

A top-down view of a white ceramic bowl filled with a vibrant yellow-orange Thai curry. The curry contains chunks of white chicken, green bell peppers, and is garnished with a generous amount of fresh green cilantro and sliced red chili peppers. A silver spoon is partially submerged in the curry on the right side of the bowl. The bowl sits on a light-colored wooden table with a visible grain. Another similar bowl is partially visible at the top of the frame.

Fusion festival

2022 COOKBOOK

Celebrating Southern Cross University's diverse communities through food



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Foreward

Written by Adele Wessell

Fusion is borrowed from Medieval Latin fusion-, fusio, the process of pouring and casting molten metal. Fusion cooking is a contemporary concept; it only became popular in the 1970s. But as long as humans have been exchanging ingredients and their culinary heritage, traditions have been combined. Culinary history is a story of sharing, appropriating, plundering, adapting and recreating.

This cookbook brings together recipes from staff and students based on their cultural and family heritage. Some suggest the deeper history of fusion – preparing food with ingredients, flavours or techniques from one culinary culture with another – curry powder in a South African Bobotie, for example, chillies originating from the Americas in Indian cooking, noodles that came from China in a dish to celebrate summer in Japan. These are some of the harmonious combinations we take for granted whose blended history is hidden. Their origins go back to the fusion of cuisines during colonial expansion, migration and early travel.

In the modern sense, most of these recipes would not be classified as fusion cooking. The recipes celebrate the distinct flavours and personal histories of each dish. It is the cultural traditions they have originated from that people are honouring with their contribution. And, as they have shared, we now have the opportunity to adopt the meals into our repertoire, but hopefully with the thoughtfulness which is the foundation also of good modern fusion cooking – an understanding of context, the combination of flavours and textures, and knowledge and curiosity about different foods and cultures. Food is not static, but it evolves most fairly from sharing and respect.

Israeli-born British chef Yotam Ottolenghi is of Italian and German Jewish descent and spent his childhood holidays in Italy. He hails from the West side of Jerusalem and co-owns four restaurants in London with Sami Tamimi from the East side of Jerusalem. They share a common language in Hebrew. Ottolenghi explains the difference between adapting and fusion cooking:

Fusion food as a concept is kind of trying to quite consciously fuse things that are sometimes quite contradictory, sometimes quite far apart, to see if they'd work... We limit how far we go in terms of mixing those things together. We don't see the world as our oyster in terms of ingredients.¹

This collection brings together dishes from the different cultures that define SCU. Each has a complex and intimate history generously shared for us to embrace each other's cultures without 'melting' and assimilating differences. As Anita Lo put it, "In every mouthful of food lie hints of history – personal and global." This collection of recipes and stories provides both; a window on the world's cuisines from members of our community at Southern Cross University.

¹Yotam Ottolenghi in Madhulika Sikka, "Chef Chat: We Pick The Brains Of Ottolenghi And Tamimi" NPR 12 November 2013 <https://www.npr.org/sections/thesalt/2013/11/11/244523066/chef-chat-we-pick-the-brains-of-ottolenghi-and-tamimi>





I had a curry similar to this when I visited Sri Lanka, but I never knew the recipe. One year I grew too much turmeric in my garden and googled recipes which use a lot of turmeric. This one came up and the curry was so good I added it to my recipe book. With a few tweaks and add ins it turned out exactly like the one I had in Sri Lanka years ago. Very nostalgic.

Anti-Inflammatory Coconut Fish Curry

Submitted by Jodie Phillips from CHSA

Method

1. First prepare the rice by placing it into a pot with 2 cups of boiling water, bring to the boil then reduce heat to low and leave to cook, covered until water has absorbed. Fluff with a fork to serve. Alternatively, use a rice cooker.
2. In a small food processor, make a paste with the garlic, ginger, turmeric, fennel seeds, coriander, cumin, curry powder, chilli, fish sauce, salt and 30ml hot water.
3. Heat coconut oil in a large pot over a medium heat, add in onion and coriander stems and sauté for 5 minutes until fragrant. Add in the paste and cook for 5 minutes, until fragrant, then pour in the coconut milk and stock. Cover and bring to the boil.
4. Reduce the heat to low and carefully place the fish pieces and broccolini into the liquid. Leave to simmer on low, uncovered for 7–10 minutes, or until fish is cooked through. This will vary depending on the thickness of your fish.

Serve with a scoop of rice and top with coriander leaves, chilli, and a squeeze of lime.

Note:

This recipe works best with homemade stock, as you get the gut healing and anti-inflammatory benefits! If you don't have any, use a good quality store-bought stock.

If you like it spicy, don't worry about removing the seeds of the chilli, just add the whole chilli into the paste.

Ingredients

- 4 cloves garlic
- 1.5cm fresh ginger chopped
- 1 tablespoon turmeric
- 2 teaspoons fennel seeds
- 1 teaspoon ground coriander
- 1/2 teaspoon ground cumin
- 1 tablespoon curry powder
- 1 long red chilli
- 1 tablespoon fish sauce
- 1/2 teaspoon sea salt
- 1 tablespoon coconut oil
- 1 red onion, finely chopped
- 1 small bunch coriander, leaves removed and stems finely chopped
- 400ml full-fat coconut milk
- 500ml homemade stock (fish, chicken or vegetable)
- 2 bunches broccolini sliced in half lengthways
- 600g fresh fish fillets
- 1 cup basmati rice
- 1 lime, sliced into wedges



I grew up in South Africa, although actually English, and my Mum used to cook this meal which I only really appreciated when I moved to Australia. My husband, who is English, loves it and my children pretend to.

My greatest memories are from living in SA with the food, scenery, culture and great friends. I have frequented school reunions over the last twenty years and I have brought my recipes with me to remind me of the great culture and life I miss so much.

Bobotie

Submitted by student Samantha Brown

Method

1. Cook the mince with the oil.
2. Soak the bread in a bowl with the milk.
3. In a separate pan fry the onion in the oil and add the curry powder, salt, sugar and vinegar.
4. Add to the meat.
5. Drain the milk from the bread (keep the milk) and add to the mixture.
6. Add the beaten eggs.
7. Mix well and turn out into a buttered pie dish.
8. Season drained milk from the bread and pour on top of the mixture. Put dabs of butter on top.
9. Bake for 40 minutes at 180.

Serve with rice and peas

Tips:

For a spicier flavor add more curry powder.

For a drier and more crispier topping, put the oven on grill for the last ten minutes.

Ingredients

500g beef mince
2 onions
1 thick slice of bread (or 2 thin)
1 cup milk
2 eggs
1 dessert spoon sugar
1 dessert spoon curry powder
2 tablespoons vinegar
Salt



The women in our family make the dough by hand traditionally. We stand around a table and gently pull the dough out from the centre while applying an olive oil and milk mixture. Gradually, the dough is pulled to the circumference of the table, and the mixture is applied, then folded, applied then folded until it creates a burek ready for the oven. I have fond memories as a young girl watching the older women lovingly pull dough as my sister and I were too young (and short) to join in and keep up with their nimble hands and rhythm. To this day, we all eagerly await each burek to leave the oven and finish it off while its warm.

Burek

Submitted by student Katrina Barnes

Method

1. Preheat oven to 200 degrees celsius.
2. Grease a 25cm round cake tin with butter.
3. Mix feta cheese, sour cream, cottage cheese, cream cheese, and eggs together in a bowl. Whisk milk and oil together in a small bowl.
4. Lightly brush milk-oil mixture over a sheet of Filo, then layer another sheet on top. Apply again, then layer a third. Place a sausage sized log of cheese mix in a line on one short end of the dough. Roll tightly into a tube then coil like a snail. Place in centre of dish or tin. Repeat this process for the remaining mixtures, coiling around and around the initial spiral.
5. Bake until golden brown, 30-40 minutes.

Notes:

You can roll each spiral as a single coil and skewer it and place them on a baking sheet to create single servings of burek.

Burek does not need to be coiled, it is simply traditional. We often just layer the sheets in the same method with a spread.

Ingredients

- 1 cup soft feta
- 1 cup sour cream
- 1 cup cottage cheese
- 1/2 packet Philadelphia cream cheese
- 2 eggs
- 1 cup milk
- 1 cup olive oil
- 1 packet Filo pastry
- Optional: 100g panchetta or chorizo crumbs mixed in.
- Swap feta for ricotta if so to reduce saltiness.

Chicken Choila

Submitted by student Unisha Shahi



Method

1. Grill boneless chicken thighs or heat the non-stick frying pan and saute it until cooked or put it into air-fryer about 15 mins at 180 c.
2. Once it is cooked nicely, cut the chicken into small pieces and put them in a bowl.
3. Add cumin powder, chilli powder, paprika, garlic-ginger paste, chopped garlic and ginger, chopped tomatoes, spring onion and lemon in a bowl and mix well.
4. Now heat mustard oil in a pan and add fenugreek seeds.
5. When fenugreek seeds turn dark black in colour, switch off the heat and put turmeric and sliced green chillies to it
6. Pour the mixture into the bowl and mix it well.
7. Sprinkle fresh coriander for garnish.

Serve it with beaten rice, rice or drinks.

Ingredients

900g bonless, skinless chicken thighs
1/2 cup soybean oil
2 1/2 tablespoons chopped garlic
1 1/3 tablespoons ground cumin
salt and black pepper
1 tablespoon chopped peeled ginger
1 cup diced leeks
1/2 tablespoon paprika
1/2 tablespoon chilli powder
1 teaspoon fenugreek seeds
3/4 tablespoon ground tumeric
1 teaspoon mustard oil
3 tablespoons butter (melted)



My first night eating out in Athens in 2016 was where I was lucky enough to taste the local prawn fare, I find these prawns easy to prepare and even easier to eat as the flavour combinations give you a little tang as well as a bit of zing Enjoy

Chilli Lime King Prawn Skewers

Submitted by student Todd Towler

Method

1. Peel, devein prawns
2. Finely chop garlic, ginger and parsley
3. Zest lemon and lime and keep the juice
4. In a bowl add chopped garlic, ginger, lemon zest, lime zest, parsley, wet chilli, salt and pepper, and the juice from the lemon and lime, mix well
5. Place prepared prawns into bowl of ingredients and allow to marinate for 30 mins
6. Place 3 prawns on each skewer so they all face the same way, complete that process for 10 skewers
7. Hot BBQ is the ideal way to cook them, 3-4 mins each side

Serve on a bed of rice with a light salad or with a side of Aioli for dipping.

Ingredients

30 headless green prawns
 3 clove crushed garlic
 small knob fresh ginger
 2 tablespoons crushed wet chilli
 zest of 2 lemons
 zest of 2 limes
 1/4 bunch parsley
 salt and pepper
 10 skewers
 2 tablespoons olive oil



I serve this meal regularly! It comes from my Dad.
Your very typical Australian bloke, who usually sticks to the BBQ.
BUT, one day we had some left over prawns and he whipped up this bad boy for tea.
Safe to say we were all surprised.
Now a regular on my menu. Simple, quick, and absolutely DEVINE.

Creamy Garlic Prawn Fettuccine

Submitted by Jaci Newland from CHSA

Method

1. Bring to boil a large pot of water. Add pasta and cook per packet MINUS 1 minute.
2. Just before draining, scoop out 1 cup of pasta cooking water and set aside. Drain pasta.
3. Meanwhile, melt 1 tablespoons of butter in a large non stick pan over medium high heat. Add prawns and cook for 1 1/2 minutes on each side until just cooked through. Remove prawns.
4. In the same pan, add 1 tablespoons butter. Once melted, add garlic. Stir for 20 seconds until fragrant.
5. Add wine and stir. Simmer for 2 minutes until wine mostly reduces.
6. Add cream, broth and parmesan. Stir until the parmesan is melted, then leave to simmer for 1 1/2 minutes until it thickens slightly (will thicken more in next step).
7. Add prawns, stir, then add pasta plus about 1/4 cup of reserved pasta water. Toss pasta (still on stove) and the sauce will thicken in about 30 - 45 seconds and start clinging to the pasta.
8. Take it off the stove before the sauce is as thick as you want - it will thicken more.
9. Sprinkle with most of the parsley and black pepper, check salt (I don't need more). Toss again until the sauce consistency is to your taste. Add a tiny splash of pasta water if it gets too gluggy.

Serve, garnished with remaining parsley and parmesan if desired. Bon appetit!

Ingredients

250g fettuccine
2 tablespoons butter
400g peeled green prawns
3 garlic cloves
65ml dry white wine
250ml thickened cream
125ml chicken broth
50g grated parmesan
2 tablespoons chopped parsley
black pepper to taste



I am American and love foods with Mexican flavors. Commonly called a “wet buritto” in America, an enchilada is a buritto covered in a sauce and commonly topped with cheese.

This recipe is my Mom’s favorite. The flavors remind me of home and happiness.

Enchilada Sauce

Submitted by student Rachael Braun

Method

1. Have all the dry ingedients and stock close to hand as the sauce comes together very quickly.
2. Heat oil in medium sized saucepan over medium heat until a pinch of flour sizzles.
3. Add all dry ingredients and stir for 1-2 minutes or untill fragrant.
4. Add all other ingredients (except vinegar) and stir rapidly to eliminate lumps.
5. Sauce will thicken over the next few minutes. Once thickened, remove from heat and add vinegar.
6. Set aside sauce and fill 12 tortillas with filling of choice (try including refried or black beans, onions, capsicum, mushrooms ect).
7. Arrange in cassorole dish. (Tip- put opening of tortilla facing down so the tortilla doesn’t unravel)
8. Cover with Enchilada sauce (optional - sprinkle with cheese and corriander).
9. Bake at 180 degrees C until heated through and cheese is toasty.

Enjoy!!

Ingredients

- 3 tablespoons oil (vegetable or olive)
- 3 tablespoons plain flour
- 1 tablespoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon ground chilli (or to taste)
- 1/4 teaspoon dried oregano
- pinch cinnamon
- 1/4 teaspoon salt
- 2 tablespoons tomato paste
- 2 cups vegetable broth
- 1 teaspoon vinegar



Legend says that farinata was created in 1284, when Genoa defeated Pisa at the Battle of Meloria. As they were sailing back from battle, the Genoese ships were caught in a storm and some barrels of oil and chickpea flour split open, their contents becoming soaked in salt water. Because provisions were so scarce, everything possible was salvaged and the sailors were served the mixture of chickpeas and oil, which was dried in the sun to create a kind of pancake in an attempt to make it more palatable.

Farinata

Submitted by student Marco Lassandro

Method

1. To prepare the farinata, put the chickpea flour in a bowl and form a mound with a well in the middle. Pour water at room temperature into the well a little at a time. Mix everything thoroughly, taking care not to form lumps, until the mixture is liquid and uniform.
2. Cover the mixture with plastic wrap and leave to rest outside the fridge from 4/5 to 10 hours, stirring occasionally. After this time, you will notice some foam on the surface; remove this with a skimmer and stir.
3. Add oil and salt to the mixture and stir again.
4. Oil three 8-inch (32-cm) baking pans (the pans used are traditionally copper or aluminum, but you can also use an ordinary nonstick pan). Use a ladle to spread the chickpea mixture over the pans. Smooth to an even thickness with the aid of a fork to ensure uniform cooking.
5. Bake in a conventional oven preheated to 250°C. Bake in the lower part of the oven, in contact with the bottom, for the first 10 minutes. If using a convection oven, bake for just 7-8 minutes at 220°C and then follow the rest of the steps indicated. After this time, move the pan to the top part of the oven and bake for another 10-15 minutes, depending on your oven, until the farinata is a nice golden-brown color.

Take the farinata out of the oven and enjoy it piping hot, sprinkling it with black pepper to taste.

Ingredients

- 4 cups water
- 1/4 cup extra virgin olive oil + extra for greasing
- 3 1/2 cups chickpea flour
- 1/2 tablespoon fine salt



The dish was a personal favorite of mine when I was growing up and is a simple meal that brings out a lot of flavour in its few ingredients. My Japanese mother always called it Fish-Gohan, a mishmash of languages where ‘gohan’ means rice or meal in Japanese. Interestingly, I haven’t found any recipes that replicate this dish online, so I’m led to believe it is an exclusive family recipe!

Fish-Gohan

Submitted by student Shou Barrett

Method

1. Grate all the carrots roughly to the same size as shredded cheese.
2. Add sesame oil to a pan on medium-low heat and add carrots, stir occasionally.
3. Cook for around ten minutes, gently sweat the carrots until they appear to lose their rigidity.
4. Add tuna and mix into carrots, breaking down the large chunks of tuna and stirring well to combine.
5. Add the mirin and soy sauce and mix well, cooking further for 3 minutes.
6. Add sugar and salt adjusted to taste, the final product should taste fairly sweet and salty.
7. Take off heat and mix with some freshly cooked rice, at a rough ratio of a tablespoon of the mixture to one cup of rice.

Serve by itself or with a main, such as katsu chicken or salad.

Ingredients

- 5 carrots
- 1 tablespoon sesame oil
- 1 Large can of tuna
- 1/2 tablespoon soy sauce
- 1/2 tablespoon mirin
- sugar, to taste
- salt, to taste
- 4 cups cooked rice



My maternal family are of Chinese origin. Our family Christmases growing up were always a Chinese pot luck banquet. One of the dishes always served was ginger pork (or chicken) and junsee. It was a family favourite and always reminds me of Christmas time with my family.

Ginger Pork and Junsee

Submitted by student Kay Newman

Method

1. In a mixing bowl, place vermicelli noodles and cover with boiling water. Leave to stand while you cook the mince (approximately 15 minutes).
2. In a pot, heat oil and add onion, garlic and ginger. Fry for 1-2 minutes.
3. Add pork mince and fry until brown. Add a dash of water as necessary to stop the mince from sticking and to create a sauce.
4. When mince is brown, add soya sauce, sugar and pepper. Add a tablespoon or two of water to create a sauce.
5. Add beans and carrots and boil/fry for 2 minutes.
6. Drain vermicelli noodles. You may like to cut them in the bowl with a knife and fork so they're shorter noodles.
7. Add noodles to the pot and mix well, ensuring the sauce covers all of the noodles.

Serve and enjoy!

Ingredients

- 500 g pork mince
- 3 teaspoons crushed ginger
- 1 tablespoon dark mushroom soya sauce
- 1 teaspoon crushed garlic
- 1 teaspoon raw sugar
- 1 onion diced or onion powder
- a pinch of pepper
- 1 carrot julienned
- handful sliced green beans
- 200g vermicelli noodles
- 1 tablespoon cooking oil



Hailing from an exotic island nation, we Sri Lankans have our own way of preparing the unique Sri Lankan delicacies. Kiribath/ Sri Lankan Milk Rice is a symbolic dish prepared to commemorate almost every celebratory occasion in Sri Lanka and it symbolizes prosperity in our culture. Kiribath is served with an assortment of side dishes such as Lunu Miris, Coconut Sambol, fish or meat curry. Now that I am away from home, the taste of this classic dish makes me feel nostalgic and brings back the fond memories of my childhood and loved ones. This is indeed a must try Sri Lankan dish and I am certain that this will not fail to fascinate you! Enjoy!

Kiribath

(Sri Lankan Milk Rice with Lunu Miris)

Submitted by student Mekhala H. A. Egodawele

Method

Kiribath

1. Wash the rice well - at least thrice till the water is clear.
2. Drain the rice and place it in the rice cooker.
3. Add the water and salt.
4. Let it cook until rice is well boiled.
5. Add the coconut milk and stir into the rice.
6. Let it cook until the milk is well absorbed.
7. Spoon the moist milk rice into a dish.
8. Flatten it out with a spatula or banana leaf.
9. Leave it to cool for 2-5 minutes.
10. Cut into diamond or square shaped pieces.

Serve with Lunu Miris or any other assortment.

Lunu Miris

1. Place all ingredients except lime juice in the blender and grind them till it turns into a thick pulp.
2. You can scoop the paste to a bowl/ dish.
3. Add lime juice and mix.

Ingredients

Kiribath

- 2 cups uncooked short grain rice
- 3 cups water
- 1 can thick coconut
- 1 teaspoons salt
- 4 pods crushed cardamom (optional)

Lunu Miris

- 1 1/2 tablespoon chopped red chilli
- 2 cups chopped onion
- 2 tablespoons lime juice
- 1 1/2 teaspoons chilli powder
- 1/2 teaspoon tumeric powder
- 1/2 teaspoon pepper
- 1 stick cinnamon



My grandparents immigrated from Cyprus to Australia in the 1950s. Their garden functioned as a way to connect with their culture and was full of a variety of herbs, fruits and vegetables. Out the back they had a huge grapevine that my brothers and I used to play on as kids. My grandparents would pick the grape leaves and make Koupepia - one of my favourite foods growing up!

Koupepia - Cypriot Dolmades

Submitted by student Lilli Zavou

Method

1. Prepare vine leaves: Wash fresh vine leaves, or unpackage brined vine leaves. Soak in hot water for about 15 minutes.
2. In pan, place some olive oil and chopped onion. Saute over medium heat until they become translucent.
3. To the pan, add the beef mince and water and cook until beef is cooked through and almost all the water is evaporated.
4. Add lemon juice, cinnamon, dried mint, salt and pepper to the pan and mix through. Saute for 5 minutes.
5. Add rice and chopped parsley to the pan and continue to saute for another 10 minutes.
6. On a chopping board or dish, place a vine leaf (vein side facing up). Place a large spoonful of your mixture into the vine leaf and fold the left and right sides in over the mixture. Roll the the leaf over the mixture - but not too tight! (Some space is needed for when the rice cooks and expands).
7. Add some olive oil to the bottom of a pot and place in your your rolled koupepia. Place them in a circular fashion, from outside then into the centre. Layer the koupepia in the pot until all are added. Drizzle with olive oil and a splash of water.
8. Cover pot and place on medium heat for 25 mins, or until rice in the koupepia is cooked. Remove koupepia from pot and place on dish to cool.

Serve with a drizzle of more olive oil if desired and a squeeze of lemon juice.

Ingredients

30 grape vine leaves
500g beef mince
1 large onion - chopped
1/2 cup lemon juice
1/4 cup olive oil
1/3 cup water
1 cup white rice
1/2 cup fresh parsley
1 teaspoon ground cinnamon
1 1/2 teaspoons dried mint
Salt and pepper



I wanted to re-create a recipe from my childhood into a meat free version. Growing up my mum made an amazing Bolognese and it was always something I requested for birthdays and special occasions, but now as an adult I'm more conscious of reducing my meat consumption, while also making sure to up my veggie intake. It is also budget friendly as mushrooms are much more affordable than mince!

Mushroom Bolognese (vegetarian)

Submitted by student Courtney Ward

Method

1. Bring a salted pot of water to the boil.
2. In a large saucepan, brown the onions and garlic in a pan with olive oil.
3. Once the onions and garlic are browned, add the celery and carrots and cook until soft.
4. Once carrots and celery are cooked down, add mushrooms and cook until water has been drawn out. (If you don't drain the water the result might be a bit watery.)
5. Drain the water in the pan, add herbs, tomato paste, and crushed tomatoes.
6. Bring to the boil and then reduce sauce and let simmer for at least 30 minutes. Longer is better but if you don't have time it can be taken off after 30 minutes.
7. Cook your pasta as directed on the packet.
8. Once pasta has cooked add into the sauce and reserve some pasta water.
9. Add a splash of pasta water to the sauce to help the sauce stick to the pasta.

Serve with a good crack of black pepper, fresh basil, and parmesan to your taste.

Ingredients

500g mushrooms, finely diced
2 celery stalks, finely diced
2 carrots, finely diced
5 cloves of garlic, finely diced
2 brown onions, finely diced
1 tablespoon thyme
1 tablespoon rosemary
1 tablespoon oregano
2 bay leaves
dried chilli flakes - to your taste
2 cans crushed tomatoes
2 tablespoons tomato paste
1 packet of pasta
salt and pepper to taste
fresh basil (optional)
parmesan (optional)



Punjabi Kadhi Pakora is one of the most popular Punjabi dishes! Deep-fried Pakoras (fritters) dipped in a yoghurt-based curry made from gram flour or chickpea flour (besan). I'm sharing my absolute favourite way to make the best Punjabi Kadhi Pakora learnt from my mum. Whenever I make this dish, I remember my childhood memories with my brother, cousins and best friends who visit my house to have Kadhi-Chawal prepared by my mumma (mum). There are many versions of Kadhi in India but personally, I love this Punjabi Kadhi with boiled rice, roti and onion salad.

Punjabi Kadhi Pakora

Submitted by student Gurmeet Kaur Matharu

Method

Kadhi

1. To a large bowl, add besan and yoghurt, make sure the yoghurt is sour and at room temperature, and whisk until besan and yoghurt are well combined.
2. Add red chilli powder, turmeric powder, and coriander powder, water and mix until all mixed together.
3. In a large and deep pan, add oil on medium-high heat; once the oil is hot, add fenugreek seeds and cumin seeds, let them splutter, then add sliced onions, ginger, garlic, green chilli and cook for 2 minutes until it changes colour.
4. Once it turns brown, add the besan yoghurt mixture into the pan, and stir continuously on medium-high heat until kadhi comes to a boil. Then, lower the heat to low-medium and let it cook for around 30 minutes; keep stirring in between.
5. Add salt when the kadhi is cooking; in the meantime, you can make pakoras.

Pakora

1. To a large bowl, add besan, sliced onion, sliced potatoes, cilantro, green chilli, turmeric, red chilli powder, carom seeds, salt, and mix and make the thick batter with your hands.
2. Meanwhile, heat the oil of around 2 cups in a pan to fry the pakoras.
3. Deep fry the pakoras in the oil and flip and cook on all sides; make sure the oil is not too hot so that the pakoras cook nicely from inside and not burn.
4. After 30 minutes or so, the kadhi would have considerably thickened and completely cooked, add chopped coriander and cooked pakoras and transfer the kadhi into a serving dish.

Enjoy the Kadhi pakoras with white basmati long boiled rice or roti and onion salad.

Ingredients

Kadhi

- 1/2 cup besan
- 1 1/2 cup plain sour yogurt
- 1/2 teaspoon red chilli powder
- 1/2 teaspoon tumeric powder
- 1 teaspoon coriander powder
- 1/2 teaspoon methi seeds (fenugreek seeds)
- 1/2 teaspoon cumin seeds
- 1 small red onion sliced
- 2 tablespoons chopped garlic and ginger
- chopped green chilli and salt to taste

Pakora

- 1 cup besan
- 1 cup thinly sliced red onion
- 1 cup thinly sliced potato
- 1 green chilli (optional)
- 1/4 cup chopped coriander
- 1/2 teaspoon salt
- 1/8 teaspoon red chilli powder
- 1/4 teaspoon tumeric powder
- 1/4 teaspoon carom seeds
- 1/4 cup water (thick batter)
- oil for frying



This noodle, which is called Soumen is traditionally eaten by Japanese people in summer. Back to 1200 years ago, a snack which is called Sakubei came to Japan from China. It was made from flour and water and looks like today's noodle. It was only eaten by noble and upper class people, however, nations started to eat this noodle since edo-period started (400 years ago). Soumen was considered to be seasonal meal in particular during summer season as it is cool. Now most of the Japanese have soumen in summer to kind of celebrate the commencement of summer and summer itself.

Soumen

Submitted by student Kazuki Hara

Method

Ordinary toppings

1. Cook eggs like a sheet and cut them into strings.
2. Cut ham and cucumbers into the shape of strings as well.

Special toppings

1. Cut eggplants into thin rectangle-ish shape (eg. 1cm ×3cm)
2. Cut pork ribs to 1cm× 1cm (cut them as thin and small as possible.)
3. Add sesame oil to small saucepan of water and boil the pork until it changes colour to brown. While boiling the pork, you can fry up cut eggplants for 3 minutes.

Boiling noodles

1. After or while preparing toppings you boil Soumen or Udon in water for 90 to 100 seconds (You can add some salt to water to make noodle taste better)
2. Cool noodles with cold water

Making sauce

1. Mix 15ml of Mentsuyu with almost 45ml of water

To serve: Put ordinary toppings, special toppings and noodles separately on plates. Put sauce in bowls.

Ingredients

- soumen (thin udon noodle can be substitute for soumen)
- 100g mentsuyu (can be bought at asian grocer)
- water, for boiling
- a pinch of salt
- eggs
- cucumbers
- ham
- gingers
- 1 small eggplant
- 1 small eggplant per person
- 50g pork ribs
- 1 teaspoon sesame oil



My kids love this Teriyaki Chicken Sushi in their school lunchboxes. We learnt to make this through our friends Hana and Mayuko (Abi) from Japan. Hana studies abroad for several months of the year (she comes to visit her Australian grandparents and extended family) during Japan's winter season. Hana, Mayuko (Abi) and Her dad Mark run Madarao Mountain Lodge, where Abi is the chef.

Teriyaki Chicken Sushi

Submitted by staff member Briony Leonard

Method

1. Mix all ingredients for teriyaki chicken together in a bowl and leave to rest 5 minutes.
2. Heat the pan with a little oil and cook the chicken in the marinade until cooked. Allow to chicken to cool while preparing sushi rice.
3. Prepare sushi rice according to packet instructions and allow to cool slightly. Mix through Sushi seasoning.
4. Slice avocado and any other fillings (carrot, cucumber etc).
5. Tear off cling wrap in sections slightly larger than sushi seaweed sheets. Lay flat and place the sushi seaweed sheet on top.
6. Gently lay a thin layer of rice across the sushi seaweed, covering almost all edges, leaving about half a centimetre at the top and bottom of the sheet.
7. Place your chicken and vegetables horizontally across the rice at the top of the sheet
8. Now, pick the edges of the cling film up, and roll it away from you firmly. Roll the sushi like you are using a rolling pin, several times across the bench. Leave sit for a minute, then gently unwrap and remove cling wrap.
9. Slice into even slices and serve with soy sauce.

Tip:

Sushi can remain wrapped in cling wrap and in the fridge over night.

Ingredients

Teriyaki Chicken

- 2 chicken breasts, sliced
- 1 tablespoon oil
- ¼ cup soy sauce
- 3 tablespoons brown sugar
- 3 tablespoons white wine vinegar
- 1 tablespoon sesame oil
- 2 teaspoons garlic
- 1 teaspoon ginger

Sushi

- 2 cups cooked and cooled sushi rice
- 2 tablespoons sushi seasoning
- 10 seaweed sheets
- avacado
- teriyaki chicken strips



My older sister loves making fresh spring rolls for our appetizer during the weekend. She prefers using tofu instead of the traditional pork. She often encourages us to roll it together whether we do it in correct way or not, because she said at the end of the day, it's the entertaining, and having some fun together that counts.

Vietnamese Spring Rolls (plant-based)

Submitted by staff member Hoa Nguyen

Method

Prepare the filling:

1. Soak the vermicelli noodles, shitake, wood ear mushrooms in warm water for 15-20 minutes in separate bowls. Drain, run through cold water, chop the mushrooms to a fine paste, then cut the noodles into about 1-inch-long pieces. Mince the carrot, green onion and shallot into a mixture.
2. Gently press the tofu dry to expel the liquid. Then mash with a fork finely.
3. Mix thoroughly the mushrooms, vegetables, noodles, tofu, egg, salt, pepper.

Wrap the spring rolls and fry:

1. Place about a heaped tablespoon of filling onto a wrapper, pack it as tight as you can. Fold the left and right sides towards the centre like an envelope to keep the roll together. Then, fold the roll towards the top edge. Repeat with the remains.
2. Heat vegetable oil, deep fry the rolls on both sides till golden brown, and crisp outside. Remove and drain.
3. Garnish with cucumber, lettuce, herbs, pickled radish and carrots, etc if you like.

Serve and enjoy with the dipping sauce.

Ingredients

- 25 spring roll wrappers
- 280g tofu pressed and minced
- 6 dried wood ear mushrooms
- 60g vermicelli noodles
- 2 cups vegetable oil for deep frying
- 1 egg beaten
- 1 shallot minced fine
- 1 green onion
- 1/2 jicama peeled and minced fine
- 1 cup grated carrot
- 1/3 cup dried shitake mushrooms
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Dipping Sauce:

- 2 tablespoons fish sauce
- 2 tablespoons water
- 2 tablespoons fresh lime



Sweet Recipes



This is one of the favourite recipes of my family and is eaten on any auspicious or happy occasion by all the family members. Whenever we talk about this recipe, it reminds us about all the lovely time we have spent together. Now we all are located in different countries and still we celebrate our festivals by making this sweet and enjoying the sweet memories of those beautiful days when we were together. Here is the recipe for all of you, I hope it will bring the same sweetness into the life of all of you.

Jalebi

Submitted by student Vanita Rana

Method

For the sugar syrup

1. Combine the sugar with 1/3rd cup of water together in a deep pan and cook on a medium flame till the sugar dissolves and is of 1 thread consistency, while stirring continuously. Keep the syrup warm.

For Jalebi

1. To make instant jalebi, sieve the flour with baking powder and keep aside.
2. Combine the curds with 1/3 cup of water in a bowl and whisk well.
3. Add the flour and make a thick batter, making sure that no lumps remain. Keep aside.
4. Heat the ghee in a broad and deep saucepan.
5. Fill the jalebi batter into a piping bag or squeeze bottle with a single hole nozzle.
6. Press out round whirls of the batter into the hot ghee working closely from outside to the centre of the whirl.
7. Deep-fry the jalebis till golden brown from both the sides and transfer immediately into the warm sugar syrup.
8. Drain after 2 to 3 minutes

Serve the instant jalebis hot sprinkled with cardamom powder. Yummy Jalebi is ready.

Ingredients

- 3/4 cup sugar
- 2 teaspoons rose water
- 3/4 cup self rising flour
- a pinch baking powder
- 1/3 cup fresh curd
- ghee for deep-frying
- 1/2 teaspoon cardamom powder



Klepon is an Indonesian sweet treat made from glutinous rice flour combined with the unique flavour combination of pandan, coconut and palm sugar. It is a popular street food snack, often found at morning and afternoon markets around Indonesia. Klepon is a Javanese name, and they are also known as Onde Onde in Kalimantan, Sulawesi, and Maluku.

There are not many things that can pull me into the sweetest childhood memories as quickly as my childhood Indonesian snacks and sweets can. In my case, Klepon is forever the one that makes me nostalgic for the good old days. My mom usually bought some at nearby traditional markets or school snack vendors. We loved eating these in the afternoon with cups of hot tea while gathering and talking with family. Klepon is often provided wedding ceremonies as a dessert, and especially for my family, this cookie must be available during fasting/Ramadhan month. Apart from the unique bright green colour, they are fun to eat since they burst into your mouth when you take a bite. I think it will be fun to recreate this nostalgic childhood snack at home.

Klepon

Indonesian sweet rice cookies

Submitted by student Khamsiah Achmad

Method

1. Steam or thaw shredded coconut to get it soft and fluffy (around 5-10 minutes). Cover with a clean towel to keep moist until ready to use.
2. In a small saucepan, add coconut milk and water, pandan flavouring and a pinch of salt. Warm on low heat for a few minutes and remove.
3. In a medium bowl, combine 1 & ½ cups of glutinous rice flour and the warmed pandan coconut milk. Stir with a spoon until combined, then knead until it turns a soft, flexible and pliable dough.
4. Working quickly to prevent dough from drying, shape klepon balls by taking a heaped teaspoon of the dough and rolling it around into a ball (around 3cm diameter). Tip: Place the dough in a plastic bag to retain moisture.
5. Take each ball and push an indent into the centre, making a hole. Pop in a piece of chopped palm sugar and close the dough over the hole by pinching the dough together. Ensure it is sealed the roll it back into a ball with your palms.
6. Bring a large pot of water to a boil. Place the klepon into the pot. Avoid overcrowding and do them in batches if necessary. The dough is cooked when they float to the top. (Usually 5-10 min.) You can cook them a little longer to ensure the palm sugar melts and heats up on the inside. Remove from the water with a slotted spoon once cooked.
7. Coat with steamed coconut. Use a fork or spoon to avoid the coconut and klepon sticking to your fingers.

Serve warm or at room temperature. Ensure not to burn your mouth on the hot palm sugar (Gula Jawa) inside. Enjoy your meal! Selamat makan!

Ingredients

- 250g palm sugar
- 500g glutinous rice flour
- 215g shredded coconut
- 1 teaspoon pandan flavouring
- 100ml coconut milk
- pinch salt
- 50ml or less



This recipe came from a flat mate when I was a student living in a share house in the 1980s but over the years I have made some adaptations. It started as a butterscotch self-saucing pudding but I halved the sugar as it was way too sweet. Then one day I added some cocoa to see what would happen – voila – choccy self-saucing pudding!!! And then I added the fruit to make it healthy! I never went back.

Lava Pudding

Submitted by student Triny Roe

Method

1. Turn oven on to 200 degrees celsius.
2. Grease an oven proof pudding bowl.
3. In a mixing bowl sift dry ingredients together.
4. Add ½ cup sugar and mix thoroughly.
5. In a small saucepan combine the water, butter and golden syrup. Bring to the boil.
6. Mix the milk and oil. Add this to the dry ingredients and stir vigorously.
7. Add the diced pear and mix well. Place in the greased pudding bowl and gently pour the liquid over. Cook in the oven for 40 minutes.
8. When it's ready, it's bubbling like a volcano.

Serve with yoghurt or ice-cream and enjoy.

Ingredients

1 cup flour (I use spelt and besun)
 2 teaspoons baking powder
 3 tablespoons carob or cocoa powder
 1/8 teaspoon salt
 1/2 cup sugar
 1 pear peeled and diced
 1 1/2 cup water
 1 1/2 tablespoons butter
 2 tablespoons golden syrup
 1/2 cup milk (I use rice but you can use cow)
 3 tablespoons cooking oil (i use olive)
 Yoghurt or icecream for serving



South African pannekoek (pancakes) are similar to a French crepe rather than the smaller, thicker version that is made in Australia (flapjacks).

“Pannekoek” translates into pan cake, and is traditionally eaten sprinkled with cinnamon sugar, which melts into the pancake, forming a delicious syrup.

In the winter, when it is cold and rainy, we call it ‘soup and pannekoek’ weather. Comfort food doesn’t get much better than this hot sweet “cinnamony” deliciousness.

Pannekoek can be eaten as a meal (breakfast, lunch or dinner) or a dessert. There isn’t a meal or time not suitable for pannekoek - they are that good!

Pannekoek

Submitted by staff member Johanna Nieuwoudt

Method

For the pancake filling:

In a small bowl, combine the sugar and cinnamon.

For the pancakes:

1. Combine the flour, salt and baking powder in a large bowl.
2. In a separate bowl, whisk together the eggs and milk.
3. Slowly whisk the eggs and milk mixture into the flour, until no lumps remain.
4. Whisk in the melted butter.
5. Heat a large pan/skillet (about 30cm) over medium heat. Grease the pan with additional oil/butter.
6. Pour about 1/4 cup of batter into the center of the heated pan. Immediately swirl the pan in a circle to coat the bottom in a thin layer.
7. Once bubbles begin to form and the bottom is starting to turn golden, flip and cook the other side. Cook until golden.
8. Place the cooked pancake on a plate, and generously sprinkle with cinnamon sugar.
9. Roll up the pancake while it is still hot, so that the sugar melts and form a delicious syrup inside the rolled pancake.
10. Repeat with remaining batter.

Eat while still hot!

Ingredients

Pannekoek

- 1 cup all purpose flour
- 1/2 teaspoon salt
- 3/4 teaspoon baking powder
- 2 eggs
- 1 cup milk
- 3 tablespoons butter (melted)

Filling

- 4 tablespoons sugar
- 1 tablespoon cinnamon (ground)



Shahi Tukray are a festive dessert very popular in India and Pakistan. It is also my mother's go-to recipe when she wants to whip up a delicious dessert quickly and without too many ingredients! It is made from bread, ghee (clarified butter), sugar, milk and nuts.

Shahi Tukray

Submitted by student Rahat Azhar

Method

1. Toast the bread slices on a pan
2. Soak the saffron in 2 tablespoons of hot milk

Preparing Rabri

1. Bring milk to a boil in a pot. Reduce the flame and allow milk to reduce to half. Add sugar and saffron. Cook for another five minutes and then let it cool.

Preparing Sugar Syrup

1. Mix sugar with water and bring to boil. Bring it to a one string consistency and set aside.

Making Shahi Tukray

1. Remove the edges of the bread and cut diagonally.
2. On a low flame fry the bread in ghee until golden and crispy.
3. Dip these bread slices in the sugar syrup one by one and place them in the serving plate.
4. Pour the cooled rabri over these bread slices and garnish with nuts.

Can be served warm or chilled

Ingredients

6 slices of white bread
3 tablespoons ghee

Sugar Syrup

1/3 cup sugar
1/2cup water
1/2 teaspoon green
cardamom powder

Rabri

3 1/2 cups full cream milk
4 tablespoons sugar
1 pinch saffron (optional but
highly recommended)
25 almonds (soaked for at
least 3 hours)