

Annie Gova

Annie arrived here from Zimbabwe in March 2003 settling in St Paul's Road, Queen's Park until leaving in 2004 for another part of Bedford.

Queen's Park provides a very simple life, which allows you to fit into the society as an individual. Among other things, the shops provide a variety of foods and goods from different cultures and origins, which is very good.



This is a recipe for one of my favourite dishes from my country.

Chimukuya in Peanut Butter Sauce

Dried meat (available from continental food shops), salt, onions, tomatoes, any preferred spices, and 3 or 4 tablespoons of peanut butter.

Boil the dried meat until very soft, add salt to taste. When the meat is well cooked, add onions, tomatoes, mix well. Simmer gently with the peanut butter added on top, and then stir mixture when peanut mixture is well cooked. Serve with rice, sadza or any other side dish... and ENJOY!!!

Fried Cauliflower with Breadcrumbs (Latvia) by Ineta Rubene

This is a popular summer dish in Latvia. It is a very popular dish for children.

<i>1 cauliflower</i>	Wash the cauliflower, then boil for 10 minutes with salt.
<i>50g butter</i>	Put the boiled cauliflower in a frying pan and fry in butter
<i>1 tsp of salt</i>	for 5 minutes. Add the breadcrumbs and fry for 5 minutes
<i>Oil</i>	more until golden brown. Also, try replacing the cauliflower
<i>Breadcrumbs</i>	with 200g of butter beans.

Roast Chicken with Vegetables and Cream (Czech Republic) by Marketa Reimannova.

This dish is very popular in the Czech Republic, where I come from. It is easy to prepare and you only need one pan. We eat it all year round because it is healthy and filling.

<i>6 large potatoes, peeled & sliced</i>	Melt butter in a pan. Combine potatoes,
<i>5 medium tomatoes, peeled & seeded</i>	onion and chicken, then add salt, black
<i>1 large onion, peeled and sliced</i>	pepper, basil or dill (depending on taste) and
<i>4 breasts of chicken</i>	put this into an oven at 150° to 200° C.
<i>100 to 150g of grated cheese</i>	After 40 to 50 minutes, check the dish.
<i>3 spoonfuls of butter</i>	When all is tender, you can put in tomatoes
<i>Salt and black pepper</i>	and cream and cook for 7 to 10 minutes
<i>Basil or dill</i>	more. Finally, add cheese and cook for 5 to
	7 minutes. Serve hot - 'DOBROV CHUT'
	('Bon appetit' in Czech).