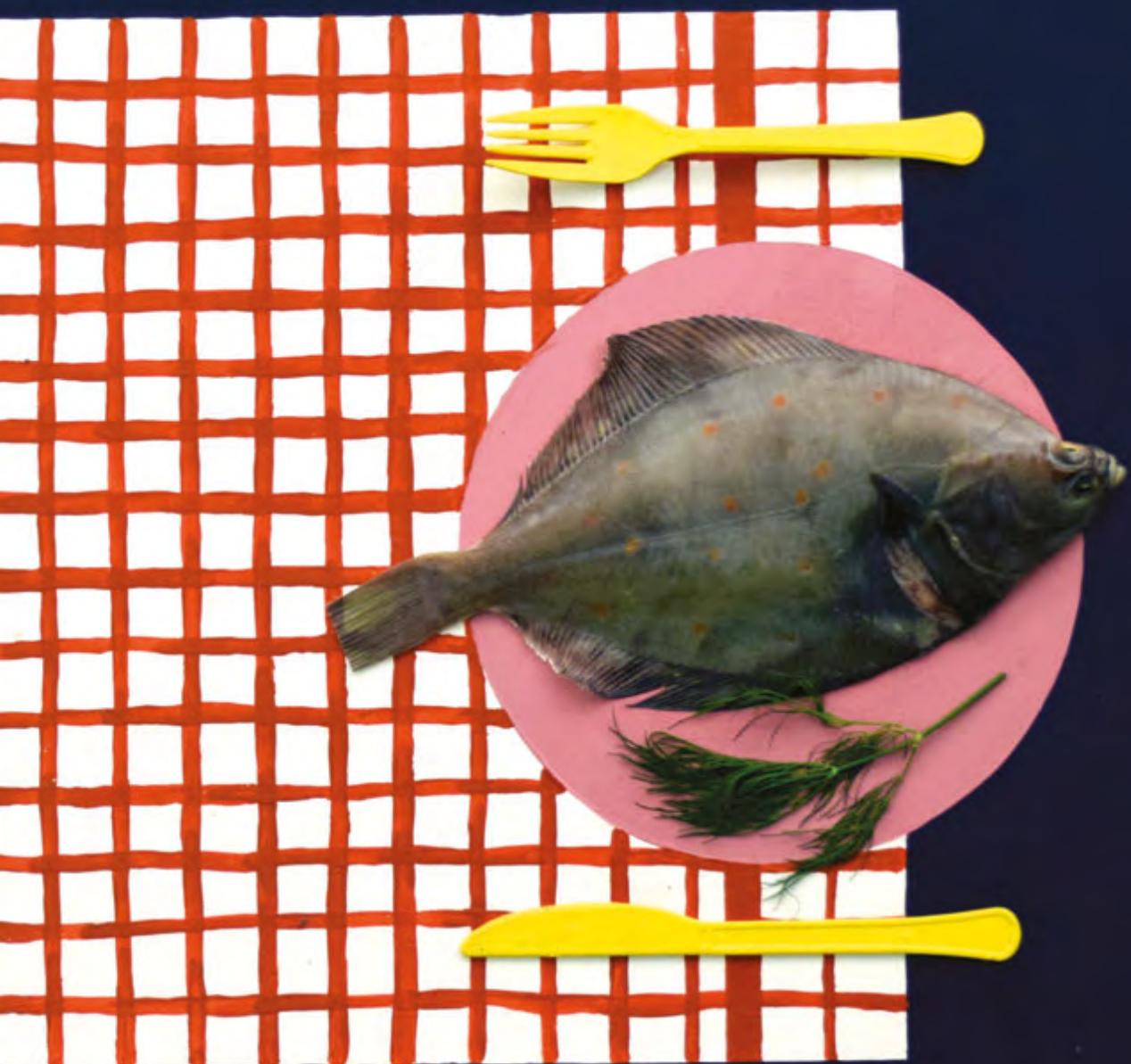


# CAMBERWELL COOKBOOK

CAMBERWELL  
**ARTS**  
EST. 1994



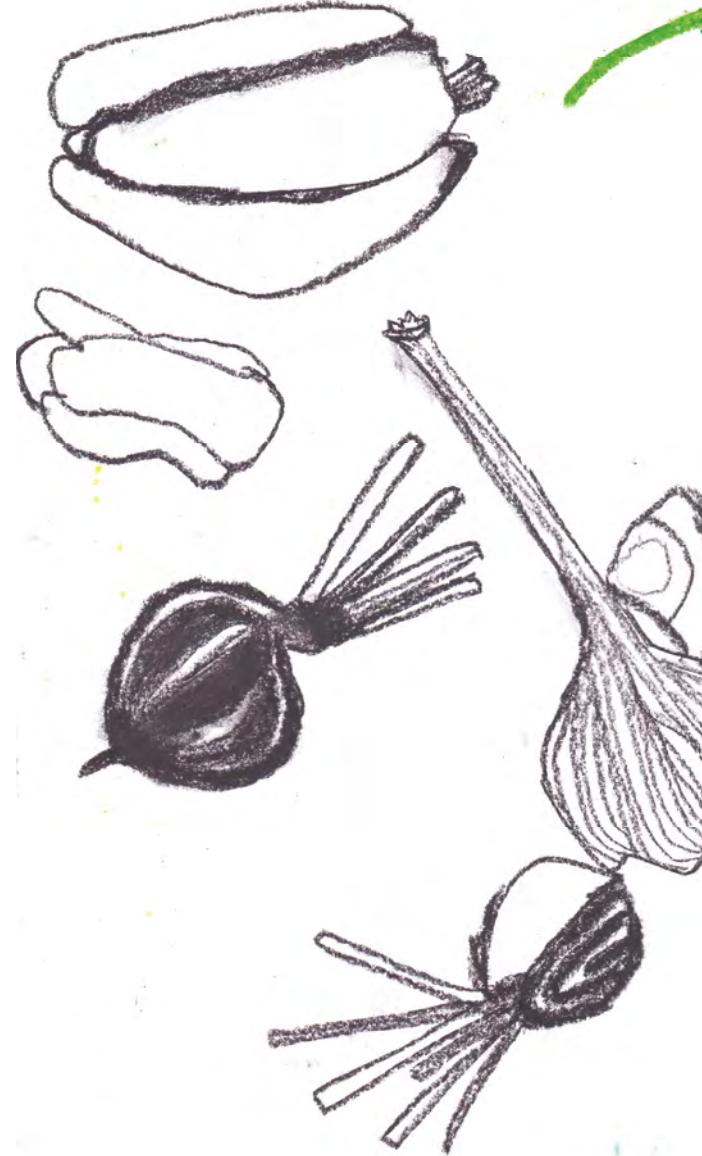
Welcome to the Camberwell Community Cookbook: a world of eating from one eclectic London neighbourhood.

Inside you'll find Cypriot stews, Swedish sweets and Nigerian porridge as well as chefs' secrets, hot tips and spicy sauces. There are family recipes passed down through generations, free food foraged from our urban hedgerows, exotic ingredients locally sourced and honey from Camberwell's very own bees. It will lead you to hidden gardens, community cooking projects and award-winning restaurants on your doorstep.

Dishing up recipes, stories and art from the kitchens of Camberwell, we hope this book will inspire you to get cooking, discover new culinary treasures and share them with your family, friends and neighbours.

[www.camberwellarts.org.uk](http://www.camberwellarts.org.uk)

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## Ginger bread

Take 4 quarts of fine flower and a pound of sweet butter and half an ounce of ginger and as much pepper beaten and half a quarter a pint of rose water and as much sack and a spoon fulls of Tryacle rub your butter into your flower mix & rest and make it into a stiff past when cakes are upon moulds prick them very thick sweep the oven very clean & roll the oven before you put them in and bake them very dry you may mix your flower at first w curvie and corriander Seed or corangers mix your flower at first

## Short bread

Take 2 pounds of butter and put it in a pan w water and let it be al boiling then take a peck of flower with a mulchkin of good barn and knead it up and roll your cake and

# FEAST ON CAMBERWELL

Camberwell has been a foodie destination from 1279 onwards, when the feast day of our patron saint, St. Giles, brought visitors from near and far to the notorious Camberwell Fair. We've picked out some edible history highlights to bring you good things to eat that have something to say about Camberwell!



IMAGE SOUTH LONDON ART GALLERY  
COLLECTION AND LONDON BOROUGH  
OF SOUTHWARK

## Gingerbread and Pickled Whelks: the Foods of Camberwell Fair in the 19th Century

WORDS BY ANNA MAZZOLA

Every August, going back to the Middle Ages, a festival had been held at Camberwell Green. By the early 19th century, Camberwell Fair was attracting huge crowds: labourers, servants, clerks and factory-workers travelled on omnibuses from the City for a welcome day out. They came for the spectacles – Richardson's Theatre, the musicians and acrobats, the peep-shows and freak shows – but they also came for the company, the liquor, and the food.

Stalls selling gingerbread, cherries, penny pies and brandy-snaps lined the Green and men and women pushed their way through the throng carrying baskets of spice cakes, ham sandwiches, oranges and spiced nuts. An article from 1844 described how the roadside was, ‘lined with stalls where oysters, “wilks” [whelks], trotters, pickled salmon, fried plaice and halfpenny toys were offered for sale with eager vociferation.’

Not everyone thought fair food was delicious, however. French illustrator Paul Gavarni, writing in 1849 of his travels to London, was horrified to find, ‘effervescent drinks, like dirty soap-suds and carbonic acid mixed together – eels in different states of cookery, pickled, stewed, and in pies – strangely indigestible lumps of pudding, studded at uncertain intervals with black lumps, presumed to be plums – masses of cold fried fish, liberally peppered with dust; and dreadful oysters as large as soup-plates’.

Nor was everyone impressed with the amount of drink consumed and the accompanying levels of sin. A variety of tipples would have been on offer: port wine, rum shrub, mugs of ale, half-quaterns of gin and peppermint. The result was ‘hideous vice’ and ‘unblushing beastliness’. A preacher tried to save people from the

beastliness – intercepting them on the road to Camberwell Fair and warning them of, ‘the danger and the great evil that they will meet with at such places.’ His warnings went unheeded, however: ‘None turned back; all went on their way to the fair.’

A rather more literal (and food-related) danger flared up in 1807, in connection with a magician who claimed to be descended from the magi of Persia, and to profess, ‘the highest veneration for the Greubes or worshippers of fire’. During the finale of his show, in which a puppet Lucifer dragged a puppet Napoleon Buonaparte down to the fires of hell, ‘an unlucky boy blew up a sausage-pan in the rear of the magician’s booth, and Buonaparte’s catastrophe was attended by real fire, for the flames, in consequence of the explosion, caught the hangings of the booth, and the disciple of Zoroaster found himself enclosed by the element he so much admired.’ Fortunately, the fire was extinguished without injury, but the magician had to begin the show again from the beginning, amidst the ashes.

As the century progressed and the crowds grew ever larger and unrulier, calls for Camberwell Fair to be abolished were repeated with increasing regularity. In 1855, a committee of locals finally succeeded in having the Fair declared illegal, arguing that it had become the site of gross debauchery. However, in 2015 the Fair began again, supported by – amongst others – Camberwell Arts Festival. This year the fair will take place on the Camberwell side of Burgess Park, so as to allow an increased capacity. And, presumably, more debauchery.

Anna Mazzola's debut novel, *The Unseeing*, will be published in July 2016. The *Unseeing* is based on a real murder in Camberwell in 1836 and includes a scene at Camberwell Fair.  
[www.annamazzola.com](http://www.annamazzola.com)

## HOMEMADE LEMONADE

CUISINE: EUROPEAN  
PREP: 15 MINS (PLUS ALLOW FOR COOLING TIME)  
SERVES 4

4 lemons, roughly chopped  
140g of caster sugar  
1 litre of water

### METHOD

- 1 Using a vegetable peeler, thinly peel the zest from the lemons, leaving as much white pith behind as possible
- 2 Squeeze the juice from the lemons
- 3 Place the zest, lemon juice and sugar in a large heatproof jug
- 4 Pour in 600ml of boiling water and stir until the sugar has totally dissolved
- 5 Cover, and leave to cool completely. Stir and taste to check the sweetness, adding a little more sugar if it needs it
- 6 Strain through a fairly coarse sieve, as it's nice if some of the lemon remains
- 7 Pour it into bottles, using sterilised corks, then chill thoroughly
- 8 Serve the lemonade with lots of ice and lemon slices or mint for garnish



ILLUSTRATION BY ELENI PAPAZOGLOU

*"R White's lemonade used to be made close to where I grew up so it's got a real Camberwell connection"*

## CAMBERWELL CARROT CAKE

PREP: 20-30 MINS  
COOK: 1HR 15 MINS

450ml vegetable oil  
400g plain flour  
2 teaspoon bicarbonate soda  
550g of sugar  
5 free-range eggs  
½ teaspoon salt  
2½ teaspoon ground cinnamon  
525g grated carrots  
150g chopped walnuts

FOR THE ICING  
200g cream cheese  
150g caster sugar  
100g softened butter

### METHOD

- 1 Preheat the oven to 160°C or 325°F. Grease and line a 26cm/10in spring form cake tin. Mix all of the ingredients for the cake – excluding the carrots and walnuts – together in a bowl until well combined
- 2 Once mixed, gently stir in the carrots and walnuts and spoon the mixture into the tin and bake for 1 hr 15 minutes – or until a skewer inserted into the middle comes out clean
- 3 Remove the cake from the oven and set aside to cool for 10 minutes, then carefully remove the cake from the tin and set aside on a cooling rack to cool completely
- 4 Meanwhile make the icing by beating the cream cheese, caster sugar and butter together in a bowl until fluffy
- 5 Spread the icing over the top of the cooled cake with a palette knife

*"In homage to the legendary Camberwell Carrot"*

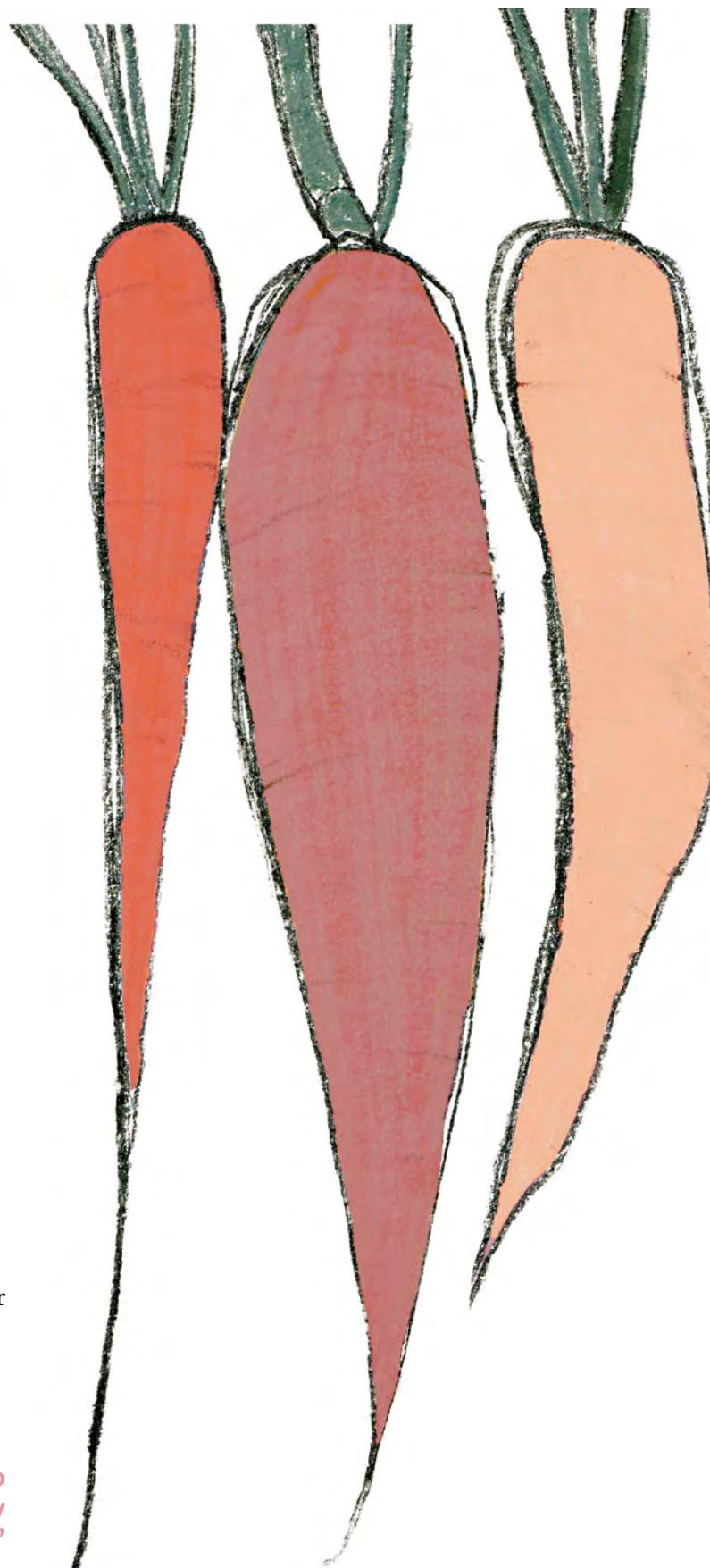


ILLUSTRATION BY ROSALIND WILSON

# CAMBERWELL GREENS

CUISINE: ITALIAN  
PREP: 5 MINS  
COOK: 5 MINS  
SERVES 4 AS SIDE DISH

6 handfuls of mixed greens, leaves and herbs  
olive oil  
2 garlic cloves, peeled and sliced  
sea salt  
freshly ground black pepper  
extra virgin olive oil  
1 lemon – juiced

## METHOD

- 1** Blanch tougher leaves, such as cabbage and chard, in a pot of salted boiling water
- 2** Pour a generous amount of olive oil into a large frying pan and add the sliced garlic. As soon as it starts to brown, throw in your salad leaves followed by your blanched leaves
- 3** Cook on a medium heat for about 4-5 minutes
- 4** Add the herbs and cook for a further minute
- 5** Remove from the heat and season carefully to taste with salt and pepper, some good-quality extra virgin olive oil and enough lemon juice to give it a little kick



# PASTÉIS DE NATA (CUSTARD TARTS)

CUISINE: PORTUGUESE  
PREP: 20-25 MINS  
COOK: 20-25MINS  
SERVES 12  
SERVES 4 (AS SIDE DISH)

1 egg  
2 egg yolks  
115g golden caster sugar  
2 tbsp of corn flour  
400ml full fat milk  
2 tsps of vanilla extract  
1 sheet of ready rolled puff pastry

## METHOD

### FOR CUSTARD:

- 1** Pre-heat the oven to 200°C/180°C fan/Gas 6 and lightly grease a muffin tin
- 2** Mix egg, yolks, sugar and corn flour together in a saucepan; gradually add milk until the mixture is well mixed and smooth

**3** Place saucepan on a medium heat and stir constantly until the mixture thickens and comes to the boil; at this point remove the saucepan from the heat and stir in vanilla extract

- 4** Place in a bowl to cool and cover with cling film to prevent skin forming

### FOR PASTRY

- 1** Cut the pastry sheet into two pieces and place them on top of each other
- 2** Roll the pastry tightly, from the short side, into a log and cut the log into 12 even sized rounds
- 3** On a lightly floured board, roll each round into a disc (approx. 10cm) and press into the muffin tin
- 4** Spoon in the cooled custard and bake for 20-25 minutes until golden on top. Leave to cool, although can be eaten warm after 5-10 minutes



“Camberwell is reportedly home to the custard-pie-in-the-face gag, legacy of a time when Karno’s Fun Factory was based here (in the building that is now Clockwork Studios). Karno was a famous vaudeville theatre promoter and his Fun Factory employed hundreds of performers and artists, including the young Charlie Chaplin and Stan Laurel. As I love the custard tarts you can buy today from the Portuguese café on Camberwell Church Street – and eating one brings a big smile to my face – I thought I would try to cook my own and pass on the recipe as a little bit of pastry-wrapped local history.”

# CHEFS' SECRETS

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**Inspired by the burgeoning reputation of Camberwell's many excellent restaurants, cafes and pubs, we've invited local cooks, chefs and gourmets to give us their tips of the trade. Find out what chefs eat when they're off-duty and learn how to cook some of your favourite restaurant recipes at home.**



## PELICAN ONION JAM

PREP: 10 MINS  
SERVES PLENTY

3kg red onions  
 ½ litre balsamic vinegar  
 ½ kg sugar  
 fresh thyme  
 & chilli flakes (to taste)  
 olive oil  
 water  
 salt & pepper

### METHOD

- 1 Finely slice the onions (wear goggles)
- 2 Sweat the onions in a heavy based pan with the olive oil until mushy
- 3 Add the vinegar and sugar and reduce until thick stirring regularly (if the onions stick to the bottom of the pan they'll burn, taste bitter and ruin the jam – so add a cup of water to loosen mixture if sticking)
- 4 The jam is finished when it reaches a shiny, treacly consistency and you can run a spoon through the mixture and it doesn't fill (return immediately)
- 5 Take off the heat, mix in the thyme, chilli and season



ILLUSTRATION BY NADINE GHANDOUR

**"It tastes great, goes with everything and it feels like a real achievement once you've chopped 3 kilos of onions – an achievement well-worthy of a beer as a reward."**

## DEVILLED CHICKEN LIVERS

SERVES 2

### INGREDIENTS

2 tbsp mustard powder  
 60ml double cream  
 2 tbsp hot smoked paprika  
 10 chicken livers  
 10ml lea & perrins  
 sourdough toast  
 2 tbsp flour  
 parsley

Sift flour, mustard powder & paprika into bowl then coat livers with the mix. Heat oil in a small pan over a high heat and add coated livers. Seal on both sides. Add double cream and Lea & Perrins, season to taste. Reduce heat and simmer until sauce is thick and dark. Serve on sourdough toast with parsley to garnish.

## LAMB SHOULDER

PREP: 30 MINS  
SERVES 5-6

lamb shoulder (whole)  
cypress or another waxy  
potato peeled  
1 tsp dried oregano  
1 tsp fresh oregano  
garlic – 2 heads  
1 whole lemon  
2 tins plum tomatoes, seeded  
1 glass white wine  
100ml olive oil  
1 sprig of bay leaves  
sea salt  
freshly ground black pepper

### METHOD

**1** Turn the oven on to 180°C. Season and colour the lamb shoulder in 1 tablespoon of olive oil – ideally using a large skillet or a heavy bottomed casserole dish  
**2** Whilst this is colouring,

roughly dice the potatoes (large dice will be fine) and season heavily with black pepper, salt, both fresh and dry oregano and the remaining olive oil

**3** When the lamb is golden brown take it out and put it to one side. Put the potatoes in the casserole or skillet, along with: 2 heads of garlic both cut in half, thickly sliced lemon and the tinned tomatoes (crushed). Add the wine and bay leaves and place the lamb back on top  
**4** Put the lid on the casserole dish and place the dish in the middle of the oven  
**5** At this point turn the oven down to 160°C. After 5 hours take the lid off the

dish and turn the oven up to 200°C for 30mins to crisp the lamb

**6** Serve immediately – ideally with: Tzatziki, fresh pitta bread, Greek salad and plenty of ice cold beer

*"This dish celebrates the kind of social eating we believe in at the Camberwell Arms. It is a recipe that, with good ingredients, allows the quality of the produce to shine through simple cookery."*



ILLUSTRATION BY FANNY ROOS WALDEMARSSON

## SRI LANKAN FISHERMAN'S STYLE DISH

PREP: 30 MINS  
COOK: 15 MINS

### METHOD

Mix all ingredients together with creamed coconut. Throw all ingredients onto oiled tin foil. Layer fish on top, fold over and twist both ends. Place on top shelf of pre heated oven at 180°C for 15 mins MAX! Serve in foil with fried paratha on side and lemon or lime wedges.

Best enjoyed outside!

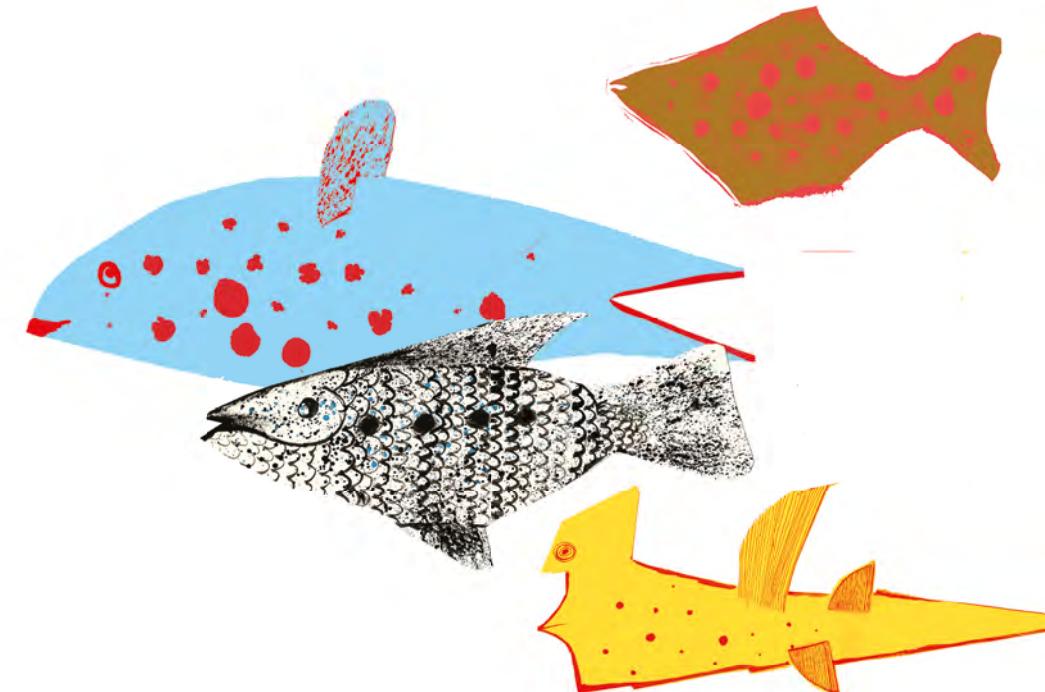


ILLUSTRATION BY LUAY SAMI

**“A very good rule. Some chefs want fussy presentation; some want simplicity. There is no ideal form of a dish. If you put heaven on a plate, someone will always complain that it’s too salty or not salty enough. Some like the risotto to be liquid, almost soupy; others want it to stand up by itself. Some will chop the top of a monkey’s head off when asked to; others will not. Some bring their world into the kitchen with them; others come from far away with their possessions in a duffel bag and a past they never tell.”**

Excerpt from *Chop Chop* by local resident and chef turned writer Simon Wroe. Nominated for the 2014 Costa First Novel Award, the novel looks into the mad world of the professional kitchen. Simon also contributed to *Memories Kitchen*, a community project which served up free feasts to the local residents of Brixton based on their childhood food memories.



ILLUSTRATION BY BILLIE MICKWITZ

## BEEF BOURGUIGNON

PREP: 45 MINS  
SERVES 4-6

1.2kg braising steak  
8 shallots  
3 serving spoons of oil  
20g butter  
20g flour  
3 carrots  
150g bacon  
200g mushroom  
salt and pepper to taste

FOR MARINADE:  
1 large onion  
2 garlic cloves  
 $\frac{1}{2}$  teaspoon seed pepper  
1 bottle red wine  
1 clove  
1 bouquet garni (2 sprigs thyme, 3 sprigs parsley, 1 bay leaf)

FOR GARNISH:  
200g garlic croutons  
2 soup spoons of chopped coriander

**"I chose my old family recipe which has been passed down from four generations. I am glad to share it with you as my daughter is vegetarian!"**



### METHOD

- 1 Prepare the marinade: peel the onion and cut it in half slices. Peel the garlic cloves. Into a non-metallic container, add the onions, garlic, cloves, peppercorns and the bouquet garni; mix all together well.
- 2 Cut the meat into large cubes of 4-5cm. Put the meat in the marinade, add the wine, stir well, cover and refrigerate for at least 3 hours or best overnight.
- 3 For the dish: peel and cut the shallots into slices. Drain the meat with a sieve. Separate the meat from the marinade; be sure to keep this to one side.
- 4 Next step: on a high heat fry in the oil all of the ingredients one by one, until they start to colour, then set aside. Start with the bacon, then shallots, carrots, marinade and mushrooms. Season the beef with salt and black pepper and add butter and oil to fry until golden brown.
- 5 Add the carrots, shallots and flour to the casserole and stir well. Then add the marinade to the pan.
- 6 Put the casserole lid and cook for 2½-3 hours until the meat softens. Taste the meat – do not overcook!
- 7 Add the mushrooms and adjust the seasoning and sprinkle the bacon and croutons just before to serve.

ILLUSTRATION BY PAULINE AMPHLETT

## CHILLI CARROT CHUTNEY

CUISINE: SEASONAL BRITISH  
PREP: 10 MINS  
SERVES APPROX 10 SMALL JARS

1kg grated carrot  
50g grated fresh ginger  
500ml cider vinegar  
4 tbsp chilli flakes  
1 tbsp crushed coriander seeds  
2 cinnamon sticks  
1 star anise  
30g coarse salt  
2 heads of garlic – separated into cloves & peeled  
250ml water  
750g granulated sugar

### METHOD

- 1 Grate carrots either by hand or in food processor along with ginger and put in large heavy pan
- 2 Add chilli, coriander, cinnamon, star anise and salt. Leave overnight in fridge for best flavour
- 3 Peel and prep garlic and add to mix along with vinegar, water and salt
- 4 Place pan on hob on a high heat and leave on a furious boil. After about an hour, or when glossy and thick like a loose jam, turn off heat
- 5 Pour into sterilised jars, twist on lids and the chutney will be ready to eat after a week



**"Good to accompany a cheese board or with sausages, curry, ham sandwich or cheese toastie.. a good all rounder!"**

IMAGE BY CHUTNEY PRESERVES 8  
PHOTO BY SARAH SPARKES



## LASAGNA

SERVES 2-6  
(2 WITH LEFTOVERS)

2 tbsp olive oil  
1 large onion  
6 good quality sausages (skin removed)  
 $\frac{3}{4}$  tsp chilli flakes  
sea salt  
 $2\frac{1}{2}$  tbsp tomato paste  
3 or 4 tins good quality chopped tomatoes  
lasagna sheets  
cottage cheese  
shredded mozzarella  
buffalo mozzarella

### METHOD

**1** Heat up the olive oil in big pot on a medium heat. Add onion, chilli flakes and fry for 1 minute

**2** Remove sausage meat from casing, add to pan and brown for 10-12 minutes

**3** Add tomato paste and cook for a further 3-4 minutes  
**4** Next, add the tinned tomatoes (I always add an extra tin) and bring to the boil, simmering for roughly 30 min, stirring often

**5** Once sauce is done heat the oven to 220°C. In a pan (I prefer a small square one so it's quite dense) start layering sauce, lasagna sheets, then cheese. Repeat different cheeses on each layer but don't be scared of the cottage cheese. It's the secret ingredient!

**6** Once pan is to the top, finish off the top with the

last of the sauce and healthy chunks of the buffalo mozzarella – put in oven for 25 minutes

**7** Make sure to let cool at least 10/15 minutes before serving so it sets and isn't all runny. Probably smart to serve some sort of salad on the side

*"I know everyone probably has their own lasagna recipe already but I love making this when I have time to be at home for a weekend. It's total comfort food and when I make it I know I have a few days off to relax. Using sausage instead of mince adds a ton of flavour and the cottage cheese makes it super creamy – even better the second day."*

ILLUSTRATION BY SHANNON LANE

## CARAMELISED ONION, ROSEMARY AND CRÈME FRAÎCHE FOCACCIA

CUISINE: ITALIAN-ish

PREP: 2HRS 30 MINS

SERVES 6-8

### FOR THE FOCACCIA

400g strong white flour  
225g water  
5g easy blend yeast  
10g dried rosemary, or 20g fresh rosemary chopped  
8g salt  
4 tsps olive oil

### FOR THE TOPPING

2 large white onions  
1 tub crème fraîche  
black pepper & salt to season

### METHOD

**1** Place all the ingredients for the focaccia into a bowl. Stir with your hand or a wooden spoon to form a rough, shaggy dough. Leave for 10 minutes

**2** Stretch the dough by hand in the bowl, tucking the sides into the centre, turning the bowl round and repeating for about five minutes. Leave for 10 minutes more

**3** Tip the dough onto a lightly oiled work surface and knead for five minutes, stretching and folding the dough on to itself. Return it to the bowl, cover and leave to rise until doubled in size – about an hour, depending on the temperature of the kitchen

**4** Line a large baking sheet with baking paper



or parchment. Tip the dough on to the sheet and flatten it, pushing it into the corners, and leave to prove for one hour. Preheat your oven to 220°C/425°F/Gas Mark 7

**5** While the dough proves, make the topping. Slice the onions as thinly as possible and fry them with some olive oil in a medium-hot pan, stirring occasionally. You

want to let the onions darken and caramelise, but not burn

**6** When soft, add the crème fraîche and seasoning and mix thoroughly

**7** Using your fingers, dimple the focaccia deeply all over, slather with the onion mixture and bake for 20 minutes. Cut into squares and serve warm, preferably with a well-chilled fino

# SOUTH LONDON TEA CAKE

PREP: 20 MINS  
SERVES 10

200g dried cherries or raisins  
100g chopped nuts  
250ml strong fresh brewed black tea or chai tea  
1 large egg  
125g demerara sugar  
225g self raising flour  
50g soft butter  
 $\frac{1}{2}$  tsp cinnamon  
30g caster sugar to garnish  
juice and zest of 1 orange

## METHOD

1 Place dried cherries or raisins in a bowl and pour over orange juice, zest and tea. I like to use our Brixton Breakfast blend or our spicy Chelsea Chai tea. Leave to soak for at least 2 hours. Overnight is best if you have time



2 Preheat the oven to 180°C or Gas Mark 4. Grease and line a large loaf tin with baking paper

3 Cream the butter and demerara sugar together in a large mixing bowl until smooth and then beat in the egg, followed by the flour and chopped nuts

4 Carefully mix the fruit/tea into the cake mixture until fully combined, then spoon the mixture into the prepared loaf tin. Smooth the top of the mixture with a spoon

5 Sprinkle the cinnamon and caster sugar onto the top of the mixture and bake in the centre shelf of the oven for 1 hour, or until a knife inserted into the centre of the loaf comes out clean

6 Serve hot or cold, any time of day, with a soul lifting cup of quality tea

The South London Tea Company is a local, independent craft tea brand based in Camberwell, offering fine quality, ethically sourced loose leaf teas and pyramid bags. A celebration of the wonderful character and diversity of South London's neighbourhoods, think 'like craft beer, but without the hangover'. To buy online or for stockist information, visit [www.southlondontea.co.uk](http://www.southlondontea.co.uk)

**"There is nothing better than tea and cake for lifting the spirits. Except, perhaps, a cake made with tea! I'm always looking for new ways to incorporate tea into my cooking and baking. It's a wonderfully versatile ingredient. This deliciously moist cake is one of my favourites."**

ILLUSTRATION BY EMMA SMITH

# OATS AND HONEY BREAD

## FOR THE PORRIDGE

30g oats  
160g milk  
15g butter  
15g honey

## FOR THE BREAD

all of the porridge  
505g white bread flour  
6g active yeast or 3g easy bake yeast  
255g water  
10g salt



## METHOD

1 Cook oats and milk until of porridge consistency. Add butter and honey and let cool to room temperature  
2 Mix flours in a bowl, make a wheel in the centre and add the yeast and 100g water. Cover and leave for 15 minutes until yeast has activated

3 Add the porridge and the other 155g of water and mix everything in the bowl until it all comes together. The dough will now be sticky but as you knead it will become a smooth, tacky dough

4 Knead for 10 to 15 min by hand – try not to add any flour to your work area as this will stiffen the dough and you might end up with a heavy bread. If kneading in a stand mixer, 5 to 7 min should be enough: follow your mixer's directions on bread kneading

5 Put the dough back in the bowl, cover it and proof for 1-2 hours until double in size  
6 Line a baking tray with

some parchment paper or a silicone baking mat

7 Shape the dough: if making rolls divide into 10 pieces (100g each) and roll them loosely into little spheres; if making one large loaf shape into a round bread; or do 1 loaf at 500g and 5 rolls

8 Put in the prepared tray and cover with a damp cloth; proof for 1h to 2h, until doubled in size

9 Pre-heat oven to 250°C

10 The honey in this recipe will make the crust darken quite quickly; you might need to cover the bread with some tinfoil halfway through the bake

11 If making rolls: bake for 10 minutes at 250°C and then 8 minutes at 220°C. If making a loaf: bake for 10 minutes at 250°C and then 25 minutes at 220°C

12 The bread will be done when a probe shows temperature at the centre to be 98°C

13 Allow to cool to room temperature before slicing



## BAKEWELL TART

PREP: 40 MINS  
SERVES 8

FOR THE SWEET PASTRY DOUGH  
250g plain flour  
pinch of salt  
50g caster sugar  
125g unsalted butter (soft)  
1 egg

Mix all ingredients to form a dough. Cling film the dough, then refrigerate for an hour.

FOR THE ALMOND CREAM  
250g unsalted butter (soft)  
250g caster sugar  
250g almond flour  
4 eggs

Beat the butter and sugar until pale, add almond flour. Then add one by one the eggs. Chill or use immediately.

### METHOD

- 1 Preheat a fan oven to 180°C. Roll the pastry into a tart mould, then chill for ten minutes. Take a piece of parchment paper to put inside the tart, then fill up with rice, chickpeas, beans or anything with small weight
- 2 Bake for 15-20 minutes, until it is a light golden colour and leave to cool
- 3 Spread a little of the jam on the bottom of the tart (you can use any jam of your liking, or none at all). You can make it easier to work with by adding a little water then microwaving it for a few seconds
- 4 Fill up to the top with the almond cream and bake it for 20 minutes until golden on top. Best served warm!

"We think this is one of the most old-school British puddings you can bake. Happy memories of childhoods in the summer, with freshly baked bakewell. Our new head chef Pierre is now starting to appreciate that Sunday roasts (you can't serve it with that!?) and certain desserts are institutions in their own right here in the UK and the bakewell is definitely one worth getting right! Bringing his great understanding of traditional French cooking to our British classics is making for a delicious menu at The Crooked Well, with this dish being a real favourite."

ILLUSTRATION BY GRACE HELMER

## CHAI SPICED APPLE LOAF

PREP: 15 MINS  
COOK: 20 MINS  
SERVES 10-12

1 grated apple  
3 eggs  
6oz plain flour  
6oz demerara sugar  
6oz softened butter  
2tsp baking powder  
large knob of ginger  
1 tbsp cinnamon  
1tsp nutmeg  
1 tsp cardamon (ground)

FOR FROSTING:  
cream cheese  
icing sugar  
squeeze of lemon

**"I used to make this all the time as my signature cake at House cafe/gallery in Camberwell, and I was touched when one person in particular said it was so good, it made him sit down in the street to give it his full attention. I've been making it for friend and family ever since!"**



"I'm a no-fuss/no-frills baker and after numerous experiments, I've found that the "all-in-one" approach works just as well for this cake as long as you have an electric mixer."

### METHOD

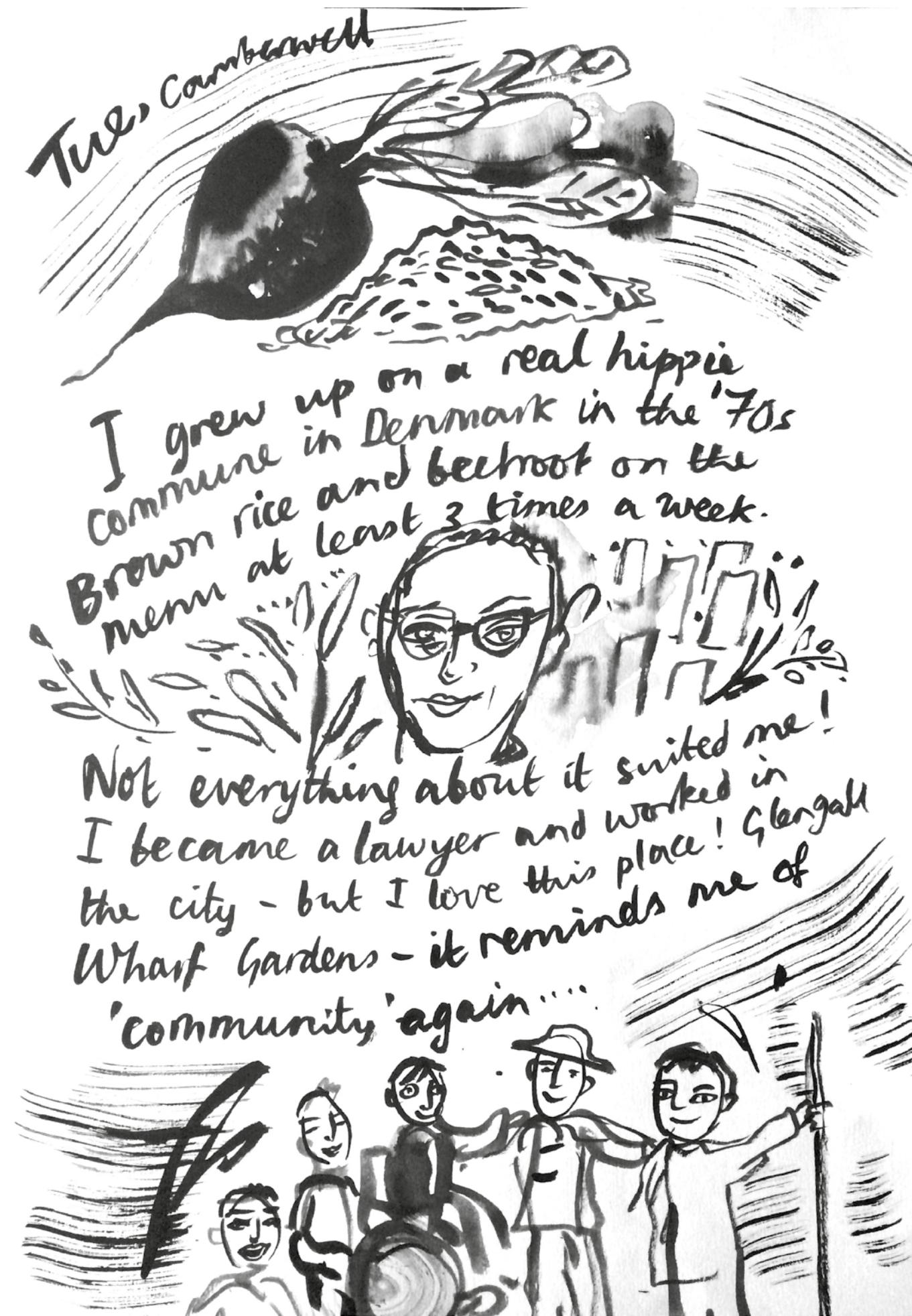
- 1 Put all dry ingredients in a bowl, crack in eggs, add grated apple then peel and grate ginger and add to the bowl
- 2 Whisk well for 5-10 mins until nice and whipped looking
- 3 Line a 20x5cm loaf tin with butter and baking parchment and preheat oven to 180°C
- 4 When oven is up to temperature spoon mixture into tin and place in middle shelf and set timer for 20-25 minutes – check after this time by pricking cake with knife, and observing if knife comes out clean. If still wet, cook for further 10 minutes or until knife comes out clean

This is a nice dense cake with a moist carrot cake type texture, so it may take longer to cook than time specified, depending on oven.

### FOR FROSTING

This takes a little guesswork but is still super easy; start with a tablespoon of cream cheese in a bowl with a squeeze of lemon and gradually add sifted icing sugar until you obtain a smooth butter cream texture. Pipe/spread onto cooled loaf as you wish and gently sift ground cinnamon over the top to finish!

ILLUSTRATION BY EMMA SMITH



# RESIDENTS' RECIPES

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**Bringing all sorts of cooks, recipes and stories to a common table, our residents' recipes reflect the rich mix of people that live in the area. Traditional and experimental, fancy and unapologetically plain, these recipes are powerful expressions of Camberwell's collective identity.**

**TURLU**

CUISINE: CYPRUS  
PREP: 20 MINS  
SERVES 4

2-3 aubergines, cubed  
2 courgettes, cubed  
150g okra, topped and tailed then halved  
2 small green peppers, finely chopped  
2 red peppers, finely chopped  
3 medium onions or fresh spring onions, finely diced  
8 juicy red tomatoes on the vine, cubed  
1 tablespoon of tomato paste  
 $\frac{1}{2}$  teaspoon each of ground cinnamon, cumin, coriander, cloves, black pepper  
half a bunch of parsley  
1 sprig of fresh thyme  
salt to taste at the end  
olive oil and sunflower oil for frying

**METHOD**

- 1 Cube the aubergines, courgettes and tomatoes and finely chop the onions, peppers and parsley
- 2 Top, tail and halve the okra
- 3 Heat some olive oil in a large, deep pan and fry the aubergines. Once lightly browned remove from the pan and transfer to a bowl
- 4 Fry the courgettes and, once lightly browned, transfer to the same bowl as the aubergines. Do the same for the peppers and the okra
- 5 Set aside the fried vegetables and make a tomato sauce by softening the onions on a low heat until transparent and beginning to brown, then adding the chopped tomatoes and simmering for about 10 minutes
- 6 Add all the fried vegetables, tomato paste and lemon juice to the tomato sauce. Stir well and bring to the boil for 10 minutes
- 7 Add all spices and the sprig of thyme
- 8 Turn the heat down low and cook for 45 minutes to 1 hour until the sauce has thickened and the vegetables softened. Add the chopped parsley and salt to taste. Cook for a further 10 minutes
- 9 Serve with bread, rice or roast potatoes

**STUFFED MARROW**

1lb mince\*

1 marrow  
1 large onion  
4 cloves garlic  
1 red and 1 green pepper (or 1 yellow)  
1 oxo cube  
1 tbsp gravy granules  
salt & pepper to taste  
tube tomato puree  
 $\frac{1}{2}$  tsp chilli powder  
1 cup water

**METHOD**

- 1 Fry the mince and sliced onion, add a pinch of salt and pepper
- 2 When browned add the sliced peppers and stir in gravy granules, garlic and OXO cube
- 3 Continue to fry for 10 minutes. Add the cup of water, half a tube of tomato puree and the chilli powder
- 4 Turn the heat up to bring to the boil, cover and leave to simmer for 1 hour – stirring occasionally
- 5 Skin the marrow slice about 1 inch thick and remove the seeds
- 6 Brush a large dish with olive oil
- 7 Put the four rings of marrow in laid flat and fill each one with the cooked ingredients
- 8 Cover with foil and bake in oven on 180°C for 1 to 1½ hours. Serve with roast potatoes and veggies

\*vegetarians can use rice instead of mince meat

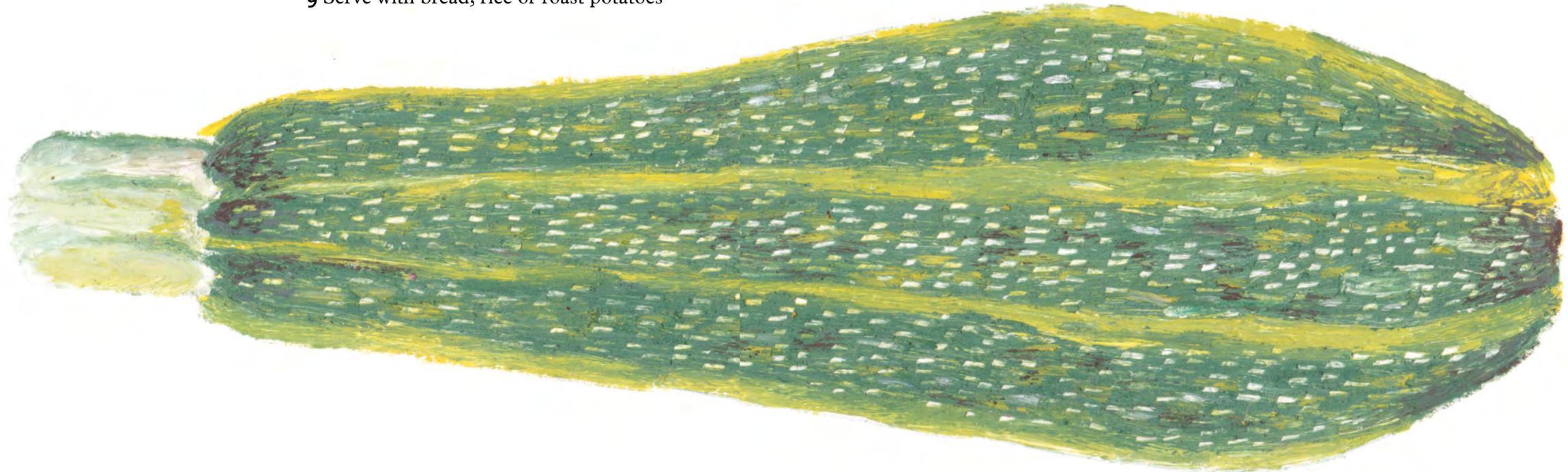


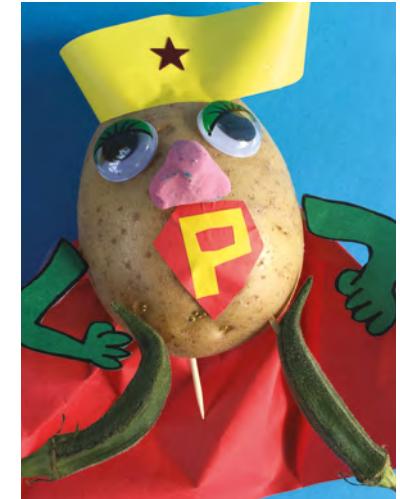
ILLUSTRATION BY NADINE GHANDOUR





ILLUSTRATION BY ZEEL

## ONE POT STEW



oil, enough to fry  
1 onion  
2 cloves of garlic  
2 large potatoes  
4 carrots  
dark green cabbage/kale  
courgette, mushrooms and celery/  
whatever veggies you have in the fridge  
6 tablespoons of red lentils  
mixed herbs  
salt and pepper  
marmite (optional)

### METHOD

- 1 Use just enough oil to cover the base of your pan. Warm the oil over a medium heat and add a finely chopped onion and garlic, gently sauté
- 2 Then add 2 potatoes, scrubbed and cubed, stir and add the carrots, also cubed. At this point if you have any root veg that needs

- using you can add this to the pot
- 3 Add chopped courgette, mushroom and celery, or again any other veg that you have and stir
- 4 Add 6 tablespoons of red or green lentils, stir well, cover with water and allow to cook on a low to medium heat for at least 40 minutes to one hour. Check and stir occasionally; the lentils should be soft when ready
- 5 Add a dash of mixed herbs and seasoning to taste. Also a teaspoon of marmite gives a good savoury flavour and is a good source of vitamin B12
- 6 Finally add finely chopped dark green cabbage or kale to the stew. Cook for a few minutes until soft but not over cooked

Taste and serve!

# YAM PORRIDGE

CUISINE: NIGERIAN  
PREP: 10 MINS  
SERVES 4

1 yam  
red palm oil (enough to make the meal colourful)  
1 smoked or dried fish (e.g. mackerel)  
1 tablespoon of ground crayfish  
1 medium onion  
fresh green vegetables (e.g. spinach, kale or green amaranth)  
chilli pepper & salt (to taste)  
1 stock cube

**"I love this dish because it is so quick and easy to make. It's also really healthy and versatile: you can swap meat for fish, leave out the vegetables, ignore the palm oil, eat it on its own, serve it with fried plantain – however you want. Everyone has their own way of making yam porridge and it's almost always delicious. This is the way my mum always made it."**

## METHOD

- 1 Peel and cut the yam into medium size cubes, rinse and place in a big saucepan
- 2 Finely chop the onions, grind or blend the chilli pepper and set aside
- 3 If using dried fish, soak and pick the bones
- 4 Cover the yam cubes with water and boil at a medium to high temperature. If you are using dry fish – add it now
- 5 When the yam has had a good boil add the onions, ground crayfish, pepper, stock cube, palm oil and smoked fish
- 6 Cover the saucepan and continue cooking till the yam is done (approx. 20-25 minutes in total, depending on your preference)
- 7 Add salt to taste and stir well. Cook at a high temperature for a further 5 minutes
- 8 Add the green vegetables, stir and leave to stand for about 5 minutes, then serve



ILLUSTRATION BY JACK TATHAM

# POISSON BRAISSE

CUISINE: IVORY COAST  
PREP: 15 MINS (BUT ALLOW TIME TO MARINADE)  
SERVES 4

4lb fish such as perch, cleaned and scaled  
2 tomatoes, cut into quarters  
2 limes, juiced  
2 medium onions, roughly chopped  
4 cloves of garlic, crushed  
1 scotch bonnet pepper, stemmed and roughly chopped  
2 tbsp of oil  
1 bunch parsley, roughly chopped  
1 shrimp flavoured stock cube  
salt and freshly ground black pepper, to taste

FOR THE GARNISH  
4-6 sprigs parsley  
2-3 limes, cut into wedges

## METHOD

- 1 Wash the fish gently with cold water, drain, and pat dry
- 2 Slit the fish (cuts should be about  $\frac{1}{2}$  inch deep, 3-4 inches in length) 3 to 4 times on each side and rub in the fresh lime juice – inside and out
- 3 Put the tomatoes, onions, pepper, garlic, parsley and oil in the bowl of a food processor fitted with a steel chopping blade. Season with salt, pepper and the crushed stock cube. Process until mixture forms a paste, adding additional oil, as needed
- 4 Massage the fish generously with this mixture, ensuring that you push some into the cuts on both sides
- 5 Leave the fish to marinate in the refrigerator for a

minimum of 1 hour  
6 Remove from marinade, preserving the marinade juices and grill (ideally over a charcoal fire but an oven grill will do)  
7 Meanwhile, add remaining marinade liquid to a small saucepan and cook over a medium heat until the mixture starts to boil  
8 Simmer for 5-7 minutes to ensure marinade is thoroughly cooked  
9 Garnish with sprigs of fresh parsley and lime wedges  
10 Serve with salad, rice or couscous

**"Poisson Braissé is an Ivorian favourite and a great meal to share with friends and family."**

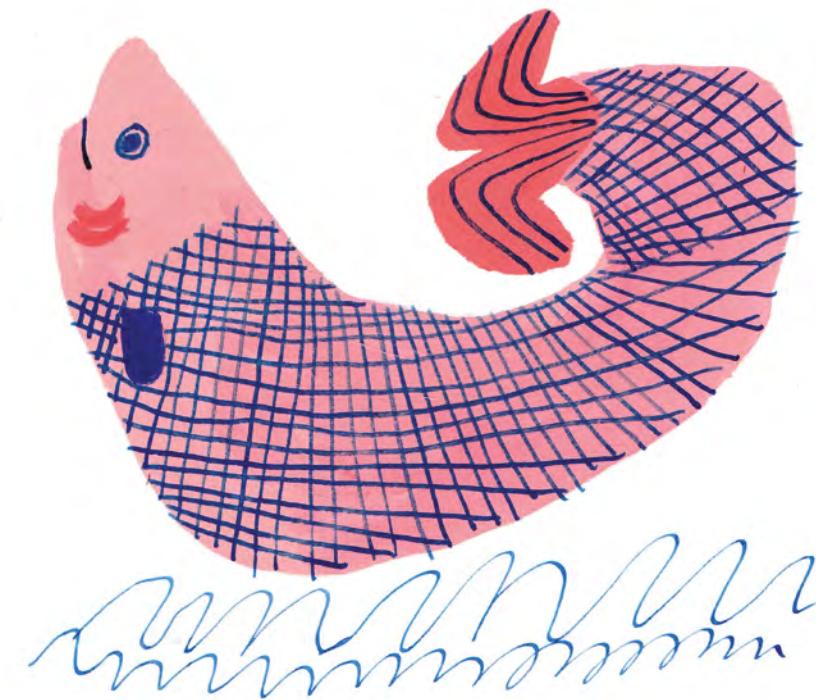
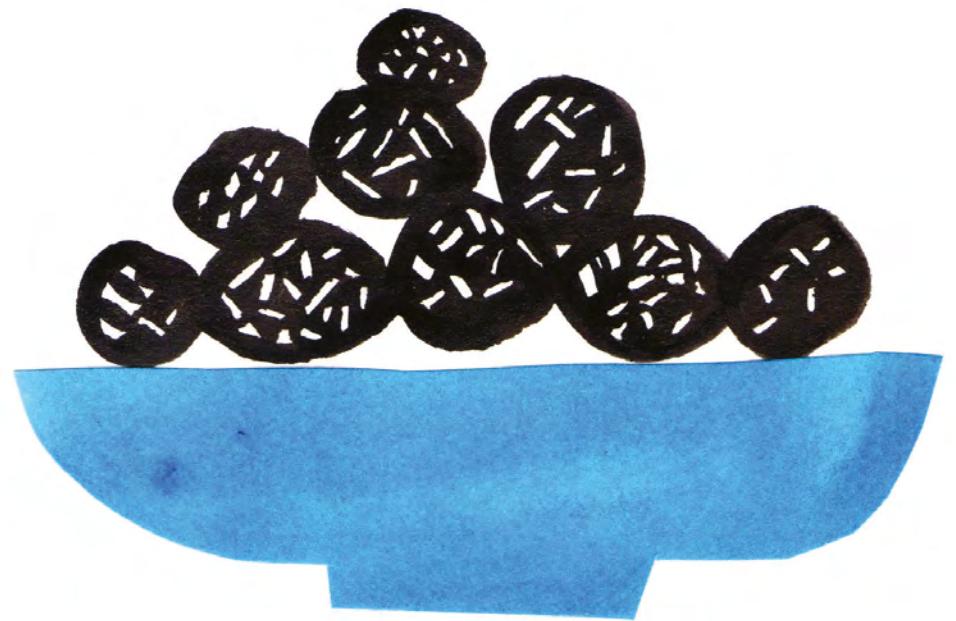


ILLUSTRATION BY FANNY ROOS WALDEMARSSON

## CHOKLAD BOLLAR

CUISINE: SWEDISH  
PREP: 25 MINS  
COOK: N/A  
SERVES 6-8

100g of butter  
1 tablespoon of vanilla sugar  
90g of sugar  
3 tablespoons cocoa  
3 tablespoons strong, cold coffee  
130g of oatmeal  
shredded coconut for decoration



### METHOD

- 1 Cream the butter, sugar and vanilla sugar, add the cocoa and mix until well incorporated
- 2 Blend in the oats and coffee and roll the mixture into 30 small balls
- 3 Decorate each ball by slightly pushing them in coconut (or other preferred topping) until covered
- 4 Refrigerate until set, for approx 1 hour

*"I always make these for people as presents, and it's always nice to have a recipe that you don't need an oven for."*

## AJÍ PICANTE

SERVES PLENTY

1 small hot pepper  
½ cup white vinegar  
¼ cup water  
¼ tsp salt  
1 teaspoon sugar  
1 tbsp lime juice  
2 tbsp vegetable oil  
½ cup chopped fresh cilantro  
¼ cup chopped fresh parsley  
½ cup of chopped scallions  
½ cup of chopped tomato

### METHOD

- 1 Put the vinegar, water and pepper into a blender for 2 minutes
- 2 Place the remaining ingredients into a bowl and stir to combine together
- 3 Add the vinegar and pepper mix to the bowl and stir well
- 4 Pour into a glass jar and cover over
- 5 Refrigerate for up to 10 days

*"I chose this recipe because you can't eat Columbian empanadas without it and because it improves most other food too."*





## SALMON PATE

300g smoked salmon  
100g cream cheese  
150g creme fraiche  
 $\frac{1}{4}$  jar creamed horseradish  
(or to taste)  
zest of  $\frac{1}{4}$  lemon  
juice of  $\frac{1}{4}$  lemon  
pinch pepper  
2 sprigs of dill  
1 tbsp single malt scotch whisky

### METHOD

Add all ingredients to a food processor. Whizz until the desired consistency (the longer you blend for the smoother and smokier the pate becomes). Serve on rye crisp breads - Peter's Yard is what we would recommend.

**"A Pished Fish: (noun) A fillet of salmon that has been cured with high quality alcohol and botanicals and smoked in small batches over wood; A mischievous, charming dinner guest who livens up any social occasion; A rascallion."**

**Hand cured, smoked and sliced in Camberwell, London."**

ILLUSTRATION BY FANNY ROOS WALDEMARSSON

## PEANUT BUTTER, JALAPENO & HALLOUMI BAGEL

PREP: 10 MINS  
SERVES 1-2

2 bagels  
peanut butter  
cream cheese  
jalapeños  
baby spinach  
beetroot  
haloumi

### METHOD

- 1 Cut bagels in half
- 2 Cover one half with peanut butter, put jalapeños on top
- 3 Cover other half with cream cheese, put baby spinach leaves on top
- 4 Slice beetroot and haloumi, fry haloumi and spread it on the bagel halves
- 5 Put bagel back together and enjoy!



ILLUSTRATION BY NADINE GHANDOUR



## LENTILS WITH YAM

CUISINE: ETHIOPIAN  
PREP: 15 MINS  
SERVES 2-4

1 onion, diced  
4 garlic cloves, crushed  
2 tsp fresh ginger, finely chopped  
1 yam or sweet potato, diced  
1 red pepper, diced  
2 tsp of olive oil  
4 tblsp red lentils  
2 tsp tomato paste  
1 cup of water  
1 tsp of paprika  
1 tsp of ground coriander  
½ tsp of ground allspice  
½ tsp of ground cinnamon  
½ tsp of ground fenugreek  
½ tsp of ground ginger  
salt or soy sauce  
black pepper

### METHOD

- 1 Sauté the onion, garlic, ginger and yam in olive oil at medium heat until the onions are almost translucent
- 2 Add the red bell pepper and sauté for an additional minute
- 3 Add the lentils, tomato paste and water and bring to the boil then add the paprika, coriander, allspice, fenugreek and ginger
- 4 Lower heat slightly and allow the stew to simmer for approx 20 minutes (until the lentils are tender and all the water has been absorbed)
- 5 Add salt/soy sauce and black pepper to taste and serve

**"I love traditional Ethiopian cooking but don't have the time (or patience) to cook most of my favourite dishes. This one is quick and easy to prepare but still has the rich flavours of some of the slower cooked stews."**

ILLUSTRATION BY AMANDA HOLIDAY

## HAMMY JAMMY LAMBY

CUISINE: EUROPEAN

shoulder of lamb  
mustard powder  
½ pint good strong stock (lamb with no mint, or ham is nice)  
1 pint double cream  
1 cup of violently strong espresso  
a generous dollop of whatever red berry jam you need to use up first  
salt

### METHOD

- 1 Turn your oven on mega hot
- 2 Get a shoulder of lamb and 'skin' off the fat and muscle membrane stuff so you've got just red meat showing (as best you can)
- 3 Throw all the fatty bits into a roasting pan and render until you get nice hot roasting fat

4 Take out all leftover bits (cool and eat, or feed to dog) and keep the fat in the pan, and turn the oven down to medium

5 Rub the raw shoulder in enough of a mix of two thirds mustard powder and one third salt to cover it well

6 Put the shoulder in the hot fat pan, and in the oven for about 30-40 minutes

7 Meanwhile, in a jug, mix the stock, ½ pint of cream, espresso and jam

8 Get the lamb out (in the pan) and pour on the mixture

9 Put it all back in the oven until the lamb's done how you like it

10 Take it out, let the lamb rest, drain the visible fat off the gravy, put the pan on the hob and add more double cream until you can't bear it (I usually add the other half pint)

11 Carve meat, jug that sauce, eat with new potatoes and steamed green things

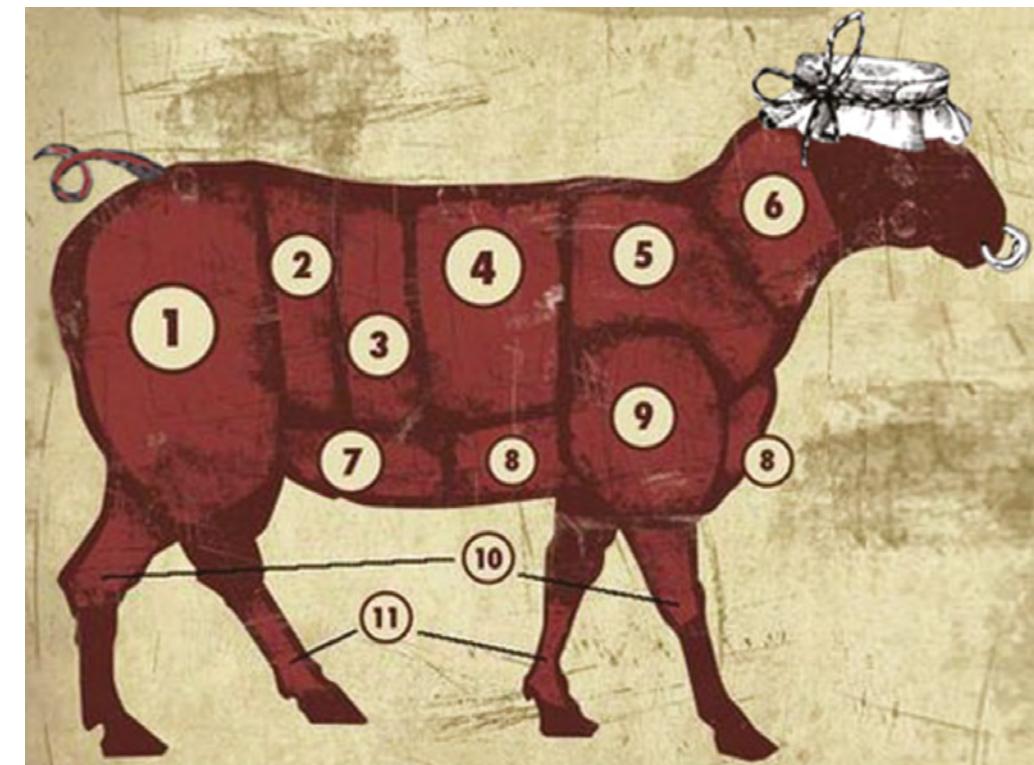


ILLUSTRATION BY DANIEL SOAMES



## PASTA CON LE SARDE

SERVES 4

small bunch of fennel fronds  
olive oil  
600 g fresh sardine fillets – you can use tinned if you are raiding your store cupboard  
3 shallots finely chopped  
2 anchovies  
2 tablespoons tomato puree  
100 ml white wine  
100 ml water  
1 tablespoon currants  
1 pinch saffron, soaked in a little warm water  
spaghetti or linguine – originally I had this with bucatini, a long pasta with a hole through the centre, (although not always easy to find)  
toasted breadcrumbs  
lemon zest

### METHOD

- 1 Simmer the fennel fronds for 10 minutes. Drain and keep the water
  - 2 Heat 4 tbsp olive oil and cook the shallots and anchovies, until dissolved
  - 3 Add half of the sardines, tomato puree, wine and water. Stir for a couple of minutes, add the currants and pine nuts and then simmer for 15 minutes
  - 4 Heat a little more oil, sauté the fennel fronds on a high heat until crispy and breakable with a spoon
  - 5 Add the fennel and 1-2 ladles of the fennel water, the saffron and more water if it is too thick. Simmer for 10 minutes
  - 6 Stir in the rest of the fresh sardines and cook for another 10 minutes
- "This is a dish that I have been cooking since visiting Sicily for the first time, which is evocative of the many cultures that have passed through and left their mark on the Sicilian cuisine."*

IMAGE BY CHARLOTTE WHITING

## SHRUB

TO MAKE 1½ PINTS

1lb fruit  
1lb sugar  
1 pint vinegar  
e.g white wine/apple cider vinegar

*"Shrub is a sweetened vinegar based syrup used to make delicious tasting cocktails. Originally, however, it was a means of preserving fruit after it had been picked. The shrub can be infused with any ripe fruit, berries, herbs or spices depending on personal taste. For this recipe use any ripe fruit or berries you like or happen to have around. I recommend peaches, nectarines and strawberries. Depending on how sweet they are you might want to add more sugar."*

### METHOD

- 1 Rinse off the fruit and peel, pit and chop it up into rough pieces. Mix the fruit and sugar together in a bowl and let sit for a few hours, or overnight in the fridge. You might want to cover it
- 2 Then strain the mixture with a cheesecloth into another container. Press the pieces of fruit solids for extra juices.
- 3 Add the vinegar and whisk it all together until the acid in the vinegar has dissolved the sugar
- 4 Taste the shrub and stir in more sugar or vinegar depending on taste (it will have quite a tart taste)
- 5 Pour into a jar and then store in the fridge for as long as you want. To mix a cocktail use a spirit base of choice, a shrub, a liqueur or club soda, mix to taste and you have a delicious cocktail

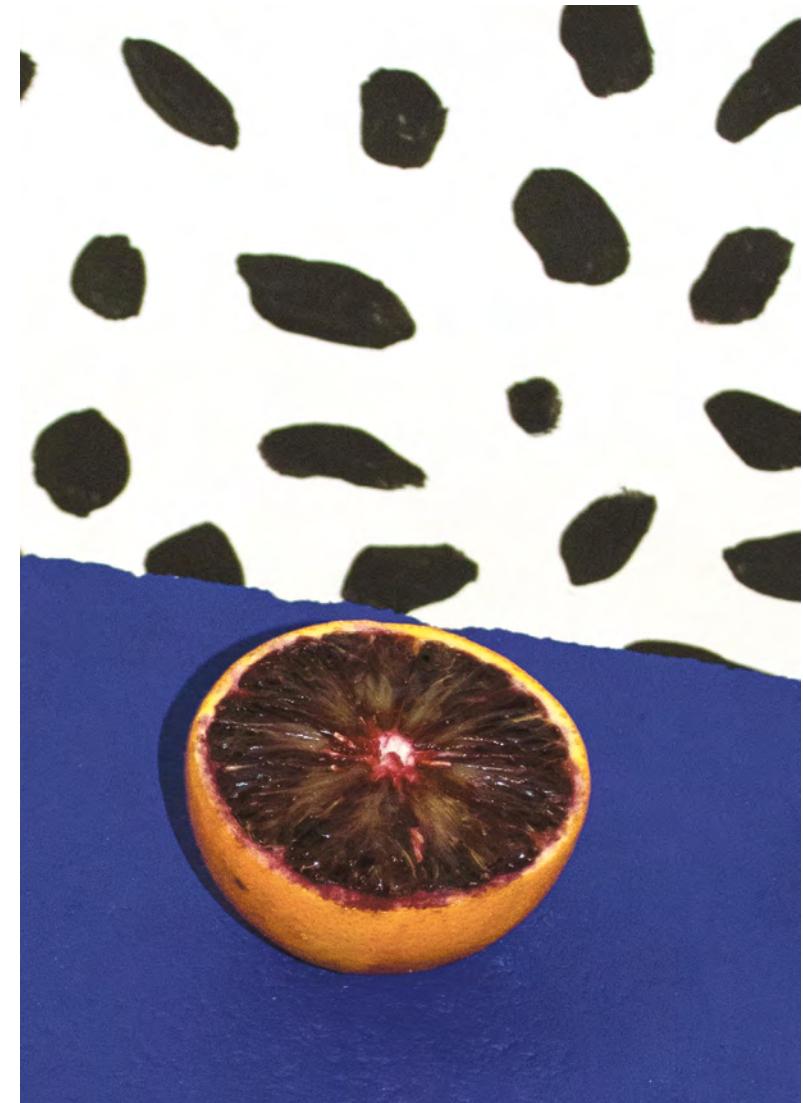


ILLUSTRATION BY BILLIE MICKWITZ



# HOME GROWN

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**Despite its inner London location, you can find plenty of ingredients growing in Camberwell. From community gardens to Camberwell honey, this section of our cookbook takes you on a gastronomic journey to explore the full flavours of the area.**



Until recently Camberwell had some surprising treats in store for the opportunistic and enterprising foodista. The most productive little orchard this side of Lambeth has now made way for the new Camberwell Green Library and no longer heaves with free-for-all wild garlic, red and black currants, raspberries, cherries, plums and hazel nuts.

On the upside, Ruskin Park has edible hedgerows and a small orchard in the wildlife area, Brunswick Park has lots of cherry plum and Lucas Gardens has great stands of rosemary, escaped grapes, and two old and productive black mulberry trees.

Another thing that Camberwell has lots of generally about the place is Loquats, which fruit prolifically in London after a mild winter and, like mulberries, you never find these in the shops. These trees usually loiter on street corners or in front gardens and are common in communal estate spaces. Most people who own one are happy to let you pick a bagful to save them from cleaning the mess on the pavement when the unwanted fruit eventually slide sullenly off the tree and rot. It costs nothing to ask politely. I recommend them eaten fresh off the tree at peak ripeness or frozen into a sweetened puree. There are other recipes here: <http://www.loquatworld.com/>

## LOQUAT JELLY

COOK: 10 MINS

loquats  
preserving sugar  
lime or lemon juice  
(you will need roughly half a lemon/lime per kilo of fruit)  
prepared sterile jars and lids

### METHOD

- 1 Choose fruit that is a mixture of fully ripe and still slightly green and wash thoroughly
- 2 Chop roughly and add to a pan with a little water to
- 3 Add lemon or lime and strain through a muslin lined sieve
- 4 Measure the quantity of loquat juice and return to a clean preserving pan with the preserving sugar – for each litre add 800g of sugar
- 5 Stir until sugar is completely dissolved and then place the pan over

the highest heat you have and bring to a rapid boil as quickly as possible. Do not stir

6 Leave to boil for 10 minutes or so until you recognise setting point by the flake or cold plate test and remove from heat immediately

7 Funnel carefully into sterile jars and lid whilst still hot



# HONEY & RHUBARB

Bee Urban is an Environmental project with community beekeeping at the heart of what they do. With sites dotted around South London they keep honey bees and work with local tenant and resident associations to develop community gardens and growing spaces. Urban honey can have an amazing complexity and be deep in flavour. The bees will collect nectar from a wide range of different trees, plants and flowers, which they turn or invert into honey. It's then usually harvested between July and September.

Camberwell Subterranea is a community garden and workshop space run by Bee Urban. The project began as an opportunity to transform the neglected garages of Aberfeldy House, that can be found at the basement level of John



Ruskin Street, into a space that could offer those in the area the opportunity to learn practical skills and get involved in urban greening.

The community garden comprises of numerous raised beds where you will find raspberry plants, grapevines, asparagus, marigold and fruit trees as well as a couple of honey bee hives. The project is volunteer based and open to anyone interested in joining in on the weekend sessions of gardening, arts and bicycle maintenance. Or perhaps pick some ripe rhubarb.

To find out more about Bee Urban's honey, Camberwell Subterranea or how to get involved with any of their projects go to [beeurban.org.uk](http://beeurban.org.uk)

## RHUBARB COMPOTE

4 rhubarb stalks  
2 large spoons of honey  
200ml of water

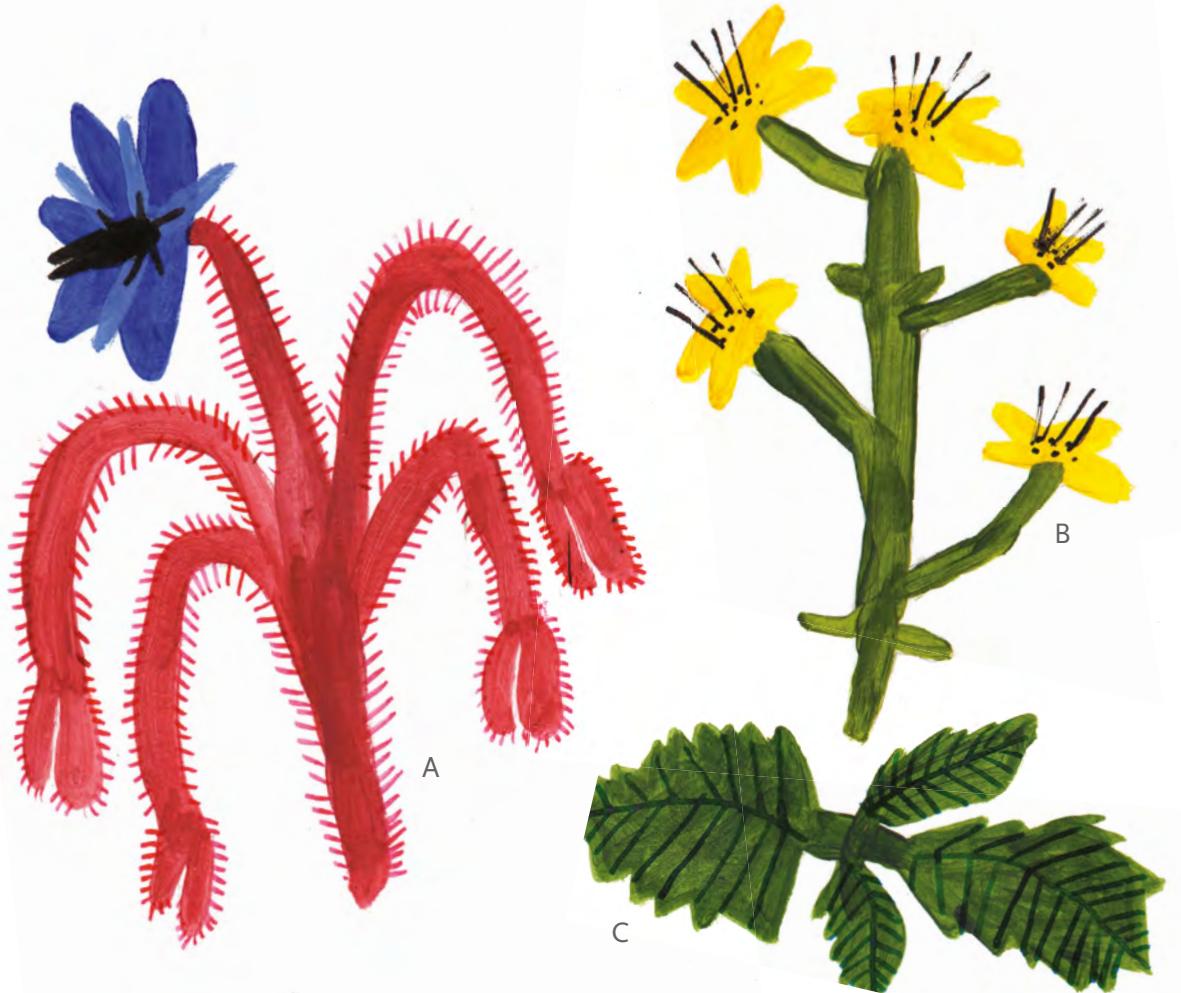
- 1 Chop the rhubarb to roughly 1 inch pieces
- 2 Place in small pan and add honey and water (the honey is used as a sugar replacement)
- 3 Cook down for about 5 minutes, not too long, it's nice when the rhubarb chunks are still together and not just pulp

This is a simple dessert with great flavours and if you do a large amount it can be used to make crumble or Rhubarb fool which are also delicious desserts. Rhubarb has a great flavour and honey compliments it well.

The Honey is from Myatt's Fields Park and the Rhubarb is picked from Camberwell Subterranea.



# FEVERFEW & MILKTHISTLE



Historically, the first cultivated apothecary gardens were grown in the Middle Ages by benedictine monks who studied plants and their therapeutic uses. The Marchwood Physics Garden, named after the estate it resides in, is designed to encourage the surrounding community to reconnect with the advantages of plants and learn more about the properties of medicinal herbs such as lavender, feverfew, mint and hawthorne.

The garden is educational and so the plants in the gardens are not for picking by the public but instead offers free advice on plant propagation and soil cultivation so you can plant your own garden. It also regularly hosts educational workshops for a variety of age groups and is volunteer based for those interested in herbs or gardening. Get in touch for more info at [stanswoodgardenproject@gmail.com](mailto:stanswoodgardenproject@gmail.com)



A. BORAGE  
B. ST JOHN'S WORT  
C. MINT  
D. ROSEMARY  
E. RASPBERRY  
F. FEVERFEW  
G. MILKTHISTLE  
H. PARSLEY

## NETTLE 'HAY FEVER RESCUE' TEA

nettles  
boiling water

### METHOD

If you have access to fresh nettle plants you can simply dry nettle leaves in the sun for your cup of nettle tea. Pick the top 4-6 inches of plants that haven't flowered yet.

To make nettle tea, just steep one to two teaspoons of dried nettle leaves in boiling water for 5-10 minutes and your wonderful cup of nettle tea is ready!

**"Each cup of nettle tea contains vitamins A, B and K, riboflavin, niacin, folate. It is also rich in minerals like calcium, iron, potassium, phosphorus, manganese, zinc, copper and magnesium – nutritious, delicious and free!"**

## NETTLE SOUP

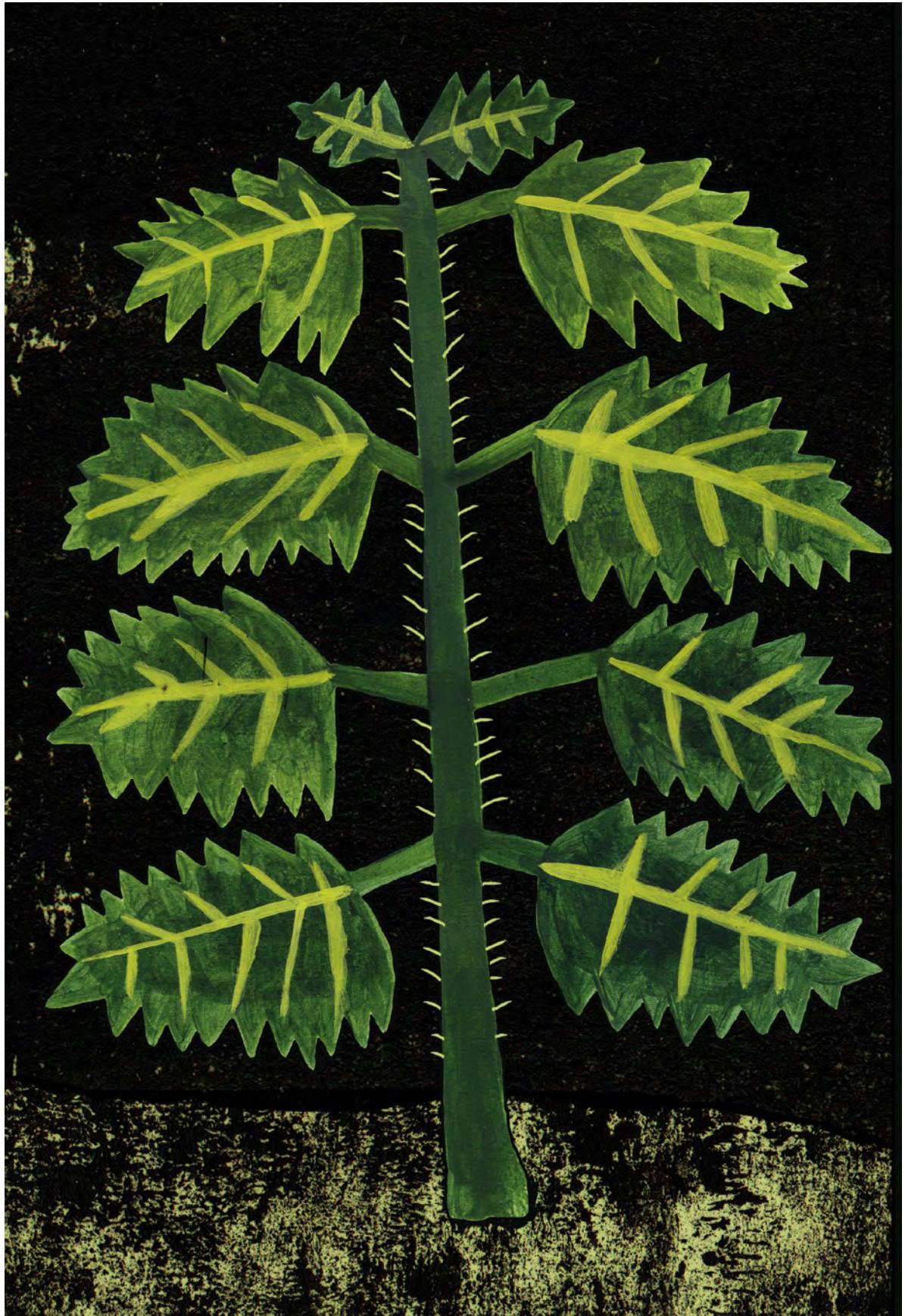
CUISINE: EUROPEAN  
PREP: 20 MINS  
SERVES 4

½ large shopping bag fresh nettle tops  
1 tbsp olive oil  
1 tsp butter  
handful chopped shallots  
2 chopped celery stalks  
1lb potatoes, peeled and chopped  
4 jugs stock  
1-2 cups water  
1 bay leaf  
1 tsp dried thyme (or a couple sprigs of fresh thyme)  
freshly ground black pepper  
2 tbsp lemon juice  
2-3 tbsp cream (optional)  
salt to taste

### METHOD

- 1 Bring a large pan of lightly salted water to the boil and, wearing protective gloves, blanch the nettles for 2 minutes
- 2 Use tongs to lift the wilted blanched nettles out of the pot and transfer to the bowl of ice water before straining in a colander
- 3 Cut away and discard any large stems from the nettles
- 4 Heat the olive oil and butter in a large saucepan and sauté the shallots and celery on a medium heat for about 5 minutes until softened. Add the potatoes, chopped tomatoes, stock, bay leaf and thyme then bring to a simmer for 5 minutes
- 5 Chop the blanched nettles and add to the saucepan
- 6 Add enough water to cover the nettles and potatoes (approx 1 to 2 cups)
- 7 Simmer for 15 minutes or until the potatoes are soft and the nettles tender
- 8 Remove the bay leaves (and thyme sprigs if using) from the saucepan and puree the soup, if required
- 9 Adjust seasoning, add lemon juice and cream (if required)
- 10 Sprinkle with black pepper and garnish

**PRECAUTIONS:** Nettle has potential for interaction with other herbs or drugs taken as blood thinners or to lower pressure or glucose levels. Pregnant women are cautioned against the use of nettle tea as the safety in pregnancy is unknown. It is always best to consult a health care practitioner before adding an herb to your diet or treatment regimen. Warning – use gloves when collecting as nettle will sting you and will cause a rash



# FREE TO BE KIDS



Free to Be Kids is a brand new charity set up to support the emotional health of vulnerable children and young people. They help children build emotional resilience and develop a sense of self-worth despite challenging circumstances. Create & Cook after-school clubs are run by the charity offering children from local primary schools in Camberwell therapeutic cooking sessions. They try to use ingredients in season—one session put the glut of spinach in the greenhouse at Myatt's Field to good use. Spinach and feta filo parcels were on the menu, washed down with some fresh mint tea! For more information please visit: [www.freetobekids.org.uk](http://www.freetobekids.org.uk)

## SPINACH AND FETA FILO PARCELS

200g spinach, washed  
2 spring onions washed and finely chopped  
1 special ingredient of your choice (e.g pine nuts, tomatoes, peppers)  
70g feta cheese, crumbled  
4 large sheets of pastry cut into smaller squares  
olive oil for brushing

### METHOD

- 1 Preheat the oven to 200°C
- 2 Wilt the spinach in a pan, then squeeze out the water with your hands and place in a medium bowl
- 3 Add the spring onions, cheese, and any other filling
- 4 Lay a pastry square on a board or clean work surface and brush with a little oil
- 5 Lay another square over the top but with the corners crossing the sides of the first square (and brush with a little more oil)
- 6 Place about a heaped teaspoon of spinach and feta mixture in the centre of the pastry squares and gather up the sides so that they meet in the middle. Press them together to seal your parcel
- 7 Place on a baking tray, then repeat until you have made all the parcels
- 8 Brush the tops with a little more oil, then bake for 12 to 15 minutes or until the parcels are golden and crispy. Serve the parcels warm with the tzatziki

## TZATZIKI

½ cup Greek yoghurt  
¼ cucumber, diced finely  
¼ of a small clove of garlic, minced  
a couple of squeezes of lemon juice  
salt & black pepper to taste  
a drizzle of olive oil and a scatter of mint leaves

Combine all the main ingredients, then drizzle with a little olive oil if you like

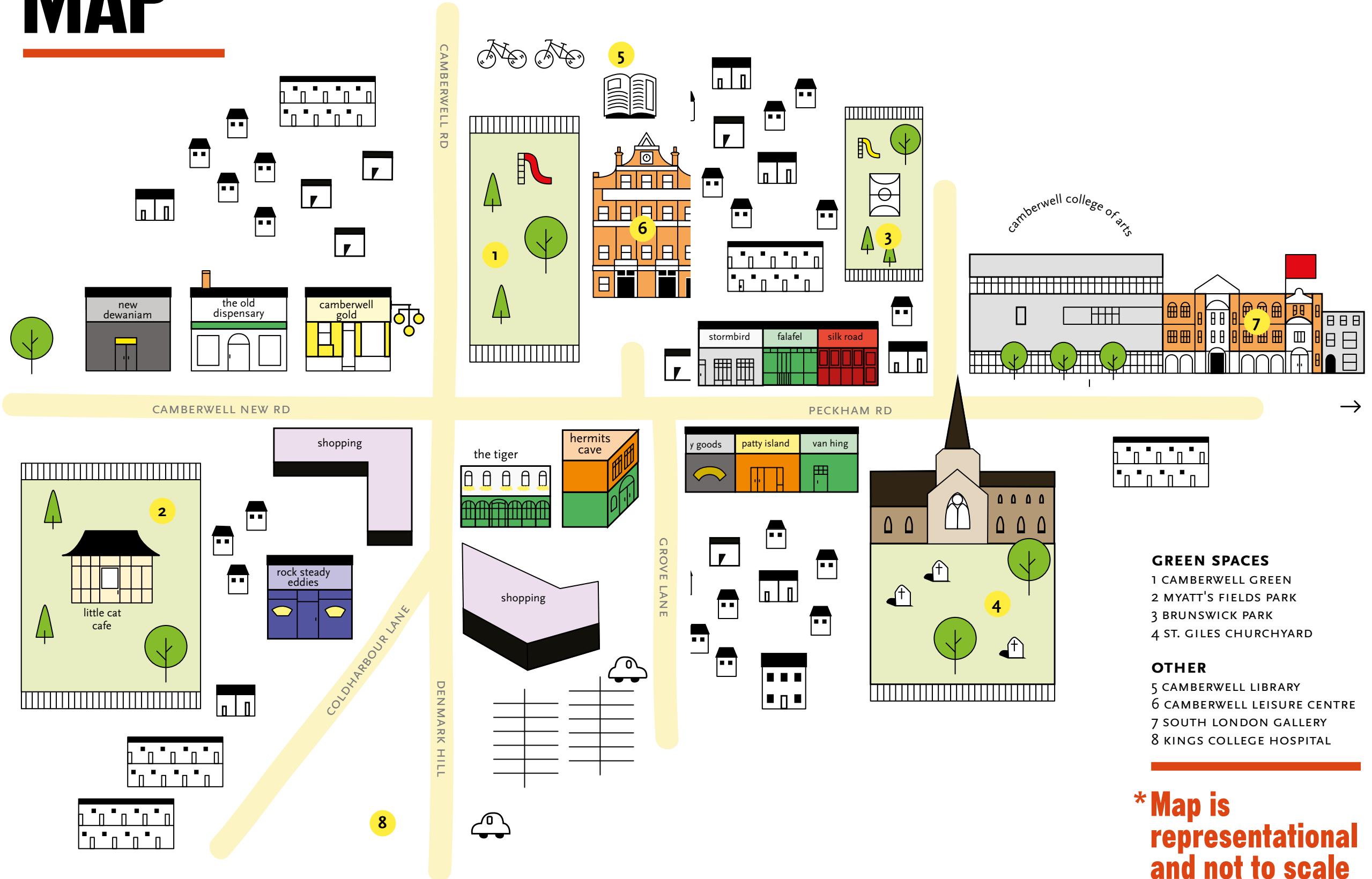
## MINT TEA

mint leaves  
honey or sugar  
Boiling water

Mix mint leaves and stalks with boiling water. Add brown sugar or honey to taste



# MAP



# DIRECTORY



This eclectic corner of London offers food and drink of unmatched quality and variety, from traditional Cypriot bakeries to award winning gastropubs. Here's our guide to some of the most interesting restaurants, cafes, pubs and food shops to be found in the area.

## CAFES

**ART DELI**  
16a Coldharbour Lane,  
SE5 9PR  
020 7733 3311

**BREWBIRD**  
29 Peckham Road, SE5 8UA  
[www.brewbirdcoffee.co.uk](http://www.brewbirdcoffee.co.uk)

**CAFÉ FLORENCE**  
116 Denmark Hill, SE5 8RX

**CAFÉ NOIR**  
37 Camberwell Church St,  
SE5 8TR

**CAFÉ PRONTO**  
61 Denmark Hill, SE5 8RS  
020 7701 1860

**CYCLE PS**  
41 Camberwell Church St,  
SE5 8TR  
[www.cycle-ps.co.uk](http://www.cycle-ps.co.uk)

**DAILY GOODS**  
36 Camberwell Church St,  
SE5 8QZ  
[www.dailygoodslondon.com](http://www.dailygoodslondon.com)

**EROMA**  
16 Denmark Hill, SE5 8RZ  
020 7274 2772

**FCB DENMARK HILL STATION**  
Windsor Walk, SE5 8BB  
020 7703 9754

**FOWLDS CAFÉ**  
3 Addington Square, SE5 7JZ  
020 3417 4500

**JOHNNIES CAFÉ**  
104-106 Coldharbour Lane,  
SE5 9PZ

**JUNGLE GRILL**  
20 Camberwell Church St,  
SE5 8QU  
020 7703 4838

**LITTLE CAT CAFÉ**  
Myatt's Fields Park, SE5 9RA  
[www.myattsfieldspark.info/cafeacute-culture.html](http://www.myattsfieldspark.info/cafeacute-culture.html)

**LOVE WALK CAFÉ**  
81 Denmark Hill, SE5 8RS  
020 7703 9898  
[www.lovelwalkcafe.co.uk](http://www.lovelwalkcafe.co.uk)

**LUMBERJACK**  
70 Camberwell Church St,  
SE5 8QZ  
07814861511  
[www.wearelumberjack.co.uk](http://www.wearelumberjack.co.uk)

**MALOKO**  
65 Camberwell Church St,  
SE5 8TU  
020 3305 8913

**NUMBER 67**  
67 Peckham Rd, SE5 8UH  
020 7252 7649  
[www.number67.co.uk](http://www.number67.co.uk)

**PECKHAM PELICAN**  
92 Peckham Rd, SE15 5PY  
[www.thepeckhampelican.co.uk](http://www.thepeckhampelican.co.uk)

**THE PIGEON HOLE**  
2 Datchelor Place, SE5 7AP  
[www.thepigeonholecafe.com](http://www.thepigeonholecafe.com)

**PORTUGUESE CAFÉ DELI**  
11 Camberwell Church Street,  
SE5 8TR

**ROCK STEADY EDDIE'S**  
2a Coldharbour Lane, SE5 9PR

**VIET CAFÉ**  
75 Denmark Hill, SE5 8RS  
020 7703 2531

## RESTURANTS

**AMARYLLIS BAR & KITCHEN**  
66 Coldharbour Lane,  
SE5 9PU  
020 7274 0188

**BOLU KEBAB**  
7 Camberwell Church St,  
SE5 8TR  
020 7703 6188

**BUDDHA JAZZ**  
119 Grove Lane, SE5 8BG  
020 7737 1888  
[www.buddhajazz.co.uk](http://www.buddhajazz.co.uk)

**CAMBERWELL TANDOORI**  
117 Wyndham Rd, SE5 0UB  
020 7277 0854  
[www.camberwelltandoori.co.uk](http://www.camberwelltandoori.co.uk)

**CANAAN RESTAURANT**  
163 Camberwell Rd, SE5 0HB  
020 7703 0201  
[www.canaan-restaurant.com](http://www.canaan-restaurant.com)

**CARAVAGGIOS**  
47 Camberwell Church St,  
SE5 8TR  
020 7207 1612

**FALAFEL**  
27 Camberwell Church St,  
SE5 8TR

**FLYING FISH**  
55 Camberwell Church St,  
SE5 8TR  
020 7701 7032

**FM MANGAL**  
54 Camberwell Church St,  
SE5 8TR  
020 7701 6677

**GOLDEN GRILL KEBAB HOUSE**  
20 Camberwell Green,  
SE5 7AA  
0207277 3720

**HAPPY VALLEY CHINESE TAKEAWAY**  
160 Southampton Way,  
SE5 7EW  
020 7703 7516

**INDIAAH**  
59 Denmark Hill, SE5 8RS  
020 7252 4846  
[www.indiaah-camberwell.co.uk](http://www.indiaah-camberwell.co.uk)

**KALABASH AFRICAN RESTAURANT & BAR**  
58a Camberwell Church Street,  
SE5 8QZ  
020 7708 6844  
[www.kalabashcamberwell.co.uk](http://www.kalabashcamberwell.co.uk)

**LAMOON**  
39 Denmark Hill, SE5 8RS  
020 7708 5668

**LEBANESE MIXED GRILL**  
51 Camberwell Church St,  
SE5 8TR

**NEW DEWANIAM**  
225a Camberwell New Rd,  
SE5 0TH  
020 7703 1941  
[www.new-dewaniam.co.uk](http://www.new-dewaniam.co.uk)

**NOODLES CITY**  
21-22 Camberwell Green,  
SE5 7AA  
020 7277 2020

**PAPPADOM**  
219 Camberwell New Rd,  
SE5 0TJ  
[www.pappadom-camberwell.co.uk](http://www.pappadom-camberwell.co.uk)

**PASHA RESTAURANT**  
158 Camberwell Rd, SE5 0EE  
020 7277 2228  
[www.pashahotel.co.uk](http://www.pashahotel.co.uk)

**PURPLE MANGO**  
137A Southampton Way,  
SE5 7EW  
020 7703 5761

**PATTY ISLAND**  
40 Camberwell Church St,  
SE5 8QZ  
020 7701 1555

**RED SEA**  
85 Camberwell Rd, SE5 0EZ  
020 7277 4494  
[www.red-sea-restaurant.com](http://www.red-sea-restaurant.com)

**SILK ROAD**  
49 Camberwell Church St,  
SE5 8TR  
020 7703 4832

**THEOS**  
2 Grove Lane, SE5 8SY  
020 3026 4224  
[www.theospizzeria.com](http://www.theospizzeria.com)

**VINEYARD GREEK TAVERNA**  
3-5 Camberwell Grove  
020 7703 2131

**WULI WULI**  
16 Camberwell Church St,  
SE5 8TR  
020 7708 5024

**ZERET KITCHEN**  
216-218 Camberwell Rd,  
SE5 0ED  
020 7701 8587  
[www.zeretkitchen.com](http://www.zeretkitchen.com)

## PUBS

**THE BEAR**  
296a Camberwell New Rd,  
SE5 0RP  
020 7274 7037

**BLACK SHEEP**  
60 Camberwell New Rd,  
SE5 0RS  
020 7735 9990

**CAMBERWELL ARMS**  
65 Camberwell Church St,  
SE5 8TR  
020 7358 4364  
[www.thecamberwellarms.co.uk](http://www.thecamberwellarms.co.uk)

**THE CAMBRIA**  
40 Kemerton Rd, SE5 9AR  
020 7737 3676  
[www.thecambriasi5.com](http://www.thecambriasi5.com)

**CROOKED WELL**  
16 Grove Lane, SE5 8SY  
020 7252 7798  
[www.thecrookedwell.com](http://www.thecrookedwell.com)

**FLYING DUTCHMAN**  
156 Wells Way, SE5 7SY  
[www.flyingdutchmanlondon.com](http://www.flyingdutchmanlondon.com)

**FOX ON THE HILL**  
149 Denmark Hill, SE5 8EH  
020 7738 4756

**GRAND UNION**  
26 Camberwell Grove,  
SE5 8RE  
020 3247 1001

**GEORGE CANNING**  
123 Grove Lane, SE5 8BG  
07482073980  
[www.georgecanning.com](http://www.georgecanning.com)

**HERMIT'S CAVE**  
28 Camberwell Church St,  
SE5 8QU  
020 7703 3188

**JOINER'S ARMS**  
35 Denmark Hill, SE5 8RS  
020 7701 1957

**THE JUNCTION**  
171 Coldharbour Lane,  
SE5 9PA  
020 3715 2762  
[www.thejunction.london](http://www.thejunction.london)

**NAG'S HEAD**  
242 Camberwell Rd, SE5 0DP  
020 7703 7604

**OLD DISPENSARY**  
325 Camberwell New Rd,  
SE5 0TF  
020 7701 7660

**THE PHOENIX**  
Windsor Walk, SE5 8BB  
020 7703 8767  
[www.thephoenixwindsorwalk.co.uk](http://www.thephoenixwindsorwalk.co.uk)

**THE STORMBIRD**  
25 Camberwell Church St,  
SE5 8TR  
020 7708 4460  
[www.thestormbirdpub.co.uk](http://www.thestormbirdpub.co.uk)

**THE SUN OF CAMBERWELL**  
61-63 Coldharbour Lane,  
SE5 9NS  
020 7737 5861  
[www.suncamberwell.com](http://www.suncamberwell.com)

**THE TIGER**  
18 Camberwell Green,  
SE5 7AA  
020 7703 5246  
[www.thetigerpub.com](http://www.thetigerpub.com)

### BAKERS, DELIS & GREENGROCERS

**CRUSONS GREENGROCERS**  
62 Camberwell Church Street,  
SE5 8QU  
020 7701 2203

**HILL BAKERY**  
4a Grove Lane, SE5 8SY  
020 7043 4620  
[www.thehillbakery.co.uk](http://www.thehillbakery.co.uk)

**MARGARET'S CAKES OF DISTINCTION**  
224 Camberwell Road,  
SE5 0ED  
020 7701 1940

**SOPHOCLES BAKERY**  
24 Camberwell Church St,  
SE5 8QU  
020 7252 6316

**SPICE & NICE WEST INDIAN BAKERY**  
8a Coldharbour Lane, SE5 9PR  
020 7733 2283

**TURKISH FOOD CENTRE**  
303-309 Camberwell New Road, SE5 0TF  
[www.tfcsupermarkets.com](http://www.tfcsupermarkets.com)

**UNITED SUPERSTORE**  
14 Camberwell Church St,  
SE5 8QU

### COMMUNITY GARDENING PROJECTS

**BURGESS PARK FOOD PROJECT**  
Glengall Wharf Garden,  
64 Glengall Rd, SE15 6NF  
[www.burgessparkfoodproject.org.uk](http://www.burgessparkfoodproject.org.uk)

**CAMBERWELL SECRET GARDEN**  
Just off Kimpton Road, SE5  
[www.camberwellsecretgarden.wordpress.com](http://www.camberwellsecretgarden.wordpress.com)

**CAMBERWELL SUBTERRANEA**  
Basement garages on John Ruskin Street (just opposite Kennington Park Extension)  
[www.beeurban.org.uk/camberwell-subterranea-apairy/](http://www.beeurban.org.uk/camberwell-subterranea-apairy/)

**LETSOM GARDENS**  
211E Camberwell Grove,  
SE5 8JU  
[www.lettsomgardens.org.uk](http://www.lettsomgardens.org.uk)

**MYATT'S FIELDS PARK**  
Community Greenhouse,  
Cormont Rd, SE5 9RA  
[www.myattsfieldspark.info](http://www.myattsfieldspark.info)

**RUSKIN PARK COMMUNITY GARDEN**  
Denmark Hill, SE5 8EL  
[www.ruskinparkcommunitygarden.org](http://www.ruskinparkcommunitygarden.org)

**The Camberwell Community Cookbook was researched, written and designed by local residents.**

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**Most importantly, we would like to thank everyone who submitted their recipes and helped make this community cookbook possible.**

[www.camberwellarts.org.uk](http://www.camberwellarts.org.uk)

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