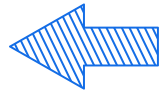




**FREE ONLINE**



# **COOKING SOCIAL**

**CHAT AND WATCH OR FOLLOW ALONG**

**HOSTED ON ZOOM**



**EVERY WEDNESDAY**

**11:00 AM - 1:00 PM**

**MEETING ID: 882 6186 8093**



**THIS WEEK 5TH AUGUST**

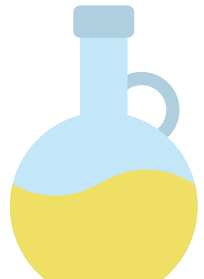
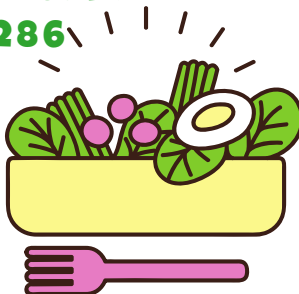
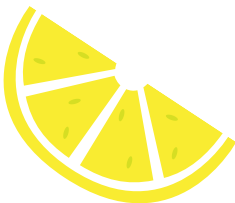
**DRESSINGS & MARINADES**

**FOR SUMMER SALADS AND GRAINS**

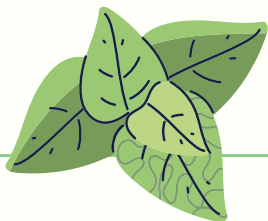
**FOR MORE INFORMATION PLEASE CONTACT  
MILDMAY COMMUNITY CENTRE**

**MILDMAYCP.ORG.UK**

**(0207) 249-8286**



# ingredients



## CHERMOLA

## LEMON AND MINT

Olive oil or veg oil

Olive oil

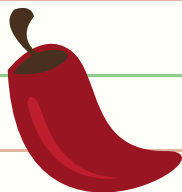
Onion preferably red

Garlic

Garlic

Fresh Mint

Red chillies



Fresh Parsley

Ground Paprika

Lemons

Ground Tumeric

Ground Coriander

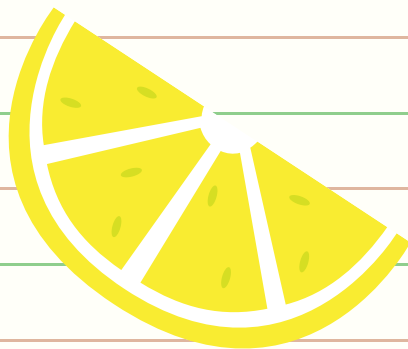
Ground Cumin

Fresh Ginger

Fresh Corriader

Fresh Parsley

Lemons



# ingredients



## PESTO

Bunch of Basil

Any nuts

Parmesan

Lemon

Garlic

## JERK SEASONING

Scotch bonnet

Onion

spring onion

Fresh Thyme

Fresh ginger

## GREEN HARRISA

Green chilli

A bunch Corriander

Lemon

Garlic

Veg oil

Garlic cloves

Cinnamon powder

Allspice

Dark brown sugar

Soy sauce

