



BALLOT STREET SPICE  
B66

# MEMORIES OF SPICE FROM SMETHWICK 2015



## PLEASE NOTE

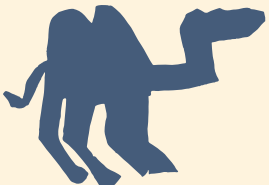
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**V**ictoria Park Primary Academy and Ballot Street Spice with support from the Heritage Lottery Fund proudly present a selection of spice memories from Smethick. Interviewed by local children, residents talked about what spices they use, where they come from and why they have been so important to life in Smethwick over the years.

### LEE (FIRE OFFICER AT SMETHWICK FIRE STATION)

 We do a lot of cooking in the kitchen in the Fire Station. My favourite spice is chilli because I like spicy, hot things. I like curry as well. They add flavour to your food and make it taste nice. My wife is a really good cook and she uses a lot of spices. In recent years it's a lot easier to get your hands on spices from supermarkets and people use a lot more. Smell is important when it comes to food. 

### RECIPE - CHANNA CURRY



#### Ingredients

1 KG chickpeas (soaked in salted water overnight)  
3-4 x medium onion (finely chopped or ground)  
1 to 2 pieces of ginger  
6-7 garlic cloves  
Tsp green chilli or to taste  
Salt to taste  
Kasuri Methi  
Large pinch of Jeera (cumin)  
Tomato puree to taste  
Channa Masala (3-4 spoonful's or to taste)  
Oil to fry

#### Method

1. Heat the oil and fry the onions, garlic, ginger and Jeera until slightly browned  
2. Add Tomato puree, green chillies and Kasuri Methi and fry for a few seconds  
3. Add Channa Masala, Salt and mix  
4. Add in all the Channa with enough water to cover all the ingredients. Bring to the boil and simmer for 15-20 mins

### MALCHUS (SMETHWICK)

 We use so many spices from Jamaica - like ginger. Ginger is very good. If you're travelling and you feel upset, you use ginger and you chew it. It's used for respiratory purposes, tea, you cook with it and medicine. The cinnamon bark from the tree, you cook with it, and the leaf from the tree, you make porridge and put it in - very nice. Then we have the pimento and annatto spice. It is important because it makes what you do more enticing, more appetising. We still use spices and it will be a continuous thing. So many things we can do with spices in Jamaica. 



### RECIPE - ALOO PARATHA

#### Ingredients

A sprinkle of Mrs Mahal's garam Masala  
Wheat flour (white or brown - optional)  
Potatoes (7-8 potatoes - 1 kilo)  
1 onion finely chopped  
Fresh ginger finely grinded (optional)  
Fresh coriander finely chopped  
Green chillies 4-5 (add to individual taste)  
Salt  
Vegetable oil

#### Method

1. First mix the flour in water until a nice thick dough is formed, leave around 20-30 minutes to set.  
2. Boil the potatoes. Once nice and soft add the salt, coriander, onion, ginger and green chillies. Mix well. Allow time to cool down as

the mixer needs to be cold before placing on the dough.

3. Take a portion of dough and roll it out nice and round, not too thin or it will split when mixture is added. Once round add a portion of the potato mixture in the centre of the dough.

4. Fold the edges into the centre and roll out again until nice and round.

5. Carefully place the round aloo paratha dough onto the pan, once lightly heated spread oil evenly onto each side (butter or margarine can also be used). Be careful when flipping the aloo paratha as it is hot.

6. When the chapatti is cooked on both sides until golden brown place on a plate and enjoy.

You may want to try yoghurt, or a sweet/chilli sauce with your aloo paratha...

### IONIA (HAGLEY ROAD WEST)

🔥 I like scotch bonnet - that's a pepper and it has a beautiful flavour. My brother David is the cook in the family and he uses thyme, onions, black pepper, scotch bonnet, all seasoning, pimento sometimes. He uses it for cooking chicken, fish, roast beef, kidneys, liver and sometimes he puts garlic in his rice. It brings out the flavour in your food. There are a lot more spices now - I'm glad we have them because we'd have very bland food! And I like the diversity of different spices that are used in different countries and I like how some of those spices have been imported into England - spices up our meals! I drink mint tea too. 🔥

### NADEEM KHAN (SMETHWICK)

🌿 My favourite spice is green chillis. You can use them to make a sauce from it and mix with other food. We use spices in every day life. Spices help your systems...used as medication. Garlic..ginger are good for you. If you have a cold, ginger water helps clear the inflammation and garlic is good for the heart. People who have heart disease, if you have one clove of garlic in the morning, it helps your heart disease. These spices are really, really helpful: I'm a chef and I have researched them. If you have any wound, turmeric powder...helps. If you are damaged inside, mixed with milk, turmeric will help. The internet will tell you the benefits of spices. Two seeds of green chilli and a little teaspoon of white vinegar, if you give it to children, it helps their immune system. Any bug in your stomach, it will bring it out. They fight the germs. If you have travel sickness, it will help too. I think people who didn't know about spices who then research about them, they use them now instead of normal medication - my English father-in-law does now. 🌿

### JACKIE AND KYAH (SMETHWICK)

🔥 We use spices in chicken, rice, curried goat, fish seasoning, Guinness Punch - with nutmeg and cinnamon. spices add flavour, to meat, anything - otherwise life is bland and boring! Nobody wants to eat plain food like cardboard. Most important are salt and pepper - not too much salt! People are using more spice now: there are more cultures now in England and they are bringing over their flavours from other countries. If you're versatile, you'll try a little bit of everything, now you've got places like Nando's, curry houses, Chinese, peri peri, everybody wants a spice. We, as black people, use our natural spices, like our curries, but now as different continents are coming in we're trying to incorporate their spices in our own food to add a little bit of zing. We use oranges and cloves in punch in winter, mulled wine. Spices are good! Everybody should use spices! And everybody should make a difference and try something new - not stick to what you're used to! Like they say, you've always got to spice up your life! 🔥

### RECIPE - ALLO TIKKI

#### Ingredients

Mrs Mahals Garam Masala  
Potato (1 kilo)  
Plain flour  
Bread crumbs  
1 large onion finely chopped  
Salt (to taste)  
Green chillies (to taste)  
Methi (Fenugreek) to taste

#### Method

1. Boil the potatoes until soft. Then finely chop the onions, chillies, methi and salt)  
2. Stir with a spoon or hands until all evenly mixed through.

3. Meanwhile mix some plain flour just enough to get a thin paste to coat the tikkie's in.  
4. Wait until the potato mixture has cooled down.  
5. Heat oil in a (kadai) pan.  
6. Make small balls from the potato mixture, pat the down (around 1 cm).  
7. Dip them in the plain flour then coat them in bread crumbs.  
8. Then fry until golden brown and crispy. (the oil must be hot).  
You can deep fry or shallow fry.  
9. Drain the Allo Tikki's on paper towels to remove excess oil.  
10. Serve the Allo Tikki hot with a chutney of choice or tomato sauce.

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# SMETHWICK SPICE MAP



Cinnamon

Chillis

Ginger

Scotch Bannet

Piri-Piri

Garam Masala

Mint

Pepper

## SUZAN (ORIGINALLY FROM IRAQ)

🌿 I like mint. Sometimes when we have a headache or stomach pains we use one leaf or two - we put it in the tea. We use lots of spices to make the food tasty such as paprika, garam masala and coriander. Food without spices doesn't have any taste. 🌿



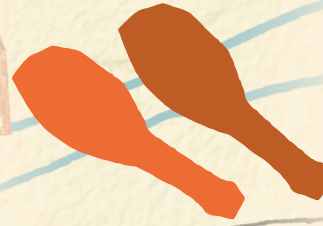
## RECIPE - MINT YOGHURT (RAITA) USING INDIAN HERBS AND SPICES

### Ingredients

1 x plain yoghurt  
1/2 x medium red onion (finely chopped or ground)  
1 x tsp fresh green chillies to taste (ground)  
Coriander - large handful (finely chopped)  
1/4 cucumber (grated)  
1 x tsp Mrs Mahal's Masala or to taste  
1-1.5 tbsps. Salt to taste  
Mint Sauce to taste - add a little at a time to taste  
Milk to thin the yoghurt if required

### Method

1. Put yoghurt, salt, fresh chillies & Mrs Mahal's Masala into a bowl.
2. Add the chopped red onion
3. Add the desired amount of grated cucumber.
4. Add the desired amount of mint sauce and mix thoroughly.
5. Add the desired amount of coriander and mix again.
6. If mixture is very thick, add a little milk to make desired consistency.
7. Put into fridge to cool until required.
8. Enjoy as accompaniment!



## URSULA (DUDLEY)

🔥 I'm using.....from Latvia....black pepper and salt. My mum uses a lot of different things in the cooking.... salt and pepper and most other spices. There are more different things in the shops and now...they are mixing things together. 🔥

## ELISHA (EDGBASTON)

🔥 I like peri peri. It's quite a neat spice because I like Nando's chicken. We use a range of different spices just to season food so it tastes different, sometimes Mexican spices, sometimes Spanish spices, sometimes curry powders to make it hot.... Food would be boring without it... Peri peri is quite new but some of the old stuff sticks around. You can mix them to get different flavours altogether and to create your own flavours. But you don't have to have just one, you can mix two, three even just to get the flavour you want. 🔥



## AMIR AZIZI (ASHCROFT, OFF WINDMILL LANE)

🌿 The spicier the food, the tastier! We experiment with spices. The family use spices and that's been going on through generations, especially in Asian families. The family came from Afghanistan and when we moved here, we saw different cultures using different spices, as well as our own - from Pakistan, India - and we've tried using them by blending them together. I use ginger with tea and sugar with warm water for a pain in my belly. 🌿



### SHANIKA HALL (SMETHWICK)

🔥 I like cinnamon, it's my favourite thing and I can have it with everything. I always put it in custard because I think it tastes beautiful. I also like ginger, I like the smell of ginger. My nan's favourite thing is all spice, she also loves ginger because she thinks it can cure everything - colds, illnesses, ailments - and garlic, she says, cures everything as well. Spice adds flavour, makes everything taste interesting and makes food different. People use more now and are more adventurous with the spices that they use. 🔥



### ANNIE (ASHCROFT, WINDMILL LANE)

🔥 I use all spice and I use chicken seasoning and all those different curry powders. My favourite is probably chicken seasoning. We use them when we are doing curried goat, rice and peas. They are good for flavouring, they make the food taste very nice. In Ireland we would never have really used a lot of spices - just salt, pepper, things like that - but over the years they have evolved and we use lots of spices now. I don't mind trying different spices and different types of food, experimenting is a good thing. I use fever grass, different herbal medicines...I do use candles and incense sticks now and again. I like sandalwood, musk....lavender is quite therapeutic. 🔥



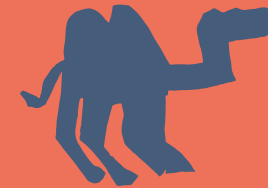
### FATIMA (CHERRY GROVE)

🌿 My favourite spice is chilli because it is HOT! Me and my family use spices in cooking. They give the food flavour. Now we have more culture, more multicultural people so that's why spices have changed. Let me think of an African spice I know.....nutmeg. I use Chinese medicine too. I use ginger, lemon and honey for sore throats - I get them all the time! 🌿

### RECIPE - SPICY CAKE

#### Ingredients

8 Oz of margarine  
8oz of sugar  
8oz of self-rising flour  
4 eggs  
1 table spoon of mixed spice  
1 tea spoon of nutmeg  
2 table spoons of cinnamon  
½ box of icing sugar (to taste)  
Lemon juice  
Food colouring of choice (if desired)



#### Method

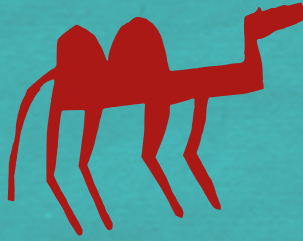
First, pre heat the oven (230 °C - 250 °C). Then, mix the margarine and sugar, next add the eggs and mix well. Once mixed well add the flour and spices and again mix well. Grease the tray with margarine and dust with flour. Place the mixture into the baking tray and pop into the pre heated oven.

Finally, when the cake has cooled down mix the icing sugar in water, be careful and add a small amount of water at a time as you do not want the mixture to get to runny. Add a splash of lemon juice for taste and you may add food colouring if desired. Once the right texture and colour spread the mixture over the cake.

### MANJIT SINGH (NEAR SHIRELAND SCHOOL)

🌿 My favourite spice is green chillis. I use them for cooking. Spices are important because we are Indians! It's always been the same, it's never changed for us. The old ones are still the best. 🌿





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**Victoria Park**  
Primary Academy



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Thank you to the Victoria Park Academy pupils who worked very hard in helping to create this album: Harris, Kyle, Gulshan, Jaskirat, Barbara, Sonia, Beatrice, Spogmai, Hamim & Dilan