

Cooking with Refugees

An Intergration Programme



Introduction

The Irish Refugee Council cooking classes are a wonderful way for people to connect, for refugees to share their culture and for people to learn more about refugees in Ireland.

The classes are small and intimate, it will be maximum 6 students, who will be paired with an instructor from a refugee background. The group will cook a pre-planned menu and afterwards sit down together to share the food.

Each time the menu will be different depending on where the refugee instructors are from, it could be Syrian, Palestinian, Algerian etc



How the Classes Support the Instructors?

For some of the instructors they have no access to cooking facilities where they are living. Funds raised from these classes will be used to pay for the women to rent the kitchen another day. They can use the space to gather and cook their dishes, and socialise with other women going through the same situation as themselves.



Coming Together

Feeling integrated is very important for people seeking international protection and refugees who might feel lonely, especially women. Coming together to cook your food from home, can bring comfort in challenging times.

Types of Dishes Cooked



Tabbouleh

Levantine salad made mostly of finely chopped parsley, with tomatoes, mint, onion, bulgur, and seasoned with olive oil, lemon juice, salt and sweet pepper.



Chorba

A soup frequently prepared during the month of Ramadan and served for Iftar. It has a tomato base with freekeh, meat and chickpeas. Seasoned with warm spices and fresh coriander.



Basbousa

Sweet, syrup-soaked semolina cake. The semolina batter is baked in a sheet pan, then sweetened with orange flower water, rose water or simple syrup.

What Previous Students have said....

- "I really enjoyed this class and meeting everyone. I would jump at the opportunity to take part again and encourage others to also"
- "Eating family style together.... Meeting with the instructors and learning about more of their culture through food."
- "Learning from the women who were leading the class about their cooking traditions"





Interested?

● Booking

Contact us to see the next available dates or see if we can facilitate a particular date for you, by emailing fundraising@irishrefugeecouncil.ie

● Cost

We ask for a minimum donation of €1,500 to cover the class, the cooking session for the instructors and to support the work of the Irish Refugee Council

● Location and Time

The classes are held in Spade, a professional kitchen based in Smithfield, Dublin 7. The classes normally run from 2-5pm on a Friday afternoon.

● Menu

Please let us know of your dietary requirements (vegan allergies and intolerances) at least 1 week in prior to the event so we can plan accordingly.

● Need to bring anything?

All equipment and food will be provided, all people need to bring is a kind, respectful and positive attitude to the classes.



Would You Like Some More Information?

Email

fundraising@irishrefugeecouncil.ie