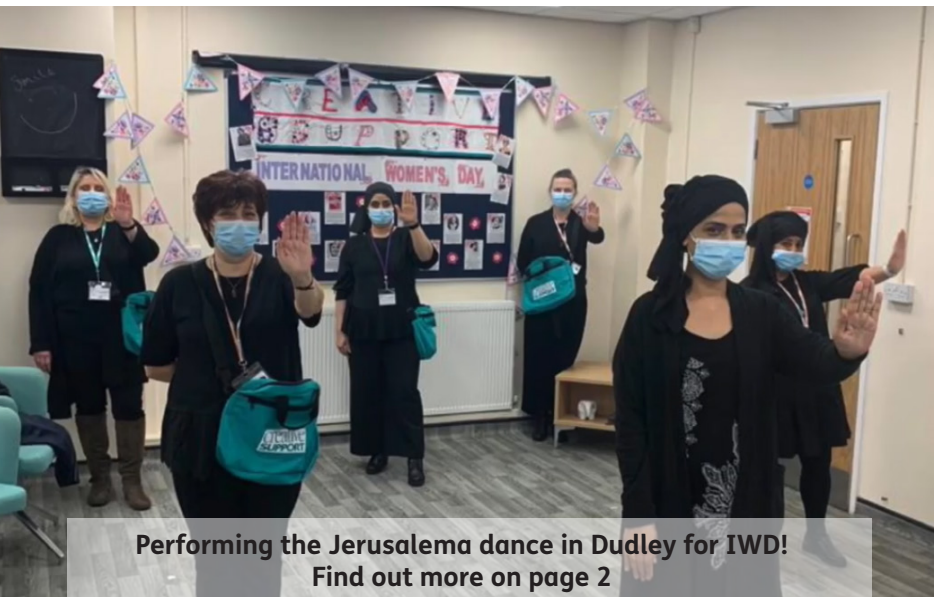


BLACK, ASIAN & MINORITY ETHNIC MONTH

Celebrating all cultures, identities and traditions

creative
SUPPORT

March
2021



Performing the Jerusalem dance in Dudley for IWD!
Find out more on page 2

WELCOME TO OUR BLACK, ASIAN, AND MINORITY ETHNIC MONTH NEWSLETTER!

Throughout March we have been celebrating and supporting our Black, Asian, and minority ethnic service users and staff on our social media and website! We have shared their joy and excellence and have learned lots of wonderful things by listening to each other's stories about our backgrounds, faiths, and cultures.

This newsletter is absolutely overflowing with interesting things such as facts, recipes, interviews, and more so there is something for everyone! We've also got some important articles to raise awareness and that will hopefully allow everyone at Creative Support to be even more mindful of things that our Black, Asian, and minority ethnic service users and staff experience.

A huge thank you to everyone who contributed - it couldn't have been done without you.

We hope you enjoy reading it and that you find it as interesting as we did putting it together!

WHY WE'RE TRYING NOT TO USE THE TERM 'BAME'

Many Black, Asian and minority ethnic people don't feel valued when people use acronyms and blanket terms like 'BAME' to describe them. People can feel lumped together, and like their full identity and experiences aren't appreciated. We really value the impact that language can have, and so we encourage everyone in our Creative Support community not use acronyms like this. Instead, be specific about the ethnicity you're describing and how someone identifies themselves e.g. Nigerian, South Asian, or if you do want to refer to multiple groups write them out in full.

To learn more, check out this video where people share their experiences, bbc.in/3cBui7F or this Civil Service blog, bit.ly/2NkH95B

GET INVOLVED WITH OUR ANTI-RACISM & AFFINITY NETWORKS

Any staff who are passionate about this work can get involved in our Anti-Racism network, which includes opportunities to share personal experiences, discuss issues and help develop our Action Plan. To get involved or ask any questions just email EDI@creativesupport.co.uk



UN ANTI RACISM DAY
Saturday 20th March

#WORLDAGAINSTRACISM DAY OF ACTION
- Fighting Racism, Islamophobia, Antisemitism & Facism

GLOSSARY

Colourism - This is a form of racism where people with darker skin tones are treated more negatively and can experience more impacts of racism. It's also when people are treated better because of having lighter skin tones.

Microaggressions - These are forms of discrimination that may be unconscious or subtle. It's when someone says or does something that is offensive based on someone's identity. It's typically something that seems small, but has a lasting effect. An example would be: *"Your name is too difficult to pronounce, can I give you a nickname?"* read the full article on page 8!

Code Switching - This is when someone changes their speech, appearance, and other elements of who they are as a person so that they can "fit in" to a white space.

Allyship - This means 'being an Ally' and supporting people who are Black, Asian, or from a minority ethnic background. It also means educating yourself on certain topics, challenging yourself and your prejudices, and raising up your Black, Asian or minority ethnic friends and colleagues when they are being ignored or insulted.

Intersectionality - This is when we recognise that different parts of society are marginalised and when they overlap it can create added levels of disadvantage. This includes characteristics such as race, gender and class. For example, Black trans women are some of the most likely people to be a victim of prejudice and violence because of race and gender.

INTERNATIONAL WOMEN'S DAY

This year the staff at Dudley Hub and Outreach Services chose to celebrate International Women's Day by learning and performing the Jerusalema dance! They thought it would be a good team building exercise, and once they had looked into the story behind Jerusalema they thought it was a fitting tribute to IWD.

Jerusalema began in December 2019 when a South African singer Nomcebo Zikode had lyrics come to her. Zikode was a backing singer and just when she was about to lose all hope of being heard in the foreground, she wrote the song as a plea for God to answer her prayer.



Zikode says that a mixmaster named Master KG called her late one evening to come to his studio to listen to new beats. She listened to his track and the words just came to her. The opening line is in Zulu, which is the most widely spoken language in South Africa. It translates to 'Jerusalema is my home, guide me, take me with you do not leave me here'. They recorded the song that night and since its release in December 2019 it has become a worldwide hit!

The Jerusalema Dance Challenge was started by Zikode fans in Angola. They made a viral video of dancers eating their lunch as everyone moves to the sound of the track, and kickstarted people learning the dance too!

bit.ly/3bNRwrX



Introducing The Halo Code at Creative Support!

We are proud to reinforce a culture that values diversity and enables Black and minority ethnic people to be themselves without apology or the need to accommodate 'white norms'.

Find out more on our website
[www.creativesupport.co.uk/
championing-the-halo-code/](https://www.creativesupport.co.uk/championing-the-halo-code/)

YOUR STORIES

SABBIHA KAUSAR - Service User

I was born in Gujar Khan, Pakistan. I am one of eight siblings with four brothers and three sisters. I grew up in Pakistan and my dad was in the Army during the early years of my life. We owned a shop with materials and had tailors stitching clothing for both women and men. I was keen to learn how to sew so I did a tailoring course in my teen years, learning how to do embroidery and knitting. The Army set up a programme to help youngsters learn skills for life.

I had an arranged marriage in 1994. My husband came to Pakistan and we got married. I was very young and felt really excited to settle in a new country. I came to the UK in 1995. The marriage was arranged through family, but I was happy to accept my parents' wishes. UK life was very strange and it was stressful at times because of the language barrier and the clothes, etc. and it all would be too much at times.

I am living with my son who makes me feel really proud. It makes me feel good to cook cultural dishes I learnt in Pakistan, for my son and myself making kababs and curries. I love sewing Asian clothes (such as shalwar and kameez) when I am feeling well in myself.

What's important to me is trying to live a life according to my religion Islam, and being happy. I enjoy reading the Quran, duas (prayers) and finding out what the prayers mean as I read them in Arabic. I also enjoy watching Asian dramas. I loved the cultural days organised by Creative Support in the community however due to Covid they have stopped. I am currently struggling with my mental health but I am also really appreciative of the support Samina and Shazia have provided me with over lockdown, and to have someone who I can talk to in my language who understands my culture.

FARZANA ZAHIR

- Service User
at Dudley Hub
and Outreach
Service



I was born in Pakistan in a village near Rawalpindi. My father was a builder and my mother was a housewife. I grew up in a village with everyone living in basic farm-style houses and everyone had their own cattle. I loved helping my mom cook on the tandoor and helping in the village with jobs as most of the village was either related or close family friends. We didn't have much but we had community love, and that meant the world to me. I loved visiting my relatives in the evening. Something I really miss in England are the open spaces and the beautiful scenery.

I came to England in 2002, and settled with my husband. I have three lovely boys. My health has suffered over the years and I struggle most days. I enjoy the sunshine when I can as it reminds me of Pakistan.

I enjoy cooking, and in particular making biryani. I also love watching Indian dramas and attending Creative Support's community groups. Creative Support have helped me to gain confidence and recognise my worth. I am grateful that they are able to provide cultural events in the community. This really helps me as I am able to share things with my family and gives me something to look forward to, and allows me to dress up and meet my friends in the group.

I am very isolated but I enjoy the social distance walks provided by Creative Support, it helps me talk about things that are worrying me. It's lovely that I am able to speak to the support workers in my mother tongue and they can relate to my culture and faith. This really means a lot to me as I feel more connected.

Check out our social media pages for more great content throughout this month



Judaism is the oldest religion which believes in one God. It has been traced back over 4,000 years! Judaism is also one of the three major Abrahamic religions in the world (to read more about this head to Arise's interview!). It is interesting as Judaism is considered a religion, a culture, and a nationality as some people can trace their heritage back to the original tribes of Israel in the Middle East. The majority of Jewish people live either in Israel (6.8 million people, 46.7% of the Jewish population) or the US (5.7 million people). The UK is home to over 260,000 Jewish people, making it the fifth largest Jewish population in the world, and the second largest in Europe following France.



A DAY IN THE LIFE OF...

ESTHER IN STOCKPORT

Esther has worked for Creative Support for over three years as the PA to the Head of Engagement and Learning, and provides support to our Training Administrators. In this interview, she explains what Pesach celebrates and what a typical day during Pesach involves. Pesach is also known by its English name - Passover. Pesach (this year running from 27th March to 4th April) is one of the three major festivals that Jewish people celebrate throughout the year, and Esther is here to explain why.

What does Pesach celebrate and how long does it last for?

Pesach lasts for eight days and remembers the Jewish exodus during biblical times. During this period, Jewish people were slaves of the Pharaoh and were tasked to build his pyramid. Pesach celebrates the Jewish liberation from slavery and getting out of Egypt and the freedom this gave them - although they spent 40 years wandering in the desert afterwards!

What does a typical day during Pesach include?

Pesach is centered around lots of things that symbolise slavery. During this time we change the foods we eat. If you're Orthodox then you

have two sets of pots and pans. One set is for general food, and the other is only used during Pesach as the foods we eat are restricted.

One thing we can't eat is unleavened bread, so we eat matzah instead which are like big crackers. This is because when the Jewish people were fleeing from Egypt they didn't have time to let the yeast rise and had to let it dry in the sun, which created matzah. Because of this we aren't allowed to eat things such as flour or use any typical bread ingredients. We also have to have 'Pesach certified' foods, so we can buy things from Kosher shops that have been specially prepared for Pesach that haven't been near any bread ingredients just in case of contamination.

Before Passover you would sell your 'Chametz' or 'unleavened' foods such as bread to non-Jewish people. It's a symbolic transaction and doesn't involve the actual sale of the bread, but it means it's been given away and you've cleansed your house. The night before Passover you also do the symbolic search of the house for anything non-Pesach certified. You wouldn't normally find something because it's been taken out of the house in preparation for Pesach, so families put little bits of bread around the house and people wander with a candle and a feather and sweep it up to show that your house is clean and you're ready to bring Pesach in.

The first two days of Passover and the last two are the holy days where we follow Shabbat rules such as no electricity. In the first two evenings you have a Seder service. Lots of people do the service in their own homes. Growing up we used to regularly have two Seders at our home where we would invite people over for an evening of prayers and food. Part of its purpose is to talk to children about the Passover story and explain it to them.

During the evenings we talk about the ten plagues of Egypt when God was trying to intervene to get the Pharaoh to allow the Jewish people to leave. We have a list of them which we go through and customarily dip a finger in wine and spill a drop for each one. The first is blood, which is when the rivers in Egypt turned to blood. Others are mainly environmental, such as the plague of frogs or locusts. The last plague was the death of the firstborn son of every non-Jewish person and was the one that made the Pharaoh change his mind.

Aside from matzah we also eat symbolic food on a Seder plate. Bitter herbs (Maror) is one of the sections and can be represented by lettuce or more commonly with horseradish root which we grate and eat with matzah. The bitter herbs represent the hardships of slavery. We also have an egg in saltwater, the saltwater of which represents tears while the egg represents fertility, growth and new beginnings. We also have a burnt shank bone to represent offerings in the Temple. There is also Charoset which is a sweet paste made from ground walnuts, apples and a drop of wine which represents the mortar used to build the pyramids. You eat these foods at certain points during the evening.

There is also a point during the Seder where you fill a cup of wine to the brim and say a prayer to the angel Elijah who is said to visit everyone's home on Pesach.

There is also a game for the kids or the youngest people at the table. You break a matzah in half and hide one half which the kids have to go and find to win a prize. This is known as the Afikomen.

Lots of people have transferred their Seders online so that people can still come together, but hopefully we'll be able to celebrate in person again soon.

Over the first two and the last two days of Pesach you would also go to Shul (Synagogue) at certain times like you would on Shabbat. However, at Shul you're usually given food but during Pesach we can't as they wouldn't be able to make the kitchens Pesach certified.

Can you explain the significance of Pesach as a holy day in the Jewish Calendar?

Pesach is one of the three main festivals, along with Shavuot (16th May - 18th May) and Sukkot (20th September - 27th September). They are known as the Shalosh Regalim or the Three Pilgrimage Festivals. Pesach is the most like Christmas in the non-Jewish calendar. It's so significant because of the amount of preparation that goes into the festival beforehand, because it commemorates freedom from slavery and encourages loved ones to gather together.

You can [click here](#) to learn more about Pesach.

WHAT I LOVE MOST ABOUT MY CULTURE

HAJERA BEGUM, SERVICE USER AT SUE STARKEY HOUSE

"I am Bengali and I love to meet up with my family especially during special occasions. We come together and eat pilau rice, biriyani and paratha. We listen to Bhangra music and dance.

I love to wear my salwar kameez and sari's. This is something else I love about my culture, the beautiful dresses! I love Bengali weddings! It is a combination of everything I love - food, music, family and sari's!"

Fact: Bengali is the 8th most spoken language in the world, usually known as "Bangla"



Islam is one of the largest major religions in the world and it is the fastest growing! It is estimated that 1.8 billion people are Muslim. Most Muslims are either Sunni (1.6 billion people) or Shia (180-230 million people). It is one of the three major Abrahamic religions along with Judaism and Christianity. This means that all three religions come from the sons of Abraham. For Muslims it comes from his eldest son Ishmael. For Jewish people and Christians it is from his second son Isaac. Around 12% of all Muslims live in Indonesia which is the largest Muslim-majority country. 31% of Muslims live in South Asia, 20% in the Middle East and North Africa, and 15% in Sub-Saharan Africa.



A DAY IN THE LIFE OF...

ARISE IN URMSTON

Arise is a Project Manager and has worked at Creative Support for six years! In this interview, he talks us through a typical day during Ramadan (this year running from 23rd April to 23rd May). Ramadan is one of the most important festivals in the Muslim calendar, and Arise is here to explain why:

What does Ramadan celebrate and how long does it last?

Ramadan lasts between 28 and 30 days depending on the full cycle of the moon from beginning to end. Ramadan is the fourth of the five pillars of Islam, which is what Muslims follow all over the world.

Ramadan is actually one of the months in the Islamic calendar that is a really holy month and is special for every Muslim. During the month we are encouraged to abstain from food, drink, and bad behaviour. We fast between dawn and sunset every day, but this is also dependent on the weather!

What is the history behind Ramadan?

The history behind Ramadan is that in Islam we follow the Prophet Mohammed (PBUH) and the Quran. During this month we celebrate that the Quran was given to the Prophet (PBUH) and he was instructed by the angel Jibreel (Gabriel) to start reading. The Prophet (PBUH) couldn't write, so he instructed his disciples to help him write the Quran as we know it.

The last ten days of Ramadan are called Laylat al-Qadr. This is because it was during one of these days that the Quran was first sent down from heaven to the Prophet (PBUH), but we aren't sure which! Laylat al-Qadr is a really special period as we believe that we move closer to Allah through it. We also believe that the door to heaven is open during this period, and whatever we pray for will come true.

What does a typical day during Ramadan include?

During the whole month everyone has to change their whole behaviour. This is because of fasting and the rules around it.

A typical day would begin with getting up as early as possible - typically around 4am/5am depending on what time sunrise will be and the weather. Sometimes we have to get up at 2am! We all get up at that time and then we have Sahur, which is getting something to eat and then praying. This is the first time we can eat and the last time until the sun sets. The first prayer is the first of our five daily prayers and is called the Fajir.

When the sun sets, we break our fast with Iftar. We break our fasts with fruit and water and then we perform the obligatory prayer called taraweeh. We then eat a normal sized meal, we don't want to stuff ourselves!

During the day when you're fasting, we're still allowed to go on with our normal day at work. We do need to make sure we manage ourselves physically and emotionally so we don't injure ourselves during the fast.

We don't have a certain food to eat during this time, just a normal meal so that it keeps us strong and keeps us going all day. One of the big things is trying to gather people to eat together and break the fast together.

During Ramadan we also focus on Zakat which is another pillar in Islam. Zakat means being charitable or giving alms to people and reaching out to people in need. In Islam the Prophet (PBUH) says that *'you should check seven doors to your right, seven doors to your left, seven doors to your front and seven doors to your back'*. This means to check in on the people around you and see if they need any help, and then you should go and help others. This can be with food or a donation.

After Ramadan we have a big celebration called Eid Al-Fitr. Everyone comes together and has a proper meal so that we can celebrate, enjoy ourselves and thank God at the same time. We're also encouraged to be charitable and give food to people during Eid Al-Fitr too.

Is Ramadan one of the most important holy times in Islam?

Yes, it's one of the most important and it only comes once a year. Everyone needs to make sure we really follow the guidelines of Islam during this time. This month is where we practice self-discipline, self-control, sacrifice, and empathy. We're reminded that we're doing this for ourselves and not for anyone else.

Do you have any personal stories about Ramadan?

When I was young my parents didn't force us to take part in the fasting. We would wake up with my parents in the middle of the night, and then go to school and eat, and then eat again during the night. It helped me to understand more about the world including how to help, interact with and support people.

In 2018 I was diagnosed with diabetes, so in 2019 I was worried that I wouldn't be able to fast. Fast forward to 2020 I took the plunge and I did everything during Ramadan that I usually would, and then afterwards when I went to the doctor's for my checkup, they gave me a good review! This was because I was fasting but also watching what I was eating. I'm hoping to improve even more on that this year - there's a lot of junk food in the UK!

RELIGIOUS FESTIVALS CALENDAR – APRIL & MAY 2021

APRIL

- 27th March - 4th April** Pesach/Passover - Jewish
- 1st April** Maundy Thursday - Christian
- 2nd April** Rama Navami - Hindu
- 2nd April** Good Friday - Christian
- 4th April** Easter Sunday - Christian
- 5th April** Easter Monday - Christian
- 12th April** Ramadan begins - Muslim
- 12th April** Hindi New Year - Hindu
- 13th April** Vaisakh - Sikh and Hindu
- 13th April** Ugadi/Gudi Padwa/Telugu New Year - Hindu
- 14th April** Tamil New Year- Hindu
- 18th April** Guru Angas Dev Birthday - Sikh

- 27th April** Hanuman New Year - Buddhism
- 27th April** Hanuman Jayanti - Hindu
- 29th April** Lag B'Omer - Jewish

MAY

- 1st May** Beltane - Pagan/Neo-Pagan
- 9th May** Laylat al-Qadr - Muslim
- 12th May** End of Ramadan, start of Eid Al-Fitr - Muslim
- 12th May** Chaand Raat - Muslim
- 13th May** Ascension of Jesus - Christian
- 14th May** Akshaya Tritiya - Hindu
- 16th - 18th May** Shavuot - Jewish
- 23rd May** Pentecost - Christian
- 26th May** Vesak - Buddha Day - Buddhism
- 30th May** Trinity Sunday - Christian

MICROAGGRESSIONS

“Where are you REALLY from?”

When we talk about microaggressions, we mean the subtle or unconscious things people say or do that hurt a marginalised group. For example, LGBT+ communities, women, disabled people, Black & Asian people can all experience different microaggressions.

It's more than just being a bit rude. Microaggressions are based on stereotypes or judgements we make about a person because of their race, gender, sexuality, religion etc. These can be on purpose, but a lot of the time they are things that aren't intended or even recognised by the person doing it.

In terms of racial microaggressions, our society has a very deep bias towards 'white looks' and 'white culture' as normal or better. Our actions can be heavily influenced by this but we don't always recognise it.

This is why it's such a problem. Microaggressions happen causally and frequently in everyday life. They can be a look, comment, question or action and a lot of the time might seem like a compliment or a joke. Some of the many common microaggressions people experience include:

- **Calling someone the wrong name** or deliberately avoiding using their full name because it's 'foreign' or 'hard to say'
- **Mixing people up** when they look nothing alike expect for both being Black or Asian
- **Being asked 'where are you from'** and 'but where are you really from' (really saying: people who aren't white can't be from the UK)
- **'You speak really good English / you speak really well'** (really saying: someone of colour couldn't be English or speak in a certain way)
- **'I didn't expect you to be Black from the phone'** (again, really saying: someone's voice, accent, intelligence or conversation couldn't be that race)
- **Complimenting or stating surprise** at any aspect of someone's skills, qualifications, job, accent, hobbies etc. (really saying: someone of that race couldn't be capable of these things)
- **People acting nervously** e.g. around Black men or women wearing a niqab (really saying: you are dangerous because of your religion or skin colour)
- **'You're really pretty for a Black girl'** (really saying: Black is less pretty than white)
- **Asking if someone's hair is real**, asking to touch it, or just touching it without asking!
- **Assuming someone has knowledge** or always asking them about a particular faith or country (really saying: all Black ethnicities are the same, you're Asian so must be Muslim etc.)
- **Assuming someone is an assistant** (and not the manager or doctor)
- **Suggesting someone should** play basketball, or go into IT (because of their race)
- **Describing someone's** looks, clothes, food etc. as exotic or unusual (really saying: you don't belong, even if comments are supposed to be a compliment)
- **Denying or brushing off** that these behaviours are based on race, or saying it's harmless

These might seem small, but the impact is very damaging for people. People describe how microaggressions make them feel unaccepted, not good enough, ugly, unimportant, unwanted, uncomfortable or ashamed. When they happen all the time, it can really impact your self-esteem and mental health.

We can all do something to make a positive change though! Always try and think about how other people might feel about what you're saying. A good thing you can do to check your actions is ask yourself 'would I do that if they were a white person?'. You can also try and learn about as many examples of microaggressions as you can, so you can spot them and not do them.

HOW TO BE AN ALLY ALL YEAR ROUND

When we think of allyship, it's easy to just think about big actions and protests, but being an ally for Black, Asian and other minoritised people is something we can all be doing in our everyday lives.

Being an ally means making the effort to understand people's experience and how that might be different to yours, being accountable and using your voice to make others accountable too. How to do this in practice isn't always easy, but it is important not to let that stop you from trying!

Take a look at our guide for some key things you can do:

1. START WITH YOURSELF

Changing your own choices & behaviour is one of the most important things you can do. This means not being on 'auto-pilot' and starting to look carefully at your actions. Lots of things will influence you - things you learnt growing up, the news you hear or your social circle. Self-reflecting helps us become more aware of things we say and do that may be hurtful to people who are not white. When we understand our bias, we can make a conscious effort to make choices that support the people of colour around us.

2. KEEP LEARNING

This doesn't mean asking Black & Asian people to explain things to you. It does mean finding materials, books, podcasts, TV programmes, documentaries, blogs (whatever you like!) and listening openly to the people around you. Being an ally is about building your knowledge all the time, and not placing a burden 'to teach you'. The more you learn, the more you can show positive interest in people's culture or faith, be supportive of challenges they face and make sure that people feel comfortable being themselves around you.

3. RAISE UP VOICES

There will be times when a Black, Asian or minority ethnic person isn't being listened to or when someone is making it hard for them to speak. If you are there then you need to speak up, adding your voice to help create space for them. Don't forget

people follow by example too. If you act positively to include and support people in situations, others will see and do this too.

4. MAKE SURE THAT CONVERSATIONS DON'T BECOME ABOUT YOU

You might feel shocked and sad if you realise you have hurt someone before, and you may want to tell them how bad you feel. However, sometimes this adds another burden for the person to make you feel better. Depending on the situation, decide if you need to apologise, but after that move forward.

5. STAND UP FOR WHAT YOU BELIEVE

If something feels wrong, it probably is. When someone does something or says things you think are wrong we have to try our best to speak out. This can be especially difficult if it's a family member or a colleague at work but it is everyone's responsibility to act. Be prepared that people might act defensively, but it doesn't mean that what you say doesn't sink in later. If you aren't sure what to do, some good things to say can be:



6. YOU WILL MAKE MISTAKES

It's really important to remember that being an ally isn't about being perfect or knowing the 'right' thing all the time, or being 'woke'. Sometimes you will make mistakes. If you realise or someone tells you that something you've done is harmful, it's difficult, but see this as a chance to learn and not do it again. Being an ally isn't about one action or something you reach. It's a cycle of learning and acting, resting a moment, and starting again.

Remember that confidence and knowledge come with practice, so always keep trying and hold on to the reason that you started. As we keep learning more about what being an ally is and how to do it better, we can really start positive change!

RECIPES



JOLLOF RICE RECIPE BY LAMARRA

Jollof rice is a traditional West African dish eaten at every celebration! It is loud, vibrant and bursting with flavour just like its native people!

INGREDIENTS

4 mugs of rice
4 fresh tomatoes or
1 can chopped tomatoes
2 bell peppers

1 scotch bonnet
2 red onions (large)
Tomato purée (3/4 of tube)
Bay leaves x3
6 Knorr chicken stock cubes
1 tablespoon of dried thyme

LETS GET COOKING

1. Put the peppers, tomatoes, scotch bonnet and one onion into a blender with a little water. Blend until smooth.
2. Dice the red onion, then fry until soft or translucent (make sure oil is hot before frying).
3. Add the tomato purée to the onions and fry together for 5 minutes. Stir frequently to avoid burning. Fry for about 5 minutes to get that sweet, smoky flavour from the purée, stirring frequently.
4. Once the purée is fried, add the blended pepper mix and fry for a few more minutes (while mixing) and add seasoning.
5. Let it cook for around 15 minutes or until the sauce has thickened.
6. While your sauce is cooking, wash the rice well. Then add to the thickened sauce and stir well. Add enough water so it just covers the rice (not too much water) and stir well again.
7. Leave the jollof rice on a low heat.
8. Cover the lid with foil to avoid any steam from leaving the pot.
9. After 20 minutes uncover and give it a good stir. Let it steam on a low heat and cover again. Stir the jollof rice from the bottom up every 20 minutes. Do not be disheartened at the lack of water, the steam will do the job).
10. Cook for a further 20 minutes, then check and stir. After a total of 1hr 10mins on a low heat, steaming, the jollof rice should be ready.

ENJOY!

CHAPATTI RECIPE THE DESI WAY BY SAMINA

LETS GET COOKING

INGREDIENTS

270 grams Atta Chakki Gold Flour + 1/4 cup for rolling the roti

1-2 teaspoons oil (optional)
Around 180ml water needed to knead a soft dough
Ghee to brush the chapattis

STEP 1: Kneading the dough

Put 270 grams of Atta flour in a large bowl.

You can also add a little oil (optional). Then start adding the water, little by little. As you add water, mix with your hands to bring the dough together. I needed around 180 ml +1 tablespoon (15 ml) water here. You may need more or less water depending on the kind of flour.

Once the dough has come together, tip out onto a lightly floured surface and start kneading. Knead with the knuckles of your fingers, applying pressure. Fold the dough using your palms and knead again. Keep kneading until the dough feels soft, smooth and pliable. If it feels hard/tight, add little water and knead again. If it feels too sticky/soft, add some dry flour and mix. To test if it is done, press the dough with your fingers and it should leave an impression. Cover the dough with a damp cloth or paper towel and leave to rest for 20 to 30 minutes.

STEP 2: Rolling the chapatti

After the dough has rested, give it another quick knead then divide into 12 equal pieces, each weighing around 35 grams. Roll each piece into a ball, using the palms of your hands, making sure there are no cracks.

Put around 1/4 cup Atta on a plate for dusting the dough balls while rolling. Start working with one ball, while you keep the remaining dough balls covered with a damp cloth. Dip the prepared dough ball into the dry flour and dust all over. Start rolling the roti, using a rolling pin. Move the rolling pin lengthwise across the dough applying gentle pressure as you roll. If you are rolling it correctly, the dough will move in circular motion on its own and the roti will roll evenly, though this comes with practice. You can also roll a little and then take the roti and move it round slightly and roll again. Anytime the dough starts sticking to the rolling pin, dip the roti into the flour and continue rolling. Roll it until you have a 13-15cm diameter thin circular roti.

STEP 3: Cooking the chapatti

Heat the tawa (skillet) on a medium-high heat. Make sure the tawa is hot enough before you place the roti on it. Dust any excess flour off the rolled chapatti and place it on the hot tawa. Let it cook for 15-30 seconds until you see some bubbles on the top side. At this point flip the roti, you don't want the first side to cook too much. Now, let the other side cook more than the first side, around 30 seconds more, until small brown bubbles appear. Remove the chapatti from the tawa using a tong and place it directly on the flame with the first side (which was a little less cooked) directly on the flame. The chapatti if rolled evenly will puff up, flip with a tong to cook the other side as well. The roti is done when it has brown spots, don't burn it. Apply ghee on the chapattis immediately, put on a plate and keep warm while you cook the rest of the rotis.

Making Chapatti on an Induction Hob (without puffing on flame)

Follow the instructions as above but instead of putting it directly onto a flame, once you have cooked both sides, flip again (with the first side back on the bottom), press the chappatti with a paper towel, any cotton cloth or spatula. It will puff up. Flip again to cook the other side some more. Remove from tawa and brush with ghee.

ENJOY YOUR HOT CHAPATTI WITH A SPICY CURRY!



READ WATCH LISTEN

With help from our anti-racism network, we've pulled together some of our favourite Black, Asian and minority ethnic books, films, tv shows and podcasts. So whether you're in the mood to learn, fancy a hard hitting drama or just want to do something easy to chill out to, we've got you covered. Some of the suggestions might include topics that are challenging or upsetting. Please check any content and trigger warnings before you get stuck in.

WANT TO CHILL?

WATCH – Film 'Coco' from Disney Pixar

READ – Fiction novel 'Girl, Woman, Other' by Bernadine Evaristo

WATCH – TV shows in 'Shondaland' from powerhouse Shonda Rhimes, such as **Grey's Anatomy** or **Scandal**

WATCH – Tv show 'How To Get Away With Murder'

LISTEN – Music by Beyoncé, including her 'Lemonade' album

LISTEN – Michael Kiwanuka latest album 'Kiwanka'

WANT TO LEARN?

READ – Non-fiction book 'Why I'm No Longer Talking to White People About Race' by Reni Eddo-Lodge

WATCH – TV series 'Small Axe' by Steve McQueen

READ – Essay collection 'The Good Immigrant' edited by Nikesha Shukla

WATCH – Docuseries 'The Journey of An African Colony' narrated by Oluşupó Shasore

LISTEN – The 'What is This Behaviour?' podcast

READ – Non-fiction book 'There Ain't No Black in the Union Jack' by Paul Gilroy

WANT SOME DRAMA?

WATCH – TV show 'I May Destroy You' from Michaela Coel

READ – Fiction novel 'Queenie' by Candice Carty-Williams

WATCH – Film 'Fruitvale Station' from Ryan Coogler

READ – Poetry collection 'Night Sky With Exit Wounds' by Ocean Vuong

READ – Fiction novel 'Sing, Unburied, Sing' by Jesmyn Ward

WATCH – Film 'Belle' from Amma Asante

THE BRITISH NAI-JAMA

Is what I call myself
To explain my unique mix
The concoction of identities
Which compliments and conflicts

Combined together
Like chicken, chips and rice
I have in me the British rain
and the African sun rise

My ethnic identities are
like siblings living in my body
Overlapping with their different
manners, cultures and hobbies.

I switch between my identity
as easy as changing the channel
But the beauty of it lies in the fusion.

Where separate entities form
unique unions.
Jollof, Jerk and A fry up with
bacon.
The meal prep of the week
for a British born, Nigerian -
Jamaican.

Spiritually vs scientifically
Ancestral vs wealth knowledge
Naturally but technically
Working in my DNA agreeably

And as it all lives in me
Cultural stories and recipes,
To me, was given, a word of advice,

To remember that some of my British friends
Can't handle my cooked Naijama spice!

BY LAMARRA ALO,

Graduate Development Officer and Activities Co-ordinator



Check out our social media pages for more great things to read, watch and listen to this month



@crtvsprrt