



Somali Family Meal

Suqaar lamb curry, tiger bean curry, Somali rice and accompaniments

Country of origin: Somalia

Ingredients

Tiger Beans

1 cup of dry tiger beans

4 cups water

Lamb Stock

750g lamb shoulder or leg diced into 1cm pieces (fat removed)

1kg chopped lamb bones

8 cups water

Cumin Seed and Garlic Paste

10 teaspoons cumin seeds

10 cloves of garlic, peeled and diced

Somali Rice

4 cups aged basmati rice*

2 tablespoons olive oil

1 red onion, peeled and diced

2 heaped teaspoons cumin and garlic paste (see recipe below)

2 heaped teaspoons no-salt or salt reduced tomato paste

4 red tomatoes, washed and diced

Pinch salt

6 cups of lamb stock (see recipe below)

1 green capsicum washed, seeds removed and diced

Suqaar Lamb Curry

750g cooked diced lamb shoulder or leg (from stock recipe, see recipe below)

2 tablespoons olive oil

1 large red onion, peeled and diced

2 heaped teaspoons cumin and garlic paste (see recipe below)

2 large red tomatoes, washed and diced

1 heaped teaspoon no-salt or salt reduced tomato paste

2 cups lamb stock (see recipe below)

1kg potatoes, peeled and chopped into 1cm pieces

1 teaspoon salt (for health reasons you may choose to reduce or eliminate salt)

½ green capsicum washed, seeds removed and diced



Ingredients

Tiger Bean Curry

Cooked tiger beans and cooking water (see instructions below)

2 tablespoons olive oil

1 red onion, peeled and finely diced

2 large red tomatoes, washed and diced

2 heaped teaspoons cumin and garlic paste (see recipe below)

1 heaped teaspoon no-salt or salt reduced tomato paste

1 teaspoon salt (for health reasons you may choose to reduce or eliminate salt)

1 kg diced potatoes

½ green capsicum washed, seeds removed and diced

Mixed Green Salad

2 avocados, peeled and chopped

1 continental cucumber, diced

½ a red onion, peeled and finely diced

2 green tomatoes*, diced

300g mixed salad leaves

1 tablespoon olive oil

pinch salt

juice from ½ a lemon

1 tablespoon of water

Coconut and Green Chilli Relish

2 – 3 small mild green chillies

2 teaspoons desiccated coconut

a pinch of salt

Sliver of garlic

1 tablespoon diced red onion

1 tablespoon of water

Bananas

1 banana per adult, ½ per child, peeled and sliced

*Note: In Somali cooking green tomatoes are eaten raw in salads and red tomatoes are used in cooking. If you are unable to find green tomatoes, use red ones.



Preparing ingredients:

Tiger beans

1. Rinse tiger beans in cold water and drain in a colander.
2. Add 4 cups of water and beans to a large saucepan. Bring to the boil then reduce heat and simmer for 45 minutes with the lid on (until the beans are tender).
3. Once cooked remove the pot from heat and leave beans in saucepan; do not drain the water. Leave aside until ready to use in the curry.

Lamb stock

1. Place lamb meat, lamb bones and 8 cups of water into a saucepan and bring to the boil.
2. Once boiling, reduce heat and simmer for 10 minutes.
3. Take off heat and drain liquid through a strainer into a large pot or bowl and keep stock for use in rice and lamb curry recipes.
4. Separate the meat and bones. The meat will be used for the lamb curry. The bones can be used to flavour other dishes and can be frozen or kept in the fridge for a day or two.

Cumin seed and garlic paste

1. Heat frypan on medium heat. Add cumin seeds and lightly toast for a minute or two to release the flavour.
2. Remove seeds and place in a mortar and pestle with garlic.
3. Pound the garlic and cumin to form a paste, set aside to use in the following recipes.



Method

Prepare the tiger beans, lamb stock, and cumin seed and garlic paste as above.

Somali Rice

1. Place aged basmati rice in a large bowl, cover with cold water and leave for five minutes. Drain and rinse in a sieve until water runs clean. Place aside until needed.
2. Heat olive oil in a large pan on medium heat. Add diced red onion and sauté.
3. Add cumin and garlic paste and stir for 30 seconds, then add tomato paste, tomatoes, and rice. Cook gently for 10 minutes. Add salt to taste (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*).
4. Add hot lamb stock one cup at a time stirring as you go. Simmer slowly with lid on, stirring occasionally until rice is cooked (approximately 25 - 30 minutes). If needed, add more liquid to the rice as it cooks; make sure the stock you add is hot and that the rice does not boil dry or stick to the bottom of the pot.
5. Add capsicum for the last 5 minutes of cooking.
6. Remove from the heat.

Suqaar Lamb Curry

1. Heat olive oil in a large frypan on medium heat; add red onion, tomatoes, cumin and garlic paste and tomato paste.
2. Add the cooked diced lamb (from stock recipe) and stir for 5 – 7 minutes.
3. Add lamb stock, potatoes and salt to taste (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*).
4. Stir to combine and cook on a gentle simmer for 30 – 40 minutes, until potatoes are cooked.
5. Add capsicum for the last 5 minutes of cooking.



Tiger Bean Curry

1. In a large saucepan heat olive oil on medium heat, add red onion, tomatoes and cumin and garlic paste. Cook for 3 – 4 minutes until brown.
2. Add tomato paste and season with salt (*for health reasons you may choose to reduce or eliminate salt, try adding a pinch at a time*).
3. Drain and wash beans, keeping cooking water. Add beans to pan along with potatoes and cooking water from beans.
4. Simmer slowly over low heat for 30 minutes, stirring occasionally and adding more water as needed (up to 4 cups); the liquid will reduce as it cooks.
5. Add capsicum for the last 5 minutes of cooking.

Serve curries and rice with bananas, mixed green salad and coconut and green chilli relish (recipes below).

Accompaniments

Mixed green salad

1. Place together in a bowl: avocados, continental cucumber, red onion, tomatoes and mixed salad leaves.
2. To make the dressing mix together: olive oil, pinch salt, lemon juice and water.
3. Pour the dressing over the salad and mix through the salad just before serving.

Coconut and green chilli relish

4. Wash and dice green chillies.
5. Place diced chilli, desiccated coconut, a pinch of salt, garlic, red onion and water in a mortar and pestle.
6. Pound until it forms a paste. Serve in a small dish.