

CITY OF BAYSWATER

Harmony Week COOKBOOK

**Celebrate our vibrant multicultural City with recipes
from John Forrest Secondary College students.**





Acknowledgement of Country

Ngalla City of Bayswater kaatanginy baalapa Noongar Boodja baaranginy, Wadjuk moort Noongar moort, boordiar's koora koora, boordiar's ye yay ba boordiar's boordawyn wah.

The City of Bayswater acknowledges the Traditional Custodians of the land, the Whadjuk people of the Noongar Nation, and pays its respects to elders past, present and emerging.

Please note, results may vary as these recipes have not been formally tested. Pictures are indicative only. The City does not provide any assurances nor accept any responsibility or liability regarding their originality, efficacy, quality or safety.

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Sharing food and cultures

Harmony Week is a celebration of Australia's cultural diversity and what better way to do that than through food.

No matter where we are from, we all have one thing in common – we eat. This makes cooking the perfect way to learn about cultures from around the world.

Most of us will be able to think of a recipe that reminds us of our family, or know a smell that immediately makes us think of home. All around the world, food is used for celebration, to give thanks, to express love, and to provide comfort.

My heritage is Italian and food has always played an important role in my family. My paternal nonna was a chef, and growing up we were spoiled with the delicious food she would cook for us. Times spent cooking with my nonna are some of my most precious memories. She taught me her special recipes which I now cook to mark special occasions, to eat with our friends and neighbours, and to keep our heritage and her memory alive.

Sharing food helps us share our cultural identity with others and connect us as a community – so use the recipes in the pages that follow to truly celebrate our diversity.

Cr. Filomena Piffaretti
Mayor
City of Bayswater



“Sharing food helps us share our cultural identity with others and connect us as a community – so use the recipes in the pages that follow to truly celebrate our diversity.”



About Harmony Week

Harmony Week is a significant time for Australians to come together and celebrate the nation's cultural diversity.

At the City of Bayswater, we celebrate our community and the differences that make us unique, as well as the ties that bind us strongly together.

Our population is incredibly diverse and nearly half of us were born overseas.

We are the third most culturally and linguistically diverse local government area in Western Australia; and we proudly celebrate all who call the City home.

Join us this Harmony Week to acknowledge the benefits and strength cultural diversity brings to our City.

Cultural culinary adventures

John Forrest Secondary College has a proudly diverse and multicultural school community, and we value and celebrate this at every opportunity.

Harmony Day is one day where we showcase the many cultures which contribute to our positive school environment, where everyone belongs.

The experience of sharing food brings us together, with many favourite memories involving food as an experience through which we connect with others.

We are delighted to partner with the City of Bayswater in the creation of this cookbook. Thank you to all students who submitted recipes and cultural stories for inclusion, and congratulations to those whose contributions are in this final collection.

I hope you enjoy embarking on a cultural culinary adventure using these recipes, to build shared understandings and new memories.

Denise Robinson

Principal

John Forrest Secondary College



“ The experience of sharing food brings us together, with many favourite memories involving food as an experience through which we connect with others. ”

Thank you to the students at John Forrest Secondary College who contributed recipes towards this cookbook.

We hope you, our reader, enjoy making them with your family.

DONGPO PORK

submitted by **Enqing (Hayashi) Lin, age 17**

DongPo Pork is one of the top 10 classic state banquet dishes in China. If you have it once, you will never forget the taste. The non-greasy fat of DongPo Pork is definitely my favourite part of this dish.

When I first tried DongPo Pork in Year 8, every bite of it is juicy and fragrant. Give me another 10 bowls of rice for it!



Serves

3-4 people



Country

China



Preparation time

10 minutes



Cooking time

90 minutes

Ingredients

800g pork
belly slices

2 tablespoons
cooking wine

90g rock sugar
(If you don't have
this ingredient on
hand or can't find
it, you can use
granulated white
or brown sugar)

4 tablespoons
soy sauce

2 tablespoons
dark soy sauce

100ml Shao
Xing wine

80ml cold water

30ml hot water

Directions

1. Put pork belly in a pot, add water, just enough to cover, and add the cooking wine. Cook for 4-5 minutes and discard the water.
2. Cut pork into 5cm cubes.
3. Fry the pork belly over medium-low heat to remove excess oil. Cook all 6 sides of the pork until slightly golden brown.
4. Using a cotton string, tie the cooked pork cubes to ensure it doesn't fall apart during the stewing process.
5. Add the rock sugar to a pot with 80ml of cold water. Using medium-low heat, cook until all the sugar is melted. Once melted, add a further 50ml of hot water. This is the rock sugar syrup.
6. Add enough chopped shallot and ginger to cover the surface of the pot, add the pork belly pieces to the pot, ensuring the skin is facing down.
7. Add soy sauce, dark soy sauce, 4 tablespoons of rock sugar syrup and Shao Xing wine to the pot.
8. Cover with lid and turn on medium-high heat, cook for about 30 minutes.
9. Flip the pork belly pieces to cook the other sides, and continue simmering for 45 minutes. It is ready when a chopstick can be easily inserted into the pork.
10. Lastly, turn on high heat to allow the pork to absorb all the flavours and sauce.
11. Serve with rice.

CLASSIC DHAL

submitted by **Amelia Innis, age 16**

In Indian and Pakistani cultures, dhal is a staple. It is more of a side dish for many meals.

When I eat dhal, I think of my Papa (grandpa) and his family who came to Australia from Pakistan when he was a kid. I first tried dhal at my Papa's house when he made it for me when I was little.



Serves

4 people



Country

Pakistan



Preparation time

3-4 hours



Cooking time

30 minutes

Ingredients

400g lentils (any type of lentils or even chickpeas)

2.5 cups water

1 onion

2 tablespoons cumin seeds

Curry powder (measure to taste)

Directions

1. 3-4 hours before cooking, put the lentils into a bowl of water and soak.
2. Once the lentils have soaked for 3-4 hours, put them into a pot of water on medium heat and boil until the lentils are soft.
3. While the lentils are boiling, peel, wash and dice the onion.
4. Once the lentils have softened, tip out three quarters of the water.
5. Put the diced onions, cumin seeds and curry powder into the pot with the lentils.
6. Stir continuously, until it is a paste consistency.
7. Serve and enjoy.

FUN FACT!

Derived from the Sanskrit word that means 'to split', dal is a collective term for pulses (lentils, peas and beans).

BAINGAN BHARTA

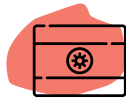
submitted by **Vaishavi Chauhan, age 15**

This smoky mashed eggplant curry is popular throughout India. This dish has several distinct names across the states, with each state adding their unique twist to it.

The most prevalent name for this dish is Baingan Bharta (in Gujarat it is called ringna no olo). This is typically served with 'Bajri no rotlo' (Millet flatbread).



Serves
4 people



Country
India



Preparation time
10 minutes



Cooking time
60 minutes

Ingredients

500g eggplant	4 tablespoons oil
Chopped green chilli (according to spice level)	2 tablespoons butter
2 tablespoons dry garlic	½ teaspoon turmeric powder
1 cup chopped green spring onion	Green coriander for garnish
Salt as needed	1 teaspoon cumin seeds
1 teaspoon red chilli powder	
½ teaspoon garam masala powder	

Directions

1. Wash the eggplant and cover it with 2 tablespoons of oil.
2. Puncture a hole anywhere in the eggplant using a knife or a toothpick. This allows heat to go inside the eggplant and let it be cooked thoroughly.
3. Take the eggplant and roast it on the BBQ or the stove. Continuously move the eggplant, ensuring all sides are cooked (the eggplant will look a bit burned).
4. Once cooked, let it cool until room temperature.
5. Start to peel the burnt skin off the eggplant. Once cooled, mince the eggplant.
6. In a kadhai (pot), heat the remaining 2 tablespoons of oil and butter. Once hot, add cumin seeds, garlic and chilli. Sauté until it becomes brown.
7. Then add green spring onions and mix it well.
8. Cook it for a few minutes until it is sautéed.
9. Now add all the remaining spices and the mashed eggplant to the pot.
10. Add salt to your preference and mix.
11. Let it cook for 2-3 minutes.
12. Garnish with coriander and it's ready to serve.

CHICKEN CURRY

submitted by **Jack Mance, age 11**

My Nan was a fantastic cook considering she didn't know how to boil a pot of water before she moved to Australia. Nan loved entertaining and her dinners were always feasts.

You weren't allowed to leave the table until you were so full you couldn't move! There was always a chicken curry on the table just like this recipe. I would like to submit this recipe in loving memory of my beautiful Nan.



Serves

4-6 people



Country

Sri Lanka



Preparation time

10 minutes



Cooking time

60 minutes

Ingredients

1.36kg chicken pieces	Splash of olive oil for cooking
3-4 tablespoons lemon juice	8 curry leaves
6 cloves garlic	1 medium onion – finely chopped
1 inch piece of ginger – crushed	4 cardamoms
2 teaspoons salt	2 cloves
1 tablespoon powdered black pepper	Pinch of cinnamon powder
1 tablespoon roasted curry powder	2 tablespoons of tomato paste
½ tablespoon dry red chilli powder	1 cup thickened coconut milk or fresh milk

Directions

1. Wash chicken pieces and drain water thoroughly then place in bowl.
2. Add lemon juice, crushed garlic, ginger, salt, black pepper, curry powder and red chilli powder into bowl and mix well covering chicken pieces then set aside for ½ hour.
3. Heat oil in saucepan and fry curry leaves and onions until soft.
4. Add chicken pieces and mix well.
5. Add cardamoms, cloves and a pinch of cinnamon and stir well.
6. Add tomato paste and stir through until all pieces are covered.
7. If the curry looks too dry, add 1 to 2 cups of water and stir.
8. Put the lid on and allow the chicken to cook on a low heat for around 20 to 25 minutes.
9. Just before serving, add coconut milk or fresh milk and bring to boil without covering.
10. Serve with steamed rice, dhal (see recipe) and poppadoms.

MASALA DOSE

submitted by **Gnyanethri Kumar, age 13**

This dish is mostly found in South Indian meals. This is a normal everyday breakfast that people love to eat. Dose is mostly sold in a lot of hotels in India.



Serves
8-10 people



Country
India



Preparation time
4-10 hours soaking



Cooking time
60 minutes

Ingredients

Dose:

2 cups rice
½ cup dry dhal
1 teaspoon fenugreek seeds
½ teaspoon salt
1 tablespoon oil, for frying

Potato filling:

3 tablespoons oil
1 teaspoon mustard seeds
½ teaspoon cumin seeds
2 hot dry chillies

1 onion, diced
½ teaspoon salt
½ teaspoon turmeric
Pinch of asafetida (can be bought from a nearby Indian store)
1 tablespoon grated ginger
6 curry leaves
4 garlic cloves, minced
680g boiled potatoes peeled and cubed
½ cup chopped coriander

Directions

Dose batter

1. Rinse 1 ½ cups of rice and put it in a bowl with 4 cups of water. Rinse ½ cup of dahl and fenugreek seeds and put in a bowl covered with water.
2. Soak for 4 hours.
3. Drain them and blend rice with 1 cup of cold water. Do the same with the dahl and fenugreek mix.
4. Put it all together and cover and put it in a warm place. When you see bubbles on top, make large thin pancakes with it.

Potato filling

5. Cook mustard seeds and cumin seeds until they pop.
6. Add hot dry chilli, onion, turmeric, asafetida, ginger, curry leaves and garlic.
7. Add potatoes and 1/2 cup water and cook until it is a bit dry.
8. Add salt and coriander.

Doses

9. Pour ¼ of batter onto a large oiled flat pan. Spread it to be 14cm wide in a circle.
10. Cook for 2 minutes on one side only until it is brown and the edges are crisp.
11. Place on a plate.
12. Put filling down the centre of the dose and fold the pancake edges over it. It should look like a cylinder.
13. Serve with extra chilli and coriander!

ADOBO

submitted by **Princess Dela Torre, age 12**

This is a traditional dish that can be eaten anytime. You can even eat it at parties. Many Filipinos call Adobo the national dish as it is so popular. It tastes even better the next day.

My mum has always made it. Traditionally, you'd eat Adobo with rice, sometimes with potato and rice.



Serves
8 people



Country
Philippines



Preparation time
10 minutes



Cooking time
50-60 minutes

Directions

1. Dice up the onion and garlic.
2. Warm the pot and then place your chicken or pork into the pot.
3. Add the onion and garlic and pour in the white vinegar and soy sauce.
4. Add 1 teaspoon of sugar to add in some sweetness.
5. During cooking, add salt, pepper and a few bay leaves, until it has the right taste for you. Serve with rice or potato.

Ingredients

1 onion and a few garlic cloves	1 tablespoon sugar
1kg chicken or pork	1 cup water to boil
¼ soy sauce	Salt and pepper and a few bay leaves
¼ white vinegar	

FUN FACT!

Adobo means marinade in Spanish and it was originally cooked in clay pots. The Chinese brought soy sauce to the Philippines.

INJERA WITH TIBS

submitted by **Lelisse Gebremichael, age 16**

Injera is a type of savoury flatbread or pancake that is traditionally made with teff in Ethiopia but is made with rice flour because that's more readily available in Australia. Tibs is chopped lamb that's sauteed with vegetables and spices.

This recipe reminds me of my extended family in Ethiopia. It's culturally significant because it has different variations with each family.



Serves

4 people



Country

Ethiopia



Preparation time

10 minutes



Cooking time

5 minutes

Ingredients

Premade injera which can be bought, or see recipe	1 sprig rosemary
1 sliced white onion	2-3 green chillies
1 tablespoon freshly crushed garlic	2 tablespoon spiced Ethiopian clarified butter
½ tablespoon freshly crushed ginger	½ teaspoon false cardamom (optional)
1 chopped tomato	1 tablespoon neutral oil
½ kg lamb chopped into 2cm pieces	Salt to taste

Directions

1. Heat a pan up on medium heat, add the lamb and put a pinch of salt on it. Some water will come out of the meat which is normal. Wait until the water that's come out of the meat has evaporated and then add the neutral oil and fry for another minute.
2. Add the garlic and ginger and cook for a minute.
3. Add the onions, tomatoes, rosemary and cook for a minute. If you don't want it dry, you can add a few tablespoons of water to your liking.
4. Turn the heat off, add the clarified butter and stir until melted.
5. Put one injera on a plate and serve with the tibs on top of it.
6. Enjoy!

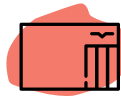
NSHIMA

submitted by **Rosa Mwape, age 14**

This recipe has a special place in my heart because my Dad, aunties and uncles, who were all international students from Zambia, would cook nshima for me. Even now as a teenager, I sometimes enjoy stealing some from my Dad's plate. It's the dish that feeds a crowd at every Zambian family gathering. It's the food I associate with spending time with and being cared for by my extended family. When I went to visit my family in Zambia in January 2020, I was able to learn the skill of mixing and paddling the nshima without making a mess from my Mbuya (Grandmother) and aunties.



Serves
2 people



Country
Zambia



Cooking time
60 minutes

Ingredients

4 cups maize/mealie meal
Cold water
Boiling hot water

Directions

1. Boil the maize flour with water until it is the consistency of porridge.
2. Leave it to simmer for a few minutes before it is 'paddled'. If the paste needs to be thicker, you can add more flour.
3. You will need a very strong, flat wooden spoon for 'paddling' the paste. A regular wooden spoon might not be strong enough.
4. Once the paste thickens in the pot, work quickly over the heat, pushing the paste against the sides of the pot. This will make the paste smooth and break down any lumps.
5. Once the paste is thick and smooth, you will need to cook the maize in its own steam.
6. To do this, cover the dough and leave over a low heat for 30-40 minutes.
7. Once the nshima is cooked, dip a plastic spoon in water to cut it into portions.

FUN FACT!

Nshima is always eaten with side dishes, known as relish. Traditionally, diners sit around a table or on the floor surrounding the meal. Eating is done by taking a small lump into one's right palm, rolling it into a ball and dipping it into the relish. Using the right thumb to indent the nshima ball is a technique used by advanced nshima diners to easily scoop the relish or sauce of the dish.

FEIJOADA

submitted by **Mario Davidson Araujo, age 12**

Feijoada is normally eaten on a Wednesday or Sunday. Feijoada is used for celebrating a big event. Feijoada is considered Brazil's national dish. The name comes from the word feijão, which means bean. It's pronounced fay-jwah-dah.



Serves
8 people



Country
Portugal



Cooking and preparation time
12 hours

Ingredients

1.5kg mixed salted meats: bacon, pork, beef	4 whole garlic cloves
250g chorizo sausage	1 tablespoon olive oil
4 cups dried black beans	4 bay leaves
3 oranges in quarters	5 cups cooked spinach
1 sliced onion	3 handfuls of fresh coriander
	Salt and pepper

Directions

1. Put the dried meat and sausages in cold water in the fridge overnight, changing the water a few times. Also put the beans in cold water overnight.
2. Cook meat for 20 minutes, then put the beans, oranges and bay leaves in the pot. Cook for 30 minutes.
3. Take out the meat and slice it up. Put it on a plate for later.
4. Add the chorizo to the pot and cook until beans are done.
5. Fry bacon, onion and garlic, add a big spoonful of beans and mash them up.
6. Put that mashed bean in the pot and cook until the feijoada is thick.
7. Put all the meat and bacon back in the pot.
8. Take out orange and bay leaves.
9. Add coriander as a decoration.
10. Serve with rice and spinach.

CHAR SIU PORK

submitted by **Kailey Gao, age 17**

As the name suggests, the main ingredient for this recipe is Char Siu sauce. Char Siu, which is essentially called BBQ Pork is a famous Chinese dish that can be found in many restaurants. It is traditionally served with rice and can be enjoyed as either lunch or dinner. My mum always likes to make this dish for special festivals such as the Chinese New Year or the Lantern festival which we celebrate together as a family.



Serves

3 people



Country

China



Preparation time

10 minutes



Cooking time

20 minutes

Ingredients

2 tablespoons Char Siu sauce	1 tablespoon honey
300g lean pork meat	½-1 tablespoon soy sauce
1 tablespoon oyster sauce	1 slice ginger
	2 garlic cloves

Directions

1. Cut the lean pork meat into 1cm thick slices, slice ginger into long pieces, and finely chop garlic into smaller pieces.
2. Add lean meat, char siu sauce, oyster sauce, soy sauce, honey, ginger, garlic into a big bowl and mix until combined, marinate for 1 hour.
3. Turn the pan on medium heat, using a non-stick pan, place meat on the pan (but do not overlap!) and cook for about 5-10 minutes until the sauce becomes sticky and the meat is cooked inside.
4. Cut the lean meat into slices, and serve with hot steamed rice.

FUN FACT!

Char siu meat is inserted on a special fork and grilled by electricity or charcoal, in the oven, or simply just cook it on a non-stick pan. It is a kind of Cantonese roasted meat product, made of lean meat and slightly sweet. A good char siu should be soft and juicy, brightly coloured and full of flavour.

MANTU DUMPLINGS

submitted by **Mustafa Amiri, age 13**

The dish is called Mantu Dumplings and it is an Afghan dish. I first had it when I was 4 years old. It is fun to make as well. You can use different meats or make a halal or vegan version easily.



Serves
4 people



Country
Afghanistan



Preparation time
25 minutes



Cooking time
30 minutes

Ingredients

¼ cup oil	1 teaspoon ground cumin
500g lamb mince	¼ teaspoon chilli powder
4 chopped onions	½ teaspoon salt
2 chopped garlic	
40 square wonton wrappers	
½ teaspoon ground coriander	

Directions

1. Fry onions and garlic until brown.
2. Fry up the spices for 5 minutes.
3. Add mince and fry for 15 minutes.
4. Add 1 teaspoon of the mince to the middle of the wonton wrapper.
5. Brush the edges of the wrapper with water.
6. Fold the wrapper to make a half moon shape.
7. Steam for 20 minutes.
8. Serve with dhal, yoghurt and parsley!

FUN FACT!

This dish is made for special occasions and big parties. You can also buy Mantu on the street from market stalls. It is the favourite food of Afghanistan!

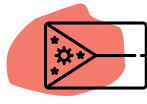
PORK SINIGANG

submitted by **Gero Welsh Fermano, age 13**

Pork Sinigang is my favourite food. It is great on a cold day because it is a bit sour. You can make this halal, vegan or vegetarian. Pork Sinigang is extremely healthy as it is high in protein and full of vegetables. You can buy it in the street for a meal any day.



Serves
4 people



Country
Philippines



Preparation time
15 minutes



Cooking time
25 minutes

Ingredients

1kg sliced pork	2 taro peeled and cut in half (potato will substitute)
3 long green chilli peppers	8 cups water
2 tomatoes cut into four	2 packs Sinigang mix or 1-2 tablespoons tamarind paste
2 cups sliced daikon	3 tablespoons fish sauce
6 pieces okra	Black pepper
10 snake beans cut in 4cm pieces	
1 sliced piece onion	

Directions

1. Boil onion and tomato and meat for 25 minutes.
2. Add the taro.
3. Put lid on and boil for 30 minutes.
4. Add Sinigang mix or tamarind, fish sauce and pepper.
5. Add the daikon, chilli peppers, okra and snake beans and cook for 10 minutes.
6. Serve with rice and chilli.

FUN FACT!

The word **sinigang** means stewed.

INJERA WITH DORO WAT

submitted by **Temesgen Alemayehu** age 16

Injera is a sour type of pancake. We love to eat it with meat or vegetable stew or curry on it. You can use it as a spoon to scoop up the stew. It is part of almost every meal. I love to eat injera with doro wat. Doro wat is the most popular stew in Ethiopia. Doro means chicken and wat means stew. Mum used to make this meal in Ethiopia all the time and I have helped her make it.



Serves

6 people



Country

Ethiopia



Preparation time

Injera

5 minutes

2-4 days standing

Doro wat

30 minutes



Cooking time

Injera

5 minutes

Doro wat

2-3 hours

Ingredients

Injera:

2 cups teff flour
(wheat or cornflour
can be used)

3 ½ cups water

Pinch of salt

Doro wat:

1½ kilograms chicken
breast or thigh cut
into 1 inch pieces, or
chicken drumsticks

1 lemon

6 chopped
red onions

5 tablespoons
vegetable oil

1 tablespoon
garam masala

2 tablespoons
or more of hot
berbere spice mix
(or make your own)

1 tablespoon
of tomato
paste - optional

3 garlic cloves
chopped

2cm of ginger
chopped

4 ½ litres
chicken stock

6 hard-boiled
eggs, peeled

Directions

Injera

1. Mix the teff and water and cover to stand for 2-4 days until it bubbles.
2. Put the salt in, stir.
3. Put some in the pan and fry on a very low heat.
4. Air bubbles will appear on top but don't let the injera pancake brown.

Doro wat

5. Pour the juice of 1 lemon over the chicken pieces and marinade for 30 minutes.
6. Put onions and 1/3 of oil in a pot and cook on low for an hour.
7. Add berbere, ginger and garlic. You can add tomato paste here, if you like.
8. Add chicken and chicken stock and simmer on low for 20 minutes.
9. Add garam masala and a teaspoon of salt.
10. Keep cooking for 20-30 minutes.
11. Add boiled eggs.
12. People will take part of an injera and make smaller pieces to use as a spoon for their doro wat. Leftover injera can be fried for breakfast.

FUN FACT!

Ethiopians love to cook and give food to one another. There are a lot of rules about eating together in Ethiopia.

MEDU VADA WITH COCONUT CHUTNEY

submitted by **Dharumiya Masilamani, age 12**

This dish is a welcoming snack for people at occasions and dinners, and is also sometimes a recipe made to put it in front of our Indian god and then we do our prayers and then eat.

The urad dhal is a very healthy ingredient and makes this medu vada healthy as well. This vada is loved by everyone for its crispiness and softness. The coconut chutney is so delicious.



Serves
10 people



Country
India



Cooking and preparation time
1 hour and 45 minutes

Ingredients

Medu vada:

200ml white urad dhal (white split)
1 teaspoon pepper
1 onion (small slices)
1 green chilli (small pieces)
Pinch of ginger
1 teaspoon salt
Curry leaves
Coriander (optional)
Oil

Coconut chutney:

1 small bowl shredded coconut
1/4 cup roasted chana dhal
1 tablespoon salt
2 green chillies (cut into small pieces)
1 teaspoon tamarind paste

Directions

1. Wash the urad dhal slightly, then soak in a bowl with about 4 cups of water for an hour then drain the water fully.
2. Grind the urad dhal with 2 spoons of water, pinch of ginger, chilli and salt well until it forms a paste.
3. Move the paste into a bowl and add onions, coriander (optional) and about 12 curry leaves.
4. Pour some oil in a pot and leave for some time on high flame until it bubbles.
5. Take some paste and form it in a donut shape and put it in the oil until reddish-brown colour, then take it out – your crispy Indian snack is ready.
6. For the chutney, add all the ingredients and some water and blend well until it forms a paste.
7. Move into a bowl and your delicious dip is done!

FUN FACT!

Medu Vada are mostly famous in South India. Medu is a Kannada word, meaning soft; vada means crispy.

TASTY SAMOSAS

submitted by **Shirani Farrer, age 12**

Samosas are a fried or baked pastry with a savoury filling. Samosas can be consumed for any occasion, on their own as a snack, with tea (chai) or with food as a side snack.



Serves

8-10 people



Country

India



Preparation time

7-8 hours



Cooking time

40 minutes

Ingredients

8-10 medium to big size potatoes	Salt as per taste
Cooking oil for frying	Half teaspoon chilli powder
2-3 medium big size tomatoes	2 teaspoons garam masala
1 teaspoon cumin seeds	Spring roll sheets
1 teaspoon coriander seeds	

FUN FACT!

Samosas were originally named samsa, after the pyramids in Central Asia.

Directions

1. Boil the potatoes. Once soft, take them out and drain the water. Let them cool for 2-3 hours.
2. Once cool, peel the skin and cut them into small pieces and put them aside.
3. Finely chop the tomatoes or blend to make a paste.
4. Put the wok on the stove and add around 2-3 tablespoons of oil.
5. Once heated, add the coriander and cumin seeds, and when roasted, add the chopped tomatoes.
6. Add some salt as per taste along with chilli powder and spice masala. Keep stirring.
7. While the tomatoes are cooking and begin to leave oil, add in your chopped potatoes and stir for 5-10 minutes.
8. Switch off the stove and place aside, and allow to cool for 2-3 hours.
9. Next, slice and cut the defrosted spring roll sheets into 3 equal parts. Then peel and separate them 2 sheets at a time (This allows the samosa to have a double coating).
10. Fill around 2-3 teaspoons of potatoes and wrap them in a triangular samosa shape. Once all are wrapped, put them aside.
11. Put oil in the wok and let it heat up. Place 5 to 6 samosas at a time and deep fry.
12. Once fried, remove from wok and place on a fresh sheet of paper towel to absorb the excess oil.
13. Samosas are ready to be consumed. Enjoy!

IRISH STEW BAKE

submitted by **Amelie White, age 12**

This is culturally significant for me as my family are Irish and it reminds me of my Grandad who passed away last year.



Serves
4 people



Country
Ireland



Preparation time
20 minutes



Cooking time
1 hour 45 minutes

Ingredients

600g diced lamb	1kg desiree potatoes, peeled, chopped
¼ cup of plain flour	½ cup sour cream
¼ cup extra virgin oil	1½ cups finely shredded savoy cabbage
1 brown onion, finely chopped	2 green onions, thinly sliced, plus extra to serve
2 celery stalks sliced	
1 carrot, quartered lengthways, sliced	
1 cup Massei beef style liquid stock	¾ cup frozen peas
1 tablespoon Worcestershire sauce	15g butter, diced
	1 pinch of salt and pepper

Directions

1. Place lamb and flour in a large snap-lock bag and seal. Toss to coat.
2. Heat 1 tablespoon of oil in a large saucepan over high heat. Add half the lamb. Cook, stirring, for 3 to 4 minutes or until browned. Transfer to a plate. Repeat with remaining lamb and another 1 tablespoon oil.
3. Heat remaining oil in a pan over medium heat. Cook onion, celery and carrot, stirring, for 5 minutes or until soft. Add lamb, stock and Worcestershire. Bring to the boil. Reduce heat to low. Simmer covered and stirring occasionally for 1 hour or until tender.
4. Meanwhile, place potatoes in a large saucepan. Cover with cold water. Bring to the boil. Cook for 15 minutes or until tender. Drain. Return to pan. Add sour cream. Mash until smooth. Season with salt and pepper. Stir in cabbage and green onion.
5. Preheat oven to 200C/180C fan forced. Stir peas into lamb mixture. Spoon mixture into a 6 cup capacity baking dish. Top with mash. Dot with butter. Bake for 25 to 30 minutes or until mash is golden. Sprinkle with extra green onion. Serve.

FUN FACT!

Irish stew is the national dish of Ireland.

HIMBASHA

submitted by **Edna Habtemariam, age 15**

Himbasha is one of those recipes that will always transport me back to my time in Eritrea in 2016. Sitting outside in big groups at a cafe with my family in the evening, while we passed around the pieces of himbasha to share. This flavourful recipe is light, meant to be served as a snack with some sort of drink, usually tea or traditional coffee. It really is the ultimate comfort food.



Serves
8 people



Country
Eritrea



Preparation time
1-2 hours



Cooking time
20 minutes

Ingredients

1 teaspoon instant dry yeast	¼ cup caster sugar
3 cups warm (not hot) water	Pinch of salt
4 cups (½ a kilo) plain flour	½ cup vegetable oil (around ⅓ more for preparation)
½ teaspoon vanilla extract	

FUN FACT!

This dish is very versatile and can be adapted with different flavourings such as raisins, orange zest, cardamom and black sesame seeds; it's up to you.

Directions

1. In a large bowl, combine yeast, flour, ⅓ cup of oil, salt and vanilla extract. Combine with hands to form dough.
2. Slowly add small amounts of warm water to make a soft dough. Knead for 7-10 minutes or until the dough is soft/elastic and not sticky.
3. Cover with a plastic bag tied around a bowl and a tea towel and set aside for 1-2 hours (hot weather - around 1 hour, colder weather - 1.5-2 hours) or until dough doubles in size.
4. Punch dough. Transfer dough to a round, flat tray with flat ends (like a pizza pan or large plate) that has been oiled. The whole dough should be lightly coated in oil to assist in flipping. Ensure hands are well oiled as well to prevent any sticking.
5. Flatten dough, covering every corner, making sure to keep a consistent thickness throughout.
6. Once flattened enough, grab a butter knife. Using the blunt side, mark 8 even sections (like a pizza) and create a pattern or design on dough (usually horizontal lines on each section). Brush lightly with oil on top.
7. Carefully flip the tray and the patterned dough upside down onto a large skillet or pan. On a gas stove on low heat, place skillet or pan, allowing to cook for about 8-10 minutes for one side, or until a golden-brown crisp forms. Flip bread and repeat on the other side. Be sure to check by lifting every so often to prevent burning. Continue monitoring until cooked through or golden brown on both sides.
8. Serve with tea or coffee or simply eat it alone.

PORTUGUESE CUSTARD TARTS

submitted by **Jusinta Furnivall, age 13**

Portuguese custard tarts are Portugal's famous pastries. I was introduced to them from my mum's side of the family. Portuguese custard tarts are a deliciously flaky dessert that came to Macau and became a local favourite. This custard tart recipe makes buttery, sweet tarts with an aromatic custard that gets baked until it's just scorched on top.



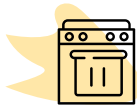
Serves
12 people



Country
Portugal



Preparation time
20 minutes



Cooking time
35 minutes

Ingredients

2 sheets puff pastry	125g plain flour
400g white sugar	11 egg yolks
1 litre milk	

Directions

1. Lightly grease a 12-hole muffin tin and pre-heat oven to 200C/180C fan forced.
2. Cut pastry sheet into 12 even sized rounds discs (approximately 10 centimetres) and press the pastry discs into the muffin tray.
3. Put sugar and flour in a pan and mix well together then gradually add the milk until mixture is well mixed and smooth.
4. Place pan on medium heat and stir constantly until mixture thickens and comes to the boil. Remove pan from heat and gently mix in 11 egg yolks.
5. Spoon in the custard and bake for 20-25 minutes until dark brown spots form on top. Leave to cool in the tin for 5 minutes then move to a cooling rack to finish cooling although they can be eaten warm.

FUN FACT!

Pastéis de nata were created in the 18th century by monks.

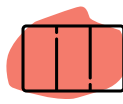
SICILIAN CANNOLI

submitted by **William Luckraft, age 12**

This dessert is an Italian favourite. It is traditionally served at large celebrations with every family having their own personal variation. I remember helping my Zia make these when I was young, helping stuff the tubes full of the delicious cream filling!



Serves
12 people



Country
Italy



Preparation time
20 minutes



Cooking time
40 minutes

Ingredients

Pastry shells:

450g plain flour
1 egg
1 tablespoon sugar
1 tablespoon
white wine

Custard cream:

400ml milk
2 eggs
2 tablespoons sugar
1 tablespoon
cornflour
Lemon zest

Directions

1. Mix pastry shell ingredients together to form a dough.
2. Roll out the dough then cut into circles.
3. Roll around cannoli tubes and deep fry in hot vegetable oil until brown and they bubble up.
4. For the custard cream, beat the eggs, cornflour and sugar to make a paste.
5. Warm the milk then slowly add the paste, continually whisking.
6. Once thick, take off the heat and add lemon zest.
7. Pipe cream into tubes then serve.

FUN FACT!

The cannoli originated in Sicily and was traditionally prepared for the famous Italian festival, Carnevale.

CHINESE NEW YEAR'S CAKE

submitted by **Molly Huang, age 17**

A sweet, sticky steamed rice cake made with brown sugar and glutinous rice flour.

Known as Nian gao in Chinese, it is traditionally eaten during Lunar New Year, but can be eaten all year round!

I remember my grandma panfrying these rice cakes in egg for breakfast when we visited her in China. It's one of those dishes that I didn't expect to miss so much, but still do.



Serves

1 large rice cake or
around 4 smaller cakes



Country

China



Preparation time

15 minutes



Cooking time

40 minutes

Ingredients

455g glutinous rice flour	1 teaspoon vegetable oil
1/2 teaspoon salt	¼ teaspoon baking soda mixed with
2 cups (355g) packed dark brown sugar	¾ teaspoon of hot water
1 1/2 cups water (370g)	Egg (optional, to serve)
1 cup canned full-fat coconut milk (225g)	

Directions

1. In a saucepan, boil the brown sugar and water together on the stove, covering the pan with a lid until the sugar has completely dissolved.
2. Turn off the heat and add the coconut milk, vegetable oil and baking soda-hot water mixture. Let the mixture cool for 5 to 10 minutes. While that cools, whisk the glutinous rice flour and salt together in a large bowl.
3. While stirring, slowly add the liquid brown sugar mixture into the flour mixture. Stir the batter until it is mixed well with only a few small lumps of flour, then pour the batter through a sieve to get rid of the lumps.
4. Line 4 small ramekins or one large, 9-inch pan with baking paper. Pour or divide the batter into the pan/ramekins evenly. Tap the container on a surface to ensure there are no air bubbles in the batter. Cover each container with foil to help the cakes cook evenly, then place the containers into a large pot or wok with a steaming rack.
5. Fill the wok with water until it is around 1.5cm below the steaming rack and cover the wok with a lid. Bring the water to a boil, then reduce the heat to medium.
6. Steam the individual, smaller cakes in ramekins for around 45 minutes, or the larger cake in one pan for around 50 minutes to an hour. If needed, add more hot water to the wok as the water evaporates over time.
7. When the cake is done, a chopstick poked into the centre of the cake should have the cake looking brown and a little translucent. Let the cake cool. It can be eaten as is, but is best eaten pan fried!
8. To pan fry the cake to serve, let the cake harden overnight in the fridge, and slice the cake into thin, 1cm thick pieces. Dip the slices in whisked egg so that they are thinly coated in egg, then pan fry both sides of the slices in a greased pan until the outside of the cake is crispy.

FUN FACT!

Traditionally this dish is eaten by people during the Lunar New Year who hope to have a better and more prosperous year.

STICKY DATE PUDDING

submitted by **Mia Taylor, age 12**

My Nan used to make us Sticky Date Pudding when I visited the UK. My mum has adapted it and made this healthier - but still very tasty - gluten free version! This recipe is gluten and dairy free with less sugar than the traditional version as the dates are sweet enough.

This dish was originally known as Sticky Toffee Pudding because of the toffee sauce drizzled over it.



Serves

12 mini puddings



Country

United Kingdom



Preparation time

15 minutes



Cooking time

40 minutes

Ingredients

Puddings:

260g almond meal

250g medjool dates
(pits removed)

150g water

1 teaspoon
bicarb soda

80g light tasting
olive oil

3 eggs

2 teaspoons vanilla
bean paste

½ teaspoon
baking powder

Pinch of salt

Caramel sauce:

300g coconut
cream or cream

80–100g coconut
sugar or brown sugar

2 teaspoons vanilla
bean paste

½ teaspoon salt

Directions

1. Preheat oven to 180C.
2. Chop dates in a food processor.
3. Put dates and water into a saucepan and gently simmer for 5 minutes.
4. Add bicarb soda and mix. Let this mixture sit for a while.
5. Grease a 12-portion muffin tray.
6. Put the date mixture back into the food processor and add all other ingredients in this order: almond meal, olive oil, eggs, vanilla, baking powder and salt.
7. Process until all ingredients are combined.
8. Spoon mixture evenly into prepared muffin tray and bake for 25 minutes or until golden brown.
9. Remove from oven and leave in the pan to cool slightly.
10. Add the caramel sauce ingredients to a small pan and simmer for 8 minutes, stirring continuously. The sauce will thicken as it cools.
11. Serve the puddings warm with the caramel sauce poured over and a dollop of vanilla ice cream!

FUN FACT!

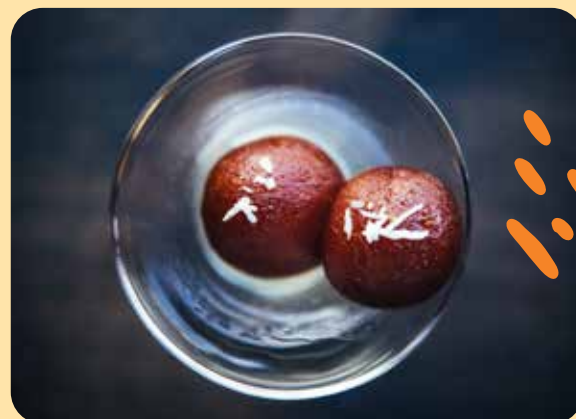
The original sticky toffee pudding from the UK is a dense spongecake made with dates and covered with a toffee sauce, served with vanilla ice cream or custard. The British love their puddings!

GULAB JAMUN

submitted by **Pari Gaba, age 12**

Gulab Jamun is a very famous Indian sweet made by a deep-fried ball of paneer which is then boiled in a syrup. Gulab Jamun is the most popular, famous and the most wanted sweet found all over India.

It is known to be made somewhere around the medieval period. This dish is a dessert, which can be taken at room temperature, hot or cold.



Serves
2 people



Country
India



Preparation time
20 minutes



Cooking time
25 minutes

Ingredients

2 cups water	1 teaspoon baking powder
1 cup sugar	
2 cups milk powder	1 tablespoon oil
1 tablespoon gluten free flour (or plain flour if you choose)	1 egg

Directions

1. For the first part, we'll prepare the sugar syrup. For this you'll need a pan, cups and measuring spoons.
2. In the pan, pour two cups of water, one cup sugar (of your choice) and bring it to the boil on low heat for approximately 5-10 minutes, or more if you wish.
3. Next, we'll prepare the actual Gulab Jamun. In a bowl, mix 1 cup milk powder, the flour, the baking powder, the oil and the egg. Mix it together for 5 to 10 minutes until it is a solid dough. Make sure not to make it too hard, but if it does get hard, pour in 1 tablespoon milk and mix it so it's smooth.
4. Grab the dough and start making a small, round dough ball. Look for any cracks, and seal them up.
5. Get another pan and pour in some oil and add the dough balls to the slightly warm oil. Let them fry in there for around 15 minutes on a low heat until they turn dark brown (make sure you don't burn them).
6. Once they have turned dark brown, add the Gulab Jamun sugar syrup you made earlier and cook for another 5 minutes on low heat.
7. Finally, place the cooked Gulab Jamun in a bowl and serve. Enjoy the dish!

FUN FACT!

The word Gulab Jamun means 'Rose Water' and is called Gulab Jamun because a Jamun is an Indian berry whose size, shape and colour resembles the dish. The berry Jamun is also known as blackberry in Australia.

CRUNCHY CHOCOLATE SLICE

submitted by **Louisa Ketterer, age 14**

This recipe is extremely delicious and has been cooked and enjoyed for four generations! This chocolate slice was first made by my great grandmother and has been passed down through my family so that I can make it now. This chocolate slice doesn't have chocolate in it, but cocoa in the icing and base. The main ingredient of the slice is Weetbix, which is a traditional Australian breakfast cereal. This ingredient adds a yummy crunch to the chocolate slice.



Serves

1 tray 20cm x 28cm



Country

Australia



Preparation time

18 minutes



Cooking time

12 minutes

Ingredients

Base:

120g butter, melted
3 Weetbix
crushed (50g)

1 cup self raising flour

1 cup brown sugar

1 cup desicated
coconut

1 tablespoon cocoa

Butter for greasing

Icing:

1 cup icing sugar

1 tablespoon cocoa

1 teaspoon butter

¼ cup boiling water

Directions

1. Preheat oven to 180C fan forced.
2. Lightly grease a pan with a little butter. Set aside.
3. Combine Weetbix, self raising flour, brown sugar and coconut in a bowl and mix to combine.
4. Add cocoa and mix.
5. Add melted butter to dry ingredients and mix well.
6. Press mixture into greased tin. Make sure to press firmly.
7. Bake in preheated oven for 12 minutes.
8. While the base is cooking, make the icing. Place sugar in a bowl with the cocoa and mix well.
9. Place butter on top of mixture and carefully pour a little of the water on top - this should melt the butter.
10. Gradually add the water to the mixture, a little at a time, mixing after each addition. Stop adding the water when you reach a good icing consistency - it should be able to fall from the spoon slowly.
11. As soon as the base is ready, pour the icing on top - it will spread out a little.
12. Use a knife to spread icing, making sure to reach the sides of the pan. Cool until icing is set.
13. Cut slice into pieces and enjoy!

STICKY RICE DUMPLINGS

submitted by **Nicole Zheng, age 13**

This dish is also known as Tang Yuan in Chinese. It is normally eaten on special occasions. Traditionally, it is eaten on the last day of Lunar New Year.

This dish is commonly eaten in China. The outside is very sticky, and the filling is delicious. You can eat this as a celebratory meal or snack. You can choose whatever filling you want, such as red bean, peanuts and brown sugar.



Serves

50 balls for 5 people



Country

China



Preparation time

30-60 minutes



Cooking time

15 minutes

Ingredients

Glutinous rice flour

Hot water

Black sesame paste (if not available, put black sesame seeds in a bowl and mix with sugar and some butter until it becomes a paste)

Directions

1. Start with one packet of glutinous rice flour. Add to a bowl depending on how much you want to make.
2. Then add boiling hot water and use a big spoon to mix.
3. Once it's together, knead with your hands until it's a dough consistency. Make sure it is not too sticky or dry.
4. Pinch off little pieces and roll into a ball. Then use your hands to turn the balls into a flat circle (make sure it's not too thin because then it breaks easily while cooking).
5. Now add black sesame paste to the middle of the circle and fold all the edges together into a round ball (the balls should be smaller than a ping pong ball).
6. Repeat for the rest of the dough.
7. Then fill a pot with water. If you want your Tang Yuan with soup, add more water or put enough water to cover 2.5cm above the Tang Yuan balls.
8. Add the Tang Yuan balls when the water is boiling. It should take less than 15 minutes, but you should know when it's ready when the balls have risen to the top of the pot.
9. When done, serve in a bowl and enjoy!

FUN FACT!

The Lantern Festival is celebrated on the 15th of the first lunar month and marks the traditional day for families to eat tang yuan. This is the day of the first full moon in the Lunar New Year; hence, the traditional food for this holiday is the tang yuan, shaped round and white like the moon itself.

Notes

City of
Bayswater

61 Broun Avenue, Morley WA 6062

Civic Centre Opening Hours: 8.30am - 4.30pm (Monday to Friday)

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