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I am delighted to present the Hume Community Hubs Cook Book.

This cook book has been created as part of Hume City Council's program of celebrations for the 2020 Refugee Week. The recipes included in this book are a showcase of family recipes from all over the world.

Council values the diversity of the Hume community and is proud of the cultural heritage and traditions that are shared in Hume City.

We are honoured to support the Community Hubs project, helping women, schools and communities to connect, learn and feel valued.

I acknowledge the work of the Hume Community Hub leaders, facilitators and participants who have worked tirelessly on the project to bring this cook book to fruition during the challenges of COVID-19.

I hope you enjoy sharing these dishes with your family.

Officer Carly Moore



HUME HUBS - A MULTICULTURAL COMMUNITY

WHAT ARE THE COMMUNITY HUBS?

Community hubs are welcoming places where migrant and refugee families, particularly mothers with young children, come to connect, share, and learn. Hubs bridge the gap between migrants and the wider community, they connect women with schools, with each other, and with organisations that can provide health, education, and settlement support.

HUME COUNCIL'S HUBS:

There are 15 Community Hubs in the Hume Council. All the Hubs are located within Primary Schools and they provide programs such as Playgroups, English classes, settlement information, social activities and health related information.

To find out more about specific programs offered within the hubs, contact the community development hub coordinator located in the hub closest to you. Different languages are spoken at the hubs, please contact each hub to find out which languages are available.

Bethal Primary Hub

Eldorado Crescent, Meadow Heights 9309 7626

Campbellfield Heights Primary Hub

Laurel Crescent, Campbellfield 9359 5502

Craigieburn South Primary Hub

Hothlyn Drive, Craigieburn 9308 3133

Good Samaritan Primary Hub

1-29 Southern Cross Drive, Roxburgh Park 9308 6177

Meadow Heights Primary Hub

46-60 Paringa Blvd, Meadow Heights 9305 2033

Mt Ridley College Primary Hub

2-30 Hampton Street, Craigieburn 8338 3600

Roxburgh Rise Primary Hub

Cnr Lockwood Dr & Blue Bird Way 9305 4334

Sunbury Heights Primary Hub

Charter Road East, Sunbury 9744 3377

Broadmeadows Valley Primary Hub

Dimboola Road, Broadmeadows 9309 4066

Coolaroo South Primary Hub

52-72 Bushfield Crescent, Coolaroo 9309 1664

Dallas Brooks Primary Hub

26-36 King St, Dallas 9309 1181

Holy Child Primary Hub

227 Blair Street, Dallas Brooks Primary 9309 1620

Meadows Primary Hub

41 Gerbert St, Broadmeadows 9309 2573

Roxburgh Park Primary Hub

7/21 Almands Avenue, Roxburgh Park 9303 9335

St Dominic's Primary Hub

408 Camp Road, Broadmeadows 9309 4146

ACKNOWLEDGMENT

Hume City Council would like to acknowledge all the women who participated in the cooking classes and English courses at the Hubs, sharing their family recipes, and the Hub leaders who coordinated these activities:

- Fahriye Yilmaz, at Coolaroo South Primary
- Maureen Leahy, at Meadows Primary
- Ruba Gondal, at Roxburgh Park Primary
- Salwa Salem, at Meadows Heights Primary
- Caroline Menassa, at St Dominic's Primary
- Veronica O'Brien, at Roxburgh Rise Primary
- Susan Van Wyk, at Dallas Brooks Primary
- Nayana Bhandari, at Good Samaritan Primary
- Silvia Amici, Community Hubs Support Coordinator





BEST TABOULI RECIPE

Recipe by Ramia Taleb Roxburgh Park Primary School

INGREDIENTS

- ½ cup of bulgur
- 1 cup diced cucumber (1 small-to-medium)
- 1 cup diced tomato (1 large)
- 1 teaspoon fine sea salt, divided
- 3 medium bunches of curly parsley
- 1/3 cup (2/3 ounce) chopped fresh mint (optional but recommended—you can chop it in the food processor with the parsley)
- 1/3 cup thinly sliced green onion
- 1/3 cup extra-virgin olive oil
- 3 to 4 tablespoons lemon juice, to taste
- 1 medium clove garlic, pressed or minced

METHOD

- 1. Cook or soak the bulgur until tender according to package directions. Drain off any excess water and set aside to cool.
- 2. Meanwhile, combine the diced cucumber and tomato in a medium bowl with ½ teaspoon of the salt. Stir, and let the mixture rest for at least 10 minutes, or until you're ready to mix the salad.
- 3. To prepare the parsley, cut off the thick stems. Then, finely chop the parsley and remaining stems—you can do this by hand, but it's much easier in a food processor with the standard "S" blade. Process 1 bunch at a time (it should yield about 1 cup chopped), transferring the chopped parsley to a large serving bowl before proceeding with the next.
- 4. Add the cooled bulgur, chopped fresh mint (if using) and green onion to the bowl of parsley. Strain off and discard the cucumber and tomato juice that has accumulated in the bottom of the bowl (this ensures that your tabbouleh isn't too watery). Add the strained cucumber and tomato to the



- 5. In a small measuring cup or bowl, whisk together the olive oil, 3 tablespoons lemon juice, garlic, and remaining ½ teaspoon salt. Pour it into the salad and stir to combine. Taste, and adjust if necessary—add another tablespoon of lemon juice for zing, or salt for more overall flavor.
- 6. Let the salad rest for 15 minutes before serving to let the flavors mingle. Otherwise, you can serve it immediately or chill it for later. Tabbouleh will keep well in the refrigerator.

Make it gluten free: Bulgur is not gluten free (it's cracked wheat). Substitute quinoa for an untraditional gluten-free option. You'll use the same amount (½ cup) uncooked quinoa, or 1 ½ cups cooked leftover quinoa.

FATTOUSH SALAD

Recipe by Taghrid El Dinnawi Roxburgh Park Primary School

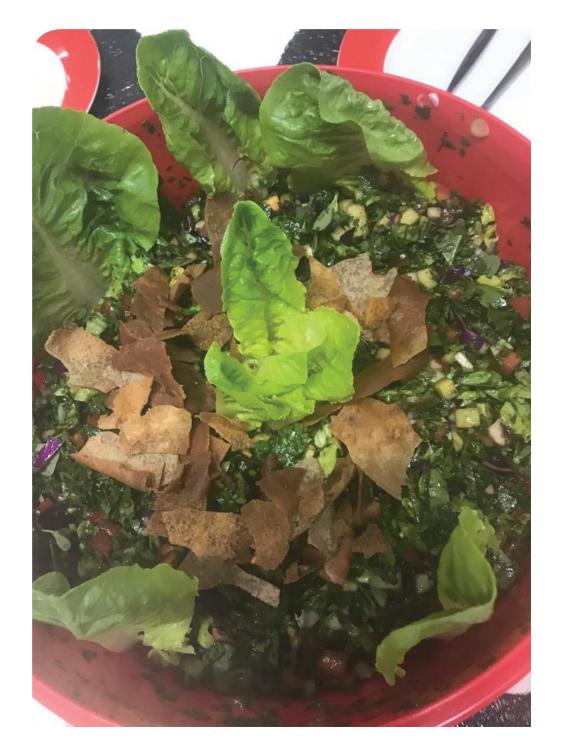
INGREDIENTS

- ½ cup of oil
- 2 pieces Lebanese bread, each cut into 4 pieces
- 500g cherry tomatoes, halved
- 2 Lebanese cucumbers, halved length ways, deseeded, chopped
- 1 red capsicum, chopped
- 3 small radish, trimmed, thinly sliced
- 4 green onions, chopped
- 1 cup flat-leaf parsley leaves, coarsely chopped
- 1/2 cup mint leaves, coarsely chopped
- 1 tablespoon sumac

DRESSING

- 1/4 cup olive oil
- 1/2 cup lemon juice
- 2 teaspoons sumac

- 1. Make the dressing: Combine all ingredients in a screw-top jar. Secure lid. Shake until well combined.
- 2. Heat oil in a saucepan over medium heat. Cook bread, in 4 batches, turning, for 1 to 2 minutes or until crisp and golden. Transfer to a wire rack to drain.
- 3. Place tomatoes, cucumbers, capsicum, radish, onions, parsley and mint in a large bowl. Sprinkle with sumac. Drizzle with dressing. Toss gently to combine.
- 4. Break bread into pieces. Add to salad. Toss gently and serve.



TURKISH KISIR (BULGUR SALAD)

Recipe by Ozlem Ceylan Roxburgh Park Primary School

INGREDIENTS

- 2 spring onions
- 1 tbsp olive oil
- 1 tbsp tomato paste
- 2 plum tomatoes, finely diced
- 1.5 cup / 350 ml hot water
- 1/2 tbsp lemon juice
- 1/2 tsp cumin
- 1 tsp mild chilli flakes or Turkish pul biber
- 225 g /1 cup bulgur
- 1 tsp pomegranate molasses
- 3 tbsp chopped parsley
- salt to taste
- 2 handful green salad leaves
- a few mint leaves for decoration

- 1. Heat oil in a small saucepan over low-medium heat.
- 2. Add half the spring onion, so one spring onion (finely chopped) and sauteé for a few minutes or until soft.
- 3. Now, add the tomato paste and mix well and let simmer for 2 minutes.
- 4. Add half of the chopped tomatoes, so one plum tomato, mix well and cook for 3-4 minutes.
- 5. Turn off the heat, add hot water, stir and then add bulgur.
- 6. Add pomegranate molasses, lemon juice, cumin, chilli, chopped parsley, the second spring onion and salt.
- 7. Let it sit until it cools the bulgur first needs to become soft.
- 8. Divide between two plates and serve each with a handful for green salad, some extra lemon slices and a few mint leaves.



FATTEH OR TESEYA (PITA WITH CHICKPEAS AND YOGURT)

Recipe by Taghrid El Dinnawi Roxburgh Park Primary School

INGREDIENTS

- 3 pitas, cut into wedges
- 1¾ cups (275 g) chickpeas (canned or cooked), drained and rinsed
- Salt
- 1 cup (225 g) plain yogurt
- 3 cloves garlic, minced
- ½ teaspoon cumin
- 3 tablespoons lemon juice
- 2 tablespoons tahini paste
- 1/3 cup pine nuts, toasted
- Chopped parsley or coriander

- 1. Preheat the oven to 175C/350F.
- 2. Put the pita wedges on a baking sheet and bake for 10 minutes, until lightly browned and crispy. Remove from the oven and set aside. (Alternately, Palestinian recipes often call for frying the pita on the stovetop.)
- 3. Put the chickpeas in a small pot along with 100 ml (½ cup) water and simmer over medium-high heat for about 10 minutes, until the water has mostly absorbed and the chickpeas are heated through. Season with salt and remove from the heat.
- 4. Meanwhile, put the yogurt, garlic, cumin, lemon juice, tahini paste, and a pinch of salt in a large bowl and whisk until thoroughly combined. Whisk in a little water at a time if the mixture is too thick, until a desired consistency is reached.
- 5. Break up the toasted pita wedges a bit and arrange them in a layer on the bottom of a deep serving platter, bowl, or casserole dish. Top with the warm chickpeas, then the yogurt sauce. Sprinkle with pine nuts and parsley or coriander and serve with additional pita or pita chips.



EJJEH (LEBANESE OMELETTE)

Recipe by Faten Mohamad Roxburgh Park Primary School

INGREDIENTS

- 2 heaped handfuls of fresh parsley leaves finely chopped
- 1 handful fresh mint leaves finely chopped
- 2 onions, finely chopped
- 12 eggs
- 1 teaspoon of Lebanese 7 spices
- Salt & Pepper, to taste
- 1 teaspoon of baking powder
- 2 heaped tablespoon of plain flour
- olive oil, for frying

- 1. Place parsley, mint, onion into a bowl and mix well till all well combined.
- 2. In a large bowl whisk 12 eggs, salt, pepper and Lebanese spices, add the parsley mixture to the large bowl. Whisk until well combined.
- 3. Add in the flour and baking powder and whisk again.
- 4. Shallow fry scoopfuls of mixture in oil on medium heat until golden brown on both sides.
- 5. Place omelettes straight onto a plate with some paper towel to drain excess oil.
- 6. Can be eaten alone hot or cold. Can be served with Lebanese bread/pita bread, tomato sauce, Labne or fresh vegetables cucumber, radish, tomato etc .



LEBANESE KEBEH

Recipe by Hanna Sharif Meadows Primary School

INGREDIENTS

- Half a kilo beef mince
- 3 cups fine bulgur
- 3 onions
- 1 sweet red pepper
- 1 spoon cumin
- 1 spoon mixed spices
- 1 spoon black spice
- 1 spoon basil
- 1 spoon salt
- 1 cup pomegranate molasses
- Oil for deep frying

- 1. Soak the bulgur 20 minutes in cold water, then drain or press dry in a cloth.
- 2. Blend the meat, onion, salt, red pepper, spices and basil in a food processor.
- 3. Process a second time, with the bulgur until the mixture can be worked like a dough.
- 4. Finish by hand kneading for a few minutes







FOR THE FILLING:

- 1. Add oil to a frying pan and fry the onions until translucent and soft.
- 2. Add the meat, salt and spices and cook until the meat is browned.
- 3. Add pomegranate molasses.

ASSEMBLY:

- 1. Take an egg-sized portion of the shell mixture and roll into a ball
- 2. Poke a hole in it with your finger and enlarge the hole to make a tiny container
- 3. Press some stuffing into the hole and pinch the top to make a seal.
- 4. They should be 'pointy' at each end.
- 5. Deep fry in small batches until golden brown.
- 6. Drain on kitchen towel and serve hot.







RITA'S KIBBEH

Recipe by Rita Yohana Meadows Heights Primary School

DOUGH

- 1 kg white bulgur
- water

METHOD

- 1. Place bulgur in a bowl and add water slowly as you mix and knead the dough.
- 2. Check it's consistency.
- 3. Leave resting for 10 minutes.

MINCED MEAT

- 1 kg minced beef
- 4 diced onions
- 2 heaped teaspoons of kibbeh spices

METHOD

- 1. Place minced meat in a pot and cover with water.
- 2. Place over moderate heat and cook until brown, skimming the froth from the top.
- 3. Add oil, onions, spices and fry gently for 5 minutes.
- 4. Allow to cool down before filling the kibbeh.

SOUP

- 2 diced onions
- 2 small cubed eggplants
- 6 leaves of silverbeet
- kibbeh spices
- black pepper
- 400g diced tomatoes (in can)
- 1 cup tomato paste

METHOD

- 1. Fry the onions in olive oil until golden brown.
- 2. Add eggplants and silverbeet and cook for 5 minutes.
- 3. Ad tomatoes, tomato paste and 2 litres of water.
- 4. Bring to the boil.
- 5. Add kibbeh spices, black pepper and salt.
- 6. Lower heat and cook for 10-15 minutes while preparing the kibbeh.

KIBBEH

- 2 diced onions
- 2 small cubed eggplants
- 6 leaves of silverbeet
- kibbeh spices
- black pepper
- 400g diced tomatoes (in can)
- 1 cup tomato paste

METHOD

- 1. Fry the onions in olive oil until golden brown.
- 2. Add eggplants and silverbeet and cook for 5 minutes.
- 3. Add tomatoes, tomato paste and 2 litres of water.
- 4. Bring to the boil.
- 5. Add kibbeh spices, black pepper and salt.
- 6. Lower heat and cook for 10-15 minutes while preparing the kibbeh.

TO COOK

- 1. Place 6/8 kibbeh in the soup and gently stir
- 2. When the kibbeh rise to the top they are ready
- 3. Serve in a bowl with the soup and vegetable

YOGHURT KIBBEH

Recipe by Zina Zahra St Dominic's Catholic Primary School

INGREDIENTS

- 3 cups Jereesh
- 1 cup fine bulgur (soaked for 15 mins)
- 800g beef finely chopped
- 200g lamb fat finely chopped
- 3 medium onions finely chopped
- 1 teaspoon black pepper
- 1 tablespoon 7 spices
- 2 tablespoons salt
- 2 cups water

TO MAKE THE KIBBEH DOUGH

- 1. Add 1 tablespoon salt to the Jareesh and soak in 1½ cups of water for 15 mins.
- 2. In a separate bowl, soak burgle in ½ cup water for 15 mins.
- 3. Mix together beef, lamb fat and onion.
- 4. Add black pepper, 7 spice and one tablespoon salt.
- 5. Mix the jereesh and bulgur forming a dough.
- 6. Form little circles, make a hole and fill in with meat then close them up.

YOGHURT MIXTURE

- 1kg natural yoghurt
- 500g lamb diced
- 1 cup fresh mint ½ cup fresh oregano or 2 tablespoons dry oregano
- 1 egg beaten
- 1 tablespoon starch
- ½ cup habbeya (peeled wheat) soaked for 1 hour
- Salt to taste
- 1½ litres water

PROCESS OF COOKING THE KIBBEH

- 1. Put the lamb in the stock pot and cover with cold water.
- 2. Bring to the boil for 5 minutes in a stock pot.
- 3. Take the froth out when formed at the top of the pot.
- 4. Add habbeya and 1 litre of water and simmer for 30 minutes.
- 5. Mix the yoghurt to loosen up using a whisk.
- 6. Dissolve starch with 1 cup cold water.
- 7. Add the egg to the starch mixture and beat together.
- 8. Add the starch mixture to the yoghurt.
- 9. Now add the yoghurt mixture to the stock pot with lamb.
- 10. Add mint, oregano and salt 11. Bring it to the boil.
- 11. Add the kibbeh one by one with constant stirring so they don't stick for 20 minutes.

Enjoy this delicious kibbeh!





SYRIAN KIBBEH

Recipe by Mirna Mamo St Dominic's Catholic Primary School

KIBBEH DOUGH

- 3 cups of fine burgul washed and soaked in water for 30mins
- 1 small onion grated
- 2 tablespoon of salt or to taste
- 1kg lamb diet mince meat
- 1 teaspoon ground pimento
- 1 tablespoon pepper paste
- Extra water to wet hands

KIBBEH FILLING

- 2 large onions or 4 small onions finely chopped
- 1 1/2kg of beef and lamb mixed mince
- 1 tablespoon salt or to taste
- 1 teaspoon black pepper
- 1 tablespoon vegeta
- 1 teaspoon ground pimento
- 1 teaspoon sweet paprika
- 1 litre vegetable oil for frying

METHOD:

Prepare the filling:

- 1. Fry chopped onions until translucent.
- 2. Add the mince meat and cook until meat is brown.
- 3. Remove from heat and add salt, pepper, vegeta, pimento, paprika and mix.
- 4. Set aside to cool.



PREPARE THE KIBBEH DOUGH:

- 1. After the burgul has been soaked, knead in a bowl until it forms into a dough about 10 minutes.
- 2. Add meat, knead the dough for 3 minutes.
- 3. Add onion, salt, pimento and pepper paste to the meat and continue to knead for 2 minutes until you get a dough-like consistency.
- 4. You can add a dash of water if the dough gets too sticky.
- 5. Form kibbeh balls the size of a golf ball.
- 6. Hold the meat ball in one hand; make a hole in it with the index of your other hand.
- 7. Widen the hole by turning the kibbeh ball and pressing its inside walls gently against your palm. Try to get a thin shell, making sure it is uniformly thick. It is important to moisturise your hands in cold water as you work in order to give a smooth finish to the kibbeh.
- 8. Fill the hole with 2 teaspoons of filling and seal it, forming an oval shape with pointed ends. Set aside on a tray.
- 9. Heat oil in a deep pot for 5 mins on medium heat.
- 10. Using a slotted spoon put the kibbeh ball on the spoon and gently immerse it into the hot oil. You can fry in batches of 6-8 balls depending on your size of the pot.
- 11. Fry until golden brown (approximately 5 minutes).







NAHALLA'S TORTELLINI

Recipe by Nahalla Taha Meadow Heights Primary School

INGREDIENTS

- 500g packed tortellini
- 5 cloves crushed garlic
- 2 tablespoons oregano
- 1 tablespoon butter
- 2 tablespoon of dry mint leaves
- 1 litre water
- 2 kg tub yogurt
- 1 tablespoon salt
- 1 & ½ table spoons corn flour
- 2 nests of rice noodles
- 3 cups medium grain rice (washed)
- 2 tablespoon butter

METHOD

- 1. Stir yogurt in water, add salt and corn flour.
- 2. Place on medium heat stirring occasionally until the soup begins to boil.
- 3. Add tortellini and cook for 10 minutes (which is over the recommend time).
- 4. Put crushed garlic, oregano and butter in a frying pan and fry until golden brown.
- 5. When the tortellini are cooked, add the seasoning and the dry mint leaves. Stir thoroughly.
- 6. Place butter in another pot. Add rice noodles and fry until golden brown.
- 7. Stir in rice and 1 table spoon of salt.
- 8. Add enough water to cover the rice completely.
- 9. Cover and bring to the boil on medium heating.
- 10. When at boiling point, stir through and lower the flame and cook until the water has evaporated.
- 11. Place the rice and noodles in a bowl and spoon the tortellini soup over the top.

KAREN'S CHICKEN & VEGGIE PIE

Recipe by Karen Andreos Meadow Heights Primary School

INGREDIENTS

- 1 kg frozen shortcrust pastry
- 1kg frozen puff pastry
- 1kg frozen carrot, peas & corn pack
- 600 ml thickened cream
- 1tabespoon cornflour
- 2 cooked chickens

- 1. Thaw and rinse frozen vegetable and place them in a pot.
- 2. Add cream, stir and cook on medium flame.
- 3. Bring to the boil and season to taste with salt and pepper.
- 4. Add shredded chicken and stir through.
- 5. Add corn flour and cook for 5 minutes.
- 6. Put filling aside to cool down.
- 7. Cut the shortcrust into squares and put them in the pie maker as the base.
- 8. Spoon filling into the centre of the pastry and spread the filling. Do not over fill.
- 9. Place a squared sheet of puff pastry over the top, close the lid and wait for pies to cook.
- 10. Lift each pie gently and place on a plate.
- 11. Pull the corners off top so you can have a round pie.
- 12. Add summer salad and enjoy!

SALWA'S DOLMA

Recipe by Salwa Salem Meadows Heights Primary School

INGREDIENTS

- 1 kg vine leaves
- 2 kg medium grain rice
- 1kg minced meat
- salt
- pepper
- tomato paste

THE DIP

- 2kg tub yoghurt
- Olive oil
- Salt
- Dried mint
- 4 diced cucumbers
- 2 cloves garlic

METHOD

- 1. Wash the vine leaves and cut off middle stalk and leave to drain.
- 2. Wash the rice and mix with minced meat, seasoning to taste with salt, pepper and tomato paste.
- 3. Take a vine leaf and place smooth side down onto flat surface.
- 4. Roll some of the mixture into a log shape and place at the base of the leaf.
- 5. Fold the left and right sides of the leaf over the mixture and roll upwards.
- 6. Pour some oil into a deep pan and place the dolma across the base
- 7. Press firmly down with the palm of your hand
- 8. Continue to place dolma across the pan until you have 3 or 4 layers
- 9. Fill the pan with enough water to cover the top layer and cook on high heat
- 10. When boiling sprinkle some olive oil over the top and let simmer for 30 minutes

THE DIP

- 1. Crush the garlic and place in bowl.
- 2. Add cucumbers and yoghurt.
- 3. Season to taste with salt and olive oil.
- 4. Stir thoroughly and add mint.



STUFFED EGGPLANTS MAKDOUS (SYRIAN RECIPE)

Recipe by Awatif Jameel Good Samaritan Primary School

INGREDIENTS

- 1.5kg baby eggplants
- Half a kilo sun-dried red pepper
- 100g walnuts
- Salt, preferably coarse

- 1. Trim the stem of the eggplants and wash. Fill 2/3 of a big pot with water and let it boil. Weigh the eggplants down with a smaller heavy pot lid so they do not float and poach in boiling water for about 10 minutes to soften. The softening time will depend on the eggplants. In Syria, eggplants take more time to cook than in US. In general, they should only be a little soft to the touch when you press on them, but firm to hold their shape.
- 2. Promptly place the eggplants in ice water so they won't continue to cook, then drain completely and let cool.
- 3. Salt the eggplants so they will sweat as much water as possible. Make a little dent lengthwise in each eggplant with your index finger. Then, drench each eggplant with salt putting some inside the dent too. Arrange them in a big colander, place a big plate on top and weigh them down with a big can. Place a bowl under the colander to collect any liquids. Leave for 2 days making sure to empty the bowl occasionally.
- 4. To prepare the filling, mix together chopped walnuts, chopped red pepper and one teaspoon of salt. Red pepper cut in half and sun dried. You can use all sweet or chilly or a combination of both. If sun drying is not a option, you can broil pepper in the oven on low or use dried red pepper or paprika. Chop the red pepper and add to the mixture.
- 5. Stuff eggplants with walnut-pepper mixture, about 1 tablespoon for each depending on how big they are.
- 6. Arrange eggplants in a colander again, place a big plate on top and weigh them down. Leave for two days.

- 7. Arrange eggplants in clean jars, flip upside down tilted to drain any extra juices for one day.
- 8. Fill with olive oil to cover all and store in room temperature. It should be ready in three days. Makdous can keep for a year if properly made and covered with oil all the time.
- 9. Recently, many people will only fill one jar with makdous and freeze the rest in small packs (after step 6). This way you can recycle the olive oil once the first jar is over.
- 10. To prepare the frozen makdous, just put in a colander and allow to defrost for a couple of hours, then arrange in the same jar and add a little extra olive oil.
- 11. Serve a couple of makdouses with some olive oil from the jar for breakfast or supper with warm flat bread. Just take a piece of bread and dig in. They also make tasty sandwiches.



MANSAF (A TRADITIONAL JORDANIAN DISH)

Recipe by Naseem Hasweh Roxburgh Rise Primary School

INGREDIENTS

- 1 kg of lean lamb (cooking pieces)
- 2 medium sized roughly chopped onion
- 500g of Greek style yoghurt
- 1 egg
- 400g of small grain rice
- ½ cup of whole blanched almonds
- ½ cup of pine nuts
- ½ teaspoon coriander
- 4 loaves of Jordanian style pita bread
- Salt, pepper, and spices

- 1. Drain and pat dry lamb pieces.
- 2. Place in a frypan and cook for 20 minutes until browned on all sides.
- 3. Season meat with salt and pepper and add enough water to cover the meat.
- 4. Reduce heat, cover, and cook for 1 hour.
- 5. Add onion and simmer uncovered for 30 minutes.
- 6. While meat and onion are cooking, place yogurt in a large saucepan and whisk over medium heat until liquid.
- 7. Whisk in egg white and ½ teaspoon of salt.
- 8. Slowly bring yogurt mixture to boil stirring constantly with a wooden spoon in one direction only to reach desired consistency.
- 9. Reduce heat to low and allow yogurt to softly simmer -uncovered- for 10 minutes.
- 10. Stir meat into yogurt and add seasonings as desired.

- 11. Simmer gently for 15 minutes.
- 12. Taste and adjust seasonings, as needed.
- 13. Boil 6 cups of water, add cardamom and salt, when boiling add the rice, stir once and keep it on high heat until the water reaches the rice level (approx.12-15 minutes), lower the heat and cook for 20-25 minutes until the rice is fluffy.
- 14. Place the pita bread in a large serving tray and add ½ cup of the yoghurt sauce to the bread to soften.
- 15. Top it with rice, lamb and garnish with almonds, pine nuts and coriander.



SRI LANKAN FISH BUNS (MAALU PAAN)

Recipe by Sabra (Fathima) Izzath Meadows Primary School

INGREDIENTS

BUNS

- 2 cups flour (plain) + 1 cup flour for kneading
- 1 tbsp butter
- 1 tsp salt
- 2 tbsp sugar
- 1tbsp yeast dry
 Add water as needed (moderate warm water)

BRUSHING/GLAZING

- 1 egg yolk
- 1 tsp milk
 Sprinkle with sesame seeds optional.

METHOD

- 1. Into a bowl add in the yeast and sugar along with 4 tbsp warm water and mix well. Leave it covered for 15 min.
- 2. Next add in butter, flour, salt, warm water as needed to make a sticky dough.
- 3. Use the extra cup of flour you set aside for kneading.
- 4. Sprinkle the flour onto the work surface and knead the dough pressing lightly (don't over knead the dough), form a soft dough ball and let it rest for 1 hour.
- 5. Then shape the dough into 10 round balls and roll each one out into a small circle add the filling in the centre and press the Edges to form a triangle and flip it upside down.
- 6. Place all the neat triangles onto a buttered tray and let it rise for ½ an hour.
- 7. Pre-heat the oven at 180 degrees celsius.
- 8. Into a bowl add the egg yolk and a tsp of milk and lightly whisk using a fork, apply the glaze onto the buns using a pastry brush, top the buns with sesame seeds.
- 9. Bake the buns for around 20 min till golden brown (depends on your oven- could be 25 min too). Enjoy the buns warm with some ketchup on the side!

FISH AND POTATO FILLING

- 1 potato peeled, boiled and roughly mashed
- 1 tin of tuna flaked
- 1 big onion chopped
- 1 tomato chopped
- 2 garlic pods crushed
- ¼ of one bell pepper chopped or ½ a green chilli chopped
- 1 tsp paprika powder
- ½ tsp pepper powder
- ¼ tsp chilli powder optional
- curry leaves optional
- 3 tsp of oil
- salt to taste

INSTRUCTIONS

- 1. Add the oil into a pan and sauté the garlic and curry leaves (optional), then add the onions, tomatoes and bell pepper along with salt and let it cook for 5 min till onions are soft then add paprika, pepper, chilli powder and mix well.
- 2. Add in the can of flaked tuna and then add in the mashed potatoes and mix it all together, season once again with salt to taste.
- 3. Let the mixture cool, then use it as a filling for the fish buns.



LAMB YAKHNI PULAO

Recipe by Uzma Baig Coolaroo South Primary School

INGREDIENTS

- 3-4 cinnamon sticks
- 1 tsp cumin seeds
- 1 tsp black pepper
- 1 black cardamom
- 1 tbs coriander seeds
- 4-5 Cloves
- 4-5 green cardamom
- small piece nutmeg & mace
- 1 tsp fennel seeds
- ½ kg lamb

- 5-6 garlic cloves
- 1 & ½ tsp salt or to taste
- 7-8 cups water
- ½ cup oil
- 1 onion sliced
- 3-4 green chillies sliced
- 1 tbs ginger and garlic paste
- 1 tsp salt or to taste
- 1 cup yogurt
- ½ kg rice soaked

- 1. Take a muslin cloth and add all whole spice (cinnamon sticks, cumin seeds, black pepper, black cardamom, coriander seeds, cloves, green cardamom, nutmeg & mace, fennel seeds) and tie them in a pack.
- 2. In a pan add lamb, whole spices pack, onion (cut in 4 parts), garlic cloves, salt and water. And boil lamb until water is reduced to half and mutton is tender.
- 3. Now strain lamb. Take out lamb pieces and set aside. Save lamb stock and set aside. Remaining ingredients (onions, garlic and spices pack) shall be discarded.
- 4. In a pan, heat oil and add onion, fry for a min and add, cloves, black pepper, green cardamom and fry until onion are golden brown.
- 5. Add green chillies, cumin seeds, and crackle for a min and add boiled mutton and fry for 2-3 minutes. Add ginger and garlic and mix well, add black pepper powder and salt.
- 6. Add yoghurt gradually while stirring and cook/fry until oil separates. Now add lamb stock bring it to boil and add rice. Cook until little water remains. Cover and steam cook (dum) for 10 minutes.
- 7. Delicious Lamb Yakhni Pulao is ready to serve!



SARMA

Recipe by Pinar Kirmizi Coolaroo South Primary School

INGREDIENTS

- 3 cups rice
- 5 onions
- 1 spoon mint
- 1 small spoon black pepper
- salt
- 300g mince
- olive oil is great
- Small spoon pepper paste
- You can put any of the spices you want

METHOD

- 1. Mix all the ingredients
- 2. Place a small amount of the mixture on a vine leaf and wrap it.



KOSHARY

Recipe by Intesar Elsayed Dallas Brooks Primary School

INGREDIENTS

- 500g pasta
- 1 cup lentils
- 1 cup white rise
- 2 onions

- cumin powder
- cooking oil
- black pepper & salt to taste
- 1 can tomatoes diced

- 1. Boil the water, and then add a dash of cooking oil.
- 2. Add lentils, salt and cumin and cook them until tender.
- 3. Cook the rise in boiling water adding salt and black pepper.
- 4. Cook the past in boiling salted water.
- 5. When all the ingredients are cooked, cool them down, then mix them together.
- 6. Cut and fry the onions and add them to the top of the mixed ingredients.
- 7. Make a tomato sauce with the diced tomatoes, adding oil and garlic and chilli.
- 8. Pour the sauce in the mix and serve it hot.



ASH (PERSIAN SOUP)

Recipe by Elham Navaseri Coolaroo South Primary School

INGREDIENTS

- 1½ cup chickpeas and borlotti beans and red kidney beans
- 1 cup of lentils
- ½ cup cooked Rice
- 800g vegetables: leeks, parsley, coriander, mint, spinach, silverbeet
- 1 onion
- 1 tsp salt
- 1tbs black pepper
- 1tbs paprika
- 1 tsp turmeric
- red and black pepper and salt optional
- macaroni or noodles

- 1. Soak red beans, white beans and chickpeas in a bowl of water overnight.
- 2. Boil the beans in a big soup pot and make sure there is enough water to cover the beans. When the beans come to a boil, reduce the heat and let the beans simmer for 1 hour, keep adding water to make sure the beans are covered in water.
- 3. Cut onion and sauté on low heat till it becomes soft, add spices (paprika, turmeric and pepper) and add to the boiling beans.
- 4. Add lentils and salt along with water to the beans and boil. Reduce the heat and leave for 30 minutes.
- 5. Add the chopped herbs and greens and rice to the pot along with some more water, let it simmer for 20 minutes.
- 6. Add the noodles or macaroni and cook for 10 minutes. Enjoy!!



MEAT & POTATOES

Recipe by Halima Hamie Meadows Primary School

INGREDIENTS

- 1 kg potatoes
- 1 kg meat (mince)
- 3 onions
- 1 spoon oil
- salt, black pepper for taste

METHOD

- 1. Prepare the potatoes washing them and taking the skin off, cutting them in square pieces.
- 2. Cut the 3 onions in small pieces.
- 3. Add oil, onions and meat in a warm pan.
- 4. Add salt and pepper.
- 5. Mix well until well cooked.
- 6. Add the potatoes and let them cook for 15 to 20 minutes with a lid on the pan.
- 7. When ready, you can serve with fresh salad and yoghurt.



MUJADARA

Recipe by Johaynna Aycha Dallas Brooks Primary School

INGREDIENTS

- 1 cup white coarse bulgur rinsed and drained
- 1 cup regular brown or green lentils rinsed and drained
- 3 cups water
- 1/3 cup extra-virgin olive oil

METHOD

- 1. In a large pot, add olive oil and the lentils with 1.5 cups of water and simmer for 10 minutes.
- 2. Add in the bulgur, salt and 1.5 cups of water, allow to simmer and absorb.
- 3. Meanwhile, use a frypan add butter and sauté onions until caramelised.
- 4. Transfer the bulgur and lentil mixture to a large serving platter or bowl. Top with the caramelized onions and the spring onions.
- 5. Serve hot, warm or at room temperature

Serve with Fattoush or Tabouli salad or with Greek yogurt. (please note if using brown rice instead of bulgur add an extra cup of water and cook longer).

- 100 grams butter
- 2 medium-to-large yellow onions, chopped
- Salt and pepper to taste
- Spring onions, chopped for garnish at the end



POGAÇAS

Recipe by Neriman Ibrahim Roxburgh Park Primary School

INGREDIENTS DOUGH

- 1 glass of milk
- 1 small glass of water
- 5 small glasses of flour
- 2 eggs (separate the yolk to use later)
- 3 tablespoons butter
- 1 packet of yeast (dried or not)
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 small glass olive oil

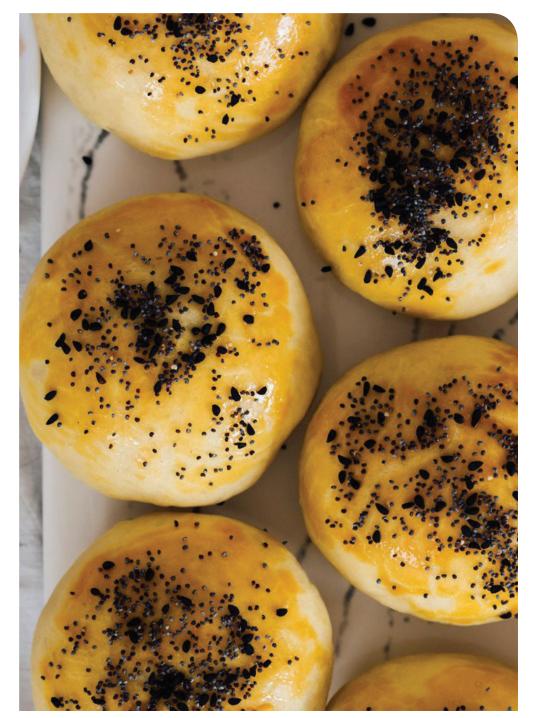
FILLING

- half bunch of parsley (cut into small pieces)
- block of Australian feta cheese (crumbled)

METHOD

- 1. Mix the filling ingredients together. Put aside.
- 2. Mix all the dough ingredients together in a big bowl. Cover it and leave to rise in a warm place for at least half an hour. When it has risen all the way up the bowl, it is ready. Make into small balls that are a bit bigger in size than a walnut.
- 3. One by one, take the dough balls and open them to flatten out a little. Put the parsley and cheese filling mixture inside and fold it in half.
- 4. Place them on a tray and brush the top of the poğaças with egg yolk.
- 5. Cook at 160 degrees in the oven for 18-20 minutes until it is golden on top.

Note: Any poğaças that have not been cooked can be stored in the freezer.



CHEESE FATAYER - LEBANESE PIE

Recipe by Ahlam Yacub Good Samaritan Primary School

INGREDIENTS FOR THE DOUGH

- 3 cups flour
- ½ Cup unsalted butter, melted
- ½ tsp instant yeast
- 1 cup water
- ½ tsp salt
- ½ tsp sugar

FOR THE CHEESE FILLING

- 2 cups feta cheese, crumbled
- 2 cups fresh mint, finely chopped

- 1. Mix the flour with sugar, yeast and salt. Then add the butter and mix well.
- 2. Pour in the water gradually until the dough forms. Knead the dough for about 5 minutes.
- 3. Grease a large bowl with butter and place the dough in it. Brush the top with some butter.
- 4. Cover the bowl and let it rest for 15 minutes.
- 5. In another large bowl, mix the cheese with chopped mint leaves.
- 6. Sprinkle the work surface with flour and knead the dough.
- 7. Cut the dough into small balls. Roll each dough ball into an oval shape.
- 8. Spread one tablespoon of filling in the center of each dough.
- 9. Fold one edge of the dough over diagonally and press it gently to seal it properly. Repeat the process with the other edge leaving an opening in the center to get the boat shape.

- 10. Brush all the Fatayer with melted butter before putting in the oven.
- 11. Bake in the preheated oven at 180°C for 15-20 minutes or until golden.



MARAK KUBBAH (A TRADITIONAL KURDISH BEET SOUP)

Recipe by Nadia Yalda Good Samaritan Primary School

INGREDIENTS

BEET SOUP

- Olive oil
- 1 medium onion, roughly chopped
- 6 beets, peeled and roughly chopped
- 4 tablespoons (about 100 grams) tomato puree
- 2 tablespoons sweet paprika
- salt and freshly ground pepper
- 8 cups chicken stock
- 2 tablespoons sugar
- juice of 1 lemon

MARAK KUBBEH ADOM

- 2 tablespoons olive oil
- 1 tablespoon ras al hanout
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 pound lean ground beef
- freshly ground black pepper
- 3 tablespoons finely chopped cilantro
- 4 cups coarse wheat semolina
- 2 cups water

METHOD BEET SOUP

1. Heat olive oil in a large pot over medium heat and sauté the onions until translucent. Add the beets and cook for a few minutes. Stir in the tomato paste. Add the paprika and season with salt and pepper, then add the chicken stock (of course it's best to use homemade here, but just use the best quality you can.

- I have to admit, I used "chicken soup mix" because that's what we have here, and it turned out great.). Allow to simmer over medium-low heat, uncovered, for at least an hour.
- 2. Just before adding the kubbeh, stir in the sugar and lemon juice. Using an immersion blender, pulse to partially blend the soup (or carefully transfer about 1/3 to a blender). This step is optional and will depend on what texture you like your soup.

MARAK KUBBEH ADOM

- 1. Heat the olive oil in a large pan over medium-high heat. Add the ras al hanout and toast, stirring, 1 minute. Add the onions and garlic and sauté until translucent. Add the ground beef and cook, stirring and breaking up with a spoon, until meat is cooked through. Remove from the heat and season with black pepper. If there is a lot of grease and fat in the pan then drain. Allow to cool, stir in cilantro, and set aside.
- 2. Put the semolina and water in a large bowl and allow to sit for a few minutes until the water is fully absorbed. It should be soft, but not liquidy or sticky. Try to avoid adding additional water or semolina as it could become very sticky; if this happens discard and start over. Just trust me.
- 3. Separate the mixture into balls. Flatten each ball, placing a large spoonful of the meat mixture in the centre and closing the dough around the meat. Refrigerate the balls until the soup is ready. Add the balls to the soup.



CHICKEN BREAST WITH MILK (DUTCH RECIPE)

Recipe by Maysoon Shamon Good Samaritan Primary School

INGREDIENTS

- 1 chopped onion
- 2 kg chicken breast (Minced)
- 1 egg
- ¾ cup of milk
- 1 tsp black pepper
- 2 tsp of flour
- 1tsp of salt

METHOD

- 1. Wash and dry chicken and add it to the bowl.
- 2. Add onion and mix egg, milk, flour and black pepper to it.
- 3. Mix well all ingredients and add salt.
- 4. Add a teaspoon of oil in a pan.
- 5. Stir fry chicken breasts.
- 6. Bake in the preheated oven at 180°C for 15-20 minutes or until golden.



ASSYRIAN RICE

Recipe by Dalal Youil Coolaroo South Primary School

INGREDIENTS

- 2 cups of long grain rice
- 3 medium size potatoes
- juice of 1 lemon
- salt to taste
- butter to taste

- 1. Place rice in a bowl and add water. Clean the rice by mixing the rice with your hand and drain. Repeat this process around 3 times. Let the rice soak in the water for a few minutes.
- 2. Fill a large pot with water until halfway and boil. Add lemon juice and 2 tablespoons of salt and mix.
- 3. Drain the rice and add to the pot. Mix until water starts to boil again. Let boil for 5 minutes.
- 4. Use a sieve to strain the rice and rinse under cold water.
- 5. Add some oil to the pot (enough to cover the base). Cut thinly sliced potatoes into the base. Add the drained rice. Poke some holes in the rice and drizzle with 1 cup of water.
- 6. Wrap a tea towel around the lid and let the rice cook on low heat for approximately 20mins.
- 7. Turn the heat off add some butter to the rice, close the lid and let the butter melt through.



ITALIAN PIZZA

Recipe by Silvia Amici Hub Support Coordinator

INGREDIENTS DOUGH

- 500g plain flour (white or half wholemeal, half white)
- 2 teaspoons of dry yeast
- Fizzy water
- 3 teaspoons Salt
- 1 teaspoon sugar
- 2 tablespoons extra virgin olive oil

TOPPING

- Tomato sauce (Passata or tin tomatoes)
- Mozzarella cheese (or grated cheddar)
- Oregano
- Extra virgin olive oil
- Pinch of salt
- Other ingredients of your choice

METHOD

- 1. Make a fountain with the flour.
- 2. Dissolve the yeast in 1 glass of warm water and stir it well.
- 3. Add the yeast & water mixture to the flour and mix well.
- 4. Add the oil, the sugar and the salt to the mix.
- 5. Add fizzy water until forming a soft but not sticky dough.
- 6. Knead the pizza dough until you will form a big ball of elastic texture.
- 7. Secret Tip: Throw the dough on the table/ kitchen bench few times to activate the yeast.
- 8. Knead the dough again.
- 9. Repeat the throwing-kneading process few times until the dough become soft and elastic. You will notice that the dough will become softer every time it will be thrown on the table.
- 10. Divide the dough into 2 balls, which you will place in a big bowl for resting
- 11. Cover the bowl with a cloth or clinging wrap.
- 12. Put the bowl in a warm place and let the dough rise for at least 4-6hrs.

Tips:

- If you can do the dough the day before, the pizza will be much easier to digest.
- No Time to make dough? Use Lebanese flat bread as the pizza base!

MAKING THE PIZZA BASE:

- 1. After the resting time the pizza should have doubled of size.
- 2. Cut the dough parts and make 4 balls.
- 3. Flatten the ball on a floured surface with your hands first and then with a rolling pin.
- 4. The thinner the base will be, the crunchiest the pizza will be. If you like the pizza soft and thick leave the base ½ cm thick
- 5. Make a round shape and you base is ready to be filled!

PREPARE THE SAUCE

- 1. Mix the Passata or chopped tomatoes in tin with olive oil, a pinch of salt and dry oregano.
- 2. Cover the pizza base with the sauce.
- 3. Add shredded mozzarella (or any other cheese of your choice)
- 4. Add any other desired ingredient (olives, capers, mushrooms, cold meat, etc)

Please Note: Traditional Italian pizza is very simple, topped with only few ingredients. The most traditional pizza is Margherita, which is only topped with tomato sauce and good quality mozzarella cheese.





ORANGE & ALMOND CAKE

Recipe by Caroline Menassa St Dominic's Primary School

INGREDIENTS

- 4 eggs
- 3/4 cup of sugar
- 1 teaspoon vanilla sugar
- 3 cups almond meal
- 1 teaspoon baking powder
- juice of 2 oranges (measure) or 1/2 cup fresh orange juice

METHOD

- 1. Preheat oven to 180°C.
- 2. Beat sugar and eggs together until a pale yellow colour.
- 3. Fold/mix together vanilla sugar, almond meal baking powder and orange juice.
- 4. Pour into a lined cake pan.
- 5. Bake for 40 minutes to 1 hour or until a skewer inserted into the centre comes out clean.
- 6. Set aside for 15 minutes to cool.

ORANGE SYRUP

- Zest of orange 1 orange juiced
- 3/4 cup caster sugar
- 1. Wash orange and peel the rind from the orange and cut into long strips.
- 2. Boil in water for 2min then strain. Do this 2-3 times.
- 3. Add sugar and orange juice and boil for 2min or until sugar dissolves.
- 4. To the syrup add drops of orange blossom water/rose water (optional).
- 5. Pour syrup over top of cake.
- 6. Decorate with sliced orange and other fruits and enjoy!



CARROT LOKUM

Recipe by Nursen Ciftci Coolaroo South Primary School

INGREDIENTS

- 1 kg carrots
- 1 litre water
- 1 cup sugar
- 5 tablespoons corn flour
- coconut or crushed walnuts

METHOD

- 1. Peel carrots and chop. Add water and boil. Once carrots are soft strain water but keep 1 cup of juice.
- 2. Blend carrots with water with blender. Then add sugar and corn flour. Cook until you get a pudding texture. Place this into a platter. Leave overnight.
- 3. Cut into little squares and then roll them. Coat with coconut or crushed walnuts.



BAKLAVA

Recipe by Pinar Kirmizi Coolaroo South Primary School

INGREDIENTS

- 125ml yoghurt
- 125ml oil
- 1 egg
- 1 small spoon vinegar

- 3 drop lemon juice
- pinch of salt
- 880g flour
- 10g baking power

- 1. Knead until there is a soft consistency
- 2. Make small balls.
- 3. Rest at least 2 hours.
- 4. After resting it, dust a work surface and the first dough ball with a small amount of corn flour.
- 5. Put corn flour between the each layer and make 8 layers of dough as big as possible.
- 6. Put the layers in the tray used to bake the baklava in, and cut it according to the size of the tray.
- 7. Put walnuts or hazelnuts between the layers and cover with dough again, then slice and melt the butter on it.
- 8. Bake in 170 degrees oven for 40 minutes.
- 9. Make syrup while it is cooking 600 g sugar, 800 g water, thin slice of lemon boil the syrup and then pour the syrup from a warm cup onto your warm dessert. Enjoy!!



KAHK (EID COOKIES)

Recipe by Hanada Kheb Coolaroo South Primary School

INGREDIENTS

- 4 cups flour
- 1 cup melted ghee
- 1 cup milk
- 3 eggs
- 3 tablespoons sugar
- 2 tablespoons sesame seeds
- 1 tablespoon nigella whole seed
- 2 tablespoons ground aniseed
- 2 tablespoons ground fennel seeds
- 1 tablespoon dry yeast
- 2 teaspoons baking powder
- 1 teaspoon mahlep
- 1/2 teaspoon turmeric

INGREDIENTS FOR THE DATE FILLING

- 1 kilogram date paste
- 1 tablespoon ground aniseed
- 1 tablespoon ground fennel seeds
- 1 tablespoon melted ghee
- 2 tablespoons oil

- 1. In your mixing bowl add all the ingredients and mix it with your hands until you get consistent dough
- 2. Cover and let it rest for an hour

- 3. Prepare the filling in a pot, add the date paste, fennel, aniseed, ghee and the oil and mix until completely incorporated
- 4. After the hour has passed, divide the dough into small balls
- 5. Put the date filling in the dough and shape it as you like
- 6. Place cookies in the oven tray
- 7. Bake at 180 degrees for 5-10 minutes or until the bottom is golden brown
- 8. Let it cool down on a wire rack
- 9. Store in a container



THAMOL CAKEID

Recipe by Fadia Al-Dhelfai Coolaroo South Primary School

INGREDIENTS

- 1tsp dried yeast
- 1 cup warms milk
- 3 cup plain flour
- 1/2 tsp salt
- 1 cup batter

- 2 eggs
- 1 tsp black seed
- 1 tsp sesame seeds
- 1 tsp sugar
- 2 tsp milk
- 1 yolk egg

METHOD

- 1. First mix yeast and sugar then add milk and mix for 10 minutes.
- 2. Second mix all other ingredients in a big bowl and add mixed milk. Mix for 2 minutes though not too much.
- 3. Mix 2 tsp milk and yellow egg (yolk) and painting the top finally.
- 4. Put black seeds and sesame on top. You can make your own design.
- 5. Bake in the oven at 180 degrees for 10 to 15 minutes until golden.



SEKERPARE

Recipe by Fahriye Yilmaz Coolaroo South Primary School

INGREDIENTS

- 125g soft butter
- ½ cup icing sugar
- 1 egg
- 3 tablespoons semolina

- 2½ cups self-raising flour
- teaspoon vanilla powder
- almonds or hazelnut

SYRUP

- 2 cups of white sugar
- 2 cups of water

- 1. Mix butter, icing sugar, egg, semolina and flour until you get a soft dough (like a shortbread).
- 2. Roll dough into balls and place an almond or hazelnut in centre.
- 3. Place in a non-stick tray and bake at 180 degrees until golden brown.
- 4. For syrup add both ingredients (sugar and water and boil for about 15 minutes)
- 5. When pouring syrup over cookies, one must be hot and the other cold). It will not matter which order you do it. Enjoy!!



LEBANESE KNAFEH

Recipe by Pinar Kirmizi Coolaroo South Primary School

INGREDIENTS

- 2½ cups caster sugar
- 220g packet corn flakes
- 80g butter, melted
- 4 cups milk
- 600ml thickened cream
- ¾ cup semolina
- 1 tbs cornflour
- 1 tsp Queen Natural Rosewater Essence
- 1½ cups grated mozzarella

METHOD

- 1. Place 1½ cups of the sugar and 3/4 cup water into a small saucepan over medium heat. Stir until sugar dissolves and mixture boils. Reduce heat to low and simmer for 4 minutes. Remove from heat. Set aside.
- 2. Preheat oven to 180°c. Grease a 9-cup capacity baking dish. Pulse corn flakes in a food processor until chopped. Add butter and pulse until combined. Spread and press half the corn flake mixture over the base of prepared baking dish. Refrigerate until required.
- 3. Combine milk, cream, remaining sugar, semolina and cornflour in a medium saucepan over medium heat. Stir with a whisk until sugar dissolves and mixture just comes to the boil and thickens. Remove from heat and stir through rosewater essence. Spoon half the custard mixture over the corn flake base. Sprinkle cheese over custard. Spoon remaining custard over cheese. Finish with remaining cornflake crumbs.
- 4. Bake for 25 minutes or until golden and just set. Spoon into bowls and serve with orange slices, pistachios and drizzled with syrup.

Tip:

For another element of authentic flavour, add the finely grated rind of an orange to the syrup.



SOMALIAN SWEET PANCAKE

Recipe by Muna Abdulaziz Meadows Primary School

INGREDIENTS

- 3 cups warm water
- 2 teaspoon backing powder
- 1¾ cups fine semolina
- 1/3 cup flour
- 2 teaspoons dry yeast

- 1 teaspoon sugar
- pinch of salt
- vegetable oil for cooking
- 6 tablespoon butter melted
- honey warmed

- 1. In a bowl, combine 1/4 cup of the warm water with the baking powder
- 2. In a food processor, combine the semolina with the flour, yeast, sugar and the remaining 2 3/4 cups of warm water; process for 30 seconds, until smooth.
- 3. Add the salt and baking powder mixture and process for 30 seconds longer.
- 4. Pour the batter into a large bowl, cover with a kitchen towel and let rise at room temperature until doubled in bulk, about 1 hour.
- 5. Heat a 10-inch nonstick skillet and coat it with a thin layer of vegetable oil.
- 6. In a small bowl, blend the honey with the melted butter.
- 7. Whisk the batter until creamy.
- 8. Ladle 1/3 cup of the batter into the skillet, tilting the skillet to distribute it evenly.
- 9. Cook the pancake over moderate heat until bubbles appear all over the surface and the bottom is pale golden, about 2 minutes.
- 10. Shake the skillet to loosen the pancake, then slide the pancake onto a plate.
- 11. Drizzle with the honey butter and serve right away.
- 12. Repeat with more oil and the remaining batter and honey butter.



IRAQI BAKLAVA

Recipe by Maysoon Hannah Roxburgh Rise Primary School

INGREDIENTS FOR THE SIMPLE SYRUP

- 1 cup water
- 2 cups white sugar

FOR THE BAKLAVA

- 2 packets of filo pastry
- 250g pistachio nuts (chop or blend into little grain-sized pieces)
- 250g butter (melted)

METHOD

Making the Simple Syrup and Filling

- 1. Place the water and white sugar in a saucepan.
- 2. Bring to the boil over high heat, stirring gently until sugar dissolves. Reduce heat to medium and simmer for 3 minutes, then set the syrup aside to cool.
- 3. To make the filling, chop or blend pistachio nuts until you have a grain-like mixture. Then set aside.

Making the Baklava

- 1. Butter the tray. Place all the filo pastry sheets from one packet onto the tray.
- 2. Place the pistachio filling on top of the pastry.
- 3. Place the second packet of filo pastry on top of the filling.
- 4. Cut the layers into small square pieces then pour the melted butter over the whole tray. You can shake it a little to help the butter cover all over the baklava.
- 5. Place the tray in the oven at 150 degrees celcius until pastry is golden and crispy (around 60 minutes).
- 6. Take the baklava out of the oven. While it is still hot you pour cold syrup over it all and allow to soak in and cool for 2 hours. You may sprinkle some ground pistachios on top of the Baklava if desired.
- 7. Use a sharp knife to cut the baklava into individual pieces ready to serve.



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