



FLAVOURS OF MONASH

Recipes

Culturally and Linguistically Diverse community groups were sent invitations by the Mayor of the City of Monash to provide stories of settlement in Australia and to include their favourite heritage food recipe for the creation of the *Flavours of Monash*.

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Author: Tony Torsello

Almond Bread

Ingredients:

3 Egg whites
½ cup Caster sugar
1 cup Plain flour
125g Whole unblanched almonds

Preparation:

Beat egg whites until stiff. Gradually beat in caster sugar until mixture is of good consistency, forming thick peaks. Fold in sifted flour and almonds.

Spoon into a lightly buttered loaf pan 20 X 10 cm.

Bake in the oven 190°C for 30-40 minutes.

Leave in the pan until completely cold then wrap in aluminium foil and leave for 2 days.

Using a very sharp knife cut into wafer thin slices.

Place slices on an oven tray and heat at 140°C for 45 minutes to dry out completely.

Serve with coffee or as a biscuit with ice cream.

Author: Krishna Arora

Aloo Tikki

Ingredients:

1kg Potatoes (boiled)
Salt to taste
1 Inch (minced) Ginger
200gm (boiled) Green Peas
2 tspn Cumin Seeds
1 tspn Chat Masala (avail in grocery shops)
1 tspn coriander leaves (chopped)
2 Tbsp Basen (Gram flour powder)
1 (chopped) onion
2 (chopped) Green Chillies
Ghee (as required)
1 tspn Chilli powder
1 tspn Garam masala

Serve with:

Saunth (Tamarind chutney) and/or Mint Chutney

Preparation:

Mash the boiled potatoes, after removing the skin

Dry roast Basen (gram flour) add the potato mash and salt. Mix well.

Heat 1 Tbsp of oil, add the onions and stir for a few minutes. Add ginger and chillies and stir well and cook for another few minutes.

In ½ Tbsp of Ghee, add the cumin seed and when they crackle, add the onions and sauté until golden brown.

Add peas, ginger, chilli powder, coriander leaves and chat masala and stir well. Add the potato, garam masala and freshly chopped coriander.

Mix well and remove from the pan and allow to cool.

Divide the mixture into equal portions, roll into balls, then flatten and shape into round (cakes) tikkies.

Finally, heat the remaining Ghee on a griddle or in non-stick frying pan and fry the patties (or tikkies) turning once, until both sides have a golden crust.

Serve hot with mint chutney or saunth chutney.

Baklava

Makes 30 pieces

Ingredients:

1 Kilo filo pastry
½ Kilo crushed walnuts
3 tablespoons cinnamon
1 tablespoon nutmeg
2 cups melted unsalted butter

Syrup:

6 cups white sugar
4 cups water
½ - 1 cup honey
2 tablespoons cognac or brandy
Vanilla powder grated lemon rind

Preparation:

Lightly oil a 35inch tray - place 4 sheets filo down, lightly dab with melted butter. Combine nuts and spices when layer on filo sheets. Now place 2 sheets on top dab with butter, layer with nuts, keep repeating this process until filo runs out.

Cut triangle shapes from the top so the syrup can go through late. Sprinkle lightly with water and bake for 40 minutes.

In the meantime make syrup.

Allow Baklava and syrup to cool down to room temperature and smother with half of the syrup. Wait 5 minutes for it to soak through and pour over the rest.

Leave to rest. Do not cover.

Author: A. Carson

Beef Curry

Ingredients:

1kg Beef, diced
15 Dried chillies, ground
1 Pinch ground saffron
1tbl Spanish onions (sliced)
3 Cloves garlic
2 Slices ginger
¼ tsp Fenugreek
2inch Piece rampe
½ stem Lemon grass
2sprigs Curry leaves
1 tbs Ghee
½ tsp Salt
1 cup Coconut milk
Cinnamon stick
Juice of half lime

Preparation:

Place diced beef into saucepan with chili, saffron, garlic, ginger, salt and add half of coconut milk, onions, rampe, lemon grass, curry leaves, cinnamon and fenugreek.

Cook until beef is tender. Then add lime juice and remainder of coconut milk.

Cook for 10 minutes.

Heat ghee in saucepan and fry remainder of ingredients.

Stir beef mixture and simmer for a further 10 minutes.

Serve with freshly cooked rice.

Author: *Polish Waverley Senior Citizens Club*

Bigos

(Polish recipe for Sauerkraut & Meat Dish)

Ingredients:

400g Sauerkraut
400g Cabbage
200g Pork (boneless)
250g Polish sausage
100g Smoked bacon (in a piece)
30g Oil (for browning meat)
1 Onion
20g Dry mushrooms (optional)
50g Tomato paste
1 Bay leaf
Allspice, salt, pepper and sugar to taste

Preparation:

Season meat with salt and pepper; brown in oil in a large saucepan.
Add sliced onion and cook for a few minutes.

Rinse sauerkraut in cold water, add to browned meat with about ½ cup water.
Add the piece of bacon and dried mushrooms.

Cover and simmer gently for about 45-60minutes, or until meat is just tender.
Meanwhile, shred fresh cabbage finely, cook in a small amount of water for 10-15minutes.

When meat and bacon is cooked, take it out and cut into bite sized pieces. Roughly cut up polish sausage. Return meat, bacon and sausage to pot. Add cooked cabbage and mix together.

Add tomato paste, bay leaf, allspice and a little sugar, season with salt and pepper to taste.

Continue cooking uncovered on a low heat for a further 15-20minutes until flavour develops and some of the liquid evaporates. However if it is too dry add more water.

Note:

- Left over roast meat, BBQ meats or hame of the bone can be used instead of veal and pork
- ½ cup red wine can be used to enhance the flavour
- The flavour develops further if the Bigos is heated and served the next day

Author: Gill Dempsey

Brown Bread

Ingredients:

3 cups (12 oz) of wheat flour
1 cup (4 oz) of white flour (do not use self-rising as it already contains baking powder and salt)
2 ounces of butter
14 ounces of buttermilk (pour in a bit at a time until the dough is moist)
1 teaspoon of salt
1 1/2 teaspoon of bicarbonate of soda

Preparation:

Preheat the oven to 425 F. degrees. Lightly crease and flour a cake pan. In a large bowl sieve and combine all the dry ingredients. Rub in the butter until the flour is crumbly.

Add the buttermilk to form a sticky dough. Place on floured surface and lightly knead (too much allows the gas to escape)

Shape into a round flat shape in a round cake pan and cut a cross in the top of the dough.

Cover the pan with another pan and bake for 30 minutes (this simulates the *bastible* pot). Remove cover and bake for an additional 15 minutes.

The bottom of the bread will have a hollow sound when tapped to show it is done.

Cover the bread in a tea towel and lightly sprinkle water on the cloth to keep the bread moist.

Let cool.

Author: Shashi Gajree

Capsicum and Potatoes

Ingredients:

1 tbs Oil
1 Onion - medium
2 Potatoes - medium
1 Red capsicum
1 Green capsicum
1 Green chilli seeded, chopped or ¼ teaspoon of chilli powder
1 Small skinned tomato, diced
1 tsp Salt
½ tsp Turmeric
¼ tsp Garam Masala

Preparation:

Prepare vegetables. Slice onions lengthwise, cut potatoes into wedges, cut capsicum into approximately 2cm x 4cm pieces.

Heat oil in a wok or frying pan. Add onion, fry until changing colour (do not brown). Add chopped green chilli, salt and turmeric. Stir well.

Add potatoes, stir for a minute, cover for another minute and cook.

Add peppers and tomato, stir, then cook covered on low heat until potato is cooked.

Add garam masala and stir.

Garnish with fresh coriander before serving.

Author: S. Garth

Cauliflower Patties

Ingredients:

1 Bunch cauliflower, cut into florets
1 Bunch spring onion, chopped
½ Bunch parsley, chopped
6 Eggs
3 cups Self-raising flour
Salt & Pepper
Oil

Preparation:

Place cauliflower florets in boiling water, cook until very soft, drain and let cool.

Break cauliflower with hand in a bowl, add chopped parsley and spring onions, mix well. Add eggs, self-raising flour and salt and pepper.

Mix into a smooth consistency.

Heat oil in frying pan. Place spoonfuls of the mixture into the frying pan, cook each side until golden brown.

Sprinkle grated parmesan cheese on top, if desired.

Serve hot or cold.

Author: Simone Polster

Cherry Cake

Ingredients:

3 Eggs
125g Unsalted Butter
120g Sugar
1/2 Vanillin Sugar
150g Self-raising flour, sifted
1 glass De-stoned Morello Cherries
Cinnamon
Icing sugar

Preparation:

Mix sugar, butter and eggs.

Add vanillin sugar and self-raising flour. Mix together.

Put dough into springform. Now place the Morellos on top and sprinkle with a little bit of cinnamon.

Bake at 175°C for 40-50 minutes.

Dust with icing sugar. Enjoy.

Author: Juliet Ferrao

Chicken Galinha Cafreal

Ingredients:

- 1 Large chicken
- 6 Green chillies
- 1 ¼ Ginger piece
- 10 Cloves Garlic
- 1tbls Coriander seeds
- 1 tsp Cumin seeds
- ½ tsp Garam Masala
- 1tbls Lemon juice
- 3tbls Oil
- 2 Onions - medium, chopped finely
- 4 Tomatoes - large, halved
- 6 Potatoes - medium, boiled, halved

Preparation:

Grind to a fine paste, the ginger, garlic and all spiced in the lemon juice, including the green chillies and half the chopped onion, adding salt to taste.

Joint the chicken and apply the ground spices to the chicken pieces.

Marinate the chicken for 2 hours.

Heat oil in a pan on medium heat, sauté the remaining onion.

Fry the chicken pieces turning them over so that both sides are browned and cooked through (approx 20 minutes).

In a separate pan, heat 1 tbls oil, fry the potatoes and then very lightly the halved tomatoes.

Serve the chicken with the fried potatoes and tomatoes.

Author: *Krishna Arora*

Chicken Korma 1

Ingredients:

2 Onions, chopped
3 Garlic cloves
1 ½ Pieces Ginger
2 Green chillies, chopped
1 tbs Coriander powder
600g Chicken, cut into pieces
4 tbs Oil
50g Almonds
6 Cardamoms
6 Cloves
1 Cinnamon stick
¼cup Cream
2 tbs Coriander leaves, chopped
Few Saffron threads soaked in 1 tbs water
Salt to taste

Preparation:

In a food processor, place garlic, chillies, coriander powder, salt and a little water to get a paste. Add ½ almonds, and blend until smooth and mix into whipped cream.

Combine with the chicken pieces and set aside for 15-20minutes.

Heat ghee, add the chopped onions, cardamom, cloves, and cinnamon and fry until the onions are soft and slightly brownish.

Add the chicken pieces and marinade and fry stirring until the ghee leaves the mixture, add water, cover and simmer gently until the chicken is tender and gravy is thick.

To garnish sprinkle chopped coriander leaves and the rest of the almonds. Serve hot.

Author: Krishna Arora

Chicken Korma 2

Ingredients:

800 gm Chicken (cut into pieces)
250 gm (whisked) Natural Yoghurt Curd
½ tspn cinnamon powder
200ml Chicken Stock
1 tspn Garlic paste
150gm (chopped) Onions
5 pods Cardamoms
100gm Ghee
1 tspn Coriander powder
1 tspn Ginger paste
Chopped Coriander leaves
Salt to taste

Preparation:

Take half the yoghurt and soak the chicken pieces in it

Heat Ghee, add the onions and sauté. Add coriander powder, salt, ginger paste and stir until masala is fried. Add cardamoms, cinnamon and cook for a few minutes.

Add the chicken that is soaked in yoghurt, continue stirring until the mixture is fried well.

Add the chicken stock and cook until chicken is tender.

Serve hot with rice or parattes, garnishing the chicken with coriander leaves.

Coconut Chutney

Ingredients:

Juice of medium sized lemon

1 small onion

1 chilli

1 tsp of finely chopped ginger

1/2 coconut finely grated

Salt to taste

1 dessertspoon of chopped mint

Preparation:

In the juice of the lemon put the finely chopped onion, chilli and ginger.

Toss in the coconut and add salt to taste.

Just before serving add chopped mint and mix well

Colcannon

Ingredients:

500g. potatoes
500g. savoy cabbage
6 spring onions
125ml. cream
125 milk
salt & pepper
1 tablespoon butter

Preparation:

Peel potatoes and cook until just tender. Shred cabbage and cook until soft.

Chop spring onions finely.

Heat with cream and milk, stirring, and simmer gently for 5 minutes.

Mash potatoes well, gradually add cream mixture.

Add salt, pepper and stir well.

Add cabbage and stir once.

Serve topped with butter.

Put pieces of butter on top before serving.

Author: Jessie Schembri

Eggs and Tomatoes

Ingredients:

- 2 Tomatoes - large
- 2 Onions
- 3 Eggs
- Salt and pepper
- Olive oil

Preparation:

Peel and chop the tomatoes and the onions and put them in a frying pan.

Add olive oil and a pinch of salt and pepper to own taste

Cook on a low heat for about five minutes

Then beat the eggs and pour the beaten eggs on to the cooked mixture of tomatoes and onions adding a knob of butter. Continue cooking as for scrambled eggs.

When done you can serve this with servings of meat or fish or even by itself with sandwiches or toast.

Empanada's

Ingredients:

Meat Filling

1 tbl Olive Oil
1 Onion
500g Mince meat
2 tbls Parsley, chopped
1 Clove garlic
20 Green olives
2 Large tomatoes
1 Green chilli
Salt and pepper to taste

Pastry (or can use frozen short crust pastry)

1 cup Plain Flour
1 tsp Salt
1 cup Warm water
2 tbl Baking powder
1 tsp Sugar
1 tbls Olive oil

Preparation:

Filling

Saute onion, garlic and oil.
Add mince and slowly brown.
Add chili, salt and pepper and parley.
Simmer for approx 25 minutes until most liquid evaporates.
Remove from heat, add olives and let cool.

Pastry

Add all dry ingredients with oil, then slowly add warm water and kneed dough until it is combined. Let sit.

To Combine

Roll dough onto the bench top and cut out circles. Repeat until all of the dough is used up.

Place filling on the pastry circle, about 3 tablespoons each one. Fold pastry in half, press edges together with fingers to seal. Prick with a fork.

Mix together one egg and some water to glaze the empanada's.

Brush each one with egg and water mixture.

Bake at 180 C for approx 20 minutes or until golden brown.

Fasolado

Ingredients:

½ Kilogram white beans
Vegetable stock
2 carrots
½ Bunch celery
3 Onions
3 Potatoes
2 x 500 Gram crushed tomato
½ Cup of olive oil

Preparation:

Soak white beans overnight.

Drain beans and rinse.

Place beans, carrot, celery and onion in vegetable stock and simmer for ½ an hour.

Add tomatoes and olive oil and simmer until beans are soft.

Serve with crusty bread.

Author: Bonnie Lo

Fried Egg with Minced Pork and Preserved Turnip

Ingredients:

100g Minced Pork
25g Preserved turnip
3 Eggs
2 stems Coriander (for decoration only)
Pinch of salt
Pinch of sugar
½ teaspoon oil
Pinch of pepper
¾ teaspoon Soy Sauce
Pinch Potato Starch
40ml Water

Preparation:

Blend sugar, pepper, soy sauce, oil and potato starch with the minced pork. Marinate for 15 minutes. Set Aside.

Break the eggs into a bowl; then add cold water with pinch salt and oil. Stir and set aside.

Wash and cut the coriander and set aside.

Heat the wok and add oil. Then stir in the minced pork and cook for 3 minutes. Then add the preserved turnip and mix together with the minced pork for 1 minute. Finally pour the stirred egg into the wok, fry each side for about 2 minutes. Decorate with coriander on top. Serve.

Author: Children Create a Masterpiece from the City of Monash Child Care Field Officer Team

Fruit Face

Desert Delight

Ingredients and Preparation:

Watermelon - cut into mouth shape

Cantelope or Rockmelon - for eye brows

Pears halved - for the nose

Oranges - for the eyes

Berries - for eye balls

Yoghurt - (Yoghurt flavour was used here for the cheeks)

Sprinkles - to top the cheeks

Author: Krishna Arora

Hot Lamb Curry

Ingredients:

2 Tbsp Oil
2½ tspn crushed Garlic
2½ tspn Chilli paste
½ tspn Turmeric powder
4 medium chopped Tomatoes
4 medium sliced Onions
1 tspn finely minced Ginger
1 tspn Coriander powder
1kg boneless Mutton or Lamb - cut into 1 inch cubes

Masala:

1½ Tbsp Coriander seeds
4 Cloves
3 Cinnamon sticks
2 blades Mace
2 tspn black Peppercorns
1 cup grated fresh Coconut

Garnish:

3 or 4 whole Chillies - fried in oil

Preparation:

Prepare the spice mixture (masala) putting all the masalas in a pan and roasting over a low heat until the fragrance comes out. Grind to a powder.

Add the coconut and grind again.

Heat oil in another pan and sauté onions until golden brown.

Add the ginger, garlic and chilli paste and cook until it gives a good fragrance, then add coriander and turmeric and sauté for another couple of minutes.

Add the meat and sauté until it has browned all over.

Add the masala paste and sauté for about 15 minutes, then add the tomatoes and salt.

Add water and cook over low heat, stirring from time to time, until the meat is tender.

Garnish with fried chillies and serve with rice.

NB: - If you want a milder curry, reduce the chillies.

Author: Usha Khusha

Kashmiri Kabargah

Boiling Ingredients:

1kg Lamb ribs (double ribs flattened for frying)
4 tsp Fennel seed powder (heaped)
2 tsp Ginger powder (heaped)
8-10 cloves garlic
2 Bay leaves
2 Cinnamon sticks
4 Black cardamom pods, crushed
8-10 Pepper corns
Salt to taste

Batter Ingredients:

½ cup Chick pea flour
¼ cup rice flour
1 cup Yoghurt
Salt to taste
Red Chilli powder to taste
Clarified butter (for frying)

Preparation:

In a pressure cooker add the lamb ribs, along with all the boiling ingredients, 1 cup of water and 1 cup of milk.

Pressure cook until the lamb is nearly tender (approximately 3 whistles).

After pressure drops, take off the lid and simmer uncovered on medium heat until all the milk and water dry up.

Set aside to cool.

Mix all the batter ingredients and add a few teaspoons of water if too thick.

Dip the ribs in the batter and fry in ghee until golden brown.

Garnish with mint chutney, serve hot.

Ketchri (Rice with red Lentils)

Ingredients:

2 cups uncooked long-grain rice (preferably Basmati)
1 cup dried red lentils
2 cups water
1 teaspoon tomato paste
¼ teaspoon white pepper
1 level teaspoon ground turmeric
1 tablespoon salt (or to taste)
1 rounded tablespoon ground cuminseed,
125 grams butter

Preparation:

Wash the rice and soak for at least 2 hours, or overnight.

Wash lentils and soak for about 30 minutes.

Place water, tomato paste, pepper, turmeric, salt, ground cuminseed and ½ the quantity of butter in a heavy-bottomed pot, (preferably Teflon coated) and bring to the boil.

Drain the soaked rice, add to the boiling water, and allow to cook for about 3 minutes, or until practically all the liquid is absorbed.

Drain the lentils and add to the rice.

Mix thoroughly but gently in order not to break the grains of rice.

After about 5 minutes, add remaining butter, cut into small pieces, on top of the rice. After a few minutes, mix gently to blend the butter evenly through the rice.

Cover and let steam over VERY LOW HEAT for about 45 minutes. (Be careful not to let the bottom of the rice burn.)

Turn on to a platter.

This rice is usually served with plain yogurt.

Kheer (Rice Pudding)

Ingredients:

1 litre milk
2 cups water
1-cup short grain rice
2 cardamom seeds (crushed)
pinch of ground nutmeg
1 tablespoon sultanas
3/4 cup sugar

Preparation:

Step 1:

Cook rice in water, until most of the water is absorbed and rice is mushy.

Step 2:

Add milk and cook further, stirring frequently.

Step 3:

Add sultanas and sugar.

The kheer should be of custard consistency.

If too thick, add more milk.

Step 4:

Remove from heat; add crushed cardamom and ground nutmeg.

Mix well.

Author: Anna Angelopoulos

Kourabiedes (Greek Shortbread)

Ingredients:

250g Unsalted butter
2 Egg yolks
4 tbs Icing sugar
1 tsp Vanilla sugar
1 tbs Ouzo
½ cup Crushed roast almonds
500g Self-raising flour

Preparation:

Beat icing sugar and butter until mixed together. Add egg yolks one at a time. Add vanilla sugar, ouzo and almonds.

Hastily add the flour, dough should be a little hard not soft.

Cut dough with pastry cutters to designed shape and bake for approximately 15 minutes or until lightly golden.

Once cooked, dust with icing sugar.

Author: Krishna Arora

Lamb Roganjosh

Ingredients:

400g Lamb
50g Oil
150g Onions
15g Ginger paste
10g Garlic paste
½ tsp Turmeric
15g Coriander powder
10g Red chilli powder
160g Tomatoes, chopped
½ tsp Garam Masala
5 Cloves
1 Cinnamon stick
6 Cardamom pods
1 Bay leaf
Salt to taste

Preparation:

Heat oil in a pan, add sliced onions and stir fry for a few minutes, add cloves, cardamoms, cinnamon, bay leaf and fry till the onions are light brown.

Add garlic and ginger paste, fry for a few minutes and then add turmeric, coriander powder, salt and red chilli powder, fry until the oil leaves the mixture.

Add tomatoes and garam masala, continue to cook until it looks like a homogeneous mixture, then add the meat pieces and mix well.

Add water and cook the meat until tender, the gravy should be thick.

Serve hot with rice.

Lamb Shanks

Ingredients:

2 tablespoons Olive Oil
4 Lamb Shanks
2 tablespoons Plain Flour
4 tablespoons Tomato Paste
2 x 440g cans tinned tomatoes with basil & oregano
Small potatoes (unpeeled and cut into bite size pieces)
Winter vegetables cut into chunks (such as Pumpkin, Carrots, Parsnips)
Small pickling onions (Peeled and left whole)
1½ cups Beef Stock

Preparation:

Heat olive oil in a large baking dish on top of the stove. Roll lamb shanks in plain flour and brown in oil. Remove from the stove top.

Cover browned lamb shanks with tomato paste. Add vegetables, tomatoes and beef stock.

Cover baking dish with foil and place in oven. Cook very slowly (150°) for approx. 3½ hours or until lamb is ready to fall apart.

Remove foil and cook for a further 15 minutes.

Lamb with Butternut Pumpkin

Ingredients:

500g chopped Lamb
750G Butternut Pumpkin cut into small pieces
2 teaspoons Cumin powder
3½ cups Chicken Stock
2 tablespoons Vegetable Oil
1 large Onion, chopped
1 clove Garlic, crushed
1x 410g can Tomato pieces
1/3 cup Pearl Barley

Preparation:

Heat oil in a heavy based pan.

Fry onion until golden.

Add lamb and garlic, fry for 4 - 5 minutes.

Add cumin powder and fry for a further minute.

Add pumpkin, tomato pieces, chicken stock and pearl barley.

Cover and simmer for 1½ hours or until lamb is tender.

Add salt & pepper to taste.

Author: Kariatides Greek Women's Club Oakleigh

Loucoumades

Ingredients:

3tbs Yeast
2kg Plain flour
1 Lemon
½ cup Ouzo
Sprinkle of salt
Warm water
Olive oil to fry

Topping Ingredients:

1 tub Warm honey
2 tbs Cinnamon
½ cup Crushed walnuts

Preparation:

Place honey container in bowl of hot water to warm.

Mix cinnamon and walnuts together in dish.

Mix all ingredients together to form dough (not too thick).

Heat oil in wok or deep pan. Scoop tablespoon of mixture to make a ball and drop in hot oil.

Cook until golden brown. Remove from oil and pour over honey and nut mix.

Serve whilst still hot.

Macedonian Biscuits

Ingredients:

2 cups Oil
1 cup Boiling water
1 kg Flour
1 tsp Baking powder
Broken walnuts
Jam

Preparation:

Mix the oil, water, flour and baking powder into a dough.

Roll a good handful of the dough out onto the bench top and roll into a circle, cut the circle into 6 segments (triangles).

Repeat this until all of the dough is used up.

In the middle of the triangle place some broken walnuts and the tsp of jam, roll the triangles up.

In a moderate oven, cook the biscuits for 20minutes or until golden brown, dust with icing sugar.

Author: Macedonian Senior Citizens Club of Monash

Macedonian Stew

Ingredients:

3 Onions, chopped
3 Carrots, chopped
3 Celery stalks, chopped
5 Potatoes, chopped
1 cup Tomato Puree
500g Chux steak
1 tbs Sweet Paprika
Olive oil
Salt & Pepper

Preparation:

Place onions and olive oil in the pan and fry until brown.

Add the chux steak and the sweet paprika, mix well, if required add more tomato puree.

Add all other ingredients and cook on a low heat for 3 hours.

Serve with bread.

Meat in Cabbage Leaves

Ingredients:

1/2 kilo Mince
1 onion
1 cabbage
1 egg
Salt and pepper
1 tablespoon syrup

Preparation:

Mince onion ,add to mince and mix with beaten egg and seasoning.

Remove leaves from cabbage, cut away hard parts, add boiling water and simmer slowly until leaves are soft.

Put mince in centre of cabbage leaf and roll up.

Fry 1 sliced onion and then add 2 chopped tomatoes and add water to cover and when boiling add the cabbage leaves parcels for 30 minutes.

Add juice of lemon and syrup and place in casserole in 180o oven and bake until brown.

Author: *Jim Zissiadis*

Moussaka

Ingredients:

3 Medium eggplants, peeled and sliced thickly
1kg ground mince
1 Onion - large, chopped
3 Cloves garlic - chopped
250g Tomato puree - can
½ Tsp Cinnamon
1 tsp dried leaf oregano
1TbIs chopped parsley
1TbIs chopped mint
1 cup course dried breadcrumbs
2 cups Mozzarella
½ cup Parmesan or Romano cheese
6TbI Butter
6TbI Flour
3cups Milk
3 Eggs, well beaten
Tabasco sauce
Nutmeg
Oil
Salt & Pepper

Preparation:

Slice the eggplants thickly and sprinkle salt over the top, let drain for 30 minutes.

Put the eggplants in a freezer bag along with flour and a good grind of black pepper.

Heat olive oil in a fry pan and brown eggplants. Only use enough olive oil to brown a few slices at a time.

Drain the eggplant and reserve.

For the **white sauce**, in a saucepan over medium heat, mix together the butter and flour. Whisk for a couple of minutes until well blended add milk. Gently bring to the boil, stirring and simmer for a couple of minutes. Whisk a cup or so of this mixture into the 3 beaten eggs. Whisk the egg mixture back into the white sauce and bring up to a gentle simmer, whisking until thick. Do not boil. Add nutmeg and a dash of tabasco sauce. Let the white sauce cool.

For the **red sauce**, put ground lamb and 2tbIs oil in a frying pan and cook until mince is browned. Drain the liquid and add onion and garlic. Saute until the onion is limp. Add tomato puree, cinnamon, oregano, parsley, mint and salt and pepper. Simmer gently until quite thick.

To assemble the moussaka:

Use a good sized casserole dish with a lid. Put 1/3 of the eggplant mixture on the bottom in a solid layer.

Trim eggplant to fit. Spread ½ of the meat mixture on top.

Spread 1/3 of the white sauce over meat.

Sprinkle with 1 cup of cheese and 1/3 breadcrumbs. Repeat this set of layers.

Then put in a layer of the remaining eggplant, the rest of the white sauce and cover with the rest of the breadcrumbs.

Garnish the top with a sprinkle of paprika and a small handful of chopped parsley.

Cover and bake on high for one hour, uncover and bake until browned on top and bubbly.

Serve with a green salad.

Author: Miwa Deguchi

Nishime

Boiled vegetables with Japanese sauce

Ingredients:

4 cups Water
5g Konbu (seaweed)
30g Dried anchovy
1tbls Soy sauce
1tbls Mirin
2tsp Sake (Japanese rice wine)
50g Taro
100g Japanese pumpkin
100g White radish
50g Carrot
4 Shitake mushrooms
5 Snow peas

Preparation:

Peel skin off taro, cut into pieces (approximately the size of a table tennis ball).

Cut pumpkin into triangle shapes and peel the skin if required.

Peel skin off radish thickly, and cut into 1.5cm thickness.

Peel skin off carrot and cut into 1cm thickness.

Remove stem of shitake mushroom, and cut 3 incisions shallowly across the surface.

String peas and cook for one minute in boiling water with a pinch of salt.

Soak Konbu and dried anchovy in water and put on low heat.

Take out Konbu just before the water starts boiling.

Simmer the anchovy for a further five minutes until water turns slightly yellow.

Put soy sauce, Mirin and Sake into water, add all vegetables except for snow peas.

Keep water at just below boiling for 30 minutes without cover.

Serve cooked vegetables with sauce and snow peas on top.

Author: Maria Telera

Orecchiette with Cime Di Rape

Ingredients:

1kg Cime Di Rape (Broccoli family)
500g Orecchiette
100ml Olive oil
3 Cloves garlic, finely chopped
6 Anchovy fillets in oil
Parsley
Salt & Pepper

Preparation:

Clean the Cime Di Rape, take out the old leaves and wash with fresh cold water.

Bring a large saucepan of water to the boil, drop the Cime Di Rape into the water and boil until barely tender (approx 8-10minutes).

Remove the Cime Di Rape from the saucepan, place in a serving bowl, reserve the water from the saucepan.

Add salt to the Rape cooking water, bring back to the boil and drop the Orecchiette into it. Stir well until it is al dente.

While the pasta is boiling heat the oil in a small saucepan, add the garlic and after 3-4minutes add the anchovy fillets. Using a fork, smash the anchovy and garlic to a paste, cook for 4-5 minutes more. Add some parsley.

Before draining the pasta take 1-2 cups of cooking water and pour over the Cime Di Rape.

Add the drained pasta to the hot anchovy and oil mixture.

Mix well and season with salt and pepper if necessary.

Serve immediately.

Author: Maria Telera

Orecchiette with Hard Ricotta Cheese

Ingredients:

500g Orecchiette
800g Tomatoes, peeled
100ml Olive Oil
3 Cloves garlic
200g Hard ricotta cheese, grated
Fresh Basil
Salt & Black pepper

Preparation:

Take a pan and heat oil and garlic for 3-4minutes.

Add the peeled tomatoes and basil. Let mixture cool for 45 minutes.

Take a large pan with water and bring to the boil, add pasta and cook until al dente.

Drain the water from the pasta, combine the pasta and tomato mixture together in a bowl.

Serve on plates and sprinkle with hard ricotta cheese and ground black pepper.

Author: Jessie Schembri

Oven baked Macaroni

Ingredients:

2 Onions
2 Cloves of garlic
2 Rashes of bacon
500g Mince meat
500g Macaroni
1 can Tomato puree
3 tbs Tomato paste
4 Eggs
1 tsp Sugar
Grated cheese
Pepper and salt
Olive oil.

Preparation:

Chop the onions and the garlic and mix with mincemeat.

Add small amount of olive oil and water, sugar and pepper and salt to the mixture.

Place in a fry pan and put on a low heat until onions and mince meat is brown. When done add the 3 tablespoons of tomato paste to complete the sauce.

Fill a medium pot half full of water and let it boil.

When it boils put the macaroni in the pot and leave it on the heat until the macaroni is soft enough. When al dente, strain pasta and place in a dish.

Pour the sauce on to the macaroni and stir everything in the dish

Beat the eggs with a bit of milk and pur on to the macaroni and stir so that the beaten eggs will mix in the mixture.

Sprinkle grated cheese on top.

Place in oven for 45 minutes or until the mixture becomes brown on top

Paella

Ingredients:

1 Onion
200g Arborio rice
200ml Chicken stock
2 Red capsicums
1 Chorizo (Spanish sausage)
12 Green prawns (de-veined)
200gm Black mussels (bearded)
100gm Diced white fleshed fish
200gm Calamari tubes (open, cleaned and scored)
100gm Baby octopus (cleaned)
200gm Chicken wings and drumsticks
Pinch Saffron
100ml White wine
100gm Green peas
½ Bunch fresh flat leaf parsley
½ bunch fresh oregano

Preparation:

Soak saffron in 50mls white wine, place to side.

Finely dice onion, sauté until golden brown.

De-knuckle chicken and seal on both sides, add cubed chorizo, diced capsicum and prawns, sauté until coloured.

Add fish, baby octopus, and calamari.

Add dry rice, de-glaze for 5 minutes with remaining white wine, add chicken stock gradually.

Add chopped herbs, peas and saffron, season. Stir constantly.

When the rice is almost cooked add mussels, cover and steam for 10 minutes.

Author: Tony Torsello

Pasta Alla Matriciana

Ingredients:

- 1 Onion, finely chopped
- 6 Rashes lean bacon (or pancetta), cut into strips
- 500g Ripe tomatoes, chopped
- 1 Red chilli, chopped finely
- Salt to taste
- Spaghetti

Preparation:

Cook spaghetti according to packet instructions.

Heat oil in a pan, add onion and bacon. Stir over medium heat for 5 minutes; add tomatoes and chilli and stir well.

Simmer sauce gently, uncovered for 5 minutes, stirring occasionally.

Drain spaghetti and add to the pan, mix well.

Serve in bowls.

Serve with parmesan cheese.

Author: Circollo Pensionatti Italiani Waverley

Pasta Piselli

Ingredients:

500g Small pasta shells
1 Onion, chopped finely
2 Pork spare ribs
500g Frozen baby peas
1 Tin peeled tomatoes
Handful of bay leaves
Salt & Pepper
Olive Oil

Preparation:

Heat olive oil in a large saucepan, add the pork spare ribs and fry for 3-4 minutes.

Add the finely chopped onions and fry until the onions are golden brown.

Add the frozen peas, this will create a small amount of liquid (if not add a small amount of water). Let the peas and liquid boil for a couple of minutes until the water reduces.

Add the peeled tomatoes. Cook slowly.

Add a handful of bay leaves, stir.

Season with salt and pepper and a little bit of chilli if desired.

Cook gently for 40minutes.

Meanwhile cook the pasta according to packet instructions.

When the sauce and the pasta are ready mix well in the same saucepan.

Serve immediately with parmesan cheese and crusty bread.

Pastie with 2 different fillings

Ingredients:

Dough

1 cup Milk
1 cup Oil
2 cups Plain flour
2 pkts Yeast
5 Eggs

Meat Filling

1 Onion, finely chopped
2 Cloves of garlic, finely chopped
500g Mince meat
Parsley
Tomato Puree

Fry all ingredients together in a pan. When cooked sprinkle some plain flour over the mixture to thicken it up.

Cheese Filling

250g Fetta Cheese
250g Ricotta Cheese

Mix together.

Preparation:

Dough

Put all ingredients in a bowl, mix well.
Roll the dough onto the bench top and cut into squares.

Place some of the mince or cheese mixture into the middle of the square and roll the pastry up.

Whisk an egg and then glaze the tops of the pastry with the egg.

Cook in a moderate oven for 20-30min or until golden brown.

Author: Anna Angelopoulos

Pastitsio

Ingredients:

1 pkt Penne (500g)
1kg Mince
½ pkt Parmesan cheese
½ cup White wine
1 can Peeled tomatoes
1 Onion, chopped
2 Eggs
Salt and pepper

Bechamel Sauce

4 tbs Cornflour
4 tbs Self-raising flour
1lt Milk
175g Butter
4 eggs

Preparation:

Boil the pasta until cooked. Sauté the onion, with mince until browned. Add peeled tomatoes and stir. Add wine and seasoning and simmer for approximately 30minutes or until cooked.

To make béchamel sauce:

Melt butter with flours and stir constantly. Add milk little by little. Continue stirring until sauce thickens. Once cooked add 4 eggs, one by one, and stir through.

Once pasta is cooked, drain and add 2 beaten eggs, ½ packet Parmesan cheese and a little nutmeg.

Arrange a layer of pasta in a large baking dish and then pour mincemeat on top followed by béchamel sauce.

Top with a little Parmesan cheese and bake for approximately 1 hour or until golden brown.

Author: Krishna Arora

Pork Vindaloo

Ingredients:

500g Pork, cut into cubes
3 Whole dried chillies
 $\frac{3}{4}$ tsp Turmeric
1 tsp Black peppercorns
2 tsp Cumin seeds
 $\frac{3}{4}$ tbl Coriander seeds
1 $\frac{1}{2}$ pieces Ginger
5 cloves Garlic
2 Onions
 $\frac{1}{4}$ cup Vinegar
1 tsp Sugar
4 tbs Oil
Salt to taste
Brandy, splash (optional)

Preparation:

In a food processor put the onions, chillies, turmeric, cumin seeds, coriander seeds, ginger, garlic, add vinegar and make a paste.

Mix the pork pieces with the paste, leave for 15 - 20minutes.

Heat oil, add the pork and paste, add salt and mix well, fry until the oil leaves the sides, add some water and cook until the pork is tender.

Serve with rice.

Author: Krishna Arora

Pork Vindaloo (Goanese)

Ingredients:

500gms Pork (cut into small cubes)
3 tspn Chilli powder
1 tspn Black peppercorns
1 tspn Cumin seeds
1 cup Vinegar
1 tspn Sugar
6 Cloves Garlic
4 Large Chillies
1 Inch Ginger (finely chopped)
2 Onions (chopped)
1 Tbsp Brandy
Oil as required
Salt to taste

Preparation:

Grind or blend the garlic, chilli powder, chillies, pepper, ginger and cumin seeds with the vinegar into a thick paste.

Fry the pork on a slow fire in its own fat and if required, add a few spoons of oil.

Remove the pork from the pan and set aside. Keep enough fat in the pan to fry the onions in. Fry onions until golden brown, add the ground paste and fry for 5 minutes.

Add the pork (draining out extra fat) to the mixture of spices, add brandy and salt.

Simmer until pork is cooked and the gravy is thick, then add sugar.

Serve hot with boiled rice.

Author: Juliet Ferrao

Pork Vindaloo (Pork with Vinegar & Garlic)

Ingredients

1kg Pork (boneless and fatty)
1tsp Salt
6tbls Red Wine Vinegar
15 Kashmiri Chillies (deseeded)*
1-12 Garlic cloves, peeled
5 Green chillies
1tbls Cumin seeds
¼ tsp Turmeric powder
¼ tsp Sugar

Preparation:

Wash the pork and cut into 3 inch cubes. Wipe dry and apply salt.

Grind the next 5 ingredients in red wine vinegar.

Marinate the meat in the spice paste for 2 hours or overnight and place in the fridge.

Take a non-stick pan, pour the marinated meat into the pan, sprinkle with the sugar and cover the pan.

Cook on slow heat until the meat is cooked. Add more salt and vinegar if necessary.

Vindaloo is generally served with plain white rice or basmati rice.
A simple salad of tomatoes, lettuce and cucumber, dressed with lemon juice and salt may be served on the side.

* Kashmiri chillies can be found in Indian grocery stores.

Potato Latkes

Ingredients:

6 large potatoes
1 onion
tablespoons self raising flour
1 egg.

Preparation:

Grate potatoes with onion add egg and flour and salt.

Fry spoonfuls in hot oil.

Author: Jessie Schembri

Ricotta Pie

Ingredients:

600g Ricotta
2 Eggs
1 Pkt Ready made puff pastry
1 cup Peas
1 Bunch spinach
Salt and pepper

Preparation:

Place one sheet (or more if required) of the puff pastry in a pie dish (30cm.x 22cm.)

Beat the 2 eggs and mix with the ricotta, peas and spinach
(If after beating the two together the mixture looks thick, dilute with some milk be careful not to make it the mixture watery)

Add a pinch of salt and pepper to the mixture.

Combine everything together and put mixture in the dish.

Cover the mixture in the pie dish with another sheet of puff pastry

Prick the puff pastry all over with a fork

Place in a hot oven for thirty minutes or until brown.

Author: Y. Ong

Sambal Udang (Curried Prawns)

Ingredients:

½ Kg Fresh banana prawns
2 tsp Turmeric powder
300g Red onions
3-4 Fresh red chillies, crushed
6 Dried red chillies crushed
2 Limes
1 tbs Sugar
1 tsp Salt, to taste
Coriander leaves
Vegetable oil for cooking

Preparation:

Wash the prawns but leave heads intact and do not remove shells.

Blend together onions, dried and fresh chillies and mix in the turmeric powder.

Heat the oil in a deep wok and fry the ground spices for 7-10 minutes until they begin to give off a fragrance.

Pour in about ½ litre of water and add limejuice, sugar and salt to taste. Allow to boil, then add the prawns.

Cook rapidly for 1-2 minutes before turning down the heat and simmering for a further 15 minutes.

To serve, sprinkle on chopped coriander leaves.

Author: Krishna Arora

Shami Kababs

Ingredients

400g Minced Lamb
100g Chana dal (Bengalgram dal)
2 Whole dried chillies (optional)
2 Green chillies, sliced
4 Cardamoms
1 Small bay leaf
2 Cinnamon sticks
5 Cloves
60g Shelled peanuts
2 Onions, sliced
2 Eggs
Salt to taste
Oil as required

Preparation:

Place all ingredients in a pan, except the eggs, stir until the mixture is dry.

Remove, cool and place in a food processor and blend to a fine texture. Correct seasonings.

Add the eggs and mix well.

Divide into equal portions, make balls and flatten then into rounds.

In a frying pan, heat the oil and shallow fry the rounds. When ready, serve hot with onion rings and a slice of tomato and lime.

Author: Maria Telera

Spaghetti with Mussels

Ingredients:

1kg Fresh mussels in the shells
100ml Olive oil
3 Cloves Garlic, finely chopped
4tbls Fresh parsley, finely chopped
100ml White wine
400g Spaghetti
Salt & freshly ground black pepper

Preparation:

Scrub the mussels well under cold running water, cutting off the beard with a sharp knife.

Place the mussels with a cupful of water in a saucepan over moderate heat. As soon as they open, lift them out one by one.

When all of the mussels have opened, strain the liquid in the saucepan and keep until needed.

Bring a large pan of water to the boil, add pasta and cook until al dente.

Heat oil in a large frying pan. Add garlic and parsley and cook for 2-3minutes. Add the mussels, their strained juices and wine. Cook over moderate heat.

Add generous amount of freshly group black pepper to the sauce, taste, add salt if required.

Drain the pasta once it is cooked. Tip into the frying pan with the sauce, stir well for 3-4 minutes.

Serve immediately.

Steak and Guinness Pie

Ingredients:

1kg Round steak
1tbsp Flour
1tsp Brown sugar
1Tbsp Raisins (optional)
5 Onions
300ml Cold Guinness
8 Slices bacon, chopped
3oz Lard
Chopped parsley
Short pastry

Preparation:

Cut the steak into bite sized cubes, roll in seasoned flour, and brown in the lard with the bacon.

Place the meat in a casserole dish, peel and chop the onions, and fry until golden before adding them to the meat.

Add the raisins (if wanted) and brown sugar, pour in the Guinness, cover tightly and simmer over a low heat or in a very moderate oven for 2 1/2 hours.

Stir occasionally, and add a little more Guinness or water if the rich brown gravy gets too thick.

Meanwhile, line a deep pie dish with half the pie crust: bake it blind: then add the Guinness/beef mixture from the casserole, cover with the top layer of pie crust, and bake until finished, probably about 10 more minutes.