

WELCOME TO ARRIVING

MUSTAFA'S KUFTA

SERVES: 5

PREP TIME: 30m

COOK TIME: 15m

INGREDIENTS

For the Kufta

- 500g Bulgar Wheat
- 500g Minced Lamb
- 3 Eggs
- 1kg Diced Onion
- 100g Raisins
- 3 Cloves Minced Garlic
- 2 tsp Turmeric

For the Sauce

- 1kg Chopped Tomatoes
- 4 tbsp Tomato Puree
- 5 tbsp Vegetable Oil
- Salt and Pepper to taste

DIRECTIONS

1. Soak the bulgar wheat in cold water until it slightly softens.
2. Drain the water and add the lamb mince, garlic, eggs and 200g of the onion.
3. Fry the remaining onions in a pan until golden brown and add the raisins and the turmeric to make the Kufta filling.
4. Make patties out of the lamb mix and stuff with the raisins mix. Roll into balls and set aside.
5. For the sauce, combine the chopped tomatoes and puree with salt in a pan and bring to a simmer.
6. Add the Kufta patties to the sauce, cover and cook for 15 mins.

NOTES

FROM THE KITCHEN OF CURIOUS MONKEY
& NORTH STAR CO-DESIGN

W E L C O M E T O A R R I V I N G

The beautiful meal and performances you have experienced tonight were created by members of The Arriving Project – a creative community for people who are seeking sanctuary as refugees and asylum seekers. The project runs regular activities:

- Our Sanctuary Performance Group take part in workshops with professional artists, sharing skills and creating new performance work.
 - Our Sanctuary Women's Group – a place for women to have some 'me time' away from the stresses of daily life, learning strategies to support wellbeing and mental health. We do yoga, meditation, creative activities, movement, dance and visual art. We welcome you to come along and join the group on Thursday 22nd June from 11.30am at Laing Art Gallery for a wellbeing workshop as part of our Refugee Week celebrations.
 - Volunteers spend time in the kitchen cooking meals together, using culturally appropriate food (many of our volunteers stay in 'contingency' accommodation, in hotels/hostels, and do not have access to a kitchen.)
 - Theatre and Cultural Trips attending performances and exhibitions across the region, supporting our local venues to reach more diverse audiences.
 - Summer Trips to the beach/countryside to enjoy nature and fresh air which can be difficult for people to access.
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Members of The Arriving Project would love it to continue, so we are crowdfunding to support the future of the project. If you enjoyed today's event please support the project by pledging (if you can afford to) and sharing our campaign with your friends, family and colleagues. You can find out more about the project and pledge here:

www.crowdfunder.co.uk/p/the-arriving-project or by scanning the QR code below.

We would like to thank Magic Hat for hosting us, Louie and Lee from North Star Co-Design for creating such a beautiful event with the Sanctuary Performance Group, Archie and all our volunteer chefs and our funders National Lottery Awards For All, Community Foundation and Community Foundation - FOGO for making it all possible.



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RECIPE FOR COMPASSION

Kindness is the only language you need to understand

Have a smile

Be understanding

Be patient – if it's not happening now there is some reason

Appreciate things – they are easy coming, easy going

Sing with those around you

Music is life for everyone

You have to focus on music because sometimes music changes you

From sad to happy

Or you feel lonely

And music makes you better

Kindness is something everyone can feel

You see it in people without words

Without talk

Without communication

I believe there is no happier place than right now

So every day we live the day

FROM THE KITCHEN OF CURIOUS MONKEY
& NORTH STAR CO-DESIGN
