



HGHS Harmonies of Cooking

A delicious celebration of recipes from your workplace to enjoy and share

tasteofharmony.org.au





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Spring onion pancakes



AUTHOR [Shu-Lyn Lee](#)
ORIGIN [Chinese](#)

PREP [0 Hours 30 Mins](#)
COOK [0 hours 20 mins](#)
SERVES [4](#)

INGREDIENTS

Dough:

250 g all-purpose flour (about 2 cups)
160 g hot water (about 2/3 cup)
Cooking oil (for coating)

Filling:

2 tbsp cooking oil
Pinch of salt
1 cup finely chopped spring onion (can adjust more or less to personal preference)
2 tbsp all-purpose flour

Frying:

1 tbsp neutral cooking oil (at least a thin coat on the pan)

METHOD

Put flour into a heatproof bowl. Pour in hot water slowly, and gradually stir (with chopsticks) until no more loose flour or water can be seen. Use your hands to combine the mixture into a rough-looking dough. Tightly cover the dough with cling film and leave to rest for 15 mins (while you prepare your filling).

Prepare filling: Mix oil, flour and salt in a small bowl until it becomes a smooth paste.

Uncover the dough, and divide into four balls of equal size. Then knead until each ball of dough becomes very smooth. Rub a thin layer of oil around the dough, as well as the work surface. With a rolling pin, flatten the dough into a thin, rectangular piece. Brush the filling mixture over the dough, then sprinkle a handful of chopped spring onion on top.

From the shorter side of the dough, roll it up into a layered cylinder (don't make it too tight). Stand a piece on its flat side. Press down with your hand, then flatten it with the rolling pin into a squashed pancake - this creates the flaky layers that makes it both fluffy and crispy.

In a frying pan/skillet, heat oil over high heat until hot (you can drop a piece of spring onion in to test - if it sizzles, the oil is hot enough). Turn the heat down to medium and put in the pancakes (the top side facing down).

Cover with a lid and leave to cook for about 2 minutes until the side facing down becomes golden brown (adjust cooking time if necessary). Flip over to cook the other side until golden (keep the lid on). Remove from the pan. Optional: let the pancakes rest for a few minutes to finish crisping then you're good to go!

Why is this an important recipe to me?

Reminds me of small Hong Kong eateries.

Cauliflower Manchurian



AUTHOR Swarna Vankineni

ORIGIN Indian

PREP 0 Hours 20 Mins

COOK 0 hours 25 mins

SERVES 3

INGREDIENTS

2.5 cups cauliflower (gobi) - cut into pieces

cup corn starch/corn flour

cup all-purpose flour

1 teaspoon Kashmiri red chilli powder

2 teaspoon ginger garlic paste

2 teaspoon tomato ketchup

salt and pepper to taste

water

1 tablespoon oil

1 teaspoon ginger minced

1 teaspoon minced garlic

cup onion finely chopped

cup capsicum

1 tablespoon soy sauce

2 teaspoon Kashmiri red chilli sauce (optional)

cup tomato sauce

1 tablespoon white distilled vinegar (optional)

2 tablespoon coriander leaves - finely chopped

2 tablespoons green/spring onion - finely chopped

salt to taste

METHOD

In a large bowl, add cornstarch, all-purpose flour, ginger-garlic paste, ketchup (optional), chilli powder, salt, and pepper.

Add a little water at a time to make a thick, smooth batter. Ensure there are no lumps.

Add cauliflower pieces into this batter and toss to coat.

Once the oil is hot, gently slide the florets in one by one and deep fry them till crispy and golden in colour on medium heat. Fry the pieces in batches, add 7-8 florets at a time.

In a new pan, heat oil till smoky hot, add in garlic, ginger, and sauté for 20 secs. Then add onion and capsicum. Stir fry for 30-90 secs on high heat.

Add in all the sauces one by one, then add in vinegar and keep tossing the mixture.

Finally, add the fried cauliflower, salt (if required), and give a quick toss till the sauce coats the pieces and serve immediately.

Garnish with coriander leaves and spring onions.

Chicken Majestic



AUTHOR

[Pari Lingareddy](#)

ORIGIN
Indian

PREP TIME
4 Hours 0 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
2

INGREDIENTS

1kg of chicken breasts
Buttermilk
Salt
2 teaspoons of cornflour
1 egg
1 teaspoon of ginger garlic paste
1 spoon of oil
Chopped garlic
Green chilli
Curry leaves
Mint
Turmeric
Chilli powder
Cumin powder
Coriander powder
Curd (or natural yoghurt)
Soy Sauce
Lemon juice

METHOD

Cut the chicken into thin strips and marinate with buttermilk and a little salt for 2-3 hours.

After marinating, add some cornflower, salt, egg, some ginger garlic paste and one spoon of oil. Mix well.

Leave in fridge for one or two hours, this will help the chicken become nice and juicy.

After taking out of the fridge, fry the chicken in hot oil for 2-3 minutes.

Put some oil in a separate pan. Add in some chopped garlic, sliced green chilli, curry leaves and some chopped mint.

Add in some turmeric, a lot of chilli powder (adjust to your liking), pinch of cumin powder and coriander powder.

Add in some curd and a pinch of salt. Once the curd almost disappears, add in some soy sauce.

Once everything is mixed, add the fried chicken and just toss it around in the spices.

Squeeze a little bit of lemon juice and some more coriander before turning the heat off.

After letting it cool down, you are ready to eat it!

Thayir Vada (Yoghurt lentil dumplings)



AUTHOR Meghna Sukaraj

ORIGIN Indian

PREP 2 Hours 0 Mins

COOK 0 hours 30 mins

SERVES 6



INGREDIENTS

1 cup of Urad dhal - Black gram (skinned)
2 Green Chilli
1 inch ginger
Few pepper as per spice level
1 tsp cumin seeds
kg yoghurt
1 medium size onion
Few coriander leaves
Salt
Oil for frying

METHOD

Soak Urad dhal for 1-2 hours.

Once soaked, grind this along with green chilli, ginger, pepper, cumin seeds. Transfer to a bowl.

Beat this mixture with an egg beater for 2 mins to make this fluffy.

Add finely chopped onion, fresh coriander leaves and salt and mix thoroughly. The batter is now ready.

Heat the oil to medium heat. We don't want this to be too smoking hot.

Take the batter with a spoon and drop them in oil in a small bite size. Fry them until this is cooked.

Once cooked, transfer this plate and continue the above step for the remaining batter. The vadas are now ready.

Now, take a new bowl and add yoghurt, salt and beat them with an egg beater. Add water if too thick. We want this consistency to be slightly thicker than water.

Add the cooked vada into the yoghurt and mix them gently. Don't break the vada.

Add some fresh coriander leaves for decoration.

The thayir vada is now ready! Enjoy!

Banana Appam



AUTHOR

[Aditi Sundar Rajan](#)

ORIGIN
Indian

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 20 Mins

SERVES
3

INGREDIENTS

1 cup** Whole Wheat Flour
1 cup** Jaggery grated (Can be reduced based on the sweet level required)
2 tbsp Rice Flour
2 tbsp Grated Coconut
2 tbsp Ghee (Optional)
2 Small size Banana (mashed)
tsp Cardamom Powder
1 pinch of Baking Soda (optional)
1 pinch of Salt
Water (as required quantity)
Oil for Frying
**1 cup = 250 ml

METHOD

Add bananas in a bowl. Mash them well.

Add whole wheat flour, jaggery, rice flour, grated coconut, ghee, cardamom powder, salt, baking soda into the mashed bananas.

Mix all the ingredients well.

Add little water and mix well.

Make the batter thick and of pouring consistency.

Heat oil in a pan or thick bottomed vessel.

Once the oil is hot enough, using a ladle, pour a scoop of batter in hot oil and fry it for about 2 minutes over a medium heat.

Remove it when it turns brown and cooked well. Sweet and delicious banana flavoured Appam is ready to eat now.

Why is this an important recipe to me?

This is a healthy and traditional recipe made during festivals/family rituals by my Mum and Grandma.

Cheese Dreams



AUTHOR

Jenny Tompkins

ORIGIN
English

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 8 Mins

SERVES
4

INGREDIENTS

30g margarine or soft butter
120g grated cheese
1/4 tspn mustard
1 tspn Worcestershire sauce
1-2 rashers bacon
1 beaten egg
sliced bread stick - cut into rounds

METHOD

Soften margarine/butter.

Mix in beaten egg, grated cheese, mustard and sauce.

Spread bread stick thickly with mixture.

Top with finely cut bacon.

Bake in oven 205 degrees Celsius for about 8 minutes or until bacon is crisp.

Why is this an important recipe to me?

This recipe is contributed on behalf of my mother, an HGHS Old Girl. It's always a family favourite.

Tzatziki



AUTHOR

Amanda Tourikis

ORIGIN
Greek

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 0 Mins

SERVES
10

INGREDIENTS

1 medium Lebanese cucumber
2-3 cloves of garlic
500mL Greek yogurt
1/4 cup olive oil
1/4 cup white vinegar
Salt to taste

METHOD

Peel and grate cucumber
Remove cucumber water by squeezing the grated cucumber
Crush garlic and add to cucumber
Add in all the remaining ingredients and stir to combine.
Continue adding extra salt and vinegar to taste

Why is this an important recipe to me?

This recipe was given to me by my beautiful mother in law. Everyone who eats it absolutely loves it!

Kottu Roti



AUTHOR

[Akeesha Ekanayake](#)

ORIGIN
Sri Lankan

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 15 Mins

SERVES
2

INGREDIENTS

Flour
1 Tbsp. Olive oil
1 Medium Carrot
3 Spring onion stalks
Red onion
2 Garlic cloves
Ginger
1 Small green chilli
Curry powder 1 tsp
Chili powder 1 tsp
Chili flakes 1 tsp
1/4 cup Sweet soy sauce
2 Eggs

METHOD

Combine flour, olive oil, cup of water and tsp of salt until a dough forms.

Knead the dough for 3 minute, form three balls and let rest for 2 hours in oil.

After 2 hours, take the balls and stretch them out until they are as thin as possible.

Cook on low heat for 3 minutes, flipping halfway. Once cooked, cut the roti into strips.

Grate carrot and cut the onion, spring onion and chilli. Mince 2 garlic cloves.

Scramble two eggs in a pan over low heat and leave aside.

Add 1 tablespoon of olive oil to a pan and cook the onion, garlic and ginger. Add in the carrot and cook it until it becomes tender.

Add in sweet soy sauce, curry powder, and chilli powder, chilli flakes and turmeric.

Add in the spring onion and cook through.

Add in the roti strips and the egg and combine until the roti is soft.

Add in salt and pepper to taste. Enjoy as a delicious and filling lunch or dinner!

Hong Kong Style French Toast



AUTHOR

C Chung

ORIGIN
Hong Kong

PREP TIME
0 Hours 5 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
2

INGREDIENTS

6 thick slices milk bread (or white bread)
2 eggs
1/4 cup milk
4 tablespoons peanut butter
oil to cook

METHOD

Spread peanut butter evenly over 4 slices of bread.

Sandwich 2 of these slices together, and top with another slice of bread.
Repeat for the second sandwich.

With a sharp knife, slice off the crusts.

In a large bowl, whisk together the eggs and the milk.

Coat each sandwich in the egg mixture evenly, covering all sides.

In a pan, heat oil on medium high heat.

Cook each sandwich until golden brown, then flip to repeat on all sides.

Serve with butter, condensed milk, or honey. Enjoy!

Hearty Beef Casserole with Sage and Thyme Dumplings



AUTHOR

C Claxton

ORIGIN
British, UK

PREP TIME
1 Hours 0 Mins

COOKING TIME
1 Hours 0 Mins

SERVES
8

INGREDIENTS

1/4 cup olive oil
1.5kg chuck steak
2 onions, sliced
4 garlic gloves, crushed
1/4 cup tomato paste
1 cup beef stock
1/2 cup red wine
2 potatoes, chopped
2 carrots, chopped
2 parsnips, chopped

Sage and Thyme Dumplings:
60g butter, chopped
1 cup self-raising flour, sifted
1/2 cup grated tasty cheese
2 tsp chopped fresh sage
2 tsp chopped fresh thyme
1 egg, lightly beaten
1/3 cup buttermilk

METHOD

Heat oil in pan. Cook meat in batches until well browned. Remove from pan.

Cook onions and garlic until soft. Add tomato paste, stock, wine and meat, simmer covered 1 hour.

Add vegetables, simmer covered, 30 minutes. Remove cover and simmer another 20 to 30 minutes until sauce has thickened.

To make dumplings, rub butter into flour.

Add cheese and herbs.

Combine the egg and buttermilk, then stir into other ingredients

Drop tablespoons of dumpling mixture 2cm apart on top of casserole. Cook covered 20 minutes or until dumplings are cooked.

Why is this an important recipe to me?

This is a staple when we go visit our grandma.

Okonomiyaki



AUTHOR Maya Okada

ORIGIN Japanese

PREP 0 Hours 20 Mins

COOK 0 hours 15 mins

SERVES 2

INGREDIENTS

Ingredients:

- 3 packed cups finely shredded cabbage, about medium*
- 1 cups chopped scallions, about 1 bunch
- 1 cup panko breadcrumbs
- teaspoon sea salt
- 3 eggs, beaten
- Extra-virgin olive oil, for brushing

For serving (option):

- Worcestershire sauce (you can roughly make it by mixing BBQ and tomato sauce)
- Mayonnaise
- Sesame seeds
- sheet nori, sliced
- cup micro greens, optional
- katsuobushi

METHOD

In a large bowl, combine the cabbage, scallions, panko, and salt. Gently mix in the eggs. (Note: the mixture will be very loose and cabbage-heavy, not like a flour pancake batter. If it's very dry, let it sit for 10 minutes).

Heat a nonstick skillet over medium heat. Brush the skillet with olive oil and use a measuring cup to scoop the cabbage mixture into the skillet. (It's ok if it doesn't seem cohesive, it'll bind together as the egg cooks).

Flatten it gently with a spatula so that the mixture is about 1/2 inch thick. Cook 3 minutes per side, or until browned, turning the heat to low as needed. Repeat with the remaining mixture, wiping out the skillet and brushing more oil, as needed.

Drizzle the okonomiyaki with sauce and thin strips of squeezed mayo. Top with sesame seeds and nori or whatever you prefer. Sprinkle with microgreens, if desired. Serve hot.

Lean Orange Chicken



AUTHOR

[Leyi You](#)

ORIGIN
Chinese

PREP TIME
0 Hours 5 Mins

COOKING TIME
0 Hours 20 Mins

SERVES
4

INGREDIENTS

4 skinless boneless chicken breasts (cut into bite-sized pieces)

1 tablespoon coconut oil

1/4 cup chicken stock or broth

3 tablespoons honey or maple syrup

2 cloves garlic minced

1 tablespoon orange zest

1/4 cup fresh orange juice

3 tablespoons coconut aminos

1 1/2 teaspoons Sriracha sauce

1/4 teaspoon ground ginger

1 pinch red pepper flakes

1 teaspoon sesame seeds for garnish (optional)

Boiled broccoli florets

METHOD

Melt coconut oil in medium skillet over medium heat. Add in chicken pieces and cook until cooked through and browned, about 8-10 minutes. Remove from skillet and set aside.

While chicken is cooking, stir together chicken stock, honey or maple syrup, garlic, orange zest, orange juice, coconut aminos, Sriracha sauce, ginger and red pepper flakes. Pour into heated skillet once chicken has been removed and reduce to low heat. Cook, stirring often, until sauce has been reduced and coats the back of a wooden spoon. Remove from heat and pour over chicken.

To serve, spoon chicken over a bed of broccoli and then spoon on additional sauce. Top with sesame seeds, if desired.

Why is this an important recipe to me?

Paleo-friendly, gluten-free + grain-free, but definitely not free of flavour!

Roast Snapper

PREP 0 HOURS 30 MINS

SERVES 5

AUTHOR ALICE YANG

COOK 0 HOURS 15 MINS

ORIGIN AUSTRALIAN

METHOD

1. Gut and prepare the fish for seasoning, remember to preheat the oven.
2. Cut three slits on the sides of the fish, cut diagonally and on both sides.
3. Take the herbs and lemon slices/onions and stuff the fish from the stomach area.
4. Use toothpicks to 'sew or patch' the stomach so that the stuffing won't fall out.
5. Get the oil, salt, pepper and spices and rub it on the sides of the fish. Make sure the seasoning seeps into the slits that you made earlier.
6. Place the fish on a tray with foil lining the tray.
7. Add additional vegetables and onion slices on the tray beside the fish.
8. Drizzle olive oil on the fish.
9. Place the tray with the fish in the oven and bake for 20 minutes or until the thickest part of the fish is 55 degrees Celsius.
10. Get a slab of butter and cook it with spices, garlic, herbs, salt and pepper until it bubbles and is golden brown.
11. Collect the fish out of the oven when it is done and either pour the sauce that you just made over the fish or serve it in a bowl for a dip.
12. Serve and enjoy!

INGREDIENTS

Fresh Snapper (fairly large)
Onions
Fresh lemon slices and herbs (eg lemongrass)
Spices
Salt and Pepper
Olive Oil
Garlic
Butter

Cherry Tomatoes (optional)

Utensils:
Toothpicks
Fillet Knife
Foil
Tray

Spicy Pork Bulgogi



AUTHOR Scarlett Shin
ORIGIN South Korean

PREP 0 Hours 20 Mins
COOK 0 hours 15 mins
SERVES 4

INGREDIENTS

Marinating Ingredients:

540g Sliced Pork Belly
6 tabs Red Chilli Paste (Gochujang)
1 tabs Red Chilli Powder
1 tabs Soy Sauce (Ganjang)
1 tabs Sugar
4 tabs Sesame Oil

Other ingredients:

2 tabs Crushed Garlic
1 Carrot (sliced)
1 Onion (sliced)
1 Fresh Green Chilli (sliced)

Serving with:

Lettuce
Samjang

METHOD

Combine all the marinating ingredients in a small bowl using a spoon.

Using a plastic glove, toss the meat in the marinated paste in a larger mixing bowl, making sure all slices are coated thoroughly.

Set the now marinated meat aside for 10-20 minutes.

While waiting for the marinated meat to settle, slice up the other ingredients.

Place the saucepan on high heat then once the pan gets hot, place the meat onto the pan.

Cook the meat thoroughly, giving it an occasional stir.

When the meat is cooked well, place the sliced vegetables and toss gently to mix them well.

Turn off the heat.

Transfer the pork bulgogi onto a plate and serve warm with lettuce, Samjang and rice.

Why is this an important recipe to me?

As one of the most famous traditional Korean cuisine, the spicy pork bulgogi is a family favourite!

Pork Buns



AUTHOR Cynthia Liu
ORIGIN Chinese

PREP 2 Hours 40 Mins
COOK 0 hours 30 mins
SERVES 4

INGREDIENTS

500g All-Purpose/White/Bread Flour
250ml Warm Water
10g Instant Dried Yeast

500g Pork Mince
2 Tbsp Cooking Wine
1 Tbsp Light Soy Sauce
1 Tbsp Potato Starch
1 Tbsp Sesame Oil
1 Tsp Salt
A Few Shakes Of White Pepper
A Few Shakes Of Ground Ginger
1/4 Cup Finely Chopped Spring Onion
2 Tbsp Water
Oil (To Grease)

METHOD

Knead flour, yeast and warm water together to form a dough. Leave to rise for 2 hours or until tripled in size.

Mix all ingredients for the filling in a bowl.

Once the dough has risen, take it out of the bowl and roll it into a thick cylinder.

Slice the dough into 16 portions.

Use a rolling pin to flatten each disk into circles.

Add a large spoon of meat filling to the centre of a wrapper. Flatten the filling slightly.

Pinch one edge of the dough up with your thumb and forefinger. Hold your thumb on the side of the filling. Hold the bun in your other hand. Use this hand to turn the bun while the other hand's forefinger pinches in more of the dough, working your way around the circle until all the edges are sealed in a circle. You should be left with a hollow where your thumb was in the centre and folds all around the edge. Instead of using the method above, you can pinch the edges of the wrapper into the centre to seal it.

Place the pork buns seal-side-up into a lightly greased steamer basket. Leave space in between for the buns to expand.

Steam at high heat for 20-25 minutes. Turn the heat off and leave the lid on for 5 minutes.

Take the pork buns out of the steamer basket. Leave to cool for a few minutes. Eat.

Braised Pork Rice



AUTHOR

Angelina CHEN

ORIGIN
Chinese

PREP TIME
0 Hours 20 Mins

COOKING TIME
1 Hours 30 Mins

SERVES
4

INGREDIENTS

Pork belly
red onion
eggs
rice
green vegetable
rock sugar
light and dark soy sauce
cooking red wine.

METHOD

Cut pork belly into small pieces, put into cold water to boil for 2 minutes, then drain the water.

Fry red onion, add pork belly pieces, rock sugar, light and dark soy sauce, cooking red wine, add boil water , cook with low heat for an hour, add boiled eggs continue to cook for 10minutes.

Put braised pork on the cooked rice, add cut half of egg, and a few pieces of green vegetables.

Japchae



AUTHOR

Bonita Lee

ORIGIN
South Korean

PREP TIME
1 Hours 0 Mins

COOKING TIME
1 Hours 40 Mins

SERVES
5

INGREDIENTS

INGREDIENTS FOR NOODLES

250g Glass noodles
150g Spinach
110g Beef stir fry strips (OPTIONAL)
1/2 cup Dry wood ear mushroom
180g (2 cups) Onions
2/3 cup (40g) Spring onion
2/3 cup (40g) carrot
25g Cooking oil

INGREDIENTS FOR SAUCE/SEASONING

4 tbsp (30g) soy sauce
2 tbsp (22g) brown sugar
4 tbsp (25g) sesame oil
1/2 tbsp (15g) minced garlic
1/3 tbsp (2g) salt
1/2 tbsp (4g) sesame seeds
1/3 tbsp (2g) MSG (OPTIONAL)
1g Pepper (OPTIONAL)

METHOD

Pre-soak the glass noodles in water for 30 minutes.

Remove the spinach roots and separate each leaf.

Thinly slice the onions vertically. Cut the carrot into thin slices and cut the green onions horizontally.

Pre-soak the wood ear mushroom for 30 minutes and cut or tear into bite-sized pieces.

Add 1 tbsp of cooking oil to the frying pan and stir-fry the beef strips. Add 1 tbsp of cooking oil and stir-fry the onions with a pinch of pepper.

Add 1/2 tbsp of cooking oil and stir-fry carrots with salt over medium heat. Add 1/2 tbsp of cooking oil and stir-fry wood ear mushroom over medium heat.

Boil some salted water and parboil the spinach for about 12 seconds.

Cook the pre-soaked glass noodles in boiling water and rinse with cold water. Remove the moisture from the glass noodles and cut with scissors.

Add the stir-fried ingredients, spinach and minced garlic to glass noodles and mix well. Season to taste with sugar, soy sauce and salt and add some sesame oil, pepper and MSG.

Plate up and sprinkle on some sesame seeds to finish.

Pho

PREP 0 HOURS 30 MINS

SERVES 8

AUTHOR HELEN BUI

COOK 5 HOURS 30 MINS

ORIGIN VIETNAMESE

METHOD

Place the bones and beef chuck in large stockpot and add water to cover. Bring to a boil and boil for 5 minutes. Drain in a colander and thoroughly clean the stockpot. This process removes any impurities/scum and will give you a much cleaner broth.

Meanwhile, char your ginger and onions. Use tongs to hold the ginger and onions (one at a time) over an open flame, or place each directly on a gas burner. Turn until they're lightly blackened and fragrant, about 5 minutes. Rinse away all the blackened skins.

Add water (4.75 L - more/less if you've scaled the recipe up or down) to the stockpot and bring to a boil. Transfer the bones and meat back to the pot, along with the charred/cleaned ginger and onions. Add the scallions, fish sauce and sugar. Reduce the heat to low, and simmer until the beef chuck is tender, about 40 minutes. Skim the surface often to remove any foam and fat.

Remove one piece of the chuck and transfer to a bowl of ice water to stop the cooking process. Then transfer this piece of beef to a container and refrigerate (you will slice this to serve with your pho later. If you were to leave it in the pot, it would be too dry to eat). Leave the other piece of chuck in the pot to flavor the broth.

Now toast the spices (star anise, cloves, cinnamon stick, cardamom, fennel seeds, and coriander seeds) in a dry pan over medium low heat for about 3 minutes, until fragrant. Use kitchen string to tie up the spices in a piece of cheesecloth, and add it to the broth.

Cover the pot and continue simmering for another 4 hours. Add the salt and continue to simmer, skimming as necessary, until you're ready to assemble the rest of the dish. Taste the broth and adjust seasoning by adding more salt, sugar, and/or fish sauce as needed.

To serve, boil the noodles according to package instructions. Add to a bowl. Place a few slices of the beef chuck and the raw sirloin on the noodles. Bring the broth to a rolling boil and ladle it into each bowl. The hot broth will cook the beef. Garnish with your toppings, and be sure to squeeze a lot of fresh lime juice over the top!

INGREDIENTS

INGREDIENTS:

- 2 3-inch (7 to 8 cm) pieces ginger, cut in half lengthwise (no need to peel)
- 2 onions (peeled)
- 2.25 kg beef marrow or knuckle bones
- 900 g beef chuck (cut into 2 pieces)
- 4.75 L water
- 2 scallions (cut into 4-inch lengths)
- 80 ml fish sauce
- 70 g rock sugar (2 1/2 tablespoons granulated sugar)
- 8 star anise
- 6 cloves
- 1 cinnamon stick
- 1 black cardamom pod (optional)
- 2 teaspoons fennel seeds
- 2 teaspoons coriander seeds
- 1 tablespoon salt
- 1 pound dried pho noodles
- 150 g beef sirloin (slightly frozen, then sliced paper-thin against the grain)

GARNISHES:

- Sliced chili
- Thinly sliced onion
- Chopped scallions
- Cilantro
- Mung bean sprouts
- Thai basil
- Lime wedges

Why is this an important recipe to me?

Pho is a traditional dish that has become a staple food of Vietnam.

Gungjung tteokbokki



AUTHOR

Bonita Lee

ORIGIN
South Korean

PREP TIME
0 Hours 40 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
1

INGREDIENTS

1 1/4 cup (200g) tteok for tteokbokki
about 1/2 cup (100ml) water
about 1/2 cup (60g) beef for bulgogi
60g onion
30g green bell pepper
30g carrot
25g shiitake
25g green onion
2 1/2 tbsp (25g) thick soy sauce
2 tbsp brown sugar
1/2 tbsp (10g) minced garlic
1 tbsp (7g) sesame oil
black pepper (to your preference)
whole sesame seeds (to your preference)

METHOD

Soak the tteok for tteokbokki in water and remove the moisture with a sieve.

Chop the green onion diagonally into 0.5cm pieces. Julienne the onion into 0.5cm pieces. Chop the bulgogi beef into bite sizes. Chop the carrot into 0.5cm pieces.

Rotate the bell pepper as you slice it diagonally. For the shiitake, remove the stem and chop into 8 pieces.

Place a deep frying pan over medium heat. Add the beef and stir-fry slightly before adding water, brown sugar, and tteok and bringing it to a boil.

When the water comes to a boil, add the carrot, onion, and shiitake and continue boiling. (Tip: Adjust the amount of water according to the strength of the fire and the size of the pan.)

When the vegetables are half-cooked, mix in the thick soy sauce and minced garlic.

When the tteok softens, reduce the heat and continue boiling over low heat. (Tip: If you want to achieve a darker color, add Chinese dark soy sauce or caramel sauce.)

When the tteok is fully cooked, add the green bell pepper, green onion, black pepper, and sesame oil and combine thoroughly.

Plate the gungjung tteokbokki, garnish with whole sesame seeds and serve.

Hainanese Chicken Rice



AUTHOR Elizabeth Vizor

ORIGIN Singaporean

PREP 0 Hours 15 Mins

COOK 1 hours 30 mins

SERVES 4



INGREDIENTS

From the recipe book 'Local Delights: Hawker Centre Joy of Cooking'

Chicken:

1 Young Chicken (about 1kg)
2tsp Salt
2 slices of fresh ginger
2 cloves garlic
1 litre water

Rice:

30g garlic (pounded)
2 slices fresh ginger
250g rice(rinsed, drained)
2 tsp salt

Chilli Sauce:

50g fresh chillies
30g garlic
30g fresh ginger
1 tsp salt
1 tsp sugar
1 tsp hot oil

Soup:

200g cabbage

METHOD

Chicken:

Rinse clean chicken and pat dry. Rub all over with salt. Stuff fresh ginger and garlic in stomach

Place chicken and water in pot. Bring to boil over medium heat. Turn off heat then cover pot with lid. Steep chicken in covered pot for 30 minutes

Remove cooked chicken from pot and rub all over with 1 tablespoon of sesame oil. Allow to cool then cut into pieces. Reserve chicken stock from pot

Rice:

Heat 1 tablespoon oil in wok till hot. Brown pounded garlic and ginger till fragrant. Add rice and stir-fry for 1 minute. Transfer to pot. Add salt and 600ml chicken stock. Cook till rice is fluffy.

Chilli Sauce:

Blend chillies, garlic and ginger together. Dish out and add salt and sugar. Drizzle with hot oil

Soup:

Bring remaining chicken stock to boil then add cabbage and cook till softened. Season with salt to taste

Why is this an important recipe to me?

It reminds me of having my family's big hearty meals in Singapore. Cool chicken in a hot climate!

Lamb Shanks Curry



AUTHOR Ishi Gupta

ORIGIN Indian

PREP 0 Hours 10 Mins

COOK 2 hours 30 mins

SERVES 4

INGREDIENTS

1 tbsp peanut oil

4 large (about 2kg) lamb shanks,
French trimmed (ask at the deli)

2 brown onions, halved, thickly
sliced

125ml (1/2 cup) curry paste, thawed

2 x 400g cans diced tomatoes

750ml (3 cups) Massel beef stock

1/4 cup fresh curry leaves

200g natural yoghurt

1 cup coarsely chopped fresh
coriander

Naan, to serve

METHOD

Preheat oven to 160 °C. Heat half the oil in a large flameproof casserole dish over high heat. Add 2 lamb shanks and cook, turning, for 5 minutes or until browned. Transfer to a heatproof bowl. Repeat with remaining shanks.

Heat remaining oil in the dish over medium heat. Add onion and cook, stirring for 5 minutes or until soft. Add curry paste and cook, stirring for 1 minute or until aromatic. Return lamb shanks to the dish with the tomato, stock and curry leaves and bring to the boil. Transfer to oven and bake (covered) turning occasionally, for 2 hours or until the lamb is tender. Set aside for 5 minutes to cool. Season with salt and pepper.

Place yoghurt in a bowl. Add 1 tablespoon of lamb mixture and combine. Continue adding lamb mixture, 1 tablespoon at a time, stirring between additions, until yoghurt is warm. Add the yoghurt mixture to the lamb mixture and combine. Stir in the coriander.

Divide the lamb shank curry among serving bowls. Serve immediately with naan.

Korean Street Egg Toast



AUTHOR

Hannah Lee

ORIGIN
South Korean

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
1

INGREDIENTS

2 slices white bread
1 large egg
30g cabbage
1/4 onion
5g carrot
10g green onion
2 teas honey mustard
2 teas ketchup

METHOD

Chop up cabbage into long thin slices (around 3 cm long) and place into a bowl

Dice carrot, onion and spring/green onion and mix with the cabbage

In a separate bowl, whisk one egg thoroughly

Mix in the cabbage, carrot, and onion into the egg mixture and mix again

Once the vegetables are all coated, prepare a frying pan with a tablespoon of vegetable oil on medium heat

Pour the mixture onto the pan in a square shape and cook evenly on both sides

While it is cooking, toast 2 slices of white bread

Spread a teaspoon of honey mustard and ketchup onto each slice of toasted bread

Once the egg vegetable mixture is cooked, place it on the bread and place the other bread on top

Cut diagonally and enjoy

Japchae or Korean Glass Noodles

PREP 0 HOURS 20 MINS

SERVES 3

COOK 0 HOURS 10 MINS



AUTHOR WHITNEY JUNG

ORIGIN SOUTH KOREAN

METHOD

Cut the pork loin into thin strips.

Slice the onion (not too thin).

Julienne carrot and capsicum. Slice mushrooms thinly. Cut garlic chives into long strips.

In a pot, add the glass noodles with 4 cups of water. Bring to boil over medium heat. Once it starts to boil set a timer for 6 mins. Stir occasionally.

Drain the noodles and put them in a bowl. Coat them with sesame oil and set aside.

In a small glass bowl, mix together the sugar, soy sauce and oyster sauce.

In a wok or pan, heat the vegetable oil (1 tabs) over medium heat.

Once it gets nice and hot add the pork and season with salt and pepper.

Once the pork is no longer pink, add the garlic (1 tabs), onion, carrot and capsicum. Stir fry.

Once the vegetables are slightly cooked, add the shiitake mushrooms and garlic chives.

Add the sauce. Reduce heat to low. Add the noodles and stir to combine.

Transfer to serving plate. Sprinkle on a good amount of sesame seeds.

INGREDIENTS

200g pork loin
50g Shiitake mushrooms
1/2 onion
50g carrot
50g capsicum (red)
3 garlic cloves
120g Korean glass noodles
50g garlic chives
1 tabs vegetable oil
1 teas sesame oil
1.5 tabs sugar
1.5 tabs soy sauce
1 tabs oyster sauce
1 teas salt



Creamy Coconut Chickpea Curry with Cumin Rice



AUTHOR

[Namditha Kaimal](#)

ORIGIN
Indian

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
2

INGREDIENTS

1 tabs coconut oil
1 red onion
200g canned tomatoes
200g chickpeas
2 garlic cloves
10g (3/4 tabs) garam masala
1/2 teas curry powder
200ml coconut milk
2 tabs coconut flour
1/2 lime
120g basmati rice
2.5 teas cumin seeds
2 tabs butter
5g cinnamon
Salt & Pepper

METHOD

CUMIN RICE: Soak rice in water for 15 mins. Drain and pour into boiling water on stove with butter and boil for 8 mins. Strain rice, then saute in a small saucepan with cumin seeds, butter and salt.

Dice onion and mince garlic.

In a deep pan on medium heat, add coconut oil.

Add tomatoes and onions. Add salt and pepper to taste.

Lower heat and let sit for about 10 minutes (or until onions are soft and tomato juices are released)..

Add chickpeas, garlic, garam masala and curry powder - stir to combine.

Add coconut milk and stir. Then add coconut flour and stir again.

Bring curry to a boil, then turn stove on low and allow to simmer for 5-10 mins.

Squeeze lime juice over and mix. Serve with lime zest.

Why is this an important recipe to me?

Mum makes this when guests are coming over. Can be cooked in oven or on stove top.

Mandu (Korean Pork Dumplings)



AUTHOR

[Hannah Kim](#)

ORIGIN
South Korean

PREP TIME
0 Hours 30 Mins

COOKING TIME
0 Hours 7 Mins

SERVES
2

INGREDIENTS

10 dumpling wrappers
100g minced pork
50g tofu (mashed)
20g chives
20g glass noodles
2 cloves garlic
20g onion
1 egg
2 teas sesame oil
Salt and pepper
30ml soy sauce
20ml vinegar
4g ginger
2 teas spring onions
Pinch chilli flakes

METHOD

Add glass noodles to lukewarm water and allow to soak.

Cut up chives, spring onions and onions into 0.5 mm cubes/pieces

Mix mince with sesame, soy sauce (10ml), minced garlic, pinch of salt and pepper and ginger. Combine until evenly mixed.

Add chopped vegetables and mashed tofu into the mince mixture. Add chopped glass noodles and mix to evenly combine..

Add whisked egg and mix the whole mixture with your hands.

Prepare small dish of water (for moistening edge of dumplings).

Fill centre of each dumpling wrapper with an overloaded tablespoon of mince mixture. Dip finger into water and run around edge of wrapper.

Press the dumpling wrapper edges together to create a frayed look (or pleat if desired).

Steam or boil for 7 minutes (can also be pan fried if you desire).

Whilst dumplings are cooking create the dipping sauce using the remaining soy sauce, vinegar and chilli flakes.

Serve and enjoy.

Cinnamon Rolls



AUTHOR

Pieta Hochstetler

ORIGIN
American

PREP TIME
1 Hours 15 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
8

INGREDIENTS

Dough Recipe

Step 1:

1/2 cup warm water
1 cup sour cream, yogurt, buttermilk, or any other type of sour milk product
1/2 cup butter
1/2 cup sugar
1 tsp salt

Step 2:

2 eggs
2 packs instant yeast (tablespoon), I use less
4 cup flour

Icing Recipe:

1/2 cup butter
1 cup brown sugar
1/4 cup milk
1-2 cups powdered sugar

METHOD

Mix Step 1 ingredients in a pan and heat until the butter is melted. Let it cool to about lukewarm, then add the items in Step 2.

Mix well, cover and refrigerate overnight in a large bowl.

Next morning: The dough will seem sticky, but that's good. Sprinkle plenty of flour onto your counter and plop the dough onto it. Roll it out with a rolling pin. You may divide the dough if its seems easier.

Next spread softened butter over this rectangle of rolled out dough. Then spread brown sugar. Next sprinkle a generous amount of cinnamon over it. If you have pecans, put those on too. (optional) Now you're ready to roll it up. Last, cut 1 inch pieces off and lay them on a cookie sheet. (give them a little room to grow!) These will rise until about double.

Bake them at 180C for about 15 min, more or less depending if you like them gooey or crispy.

Make the icing as follows, noting that some people like a thicker coating, others prefer a thinner glaze.

Melt 1/2 cup butter in a pan large enough to add the icing ingredients. Add 1 cup brown sugar and mix this together letting it cook for no longer than 2 minutes! Add 1/4 cup milk and bring back to boiling (I don't always) Then to this mixture add 1-2 cups powdered sugar (leave it a bit thin, because it always thickens up a bit later.). Spread icing on the cooked rolls.

Tres Leches Cake



AUTHOR

Monica Diaz

ORIGIN
Mexican

PREP TIME
1 Hours 30 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
12

INGREDIENTS

From: <https://tastesbetterfromscratch.com/tres-leches-cake/>

Cake:

- 1 cup all-purpose flour
- 1.5 teaspoons baking powder
- 1/4 teaspoon salt
- 5 large eggs (separated)
- 1 cup granulated sugar, divided
- 1/3 cup whole milk
- 1 teaspoon vanilla extract

Milk Mixture:

- 340g can evaporated milk
- 400g can sweetened condensed milk
- 1/4 cup whole milk

Whipped Topping:

- 500ml heavy whipping cream
- 3 Tablespoons powdered sugar
- 1/2 teaspoon vanilla extract
- ground cinnamon, for topping

METHOD

Preheat oven to 175 Degrees C. In a medium bowl combine flour, baking powder and salt. Separate eggs into two mixing bowls. Add 1/2 cup sugar to egg yolk bowl and mix on high until yolks are pale yellow. Add 1/3 cup milk and vanilla and stir to combine. Pour yolk mixture over the flour mixture and stir gently just until combined (don't over-mix).

Use electric beaters to beat egg whites on high. As stiff peaks form, gradually mix in remaining 1/4 cup of sugar. Fold stiffly beaten egg whites into batter gently, scraping bottom and sides of bowl, until combined.

Pour batter into un-greased pan and smooth into an even layer. Bake 25-35 mins, or until skewer inserted in the centre comes out clean. Remove from oven and allow cake to cool completely.

Combine evaporated milk, sweetened condensed milk, and whole milk in a small bowl. Once cake has cooled use a fork to poke holes all over the top of the cake. Slowly pour the milk mixture over top of cake, making sure to pour near the edges and all around. Refrigerate for at least 1 hour or overnight to allow milk to soak in.

Whip cream, sugar and vanilla until stiff peaks. Smooth over top of cake. Sprinkle cinnamon on top. Serve with fresh sliced strawberries, if desired.

Why is this an important recipe to me?

My kids love this one! It's from Mexico but eaten in so many places in Latin America (and the US).

Meringues



AUTHOR

Cara Williams

ORIGIN
Australian

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
30

INGREDIENTS

4 eggs
1 1/2 cups of caster sugar
2 teaspoons vinegar
2 teaspoons cornflour

METHOD

Separate the eggs whites from the yolks, and place the whites into a bowl (set yolks aside for another recipe). If any yolk is mixed in with the whites recipe will not work - if there is fat of any kind in the whites your meringues will fail. (Separate each egg into individual bowls before combining egg whites to ensure success.)

Whip the whites with a beater until they form stiff peaks (they will stand up straight when you remove the beater).

Continuing to mix, add the sugar slowly.

Once the sugar is fully incorporated, add the cornflour and vinegar (and food colouring if you wish).

Spoon or pipe dollops of the mixture onto baking trays covered with baking paper.

Place the meringues into an oven at 140 degrees Celsius and set a timer for 3 minutes.

At the end of your 3 minutes, decrease the oven temperature to 110 and bake for a further 40 minutes. The meringues will be done when they stop shining and make a hollow sound when patted.

Why is this an important recipe to me?

It was passed down to me from my Nana, who was taught it by her mother, my Mater.

Mitarashi Dango



AUTHOR [Maya Okada](#)

ORIGIN [Japanese](#)

PREP [0 Hours 30 Mins](#)

COOK [0 hours 10 mins](#)

SERVES [4](#)

INGREDIENTS

For the dango:

160g shiratamako rice flour

60g joshinko rice flour

170ml-190ml water

1-2 tsp sugar, to taste

For the mitarashi sauce:

2 tbsp soy sauce

6 tbsp water

3 tbsp sugar

1 tbsp mirin rice wine

1 tbsp potato or corn starch

METHOD

SAUCE: In a small saucepan combine all of the ingredients except for the potato/corn starch and stir. Put on medium heat until the mixture starts to slowly boil. Reduce the heat to low.

In a small bowl, combine the 1 tbsp potato/corn starch with a little cold water to make a slurry. Add the slurry to the saucepan and stir until it becomes thick, about 1-2 mins. Remove from the heat and allow to cool.

Make the dango: In a bowl combine the 160g shiratamako rice flour and 60g joshinko rice flour, 170ml-190ml water, and 1-2 tsp sugar to taste. Mix until fully combined and a dough starts to form. Mix and knead by hand until soft and slightly stretchy. The Japanese say to mix it until it feels like an earlobe.

Form the dango: After mixing the dango dough, prepare a saucepan of boiling water. Next form the dough into small bite-sized balls. After forming the balls, place them one by one into the boiling saucepan of water. Be careful not to overcrowd the saucepan - boil in batches if necessary.

Boil the dango: Boil the balls for 1-2 minutes. Then remove and place in a bowl of ice water to stop the cooking process. Once you have completed the boiling and ice bath process, then drain the dango from the ice water.

Pierce the dango: Next, take the skewers and place 3-5 dango on each skewer, piercing each one through the middle. Using a grill pan or the grill on your oven, grill each skewer until grill marks form and flip onto the other side to finish. When finished, take the mitarashi sauce and either brush or pour over the finished skewers. Enjoy the mitarashi dango while hot.

Date, Banana & Walnut Loaf



AUTHOR

Jeanette Pike

ORIGIN
Australian

PREP TIME
0 Hours 15 Mins

COOKING TIME
0 Hours 60 Mins

SERVES
12

INGREDIENTS

1 cup dates
1 cup walnuts (chopped)
2 ripe bananas
1 tsp bicarbonate soda
1 tab butter
1 cup sugar

1 cup boiling water

1 cups SR flour

METHOD

Combine all first 6 ingredients together in a bowl. Add boiling water to bowl and leave to cool.

When cool add sifted flour and mix well.

Pour into lined loaf tin. Bake for 50-60 mins at 180 degrees - check at 50 min mark to see if it is cooked.

Leave for 30 minutes before removing from tin.

Why is this an important recipe to me?

Given to me by Mrs Lavender, HGHS Old Girl.

White Chocolate Mud Cake



AUTHOR Jeanette Pike

ORIGIN Australian

PREP 0 Hours 45 Mins

COOK 1 hours 10 mins

SERVES 16

INGREDIENTS

300g white chocolate (eg Cadbury Dream white chocolate)

200g butter (if using unsalted butter, add 1/4 teaspoon fine table salt with the butter)

250ml (1 cup) milk

165g (3/4 cup) caster sugar

2 teaspoons (10ml) vanilla extract

2 large eggs, lightly beaten (use eggs with a minimum weight of 59g)

100g (2/3 cup) self-raising flour

150g (1 cup) plain flour

Sour Cream and White Chocolate Ganache

200g white chocolate

88g sour cream

METHOD

Preheat oven to 160 degrees Celsius (145 degrees Celsius fan-forced). Grease a 20cm square cake pan and line the base and sides of the pan with baking paper. Place chocolate, butter, milk and sugar in a large saucepan over low heat, stirring frequently. Remove from heat when chocolate and butter have melted, and stir mixture until completely smooth. Allow mixture to cool at room temperature for 15 minutes. Add vanilla and eggs to chocolate mixture and stir until well combined. Stir flours together in a large bowl. Add one cup of chocolate mixture to the flour and stir until a smooth paste forms.

Repeat with another cup of the chocolate mixture. Add remaining chocolate mixture and stir until mixture is smooth. This gradual method of combining the wet and dry ingredients helps prevent lumps. Pour mixture into prepared pan.

Bake for about 1 hour 10 minutes to 1 hour 20 minutes. When the cake is ready, a fine-bladed knife inserted into the centre of the cake should come out without any batter attached. Loosely cover cake with greaseproof paper or a clean tea towel and allow it to cool to room temperature in pan. The cooled cake can be iced with the white chocolate ganache immediately (see directions below), or stored and then iced on the day of serving.

Store cake in an airtight container in the refrigerator and bring to room temperature before serving. The cake is suitable to freeze iced or uniced.

Sour Cream and White Chocolate Ganache: Melt white chocolate in a small saucepan over very low heat, stirring frequently. When chocolate has completely melted, remove from heat and quickly stir in sour cream. Use immediately, or if your ganache is quite runny, set it aside at room temperature to thicken slightly before using.

Falooda



AUTHOR Yasmin Wijayasinghe

ORIGIN Sri Lankan

PREP 0 Hours 5 Mins

COOK 0 hours 0 mins

SERVES 1

INGREDIENTS

Rose Syrup
Tukmaria (Basil) Seeds
Milk

OPTIONAL

Ice-cream (preferably vanilla)
Jelly (raspberry or strawberry)
Vermicelli (a special type, under
"falooda sev")

METHOD

1. Gather your ingredients. If you're adding jelly, make sure the substance is set before incorporating it.
2. Add a teaspoon of Tukmaria (Basil) seeds into a small bowl and soak them in water. After around 5 minutes, the seeds will form an opaque covering around them. Once this is achieved, drain the water out.
3. Transfer your Tukmaria (Basil) Seeds into a long cup. Then add any optional toppings such as Vermicelli. I highly recommend including jelly and ice-cream into your falooda.
4. Pour enough milk to fill 2/3 of your cup.
5. Afterwards, slowly add in the Rose Syrup. The colour you want is a blush pink like in the picture. If it is too light you won't be able to taste the syrup and if it is too dark it will be too sweet.
6. Remember, if you add too much Rose Syrup you can always counter-balance it with milk or ice-cream.

Torta



AUTHOR

Eva Still

ORIGIN
Croatian

PREP TIME
1 Hours 15 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
6

INGREDIENTS

Cake Mixture:

6 eggs
180g sugar
1 sachet vanilla sugar
90g mixture of ground walnuts and almonds
zest of 1/2 an orange
zest of 1/2 a lemon
90g self-raising flour

Filling:

4 eggs
200g sugar
2 tbsp baking cocoa
zest of 1/2 an orange
zest of 1/2 a lemon
1 sachet vanilla sugar
200g unsalted butter

Ground walnuts for decoration

METHOD

Preheat oven to 180 degrees Celsius.

Cake mixture: Beat eggs until soft peaks form.

Mix egg yolks with sugar until pale yellow.

In a third bowl combine flour, vanilla sugar, nuts, orange and lemon zest.

Add egg whites to the yolk and sugar mixture and gently mix using a spoon.

Add flour mixture and combine again using a spoon instead of a mixer.

Bake for 30-40mins in a buttered and floured 23cm round cake tin.

Filling: Mix all filling ingredients (except butter), then transfer to a double boiler, stirring until thickened. Remove from heat.

Gradually add chopped room temperature butter into the mixture. Stir frequently until velvety.

Cut cake horizontally in half once it has cooled, add filling and sandwich the two halves together.

Ice the entire cake with the remaining glaze. Sprinkle with ground walnuts to decorate.

Apple Pies (individual)



AUTHOR

Sofia Z

ORIGIN
English

PREP TIME
0 Hours 40 Mins

COOKING TIME
0 Hours 25 Mins

SERVES
10

INGREDIENTS

3 apples
3 3/4 tsp ground cinnamon
3/4 cup granulated white sugar
1/2 cup packed brown sugar
1 lemon (juice)
Pinch salt
1 tbsp corn starch
2 tbsp water
2 sheets puff pastry
Egg (beaten)

METHOD

Preheat the oven to 250 C.

Peel and dice all the apples to approximately 1.5cm cubes.

In a pot, mix the apples, 1/3 cup granulated sugar and 1/2 cup brown sugar, and let sit for 8 minutes.

Add 2 tsp ground cinnamon, lemon juice and pinch of salt to apple mix - simmer for 10 minutes.

Mix together 1 tbsp corn starch with 2 tbsp water. - combine with apples and stir until thick and glossy.

Mix 1/4 cup granulated sugar and 1 3/4 tsp ground cinnamon - set aside.

Cut each sheet of puff pastry into 10 rectangles and brush the edges of half the rectangles with egg wash.

Add the apple mixture onto the egg washed pastry.

Cover with the other pastry half, making sure to seal it well. Score the top of the pastries to create a pattern.

Brush all pastries with egg wash and sprinkle generously with the sugar and cinnamon mixture.

Bake for 20-25 minutes, then take out to cool.

Mousse au Chocolat



AUTHOR

Cherie Low

ORIGIN
French

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 0 Mins

SERVES
6

INGREDIENTS

Note: the mousse will need to be refrigerated for 2 to 3 hours after preparation.

200g dark cooking chocolate
4 dessertspoons of water
6 eggs
pinch of salt
extra dark, milk or white chocolate for grating (if desired)
whipped cream for topping, if desired

METHOD

Break chocolate into small pieces and place, with water into a heavy-based saucepan or bain-marie. Stir on very low heat until you have a perfectly smooth paste. Allow to cool to lukewarm..

Separate egg yolks from whites. Add pinch of salt to egg whites and beat until stiff peaks form.

Pour lukewarm melted chocolate onto egg yolks, stirring constantly.

Place one-third of the egg white mixture into the egg yolks and mix very gently, whisking from the bottom to the top so as not to un-stiffen the egg whites. Then add the rest of the egg white mixture and whisk gently.

Pour mousse into a large bowl or into 6 to 8 individual bowls and refrigerate for 2 to 3 hours.

Serve with grated chocolate and/or whipped cream, if desired.

Why is this an important recipe to me?

This is a recipe from my French sister.

Shortbread



AUTHOR

[Cherie Low](#)

ORIGIN
Scottish

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 55 Mins

SERVES
16

INGREDIENTS

440 g butter
1 cup caster sugar
1 cup cornflour
4 cups plain flour

METHOD

TIP: Take butter out of fridge several hours before making the recipe to ensure it is soft.

Preheat oven to 150 degrees Celsius (fan-forced oven). Butter 2 x 20 cm round tins and then dust with flour. Place a circle of baking paper in the base of each tin.

Cream butter with a mixer then gradually add caster sugar until the mixture is soft and cream in colour.

Sift the cornflour and plain flour together to ensure they are well mixed. Gradually add to the butter and sugar mixture. Traditionally this is done by hand on a floured board but can also be done in a mixer.

Divide the mixture evenly between the two tins (can be done by weight to be accurate) and gently press down into the tin. You can score the top using a shortbread mould or any design you desire.

Cook for approximately 55 mins, checking after 45 minutes and reducing the heat if necessary. Shortbread should be light in colour.

Cool in tin. Can be wrapped in foil and stored in airtight container for a couple of weeks.

Why is this an important recipe to me?

This Christmas treat has been handed down the generations of the Scottish part of our family.

Rice Kheer



AUTHOR [Sriya Danda](#)

ORIGIN [Indian](#)

PREP [0 Hours 10 Mins](#)

COOK [0 hours 30 mins](#)

SERVES [4](#)

INGREDIENTS

1/2 Cup Rice
1 Cup Milk
1/3 Cup Grated Jaggery
1 tsp Ghee
2 tbsp Split Cashews
1 Tiny Pinch Paccha Karpooram,
Edible Camphor
1/2 tsp Cardamom Powder

METHOD

Wash the rice well and add 1 cup milk to it.

On medium heat, while stirring continuously, cook the mix until the rice is soft and mashable.

Set the cooked rice and milk mixture aside to cool.

In a heavy bottomed vessel, over medium heat, heat the ghee.

Add the split cashews and stir-fry till they start to change colour.

Add 1/4 cup water and the grated jaggery.

Mix well and let the jaggery melt. Cook till the syrup thickens a little.

Let the jaggery syrup cool completely or till it's lukewarm.

To the jaggery syrup, add the cardamom powder and edible camphor, and mix well.

Combine the cooled cooked rice and jaggery syrup and mix well.

Why is this an important recipe to me?

This recipe is important to me because it is served on auspicious occasions according to my culture.

Strawberry & Honey Crepes



AUTHOR

Sofia Zhang

ORIGIN
French

PREP TIME
0 Hours 15 Mins

COOKING TIME
0 Hours 45 Mins

SERVES
2

INGREDIENTS

10 whole strawberries (jam works fine as replacement)
1 tbsp ground cinnamon
5 tbsp honey
1 egg
1/4 cup milk
1/2 cup all-purpose flour
1 tbsp butter (melted)
1/8 tsp salt
1/2 tbsp sugar
1/2 cup heavy whipped/thickened cream (or whipped cream)
1 1/4 cup water
Icing sugar

METHOD

Blend 2 diced strawberries, 1/2 cup water and honey together.

Pour honey mixture into a pot and boil until reduced and slightly thickened.

In a separate bowl, whisk together eggs and flour, then gradually add 1/4 cup water and milk.

Add salt, butter, cinnamon and sugar and beat until smooth.

Pour batter into a lightly oiled pan, making sure it is thinly layered and evenly spread.

Cook each side for around 1-2 minutes, until light golden brown, and repeat for remaining batter.

Chop remaining strawberries into slices.

Whip heavy cream until it holds its shape, then add onto half of each crepe (or just use whipped cream!)

Top with the strawberries and fold crepes however you like.

Dust some icing sugar and pour some honey syrup from beginning and enjoy!

Syrni Pampushky (Cheese Doughnuts)



AUTHOR

Solomiia Koreniuk

ORIGIN
Ukrainian

PREP TIME
1 Hours 30 Mins

COOKING TIME
0 Hours 15 Mins

SERVES
6

INGREDIENTS

500g flour
300g Tvorog (farm cheese)
3/4 cup milk
100g butter
3 egg yolks
1 egg
15g yeast
1/2 cup sugar
1/4 teaspoon salt
Cooking oil for deep frying
Icing sugar for dusting

METHOD

Dissolve the yeast in the warm milk with 1 tsp of sugar and leave in a warm place to rest.

Rub the cheese through a sieve.

Add the sugar mixture to the egg yolks and whole egg, and beat until the mixture is smooth and pale yellow.

Add the warm melted butter and salt then mix.

Gradually, one spoon at a time, add the cheese, constantly stirring. Mix well.

Combine the flour with the cheese and yeast mixtures and knead.

Cover the dough and leave in a warm place to rise.

When the volume of the dough has doubled in size, knead it again and form balls about 3-4cm in diameter.

Let them rest in a warm place for 10-15 minutes until slightly risen.

Deep fry the balls in the oil until golden and puffed. Remove with a slotted spoon and transfer to a paper towel to absorb excess oil.

Dust with icing sugar before serving. Enjoy!

Rhubarb and Apple Crumble



AUTHOR Elizabeth Vizor

ORIGIN English

PREP 0 Hours 20 Mins

COOK 0 hours 20 mins

SERVES 6



INGREDIENTS

Crumble:

1 cup plain flour

100g brown sugar

100g chilled butter chopped

Roller Oats

Filling:

500g Rhubarb (approx)

800g Apples (Granny Smith)

Dash of fruit juice, such as Orange

Juice (Optional)

If no Rhubarb available you can use any left over fruit such as plums, nectarines, peaches or pears.

METHOD

I never learn't how to make it my Nanny's secret way but here is a method that my brother does in our house.

Preheat oven 180 degrees Celsius.

Combine flour, sugar, butter and oats.

Rub butter into mixture till it looks like breadcrumbs.

Place the rhubarb and apples (or other fruit) in the bottom of a suitable sized casserole dish or similar, and mix well. You may add fruit juice such as orange juice.

Sprinkle over the caster sugar and flour and mix again.

Sprinkle the crumble mix over the fruit and spread evenly.

Sprinkle over the brown sugar and place in the oven at 180 C (160 C fan/gas mark 4) for around 20 minutes.

Remove from the oven when the top is golden. Serve hot with custard or some fresh pouring cream.

Why is this an important recipe to me?

A special dish that reminds my family of my Nanny and Christmas time in England

Dates Cake



AUTHOR

Tanika Sivasuthan

ORIGIN
Sri Lankan

PREP TIME
1 Hours 00 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
30

INGREDIENTS

500g Dates
250g Butter
250g Sugar
1 condensed milk tin
2 tabs Baking powder
2 tabs Vanilla Extract
250g Plain Flower
5 tabs Cacao Powder
Tea bags

METHOD

Soak the dates in hot water with tea bags for about 1 hour (basically soak the dates in tea).

Whilst your dates are soaking, mix the sugar, milk and butter together. (5-10min)

Then grind the dates (once they are soft) and keep them in a separate bowl.

Then add the flour, cacao powder, vanilla and baking powder to the mix.

Mix the dates with the rest of the batter.

Now that your batter is ready you can put it in the oven for 180 degrees for approx 30 mins (or until cake tester comes out clean)..

Enjoy!

Why is this an important recipe to me?

It is yummy.

Babaofan (Eight Treasures Rice)



AUTHOR

Lynn Lin

ORIGIN
Chinese

PREP TIME
12 Hours 0 Mins

COOKING TIME
1 Hours 0 Mins

SERVES
5

INGREDIENTS

(I said this serves five, but this depends on bowl size so really, in the true spirit of household recipes, just use as much of each ingredient as you see fit)

Rice mixture:

- Sticky rice
- Lard, heated until liquid (lard has a nice fragrance, but liquid oil works too, e.g. butter, vegetable oil)
- White sugar (preferably caster sugar, but it's not essential!)
- Red bean paste (we use sweetened, store bought!)

Toppings: (here are some traditional options, but really, use anything you want)

- Dried dates (cores removed, quartered)
- Pumpkin seeds
- Walnuts (broken down into halves or quarters)
- Lotus seeds
- Dried apricots (slivered)
- Pine nuts
- Raisins
- Candied winter melon (cubed)

METHOD

1. Before steaming, soak sticky rice in water overnight (hence the 12h prep time!)
2. Choose the bowls that the babaofan will go into - porcelain or metal are best (as the bowls will need to be steamed!)
3. Steam the sticky rice for 30 minutes (or until just edible; the ideal texture of the rice should be very chewy and not as soft as regular white rice)
4. Lather the sides of the bowls with lard/oil
5. [fig.1] Arrange your toppings in a pattern on the sides of the bowls in any way desired (use the internet for inspiration!)
6. After the sticky rice has been steamed, transfer it to a large wok/pan over low heat (to prevent it from getting too sticky)
7. Stirring gently and continuously, mix in two spoons of lard/oil to the sticky rice at a time, until each grain of rice easily separates from the others, and there are no clumps of un-oiled sticky rice left (these make for bad texture)
8. One spoon at a time, mix in the white sugar to taste (it is important to taste test the sticky rice at this point!)
9. [fig.2] Using a few spoonfuls of sticky rice at a time, gently press a layer of rice to the sides of each of the prepared bowls, being careful not to disturb

any toppings, until no toppings can be seen

10. [fig.3] Fill the indent in the rice with as much red bean paste as you want

11. [fig. 4] Finally, cover the top of the bowl with more sticky rice, and gently smooth it down until no more red bean paste can be seen

12. Repeat with the other bowls until you run out of bowls or ingredients!

13. The finished dessert must then be steamed once more before being eaten! For bowls with a diameter of 10-15 cm, they should be steamed for 10 minutes (or until the rice reaches the desired texture)

14. The dessert can be served straight from the bowl, or tipped upside down onto a plate to display the nice topping patterns!

15. It is possible to store this dessert in the freezer for up to three or four months. Just wrap the top of each bowl in cling wrap to keep the rice from drying out or going mouldy, and place in the freezer! Remember to defrost the dessert before steaming.

Note 1: Sticky rice should be handled gently so as to not mash any of the rice together and form a paste. It is more delicious when each granule of rice can be clearly distinguished from the others!

Note 2: This dessert is prepared in advance and should be steamed right before it is to be eaten, for a soft and chewy texture. If it had been kept in the fridge or freezer, it should be defrosted before steaming.

Why is this an important recipe to me?

Babaofan is an incredibly versatile dessert! In the end, all that matters is the fabulous taste.

Ghevar



AUTHOR Ishi Gupta

ORIGIN Indian

PREP 0 Hours 15 Mins

COOK 0 hours 20 mins

SERVES 4

INGREDIENTS

For ghevar:

1/2 cup ghee, also known as clarified butter

1/2 cup whole milk cold

1 cup ice cold water, may need more

1 cup all purpose flour

1/4 teaspoon cardamom powder

few saffron strands

chopped nuts, to garnish

yellow food color, optional

ghee or oil for deep frying

For sugar syrup:

1.5 cups sugar

1 cup water

METHOD

Sugar syrup: To make the sugar syrup add sugar to a pan on medium heat. Now add water and mix till sugar dissolves.

After 4-5 minutes the syrup will develop a one string consistency which means that if you put a drop of the syrup between your thumb and index finger and move the fingers apart, you will notice the syrup forming one string/thread (NB care is needed to avoid burn). Set aside while you make the ghevar.

Ghevar: To a bowl add ghee. Now add 1 tablespoon of cold milk and 1 tablespoon of ice cold water to it. We are going to add the milk, flour and water in parts and not in one go.

Start beating it all together using your stand or hand mixer. Once it's all nice and combined, add 1/4 cup of flour and mix to combine.

Add 1-2 tablespoons more of milk and water and combine. Add cardamom powder and mix.

Add 1/4 cup flour again and mix. Also add in saffron strands. Now add the remaining 1/2 cup flour.

Keep adding water and milk little by little and mix till you get a completely smooth and pouring consistency batter. You may need to add more water to the batter than what is mentioned in the recipe if your batter isn't pouring consistency. You may also add yellow food color if desired.

Now heat ghee/oil in a deep pan on high heat. (I use a combination of oil and ghee.)

Once the ghee is super hot, pour batter from a height of at least 15-18 cm. Pour batter little by little in a constant flow into center of the pan The batter will sizzle up and spread immediately.

Wait for a minute and then pour another ladle full from top in the center of the pan. Wait a few seconds and then using a chopstick or any other elongated utensil, remove some batter from the center so that you get a hole in the center to lift the ghevar once it's done.

Pour 2 more ladles of batter, repeating the same steps again. You may add more batter if you want a thicker ghevar. Once you are done with all the layers, take a stick and press ghevar slightly inside the oil so that the top gets evenly cooked.

Once it's all nice and brown, very carefully insert the stick in the center of the ghevar and take it out of the pan.

Place on serving plate and drizzle evenly with warm sugar syrup. You may dip the ghevar in the sugar syrup too, either way is fine. Make sure sugar syrup is warm when you dip the ghevar in it.

Garnish ghevar with nuts, rabdi (thickened milk) and enjoy!

Why is this an important recipe to me?

Ghevar is an Indian sweet made of flour and soaked in sugar syrup, garnished with nuts and rabdi!

Peto



AUTHOR

Maya Otalora Caliman

ORIGIN
Colombian

PREP TIME
0 Hours 10 Mins

COOKING TIME
1 Hours 0 Mins

SERVES
30

INGREDIENTS

500g White or Yellow Maize
2.5L Water
1L Milk
2 Cinnamon sticks
1 teaspoon Nutmeg
1 can (397g) Condensed Milk
1 can (600mL) Thickened Cream

METHOD

Step 1: Soak Maize overnight in water.

Step 2: Cook Maize and Cinnamon sticks for 1 hour in a pressure cooker at medium heat.

Step 3: Remove pressure cooker from stove.

Step 4: Add the rest of the ingredients.

Step 5: Cook for another 5 minutes without lid on.

Step 6: Let it cool before serving and if too thick add milk until you achieve moderate viscosity.

Step 7: Enjoy with your loved ones!

Why is this an important recipe to me?

The first time I tasted it was when I went to Colombia for the first time.

Raspberry Coconut Slice



AUTHOR Lucinda Eldridge

ORIGIN Australian

PREP 0 Hours 45 Mins

COOK 0 hours 40 mins

SERVES 4

INGREDIENTS

Base:

90g butter

1/2 cup castor sugar

1 egg

1/3 cup self raising flour

2/3 cup plain flour

1/2 cup raspberry (or any other) jam

Topping:

3 eggs

1/2 cup castor sugar

3 cups shredded coconut

METHOD

Cream butter, sugar, and egg together until smooth and creamy.

Stir in flours, adding them slowly.

Spread mixture evenly over the base of a greased or lined lamington tin (approx. 30cm x 20cm). It might look quite thin, but it will rise in the oven. Spread jam evenly on top.

Prepare topping: beat eggs lightly with a fork, beat in sugar, then fold in coconut. Spread topping evenly over the jam layer.

Bake in oven at approx. 180 Celsius for 40 minutes or until topping is crisp and golden brown. Let cool in tin, then cut into squares.

Cantonese Mooncakes



AUTHOR

Jasmine Jiang

ORIGIN
Chinese

PREP TIME
1 Hours 0 Mins

COOKING TIME
0 Hours 16 Mins

SERVES
20

INGREDIENTS

Crust -----

1 tsp baking soda
1/2 teaspoon salt
5g water
95 g golden syrup
10g molasses
49 g butter
180g flour
30g cornstarch

Egg wash -----

1 egg yolk
1 teaspoon water

Filling -----

Red bean paste, lotus bean paste, or any other fillings of choice, divided into 25g portions

METHOD

In a large glass bowl, dissolve baking soda and salt in 5g of water.

Add in golden syrup, molasses and vegetable oil. Stir until combined.

Sift in flour and cornstarch.

Mix thoroughly and refrigerate for 20 minutes.

Divide into 25g balls.

Dust a rolling surface and rolling pin with flour. Roll each portion of mooncake crust until very thin, around 2mm.

Add filling of choice, and carefully pinch the open end shut.

Dust lightly once again with flour. Using a 50g mooncake mould, press a design into the mooncake.

Bake at 190°C fan forced for 7 minutes. Remove from the oven and brush with egg wash.

Bake at 150°C fan forced for 5 minutes. Take out, brush with egg wash again, and continue baking for 4 minutes until golden brown. Do not overbake, or else they will crack.



Authors

AUTHOR NAME	DISH NAME	CUISINE	COURSE
Shu-Lyn Lee	Spring onion pancakes	Chinese	Entree
Swarna Vankineni	Cauliflower Manchurian	Indian	Entree
Pari Lingareddy	Chicken Majestic	Indian	Entree
Meghna Sukaraj	Thayir Vada (Yoghurt lentil dumplings)	Indian	Entree
Aditi Sundar Rajan	Banana Appam	Indian	Entree
Jenny Tompkins	Cheese Dreams	English	Entree
Amanda Tourikis	Tzatziki	Greek	Main
Akeesha Ekanayake	Kottu Roti	Sri Lankan	Main
C Chung	Hong Kong Style French Toast	Hong Kong	Main
C Claxton	Hearty Beef Casserole with Sage and Thyme Dumplings	British, UK	Main
Maya Okada	Okonomiyaki	Japanese	Main
Leyi You	Lean Orange Chicken	Chinese	Main
Alice Yang	Roast Snapper	Australian	Main
Scarlett Shin	Spicy Pork Bulgogi	South Korean	Main
Cynthia Liu	Pork Buns	Chinese	Main
Angelina CHEN	Braised Pork Rice	Chinese	Main
Bonita Lee	Japchae	South Korean	Main
Helen Bui	Pho	Vietnamese	Main
Bonita Lee	Gungjung tteokbokki	South Korean	Main
Elizabeth Vizor	Hainanese Chicken Rice	Singaporean	Main
Ishi Gupta	Lamb Shanks Curry	Indian	Main
Hannah Lee	Korean Street Egg Toast	South Korean	Main
Whitney Jung	Japchae or Korean Glass Noodles	South Korean	Main
Namditha Kaimal	Creamy Coconut Chickpea Curry with Cumin Rice	Indian	Main
Hannah Kim	Mandu (Korean Pork Dumplings)	South Korean	Main
Pieta Hochstetler	Cinnamon Rolls	American	Dessert
Monica Diaz	Tres Leches Cake	Mexican	Dessert
Cara Williams	Meringues	Australian	Dessert
Maya Okada	Mitarashi Dango	Japanese	Dessert



Authors

Jeanette Pike	Date, Banana & Walnut Loaf	Australian	Dessert
Jeanette Pike	White Chocolate Mud Cake	Australian	Dessert
Yasmin Wijayasinghe	Falooda	Sri Lankan	Dessert
Eva Still	Torta	Croatian	Dessert
Sofia Z	Apple Pies (individual)	English	Dessert
Cherie Low	Mousse au Chocolat	French	Dessert
Cherie Low	Shortbread	Scottish	Dessert
Sriya Danda	Rice Kheer	Indian	Dessert
Sofia Zhang	Strawberry & Honey Crepes	French	Dessert
Solomiia Koreniuk	Syrni Pampushky (Cheese Doughnuts)	Ukrainian	Dessert
Elizabeth Vizor	Rhubarb and Apple Crumble	English	Dessert
Tanika Sivasuthan	Dates Cake	Sri Lankan	Dessert
Lynn Lin	Babaofan (Eight Treasures Rice)	Chinese	Dessert
Ishi Gupta	Ghevar	Indian	Dessert
Maya Otalora Caliman	Peto	Colombian	Dessert
Lucinda Eldridge	Raspberry Coconut Slice	Australian	Dessert
Jasmine Jiang	Cantonese Mooncakes	Chinese	Dessert

