

SHARE TABLE

Feasting across the Globe



The Nine holiday cookbook
a collection of recipes from Nine staff



Do you have a favourite food memory? You know, those beautiful meal moments shared with family and friends centred, most often, around a celebration, a holiday or even something simple like a Sunday dinner get-together.

My greatest culinary recollections involve my nunna. While making feasts for our family to celebrate birthdays, anniversaries and Christmas, she'd teach me how to create the dishes she learnt growing up in Malta before moving to Sydney with my nunnu. She made things like hand-made ravioli, stuffat tal-fenek (rabbit stew) or my absolute favourite: imqarrun il-forn, a glorious baked macaroni. She's sadly not with us any more, but I know I can be transported to those lovely (and delicious) times by making her dishes – although, never as good as nunna did.

The Share Table: Feasting across the Globe is full of memories like this. Created by Nine's Cultural Diversity Community, it includes Celebratory recipes by Nine staff dotted across the country, from entrees to mains, desserts, side dishes and drinks. There are recipes from 20 countries - Indonesia, Sri Lanka, Vietnam, Brazil, Lebanon, Serbia, Japan and more - and each includes a short note to say why they're special.

"In the heart of my childhood, fish sauce infused the air as my mother conjured magic with her fried chicken wings," writes Hubert Nguyenle eloquently alongside her fried chicken recipe. "These crispy wings weren't just a dish; they were a symphony of love, reserved for cherished moments and gatherings... In those moments, we discovered more than flavours; we found connection and joy, savouring life's simple pleasures."

Food is one of those rare and magical things that bring people together. When there's a back story, it's even more powerful. We hope you enjoy not only discovering the food that's shaped the lives of our colleagues, but perhaps also learn how to make a dish that'll become something you cook for your family and friends.

Happy cooking (and eating),

Sarah Norris
Head of Good Food

Image:
The Nguyenle family

Nine Cultural Diversity acknowledges Aboriginal and Torres Strait Islander peoples are the Traditional Custodians of the lands on which we live and work, and have been cooking and eating food from the land, rivers and oceans for tens of thousands of years. We honour their continuous connection to Country, community, waters, skies, and food sources, and pay our respects to Elders past and present.

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APPETIZER



Serving Size 12
Prep time 15 mins
Cook time 30 mins

12 hard boiled eggs peeled
400ml distilled white pickling vinegar
2 shallots, peeled and sliced
1 tbsp of Pickling spice
3 Cloves garlic, peeled and cut in half length ways
150g jar of sliced jalapeño chillies and juice

In mid October my Dad and brother would start the process of pickling boiled eggs in time for Xmas.

PATAEY'S PICKLED EGGS

ENGLAND

Submitted by S. Paterson

For the Eggs

Place eggs in a pan. Cover with at least 2.5cm (1") of cold water Add a pinch of salt and place the pan on a high heat. When the water is almost boiling, set a kitchen timer for 7 minutes.

For the Pickle mixture

Boil all of the ingredients, except for the eggs for 15 minutes.

Tip:

Don't use very fresh eggs. Use eggs that are more than 4 days old (from being laid) or peeling them will be a challenge. Don't use eggs straight from the fridge. Use eggs that are room temperature

Place the eggs in a jar which has been washed in very hot water (and is still hot).

Pour the hot vinegar mixture over the eggs and allow to cool.

Store in a cool, dark place for 3 weeks before consuming.



Serving Size 8
Prep time 10 mins
Cook time 15 mins

1x 450g cob loaf
250g cream cheese
300g sour cream
250g frozen spinach, thawed
and excess water squeezed out
40g French Onion Soup Mix
1 cup grated cheese of choice

This cob loaf has been a family favourite for years and is requested for every family gathering, especially at Christmas. It's so delicious and super easy to make!

SPINACH & CHEESE COB LOAF

AUSTRALIA

Submitted by Amy Ryan

Preheat oven to 160 degrees fan forced.

Cut off top of loaf and scoop out bread from centre of loaf and tear into small bite sized pieces, keeping the 'lid' in tact.

In a bowl, mix cream cheese, sour cream, spinach and French Onion Mix until combined.

Stir grated cheese through the mix, then pour into the hollowed out cob loaf.

Put the lid back on top of the loaf, and wrap in foil.

Tip:

If you are in a rush, you can combine all of the spinach dip ingredients together in a small saucepan on the stove to heat through, then add to the cob loaf and pop the loaf with all bread pieces in the oven for 5 minutes to toast.

If you are unable to find a cob loaf (very common in busy holiday periods), French bread sticks are great substitute! Cut them into small chunks, toast, and serve alongside a bowl of warm spinach dip.

This recipe is a really good base to add in different ingredients, but works really well with some chopped cooked bacon and artichoke hearts.

Place in oven for 30–40 minutes (or until cheese is melted and mixture is hot).

Remove foil and cob lid and break lid into chunks.

Stir the mixture and place cob back in oven for another 5 minutes with the bread chunks to lightly toast.

Serve up on large platter with bread scattered around the cob loaf.

MAIN COURSE



Serving Size 10
Prep time 10 mins
Cook time 60 mins

PICKLE FISH

SOUTH AFRICA (CAPE TOWN)

Submitted by Bianca Heuvel

Fish
 1.5kg ling fish (boneless is best)
 1 tsp salt
 1 tsp pepper
 ¼ cup sunflower oil
 Flour
 2 eggs

Sauce
 1 cup brown vinegar
 ½ cup water
 ¼ cup sugar
 3 large onions, sliced
 1 tsp salt
 5 cloves
 2 tsp ground coriander
 1 tsp ground cumin
 ½ tsp turmeric
 2 tsp fish masala
 ¼ tsp chilli powder
 5 bay leaves

Fish

Wash and drain the fish. Salt and pepper the dry fish pieces. Dip the fish in flour and egg. Heat a large saucepan over medium to high heat. Add the ¼ cup of oil. When the oil is warm, fry the fish on each side until cooked. Lay the fried fish in a flat serving dish.

Tip:

This dish is best made at least 2 days before serving and served with hot-cross buns.

Sauce

In a large pot, heat the vinegar and water, add the onions, sugar, salt, spices and bay leaves. Cook until the onions are translucent. Pour the complete mixture onto the fried fish. Once it is cool, refrigerate.

Pickled Fish (Sweet and Sour Fish) – this is a traditional Cape Malay dish served mostly at Easter. In our family my mother would make this during the Christmas Holiday as a dish to take to the beach on New Year's Day. The dish is refreshing and is best eaten cold. One of our biggest concerns after my mother passed was who was going to keep the tradition alive, I can say with so much pride, that I am.



Serving Size 4-6
Prep time 10 mins
Cook time 20 mins

SRI LANKAN CHICKEN CURRY

SRI LANKA

Submitted by Eshanya Weerawarna

4-5 chicken thighs
 1.5 tbs garlic and ginger paste (finely chopped or finely grated)
 2.5 tbs roasted sri lankan curry powder
 1 tbs chilli powder (depending on the desired spice level)
 1 tbs cracked pepper
 1tbs white vinegar
 1tbs tomato sauce
 salt as required
 2 tbs coconut oil / vegetable oil
 6-8 curry leaves
 1 pandan leaves (4cm) – optional
 1 lemongrass (4cm) – optional
 1 cinnamon stick (4cm) – optional
 ¼ onion, thinly sliced
 3 garlic cloves thinly sliced
 ¼ tomato diced
 5 tbs coconut milk

A chicken curry is usually made in a Sri Lankan household at least once or twice a week. Mostly eaten with rice or it is great accompanying dish with String hoppers, hoppers, coconut rotti, kottu rotti, the list goes on!

Cut the chicken thighs into two and marinate chicken with garlic and ginger paste, roasted Sri Lankan curry powder (1 x tbs), white vinegar, tomato sauce, cracked pepper and salt.

Once the oil is hot, add in the finely sliced onion, garlic, tomato, curry leaves, pandan leaves, cinnamon and lemongrass.

When the onions turn golden add in the marinated chicken with the remaining spices.

Tip:

The roasted Sri Lankan curry powder will be available in any Sri Lankan grocery store. It is important to pick up the correct curry powder with the right balance of spices. The roasted curry powder is usually used for spicier and darker curries and the un-roasted for milder curries.

You can either use the chicken thighs with or without the bone, recommend the cut with the bone as it adds more flavor. If you are using the cut without the bone, the cooking time will be slightly less.

On medium heat let the chicken shallow fry and soak in all the spices until the chicken picks up color.

Add in half a cup of water and reduce to low heat, cover and let it cook for 15-20 minutes.

Mix in the 4 tbs of coconut milk and let the chicken curry cook for another 5-10 minutes or until fully cooked.

Add more salt if needed after tasting.

Serving Size 2-4
Prep time 3 hours
Cook time 45 mins

Chicken thighs, skin on
(bone in optional)
500g flour
500g cornflour
400ml verjuice
500ml white wine of choice
(chardonnay or chablis works best)
4 eggs
1 bunch of spring onions
1 tbs of mustard seeds
sea salt to taste
black peppercorns, ground, to taste
nutmeg, ground, to taste (about a tbs)
allspice, ground, 1 tbs
cooking oil of choice (vegetable or
canola oil works best due to the
smoking temp.)
hot sauce of choice (to taste)
strong beer of choice (to drink -
I am fond of Moondog's Old Mate)
toothpicks

*My grandfather was inspired by
an English recipe from 1736.*

BANJO'S HISTORICAL FRIED CHICKEN

ENGLISH

Submitted by Ben Morgan

Toss the chicken thighs in a large mixing bowl. Chop up the spring onions and put half in with the chicken and half aside. Throw in all the spices and salt and pepper with no discretion. Pour the verjuice over the top, mix vigorously and cover. Set aside in the fridge for minimum 3 hours.

After the 3 hours has passed, get a separate mixing bowl and beat the four eggs in.

Slowly, alternated between mixing the flour, cornflour, and white wine in to the egg mix until all is gone and a thick, medium viscosity batter is achieved. Add salt and pepper to taste and an extra touch of nutmeg.

Set a heavy, tall pot on the stove on high. I find a dutch oven is perfect. Heat the oil inside. Do not fill the pot more than halfway.

Removed the chicken thighs, and place them in the batter, ensuring they are covered completely. Allow to sit in the batter until the oil is heated.

OPTIONAL: Drop a circlet of the spring onion in the oil. If it bubbles vigorously, drop in the rest. Cook until they begin to brown and feel crunchy. Removed and set on a plate with a paper towel covering.

Tip:
Enjoy, and crack open a second beer!

If using bone in thighs, allow for a longer cook time. To make a gluten free version, replace the flour with rice flour or double the cornflour. If you can't find verjuice, apple cider vinegar also works.

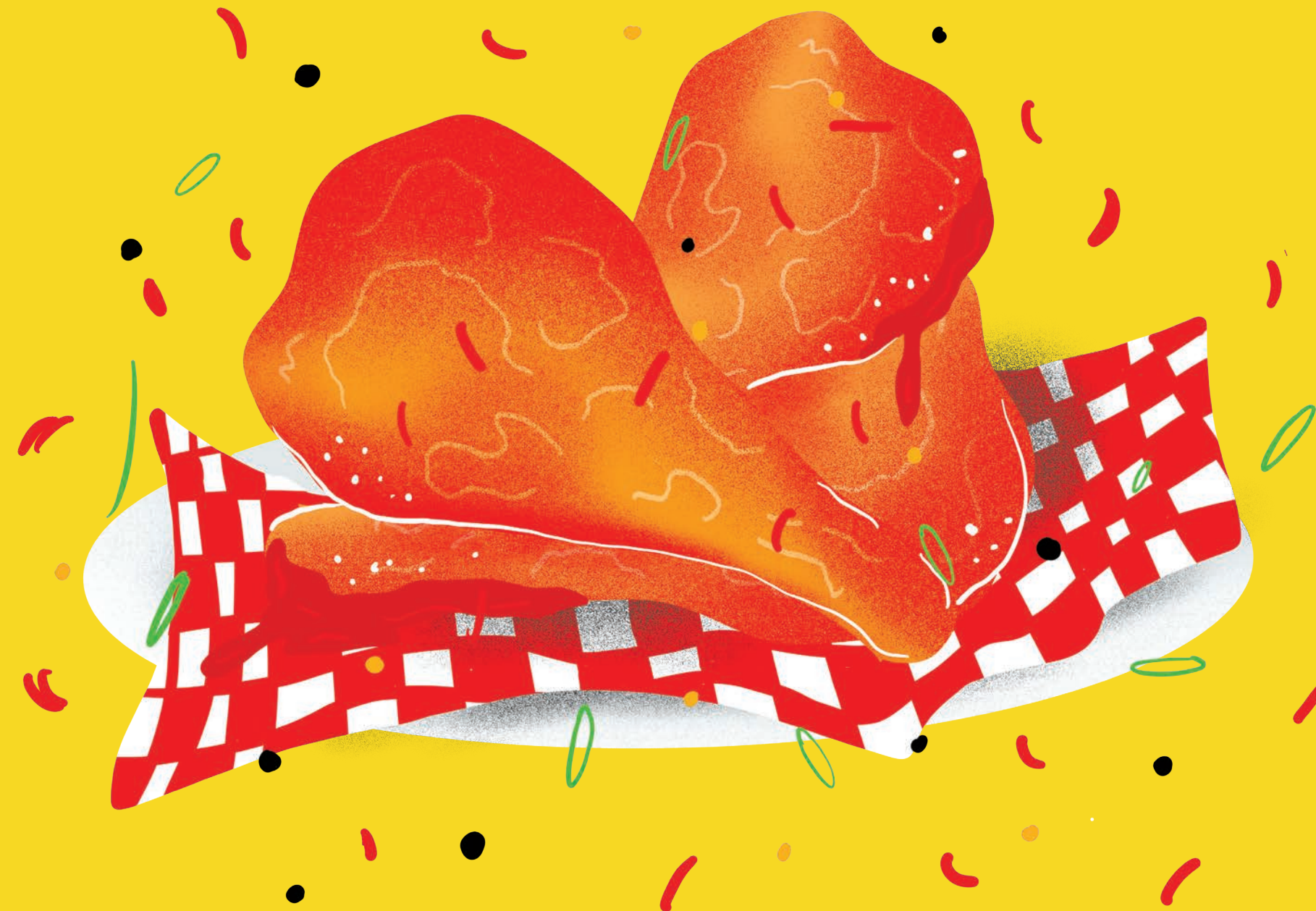
With tongs, slowly lower the heavily battered chicken thighs into the oil. Once in, lower the stove to high medium. Keep and eye on them. They will be ready once the batter has turned the colour of a pint of Carlton Draught. Roughly 20 odd minutes. Please note: cooking times will vary drastically depending on how thick the thigh is. If there is a bone in them, they will take around 10 minutes longer to cook through on average, but will be juicier.

Remove from oil once crispy and browned, and place on a wire rack over paper towel. Slice into one to ensure the thigh is cooked through, if not, drop him back in for a few more minutes.

Allow to rest for 5-10 minutes, allowing the excess oil to drip onto the paper towel.

Crack that beer of choice, cooking is hard work, and you deserve it!

Serve on a plate of your choice with whatever side takes your fancy. An apple-coleslaw perfectly accompanies in my experience. Garnish with the fried spring onion.





Serving Size 2
Prep time 10 mins
Cook time 20 mins

- 250g paneer
- 3-4 medium tomatoes
- 1 tsp ginger green chilli paste
- 1 bay leaf
- 1 black cardamom
- 2 green cardamom
- 1 tsp kashmiri red chilli powder (for the colour)
- 1 tsp red chilli powder
- ½ tsp turmeric powder
- ½ tsp garam masala powder
- ½ tsp cumin seeds
- 1 tsp dried fenugreek leaves
- pinch of asafoetida
- 2 tbsp cashew nuts
- 2 dried apricots
- 1 tbsp cream
- salt to taste
- 2-3 tbsp ghee

This is mum's celebratory dish recipe that my sister, dad and I adore! It is so rich and creamy, and making this recipe makes me remember all the times we had at our dinner table over the weekends chatting about the week that just went by!

SHAHI PANEER

INDIA

Submitted by Vaish Krishnan

Soak the cashew nuts and dried apricot in hot water and keep aside for at-least ½ hr. Then make a fine smooth paste of them using little water. Keep aside.

Cut the paneer in big cubes. Keep aside.

Wash the tomatoes and make a purée. Keep aside.

Heat ghee in a wok. Now add the bay leaf, and slightly crushed black cardamom (to release the flavour), green cardamom, cumin seeds and asafoetida. When the cumin begins to splutter, add kashmiri red chilli powder and tomato purée together. Let the paste sauté while the oil is released from the sides. Now add the green chilli and ginger paste and also the cashew nut paste. Stir fry for 2-3 minutes.

Tip:

If you are using frozen paneer then soak the paneer cubes in hot water for 30 minutes and then use. This will make the Shahi paneer creamier. In case you do not have kashmiri red chilli powder then you can also use red food colour.

Add all the dry spices like turmeric, salt, red chilli powder and fenugreek leaves.

Mix the paste for 5 minutes till the paste gets really cooked and oil is released from the sides.

Whip the cream and add it in the paste. Cook till it gets assimilated with the gravy.

Now add cut pieces of paneer and garam masala. Fold the paneer in as all paneer pieces should get coated with the spice paste.

Now add ½ cup of water and let the gravy cook for 5 minutes or till oil releases again on the sides.

Transfer the paneer to a serving bowl. Garnish with cream, dried rose petals, coriander, and fenugreek leaves.



Serving Size Family
Prep time 15 mins
Cook time 90 mins

- 1 x ham, brown sugar
- small can of pineapple rings
- glazed cherries
- toothpicks

I was shown how to make this many Christmases ago. It always turns out perfect and full of flavour.

TROPICAL GLAZED HAM

AUSTRALIA

Submitted by J. Webber

Pre-heat oven to 180 degrees (you may need to remove one of the shelves to create room for the ham).

Carefully remove the skin from the ham leaving as much fat as possible.

Score through in 2cm squares in a criss-cross fashion without cutting the whole way through the fat.

Using brown sugar rub all over the fat and push into the cracks that you just scored.

Tip:

Don't over cook the ham, check regularly. Care for your cooked ham by putting it in a ham bag that has been soaked with water and vinegar. Check bag regularly, re-soak as required and don't let the bag dry out. The ham will last for ages and you can freeze the bone with some meat on it and save for cooler months to make pea and ham soup!

Dress top of ham with pineapple rings and secure with a glazed cherry in the middle via a toothpick.

Pour juice that remains into bottom of the pan and add a little water (enough to fill about 2.5cm of bottom of pan).

Sit ham on a rack.

Bake for 1.5-2 hours checking every 30-40 minutes and using a glazing brush, use fluids from pan to keep glazing ham.

Serving Size 12
Prep time 60 mins
Cook time 40 mins

BEEF EMPANADAS (EMPANADAS DE PINO)

For the filling:

1 kilo lean beef mince
4 large brown onions, diced
1 cup beef stock
15 black olives
2 tbsp merken
(can be substituted with paprika)
½ tsp cumin
salt and pepper to taste
5 medium-hard boiled eggs,
cut in quarters
½ cup sultanas (optional)

For the dough:

1 kilo flour
1 cup full cream milk
1 cup water
1 tbsp salt
2 eggs
salt
180g melted vegetable shortening (can
substitute lard)
20–25 fresh mint leaves, stems
removed, washed, well-dried,
very finely chopped
4 green onions, white and green parts,
very finely chopped
3–4 tbsp lime juice
(lemon juice, if you prefer)
3–4 tbsp Early Harvest Extra Virgin
Olive Oil
romaine lettuce leaves to serve, optional

CHILE

Submitted by Isabela Gonzalez

For the Filling

In an oiled pan, sauté the diced onions until they soften and turn golden brown.

Add the beef mince to the pan and break up the meat as it cooks, mixing well with the onions.

Add the salt, pepper, merken (or paprika), and cumin to the mix to taste and let everything cook together for a few minutes.

Add the beef stock and simmer until the mix has thickened and reduced. The meat should not be very wet when complete. If needed, add a tablespoon of flour to thicken the mix.

When cooked, set the mixture aside to cool.

For the Pastry

Combine the water, milk, and salt in a container and stir until the salt is dissolved.

In a mixer, gently combine the flour and eggs until it reaches a sandy consistency.

Add the melted shortening to the mix and combine until the mixture begins to look like breadcrumbs.

Slowly add the water and milk mixture until the dough forms and becomes soft and flexible to work with. If the mixture is too dry, slowly add small amounts of water while mixing until it reaches the correct consistency.

Forming the Empanada

Pre-heat the oven to 180 degrees.

Separate the dough into palm sized portions and begin to roll it out into a circle. The dough should be rolled out until thin.

If you don't have time or energy to make the dough, you can use store bought frozen

Tip:

Empanadas are best served warm and can be eaten with Ensalata Chilena tomatoes and onions and a glass of Pap!

Brisée pastry. While not traditional, they would taste just as delicious with puff pastry.

Merken can be a difficult spice to get your hands on in Australia, only stocked at specialty grocers and Chilean cafes and butchers. Merken is a Chilean smoked chilli pepper spice so you can substitute it with smoked or regular paprika in a pinch!

Pino is what Chileans call an onion+protein mix. You could mix any protein (fish, chicken, tofu) with onions and spices to create the Pino to put in an empanada.

In the centre of the dough, place some of the meat mixture. Two heaping spoonfuls or a small palm sized amount should be enough.

Add a quarter slice of your boiled egg on top of the mix along with an olive. If desired, add a few sultanas as well.

Close by folding the dough in half from the top, creating a semi-circle shape with the meat in the middle.

Press in the edges of the dough surrounding the mix and trim the excess dough so that there is a 2cm border around the pastry. This excess dough can be reworked to make another empanada.

To finish it off you can either fold in each of the edges and press them together to make a rectangle shape (this is the shape I've always had the traditional beef empanada in) or you can pinch the edges around the border to give it a crimped look.

Finish by brushing with an egg wash before baking for around 30 minutes or until golden brown.



“...drinking a glass of Pap and eating empanadas is incredibly nostalgic.”

Summer afternoons with my Abuela were often spent eating empanadas de pino with her delicious traditional tomato and onion salad and her cooking will always be cherished memories for me. Since Chilean culture can be harder to find in Australia, though it is out there, cooking is a way for me to connect with my heritage and share it with my friends, especially when food and taste leaves such an impact on our memories. For me, drinking a glass of Pap and eating empanadas is incredibly nostalgic.



Serving Size 4
 Prep time 30 mins
 Cook time 15 mins

- 4 eggplants
- 300g pork and veal mince
- 140g herb and garlic breadcrumbs
- 1/3 cup Parmesan cheese
- 2 tbsp chopped basil and parsley
- 4 cloves of minced garlic
- 2 eggs lightly beaten
- salt and black ground pepper
- light olive oil for frying

This recipe was passed on through generations and extended family members and my mother cooked this.

MELANZANE RIPIENI (STUFFED EGGPLANT)

ITALY

Submitted by John Bruzzese

Cut the eggplants halved length ways.

Bring a large saucepan of boiling water, then add the halved eggplants 4 at a time, repeat with the other 4 halved eggplants.

Ensure they are completely covered and boil for 6 minutes until the flesh is soft.

Remove and set aside to cool completely.

Scoop out the flesh from each eggplant (I used a knife as I found it easier) and place the eggplant skins aside.

Chop the eggplant flesh roughly and place it in a large bowl, add the Pork and Veal mince, breadcrumbs, Parmesan cheese, garlic, basil and parsley, 2 eggs, salt and black pepper.

Use your hands to mix well and

combine into a round. Divide the mixture into 8 even portions to place into the eggplants skins.

Lightly salt the inside of the eggplant skins.

Fill the eggplants with the meat mixture and ensure they are nicely packed.

Heat Olive oil in a large frying pan over medium heat. Fry 2 halved eggplants at a time with the filling side down and cook for 5 minutes. Turn them over and cook the skin of the eggplant for 2 minutes.

Move them to an oven 180 degrees and warm through for another 5 minutes. This will ensure the meat is cooked thoroughly.

Serve immediately.



Serving Size 4
 Prep time 30 mins
 Cook time 30 mins

- 500g smashed boiled potatoes
- 200g (1.6 cups) of plain flour
- 1 egg
- salt

Sauce:

- 200g mozzarella cheese
- 100g Parmesan cheese
- some basil leaves
- extra virgin olive oil
- one garlic clove crushed
- 320g peeled tomatoes

I learnt this recipe at an Italian cooking class in Positano. It's delicious!!

GNOCCHI "SORRENTINA STYLE"

ITALY

Submitted by J. Williamson

Scrub the potatoes (don't peel) and place them in a large pot of boiling water. Steam until tender all the way through but not falling apart (a kitchen knife passes all the way through with some resistance) 10-25 minutes depending on size. It's important that the potatoes not be overcooked (overdone, they will absorb too much water and take up so much flour that the gnocchi will sink like heavy little stones to the bottom of the stomach).

As soon as the potatoes are tender enough to push through a potato ricer and they are still hot, pass them into a large bowl. Don't be tempted to try a food processor for this, it will turn them into glue. Add the eggs first, then the flour and mix by hand until you have a pliable ball of dough. Do not over-mix. Divide the dough into equal pieces.

Roll each piece into a rope about 2 cm in diameter and 20-25cm long. Cut each snake into regular pieces about 2 cm long.

Continue until all the dough has been rolled and cut. If you wish, roll each gnocco over the large holes of a cheese grater or along the tines of a fork to impress the soft dough with a pattern. Bring a large pot of lightly salted water to a rolling boil and drop in the gnocchi. Do this in two batches if it's easier.

Boil the gnocchi until they rise to the top (about one minute), then remove them with a slotted skimmer and transfer them into the sauce.

Spoon half of the sauce over the gnocchi and mix gently, then garnish with the remaining sauce and a little grated cheese if required.

Serving Size 4-6
Prep time 40 mins
Cook time 25 mins

Marinate

2kg chicken wings
1 tbsp fish sauce (recommend to use 3 Crabs Fish Sauce brand)
2 tsp garlic powder
2 tsp onion powder
1 tsp ground pepper
1 cup cornflour or potato starch

Sauce

3 tbsp oil
¼ cup minced fresh garlic
¼ cup sugar
¼ cup fish sauce (3 crabs fish sauce brand)
½ cup water
1 tsp garlic powder
1 tsp onion powder
1 tsp ground pepper
1-2 tbsp dried chilli flakes (depending on spice tolerance)
¼ cup sliced green onion

VIETNAMESE FISH SAUCE FRIED CHICKEN WINGS

VIETNAM

Submitted by Hubert Nguyenle

Combine the chicken wings with the fish sauce, garlic powder, and onion powder and massage. Let marinate for 30 minutes.

Add in the cornflour and mix until all of the chicken wings are evenly coated.

In a pot on medium heat, fry the minced garlic with oil.

Once the garlic is a light golden brown, add in the chilli flakes, sugar, fish sauce, water, garlic powder, onion powder, and pepper.

Cook the sauce for 1-2 minutes, until slightly thickened. Add in the spring onions and take off the heat.

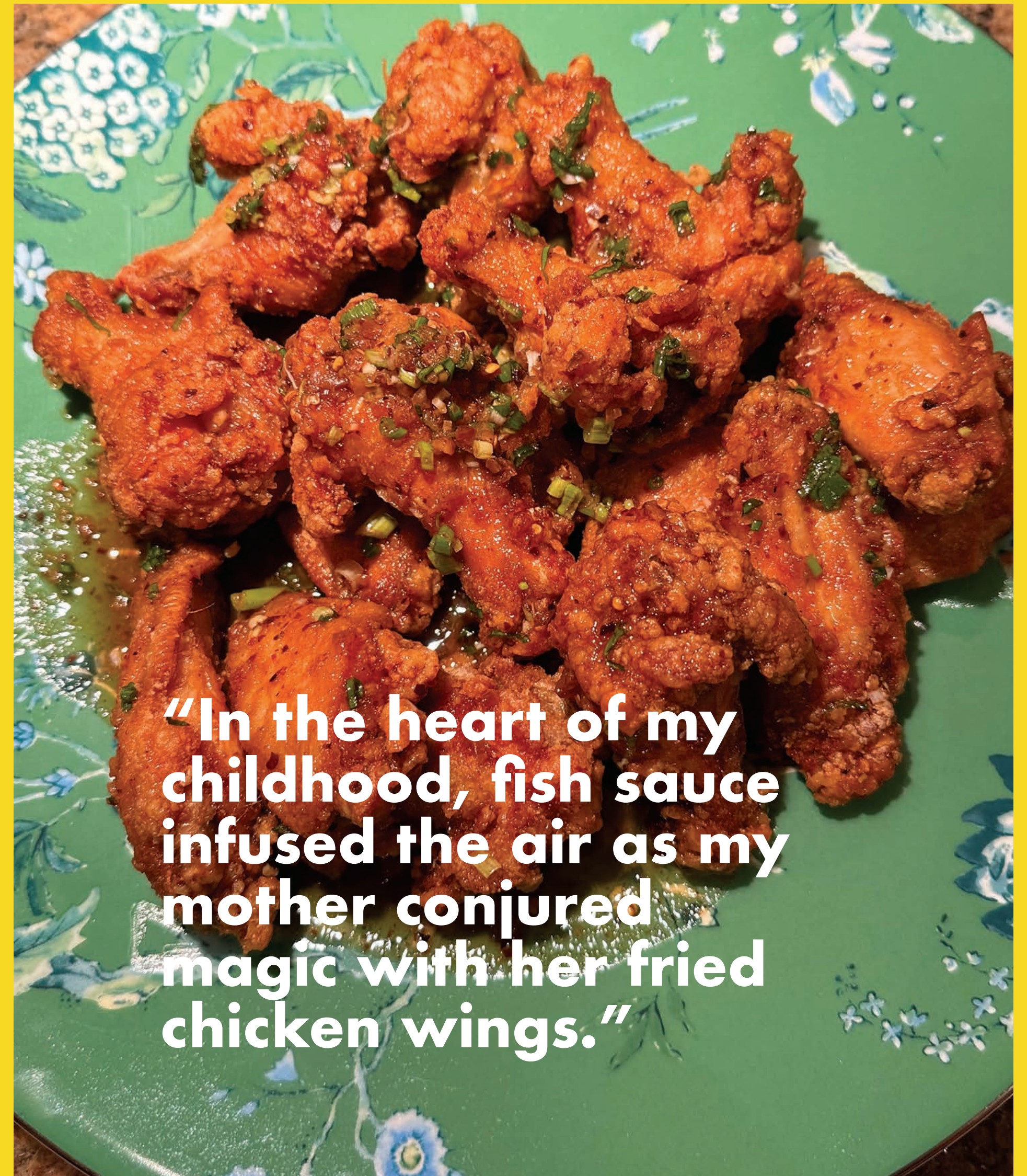
Let the sauce cool.

Heat up frying oil to 200 degrees Celsius. Add the chicken wings and fry for 5 minutes.

Take out the chicken wings and let it rest for a few minutes while the oil temperature goes back up to 200 degrees Celsius.

Add the chicken wings back in and fry for another 15-20 minutes. A double fry will ensure that the chicken wings stay crispy until they are devoured.

Mix the sauce with the chicken wings and serve immediately.



“In the heart of my childhood, fish sauce infused the air as my mother conjured magic with her fried chicken wings.”

In the heart of my childhood, fish sauce infused the air as my mother conjured magic with her fried chicken wings. These crispy wings weren't just a dish; they were a symphony of love, reserved for cherished moments and gatherings. Picture this: a jubilant family, a vast platter of wings, and laughter mingling with the tantalising aroma. In those moments, we discovered more than flavours; we found connection and joy, savouring life's simple pleasures.



Serving Size 4
 Prep time 5 hrs
 Cook time 20 mins

10 MINUTES WITH TRACTOR

500ml of cream
 ½ a spring onion (green end)
 600g of bacon
 2 punnets of mushrooms chopped
 ½ a bottle (150ml) of soy sauce
 500g of pasta of your liking
 add Parmesan as desired

Mouth Watering.

ITALY

Submitted by Scott Channeysee

Boil water and add in your favorite pasta. Cut up your bacon into small pieces put it into the fry pan, and cook. Once ¾ cooked add in mushrooms and until sautéed, then add cream, soy sauce, and spring onion stir and cook for a further 3 minutes. Add pasta to the sauce, stir it through and serve with Parmesan and black pepper.

Kikomans Soy Sauce is the best.



Serving Size 5
 Prep time 5 mins
 Cook time 2 mins

PIZZA DOUGH - NO KNEAD

900g plain flour
 550g water
 50ml olive oil
 7g yeast
 15g salt

My mum came up with this recipe and EVERY Friday night my family ALWAYS have homemade pizza for dinner. Its our favorite night of the week and a family tradition. Make it yours too - you wont regret it!

AUSTRALIA

Submitted by Jessica Sumpter

Mix together all ingredients.

Leave for an hour.

Do 4 stretch and folds at 30 minute intervals 3 times.

Leave for an hour.

Place in fridge.

Remove from the fridge 2 hours before cooking.

1 hour before cooking make into 6x240 gram balls.

30 minutes before cooking roll dough out.

Have it with wine.



Serving Size 4+
Prep time 10 mins
Cook time 30 mins

IMMUNE-BOOSTING CHICKEN SOUP

2 tbsp olive oil
1 medium onion, diced
5 cloves garlic, minced
3 celery stalks, chopped
2 cups carrots, peeled and chopped into half-moons
2 large carrots chopped
1 cup mushrooms chopped
8 cups chicken stock
2 bay leaves
½ tsp. turmeric
1 ½ tsp. sea salt
1 (15 oz) can chickpeas, drained and rinsed
3 cups shredded rotisserie chicken
2 cups baby kale leaves

This was my go-to dinner when I was pregnant. It lasted for days and fed the entire family! Its quick, easy, healthy and yummy - ticked all my boxes.

AUSTRALIA

Submitted by Jessica Sumpter

In a large pot or dutch oven, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes. Add mushrooms and garlic, cooking another 3 minutes.

Stir in the chicken stock, bay leaves, turmeric, salt and chickpeas; bringing to a boil. Mix in shredded chicken, cover and turn down heat to a simmer for 15–20 minutes.

Add kale, cover and simmer an additional 5 minutes. Discard bay leaves, serve and enjoy!



Serving Size 4
Prep time 35 mins
Cook time 35 mins

MOQUECA (BRAZILIAN FISH STEW)

Fish

500g firm white fish fillet (snapper, tilapia, cod, basa)
2 tbsp lime juice
2 minced garlic cloves
black pepper
salt

Stew

1 diced onion
2 minced garlic cloves
2 red capsicum, sliced
2 tomatoes, sliced
salt
paprika
turmeric
cilantro
1 can of coconut milk
lime

Moqueca. The comfort food your mother prepares when you visit her after years living overseas. Cook gently, adding one ingredient at a time. There's no rush. Enjoy it on a Sunday lunch and take an afternoon nap if you can :)

BRAZIL

Submitted by Yasmin Blanco

In a bowl, coat the fish with garlic, lime juice, salt and pepper and set aside in the fridge while you prepare the rest.

In a large sauté pan, heat the olive oil over medium high heat. Add the chopped onion and cook a few minutes until softened. Add the garlic next.

Layer the slices of capsicum and cover with a lid, cooking until the capsicum begins to soften. Layer the tomato slices and sprinkle with paprika, turmeric, salt and pepper.

Tip:

Use parsley if you don't like cilantro. Substitute with your favourite veggies: zucchini or carrots. Slice them so you can prepare the bed for the fish.

They will serve as a bed for the fish. Cover and let it cook for a few more minutes.

Add the fish to the layers and cover again. Let it simmer for a few minutes. Avoid mixing too much, you want to keep the layers.

Add the coconut milk, gently mix it in and let it simmer covered on a low heat for 15 minutes. Taste and adjust seasonings.

Squeeze some lime and add fresh chopped cilantro on top to finish.



Serving Size 6
 Prep time 50 mins
 Cook time 60 mins

POLISH DUMPLINGS - PIEROGI

1 kg potatoes
 1 tbsp of salt
 1 tbsp of butter
 2 onions
 300 g feta cheese
 black pepper to taste

For the Dough:
 3 cups of plain flour,
 2 egg yolks
 1 tsp salt
 2 cups of hot water

For Serving:
 2 tbsp of butter
 caramelized onions
 fired bacon
 sour cream

POLAND

Submitted by Danuta Drost

Peel potatoes, boil them until soft, drain and mash them with potato ricer. Add sautéed onion and feta cheese and mix well. Season to taste with salt and pepper.

Make the Dough:
 Place 2 cups of flour on a work surface and make a well in the center. Break egg yolks and start mixing while adding hot water. Bring all together kneading well and adding the remaining flour or water as needed to form a smooth and soft ball.

Tip:
 Serve with an extra sour cream, also you can use quark cheese instead of feta.

Roll out the dough to thin layer and using a round cookie cutter make small circles. Spoon the filling onto the middle of each circle and fold the dough in half to form a half circle shape the then firmly pinch the edges together.

Keep formed pierogi under a clean towel to stop from drying. Cook pierogi in a large saucepan of boiling salted water until they rise to the surface, continue to simmer for a few more minutes. Drain them with slotted spoon and remove to a platter. Serve warm with caramelized onions or fried bacon.

This is one of the most favorite and most known Polish main dishes and originally it was a poor people food. Today there are many varieties of this dish and you can find many restaurants in Poland to serve this traditional food. Usually made in big quantities of at least 60 pierogis or six servings.



Serving Size 4
 Prep time 120 mins
 Cook time 20 mins

MELANZANE AL CIOCCOLATA (CHOCOLATE EGGPLANT)

ITALY

Submitted by Tina Dimeglio

4 eggplants
 10 tbsp of breadcrumbs
 2 eggs (beaten)
 cinnamon ground (sprinkled)
 pinch of salt
 2 tbsp of Nutella or cacao or chocolate powder
 olive oil
 sauce (place on top)
 1 tin of cherry tomatoes
 basil leaves
 1 onion
 olive oil (needed for frying)
 cacao or chocolate can be sprinkled on top of the sauce when serving

Recipe was passed down by my fathers aunt who learnt it from their great grandmother who then passed it onto my mother who Aussie-fied it to Aussie taste buds by using Nutella so that the grandchildren and children would eat it.

The recipe was usually prepared without scale.

Slice eggplants in pairs.

Place on tea towel and sprinkle salt on top - let sit for 30 minutes - then wash with cold water then let them for rest for 10 minutes.

Make sauce whilst the eggplant are resting.

Add oil to fry pan.

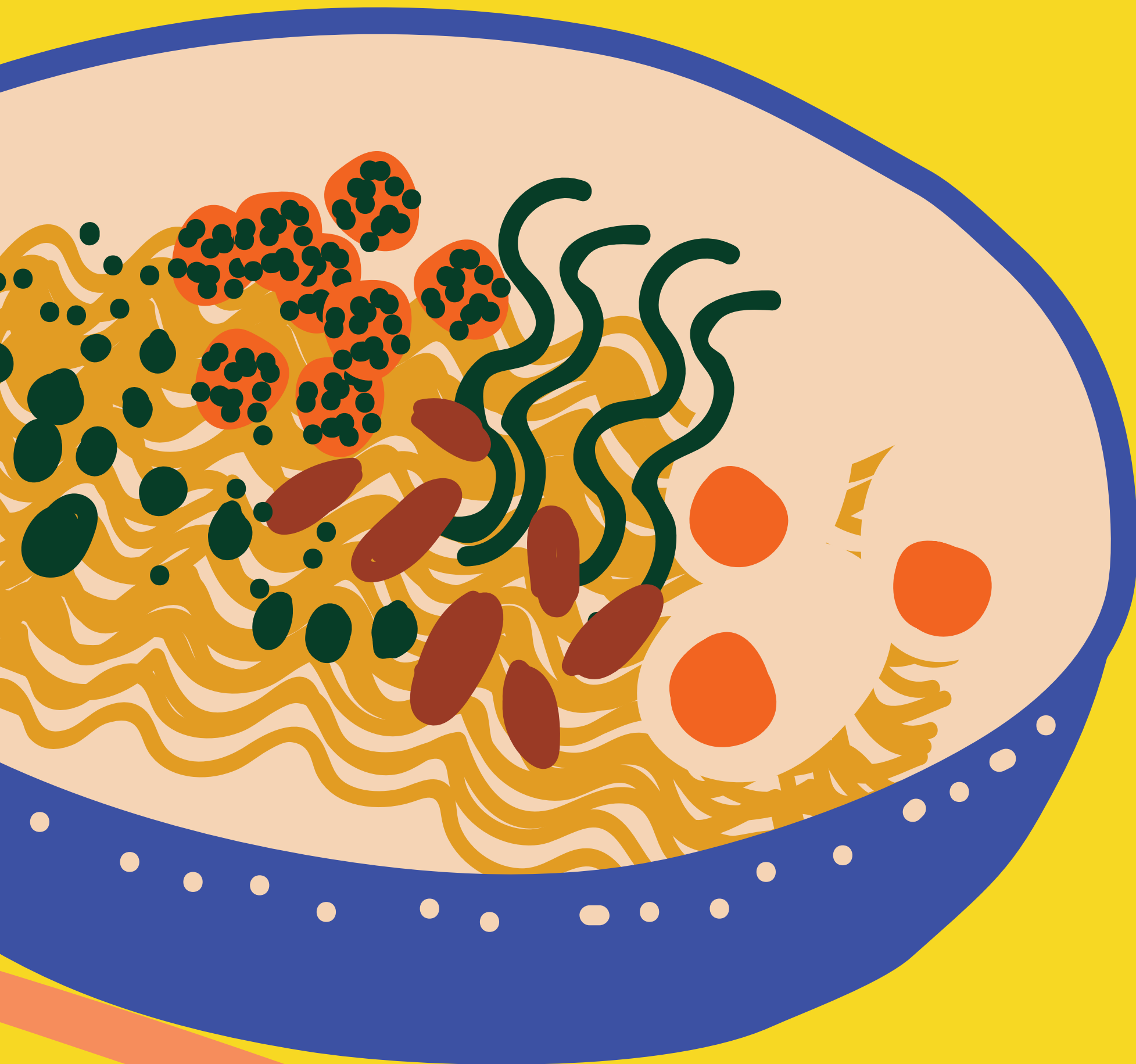
Cut one onion add to hot oil - sauté for few minutes - golden brown.

Tip:
 The recipe is actually prepared without scales or measurements! Also taste good the day after on bread. Can also be eaten cold.

Then add the can of tomatoes Let simmer for 30 minutes.

In a bowl, add breadcrumbs, some spoon of Nutella or chocolate, eggs and a pinch of salt and cinnamon, mix the whole mixture together to a soft mixture that can spread. Add a big heap tablespoon of mixture onto each eggplant pair. Fry into very hot oil on both sides and then finally spread with tomato sauce on each one on a big plate.

Let them rest so they are delicious and serve with sauce, sprinkle some chocolate on top and serve with any vegetable.



Serving Size 2

KITSUNE (agesan-Osaka dialect, "aburaage" "usage" in standard Japanese)

2 agesan (fried deep-fried tofu)
1 tsp dashi powder
1 tbsp soy sauce
1 tbsp mirin
1 tbsp sugar
Pinch of katsuobushi (bonito flakes)
200ml water

Udon soup (1 serve)

1 packet frozen udon
1 tsp dashi powder
1 tbsp light soy sauce (if you don't have this, you can use regular soy sauce)
1 tbsp mirin
1 tbsp sake
Pinch of katsuobushi (bonito flakes)
1 spring onion
400ml water
Ichimi Tougarashi (cayenne pepper powder)
Shichimi Tougarashi (seven spices chilli pepper)
Yuzu Kosho (Japanese citrus chilli pepper)

KITSUNE UDON (NOODLE SOUP WITH DEEP-FRIED TOFU)

JAPAN

Submitted by Daiki Tanabe

Chop a spring onion and set a side.

Cut agesan into square and boil them a few minutes to remove excess oil. This process allowed the broth to soak into the agesan and also helps the soup be full of the elegant dashi flavour.

Drain and leave it cool.

While it's cooling down, make the dashi for cooking agesan.

Put water in a pot and turn on low heat. Add dashi powder, sugar, soy sauce, mirin and pinch of Katsuobushi (bonito flakes). Katsuobushi makes more dashi flavour.

After the agesan has cool down, squeeze the water tightly between both hands.

Place the agesan in the pot over medium heat, bring to the boil then cover with a Ootshibuta (drop-lid for simmering) and reduce the heat to low.

Cook slowly for 15 minutes.

When agesan is ready, set a side.

Now make a Udon dashi. Put water in a pot and turn on medium heat.

Add dashi powder, light soy sauce, mirin, sake and pinch of Katsuobushi.

When the dashi boiled, add frozen Udon and heat as indicated on the package.

Serve the Udon and dashi in the bowl. Place cooked agesan on top and spring onion. If agesan is cold, warm it up and place it. Enjoy!

"...perfect for lunch!"

KITSUNE UDON is a staple UDON restaurant food. It's one of the most popular food in Osaka, Japan. This noodle soup is often eaten in the Kansai Region. It's easy and tasty, and is perfect for lunch!



“It’s a simple dish, but you can make A LOT so it’s a great dish to serve when you have family and friends over!”

Serving Size 5
Prep time 15 mins
Cook time 30 mins

Satay Ayam - Chicken Skewers

500g chicken breast (washed, cleaned and cut into 2cm cubes)

½ tbsp ground cumin

2 cloves fresh garlic (crushed)

salt and pepper (to your liking)

olive oil

ABC Kecap Manis

0–30 small skewers (soaked in water)

Peanut Sauce

½ cup chunky unsweetened peanut butter

½ cup coconut milk (mixed well)

¼ cup kecap manis

2 cloves of garlic

2 tbsp lime juice

2 tbsp brown sugar

1 tbsp chilli flakes (or to taste)

To Serve

3 cups white Jasmin rice

TUTI'S CHICKEN SATAY WITH PEANUT SAUCE

INDONESIA

Submitted by Saraiha Grashuis

Wash your rice until water runs clear.

Place your rice into pot and add water. (2 parts water–1 part rice)

Bring water and rice to a boil, cover and simmer for 20 minutes. Fluff before serving.

In a large bowl add crushed garlic, cumin, salt, pepper and 3 tbsp of olive oil. Once mixed add in your chicken, mix well to coat.

Cover and place in fridge to marinate for about 30 minutes.

Soak your skewers in boiling water, to prevent splintering and to clean the skewers.

While the chicken is marinating, let's get to making our peanut sauce!

In a bowl add the peanut sauce, coconut milk, kecap manis, garlic, lime juice, brown sugar and chilli flakes.

Whisk until all is combined and set aside.

Once the chicken has had time to marinate you can start skewering!

Tip:

Clean your grill between batches.

Try to keep all the skewers as even as you can (4–5 pieces of chicken per skewer).

Prepare 2 small bowls with brushes - this will be used to baste the chicken on the grill or barbecue.

Add ½ kecap manis and 1 cup oil per bowl.

Heat your grill or barbecue to medium-high heat and lightly grease the grill.

Before placing the skewers on the grill, coat the skewers in the kecap manis and oil mixture, by dabbing the brush on chicken.

After coating the satay place the skewers on the grill for about 10 minutes per side while basting using the second bowl of the kecap manis and oil mixture. (This will insure the chicken stays nice and juicy!)

Continue to cook while turning occasionally and basting until the chicken is cooked and no longer pink in the centre.

Remove chicken from the grill and serve with peanut sauce and Jasmine rice.

This was the first recipe I learnt how to cook from my mum, she loved to cook and feed people. All my childhood memories (birthdays, BBQs, get togethers etc.) my mum always made these. It's a simple dish, but you can make A LOT so it's a great dish to serve when you have family and friends over!

Serving Size 2
Prep time 30 mins
Cook time 20 mins

2 chicken thighs
½ red capsicum
½ green capsicum
¼ brown onion
2 spring onions
250g of dry soba noodles
75g bean sprouts
2 x mushrooms
1 beaten egg
2 tbsp soy sauce
1 tsp Worcestershire sauce
2 tsp sugar
1 tbsp sesame oil
1 tsp vegetable oil
Pinch of white pepper and salt

Garnish
1 tbsp of sesame seeds
1 tsp of pickled ginger

Chicken Marinade
1 tbsp soy sauce
1 tsp ginger
pinch of paprika and s+p

CHICKEN YAKI SOBA

ENGLAND/JAPAN

Submitted by Natalie Elliott

Marinate chicken thighs for 30 minutes and slice into strips.

Slice peppers, onion and mushrooms.

Cook soba noodles according to packet instructions.

Mix the soy sauce, sugar and sesame oil in a bowl.

Heat the vegetable oil in a wok and add the chicken, cook for 3–4 minutes until browned.

Add the peppers, onion and mushroom and continue to stir fry for 2–3 minutes. Add bean shoots for last 1 minute.

Tip:

You can substitute chicken for extra veggies, tofu or prawns, or another meat if preferred. This dish can also be made using egg noodles.


Make a well in the centre and pour in the beaten egg, cook for 1–2 minutes and then stir through.

Add the Worcestershire sauce and stir through.

Season with s+p. Add some extra soy and sesame oil if necessary.

Divide onto plates and garnish with sesame seeds and pickled ginger.

For those that like a chilli hit, I like to drizzle over some chilli oil too!



“...after falling pregnant early 2022, the one craving I got was Wagamama’s No.52 chicken yaki soba, there was only one thing for it...recreate it!”

Originally from the UK, one of my favorite cheap eats I used to enjoy grabbing after work with friends in London was a Wagamama’s chicken yaki soba that I used to drizzle with chilli oil and a little extra soy sauce. I’ve since lived in Sydney for the last 11 years and after falling pregnant early 2022, the one craving I got was Wagamama’s No.52 chicken yaki soba, there was only one thing for it...recreate it!

Prep time 60 mins
Marinating time 1–3 hours
Cook time 2.5 hours

FILIPINO BBQ STICKS

1kg pork neck or pork belly
with skin off or chicken thighs cubed
3cm wide and 1.5cm thickness

½ cup dark soy sauce

½ cup light soy sauce

½ oyster sauce

1 cup dark brown sugar

½ tsp ground white pepper

1–2 tbsp minced garlic,
adjust to preference

½ cup white vinegar
or rice wine vinegar

1 cup Sprite or Schweppes lemonade

2–3 pieces of bay leaf

1 cup banana ketchup, optional

Spicy Vinegar Dip

1 cup white vinegar or rice wine vinegar

Finely chopped red onion

2 finely chopped garlic cloves

2 tbsp white or brown sugar

sliced Red Thai chillies, optional

Equipment

bamboo or steel bbq sticks

silicone brush to marinade

PHILIPPINES

Submitted by Arcon Viray

Cube chosen protein in portions.

Mix all ingredients well until the dark brown sugar is dissolved.

Marinate in a glass container ie. Pyrex dish, ensuring all the protein is submerged in the marinade, for minimum 1–3 hours, best overnight.

Soak the bamboo sticks 30 minutes prior to assembly.

Once marinated, skewer the protein ensuring even portions, stack the portions loosely.

Tips:

Prep time:

1 hour for cubing and skewering 1kg of meat. Minimum 1–3 hours to marinate, preferably overnight for best taste outcome. 10 minutes to bring the marinade sauce to a boil and thicken.

Cooking time:

5–6 minutes each side on medium-high heat. Total cooking time: 2.5 hours per minimum marinating time for 1kg of protein.

Optional:

1 cup banana ketchup, optional, a staple Filipino condiment, found at Asian grocers and sold at some Woolworths with a multinational aisle. Sweet, tangy sauce that does not taste like ketchup at all!

Spicy Vinegar Dip.

Boil the marinade sauce in a pot, 10 minutes until thickened.

BBQ for 5–6 minutes each side on medium-high heat, turn to evenly char; easily chars due to the sugar content in the marinade.

Brush the sticks with the prepared marinade while on the BBQ.

Enjoyed best while hot with white jasmine rice.



The Filipino BBQ sticks are pictured in the middle foreground, with my middle sister, Ara, to the left and myself, to the right of our mum, Connie in the background.



Serving Size 4
Prep time 10 mins
Cook time 20 mins

12 bone rack of pork spare ribs
15 star anise whole
1 tbsp five spice powder
1 medium onion
3 cloves garlic
2cm piece of ginger
2 tbsp hoisin sauce
1 tbsp karamel masakan sauce
(cooking caramel sauce)
pinch of black pepper
2–3 tbsp honey
vegetable oil

My dad Dev grew up in Malaysia, is of Indian heritage and once lived with a Chinese chef so he often takes influences from different cultures to create his own unique recipes. Dad's pork ribs have been a family favourite of ours for years and can be enjoyed as a starter or a main. Don't be afraid to get a little messy and eat with your hands!

MALAYSIAN STYLE PORK RIBS

MALAYSIA

Submitted by Shantini Nair

Cut rack of pork spare ribs into individual bones.

Boil a large pot of water and add star anise and pork bones. Cook for 5–10 minutes or until cooked.

Drain water and discard star anise.

Set ribs aside. When cool, mix with five spice powder.

Dice onion, garlic and ginger.

Crush onion, garlic and ginger in a mortar and pestle or food processor.

Preheat oil in wok over high heat. Add crushed onion, garlic, ginger mix until golden brown. Add the pork ribs and mix together well.

Add the hoisin sauce, karamel masakan sauce, a pinch of black pepper and mix well.

Turn heat off. Add the honey and mix well.

The same recipe is also delicious using chicken wings or drumsticks.



Serving Size 2
Prep time 30 mins
Cook time 8 mins

Ragout

50g green lentils, rinsed
25g olive oil
50g onion, diced
50g potato, diced
50g carrot, diced
50g celery, diced
50g button mushrooms, sliced
100g chicken stock
¼ tsp salt
10g red wine vinegar
5g chives, finely sliced
10g spring onion, finely sliced
½ tsp black pepper, coarse ground

Salmon

2 x 200g salmon fillets,
pin boned, skin off
Vegetable oil
Sea salt
Black pepper, coarse ground
Lemon

This is a simple recipe that also demonstrates a good method of cooking fish.

SALMON ON A VEGETABLE AND LENTIL RAGOUT

AUSTRALIAN/ENGLAND

Submitted by Bill Barrington

Ragout: Simmer lentils in water al dente, 15 minutes, drain, reserve. Sweat vegetables briefly in olive oil, add stock, salt and lentils, simmer 2 minutes; finish with vinegar, chives, spring onion, pepper.

Salmon: Brush lightly with vegetable oil, season; bake 220 C, oiled tray; per 2cm thickness: 4 mins rare, 6 medium, 8 well done. Plate on the ragout, lemon on the side.

Tip:

The ragout can be prepared and cooked in advance up to the finishing ingredients; at serving time, reheat (microwave) and add the finishing ingredients.

Any thick (centre cut) fish fillet will work, e.g. Blue Eye (Cod).



Serving Size 1
Prep time 0 mins
Cook time 0 mins

DEVON SANGA

The finest Belgium or Windsor sausage your silver coin can buy.

Matured tomato sauce

The whitest frozen bread you can find

This a staple food of the Aussie battler.

DUBBO

Submitted by Daniel Kent

Combine the devon, sauce and bread.

Wrap in cling wrap.

Serving Size 6
Prep time 20 mins
Cook time 20 mins

Soup:

Chicken Breast

A healthy knob of ginger (thumb size) – finely diced

1 large brown onion – finely diced

Lots of garlic (6ish gloves) – finely diced

1 long red chilli (deseeded for spice sensitive or seeds in for those who like a little kick) – finely diced

6 button mushrooms – chopped (or blitzed beyond recognition if you have a fussy husband like mine)

4 carrots – roughly diced

4 zucchini – roughly diced

6 celery sticks – roughly diced

Silverbeet – middle vein removed and roughly chopped

1 lemon - halved

1L Chicken stock

Soy sauce

Salt and pepper

Cheesy garlic toast:

Ingredients:

Good bread, garlic, olive oil, salt, pepper and a sharp tasty cheese



CHICKEN SOUP WITH CHEESY GARLIC TOAST

ITALY

Submitted by Steph Drabble

Soup:

Get everything chopped and ready to go.

Heat up olive oil in the pot, add onion – when it turns translucent add the garlic, ginger and chilli and cook off whilst adding generous sprinkles of salt and pepper – this is the flavour engine of the soup.

Add mushrooms – allow the moisture to come out of them and them to soak up all the flavour from the garlic ginger and chilli.

Add carrots and celery and cook until they start to soften then add zucchini.

Add 1L of chicken stock, the halved lemon and approx. 1 tablespoon of soy sauce and bring to the boil.

Once boiling, add in chicken breast

(that has been sliced into thirds) to the broth and bring down to a simmer.

Once the chicken has been poached in the soup broth, remove and shred the chicken using two forks.

Add chicken back to the soup mixture followed by the roughly chopped silverbeet.

Stir through and ready to serve!

Toast:

Dice garlic and put in small dish, cover generously in oil and add salt and pepper.

Lightly toast the toast then spread the olive oil/garlic mixture over the toast.

Pop your cheese on top and put under the grill until the cheese has transformed to your preferred shade of golden.

When the weather starts to turn, there is nothing more comforting and nourishing than a warm bowl of chicken and veggie soup. This was something my Italian grandmother used to make for my mum and her siblings but since she didn't believe in following recipes, the only way to learn how to make it was to watch her make it. This recipe is an adaptation of a nostalgic favourite.



Serving Size 4-6
Prep time 10 mins
Cook time 90 mins

1kg of Beef Cubed
3 Cloves of Chopped Garlic
1 Brown Onion Finley Chopped
2 Cups of Beef Stock
1 Red Capsicum Sliced
1 Green Capsicum Sliced
1 Cup of Tomato Sauce
½ Cup of Liver Spread
3 Dried Bay Leaves
4 Potatoes Chopped
2 Carrots Chopped
¼ Cup Cooking Oil
2/3 Cup of Green Olives
Salt and Pepper to taste

This is my late dad's family recipe for Filipino Beef Caldereta.

The mission to find this recipe couldn't have come at a better time (It was dad's 1st year death anniversary last saturday). It was so lovely to share memories with my mum and have her speak to her love to cook with my dad.

BEEF KALDERETA

PHILLIPINES

Submitted by Karen Camus

Heat the cooking oil in a large pot.

Saute onion and garlic.

Add the beef and cook for 5 mins or until golden brown.

Add the dried bay leaves and add pepper to your liking, stir.

Add the liver spread and stir.

Pour in the tomato sauce and beef stock.

Cook the beef until it becomes tender (30mins if using a pressure cooker, or 1 hour if using a pot).

Add potato and carrots and cook for another 8 to 10 mins.

Add the green olives, red and green capsicum and cook for a further 5 mins, stirring occasionally.

Add salt and pepper to taste.

Serve hot with a bowl of freshly cooked jasmine rice and enjoy!

SIDES



Serving Size Half a Jar
Prep time 5 mins
Cook time 10 mins

CHILLI OIL

- 1 tbsp sichuan peppercorns, optional
- 1 cup avocado, vegetable, canola or peanut oil – divided
- 2 large shallots, chopped
- 2 tbsp soy sauce
- 2 tbsp toban djan, chinese chilli bean sauce (this can be found at most asian grocery stores)
- ½ cup red pepper flakes for mild version or thai chilli flakes for spicy version
- 1 ½ tbsp sugar
- ¼ tsp salt
- small pinch of chinese five spices, optional

This chilli oil is the best condiment for absolutely everything! I found this recipe during covid for a friend's birthday who is really into chilli. At the time I couldn't be bothered going to the store to buy him something chilli related. So I decided to make chilli oil for him. Now I've been making it for friends and other media agencies!

CHINA

Submitted by Lana Nguyen

Toast sichuan pepper corn on a dry wok or pan for 45 seconds to 1 minute over medium heat. Grind with mortar and pestle or coffee/spice grinder to fine but still a little coarse powder. Set aside.

Heat a wok over medium low to medium low heat, add ¼ cup of oil and chopped shallot. Stir fry the shallot for 4–5 minutes or until they are golden brown.

Add soy sauce around edge of the wok, so it will give nice smokey flavor.

The Sichuan peppercorns are totally optional - especially if you can't find them or if you don't like the numbing sensation. I've put them in before and it was just too hot to handle so sometimes I just don't add it in.

Also add toban djan at this point. Stir fry the sauce and shallot mixture for 1 to 2 minutes.

Add remaining oil, red pepper flakes, sugar, salt, Chinese five spices, and Sichuan pepper corn. Stir and cook for additional 1 to 2 minutes.

Remove from heat and let it cool then store in an air tight container. Keeping it at room temperature is fine and it will last 15 days. Enjoy!



Serving Size 6
Prep time 5 mins
Cook time 10 mins

RED LENTILS IN COCONUT CREAM CURRY – PARIPPU

SRI LANKA

Submitted by Eshanya Weerawarna

- 1 cup red lentils
- 4 cloves garlic
- 1 tsp un-roasted sri lankan curry powder
- 1 tsp turmeric
- 1 tbs salt (or as required)
- coriander leaves and stalk (1/4 bunch)
- 2 cups water
- ¾ cups coconut milk
- 2 tbs coconut oil / vegetable oil
- 6–8 curry leaves
- 1 pandan leave (2–3cm)
- ½ onion, thinly sliced
- 1 tsp mustard seeds
- 3–4 dried red chillies (optional)

Wash the lentils well. In a deep saucepan add the lentils, un-roasted Sri lankan curry powder, turmeric, salt, curry leaves (4), pandan, garlic cloves (3), 2–3 coriander stalks crushed and 2 cups of water and leave to boil.

Once the lentils are 80% boiled add in the coconut milk and let the lentils cook fully on low heat until fully boiled. If needed top it up with another ¼ coconut milk.

In a separate small frying pan, heat the oil and then add in the finely sliced onion and

let it fry until crispy and dark golden.

Add in the sliced garlic (1 clove), red dried chillies and mustard seeds. Once the mustard seeds start to pop remove from the heat. Be careful not to burn the mustard seeds, they only need a minute or two.

Soon after the heat is turned off tip in the hot oil and onion mix in the lentils.

Finally mix through the chopped coriander and save some for garnishing.

The most basic soul warming dish that is usually cooked in every Sri Lankan household on the daily. One of the first dishes I was taught to cook as a child and was my go-to comfort dish during cold winter nights as a uni student in Melbourne. It is non spicy dish that can be eaten with rice and other curries.

SICILIAN ARANGINI

ITALY

Submitted by Kathryn Leithead

Serving Size 10
Prep time 4 hrs
Cook time 20 mins

Rice Mixture

500g (2 ½ cups) of rice
calrose or medium rice is best

1 ½ cups of strained pre-prepared
tomato sauce (can be prepared the
day ahead)

1 cup freshly grated Parmesan cheese

Filling Mixture:

½ onion chopped finely

400g of finely minced meat (can use
eggplant for vegetarians or omit)

½ cup of boiled peas

1 tsp sale (the Italian word for salt)

¼ tsp pepper

1 cup of prepared tomato sauce

½ cup mozzarella cheese
(diced into cubes)

2 boiled eggs – optional

Coating Mixture

1 cup breadcrumbs

2 eggs beaten with sale and pepper

Rice

Boil 2 litres of water with 1 tbsp sale and
add rice. Simmer for 10 minutes then stir.
Cook for a further 10 minutes.

Drain rice and let cool for 5 minutes in a
large tray. With a fork, stir through cold
tomato sauce and then stir through
Parmesan cheese.

Loosely cover and refrigerate for 1 hour.

Filling

In a large fry pan, brown mince
(or eggplant) and onion together.

Add peas and tomato sauce and let
cook for 20 minutes.

Sale and pepper to taste.
(Can be prepared the day ahead)

Combine

Place some of the rice mixture in your
left hand and make a well in the center.

Place some of the filling mixture, a slice
of boiled egg and a cube of mozzarella
in the well. Cover with more rice and
form into a ball.

Repeat until all the rice and mixture are
gone (you should be able to make 10 balls)

Coat:

Roll balls into the beaten egg then into
the breadcrumbs.

Refrigerate for minimum 30 minutes
before frying.

Fry

Deep fry in olive oil until golden -
approximately 2 minutes per ball.

It is best to use a small saucepan and
cook 1 or 2 at a time.

Once browned you can set aside on a
baking tray before serving.



My Nonna and all of her siblings moved to Melbourne from Vizzini, Italy in the early 1950s. Growing up they showed their love for their family by cooking and we would often all eat together as a big family down the coast in Rye, Victoria. When they passed, my Auntie created a family cookbook of all their recipes and this is one of those recipes!

“Growing up they
showed their love
for their family
by cooking”





- 1 ½ jasmine rice
- 5 tbsp peanut oil
- 1 onion
- ginger
- 2 cloves garlic
- ¼ spoon turmeric
- ¼ spoon cumin
- ¼ spoon crispy prawn chilli
- pork or chicken mince
- 3 eggs
- 3 stalks celery
- handful snow peas
- 2 capsicum
- 10 mushrooms
- ¼ tsp sea salt
- ½ tsp brown sugar

FRIED RICE

Submitted by Hayley Thorpe

1 ½ cup of jasmine rice, put the rice in cooker and add water into the pot and the water must be one and half inches above the rice level and wait until it's cooked.

Get the frying pan or wok on the cook top and put 5 tbsps full peanut oil in the wok. Add 1 finely chopped onion and small finely chopped ginger, 2 finely chopped garlic and add ¼ spoon of turmeric, ¼ spoon of cumin, ¼ spoon of crispy prawn chilli.

Start cooking about 10–15 minutes adding pork or chicken mince into the wok and cook and stir regularly for about 20 minutes.

Then put 3 eggs and mix for another 10 minutes then put into the bowl.

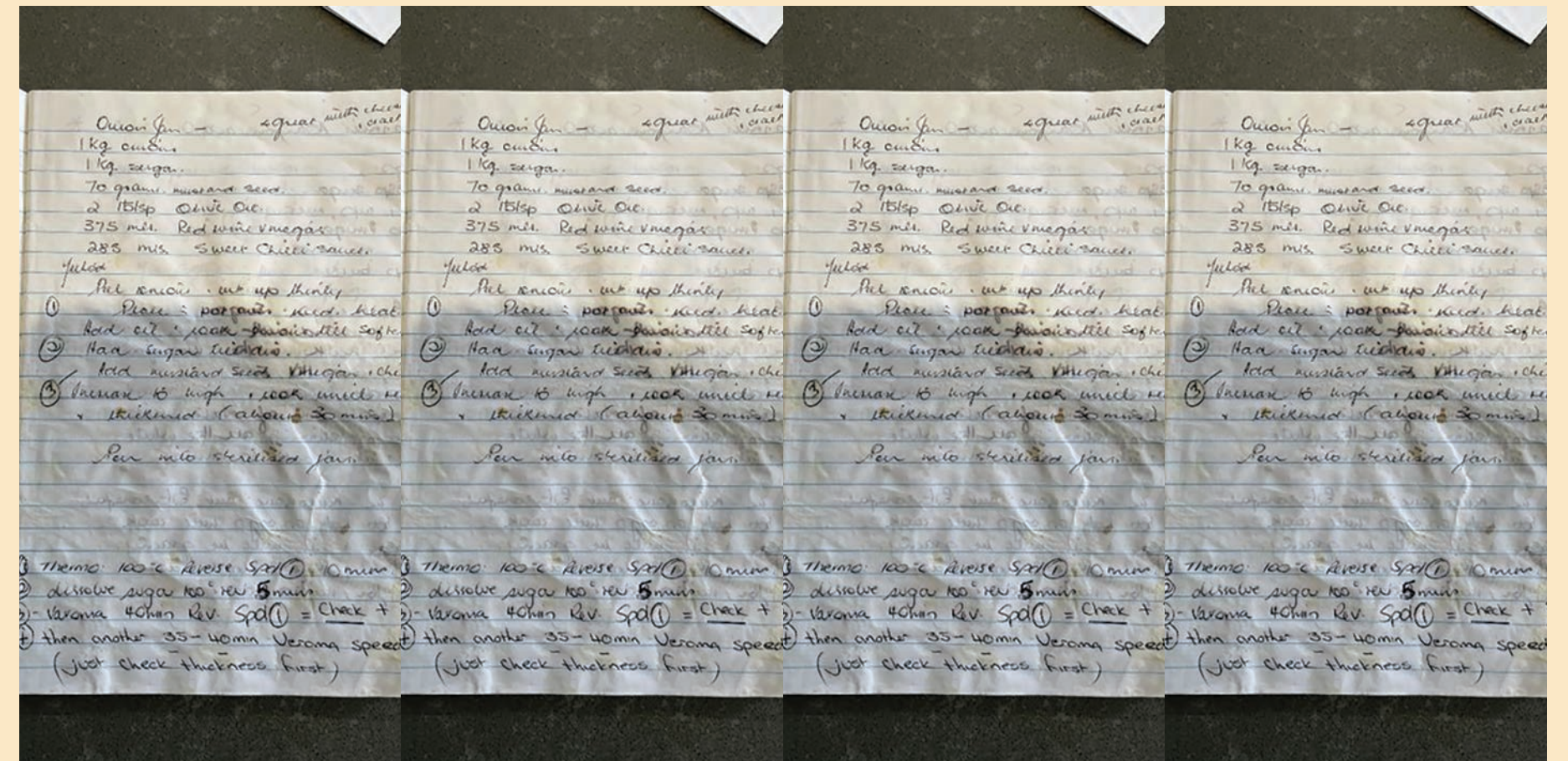
Put oil into the empty wok and put 3 stalks celery, chopped, a couple handful of chopped snow peas, 2 chopped capsicum, 10 chopped mushrooms and start cooking and stir regularly for 20 minutes.

Add ¼ teaspoon of sea salt and add ½ teaspoon brown sugar, the cooked jasmine rice and the cooked mince into the wok.

Stir well and make sure it's well mixed for another 20 minutes.

This Fry rice will serve 4 and a bit leftover.

This is the recipe of the Fried Rice my mother used to cook for the family.



- 1kg onions
- 1kg sugar
- 70g seeded mustard
- 2 tbsp olive oil
- 375ml red wine vinegar
- 285ml sweet chilli sauce

ONION JAM

AUSTRALIA

Submitted by Bec Lawrie

Peel onions, cut thinly.

Medium heat - Add olive oil and onion, cook until soft.

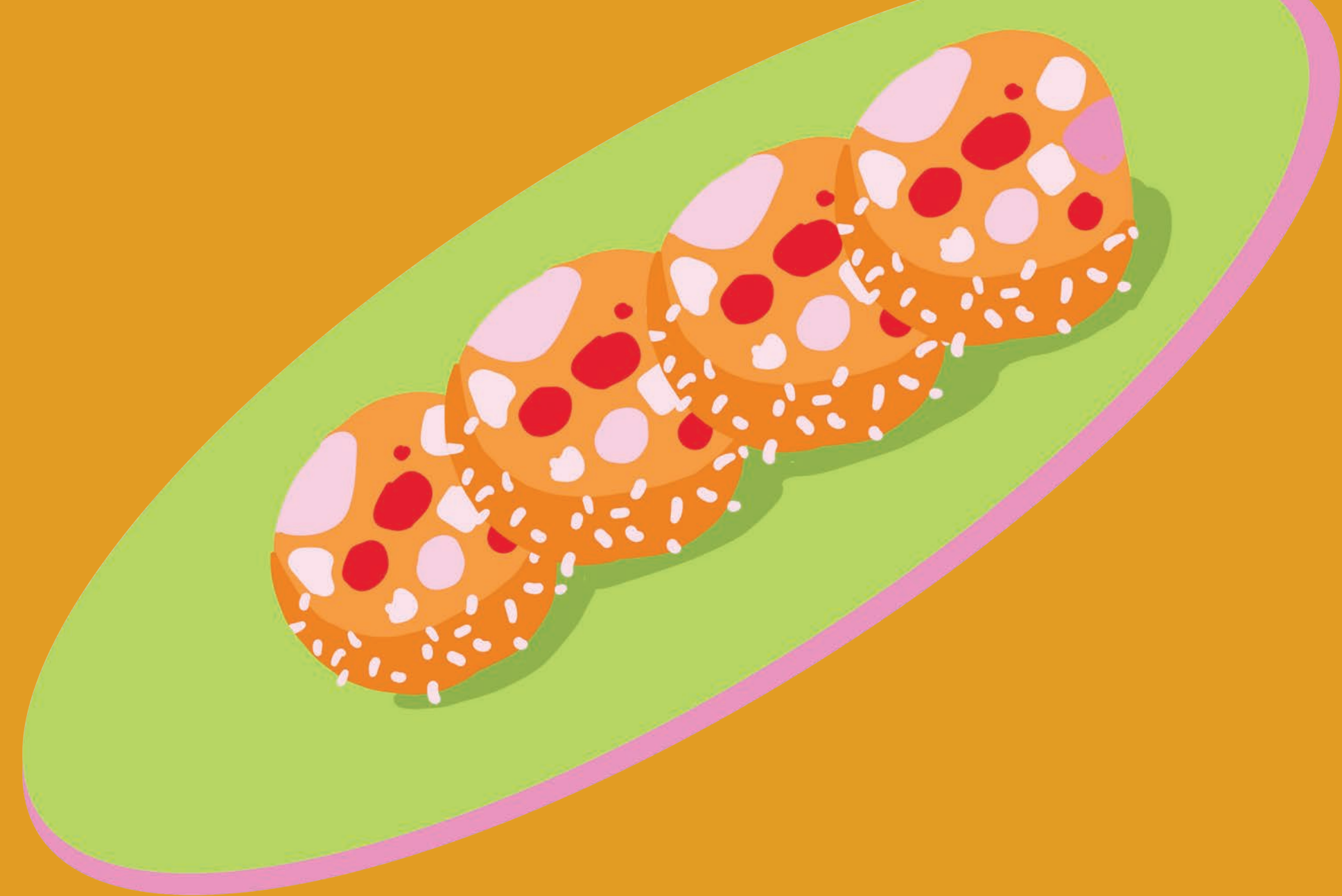
Add sugar and mix until dissolved.

Add seeded mustard, red wine vinegar and sweet chill sauce.

Increase heat and cook until reduced and thickened (approx. 30minutes).

Poor into sterilised jars (makes between 4–5 jars).

DESSERT



Serving Size 10+
Prep time 20 mins
Cook time At least
3 hours of chilling

15 Digestive Biscuits
15 glacé cherries, rinsed and halved
100g mini marshmallows*
180ml–200ml sweetened condensed milk (not light), from a 397g tin
50g desiccated coconut, to coat

I would help my Mum as a child make this recipe around Christmas time, she learnt this from her Mum.

FIFTEENS

NORTHERN IRELAND

Submitted by Taylor Corrigan

Crush the digestive biscuits so that you have mostly crumbs, or briefly whiz them in a food processor or put them in a food bag then bash them with a rolling pin. Tip the biscuit crumbs into a mixing bowl.

Rinse and cut the glacé cherries into small quarters and add these to the bowl too.

Use a pair of kitchen scissors to snip the marshmallows into about 4 pieces each – if the scissors get sticky, dip the blades in the biscuit crumbs so that they don't stick together completely.

Mix to combine, then gradually add the condensed milk until the mixture clumps together.

Sprinkle about two-thirds of coconut over a sheet of baking paper or foil then shape the biscuit mixture into a log on top of the coconut, about 25cm long. Sprinkle the rest of the coconut on top and then roll up tightly, making sure that the coconut coats it fully.

Chill in the fridge for 3 hours or until set.

Unwrap and slice into 15 pieces.



Serving Size 4
Prep time 5 mins
Cook time 5 mins

MANGO KULFI

1.5 cups of fresh mangoes
 ½ cup of sweetened condensed milk
 1 cup of whipping cream
 ¼ tsp of cardamom powder
 a pinch of saffron
 2 tbsp of pistachios chopped finely

Mango season is massive in India as we have some of the best and sweetest mangoes in the world. During mango season, this is one of my family's favourite recipes to beat the heat while also ending our meals with a creamy, sweet and delicious dessert.

INDIA

Submitted by Vaish Krishnan

Soak the saffron in 2 tbsp of hot water.

Wash, peel and cut the mangoes. Add the cut mangoes into a blender.

Add chilled cream, saffron induced water, condensed milk, and cardamom powder into the blender.

Use fresh, sweet, ripe mangoes as the frozen mangoes won't give you the same texture.

Blend on medium speed until smooth and stir in chopped pistachios (reserve some for your garnish).

Transfer to a mould, or container. Cover and freeze overnight.

Serve the next day with some crusted pistachio garnish on top!



Serving Size 8
Prep time 5 mins
Cook time 15 mins

BRIGADEIRO

395g nestle condensed milk
 2 tbsp cocoa powder
 15g unsalted butter
 150g Nestle Carnation Lite Cooking Cream
 400g chocolate sprinkles
 20 units small patty pans

Invented in Brazil after the World War II, when finding fresh milk and sugar was difficult.

BRAZIL

Submitted by Pietra Johnson

Place butter in the pan over medium heat to melt.

Add condensed milk and chocolate powder.

Stir constantly until the mixture becomes thicker and you can see the bottom of the pan.

Remove the Brigadeiro from the pan and place it in a bowl to cool (you can put it in the fridge to speed up the process).

After the Brigadeiro is cold, spread butter on your hands so the Brigadeiro doesn't stick, and start rolling the Brigadeiro into little balls.

Then cover the Brigadeiro with chocolate sprinkles and place it in the patty pans.

And that's it! The most famous dessert in Brazil is ready, enjoy!



**Serving Size 1 Loaf,
8 Slices**
Prep time 25 mins
Cook time 45 mins

- 1 ½ cup flour
- 2 eggs
- 1 cup bananas mashed
- 1 ½ cup zucchini grated
- ½ cup sugar
- ½ tsp salt
- ½ tbsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ½ cup olive oil or melted coconut oil
- 1 cup chocolate chips
- ½ cup walnuts (optional)

BANANA & ZUCCHINI BREAD

USA

Submitted by Kate Reynolds

In a large bowl, combine flour, baking powder, baking soda, cinnamon, salt, and sugar. In a separate bowl grate zucchini and squeeze any excess water out.

In a separate bowl, beat together eggs, bananas, oil, and vanilla extract.

Combine egg mixture into the dry ingredients.

Fold in grated zucchini and chocolate chips.

Pour batter into a well-oiled loaf pan.

Bake at 180°C for about 30–45 minutes (depending on how good your oven is), or until a toothpick inserted into the center comes out clean.

You can also use self-raising flour and remove the baking powder/baking soda. If you have carrots or apples to use up, chuck those in too and add a bit of milk or more oil/eggs.

A perfect recipe for when you have bananas and zucchini's to use up and want something delicious with an injection of vegetables and fruit. I'm not one for food waste so all food in my fridge/pantry will find a use. I've even been known to put carrots and apples in this also.

It has evolved through time to become the version we most recognize in the 18th and 19th centuries, although by then, the ingredients were so expensive to procure that fruit cake became synonymous with indulgence, and so naturally was reserved just for special occasions (and then only for certain holidays, such as Christmas, when England passed laws restricting its use).

This recipe is special to my family, as it is my mother's personal one - tinkered with and utterly perfected over the last 40 years (20 of which she spent as a very successful wedding cake decorator), its aroma wafting around the house at Christmas time is one of my favourite childhood memories, and indeed is the one thing I look forward to most about the holidays. Enjoy!



Serving Size 14 Crepes
Prep time 10 mins
Cook time 25 mins

- 500g plain flour
- 3 eggs
- 500ml full cream milk
- 500ml water
- 1 tsp white sugar
- pinch of salt
- cooking oil

- Spreads
- Nutella
- Podravka Plum Jam

NUTELLA CREPES WITH A PLUM TWIST

SERBIA

Submitted by Maya Brasnovic

Combine all the ingredients well, mix until smooth and pour through a sieve to ensure there aren't any lumps.

Bring a flat pan to medium heat on the stove. Lightly cover the pan with oil.

Pour mixture onto the pan evenly covering the surface. Cook for approx 1 minute. Once the edges are curled, flip the crepe. Cook for another minute and set aside.

Spread on the Nutella and plum jam. Roll the crepe to serve.

This recipe is a family favourite, the technique was perfected and taught to me by my grandma. My parents had migrated from Serbia to Australia before I was born, so I didn't meet my grandma until I was seven on a family trip back to Serbia.

At first, I was told I'd be staying with her while my parents ran errands for the week. Needless to say, I wasn't looking forward to it. Initially, my grandma and I struggled to communicate. My Serbian was shaky and her English was non-existent - leading to some very awkward moments.

Eventually, we broke the ice by cooking together. We bonded over making Ajvar (a tasty way to preserve veggies for the winter), making Turkish coffee, raspberry jam, and flipping Crepes.

She drilled into me the importance of stirring the mixture until all the lumps were gone. Back then, it felt like punishment, but turns out, that's the secret to making super-thin, elastic crepes, something she considered a badge of honour. The plum twist - my siblings and I decided to experiment with the fillings and came up with a Nutella and plum jam combo - a combination that would surely horrify my grandma if she were alive today, but it remains a top favourite.



Serving Size 10
 Prep time 30 mins
 Cook time Overnight

MANGO FLOAT

½ can condensed milk
 500g thickened cream
 4 ripe mangoes thinly sliced
 300g graham crackers

In every occasion in the Philippines mango float is always served as a favourite dessert.

PHILIPPINES

Submitted by Myrna Waugh

Slice peeled mangoes thinly.

Whip thickened cream and condensed milk until soft peaks form.

Layer the mango float using an 8x8 inch glass container (8.5 x 6.5 inch Pyrex container would be best size). First lay the graham crackers (you can use the whole cracker without crushing or crushed for a soft crumble texture.

Tip:

Other option is to freeze overnight for an ice cream texture (needs thawing for 30 minutes or less depending on what texture you like before serving).

Combination of peaches and mango would be great as well. Graham crackers can be substituted with any digestive biscuits or biscoff for a caramel flavour.

Then 1/3 of the whipped cream and 1/3 of the sliced mangoes.

Repeat 2 more times.

Sprinkle some crushed grahams on top. Cover the container and let it set overnight in the fridge.

Serve cold.



Serving Size 20
 Prep time 10 mins
 Cook time 15 mins

5 cup milk
 2 tbsp vinegar
 1 cup cashew
 1 cup milk powder, unsweetened
 2 tbsp saffron milk (2 tbsp of warm milk with a few saffron strands left for about 10 mins)
 1 tbsp ghee/clarified butter
 1 cup condensed milk
 2 pinch saffron food colour or yellow food colouring
 ¼ tsp cardamom powder
 pistachio slivers for garnish

My sister, mum and I loved spending time hand moulding these together every Diwali, so special!

Tip:

If you don't have saffron food colouring, you can use a little yellow food colour. If you do this, I would recommend adding a little more saffron in your milk.

KESAR PISTA PEDA (SAFFRON AND PISTACHIO MILK SWEET)

INDIA

Submitted by Vaish Krishnan

In a thick-bottomed saucepan take 5 cups milk and get to a boil. Stir in between to prevent milk from burning.

Add 2 tbsp vinegar and mix well. Stir until the milk curdles and cottage cheese is formed.

Drain off the cottage cheese in a cheese cloth and squeeze off the water.

Transfer the cottage cheese into a large plate and mash smoothly. Form a smooth and soft dough. Keep aside.

In a mixer jar take 1 cup cashew nuts and grind it to a fine powder. (Tip: Make sure to pulse and grind to prevent oil from releasing).

Transfer the cashew powder into a bowl and add 1 cup milk powder and 2 tbsp saffron milk.

Mix well making sure everything is well combined.

In a large pan heat 1 tbsp ghee/clarified butter, add the prepared cheese cashew mixture and cook.

Cook on low flame until the mixture turns aromatic.

Further add 1 cup of condensed milk, 2 pinch saffron food colour, and ¼ tsp cardamom powder.

Mix well and continue to cook on low flame and cook until the mixture starts to separate the pan and holds shape.

Transfer to the large plate and cool slightly.

Now smoothen the peda dough slightly, and pinch a ball-sized dough and shape it to your preferred shape (moulds can be used too!).

Garnish the pedas with slivered pistachios and enjoy!

Serving Size 10
Prep time 30 mins
Cook time 3 hrs

MUM'S CHRISTMAS FRUIT CAKE

AUSTRALIA/ENGLAND

Submitted by Jessica Dillon

900g mixed fruit
2 tbsp sherry
2 cups brown sugar
½ tsp nutmeg
½ tsp ground ginger
½ tsp ground cinnamon
½ tsp salt
½ tsp bicarbonate of soda
250g unsalted butter
½ cup full cream milk
3 eggs
½ tsp vanilla essence
½ tsp lemon essence
3 cups flour
apricot conserve (no chunks), to glaze
glacé cherries, to decorate
toasted slivered almonds, to decorate
custard, to serve (optional)

Combine the mixed fruit with sherry and sugar; mix well. Stand for a minimum of two hours (but better results if stood overnight).

Prepare a 20cm round tin by double lining with baking paper (Tip: trace the tin onto the baking paper and then cut out the circles for a perfect base fit. You can also fold a piece of baking paper in half to line sides!)

Pre-heat oven to 130 degrees Celsius.

Add the nutmeg, ginger, cinnamon, salt and bicarbonate of soda.

Combine the butter and milk in a saucepan, and heat until the butter is melted.

While still hot, add the butter and milk mixture to the mixed fruit, and add the vanilla and lemon essences.

Tip:

The higher the quality of the mixed fruit, the more indulgent and delicious the cake!

We use a holly and berry decoration that has been in our family for some time, but a tartan ribbon around the base is just a festive (and perfect if you are gifting the cake!).

Beat the eggs and along with the flour, add to the mixed fruit (alternating between the two).

Bake very slowly, for three hours, turning the tin every hour and testing the cake with a skewer to ensure it has cooked through.

Whilst waiting for the cake, toast some slivered almonds in a small frying pan over a medium heat, continuously tossing until almonds have browned slightly and are giving off a nutty fragrance.

When the cake has cooled and using a butter knife, spread apricot conserve all over the cake.

Decorate with glacé cherries and toasted almond slivers.

Serve cake with custard (optional). Enjoy!

Fruit cake has a very interesting history - in Roman times, making Satura (a mix of barley, pomegranate seeds, nuts and raisins with honey) was a way to preserve fruit for long periods (and thus, making it a particular favourite of the Roman soldier!).

It has evolved through time to become the version we most recognize in the 18th and 19th centuries, although by then, the ingredients were so expensive to procure that fruit cake became synonymous with indulgence, and so naturally was reserved just for special occasions (and then only for certain holidays, such as Christmas, when England passed laws restricting its use).

This recipe is special to my family, as it is my mother's personal one - tinkered with and utterly perfected over the last 40 years (20 of which she spent as a very successful wedding cake decorator), its aroma wafting around the house at Christmastime is one of my favourite childhood memories, and indeed is the one thing I look forward to most about the holidays.

"...its aroma wafting around the house at Christmas time is one of my favourite childhood memories"





Ingredients for 8 people
(small portion) 5 people
(big portion)

800g fresh cream
(pre cream without gum
or other preservatives)
250g full milk
200g white sugar
12g fish gelatin
2 packs of raspberry
1 chocolate tablets
fresh mint

Why is this dish special?
AMAZING CAKE: if you try it,
you will get addicted!

PANNA COTTA

ITALY

Submitted by Francesco Fiore

Put colla di pesce in a bowl with cold water for 15 minutes, until foils are soft.

Put in a deep pan non-stick and not too large cream, milk, sugar. Mix and cook with slow flame until they start to boil.

Take off the pan from flame, add colla di pesce very well squeezed and mix well.

Pour panna cotta in moulds foil, put in the fridge and let it freeze for almost three hours before serving.

Raspberry or fruit sauce (coulis): blend the raspberries (except that you use to garnish) and filter the sauce with a Chinese strand or a strainer with thin holes.

Chocolate sauce: melt fondant chocolate very gentle in a non-stick pan or a bagnomaria, only before serve so the sauce must be little warm

To serve: put some sauce at centre over the dishes, turn upside down the panna cotta over the dishes and use more sauce to garnish. Use mint leaves or sliced fruit, as your creativity suggests.



Serving Size 10
Prep time 5 mins
Cook time 20 mins

1 Can of Nestle Carnation
Creamy Evaporated Milk
1 pack of Aeroplane Strawberry jelly
1 tin of canned peaches

Growing up in South Africa, we were 5 children and a single mum with no support. My mother came up with innovative ways to make our Christmas special. This is the easiest dessert to make and one of the cheapest. It is a favorite for my children as my mother would continue the tradition and shared it with her grandchildren.

PINK PUDDING

SOUTH AFRICA (CAPE TOWN)

Submitted by Bianca Heuvel

Pour the syrup from the canned peach into a small pot and heat it. Leave the peaches aside for use later.

Before it boils, add the jelly crystals, and stir it well until the crystals are all dissolved. Remove the mixture from the heat and let it cool down.

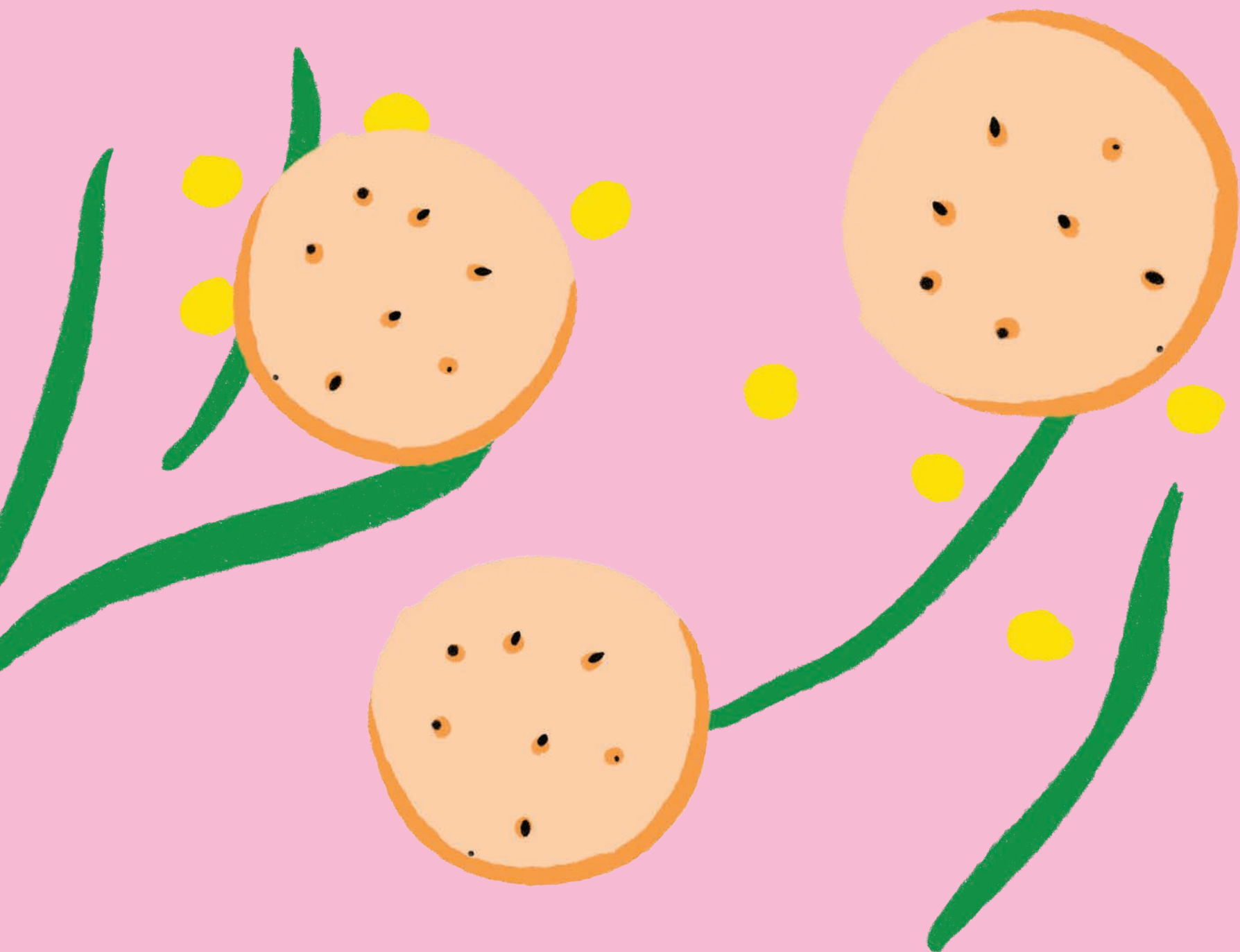
Use an electric beater and beat the evaporated milk in a mixing bowl until it is thick and fluffy.

Add the cool jelly mixture.

Add the peaches.

Stir the mixture and let it set in the fridge overnight.

The jelly mixture must be cool or it might curdle.



Serving Size 25
 Prep time 10 mins
 Cook time 20 mins

- 200g unsalted softened butter
- 90g icing sugar
- 1 egg yolk
- 250g plain flour
- 2g baking flour
- 5g wattleseed

I came across this recipe during a trip to Uluru last year. It's a native twist on the traditional shortbread recipe using Wattleseed. A staple in the diet of Indigenous Australians for thousands of years, Wattleseed is a native superfood. It has a strong nutty, roasted coffee aroma, with touches of sweet spice, raisins, chocolate and a hint of bitterness – the perfect addition to a Christmas biscuit!

WATTLESEED SHORTBREAD

AUSTRALIA

Submitted by Catherine/Cat Clark

Pre-heat oven to 180 degrees. Combine sugar and butter in bowl. Add egg yolk, combine. Then gradually add flour, baking powder and wattle seed. Combine into a dough, roll out and cut into biscuits and bake until golden.

You can substitute half of the plain flour with rice flour if you prefer a more crumbly texture. When making on a hot day, chill the dough in the freezer before rolling/cutting into biscuits to make it easier to handle.



Serving Size 9
 Prep time 15 mins
 Cook time 30 mins

- 200g dark choc
- 250g salted butter
- 4 eggs
- 300g Raw Golden Sugar (raw golden)
- 65 plain flour (gluten free)
- 80g cocoa powder
- 200g dark choc chips
- 1 packet of Lotus Biscuits
- 1 Jar Smooth Biscoff Spread

BRONNIE'S BISCOFF BROWNIES

ENGLAND

Submitted by Bronwyn Lowery

Heat the butter and chocolate together in a bain marie until smooth, then take off the heat.

Whisk the sugar and eggs together until light and fluffy.

Pour in - (gently through the side of the bowl) the chocolate mixture.

Fold together well.

Then, add in the flour, sieved cocoa powder and fold in well (this can get messy!).

Lastly, in the chocolate chips.

Grease a square tin and line with baking paper (24.3cm x 24.3cm).

Tip ½ the brownie batter into the tin.

Then place to biscoff biscuits on top of the layer.

Melt the biscoff spread (pop in the microwave for 20–30 seconds).

Pour the spread over the biscuits.

Pour over the remaining batter.

Bake for 23 minutes on 150 degrees Celsius.

The batter should still look runny in the middle, this will set once cooled!

Leave overnight in the fridge (or minimum 6 hours!).

Once cooled, pour over the remaining melted spread, on top of the biscoff biscuits to decorate, chill, cut, then enjoy!!

Super goo-ey rich biscoff brownies, extra delicious with ice cream!



Serving Size 2

Warabi mochi
150g silken tofu
50g potato starch
15g sugar
50ml water

Topping

Kinako (soybean powder)
sugar – as you like!

Homemade kuromitsu syrup (optional)

50g rapadura sugar
50ml water

WARABI MOCHI is a chilled Japanese dessert, one of many traditional sweets. It's soft and jelly-like, and very popular in the Kansai region.

Usually WARABI MOCHI is made with Warabiko (bracken starch) or Warabi mochiko (made from other starch) but my recipe is using potato starch and Tofu, it's healthy dessert!

WARABI MOCHI WITH TOFU

JAPAN

Submitted by Daiki Tanabe

Prepare for topping. Mix kinako and sugar and set a side.

Put rapadura sugar in a pot and crush the lumps and add water then turn on medium heat.

Stir to dissolve and bring to a boil. When large bubbles appear, keep boiling another 60 seconds.

Place in a container and allow to cool.

Now making warabi mochi. Place tofu in a bowl, add potato starch and sugar then mix well. Add water and mix well again.

Strain the mixture through a strainer on a pan. (this step makes warabi mochi smoother).

Tip:

Please eat when freshly made, as it tastes best! It will harden and lose quality when put into the fridge. Please leave at room temperature if you want to keep it for later.

Stir over low heat. When lumps start foaming, increasing mixing speed. Crush and fold.

The lumps as you mix. When it has hard and much lumps, turn off the heat and keep stirring. Mix thoroughly.

When it has become stretchy and glossy, prepare ice water in a bowl and use a spoon to make a small ball and drop it into the ice water.

Cool for a few minutes, drain well and mix with kinako.

Let's serve it up! Put some Kuromitsu on warabi mochi (if you like)! Enjoy!



Serving Size 6-8
Prep time 5 mins
Cook time 40 mins

5 eggs
200g jaggery
1.5 cups of coconut cream (1 tin)
6 ground cardamom seeds
¼ tsp ground nutmeg
100g chopped cashew nuts

Sri Lanka consist of many ethnic groups, not only did I get to indulge in the burst of flavors but celebrate different cultures. This little island unitedly celebrates a variety of religions and cultures, which also means 25 public holidays a year! (the biggest perk!) This dish is believed to have been brought to Sri Lanka by Malays in the 18th century, who moved from Indonesia to the country during Dutch rule. Wattalapan is usually made as a celebratory dish during any Muslim or Islamic festival. Every year, I use to patiently wait for my neighbor to drop off a bowl of Wattalapan during their festivities. I still remember how good it taste! This is a recreation of one of my favorite desserts that I had to learnt to make being miles away from home.

SPICED COCONUT CREAM CUSTARD – WATTALAPAN EENS

SRI LANKA

Submitted by Eshanya Weerawarna

Preheat the oven to 160 degrees. Pour 4 cups of water into a large baking tray and place it on the middle shelf.

Chop or grate the jaggery and mix it with the coconut cream and microwave for 2-3 minutes or until the jaggery has fully dissolved into the coconut cream.

In a large bowl, beat the eggs until fluffy using a hand mixer.

Add the coconut and jaggery mixture into the eggs and continue beating until fully incorporated. Finally add the ground cardamoms and nutmeg.

Tip:

Make sure the baking tray has water while cooking. If it evaporates, add more water.

Jaggery can be bought in any Sri Lankan grocery store. The quality of jaggery is judged by its colour, the darker the better.

Pour the mix into a dish or ramekins and cover it with foil.

Place the dish or ramekins in the hot water tray. Cook for 20 minutes, then take off the foil and sprinkle the chopped cashew nuts on top. Continue to cook for another 20 minutes.

Use a toothpick to check if it's cooked through. If it comes out clean, it's ready for it to come out of the oven. Once cooled, place it in the refrigerator for a few hours and serve it chilled.

vanilla }
2 cups cornflakes }
cornflakes }
Bood over 20 min

LEMON DELICIOUS

- MARJ

2 egg whites stiffly beaten

2 egg yolks }
1 cup milk } well beaten

1/2 cup sugar }
1 T margarine } creamed

Add 2 T SR flour
juice & grated rind of 1 lemon

Then add egg yolks, then fold in egg whites
Stand pie dish in water 3/4 - 1 hour

ENGLAND/AUSTRALIA

Submitted by Kath Solly

SALAD



Serving Size 4+
 Prep time 40 mins
 Cook time 30 mins

TABBOULEH

½ cup fine bulgur wheat
 4 firm roma tomatoes, very finely chopped
 1 english cucumber (hothouse cucumber), very finely chopped
 2 bunches parsley, part of the stems removed, washed and well-dried, very finely chopped
 20-25 fresh mint leaves, stems removed, washed, well-dried, very finely chopped
 4 green onions, white and green parts, very finely chopped
 salt
 3-4 tbsp lime juice (lemon juice, if you prefer)
 3-4 tbsp early harvest extra virgin olive oil
 romaine lettuce leaves to serve, optional

My grate grandmother has been cooking this and it has been past down in generations

LEBANON

Submitted by Susannah Basha

Wash the bulgur wheat and soak it in water for 5-7 minute. Drain very well (squeeze the bulgur wheat by hand to get rid of any excess water). Set aside.

Very finely chop the vegetables, herbs and green onions as indicated above. Be sure to place the tomatoes in a colander to drain excess juice.

Place the chopped vegetables, herbs and green onions in a mixing bowl or dish.

Tip:
 Instead of Cracked Wheat you can use Quinoa

Add the bulgur and season with salt. Mix gently.

Now add the lime juice and olive oil and mix again.

For best results, cover the tabbouleh and refrigerate for 30 minutes. Transfer to a serving platter. If you like, serve the tabbouleh with a side of pita and romaine lettuce leaves, which act as wraps or "boats" for the tabbouleh.



Serving Size 4-6
 Prep time 20 mins
 Cook time 20 mins

OPA'S POTATO & EGG SALAD

2-3 large / 400-500g potatoes
 2 eggs
 150g bacon
 3-4 Polski Ogorki
 100g mushroom
 1 medium Carrot
 1 celery stalk
 4-5 stalks spring onion
 3 tbsp Best Foods Mayonnaise

My Opa - a wonderful cook, who would often be found in the kitchen creating delicious dishes in his very Polski way - used to prepare this for our family for Christmas and it would sit proudly on display amongst our spread. The secret is the Best Foods Mayonnaise and Polski Ogorki, it really is that simple. Our family continues to prepare and love this dish, and it has continued across the ages winning over generations of fans - both friends and family, each Christmas (incl. the Nine sales team in Queensland, who I have prepared this dish for at a team festivity).

POLAND

Submitted by Leah Beadman

Chop potatoes into 1-2cm chunks and boil in a saucepan of water.

At the same time, in a smaller saucepan of water boil the eggs.

Whilst the eggs and potatoes are boiling, finely dice celery, carrot, mushroom and Polski Ogorki and put aside.

Finely dice spring onion putting the lighter part of the stalk with other veggies, and the darker green part aside as a garnish.

Roughly chop your good quality bacon and cook on stovetop to your liking.

Absolutely no substituting the mayonnaise brand!

Drain potatoes and place into a large mixing bowl.

Peel eggs and chop into eighths.

Put all chopped vegetables, eggs, warm bacon and the mayonnaise into the mixing bowl and mix away, seasoning with salt and pepper as you mix.

Garnish with darker green spring onion and serve.



Serving Size 4
Prep time 15 mins
Cook time 20 mins

Ingredients

2 tins chickpeas (drained and rinsed)
1 bag baby carrots
1 cup greek yogurt
2 tablespoons pesto
1 lemon
3 garlic cloves
1 teaspoon cumin
2 teaspoons turmeric
2 teaspoons paprika
Salt & Pepper to taste
Olive Oil

SPICED CHICKPEA & CARROT SALAD

MOROCCO

Submitted by Georgia Staples

Pre heat oven to 180 degrees (fan forced oven).

Cook carrots in boiling water on stove until soft enough to piece with knife.

Crush garlic and dice finely.

Once carrots are cooked, drain water and pat dry.

Place chickpeas, carrots & diced garlic in large baking dish and drizzle a generous amount of olive oil.

Sprinkle spices, salt and pepper on top and shake dish liberally to coat ingredients.

Bake in oven for 10-15 mins (or until chickpeas are warm and carrots are slightly firm).

To prepare dressing, mix greek yogurt and pesto and squeeze of lemon juice (to taste).

Serve warm, dividing individual portions with generous dollop of dressing on top.

Growing up, my mother was lovingly referred to by her friends as "Suzi Dein the Salad Queen." She had a knack for finding a wide variety of ingredients and combining flavors from different origins, resulting in the most delicious salads that were fit to be a main meal. Her salad-making skills have been my inspiration for this recipe, which draws influence from Moroccan flavors. The recipe blends fragrant spices with fresh, crunchy, and creamy textures that explode with each bite!

DRINKS



Serving Size 1
 Prep time 1 min
 Cook time seconds

30ml LouisB Limecello
 30ml Altos Plata Tequila
 30ml fresh lime juice
 ice
 himalayan pink salt or
 LouisB Spicy Margarita Salt

LouisB is a young Artisan Producer of Limoncello, Limecello and Cafecello. With these three Cellos we have created many fabulous cocktails.

Our most requested is the LouisB Limecello Margarita. Served two ways with a Pink Salt Rim or with a Spicy Rim.

What makes our Margarita unique is the Limecello made in Paddington, Brisbane using the most spectacular Sunshine Coast Limes.

LOUIS B LIMECELLO MARGARITA

MEXICO

Submitted by Phil Reid

Select your favourite tumbler or glass.

With two small flat plates put a drizzle of LouisB Limecello in one and your choice of salt in the other.

Rim your tumbler or glass with LouisB Limecello first and then salt and set aside.

In a shaker add ice and the 3 wet ingredients. Shake until the shaker becomes cold.

Slowly pour into your glass.

Enjoy.



Serving Size 1
 Prep time 5 mins
 Cook time 5 mins

60ml Vodka
 30ml Chambord
 30ml Creme de Cacao Blanc
 1 sprig of rosemary, to garnish
 1 dried orange slice, to garnish

This martini is my go-to holiday cocktail, and it is everything a Christmas drink should be - festive, fun and of course, delicious!

CHRISTMAS IN A GLASS

AUSTRALIA/ENGLAND

Submitted by Jess Dillon

Combine the vodka, Chambord and Creme de Cacao Blanc in a martini shaker.

Add ice, and shake well.

Pour contents into a martini glass.

Add Rosemary sprig and dried orange slice, and serve.

Tip:

Don't worry if you don't have a martini glass handy - any will do!

For a sweeter finish to your sip, run a lemon wedge around the rim of the glass, and then dip the glass into a small plate of granulated sugar - to make mine extra festive, I use gold glitter sugar, which you can purchase online or at any decent bottle shop. For a more aromatic/cosy finish, try cinnamon sugar!

BUON APPETITO!
JÓ ÉTVÁGYAT!
SMACZNEGO!
KALÍ ÓREKSI!
PRIJATNO!
XIN MÒI!
CHĪ HǎO HĒ HǎO!
BON APPÉTIT!
ENJOY!