



**Food for Thought**  
**A Life in Four Courses**

# Surendra's Bhatmas sadeko (soybean salad)



**“I love to cook and I learned from my mum and grandmum. In Nepal, where I am from, normally the mothers and grandmothers pass the recipes on to their daughters but nowadays males are also interested.”**

SURENDRA BAM FOOD FOR THOUGHT PARTICIPANT

## Ingredients

500g soybeans  
4 cloves of garlic  
50g sliced ginger  
2-3 green chillis  
1 medium sized red onion  
50g fresh coriander  
1 lemon/lime  
25ml mustard oil/olive oil  
Salt (to taste)

## Method

Roast the soybeans in a pan.  
Crush them and take the outer skin off.  
Cut the garlic and ginger into matchsticks.  
Finely chop the green chilli, red onion and coriander.  
Mix all the ingredients together in mixing bowl and add lemon/lime juice and the oil.  
Add salt to taste.  
Garnish with coriander and it is ready to serve.  
This is good as a snack or as a starter or eaten with rice.

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