

# How to: Cook Around the World

Once you've harvested your veggies it's time to get cooking! Grow Around the World in school cooking lessons by using world vegetables to explore where food comes from. Here a selection of tasty recipes for you to try cooking at school:

## Causa a la Oca – Peru

If your school is growing oca this year (see separate growing instructions) try this delicious recipe from Ceviche: Peruvian Kitchen in London <http://cevicheuk.com>



### Method

1. Boil the chicken breast in a medium sized saucepan with water and salt. Meanwhile, in a separate medium sized pan, place the oca in boiling water and cook on a steady heat for 10-15 minutes until cooked. In a small pan, cook green peas for 2-3 minutes in boiling water
2. Once chicken is well-cooked, leave apart to cool down and shred into small pieces
3. Put the coriander, peas and a tablespoon of water into a blender until a puree is formed. Place the puree in a bowl, add the ambient-temperature oca mash, salt, amarillochilli sauce, olive oil and mix together
4. Divide the oca mash mixture into four parts and with a kitchen ring create four oca cakes
5. Place the chilli and red onion in a bowl. Add the shredded chicken, season with salt, black pepper, lime juice and mayonnaise and mix all ingredients together

6. Place the four oca cakes onto a big plate, top with a layer of mashed avocado and then a layer of the chicken mixture

For more information on Ceviche: Peruvian Kitchen, visit: Ceviche: <http://cevicheuk.com/>

Ceviche TV:

<https://www.youtube.com/user/CevicheUK>

Andina restaurant: <http://andinalondon.com/home>

### Growing oca

For instructions on growing your own oca visit: [www.foodgrowingschools.org/get\\_involved/schools\\_experiments](http://www.foodgrowingschools.org/get_involved/schools_experiments)

Onions, chilli and green peas can also be grown in your school garden:

[www.gardenorganic.org.uk/growyourown](http://www.gardenorganic.org.uk/growyourown)

**Serves:** 4 people

**Time:** 30-40 minutes

**Difficulty:** Medium

### Ingredients

- 320g chicken breast
- 3 tbsp mayonnaise
- 1 small avocado, mashed
- 1 small red onion, finely diced
- 1 tbsp olive oil
- 1 limo chilli, finely chopped (optional)
- 1 tbsp chilli sauce (such as Peruvian Kitchen amarillochilli sauce)
- 300g oca, mashed
- Half bunch of coriander (approximately 30g)
- 20g cooked green peas
- 1 lime

### Equipment list

- Chopping board
- Kitchen knife
- Tablespoon
- Fork
- 2 x medium sized saucepan
- 1 x small saucepan
- Measuring scales
- Blender
- 2 x mixing bowls
- Kitchen ring/circular cookie cutter

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