

RECIPE FROM THE ROMA COMMUNITY

The theme for Holocaust Memorial Day 2017 is **How can life go on?** In a set of six recipe cards, we share dishes that are important to communities targeted during genocide, encouraging everyone to learn about and celebrate the lives and cultures of those who were murdered.



HOW CAN LIFE GO ON?
HOLOCAUST MEMORIAL DAY 2017



Bacon and onion pudding

Nazi Persecution

The Nazi Party ruled Germany from 1933 to 1945 and persecuted an enormous range of peoples whom they believed threatened their ideal of a 'pure Aryan race' of Germans. Nazi theories on race decided that 'Aryan' people were superior to all others and this was the justification for their hatred of Jews, Roma and Sinti people, and black people who lived in Germany. Slavic people were categorised as *Untermenschen* – inferior people living in areas needed for German living space in Eastern Europe.

The Nazis used eugenics (the aim of 'improving' the genetic composition of the population) to justify persecution of disabled people and gay people. The Nazis also targeted political opponents – communists, trade unionists and social democrats – and people whose religious beliefs conflicted with Nazi ideology, such as Jehovah's Witnesses.

Millions of lives were destroyed or changed beyond recognition because of Nazi Persecution. Many groups targeted by the Nazis did not receive acknowledgment of their suffering until years after 1945.

Europe's Roma and Sinti people were targeted by the Nazis for total destruction. At least 200,000 Roma and Sinti were murdered or died as a result of starvation or disease in concentration camps and many more were imprisoned, used as forced labour or subjected to forced sterilisation and medical experimentation.

Today, Roma and Sinti people still face huge levels of persecution and as such are often marginalised by society. This is reflected today as Roma cuisine, despite containing a rich and delicious repertoire of dishes, is not well-known and there are few Roma restaurants.

The theme for HMD 2017 is **How can life go on?** We invite you to cook and share this recipe as part of your HMD activity, to celebrate the rich culture and cuisine of Roma and Sinti people.

Find out more...

Nazi Persecution: hmd.org.uk/nazipersecution
Holocaust Memorial Day Trust: hmd.org.uk



HOLOCAUST
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Bacon and onion pudding

Bacon and onion pudding - a true comfort food that can conveniently be cooked for many hours in the pudding pot over the outside fire (yog) whilst the family are at work in the fields. Usually accompanying potatoes and cabbage are cooked in the water at the same time and it can be prepared the day before. The pudding is very cheap to feed a family and left overs are delicious the next day fried in a pan. One alternative replaces the bacon with stewing beef or chuck cubed. Romany women are ardent about keeping the pudding cloth separate from other washing. Often the pudding pot is passed down from mother to daughter.

Ingredients

- 225g plain white flour
- 100g shredded beef suet
- 10-16 bacon rashers (smoked or unsmoked)
- 1 onion, chopped
- 1 beef stock cube
- Water
- Salt and pepper to taste

Method



This recipe feeds 4 people. Mix the suet and flour together with around 150 to 200ml water to form a suet pastry. Add the water gradually to get the right consistency.

Take the suet pastry dough and roll out quite thinly on a floured surface into a rough rectangular or oval shape. Try to keep it around a quarter of an inch thick, or it will get very stodgy!



Trim any excess fat from the bacon and place slices on the rolled out pastry. Sprinkle the chopped onions on top, ensuring an even coverage. Sprinkle with the crumbled stock cube and add salt and pepper to taste.

Carefully roll the pastry up, as you would when making a Swiss roll. Make sure you have enough pastry at the ends to seal the roll, crimping the edges to ensure it stays together.

Wrap the pudding in aluminium foil or a new clean muslin or tea towel. Make sure you seal it well to prevent steam or water getting in when cooking.



Place the pudding in a steamer and steam for two and a half hours. Alternatively, boil in a large pan of water. Make sure to keep an eye on the water level and top up as needed. Don't worry if the foil turns black while boiling, this is normal!

Carefully lift the pudding out of the pan and unwrap. Slice into individual portions and serve.

This recipe has been kindly given to us by Gypsy and Traveller Empowerment Hertfordshire and was voted by the community as their favourite.