2022 Cookbook
A delicious celebration of recipes from your workplace to enjoy and share

tasteofharmony.org.au
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Digital Delights

This year as part of our Taste of Harmony Celebrations we have created this beautiful recipe book that is made up of much loved recipes contributed by members of our team.

We are proud to celebrate the diversity of our workplace!

We come from many different cultures and as a team this makes us stronger. And it’s really important part of our business that not only everyone feels included, but we all feel comfortable in bringing our culture to work.

Food is often used as a means of retaining cultural identity. Thank you so much for everyone who took the time to contribute a recipe. This collection is amazing!

I hope that you enjoy the incredible recipes shared in this cookbook, and that we continue to share our cultures beyond A Taste of Harmony.

Have fun cooking!
South African Milk Tart

INGREDIENTS

- 3 tablespoons butter, melted
- 1 cup white sugar
- 3 egg yolks
- 1 cup cake flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 4 cups milk
- 3 egg white
- 1 tablespoon cinnamon sugar

METHOD

Preheat the oven to 375 degrees F (190 degrees C). Coat a 9-inch deep dish pie plate with vegetable oil cooking spray.

In a large bowl, mix together the butter and sugar until smooth. Add the egg yolks and beat until light and fluffy. Sift in the cake flour, baking powder and salt, and stir until well blended. Mix in the vanilla and milk. In a separate bowl, whip the egg whites to stiff peaks using an electric mixer. Fold into the batter. Pour into the prepared pie plate and sprinkle cinnamon sugar over the top.

Bake for 25 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C). Continue to bake for 25 to 30 minutes, or until the center is set when you gently jiggle the pie. Serve hot or cold.
Halawet El-Jibn

AUTHOR
Mokhles Barazi

ORIGIN
Syrian

PREP TIME
0 Hours 45 Mins

COOKING TIME
0 Hours 10 Mins

SERVES
8

INGREDIENTS

For the sugar syrup
• 2 cups caster sugar
• 1 cup water
  teaspoon lemon juice
  teaspoon orange blossom water
  teaspoon rose water

For the cheese rolls
• 1½ cup water
• ¾ cup caster sugar
• 1 cup fine semolina
• 8 oz. akkawi and majdoola cheese
• 1 tablespoon rose water
• 1 tablespoon orange blossom water

For the filling
• 14 oz. ashta (Lebanese cream)

For the decor
• Crushed pistachios
• Rose petals jam (optional)

Equipment
• Rolling pin
• Pastry bag

METHOD

Sugar syrup
1. In a saucepan on medium-high heat, add the sugar, water and lemon juice
2. Bring to a boil, then immediately reduce the heat and simmer on low heat for 12 minutes. The syrup should thicken slightly. Make sure to use a timer because if the syrup cooks longer, it may thicken too much.
3. Stir in the orange blossom water and rose water at the end of cooking.

Cheese rolls
1. In a large saucepan over medium-high heat, cook the water and sugar together, stirring occasionally until the sugar dissolves.
2. Bring to a boil then add the fine semolina, stirring constantly with a spatula until it is well mixed and slightly thickened (about 30 seconds).
3. Reduce the heat then add the cheese and rose water, and mix well over low to medium heat until the cheese has melted and the mixture forms a soft and homogeneous dough.
4. Allow to cool until the mixture is warm enough to handle.
5. Divide the dough into 2 equal parts
6. Take one first half of the dough and reserve the other half in a cloth.

7. Place the dough on a sheet of parchment paper and cover with another sheet.

8. Using a rolling pin, roll the dough between the 2 sheets into a rectangle of about 9 x 13 inches (23 x 33 cm).

9. Remove the top sheet.

10. Using a sharp knife or pizza cutter, cut the uneven sides of the dough to obtain a neat rectangle. You can use a ruler or the edge of an object to help you get straight sides.

11. Add the ashta into a piping bag and cut about 1 inch (2 cm) from the tip.

12. Spread the ashta on the long side closest to you, about 1 inch (2 cm) from the side.

13. Using the edge of the parchment paper under the dough, lift the dough and wrap it over the cream, until the cream is completely covered. The sealed dough looks like a thin log.

14. Using a sharp knife, make a cut along the log to cut it from the rest of the dough.

15. Repeat this procedure to create 2 additional logs.

16. For cleaner cuts, place the logs in the freezer for about 20 minutes to firm them up a bit. Then, using a sharp knife, divide the logs into 2-inch (5 cm) pieces, to obtain about 30 pieces.

17. Repeat the exact same procedure with the second piece of dough reserved in the cloth.

To serve

1. Arrange the semolina rolls on a serving tray, sprinkle each with a little ground pistachios in the center and rose petal jam.

2. Serve alongside the syrup, drizzling each piece before eating.

3. Store in the refrigerator in an airtight metal box.
Tiramisuper

AUTHOR Cinzia Carletti
ORIGIN Italian

PREP 0 Hours 30 Mins
COOK 2 hours 0 mins
SERVES 8

INGREDIENTS
Ladyfingers 11 oz (300 g)
Eggs 4 (220 g) - very fresh (medium sized)
Mascarpone cheese 2 cups (500 g)
Sugar ½ cup (100 g)
Coffee 1 ? cup (300 g) - strong, freshly brewed on the stove (and sweetened to taste)
Marsala Wine or Amaretto 2 Tbsp (optional)
Unsweetened cocoa powder to taste - for the surface

METHOD
To prepare tiramisuper, start with very fresh eggs: carefully separate the egg whites from the yolks, remembering that to whip the egg whites well they must not contain any trace of yolk.

Then whip the egg yolks with a hand mixer, pouring in only half of the sugar. As soon as the mixture has become clear and frothy, and with the mixer still running, you can add mascarpone cheese, little by little. When all the cheese is incorporated, you will have obtained a thick and compact cream; set it aside.

Clean the mixer attachments very well and beat the egg whites, pouring in the remaining sugar a little at a time. Whisk them into stiff peaks; you will know they're ready if the mixture does not move when you overturn the bowl.

Take a spoonful of egg whites and pour it into the bowl with egg yolks and sugar and stir vigorously with a spatula, to thin the mixture. Then proceed to add the remaining egg whites, little by little, stirring very gently from bottom to top.

Once ready, place a generous spoonful of cream on the bottom of a 12x8in baking pan and spread it evenly.

Soak the ladyfingers for a few moments in the cooled coffee (and Marsala wine or Amaretto), which you will have sweetened to your liking (I add only 1 teaspoon of sugar), first on one side and then the other.

Arrange the soaked ladyfingers on top of the cream, side by side, to create the first layer, over which you will spread part of the mascarpone cheese cream.

Make sure to level it carefully so that you have a smooth surface. Continue to arrange the coffee-soaked ladyfingers, then add another layer of cream.

Level the surface, sprinkle it with unsweetened cocoa powder, and allow it to set in the fridge for a couple of hours. Your Tiramisuper is ready to be enjoyed!
Beef rendang

**ORIGIN**  
Indonesian  

**PREP TIME**  
0 Hours 30 Mins  

**COOKING TIME**  
2 Hours 00 Mins  

**SERVES**  
4  

**INGREDIENTS**

- 5 shallots
- 3 cloves garlic
- 10 dried red chili peppers
- 1 inch fresh ginger root
- 1 inch fresh galangal
- 5 lemon grass, chopped
- 2 teaspoons coriander seeds
- 2 teaspoons fennel seeds
- 2 teaspoons cumin seeds
- 1 pinch whole nutmeg
- 1 tablespoon vegetable oil
- 1 1/4 pounds beef stew meat, cut into 1 inch cubes
- 1 1/2 tablespoons palm sugar
- 2 cups shredded coconut
- 5 whole cloves
- 1 cinnamon stick
- 1 2/3 cups coconut milk
- 7/8 cup water
- Salt to taste

**METHOD**

Heat the shredded coconut in a dutch oven or a deep skillet, stirring continuously until golden brown. Set it aside to cool.

Blend the shallots, garlic, chilies, ginger, galangal and lemon grass to a thick paste. Fry the shallot paste in oil for a few minutes.

Grind the coriander, fennel, cumin and nutmeg.

Add the ground coriander, fennel, cumin and nutmeg; cook for 3 to 4 minutes, stirring continuously.

Add beef; cook over a medium heat for a further 3 to 4 minutes, or until meat is tender

Stir in the palm sugar, coconut, cloves, cinnamon stick, coconut milk, and water.

Bring to a boil, lower heat, and simmer until most of the liquid has gone and the meat is tender (about 1 hour).

Serve with cooked rice.
Char Kway Teow

**ORIGIN**
Singaporean

**PREP TIME**
0 Hours 10 Mins

**COOKING TIME**
0 Hours 20 Mins

**SERVES**
3

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**INGREDIENTS**

- 150g minced pork
- 2 eggs
- 50g chopped spring onions
- 100g bean sprouts
- 1 tsp minced garlic
- 250g fresh rice noodles

**Condiments (Sauce ingredients)**
- 1/2 tsp salt
- 1 tsp light soy sauce
- 1 tsp dark soy sauce
- 1 tbsp oyster sauce
- 1 tbsp sweet soy sauce
- 2 tsp sugar
- 2 tsp ground pepper
- 1 tbsp cooking oil

**METHOD**

In a small bowl, whisk the condiments (sauce ingredients) together.

In your pan set over medium high heat, add cooking oil. When the oil is heated, add minced garlic. Stir fry for a few minutes till fragrant.

Add bean sprouts, stir fry till soft then add minced pork. Break it up using the spatula and stir fry till almost cooked.

Sweep the ingredients to the side of the pan, then pour in the eggs and give it a good scramble.

Add in the rice noodles and combine the eggs with the noodles.

Pour in the sauce ingredients and mix everything together until the noodles are well coated in the sauce.

Finally, add in the chopped spring onions and give everything a good toss.

Serve with chili sauce if desired and enjoy!
Dahi Bara Aloodum (Phonetics- d?hi: b?r?: ?:lu:d?m)

AUTHOR
Sweta Padhi

ORIGIN
Indian

PREP TIME
6 Hours 30 Mins

COOKING TIME
1 Hours 0 Mins

SERVES
6

INGREDIENTS

For Preparing the Bara
1 cup Skinned Black Gram
3 tbsp lightly roasted semolina
2 medium sized onions chopped
2 sprigs of curry leaves chopped
2 inch ginger finely chopped
Coriander leaves as needed
Salt to taste
A pinch of Asafoetida
Oil or Airfryer for frying

Equipment
Egg beater or hand mixer to beat the black gram paste

Dahi or Yogurt prep
400ml Unsweetened and unflavoured Yogurt
Salt to taste
A pinch of asafoetida
5 Dried red chillies
Coriander leaves
1 tbsp Mustard seeds
1 tsp mustard oil

METHOD

For preparing Bara or Vada you need to soak the black gram overnight or at least 4 to 6 hours

Blend the soaked gram to a smooth batter

While blending you have to remember to avoid water or add very little water as we need a thick batter which can be scooped

The batter is ready to be whisked

Use a hand blender or egg beater and whisk the batter till it is fluffy

It might take 5 to 7 minutes to do this by machine or 15 minutes by hand

You know the batter is ready while whisking by hand when you feel your soul leaving your body

Jokes aside this process is nothing short of exercise

Mix semolina into the whisked batter and let it rest for at least 20 minutes

Prepare the oil for deep frying or set the airfryer for frying

Mix the chopped onions ginger curry leaves green chillies salt and asafoetida into the batter after 20 minutes

The shape does not matter for the Bara as it goes into the Yogurt anyway
For Aloodum
4 medium sized Potatoes
1 medium sized Onion
1 big sized tomato
1 tsp ginger garlic paste optional
1 tsp turmeric powder
1 tbsp kashmiri chilli powder
1 tbsp coriander powder
1 tsp cumin powder
1 bay leaf
Coriander leaves for garnish
1 tbsp mustard oil

Condiments for garnish
1 medium sized onion chopped
Freshly roasted cumin seeds powder
Black salt
Grated carrots
Aloo bhujia or Sev or any crunchy Indian snacks to put on top

Drop the batter into the hot oil using an ice cream scoop and reduce the flame to low to medium and fry all the bara this way

The process of frying is similar to frying donuts. It should be golden on the outside and fluffy inside

Take a big container with water and salt and drop the fried vada into it

This is done to release all the excess oil and makes the vada soft and also done so it soaks less yogurt water later

Prepare the Yogurt water by taking a big container first. Add the yogurt and water as needed into the container

Add coriander leaves asafoetida and salt to taste

Take a small pan and heat up a tsp of oil

Add mustard seeds and red chillies till mustard seeds splutter

Add this mixture or tadka to the yogurt water and YOGURT is now ready

Squeeze the excess water from the vada or bara and drop them in the yogurt and let them rest for 2 hours before serving

The more the yogurt soaks the vada the tastier your end result will be

Let us prepare Aloodum and for that boil the potatoes and once boiled then dice them

Take a wok or pan and put the oil and once the oil gets heated up then add the bay leaf and cumin seeds

When cumin seeds start spluttering then you have to add the chopped onions ginger garlic paste

Toss them till the onions look translucent

Next add in the tomatoes and turmeric chilli coriander cumin powder and salt and mix everything well together

Add a tbsp of water to the pan and let everything cook for 4 to 6 minutes or till oil starts separating from the masala

After 6 minutes or so put the potatoes into the masala

Add half cup of water and mix everything well together

Let it simmer for another 10 to 15 minutes

Keep checking after every 5 minutes so the curry does not stick to the pan

After 10 to 15 minutes add hot water as needed and bring everything to a boil. Turn off the flame

Please note that the curry for dahibara aloodum is usually runny

Garnish coriander leaves on top and the ALOODUM is ready

Finally DAHIBARA ALOODUM is ready to be served

This is a great festival dish in the eastern part of India especially in the Indian state of Odisha where the Odissi dance originates from. Hope you love the dish as much as I do!
**INGREDIENTS**

- 700-800g of thin rice noodle
- 450g of sea bass or catfish (cleaned the fish before cooking and slice it into 3/4 pieces)
- cup of rice
- 1 cup of yellow split peas
- 5 lemongrass
- 60g of ginger (about 2 inches)
- About 2 heads and 3 cloves of garlic (~110g)
- 3 quarters teaspoon of Turmeric Powder
- Salt - Fish Sauce
- 1/3 teaspoon chili powder
- 1 cup of Oil
- 7-10 peeled whole Onions (170g each, medium-size)
- 6 hard-boiled eggs

**METHOD**

For starters, begin boiling yellow split peas in a pot with a pinch of turmeric powder until it turned soft and chewy. It is going to take quite a bit of time.

Chop and cut out the root part of 2 stalks of lemongrass. Remove skin and then crush them to make it into three fold and tie up the stalk.

Squash 3 garlic cloves with the side of the knife.

Place the sliced fish together with lemongrass and garlic in a pot and add fish sauce along with a pinch of turmeric. Add water to the pot till the fish is about half floating at the water level and set it to medium heat with the lid closed for about 10-15 minutes.

Get ready to scoop out the fish and lemongrass from the pot into a plate and add about 1.5Ltr of water into the pot and get it to boil. Lemongrass can be discharged at this point.

Roast the raw rice grain in a pan (preferably stainless steel base) till the rice becomes light brown and full of fragrant. Bring the prepared rice into a grinder and crush them into finer powder. When it is ready, pour warm water and stir with the powder to mix well. At last, add the rice juice into the soup base, stir it well and let it simmer to slow cook with a slight bit of lid left opened to allow moisture to go out.

When the fish has cooled down till the moment you can hold it in your hand, start by removing skin and bones (if any) and use two forks to shred fish pieces.

Chop the remaining garlic, lemongrass and ginger into tiny bits and mix them altogether into a stone mortar and give it a hard pounding with pestle till every bits becomes crushed into a paste. (As an alternative, you can also use juice grinder to make it into a paste. Be reminded not to grind too long till it all become soggy like ice-cream)
Heat up the oil in a pan and stir it well with the paste after adding a pinch of chili powder and turmeric powder for about 2/3 mins.

After that, add shredded fish to the pan and stir it to mix well for about 5 mins.

At last, transfer the fish paste mixture into the simmering soup pot and let it boil gently with deceased heat setting.

Put the cooked yellow split peas into a blender till it juiced up and sieve into the soup.

Throw peeled whole onions into the pot and slice up 2 hard-boiled eggs into the pot. Add remaining whole hard-boiled eggs into the pot as well. Add salt and fish sauce just enough.

Bring up the heat and let the soup boil for about 15/20 mins. When it is ready to serve, set the pot to warm setting.

Lastly, scoop up portion of rice noodles into a bowl and sprinkle and pour the soup on top of noodle just enough to cover it up. Add the topping recommended and topping of your preferences as listed. Mix well and slurp it up while the soup is warm.
**Atte Ka Halwa (Wheat Flour Pudding)**

**AUTHOR**
Dipti Visen

**ORIGIN**
Indian

**PREP TIME**
0 Hours 10 Mins

**COOKING TIME**
0 Hours 15 Mins

**SERVES**
4

**INGREDIENTS**
- 1 cup Atta (Whole Wheat Flour)
- 1/2 Ghee (Clarified Butter)
- 1 cup Sugar
- 2 Cups Water
- 1 tablespoon chopped Almonds or Cashews

**METHOD**

Heat the ghee in a heavy-bottom pan.

Add whole wheat flour to the hot ghee and start roasting it.

In another pan, mix the water and sugar and let it come to a boil on medium heat.

Fry the atta stirring continuously till its colour changes and you get the aroma of roasted whole wheat flour. Keep on stirring the flour to ensure even browning.

The atta or whole wheat flour should turn golden and give a good fragrance. Plus also begins to release ghee.

Increase the flame to high for the sugar solution to bubble and when it starts to bubble in a matter of seconds, immediately add it to the hot atta mixture. Be careful as the mixture has the tendency to splutter.

Continue to stir with all your hand force, so that no lumps are formed. Atte ka halwa will absorb water and continue to thicken quickly.

Keep on stirring. So that lumps are not formed.

When wheat halwa is semi thick or thick like a sooji halwa, switch off the fire.

Garnish with Chopped almonds/ Cashews and Serve Hot.
Coconut milk rice and coconut chicken curry

AUTHOR  Suganya Krishna
ORIGIN  Indian

PREP  0 Hours 15 Mins
COOK  1 hours 00 mins
SERVES  3

INGREDIENTS

Coconut milk rice – Ingredients
- bay leaf, cinnamon, cardamom
- ghee (clarified butter)
- cashew nuts 1 teaspoon
- 3 green chillies
- 2 red or white onion
- ginger garlic paste 1 teaspoon
- 1 coconut milk
- 2 cup basmati rice
- Salt to taste

Coconut chicken curry – Ingredients
- 2 cloves
- 1 piece cardamom
- 4 onions red or white
- 3 green chillies
- Ginger garlic paste 1 teaspoon
- 2 tomatoes
- 1 kg chicken washed
- Pinch Turmeric powder
- Coriander powder 2 teaspoon
- salt to taste
- Cumin powder  teaspoon
- Chili powder 1 teaspoon
- Curry leaves
- Coriander leaves (optional)

METHOD

1. Wash and soak rice for 15 minutes 2. Heat ghee or oil in a pan, fry bay leaf, cinnamon, cardamom and add cashew nuts 3. Add green chillies and onions, fry till it turns golden brown 4. Add ginger garlic paste, fry until it smells good 5. Add rice and fry for 5 minutes and add salt to taste 6. Now add coconut milk (for 2 cup basmati rice add 4 cups of water) you can mix water in the coconut milk to dilute 7. Leave it in the electric rice cooker 8. Ready to serve

1. Heat oil add cloves, cardamom, and onions sauté till turns golden brown 2. While the onion is cooking, mince the garlic and ginger then add it to the pan with the onion. 3. Add tomatoes and let it cook for 6 minutes 4. Now add chicken, pinch of turmeric powder, and let it cook for 10 minutes 5. Now add coriander powder, cumin powder, chilli powder, salt to bring out their flavour and simmer 6. Now stir in a can of coconut milk or grind fresh coconut and add to the chicken and leave it for another 10 minutes 7. Now add curry leaves and some coriander 8. Ready to serve
Orange Bronwie

**Author**
Jacinda Erkelens

**Origin**
Mexican

**Prep Time**
0 Hours 25 Mins

**Cooking Time**
0 Hours 25 Mins

**Serves**
9

**Ingredients**

- 110g unsalted Butter
- 3/4 cup Caster Sugar
- 3/4 cup Brown Sugar
- 1 tsp of Vanilla Extract
- 3 Eggs (at room temp)
- 1/2 cup S.R. Flour
- 1/2 Cocoa Powder
- 1 tsp Cinnamon Powder
- 1 tsp of chilli powder (optional)
- Zest of one orange
- 1/4 cup chopped hazelnuts (or any other nut)
- Chopped chocolate milk/dark (optional)

**Method**

1. Line baking pan with baking paper or butter and flour
2. Soften butter in microwave. Once cooled place in bowl
3. Preheat oven to 180C
4. Add sugars and vanilla to bowl. Mix till light and fluffy (this is usually when the oven reaches temp)
5. Add orange rind, cinnamon and chilli
6. Add one egg at a time, mixing well each time
7. Add cocoa powder and flour alternatively till combined
8. Stir through chopped nuts and chocolate
9. Pour batter into baking tray
10. Bake in oven for 25 minutes
11. Allow 10-15 minutes to cool before serving
12. Optional - add garnishes e.g. cherries
Lazy nachos

**AUTHOR**
Jacinda Erkelens

**ORIGIN**
Mexican

**PREP TIME**
0 Hours 25 Mins

**COOKING TIME**
3 Hours 15 Mins

**SERVES**
8

### INGREDIENTS
- 1kg beef mince
- 3 Corn
- 2 Onions
- 2 Capsicum
- 2 garlic
- 1 tsp salt
- 1 tsp pepper
- 1 tsp hot paprika
- 1 can Kidney Beans
- 500g canned tomato
- 2 tsp tomato paste
- Corn Chips

### METHOD
- Dice onion and capsicum
- Crush garlic and strip corn kernels off the cob
- Place beef mince, corn, onion, capsicum, garlic, salt, pepper, hot paprika, kidney beans, canned tomato and tomato paste into the slower cooker.
- Low for six hours or high for 3 hours. Mix occasionally
- Pre heat oven to 165C
- Place mix into oven safe dish
- Place corn chips on top, focusing on chips sticking up
- Grate 250 grams of cheese over the corn chips and mix
- Bake in oven for 15 minutes
Simple Vietnamese Vegetarian Rice Paper Rolls

AUTHOR Patricia Wuong
ORIGIN Vietnamese

PREP 0 Hours 30 Mins
COOK 0 hours 15 mins
SERVES 4

INGREDIENTS

- Small round rice paper 150cm diameter
- 2 large carrots, coarsely grated
- Half a pack of fried tofu, cut into thin strips
- 1 small pack (37.5g) of cellophane noodles
- White part of 1 leek, thinly sliced
- 1 Iceberg Lettuce, break into big pieces
- Some mint leaves (optional)
- 2 tablespoons hoisin sauce
- 2 tablespoons peanut butter
- Juice of half a small lemon
- Ground roasted peanuts (optional)
- Fresh cut chilli (optional)

METHOD

In a small saucepan, combine the hoisin sauce, peanut butter, and lemon juice. Heat the sauce and mix until combined.

Remove from stove, leave cool then topped with ground roasted peanuts and fresh cut chilli if desired.

Soak the dried cellophane noodles in cold water for 10 minutes, then drain and cut into 3 cm long.

Heat 2 tablespoons of vegetable oil in a large pan over medium high heat, add leeks and cook until soften, add tofu and cook for a few minutes until heated through.

Season with 1 teaspoon of Vegeta gourmet stock powder (optional), salt and pepper to taste.

Add carrots and stir until the carrots are just wilted, then turn off the stove.

Quickly stir the cellophane noodles into the hot carrots mixture, mix until combined.

Fill a large pan with warm water from the kitchen tap, the water should be at least 3 cm high to make a warm water bath.

Dip 1 rice paper in the water bath by holding 1 end, then slowly turn to the other end, making sure the whole sheet is wet and hydrated.

Place the wet rice paper on a plate, then place a piece of lettuce and some mint leaves on the rice paper, followed by the carrots fillings (about 2 tablespoons).

Fold in the side closer to you first, make sure it covers or at least partially covers the fillings, then fold in both sides of the paper, and start rolling towards the top.

Continue to roll the remaining rice paper sheets until finished. Serve cold with sauce.
Lamington

AUTHOR Samantha Hill
ORIGIN Australian

PREP 0 Hours 20 Mins
COOK 0 hours 45 mins
SERVES 15

INGREDIENTS

- 4oz Butter (113grams)
- 3/4 cup castor sugar
- 1 teaspoon vanilla
- 2 eggs
- 2 cups flour
- 1 teaspoon baking flower
- 1/2 teaspoon baking soda
- pinch of salt
- 1/2 cup of milk
- 2/3 cups desiccated coconut

METHOD

Preheat oven to 180C/350F (or fan forced 160C/320F).

Grease a 20 cm x 30 cm / 8

Beat butter, sugar and vanilla with an electric mixer on medium high speed until light and fluffy - about 1 1/2 to 2 minutes.

Add eggs 1 at a time, beating well after each addition so the batter is smooth, not curdled.

Fold in dry ingredients alternately with Milk.

Bake at 180C for approx. 40-45 minutes.

Cool and store for a day.

Cut into squares, dip in chocolate icing, then roll in coconut

Chocolate Icing:

Sift 1lb (453 grams) icing sugar and 4 tablespoons coca into a bowl.

Add 1 tablespoon melted butter to a cup of warmed milk.

Blend to make a smooth coating consistency
Yorkshire Puddings

METHOD

Heat oven to 230C/fan 210C/gas 8.

Drizzle a little sunflower oil evenly into two 4-hole Yorkshire pudding tins or two 12-hole non-stick muffin tins and place in the oven to heat through.

To make the batter, tip 140g plain flour into a bowl and beat in 4 eggs until smooth.

Gradually add 200ml milk and carry on beating until the mix is completely lump-free. Season with salt and pepper.

Pour the batter into a jug, then remove the hot tins from the oven. Carefully and evenly pour the batter into the holes.

Place the tins back in the oven and leave undisturbed for 20-25 mins until the puddings have puffed up and browned.

Serve immediately. You can now cool them and freeze for up to 1 month.

INGREDIENTS

140g plain flour (this is about 200ml/7fl oz)
4 eggs (200ml/7fl oz)
200ml milk
sunflower oil, for cooking
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<tr>
<td>Jacinda Erkelens</td>
<td>Lazy nachos</td>
<td>Mexican</td>
</tr>
<tr>
<td>Jacinda Erkelens</td>
<td>Orange Bronwie</td>
<td>Mexican</td>
</tr>
<tr>
<td>Samantha Hill</td>
<td>Lamington</td>
<td>Australian</td>
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<tr>
<td>Suganya Krishna</td>
<td>Coconut milk rice and coconut chicken curry</td>
<td>Indian</td>
</tr>
<tr>
<td>Sweta Padhi</td>
<td>Dahi Bara Aloodum (Phonetics- d?hi: b?r?: ?:lu:d?m)</td>
<td>Indian</td>
</tr>
<tr>
<td>Jon Page</td>
<td>Yorkshire Puddings</td>
<td>English</td>
</tr>
<tr>
<td>Khad Sanari</td>
<td>Beef rendang</td>
<td>Indonesian</td>
</tr>
<tr>
<td>Kyaw Min Than</td>
<td>MoHinGar</td>
<td>Burmese</td>
</tr>
<tr>
<td>Laura Venditti-Taylor</td>
<td>South African Milk Tart</td>
<td>South African</td>
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<tr>
<td>Dipti Visen</td>
<td>Atte Ka Halwa (Wheat Flour Pudding)</td>
<td>Indian</td>
</tr>
<tr>
<td>Patricia Wuong</td>
<td>Simple Vietnamese Vegetarian Rice Paper Rolls</td>
<td>Vietnamese</td>
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