



Aloo Sani
Rohingya Mashed Potato



Ingredients:

- Red potatoes
- Red onion, chopped
- Garlic, minced
- Salt, to taste
- Olive oil
- Fresh green chilli
- Mustard or Olive oil
- Lots of coriander leaves

Instructions:

1. Boil the Potatoes: Boil in water over medium heat for 20 minutes until soft. Let cool slightly, then peel and mash
2. Roast the Chili: Roast green chili in a heated pan for 2-3 minutes until slightly burnt, stirring continuously
3. Prepare the Bhortha: Mash the roasted chili with salt and chopped onions by hand, then add mustard oil and mix well
4. Combine: Add the mashed potatoes and coriander leaves to the chili-onion mixture. Mash until thoroughly combined
5. Serve: Adjust seasonings to taste and serve shaped into a ball

Recipes contributed by Noor Azizah & Noor Uddin for the Rohingya Social.

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Rohingya Kopswe
Rohingya Pasta with Cabbage



Ingredients:

- Garlic
- Olive oil
- Ginger
- Vegan chicken stock cubes
- Red onion
- Curry powder
- Coriander leaves
- Spaghetti pasta
- Green chili
- A large amount of cabbage
- Tomatoes
- 1 can Chickpeas

Instructions:

1. Sauté garlic, ginger, and red onion in olive oil until fragrant.
2. Add green chili, tomatoes, and curry powder, cooking until tomatoes soften.
3. Stir in chicken stock cubes and a little water to create a sauce.
4. Add shredded cabbage and cook until tender.
5. Mix in chickpeas and cooked spaghetti pasta, stir to combine.
6. Garnish with coriander leaves and serve.

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Sona Bud
Fried Chickpeas



Ingredients:

- 1 can Chickpeas
- 1 tsp Turmeric powder
- 1 tsp Chili powder
- 1 ½ tsp Coriander powder
- ½ tsp Ginger paste
- ½ tsp Garlic paste
- 4-5 Green chilis, thinly sliced
- 2 medium Onions, sliced
- 4-5 tbsp Oil
- ½ tsp Cumin powder
- ½ cup Hot water
- 2 tbsp Coriander leaves

Instructions:

1. In a frying pan, add chickpeas, turmeric powder, chili powder, coriander powder, ginger paste, garlic paste, green chilis, onions, cumin powder, and oil. Stir the mixture well.
2. Cook for 15-20 minutes, then add hot water.
3. Once the water is absorbed, garnish with coriander leaves, green chili, and raw onion. Remove from pan immediately and serve.

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Tunar Kek
Tuna Cakes



Ingredients:

- 3 cans Tuna (160g each)
- Coriander leaves
- 1 Red onion
- 4 Green chilis (optional)
- 4 Eggs
- ½ tsp Salt
- 200ml Olive oil
- Curry powder
- Flour

Instructions:

1. Drain the tuna and mix with onions, coriander, and salt.
2. Add one egg and mix until the mixture is doughy.
3. Form patties with the mixture, place them on a wax paper-lined plate or tray.
4. Beat the remaining eggs in a small bowl.
5. Heat olive oil in a non-stick frying pan on medium heat.
6. Dip patties into the beaten eggs and cook in the pan until browned, about 3-4 minutes per side.
7. Drain patties on kitchen towel and serve.

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Kurra Ghuso Sahlon Baht Loi
Chicken Green Curry with Rice



Ingredients:

- Halal chicken (cut into pieces)
- Onion
- Garlic paste
- Ginger paste
- Green chilis
- Garam masala
- Cumin powder
- Coriander powder
- Turmeric powder
- Coriander leaves
- Potato
- Rice for serving

Instructions:

1. Sauté onions, garlic paste, and ginger paste until onions are translucent.
2. Add chicken, green chilis, and spices (garam masala, cumin, coriander, turmeric) and cook until chicken is browned.
3. Add potatoes and enough water to cover. Simmer until chicken is cooked and potatoes are tender.
4. Garnish with coriander leaves and serve with rice.

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Semai with Oat Milk



Ingredients:

- 200g Vermicelli (Semai)
- 4 cups Oat milk
- ¾ cup Sugar
- 1 tbsp Rose water (or Kewra water)
- 2 tbsp Pistachios (thinly sliced)
- 1 tbsp Raisins
- Cinnamon
- Cardamom
- Ghee (or plant-based alternative)
- Dry fruits
- Plant-based condensed milk

Instructions:

1. Lightly roast the vermicelli in ghee until golden brown.
2. In a separate pot, heat oat milk and sugar until sugar dissolves.
3. Add the roasted vermicelli to the milk mixture and cook until the vermicelli is soft.
4. Stir in rose water or kewra water, pistachios, raisins, cinnamon, and cardamom.
5. Mix in plant-based condensed milk and cook for a few more mins
6. Garnish with dry fruits and serve warm or chilled.

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