



Fusion festival

2021 COOKBOOK

Celebrating Southern Cross University's diverse communities through food



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Foreword

Written by Adele Wessell

This collection arrives at the perfect moment. The second issue of *The Fusion Festival Cookbook* reminds us of the capacity of food to communicate culture and memory. While we may not be able to share food together with distant family and friends right now, we can pass on the experience and provide the instruction to create, or recreate the meals we have enjoyed with them. As food writer A. A. Gill described it:

Food in its particular and emotional value is primarily there for the transmission of memory and remembrance, the déjà vu of our mouths. Only food does this. All appetite is a remembrance.

Each of the contributors has selected a recipe dear to them. They recall sharing the food with friends and family, meals from their childhood, or tastes they discovered with people they care about. There are crowd pleasers and family favourites, recipes to nurture the self and loved ones. The recipes' ingredients and method can be reproduced, but they honour people and places that we have to create anew. Context is crucial. Alina Lucisano's 'Melanzane alla Parmigiana' will not taste the same to us without her father's sprinkling of love onto the plates before serving. There are also some other matters of taste. Jak Carroll's 'generous' serving of vegemite on his sandwich is a matter of trial and error; a careful ratio that everyone must discover on their own.

Borrowing and sharing food traditions can have more significant consequences, positive and damaging. It requires conscious respect for the people and cultural heritage the food comes from. The transformation of Australian dinners is often cited as one of the great legacies of multiculturalism and migration. But this can be more than what we get to swallow. Being able to cook Sri Lankan lamb baduma with godamba rotis will not necessarily bring Priya, Nades Murugappan, and their daughters any closer to Biloela. We can have a rich multicultural food scene and a problem with racism and cultural appropriation at the same time.

This collection simultaneously highlights the cook and the eater. People have generously shared the intimate occasions associated with the food they have instructed us to make ourselves, to connect us at a time when this is both a challenge and necessity. The generosity of the contributors in sharing their memories and recipes can be reciprocated. Make their food. Eat it with, or in front of, the people you care about and enjoy the déjà vu.





Savoury Recipes



Authentic Viennese Schnitzel

Submitted by Staff Member Lena Mager

Eating a crispy, thin, delicious Viennese Schnitzel (or Wiener Schnitzel as Austrians would say), reminds me of family, summer, and home. It tastes delicious paired with potato salad, cucumber salad, and a good glass of white wine (Austrian Riesling or a Gruener Veltliner). Traditionally it would be served with cranberry sauce, not tomato sauce. You might be surprised, but cranberry sauce with a Schnitzel does taste delicious.

Ingredients

4 veal cutlets
(pork or turkey can be used as an alternative)
100g flour
2 eggs, beaten

100g breadcrumbs
Salt and pepper, to season
Oil, as required
1 lemon, sliced for garnish

Directions

- 1** Place veal cutlets on a large chopping board (next to each other), cover with glad wrap and beat out as thinly as you can without making holes in the meat. Remove glad wrap and season both sides well with salt and pepper.
- 2** Set up three wide, shallow bowls (I like to use three soup plates) next to one another. Mix flour and salt in the first dish, beaten eggs in the second dish, and breadcrumbs in the third dish.
- 3** Heat oil in a large skillet or frying pan.
- 4** Working one at a time, place the first schnitzel in the first dish and cover both sides completely with flour.
- 5** Dip the flour-covered schnitzel in the second dish and coat with beaten egg. Allow excess to drip off for a few seconds.



- 6 Roll the schnitzel in the third dish of breadcrumbs until coated. Do not press the breadcrumbs into the meat, as this will moisten them and not make for a crispy coating. The crust should form a loose shell around the schnitzel.
- 7 Immediately place meat in pan with the hot oil. You want the oil to be sizzling hot when placing the schnitzel in the pan. Do not crowd the pan; cook the schnitzels in batches. Allow enough time between batches for the oil to return to high heat.
- 8 Fry schnitzel for 2 to 3 minutes, until golden brown; flipping with an egg flip (do not use a fork to flip the schnitzel). Repeat frying for 2 to 3 minutes until golden brown. You want the schnitzel to 'swim' in the fat. The breading will actually take on less oil than if the meat is sticking to the pan. Also, the clean-up will be easier, plus your breadcrumbs will stick to the meat and not the pan. You can swish them around a little to make sure they don't stick to the pan.
- 9 Once the schnitzel is golden brown on both sides, remove from pan and allow oil to drain. I like to place a paper towel on the bottom of a dish, place the schnitzel on top so oil can drain off easily.
- 10 Serve with potato salad and a slice of lemon, just like they would at the restaurant 'Figlmüller' in the Vienna CBD (home of the Schnitzel and traditional Viennese cuisine).



Serves 4-6

Bisriha

Maldivian Egg Curry

Submitted by Staff Member Jimzeena Lecerf

The Maldivian cuisine has strong influences from the neighbouring countries, more specifically from India and Sri Lanka. Curries are one of the Maldivians' most popular and basic dishes and is locally called riha. It is usually accompanied by roshi, the Maldives' version of flattened bread.

Egg curry is an everyday Maldivian curry and second to fish curry in popularity. It is an easy curry I can make that provides the comfort of home and I often cook it when I am homesick. It reminds me of family meal times growing up, gathering together with my parents and three siblings, and fighting over who got the biggest egg!

Ingredients

1 onion, thinly sliced	1 teaspoon cumin
4 cloves of garlic, thinly sliced	½ teaspoon chilli powder
1.5cm ginger, grated	2 green chillies, cut in half lengthwise
5 curry leaves	½ teaspoon ground pepper
2 tablespoons tomato paste	½ teaspoon salt
2 tomatoes, chopped	8 eggs
3 tablespoon garam masala	1 cup coconut milk
1 teaspoon turmeric	2 tablespoons oil



Directions

- 1** Hard boil the eggs and peel.
- 2** Heat 1 tablespoon oil in a pan and shallow fry the eggs until light brown in colour; keep aside.
- 3** Heat remaining oil; add onion and sauté until brown. Add the curry leaves, ginger, and garlic; fry the mixture well.
- 4** Add tomato paste and chopped tomatoes.
- 5** Add garam masala and the rest of the spices, mixed with a little water; sauté well.
- 6** Add coconut milk and 1 cup water; bring to a boil.
- 7** Gently drop in the fried eggs and simmer, covered on low flame until the gravy is slightly thick.
- 8** Serve with plain steamed rice or naan bread.

Carbonara

Submitted by Student Alice Grieve

I started cooking this dish at the start of the pandemic, mostly out of boredom. It became my favourite tasty, cheap, easy crowd pleaser.

Ingredients

1 pack pasta (500g)	1 tablespoon parmigiano cheese
1 large pack of mushrooms (for vegetarians)	3 eggs
Prosciutto (if your feeling fancy, otherwise use bacon)	Olive oil
	4 garlic cloves (minced, chopped, crushed, whatever)

Directions

- 1** You'll want a big ol' pan.
- 2** Separate two egg yolks into a bowl (discards egg whites, cook 'em up or feed ya dog) and then add one whole egg. Mix it up with a fat tablespoon of Parmigiana.
- 3** Pop your pasta in some boiling water with a pinch of salt and cook until soft, but not too soft.
- 4** Chuck your bacon or mushrooms (or both) in a pan and fry 'em up for a couple of minutes, then chuck your garlic in. If it's just mushrooms, put some extra butter or oil to coat them a little bit (I use fake bacon powder on mine to add extra flavour but on their own is tasty too).
- 5** Once your pasta is ready drain and save a little water.



- 6 Chuck your pasta in the pan with the mushroom (or bacon) and add a splash of water.
- 7 Mix it up until the water has mostly gone then take it off the heat for a bit.
- 8 Once it has cooled a bit, chuck your egg mix in slowly, mixing it in the pasta as you go.
- 9 Add some more cheese (or not).
- 10 Serve it up with some parsley or more cheese!



Chicken and Sweet Corn Soup

Submitted by Student Kalin Fieldhouse

My Mum used to make this for me, and it was my favourite meal as a kid. It still is. We were allowed any food we wanted on our birthday for dinner, and while my siblings would always choose cake or lollies, I would always pick Chicken and Sweet Corn Soup.

Ingredients

2L chicken stock	4 garlic cloves
2 chicken breasts	3cm ginger
420g creamed corn	3 egg whites
420g canned corn	1 tablespoon cornflour
1 tablespoon soy sauce	6 green shallots
1 teaspoon sesame oil	Salt and pepper, freshly ground

Directions

- 1** Put stock in a pot with chicken and let boil, or until chicken is cooked.
- 2** Remove chicken and dice into small pieces; cover with foil.
- 3** Put both cans of corn, ginger, and crushed garlic in stock pot and let simmer.



- 4 Add soy sauce and cornflour and stir until soup is thickened.
- 5 Place chicken back in the pot and add sesame oil.
- 6 Add egg whites and simmer until whites are cooked.
- 7 Serve hot and flavour with chives, salt, and pepper.



Chicken Chilli Basil Coconut Curry

Submitted by Staff Member Eliza Walter



The smells this curry gives off in the kitchen brings the whole family to the table without having to call them for dinner. I normally double the recipe as it's a crowd pleaser and everyone wants seconds!

Ingredients

500g chicken breast fillets	2 tablespoons fish sauce
2 tablespoons oil	1 teaspoon chopped fresh coriander root
1 onion, finely chopped	1 ½ teaspoons sugar
2 tablespoons finely chopped fresh red chillies	1 cup coconut cream
1 cup shredded fresh basil	

Directions

- 1** Remove excess fat from chicken, cut chicken into 1cm strips.
- 2** Heat oil in a wok; add onion and chillies, stir-fry until onion is soft.
- 3** Add chicken, stir-fry until chicken is tender.
- 4** Add basil, fish sauce, coriander, and sugar; stir-fry for 1 minute.
- 5** Add coconut cream and stir mixture until heated through.
- 6** Serve.

NOTE: Best made just before serving. Not suitable for freezing or microwave.



Chicken Soup

as a 'cure for whatever may ail you' (thank you Maimonides)

Submitted by Staff Member Adele Wessell

This winter calls for a recipe for chicken soup, and not just as a remedy for colds. I have resisted providing medical advice so far in this pandemic. Moses Maimonides also recommended the broth to rectify corrupted humours, especially the black humour, thought to cause melancholy. He also advised using chicken that is:

not too large, that is of more than two years of age; nor the too small, that is those in whom the mucus still prevails; neither the too lean, nor those who through feeding become obese; but those that are fat by nature, without being stuffed (in Rosner, 1980).

Unless you are growing your own chickens today, dealing with excess black bile could be a challenge. As a comfort food though, Troisi and Gabriel (2011) have confirmed 'Chicken Soup Really is Good for the Soul'. Their research established that comfort foods are associated with relationships and alleviate loneliness. Chicken soup is my perfect lockdown food.

This year calls for a recipe for chicken soup that acknowledges the past, and the benefit of hindsight and leftovers as opportunities to remake the future. Note that soup is not a hospital for sick vegetables, it is a starting place. Also, soup can be the start of meals made of leftovers, not one itself.

¹ Fred Rosner, 'Therapeutic Efficacy of Chicken Soup' Chest Journal vol 78 no 4 (1980): 672-674.

² Jordan D. Troisi and Shira Gabriel, 'Chicken Soup Really Is Good for the Soul: "Comfort Food" Fulfills the Need to Belong' Psychological Science vol 22 no 6 (2011).

Ingredients

1 free range chicken	3 large potatoes, diced
3 carrots, sliced	1 bulb of garlic, peeled
1 fennel bulb, thinly sliced	1 bay leaf
2 brown onions, finely chopped	8 litres of water or stock
3 stalks of celery, sliced	Salt, to taste
2 leeks, sliced	Lemon juice
1 large celeriac, diced	Parsley, chopped

Directions

- 1** Place cleaned chicken and all vegetables in a pot and cover with vegetable stock.
- 2** Add the salt and bring to a simmer for 1.5 to 2 hours (remembering that the calcium content increases with the duration of cooking).
- 3** Remove chicken, cool a little and take flesh from the bones; set aside and bring soup back to a simmer.
- 4** Add the lemon juice and place meat back into soup.
- 5** Serve with parsley.



The Next Day

- 1** Cook rolled oats in the broth and serve with a poached egg.
- 2** Add the soup, without chicken flesh to mash potatoes.
- 3** Take the congealed fat and roast potatoes (crispy on the outside, soft in the middle, served entirely on their own).
- 4** Add rice, grated ginger, cover and pretend it is congee (serve with soy, chilli, spring onions, coriander).



Serves 6

French Onion Soup

Submitted by Student Philipp Joshua Cummings

I have never been a patient man. Maybe that is why I am drawn to cooking French Onion Soup. When I'm in the kitchen the rest of the world melts away and I am free, surrendered to the gentle stirring, the sweet smell of caramelising onions, and there is nothing left in me but the patient dedication required to make this dish a success. I begin to wonder; do I give these onions something I struggle to give to others? To give myself, even? The patient cook will win, hands down, when it comes to making a delicious French Onion Soup, so strap on your apron, put on some smooth jazz and surrender to the moment!

Ingredients



100g butter, coarsely chopped
2kg onions, thinly sliced
1L beef stock (substitute with vegetable stock for vegetarians)
4 thyme sprigs

3 parsley stalks
1 fresh bay leaf
8 slices of baguette, cut diagonally and lightly toasted
250g Gruyère cheese, coarsely grated

Directions

- 1** Melt butter in a large wide heavy-based saucepan over medium heat.
- 2** Add onions; cover and cook, stirring occasionally for 20 minutes or until onions are soft.
- 3** Remove lid and cook for 1 hour or until soft and starting to caramelize.
- 4** Add stock; $\frac{1}{2}$ a cup at a time and simmer for 5 minutes or until stock has almost evaporated.
- 5** Repeat three times more until 2 cups of stock have been added.
- 6** Tie herbs together using kitchen twine; add to onions with remaining stock and season to taste with sea salt and freshly ground black pepper.
- 7** Bring to the boil; reduce heat and simmer, scraping the base to remove any caramelised bits for 40 minutes or until thick.
- 8** Preheat oven to 200°C.
- 9** Ladle soup into $1\frac{1}{2}$ capacity oven-proof bowls and transfer to an oven tray.
- 10** Scatter with half the cheese; top each with two toasted baguette slices and scatter with remaining cheese.
- 11** Place in oven and cook for 5 minutes or until cheese melts and serve immediately.



Ingredients

50g lard (or olive oil)

500g onions, sliced lengthways

500g gravy beef, diced and seasoned with salt and pepper

1 teaspoon caraway seeds, chopped

1-2 teaspoon marjoram

2 tablespoon paprika (sweet, smoked, or hot, depending on taste)

150g sour cream

Stock or white wine



Hungarian Goulash

Submitted by Student Duncan Cox

A good goulash should be offered to your enemies on the first day, offered to your friends on the second day, and kept and enjoyed by yourself on the third day when it's at its best (of course you'll need to quadruple the recipe).

Directions

- 1** Add oil to a deep pot; add onions and caraway seeds. Sauté over moderate heat until onions begin to brown.
- 2** Add beef and cover (check and stir fairly often until the liquid is dissolved from the meat). If necessary, add enough stock or white wine to barely cover the meat.
- 3** Bring to a very gentle boil; then reduce heat to a very low simmer (just the occasional bubble). Allow to simmer for a couple of hours, occasionally stirring so as not to stick.
- 4** Add marjoram and cover; keep simmering until the tendons in the meat are tender but not completely dissolved (this is the secret to a tender beef stew; the gravy beef should melt in your mouth). Onions should be almost dissolved.
- 5** Add paprika and cover; cook for another 15 minutes.
- 6** Adjust the seasonings to taste and add sour cream just before serving.

NOTE: Cooking time 2.5 to 4 hours depending on how tough your beef is.



Ingredients

8 large eggs
150ml water
2 teaspoons salt
1 pinch pepper
½ teaspoon nutmeg
1 teaspoon oil
450g flour
50g semolina
175g cheese of your choice, grated
175g swiss cheese, grated
100g butter
500g onions, sliced into rings



Käsespätzle

German Cheese Spaetzle

Submitted by Student Tanya Stanborough

I am only a second generation Australian, so I grew up around my German heritage. I was lucky enough to travel to Germany in 2019 and spend three weeks having fun and learning more about my family's heritage. One night we went out with friends and came across a restaurant called 'Karls' where my daughter fell in love with this dish, so I had to make it for her at home.

Directions

- 1** Break eggs into a large mixing bowl. Add water, salt, pepper, nutmeg, and oil.
- 2** Beating constantly, slowly add flour and semolina until moisture is evenly mixed and bubbles appear through the dough. If dough is too dry, add more water or egg yolks. If dough is too runny, add more flour. Allow to rest for about 30 minutes.
- 3** Bring water to boil in a large pot and add salt. If possible, put a wooden board in the pot with boiling water; otherwise wet a wooden cutting board in the sink.
- 4** Pull a lump of dough from the mixture and place on the damp wooden board. Hold the board above the pot, slightly inclined and cut off little portions of dough with the back of a knife. Throw these straight in the boiling water. The spätzle are ready when they rise to the surface of the water.
- 5** Remove from water with a slotted spoon to drain and place on large baking tray. Continue with this procedure until all the dough is cooked.
- 6** Mix the two cheeses through the hot spätzle and allow to rest.
- 7** Melt butter in a frying pan and add onion rings; fry until brown, turning from time to time.

Melanzane alla Parmigiana



Submitted by Student Alina Lucisano

The Parmigiana represents one of the most successful dishes of the Mediterranean tradition and is a beloved dish in our family. My dad and I used to cook this recipe mostly on weekends, when he'd come home after a week or two of traveling overseas for work. Of course, my brothers and I tried to recreate the Parmigiana many times while dad was away, but it would never be as good as his. His 'secret ingredient'? He sprinkles a bit of love before serving it onto the plates.

Ingredients

1kg eggplants	100g parmigiano reggiano, grated
1kg peeled tomatoes	Peanut oil, for frying
3 tablespoons of extra-virgin olive oil	Salt, to taste
Plain flour, as required	Coarse salt, as required
500g of mozzarella	Basil, for garnish

Directions

- 1** Wash the eggplants, dry them, and peel them. Cut them into slices lengthwise to a thickness of 2 to 3mm and place them in a container, sprinkling them layer by layer with a little coarse salt to make them lose the water of bitter vegetation. Cover them with a plate and put a weight on them. Leave them like this for at least 30 minutes.
- 2** Meanwhile, prepare the sauce by putting a little oil and the peeled tomatoes in a saucepan. Cook over low heat and lid closed for about half an hour.
- 3** Rinse the eggplants to remove the salt and dry them very well with paper towel. Flour the slices one by one and fry them in plenty of hot peanut oil in a high-sided pan. Drain them from the oil and put them to dry on paper towel.



- 4 Preheat the oven at 200°C.
- 5 Grab a baking tray and make a small layer of sauce at the base. Arrange a layer of fried eggplants on top, then sprinkle again with the sauce, grated Parmesan cheese and mozzarella. Spread another layer of eggplant and always cover with parmesan, mozzarella, sauce, etc. until all the ingredients are used up. Finish with a layer of sauce and Parmesan.
- 6 Bake the Parmigiana at 200°C for 30 minutes, making the surface brown in the last 5 minutes of cooking by setting the oven to grill mode.
- 7 Remove the Parmigiana from the oven and let it cool before completing by distributing a few basil leaves on the surface.

Moqueca De Peixe Baiana

Brazilian Fish Stew

Submitted by Staff Member Victoria Drury

This fish stew, called moqueca, is a very typical, traditional Brazilian dish that originated in the Northeast. The palm oil gives it its distinctive flavour. As I am now part of a Brazilian extended family, I am enjoying learning about new food, traditions and language! Moqueca is simple, delicious and comforting. I recently enjoyed this meal with Swordfish as we were celebrating a special occasion and it was amazing. Sharing food is a central part of Brazilian culture that brings family and friends together in a warm and vibrant way. Eu amo comida Brasileira! (I love Brazilian food).

Ingredients

4 (115g) fillets sea bass (can use grouper or swordfish as alternative)	1 large onion, cut into rings
4 tablespoons lime juice	1 ½ cups water
3 cloves garlic, crushed	½ (400g) can coconut milk
Salt, to taste	1 green bell pepper, sliced
3 tablespoons extra virgin olive oil	1 red bell pepper, sliced
3 tablespoons grated onion	2 tomatoes, seeded and sliced
3 tablespoons palm oil	1 bunch chopped fresh cilantro
	½ bunch green onions, chopped

Directions

- 1** Rinse sea bass under running cold water; pat dry.
- 2** Place in a shallow dish and season with lime juice, garlic and salt; marinate for 30 minutes.
- 3** Heat olive oil in a large skillet over medium heat; add grated onion and cook for a few seconds.



- 4 Add fish and marinade to skillet and cook for 3 to 5 minutes.
- 5 Stir in palm oil and onion rings, followed by water and coconut milk; simmer for 15 minutes.
- 6 Add green bell pepper, red bell pepper, tomatoes, cilantro and green onions; cover and cook until vegetables are soft and flavours are well combined (about 5 minutes).
- 7 Serve hot with white rice or coconut rice.



Serves 4-5

Pumpkin and Cauli Curry

Submitted by Student Natasha Maslen

I'd like to submit one of my family's new favourite recipes. It is so full of delicious flavour and so aromatic it makes your mouth water. Being gluten and dairy free, it's a family favourite for all.



Ingredients

1 large onion, diced	1 can coconut milk
2 cloves garlic, crushed	300ml bone broth or stock
2.5cm ginger, grated	1 cauliflower, chopped
1 teaspoon ground turmeric	1 tablespoon tamari
1 teaspoon ground coriander	1 lime, juiced
2 tablespoons tomato puree	Fresh coriander, for garnish
1 butternut pumpkin, peeled and chopped into cubes	

Directions

- 1** Heat coconut oil in a large pan and gently fry onion over medium heat.
- 2** Add garlic, ginger, spices and cook until fragrant; then stir through tomato paste.



- 3** Add pumpkin, coconut milk and stock; simmer for 10 minutes with lid on.
- 4** Add cauliflower and simmer for another 5 minutes.
- 5** Add tamari and lime juice.
- 6** Garnish with coriander.



Scottish Cock-a-Leekie Soup

Submitted by Staff Member Teri King

Cock-a-Leekie Soup is a traditional Scottish dish that dates back to the 16th century, commonly served with big chunks of vegetables and chicken. As with many time-honoured recipes, this soup has several variations – and none are wrong – although all are commonly served with big chunks of vegetables and chicken. Some cooks may add chopped grilled bacon to the soup, some will use beef or vegetable stock, and others will include barley instead of rice. Perfect for winter!

Ingredients

1.25kg free-range fresh whole chicken
12 medium leeks, cut to 2.5cm lengths,
washed well and divided
½ cup long grain rice, washed

3-4 medium carrots, peeled and grated
Salt, to taste
Ground black pepper, to taste
Fresh parsley, chopped

Directions

- 1** Place the chicken and half of the chopped leeks in a large stockpot or pan and cover with cold water.
- 2** Cover the pan with a tight-fitting lid and simmer gently for 1 hour, or until the chicken is falling off the bone. The amount of time needed depends on the size and freshness of the chicken. An older chicken might take longer to cook to desired consistency.
- 3** Take the pan off the heat and remove the chicken to a dish or large plate; cover loosely and set aside to cool. If you need to refrigerate the chicken at this stage, wait until it has cooled completely.
- 4** Strain the broth into a clean pan large enough to hold the remaining ingredients. Discard the leeks or add to the broth if you like.
- 5** Add the rice to the stock and cover with a tight-fitting lid. Cook for 10 minutes over medium-low heat.
- 6** After 10 minutes, add the grated carrots and the rest of the chopped leeks. Continue cooking for 20 more minutes, uncovered.
- 7** Taste the broth; if it is not flavourful enough, reduce the liquid even further to reach your desired taste. Season with salt and pepper.
- 8** Cut up the whole chicken and chop some of the meat into pieces (you will have leftover chicken meat).
- 9** Place the chopped chicken meat into warmed bowls and pour over the broth and vegetables. Garnish with chopped parsley and serve hot.





Simple Fish & Coconut Curry

Submitted by Student Toby Cronin

Being raised on the Richmond River and Ballina coastline, our refrigerator has always been well stocked with freshly caught fish. My whole family grew up playing hockey and this dish was a quick and easy recipe my mother would cook after a windy, cold night watching our games. It brings back fond memories of the smooth, coconut aroma through our house and that perfect feeling of being warm and full after a long game. A lot of the ingredients, like the chilli sauce, usually came from our own garden too, which makes this curry a sentimental reminder of home.

Ingredients

400ml coconut cream	1-2 teaspoons fish sauce	1 handful green beans
1L chicken stock	3 cloves garlic	Coriander, for garnish
1-2 diced white fish (bream, whiting or flathead)	1 stalk lemongrass	1 lime
1 tablespoon chilli sauce	1cm cube ginger	2 packets 90 second microwave rice
	½ head broccoli	

Directions

- 1** Bring the coconut cream and chicken stock to a low boil over medium heat.
- 2** Slice ginger into smaller pieces and bruise with the lemongrass using a mortar and pestle.
- 3** Mince or finely chop garlic, cut the broccoli into small florets, then cut the beans into 1cm lengths.
- 4** Add ginger, lemongrass, garlic and chilli sauce to the soup.
- 5** Cook on a low simmer for 10 minutes to infuse flavours; then add fish sauce to taste preference.
- 6** Dice fish into 1cm chunks (chicken can be substituted too), then scoop the lemongrass and ginger chunks out of the soup and add in the fish.
- 7** Cook for 2 minutes or until the fish looks cooked through.
- 8** Toss in the broccoli and beans and cook until tender.
- 9** Microwave rice according to packet instructions.
- 10** Serve curry over a bowl of rice and season with a squeeze of fresh lime; use coriander as garnish.





Sweet Potato Ninja

Submitted by Student Andreas Bass


We all have to surrender at one point and allow life to simply flow. This recipe is about creating a gentle and loving flow with all things. Simplicity is the real spice of life. Returning to the true being we all are. The soup loves us back to such a simple but grounded self-nurture. With love, Andreas.

Ingredients

300ml organic chicken stock
2 medium sweet potatoes
1 broccoli

Crushed chilli paste, to taste
1 clove garlic

Directions

- 1** Add ingredients to a Ninja Blender. 
- 2** Switch blender on and choose 'smooth soup' option.
- 3** Wait 30 minutes.
- 4** Voila! Healthy, creamy and delicious Sweet Potato Soup for your health.

Tone's Tex Mex Salsa



Submitted by Staff Member Tony Yeigh

I grew up in California, where many of my friends were Mexican and the entire culture is permeated with Mexican food. Much of this food – including the Mexican salsas that were used to flavour it – was modified by the ‘locals’ into a ‘Tex-Mex’ version. Having lived in Australia for almost 50 years now, this salsa recipe has grown out of that Tex-Mex version and is what I now use as a key ingredient to continue my love of Mexican food.

Ingredients

8-12 chilli peppers of your choice (Thai red, jalapeno, habanero ... ghost chillies anyone?)	1 large brown onion
10 large cloves garlic	3 tomatoes
5 fresh limes, juiced and pulped	2 large capsicum (I prefer green, but any colour)
1 tablespoon dill paste (Gourmet Garden)	1 tablespoon finely grated fresh ginger
1 handful coriander, chopped	1 teaspoon veggie salt
1 handful parsley, chopped	

Directions

- 1** Place the following into a food processor: chillies (remove stems, but don't remove seeds), garlic, 2 tomatoes, 1 capsicum (remove stem & seeds), fresh ginger, salt, dill paste, lime juice, chopped coriander, chopped parsley, half an onion.
- 2** Run the processor on high until all ingredients are finely chopped; it should be a bit mushy.



- 3** Add the additional tomato, capsicum and onion, and pulse the processor, bit by bit, until the additional ingredients are partially chopped, or until the overall salsa mix appears a bit chunky.
- 4** Spoon into glass jars and store in fridge; it will keep for a week or so.

NOTE: Chillies will be hotter or milder depending on the time of year (which season they are grown in), and also that the initial heat of this salsa will lessen noticeably overnight, so will be less hot the day after you have made it.



Twice-Baked Roquefort Soufflé with Watercress, Walnut, Apple and Fennel Salad

Submitted by Student Manna Hart

Guillaume Brahimi invented this gourmet treat. When I tried it, I found it one of the most delicious meals I've ever tasted. The salad provides the perfect contrast in its flavours and textures. This is a super special meal for the best occasions; romancing one's beloved on their birthday or celebrating a special achievement. I followed the instructions exactly and found it worked easily.

The secret is *same-day fresh and cold* eggs to get the best bubbles in the glair (egg white) and ensure they will hold strong. It's essential to beat the egg whites *by whisk* until they are standing stiff (it would be easier in a food processor); never go even a second over because the glair will start to shed a thin watery liquid and volume will be lost. My ever-patient husband does this for me; it takes him as long as it does for me to prepare the béchamel and other ingredients.

Make sure to have all the components of the salad prepared and kept crisp ahead of time, as bringing it all together at the moment of serving is critical to the contrast of textures.

Ingredients

Souffle

20g unsalted butter, softened
30g parmesan cheese, finely grated
32g egg yolks
60g egg whites
2 tablespoons pure cream
80g Gruyère cheese, grated
Chives, finely chopped to serve

Salad

160g watercress, washed and trimmed
1 granny smith apple, julienned
1 small bulb fresh fennel
30g roasted walnuts, broken into small pieces
1 tablespoon sherry vinegar
3 tablespoons extra virgin olive oil
1½ tablespoons walnut oil
Crushed garlic, to taste
Sea (or iodised) salt and freshly ground pepper, to taste

Béchamel

340ml milk
1 bay leaf
50g butter
45g plain flour
50g blue cheese

Roquefort Cream

400ml pure cream
400ml white wine (chardonnay or medium priced 6 to 7 year-old bottle with citrus and lemon flavours), with a touch of finely ground white pepper
100g Roquefort cheese (any creamy blue cheese will work just as well as a substitute)
If \$25 white wine is too expensive, try a dry cider
For a non-alcoholic drink, try soda water with a squirt of Angostura bitters



Directions

- 1** Using a whisk, whip egg whites in a spotlessly clean bowl until medium peaks form. This process will be easier in a food processor or someone could do this for you. Place whipped egg whites in fridge to cool.
- 2** Preheat oven to 170-180°C.

For the Roquefort cream:

1. Place cream and wine in a saucepan over medium heat and simmer until reduced by half.
2. Remove from heat, add cheese and use a hand-held blender to process until smooth.
3. Set aside and keep warm.

For the béchamel:

1. Place milk and bay leaf in a saucepan and bring to the boil over medium-high heat.
2. Melt butter in another saucepan over low heat until foamy.
3. Add flour to melted butter and whisk continuously; slowly add the hot milk and stir for another 10 minutes or until thick and smooth.
4. Remove from heat, discard bay leaf and whisk in cheese; transfer to a food processor and blend until smooth.
5. Place the béchamel in a bowl, cover with a saucer to stop a skin forming. Set aside to cool to room temperature. Once cooled to room temperature, add egg yolks.

For the soufflé:

1. Brush four 10cm (230ml capacity) ramekins with softened butter and coat with parmesan.
2. Gently fold the béchamel into the egg whites' foam until smoothly mixed together.
3. Carefully spoon the mixture into prepared ramekins, using a spatula to smooth the tops.
4. Place into a deep roasting tin; fill the tin with hot water until it comes halfway up the sides of ramekins.
5. Bake for 30 minutes, turning halfway through; remove from the oven and leave to cool slightly in the roasting tin.
6. Place four spots of pure cream on a buttered baking tray lined with baking paper – each spot should be 2 teaspoons.
7. Carefully remove the soufflés from the ramekins by turning them upside down and place onto each spot of cream on the tray (they will fall out if well-greased; if not use a paring knife to run around edges).
8. Sprinkle generously with Gruyere cheese, bake for 8 to 10 minutes or until risen and golden.



For the Watercress, Walnut, Apple and Fennel Salad:

1. Core apple (do not remove the skin).
2. Remove fennel stems and the solid part of the root (keep for stock).
3. Cut apple and the layers of the fennel bulb into thin slices.
4. Drop apple and fennel slices into a bowl of cold water with lemon to prevent oxidation and browning. Keep refrigerated until just before serving.
5. Lightly crush a handful of walnuts into roughly pea-sized pieces and place in a covered bowl to keep crisp (prevent absorption of humidity); keep a few whole halves for a garnish.
6. Whisk vinegar, adding a drop of olive oil at a time until all used. Continuing to whisk, add all walnut oil at once. Season with freshly ground pepper, iodised salt to taste.
7. Drizzle the dressing over the salad, toss gently and season to taste.
8. Just before serving divide salad on to serving plates and place a soufflé alongside. Spoon warm Roquefort Cream over soufflés; sprinkle with chives and serve immediately. Enjoy!

NOTE: Use walnuts when in season (Australian pecans can be used as substitute). If watercress is not available, you will need a green (for colour) leaf with a somewhat peppery flavour to contrast with the sweetness of the apple and fennel.



Vegemite Sandwich

Submitted by Staff Member Jak Carroll

A traditional Australian recipe dating back from 1922 when Vegemite was invented. It is a dish commonly served to school children for lunch. It tastes bloody great!

Ingredients

2 slices of bread (any type)
1 jar Vegemite
1 serving of butter



Directions

- 1** Spread butter thinly over both slices of bread (one side only).
- 2** Spread Vegemite generously over buttered bread.
- 3** Place one slice of bread on top of the other slice to form a sandwich.
- 4** For formal occasions, garnish with Smith's potato chips.



Yaki Udon

Submitted by Student Airi Nelson


I'm from Japan and would like to introduce my favourite Yaki Udon recipe! This dish is often eaten at a night market during summer festival. The meat can be diced pork, chicken, and beef, or for a vegetarian dish tofu can be used instead. You can create your own noodle with your favourite vegetables!

Ingredients

3 packets udon noodles (200g each)
Vegetable mix, for stir-fry
400g meat or tofu, diced

Cooking sake, as required
Pepper and salt, to taste
200ml teriyaki sauce

Directions

- 1** Cook diced meat in a heated frying pan.
- 2** Add vegetables. 
- 3** Add udon noodle.
- 4** Add 100ml of water, put lid on and cook for 1 minute.
- 5** Take lid off, add cooking sake and teriyaki sauce then keep cooking until water dissolves.



Zambian Braised Cabbage

Submitted by Staff Member Dr Juliette Milner-Thornton

Zambian Braised Cabbage was, and is, a staple dish in my family in Zambia and abroad including Australia. All the ingredients were grown and readily available in my Eurafrican (persons of mixed European and African descent) family's vegetable garden. My grandparents, parents, uncle, and aunts did not buy vegetables or fruit because they cultivated them in their household gardens. We ate and feasted on what was in season. As children, climbing and sitting in a variety of mango or guava trees we ate to our hearts content.

Until now, I cherish those moments as a young child, seated around the cooking fire at my grandparents' house in Ndola Zambia with my siblings and cousins. We listened to and watched the crackling fire under a star filled sky. Hungry, we eagerly waited for the braised cabbage cooking on the fire. Usually, it was the last dish to be cooked. All the dishes of chicken, beef, and nshima (thick corn porridge) that took much longer to cook were cooked first. The pots filled with precooked food were placed around the fire to retain the heat.

Total cost \$6, 6 to 8 portions = 75 cents per portion.

Zambian Braised Cabbage has different aromas throughout its cooking process. The more you cook it the more expert you become smelling and knowing when it is cooked and ready to eat. Enjoy!



Ingredients

½ large head cabbage, cored and cut into fine slices (\$3)

1 extra-large onion, diced (25 cents)

2 large tomatoes, diced (\$2)

1 red chilli, finely sliced (optional, 10 cents)

6 tablespoons olive oil

Salt and pepper, to taste

Directions

- 1** Pour olive oil into pan or wok and layer the vegetables accordingly: onion, tomato, chilli and cabbage. Add salt and pepper to taste.
- 2** Put the pan or wok on a high heat. Fry vegetables and stir frequently.
- 3** Cook for 15 minutes or until the cabbage is cooked.
- 4** Serve with plain boiled rice or polenta.



Sweet Recipes





Energy Juice

Submitted by Student Exhaussee Boukaka

Feel free to use your creativity by replacing or not considering any of these ingredients. It is better to drink the juice before breakfast to allow all the vitamins and enzymes to be well and efficiently absorbed in our body!

Ingredients

¼ big watermelon
1 beetroot, halved
1 thumb of ginger (for those who eat spicy)
1 small sweet potato
2 carrots, halved



Directions

- 1** If the ingredients are not organic, it is better to peel them before.
- 2** Chop up the watermelon and sweet potato into large cubes.
- 3** Turn the juicer on.
- 4** Place the ginger into the blender first, followed by the rest of the ingredients.
- 5** Enjoy your healthy energy boost to start your day!

Hotteok

Sweet Korean Pancakes

Submitted by Student Chloe Chan

A few years ago, I tagged along with my cousins to visit their Dad's (my uncle) side of the family in South Korea. One of my favourite memories during our stay was going through the bustling alleys of Myeongdong, which is a popular shopping destination with an even greater reputation for being a street-food haven.

My cousins urged me to try hotteok, a winter food classic in South Korea. Crisp, golden fried dough with a chewy interior, filled with syrupy brown sugar and nuts – something about its simplicity just hits home.

You can buy boxed hotteok mix online or sometimes in Asian grocery stores, but it is simple enough to make your own at home. The fillings are versatile and customisable (some varieties even use jam or custard) but this recipe is for the classic brown sugar hotteok. Please enjoy!

Ingredients

2 teaspoons instant yeast	1 teaspoon ground cinnamon
2 cups all-purpose flour	5-10 tablespoons chopped seeds or nuts of your choice (walnuts, peanuts, almonds, pumpkin seeds, depending on your preferred taste)
1 teaspoon salt	2 tablespoons cooking oil (approx.)
1 tablespoon sugar	
1 cup room temperature water (or milk)	
½ cup brown sugar	

Directions

- 1** Add warm water (or milk) into a large bowl and mix in yeast.
- 2** Sift all-purpose flour, salt, and sugar into bowl; mix well until smooth. Ensure it is mixed well because it will help achieve the final product's chewiness! The dough should be elastic, bouncy and tacky when touched.
- 3** Water (or milk) and flour levels may need to be adjusted slightly to achieve desired consistency.
- 4** Cover the dough and let rise until doubled in size (usually around 1 hour).



- 5 Punch the dough a couple of times after it has risen to release some of the gas; cover it up again and let rise for another 20 to 30 minutes.
- 6 While you wait, prepare fillings and combine well in a bowl (sugar, ground cinnamon, seeds or nuts).
- 7 When dough is ready, shape and prepare the hotteok! Lightly oil your hands so the dough does not stick to you. Tear off a 2.5-inch (approx. golf ball size) bit of dough, roll into balls then flatten into a disc with your palm. Spoon about 1 to 1½ tablespoons of filling into the disc then pinch all edges to seal. Repeat until you run out of dough.
- 8 Place oil in your pan and bring up to low-medium heat.
- 9 Place dough into pan, seal-side facing down. Flatten the dough using an oiled spatula (as thin as you can). Cook for 1 to 2 minutes each side or until golden brown (you can cook multiple discs in the same pan as long as they don't touch each other).
- 10 Serve while hot (but watch your tongue!).

NOTE 1: Some people like to serve hotteok by cutting in half and spooning more filling mixture inside each half for added texture or sweetness.

NOTE 2: Hotteok stores well! Wrap up any leftovers and pop into fridge or freezer; simply reheat using toaster, frying pan, or oven.



Rabri Kheer

Submitted by Student Rahat Azhar

Kheer is a very popular dessert in Pakistan served specially at weddings and parties. It is also served on Eid, which is celebrated after the Holy month of Ramadan. There are several versions of this dessert – this one was shared with me by a dear friend.

Ingredients

400g ricotta cheese
400ml sweetened condensed milk
400g thickened cream



Directions

- 1** Mix the three ingredients well and pour into an oven safe dish.
- 2** Bake at 180°C for 40 minutes, stirring every 10 minutes to prevent surface from burning.
- 3** Cool in the fridge to set.
- 4** Serve cold.



Slow Cooker Banana Cake

Submitted by Staff Member Kim Mcdonogh

This is yummy and I add walnuts along the top. Baking this banana bread gives my home the most beautiful smell and it is so easy.

Ingredients

5 ripe bananas

1 can condensed milk

2 ½ cups self-raising flour



Directions

- 1** Line your slow cooker with baking paper.
- 2** Mash bananas and mix in the flour and condensed milk.
- 3** Pour into slow cooker and cook for 2 hours on high with a tea towel under lid.



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