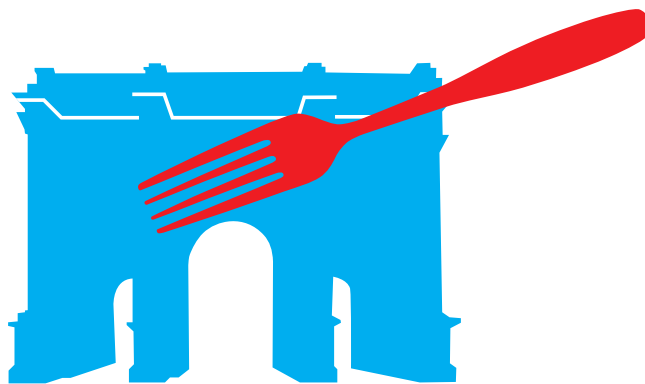


# Recipe to build Marble Arch: Coconut Burfi with liquorice gates



## Ingredients

4 cups	sugar
4	coconuts
70 g	cashew nuts
15 pods	cardamom
150 g	ghee
150 g	icing sugar
	strips of black liquorice

## Method

- Shred the coconut. Break the cashew nuts into small pieces and fry in ghee.
- Grind the cardamom into a powder.
- Heat 1/4 ltr water in a saucepan and add the sugar to it. When the sugary liquid is no longer thin, add the coconut shreds and heat until it thickens.
- After sufficient stirring, add the fried cashewnut pieces and ghee continuing to stir the mixture well.
- Add the powdered cardamom and mix thoroughly.
- Take the saucepan off the heat.
- Pour the mixture onto a plate which can accommodate sufficient thickness.
- Cool for at least three hours before cutting.

## Assembly

### For the frontage you will need:

Two wall pieces 7 x 7 cm  
(lower arches left and right)

Two wall pieces 7 x 6 cm  
(relief above lower arches)

One wall piece 8 x 9 cm for lower centre arch

One wall piece 8 x 6 cm for upper centre arch  
(Cut out the frontage twice since Marble Arch can be viewed from both front and back)

### For the eight pillars:

Cut pieces of 10 x 1.5 cm and roll into round shape on even surface.

Cut pillar base and capital matching the pillar scale and carefully fix the pillar structure to the frontage using cocktail sticks.

### For the architrave on top:

Cut a rectangular shape of 8 x 18 x 2 cm and add the surrounding embellishment connecting the architrave with the capitals of the pillars.

### For the gates:

Assemble the liquorice to form the gates by gluing the strips together with icing sugar. Remember to make them to scale.

**Preparation time: 30 minutes**

**Cooking time: 30 minutes**

**Building time: 2 hours**

This recipe was designed by SubCo for Lift's Eat London event on Saturday 28 April, 2007.



## Subco

SubCo is a Day Care Centre for Asian elders in the east end borough of Newham. SubCo was created by a community led initiative, responding to local people's call for a service and space for elders from the Sub Continent to meet.

SubCo aims to nurture the empowerment of its participants through their involvement with a supportive, intergenerational group and a diverse programme of activities and events. Mealtimes and cooking are a daily and central aspect of SubCo's programme and give a focus for cultural and sociable activity. A Lunch Club serving Gujarati and Punjabi style dishes provides a hub for meeting and sharing mealtimes.

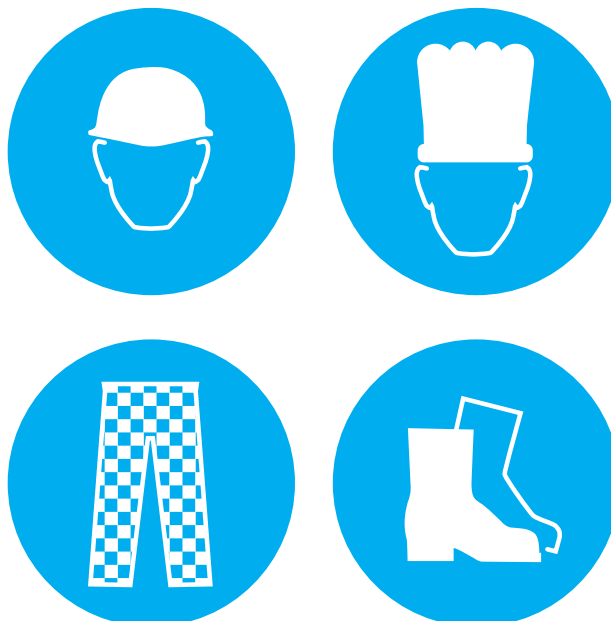
During the Eat London workshops some of the SubCo elders made their first trip in many years into central London to research their part of the map. Their participation has also been a unique opportunity for the group to develop an experimental relationship with food as building blocks of the city and to explore the role of food as an expression of their cultural heritage.

### SubCo's participants are:

Saf, Shabana, Khatija Cadinouche, Maryam, Mehmood, Maryam Athman, Fari Aziz, Alka Patel, Pushpa Bij Deri, Khatija Begum, Fatima Saddiqi, Gulam Hussain, Mohammed Ofu, Hasumatiben Patel, Thakurbai Patel and Naheed.

**SubCo's facilitator is:** Martina von Holn.

To see more landmark recipes from Eat London visit [www.liftfest.org.uk](http://www.liftfest.org.uk)



# Lift

