



GETTING YOU THROUGH SELF-ISOLATION WITH:

# MIGRATEFUL RECIPES

Delicious recipes brought to you by inspirational refugee and migrant chefs from around the world.



# Helen from Eritrea



Hello, my name is Helen Goitom. I am from Eritrea. I was brought up in a city called Asmara – the capital city of Eritrea. My mother taught me to cook when I was 12 years old. I have 6 brothers and 2 sisters. My brothers never cooked, only me and my sisters.

I have been in the UK for 1 year and 5 months. I got my refugee status last year, age 28. In 2014 I was forced to join the army in Eritrea. Everyone in my country had to join. Only my father couldn't join because he was ill. After 3 years of being in the army I wanted to leave the army because it was very dangerous and scary, I didn't like it. Often there was not enough food and water for the soldiers, there was never any rest, every day working and no rest. My father was very sick so I asked to go visit him in hospital. They wouldn't let me. I escaped to see my father. The authorities went to the hospital and put me in prison.

I spent 6 months in prison. Then my aunt's son paid someone to help me escape. I went to Sudan, then Turkey, Greece, then Italy, Belgium. In Belgium 12 of us snuck into the back of a lorry, the driver was asleep, he didn't notice us. And the lorry got to the UK. I am happy here in London. People help me. There are so many amazing services. When I'm ill I can get medicine. In Eritrea there was no medicine. There were no good schools. I feel very grateful to be here. My friends who I met in the lorry I am very good friends with still, they are like family to me.



# DARHO

## Spicy Chicken

This dish is made in Eritrea for special occasions or for holidays. Helen learnt this version from her mother. Eritreans like their food spicy, so Berbere spice mix is quite hot. Reduce it by half if you prefer a milder dish. You can always add berbere later, but you can't take it out!



Serves 6

### Ingredients

- 4 white onions, finely chopped
- 4 tbsp vegetable oil
- 5 cloves of garlic, crushed and finely chopped
- 30g parsley, finely chopped
- 6 tbsp berbere spice (to taste - this amount is spicy)
- 1 whole chicken, jointed or 1.5 kg chicken pieces
- 500g potatoes, peeled and cut into little finger-sized batons
- 500g carrots, peeled and cut into little finger-sized batons
- 2 chicken stock cubes
- Salt and pepper to taste

## Method

Dry fry the onions in a thick bottomed pan over a medium heat, stirring continuously, until they turn a nice brown colour. Then add the vegetable oil and continue to fry for a further 10 minutes.

Once the onions are rich in colour add the garlic, parsley and berbere to the pan and give everything a good stir. Add the chicken pieces and continue frying for a further 10 minutes or until browned a little on the outside.

Add the potatoes, carrots and crumbled chicken stock cubes to the pan, stirring to combine well. There should be quite a bit of moisture from the onions, but, if necessary, add a little water to stop the mixture sticking to the pan.

Add salt and black pepper to taste.

Simmer gently for about 20 minutes, stirring from time to time until the carrots, potatoes and chicken are cooked through. Add a splash of water if the mixture looks too dry.

Serve with Injera and an Eritrean vegetable stew.

