

THE SHARE PLATE

*from our community
to your table*

COOKBOOK



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to your table*

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SAMOAN SAPASUI

FROM SAMOA

Contributed by Monique and To’iata O’Keefe

Being born and raised in country Queensland in a mixed raced family, we often ate a lot of local cuisines. Most meals were influenced by my father’s Irish-Australian heritage as we lived down the street from his parents and our extended family. My mother, being one of the few Samoans in the region who migrated without her parents and siblings, would often bring Sapasui to family and local events as a way to share and connect, adjusting the recipe slightly with local produce.

Coming from two farming families across the world, this was a dish that my Australian family loved and embraced, often sparking conversation around experiences, customs and culture. It reminds me of my mother’s journey, our family, my community and how we as people come together, and this will always comfort me wherever I am.



SERVES
4



PREP TIME
2 HOURS 10 MINUTES



COOKING TIME
20 MINUTES

7

Ingredients:

300 grams of chopped or minced meat (Chicken, beef, lamb or pork)
2 tablespoons of soy sauce
4 cloves of garlic
4 tablespoons of oil (any)
½ cup of mushroom soy sauce
1 cup of water
1 stock cube
250 grams of vermicelli noodles
1 large brown onion, finely chopped
2 carrots, finely chopped
1 tablespoon of ginger, grated
1 cup peas (fresh or frozen)

Method:

1. Combine the meat with 2 tablespoons of soy sauce and the garlic and leave aside in the fridge to marinate for a minimum of 2 hours, or overnight if time allows.
2. Heat oil over medium heat in a large pan.
3. Add the marinated meat, onion and carrot to the pan and whilst it is cooking on medium heat, cook the vermicelli noodles in a separate bowl, following the instructions on the packet.
4. To the meat, add 1 cup of soy sauce, one cup of the water taken from the vermicelli noodles and the stock cube. Let this simmer for 5 minutes.
5. Once the noodles are cooked, chop them into small strips (around 5 centimetres long) and stir them into the pan with the meat and sauce.
6. Add more soy sauce or water if needed to get the right consistency.
7. Add the ginger and peas and stir until all combined.
8. Cook for 5 more minutes until all cooked through.

Health Tips:

- Using brown vermicelli noodles is a great way to boost the fibre in this recipe.
- When choosing meat, it is best to go for the lean options. Why not ask your butcher to mince a Gerello roast for a healthy and inexpensive option.
- To reduce salt, choose a reduced salt soy sauce and chicken stock.



ONE POT CHICKEN RICE WITH MUSHROOMS

FROM CHINA

Contributed by Jean Silk

This dish is something that we have been cooking in our family for generations. My grandparents are from China and passed their way of cooking on to our family while we were growing up in Malaysia. When my family used to cook this they would use a full chicken which took a long time. I am a busy mum and carer, so I have adapted the family's recipe to make it quick, healthy, delicious and easy to cook using chicken pieces.

I find cooking very therapeutic and food brings me joy.



SERVES

4



PREP TIME

15 MINUTES



COOKING TIME

20 MINUTES

9

Ingredients:

300 grams chicken thigh fillets,
cut into cube-sized pieces

100 grams fresh shitake
mushrooms, sliced

2 cups of basmati rice, washed
and drained

3 cups of water

Spring onion, thinly sliced
(to serve)

Coriander (to serve)

For the marinade

2 tablespoons of oyster sauce

1 tablespoon of soy sauce

1 tablespoon of sesame oil

2 slices of fresh ginger

1 clove of garlic, minced or sliced

1 ½ teaspoons of salt

Method:

1. Cut the chicken into pieces.
2. Combine marinade ingredients in a jug or deep bowl .
3. Place chicken in bowl/jug and set aside for at least 10 minutes to marinate.
4. Add rice, water, mushrooms and marinated chicken to the rice cooker and cook for 15-20 minutes (or until rice has softened and chicken is cooked through).
5. Serve hot and garnish with sliced spring onions or coriander leaves.

Health Tips:

- To reduce the saturated fat in this dish, use skinless thigh fillets.
- For a low salt option, why not try and use reduced salt soy sauce and reduced salt oyster sauce. You could also add less salt to the dish during cooking.



KISRA WITH OKRA

FROM SOUTH SUDAN

Contributed by **Hakima Mandeat**

Sudan is home to a number of different tribes – each of them has their own cultural food and dietary preferences. But kisra (thin pancakes) are popular among all people in South Sudan. It is a very traditional food - I would even call it our national dish. We love to serve it with okra because they are both very good for the body.

As a child, I would sit and watch my mum make this for all our family. Even when they were not hungry they would be happy when eating my mum's kisra, I think it is because she put so much love in to her cooking. This meal is placed in the middle of the table and everyone helps themselves using their hands. My children tell me that it is not good for people to serve themselves from the same dish using their hands, but in our culture, this is how we share food with people we love.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

60 MINUTES

11

Ingredients:

For the kisra (pancakes)

1 kilogram of corn flour
6 cups of boiling water
1-2 tablespoons of butter

For the okra

2 tablespoons of oil (any)
5 – 6 onions, finely chopped
5 – 6 garlic cloves, crushed
500 grams of minced or diced meat (any)
1 kilogram of okra
Salt and pepper to taste

Method:

1. To make the kisra, add the corn flour to a large pot.
2. Slowly add the boiling water to the flour, stirring constantly until it turns into a pancake-like batter.
3. Melt some butter onto a flat, wide, hot pan.
4. Using a ladle, pour a small amount of the mixture (about 1/3 of a ladle) into the middle of the pan.
5. Use the back of the ladle to spread the mixture out into a circle, making it even and as thin as possible (especially at the edges).
6. Cook it until the edges are crispy and start to lift off the pan and the kisra has started to turn golden brown.
7. Using a spatula, lift the pancake out of the pan and leave aside to cool.
8. Repeat for the rest of the batter.
9. To make the okra, heat oil in a pan over medium-high heat.
10. Add the onion and garlic and fry until golden.
11. Add the minced meat and fry, stirring until cooked through.
12. Meanwhile, cut the okra into small rounds and add to the pan.
13. Fry the meat and okra together, stirring until completely cooked and even (no chunky bits).
14. Add salt and pepper to taste.
15. Serve kisra with okra.

Health Tips:

- To reduce the saturated fat in this dish, use skinless thigh fillets.
- For a low salt option, why not try and use reduced salt soy sauce and reduced salt oyster sauce. You could also add less salt to the dish during cooking.



FRIED RICE SALAD

FROM THAILAND

Contributed by Raneer Nurood

Fried rice salad is a very common dish that most Thai people eat a lot of, especially in Northern Thailand, where I was born. My mum taught me how to make it and I have many memories from back home of her making this for me and my brothers.

When Ramadan arrives, we do not eat or drink between sunrise and sunset. When it does come time to eat, my mum and I like to make this special food for our family because they love it. The ingredients back home in Thailand are fresher, often straight from the garden. But luckily you can still make this using ingredients we can get in Australia and it tastes pretty close.



SERVES

4



PREP TIME

40 MINUTES
(PLUS RICE COOLING TIME)



COOKING TIME

20 MINUTES

13

Ingredients:

320 grams of steamed rice
100 grams of chicken mince
1 - 2 tablespoons of red curry paste
1/2 tablespoon of fish sauce
1 teaspoon of sugar
1 tablespoon of kaffir lime leaves
2 eggs
1 cup of tempura batter mix
2 - 3 cups of vegetable oil
1 tablespoon of black pepper
2 fresh Nham (Thai sausage)
1 tablespoon of onion, sliced
1 tablespoon of lemon juice
1/2 tablespoon of fish sauce
1 tablespoon of chilli
1 tablespoon of ginger, sliced
1 tablespoon of scallions
1/2 bunch of coriander, chopped
1 tablespoon of peanuts
1/2 bunch of mint, chopped
Lettuce, any kind

Method:

1. Add steamed rice (cooled down but still warm) to a mixing bowl and add minced chicken, curry paste, fish sauce, sugar and kaffir lime leaves.
2. Whisk one of the eggs with a fork and then add to the bowl and mix until all ingredients are well combined .
3. Roll tablespoon sized balls of the mixture between your hands to shape into balls.
4. In a separate bowl, whisk the second egg and add a little water to thin it slightly.
5. Dip rice balls into whisked egg and then roll in tempura batter mix until fully covered.
6. Heat oil in a fry pan over high heat. Add balls into hot oil and let fry until golden brown.
7. Remove from pan and leave aside on paper towel to drain the oil .
8. Prepare the salad ingredients in a bowl by adding fresh Nham, onion, lemon juice, fish sauce, chilli and ginger and mix together. Then add fried rice balls and season with black pepper.
9. Serve the mixture on a bed of coriander, mint and lettuce.
10. Sprinkle with peanuts and scallions and extra chilli and lime wedges to taste.

Health Tips:

- To reduce the saturated fat in this dish, use skinless thigh fillets.
- For a low salt option, why not try and use reduced salt soy sauce and reduced salt oyster sauce. You could also add less salt to the dish during cooking.



EGG AND LEMON RICE SOUP (AVGOLEMONI)

FROM GREECE

Contributed by Maroulla Radisavic

This is a traditional Greek recipe which literally means egg (avgo) and lemon (lemoni) soup. It is very famous in our culture, and although it is popular any time of year, people like to make it when they are sick because it is so good for you.

This recipe has been around since when I was growing up and now I make it for my children and my grandchildren. I make many soups, but this is their favourite. They call it "yiayia's soup" (grandma's soup) and say that yiayia makes the best soups. Kali orexi!



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

60 MINUTES

15

Ingredients:

½ kilogram of chicken (any chicken with bones in e.g. drumsticks)
3 litres of water
1 carrot
1 stick of celery with leaves still on
½ cup of rice
2 eggs
Juice of 1 – 2 lemons depending on how big and juicy they are
Salt and pepper
Parsley to garnish

Method:

1. Cook chicken in large pot with the water until cooked.
2. Remove chicken from water and let cool. Do not discard the water.
3. Finely chop the carrot and celery.
4. Cook the rice in the chicken broth (the water that the chicken was cooked in) with carrot and celery.
5. In a separate bowl, beat eggs with the lemon juice.
6. With a ladle, add a small amount of the boiling soup to the egg/lemon mixture while beating it. Repeat this 4 – 5 times.
7. Slowly add small amounts of the egg/lemon mixture back to the big pot and mix well.
8. Once all the mixture is together in the pot, season with salt and pepper and boil for 2 more minutes.
Optional: add small pieces of the chicken that was boiled earlier back into the soup
9. Garnish with chopped parsley and serve with crusty bread.



CHICKEN BIRYANI

FROM PAKISTAN

Contributed by Asma Zeeshan

Everyone in my country is crazy about biryani, especially in Karachi where I am from. It is the dish that we serve at all celebrations – birthdays, weddings, engagements, even funerals. We even order biryani when we go out for dinner.

My mother and my mother's sisters taught me everything I know about cooking, including this recipe. My entire family (and even my in-laws) make biryani the same way. It always makes me think of my country and of my family.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

40 MINUTES

17

Ingredients:

2 tablespoons cooking oil
(any oil is fine)

2 onions, chopped finely

½ kilogram of chicken
(any chicken with bones in e.g. drumsticks)

1 tablespoon of crushed garlic

1 tablespoon of crushed ginger

1 long green chilli, crushed or finely diced

1 large tomato, finely diced

Pinch of salt

1 tablespoon of coriander powder

½ teaspoon of garam masala

½ teaspoon of turmeric

Pinch of red chilli powder
(leave this out if you do not like food too spicy)

2 boiled or steamed potatoes
(chopped into small chunks)

2 cups of basmati rice

4 cups of water

Salt and pepper to taste

Fresh mint, lemon slices and coriander (to serve)

Method:

1. Heat small amount of oil in a pot on low to medium heat.
2. Add chopped onions and cook until they start to turn brown.
3. Add chicken, ginger and garlic paste, green chilli and diced tomato. Cook for a few minutes until tomato has softened.
4. Add salt, turmeric, red chilli powder and garam masala.
5. Cook until gravy is smooth, and the chicken is just cooked.
6. Add the potatoes, turn off the heat and leave to sit.
7. In another pot, cook the rice according to packet instructions.
8. Combine all the ingredients by creating layers of the gravy, the chicken and the rice.
9. Serve with mint, lemon slices and coriander.

Health Tips:

- To reduce the saturated fat in this dish, use skinless drumsticks or take the skin off before cooking.
- Carisma, Nicola and orange sweet potatoes are better options. These potatoes are low GI which means that they get digested slowly into the blood stream. This gives you more slow release energy through the day and is better for keeping sugar levels in control.
- The best rice options are basmati, mahatma, brown and red rice. These types of rice are low GI which means that they get digested slowly into the blood stream. This gives you more slow release energy through the day and is better for keeping sugar levels under control.



CHICKEN AND GREEN PEA STEW

FROM ROMANIA

Contributed by Angela Nae Ivan

This dish followed me to Australia when I came from Bucharest (Romania) in 1996. I love this dish because my grandmother used to cook it and I learned to do it myself by watching her. The taste and the smell really take me back to my childhood.

I make this for my family all the time because it is easy and healthy. It is the dish that helped me get my kids to eat vegetables – they started by picking up the peas with toothpicks, then went to teaspoon size mouthfuls, then spoonfuls and then the whole bowl. Now I know they really love it!

This dish is a stew which means it is to be eaten with a fork, not a spoon. If you have sauce left over at the end, you can dip some bread in it and eat it that way.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

60 MINUTES

19

Ingredients:

2 tablespoons cooking oil
(any oil is fine)

500 grams of chicken
(any chicken with bones in
e.g. drumsticks)

1 onion, finely chopped

3 garlic cloves, minced or
thinly sliced

1 bag of frozen green peas
(500 grams)

1 carrot, finely chopped

1 red capsicum, finely chopped

1 – 2 cups water

2 – 3 bay leaves

1 tablespoon of Vegeta vegetable
stock powder

2 tablespoons of tomato paste

Pepper

2 teaspoons plain flour
(to thicken if necessary)

Fresh dill (to garnish)

Crusty bread (to serve)

Method:

1. Heat a small amount of oil in a pot on low to medium heat.
2. Add the chicken and cook until slightly brown.
3. While this is cooking, finely chop the onion and garlic and add to the pot.
4. Once the meat and onion are lightly fried, add the peas and vegetables.
5. Add enough water so that it is just covering all the ingredients.
6. Add the Vegeta, pepper, tomato paste and stir until all combined.
7. Bring to the boil and then turn down and leave it to simmer.
8. Add plain flour if sauce needs thickening up.
9. When the sauce has thickened and all the ingredients are cooked to your liking, garnish with fresh dill and serve with crusty bread.

Health Tips:

- To reduce the saturated fat in this dish, use skinless drumsticks or take the skin off before cooking. If using pork or beef, choose the lean options.
- To reduce the salt content of this recipe, try using reduced-salt stock and reduced-salt tomato paste.
- When adding more vegetables, try to use colourful vegetables for a boost of mineral and vitamins.



CHICKPEA CURRY (CHANA MASALA)

FROM INDIA

Contributed by Anushree Lalut

Like most Indian girls, I learned to cook from my mother. She is from south India and my father is from Mumbai. This is a north Indian dish that my mum adapted. She is a very fussy eater, so growing up, every dish we had was adapted to her tastes and to my father's tastes.

My husband loves this dish and so do all our family and friends. Although it is time-consuming, it is simple (for an Indian dish) and it turns out amazing every time with creamy, yet firm chickpeas and the sweet and spicy sauces creating all-round yumminess.



SERVES

4



PREP TIME

10 MINUTES

(PLUS TIME TO SOAK DRIED CHICKPEAS IF USING THEM)



COOKING TIME

40 MINUTES

21

Ingredients:

1 cup of dried of chickpeas if you have a pressure cooker, or if you don't have one you can use 1 tin of chickpeas
1-2 tablespoons rice bran oil
2 medium onions, chopped finely
1 thumb size piece of ginger, grated
5 cloves of garlic, crushed
2 teaspoons of coriander seed powder
1 teaspoon of cumin powder
½ teaspoon of chilli powder (or to taste)
1 teaspoon of 'Kitchen King Masala' (this can be found in all Indian grocers. If you cannot find it, you can add double the amount of all the other spices)
½ tin of crushed tomatoes
1 teaspoon of salt
2 tablespoons of fresh coriander, chopped

Method:

1. If using dried chickpeas, soak overnight in cold water. If short on time, pour boiling water over chickpeas and leave to soak for 1 – 2 hours.
2. Once soaked, place chickpeas in pressure cooker for 20 – 30 minutes (adjust depending on the pressure cooker). The chickpeas should hold their shape and still be slightly firm, rather than turn to mush.
3. If you don't have a pressure cooker, use 1 tin chickpeas and make sure to rinse the chickpeas before using.
4. Once the chickpeas are ready, start the sauce by heating 1-2 tablespoons of rice bran oil in a frying pan.
5. Add the onions and fry until softened.
6. Add the ginger and garlic and stir for 2 – 3 minutes or until fragrant.
7. Now add all the dry spices and let it fry off for a few minutes.
8. Add the tomatoes.
9. Allow it to simmer on low heat until the sauce thickens and you can see the oil separate from the tomato sauce.
10. Add in the chickpeas, the salt and mix together.
11. Let it simmer on low heat for 20 – 30 minutes so that the chickpeas absorb all the flavours and soften a little more. Stir occasionally.
12. To serve, garnish with fresh coriander and serve with steamed basmati rice or roti and a side of raita (see recipe page 33).

Health Tips:

- To reduce salt intake, try adding less salt during cooking



RAW FISH SALAD (HINAVA)

FROM BORNEO

Contributed by Dolly Richard

This recipe is from a place called Sabah in east Malaysia, on the northern part of the island of Borneo. My mum used to make this recipe, as do many people in Borneo because we have such fresh fish. So it is very traditional to our culture and it is also healthy and very easy to make. I like to make this for my family.



SERVES

4



PREP TIME

20 MINUTES



COOKING TIME

NO COOKING REQUIRED

23

Ingredients:

1 small bitter melon
Salt (pinch)
600 grams of fresh tuna or mackerel
120 millilitres of lime juice
3 – 4 small red shallots, sliced
2 inches of young ginger cut into thin strips (julienne)
1 large red chilli, cut finely
1 large green chilli, cut finely
2 birds eye chillies cut finely
Salt and sugar to taste

Method:

1. Cut the bitter melon into strips then mix with a pinch of salt and leave for 3 – 4 minutes. This will reduce its bitterness. Then rinse with water.
2. Slice the fish into strips then marinate with the lime juice for 10 minutes.
3. Mix all the remaining ingredients together.
4. Keep refrigerated until ready to eat.



CHICKEN CURRY

FROM SRI LANKA

Contributed by Arun Kumarasamy

People often ask me 'what is the difference between Sri Lankan and South Indian cooking?' My answer is, Sri Lanka has been blessed with an abundance of coconuts so almost every curry we cook ends up with coconut milk in it. It plays a major role in Sri Lankan cooking for its flavour and beautiful aroma. When I cook or eat this chicken curry, it brings back memories of my childhood and the way my mum cooked for me, as well as other memories of my beautiful time in Sri Lanka. No matter how many ingredients you add to your recipes, you always have to add love.



SERVES

4



PREP TIME

40 MINUTES



COOKING TIME

40 MINUTES

Ingredients:

1.5 kilograms of chicken pieces
2 tablespoons of lemon juice
½ teaspoon of turmeric powder
5 cloves of garlic, crushed
1 inch of ginger root, crushed
2 teaspoons of salt
1 tablespoon of black pepper
1 tablespoon of Sri Lankan curry powder
½ tablespoon of cayenne pepper
3 tablespoons of vegetable oil
12 curry leaves
1 medium onion, thinly sliced
1 inch cinnamon stick
1 piece of lemongrass (optional)
3 cardamom pods
3 cloves
2 tomatoes, finely diced
1 cup of chicken stock or water
1 cup of thick coconut milk

Method:

1. Wash the chicken pieces and drain thoroughly .
2. In a bowl combine the lemon juice, turmeric, crushed ginger and garlic, salt, pepper, curry powder and cayenne pepper.
3. Add the chicken to the bowl and mix together, making sure all chicken pieces are well coated. Leave for 30 minutes to marinate.
4. Heat oil in a pot and fry curry leaves for one minute.
5. Add onion and fry until soft.
6. Add the chicken and stir well.
7. Add the cinnamon, lemongrass, cardamom and cloves and stir until mixed well.
8. Add tomatoes and stir until all pieces are well coated.
9. Add chicken stock or water and stir.
10. Cover with lid and simmer on low heat for 30 minutes.
11. Add the thick coconut milk and bring to a simmer leaving uncovered. If the curry is too thick/dry, add a little more stock or water.
12. Season with salt to taste.
13. Serve with rice or roti bread.

Health Tips:

- To reduce the saturated fat in this dish, use skinless chicken or remove the skin before cooking.
- Reduce the salt content in this dish by removing the added salt and using reduced-salt chicken stock.
- A healthy alternative to coconut milk is evaporated milk with coconut essence. This can be found in the long-life milk section of the supermarket.
- If using milk, you can use low-fat milk as a healthier option.



DUTCH GOUDA TARTS

FROM HOLLAND

Contributed by Jennifer Hennekam-Peart

My father is Dutch and came to Australia from Holland in the 1950s, bringing this recipe with him. It's a traditional recipe, but every Dutch family have a slightly different version. This is ours.

I cook this quite often for my family and friends because it is simple, relatively cheap and most importantly they love it. It is also easy to make ahead of time and then wrap up and take on a picnic or to a BBQ.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

50 MINUTES

Ingredients:

300 grams of savoury shortcrust pastry
40 grams of unsalted butter
½ onion, thinly sliced
90 grams (1 cup) of thinly sliced button mushrooms
1 tablespoon of plain flour
250 millilitres (1 cup) of milk
50 grams of diced ham
40 grams of grated Gouda cheese
1 tablespoon of lemon juice
Freshly ground black pepper
Freshly ground nutmeg
8 slices of Gouda cheese cut paper thin
A pinch of paprika, for dusting

Health Tips:

- To reduce fat content in this dish, try using reduced-fat shortcrust pastry.
- Low-fat milk is a healthier option for this dish.

Method:

1. Preheat oven to 200 degrees Celsius.
2. Lightly grease 4 non-stick 10 centimetre tart tins that have removable bases.
3. Roll out the pastry on a lightly floured bench until it is 3 – 4 millimetres thick.
4. Cut out rounds of pastry large enough to cover the bases and the sides of the 4 tins (you can use a small plate as a guide to make sure you get the circle right).
5. Line each of the tins with pastry, making sure the bases and the sides are covered with pastry.
6. Lay baking paper over the pastry and fill the tarts with dried beans or rice (for blind baking- this keeps the pastry set in shape while it bakes).
7. Place on a baking tray and cook for 8 minutes or until the pastry is cooked and lightly browned.
8. Remove and discard the beans/rice and the paper and cook for another 2 minutes or until the bases are dry.
9. Remove from the oven and reduce the temperature to 150 degrees Celsius
10. Melt half the butter in a frying pan over medium heat.
11. Add the onion and cook for 4 – 5 minutes or until soft.
12. Add the mushrooms and cook for another 5 – 6 minutes or until tender, then transfer everything to a separate plate.
13. Melt the remaining butter in the same pan over medium heat. Sift the flour into the pan and cook for 1 minute.
14. Whisking continuously, gradually add the milk and whisk until smooth. Then simmer for 2 – 3 minutes or until thickened.
15. Stir in the cooked mushrooms, ham, grated Gouda cheese, lemon juice, pepper and nutmeg.
16. Divide the mixture into the tart tins, then top with the slices of Gouda cheese.
17. Dust with a little paprika and bake for 15 – 20 minutes or until golden.
18. Serve either warm or cold with a side salad.



QABELI PALAW

FROM AFGHANISTAN

Contributed by Monira Tahery

This is one of the most famous Afghan dishes. You will find it on the menu at any Afghan restaurant and at all community gatherings. This family recipe is dear to me as my mother makes the best Qabeli. She is from Mazar e Sharif which is the capital of the Balkh province. Mazari people are renowned for their cooking and hospitality.

I remember growing up I would always run to the kitchen after arriving home from school to smell the food and what she had prepared for our lunch and dinner.



SERVES

4



PREP TIME

10 MINUTES

(ALLOW TIME TO SOAK RICE OVERNIGHT)



COOKING TIME

50 MINUTES

Ingredients:

150 millilitres of vegetable oil
½ a large carrot, cut into thin strips (julienne)
75 grams of sultanas
1 tablespoon of slithered almonds
1 tablespoon of pistachios
½ teaspoon of caster sugar
¾ teaspoon of ground cardamom
½ teaspoon of ground cumin
1 onion, finely chopped
500 grams of basmati rice, soaked overnight in cold water and drained
Salt

Method:

1. Heat oil in a frying pan over medium-high heat.
2. Add carrot and fry, stirring occasionally, until slightly softened (2 – 3 minutes).
3. Remove carrots from the pan with a slotted spoon leaving the oil in the pan. Leave carrots aside to drain.
4. Add sultanas to the pan and fry for 1 – 2 minutes or until the float in the oil.
5. Remove sultanas with a slotted spoon and put aside with the carrots.
6. Add almonds and pistachios, sugar and ½ teaspoon of cardamom to pan and fry, stirring, until golden brown (1 – 2 minutes).
7. Remove with slotted spoon and leave aside with carrots and sultanas.
8. Now lastly add the onion to the pan and fry, stirring occasionally, until golden and tender (6 – 8 minutes).
9. Remove from pan and set aside separately.
10. Half fill a large pot with water, add ½ teaspoon of salt and bring to the boil over high heat.
11. Add rice, cover and boil until rice grains have doubled in size (6 – 8 minutes).
12. Drain rice into a colander and then return to saucepan and add the cooked onion, cumin, remaining cardamom and 2 teaspoons of salt.
13. Add 125 millilitres of boiling water, cover with a lid and cook on high heat until steam can be seen coming from beneath the lid.
14. Reduce heat to low and cook for 20 minutes.
15. Season to taste and add carrot mixture. Serve hot and enjoy!

Health Tips:

- You can use less oil in this dish. The best types of oil to use in cooking are those that are made from plants or seeds. This includes canola, peanut, olive, peanut, soybean, rice bran, sesame and sunflower oils.



SOUR FISH SOUP

FROM VIETNAM

Contributed by **Ngoc Nho Bich Nguyen**

Many of my memories of being a young girl in Vietnam, were watching my mother in the kitchen. I loved everything she cooked, but the thing I loved most was sour fish soup. Now whenever I want to remember those times, I cook sour fish soup and it reminds me of my old home.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

40 MINUTES

Ingredients:

60 grams of tamarind pulp
1.5 litres of water
200 grams of flathead fillets, cut into 2cm pieces
Salt and pepper (for seasoning)
2 tablespoons cooking oil
2 cloves of garlic, chopped
1 vine-ripened tomato, thinly sliced
250 gram piece of pineapple, peeled, thinly sliced
1/3 cup fish sauce
1/4 cup sugar
150 grams of okra, cut into thirds
2 small red birdseye chillies, thinly sliced
2 tsp lime juice
Bah noc (taro root)
Spring onion
Coriander

Method:

1. Combine tamarind pulp and 1/2 cup boiling water, leave it for 5 minutes, then put through a sieve to discard seeds, ensuring the remaining tamarind water is kept for later.
2. Season the fish with salt and pepper.
3. Heat half the oil in a pan, add fish and stir fry the fish in hot oil until it is sealed. Remove and set aside.
4. Pour the remaining oil into a large pot on the stove with medium-high heat.
5. When the oil starts to heat, add the garlic first to stir-fry a little then combine tomato, pineapple, fish sauce, sugar and stir-fry for 2-3 minutes.
6. Pour in remaining water and simmer over medium-high heat for 5 minutes.
7. Add fish and tamarind pulp to water.
8. When it starts to boil add okra, then cook for 2-3 minutes or until fish is just cooked through.
9. Add chillies and lime juice to soup and stir to combine, then cook for another 1-2 minutes or until tomato is soft.
10. Season to taste, then ladle soup among bowls, garnish with coriander, bah noc and spring onion and serve immediately.

Health Tips:

- For a low salt option, use reduced salt fish sauce.
- Why not try to add more vegetables to this dish for a boost of vitamins and minerals.



PORK VINDALOO

FROM INDIA AND PORTUGAL

Contributed by Gavin Mandrelle

I was born and raised in Calcutta, in the east of India, and moved to Melbourne in 2005. My mum's grandparents were Portuguese migrants to India. She was one of six children, born in Kerala, on the south western coast of India. My dad was born in Lucknow, in the north of India. Both my parents moved to Calcutta to teach, where they met and got married.

I grew up eating my mum's amazing cooking. Her Pork Vindaloo was my favourite dish. Not just because she made it, but also because it was so different to other dishes that India is known for. Mum passed away in 2014 in India. A week before she passed away, I asked her for the recipe to the Pork Vindaloo, which she had memorised and didn't have written down. Every year for her anniversary I cook this pork vindaloo in memory of her.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

40 MINUTES

33

Ingredients:

1 kilograms of pork neck (without bones preferred)
1 tablespoon of crushed ginger
1 tablespoon of crushed garlic
1 teaspoon of red Kashmiri chilli powder (this is not for spice, it adds colour)
½ teaspoon of red-hot chilli powder (can add less or more depending on taste)
1 tablespoon of cumin powder
1 tablespoon of white vinegar
Salt to taste
3 medium potatoes
1 tablespoon of hot English mustard
250 – 300 millilitres of hot water

For the raita: mix all ingredients together in a small bowl

1 cup Greek yoghurt
1 large cucumber, finely diced
1 small red onion, finely sliced and chopped
1 large ripe tomato, diced
Coriander leaves, salt and cumin powder to taste

Method:

1. Add pork to a large pressure cooker and lightly brown off over high heat. (Avoid adding any extra oil as the pork will release its own).
2. Add the crushed ginger and garlic and stir well until mixed through the pork.
3. Add the two chilli powders, cumin powder and vinegar and stir well until the colour is even throughout.
4. Add the potatoes and stir well to coat with the spices.
5. Add water until ingredients are slightly submerged, do not overfill. Stir well.
6. Close the cooker and cook on high until the first whistle goes off on the pressure cooker. Then reduce heat to low and cook for 10 – 12 minutes.
7. Turn off the cooker and remove from the stove. Wait for it to open.
8. When the cooker is opened, reduce any excess liquid by cooking on medium to high heat stirring gently.
9. Add salt to taste and stir thoroughly but gently, being careful not to break the tender meat and potatoes.
10. Enjoy hot with raita, cucumber salad, plain white rice, Indian pickles and pappadums.

Health Tips:

- Carisma, nicola and orange sweet potatoes are better options. These potatoes are low GI which means that they get digested slowly into the blood stream. This gives you more slow release energy through the day and is better for keeping sugar levels in control.
- To reduce the saturated fat in this dish, remove the white fat off the pork.
- Low-fat yoghurt is a healthier option as it contains less saturated fat.



CHICKPEA SALAD (CHICKPEA CHAAT)

FROM PAKISTAN

Contributed by Springvale Rise Primary School, Multicultural Kitchen Garden Program

We are from Springvale Rise Primary School. Our Multicultural Kitchen Garden Program provides an opportunity for roughly sixty grade three and four students to learn about growing, harvesting and preparing fresh and yummy food.

This recipe belongs to one of the class aides, Zunaira. It is a dish that is common at dinner tables across India and Pakistan as a side dish but is also eaten often as a snack. It is quick and easy to put together, and many of the students in our class shared memories of eating this at cultural celebrations and events. Those who were new to Chickpea Chaat also loved it. We have added spinach leaves from our garden to make it a winter salad.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

20 MINUTES

35

Ingredients:

250 grams of potatoes
1 teaspoon of vegetable oil
1 red onion, finely chopped
1 green chilli, finely chopped
1 tin of chickpeas, rinsed
1 handful of spinach, finely chopped
½ teaspoon of garam masala
¼ teaspoon of dried chilli powder
1 teaspoon of salt

To garnish:

A bunch of coriander, finely chopped
4 spring onions, finely sliced
½ cup of plain yoghurt
Mango chutney

Method:

1. Peel the potatoes, then cut into cubes.
2. Steam the cubed potatoes in boiler over boiling pot of water until they are tender.
3. Heat oil in a large fry pan on a medium heat and cook the onion and chilli for 1 – 2 minutes.
4. Add the chickpeas and continue stirring gently.
5. Add the spinach and cook until wilted.
6. Add the cubed potatoes and stir gently.
7. Add all the spices and stir until all combined evenly.
8. Garnish with coriander and spring onions, and serve with mango chutney and yoghurt.

Health Tips:

- Carisma, Nicola and orange sweet potatoes are better options. These potatoes are low GI which means that they get digested slowly into the blood stream. This gives you more slow release energy through the day and is better for keeping sugar levels in control.
- Low-fat yoghurt is a healthier option as it contains less saturated fat



QORMA E SABZI

FROM AFGHANISTAN

Contributed by Monira Tahery

This side dish is very popular in Afghanistan. In every gathering we cook it as it goes really well with other dishes on our menus. My kids love it and enjoy eating it with rice, and it is also very nutritional and good for health.

There is a funny story that goes with this recipe. I learnt how to cook it from my mother-in-law after getting married and moving in with them. I was keen to show them that I could cook a good meal for the family, and this dish was part of my planned menu. However, as this was during the Taliban rule we had no electricity so I had to cook over open flames outside. I could not control the heat and ended up completely burning the dish without even cooking the spinach through properly. Luckily, everyone just laughed, and we ate the food anyway. We still make jokes about that today.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

40 MINUTES

37

Ingredients:

3 tablespoons of olive oil
1 – 2 bunches of spring onion,
chopped (white and green parts)
1 box of frozen spinach, chopped
½ cup of coriander, chopped (you
can also use 1 kilogram of fresh
baby spinach)
1 tablespoon of dried dill
1 teaspoons of ground coriander
½ teaspoon of ground black
pepper
1 teaspoon of salt
2 tablespoons of lemon juice

Method:

1. Heat oil over medium-high heat in a large deep pan.
2. Sauté the spring onions until tender, for about 7 minutes.
3. Add the spinach and cook on medium heat, stirring regularly, until it defrosts and the liquid comes to a boil (about 15 minutes).
4. Once the liquid boils, add the remaining ingredients, stir thoroughly, and reduce the heat so the liquid bubbles gently.
5. Cook for another 10 – 15 minutes until the liquid is almost all absorbed and the spinach is very tender. Keep an eye on the spinach and stir occasionally.
6. If the pan dries up, add a little water and continue cooking.
7. Serve warm with challow (seasoned Afghan white rice), qabeli palaw (pictured, recipe page 29), cooked meats or other vegetables.



ACHARD DE LEGUMES (VEGETABLE PICKLE)

FROM MAURITIUS

Contributed by Clancy Phillippe

This vegetable pickle originated with the slave labour force brought to Mauritius from Madagascar. In Madagascar, this dish was introduced with the Malay who travelled to and settled in Madagascar, on their way to South Africa. It is a very popular dish that can be served with almost anything. It is best eaten with a crisp and freshly baked baguette. It has become one of the signature dishes of Mauritian cuisine.



SERVES

4



PREP TIME

15 MINUTES



COOKING TIME

20 MINUTES

39

Ingredients:

200 grams of cabbage, finely sliced
200 grams of carrots, cut into matchsticks
200 grams of French/haricot beans, finely sliced lengthwise
½ medium cauliflower, separated into small pieces
3 tablespoons of black mustard seeds
2 tablespoons of crushed garlic
1 tablespoon of turmeric powder
5 tablespoons of vegetable oil (mustard oil preferred if possible)
2 large onions, finely sliced
2 tablespoons of white vinegar
Salt to taste

Optional: Sliced green chillies according to taste.

Method:

1. Drop vegetables (and green chillies if using) in hot boiling salted water and blanch for two mins until slightly cooked but still crisp.
2. Remove vegetables from water, drain and immediately put in very cold water. Drain and set aside.
3. Blend mustard seeds, turmeric powder and garlic with a little water to make a paste.
4. Heat vegetable oil in a wok or large saucepan to simmering and fry the sliced onions until transparent.
5. Add the blended paste and fry for one minute or until well blended with onions.
6. Add the blanched vegetables and mix well until well coated.
7. Season with salt to taste and stir the ingredients to distribute the salt.
8. Remove from heat and allow to cool.
9. Once cool, stir in the vinegar.
10. Place in dry glass jars with lids and keep in a refrigerator.
11. Enjoy as an appetiser or in white bread rolls.

Note: this mixture will last for a month refrigerated in the jars



TABULI

FROM LEBANON

Contributed by Mala and Rawak Doyle

When my mother makes Tabuli, the meal comes alive. Our family really enjoys this as an addition to any meal. Each time she makes Tabuli it tastes the same – fresh, healthy and so tasty.

Tabuli originates from Lebanon, however it is eaten across the Middle East and beyond. My mother has taught all her children how to make this dish and now we make it for our children who also love it as much as previous generations.



SERVES

4



PREP TIME

30 MINUTES



COOKING TIME

NO COOKING REQUIRED

41

Ingredients:

For the salad:

4 bunches of flat leaf parsley (continental), washed, dried and cut fine

1 bunch of spring onion, sliced

4 tomatoes, finely diced

½ cup of fine bulgur wheat cooked according to packet instructions.

For the dressing:

Lemon juice to taste (the more the merrier!)

Olive oil (good quality)

Salt and black pepper to taste

Pinch of dried mint flakes

Method:

1. Add all the salad ingredients into a bowl.
2. Add the dressing ingredients straight onto the salad and mix all together. (using your hands to mix tabuli makes it taste even better).
3. Once mixed well, taste and add extra seasoning (salt, pepper or lemon juice) if needed.

Health Tips:

- Extra virgin olive oil is the best type of olive oil for heart health.



PUMPKIN JAM

FROM RUSSIA

Contributed by Luliia Rotsko

In Russia, pumpkin is used for sweets. We have it as juice or cook it with sugar to make things like this jam. I learned this recipe from my mum who made it for the first time when I was a teenager. It is her favourite and I also liked it because it was different from the other apple, peach or plum jams we usually ate.

It is nice on fresh bread or toast, or my favourite is to have it on pancakes.



SERVES

4



PREP TIME

40 MINUTES



COOKING TIME

35 MINUTES

43

Ingredients:

1 kilogram of pumpkin
½ a lemon, sliced and seeds removed
1 orange, sliced and seeds removed
800 grams of sugar

Method:

1. Cut the skin off the pumpkin and remove the inner pulp with the seeds in it.
2. Cut the pumpkin into cubes and place them in a large bowl with the sugar.
3. Add the lemon and orange then mix the sugar and the pumpkin and leave for 20 – 30 minutes so the sugar draws out liquid from the pumpkin.
4. Add the pumpkin, fruit and sugar to a large pot.
5. Boil the pumpkin for 15 minutes, then turn off heat and let it completely cool.
6. Repeat this twice more, cooling the mixture each time.
7. Return to the heat and bring to boil once more for 15 minutes.
8. Separate mixture into clean jars and leave to set.
9. Serve with fresh bread, toast or pancakes.

Note: this mixture will last for a month refrigerated in the jars



SPIRAL CURRY PUFF

FROM MALAYSIA

Contributed by Suriani Abd Rahman

In my home village in Malaysia there is only one store that sells this style of curry puff. Everyone loves them so much that usually they sell out very quickly. My late father loved them very much during his life, so I personally decided to try and learn to make it myself. I tried many different recipes that I found online, and many of them failed. But I kept trying until I succeeded just like my father liked it. This Spiral Curry Puff is a great snack that is famous in Malaysia. It is especially popular during Ramadan where we like to break our fast in the evening with a puff and a tea. This Spiral Puff always makes me remember my father.



SERVES

4



PREP TIME

60 MINUTES



COOKING TIME

30 MINUTES

Health Tips:

- When using margarine, try and choose one that is plant-based such as olive oil, canola oil or sunflower oil margarine.

Ingredients:

For the dough:

1 kilogram of plain flour
4 tablespoons of margarine, melted
2 tablespoons of vegetable fats, melted
¼ cup of cooking oil
½ cup of cold water (more may be required if the dough is too hard)
Salt

For the filling:

1 kilogram of chopped, boiled/steamed and cooled potatoes
Canola oil for frying
4 cloves of garlic, crushed
5 chillies, finely diced
50 grams of dried shrimp
1 large onion
2 springs of parsley, chopped
3 tablespoons of curry powder
Note: If possible, choose the curry powder that is blended to go with meats
1 tablespoon of salt
5 tablespoons of sugar

Method:

1. Mash together the garlic, chilli and dried shrimp to make a paste.
2. Heat small amount of oil in a frypan over high heat.
3. Fry the paste, adding in the onion and parsley until fragrant and the onion is softened.
4. Mix the curry powder with a little bit of water and then add to the pan.
5. Add the salt and the sugar and stir until well combined.
6. Add the potatoes and stir until all potatoes are covered with the curry mixture and the liquid has been absorbed.
7. Turn off the heat and leave the mixture aside to cool while preparing the doughs.
8. Prepare the first dough (margarine dough) by combining the melted margarine and vegetable fat with 600 grams of the flour.
9. Mix well until smooth, and then create 12 equal sized dough balls.
10. Then prepare the second dough (oil dough) by first adding a pinch of salt into the cold water and stirring thoroughly.
11. In a separate bowl, add the cooking oil and remaining 400 grams of flour and mix.
12. Add the cold salted water and knead until smooth.
13. Create 12 equal sized balls – these should be bigger than the margarine balls.
14. Flatten each of the 12 oil dough balls and add one margarine dough ball to the centre.
15. Wrap the oil dough around the outside of the margarine ball, making sure to cover all surfaces and re-shape the combined doughs as one ball.
16. Using a rolling pin, roll the combined balls out one at a time in thin wide circles.
17. Starting from one side, roll the dough up in a long log.
18. Now flatten the log with the rolling pin to create a long flat dough.
19. Starting at the thin end, roll the log up into one wheel.
20. Cut the dough into 1-centimetre thick wheels.
21. Keeping the spiral in the centre, flatten each wheel into long thin ovals.
22. Now create the puffs by adding spoonfuls of the curry potato mixture into the centre of the pastry.
23. Fold the pastry lengthways bringing the edges together. Seal the edges by pressing together with your fingers, using a little water if needed.
24. Now crimp the edges by pinching the pastry together until flat and then folding up towards the centre of the puff. Keep pinching and folding until the reach the end, sealing the last fold with a little bit of water.
25. Heat roughly 500 millilitres (2 cups) of canola oil in a large saucepan.
26. Fry in batches of 5 or 6 puffs at time. Cook each batch for about 5 minutes or until golden brown.



MEXICAN DESSERT FLAN WITH MOROCCAN TWIST

FROM MOROCCO

Contributed by Nabila Marzouk

I grew up spending a lot of time in my grandparents' house. On special occasions, my grandpa would cook his speciality dishes for us and this was one of them. I have vague memories of him beating the eggs and caramelising the sugar while preparing this flan.

Unfortunately, grandpa never officially passed on the recipe to me or anyone in the family. By the time I wanted to learn the recipe, he had dementia and was unable to remember much. I spent a lot of time looking for flan recipes online. After many failed trials I came across this one. Though this flan is not exactly how grandpa used to make it, it never fails to take me back to those sweet childhood times.



SERVES

4



PREP TIME

30 MINUTES

(PLUS SETTING TIME IN THE REFRIGERATOR
OVERNIGHT)



COOKING TIME

60 MINUTES

47

Ingredients:

5 eggs
½ litre of milk
1 can of evaporated milk
1 can of sweetened condensed milk
1 tablespoon of vanilla essence
(or any other essence you like,
eg. almond essence or orange
blossom)
Zest of 1 orange
1 cup of sugar

Health Tips:

- Choose low fat condensed milk for a healthier option

Method:

1. Preheat oven to 180 degrees.
2. Put on kettle full of water on to boil.
3. Mix all the ingredients, except for the sugar, together in a big bowl.
4. Add the sugar to a frying pan over low heat and cook until it has turned brown (caramelised).
5. Take a small sized tray or loaf tin and pour the caramelised sugar into the bottom of it.
6. Next add the egg and milk mixture on top on the caramel.
7. Put boiling water from kettle into a large baking tray .
8. Sit the smaller baking in the water inside the larger tray, making sure no water leaks in.
9. Bake for 45 – 60 minutes at 180 degrees Celsius, checking it often by inserting a knife. The flan will still be wobbly, but you will know it is ready when your knife comes out clean.
10. Put in fridge for 7 hours or overnight.
11. When ready to serve, turn it out onto a board so that the caramel is on top.



RICE DUMPLINGS IN SYRUP (TANG YUAN)

FROM CHINA

Contributed by Springvale Rise Primary School, Multicultural Kitchen Garden Program

We are from Springvale Rise Primary School. Our Multicultural Kitchen Garden Program provides an opportunity for roughly sixty grades 3 and 4 students to learn about growing, harvesting and preparing fresh and yummy food. This recipe belongs to one of the student's mothers, Leng. She is from Cambodia and has adapted a traditional Chinese dessert into this family favourite. This is a real "special event" dish that all the students in the program loved making and eating.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

40 MINUTES

49

Ingredients:

For the balls

400 grams of glutinous rice flour

400 millilitres of cold water

For the syrup

250 millilitres (1 cup) of cold water

200 grams of palm sugar

4 slices of fresh root ginger

1 can of coconut cream

A pinch of salt

Method:

Start with the syrup:

1. Measure out the water (250 mls) into a medium sized pot.
2. Bring the water to a boil on high heat.
3. Add the sugar and ginger slices and simmer until the sugar dissolves totally.
4. Add the salt and stir.
5. Then add the coconut cream and stir until combined.
6. Set aside until the rice dumplings are ready.

Then make the balls:

7. Place a large pot on the stove and fill with water (3/4 full) and bring to the boil. Once boiled, move to a bench to prepare the dough .
8. In a large stainless-steel bowl add the glutinous flour and slowly add the cold (400mls) water.
9. Knead with your hands to form a dough.
10. The dough is ready when it does not stick to your hands anymore.
11. Pinch pieces of dough to make small balls by rolling them between your palms.
12. When all the balls are ready, take them to the pot of boiling water.
Make sure the boiling water pot is next to the syrup pot and that the heat under the syrup pot is turned off.
13. Drop the dumplings carefully into the boiling water adding only a few at a time.
14. As soon as the dumplings float to the surface, lift them out with a spoon and place in the syrup pot. Do this until all the dumplings are cooked.
15. Stir to make sure all the balls are coated with the syrup.
16. Ladle into bowls and enjoy.

Health Tips:

- Choose low fat coconut milk for a healthier option. Another option is to use reduced fat evaporated milk with coconut essence.



BANANA PUDDING

FROM INDIA

Contributed by Jabin Ashfaque Husain Chougale

My recipe is from Konkan in Maharashtra, India. A family favourite dessert bringing back childhood memories as we all enjoyed during Ramadan.

It is made from ripe bananas with very few ingredients, requires little or no sugar and can be enjoyed both warm and cold. At home, I sometimes add some additional flourishes, but this recipe is how we do it the traditional way.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

60 MINUTES

51

Ingredients:

3 large, ripe bananas
3 large eggs
200 millilitres of coconut milk (can use dairy milk as well)
½ teaspoon of cinnamon powder
Pinch of salt
Sugar (optional) as per your taste buds
Chopped almonds for garnish

Method:

1. Pre-heat the oven 180 degrees .
2. Blend the ripe bananas and eggs in a blender.
3. Empty this mixture into a shallow pan or cake tin.
4. Add to the blender the coconut milk, cinnamon and salt, and mix well until it is all fully blended.
5. If you would like to add sugar, you can add it at this stage.
6. Top with the chopped almonds.
7. Bake in the oven for 20 minutes or until it is firm.
8. This cake can also be cooked on stovetop. To do this cook on very low heat for 30 minutes.
9. Allow to cool be serving – it can be enjoyed warm or cool.
10. Serve with vanilla ice cream, additional nuts, some honey or maple syrup.

Health Tips:

- If using coconut milk, choose low fat coconut milk for a healthier option. Another option is to use reduced fat evaporated milk with coconut essence.
- If using dairy milk, it is best to choose the low-fat variety



ALSI PINNI (FLAXSEED BALLS)

FROM INDIA

Contributed by Payal Kumar

Alsi pinni is a traditional sweet that has benefits for coughs, colds, arthritis and body pain and gives our bodies strength because of its healthy and wholesome ingredients. It is famous in Punjab, but this recipe (which I learned from my grandma) uses slightly different ingredients.

We make it in winter but you can make it in summer too.

As we live in joint families in India, our whole family used to help my grandmother making these balls and we all enjoyed it. It was fun family time together.



SERVES

4



PREP TIME

10 MINUTES



COOKING TIME

50 MINUTES

53

Ingredients:

500 grams (2 ½ cups) of alsi (linseed)
500 grams (2 ½ cups) of wheat flour
400 grams (2 cups) of desi ghee
750 grams of jaggery or sugar
100 grams of cashews
100 grams of almonds
1 tablespoon of pistachios
1 tablespoon of raisins
15 cardamom pods (peeled and ground)

Health Tips:

- For a healthier option, you can use a plant based fat such as a plant-based butter or margarine. These include margarine made from canola, sunflower and olive oil.
- Try adding less sugar to this recipe for a healthier option.

Method:

1. Put the alsi in a dry pan and roast it. It will make a twisting sound while roasting.
2. Once roasted, grind the alsi in a mixer.
3. Roast the wheat flour in ghee until it turns brown and is fragrant. Empty into a separate bowl.
4. Now roast the alsi in the leftover ghee on a low-medium heat until it turns brown and starts to become fragrant.
5. Chop the cashews, almonds and pistachios.
6. Add 250 grams of the jaggery/sugar and 1 ¼ cups of water to a pan. Stir over low heat until the sugar dissolves completely. Test the syrup by putting it between your thumb and forefinger. It is ready when it becomes sticky and leaves a string between the two fingers.
7. Turn the flame off and add the roasted flour, roasted alsi and chopped nuts. Mix well and let it all cool.
8. Create the balls (ladoo) using spoonfuls of the mixture and rolling between your hands.
9. You can also make into squares (burfee) by pouring the mixture into a greased tray and letting it set. Once set, cut it into squares.
10. Enjoy along with tea.

Note: Storing the Pinni in an air-tight container will keep it for over one month.



IRISH WONDER CAKE

FROM IRELAND

Contributed by Jo Brick

This recipe came from my Irish grandmother, through my mother. My sister had five children and lived on a farm so there were no supermarkets within easy driving distance. She needed to feed a lot of hungry people. Irish Wonder Cake could be made in bulk using whatever was available in the larder, was healthy to eat and could be successfully stored. I make this recipe often and I remember with thanks all those lovely women each time I make it.



SERVES

4



PREP TIME

20 MINUTES



COOKING TIME

60 MINUTES

55

Ingredients:

1 cup of wholemeal self-raising flour

1 cup of rolled oats soaked in water

1 cup of sugar (½ cup white sugar and ½ cup brown sugar)

1 cup of milk

½ cup each of chopped dates, sultanas and walnuts

A good sprinkling of Chia seeds, flaxseed meal or any other seed or nut-based products you have in the cupboard to equal ½ a cup.

Note: The magic of this cake is that it is so flexible. Any dried fruits may be used including cranberries and raisins and I have made the cake using almonds, brazil nuts and pecans when I didn't have walnuts on hand.

Method:

1. Preheat the oven to 180 degrees Celsius.
2. In a large mixing bowl, combine all the ingredients .
3. Pour mixture into a lined, well-greased loaf tin.
4. Bake at 190 degrees Celsius for 45 to 60 minutes until a skewer through the centre comes out clean.

Note: If storing in the fridge, make sure the cake is well wrapped in cling wrap or foil.

TIPS FOR HEALTHY HOME COOKING

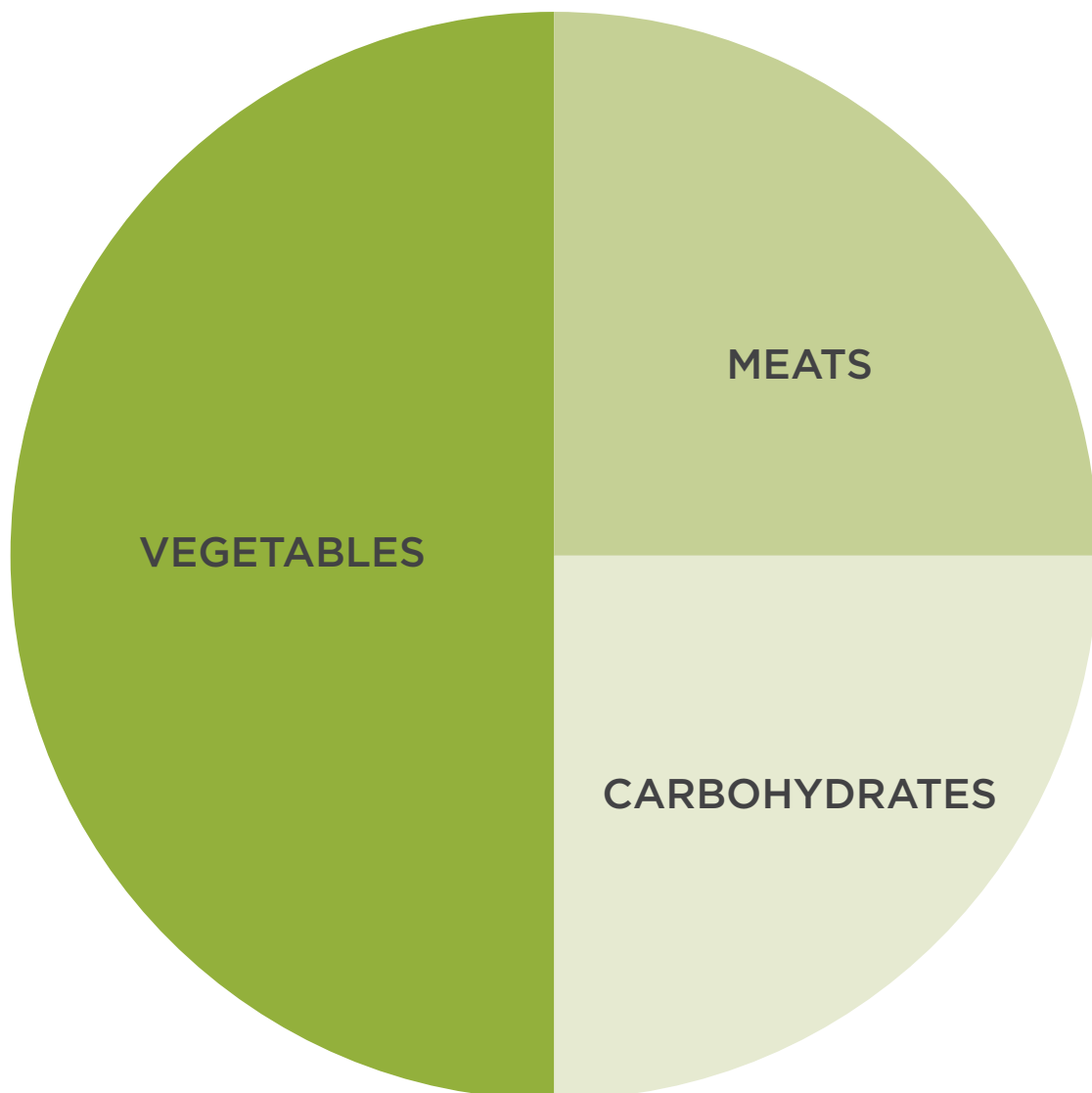
If you usually add...	Try adding this instead...	Which you can buy from...
Ghee	Olive oil Sunflower oil Canola oil	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial supermarkets
Butter	Margarine	Commercial supermarkets
Full cream milk	Light milk / light evaporated milk	Any commercial supermarket
Coconut milk / cream	Light coconut milk Evaporated milk with coconut essence	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial supermarkets
Sour cream	Light sour cream Low-fat yogurt Buttermilk	Any commercial supermarket
Flavouring Avoid: adding salt for flavour Avoid: store-bought stocks, stock-cubes and sauces as these are high in salt	Replace with herbs, spices, lemon, chilli, ginger or garlic Salt-reduced stocks and sauces Homemade stock without added salt	Any commercial supermarket
Jasmine rice / unbroken rice	Basmati, long grain, brown, unpolished, wild, red, doongara Wholemeal rice noodles, wholemeal cous-cous Quinoa Cauliflower rice Barley	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial supermarkets
Meats Avoid: preserved meats like bacon or salami which are high in fats and salt Avoid: mince and mince products like sausages	Turkey or chicken breast Low-fat mince, chicken or kangaroo mince Lean and salt-reduced sausages	Any of the fresh meat markets at Springvale and Dandenong, including the Dandenong Market
Dips Avoid: garlic/avocado as these can be high in salt and saturated fats	Hummus, babaghanoush, tzatziki, tahini	Any commercial supermarket

If you usually add...	Try adding this instead...	Which you can buy from...
Chutneys Avoid: sweet chutneys as these are high in sugar	Choose sour and spicy chutneys and sauces instead of sweet ones. Eg. tomato-tamarind- mint- or chilli-based chutneys and raitas	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial Supermarkets
Garnishes Avoid: fried garnishes eg. shallots and noodles as these are high in oils and fats	Garnish with nuts and seeds (eg. cashew nuts or sesame seeds) as well as fresh herbs (eg. coriander, parsley and basil) Or simply break pappadums into small bits and microwave them until popped and crunchy	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market, including the commercial Supermarkets
Breads Avoid: white breads and white pastas	Microwave breads and pappadums instead of frying them Choose wholegrain or wholemeal breads and pastas Go for chapatti or naan instead of paratha or roti canai Try adding some steamed ribbons of zucchini, or carrot to spaghetti or other pasta dishes	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial Supermarkets
Pastries Avoid: puff pastry and short crust pastry as these are high in fat	Wonton wrappers Filo pastry – stick layers together using water or olive oil	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial Supermarkets
Cheeses	Choose low-fat or light varieties (eg. light fetta) or cheese that are naturally lower in fat (eg. ricotta)	Any commercial Supermarket
Flour Avoid: white flours	Wholemeal flour Chickpea flour	Springvale: Any of the Asian grocers Dandenong: Any of the Afghan and Indian markets, including the Dandenong Market and commercial Supermarkets

TIPS FOR HEALTHY HOME COOKING

ADDITIONAL TIPS FOR HEALTHY HOME COOKING:

- If you are using oils or products that are high in saturated fat you can still reduce the amount of fat you end up eating by:
 - cooking your dish the day before or a few hours before you plan on eating it
 - letting your dish cool completely so the fat rises to the top scraping off and getting rid of the fat off the top
 - re-heating your dish when you are ready to eat.
- If buying pre-made pastes and sauces (eg curry pastes) imported from overseas, check the ingredients list. Most products that come from countries near the equator (eg Indonesia, Malaysia, India, Sri Lanka) have palm oil in them which is high in fat.
- Store-bought salad dressings can be high in fats and salt, so make your own at home using vinegar or low-fat yogurt rather than oil or cream.
- Replace half the meat in your recipe with legumes like brown lentils or beans.
- Aim to have a balanced meal with vegetables taking up the most (1/2) of your plate, followed by meats and carbohydrates.



COOKING WITH CONFIDENCE

There are lots of healthy ways to cook food without sacrificing flavour. You may find your meals taste even better!

Healthy cooking methods:

Boiling	Cook in boiling water.
Braising	Slow cooking in the oven, partially covered by liquid.
Grilling	Cooking over a high, dry heat using a grill, grill pan, or griddle.
Microwaving	Use a microwave oven.
Poaching	Gently simmering food in liquid (eg. water, stock, milk).
Saut��ing	Cooking small pieces in a shallow pan over a relatively high heat.
Steaming	Cooking by steam from boiling water.
Stir-frying	Cooking in a wok, over high heat, stirring often.

These cooking methods can be healthy with a few modifications:

Baking	Limit the amount of oil used wherever possible.
Barbecuing	Avoid burning your food and try to limit the amount of oil used.
Basting	Instead of using oil or drippings as a basting liquid, use a teaspoon of fruit juice, vegetable juice or fat-free vegetable broth.
Roasting	Use a roasting rack to catch oil and fat and discard after cooking.
Stewing	Avoid cooking with alcohol or other high energy liquids.



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Angela Nae Ivan Chicken and Green Pea Stew	Anushree Lalut Chickpea Curry (Chana Masala)
Arun Kumarasamy Sri Lankan Chicken Curry	Asma Zeeshan Chicken Biryani
Clancy Phillipe Achard De Legumes (Vegetable Pickle)	Dolly Richard Raw Fish Salad (Hinava)
Gavin Mandrelle Pork Vindaloo	Hakima Mandeat Kisra with Okra
Jabin Ashfaque Husain Chougale Banana Pudding	Jean Silk One Pot Chicken Rice with Mushrooms
Jennifer Hennekam-Peart Dutch Gouda Tarts	Jo Brick Irish Wonder Cake
Luliia Rotsko Pumpkin Jam	Mala Doyle Tabuli
Maroulla Radisavic Egg and Lemon Rice Soup (Avgolemoni)	Monique and To'iata O'keeffe Samoan Sapaui
Monira Tahery Qabeli Palaw + Qorma e Sabzi	Nabila Marzouk Mexican Dessert Flan with Moroccan Twist
Ngoc Nhu Bich Nguyen Sour Fish Soup	Payal Kumar Flaxseed Balls (Alsi Pinni)
Ranee Nurood Fried Rice Salad	Suriani Abd Rahman Spiral Curry Puff
Springvale Rise Primary School - Multicultural Kitchen Garden Program Zunaira - Chickpea Salad (Chickpea Chaat) Leng - Rice Dumplings in Syrup	



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The Share Plate project partners



The Share Plate working group

Emma Featherstone, Mitchell Bowden, Monira Tahery, Silva Nazaretian, Sharon Ramsay, Jacinda Roberts

The Share Plate is a celebration
of cultural diversity and culinary
creativity.

It showcases food from all over the
world and aims to bring wholesome
and delicious home-cooked dishes
from the Greater Dandenong
community to your table.

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