

Multicultural

Cookbook



Foreword

Food is culture. While satisfying our taste buds and desire for the irresistible delicious, food is a wonderful way to learn about people and their cultures. Especially, food serves as an important means to retain cultural identities of people from culturally and linguistically diverse backgrounds.

Auburn Diversity Services Inc., as a community based, non-profit organisation is committed to the principles of multiculturalism. We are willing to be a cultural messenger to widely promote cultures from the entire world. This multicultural cookbook has been produced to provide a place for people from diverse backgrounds to share with others their identities, cultures and stories behind the food.

The recipes in this book were prepared by ordinary members from communities who use them in their daily lives and on special occasions. These ordinary community members are cultural inheritors and they have become cultural communicators.

For readers and food lovers, we hope this book is useful in terms of the authentic recipes you may want

to use to enrich your daily meals on the table. For cultural advocates, we hope this book is enlightening in terms of reflected cultures which you may be interested in exploring

We would like to acknowledge members from the following communities for their contributions to the book:

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Enjoy the book and cultures.

Auburn Diversity Services Inc.

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AFGHAN FOOD Mantoo

Steamed dumplings served with vegetable topping and garlic yoghurt.



Hospitality is an essential aspect of Afghan culture.
No matter who you are, if you visit a home you will be
given the best the family has.

SERVES
10-15

TIMING
2-3
hr

INGREDIENTS

- gow gee wrappers, square – store bought, 3 small pkts (90 sheets) – See notes if making own pastry.
- dried mint to taste
- chilli powder to taste

Ingredients for Filling

- oil – enough for pan frying
- lamb mince, 500g
- onions, 1 kg, finely diced
- coriander powder, 1 tblsp
- crushed black pepper to taste

Ingredients for Sauce Topping

- mixed vegetables, chopped , 250g (frozen veggies may be used) - See notes if using dried split peas.
- oil, 4 to 5 tblsps
- onions, 2 medium size, finely diced



- garlic, 2 cloves, finely chopped
- tomatoes, 3 medium size, diced
- tomato paste, 1 tblsp
- salt, 1 tsp and pepper to taste

Ingredients for Yoghurt Topping

- plain yoghurt – store bought, 500g
- garlic, 2 cloves, crushed
- salt to taste

INSTRUCTIONS

Filling (This mixture should have more onions than meat)

1. Heat oil in a large frying pan and brown meat.
2. Add onion and cook until transparent.
3. Add coriander and pepper and mix through.
4. Take pan off the heat and place mixture

Sauce Topping

1. Heat oil in a frying pan and cook onion and garlic until lightly browned.
2. Add tomato and tomato paste.
3. Add chopped vegetables and cook until soft. (Add prepared split peas here if using – see notes)
4. Season with salt and pepper. Set aside.

Yoghurt Topping

1. Mix yoghurt and garlic together in a separate bowl.
2. Season with salt to taste.

Dumplings

1. Oil base of steamer tray (to prevent dumplings sticking) and add enough water to steamer pot to prepare for cooking.
2. Take one sheet of the gow gee wrapper and place a large tsp of filling in the centre. (See notes if making own pastry)
3. Fill a small dish with some water. Use this water to moisten edge of pastry as

you make each dumpling.

4. Lift two opposite corners of the wrapper and seal by pinching together.

5. Repeat with other two corners to seal in the filling.

6. Place dumpling onto steamer tray ready for cooking.

7. Repeat process to make up all your dumplings.

8. Steam dumplings for 25 minutes to cook through.

9. Smear a fine layer of garlic yoghurt over the base of two large round serving platters.

10. Arrange cooked dumplings in a circular decorative manner.

11. Evenly drizzle the remaining garlic yoghurt over the cooked dumplings.

12. Evenly distribute the vegetable topping over the cooked dumplings.

13. Scatter with dried mint and chilli powder.



Notes

Pastry - if making your own. (Not recommended if making for more than 6 people)

Ingredients

- Plain flour, 1kg
- Water, 3 glasses or enough to make a firm dough

Instructions

1. Place flour in a large mixing bowl and gradually add water.
2. Mix with hands until mixture becomes

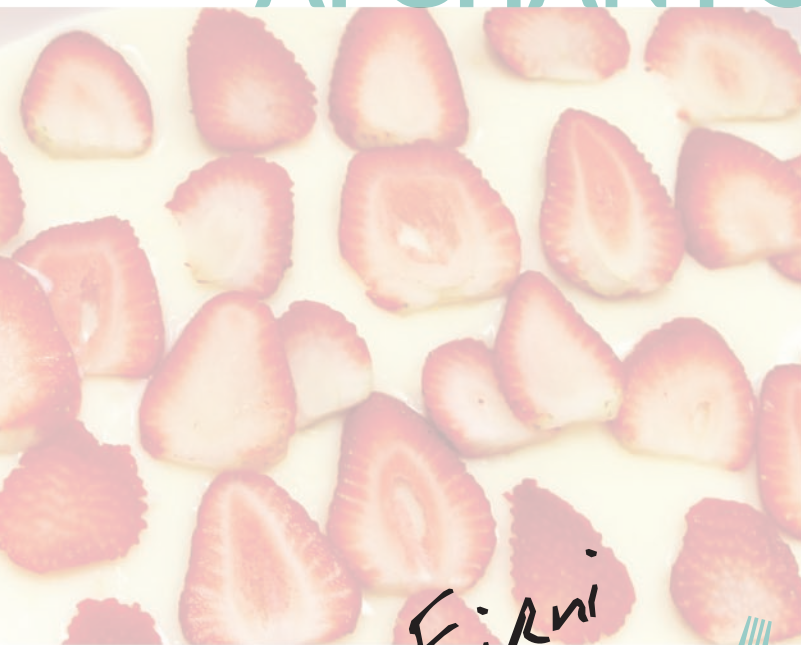
3. Leave dough to rest for 15-20 minutes or until it becomes firm.
4. Separate dough into small handfuls and roll into individual balls.
5. Scatter some flour on the bench surface and using a small rolling pin, roll the balls into a flat square shape.
6. When making up each dumpling, moisten the edge and gather up around the filling to seal.

Split Peas (if using)

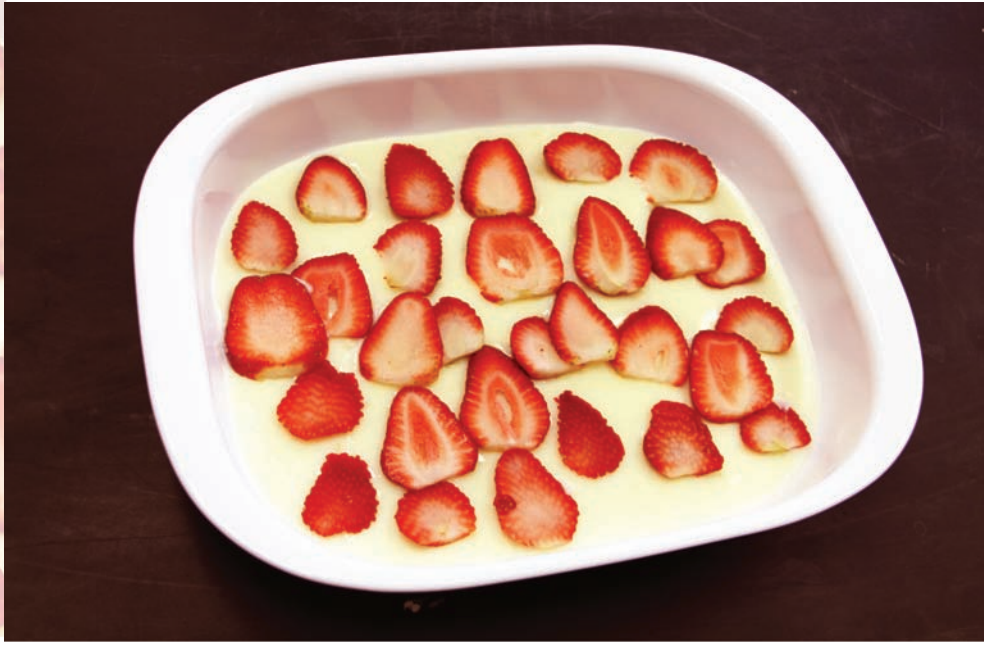
1. Soak 300gms dried split peas for 2-3 hours or overnight.
2. Cook peas in 3/4 cup water for 30-40 minutes until soft.
3. Season with salt and pepper.
4. Set aside to add to sauce topping as required.



AFGHAN FOOD



Firni



AFGHAN FOOD Firni

Light and delicately-flavoured Afghan milk pudding. Firni is also easy on the stomach after a heavy and rich meal.

An important expression of food culture in Afghanistan is the dastarkhan, a spread of dishes arranged on a tablecloth that might be laid on the floor. The meal might be simple tea and bread for the family, or it could be a feast running to dozens of plates.

SERVES
4-6

TIMING
less
than 30
min

INGREDIENTS

- milk, 500ml (1 pint) – full cream or skimmed
- cornflour/corn starch, 2 tblsps
- sugar, 3 tblsps
- ground cardamom, 1 tsp
- a dash of rose water
- sliced strawberries or chopped fresh fruit in season for garnish

INSTRUCTIONS

1. Place milk in a heavy-bottomed pan and whisk in the cornflour.
2. Add the remaining ingredients and bring gently to the boil while constantly stirring the mixture.
3. Simmer gently and stir for a further 5 minutes before pouring into a large bowl or individual serving dishes. Be careful not to scrape the bottom of the pan. Any burnt bits should stay on the bottom of the pan and not end up in your Firni!
4. Allow mixture to cool before placing in the fridge to chill and set.
5. Place fruit on top of pudding before serving.

ARABIC FOOD Dolma

A family of stuffed vegetable dishes



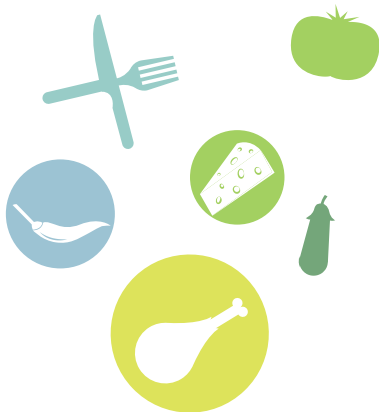
The Dolma is a special Iraqi recipe, consisting of various stuffed vegetables including onion skins and vine leaves.

SERVES
10

TIMING
2.5
hr

INGREDIENTS

- Basmati rice, 6 cups (soaked)
- lamb mince (with fat), 3 cups
- salt, 2 tblsps
- white pepper, 1 tblsp
- pomegranate molasses, 1 small bottle
- 7 spices blend (cardamom, cinnamon, coriander, black pepper, nutmeg, cloves, OR Dolma spice), 3 tsps
- Olive oil
- garlic, 1 bulb
- vine leaves, 1 jar (found in most Middle Eastern supermarkets)
- onions, 20 medium size
- capsicums/peppers, (de-seeded cucumber or zucchini may be used) – total of 6-10 vegetables
- juice of 3 lemons



INSTRUCTIONS

1. Take skin off all onions and make a slit halfway down – do not go past the core.
2. Place onions in a saucepan with salted water and bring to the boil. You should start to see each onion layer expanding. Drain and set aside.
3. Open the bottle of vine leaves and wash them in water.
4. De-core capsicums/peppers ready to be stuffed.
5. In a large bowl, add the rice, lamb mince, salt, pepper, Dolma spice mixture, olive oil, and 4 tbsps of the pomegranate molasses. Mix together thoroughly.
6. Fill your vegetables with rice and lamb mixture.
7. Remove each onion layer gently, giving you approx. 4-5 layers/shells per onion. Stuff each shell with the above mixture.
8. Set out each vine leaf (the vein side facing you) and add a small amount of rice mixture. Hand-roll

to form a small cigar shape.

9. Place lamb chops on the bottom of a large saucepan. Arrange onion balls on top of the chops. Layer with stuffed vegetables of your choice and top with the stuffed vine leaves. Ensure a snug and tight fit.
 10. Add the lemon juice, another generous glug of olive oil, 4 tbsps of the pomegranate molasses and finally water. The level of liquid in the saucepan should not exceed the second layer of the vine leaves (from the top).
 11. Place a small plate on top and push down firmly.
 12. Bring to the boil for 10 minutes, then lower heat and slow cook for 50 minutes.
 13. Flip the dolma pan (be careful) onto a large tray and serve in the middle of the table.
-



A sweet pastry



A rich sweet pastry made of layers of filo filled with chopped nuts and sweetened and held together with syrup or honey.

SERVES
6

TIMING
1.5
hr

INGREDIENTS

- walnuts or pistachios, 2-3 cups
- sugar, 2 tblsps
- rosewater or blossom water, 3 tsps
- unsalted butter, melted – 350g
- filo pastry, 375g

Ingredients for the syrup

- sugar, 440g (2 cups)
- water, 250ml
- lemon juice, 1 squeeze
- rosewater or blossom water, 1 tsp

INSTRUCTIONS

1. Lightly crush the nuts in a food processor. Tip into a bowl and mix with the sugar, blossom /rosewater.
2. Preheat the oven to 180°C. Brush a baking tray measuring 20 x 30cm with melted ghee or butter.
3. Add a layer of filo in the base of the tray and brush with more butter.
4. Keep layering with buttered filo until you have used half the filo.
5. Spread the nuts in an even layer on top.
6. Continue layering with the remaining filo, brushing with butter as you go. (You may not need all of the butter).
7. Carefully cut the baklava into diamond shapes.
8. Pour a little more of the melted butter over the top, and bake for about 55 minutes, or until golden brown.
9. Meanwhile, prepare the syrup by combining the sugar, water and lemon juice in a saucepan over medium heat, stirring to dissolve the sugar. Bring to the boil, and then simmer for 15 minutes until slightly thickened. Remove from heat and add the orange blossom water and rosewater.
10. Pour the hot syrup over the hot pastry.





Braised Prawns

CHINESE FOOD

CHINESE FOOD Braised Prawns

Tomato Sauce and Prawns Stir Fry

Stir fry is the most common way to cook Chinese food. Tomato Sauce and Prawns stir fry is one of the most popular dishes on the Chinese table. It is quick, easy, juicy, tender and full of flavour. This dish is best partnered with steamed rice.

SERVES
4-6

TIMING
11
min

INGREDIENTS

- 12 green prawns with shell on, 300g, cleaned
- 1 tomato, cut into eighths
- 1 yellow onion, small, cut into wedges
- ketchup/tomato sauce, 3 tbsps
- dark soy sauce, 1 tsp
- water, 500ml
- broccoli, 1 head, cut into florets

INSTRUCTIONS

1. Fry onions on high heat until slightly shrunk and charred.
2. Add the prawns and tomato and continue to fry until the prawns are almost pink.

3. Blanch broccoli for 1 minute in salty hot boiling water until they turn a bright green colour, and refresh in a cool water bath. Strain and reserve to use as a decoration around your platter.
4. Add ketchup/tomato sauce, dark soy sauce and water to the prawns. Mix well to coat the prawns in the sauces. Stir fry for another 1-2 minutes. Place onto platter with broccoli to serve.

CHINESE FOOD



Glutinous Rice Roll



Chinese Pancake Roll

This pancake roll is made with sticky rice flour and has a sweet filling which represents a happy and sweet life. Sticky rice flour pastries are famous in Chinese cuisine and are quite popular in the Guangdong province and Hong Kong. Glutinous rice, also known as sticky rice is one of the most important ingredients in different types of Chinese pastry and is used to make famous festival foods such as those for the Dragon Boat Festival, New Year, Spring Festival and Mid-Autumn Festival.

SERVES
4-6

TIMING
30-45
min

INGREDIENTS

- glutinous rice flour, 125g
- rice flour, 12g
- sugar, 25g plus additional sugar for filling
- water
- oil
- peanuts, 2 handfuls chopped
- sesame seeds, 2 tblsps
- shredded coconut, 1 large handful

INSTRUCTIONS

1. Combine sugar with chopped peanuts, sesame seeds and shredded coconut and keep aside.
2. Mix the glutinous rice flour with the rice flour and 25g of sugar with enough water to form a batter of thick pouring cream consistency.
3. Heat a little oil in a frying pan and pour some of the paste into a large round shape to make a thin pancake. Cook both sides until crispy. Remove and keep aside. Continue this process and use up the batter.
4. Fill each pancake with some of the filling (made in Step 1) and make into rolls. Cut into serving size pieces /rounds.

ETHIOPIAN FOOD

Key Word



ETHIOPIAN FOOD Key Wot

Spicy Beef Stew.

The national dish of Ethiopia is wot, a spicy stew. Wot may be made from beef, lamb, chicken, goat, or even lentils or chickpeas, but it always contains spicy berbere.

SERVES
4

TIMING
1.5-2
hr

INGREDIENTS

- beef, 750g, cubed (cute in small cubes)
- onions, 1kg chopped
- oil
- minced garlic, 2-3 tbsps
- berbere (Ethiopian hot chilli spice) to taste
- Tomato paste, 2-3 tbsps (optional)
- Salt and black pepper to taste

INSTRUCTIONS

1. Gently cook the onion with oil until brown.
2. Add garlic and berbere and cook for up to 30 minutes. Add water if needed, then tomato paste, mixing well and stirring each time you add water.
3. Add meat, mix and stir well. Leave to slow cook for an hour or until meat is tender. Stir every 5 minutes. Season with salt and pepper at the end.
4. Serve with enjera (Ethiopian flat bread). Eat using fingers.





ETHIOPIAN FOOD



Ethiopian Coffee Ceremony

We make coffee as part of our culture on a daily basis and for every guest that comes to visit.

We serve it after we eat a meal together and when we chat with family and friends.

We cook the coffee beans fresh and grind it. We use a clay pot (Jebena) to make the coffee and it tastes amazing. This is one of our best Ethiopian Traditions.

ETHIOPIAN FOOD Pasty

Snack or serve with tea after dinner. It is a pastry made of fried dough.



In Ethiopia, it is common to serve your guests with coffee, popcorn, and on special occasions, bread. The lady spends over an hour hand roasting, grinding, and brewing coffee and popcorn.

SERVES
6-8

TIMING
1
hr

INGREDIENTS

- flour, 4 cups
- icing sugar, 3-5 tsps
- oil, 1/2 cup, plus oil for frying
- baking powder, 1 tsp
- salt, 1/2 tsp
- warm water, enough to make a firm dough

INSTRUCTIONS

1. Place flour, icing sugar, baking powder, salt and ½ cup oil into a bowl. Add warm water and mix well.
2. Knead for about 10 minutes.
3. Rest dough for 30minutes.
4. Roll out the dough into balls and flatten into disc shapes.
5. Heat oil in a frying pan and cook each side of the discs until well cooked and golden brown. Serve.

INDIAN FOOD Chicken Biryani

Spicy rice dish with chicken.



Biryani originated in Persia and might have taken a couple of different routes to arrive in India. It could have come from Persia via Afghanistan to North India or it could have also been brought by the Arab traders via the Arabian sea to Calicut.

Besides the historical facts, the story gets a little fuzzy with legends. Biryani is a mixed rice dish made with spices, rice and meat, and is popular among Muslims and the Indian subcontinent.

SERVES
4-6

TIMING

Soaking time, 2 hours.
Marinating time, 30 minutes.

INGREDIENTS

- ginger, 4cm piece peeled and roughly chopped
- garlic, 6 cloves peeled
- natural yoghurt, 95gms (1/3 cup)
- lemon juice, 1 tblsp
- ground turmeric, 1 tsp
- ground chilli, 1 tsp
- garam masala, 1 tsp
- green chillies, 2 small, finely chopped
- 1/2 tspn salt
- coriander leaves, 1/3 cup roughly chopped, plus extra to serve
- mint leaves, 1/3 cup roughly chopped, plus extra to serve
- whole chicken, 1.5kgs, cut into 8 pieces (can use pre-cut pieces)
- pinch of saffron threads
- ghee (clarified butter), 2 tblsps
- vegetable oil, 60mls (1/4 cup)
- red onions, 4 medium size, sliced
- blanched almonds, 50g (1/3 cup)

- bay leaves, 2 dried
- cloves, 3 only
- cinnamon quills, 2 pieces
- cardamom pods, 3 bruised
- caraway seeds, 1 tsp
- basmati rice, 1kg, soaked in cold water for 2 hours

INSTRUCTIONS

1. Place ginger and garlic in the bowl of a small food processor and process until a paste forms.
2. Transfer to a large bowl and add yoghurt, lemon juice, turmeric, ground chilli, garam masala, green chillies, salt, and half the coriander and mint. Mix well to combine.
3. Add chicken, turning to coat in marinade. Cover and refrigerate for 30 mins.
4. Place saffron in a bowl with 2 tblsps warm



water and set aside to infuse for 30 mins.

5. Heat ghee and oil over high heat in a large, non-stick frying pan with a tight-fitting lid.

6. Add onions and cook, stirring for 15 mins or until lightly browned. Remove onions from pan, drain on paper towel and set aside.

7. Add almonds to the same pan and cook, stirring for 2 mins or until golden. Remove from pan, drain on paper towel and set aside.

8. Remove all but 1 tbsp of oil mixture from pan and reserve. Allow excess marinade to drip off chicken and add chicken pieces to the pan. Reduce heat to low.

9. Place a large saucepan of cold water over high heat. Add bay leaves, cloves, cinnamon, cardamom and caraway seeds.

10. Drain rice from soaking water and add to pan. Bring to the boil.

11. As soon as rice starts to boil, strain out half the rice and evenly spread this over the chicken in the frying pan.

12. Drizzle some of the reserved cooking oil over the chicken and rice. Top with half the fried onions and half the fried almonds. Sprinkle over remaining coriander and mint.

13. Continue cooking biryani over low heat,

and continue boiling remaining rice for a further 2 mins or until tender.

14. Drain remaining rice and place on top of the biryani. Top with remaining fried almonds. Drizzle over saffron-infused water and cover with a tight-fitting lid. Cook a further 30 mins or until chicken is cooked through and rice is tender.

15. Top with remaining fried onions and serve sprinkled with coriander and mint.



INDIAN FOOD

Sweet
Vermicelli



Oil dry-roasted rice noodle sweet with dried fruits.

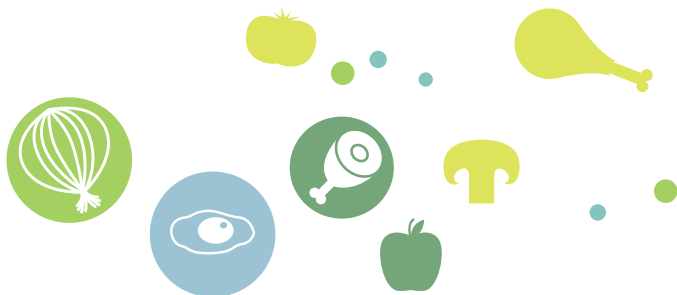
In India and other countries of the Indian Subcontinent, vermicelli is known by various local names. The noodles are used in a number of dishes including a variation of kheer, a sweet dessert similar to rice pudding. Vermicelli are also used in many parts of India to make a popular dish called upma, a dry oil-roasted vermicelli dish cooked with a choice of vegetables.

SERVES
4

TIMING
no more **30**
than min

INGREDIENTS

- vermicelli noodles, 2 handfuls
- sugar, 7 tbsps
- cardamoms, 4-5 green ones, grind into a powder
- ghee, 3 tbsps
- water, 2 cups
- dried fruits, 1/2 cup



INSTRUCTIONS

1. Break vermicelli noodles into smaller pieces.
2. Lightly heat the ghee in a heavy bottomed pan for a few seconds.
3. Fry the vermicelli on low heat until it turns a shade darker than golden.
4. Add water and powdered cardamoms.
5. Cook on medium heat, stirring continuously until the water has dried up.
6. Add sugar and mix.
7. Cover with a lid and remove from the stove to stand.
8. Garnish with dried fruits.
9. Serve hot after standing for 5 minutes.

[illegible]

KAREN FOOD Beef Curry (Karen People Style)

Spicy rice dish with beef.

Approximately 75–80 % of Karen people in Burma live in rural areas and most of them earn their living by working on paddy farms, gardens or orchards. The dish is simple and easy to cook. This Karen style beef curry is usually served during the Karen event celebration.

SERVES
3-4

TIMING
30-60
min

INGREDIENTS

- beef, 1 kg cubed
- oil, 3 tblsp
- tomatoes, 3 medium chopped
- sweet paprika, 2 tsp
- hot chilli powder, 1 tblsp
- chicken powder, 2 tsp
- turmeric, 1/2 tsp
- fish sauce, 1 tblsp
- ginger, 2 g (size of a finger)
- onion, 1 large chopped
- garlic, half of a whole head of garlic
- lemongrass, 1 piece chopped – use the white part only

INSTRUCTIONS

1. Add chicken powder, fish sauce and turmeric to the cubed beef and mix well.
2. Heat oil in a saucepan/cooking pot.
3. Add onion, ginger, garlic and lemon grass and stir. Cook until ingredients turn brown.
4. Put in the beef. Heat until beef is cooked.
5. Add tomatoes.
6. Cook the curry, stirring every 5 minutes.
7. When cooked, serve with boiled rice.



KAREN FOOD



Floating Sweetened Rice Balls

KAREN FOOD Floating Sweetened Rice Balls

A dessert of sticky rice balls

This is a sweet and warm dessert of sticky rice balls in coconut milk perfect for a cool night. It's very simple to make and requires a few ingredients.

SERVES
10

TIMING
up to 30
min

INGREDIENTS

- glutinous rice flour, 500g
- brown sugar, 2 tblsps or to taste
- palm sugar, 2 pieces, grated (table tennis ball size)
- white sugar, 1 tblsp or to taste
- coconut cream, 500ml
- water, 500ml water, plus 2Ltrs extra water

INSTRUCTIONS

1. Place the 500g glutinous rice flour into a mixing bowl.
2. Pour in 500mls of water and mix it with the glutinous rice flour.
3. Pour the extra 2Ltrs of water into a pot and bring to the boil.
4. Knead dough and make into small eating size balls. Place aside for cooking.
5. When the water in the pot boils, place the dough balls in to cook. They are ready when they float to the top. Use a slotted spoon to remove them and keep aside.
6. Pour the coconut cream into the pot.
7. Add the brown sugar and white sugar. Stir to dissolve.
8. Return the glutinous rice balls to the pot. Stir.
9. Cook for a further one minute, then serve.

PERSIAN FOOD





A favourite appetizer or light lunch dish resembling a liquid feta cheese. It is a blend of grilled and mashed eggplant, garlic and kashk (whey) and dried mint. The kashk is available from Middle Eastern

SERVES
6-8

TIMING
30
min

INGREDIENTS

- olive oil
- eggplants, 4 peeled and finely sliced
- onion, 1 finely chopped
- turmeric, 1 heaped tsp
- garlic cloves, 3 finely chopped
- dried mint, 2 tbsps
- whey (kashk), 2 tbsps (available from Middle Eastern grocery stores)
- salt and pepper to taste
- chopped walnuts/or almonds
- chopped flat-leaf parsley

INSTRUCTIONS

1. Heat 2 tbsps of oil in a non-stick frying pan until oil is really hot.
2. Fry eggplants until soft and golden. Remove from pan and drain on paper towel.

3. Add onions with a little more oil and fry until translucent. Stir in turmeric.
4. Push onion to one side of pan, and add the garlic. Fry until fragrant then push to another side of the pan. Remove the pan from heat, add the mint and fry briefly in the remaining heat.
5. Put eggplant in a bowl and mash.
6. Heat a little more oil in a saucepan and cook the eggplant until it turns into a gold colour.
7. Add whey (kashk), more of the onion, garlic and mint (reserve some for garnish), salt and pepper. Warm the ingredients through and combine.
8. Spoon into a serving bowl and top with the remaining onion, garlic and mint.
9. Sprinkle with walnuts and parsley and serve warm.

PERSIAN FOOD Saffron Zoolbia

Deep fried pastry with saffron sugar syrup and almonds.

The dessert is the traditional Arabic-Turkish winter dessert and is usually served with Tea or coffee.

SERVES
8

TIMING
30
min



INGREDIENTS

Ingredients for pastry

- cornflour, 300g
- labne, 100g (thick yoghurt cheese made by adding salt to yoghurt, then hanging the yoghurt to remove the excess whey. Labne can be purchased from European delicatessens and cheese stores).
- water, 170ml
- vegetable oil, enough for deep frying
- chopped almonds, enough to go on top of the pastry

Ingredients for sugar syrup

- water, 500ml (2 cups)
- caster sugar, 1kg
- saffron, 3 generous pinches

INSTRUCTIONS

1. Make the saffron sugar syrup by combining the saffron and water in a saucepan on simmer.

2. Slowly add the sugar and stir until dissolved.
3. Increase the heat and bring to the boil.
4. Remove from the heat, and transfer the syrup to a sterilised jar and steep for 24 hours before using. This syrup will keep for 6 months at room temperature.
5. Beat cornflour and labne with an electric mixer on medium speed until combined.
6. Add water gradually and continue to mix until it is the consistency of thickened cream.
7. Transfer this mixture to a squeeze bottle. Cut the tip off the bottle so the opening is about 5mm in diameter.
8. Heat the oil in a deep fryer or large wok to 170°C. Squeeze the batter directly onto the hot oil in a rough circular motion, about 10cm round, crossing over the circle a few times to ensure the zoolbia holds together.
9. Cook for 1 minute on each side or until light golden. Cook as many as will fit in the wok at one time.

10. Once cooked, transfer the zoolbia to a wire rack to drain off the excess oil.
11. Pour the saffron syrup into a large shallow bowl and soak the cooked zoolbia for 1-2 minutes or until they absorb the syrup and take on some of the saffron colour. (The zoolbia can be cooked ahead of time then soaked once ready to serve).
12. Drain cooked zoolbia to remove excess syrup and arrange on a plate for serving immediately.





SRI LANKAN FOOD



Rava Upuma

Breakfast dish: thick porridge

This is a popular breakfast dish, cooked as a thick porridge from dry roasted semolina or coarse rice flour. Various seasonings and/or vegetables are often added during the cooking, depending on individual

SERVES
3

TIMING
30
min

INGREDIENTS

- Semolina, 1 cup
- onion, 1 medium size, chopped finely
- green chili, 1 chopped
- ginger, 1/2 inch grated or chopped finely
- water, 2.5 cups
- mustard seeds, 1 tsp
- cumin seeds, 1/2 tsp
- curry leaves, 1 sprig
- cashew nuts, 10 to 12
- coriander leaves, 2 tblsps chopped

- oil or ghee, 2 tblsps
- salt as required

INSTRUCTIONS

1. Prep the ingredients for the upma – finely chop the onion, chilli, ginger and some coriander leaves. Collect together the curry leaves and cashews.
2. Heat a pan and add the semolina (rava). Roast while stirring constantly.



grains should become fragrant and start to look dry, separate and crisp up. Do not brown the rava.

3. Remove rava from pan and place on a plate. Keep aside.

4. Heat the 2 tblsps oil/ghee. When hot, add the mustard seeds to fry. These seeds will crackle.

5. To the same pan, add the cumin seeds and fry till they begin to brown.

6. Add cashews and fry until the nuts are golden.

7. Add onions and saute the onions until they become translucent.

8. Add chopped chili, ginger, curry leaves and saute for another minute.

9. Add 2.5 cups water to this mixture. Add salt as required.

10. Heat the water on a medium to high flame/heat until it comes to a rolling boil.

11. Lower flame/heat to its lowest and add the rava/semolina in 4 to 5 batches with a spoon. Stir after each addition to mix well. (The rava grains will absorb the water and swell as it cooks).

12. Cover and allow the rava upma to



SRI LANKAN FOOD





Sri Lankan style pudding

This is a (pudding style) dessert using sago and cashews. This recipe can also be made with rice, broken wheat, tapioca or vermicelli and flavoured with pistachios or almonds. wheat, tapioca or vermicelli and flavoured with pistachios or almonds.

SERVES
6-8

TIMING
up to 30
min

INGREDIENTS

- sago, 1/4 cup
- water, 2 cups
- milk, 1 cup
- sugar, 1/4 cup (adjust to taste)
- cardamom powder, 1/8 tsp
- cashews, a few
- ghee, 1 tblsp

INSTRUCTIONS

1. In a saucepan, cook the sago in the 2 cups of water until sago turns transparent. Keep stirring at regular intervals. May take 10 to 15 mins to cook.
2. Add sugar when the sago is cooked. Mix well and boil for a few seconds.
3. Add milk, cardamom powder and bring back to the boil.
4. Roast cashews in the ghee and add to the sago mixture.
5. Pour payasam into a serving dish. May be served warm or cold.

(This recipe can be made directly in a stove-top heat proof serving bowl if you prefer)

TURKISH FOOD



Karniyarik

Stuffed eggplant with lamb or beef.



It is a very popular and delicious dish in the community kitchen. The dish history back dated to Ottoman Empire time which was cooked at emperor kitchen

SERVES
6-8

TIMING
25-30
min

INGREDIENTS

- eggplants, 6 small to medium size standard European globe type
- olive oil
- onions, 2 finely diced
- green chillies, 8 small (keep 6 whole and chop 2 - keep separate)
- minced lamb or beef, 300gms
- tomatoes, 500g finely diced, plus 8 slices of ripe tomato
- tomato paste, 2 tbsps and 2 glasses of hot water (at time of baking)
- parsley, 15g chopped
- garlic, 4 cloves sliced
- paprika – 1 tsp
- sea salt and black pepper to taste
- cooked rice, green salad and garlic yoghurt to serve as accompaniments (if desired)

INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Peel each eggplant lengthways (like pyjama stripes), and leave the head of the eggplants on. Soak the eggplants with salty water for 20 mins and then remove them and pat dry with paper towel.
3. Heat the olive oil in a large frying pan and fry the eggplants for 5 minutes until evenly browned all over.
4. Add 6 whole chillies to the pan and fry for 2 mins. Lift out the fried chillies and keep separate.
5. Remove the eggplants from the pan and set aside.
6. Using the same pan, fry onions over medium heat, stirring until soft.
7. Add the two remaining chillies (chopped) and cook for 2 mins.
8. Add the lamb or beef mince, diced tomatoes and most of the parsley.
9. Season with sea salt and black pepper, and cook for a further 5 mins.
10. Cut the eggplants in half lengthways keeping the head of the eggplants in place and put them in a baking tray, cut side up.
11. Gently “open the bellies” of the eggplants and sprinkle with salt. Poke the garlic slices into the eggplants and spoon the meat filling into the belly of each eggplant. Cover each with a slice of tomato and a whole fried chilli.
12. Mix the tomato paste with the 2 glasses of hot water and then pour over the eggplants. Bake for 25-30 mins. Garnish with the reserved parsley and serve hot with rice, green salad and garlic yoghurt.

TURKISH FOOD Revani

Semolina cake in syrup.



During Ottomans Empire, the cooks in the palace created this sweet in celebrations of separation of the city called (Erivan) and named the dish REVANI.

SERVES
6-8

TIMING
45-50
min

INGREDIENTS

- semolina, 165g fine grain, uncooked
- sugar, 200g
- plain flour, 3 tbsps
- baking powder, 1 tsp
- plain yoghurt, 225g
- eggs, 3 medium (60g eggs)
- olive oil, 3/4 cup
- vanilla extract, 2 tsps
- zest of 1 lemon and juice of 1/2 a lemon

Ingredients for Syrup

- sugar, 3 cups
- water, 3 cups
- juice of 1/2 a lemon
- ground pistachio nuts, desiccated coconut and 1 peeled and sliced orange to serve



INSTRUCTIONS

1. Preheat the oven to 180°C.
2. Make the syrup by combining sugar and water in a saucepan on a medium heat. Stir and bring mixture to boil. Reduce the heat to low and let the syrup simmer for 10 minutes, uncovered.
3. Add lemon juice, mix well and simmer for another 3 minutes. Turn the heat off and allow syrup to cool.
4. Grease a 25 x 20cm baking dish with 2 tbs olive oil.
5. In a large mixing bowl, beat the eggs and sugar for a few minutes.
6. Add remaining 2 tbs olive oil, yoghurt, semolina, flour, baking powder and beat well.
7. Stir in vanilla extract, lemon juice and lemon zest. Mix well to create a smooth batter.
8. Pour the mixture into the greased baking dish and bake for 25-30 minutes, until the cake is golden brown. Check if the cake is cooked by inserting a toothpick/skewer into the centre of the cake. If it comes out clean, the cake is cooked. If not, bake for another 3-5 minutes.
9. Keep the cake in the dish and drizzle the cooled syrup all over the revani/semolina cake. Let the cake absorb the syrup and cool down.
10. Once the cake is cooled, sprinkle ground pistachio nuts and desiccated coconut on top.
11. Cut the revani/semolina cake into square or diamond shapes. Layer each piece with a slice of orange ready for serving.

VIETNAMESE FOOD



Gỏi cuốn

Vietnamese Rice Paper Roll



These spring rolls are really healthy and not fried. The clean fresh flavours of prawn, (other fillings of pork and chicken), and lots of herbs are held together by the rice paper.

SERVES
30

TIMING
2.5-3
hr

INGREDIENTS

- Rice paper wrappers, 22cm, 30- 36 sheets- round or square
- Tiger prawns (raw/uncooked), 2 kg shelled
- Rice vermicelli, 340g per bag – 1 bag
- Chinese chives, 3 bunches
- Basil, 1 bunch
- Purple perilla, 1 bunch
- Mint, 1 bunch
- Shallot , 1 bunch, chopped and mix with cooking oil
- Lettuce, 1 whole chopped
- Peanut butter, 2 tbsps
- Hoisin Sauce, 1 tblsp
- Chili Sauce, to taste
- Water, 1/2 tblsp



INSTRUCTIONS

1. Cook prawns, peel, devein and cut in half.
2. Wash basil, purple perilla and mint. Keep leaves only.
3. Wash Chinese chives, cut in half.
4. In a glass bowl, put rice vermicelli in cold water for 10 min, heat in microwave for 50 sec. Smear chopped shallots and cooking oil on vermicelli.
5. Fill a large shallow bowl with warm water. Dip one wrapper into the water for 1 second to

soften.

6. Lay wrapper on the bench and place 2 prawn halves, rice vermicelli, basil, mint, purple perilla and lettuce in a row across the centre, leaving about 5cm of the wrapper uncovered on each side.

7. Fold in uncovered sides of wrapper, place 2 Chinese chives halves. Roll tightly to enclose the filling. Repeat with remaining rolls.

8. In a small bowl, mix 2 spoons of the peanut butter with one spoon of hoisin sauce, half spoon of water and half spoon of chili sauce.

9. Serve the rice paper rolls with hoisin-peanut dipping sauces. lemon zest. Mix well to create a smooth batter.



VIETNAMESE FOOD



VIETNAMESE FOOD Bánh khoai mì

Cassava Cake

Cassava, a root /tuber is the third largest source of food carbohydrate in the tropics. When dried to a powdery (or pearly) extract, it is called tapioca. This delicious cake is very popular and is known by many other names in South-east Asia.

SERVES
10

TIMING
2 hr

INGREDIENTS

- Grated cassava, 2 bags (450g per bag)
- Sugar, 400g
- 4 eggs
- Coconut milk, 2 boxes (200ml per box)

INSTRUCTIONS

1. Preheat the oven to 180°C
2. Place all ingredients in a bowl and mix thoroughly
3. Pour into the prepared baking pan and bake 20 min at 200°C, then bake 40 min at 160°C
4. Remove from the oven and allow to cool slightly
5. Cut into serving size pieces and enjoy.

