



COOKBOOK

By Flunk Magazine

Celebrating Southern Cross University's diverse communities through food



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Foreword

Written by Adele Wessell

The word “recipe” comes from the 16th century to suggest a medical prescription, from the Latin “take!” It is the perfect time to devote this issue of *Flunk Magazine* to a cookbook with instructions for preparing food. At this particular moment, when concern about food security and comfort is intensifying, we have a collection of recipes.

Recipes on their own tell a story and cookbooks are a valuable source of information about social and political change: changes in social values, structures, and beliefs. The way people eat relates to how they apply ideas and influences to the material resources and knowledge they have. I am deeply interested in this collection, not just for inspiration around what to eat, but to learn more about our own Southern Cross community.

This collection also includes people’s own stories about the recipes they have submitted: the customs, traditions, and memories. Food provides a very tangible link to our history. While it is not possible to experience food the same way you may have tasted it in the past, passing recipes on, either through text or orally, is one of the ways that we inherit food culture. Recipes provide us with a record of that past, as a text and object worthy of study in their own right, and not just as a blueprint for meals.

More broadly, food is an everyday and intimate way to learn about other cultures, and, importantly, about how our own culture interacts with others. Far from being bound by geography and material resources, culinary cultures can inhabit multiple times and places, and food plays a mediating role in the translation from one space and time to another. Who could imagine Italian food without tomatoes, only introduced in the 15th and 16th centuries, or Thai food without chillies, introduced by the Portuguese? Both of these examples are the product of a colonial history.

All these recipes and stories provide a way of learning from and understanding each other’s cultures, but this should be a process that is respectful. As Bruce Pascoe, author of *Dark Emu* has said, “You can’t eat our food if you can’t swallow our history”.

Congratulations to the editors and all the authors represented here for sharing their recipes. I look forward to trying some and learning more about the diverse communities that make up Southern Cross University.



Savoury Recipes

Just make enough to cover whatever you are marinading including firm tofu, chicken thigh or pork chops!



Ingredients

soy sauce
oyster sauce
2 cloves of garlic
1/2 red onion
chicken stock cube (vegeta if vegan)
vegetable oil
1 dash of sesame oil
2- 4 whole bay leaves
1 dash of vinegar OR half a lemon juiced
pepper to taste



Filipino Adobo Marinade

Submitted by Student Christa Morrow

This is a Filipino favourite of mine. Adobo is usually cooked in a pot with a small amount of sauce but I love the same flavours on a BBQ! It is the first thing I learnt to cook on my own and my go-to comfort food when I am missing home. I can hear my mum calling from the kitchen "Anak (child) your favourite adobo is ready!"

Directions

- 1** Place your chosen meat or main in a large bowl and pour in your ingredients.
- 2** You want just enough liquid to cover most for marinating.
- 3** Mix and massage well and let sit for a minimum of 3 hours. The longer the better!
- 4** Fry in a pan or BBQ and serve with rice and a simple salad.

German Potato Salad



Submitted by Student Libby Lawler

This recipe was passed down from my Great Grandmother in Germany. My mum makes this dish every Christmas for our shared lunch with the family. They would always ask on arrival if she had brought her “famous potato salad” with her. She has always loved embracing her German heritage, from learning German phrases to eating sauerkraut by the jar, and researching our family ancestry.

Ingredients

6 large potatoes	1 teaspoon Keens mustard powder
2 brown onions	1/2 teaspoon white sugar
3 hard boiled eggs	300ml carton of thickened cream
2 green apples	2 tablespoons white vinegar
1/2 teaspoon salt & pepper	2 tablespoons water

Directions

- 1** Peel potatoes and cut into 1.5cm cubes.
- 2** Boil until soft all the way through but still firm.
- 3** Finely dice onions & apples. Chop egg whites into cubes and crumble the hard-boiled yoke.



Pairs really well with pickles!

- 4** Add all diced ingredients to a large bowl including the potatoes, once cooled.
- 5** Sprinkle the salt, pepper, mustard powder, and sugar into the bowl and gently mix to combine all ingredients together.
- 6** Mix the water & vinegar together then pour on top of ingredients. Cover and refrigerate overnight.
- 7** The next day, stir in cream and serve.



Okonomi-yaki (Japanese Pancakes)



Submitted By Staff Member Tazuko McLaren

Okonomi-yaki is mainly associated with Kansai (Osaka) or Hiroshima areas of Japan, however it is widely available throughout Japan. “As you like it”, the name of “Okonomi-yaki” means “your favourites cooked” BBQ style. It is normally cooked for casual occasions, or for a party. Style of cooking varies depending upon the places you go in Japan, like Hiroshima, Osaka, Tokyo, etc. My direction is the simple Kansai style, with all of the ingredients mixed together and then fried. Hiroshima style Okonomi-yaki differs however, where you place the batter flat on the plate first, then add vegetables, or even better, Chinese cooked noodles.

Ingredients

3 cups cabbage, shredded	2 eggs	QP mayonnaise
1 cup shallots	1 cup prawns or pork	Okonomi Yaki sauce
1 cup carrot, shredded	pinch of salt	pickled ginger
2 cups flour	1 ½ cups water	dried bonito flakes
Mirin (or any sweet white wine)	olive oil	(optional)

Directions

- 1** Rinse the cabbage and shallot in cold water, and cut into small pieces. Then shred the carrot.
- 2** Place the flour, water and eggs in a bowl, and mix well to make batter.
- 3** Add cabbage, shallot, and shredded carrot and mix well.
- 4** Heat the hot plate on high, add olive oil, pour in the batter mixture.
- 5** Heat for about 3 minutes. Turn the pancake over, and heat about 5 minutes. Reserve again for another 3 minutes.
- 6** Spread the “Okonomi-yaki sauce” all over, then put on some QP Mayonnaise.

Choila

Submitted by Student Puja Shrestha

Choila is a traditional Newari dish consisting of spiced, grilled, or barbecued meat. While buffalo meat is historically common in the recipe, we can replace it with chicken, duck meat, or any vegetables you like, such as potatoes, cauliflower, mushrooms, etc. Usually this dish is quite spicy. This dish, along with many other delicacies, are considered an essential component of the meals for the Newari community in Nepal, both for festivals and celebrations.

Ingredients

2 pounds boneless, skinless chicken thighs	2 1/2 tablespoons garlic, chopped
2 fresh tomatoes, diced	1/2 tablespoon paprika
1/2 cup soybean oil	1/2 tablespoon chili powder
1 1/3 tablespoons cumin powder	1 teaspoon fenugreek seeds
Salt and black pepper as preferred	3/4 tablespoon turmeric powder
1 tablespoon ginger, peeled & chopped	1 teaspoon mustard oil

Directions

- 1** Mix together chicken, 2 tablespoons soybean oil, 1/2 tablespoon garlic, 1/3 tablespoon cumin, 1/2 tablespoon salt and 1/4 teaspoon pepper in a bowl. Cover and refrigerate for at least 2 hours or overnight.
- 2** Grill the chicken on high heat for 8 minutes on one side and 7 minutes on the other, or until cooked through. Place in a bowl and let cool, then cut into 1-inch cubes. Grill or barbeque the tomatoes and let cool.



It can be served cold, at room temperature, or slightly warm if you prefer. This dish goes best with crunchy beaten rice. However, if you do not like beaten rice, it can be eaten with bread or steamed rice.

- 3** In a bowl, mix together chicken, ginger, paprika, chili powder, grilled tomatoes, 2 tablespoons garlic, 1 tablespoon cumin, 1/2 tablespoon salt and 1/4 teaspoon pepper.
- 4** Heat 6 tablespoons of soybean oil in a small pot, then add the fenugreek seeds. Once the fenugreek starts to turn black, remove the pot from the heat, add the turmeric and immediately pour the hot oil over the bowl of chicken. Add the mustard oil and mix everything well.



Havaadhulee Bis

(Maldivian Curried Dumplings)

Submitted By Staff Member Jimzeena LeCerf

This is a favourite teatime snack for Maldivians. A spicy tuna filling goes inside these egg-shaped dough balls and after that it's boiled and lightly coated in a curry sauce. Maldivian name translates to 'curried eggs' due to the shape. I grew up making these with my mum and my sister and have fond memories of making them for special feasts and get togethers. It has a rich aromatic smell that still reminds me of home. I always make this soft, spicy, and delicious dish when I miss home.

Ingredients

Dough

2 cups flour
¼ cup boiling water
1 tablespoon oil
1 teaspoon salt

Filling

195g can of tuna, drained
1/2 onion, finely sliced or chopped
1/2 lime, juiced
1/2 teaspoon ground black pepper
1 teaspoon salt

1/4 teaspoon turmeric powder
1/2 hot chilli (Habanero), finely chopped
Sprinkle of dried chilli flakes
1/2 cup desiccated coconut

Curry

1/2 onion, finely sliced or chopped
2 garlic cloves, finely chopped
Curry leaves (optional)
3 tablespoons hot curry powder
2 tablespoons tomato paste

1 tomato, chopped
1/2 teaspoon red chilli powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
2L water in a big pot to boil the dumplings

Directions

Part One

Preparation of the dough:

1. Add salt, oil, and water into the flour and mix well to make into a soft dough.
2. Divide the dough into small balls and keep aside.

Part Three

Preparation of bis (Dumplings)

1. Press the dough into small cup shapes and place the tuna filling inside it.
2. Close the dough over the filling and make into oval shapes like eggs.
3. Repeat the same with the rest of the dough and tuna filling.
4. Boil the water and drop above prepared egg-shaped dumplings into it.
5. Cook until the outer layer appears translucent – about 10 minutes.
6. Remove from water and strain.

Part Four

Preparation of curry & Final put together

1. Heat oil.
2. Fry onion and curry leaves in a frying pan. Add garlic. Fry until onions appear golden brown.
3. Add in the rest of the curry ingredients. Mix well. Add a little water to make a paste.
4. Cook for few minutes.
5. Gently fold the bis or dumplings into the prepared curry and apply curry all over.
6. Transfer to a plate and serve hot.

Part Two

Preparation of the filling:

1. Mix onion, lime juice, curry leaves, turmeric powder, chopped hot chilli and salt. Mix until the juices flow from the onion.
2. Mix in the grated coconut and tuna. Squeeze and mix well.
3. Divide and make small oval shapes.

People can also have it with more rice to feel full easily. What's more, because the dish is salty enough, it can be kept for a longer time than light dishes.



Ingredients

500g pork belly
400g bamboo shoot
50g ginger slices
200ml soy sauce
200g sugar
700ml water



Pork Stew

Submitted By Student Miao-Yen Ni

In the early Taiwanese society, putting meat in a meal only occurred on special occasions, or more frequently for rich families. In modern times, people still like to celebrate with meat dishes. The reason why pork stew has become so popular is because it has a heavy flavour.

For me, pork stew is a dish that symbolizes my grandparents, who raised me for about 20 years. When I was a child, my grandmother liked to put the sweet and salty sauce from this dish on my bowl of rice. She told me she did this so that younger children would eat more rice. Even after 20 years, I still like the way she makes pork stew, and it has become one of her most famous dishes in our family.

Directions

- 1** Place your chosen meat or main in a large bowl and pour in your ingredients.
- 2** You want just enough liquid to cover most for marinating.
- 3** Mix and massage well and let sit for a minimum of 3 hours. The longer the better!
- 4** Fry in a pan or BBQ and serve with rice and a simple salad.



Kedgeree

Submitted By Staff Member Jo Young

Originally an Anglo-Indian breakfast dish containing eggs, this version is one I was handed down through my Scottish-Anglo maternal line. It doesn't have the traditional spices or eggs in it but is still very tasty. We cook and eat this dish only once a year on Good Friday. The family gather in the morning for a breakfast of Hot Cross Buns (no cheating and eating them before Good Friday either – we Scottish protestant types like a good dose of self-discipline and avoid them in the shops before Easter, even though they seem to be available from Boxing Day). We then spend the morning cooking the Kedgeree together in the kitchen. We each bring our own ingredients but pool them together to make a bunch of dishes, one for lunch and the others are taken home for dinner and eaten over the Easter weekend. Each daughter spends her years of apprenticeship de-boning the fish and woe betide her if a bone is found during lunch.

Ingredients

1 kg smoked cod
1L milk
400g shredded tasty cheese
1 cup rice
4 tablespoons butter

4 tablespoons plain flour
1 cup extra milk for white sauce
1 400g can sweet corn kernels
salt and pepper

Directions

Part One

Rice

1. Cook the rice in a rice cooker while you do parts 2-4.



Part Two

Fish

1. Cook and debone the fish
2. Heat milk in frying pan
3. Poach the smoked cod including skin in the milk until white
4. Remove from pan and break fish into little segments (it will naturally break up into small roundish pieces)
5. While breaking the fish up, remove all bones. You will find most of these at the tail end in the centre.
6. Set fish aside in bottom of oven proof dish

Part Three

White Sauce

1. Melt the butter in bottom of a heavy based saucepan
2. Add flour and cook it in the butter to make a roux (be careful not to burn it - keep it moving)
3. Slowly add the milk from cooking the fish and the water from the can of corn, stirring constantly until it becomes a white sauce.
4. Add two handfuls of grated cheese and stir through.
5. You may or may not need to add some extra milk to keep it from being too thick.
6. Season with salt and pepper to taste.

Part Four

Putting it all together

1. Add the rice and corn to the fish in the bottom of the oven proof dish and gently mix
2. Pour over the Cheese sauce and fold gently
3. Top with grated cheese
4. Place in oven around 180 degrees to heat through until cheese is melted and just starting to go golden brown.
5. Serve with yummy bread and butter

Zrazy

Submitted by Vivienne Le Cerf

This is a Polish-Jewish recipe from my childhood. In Poland they use bacon rolled up thinly but we're Jewish, so we didn't include bacon. My sister loved this dish, but I remember always asking my mother for "just bread and gravy please".

Ingredients

4 onions, sliced	A blob of chicken fat
4 nobs garlic, crushed	(the chicken shop will give you some)
8 thin slices of beef, bashed thin	1 raw onion
cooking oil	toothpicks
2 pickled cucumbers (Polski Ogurki)	water
2 slices stale rye bread	

Directions

- 1** Sauté sliced onion in oil until light brown.
- 2** Add garlic and sauté a bit longer.
- 3** In the meantime, prepare the meat rolls.





Eat with rice, egg, falafel, or potato.

- 4** *For the meat rolls:* take each thin slice of meat (about 5cm wide) and at one end put a cube of cucumber, a small blob chicken fat, a cube of bread and a piece of onion. Roll it up, tuck in the ends and stick toothpicks through the roll to hold it together.
- 5** Place on brown onions carefully and add enough water to stew them. Stew Zrazy for at least an hour and a half.
- 6** Be careful not to choke on the toothpicks (pull them out before eating). Eat with rice, egg, falafel, or potato.



Joan's Soup

Submitted by Staff Member Ann-Maree Wilkinson

This soup was handed down to my mother by her mother, her sisters, and their families. It is a heart-warming soup for those cold winter days or nights in Melbourne. It got better with age, so making a big pot of this soup was a must!

Ingredients

500g gravy beef
handful soup mix
handful of celery, chopped
handful of carrot, grated
1 beef stock cube
1 packet chicken noodle soup
2L water
3 shallots
splash of worcestershire sauce



Directions

- 1** Throw all ingredients together in a big pot and simmer on stove for an hour, approximately.
- 2** Serve with toast or crusty bread.
- 3** Enjoy!



Hungarian Goulash

Submitted By Student Asher Gruft

Goulash is a Hungarian dish taught to me by my father, who's from Poland. He told me it was a popular dish, particularly in winter as it was cheap and required mostly fatty, leftover parts of the cow, common for lower class citizens. It can be cooked in many different ways depending on the resources available. For example, Goulash is often cooked with paprika or in a stew with winter vegetables such as carrots and potatoes.

Ingredients

1 onion, diced

300g chuck steak per person

1 cup of water every half hour, roughly
sunflower oil

salt

pepper

rice, boiled potatoes or gnocchi,
based on preference

Directions



- 1** Dice the onion.
- 2** Dice the chuck steak into small squares.
- 3** Grind pepper into the meat, to taste.
- 4** Put cooking pot on highest heat.
- 5** Add onions to the pot with oil covering the base.
- 6** Cook onions to golden brown, then add meat.
- 7** Add 1-2 cups of water based on amount cooked, put lid on the pot and turn to a medium heat.
- 8** Check and stir every 30 minutes. If the water is low add a cup of water.
- 9** Do not add any additional water to the goulash at the end. The water should turn into sauce, lightly covering half of the meat.
- 10** Cook onions to golden brown, then add meat.
- 11** Cook for up to 2-3 hours. Minimal of 1 hour.
- 12** After 45 minutes add salt based off preference.
- 13** Cook rice, potatoes, or gnocchi for your base.



Spaghetti Bolognese

Submitted by Student Philipp Joshua Cummings

Every Thursday night my dad would make this traditional Italian dish. During summer, we substitute the mince for Tuna and passata. This Spag-Bol recipe is great for feeding a group or saving for leftovers.

Ingredients

1kg beef mince	3 tablespoons tomato paste
500g pork mince	500ml passata
3 tablespoons olive oil	2 bay leaves
2 large brown onions	1 teaspoon rosemary, thyme, & oregano
6 garlic cloves	splash of balsamic vinegar
300-400ml red wine	pasta
1 cube beef stock	parmesan cheese
3 tins crushed tomatoes	

Directions

- 1** Finely chop the onions and skin the garlic. Heat a large saucepan over low heat, add 3 tablespoons of olive oil.
- 2** Add the chopped onion and crushed garlic to the pan. Cook for 3-4 minutes until the onion is clear and soft.
- 3** Add the beef and pork mince and then turn the heat up to medium high. Whilst browning the mince boil water to make the stock.
- 4** Add 400ml of water to the stock cube and stir.



Resourceful individuals can turn their leftover bolagnese into lasagne!

- 5 When the mince is browned add the stock and let it evaporate (occasionally stir and it should take approx. 10-15 minutes), then add 1 teaspoon each of the herbs and then add 300-400ml of red wine to the pan and let it evaporate (approx. 5-10 minutes).
- 6 Add 2 tablespoons of tomato paste and mix into the mince, then add 3 tins of tomato and 500ml of passata.
- 7 Turn the heat down and let it simmer for 10-20 minutes (ensuring it doesn't dry out). While waiting add water and salt to a large pasta pan, bring the water to a boil over high heat and add pasta. Cook for the required time.
- 8 When ready switch off the sauce and add a splash of balsamic. Grate parmesan cheese and add to the dished-out pasta and sauce.



Paprika Czirca

Submitted By Student Duncan Cox

After talking to some of my relatives, I came across my grandmother's old cookbook, written in her own hand. It has been fun trying to decipher her old cursive and re-create some of her Hungarian dishes. This one in particular is now a favourite of mine!

Ingredients

1 tablespoon lard
1 onion, finely chopped
1 whole chicken
salt
flour
1 teaspoon paprika
1/2 Cup Sour Cream
1 garlic clove

1 cucumber, thinly sliced
1 lettuce, shredded
capsicum
1 tablespoon vinegar
2 cups self-raising flour
1 egg
milk
water

Directions

Part One

Paprika Czirca (Chicken)

1. Melt a knob of lard in a frying pan.
2. Finely chop an onion and brown lightly in the lard.
3. Cut a chicken into serving pieces, roll in salted flour and then brown in with the onions, turning frequently.
4. Remove from the heat and sprinkle over a good teaspoon of paprika, again turning the chicken and onions so that it is evenly distributed through the food.
5. Add approx. two cups of water, cover and gently simmer until tender. The pan should not be allowed to burn dry, nor be too sloppy.
6. Add ½ cup sour cream, allow to heat through and serve with a salata and nokedli.

Part Two

Nokedli (Noodles)

1. Take 2 cups self-raising flour and add a good pinch of salt.
2. Break in an egg and add a little milk and water.
3. Mix to a soft, slightly moist dough
4. Place on plate or board
5. Heat a large pan of water to boiling
6. With a knife, divide a finger of dough away from the mass and then slice quickly into the boiling water.
7. It should quickly swell and rise to the surface.
8. Boil for a few minutes, then pour into a strainer and wash under cold water.

Part Three

Salata (Salad)

1. Rub a clove of garlic around the bowl.
2. Slice cucumber very thin, shred the lettuce, finely chop the capsicum and add to the bowl.
3. Serve with a little vinegar and allow to stand for a little while.



We serve like a soup with fresh bread but can also be served with mash, rice, or pasta.

Ingredients

drizzle of olive oil, to grease the pan and pot

12 sausages (we use the Coles chicken sausages)

4 rashers bacon, diced

2 heaped teaspoons garlic

1 heaped teaspoon ginger

2 medium onions, sliced

3 potatoes, diced

4 carrots, halved then sliced

1 zucchini, noodled

1.5L beef stock

350g tomato paste

fresh or dried herbs to taste (chives, basil, thyme, rosemary, parsley)

(optional: add beans, peas, corn or other vegetables you like)



Sausage Hotpot



Submitted by Student Courtney McCreery

This sausage hotpot recipe is a winter favourite in our household. Leftover stock and tomato paste can be frozen if not needed for anything else. I hope you enjoy it too!

Directions

- 1** Chop and cook sausages separately in fry pan with olive oil.
- 2** In large pot add olive oil and bacon then cook (if it starts to stick add a small amount of the stock).
- 3** Add onion, garlic, and ginger and mix. Stir in potatoes and carrots. Add herbs and stir.
- 4** Add stock and tomato paste, mix and bring to boil.
- 5** Add cooked sausages and zucchini then mix well (the sausages will tend to float on top). Add any optional ingredients.
- 6** Leave to boil (check and stir every 5-10 minutes) on medium-high heat until the potatoes and carrots are soft.
- 7** We serve like a soup with fresh bread but can also be served with mash, rice, or pasta.



Sri Lankan Meal Combo



Submitted By Student Thilinka Wijesinghe

I have always been a big-time foodie. Mainly because both my grandmother and my mother were wonderful cooks. This meal combo I have shared with you brings back a lot of memories. In Sri Lanka, the staple food is rice. So, many combos are prepared with rice in it. This combo is my all-time favourite brekky I used to love. Having this in the morning before school or work used to gear me up for the rest of the day. Yes, we do use a lot of chilli! But for the recipes here I have used less chilli. Here in Australia, even though I can't find a lot of spices that we use back home, I still manage to make this for my family at least twice in a week. It brings back all the sweet memories and that similar taste I used to love back home. So, try this out and get a taste of Sri Lankan cuisine right from your home. Enjoy!

Ingredients

This is an easy to make Sri Lankan meal combo including one main and five sides.

Main – White Rice

2 cups basmati rice or long grain white rice
2 cups water

Side 1– Papadums

papadums, cut into 4 equal pieces
oil to deep fry

Side 2 – Sri Lankan Dhal “Parippu”

2 cups lentils
1 onion, chopped finely
½ teaspoon turmeric
salt to taste (preferably ¾ teaspoon)
1 tablespoon coconut cream
1 teaspoon garlic paste or 3 cloves, finely chopped (optional)
1 green chilli, chopped finely (optional)
1 tomato, chopped finely (optional)

Side 3 – Potato tempered in oil “Ala thel daala”

2 large potatoes, peeled and cut into desired shape (small blocks preferred)
1 large onion, cut in thin strips
1 tomato, chopped finely
salt to taste (preferably 1 teaspoon)
2 green chillies, cut in thin long strips (Optional)
½ teaspoon paprika
1 teaspoon chilli flakes

Side 4 – Sri Lankan coconut salad “Pol Sambol”

6 spoons finely desiccated coconut
1 teaspoon paprika (reduce based on individual preference)
salt to taste (preferably ¾ teaspoon)
green chilli, half finely chopped
2 tablespoons lime or lemon juice

Side 5 – Dried Anchovy Fry “Hal masso beduma”

100g dried anchovy
1 onion, chopped finely
1 teaspoon chilli flakes (reduced or increased, as preferred)
salt to taste (preferably ½ teaspoon)
2 tablespoons oil, butter, margarine

Directions

These are not the traditional ways these foods are made in Sri Lanka. Minor changes have been made to make the dish cook faster and to make the process easier. This meal combo can be prepared in less than forty-five minutes. It could be served for brekky, lunch, or dinner.

Main – White Rice

1. Rinse the rice thoroughly under running water. Repeat 3 times then add into a saucepan or rice cooker.
2. Add two cups of water and bring to boil.

Side 2 – Sri Lankan Dhal “Parippu”

1. Rinse the lentils thoroughly and add in a saucepan.
2. Add chopped onions, half a cup turmeric, and coconut cream. If you need to add the optional ingredients you may add them now.
3. Add water to cover the lentils and bring to boil.
4. Once the lentils are cooked add some salt and keep stirring. If you want to make it like a curry add a little bit more coconut cream and some water and keep stirring for another 2 minutes. If not, serve it as a paste.

Side 4 – Sri Lankan coconut salad “Pol Sambol”

1. Add a one tablespoon of hot water to the coconut (to make it flaky). Keep it covered for 5 minutes.
2. Add paprika, salt, green chillies, and lime or lemon juice. How this is done in Sri Lanka is using a “miris gala” (hand grinder). But you can use your hands to mix everything together. This gives it a good flavour. If you need to use a spoon to mix everything, you can do that too.

Side 1 - Papadums

1. Deep fry the papadums in the heated oil until crisp.

Side 3 – Potato tempered in oil “Ala thel daala”

Heat two tablespoons of oil in a pan. When hot, add the cut potatoes and fry on medium heat until golden brown. In a separate bowl, add the cut onions, tomatoes, green chillies, salt, paprika and chilli flakes and combine them well with a spoon (traditionally mixed with hand). Now add this to the frying potatoes and mix well. Cover the lid and let cook for 5 minutes until everything is well cooked and combined. Ta da! Your potato tempered is now ready.

Side 5 – Dried Anchovy Fry “Hal masso beduma”

1. Heat up a fry pan and add oil to it. Add the anchovy very carefully as the oil may be too hot. Fry them until crispy.
2. Add onions, chilli flakes, salt, and a little bit more oil and fry them altogether until golden brown.



(Dis)Comfort Eating: Bringing politics to the table

Written by Adele Wessell

Our food is always saying something, through the practices we use to eat it and the company we keep. There are many examples of people coming together to share food, both to raise awareness and understanding of each other's cultures. The Fusion Festival is one of these. Food is a vehicle for sharing and generosity, to allow people to experience culture in a safe environment. Food, however, is inherently political, and for all the reasons that eating together is important, it also provides the perfect opportunity to talk through issues, to experience *discomfort*.

The idea that “pleasant unemotional conversation helps digestion” as instructed by one educational film *A Date with your Family* (1950), reinforced an older adage that religion and politics should not be discussed at the table. *Hill's Manual of Social and Business Forms* published in 1879 was a guide to writing and etiquette. Their advice related more to the futility of it:

Do not discuss politics or religion in general company. You probably would not convert your opponent, and he will not convert you. To discuss those topics is to arouse feeling without any good result.

In the film *A Date with your Family*, mother and daughter switch into nice attire for the meal, because, the narrator tells us, “the women of this family seem to feel that they owe it to the men of the family to look relaxed, rested and attractive.” To avoid any distress, one must stick to his or her assigned role, which of course requires a lot of suppression. As the narrator states, “the table is no place for discontent”. The advice is not that much different from etiquette expert, *Jill Kryston's tips* on how to handle uncomfortable political debate at a dinner party:

A lady knows how to make others feel comfortable in her presence no matter what her thoughts. She smiles, is cheerful, and uses an upbeat voice rather than rolling her eyes and smirking in disagreement. On the other hand, she can use her body language to convey disinterest by averting her gaze... At the point when a controversial topic arises, the best thing is to change the subject.

Family dinners have been an occasion for teaching social values, evoked as an unproblematic gathering of people who care deeply about each other coming together to share food. The assumption that comfort food is a legacy of sweet family memories affirms the triumph of rules created around eating, but not necessarily the reality. The dinner table becomes a perfect stage for enacting all kinds of drama. Many of us may have unsavoury memories of those get togethers, of being forced to sit at the table until our plate was empty, of disagreements and drama that no one seemed to have control over. But talking about politics at the table with loved ones can also be a safe way to learn how to have uncomfortable discussions.

It is common to think of food as a unifying symbol. Issues of social and environmental justice, though, can extend beyond ingredients and labour to the company we keep as a way of bridging political differences. **Make America Dinner Again** (MADA), founded by Justine Lee and Tria Chang after the 2016 US election is a ‘culinary diplomacy’ project, bringing people with different political views together for respectful conversation around guided activities and great food. Provoking further discussion **Conflict Kitchen** only serves food from countries with which the US is in conflict. One of their events included lunch with a local Palestinian to share their experience.

Until Stage 4 restrictions shut it down in Melbourne, Tamil asylum seekers shared stories and food on a weekly basis at **CERES**, to talk about their experience, of surviving in detention or leaving their homes. Coordinator Molly Haglund says,

It’s a great way for the community to engage with this group of people we hear so much about, generally from a quite negative perspective – to really meet people who are seeking asylum face to face, and hear a little bit about what their experience has been.

Not all of these dinner conversations are meant to be easy. Nigerian immigrant to the US, chef Tunde Wey designed a dinner series called **Blackness in America** specifically to create a space for black discourse and prioritise the perspectives of Black people. “White folks or privileged folks are quick to try to find a solution, or ask for a solution, as opposed to sitting in the discomfort,” said Wey. “How do you answer what the solution is to racism or systemic injustices?” As he explained in the Washington Post, “I felt like people and food weren’t saying anything at all ... In the Black Lives Matter era, you can’t *not* say something. It’s ridiculous.”

As a white Australian, whose land was seized on the basis of food production, (by denying Aboriginal agriculture and settled for the purposes of farming), to learn the food and culture of the place I call home, I have to swallow some discomfort. As settlement spread, denying Indigenous people access to their own country and resources, rations were introduced. The daily food ration was one pound of flour, two ounces of sugar and half an ounce of tea, with some other foods issued on an occasional basis. Most ration depots were located at police stations. This practice didn’t end until the 1960s. For many people the introduction of welfare cards is a return to these days. The forced closure of remote communities again separates Indigenous people from their land and food culture. The government’s National Food Plan and Pivot North position Native Title as an impediment to economic development. All this continues to significantly impact on Indigenous people’s ability to access traditional food sources and sustain limited forms of food sovereignty.

The table seems the perfect space to discuss the complexity of food culture. An occasion for eating and drinking together has also been a setting for education in traditional values. Those values could extend to navigating our political differences, listening to each other and sharing what matters.





Sweet Recipes



Scottish Cranachan

Submitted by Staff Member Teri King

Ingredients

55g oatmeal
250g fresh raspberries
1 pint double cream
3 tablespoons malt whiskey
(good quality)
1 tablespoon honey

This is a favourite and traditional Scottish desert, served to me throughout my childhood and adult years at family gatherings. Brings back memories sitting in front of the coal fire with kin.



Directions

- 1** Heat a large heavy skillet on the pan until hot.
- 2** Add the oats and continually stir until lightly toasted, then remove.
- 3** Keep a handful of raspberries to the side for decoration. Blend the rest until a puree consistency. Alternatively, crush with a fork.
- 4** In a bowl, whisk the cream and whiskey to form stiff peaks.
- 5** Fold in the honey and the toasted oatmeal. Leave a handful of oatmeal for decoration.
- 6** In a large serving glass spoon layers of cream and the raspberry puree, last layer being cream, drizzle over honey and sprinkle with oatmeal.
- 7** Enjoy.

Babka means "grandmother"



Ingredients

250g soft butter

1 ½ cups caster sugar

3 farm eggs

1 grated orange rind

1 grated lemon rind

1 teaspoon vanilla essence

1 teaspoon rum essence

1 orange, juiced

3 cups self-raising flour, sifted

1 cup milk

100g dark chocolate



Babka

Submitted by Vivienne Le Cerf

I have been baking this since I was a little girl, taught by my Polish, Jewish mother. Babka means "grandmother". I have improved this recipe a lot over many years. It is my "signature cake".

Directions

- 1** Grease and flour large baba tin. Preheat oven 160°C fan forced or 180°C non-fan forced.
- 2** Cream butter and sugar for 5 minutes.
- 3** Add eggs one at a time and beat. Add rinds, essences and keep beating. Add orange juice. Fold in flour alternately with milk.
- 4** Place half in prepared tin.
- 5** Melt chocolate and fold into remaining cake batter. Then put chocolate mixture on top of plain mixture in tin evenly.
- 6** Bake until skewer comes out dry. Turn out of tin after 5 minutes.



Campfire Dough Boys



Submitted by Staff Member Julie Flanigan

This recipe is an absolute must when camping! I have so many memories with my kids and their friends helping (rather too enthusiastically) prepare, cook and eat these treats. Enjoy!

Ingredients

2 cups flour, (add extra if needed)	1 1/4 cups milk
1 1/2 teaspoon salt	golden syrup (Cockies Joy) or Nutella,
2 teaspoons sugar	to serve
2 tablespoons butter	cleaned sticks

Directions

- 1** Combine the flour, salt, baking powder and sugar in a large bowl. Add the butter and use your fingertips to rub it into the flour until it is all incorporated – it should resemble breadcrumbs.
- 2** Gradually add the milk and knead to combine, adding just enough to make a dough that isn't too sticky and that can be easily kneaded. If it's too sticky or wet, it will drop off the sticks when it is being cooked. Add a little extra flour if this is the case. Knead in the bowl for about 10 minutes, or until soft and elastic, giving everyone a turn so they all get to join in the fun.
- 3** Divide the damper into six portions, form into balls and shape into ovals around the top of six long, thick sticks. With parental supervision, let the kids cook the bread over the fire for about 10–15 minutes, turning the bread regularly, until golden brown on all sides. When the bread is cooked, it will sound hollow when tapped. Wait for 5 minutes, then remove from the stick and fill with your favourite filling. Makes 6 small breads.

Nazook

Submitted by Staff Member Talli Allen

My Armenian Grandmother used to cook Nazook for my Dad when he was a child. Sadly, it was only after she passed away in 2018 that we have had a newfound appreciation for Armenian cooking. My Dad and I have subsequently raided my Grandmother's old handwritten recipe books and have found this one for Nazook. When we visited Armenia a couple of years ago, we ate some variations of Nazook and it goes perfectly with a strong black coffee. It's amazing the connection of food with a loved one. I can't eat Nazook without thinking fondly of my small but mighty Armenian Grandmother.

Ingredients

Dough

3 cups all-purpose flour
2 sticks of unsalted butter, room temperature
250g sour cream
1 packet of yeast

Filling

1.5 cups of flour
1 stick butter, room temperature
1.5 cups of sugar
1 teaspoon of vanilla extract

Directions

- 1** Add sour cream, yeast, and butter to a large bowl and mix well with a fork.
- 2** Sift flour and add to the mixture.



- 3** Knead the dough until you get a soft non-stick dough. You may have to add some flour.
- 4** Put in a bowl and cover with plastic. Refrigerate for at least 6 hours or overnight.
- 5** Fold and roll the dough as tight as possible, then cut into pieces.
- 6** Egg wash the surface with egg yolk and cook for 25 minutes in a 180°C preheated oven.





Bunya Nut Bickies

Submitted By Student Deborah Dowsett

This is my favourite Aussie bush tucker recipe and tastes divine with a good cup of Twinings tea.

Ingredients

1 cup self-raising flour	1 tablespoon golden syrup
1 cup sugar	1 teaspoon vanilla
1/2 cup butter	<i>(Optional: for a chocolate coffee</i>
2 tablespoons boiling water	<i>flavour add 1 tablespoon of ground</i>
2 cups ground boiled Bunya nuts	<i>wattle seed to flour mixture)</i>
pinch of salt	

Directions

- 1** Mix together flour, Bunya nuts, sugar and salt.
- 2** Mix together butter, syrup, vanilla, boiling water in a separate bowl.
- 3** Combine the two mixtures.
- 4** Roll into small balls.
- 5** Place on greased tray and press flat with fork.
- 6** Bake on a moderate oven until brown.

Kaiserschmarrn

Submitted by Staff Member Lena Mager

A simple Austrian pastry dish made from eggs, flour, milk, and a little sugar. Even the Austro-Hungarian monarchy loved this delicious dish including Emperor Frans Joseph, where the name came from (literally: Emperor's pancake). Rumours suggest that the Emperor's chef failed in the kitchen and developed a shredded omelette instead. Whether or not this is true, the important thing is that the recipe has been passed down to us and now happily shared in the Southern Cross Fusion Festival Cookbook. It is often eaten as dessert, but Kaiserschmarrn can also be enjoyed as a main, when your tastebuds feel like something sweet.

Ingredients

6 eggs	Grated lemon zest to taste
1 1/2 cups milk	A pinch of salt
1 1/3 cup finely ground flour	50g butter for the pan
2 tablespoon raisins (optional)	1 tablespoon of butter
8g packet vanilla sugar	1 tablespoon crystal sugar
A dash of rum (optional)	3 tablespoon crystal sugar for the topping

Directions

- 1** Pre-heat the oven to 180°C.
- 2** Place the raisins in a bowl, mix in the rum, and leave to stand for approx. 15 minutes (optional). Separate eggs and keep yolks in a mixing bowl. Add the milk, flour, lemon zest and vanilla sugar to the bowl. Mix until combined to a smooth dough.
- 3** In a separate bowl, beat the egg whites, crystal sugar, and salt until firm, then fold into the dough mix.



Enjoy and 'Mahlzeit' from Austria!

- 4** Let the butter melt and bubble in a large coated pan. Pour the mixture in. After 1–2 minutes, scatter the soaked raisins over the top. Cook the underside until light brown, then turn over and bake for 6–8 minutes until golden brown.
- 5** Tear the 'Kaiserschmarren' into small pieces using two forks. Scatter the butter shavings over the top, sprinkle with some crystal sugar, and caramelize under the grill at a high heat. Remove from the grill and arrange on pre-heated plates. Dust with icing sugar and cinnamon. Served traditionally with plum jam, but you can use any berry jam, fruit tin, or fresh fruit compote. I often leave the caramelised part out, tear the dough into small pieces and serve with a plum jam dusted with icing sugar.



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Libby Lawler
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Contributor



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Project Coordinator

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