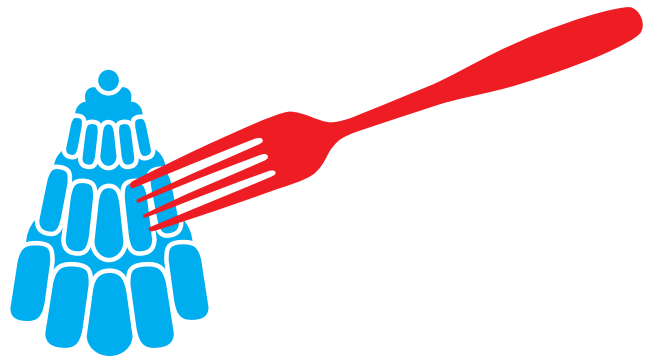


Recipe to build Hyde Park: Sticky Rice and Couscous with Vegetables



Ingredients

For grass

750 g	sticky Thai rice
750 g	peas
2 pkts	coriander
2	green peppers
2 pkts	watercress

For Park paths:

500 g	couscous
2	yellow peppers
2	red peppers
2 cups	yellow sultanas
2 tsp	curry powder
2 tsp	cumin seeds
	vegetable stock (as required for stickiness)

You will also need cup cakes, a plastic funnel and cocktail sticks to decorate.

Method

For the grass:

- Cook sticky rice as instructed
- Cook peas as instructed and mash $\frac{3}{4}$ of them, leaving the remaining peas whole.
- Finely chop the coriander, watercress and peppers.
- Gently combine all ingredients, including the whole peas.

For the paths:

- Prepare the couscous as instructed on the packet.
- Finely chop the peppers.
- Combine all the ingredients and add enough vegetable stock so that the consistency becomes 'sticky'.

Assembly

For the grass:

- Pack a small plastic funnel tightly and push the mixture through onto cup-cake cases to form a cone shaped pile.

For the paths:

- With an ice-cream scoop, place one scoop full of mixture in each cup-cake case to form a dome shape pile.
- Add cocktail sticks dotted around the park; Hyde Park in the sun!

Preparation time: 1 hour

Cooking time: none

Building time: 30 minutes

This recipe was designed by The Spicy South for Lift's Eat London event on Saturday 28 April, 2007



The Spicy South

The Spicy South is a group for local people with learning disabilities based in East Dulwich. The group is connected to Southwark Council, providing activities from gardening to cooking, supporting and giving opportunity to participants to get out and about and to draw awareness to them as valuable members of the community.

For The Spicy South, eating and meal-times are important and enjoyable moments in the day to sit down and reconnect with the people around us. Eating together goes across all Spicy South activities and we enjoy cooking a wide choice of foods; Chinese, Indian, Italian and Afro-Caribbean to name just a few. We always make time for lunch breaks!

The Eat London project has offered new experiences for the group, encouraging participants to have fun with food, adventure through London visiting the city's landmarks, and to meet and socialise with new people. We are thrilled to be involved in this unique event.

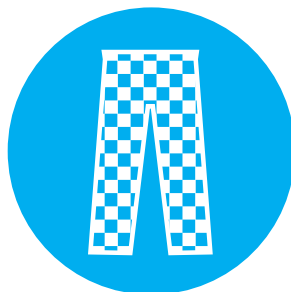
The Spicy South participants include:

Denise Largin, Steve Green, David Harding, Adora Iwuchuku, Grace Badmas, Peter Cumberbatch, Peter Shaw, Lisa Hardiman, Anne Arnaud, Nickisha, Willey, Billie Wallace, Alana, Revell-Rohr and Lorna Aldridge.

The Spicy South facilitator is:

illugi Eysteinnsson.

To see more landmark recipes from Eat London visit www.liftfest.org.uk



Lift

