



Taste of the Lights

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

tasteofharmony.org.au

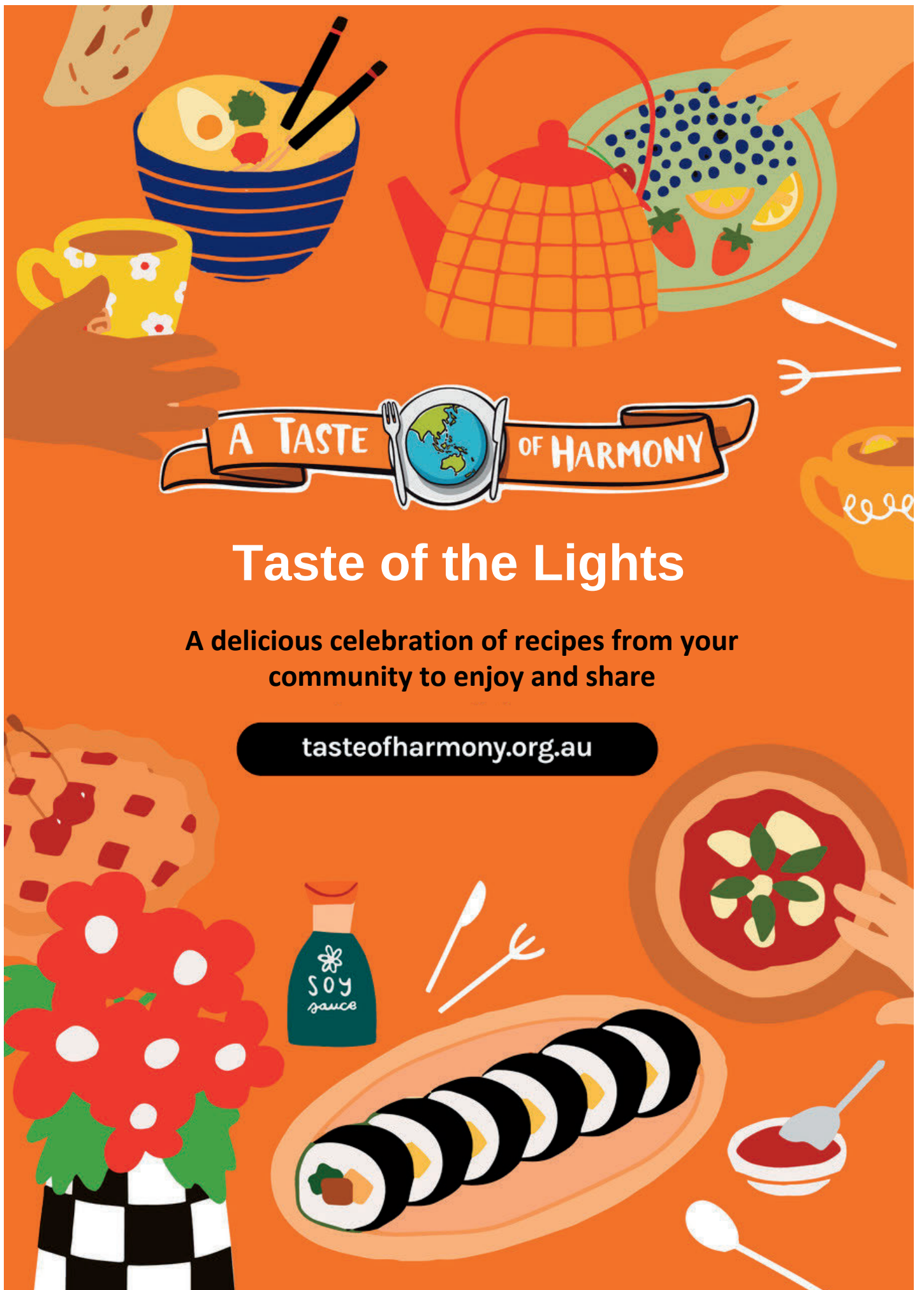




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Introduction



Welcome to “Taste of the Lights” a culinary celebration of diversity and harmony brought to you by The Lights Community and Sports Centre! This cookbook is a vibrant tapestry of recipes that reflect the rich cultural mosaic within our community. As we embark on this gastronomic journey, we invite you to savour the unique tastes and stories that make our community so special.

In the spirit of Harmony Week, we have gathered a collection of recipes that showcase the myriad of flavours and traditions that coalesce within The Lights Community and Sports Centre. This week-long celebration is a testament to the strength found in our collective diversity, where various backgrounds, cultures, and traditions come together to form a harmonious blend.

Each recipe within these pages represents more than just a delightful dish; it is a narrative, a piece of someone’s heritage, and a reflection of the cultural tapestry that makes our community vibrant and unique. Whether it’s a comforting bowl of curry, a savoury dumpling, or a sweet treat passed down through generations, these recipes tell stories of family, love, and the shared joy of breaking bread together.

Through this cookbook, we aim to showcase the wealth of culinary knowledge and talent that exists within our community. It’s an invitation to explore new tastes, try your hand at cooking diverse dishes, and, most importantly, foster a deeper understanding of one another. As you flip through these pages, you’ll discover the stories behind the recipes, the personal touches that make each dish special, and the memories they evoke.

So, let’s embark on this flavourful journey together, celebrating the beauty of our differences and finding common ground through the universal language of food. “Taste of the Lights” is not just a cookbook; it’s a testament to the strength we gain when we come together, share our stories, and celebrate the richness that diversity adds to our lives.

May these recipes inspire you to create, share

Brazilian Cheese Bread

PREP 0 HOURS 30 MINS

SERVES 25

COOK 0 HOURS 25

AUTHOR

MARA

FONTAINHA

ORIGIN

MINS

BRAZILIAN

METHOD

Boil 150ml oil & 300 ml milk & salt

Once it's boiled put on top of 500g tapioca in a bowl Wait a little bit to cool down otherwise it will cook the eggs

Mix 2 eggs in & cheese

Roll into balls

180 degrees for 15- 20 mins

INGREDIENTS

150ml oil
300 ml milk
500g Tapioca starch
2 eggs
? cup freshly grated tasty cheese or parmesan

Why is this an important recipe to me?

Can be served as morning or afternoon tea and a good cup of coffee, feels like home. GF

Sun Tart



AUTHOR Terri Dakiniewicz
ORIGIN French

PREP 0 Hours 10 Mins
COOK 0 hours 30 mins
SERVES 8

INGREDIENTS

2 sheets of puff pastry sheets
1 wheel of creamy camembert or brie
100 grams sun dried tomato pesto
100 grams basil pesto
100 grams cheddar cheese
1 egg, lightly beaten

METHOD

Preheat the oven to 180°C (350°F) and place the shelf in the centre of the oven. Cut 2 circles using a large plate or cake tin as a guide.

Place the cheese in the centre of the puff pastry and cover with a small bowl that allows for a small border around the cheese.

Spread the filling alternatively over the puff pastry in a thin layer, going almost to the edge. Remove the bowl.

Cover with the second puff pastry sheet, you can drape it over a rolling pin to transfer and position it.

Gently smooth the pastry over the cheese and then use the bowl to press down around it. Remove the bowl and prick around the cheese with a fork.

Use a knife to score the pastry into eight sections and then cut up to the border. Cut each section into half to create 16 sections

Twist each section a couple of times in a single direction. Brush the entire tart with egg wash and then grate a little mature cheddar cheese over it.

Transfer to a baking tray / pizza tray and bake for 25-30 minutes, or until the pastry is golden and crisp.

Transfer to a serving platter and use a small knife to remove the puff pastry lid over the cheese. Tear off the rays and start dipping.

Why is this an important recipe to me?

It's an easy and delicious starter to a meal or to share with friends over drinks

Rockys Minestrone Soup



AUTHOR

Rocky Rocca

ORIGIN
Italian

PREP TIME
0 Hours 30 Mins

COOKING TIME 2 Hours
0 Mins

SERVES
8

INGREDIENTS

3 diced bacon rashers or meat bones
1 green bell pepper or zucchini finely chopped
1 brown onion finely chopped
1 garlic clove crushed
1 cup chopped carrots
2 celery sticks finely chopped
1 fennel bulb finely chopped
1 cup potatoes cut into small cubes
1 cup shredded cabbage
2TBS tomato paste
1/2 litre pasta sauce
420g drained cannellini or red kidney beans
1 cup small elbow macaroni
2.5 litre vegetable stock
4 TBS Worcestershire sauce
1/2 chopped parsley or basil
Vegga stock powder

METHOD

Heat oil in large pot and cook onion, garlic and meat. Drain off fat when cooked

Add beans, tomato paste and sauce, celery, cabbage, fennel carrot and potato, 2.5 litre vegetable stock and Worcestershire sauce

Bring to boil, reduce heat and simmer to cooked.

Remove bones if used and add pasta and cook until al dente

Season with extra chicken stock and add parsley and basil and cook further 5 minutes

Spring Rolls

PREP 0 HOURS 10 MINS
COOK 0 HOURS 30 MINS

SERVES 24

AUTHOR NOOR
AWANG ORIGIN
MALAYSIAN

METHOD

Add half the canola oil to a large heavy skillet on medium high heat and add in the napa cabbage cooking 8-10 minutes while stirring until almost all the liquid it releases has cooked off.

Add half the canola oil to a large heavy skillet on medium high heat and add in the napa cabbage cooking 8-10 minutes while stirring until almost all the liquid it releases has cooked off.

Mix cornstarch with two tablespoons of water.

Lay out the spring roll wrapper, brush cornstarch slurry around the edges to moisten and add about 2 tablespoons of filling in a long rectangle shape, folding in from the sides and rolling the wrappers closed tightly.

Heat 3 inches of oil in a dutch oven to 325 degrees and fry the spring rolls until golden brown (about 2-3 minutes).

INGREDIENTS

1/4 cup canola oil, divided
8 cups napa cabbage, sliced thinly
2 cloves garlic , minced
2 carrots , sliced thinly
8 ounces bamboo shoots, sliced
thinly 2 tablespoons mirin
1/4 cup low sodium soy sauce
2 teaspoons sesame oil
2 tablespoons cornstarch
24 8 inch square spring roll wrappers
canola oil, for frying

Sausage Rolls

PREP 0 HOURS 35 MINS

SERVES 24

COOK 0 HOURS 40

AUTHOR

CHRISTINE

WILLIAMS

ORIGIN

MINS



INGREDIENTS

6 sheets of puff pastry, thawed

1 egg, lightly beaten, for

eggwash 2 tbsp sesame seeds

Tomato sauce, to serve

2 tbsp olive oil

1 red onion, finely chopped

75g (1 cup) panko (Japanese) breadcrumbs (see

Notes) 450g minced beef

450g minced pork

1/2 tsp dried chilli flakes

70g (1/4 cup) tomato paste

1 tbsp red wine vinegar

1 tbsp Worcestershire sauce

1 tbsp Dijon mustard

2 rashers middle-cut rindless bacon, finely chopped

2 eggs

AUSTRALIAN

METHOD

To make filling, heat oil in a frying pan over medium heat. Add onion and 1 teaspoon salt, and cook, stirring, for 8 minutes or until soft. Cool for 5 minutes.

Using your hands, combine onion and remaining filling ingredients in a bowl.

Preheat oven to 190C fan-forced. Cut each roll of pastry in half widthwise. Using a rolling pin, roll each piece out on a lightly floured sheet of baking paper to 22cm x 26cm. Lightly prick pastry with a fork, then brush with eggwash. Place one-quarter of filling along long edge, leaving a 3cm border, then roll up to enclose filling. Repeat with remaining pastry, filling and eggwash to make 4 rolls. Place rolls on a tray lined with baking paper and freeze for 10 minutes to firm. Reserve eggwash.

Trim 5mm from both ends of each roll, brush with eggwash, then scatter with sesame seeds. Using a finely serrated knife, cut each roll into 6 and place on 2 oven trays lined with baking paper.

Shepherds Pie



AUTHOR

Annette Knevitt

ORIGIN
English

PREP TIME
0 Hours 10 Mins

COOKING TIME
1 Hours 10 Mins

SERVES
6

INGREDIENTS

1 1/2 tbsp olive oil
2 garlic cloves, minced
1 onion, carrot and rib of celery all finely chopped
2 garlic cloves, minced
3/4 tsp each dried thyme and rosemary (or 2 sprigs fresh thyme + 1 sprig rosemary)
750g (1.5 lb) ground lamb (mince) OR beef
1/4 cup (35g) flour, plain/all purpose
1/4 cup (55g) tomato paste
2 cups (500ml) beef stock / broth
1/2 cup (125ml) red wine (or water)
1 beef bouillon cube, crumbled
1 tbsp Worcestershire sauce
2 dried bay leaves
3/4 tsp cooking salt
1/2 tsp black pepper
1 cup frozen peas
MASHED POTATO
1.2kg (2.2 lb) potatoes, peeled and cut into 2.5cm / 1" cubes
2/3 cup (165 ml) milk (whole or low fat)
2 tbsp (30g) butter

METHOD

Heat oil in a large skillet over medium high heat. Add onion and garlic, cook for 1 minute. Then add carrots, celery, thyme and rosemary. Cook for 3 minutes or until softened and sweet.

Turn heat up to high. Add lamb and cook, breaking it up as you go, until browned. Add flour and mix in. Add tomato paste, broth, red wine, bouillon cube, Worcestershire sauce and bay leaves. Stir well.

Bring to simmer, then turn down heat so it is simmering rapidly - I have it on medium. Cook for 30 minutes, stirring occasionally, until it reduces down to a thick gravy consistency

Add salt and pepper, taste, then add more if you like. Transfer Filling to 1.5 litre / 1.5 quart pie baking dish. Stir through peas. Cover, then refrigerate to cool for 1 - 2 hours or overnight

Preheat oven to 180C/350F.

Cook potatoes in boiling water for 15 minutes or until soft. Drain then return to pot on turned off stove. Allow to steam dry for 30 seconds or so

Add butter and mash until melted, then add milk, salt and pepper. Mash until it's soft and smooth (ie spreadable, but not sloppy), adjusting with a touch more milk if required.

Bake for 30 - 40 minutes or until deep golden on top and bubbling on the edges. Stick a knife into the middle to ensure it is piping hot.

Stir-Fried Shredded Potatoes with Capsicum



AUTHOR

Johnny Zuo

ORIGIN
Chinese

PREP TIME
0 Hours 15 Mins

COOKING TIME
0 Hours 15 Mins

SERVES
2

INGREDIENTS

Potatoes: 3 medium-sized potatoes
Capsicum: 1
Garlic: 2 pieces
Seasonings: salt, sugar, vinegar, soy sauce, ground white pepper, cooking oil

METHOD

Peel and wash the potatoes, then use a grater or knife to shred them into thin strips.

Remove the seeds from the capsicum, wash and cut it into thin strips.

Cut the garlic into slices.

Heat some oil in a wok over medium heat. Add the garlic, if using, and stir-fry until fragrant.

Add the shredded potatoes and stir-fry for a few minutes until they start to soften.

Add the capsicum strips and continue stir-frying until the peppers are slightly softened but still crunchy.

Season with salt, sugar, vinegar, soy sauce, and white pepper to taste, and continue to stir-fry until everything is evenly combined and cooked through.

Why is this an important recipe to me?

Potatoes and capsicums were common ingredients in my childhood. My mom often made this simple and delicious dish for me and even taught me a nursery rhyme about it.

Easy Quiche



AUTHOR

Barb Mogridge

ORIGIN
Australian

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 30 Mins

SERVES
4

INGREDIENTS

Base:

1 cup milk
1 1/4 cup SR flour
1 egg
1 tablespoon
sugar Salt to taste

Topping

1 leek finely sliced.
200g Australian feta
250g grated mature/tasty cheese (save some to
sprinkle over top before cooking)
3 eggs
salt and pepper.
2 tablespoons olive oil

METHOD

Mix all base ingredients together and pour into base of baking dish.

Lightly salt chopped leeks and squeeze out any moisture.

Mix all topping ingredients together and put on top of the base.

Place in oven at 180-200, cook for 25-30 minutes or until top is browned.

Why is this an important recipe to me?

Perfect to take to a picnic, or with a salad for an easy dinner.

Dutch Stampot with Rootworst



AUTHOR

Lidwina Masters

ORIGIN
Dutch

PREP TIME
0 Hours 20 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
6

INGREDIENTS

2 lbs potatoes (900g)
1 lb butternut squash (500g) or 1 lb buttercup squash (500g)
1/2 lb sweet potatoes (250g) or 1/2 lb yam (250g) 3x large carrots
2x large parsnips
1x large turnip
1x large leek
1x onion
1lb savoy cabbage (or use green cabbage, kale, Swiss Chard, silverbeet or collards)
1/2cup butter (or less to taste)
salt and pepper
1/2cup chopped fresh parsley leaves (optional)
1 1/2lbs dutch sausage, such as Rootworst (or other spicy sausage such as Spanish Chorizo)

METHOD

DIRECTIONS Prepare the vegetables: Peel and roughly chop the potato, Butternut squash (pumpkin), sweet potato/yam, carrots, parsnips and turnip. Peel and finely chop the onion. Wash any grit from the leek and cabbage, then slice both fairly finely. Place the chopped vegetables in a large stock pot, and add water to barely cover. Place over heat, cover, bring to the boil, then reduce heat and simmer until vegetables are tender, around 20 minutes. Meanwhile, cook the rootworst as per the instructions on the wrap, or saute the chorizo, or other spicy sausage you choose, in a little oil. Slice, then keep warm. Drain the vegetables well, then mash - but not too smoothly - some lumps are good ;-). Season with salt and pepper to taste. Add the butter, and mix through (use less than 1/2 cup if you prefer). If desired, stir through the chopped parsley. Serve the stampot topped with the sliced sausage, and if you are really decadent, with an extra knob of butter!

Why is this an important recipe to me?

My mum loved this recipe. She had 10 children to feed and this always filled their tummies.

Chicken and Mushroom Risotto



AUTHOR

Joan Rocca

ORIGIN
Italian

PREP TIME
1 Hours 0 Mins

COOKING TIME
0 Hours 40 Mins

SERVES
8

INGREDIENTS

2 to 3 Tablespoons butter
2 Cups fresh mushroom thinly sliced
1 medium onion or 2 small shallots thinly chopped
3 crushed garlic cloves
300gm (3 to 4) Chicken thighs cut into 1 cm pieces (boneless)
2/3 Cup grated Parmesan or Pecorino cheese
1 Cup dry white wine
2/3 Cup frozen peas (can also add spinach or pumpkin or roast capsicum)
5 Cups Chicken stock heated (Can use Vegata Chicken Stock with water to taste)
2 Cups Arborio Rice
3 Tablespoons cut Parsley
1/4 Cup cream (optional)

METHOD

In a large pot heat some olive oil and add chopped chicken and mushrooms and fry until cooked. Remove from pot.

In the same pot add more oil, butter, garlic, and onions. Saute onions and mixture until onions are translucent.

Add the rice and stir and fry until rice turns opaque - about 2 minutes, then add the wine and stir frequently until the wine has been absorbed into the rice.

Add 1/2 cup of chicken stock to rice and stir constantly until stock is absorbed, then continue with this procedure (1/2 to 1 cup at a time and stir) until rice is tender. Should take about 25 to 30 minutes.

When the rice is cooked add the chicken and mushroom mixture with 1/2 cup stock into the pot and stir through.

Add the parmesan cheese, parsley, and cream and stir through.

Season with salt and pepper and add more grated cheese to individual tastes.

Turn Leftover Risotto into Arancini Balls



AUTHOR

Rocky Rocca

ORIGIN
Italian

PREP TIME
0 Hours 30 Mins

COOKING TIME
1 Hours 30 Mins

SERVES
4

INGREDIENTS

Left over Risotto
4 Eggs
Mozzarella cheese balls
1 1/2 cups Italian bread
crumbs Vegetable oil for frying

METHOD

Whisk the 4 eggs together, then stir them into the risotto and add bread crumbs and stir.

Add enough bread crumbs so mixture is sticky but not too wet.

Take 1 mozzarella ball and a generous spoonfull of risotto and form a ball of risotto around the mozzarella. Balls of arancini should be about a golf ball size.

Place into a dish and continue until all the risotto is gone. Keep balls apart with baking paper so they do not stick together.

Refrigerate the arancini for at least 1 hour, as this will help the arancini stay together when frying.

Place a receiving dish near the stove with 4 layers of paper towelling.

Heat enough oil in a wok to cover the arancini balls.

Roll the arancini balls in the breadcrumbs, and lower each one into the heated oil with a slotted spoon. Cook 3 to 4 at a time until brown all over, then remove with slotted spoon and place on the paper towelling to drain excess oil.

Either serve immediately, or keep warm in a 190 degree oven until ready to serve.

Rocky's Stuffed Eggplants



AUTHOR Rocky Rocca
ORIGIN Italian

PREP 0 Hours 40
Mins **COOK** 2 hours 0
mins **SERVES** 15

INGREDIENTS

10 small to medium eggplants
1 kg of Pork and Veal mince meat
1 Medium onion, finely chopped
3 cloves of Garlic, crushed
4 slices of white bread, crusts removed, soak them in milk
Extra virgin olive oil, as required
1/2 cup fresh basil, finely chopped
1/2 cup fresh parsley, finely chopped
3/4 cup grated Pecorino cheese
1/2 to 1 cup (or as much as you want) diced tasty cheese
2 eggs, lightly beaten
Fresh bread crumbs as required
Tomato sauce (Succo) as required, (minimum of 4 cups)
Salt and pepper as required

METHOD

Wash and dry eggplants then slice in half lengthwise. Hollow out the centre of each half with a spoon. Finely dice the scooped out eggplant pulp and set aside . (leave 6 to 10mm of pulp attached to outerskin).

Heat some olive oil in a large fry pan, add the chopped eggplant pulp, garlic, parsley, and basil and saute until pulp is tender and cooked. Remove cooked pulp and place in a large mixing bowl.

In the same fry pan heat more olive oil, add the onions and saute until cooked, add the mincemeat, salt and pepper as required. Break up any large chunks of meat as you are cooking the meat.

Once cooked put meat in mixing bowl with cooked pulp and allow to cool.

Boil some salted water in a large saucepan and blanch the eggplant shells, about 5 minutes, remove from water and drain excess water and allow to cool.

Squeeze excess milk from the bread and add to mixture, together with the eggs, 1/2 cup of grated pecorino cheese, breadcrumbs and water or milk as required. Combine and mic all ingredients. Preheat oven to 190 degrees C.

In a large baking dish lay a layer of pasta sauce. Lightly salt eggplant halves and fill with the filling and place them all in the baking tray. Spoon some more sauce over the top of stuffed eggplants and sprinkle some more of the pecorino and tasty cheese over the top. Loosely cover the baking dish with alfoil and bake for 45 minutes, remove the foil and bake for a further 15 minutes. Serve hot.

Chicken Adobo sa Astuete (Ilonggo style)



AUTHOR Anne Sajorne
ORIGIN Filipino

PREP 0 Hours 30 Mins
COOK 0 hours 45 mins
SERVES 4

INGREDIENTS

1kg Chicken (thighs and/or drumsticks)
2 thumb-size ginger, sliced thinly
8 Cloved Garlic
1 medium size Onion
6 pcs of Laurel or Bay leaves
3 Tbsp Annatto seeds (soaked in 1 cup water for at least 30minutes) 1/2 cup soy sauce
1/4 cup vinegar
2 cups water
2 Tbsp Brown Sugar
2 Tbsp Oil
1 Tbsp Salt or 1/2 cup fish sauce
Black Peppercorn
optional: serve with rice or add 2 medium potatoes (optional)

METHOD

Dissolve the atsuetete seeds in hot water. Stir for a few minutes until the red color has been extracted. Set aside.

Sear the chicken pieces until it changes color. Add the garlic and saute until aromatic and golden brown

Add the fish sauce or salt, vinegar and ground black pepper. Let it cook for a few minutes until the aroma of the vinegar and fish sauce subsides.

Remove the annatto "atsuetete" seeds and pour the red liquid into the pan.

Add the whole peppercorns and laurel/bay leaves. Stir a bit. Cover the pan and let it simmer for 20 minutes using low medium heat.

Add some sugar to balance the taste. Simmer for another 5 minutes until the sauce is reduced.

if cooking with potatoes: Add the fried potatoes. Stir a bit until the potatoes are coated with the sauce. Let it cook for a few minutes until the sauce dries up and oil starts to render.

Transfer the chicken adobo sa atsuetete to a serving bowl and serve with hot steaming rice/potatoes. Enjoy!

Why is this an important recipe to me?

This version of the adobo captures the essence of my hometown, Bacolod.

Tinolang Manok



AUTHOR

Angelo Cadiz

ORIGIN
Filipino

PREP TIME
0 Hours 5 Mins

COOKING TIME
1 Hours
0 Mins

SERVES
6

INGREDIENTS

1 kilo chicken. Cut into serving pieces.
1 cup moringa leaves and/ or 1 cup hot chili leaves. If none or only one of these vegetables are available use spinach as alternative.
1/8 tsp ground black pepper (Add more if you like pepper)
1 pc raw or green papaw. If not available use choko instead.
6 cups water with 1 spoon chicken broth powder or 6 cups chicken broth
1 pc red onion , sliced
4-6 cloves, crushed
3 thumbs ginger, julienned
1 tbsp fish sauce (taste prior to adding, some broths are saltier than others)
3 tbsp vegetable oil

METHOD

In a pot, heat oil. Do not make it too hot to avoid burning the next ingredients.

Saute onion, garlic and ginger

When onion starts to soften, garlic starts to brown, add chicken cuts.

Cook

for 5-8 minutes or until skin turns brownish and no blood is visible.

Pour water then add chicken broth powder or pour liquid chicken broth.

Cover and let it boil for 40 mins. Once boiling add paw paw or choko slices. Stir and cover until vegetable is half cooked.

Put moringa and/ or hot chili leaves and cook for 2 minutes or until leaves changed colour.

Add fish sauce and ground pepper to taste.

Why is this an important recipe to me?

A very easy and healthy soup that are common in every Filipino household. It is also believed that this dish is one of the cheapest way to produce more milk which is important for lactating women.

Pad See Ew - Thai Stir Fried Noodles

PREP 0 HOURS 10
MINS COOK 0 HOURS

SERVES 6

AUTHOR EM
HEIN ORIGIN
THAI

10 MINS



INGREDIENTS

NOODLES

600g / 21 oz dried wide rice stick noodles , or 15 oz / 450g fresh wide flat rice noodles (Sen Yai)

SAUCE

6 tsp dark soy sauce

4.5 tbsp oyster sauce

3 tbsp light soy sauce

6 tsp white vinegar (plain white vinegar)

6 tsp sugar (any type)

STIR FRY

9 tbsp peanut or vegetable oil , separated

6 cloves garlic cloves, very finely chopped

3 cup / 450g / 15oz chicken thighs (boneless, skinless), sliced

3 large egg

12 stems Chinese broccoli

METHOD

Chinese Broccoli – trim ends, cut into 7.5cm/3

Noodles – Prepare according to packet directions and drain.
Time

it so they're cooked just before using – do not leave cooked rice noodles lying around, they break in the wok.

Sauce – Mix ingredients until sugar dissolves.

Heat oil: Heat 1 tbsp oil in a very large heavy based skillet or wok over high heat.

Cook garlic and chicken: Add garlic, cook 15 seconds. Add chicken, cook until it mostly changes from pink to white.

Chinese broccoli STEMS: Add Chinese broccoli stems, cook until chicken is almost cooked through.

Chinese broccoli LEAVES: Add Chinese broccoli leaves, cook until just wilted.

Scramble egg: Push everything to one side, crack egg in and scramble.

REMOVE chicken from wok: Remove everything in the wok onto a plate (scrape wok clean).

Caramelize noodles: Return wok to stove, heat 2 tbsp oil over high heat until it starts smoking (HOT is key!). Add noodles and Sauce. Toss as few times as possible to disperse Sauce and make edges of noodles caramelize – about 1 to 1 1/2 minutes.

Add chicken back in: Quickly add chicken and veg back in, and toss to disperse. Serve immediately! Recipe Notes:

Why is this an important recipe to me?

This recipe brings back memories of me making it with my grandma for the family to have together when the men returned from fishing for the day.

Ayam Goreng - Fried Chicken

PREP 0 HOURS 10 MINS
COOK 0 HOURS 30 MINS

SERVES 4

AUTHOR NEVI
DEWI ORIGIN
MALAYSIAN

METHOD

Toast spices: Toast spices in a small skillet over medium heat (no oil) for 2 minutes or until the spices smell fragrant. Transfer seeds into Nutribullet, small food processor OR into a tall jug that fits a stick blender

INGREDIENTS

Ingredients

1.25 kg / 2.5 lb chicken thighs and drumsticks, bone in skin on

TOASTED SPICES:

2 tsp coriander seeds

2 tsp cumin seeds

1 tsp fennel seeds

AYAM GORENG CURRY PASTE:

3 garlic cloves, roughly chopped

1 tbsp ginger, roughly chopped

1 tbsp galangal, roughly chopped

1 1/2 tsp curry powder (any type fine, mild or spicy - your choice)

?1 lemongrass, white part only roughly chopped

?1 tsp turmeric powder

?2 small shallots (French onions, US: shallots), peeled and roughly chopped

?1 1/2 tsp cooking/kosher salt (or 1 tsp table salt)

?1/2 tsp chilli powder, adjust to taste

?2 tsp brown sugar

?7 tbsp coconut milk (full fat best!)

COOKING:

?1/2 cup cornflour / cornstarch

?1.75 litres / quarts vegetable or canola oil

GARNISH (OPTIONAL):

?1 tbsp garlic, minced (not too small, else it burns)

?1 tbsp large red chilli (cayenne pepper), deseeded and minced

?1 tbsp green onion, minced

?Pinch of salt

?Coriander/cilantro leaves

Easy Tomato Pasta Sauce



AUTHOR

Rocky Rocca

ORIGIN
Greek

PREP TIME
0 Hours 30 Mins

COOKING TIME
6 Hours
0 Mins

SERVES
8

INGREDIENTS

Whenever I set out to make pasta sauce I always make as much as I can so I can freeze it. I like cherry tomatoes the best, and to get the correct consistency add water 1 cup at a time. You can also add shop bought passata sauce to give it more body.

Ingredients:

2 TBS olive oil per 800g tomatoes

1 Large red onion finely diced

4-5 crushed garlic

1/4 cup chopped fresh basil

Canned crushed tomatoes - I run through a processor first

2 TBS olive oil per 800g of canned crushed tomatoes

May need more salt, pepper, sugar, chilli flakes or stock powder

METHOD

Heat olive oil over high heat until it shimmers then saute onions until soft (5 minutes) Add the garlic and stir until combined and cooked through. Add some butter and cook for another 2 minutes

Add tomatoes and boiling water (as many as you want and stir until boiling)

Turn heat to low and simmer for 3 hours. Stir frequently so it doesn't stick to the sides and bottom.

Taste sauce and season and add basil. The longer you cook it the darker it will be

Stuffed Zucchini



AUTHOR

Rocky Rocca

ORIGIN
Greek

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 35 Mins

SERVES
6

INGREDIENTS

3 small / medium zucchini
450gm minced pork and veal meat.
1/2 onion finely chopped
2 cloves of Garlic, crushed
1/4 cup grated parmesan cheese. 2 Tablespoons of olive oil 1/2 tsp dried oregano.
1 Litre cooked Tomatoe Pasta Sauce 1/2 Cup of ricotta.
1/2 Cup shredded Mozzarella cheese.
Salt and Pepper
Chopped Parsley for garnish.

METHOD

In a non stick fry pan heat oil, add onion and cook until tender. Stir in garlic and cook until fragrant.

Add ground mince meat breaking up meat with wooden spoon.

Season with oregano, salt and pepper and cook until meat is no longer pink.

Drain any fat, then add about half the tomato sauce and simmer for about 5 minutes, then add and stir in ricotta and remove from heat.

Cut zucchini in half length ways and remove seedy centres with a spoon.

In a large bowl combine the cooked meat, quarter of the parmesan and mozzarella cheeses and cream cheese.

In a baking dish Scoop some pasta sauce to the bottom of dish.

Scoop the meat mixture into the zucchini boats and place in baking dish. Scoop some more sauce on top of zucchini and top with left over cheeses.

Bake in oven until cheese has melted and zucchini is cooked. 25 to 30 minutes If more cooking is required cover with alfoil, so as not to burn cheese.

Char Kway Teow



AUTHOR Noor Awang
ORIGIN Malaysian

PREP 0 Hours 15
Mins **COOK** 0 hours
10 mins **SERVES** 2

INGREDIENTS

500 g / 1 lb fresh wide rice noodle
2 tbsp lard, or vegetable oil
2 tbsp vegetable oil, separated
10 small prawns/shrimp, shelled and deveined
2 garlic cloves, finely chopped
1 Chinese sausage / Lup Chong Sausage, sliced thinly on the diagonal
5 cm / 2" piece of fried fish cake, sliced thinly
20 stems garlic chives, cut into 4 pieces
2 1/2 cups bean sprouts
2 eggs, whisked
SAUCE:
5 tsp dark soy sauce
4 tsp light soy
2 tsp oyster sauce
4 tsp kecap manis / sweet soy sauce

METHOD

Mix Sauce together.

Do not attempt to pull noodles apart while cold and hard - they break. Place whole packet in microwave, heat on high for 1 1/2 minutes - 2 minutes until warm and pliable, not hot, turning packet over as needed.

Handle carefully and measure out 500g/1 lb noodles into a heatproof bowl. Separate noodles stuck together.

If noodles become cold and brittle before cooking, cover with cling wrap and microwave for 30 seconds to make warm (not hot, just warm) to reduce breakage.

Heat 1 tbsp oil in a large non stick skillet over high heat. When heated, add shrimp and cook for 1 1/2 minutes until just cooked through, then remove into bowl

Add Chinese sausage and fish cake, and cook for 1 minute until sausage is caramelised, then add to bowl.

Add 1 tbsp oil then add egg and cook, pushing in the edges to make a thick omelette. Once set, chop it up roughly using a wooden spoon, then add to bowl. Add bean sprouts and cook for about 1 minute until just starting to wilt, then add to bowl.

Add lard. Once melted and starting to smoke, add garlic then immediately add noodles. Fold gently 4 times using a spatula + wooden spoon just to disperse oil through noodles.

Tip all the other ingredients back in plus the chives. Fold gently twice, then pour all the Sauce over. Gently toss 4 to 6 times to disperse the sauce, pausing in between to allow the noodles to have a chance to caramelize on the edges a bit.

Remove from stove and serve immediately.

Gnocchi



AUTHOR Shirley Giacopini
ORIGIN Italian

PREP 1 Hours 0 Mins
COOK 0 hours 5 mins
SERVES 4

INGREDIENTS

1 pound potatoes (clean but not skinned / not new potatoes)
1 cup flour
1/2 teaspoon salt
1 medium egg (room temperature) SAUCE
2 tablespoons olive oil (40 grams)
1/2 teaspoon salt
1-2 cloves large of garlic chopped
1 teaspoons oregano
5 leaves basil chopped (or 1 teaspoon 1/3/4 gram dried)
2 dashes of hot pepper flakes (if desired)
1 can pelati tomatoes with sauce (1 1/2 to 2 cups / 400 grams), nothing else added in the tomatoes
1/2 cup water

METHOD

In a large pot boil potatoes until tender, remove from the pot and let cool remove the skin. Then pass through a potato ricer.

Mix together the flour and salt, place on a flat surface, make a well in the middle and add the potatoes and egg, mix together with your fingers to form a soft dough, it should not stick to your fingers. On a lightly floured surface, cut small amounts of dough to form ropes and cut into 3/4 inch (2 cm) pieces, then slide each piece on a fork and squeeze a little (but not too hard). Sprinkle with a little bit of flour and toss, so they don't stick together. Let the gnocchi rest for 20 minutes before cooking.

While the gnocchi are resting make the sauce. In a large saucepan add olive oil, tomatoes, salt, garlic, oregano, basil, hot pepper flakes and water, stir to combine, half cover and let simmer over medium heat until thickened. Remove cover for the last few minutes to thicken.

In a large pot of salted boiling water cook the gnocchi, gnocchi are ready when they float to the top. Drain and add to the cooked sauce, add a little pasta water, cook for 30 seconds, gently tossing. Serve immediately topped with fresh grated parmesan cheese if desired. Enjoy!

Italian Meatballs



AUTHOR Shirley Giacopini
ORIGIN Italian

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

INGREDIENTS

½ cup (54 g) fresh breadcrumbs,
from 1-2 slices white bread (crust
removed)
¼ cup (60 ml) milk
2 egg yolks
½ cup (50 g) grated pecorino
Romano cheese
2 garlic cloves, finely chopped or
grated
1 tablespoon (15 g) Diamond
kosher salt, OR 2 teaspoons
Morton's
kosher salt, OR 1 ½ teaspoons
table salt
1 teaspoon ground black pepper
1 pound (450 g) ground beef chuck
1 pound (450 g) ground pork, or
veal ¼ cup grated onion, optional
¾ cup (30 g) chopped parsley, or
basil
Olive oil

METHOD

Put the breadcrumbs in a small bowl and pour the milk over. Let them soak for 5 minutes. Add the egg yolks, cheese, garlic, salt, and pepper to the bowl and mash together to form a coarse paste.

Put the beef, pork and onion (if using) in a large bowl and mix with a fork to blend. Add the bread mixture and parsley. Blend everything together well, using your hands, large wooden spoon or large fork. You can also mix in a standing mixer on low speed, just until blended. The meatball mixture can be mixed and refrigerated 2 days ahead of shaping and cooking.

Form the meatballs: Use a ¼-cup measuring cup or cookie scoop to portion the mixture and roll lightly into balls. They don't have to be perfect — craggy meatballs have character and hold the sauce better! To cook on the stovetop:

Pour enough oil into a large skillet to coat the bottom and place over medium-high heat. When the pan is hot, add as many meatballs as will fit in the pan without crowding. Note: They should sizzle as soon as they hit the pan or the pan isn't hot enough.

Brown the meatballs on all sides. Cover the pan, lower the heat and continue cooking and until the meatballs are firm and cooked through (165 degrees on a instant thermometer), which should take about 15 minutes total. Repeat the frying with remaining meatballs, pouring out the oil and adding a fresh layer.

After browning the meatballs, transfer them from the skillet to a simmering pot of marinara sauce. Cook 10-12 minutes.

No Bake Lemon Slice



AUTHOR

Barb Mogridge

ORIGIN
English

PREP TIME
0 Hours 10 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
16

INGREDIENTS

Base:

- 1 cup (250g) butter or margarine
- 1 can condensed milk.
- 2 full packets Marie or Milk biscuits
- 2 cup coconut
- Grated rind of 2 lemons

Icing:

- 3 cups icing sugar.
- 4 tablespoons lemon juice extra coconut for dusting

METHOD

Melt butter; add condensed milk, stirring until blended.

Crush biscuits with rolling pin or food processor.

Place in a bowl with coconut and lemon rind, mix well, add melted butter and condensed milk, mix well.

Press into two 7

Blend icing sugar and lemon juice, stir over a low heat for two minutes.

Pour icing over slice and spread evenly.

Sprinkle with coconut.

Allow to set in fridge.

Why is this an important recipe to me?

A friend of mine gave me this recipe, it is now a favourite with my caravanning friends.

Chester Squares



AUTHOR

[Kay Hooks](#)

ORIGIN
English

PREP TIME
0 Hours 15 Mins

COOKING TIME
1 Hours
0 Mins

SERVES
10

INGREDIENTS

Pie Pastry:

250g plain flour
125g Margarine or
lard 15mls water
1 teaspoon sugar

Filling:

1/4 cup chopped cherries
1 cup currants OR
sultanas 2 cups mixed
fruit
1/4 cup chopped nuts
1/2 teaspoon Bi-Carb
Soda 1 egg, beaten
1/2 teaspoon mixed spice
1 tablespoon milk
1/2 loaf stale bread

METHOD

For pie pastry, mix ingredients to your liking and bake for 1 hour at 375 degrees.

Soak bread in water for 1 hour.

Line baking dish with pie pastry (NOT puff). Make enough pastry for top and bottom for cake.

After bread has soaked, squeeze out as much water as possible

Put in a large bowl, then mix all ingredients into bread and mix well with spoon or hands.

Pour into pastry lined dish and cover with rest of pastry and seal around edges with milk.

Cut off excess pastry, brush top with milk and cook for 1 hour (longer if needed).

Let stand in dish to cool then ice (pink icing) and coconut.

Cut into squares (approx. 1 1/2 - 2

Why is this an important recipe to me?

This recipe has been handed down from my grandmother, my mother, myself and to my children.

Rice Pudding



AUTHOR Carlos Maya
ORIGIN Mexican

PREP 0 Hours 8 Mins
COOK 0 hours 40 mins
SERVES 4

INGREDIENTS

- 1 ½ cups cold water
- ¾ cup uncooked white rice
- 2 cups milk, divided
- ¾ cup white sugar
- ¼ teaspoon salt
- ¾ cup golden raisins
- 1 tablespoon butter
- ½ teaspoon vanilla extract

METHOD

Pour water into a saucepan and bring to a boil over medium heat; stir in rice. Reduce heat to low, cover, and simmer until rice is tender and liquid has been absorbed, about 20 minutes.

Combine cooked rice, 1 ½ cups milk, sugar, and salt in a clean saucepan. Cook over medium heat, stirring often, until thick and creamy, about 15 minutes.

Stir in remaining ½ cup milk and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla until combined; serve warm.

Why is this an important recipe to me?

MY grandmother used to make me this dessert when I was little.

Anzac Biscuits



AUTHOR Annette Knevitt
ORIGIN Australian

PREP 0 Hours 15
Mins **COOK** 0 hours
15 mins **SERVES** 16

INGREDIENTS

1 cup plain flour (all purpose flour)
1 cup rolled oats
1 cup desiccated coconut, unsweetened
3/4 cup white sugar, preferably caster / superfine
150g / 5oz unsalted butter
4 tbsp golden syrup
1 tsp baking soda (bicarbonate soda)

METHOD

Preheat oven to 180°C/350°F (160°C fan forced) Line 2 baking trays with baking paper.

Mix flour, oats, coconut and sugar in a bowl.

Place butter and golden syrup in a saucepan over medium high heat and stir until butter has melted.

Add baking soda and stir to combine - it will fizz up, this is normal. Immediately remove from heat.

Pour butter mixture into flour and mix until just combined.

Roll level 1 tablespoon mixture into balls, flatten into patties. Place balls, 2.5 cm/1" apart, on prepared trays.

Bake for 15 minutes, swapping trays halfway during cooking, or until deep golden. (Bake 12 min for chewy biscuits!)

Stand on trays for 5 minutes. Transfer to a wire rack to cool - they harden as they cool!

Rocky Road



AUTHOR

Annette Knevitt

ORIGIN
Australian

PREP TIME
0 Hours 10 Mins

COOKING TIME 3 Hours
0 Mins

SERVES
16

INGREDIENTS

225 – 250g / 8 oz dark chocolate melts or chips (1 1/2 cups)
225 – 250g / 8 oz milk chocolate melts or chips (1 1/2 cups)
2 tbsp coconut oil or any plain flavoured oil
3 cups marshmallows, pink and white, quartered
3/4 cup raspberry lollies, halved
1/3 cup desiccated coconut
1/2 cup unsalted peanuts

METHOD

Line a 20cm/8

Melt chocolate – Place chocolate and oil in a bowl. Microwave in 30 second increments, stirring in between, until melted and smooth.

Add-ins – Stir the Add-ins into the chocolate. Pour into pan, spreading out evenly.

Refrigerate for 3 hours or until fully cool.

Cut – Remove from the fridge 30 minutes prior to cutting. I cut into 5 lines, then into chunks for eating or larger pieces for gifting!



Authors

AUTHOR NAME	DISH NAME	CUISINE	COURS
Mara Fontainha	Brazilian Cheese Bread	Brazilian	E Entree
Terri Dakiniewicz	Sun Tart	French	Entree
Rocky Rocca	Rockys Minestrone Soup	Italian	Entree
Noor Awang	Spring Rolls	Malaysian	Entree
Christine Williams	Sausage Rolls	Australian	Entree
Annette Knevitt	Shepherds Pie	English	Main
Johnny Zuo	Stir-Fried Shredded Potatoes with Capsicum	Chinese	Main
Barb Mogridge	Easy Quiche	Australian	Main
Lidwina Masters	Dutch Stampot with Rootworst	Dutch	Main
Joan Rocca	Chicken and Mushroom Risotto	Italian	Main
Rocky Rocca	Turn Leftover Risotto into Arancini Balls	Italian	Main
Rocky Rocca	Rocky's Stuffed Eggplants	Italian	Main
Anne Sajorne	Chicken Adobo sa Astuete (Illonggo style)	Filipino	Main
Angelo Cadiz	Tinolang Manok	Filipino	Main
Em Hein	Pad See Ew - Thai Stir Fried Noodles	Thai	Main
Nevi Dewi	Ayam Goreng - Fried Chicken	Malaysian	Main
Rocky Rocca	Easy Tomato Pasta Sauce	Greek	Main
Rocky Rocca	Stuffed Zucchini	Greek	Main
Noor Awang	Char Kway Teow	Malaysian	Main
Shirley Giacopini	Gnocchi	Italian	Main
Shirley Giacopini	Italian Meatballs	Italian	Main
Barb Mogridge	No Bake Lemon Slice	English	Dessert
Kay Hooks	Chester Squares	English	Dessert
Carlos Maya	Rice Pudding	Mexican	Dessert
Annette Knevitt	Anzac Biscuits	Australian	Dessert
Annette Knevitt	Rocky Road	Australian	Dessert

