



THE Y CANNON HILL COMMUNITY CENTRE'S

MULTICULTURAL WOMEN'S *Cookbook*






Cookbook Foreword

The Multicultural Women's Cooking Workshops is hosted by the Y Cannon Hill Community Centre and funded by the Queensland Government. The workshop unfolded as a transformative project aimed at empowering women, fostering partnerships and addressing unique challenges faced by multicultural women in the community. It was an absolute privilege to share this journey with a group of amazing women who were so open and welcoming in sharing their own journeys and experiences with the community. This cookbook is the final result of what was a culturally enriching initiative that empowered women, cultivated friendships and strengthened our community. We hope that you enjoy this cookbook which has been so proudly written and created by Patricia, Melanie, Mili, Tianni, Denise, Laetitia and Edith.

Overview:

Throughout the months of October and November 2023, this dynamic project unfolded in the form of six cooking workshops. The workshops provided a platform for women from diverse backgrounds to share not only their culinary skills but also the deeply rooted cultural experiences and stories that shape their identities.

The workshops were thoughtfully designed by each of the women to serve as a celebration of the global tapestry of cuisines with each session a testament to the rich cultural diversity within our community. The workshops were more than just a culinary experience—they were a journey into the heart of cultural heritage, providing insights into the traditions and histories that make each dish unique.



At the core of this project was a commitment to extending beyond the realm of cooking. Recognising the importance of building connections and understanding the nuanced experiences of women from different cultures, the initiative fostered an environment of mutual respect and appreciation. The shared narratives, woven together through food, became a powerful tool for breaking cultural barriers and building bridges of understanding.

Culinary Journey:

From aromatic Indian spices to savoury Mediterranean delights, participants embarked on a flavourful journey, expanding their culinary horizons and savouring the diversity within the community. The hands-on experience of learning and preparing cultural dishes became a catalyst for cultural exchange, breaking down barriers, and fostering unity among the participants.

Ecuadorian Workshop

The Ecuadorian workshop was a mesmerising exploration into Ecuadorian cuisine, deeply influenced by Andean culture. Patricia shared her culinary journey and experiences, representing the Ecuadorian cultural traditions. The workshop celebrated the diverse landscapes and indigenous roots of Ecuador, featuring a prawn dish named "Encocado De Camaron" with coconut milk (and we learnt how to open a coconut with a rock!), reflecting the cultural significance of coconut in Ecuador's bio-ecological heritage.

German Workshop

The German workshop unfolded as a vibrant tapestry of flavours and traditions. Orchestrated by Melanie, the workshop celebrated the rich culinary heritage of Germany. Participants explored Lentils with Spätzle and Frankfurter sausages, guided by Melanie's expertise. The immersive environment, adorned with culturally resonant decorations, offered participants a true experience of German culture.

Indigenous Australian Workshop

Conducted by Tianni from Torres Strait Islander background, this workshop continued the series with a focus on celebrating the unique culinary traditions of Australia's First Nations people. This workshop not only highlighted Indigenous Australian cuisine but also provided an opportunity for participants to learn about the cultural significance of traditional ingredients and cooking methods. Participants went through the journey of cooking traditional coconut curry chicken. This workshop highlighted the importance of recognising and celebrating the diverse culinary heritage within the Australian context.

French Workshop

Led by Laetitia, this workshop allowed participants to delve into the sophisticated and diverse world of traditional French cuisine. The participants explored traditional French

cuisine, ratatouille, potato bake and chocolate mousse. The workshop not only involved just cooking but sharing little hacks and secrets to attain the traditional taste.

Indian Workshop

Guided by Mili, this workshop offered a rich exploration of the vibrant and diverse culinary traditions of India. The participants explored the cooking of Okra masala, Takra daal and the potato masala fry recipes. The highlight of this workshop was a secret hack of making a variety of dishes from a same base masala recipe, which tasted amazing.

Malaysian Workshop

Under the expertise of Denise and Edith, this workshop provided participants with an immersive experience into the flavours and techniques of Malaysian cuisine. The Chicken Jun See and Pork Stir fry recipe from Edith and the fried rice, Lemon Meringue pie and Mongolian lamb by Denise were delightful. A diverse set of cooking skills are required for making these Malaysian cuisines, which the participants got to learn firsthand.

- Wendy Blackmon

Cooking class coordinator



French Cooking Workshop



Cultural Background Story

- Laetitia Chaumeron

Hi, I am Laetitia. I was born in Munich, Germany, from French parents. My father comes from Paris, the capital city, the City of Love, and my mother comes from a little town in a little region in the Northwest of France, called "Bretagne" (or Brittany for English speakers). You might know this region from a rather famous comic book, which starts by stating, "The year is 50 BC. Gaul is entirely occupied by the Romans. Well, not entirely... One small village of indomitable Gauls still holds out against the invaders." Yes, Brittany used to be called Gaul and that is where the famous Asterix and Obelix characters lived.

As a child, I always felt a bit weird about being French in Germany. I was never fully able to fit in on either side of the border, even when my cultural identity was so clearly French. Every holiday season, my family and I would drive for 14 hours up to Brittany to see my mother's parents. I would say that my grandmother, Marguerite, is the biggest culinary influence I have had in my life.

In France, celebratory meals can last a very long time... Up to 8 hours in my family! We would start with tasty salted pastry appetisers, then move on to seafood platters, a main course with chicken/beef and usually a potato-based dish, followed by cheeses and wines, salads and then desserts. All coupled with a perfectly suitable wine list, that would make anyone salivate.



My Great Grandmother



The Brittany region is known for a few things:

The Interceltic Festival (a celebration of Celts all around the world, even Australia, attracting around 1 million visitors)

Crepes (the salty version named Galette and the sweet version named Crepe)

Brut cider (an alcoholic drink made from apples, way less sugary than the ones you can find in Australia)

Kouign-amann (a "butter cake")

Far breton (another cake that kind of resembles a bit harder version of a flan).

The Bretons are extremely proud of their region and its folklore, and even have their very own flag! Their passion goes so far as to have all road signs in both French and Breton, which is the traditional language. Every village has their own lace "Coiffe" and traditional attire, which is celebrated during the Interceltic Festival.



Ratatouille

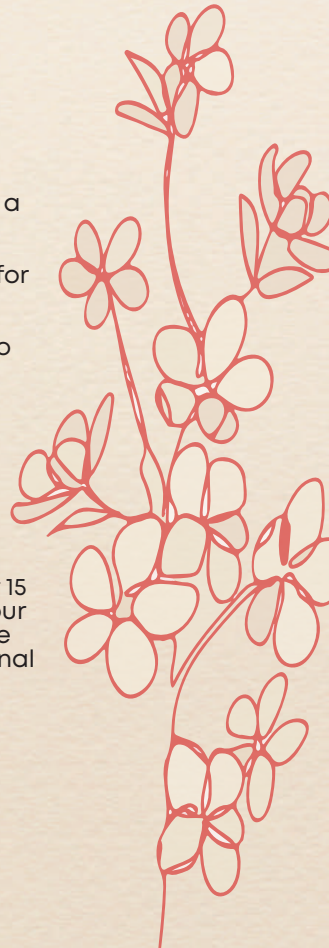
Ingredients for 8 people

- 2 eggplants
- 2 capsicums
- 4 zucchinis
- 6 tomatoes
- 2 onions
- 3 garlic cloves
- 1 bay leaf
- 1 pinch of pepper
- 2 sprigs of thyme
- 1 tablespoon of tomato paste (optional) or crushed tomatoes
- 3 tablespoons of white wine
- 1 pinch of salt
- 2 tablespoons of olive oil



Steps

1. Dice the vegetables.
2. Heat the olive oil in a Dutch oven (such as a cast-iron cocotte or sauté pan).
3. Add the onion and eggplant. Sauté them for 3 minutes over high heat.
4. Then, add the capsicums and cook for two more minutes over high heat.
5. Next, add the zucchinis, tomatoes, garlic, tomato paste (if using), thyme, bay leaf, salt, and pepper.
6. Let it simmer for 5 minutes covered, and then add the white wine.
7. Uncover and continue to cook for another 15 to 20 minutes (depending on the size of your pieces) over medium heat. If you prefer the pieces to be tenderer, cook for an additional 10 minutes. Taste, as it is the best way to determine your preferred consistency.



Gratin Dauphinois

Ingredients for 8 people

- 35 grams of unsalted butter
- 660 milliliters of milk (whole or semi-skimmed milk)
- 2 kilograms of potatoes
- 2.5 cloves of garlic
- 400 milliliters of light cream
- Salt
- Pepper
- Nutmeg
- Grated cheese



Steps

1. Start by peeling and washing your potatoes. Note: Never wash the potatoes after cutting them. Starch is necessary for their texture, and rinsing them removes this starch.
2. Next, slice them into fairly thin and even rounds, widthwise. Ideally, use a mandolin slicer to create uniform slices. If you do not have one or are not comfortable using it, you can use a simple kitchen knife.
3. Peel and finely chop the garlic cloves
4. In a large pot over high heat, pour milk. Bring it to a boil. Add the garlic pieces and all the seasonings, including salt, pepper, and nutmeg.
5. Place the potato slices into the boiling milk. The potato should cook for 10-15 minutes, depending on their firmness and the variety you have chosen. Remember to reduce the heat slightly to prevent the milk from overflowing.
6. Preheat the oven to 180°C (th. 6). Take a gratin dish and make sure to butter it evenly using a paper towel to spread a small amount of butter.
7. If you do not take the time to butter your dish, you may have trouble when serving! Furthermore, the butter helps achieve a golden brown gratin.
8. You can also rub the dish with a garlic clove for added flavor.
9. Drain your cooked potatoes and layer them in your gratin dish. Cover everything with light cream. Then, cut some pieces of butter and distribute them over the entire surface of the potatoes.
10. Place your gratin dish in the oven for 1 hour and serve hot!



Mousse au Chocolat

Ingredients for 8 people

- 250 grams of dark chocolate (60-70% cocoa)
- 6 egg whites
- 2 egg yolks
- 1 pinch of salt
- 100 grams of heavy cream
- 40 grams of granulated sugar



Steps

1. Pour the cream into a small saucepan and bring it to a boil. Chop the chocolate and place it in a bowl. Pour the hot cream over the chocolate, let it sit for 1 minute, then whisk and smooth it out. The ganache should be shiny and free of lumps. Allow it to cool.
2. Beat the egg whites with a pinch of salt. When they become frothy, gradually add the sugar while continuing to whisk. Do not overbeat the egg whites.
3. Add the egg yolks to the ganache, and then pour it over the whipped egg whites. Gently fold the mixture with a spatula, lifting the mass until the egg whites are well incorporated.
4. Distribute this mousse into containers. You can use a pastry bag for a clean and neat result or a measuring cup. Refrigerate for at least 2 hours.



German Cooking Workshop

Cultural Background Story

- Melanie Groves

Growing up in Germany with a Mexican mum and a German Dad always promised to be interesting. We enjoyed and lived the traditions of both cultures and we most certainly enjoyed delicious food. From pork roasts with red cabbage and dumplings to Mexican dishes with fiery salsas, it was all part of our daily life.

Having said that, cooking Mexican dishes was a challenge as, unlike today, it was very tricky to locate the right ingredients. Sometimes we had to travel to other cities to buy chorizo, chillies or corn flour. The joy we felt, when we discovered rare items in the shops was unbelievable. My Mum used to cook the most delicious fish soup. Unfortunately, we only got chance to enjoy the dish a couple of times a year as fish was simply too pricey in Germany. Buying the fish always ended up with the fishmonger shaking his head in disbelief. We must have been the one and only family in the city that asked for fish heads as cooking with those gave the soup a special flavour. Thinking back on that makes me smile now.

As you can imagine chillies played a big part in our lives and my Mum did not have a single meal without a chilli on her side. On any social gathering, we loved to ask friends to try the chillies and it usually ended up with tears: for the one who tried the chilli because they felt like they were on fire and for us with tears of laughter.

Christmas time was always filled with lots of delicious baked German goods. My grandma used to bake all sorts of different Christmas biscuits and stollen, and she kept the biscuits in decorative tins, hidden on top of her wardrobe to make sure that we would not snack on them before the 1st Advent which is celebrated four Sundays before Christmas.

My love for food continues as an adult. I have always been keen to try out new cuisines whilst traveling or eating in restaurants, moreover, I love trying out new recipes at home.

Together with my wonderful English husband and our two gorgeous teenage daughters, we love to cook dishes from scratch using beautiful, fresh ingredients. Luckily, our daughters inherited the love for cooking and eating, and most weekends they spoil us with baked goods or a special meal.

Our house is a beautiful mix of all three cultures and we make a great effort to live as many traditions as possible, despite the fact that we are so far away from our families.

I hope these workshops will not only allow your curiosity towards new cuisines to grow but also to connect with the wonderful people of each culture and the stories behind each dish.



Lentils with Spätzle & Frankfurter sausages

Lentils Ingredients for 4 people

- 1 onion, finely chopped
- 125g speck, finely diced
- 1/2 leek, halved lengthwise, thinly sliced
- 2 carrots, finely diced
- 2 celery stalks, finely sliced
- 1 tbsp rice bran or sunflower oil
- 1 litre vegetable stock
- 300g green lentils (no soaking required)
- half the amount of Spätzle dough as stated in separate recipe
- 6 Frankfurter sausages
- 4 tables white wine vinegar
- handful chopped curly parsley

Spätzle Ingredients for 4 people

- 500g plain flour
- 2tsp salt
- 4 eggs
- 250ml milk



Steps

1. Heat oil in a large pot over moderate heat. Add onion and the diced speck and cook for 5 min, stirring occasionally.
2. Add prepared vegetables and cook for another 5 mins with closed lid.
3. Add lentils and vegetable stock, bring to boil, then reduce heat

In the meantime, prepare Spätzle as follows:

4. In a bowl, whisk together the flour, eggs, milk and salt. Stir until the batter is well combined and it develops bubbles. The batter should neither be too thin nor too thick, spoon-able but not runny, otherwise it will be difficult to make the Spätzle with your Spätzle maker. Rest the dough for 5 min.
5. Put a colander into a bowl to drain the Spätzle once cooked and bring a large pot of water over high heat to a boil, add about 1tbsp of salt to the water, and reduce temperature to a simmer.
6. Press batter through either a Spätzle maker, a large holed sieve or colander, into the simmering water. Alternatively you can also pour a few spoons of the dough on a cutting board and then with help of a pastry scraper slowly scrape small strips of the dough into the simmering water.
7. Give the Spätzle a gentle stir. Cook for 2-3 minutes, until they float to the surface. Use a slotted spoon to transfer Spätzle into a colander to drain and then transfer them to a bowl. Cover bowl to keep Spätzle warm. Repeat process with remainder of dough.

8. Once the lentils and Spätzle are done, in a separate pot, bring water to a boil and heat Frankfurter sausages. This only takes a few minutes.
9. Finally, season the lentils with salt, pepper and vinegar. Serve the Spätzle on a plate, topped with the lentils, garnished with a sprinkle of parsley and a Frankfurter on the side.
10. Serve the Spätzle on a plate, topped with the lentils, garnished with a sprinkle of parsley and a Frankfurter on the side.

If you have leftover Spätzle, or as a separate dish, you can prepare:

Käsespätzle

Ingredients for 4 people

- 3 onions, finely sliced
- 2 tbsp butter
- 200g Swiss cheese, shredded (i.e. Emmental cheese or Gruyere cheese as a sharper option)
- 125g Speck or bacon, finely diced

Steps

1. Preheat oven to 180 degrees celsius
2. Sautee sliced onions in butter until they are soft and golden
3. Layer the still warm Spätzle in a baking dish with shredded Swiss cheese between each layer, and finally add bacon and sauteed onions sprinkled on the top layer. Preheat oven and bake at 180 C for about 12 minutes until the cheese is melted.



Since this is quite a heavy, filling dish I would recommend serving the Käsespätzle with a fresh green salad on the side.

Fun German Food Facts

- Germany produces more than 1,000 varieties of sausages, including Bratwurst, Frankfurter, Blutwurst, Currywurst, and Weisswurst.
- Bread is a staple in German meals, with around 300 types of bread and 1,200 bread rolls produced by bakeries located every 300 meters.
- Germans refer to dinner as "Abendbrot," meaning "evening bread," and typically have a cold meal consisting of bread with ham, cheese, or vegetable spread.
- Germans usually eat three meals a day but have a special tradition called "Kaffeezeit," or "coffee time," where they enjoy coffee and cake around 3 pm on weekends.
- Spargel (asparagus) is a popular vegetable in Germany, particularly the white and thick stalks, and is often served with potatoes, ham, and Hollandaise sauce during the Spargelzeit (asparagus season) from April to late June.
- The Oktoberfest beer festival in Germany actually starts in mid-September and finishes in early October, with the name reflecting its historical origins.
- Germany has a vast variety of beers, with approximately 7,500 beer brands in the country, and new beers are introduced regularly.
- Mineral water is the most popular drink in Germany, followed by fruit juice, coffee, cola, and then beer. Apfelschorle, a mix of apple juice and carbonated water, is also popular.
- German foods often have location-based names, like Hamburger (inspired by Hamburg), Frankfurter Kranz and hot dogs (from Frankfurt), Battenberg cake (from Battenberg), and Nürnberger Lebkuchen (from Nürnberg).

Guten Appetit!





Indian Cooking Workshop



Cultural Background Story

- Mili Misra

Hi, I am Mili. My cooking journey is all about cherished memories and my Indian roots. It began with helping my mom during festive times like Diwali, where we would whip up delicious sweets together, filling the house with amazing smells.

During summer vacations at my aunt's place, we would make homemade mango ice cream, turning ripe mangoes into a cool delight – a perfect escape from the hot Indian summers. However, nothing beats the comfort of my Nani's (my mum's mother) dal and rice. It is my go-to food when I am happy, unwell, or just longing for home-cooked goodness. Indian food is a rich mix of flavors, spices, and traditions that vary by region. Spicy curries in the south to street food in the north, there is always something new to explore.

In addition, a cool fact: India's vegetarian cuisine is incredibly diverse and tasty, even for meat lovers. Moreover, a five ingredient based spice mix is actually the base for many Indian curries.

In short, my cooking journey is a tapestry of family memories and the rich flavors of India that connect me to my heritage and bring me joy



Bhindi Masala

A Spicy and Tangy side dish



Ingredients for 4 servings

- 250g Okra/bhindi
- 1 tbsp ghee
- 2 medium onions (chopped)
- 1 green chili
- 2 tomatoes finely chopped
- 3/4 tbsp ginger garlic paste
- 1/2 tsp cumin seeds
- 1/2 tsp red chili powder
- 1/2 tsp turmeric
- 3/4 tsp garam masala
- 3/4 tsp coriander powder
- 1/2 tsp Kasuri methi



Steps

1. Use a pan or an air fryer to lightly fry okra.
2. Add 2 tbsp of ghee in a pan and add cumin seeds.
3. When they begin to sputter, add green chilli and then chopped onions. Saute until golden brown.
4. Add the ginger garlic paste until it gets fragrant.
5. Add chopped tomatoes and salt. Cook until mushy.
6. Now add all the remaining spices and add a few splashes of water. Saute until the masala becomes thick and smells good. (This is base masala for many indian dishes)
7. Crush Kasuri methi in your palms and add it to your masala mix.
8. Add the fried okra to the mix. Cover and cook until okra turns tender. For crunch, 2-3 mins should be good. Serve with roti, daal & rice.





Tarka Daal

Easy Vegan Curry

Ingredients for 4 servings

- 250g red lentils
- 1 large onion (chopped)
- 2 tomatoes
- 2 fresh green chillies
- 1/2 tsp turmeric
- 1/2 tsp cumin seeds
- fresh ginger
- 2 cloves garlic
- salt (to taste)
- mustard seeds
- sunflower oil

Steps

1. Prep your ingredients - finely chop onion and tomatoes. Grate 2cm piece of ginger and finely chop garlic cloves.
2. In a small pot, pour in a splash of sunflower oil. Once the pot is hot, add mustard seeds along with green chillies, ginger & garlic. Stir for about a minute.
3. Now add finely chopped onion and saute until translucent. Next add chopped tomatoes to it.
4. Once the tomatoes start getting mushy, add rest of the spices & mix well for about 2-3 mins.
5. Now add red lentils and some water to the mix and cover it with a lid. Simmer it until lentils are soft and cooked.
6. Garnish the Daal with coriander and serve with some Basmati rice.
7. Crush Kasuri methi in your palms and add it to your masala mix.



Mango Ice Cream

Homemade

Ingredients for 4 servings

- 2 large alphonso mangoes or 1 cup of mango pulp
- fresh cream
- sugar
- honey
- Vanilla (optional)

Steps

1. Peel and chop 2 large alphonso mangoes and add them in a blender or mixer jar. You need 2 cups of chopped mangoes.
2. Blend to a smooth pulp.
3. Then add sugar or powdered jaggery and vanilla extract along with the mangoes in a blender. You can also use honey.
4. Mix well until the sugar dissolves.
5. In another bowl begin to whip the whipping cream with an electric beater. You can use cream having 25% to 50% milk fat.
6. Whip till you get soft peaks in the cream. Don't overdo as then the cream will curdle and you will get buttermilk and butter.
7. Add the mango pulp to the whipped cream.
8. Fold or mix gently. Do not mix heavily or vigorously – this would lead to the mixture falling flat and losing its volume resulting in a dense texture.
9. The entire ice cream mixture should be mixed evenly.
10. Pour the ice cream mixture in a freezer proof container or box. Cover the container tightly with a lid. Even the top with a spatula. Keep the ice cream in the freezer for 3 to 4 hours or until it is half-set or half-frozen. Transfer the semi-frozen ice cream to a blender jar or a bowl.
11. Whip again on medium speed for 2 to 3 minutes until smooth and you see the volume increasing. You can also whip in a blender or food processor. Then pour in the same container and freeze until the ice cream is frozen and set. Remember to cover the container tightly with a lid so that ice crystals do not form.
12. Remove the frozen mango ice cream. Wait for 5 to 6 minutes so that it is easier to scoop through the ice cream.



Best paired with indian sweets: Gulab Jamun

Indigenous Cooking Workshop



Cultural Background Story

- Tianni Hamilton

My grandfather was a pearl diver and was born and bred on Thursday Island and married my grandmother who is a white woman and they had seven kids, five girls and two boys. My mum being one of the daughters, my grandfather died when my mum was a little girl so I never met my grandfather.

My background and culture is Torres Strait Islander. As a child, my mum always cooked dinner that often was coconut curry chicken, Vermicelli chicken or a basic spaghetti bolognaise. For special events like Christmas, my whole extended family would meet at my aunt and uncles place and do a cup murri (food cooked in the ground) with trimmings, and often dessert was trifle.

As a kid I remember I was regularly fishing, hunting and gathering food. We would then cook our feed, which often consisted of Perri Winkles, Pippis, Trochus, Turtle, Numus, Dugong, Crabs, Prawns, Oysters and of course, fish.

The Torres Strait Islands is situated to the left of Cape York just above Bamaga. The Torres Strait Islands are a group of over 270 islands located between Northern Australia and Papua New Guinea. Food plays a significant role in Torres Strait Islander culture and ceremonies. It is often used to celebrate, share stories, and strengthen community bonds.

The Dhari is our traditional dance and ceremonial headdress of the Torres Strait Islanders.



Coconut Chicken Curry

Ingredients for 4 servings

- 1-2 Onions
- 2 Potatoes
- 2 Carrots
- 100g Keen's Curry Powder
- 500g of Chicken
- 1 can of Coconut Milk
- 5 cloves of Garlic
- 250 mL of Oil

Steps

1. Add a small amount of any type of oil to a pan or a pot
2. Sauté diced onion and garlic for about 5 minutes.
3. Add Keens curry powder and sauce for a further 3-5 minutes.
4. Add your vegetables if you want like potato or carrots and sauce adding a little water to not burn ingredients.
5. Then add the chicken (any parts you desire) and mix it well.
6. Add about a cup of water and boil until vegetables and chicken is cooked stirring occasionally.
7. Turn down the heat and add the coconut milk, stir through gently for about 5-10 minutes and turn off heat and let sit for a few minutes.
8. Serve on a bed of hot rice.



Trifle

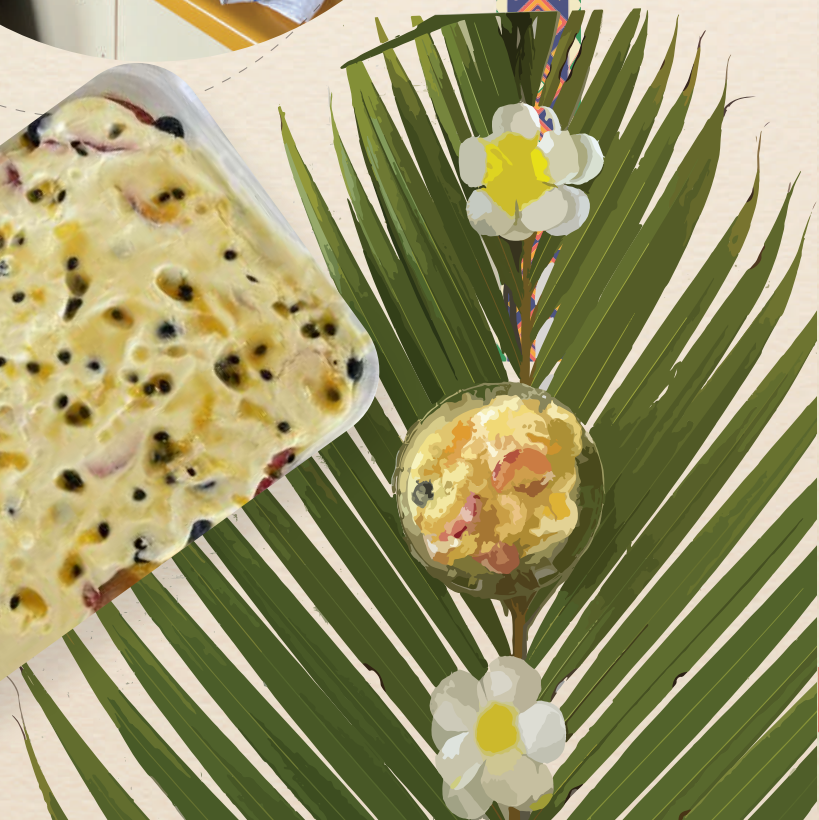
Perfect for a Summer's Day

Ingredients for 4 servings

- 1L of Cream
- 1L of Custard
- 250g of Plain Cake
- 2 boxes of Strawberries
- 2 boxes of Blueberries
- 2 cans of Peaches
- Jelly

Steps

1. Make jelly according to packet and let it set overnight.
2. Place any cake you want on the bottom of your bowl.
3. Layer the cake with custard and then any fruit and jelly.
4. Repeat until the top of the bowl and spread whipped cream on top.
5. Chill in refrigerator until ready to serve.



Malaysian Cooking Workshop *Part 1*



Cultural Background Story

- Denise Fauth

Hello, I am Denise. I come from a mix of Malay, Aboriginal, and English backgrounds, giving me a diverse cooking history. I was born in Innisfail, North Queensland. My parents owned a 10-acre block where we grew our own veggies and fruit, we also had cows, chickens, and pigs, ensuring we always had plenty of food and milk. One vivid memory is of my dad chopping off chicken heads, and me having to do the plucking afterward.

My mom, a talented dressmaker, was the main cook at home, but Dad enjoyed cooking too. Mom excelled at making sponge cakes, a skill that, unfortunately, did not quite pass on to me. We enjoyed a lot of Malay food at home, with loads of veggies and rice. My two sisters, following in Mom's path, became excellent cooks. Our aunt Elsie, who worked as a cook in local hotels, was also a kitchen pro.

I learned to cook by starting with veggies and gradually taking on more chores. In high school, I took home economics, which helped me hone my cooking skills. Later in life, as part of various fundraising activities, and to support our nephew's son, Jarvis, I often cooked for up to 60 people at our place. Everyone always looked forward to our next event.

I truly enjoy cooking, and I am happy to cook for you today.



Mongolian Lamb

Ingredients for 4 servings

- 500g Lamb
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1/4 Teaspoon Sugar
- 1/4 Teaspoon Sesame Oil
- 1 Tablespoon Corn Flour
- 1 Tablespoon Oil
- 1 Tablespoon Water
- 1 Onion
- 1/4 Cup Dry Sherry
- 2 Cloves Garlic
- Oil for Deep Frying

Sauce

- Tomato Sauce - 3 Tablespoon
- BBQ Sauce - 3 Teaspoon
- Worcestershire - 1,1/2 Tablespoons
- Sugar - 3 Teaspoon
- Sesame Oil - 1/2 Teaspoon
- Chicken Stock - 1 Tablespoon
- Bottled Chilly Oil - 1/2 Teaspoon

Steps

1. Remove rind and bones from lamb if necessary. Cut meat into 5 cm x 5mm strips. Combine meat with salt, pepper, sugar, sesame oil, corn flour, oil and water. Mix well.
2. Keep it aside for one hour
3. Peel onion and cut in half, then slice thinly.
4. Combine all ingredients for the sauce in a bowl. Heat oil in pan. Deep fry meat until light golden brown and cooked through. Drain.
5. Meanwhile heat a sizzle platter.
6. Drain away excess oil from pan. Return pan to the heat, add crushed garlic, then meat, and toss over high heat for one minute.
7. Add prepared sauce, toss until the sauce boils and thickens.
8. Sprinkle onion over base of heated platter, spoon meat over; pour dry sherry around edge of platter to give sizzle.



Fried Rice

Ingredients for 4 servings

- 1 Tablespoon oil
- 3 Large Eggs (Scrambled)
- 8 oz. Lean Bacon (225g, cut into 1 inch pieces)
- Diced Tomatoes (add depending on your taste)
- Peas - (Add to your taste)
- Medium Onion (finely diced)
- 2 - 3 Cloves of Garlic (finely chopped)
- 5 Cups of Cooked Rice (fluffed and cooled)
- 1 Teaspoon Salt
- Fresh Black Pepper (to taste)
- Shallots (chopped) - (to taste)
- 1/4 Teaspoon of Sugar
- Seafood (optional)
- Blachan (be aware that it has a very fishy smell but will have a sweet smell once you start to cook it)

Steps

1. Heat the oil in your wok over medium heat and add the onions and garlic.
2. Stir-fry them until translucent and add Blachan (make sure it is all mixed well).
3. Once they are translucent, add the tomatoes, bacon (seafood optional) and peas and cook them.
4. Now add the scrambled eggs; mix them well.
5. Add the cooked rice and stir-fry for 2 minutes. Use your wok spatula to flatten out and break up any clumps.
6. Add the salt, pepper and soy sauces, and mix them well.
7. Add prepared sauce, toss until the sauce boils and thickens.
8. Lastly add the shallots on top.



Lemon Meringue Pie

Ingredients for 4 servings

- One Packet of Biscuits (your choice)
- 90kg of Butter
- 400g of Sweetened Condensed Milk
- 2 - 3 Lemons
- 3 Eggs

Steps

1. Crumb one packet of biscuits (your choice), combine with 90g of melted butter. Press the mixture into a 23cm greased pie plate, and then chill.
2. In a bowl, combine 400g of sweetened condensed milk with half a cup of lemon juice, the rind of a lemon and three lightly beaten egg yolks. (Do not use green lemons)
3. Spoon the well-combined mixture into the chilled crumb crust.
4. Lastly beat the egg whites until stiff, gradually adding half a cup of castor sugar. Peaks will appear in the mixture. Spoon or pipe the meringue onto the biscuit filling and bake in a moderate oven (350 F) until golden, about 15 minutes.
5. Serve hot or cold.



More Malaysian recipes to follow on the next pages



Malaysian Cooking Workshop *Part 2*



Cultural Background Story

- Edith Budd

Hi friends, my name is Edith Budd and I would like to give you all a small insight into my Asian background and the influence it has on my style of cooking. I am of Malay, Javanese and first nations descent.

My parents were both great cooks and my mum baked and was a dressmaker. Dad was a jack-of-all-trades so to speak and provided for his family by hard work. We lived on 6 acres of land surrounded by cane farms at Upper Daradgee, 7 miles out of the country town of Innisfail in North Queensland. Dad had a bountiful vegetable garden and grew many fruit trees so we had many fruit and veggies on hand. He grew China cabbage, cabbages, cucumbers, tomatoes, lettuce, long beans, green beans, pumpkins, tapioca, and orange, mandarins, lemon, avocado, bananas, guava, cumquat, papaw, soursop trees, and granadilla and passionfruit vines. I am a fruit lover to this day.

Our family had a couple of signature dishes that were vegetable based but Mum made sure we had a balanced diet. We had our own chooks, ducks and eggs and bought our beef locally. Chicken was our main protein with rice 4 times a week. We liked stews as they were fast and easy dishes and very tasty and filling. Our favourite dishes are Chicken Jun See, Curry, and Pork and Noodle Stir fry with rice. We also loved our Spaghetti Bolognese & roast, and vegetables.

Mum made chutneys, jams, sponge cakes, scones and lots of fruit tarts and pies. When it was my time to learn, being the third daughter I picked up the basics of prep and got my instructions from Mum calling out from the sewing room. My sisters and nieces have different ways of cooking our dishes and as time goes by, we put our own interpretation on our cooking which is enjoyable also. I still enjoy cooking and baking and do so for the fund-raising my husband and I do for our grandson who has a rare disease. With the help from family and friends, I hope we can still cook and bake for everyone's enjoyment.



Pork & Stir Fry Greens

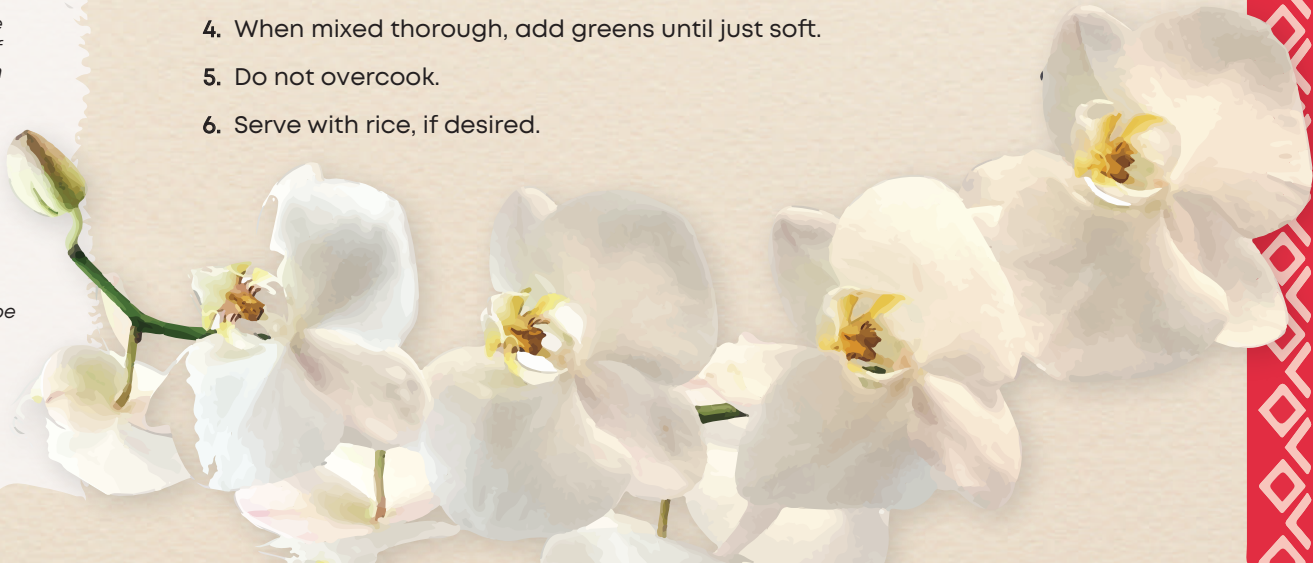
Ingredients for 4 servings

- 1/2Kg Pork
- 1 Kg Onion
- 3 Garlic Cloves
- 1 Small Knob Ginger

- 1 Piece Shrimp Paste (Blacan)
- 1 x Tab Char Siu Paste or BBQ Sauce (To Taste)
- 1 Handful Sliced Snow Peas
- 1 Handful Sliced Beans
- 1 Handful Sliced Bok Choy
- 1/4 Cup Dry Sherry

Steps

1. Fry the onions, the garlic and the ginger in a bit of oil with a small piece of Blacan and some sugar until translucent.
2. Add some more oil and fry pork until crisp.
3. Season the pork with salt, pepper and add the Char Siu sauce or BBQ sauce (improvise with sauces if want to)
4. When mixed thorough, add greens until just soft.
5. Do not overcook.
6. Serve with rice, if desired.



Chicken Jun See

Ingredients for 4 servings

- 1,1/2Kg Chicken Thighs (Boneless)
- 1 Large Onion
- 3 Finely Chopped Garlic Cloves
- 1 Small Peice of Ginger Chopped Fine
- 1 Packet of 6 Transparent Vermicelli
- 1 Can of Champignons or Fresh Mushrooms
- Salt, Water and Sugar (to Taste)
- 1/4 Cup Soy Sauce (add less for strong Soy Sauce)

Steps

1. Chop chicken into small size cubes.
2. Fry the sliced onions, finely chopped ginger and garlic until translucent.
3. Add salt to taste and 1 tablespoon sugar to caramelize
4. Add chicken and ½ cup of water and simmer.
5. Add soy sauce, mushrooms, and water if sauce dries out. Need fluid for moisture and gravy.
6. Finally, add softened vermicelli to chicken and stir & warm through.
7. Once blended the dish is ready to serve.



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Ecuadorian Cooking Workshop



Cultural Background Story

- Patricia

Ecuadorian cuisine draws heavily from Andean culture. The Andes Mountains, running through the center of the country, have shaped the traditional diet of Ecuadorians for centuries. Ecuadorian cuisine is a captivating blend of flavours, traditions, and history, reflecting the country's diverse landscapes and indigenous roots. From the Andes to the Pacific coast, and the Amazon rainforest, Ecuador offers a rich culinary tapestry that tantalizes the taste buds and leaves a lasting impression on every visitor.

At the heart of Ecuadorian gastronomy are staples like rice, beans, potatoes, and corn. Corn, in particular, is a fundamental ingredient, used to make tortillas, tamales, and the famous corn-based beverage called chicha. These elements, combined with an array of fruits, vegetables, and meats, create the foundation of Ecuadorian dishes.

One of Ecuador's most beloved dishes is ceviche, a citrus-marinated seafood salad typically made with shrimp, fish, or a combination of both. The fresh and zesty flavours of ceviche capture the essence of coastal living, making it a popular choice among locals and tourists alike.

Guinea pig, known as cuy, is a unique and traditional delicacy in Ecuador. Though it may seem unconventional to some, cuy is deeply ingrained in the country's culinary culture and is often served during special occasions and festivals.

Ecuadorians also have a deep appreciation for soups. The traditional locro soup, made with potatoes, cheese, and avocado, is a hearty and flavorful dish that provides comfort and warmth, especially in the colder mountainous regions.

A visit to Ecuador would not be complete without trying llapingachos, potato cakes stuffed with cheese and topped with a peanut sauce. This dish embodies the fusion of indigenous and Spanish influences, displaying the delightful interplay of flavours and textures.

For those with a sweet tooth, Ecuador has an array of desserts to savor. Dulce de leche, a sweet milk-based confection, and helado de paila, a traditional fruit-flavoured ice cream, are just a couple of the delectable treats that display Ecuador's dessert offerings.

Ecuadorian cuisine is a vibrant mosaic of flavours and traditions that reflect the country's diverse geography and cultural heritage. Whether you are savoring the coastal delights of ceviche, embracing the hearty warmth of locro soup in the Andes, or indulging in sweet treats, Ecuadorian food promises a delightful gastronomic adventure that will leave you craving for more.



Encocado De Camoron

Ingredients for 4 servings

- 1/2 lb raw peeled and deveined shrimp
- 8 oz coconut milk
- 3/4 red onions
- 2 or 3 capsicum (green, yellow or red)
- 4 cloves of garlic
- 2-3 tbs chopped Spring Onion
- 1 tbs cumin
- 1 tbs paprika
- Salt and pepper to taste
- 2-3 tbs chopped cilantro

For the side Dish

- 4 green plantains





Steps

1. Cut plantains in half. Boil in salted water until a fork easily stabs them. Drain. Once cooled mash them. Keep it aside. This is the side dish
2. Dice onion and pepper. Mince garlic. Add to a pan over med high heat with cumin, paprika, salt, and capsicum (green, red and yellow. Cook until onions are translucent. Keep them aside to cool
3. Once cooled grind these ingredients in a grinder. Grind it only once so that it contains small pieces.
4. Add these again to the pan.
5. Add coconut milk and bring to a boil. Lower the heat until it simmers. (Add more or less coconut milk according to your preference of sauce thickness.)
6. Add the shrimp and cilantro. Remove from heat when shrimp is done cooking, about a 1-2 minutes.
7. Serve with mashed plantain.

Buen Provecho!



Cooking Class Memories



Bon appétit

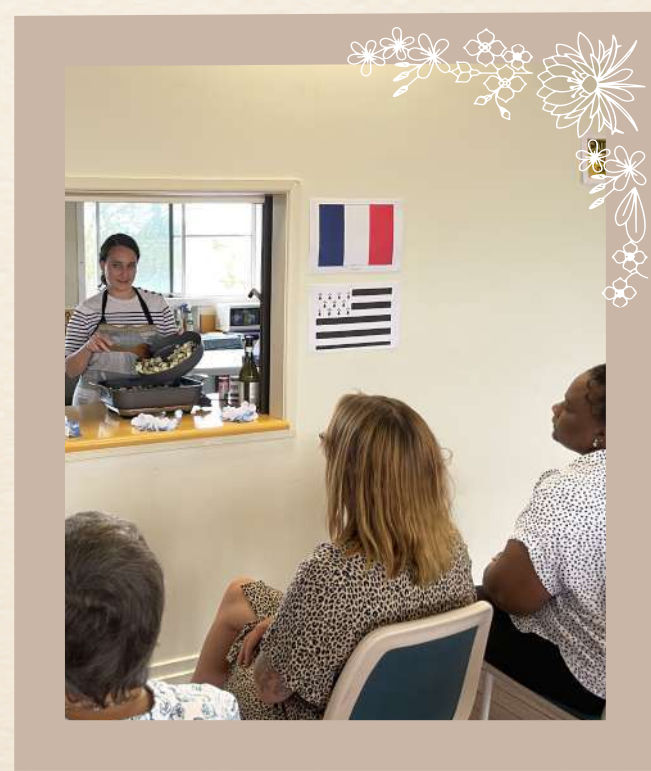


buen provecho.



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Kesalai warr



Enjoy your meal!

Selamat makan.



Guten Appetit



the **Y**

Multicultural
Women's Cookbook

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