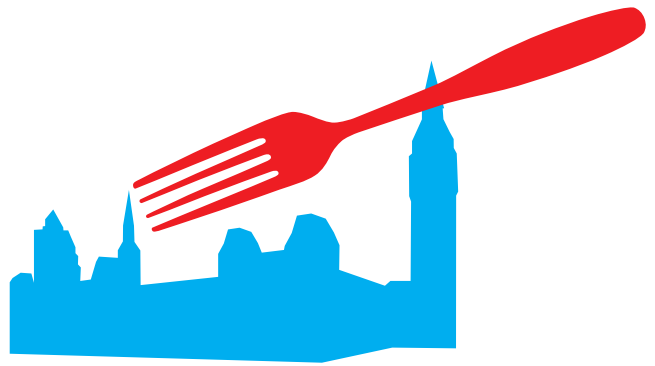


Recipe to build The Houses of Parliament



Ingredients

| | |
|----------------|--|
| 4 loaves | wholemeal bread to toast |
| 5 x 170 g pots | organic hummus |
| 3 | cucumbers |
| 500 g | carrots |
| 4 slices | Gouda cheese |
| 500 g | green grapes |
| 3 packs | organic bread sticks |
| | edible rice paper |
| | a small amount of coloured marzipan - white, red and blue |

You will also need a toaster and a lot of cocktail sticks

Method

- Toast the wholemeal bread and leave to cool standing upright to keep the toast crispy.
- Meanwhile wash and slice length-wise the cucumbers (thin round ones) and the carrots.
- Spread one even layer of hummus on all slices of toast, add four cucumber slices per slice of toast and make sandwiches until the bread is all used up.

Assembly

- Slice the sandwiches to shape the gothic style wall sections and stack to a height of 12 cm.
- Alternate sandwich sections with vertical bread sticks and decorate with green grapes as pinnacles.
- Build up Victoria Tower (25 cm high) and St Stephen's Tower (20 cm high) in the same way.
- Spend extra attention on the Clock Tower, commonly referred to as Big Ben (28 cm high) applying one slice of cheese on each side of the tower to form the clock base; mount two carrot slices of varying length as clock hands and add the Union Jack on top of Victoria Tower for a finishing touch by shaping a thin layer of coloured marzipan on both sides of the rice paper.

Preparation time: 30 minutes

Cooking time: none

Building time: 30 minutes

This recipe was designed by the Organic Café at City & Islington College for Lift's Eat London event on Saturday 28 April, 2007



Organic Café CIC

City and Islington College runs many courses for students with learning disabilities. The Organic Café is a three year course which gives students a full introduction to practical catering in real world situations. Additionally, students completing the course can obtain an EdExcel certificate in Skills for Working Life.

The course content includes preparing for work, work skills, basic food hygiene, running a café and menu planning. The practical focus is on creating healthy, organic and vegetarian food. Students work in the café and by Level 3 manage and supervise the nightly openings. Students also have the opportunity to work at a variety of outside functions at all three levels, including College events such as presentations and health fairs, Wild Bunch club nights and even the prestigious Glastonbury Festival.

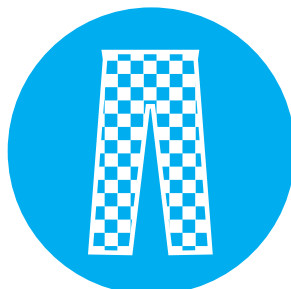
Organic Café participants include:

Colin, David, Joe, Jordan, Kathy, Linda, Mercia, Samara, Richard, Robin, Wayne, Jean-Marc, Kenneth, Helen and Shirley.

The Organic Café CIC's facilitator is:

Martina von Holn.

To see more landmark recipes from Eat London visit www.liftfest.org.uk



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