



Chef Brwa Ahmad

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This dish is from my home village of Bemusha in South Kurdistan. 'Silqy Swr' is chard sautéed with herbs, garlic and tomato puree. It is traditionally served in summer until autumn and is a staple of many kitchens. My version is made using Chard grown in Kew's kitchen garden. This dish pairs perfectly with kocho, as the bread is used to scoop dishes such as tibs, just like we scoop the chard up using a Kurdish naan at home. Kocho is made from enset, a 'tree against hunger' that feeds 20 million people in Ethiopia. Kew is researching the properties of this 'super crop' to discover how it might help at-risk communities in a climate-altered world.

Silqy Swr with Kocho

INGREDIENTS:

1 kg or 2 bunches chard
shallots roughly chopped
garlic 2 cloves minced
chopped tomatoes 150g
tomato puree 30g
vegetable stock 100ml
oil of your choice 20ml
cumin powder 5g
season to taste

METHOD:

In a heavy-based pan heat the oil, add the shallots and garlic and sauté for 5 minutes. Add the chard and cook for another 5 minutes. Add the chopped tomatoes, tomato puree and vegetable stock and season with cumin. Cook for about 15 minutes or until reduced and thickened.

Served with Kocho

Kocho is made from a starchy paste scraped from the enset pseudo-stem and leaf sheaths. The paste is fermented for 10 – 15 days and then steam-baked or grilled into a flat bread. The Kocho in this dish was made by specialists at Wolkite restaurant in Holloway, London.

