# MELTING POT — CAFÉ PROJECT —



GIPPSLAND TRADES
& LABOUR COUNCIL®



The Melting Pot Café and Gippsland Trades & Labour Council acknowledge the Brayakooloong people of the Gunaikurnai nation as the traditional owners of the land on which the GTLC stands.

We recognise their sovereignty was never ceded and pay our respects to elders past, present, and emerging.

### SPECIAL THANKS

THE MELTING POT WOULD NOT HAVE BEEN POSSIBLE WITHOUT THE SUPPORT OF MANY PEOPLE AND ORGANISATIONS WITHIN THE COMMUNITY.

Gippsland Trades & Labour Council
Skills and Jobs Centre
Latrobe Community Health Service
International Women's Group
United Muslim Sisters of Latrobe Valley
Morwell Neighbourhood House
Latrobe Youth Space
Gippsland Multicultural Services
OurPlace

Farhat, Derya, Steve, Kacie, Janine, Terry, Daniel, Elise, Debra, Nikki, Soula, Jane, Arfa, Gina, Tracie, Cher, and the participants of the Melting Pot.

### SHARING FOOD, CULTURE & RECIPES

#### Food Is Almost Everything:

Food is a rich topic. It's history, culture, family, physical health, mental health, business, community, environment, and even philosophy. Sharing is caring. In Australia, at most Aussie gatherings, "please bring a plate" means please bring (a plateful of) food to share with others. In China, when a guest is asked to stay for lunch or dinner, "just another pair of chopsticks" shows the hospitability of the host to ensure the guest it won't be too much trouble to stay for lunch/dinner.

#### Food & Culture:

When we think of cultures - especially other cultures - we think of what they wear, what they speak and especially what they eat. Food is an important way of preserving and sharing culture. Food is associated with warm feelings about childhood, good memories of families, personal values, and traditional cuisine.

#### Food & Identity:

Food is also an expression of (cultural) identity. People connect to their cultural or ethnic groups through food, which gives people feelings of belonging and access to social networks. Food provides support, shared interests, and values.

#### **Food Stories:**

For migrants or children of migrants, food stories can be tales of homesickness or adaptation to new food and culture. Food is also a way of knitting together family, friends and communities through stories, recipes, photos, video, audio, either at home, or at a social gathering, or on a street, or in a cafe or a restaurant.

#### Food & Language:

Language and food are closely linked. Food is a global language. Most languages around the world use food to convey meaning and metaphorical thinking. For example, "food for thought"; "have a lot on my plate"; "bad apples"; "butter up"; "walking on eggshells"; "fed up"; "don't bite off more than you can chew".

### **ABOUT**

The Melting Pot Café Project was initiated before COVID by Farhat Firdous, Kacie Duncan, and Elise Watson to support participants from the multicultural community to gain skills, training, experience, and employment in the hospitality industry. The project was resumed in February 2022 and gained lots of momentum!

The main goal of the Melting Pot Café Project was to support people from the multicultural community to gain experience, accredited training and ultimately employment in the hospitality industry; to support the local multicultural community to share culture and food, with the potential to create jobs and change lives.

Secondary goals were to help participants:

- Familiarise with Australian hospitality industry.
- Understand Australian food business regulations.
- Gain skills, knowledge, experience, and accredited training.
- Create a network of support and opportunity.
- Develop employability.
- Build connections and a sense of belonging.
- Share food and cultural stories.
- Create hospitality businesses.

To accomplish these goals, participants created and ran a pop-up café experience where they could learn practically all elements of the hospitality industry.

### **OUTCOMES**

- Training: As of the end of August 2022, all participants have received food handling training and 17 participants have received food safety supervisor training. Some participants have also received communication skills and first aid training.
- **Employment:** Six participants have found employment since enrolement, including four who are now working in food handling positions.
- Pop-up Café Experience: A three course meal (of seven dishes)
   proposed, prepared, cooked and served by participants;

#### **ENTREE:**

Fresh Rice Paper Spring Rolls, and Curry Puff Samosas.

#### MAIN:

Indonesian Beef Satay, Thai Cashew Chicken, and Japanese Soba Noodles.

#### **DESSERT:**

Lebanese Baklava, and Indonesian Onde-Onde Manado

Cooking Practice and Demo - June 1<sup>st</sup> 2022 Practice Run for Pop-Up Café - June 29<sup>th</sup> 2022 Pop-Up Café Event - 24<sup>th</sup> August 2022

- Community Involvement: Some participants have volunteered to cook for foodbanks at Morwell Neighbourhood House and Latrobe Youth Space. Participants were referred to various other services, linking and networking with other community groups.
- Wellbeing Support: Participants from diverse background were united to create beautiful individual and community stories through food and culture. A network of support and opportunity was built for participants to connect and have a sense of belonging.



### AMALINE'S LEBANESE BAKLAVA



My name is Amaline and I was born in beautiful Lebanon. I love cooking and I especially love cooking Lebanese foods!

Lebanese baklava is a traditional dessert we make before Easter fasting. All of the christened Lebanese people eat baklava for one week before fasting.

Lebanese baklava is different from Greek baklava which often uses a honey-based syrup with spices, whereas Lebanese baklava uses a syrup mixture scented with rose water or orange blossom water.

A long time ago when I was a child we had to buy baklava from a special sweet shop called Halab because we did not have an oven!

- 1 Packet (375g) Filo Pastry
- 250g Unsalted Butter
- 300g Peanuts (Roasted & Unsalted)
- 80g Pistachios
- 1<sup>1/2</sup> Cups (300g) Sugar
- 1<sup>1/2</sup> Cups (375ml) Water
- 1 Cinnamon Stick

- Rind of 1 Lemon
- Juice of 1/2 Lemon
- 2 Tbsp Honey
- 2 Tsp Rose Water
- 1 tsp Ground Cinnamon

- 1. Preheat oven to 180°C.
- 2. In a pot, add water and honey together to make a syrup, stir to combine.
- 3. Over medium-high heat, add sugar (leaving 2tbsp for later use), lemon rind, and a cinnamon stick to the syrup and bring to a boil. Remove from heat allow to cool for 15 minutes.
- 4. Combine the peanuts and pistachios in a food processor and pulse until a breadcrumb texture is achieved.
- 5. In a bowl, add the remaining sugar, ground cinnamon, and rose water (or orange blossom water) to the nut mixture and stir to combine.
- 6. Prepare the filo pastry by covering the sheets with a damp clean tea towel to prevent drying out.
- 7. In a lightly greased baking tray, layer half of the packet of filo sheets, one at a time, by placing a sheet, brushing the surface completely with melted butter, and repeating.
- 8. When half of the filo sheets have been layered with melted butter, evenly distribute the nut mixture across the surface of the filo.
- 9. Just like Step 7, continue layering the remaining filo sheets with butter on top of the nut mixture.
- 10. When all of the filo sheets have been assembled, cut the baklava into a diamond or square pattern approximately 1-2 inches in size, and evenly pour remaining butter over the top.
- 11. Place the baking tray into the oven and bake for approximately one hour.
- 12. Remove the baking tray from the oven and immediately pour the syrup mixture evenly across the top of the baklava.
- 13. Allow to cool before serving, and enjoy!





# AMALINE'S LEBANESE CURRY PUFF SAMOSAS



We often have vegetarian triangle-shaped curry puff samosas among many other vegetarian dishes when we are fasting.

- 1 Sheet Puff Pastry
- 1/4 Onion (Chopped)
- 1/4 Carrot (Grated)
- 1/4 Potato (Grated)
- 1/4 Zucchini (Grated)
- 1 Tbsp Corn Kernels
- 1 Tbsp Bean Shoots
- 1/4 tsp Curry Powder

- 1 Tbsp Cooking Oil
- 1/4 Cup Water
- 1/4 Cup Milk

- 1. Preheat oven to 200°C.
- 2. Place a fry pan over medium heat and pour in the oil.
- 3. Add chopped onions to the pan and sauté for 2 minutes.
- 4. Add the curry powder to the onions and stir to combine.
- 5. Cook for a further 1 minute.
- 6. Add the bean shoots, carrot, corn kernals, potato, and zucchini.
- 7. Sauté for 1 minute.
- 8. Remove from heat and allow to cool.
- 9. Cut the sheet of puff pastry into 4 equal squares.
- 10. Distribute the sauteéd vegetable mix evenly into the centre of each of the pastry squares, ensuring a small gap is left around the edges.
- 11. Using a pastry brush, lightly wet the edges of the pastries with water.
- 12. Fold the pastry over the mixture and join the edges to form triangles.
- 13. Pinch the edges of the pastry with your fingers or a fork to seal the samosas.
- 14. On a lightly greased baking tray, place assembled samosas and brush with milk.
- 15. Put the baking tray into the oven, and bake for 15 minutes or until golden-brown.
- 16. Serve warm and enjoy!





## DAISY'S CHINESE VEGETABLE SOBA STIR-FRY



I'm Daisy, I come from China and live in Moe. I miss Chinese food, there's lots of yummy food I can't find in Australia so I have to make it myself for my daughter.

I like helping others and making new friends. The Melting Pot helped me to meet many friendly people and intruduced me to their beautiful food.

Noodles are essential in Chinse cuisine. They're traditionally served during spring festival and on birthdays to symbolize longevity. It is often believed that the longer the noodles, the longer the life.

Soba means 'buckwheat' in Japanese, but it sounds like 'shou' and 'fa' in Chinese, which are related to longevity and prosperity. Therefore, it is expected that cooking, serving, and eating soba noodles would bring people good luck.

#### **INGREDIENTS**

#### **FOR NOODLES**

- 300g Soba Noodles
- 1 Tbsp Avocado, Coconut, or Olive Oil.
- 2 Cups (~200g) Chinese Cabbage (Shredded)
- 3 Cups (~375g) Mushrooms (Thinly sliced)
- 2 Large Carrots (Julienned)
- 6 Cloves Garlic (Thinly sliced)
- 1 Thumb Ginger (Minced)
- 1/3 Red Capsicum (Julienned)
- 1/3 Yellow Capsicum (Julienned)
- 1/3 Green Capsicum (Julienned)

- 1/2 Bunch Spring Onion (Finely chopped and separated into green and white pieces)
- 9 Tbsp Toasted Sesame Seeds
- (OPTIONAL) Black Sesame Seeds, Steak Strips, Chicken Breast, Egg, or Tofu.

#### **FOR SAUCE**

- 6 Tbsp Toasted Sesame Oil
- 6 Tbsp Rice Vinegar
- 3 Tbsp Soy Sauce

- 1. Place a pot filled with water over high heat and bring to the boil.
- 2. Following the instructions on the packet, place the noodles into to the water and allow to cook for recommended time.
- 3. Strain the noodles over the sink, rinsing with cold water to remove starch and prevent your noodles having a gluey texture. Set aside.
- 4. In a bowl or jug, combine the toasted sesame oil, rice vinegar and soy sauce. Set aside.
- 5. In a wok or frying pan, heat the avocado/coconut/olive oil over medium-high heat.
- 6. Add cabbage, mushrooms, carrot, and a pinch of salt, stirring constantly for 2-3 minutes.
- 7. Add ginger and garlic and stir for an additional 1-2 minutes.
- 8. Add capsicum and the white spring onion and stir for 2-3 minutes until the mixture is tender and crisp.
- 9. Add the soba noodles and the sauce and toss to combine for 1-2 minutes.
- 10. Sprinkle in the green spring onion and sesame seeds.
- 11. Serve hot, garnishing with black sesame seed if desired. Enjoy!





### DAO'S VIETNAMESE RAGOUT (LA GÙ GÀ)



"Xin chào" (Hello!) My name is Dao and I am from Vietnam which is well-known for its beautiful beaches and cuisine. In my spare time, I love to learn how to cook new dishes from YouTube and my friends.

I have fallen in love with Australia, I have met lots of kind people and it's my honor to share my cooking with you. Honestly, I did not like cooking and just ate out until I came here. To save my living costs, I had to start cooking. I was so nervous when cooking my first meal. The moment my husband enjoyed my first dish it made me

excited! At that time, I realised why my mom loved to cook food for the family.

When my grandma was alive, she was a chef that knew how to make hundreds of delicious dishes. "LA GÙ GÀ" is one of her best dishes. I've tried to reminisce about her cooking have created my own recipe!

Vietnamese ragù comes from French ragout, referring to a well-seasoned vegetable and meat stew. Although the French introduced ragout, the Vietnamese spelled it like Italian Ragù. Viet people pronounce "R" as an "L", and chicken is 'Gà'. Therefore, they call the dish "La Gù Gà" - Ragù Chicken.

- 1 Shallot (Small, Diced)
- 2 Garlic Cloves (Sliced)
- 3 Carrots (Peeled, Chopped)
- 2 Potatoes (Peeled, Chopped)
- 1kg Chicken Drumsticks
- 1 Tomato (Sliced)
- 4 Tbsp Cooking Oil
- 1/2 tsp Salt
- 2 Tbsp Sugar
- Pepper (to Taste)
- 1 Tbsp Chicken Stock Powder

- 1 Tbsp Vietnamese Fish Sauce
- 1.5L Water
- 1 Red Chilli (Chopped)
- Coriander (For Garnishing)

- 1. Over the sink, rinse the chicken with water and salt to clean it and remove the raw smell.
- 2. In a container or zip-lock bag, place the chicken, garlic, shallot, salt, sugar, fish sauce, and pepper and mix together.
- 3. Seal container or bag and place in the fridge and allow to marinate for at least 30 minutes.
- 4. In a large saucepan, heat half of the oil over high heat.
- 5. Add garlic to saucepan and allow to cook for about 30 seconds before adding the marinated chicken mixture and allowing to sear for 10 minutes.
- 6. Carefully add the water and bring to a simmer, then reduce the heat and allow the mixture to slow-cook for 20 minutes.
- 7. In a separate pan over high heat, pour the remaining oil. When hot, add the carrots and potatoes in the pan, stirring constantly for about 5 minutes.
- 8. Carefully transfer the carrots and potatoes into the chicken pot and continue to simmer for an additional 30 minutes (50 minutes total), seasoning with salt and pepper as preferred, until the chicken is tender and the vegetables are soft.
- 9. Serve with fresh bread or boiled white rice and garnish with chilli and coriander. Enjoy!





### DJ'S SRI LANKAN KIRIBATH (MILK RICE)



My name is Nearenchi Towers and my nick name is DJ. I am from Sri Lanka, lands of spices and the number one cinnamon exporter in the world.

I love to cook and share my recipes with my friends. I enjoy being a member of the Melting pot project. I have had amazing times with other Melting Pot

members, we are like a big family sharing our culture, food, recipes and knowledge together. We work as a lovely team!

Kiribath is Sri Lankan milk rice. It is Sri Lanka's national dish that we make for every celebration and is a classic breakfast that everyone loves. I am happy to share our easy recipe of milk rice Kiribath.

#### **INGREDIENTS**

- 2 Cups Basmati Rice
- 3¾ Cups Water
- 400mL Thick Coconut Milk
- 2 tsp Salt

..That's it!

- 1. In a bowl or container, rinse and drain your rice to remove starch and dirt. This is typically repeated 3-4 times to ensure cleanliness and a good final texture.
- 2. Add the rice to a rice cooker or instant pot along with 3¾ Cups Water and 1 tsp of salt and cook the rice as per your usual method or as the packet of rice instructs.
- 3. Combine your thick coconut water with your remaining salt, ensuring that the salt has dissolved fully and the coconut milk now tastes slightly salty.
- 4. Add the coconut milk mixture to the cooked rice immediately when the rice has finished cooking, do not allow the rice to cool.
- 5. Mix the rice and coconut water together, stirring constantly until the rice grains have broken down and a sticky texture has been achieved.
- 6. Transfer the rice to a banana leaf or tray and shape it to your desired form for decoration.
- 7. Using a knife coated in coconut milk to prevent sticking, slice the rice into 4 or more equal amounts and serve. Enjoy!





### DJ'S SRI LANKAN FISH PICKLE



This is a special sea food pickle recipe that goes very well with rice and pita bread!

- 250g Swordfish (Cubed)
- 1 tsp Salt
- 2 tsp Red Chilli Powder
- 2 tsp Turmeric Powder
- ¼ Cup Vegetable Oil
- ½ Cup Mustard Oil
- 1 Tbsp Mustard Seeds
- 1 Tbsp Fenugreek Seeds

- 10 Curry Leaves
- 5 Whole Red Chillies (Small)
- ¼ Cup Vinegar
- 1 Tbsp Asafoetida
- ½ Cup Ginger Paste
- ½ Cup Garlic Paste

- 1. In a bowl combine swordfish, ½ tsp salt, 1 tsp red chilli powder, and 1 tsp turmeric powder. Mix well until fish is coated and then allow to marinate for 2 hours.
- 2. Heat vegetable oil in a frying pan over medium-high heat and add the swordfish pieces, frying until crispy and golden-brown.

  Set aside.
- 3. In another pan, pour mustard oil over high heat. Add mustard seeds and fenugreek seeds and toast for 30 seconds.
- 4. Add curry leaves and whole red chillies, sauté for 30 seconds and then add garlic paste and ginger paste. Fry together until pastes are golden-brown.
- 5. Add asafoetida and continue to fry until the water content of the mixture has evaporated.
- 6. Add remaining turmeric powder, sautée for about 10 seconds, then add remaining red chilli powder and repeat.
- 7. Pour vinegar into the mixture and add the swordfish, stirring until well coated and the spices have absorbed into the fish.
- 8. Serve and enjoy!





# HELMI'S INDONESIAN BEEF SATAY STIR-FRY



I'm Helmi, I am originally from Indonesia. I grew up on the small Island we called Talaud Island in North Sulawesi.

When I was a child, I used to love helping my mother in the kitchen. I came to Australia in 2014 and moved to Mirboo North in South Gippsland in 2018.

I've participated in most of the Melting Pot project training activities from February to August. Two of my proposed dishes were on the menu for our first pop-up event and my food was well received.

I am currently still learning English at Tafe Gippsland in Morwell. I really enjoy being part of the Melting Pot Café Project and I enjoyed cooking and teaming up with friends in the kitchen and sharing my traditional food recipes.

This food is very popular in North Sulawesi. Every Mama in Manado is familiar with Satay dishes. In other parts of Indonesia and in Malaysia, people also cook satay, but their ways of cooking and preparing are different. This food can be found when people host a party or wedding, or on Thanksgiving Day. Some people just come to the party for the food!

- 500g Diced Beef
- 5 Shallots
- 4 Red Chillies (Small)
- 4 Red Chillies (Large)
- 1 Thumb Ginger
- 5 Candlenuts
- 2 Kaffir Leaves
- 2 Tbsp Cumin Powder
- 5 Tbsp Coconut or Palm Sugar
- 125g Peanuts (Crushed)
- 1 tsp Turmeric Powder

- 1 Beef Stock Cube
- 3 Tbsp (Kecap Manis)
- 7 Cloves Garlic
- 1 Segment Galangal
- 1 Lemongrass
- 2 Tbsp Ground Coriander
- 1 Tbsp Tamarind
- 100mL Water
- 3 Tbsp Vegetable Oil
- ¼ tsp Pepper
- Salt (To Taste)

- 1. In a bowl, combine the beef, tamarind, ground coriander, and ground cumin. Toss until evenly coated then set aside to marinate for 30 minutes in the fridge or 1 hour at room temperature.
- 2. Prepare the shallots, chilli, ginger, garlic, galangal, and candlenuts, by crushing or finely chopping them and combining them together into a paste.
- 3. In a sauté pan, pour vegetable oil over a low heat. Crush the lemongrass and wash the kaffir leaves before adding to the pan and frying until soft and fragrant.
- 4. Add the paste made in Step 2 to the pan and cook and continue to cook on low heat until golden-brown.
- 5. Add the marinated beef to the pan along with the warm water, stirring to combine. Cover with lid and allow to simmer on low heat for 30 minutes.
- 6. Uncover the pan and add palm sugar. Re-cover and simmer for a further 20 minutes.
- 7. Uncover the mixture and add kecap manis, bay leaves, beef stock, crushed peanuts, pepper, salt to taste, and 100mL of warm water, stirring to combine.
- 8. Simmer for 10-15 minutes then taste test for seasoning. Add more as required.
- 9. Serve with rice, boiled potato, or boiled cassava. Enjoy!





# HELMI'S INDONESIAN ONDE-ONDE MANADO

# ONDE-ONDE MANADO IS A POPULAR INDONESIAN DESSERT. THIS STICKY RICE SNACK IS VERY EASY TO MAKE WITH FILLINGS OF PALM SUGAR OR SWEET MUNG BEAN PASTE

# IT IS A COMMON SNACK THAT CAN BE FOUND IN ALMOST ALL TRADITIONAL INDONESIAN MARKETS!

- 500g Glutinous Rice Flour
- 400mL Warm Water
- 200g Palm Sugar
- 2 Pansan Leaves
- 2 tsp Salt
- 1 Tbsp Cooking Oil
- 400g Shredded Coconut

- 1. Place a small metal bowl filled with grated coconut in a stovetop or electric steamer and steam for 15 minutes. Set aside.
- 2. In a mixing bowl, combine glutinous rice flour and warm water by slowly adding the water and mixing until a sticky dough has formed. Add cooking oil to prevent sticking to bowl.
- 3. Using a teaspoon, scoop out a bit of dough and form it into a bowl, add a small portion of palm sugar to the dough bowl and close it into a ball. Repeat until no dough is left.
- 4. Fill half of a large pot with water and bring to boil over high heat. Add pandan leaves and a pinch of salt.
- 5. Carefully place dough balls into water one at a time and boil until they float.
- 6. Remove the dough balls from boiling water with a slotted spoon or strainer and drop them into the steamed coconut, and roll around until completely covered.
- 7. Serve and enjoy!





## IRENE'S FILIPINO PINOY-STYLE CURRY



My name is Irene Blackwell. I came to Australia from the Philippines in 2016.

I have been married to my husband Russel for 10 years. I have always loved cooking since I was a young child. I love to cook with meats, vegetables, spices, and sauces. I am very creative in the kitchen. I love my food to look and taste delicious.

My husband Russel loves my cooking, especially my Chicken Adobo, which is well known in my home country.

This chicken curry dish is my favourite. It is very delicious and easy to cook. The sauce is rich in flavour. We can add additional vegetables to it or even cook it without carrots. The chicken meat is very tender cooked this way.

- 1kg Bone-In Chicken Thigh Fillets
- 2 Potatoes (Medium, Chopped)
- 1 Carrot (Large, Chopped)
- 1 Tbsp Garlic (Minced)
- 3 Stalks Celery (Chopped, 2" Pieces)
- 1 Brown Onion (Medium, Chopped)
- 1 Red Capsicum (Cubed)

- 2 Tbsp Fish Sauce
- 1 Cup Coconut Milk
- 2 Tbsp Curry Powder
- 1 Thumb Ginger (Julienned)
- 1 Cup Water
- ¼ Cup Vegetable Oil

- 1. Cut the Chicken into pieces, if preferred, you may also de-bone the chicken.
- 2. Heat a deep pot over medium-high heat and add oil.
- 3. Add the potato and carrots to the pot and fry for 2 minutes. Remove from pot and set aside.
- 4. Together, sauté the chicken, garlic, onion, and ginger.
- 5. When the garlic has become light brown and fragrant, add curry powder and fish sauce, stirring to combine.
- 6. Add water and cover with a pot lid, switching heat to low.
- 7. Allow the curry to simmer until the chicken is tender.
- 8. Add the capsicum, celery, carrot, and potato and simmer for a further 5 minutes.
- 9. Add the coconut milk and once again simmer for 5 minutes.
- 10. Serve hot with warm rice. Enjoy!



# JOTHI'S MALAYSIAN CHICKEN RENDANG



I'm Jothi (Gewa Jassa). I'm originally from Malaysia. I have been in Australia for about 10 years and I love cooking. I enjoy volunteering for the Melting Pot program, sharing my skills, experience and recipes with others.

Did you know? In 2011, rendang was included in CNN International's World's 50 Most Delicious Foods list and ranked first. As an Asian, it is fitting that you feel proud of one of the typical cuisines that can be liked by many people around the world. Generally, rendang uses the main

ingredients of chicken/ beef and with spices such as chili, coconut milk, lemongrass, galangal, turmeric, ginger, shallots and garlic.

Rendang has a savory and spicy taste, it takes about four hours to cook so that the seasoning can be completely absorbed and make the rendang last for months if stored correctly. Because it lasts a long time, it should not be surprising that rendang was often a staple food supply when people travelled in the 16<sup>th</sup> century. Besides being delicious, rendang also has a deep philosophy!

#### **INGREDIENTS**

#### A)

- 1kg Bone-In Chicken
- ⅓ Cup Cooking Oil
- 1 Cinnamon Stick
- 2 Cloves
- ½ Cup Water
- 2 Star Anise
- 1 Cup Coconut Milk
- 2 Turmeric Leaves (Finely Chopped, optional)
- 2 Kaffir Lime Leaves
- 1 Pandan Leaf
- Salt (to taste)
- Sugar (to taste)

#### B)

- 5 Tbsp Toasted Grated Coconut
- ½ tsp Fennel Seeds
- ½ tsp Cumin Seeds

#### C)

- 1 Onion
- 5 Cloves Garlic
- ½ inch Tumeric
- 1/3 inch Galangal
- 2 Red Birds Eye Chillies
- ½ Lemongrass (White Half)
- 1 inch Ginger

- 1. In a pan over medium-low heat, toast the ingredients from section (B) until fragrant and coconut has began to turn golden-brown. Remove from heat.
- 2. Using a mortar and pestle or food processor/blender, grind/chop the toasted ingredients from step 1 into a coarse mixture. Set aside in a small bowl.
- 3. Combine all of the ingredients from section **(C)** into a food processor or blender and blend well until completely combined into a paste.
- 4. Pour oil into a large pot, heating over medium heat. Add the paste **(C)**, cinnamon, cloves, and star anise, and then fry until aromatic.
- 5. Cut the chicken into bite sized pieces and then add to mixture, allowing to combine with the spices for 2-3 minutes before adding coconut milk, pandan leaf, turmeric leaves, 1/2 cup water, and salt to taste. Stir frequently until chicken is almost cooked.
- 6. Add the kaffir lime leaves and coarse coconut mixture **(B)**, stirring well to combine with the rest of the mixture.
- 7. Set heat to low and allow to simmer for 30-45 minutes or until the chicken is pull-apart tender and the water has evaporated.
- 8. Serve and enjoy!





- 3 Red Onions (chopped)
- 4 Cloves Garlic (chopped)
- 1 tsp Ground Turmeric
- 1 Long Red Chilli (chopped)
- 1 inch Ginger (peeled, chopped)
- 1 Tbsp Tamarind Paste
- 2 tsp Olive Oil
- 2 Tomatoes
- 1 cup Coconut Cream
- 1 Eggplant (cut into chunks)
- 10 Okra (frozen)

- 500g Firm White Fish Fillets (halved)
- 4 Tbsp Fish Curry Powder
- 3 Tbsp Chilli Curry Powder
- 2 tsp Ground Coriander
- 2 tsp Ground Cumin
- 1/2 tsp Mixed Herbs
- 10 Curry Leaves (approx)
- 1-2 cups Water
- Salt to taste

- 1. In a bowl, combine chilli curry powder, fish curry powder, ground cumin, ground coriander, turmeric powder, and 1/2 cup of water. Stir to combine into a thick, smooth paste. Set aside.
- 2. In a large saucepan or stockpot, add olive oil, onions, garlic, ginger, and chilli, and sauté for 3-4 minutes over medium heat.
- 3. Add the mixed herbs and curry leaves and stir until fragrant and onion has become translucent. Add tomato chunks and a pinch of salt and continue to sauté until tomatoes are soft.
- 4. Combine the paste with the sautéed ingredients and allow to cook until the mixture begins to release oil. Stir the mixture and continue to cook for approximately 8-10 minutes or until fragrant.
- 5. Add coconut milk, and 1 cup of water and bring the mixture to a rolling simmer. Add eggplant, okra, and tamarind paste, cooking until the eggplant is about halfway done, approximately 4-6 minutes. Add salt to taste.
- 6. Reduce the heat to low and add the fish. Cover with a pot lid and allow to simmer for 5-10 minutes or until the fish has cooked through.
- 7. Serve over basmati rice or malaysian flatbread and garnish with coriander leaves.
- 8. Enjoy!



# MARINA'S CAMBODIAN FRESH SPRING ROLLS



My name is Marina and I come from Cambodia.

I like volunteering my time and helping other people. I enjoy my participation in the Melting Pot, which gave me the opportunity to make new friends and share my skills with them.

Fresh Cambodian spring rolls are filled with veggies (and meat) and wrapped in rice paper.

These rolls can be served either as appetizers or eaten as snacks.

### THEY ARE SIMPLE AND EASY TO MAKE. THEY ARE FRESH, YUMMY AND HEALTHY!

#### **INGREDIENTS**

#### **SPRING ROLLS**

- 22cm Rice Paper Wrappers
- 150g Pork (Cubed)
- 50-80g Noodles
- 250g Beansprout
- 1 Bunch of Lettuce
- 1 Bunch of Mint Leaves
- 1 Bunch of Garlic Chives
- 1 Small Cucumber
- 1 Small Carrot
- Salt to taste

#### **FISH SAUCE**

- 2 Tbsp Fish Sauce
- 1 Tbsp Lime Juice
- 2 Tbsp White Sugar
- 4 Tbsp Water
- 1 Tbsp Garlic (Minced)
- 1-2 Red Chillis (Minced)

- In a casserole dish, boil some water with salt to taste, then add your pork cubes.
- 2. Allow the pork to cook for approximately 20-25 minutes or until pork is tender. Remove from water (do not discard the water) and allow to cool on a plate.
- 3. Once cooled, thinly slice the pork and set aside.
- 4. Thinly slice the cucumber and carrot lengthwise into 2-3" sections.
- 5. In the same casserole dish as before, bring the water to a boil and add the noodles, allowing to cook for approximately 1 minute.
- 6. Remove the noodles from the dish, then rinse them under running water, drain well. Set aside.
- 7. In a small bowl, combine all fish sauce ingredients and mix well until combined. Set aside.
- 8. One sheet at a time, brush the rice paper with warm water, lay lettuce, mint, breansprout, cucumber, carrot, noodles, and boiled pork in the paper.
- 9. Roll all the ingredients tightly into the rice paper, tucking any excess inside before folding the edges over and inserting the garlic chives into the ends so that they stick out.
- 10. Serve and enjoy, dip into fish sauce for added flavour!





# NAILA'S INDIAN SWEET POTATO DESSERT



I'm Naila Khanam. I'm an Indian Muslim and I have a Masters in Genetics. I love to cook delicious food and volunteering. I have 3 wonderful kids and I have been living in Morwell for 8 years.

This sweet potato dessert is a very healthy recipe for kids and grownups. It has lots of health benefits: It improves immunity and contains lots of iron, vitamin A, and vitamin C. It also boosts electrolytes and helps with digestion.

### THIS RECIPE IS EASY TO PREPARE AND CAN BE MADE WITH MILK INSTEAD OF WATER AS WELL!

#### **INGREDIENTS**

- 20 Cashews (Soaked in water for 4-6 hours)
- 1/2 Cup Sweet Potato
- 1/2 Cup Water (or Milk)
- 3 tsp Jaggery Powder or Sugar
- 1/4 tsp Cardamom Powder
- 15 Strands of Saffron
- Pinch of Salt

 Almonds, Pistachios, and Dry Rose Petals to garnish (OPTIONAL)

- 1. In a blender, combine the cashews, sweet potato, and water (or milk) and blend together into a fine paste.
- 2. In a pot or saucepan over medium heat, add the paste and stir constantly until the mixture has begun to boil.
- 3. Set heat to low and add jaggery powder/sugar, cardamom powder, and a pinch of salt, stirring to combine then leaving to simmer for 10 minutes.
- 4. Remove the pot from heat and garnish the mixture with almonds, pistachios and dry rose petals. Allow to cool to room temperature.
- 5. Transfer the mixture to a bowl or container and place it in the fridge.
- 6. Serve cool, I hope you enjoy!





### YUI'S THAI FRIED RICE TOM YUM



"Sa-Wa-Dee" in Thai means "Hello". My name is Nutpasorn Pornanansakun You can call me "YUI", which is my nickname.

I enjoy cooking (meals and desserts). My cooking teacher is my mum, who cooks delicious food - she can cook both Thai and Chinese food.

Sometimes, I learn to cook western desserts from my mum-in-law, cookbooks and on YouTube. When I am in my kitchen, I have a lot of ideas for creating various dishes. I love to cook for my family and friends. I'm sharing my recipes with everyone so I hope you enjoy cooking too!

Fried Rice Tom Yum is a homemade dish for my family. It is a perfect use for leftover rice and has a taste that's sweet, sour, spicy and salty.

- 200g Chicken
- 1 Bunch Lemongrass (Chopped)
- 3-4 Kaffir Lime Leaves (Chopped)
- 1 Cup Rice (Steamed)
- 2 Tbsp Tom Yum Paste
- 1/2 Tbsp Chilli Paste in Soyabean Oil

- 2 Tbsp Cooking Oil
- 1 Clove Garlic (Chopped)

- 1. In a wok, heat cooking oil over high heat.
- 2. Add the chicken and garlic to the wok and cook well.
- 3. Toss in the steamed rice and stir constantly until browned and fragrant.
- 4. Combine the lemongrass and kaffir lime leaves into the wok and stir until combined.
- 5. Finally, add the tom yum paste and chilli paste in soyabean oil to the wok and stir to combine.
- 6. Transfer to a bowl and serve hot.
- 7. Enjoy!



### YUI'S THAI KHAO KHLUK KAPI



This is a flavorful dish in Thai cuisine that consists of a primary serving of fried rice mixed with shrimp paste.

This dish is typically served with several sliced side dishes, such as red onion, sour mongo, beans, thin omelet, fresh chilli, as well as fried shrimp, sweetened chicken (or pork belly), and fried pork sausage.

My mom cooks this dish for our family. It is very yummy.

- 300g Chicken
- 75g Plum Sugar
- 100g White Sugar
- 2 Tbsp Fish Sauce
- 1½ Cup Steamed Rice
- 1 Tbsp Shrimp Paste
- 2 Tbsp Cooking Oil
- 2 Eggs

- 2 Pieces Pork Sausage
- 2 Red Onions
- 1/3 Cup Fried Shrimp
- 10 Fresh Chilli
- ¼ Cup Sliced Sour Mango
- ¼ Cup Sliced Beans

#### THIN OMELETTE

- 1. In a small bowl, break both eggs and whisk together.
- 2. Heat a small amount of oil in a pan over high heat.
- 3. When the oil is hot, pour the eggs in and swirl around the pan until the egg has spread evenly across its surface.
- 4. Allow to cook until the edges of the omelette peel easily from the pan, then roll the omelette out of the pan and cut into shreds.
- 5. Set aside.

#### FRIED SAUSAGE

- 6. Cut sausage into one inch long pieces.
- 7. Heat a small amount of oil in a pan over high heat.
- 8. Add the sausages to the pan and fry until fully cooked.
- 9. Remove the sausage pieces from the pan and transfer them to a plate lined with paper towel to remove excess oil. Set aside.

#### FRIED SHRIMP

- 10. Heat a small amount of oil in a pan over high heat.
- 11. When the oil is hot, add the dried shrimp and fry until cooked.
- 12. Remove the shrimp from the pan and transfer them to a plate lined with paper towel to remove excess oil. Set aside.

#### **SWEETENED CHICKEN**

- 13. Cut chicken into small pieces. Set aside.
- 14. In a small pot over medium heat, add the white sugar and fish sauce and stir until the sugar has dissolved into the fish sauce.
- 15. Combine plum sugar with fish sauce and stir until combined.
- 16. Add the chicken into the pot and allow to cook for ten minutes.
- 17. Remove from heat and set aside.

#### **FRIED RICE**

- 18. Heat a small amount of oil in a pan over high heat.
- 19. Add shrimp paste and cook until fried.
- 20. Add the rice and mix well, stirring to combine. Set Aside.

Once you have completed each dish, carefully arange them together on a large plate along with the fresh ingredients (red onion, sour mango, beans, and chilli - all sliced thinly), then serve, and enjoy!



# MY MUM COOKED CASHEW CHICKEN, A DELICIOUS MEAL WITH RICE - FOR OUR DINNER. I REMEMBER THE TASTE OF MY MUM'S DISH AND COOK IT JUST LIKE HER!

### THIS IS A QUICK AND EASY MEAL THAT TAKES ABOUT FIVE MINUTES TO COOK!

- 1 Tbsp Cooking Oil
- 200g Chicken Thigh (Cut into bite-sized pieces)
- 1 Tbsp Oyster Sauce
- 1 Tbsp Chilli Paste in Soyabean
   Oil
- 1 Clove Garlic (Chopped)
- 150g Brown Onion (Cut into wedges)

- 100g Spring Onion (Cut into one inch sections)
- 20g Roasted Cashews
- 4-5 Dried Chillies

- 1. In a wok, pour oil and heat over high.
- 2. Add garlic and onion and stir-fry until soft.
- 3. Toss in chicken and stir-fry for approximately three minutes or until cooked.
- 4. Add oyster sauce and chilli paste and stir until combined.
- Combine spring onion, roasted cashews, and dried chillies with the wok mix and stir-fry for approximately 1-2 minutes.
- 6. Transfer to a plate or serving dish and serve over jasmine rice.
- 7. Enjoy!







#### **NOTES**

#### **NOTES**

