



Edinburgh Napier  
UNIVERSITY

# Craigmillar's Community Cookbook



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# Introduction

Welcome to the Craigmillar Community Cookbook, a collection of recipes co-created by the members of the Craigmillar community and Craigmillar Growers in collaboration with Dr Shemroy Roberts from Edinburgh Napier University. This cookbook is a celebration of community spirit and the fresh produce cultivated by Craigmillar Growers in the community gardens at Niddrie and the Inch.

Inside, you will find a diverse range of recipes, from the hearty warmth of Jambalaya and Gumbo to the comforting flavours of Stewed Beef and many more. These recipes highlight the versatility of locally grown produce, encouraging cooking that is both nourishing and sustainable, and creating delicious meals to enjoy with family and friends.

This cookbook is more than just a collection of meals—it reflects the creativity, resilience, and pride of the Craigmillar community. Whether you are an experienced cook or just beginning, we hope these recipes inspire you to explore the beauty of local ingredients and experience the joy of sharing good food. Here's to delicious, healthy meals and the spirit of Craigmillar on every plate!

## Our Mission

Craigmillar Growers is a community garden managed by the Community Alliance Trust and cared for by a dedicated team of local volunteers. The fruits and vegetables cultivated at Craigmillar Growers are shared among the growers, used in community meals, and donated to local charities. At present, there are two gardens: one at the Inch and the other at the Whitehouse in Niddrie. The group also supplies fresh produce to the Craigmillar Food Bank, encouraging clients to engage in food growing and participate in community meals.

Happy cooking!

# Community voices: What Craigmillar members have to say about co-creating this cookbook

This cookbook is a reflection of the diverse and vibrant voices of the Craigmillar community. Through recipes, stories, and shared experiences, we have come together to celebrate our culture, history, and flavours. Below are some reflections from members who have contributed to this project:

## Aishu

*“I especially loved learning about the different vegetables, how to grow them and how best to combine them with various spices.....I learnt about cuisine that I had never tried before, and I am grateful for that.”*



## Jack

*“We both enjoyed collaborating with the other participants on such a rewarding activity and appreciated the opportunity to learn some of the history behind what we were cooking. We were delighted with the final results.....so much so that we just had to take some home for later! “*

## Olufikayo

*“The cooking workshop was a great opportunity to meet people from different places who were either eager to learn how to make or enjoyed eating Afro-Caribbean food. It was particularly interesting for me to discover how some recipes were transatlantic, with the only difference being the names in different countries.”*



## A word from the project coordinators:

*“Thank you to everyone in Craigmillar who has shared their time, knowledge, and love of food with us. This cookbook is a testament to the power of community and the ways in which food can bring us closer. We hope it inspires others to cook, share, and celebrate their own family traditions, just as we have here in Craigmillar.”*



TOASTS 1 £2.25  
OF TOAST  
**PAKES**  
YLE PANCAKES  
MAPLE SYRUP  
RICAN-STYLE PAN  
MAPLE SYRUP  
YLE PANCAKES  
BACON MAPLE  
D







## Stewed Beef

Tender beef slow-cooked with fresh, locally grown vegetables and herbs from our community gardens, creating a rich, hearty and flavourful stew.

# Stewed Beef (Serves 4)



## Ingredients

2 lbs (900 g) beef chuck, cut into 1 in (2.5 cm) cubes  
2 tbsp (30 g) Caribbean seasoning or a mix of allspice, thyme, and paprika  
1 medium onion, chopped (about 150 g)  
4 cloves garlic, minced  
1 bell pepper, chopped (about 150 g)  
1 carrot, diced  
5 whole cloves or 1 tsp (5 g) ground cloves (or both)  
1 tsp (5 g) fresh thyme (or ½ tsp dried thyme)  
1 tsp (5 g) ground black pepper  
1 tsp (5 g) salt (or to taste)  
1 whole Scotch bonnet pepper (optional, adjust to taste)  
2 cups (500 ml) water  
1 beef bouillon cube  
½ cup (100 g) granulated sugar  
2 tbsp (30 ml) tomato paste or purée  
1 tbsp (15 ml) unsalted butter



## Preparing

15-20 minutes



## Cooking

45 minutes - 1 hour



## Method & Directions

1. In a large bowl, season the beef cubes with salt, black pepper, Caribbean seasoning, cloves (whole or ground), bell pepper, garlic, onion, Scotch bonnet, and beef bouillon. Let the beef marinate for at least 30 minutes (or up to overnight in the refrigerator for better flavour).
2. In a pot, caramelize the sugar until it reaches a golden amber colour (about 5–7 minutes). Watch carefully to prevent burning. Add butter and tomato paste or purée, and stir for 1 minute. Add the seasoned beef and cook for 3 minutes.
3. Transfer the beef to a pressure cooker, add water, and cook on high pressure for 20–30 minutes.
4. Turn off the pressure cooker and allow the pressure to release naturally for 10 minutes, then release any remaining pressure manually.
5. If you prefer a thicker sauce, simmer the beef in a pot on the stove for about 10 minutes to reduce the liquid.
6. Serve the Caribbean beef hot over rice or with your favourite sides.







# Hoppin' John (Serves 4)

## Ingredients

- 1 cup (200 g) dried black-eyed peas
- 3 cups (720 ml) water (for cooking peas)
- 1 cup (200 g) long-grain white rice
- 2 cups (480 ml) chicken or vegetable broth
- 1 tbsp (15 ml) olive oil
- 1 small onion, diced (about 4 oz / 113 g)
- 1 stalk celery, diced (about 2 oz / 56 g)
- 1 bell pepper (any colour), diced (about 5 oz / 142 g)
- 2 cloves garlic, minced
- 1 tsp (5 g) salt (or to taste)
- 1/2 tsp (2 g) black pepper
- 1/2 tsp (2 g) cayenne pepper (optional, adjust to taste)
- 1 bay leaf
- 1/2 lb (225 g) diced smoked sausage or ham (optional)
- Chopped green onions for garnish (optional)
- Chopped fresh parsley for garnish (optional)



## Method & Directions

1. If time permits, soak the dried black-eyed peas in water overnight to reduce cooking time. If not soaking, proceed to the next step. In a pot, add the dried black-eyed peas and 3 cups of water. Bring to a boil, then reduce heat and simmer for 30-40 minutes or until tender. Drain and set aside.
2. In a large skillet or pot, heat 1 tbsp of olive oil over medium heat. Add the diced onion, celery, and bell pepper. Sauté for 5-7 minutes until soft. Add the minced garlic and cook for an additional 1-2 minutes until fragrant.
3. Add the cooked black-eyed peas, 1 cup of rice, 2 cups of broth, 1 tsp of salt, 1/2 tsp each of black pepper and cayenne pepper (if using), and the bay leaf to the skillet. Add diced smoked sausage or ham if using.
4. Stir everything together, bring to a boil, then reduce heat to low. Cover and simmer for 20-25 minutes until the rice is tender and the liquid is absorbed. Avoid lifting the lid during cooking.
5. Once cooked, remove the bay leaf. Taste and adjust seasoning if needed. Serve hot, garnished with chopped green onions and parsley, if desired.

## Tips

- For a vegetarian version, omit the sausage and use vegetable broth.
- Add extra flavour with spices like thyme or hot sauce.
- Traditionally served with cornbread or collard greens.



# Gumbo



# Gumbo (Serves 4)

## Ingredients


For the Roux:


- 1/4 cup (30 g or 2 oz) all-purpose flour
- 1/4 cup (60 ml or 2 oz) vegetable oil or butter


For the Gumbo:

- 1/2 lb (225 g) sliced andouille or smoked sausage
- 1/2 lb (225 g) diced boneless, skinless chicken thighs or breast
- 1 medium onion, finely chopped (about 1 cup or 150 g)
- 1 medium green bell pepper, chopped (about 1 cup or 150 g)
- 2 celery stalks, chopped (about 1/2 cup or 75 g)
- 3 cloves garlic, minced (about 1 tbsp or 15 g)
- 4 cups (950 ml or 32 oz) chicken stock or broth
- 1/2 cup (120 ml or 4 oz) water
- 2 tsp (10 g) Cajun seasoning
- 1/2 tsp salt (adjust to taste)
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional, for heat)
- 2 bay leaves
- 1/2 tsp dried thyme or 1 tsp fresh thyme
- 1 tbsp (15 ml) Worcestershire sauce
- 1 tbsp (15 ml) hot sauce (optional; adjust for spice level)
- 1 cup (200 g or 7 oz) sliced okra (fresh or frozen)
- 2 cups (300 g or 10 oz) cooked white rice
- 1/4 cup (25 g) chopped green onions
- 2 tbsp (8 g) chopped fresh parsley



 **Preparing**  
15-20 minutes

 **Cooking**  
1.5 - 2 hours

 **Serving**  
10-15 minutes



## Method & Directions

1. Prepare the Roux: In a large pot or Dutch oven, heat 1/4 cup (60 ml or 2 oz) vegetable oil (or butter) over medium heat. Slowly whisk in 1/4 cup (30 g or 2 oz) all-purpose flour to form a roux. Stir continuously for 10-15 minutes until the roux turns a deep brown (like chocolate). Reduce heat if needed to avoid burning.
2. Once the roux reaches the desired colour, add the chopped onion, bell pepper, celery, and minced garlic. Cook for 5-7 minutes, stirring frequently, until the vegetables soften.
3. Add the sliced sausage and diced chicken. Cook for 8-10 minutes, stirring occasionally, until the chicken is no longer pink and the sausage is browned.
4. Gradually add 4 cups (950 ml or 32 oz) chicken stock and 1/2 cup (120 ml or 4 oz) water, stirring to combine with the roux. Add Cajun seasoning, salt, black pepper, cayenne pepper (if using), bay leaves, thyme, Worcestershire sauce, and hot sauce. Stir well.
5. Bring the mixture to a simmer. Reduce the heat to low, cover, and cook for 45 minutes to 1 hour, stirring occasionally.
6. Stir in the sliced okra. Cook for another 15-20 minutes until the okra is tender and the gumbo thickens slightly. For a thicker gumbo, cook longer or add more roux.
7. Ladle the gumbo over bowls of cooked white rice (about 1/2 cup or 75 g per person). Garnish with chopped green onions and fresh parsley, if desired.

### Tips

- Taste and adjust seasoning at the end of cooking—add more salt, pepper, or hot sauce if needed.
- Control thickness: If the gumbo is too thick, add more stock or water. If it is too thin, simmer uncovered until it thickens.
- The darker the roux, the deeper the flavour, but be careful not to burn it.

# Jambalaya





# Jambalaya (Serves 4)

## Ingredients

- 1 lb (450g) diced chicken thighs or breasts
- ½ lb (225g) sliced andouille sausage (or smoked sausage)
- ½ lb (225g) peeled and deveined shrimp (optional)
- 1 large (160g) finely chopped onion
- 1 medium (120g) chopped green bell pepper
- 1 medium (120g) chopped red bell pepper
- 2 stalks (100g) chopped celery
- 4 cloves garlic, minced (about 2 tsp or 8g)
- 2 medium (200g) diced fresh tomatoes
- 2 tbsp (30ml) tomato paste or purée
- 1 tsp (5g) smoked paprika
- 1 tsp (5g) cayenne pepper (adjust to taste)
- 1 tsp (5g) dried thyme or 2 tsp (10g) chopped fresh thyme
- ½ tsp (2.5g) dried oregano or 1 tsp (5g) chopped fresh oregano
- ½ tsp (2.5g) black pepper
- 1 tsp (5g) salt, or to taste
- 2 bay leaves
- 1 cup (200g) long-grain white rice (or brown rice for a healthier option)
- 2½ cups (600ml) chicken broth (preferably homemade or low sodium)
- 2 tbsp (30ml) extra virgin olive oil (for cooking)
- 2 tbsp chopped fresh parsley (for garnish)
- ¼ cup (40g) chopped green onions (for serving)
- 1 lemon (optional, for squeezing on top)



**Preparing**  
15-20 minutes



**Cooking**  
40-50 minutes



## Method & Directions

1. Dice the chicken and slice the sausage into ¼ in (6mm) thick rounds. Peel and devein the shrimp (if using). Chop the onion, bell peppers, celery, and tomatoes. Mince the garlic.

2. Heat 2 tbsp (30ml) olive oil in a large skillet or heavy pot over medium-high heat. Add the diced chicken and sausage. Sauté for 5-7 minutes, turning occasionally, until browned. Remove the chicken and sausage from the skillet and set aside.

3. In the same skillet, add the chopped onion, celery, and bell peppers. Sauté for 5 minutes, stirring frequently until they soften. Add the minced garlic and sauté for another 1-2 minutes until fragrant, being careful not to burn the garlic.

4. Stir in the smoked paprika, cayenne pepper, thyme, oregano, salt, and black pepper. Cook for 1 minute to release the spices' aroma.

5. Add the rice to the skillet and stir for 1-2 minutes, allowing the rice to toast slightly. Stir in the diced tomatoes, tomato paste, chicken broth, and bay leaves. Ensure the rice is fully submerged in the liquid. Bring the mixture to a boil, then reduce the heat to low, cover, and simmer for 20-25 minutes, or until the rice is cooked and has absorbed most of the liquid. Stir occasionally to prevent sticking.

6. If using shrimp, stir them in during the last 5-7 minutes of cooking. Cook until the shrimp are pink and opaque.

7. Once the rice is cooked and the shrimp (if using) is done, discard the bay leaves. Stir the chicken and sausage back into the jambalaya to warm through. Adjust seasoning with more salt or pepper, if needed.

8. Garnish with fresh parsley and green onions. Optionally, squeeze lemon juice on top for added brightness. Serve hot from the skillet or in bowls.

### Conversions & Notes

- 1 cup (200g) uncooked long-grain rice = approx. 3 cups (600g) cooked rice.
- For a stronger smoky flavor, add an extra ½ tsp (2.5g) smoked paprika.
- For a spicier jambalaya, increase the cayenne pepper or add hot sauce.
- 2 tbsp (30ml) olive oil = 1 fl oz (28g).

# Corn Cou Cou

A traditional Caribbean dish made with cornmeal and okra, cooked to a smooth, comforting consistency, often served with stew.






# Corn Cou Cou (Serves 4)

## Ingredients

- 1 cup (120 g) cornmeal
- 1 cup (150 g or 5.3 oz) sliced okra
- 3 cups (720 ml) water
- 1 cup (240 ml) coconut milk (optional)
- 1 small onion, chopped (100 g or 3.5 oz)
- 1 tsp thyme (1 g)
- 1 tsp salt (6 g)
- 1/2 tsp black pepper (1.5 g)
- 2 tbsp butter or olive oil (30 g or 1 oz)

 **Preparing**  
10-15 minutes

 **Cooking**  
25-30 minutes



## Method & Directions

1. In a bowl, add 1 cup of water to the cornmeal and rub it with your hands to remove any lumps. Set aside.
2. In a medium pot, bring 2 cups of water to a boil. Add the sliced okra, onion, thyme, salt, black pepper, coconut milk (if using), and butter or olive oil. Cook for 5-7 minutes.
3. Gradually stir in the cornmeal in batches, constantly stirring to prevent lumps. Reduce heat to low and cook for 5-10 minutes, stirring continuously until the mixture thickens.
4. Remove from heat and let rest for a few minutes. Transfer the cou cou to a serving dish. Optionally, garnish with fresh thyme or serve with fish or stewed meats such as chicken, pork, or beef.



## **Steamed Callaloo**

A vibrant, nutritious dish made by steaming tender callaloo leaves with garlic, onions, and spices for a flavourful side.



# Steamed Callaloo (Serves 4)

## Ingredients

- 1 lb (450 g) callaloo or dasheen leaves
- 1 medium onion (150 g), chopped
- 2 garlic cloves, minced
- 1 small scotch bonnet pepper (optional, for heat)
- 2 tbsp (30 ml) vegetable oil
- 1 tsp (5 g) salt (adjust to taste) or 1 chicken/vegetable bouillon cube (if using bouillon, omit broth and use only water)
- ½ tsp (2 g) black pepper
- 1 tsp fresh thyme (or ½ tsp dried)
- ½ cup (120 ml) vegetable or chicken broth (or water)



## Method & Directions

1. Rinse the callaloo or dasheen leaves thoroughly under running water to remove any dirt or grit. Remove tough stems and roughly chop the leaves. You should have about 4–5 cups (150–200 g) of chopped leaves.
2. In a large skillet or saucepan, heat vegetable oil over medium heat. Add the chopped onion and garlic, and sauté for 1–2 minutes until onions are translucent and fragrant.
3. Stir in thyme, salt or bouillon, black pepper, and scotch bonnet pepper (if using). Cook for an additional 1–2 minutes.
4. Add the chopped callaloo leaves. Pour in broth or water and mix well.
5. Cover the pan and reduce heat to low. Steam for 10–20 minutes, or until the leaves are tender and wilted, stirring occasionally. If it seems dry, add more broth or water.
6. Cook uncovered for 2–3 minutes to allow excess liquid to evaporate if needed.
7. Serve hot as a side dish or main course with rice or bread.





# Sorrel Drink (Serves 4-8)

## Ingredients

- 2 cups (170 g) dried sorrel flowers
- 10 cups (2.4 L) water
- 2 tbsp (30 g) grated or smashed fresh ginger
- 6–8 whole cloves (1 tsp)
- 1 cinnamon stick (1 inch / 2.5 cm)
- 1–1.5 cups (200–300 g) granulated sugar, or to taste
- Ice, for serving
- Peel of 1 orange
- 1 bay leaf



## Method & Directions

1. In a large pot, bring 10 cups (2.4 L) of water to a boil over high heat.
2. Once boiling, add sorrel flowers, ginger, cloves, orange peel, bay leaf, and cinnamon stick. Stir to combine.
3. Lower the heat and simmer for 10–20 minutes, allowing the flavours to blend and the sorrel to release its colour.
4. Remove from heat. Add 1–1.5 cups (200–300 g) sugar, adjusting to taste. Stir until the sugar dissolves.
5. Let the mixture cool to room temperature. Strain through a fine mesh sieve or cheesecloth into another container, discarding the solids.
6. Refrigerate the strained mixture for at least 2 hours to chill.
7. Serve over ice in tall glasses. For an alcoholic version, add a splash of rum. Garnish with lime slices or fresh mint leaves if desired.

## Tips

- Adjust sweetness and tartness to taste by varying the sugar.
- For a more intense flavour, steep the sorrel overnight in the refrigerator before straining.
- This drink can also be served hot by skipping the chilling step.





# Seeds of connection: A glimpse into Craigmillar's growing spirit









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