

MULTICULTURAL recipe BOOK

COOKING FOR COHESION



**A collection of recipes shared by the multicultural
community in the Snowy Monaro Region**

Cooking For Cohesion

“Cooking for Cohesion” was youth led project that aimed to tackle racism through the shared enjoyment of food! In 2017, the project engaged local home cooks from diverse cultural backgrounds, to deliver cooking workshops with young people; teaching them traditional cooking methods and sharing their culture.

This book is a collection of recipes shared by the multicultural community from across the Snowy Monaro Region in NSW.

We hope this book opens hearts, minds and mouths.

This project was made possible thanks to support from:



SNOWY MONARO
REGIONAL COUNCIL



Cooma Multicultural Centre

Jerk Chicken

ACTIVE: 00:30
TOTAL: 01:30
MAKES: 4 - 6
SERVINGS

Don't talk about the chicken like that, what did it ever do to you? #dadjokes aside... "Jerk" refers to a way that a meat, be it chicken, beef, pork, goat, fish, vegetables or fruit is seasoned and cooked. This is a classic Jamaican dish that you'll cook over and over again.

Ingredients:

1/2 cup white vinegar
2 tbsp. pineapple juice
2 jalapeno peppers or (2 habanero peppers if you like it hot), with seeds, chopped
1 red onion, chopped
4 spring onions, chopped
2 tbsp. fresh thyme leaves, chopped
2 Tbsp. olive oil
2 tsp salt
2 tsp freshly ground black pepper
4 tsp ground allspice
4 tsp ground cinnamon
4 tsp ground nutmeg
3 tsp ground ginger
2 tsp molasses
1 whole roasting chicken, cut in half, lengthwise
1/2 cup lime juice
Salt and pepper

Directions:

1. Put vinegar, pineapple juice, hot peppers, onion, spring onion tops, thyme, olive oil, salt, pepper, allspice, cinnamon, nutmeg, ginger, and molasses into a blender. Blend until mostly smooth.
2. Place chicken in a large freezer bag, or in a large roasting pan or baking dish. Pour lime juice over the chicken and coat well. Add the jerk paste to the chicken pieces and coat well. Seal the bag or cover the chicken with cling wrap. Refrigerate overnight.
3. When you are ready to cook the chicken, remove chicken from the marinade bag or pan. Put the remaining marinade into a small saucepan. Bring to a boil, reduce heat and simmer for 10 minutes. Set aside to use as a basting sauce for the chicken.
4. Preheat grill or BBQ to a medium heat. Sprinkle chicken halves with salt and pepper. Place chicken, skin side down on the grill grates. Cover. Cook for approximately one hour, turning the chickens occasionally and basting with marinade, until cooked through. Transfer chicken to platter. Cover loosely with foil to keep warm and let stand for 15 minutes. Dig in!



Rice & Peas

ACTIVE: 00:15
TOTAL: 01:00
MAKES: 6 SERVINGS

Jamaican Rice and Peas is the undisputed winner of the title “Most eaten Jamaican food”, in fact it’s often lovingly referred to as “Jamaica’s Coat of Arms”.

Ingredients:

3 cups of rice
1 can red kidney beans, drained
5 cloves of garlic, crushed
1 uncut jalapeno pepper
3 spring onions, roughly chopped
1 cup of unsweetened coconut milk
1 tsp of salt
1 tsp of pepper
2 sprigs of fresh thyme

Directions:

1. Combine garlic with 7 cups of water in a large saucepan and bring to the boil
2. Add kidney beans, coconut milk, rice, salt, pepper and thyme to the boiling water.
3. Add the spring onion and the uncut pepper (note, the pepper remains uncut so as to not make the rice spicy, but to just give it a subtle pepper flavour).
4. Cook on low-medium heat for approximately 40 minutes or until rice is cooked and liquid has been absorbed Serve warm



Lebanese Hummus

ACTIVE: 00:15
TOTAL: 0:15
MAKES: TO SHARE

A traditional Lebanese Hummus recipe. We ate this with a spoon right from the blender. If unlike us, you're a respectable person - you could probably serve as a dip with Lebanese bread (see recipe below)

Ingredients:

1 400g can chickpeas (drained but reserve the liquid)
1 tsp baking soda
2 tsp tahini
Juice of half lemon
2 tsp extra-virgin olive oil + 1 tablespoon to drizzle on top (optional)
1 clove garlic crushed
1 tsp salt
1/2 tsp cumin

To garnish:

paprika and/or whole chickpeas,
1 extra virgin olive oil

Directions:

1. Drain the chickpeas but reserve the liquid in a separate container.
2. Put the chickpeas in the bowl of a food processor and blend for 1 minute.
3. Add the tahini, extra virgin olive oil, lemon juice and keep mixing until it becomes creamy. Stop to scrape down the sides once or twice.
5. Add the garlic, salt and cumin and blend for 3-4 minutes until thoroughly mixed and smooth.
6. If it's too thick add 1 tablespoon of the reserved chickpea liquid until the consistency is perfect.
7. Taste and adjust the seasonings, adding more salt or lemon if needed
8. Place in a shallow bowl, drizzle 1 tablespoon of olive oil, garnish with a few chickpeas and sprinkle with paprika.



Lebanese Bread

ACTIVE: 00:15
TOTAL: 3:00
MAKES: 8 PIECES

Dip it, wrap it or even use it as a pizza base. This versatile treat is simple and yum. Winning.

Ingredients:

7g sachet dry yeast
1 tsp caster sugar
1 & 1/3 cups warm water
4 cups plain flour
1 tsp salt
2 tbsp olive oil

Directions:

1. Place yeast, sugar and 1/3 cup warm water in a jug. Stir to dissolve yeast. Set aside in a warm place for 10 minutes or until foamy
2. Sift flour into a large bowl. Add salt. Stir to combine. Make a well in centre. Add yeast mixture, 1 tablespoon oil and remaining warm water. Mix to form a dough
3. Turn dough out onto a lightly floured surface. Knead, adding remaining oil, for 20 minutes or until smooth. Place dough in an oiled bowl. Cover. Set aside in a warm place for 2 hours or until doubled in size
4. Using your fist, punch dough down. Knead for 2 minutes or until smooth. Divide into 8 balls. Using a rolling pin, roll each ball out to a 22cm round. Layer rounds between baking paper. Set aside in a warm place for 30 minutes or until slightly puffed
5. Heat an oiled pan on high. Reduce heat to low. Cook bread, in batches, for 2 minutes each side or until lightly browned and puffed. Serve



Sumac Spiced Baked Fish

ACTIVE: 00:20
TOTAL: 0:50
MAKES: 4 SERVINGS

This is well worth the effort of filleting fish. Absolutely delish! If you couldn't be bothered with the bones and the rest of it, just use fillets.

Ingredients:

1.5kg of fresh whole fish
1 green capsicum, finely chopped
1 red capsicum, finely chopped
1 garlic head, crushed
2 lemons, juiced
7 tsp ground thyme or oregano
2 tsp ground coriander
7 tsp of quality sumac
5 tsp olive oil
1 tsp salt or to taste

Directions:

1. Rinse the fish with water then place in a baking tray and rub with a bit of salt and with about 2 teaspoons of ground thyme or oregano, place some cut lemons inside and bake for 20 minutes at 180C.
2. Chop green and red capsicum into small cubes. In a bowl, mix crushed garlic with lemon juice, 5 teaspoons of ground thyme or oregano, the ground coriander, the sumac, olive oil and salt to taste. Add the chopped capsicum and mix to combine.
3. Once the fish is baked, and while still warm (watch out so you don't burn yourself) remove its bones and scales, pull its meat then place it in a baking tray and scoop the paste on top of it until it's all covered. You don't have to mix it, the paste will seep through naturally.
4. Bake again for about 10 minutes at 180C so the paste infuses well into the meat then serve.



znoud el-sit

ACTIVE: 00:20
TOTAL: 0:35
MAKES: 4 SERVINGS

Aka “Lady fingers”. Filo pastry stuffed with spiced meat and pine nuts. Need we say anymore? Drooling.

Ingredients:

1/3 cup pine nuts
1/3 cup olive oil, plus extra, to brush
2 onions, finely chopped
250 g minced lamb or beef
1 tbsp pomegranate molasses, plus extra, to serve
15 sheets filo pastry, fresh or thawed

Spice Mixture:

1/2 tsp allspice
1/4 tsp black pepper
1/4 tsp ground cinnamon
1/4 tsp ground coriander
1/4 tsp ground cumin
1/4 tsp ground nutmeg

Directions:

1. To make spice mixture, combine all of the ingredients in a bowl and set aside.
2. Place pine nuts in a frying pan over medium heat. Cook, stirring, for 2 minutes or until browned, then remove from pan and set aside.
3. Add oil to the pan with onion and cook, stirring, for 3 minutes or until softened. Add meat and cook, breaking up with a wooden spoon, for 6 minutes or until browned. Add the spice mixture and 3/4 tsp salt and cook for 2 minutes or until fragrant. Remove from heat and stir in toasted pine nuts and pomegranate molasses. Set aside to cool completely.
4. Preheat oven to 200°C. Line an oven tray with baking paper. Lay a sheet of filo pastry on a clean work surface or chopping board, with a long edge facing you. Brush the half closest to you with oil, then fold in half lengthwise. Turn filo so that the short edge is facing you and brush with oil. Shape a heaped tablespoonful of cooled filling along the short edge closest to you, leaving a 2.5 cm border on sides and bottom. Roll short edge over filling to enclose, then fold in the 2 longer sides and roll up to form a cigar shape. Place seam side-down on prepared oven tray and repeat with remaining filo pastry and filling to make 15 rolls. (This sounds complicated but its not. Just wrap it like a small burrito)
5. Place in oven and bake for 20 minutes or until golden. Serve pastries with extra pomegranate molasses.



Fakes Soupas

ACTIVE: 00:15
TOTAL: 01:00
MAKES: 6 SERVINGS

A classic Greek lentil soup(ish) dish. This is healthy and delicious.

Ingredients:

500g brown lentils
5 cups of water
1 small red onion, chopped
2 cloves of garlic, finely chopped
2 bay leaves
1/2 cup olive oil
2 tbsp tomato purée
1 tbsp red wine vinegar
1 tbsp tomato paste
salt and pepper to taste
Feta Cheese and parsley to serve

Directions:

1. Wash lentils well and let them soak for about 2 hours. Drain.
2. Heat a pot over medium-low heat and add the lentils, water, onion, garlic, and bay leaves. Simmer with the lid on for 25 minutes.
3. Pour in the olive oil, red wine vinegar and season with salt and pepper to your liking. Add tomato paste. Boil for another 15 minutes until thick and lentils are cooked.
4. Top with flat leaf parsley, fetta and a drizzle of olive oil



Greek Moussaka

ACTIVE: 00:30
TOTAL: 01:30
MAKES: 6 SERVINGS

A traditional Greek dish, good for any occasion. Think lasagna, but not.

Ingredients:

6 eggplants
Vegetable Oil

For the Meat Sauce:

750g minced lamb
2 red onions, chopped
2 cloves of garlic
400g tin chopped tomatoes
2 tbsp tomato paste
1 tsp sugar
1 cup red wine
1 bay leaf
¼ cup olive oil
Pinch of cinnamon
Salt and pepper to taste

For the topping:

3 ½ cups milk
120g butter
120g flour
2 egg yolks
100g parmesan
Pinch of nutmeg

Directions:

1. Remove stalks from eggplant and cut into slices, about 1cm thick. Season with salt and rest in a colander for about half an hour
2. Rinse eggplants and then squeeze out all the excess water. Pat dry with paper towel and fry in vegetable oil until golden. Drain on paper towel and set aside.
3. To prepare the meat sauce, heat a large pan on medium-high heat. Add olive oil and chopped onions, cook until softened. Stir in garlic, tomato paste and mince and cook till browned. Pour in red wine and wait till it evaporates. Add tinned tomatoes, sugar, cinnamon, bay leaf and a good pinch of salt. Bring to a boil, turn down the heat, simmer covered for 30 minutes or until juices have mostly evaporated.
4. For the béchamel topping, use a large pan and melt butter over medium-high heat. Add flour and whisk to make a paste. Add milk and keep whisking until it's a consistency you like. Remove from heat, stir in egg yolks, nutmeg and grated parmesan. Season with salt and pepper. Whisk it all together quickly – you don't want an omelet (trust us)
5. To assemble, grease a large baking dish with butter. Layer eggplants on the bottom. Pour in the meat sauce and even it all out. Add a second layer of eggplants then top with the béchamel sauce.
6. Sprinkle with grated cheese and bake in a preheated oven at 180C for 60 minutes until golden brown. Rest before cutting it into pieces. Top with feta and serve with salad.



Russian Beef Borscht

ACTIVE: 00:20
TOTAL: 02:15
MAKES: 12 SERVINGS

This sour soup is popular in several Eastern European cuisines. This authentic recipe was shared by a lovely Russian woman who said in a thick Russian accent “it’s exactly like my mothers. If you don’t like it, not my problem. You starve”.

Ingredients:

1kg beef shank (bone-in)
3L water
2 medium sized beetroot, peeled and grated
1 large carrot, peeled and grated
1 tbsp olive oil
1 tomato diced
Juice of ½ a lemon
5 medium sized potatoes, diced
1 tbsp salt
½ medium cabbage
1 onion diced
Teaspoon whole black pepper
4 bay leaves
1 tbsp dried parsley
3 garlic cloves, roughly chopped

To serve:

Sour cream
Flat leaf parsley
Ground pepper
Crusty bread

Directions:

1. Add water, beef and 1 tbsp. salt into a large pot and bring to the boil. Reduce heat to medium and simmer for 1.5 hours.
2. Remove beef from the pot and slice into bite sized pieces. Return meat to the pot and continue cooking on medium/high heat.
3. In a separate pot heat 1 tbsp oil over medium-high heat. Add grated beetroot, carrot and diced tomatoes. Add 2 tbsp. of water and lemon juice to the vegetables and give it a good stir. Reduce heat to low, cover and simmer for 15 minutes.
5. Bring the beef broth back to a boil and add the beet/vegetable mix.
6. Add diced potatoes and cook for 10 minutes
7. Add shredded cabbage. You may want to add boiled water to the pot at this stage depending on how thick you want the soup to be.
8. In a separate pan, sauté onion in olive oil until golden brown and add to soup.
9. Add black pepper, bay leaves, garlic and dried parsley to the soup and continue cooking for another 5-10 minutes. Remove from heat and rest for 10 minutes.
10. Serve in bowls topped with sour cream, herbs and crusty bread.



Thai Chicken & Noodle Curry

ACTIVE: 00:15
TOTAL: 00:20
MAKES: 4 SERVINGS

This dish is perfect for a quick weeknight meal. Add more paste if you like the heat. Yummo.

Ingredients:

300gm wide rice noodles
2 tsp vegetable oil
2 tbsp. minced garlic
¼ cup minced shallots
350gm chicken breast, thinly sliced
1 ½ tbsp. Panang curry paste
400g tin coconut milk – divided in half
1 tbsp. sugar
1 tbsp. lime juice
1 tbsp. soy sauce
1 tbsp. fish sauce
½ cup spring onion, sliced
½ cup coriander
½ cup Thai basil leaves
1 lime cut into wedges

Directions:

1. Cook rice noodles per packet directions. Rinse with cold water and set aside.
2. Heat oil in a wok or large frying pan over high heat. Add garlic and shallots and cook for 30 seconds. Add chicken, curry paste and half the coconut milk. Stir well to dissolve paste and boil for 5 minutes.
3. Stir in the rest of the coconut milk, sugar, lime juice, soy and fish sauce and bring to a boil. Reduce the heat and simmer until the liquid thickens up. Roughly 3 minutes.
4. Add noodles to the liquid, toss to coat and cook until noodles are hot again. Stirring often. Divide the mixture into bowls. Sprinkle with spring onions, coriander and basil and a lime wedge.



Moo Krob Nam Prow

ACTIVE: 00:25
TOTAL: 01:30
MAKES: 4 SERVINGS

Aka crispy pork belly. If you have not experienced the sheer ecstasy of juicy pork belly topped with crispy crackling – you haven't lived.

Ingredients:

2 tbsp oil
4 stem coriander roots (chopped)
8 garlic cloves (chopped)
1 tsp white pepper
400ml TCC coconut juice for cooking
400ml water
2 tbsp oyster sauce
2 tbsp sweet soy sauce
2 tsp fish sauce
4 tsp soy sauce
320g pork belly (scored)
4 baby carrots (peeled)
4 eggs (hard-boiled)
4 broccolini

Directions:

1. In a large pot on medium heat, stir-fry the coriander roots, garlic and pepper until fragrant. About 30 seconds
2. Add pork belly and the rest of the ingredients except (baby carrot, hard boiled egg and broccolini) and bring to the boil. Lower the heat and let it simmer while the oven preheats.
3. Preheat oven to 230C
4. Place pork belly skin side up in the centre of a baking dish. Pour in liquid from the pot to cover the pork, but not the skin! Cook for 10 minutes to dry out the skin.
5. Remove from oven, cover pork with baking paper and seal the pan with foil. Reduce the oven temperature to 180C and cook for 35 minutes.
6. Remove from oven, uncover and increase oven temperature back to 230C. Return to the oven and cook for 25 minutes or until the skin is crispy. Rest for 10 minutes, then slice into 4cm pieces.
- 7 Cook carrot and broccolini to your liking. Dish it up in a bowl with the sliced pork belly and a halved hard-boiled egg.
8. Serve with steamed rice.



NouNou's Pad Thai

ACTIVE: 00:15
TOTAL: 00:30
MAKES: 4 SERVINGS

You'll never go out for Thai again once you try this. Oh my yum. Try adding chicken or tofu if you're into that.

Ingredients:

6 tbsp Vegetable oil
6 gloves of garlic
1 tbsp of sugar
3 tbsp of fish sauce
1 tbsp of Black Bean sauce or 1 ½
tbsp. of tomato sauce
1 tsp of Tamarind sauce
(optional)
2 eggs, beaten
1 packed of Thai Rice Noodles
(soaked in hot water for 20
minutes, and drained)
½ packet bean sprouts

Garnish:

5 tbsp of crushed peanuts
½ tsp of dried chilli flakes or 1
fresh chilli, chopped
2 spring onions, finely chopped
2 tbsp of coriander leaves,
chopped
2 limes, sliced
½ packet bean sprout

Directions:

1. Heat the oil in the wok and fry garlic until golden.
2. Add sugar, fish sauce and other chosen sauces and stir until sugar dissolves.
3. Add the beaten eggs, letting them set slightly, then stir to scramble.
4. Add the noodles and toss and stir for 2 minutes.
5. Add bean sprout and stir over heat until barely cooked.
6. Place noodles onto a dish and garnish with listed ingredients.



Tom Yum Goong

ACTIVE: 00:20
TOTAL: 00:40
MAKES: 2 SERVINGS

Listen, I've had some Tom Yum Goong in my time, and none of them are as Goong as this. A real authentic Thai dish. Hot and sour and delicious!

Ingredients:

3 Chili peppers*
5 sprigs coriander
2 tablespoon fish sauce
3 kaffir lime leaves
1 stalk lemongrass
1 -2 limes
Handful of mushrooms
1 tbsp. nam prig paw**
300gm green prawns.
4 cups water

* We used bird's eye chilies and it was hot as Hades just how we like it. Adjust according to your preference.

** available at the Asian Grocery Store. Alternatively use Ayam Thai chili paste found in most supermarkets.

Directions:

1. In a large pot, boil water.
2. Peel and devein the prawns leaving tails on. Rinse with cold water and set aside.
3. Bash the lemongrass with the back of your knife to release the flavour. Cut into chunks (note this is for fusion purposes – you can discard before serving if you wish) Drop the lemon grass into the pot of water and let it boil for 5 minutes.
4. Divide the fish sauce and the juice of 1 lime into the bowls you will serve the soup in. Slice the chili and add them to the bowls. Set aside
5. Remove the stems from the kaffir lime leaves and add the leafy part to the pot. Clean, chop and add the mushrooms. Bring back to the boil. Add the prawns, cook for 30 seconds and then remove pot from the heat. Allow prawns to cook in the broth for 1 minute. Remove and discard the lemongrass
5. Add the broth and prawns into the bowls with the fish sauce and lime juice. Add the nam prig pow, sprinkle with coriander and serve.

Add more fish sauce and/or lime juice if needed



Bengali Dimer Dalna

ACTIVE: 00:20
TOTAL: 00:40
MAKES: 4 SERVINGS

Stop it. This Egg and Potato Curry is too good.

Ingredients:

6 boiled eggs shelled
200gms potato boiled, peeled and cut to chunks
5 tbsp mustard
2 dried chillies
1 cinnamon stick
1 bay leaf
1 tsp cumin seeds
180gms white onion blended to a paste
2 inch piece of ginger roughly chopped
3 garlic cloves roughly chopped
150gms tomato finely chopped
1 tbsp tomato puree
1 tsp turmeric powder
1 tsp chilli powder (or mild paprika)
1 tbsp coriander powder
1 tsp sugar
Salt to taste
300mls water
Handful of coriander to garnish
Rice to serve

Directions:

1. Add the ginger and garlic to a blender with a splash of water and blend to a smooth fine paste. Set aside.
2. Heat 2 tsps of oil over a medium heat in a frying pan. Add $\frac{1}{2}$ tsp turmeric powder and cook for a couple of seconds followed by the boiled eggs. As the eggs fry the skin will crisp up slightly so shake the pan for 2-3 minutes. Turn the heat off and set aside until you make the curry.
3. Heat the remaining oil in a heavy bottom sauce pan. Add the dried chilli, cinnamon, bay leaf and cumin seeds frying for a few seconds
4. Now add the onion paste and fry over a medium heat for 7-8 minutes stirring frequently
5. Add the ginger garlic paste and cook out the raw flavours for 2 minutes
6. Now add the tomatoes along with the tomato puree and fry for 5 minutes. Using the back of the spoon and mash the tomatoes slightly
7. Add the turmeric, chilli and coriander powder and cook for 2 minutes as the oil leaves the sides of the pan. Add the sugar and season to taste. Add 100mls of water and simmer over a low heat
8. Add the boiled potatoes and stir well. Add the remaining water along with the eggs and stir. Simmer with the lid on for 2 minutes. Garnish with coriander and serve warm with rice.



Punjabi Tariwala Gosht

ACTIVE: 00:20
TOTAL: 02:00
MAKES: 4 SERVINGS

This lamb curry is Indian comfort food at its best ya'll!

Ingredients:

3 tbsp vegetable oil
1 kg leg of lamb on the bone, cut to bite size pieces
260 gms white onion thinly sliced
4 green cardamom pods
2 black cardamom pods
2 dried bay leaves
2 inch cinnamon stick
7-8 black peppercorns
2 small tomatoes finely chopped
1 tbsp tomato puree
8 garlic cloves roughly chopped
1 inch piece of ginger roughly chopped
2 heaped tsp coriander powder
1 ½ tsp kashmiri chilli powder (or mild chilli powder)
Pinch of turmeric powder
800mls water
Salt to taste
220gms potato cut to chunks
Pinch of garam masala powder
slivers of ginger and
Coriander for garnish

Directions:

1. Add the garlic and ginger to a blender with a splash of water and blitz to a smooth fine paste. Set aside.
2. Heat the oil in a large heavy bottom sauce pan over medium- low heat. Add the onions and fry for 20 minutes until they begin to change colour and go brown. Stir a few times through cooking making sure it doesn't stick to the bottom of the pan. Don't rush this as the colour of the onions adds more flavour to the curry and also thickens the base gravy.
3. Add the whole spices and fry for a minute. Add the tomatoes and the tomato puree and stir well. Continue to soften the tomatoes for 4 minutes making sure to mash them slightly with the back of the spoon. Add the garlic and ginger paste and stir well cooking out the raw flavours for a couple of minutes. Add the coriander, chilli and turmeric powder and fry for a few seconds.
4. Now add the lamb chunks, stir well coating the pieces with the spices and sealing the lamb for 10 minutes. Add water and bring to a boil. Season to taste. Simmer on a low heat with the lid on for 50 minutes stirring half way through cooking.
5. Add the potato chunks and continue to cook over a low heat with the lid on for 15 minutes until the potatoes are cooked through and the lamb is succulent. Garnish with garam masala, slivers of ginger and fresh coriander. Serve hot with naan and salad.



Lamb Stuffed Roti

ACTIVE: 00:20
TOTAL: 00:40
MAKES: 2 SERVINGS

Bread stuffed with meat...Could this be the Somalian equivalent to the classic Aussie sausage sandwich? It's so good. Make extra. Trust us.

Ingredients:

2 cups of plain flour
100gm melted butter
2 tbsp yeast
2 cups chicken stock
1 tsp of teaspoon sugar
1 tsp salt
1 cup milk
1 red onion diced
1 bunch coriander
1 red capsicum diced
2 cloves garlic
2 tbsp. cumin
2 tbsp. Garam Masala
2 teaspoons Paprika
2 cups grated cheese
500gm diced lamb

Directions:

1. Preheat oven to 180 degrees
2. In a large pot, add a splash of olive oil and cook beef for 2-3 minutes. Add 2 cups of chicken stock and enough water to cover beef. Simmer on low temperature for 1 hour.
3. Activate the yeast – in a small cup, mix the yeast with the sugar and 2 tablespoons of warm water and cover with cling wrap. Leave to stand for 20 minutes.
4. In a large bowl, mix flour with salt
5. Stir in yeast and melted butter, add milk slowly and knead until soft.
6. Add 2 teaspoons of olive oil. Cover with cling wrap and leave to rise for approx. 30 minutes.
7. Check the beef is soft and most of the liquid has evaporated. Add chopped onion, capsicum, garlic and all the herbs. Cook until soft.
8. Take a handful of dough and roll it into a ball. Use a rolling pin to roll the dough into a circle shape. Add a line of the beef mixture to the middle, and top with cheese.
9. Cut lines about one inch apart and 3cm long down along the edges of the circle.
10. Plait the dough over the meat mixture until covered. Brush with milk and then bake in the oven for 20 minutes until golden brown



Chickpea Pancakes

ACTIVE: 00:15
TOTAL: 00:15
MAKES: 12 (ISH)
PANCAKES

This Somali recipe is a delicious addition to any meal or great just on its own. Hot tip – use it as a pizza base (insert drool emoji here)

Ingredients:

2 cups chickpea flour (garbanzo flour)
2 cups water
1 tsp cumin seeds
½ tsp chilli powder or flakes (add more if you like the heat)
1 tsp turmeric
1 tsp salt
2 tbsp olive oil (plus extra incase the pancake sticks)

Directions:

1. Toast the cumin seeds
2. Mix all the dry ingredients in a bowl and add toasted cumin seeds.
3. Add water slowly, whisking continuously until you get a smooth, pancake consistency batter.
4. Heat olive oil in a pan on medium heat
5. Pour in enough mixture to make a pancake the size you like. Cook for about 3 minutes, flip, and cook on the other side for 2 – 3 minutes until golden.



Lamb Surbiyaan

ACTIVE: 00:20
TOTAL: 00:45
MAKES: 4 SERVINGS

This Somali dish is usually served on a special occasion. Can be prepared with lamb or goat – both delish!

Ingredients:

¼ cup oil
1 onion slices
½ cup raisins
1 tsp saffron threads
¼ cup water
3 cups basmati rice
5-6 cups water
1kg lamb cut into chunks
1 brown onion, chopped
2 medium tomatoes, chopped
2 cloves garlic
1-2 tbsp coriander leaves,
chopped
2 tsp coriander powder
2 tsp cumin
2 tsp paprika
4 tbsp olive oil
5 cardamom pods cracked
2 cinnamon sticks
2 tbsp lemon juice

Directions:

1. For the caramelised onion: Heat ¼ oil over medium heat, add onion and fry until golden brown. Add raisins and cook until puffed. Drain on paper towel and set aside.
2. Soak the saffron in ¼ cup of hot water. Soak for 15 minutes.
3. For the rice: Add 6 cups of water to a large saucepan and bring to the boil. Add the rice and salt. Cook for about 5 minutes (Should be half cooked). Drain in colander and let it cool. Set aside.
4. In a large pot, fry lamb in the oil until browned on all sides.
5. Add the onion and cook until brown
6. Next add the cardamom, cinnamon sticks, lemon juice, garlic, all the spices, tomatoes and coriander. Mix well, and cook for 3-4 minutes.
7. Add ½ cup of water and slowly bring to a boil, covered on medium heat. Reduce heat and simmer for 10 minutes.
8. Add the boiled rice, onions, raisins and saffron water. Cover and heat on medium until boiled. Reduce heat and simmer until rice is fluffy and liquid has been absorbed.

Note. The bottom of the pan will be dry, be careful not to burn it.



Somali Spice Tea

ACTIVE: 00:5
TOTAL: 00:10
MAKES: HEAPS OF
SERVINGS

Forget all the other teas. This is the best damn tea in the history of tea.

Ingredients:

2 ½ cups of water
3 ½ cups of milk
2 tsp of strong tea leaves (or 6-8
tea bags)
6 cardamom pods
1 cinnamon stick
½ cup of sugar

Directions:

1. Place the water and spices in a saucepan
2. Add the tea leaves and bring to boil
3. Add the milk and heat through for two to three minutes
4. Sieve the tea into a pot and serve hot.



Nigerian Chin-Chin

ACTIVE: 00:10
TOTAL: 00:10
MAKES: APPROX 10
PIECES

A fried snack popular in West Africa. These lasted about 3.5 seconds at The Hub Youth Centre. Yummo!

Ingredients:

3 cups plain flour
1 tsp baking powder
½ tsp nutmeg
½ cup white sugar
½ cup butter, melted
½ to 2/3 cup milk
1 egg
Vegetable oil for frying

Directions:

1. Add flour, nutmeg, sugar together in a large bowl
2. Add the melted butter and egg and slowly add the milk, mixing constantly with hands until smooth dough is achieved.
3. Place the dough on a flat surface and start kneading gently with a rolling pin. When the dough is flat, cut into small bite sized pieces.
4. Heat oil in a frying pan. When hot, add the chin chin, stirring continually until they are a golden brown.
5. We dipped these in Nutella and it was a good day.



Leche Flan

ACTIVE: 00:15
TOTAL: 00:30
MAKES: 4 SERVINGS

A popular dessert for special occasions in the Philippines.

Ingredients:

1 can evaporated milk
1 can condensed milk
12 egg yolks
1 teaspoon of vanilla extract

For the caramel syrup:

1 cup brown sugar
1/2 cup hot water

Directions:

1. In a sauce pan, melt the sugar. When melted, pour in hot water; mix and boil for a few minutes until the sugar has melted. Pour the caramelized sugar into a mould, spreading around bottom of the mould. (Tin moulds can be bought at any Asian store.)
2. Mix the evaporated milk, condensed milk, egg yolks and vanilla thoroughly.
3. Gently pour the mixture on top of the caramel in the mould. Fill the mould to about $\frac{3}{4}$ full.
4. Cover mould with aluminium foil.
5. Steam for about 20 minutes or until cake tester comes out clean. Let it cool to room temperature and it is ready to serve.



ACTIVE: 00:15
TOTAL: 00:15
MAKES: 4 SERVINGS

Birchermuesli

A popular Swiss breakfast dish. Also a delicious “brinner” aka “breakfast-for-dinner”

Ingredients:

1 cup brown sugar
4 tablespoons oat flakes
8 tablespoons water
4 tablespoons sweet evaporated milk or cream
Honey or sugar according to your own taste (use as little sugar as possible)
Juice of 2 lemons
8 apples, grated

Directions:

1. Put oat flakes, water, sweet evaporated milk and juice of lemon in a bowl.
2. Wash apples, cut in pieces, remove core (do not remove skin!)
3. Add apples into the bowl and mix well.
4. Add sugar and honey according to your own taste and mix well again. Serve immediately.

Variations:

You may use plain yogurt instead of water and evaporated milk.
You may also add cream, half and half or milk according to your own taste.
Take any kind of berries, oranges or other fruits instead of or in addition to the apples.
You may add 2 to 3 tablespoons ground almonds and/or hazelnuts.



Malteser Chocolate Fudge

ACTIVE: 00:15
TOTAL: 06:30
MAKES: 6 SERVINGS

Stop it. No baking? YES!

Ingredients:

280g packet of Maltesers
chocolate
395g can sweetened condensed
milk
200g block milk chocolate,
broken in pieces
200g dark chocolate melts
(alternatively use another 200g of
milk chocolate)

Directions:

1. Line a 20 cm square cake tin with baking paper. Make sure that the paper extends above the edges of the pan. This will help you remove the fudge easily once it is set.
2. Arrange the maltesers in a single layer on the paper. Pop any left overs in your mouth ;)
3. Break the chocolate into pieces and place in a pot over very low heat. Pour over the condensed milk and stir gently until the chocolate has thoroughly melted.
4. Quickly pour the chocolate mixture over the maltesers. Smooth the top with a spoon and place in the fridge to set for at least six hours.
5. Remove the fudge from the cake tin and cut into pieces. Enjoy!



Brazil Nut Caramel Slice

ACTIVE: 00:15
TOTAL: 00:40
MAKES: 4 SERVINGS

My oh my! This. Is. Tasty. So so tasty!

Ingredients:

Base:

1 packet butter cake mix
1 cup desiccated coconut
125 gm butter, melted

Topping:

1 tin condensed milk
1 tbsp butter
1 tbsp golden syrup
1 cup Brazil nuts (or Macadamia
nuts) , chopped

Directions:

1. Mix base ingredients and press into a baking paper lined slice tin, bake at 180 C for 15 minutes.
2. Mix condensed milk, butter and golden syrup in a saucepan over medium heat. Keep stirring until it gets a bit thicker (about 8-10 minutes), stir the nuts into mixture.
3. Pour the topping over the base. Bake at 180 C for 15 -20 minutes until golden on top.



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