

Meridan Cena

Meridan is from Kukes in Albania and has lived in the UK for about 5 years.

As a child living in Albania I used to eat bread with soup. It was a common thing we had as kids, because it would not make us really full up so we could eat more. My favourite foods were spaghetti or rice with chicken or meat. In fact I still enjoy eating spaghetti and meat.



The food in Albania is very similar to Italian food.

Since I have been married I eat what British people eat - things like steak and vegetables such as peas, carrots and cauliflower.

In Albania, my parents have their own land and we grow the food we eat. Here, we have to buy it ourselves. I'm not really a cook, but my wife is from South America and does most of the cooking. I also like eating takeaways for convenience. You have everything in Bedford. You can buy what you like.

Fasule (white beans)

White beans, lamb, carrots, salt, garlic, 2 onions, bread and vegetable oil

One day before, put the white beans in cold water. The next day, boil the beans in fresh new water for 1 hour in a pressure cooker. Change the water and add a few chopped carrots, lamb (chopped) and small garlic pieces. Then add salt to taste, maybe about 1 tablespoon. Stir it very well and continue boiling for half an hour. Fry onions in a separate pan using 2 spoons of vegetable oil until they are brown. Add the onions to the beans mixture and eat with any type of bread.



Grilled Lamb Meat and Rice (Afghanistan) by Amin Noor

Afghan people call this dish Pallow. Myself and my country people like rice and meat because it is very delicious and tasty. This is why the majority of people cook rice and meat, especially in the north of Afghanistan.

*225g of corn oil
200g of onions
600g lamb
pinch of salt
can of tomatoes
120g carrots
1kg rice
2 litres of water*

Put corn oil in the pot and heat for about 2 minutes. Put in chopped onions until they have changed colour. Add lamb meat with salt for about 10 minutes, and then put chopped tomatoes in the pot. Leave for 5 minutes, put carrots in for 2 minutes and then add the water. Put everything into a pressure cooker for about 15 minutes. Add rice to the pot and this will soak up the water. Put lid on the pot and cook for about 25 or 30 minutes until ready to eat. This is enough for 5 or 6 people.