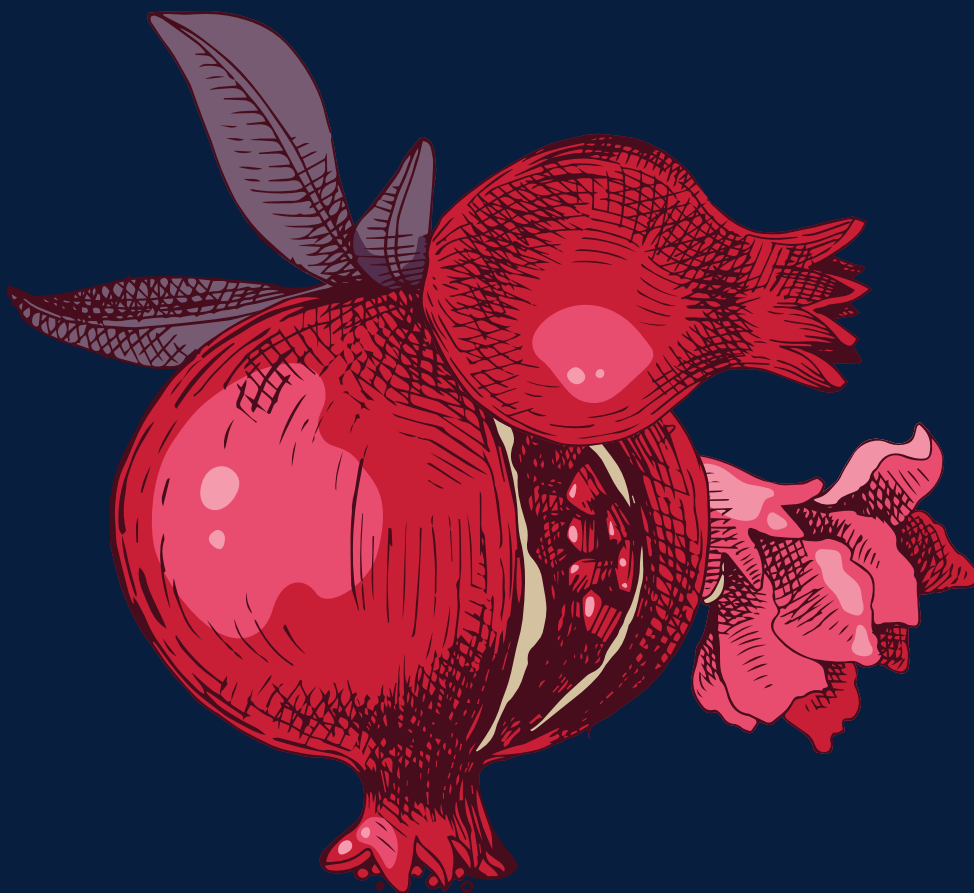


Taste of Harmony

Our families' recipes
and stories from around
the world



Recipes from Waratah Campus students and teachers

We chose to use the pomegranate on our front cover as it is a symbol of diversity and has diverse cultural and religious significance. The pomegranate is one of the oldest cultivated fruit trees in the world. It is native from Iran to the Himalayas in northern India and was found throughout the whole Mediterranean region since ancient times. It is now widely consumed and can be found in markets around the world.

Disclaimer: The recipes and stories included in this booklet have been provided by students and staff, with their permission to be published in this format. Images supplied by contributors or sourced from copyright-free image libraries.

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Welcome

Welcome to our Harmony Day recipe book, a celebration of our cultural heritage through the sharing of food and stories. We thank all our contributors, who have so generously shared their treasured family recipes for others to enjoy.

It is so important to celebrate cultural diversity, it makes a society much richer to be inclusive, sensitive to different needs and to be welcoming to all members of our community. We are so lucky at Waratah Campus to have one of the most culturally diverse student populations of any school in the Hunter region.

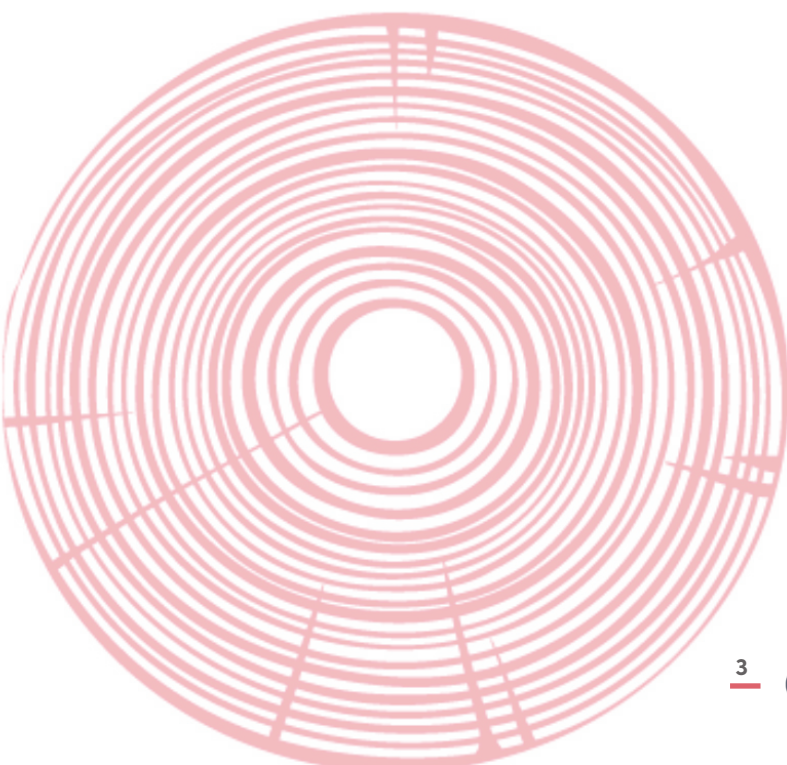
The students and staff at Waratah speak more than 50 languages, covering every continent in the world, and almost one in four students speak more than one language.

A wide range of ethnic and cultural backgrounds brings a richness to our classrooms, with new perspectives and experiences. This in turn, helps prepare students for the diversity in our work places and the world at large.

Harmony Week is a great opportunity for Waratah Campus to honour this diversity. Each year we come together as a school and celebrate our backgrounds, languages, beliefs and family stories through cultural performances, stalls and food. This recipe book is a keepsake of Harmony Week at Waratah.

The heart of a home is often centred around the kitchen, and the place where we come together to share, discover and learn about each other. We hope that you enjoy trying these recipes.

Ms Hayley Macdonald, Principal



Breakfast, Breads and Side Dishes





Flat Bread with Za'atar Spice Mix

Ingredients

Za'atar

- 1 tbsp dried thyme- crushed
(or substitute oregano)
- 1 tbsp ground cumin
- 1 tbsp ground coriander
- 1 tbsp toasted sesame seeds
- 1 tbsp sumac
- ½ tsp salt
- ¼ tsp or more aleppo chili flakes- optional
- 5-6 tbsp extra virgin olive oil

Man'ouche (flat bread):

- 300g plain flour
- 75ml extra virgin olive oil
- 150ml warm water
- 2 tbsp yeast powder
- 1 tsp sea salt

Method

1. Mix all the za'atar ingredients together in a small bowl and set aside in an airtight container.
2. In a big bowl combine the flour, salt and yeast powder. Make a well in the middle and pour in the olive oil and warm water. Use a spatula to mix and then knead to form a smooth, not sticky dough.
3. Cover the bowl with a cloth and leave in a warm place in the house for at least an hour (or until the dough has doubled its volume).
4. Remove the dough from the bowl and place on a flour-dusted surface.
5. Divide the dough into four portions and roll out each portion into using a flour-dusted rolling pin to form ¼ inch thick rounds. Transfer the dough onto baking paper-lined trays or pizza stones.
6. Spread the za'taar mix over each dough round.
7. Preheat oven to 200 degrees and bake for approximately 7 – 10 minutes.



In my home country of Syria people often have Za'atar on flat bread for breakfast with a cup of tea. You can serve it with fresh mint, cucumbers and tomatoes.

We also top the flat bread with a spiced beef mixture to form a pizza-like dish we call lahmbiajeen. In Syria we used to be able to take our own beef mix to the baker and get them to make our lahmbiajeen in the stone oven.

By Mohammed, Yr 9





Blueberry Pancakes

Serves 12

Cooking time 15 minutes

Ingredients

- 100g butter (melted)
- 340g self raising flour
- 60g sugar
- 2 large eggs
- 2 cups milk
- 1 punnet of blueberries

Method

1. In a food processor or electric mixer, mix the butter and all other ingredients.
2. Add the blueberries and stir in until the batter is a nice, smooth consistency.
3. Heat a frying pan and spray with oil (or add a small amount of butter).
4. Add small circles of batter and cook on medium heat until bubbles appear.
5. Flip and cook for 1-2 minutes.
6. Serve warm with honey.



As a mother who works full time, I don't get to cook a hot breakfast for my kids.

However, Sunday mornings are blueberry pancakes day. We all love them and hope your family do too.

By Mrs Worth, Head Teacher, Science





Granola

Ingredients

- 3 cups of coconut flakes – I use a whole bag of moist coconut flakes
- 2 cups of nuts, crushed
- 2 tbsp chia seeds
- 1 tsp ground cinnamon
- 80-100g coconut oil melted
- 3 tbsp rice malt syrup

Method

1. Preheat oven 120 degrees.
2. Mix all the ingredients together in a large bowl.
3. Lay out the mixed ingredients on a baking paper lined tray.
4. Bake, checking every 10 minutes. Stir, then turn oven up to about 150 degrees after 20 minutes.
5. Cook until golden

Tip: I use cashews, almonds, pistachio nuts, pepitas, chia seeds, linseeds and LSA.

I also sprinkle extra cinnamon on top before baking.

A friend made me this as a Christmas gift one year and I've been making it ever since. I make it in bulk and store it in jars. It's vegan and gluten free and tastes delicious served with yoghurt and berries.

By Ms Steiner, School Learning and Support Officer





Banana Buzz with Cereal

Serves 1 person

Cooking time nil

Preparation time 5 minutes

Ingredients

- 1 banana
- 1 tbsp of peanut butter
- A squirt of honey
- Milk
- Ice
- Ice cream
- A cereal of your choice



Method

Banana Buzz:

1. Cut up a banana and place it in the blender.
2. Add the milk, making sure it completely covers the banana.
- 3 Add 1 tablespoon of peanut butter, a squirt of honey, 2 scoops of vanilla ice cream (or cookies and cream icecream and some ice).
4. Blend until smooth and pour into a glass to serve.

Cereal:

1. In case you've never made cereal before: put the breakfast cereal of your choice, in a bowl, cover the cereal with milk and enjoy

By Tyarna, Yr 8

Tip: Banana buzz is best in combination with breakfast cereal.





Tabbouleh

Ingredients

- 120g fine bulgur wheat
- 75ml olive oil
- 4 tbsp lemon juice
- 5 tomatoes
- 4 finely sliced spring onions
- A good handful of chopped flat-leaf parsley
- A good handful of chopped mint leaves
- 4 -5 tbsp lemon juice
- 75ml olive oil

Method

1. Soak 120g fine bulgur wheat in cold water for 15 minutes. Drain well, put in a bowl and mix with 75ml olive oil and 4 tbsp lemon juice. Cover and leave for 30 minutes to soften.
2. Deseed and finely chop 5 tomatoes and add to the bowl of softened bulgur wheat, along with 4 finely sliced spring onions and a good handful each of chopped flat-leaf parsley and chopped mint leaves.
3. Stir in another 75ml of olive oil and 4-5 tbsp lemon juice and season well.



I love tabbouleh because it is delicious and healthy too. I make it with my mum on the weekend. We eat it for lunch with kebabs. We buy the kebabs and cook them on the barbecue.

By Sdra, Yr 9





Chapati

Ingredients

- 1 cup wholemeal flour
- 1 cup plain flour
- 1 tsp salt
- 2 tbsp olive oil
- ¾ cup water

Method

1. Mix flours and salt.
2. Add oil and water to make dough.
3. Knead dough until it is smooth.
4. Divide dough into small balls and roll them out to form thin chapatis.
5. Heat some oil in a frying pan. When the oil starts smoking, put in a chapati. Cook it until brown spots appear on the bottom, then flip and cook on the other side.
6. Repeat this process until each chapati is cooked.

"I chose the Chapati because my family like to eat it and I like to cook it at home"

By Neema, Yr 9





Zucchini Salad

Serves 4

Time 20 minutes

Ingredients

- 2-3 zucchini
- 1 clove garlic
- 1 lemon (squeezed)
- 1½ tablespoons white wine vinegar
- 1 tablespoon olive oil
- ½ cup chopped mint

Method

1. Chop the ends off zucchini and cut in half lengthways.
2. Cut zucchini into thin strips with a potato peeler. For larger zucchinis, you may need to cut each into halves again if it is too thick to slice with a potato peeler.
3. Put into a shallow bowl.
4. Peel and chop garlic finely, add to zucchini.
5. Add vinegar, lemon juice and olive oil. I like to add extra vinegar!
6. Then add mint and toss salad.
7. Leave salad with dressing on for 10-15 minutes so the vinegar softens the zucchini slightly. You can also serve this salad with thin slices of parmesan cheese on top, or pomegranate seeds or both!



This salad is a firm favourite at home as both my young boys eat it and don't really notice it is a green vegetable! It is also a good recipe for using up all those old zucchinis in the fridge. This salad works really well with fish, lamb or chicken.

By Ms Gallagher, Head Teacher EALD





Afghani Bolani

Cooking time 35 minutes

Serves 4

Ingredients

Dough

- 1 cup flour
- ½ cup wheat flour
- Salt to taste
- 1 tbsp olive oil
- ¾ cup warm water

Stuffing

- 4 medium sized potatoes, mashed
- ½ cup green onions, chopped
- 2 green chillies, chopped
- A handful green coriander, chopped
- Salt, (to taste)
- Black pepper powder, to taste
- Olive oil, for frying

Method

1. Combine flour, salt, oil and water. Knead dough until semi soft. Cover with a damp cloth and keep aside to rest for at least 30 minutes.
2. Combine mashed potatoes, onions, salt, pepper, coriander and green chillies in a separate bowl and mix well. Keep aside.
3. Divide the dough and stuffing into 4 equal portions. Take one portion and roll it as a thin chapatti.
4. Place one portion of the stuffing in the centre of the dough and spread it over half of the dough.
5. Fold the bottom half up over the top half and seal the edges.
6. Repeat the same with the remaining dough and stuffing.
7. Heat the frypan on medium flame, add a little oil and shallow fry the bolani one by one on both sides until golden brown and cooked.
8. Serve hot bolani with green chutney and curd.

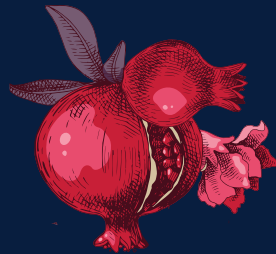


Bolani is a traditional and healthy Afghani flatbread stuffed with potato, green onions, herbs and spices cooked on tawa with oil.

By Alijawaid, Yr 10



Main Meals





Mum's Pumpkin Soup

Serves 6

Cooking time 30 minutes

Ingredients

- ½ a Butternut pumpkin
- ½ a Kent or Jap pumpkin
- 2 small red chillies
- 3 spring onions
- 1 handful of celery tips
- 2 chicken or veggie stock cubes
- Water

Method

1. Chop pumpkin, chillies, spring onions and celery tips and place into a pot.
2. Cover with water, add stock and lightly boil for 20 minutes or until ingredients are soft.
3. Blend while still in the pot using a stick blender
4. Ready to serve!



My mum used to make this recipe all the time when I was growing up. My Dad, sisters and I all loved it! She gave me the recipe so I can make it at home (but hers is always better!).

By Ms Salter, CAPA Teacher





Colcannon

Cooking time 15–20 minutes

Ingredients

- 8 large potatoes
- 1 head of kale or green cabbage
- 1 cup milk (or cream)
- 1 stick (120g) butter, divided into three parts
- 4–5 spring onions, chopped
- Salt and pepper
- Fresh parsley or chives



We enjoy this recipe as a cold weather meal, great for warming you up from the inside out. In the past, charms were mixed in with the Colcannon. Depending on what charm you found it was seen as a portent for the future. A button meant you would remain a bachelor and a thimble meant you would remain a spinster for the coming year. A ring meant you would get married and a coin meant you would come into wealth.

Mr Garbutt, EALD Community Liason Officer

Method

1. Peel and put potatoes in a pot to boil.
2. While the potatoes are cooking, slice the kale or cabbage leaves thinly and put into a large saucepan. Cover with boiling water from the kettle and keep at a slow rolling boil until the cabbage is just wilted and has turned a darker green. This can take anything from 3–5 minutes, depending on the cabbage. Test it and don't let it overcook (if anything it should be slightly undercooked).
3. When the cabbage is cooked, drain it well, squeeze to get any excess moisture out, then return to the saucepan. Add one-third of the butter and cover. Leave it covered and in a warm place to melt the butter.
4. When the potatoes are soft, drain and return to the saucepan. With the drained potatoes in, set the burner to low, leaving the lid off so that any excess moisture can evaporate. When they are perfectly dry, add the milk to the saucepan, along with a third of the butter. Allow the milk to warm but not boil – it is about right when the butter has fully melted and the pot is starting to steam.
5. With a potato masher or a fork, mash the potatoes thoroughly into the butter/milk mixture.
6. Mix the kale/cabbage through the mashed potato.
7. Before serving, season with a little salt and sprinkle with fresh parsley or chives. Most importantly, make a well in the centre of the mound of potato and put the last third of the butter in there to melt.





Chicken Shawarma

Serves 6

Cooking time 1 hour 10 minutes

Ingredients

- 1kg chicken thighs (skinless & boneless)

Marinade:

- 1 clove of garlic
- 1 tbsp ground coriander
- 1 tbsp ground cumin
- 1 tbsp ground cardamom
- 1 tsp ground cayenne pepper
- 2 tsp smoked paprika
- 2 tsp salt
- black pepper
- 2 tbsp lemon juice
- 3 tbsp olive oil

Yoghurt sauce:

- 1 cup of Greek yoghurt
- 1 clove of garlic, crushed
- 1 tsp cumin
- Squeeze of lemon juice
- Salt & pepper, to taste

To serve

- 6 flatbreads
- sliced lettuce
- tomato slices

Method

1. Combine the marinade ingredients in a large bowl. Add the chicken and make sure each piece is coated. Marinate overnight or up to 24 hours.
2. Combine the yoghurt sauce ingredients in a bowl and mix. Cover and put in the fridge until required (maximum 3 days).
3. Heat large pan on stove (or BBQ) on medium high.
4. Place chicken in pan (or on grill) and cook chicken 4 to 5 minutes on the first side, and 3-4 minutes on the second side.
5. Remove chicken from the pan/grill and cover with foil. Set aside to rest for 5 minutes.

To serve

Slice chicken and place on flatbread with yoghurt sauce, lettuce and tomato and roll up.

I went through a period when I was sick and had to make visits to the hospital. My Mum made shawarma for me before each visit. It was delicious.

By Zayd, Yr 8





Beef Sambusak

Serves Makes 60 pastries

Cooking time 1 hour

Ingredients

Dough

- 3 cups plain flour
- 2 tsp salt
- 225g unsalted margarine at room temperature
- ½ cup of cold water
- ½ cup of sesame seeds

Meat Filling

- 1 cup finely chopped onion
- 2 tbsp olive oil
- 500g beef mince
- 1 tsp ground allspice
- 1 tsp salt
- ½ tsp cinnamon
- ¼ cup pine nuts



Why I chose this recipe:

I used to eat this at least once a month because it's a special recipe that my mum learned when she was younger.

We enjoy Sambusaks in our family.

By Hassan, Yr 8

Method

Pastry:

1. Combine the flour and salt.
2. Using an electric mixer, cream the margarine, then gradually blend in the flour mixture, followed by the water.
3. Knead the mixture until a ball forms. Let the dough rest as you prepare the filling.

Meat filling:

1. Sauté the onion in oil until soft and translucent (about 5 minutes).
2. Add the beef mince and brown it, breaking it up with a wooden spoon (about 20 minutes).
3. Let meat cool, then add the spices and pine nuts.

Making the Sambusak:

1. Preheat the oven to 200 degrees.
2. Spread the 1/2 cup of sesame seeds on a large plate.
3. Break off walnut size pieces of dough.
4. Shape each into a ball and dip it lightly on one side into the sesame seeds, then roll it, seed side down into a 3-inch round.
5. Place a teaspoon of filling in the centre of the round.
6. Fold it over to make a half-moon and crimp the edges together tightly so that filling will not burst through (Sambusak can be frozen at this point. Place them in a single layer on a tray lined with wax paper and freeze them. Once frozen, you can transfer them to a container and return them to the freezer).
13. To bake, place pastries, place pastries on trays lined with baking paper and bake for 15 to 20 minutes, or until golden.





Nasi Kuning (Indonesian Yellow Rice)

Serves 4-5 people.

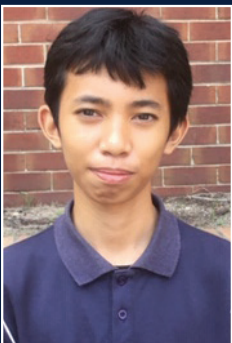
Cooking time approximately 20 minutes

Ingredients:

- 2 cups of jasmine rice
- 2 cup of coconut milk
- 1 cup of boiling water
- ½ teaspoon turmeric powder
- 1 lemongrass, white part only and smashed to release the oil
- 2 bay leaves.
- ½ teaspoon salt
- 2 kaffir lime leaves

Method

1. Add rice, boiling water, coconut milk, turmeric powder, lemon grass, bay leaves, salt and kaffir lime leaves in the rice cooker. Stir well so it becomes uniformly yellow from the turmeric powder.
2. Turn on the rice cooker.
3. Check to make sure the liquid has not disappeared while the rice is still hard. If this happens, you can add water so that the rice can cook further.
4. Serve the rice with ayam goreng, shrimp crackers, and slices of cucumber.



Nasi Kuning is normally served during special occasion celebrations in Indonesia, such as weddings and the birth of a child, etc.

However, in my hometown, Banjarmasin, in South Kalimantan province, you will find it every day. People usually eat it every morning as it is one of the favourite dish for breakfast. The rice is yellow in colour. This yellow colour comes from the turmeric which is one of ingredients.

By Muhammad, Yr 10





The Best Fried Rice

Ingredients

- 4 cups of rice pre-cooked and chilled in the refrigerator
- 2 tbsp butter or vegetable oil
- 4 eggs whisked
- 1 onion diced
- 2 medium carrots diced
- 1 cup peas
- 2-4 cloves of garlic
- 3 tbsp soy sauce
- 1 tbsp oyster sauce (optional)

Method

- 1 Melt a small pat of butter in a large frypan.
2. Scramble some eggs in the pan, breaking them into small pieces as you go.
3. Next, sauté the onions, carrots, peas and garlic until soft.
4. Turn the burner to high heat. Push the veggies over to one side of the pan, melt the remaining butter in the other half, add the chilled rice, soy sauce, and oyster sauce (if using). Stir to combine with the veggies.
5. Continue sautéing the rice, stirring every 15-20 seconds or so for 3 minutes, or until you notice the rice and veggies starting to brown slightly.
5. Enjoy!



I like fried rice because it is easy to make, sweet and healthy. If you eat it you are healthy too. It is a yummy food. I love fried rice.

By Soleil, Yr 9





Beef Burek (Burek sa Mesom)

Cooking time 45 minutes

Serves 6-8

Ingredients

- 1 cup finely chopped onion
- 1 kg combination of beef, pork, and lamb mince
- 1 cup chopped parsley
- 1 tbsp salt
- 1/2 tsp pepper (or to taste)
- 5 tbsp vegetable or sunflower oil
- 1 packet of filo pastry
- 6 large eggs, beaten
- 1 1/2 cups plain Greek yoghurt
- 1 1/2 cups soda water



This Yugoslav recipe is a favourite in my family. My mother-in law first taught me to make it. In Croatia and Serbia, Burek sa Mesom is often sold as a takeaway food. You just purchase it by the slice.

By Ms Seferovic, Teacher Librarian

Method

1. Sauté onion and meat in a large pan until meat is no longer pink and the onions are translucent.
2. Drain and return meat mixture to pan and add parsley, salt, and pepper. Cook for 1 minute, mixing thoroughly.
3. Remove from heat and let cool to room temperature.
4. Lightly coat a 9 x 13 inch pan with cooking spray.
5. Separate filo dough into two piles (about 14 sheets each) and keep covered so they don't dry out. Half will go on the bottom of the pie and half will go on the top.
6. Place 2 sheets in prepared pan and brush lightly with oil, folding in any overhanging edges. Add 2 more and brush with oil. Continue until you've used one pile of filo.
7. Spread the cooled ground meat mixture evenly over the filo and to the ends.
8. Begin covering the meat with the remaining filo, again using 2 sheets at a time and brushing with oil.
9. Brush entire top lightly with oil.
10. Using a serrated knife and a sawing motion, cut burek all the way to the bottom into 12 squares.
11. In a medium bowl, mix eggs with yogurt and soda water and pour over burek.
12. Cover with plastic wrap and refrigerate 2 hours.
13. Pre-heat oven to 180C. Bake for 45 minutes or until golden brown. Cool slightly before serving.





Chicken Mashawi

Ingredients

- Lemon juice
- Oil
- Yoghurt
- Garlic
- Bit of salt
- Dried oregano
- Pepper
- Allspice
- Cardamom
- Cinnamon
- Tomato paste
- 1 large green capsicum (sliced)

Method

1. Cut chicken into bite-sized pieces
2. Mix lemon juice, vegetable oil, Greek yoghurt, garlic, tomato paste, salt, oregano, pepper, allspice, cinnamon and cardamom in a large bowl.
3. Add chicken and stir to ensure each piece of chicken is well coated by the marinade.
3. Marinate chicken in the fridge for at least 4 hours.
4. Char-grill the chicken on the BBQ
5. To serve: Place portions of cooked chicken on Lebanese bread (or an alternative flat bread). Top with parsley, onion and capsicum and your favourite sauce and roll it up.



"We like this recipe because it's delicious. We eat it for lunch or dinner."

Hussein and Sozdar and their family cooked chicken Mashawi with our College P&C as a fundraiser at the Digital Media Festival in 2019. Our family prepared the marinade and we cooked the meat with Dad using traditional Khurdish practices.

By Sozdar Yr 9 and Hussein Yr 9





Mousakka

Cooking time 1 hours & 30 minutes

Serves 6

Ingredients

- 3 eggplants
- 4 large potatoes
- 500g lamb or beef mince
- 2 garlic cloves, finely diced
- 1 tbsp oregano, thyme & rosemary
- 2 cinnamon quills (ground)
- 250g crushed tomatoes
- 2 tbsps tomato paste
- ½ cup water
- 60g butter
- 60g plain flour
- 600ml warmed milk
- 100g parmesan cheese
- 1 egg, beaten
- Extra grated cheese
- Salt & pepper

Method

1. Slice eggplant to 5mm thickness, sprinkle with salt and allow to sweat for 30 minutes.
2. Preheat oven to 180 degrees.
3. Heat oil in a large frypan, add mince and cook until browned and meat breaks up. Add onion and sauté until softened. Add garlic, herbs and cinnamon and allow to cook 3-5 minutes, stirring occasionally.
4. Add crushed tomatoes, tomato paste and water, bring to boil, reduce heat to low and simmer for 30 minutes. Season with salt and pepper to taste.
5. Pour oil into frypan (about 1cm deep), place over a high heat and shallow fry sliced potato for 3-4 minutes on each side or until tender. Drain on paper towel.
6. Pat dry eggplant and pan fry on each side until golden yet still firm. Drain on paper towel.
7. For bechamel sauce, melt butter in a saucepan, add flour, stir over a low heat for 2 minutes.
8. Slowly add the warmed milk, stirring continuously until thick. Add extra milk if sauce is too thick.
9. Whisk in parmesan cheese and egg yolk and season to taste.
10. To assemble, oil casserole dish and layer as follows: meat sauce, potato, sauce, potato, sauce, eggplant, sauce, potato, eggplant and remaining sauce. Cover with bechamel and extra grated cheese.
11. Bake for 45 minutes until browned and bechamel has set. Serve with a light salad.



Moussaka is to the Eastern Mediterranean what Lasagna is to Italy. I travelled to Greece a few years ago and I ate traditional moussaka often. I have to say my recipe comes close to what I ate in Greece. I hope you enjoy it.

**By Ms Coleman,
Business Manager**





Pork Beef Mince Lawar

Preparation time 30 mins

Cooking time 30 mins

Ingredients

- 5 candlenuts
- 1 tsp peppercorns
- 2 tsp coriander seeds
- 2 cloves
- ½ tsp sesame seeds
- 3 garlic cloves
- 5 red shallots (roughly chopped)
- 3 long red chillies (seeded and roughly chopped)
- 3 small red chillies (seeded and roughly chopped)
- 2 tbsp chopped turmeric
- 5 tbsp chopped galangal
- 1 ½ tsp chopped ginger
- ½ tsp shrimp paste
- ¼ tsp grated nutmeg
- 500 g pork or beef mince
- 500g of combined vegetables (snake beans, young jackfruit, shredded coconut and young papaya)
- Vegetable oil

Method

1. Start preparing the paste by grinding the candle- nuts, peppercorns, coriander seeds, cloves and sesame seeds to a powder in a large mortar.
2. Add remaining ingredients (except the mince and the vegetables) and pound to form a smooth paste.
3. Heat some oil in a frying pan on a medium-high heat and fry the paste until it is fragrant (approx 10 minutes), then add the mince, stirring occasionally.
4. While the mince is browning, boil the snake beans, young jackfruit and young papaya for 7 minutes at a high heat.
5. After the vegetables have finished boiling add the vegetables and the shredded coconut to the mince and paste and let it simmer for 2 minutes on a low heat, stir gently.
6. Serve with a bowl of rice and sambal.

My family makes this recipe every 210 days to celebrate Galungan. Galungan is a Balinese holiday celebrating when Dharma (the good) overcame Adharma (the bad). Whenever the time comes around, family friends come over to assist my family in making lawar. We make a wide variety of lawars such as beef lawar, pork lawar with pork skin and vegetable lawar.

On Galungan many different dishes are made other

than lawlar for the final feast at the end of the day. Some people are in charge of cutting vegetables, making the paste, making the sauces and preparing the meat. It is much like a kitchen but for a festival. It is always a joyous celebration when everything is prepared and finished.



By Krishna, Yr 10





Inkoko Za Tayiga (Tiger Chicken)

Serves at least 4

Cooking time 1 hour

Ingredients

- Whole chicken
- Rice
- 1 tomato
- Olive oil
- Garlic
- 1 chicken stock cube
- salt and pepper
- 2 zucchinis
- 2 chillies
- Onion
- 1 tin of pineapple pieces
- Water

Method

1. Rub the salt, garlic, chillies and pepper into the chicken and put it in the fridge for 1 day.
2. Heat some oil in a large pot and briefly sauté the onion and chopped vegetables.
3. Add the chicken, pineapple pieces, water and a Maggi stock cube and simmer covered for 1 hour.
4. Serve with cooked rice.



"I like chicken because it is good for me and my body. I don't like to eat other meats, such a goat or beef. My sister, my mum and I cook this at home for lunch and dinner. It is delicious."

By Claude, Yr 9





Pasta Tahdig (Persian Spaghetti)

Serves 6

Cooking time 1 hour & 10 minutes

Ingredients

- 1 large onion, chopped
- 5 cloves of garlic, chopped
- 8 tbsp oil
- 500g ground beef
- 170g tomato paste
- 1 tsp salt
- ¼ tsp ground black pepper
- ½ tsp ground turmeric
- ½ tsp dried oregano (optional)
- ¼ tsp ground saffron (optional)
- 1 ½ cups of frozen peas (optional)
- 500g spaghetti

Method

1. Heat 4 tablespoons oil in a non-stick frying pan over medium high heat. Add onions and garlic and cook for about 5 minutes.

2. Add ground beef, tomato paste, salt, pepper and turmeric cook for 5 minutes.
3. Stir in oregano; cook 2 to 3 minutes or until meat is slightly browned. Stir in saffron and green peas, remove from heat.
4. Bring 5 litres of water and 2 tablespoons salt to a boil in a large non-stick pot. Add pasta to the boiling water, stirring occasionally to prevent it from sticking. Cook for 8 minutes or until the pasta is "al dente", firm but not hard.
5. Drain in a colander.
6. Add 4 tablespoons oil to the same pot used to cook the pasta. Layer pasta and meat in the pot, alternating layers until all the ingredients are used. (For potato crust, place ½-inch thick slices of potato on the bottom of the pot before the layers of pasta and meat).
7. Place 2 layers of paper towel over the pot, folding the corners to keep away from the heat source. Cover the pot firmly with a lid; cook over medium heat for 10 minutes or until it starts steaming. Lower heat to low, cook for 30 minutes.
8. To unmold the pasta, place a round serving platter upside down on top of the pot. Using pot holders firmly grab the serving platter and the pot flipping them over together, as you would invert a cake pan. This will keep the tahdig intact.



I like this recipe, it is very delicious. Also I can cook this at home with mum. We eat it for lunch.

By Fatemah, Yr 7





Yakisoba

Serves 3-4

Cooking time 40 Minutes

Ingredients

- 1 white onion diced finely
- 4 rashers of bacon, sliced (or 200g of meat of choice)
- 1 carrot, grated
- ½ capsicum, diced finely
- ¼ cup soy sauce
- 2 tbsps Worcestershire sauce
- 1 tbsp ginger
- 1 tsp garlic
- 2 tbsp sesame oil
- ¼ Chinese cabbage
- 2 packets of soba noodles (or ½ a packet of spaghetti pasta if unable to find noodles)

Method

1. In a medium saucepan, boil water and add soba noodles (or pasta) and cook according to packet instructions.
2. Heat a large frying pan over medium heat, add oil, onion and meat of your choice and allow to cook
3. Lower heat. Add carrot, capsicum, sesame oil, ginger and garlic to pan and cook until vegetables soften and ginger and garlic become aromatic.
4. Add cabbage, soy sauce and Worcestershire sauce and cook until cabbage is wilted.
5. Add cooked and drained noodles (or pasta) and heat for 2 minutes.
6. Serve.

Joel studied Japanese in Year 7 to 10 of high school and is now continuing his language studies at University with Majors in Japanese and German.

He has visited Japan twice and is passionate about Japanese culture. This is one of his favourite Japanese recipes that he has taught to his whole family.

By Joel (staff member's son)





Anglo Indian Chicken Cutlet

Ingredients

- ½ kg chicken breast fillet
- 2 or 3 potatoes
- 2 onions, chopped
- 1 green chilli (optional)
- 1 inch ginger, chopped
- 8 garlic cloves, chopped
- ¼ tsp turmeric powder (optional)
- ½ tsp garam masala
- Salt, to taste
- Handful of coriander leaves (optional)
- 5 mint leaves (optional)
- 1 egg, beaten

Method

1. Pressure cook chicken and potatoes with a little bit of salt and turmeric powder in a little bit of water.
2. Shred the chicken after it is cooked and cooled. Mince it coarsely in a food processor without any water and set aside.
3. Mash potatoes and set aside.
4. In a wide pan, dry roast onions, ginger and garlic.
5. Add chopped green chilli, garam masala, coriander leaves and saute on low heat for 10 minutes, stirring continuously.
6. Add salt to taste.
7. Allow it to cool to room temperature and grind into a paste without adding water.
8. Now mix the ground chicken, mashed potatoes and the ground masala mixture, checking for salt.
9. Make patties of 6 cm in diameter and 1.5 cm thickness. Dip each patty into egg (egg beaten in a cup with a pinch of salt), roll it over bread crumbs and shallow fry in oil.
10. Serve as a side dish or as a filling on a sandwich.

TIP: Patties can be prepared ahead of time and frozen, for up to 2-3 weeks, to be thawed and shallow fried when needed.

If you don't have a pressure cooker, the chicken and potatoes can be boiled in a closed pan.

Beef or lamb could also be used.

We eat chicken cutlets if we have visitors or sometimes on Sundays. I love them!

By Amy, Yr 7





The Dance of the Kabuli Pulao

Cooking time 1 hour 30 mins

Serves 10

Ingredients

- 1/3 cup slivered almonds
- 1/3 cup pistachios
- 2 cups vegetable oil
- 1 cup shredded carrots
- 5 teaspoons sugar, divided
- 10 cardamom pods, crushed with a mortar and pestle
- 1/3 cup large raisins
- 2 tsp garam masala powder
- 3 lb. boneless leg of lamb cut into large chunks
- 2 medium sized onions sliced
- 1.5 tsp salt
- 7 cloves
- 2 black cardamom pods
- 7 whole green cardamom pods
- 1 2-inch piece of cinnamon
- 1/2 teaspoon cumin seeds
- 3 cloves of garlic, smashed
- 4 cups basmati rice

Method

1. Soak 4 cups basmati rice in water for 4 hours.
2. Toast slivered almonds and pistachios in a dry sauté pan until they are slightly toasted and then set aside.
3. Heat 2 tsp of vegetable oil in a small frypan over medium- high heat and cook the shredded carrots for 3-4 minutes. Add the sugar and continue to cook for a few more minutes until the carrots caramelize. Add in 1/3 cup of raisins and cook for an additional minute, adding in ¼ teaspoon of crushed cardamom.
4. Heat oil in a pan and sauté 3 cups of sliced onions until well caramelised then transfer the onion to an electric pressure cooker.
5. Season meat with 1 tsp of kosher salt.
6. Add ¼ cup of vegetable oil to a large pan and brown the meat in batches and then transfer to the pressure cooker.
7. Add in ½ tsp salt, garlic cloves, black cardamom, green cardamom, cinnamon and cumin seeds to pressure cooker.
8. Pressure cook on high for 30 minutes.
9. Remove meat from the broth using a slotted



- spoon, then strain the broth and reserve.
- 10.** Cook rice in a large pot of salted, boiling water until the rice is 75% done, about 7-10 minutes.
 - 11.** Strain and set aside.
 - 12.** In a saucepan over medium heat, caramelize 3 teaspoon of sugar until it is a light nutty colour and add in 1 teaspoon of ground cardamom powder and 2 teaspoon of garam masala powder.
 - 13.** Add in 2 cups of the reserved broth and set aside
 - 14.** Place the rice in a large pot with a tightfitting lid, strain half the broth over the rice, mix and top with sprinkled cardamom and garam masala.
 - 15.** Place meat over the rice in a single layer.
 - 16.** Add the reserved carrots and raisins on top of the meat, along with one teaspoon of heated vegetable oil.
 - 17.** Dock the rice with the back of a wooden spoon to allow the steam to escape.
 - 18.** Cover pot tightly with a kitchen towel and lid.
 - 19.** Cook on high for 5 minutes, medium for 5 minutes, low for 5 minutes, and then let sit for 5 minutes to steam.
 - 20.** Garnish with the toasted slivered almonds and pistachios.
 - 21.** Serve warm.



I like this recipe because it is sweet and it's so tasty and Mum cooks it anytime, but sometimes it is for a special day.

By Ibrahim , Yr 9





South Indian Chicken

Ingredients

- 4 tbsp oil
- 1 or 2 green chillies
- 2 onions (diced)
- 3 tbsp diced tomatoes
- 2 tbsp ginger garlic paste
- ¼ tsp red chilli powder (optional)
- ¼ tsp turmeric powder (optional)
- 1 tsp coriander powder
- ½ tsp garam masala
- 6 chicken legs (or ½ kg chicken pieces or lamb or beef)
- 1 tsp salt (or to taste)
- ½ can coconut milk
- A handful coriander leaves
- ¼ tsp pepper powder

Method

1. Add oil to a wide pan and turn on the heat.
2. Add the green chillies and onions, saute until the onions are translucent.
3. Then add ginger garlic paste and saute well.
4. Next add the tomatoes, red chilli powder, turmeric powder, coriander powder and garam masala and allow it to cook well.
5. Make small slits on the chicken legs before dropping into the pan. Add the salt and cover and simmer for 15 minutes, stirring every 5 minutes.
6. Add a little water if required.
7. Once chicken is cooked and tender, add coconut milk and simmer for another 5 minutes. Check the salt.
8. Garnish with coriander leaves and sprinkle pepper powder and enjoy with flat bread or rice.

TIP: If using lamb or beef, the meat will need to be pressure cooked prior to making the sauce. Red chilli powder, turmeric powder and coriander powder can be substituted for Chicken curry masala powder from an Indian store. It is best to use at least one of the 3 ingredients (green chillies, red chilli powder or pepper powder) for a better taste, or you could use all three.



We eat this for Sunday lunch. My mum makes it at home in 30 minutes. I cut the meat and help my Mum cook the curry.

By Andrae, Yr 10





Nigerian Jollof Rice

Ingredients

- 4 cups uncooked long-grain rice (not basmati)
- 5 – 6 cups stock (vegetable, chicken, or beef) or water
- 6 medium-sized fresh plum/Roma tomatoes, chopped, OR a 400g tin of tomatoes
- 6 fresh, red poblano peppers (or 4 large red bell peppers), seeds discarded
- 3 medium-sized red onions (1 sliced thinly, 2 roughly chopped), divided
- 1 Scotch bonnet peppers (yellow is my favourite!), to taste
- 1/3 cup oil (vegetable/ canola/coconut, not olive oil)
- 3 tbsp tomato paste
- 2 tsp (Caribbean / Jamaican-style) curry powder
- 1 tsp (heaped) dried thyme
- 2 dried bay leaves
- 2 tsp unsalted butter (optional), divided
- 1 dash salt, to taste



Directions

1. Parboil (half cooked) the rice with two cups of the stock (or water) for about 12 to 15 minutes over medium heat.
2. Place tomatoes, red poblano (or bell) peppers, chopped onions, and scotch bonnet in a blender and blend till smooth.
3. Stir-fry sliced onion in heated oil for a minute or two, season with a pinch of salt, add tomato paste, curry powder, dried thyme, bay leaves and the blended mix. Stir-fry for another two minutes. Add the blended mix and cook for about 15 minutes.
4. Add two cups of stock to the cooking mixture (see number three above), 1 teaspoon of butter, and then add the half cooked rice. Stir, cover with a double piece of foil/ baking or parchment paper and put a lid on the pan and cook for 15 minutes.
5. Stir again and add seasonings as desired. Add the remaining 1 cup of stock, stir, cover with foil/ baking or parchment paper and let cook for another 15 to 20 minutes. Repeat stirring every 5 to 10 minutes to prevent food from burning and till rice is completely cooked and grains look separated. Add more stock, seasoning and keep stirring if/when desired.
6. Serve with chicken, beef or fish and a cold drink.

By Emarehi, Yr 8





Ghabuly

Serves 4

Cooking time: 1 hour 30 minutes

Ingredients

- 500g chicken thighs or drumsticks
- Oil (as you wish)
- Rice (3 big cups)
- 5 carrots, peeled and finely chopped
- 1 ½ cups raisins
- Salt (as you wish)
- 5 cups water

Method

1. Heat oil in a large saucepan and saute carrots, raisins and chicken over medium heat, stirring occasionally.
2. In a separate pot, bring the 5 cups of water to the boil, then add the rice with a little salt.
3. Drain the rice when it is nearly cooked and add it to the saucepan with the carrot, raisin and chicken. Stir to combine and then cover and cook for 45 minutes.
4. Enjoy your meal!

I like Ghabuly because it is one of the old cultural foods of Afghanistan and it has plenty of nutrients. It is also very tasty. Compared to other Afghani foods, it is easy to cook.

By Narges, Yr 9





Biryani

Serves 4

Cooking time 1 hour & 30 minutes

Ingredients

- 3 cups basmati rice, uncooked and rinsed
- 750 grams of beef or chicken
- 5 potatoes sliced
- 5 onions sliced
- 3 tomatoes chopped
- 1 papaya, unripe, peeled, seeded and grated
- 1 tsp fresh ginger, peeled and minced
- 2 cups of plain yoghurt
- 3 tbsp lime juice
- oil for frying
- ¾ cup tomato paste
- ½ tsp ground cardamom
- 4 whole cloves
- ¼ tsp ground cinnamon
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- ¼ tsp ground black pepper
- pinch of salt

Method

1. Grind the papaya, garlic and ginger together, making a paste.
2. Place the paste into a large pot and add the meat, yoghurt and lime juice. Cover and begin to cook over a low heat, stirring regularly.
3. Heat oil in a frying pan. Add onions and brown them. Remove from the pan.
4. Fry potatoes in the same oil. When browned, remove from the pan and keep the oil in the pan.
5. Grind the spices together and add to the meat mixture. Stir. Add the chopped tomatoes, tomato paste and 1 tablespoon of the oil from the pan. Stir and continue to cook over low heat. Add warm water if sauce becomes too thick.
6. Cook rice in the usual way. Preheat oven to medium, around 170 degrees celsius.
7. Line the edges of a large baking dish with the fried potatoes (save some for the top). Cover the bottom of the baking dish with a third of the cooked rice. Pour most of the meat mixture over the rice. (The remaining meat mixture can be served with the biryani at the table). Cover the meat with a second layer of rice. Place the onions (save some for the top) over the second layer of rice. Cover the onions with the third layer of rice.
8. Place the remaining potatoes and onions on the top. Bake this in a medium oven for 20-30 minutes.



I can make this at home with my Mum. We eat it for dinner. I like it because it is from my culture and it is healthy.

By Moses, Yr 8





Middle Eastern Stuffed Zucchini

Ingredients

- ¾ cup short grain rice
- 1 kg small zucchini
- 1 small chopped onion
- 200g minced meat
- 1 tsp salt
- ¼ tsp black pepper
- 2 tsp mixed spice
- ½ tsp turmeric
- Tomato paste
- Tinned tomatoes
- Garlic
- Fresh mint (to serve)

Method

1. Wash the rice and soak it for 15 minutes
2. Halve the zucchinis and scoop out the seeds
3. In a bowl, mix the drained rice, onion, meat, salt, pepper and spice. Stuff the zucchini with the rice and meat mixture.
4. To make the gravy In a large saucepan put the tomato paste, tomatoes, salt and pepper and bring to boil.
5. Add the zucchinis and let them cook over medium heat for 40 minutes until the zucchinis are done.
6. Heat oil in a small frying pan and sauté garlic until golden.
7. Add garlic and some fresh mint to the zucchinis to serve. Best eaten when hot.

I like this recipe because it is so yummy! I make it at home with my Mum. We eat it on weekends.

By Gulcheen, Yr 8





Fried Chicken Chips

Ingredients

- 500g chicken breast
- 2 eggs
- Flour
- Salt and pepper
- Oil

Method

1. Cut chicken into small pieces.
2. Beat eggs in a bowl. Add the chicken pieces to the bowl to coat with egg and then coat the chicken with flour and season with salt and pepper.
3. Fry the chicken pieces in hot oil until brown and then put them on a rack inside a baking dish and bake in the oven at 180 degrees for 10-15 minutes.



I like fried chicken because it is delicious. My mum cooks it at home for dinner.

By Lyse, Yr 9





Spanakopita (Spinach Pie)

Serves many

Cooking time 1 hour

Preparation time 45 minutes

Ingredients

Home-made ricotta type cheese:

*Must be made the day before as it needs to separate and set in the fridge

- 1 ltr milk (I use lactose-free)
- ½ cup white vinegar

Filling:

- 1 large bunch silver beet (large white stems removed, chopped finely, washed and put in colander to drain well)
- Olive oil
- 1 cup grated parmesan cheese
- 1 small tub ricotta cheese or make your own (ingredients above)

- 6 eggs whisked (we have free range hens)
- Salt and pepper to season

Pastry:

- 4 cups plain flour (I use organic plain flour)
- 3 tablespoons olive oil
- Water to mix

Egg wash to top pastry:

- 1 egg whisked in a cup
- 1 tablespoon milk (I use lactose-free milk)





Method

Ricotta type cheese:

1. Put milk and vinegar in a saucepan and heat until just above luke-warm. Stir slowly just to make sure heat is distributed evenly.
2. Leave to sit until the curds and whey separate.
3. Pour into special colander (see picture - available in specialty kitchen shops – I got mine from Essential Ingredient at the Junction) with dish underneath.
4. Keep emptying the clear liquid.
5. Cover with cling wrap and pop into the fridge for several hours or overnight to set.

Filling

1. Place drained silver beet in large bowl and toss with a little olive oil. Add salt, pepper, parmesan cheese, ricotta-type cheese and mix through.

Pastry

1. Grease and line a baking dish. Preheat moderate oven (about 180 degrees in a conventional electric oven)
2. Rub together flour, oil and enough water so that

mixture is smooth and elastic.

3. Divide pastry into two. Roll out thinly. I like to use a decent amount of flour so the mixture doesn't stick to the bench or the rolling pin. Additionally, I like to use grease proof paper to roll the pastry out so I can just pick up the whole piece and place it into the baking dish.
4. Put one piece of pastry in the baking dish, with filling in the middle and the second piece of pastry over the top. Make sure the edges are tucked in on the pastry and I like to pinch them to make sure the edges are sealed.
5. Pierce the top of the pie any times with a knife then apply the egg wash (see picture).
6. Cook for one hour.



Every Sunday night my family would have dinner with my uncle's family from my father's side. Spanakopita was a favourite and my mother makes it frequently. Usually my father grows the silver beet, so when cooking, it is fresh from the garden. My parents also keep hens so the eggs are also "home grown" free range. In my household today, usually I have a thriving vege patch and hens to love.

As my father is from a Greek heritage (and my mother is more from an Anglo background), my mother and my Greek aunt cultivated their friendship through learning to cook these types of Greek dishes. Now, this tradition has been passed down to me. I have modified the recipe a little due to some food intolerances - I make my own ricotta-style cheese and substitute plain flour for the organic flour. It is still one of my treasured recipes today.

By Ms Travassaros, Teacher/Librarian





Thomson Household Coconut Lamb Curry

Serves 2 (with leftovers for tomorrow)

Cooking time 8 hrs in a slow cooker

Ingredients

- 500g diced Lamb
- 1 can coconut cream
- 1 red capsicum
- 1 yellow capsicum
- 2 cups of diced pumpkin
- 1 tbsp curry powder
- 1 tsp cumin seed
- 1 tsp turmeric
- 1 onion

Method

1. Slice both capsicums and onion
2. Combine all spices and curry powder
3. Add pumpkin, lamb, capsicum, combined spices and onion to the slow cooker
4. Pour coconut cream over the top and stir briefly
5. Cook in the slow cooker on low for 8 hours
6. Cook naan bread and noodles to serve.



Last winter I invested in a slow cooker. This was the first recipe we made. I have made the curry mild by removing the chilli flakes that were in the original recipe and have added more coconut milk. I love cooking this recipe as it doesn't take too long to prepare and I can put the slow cooker on in the morning and my dinner is ready by the time I have come home from work. Easy-Peasy. I make this recipe in the cooler months when I know I am going to have a busy day.

By Ms Thomson, Human Society and Its Environment (HSIE) Teacher





Sweet Chilli Crab

Ingredients

- 4 blue swimmer crabs or 1 mud crab
- 1/4 cup of tomato sauce
- 1/4 cup of sweet chilli sauce
- 3 tsps of water
- 1 tsp of brown sugar
- 1/4 cup of olive oil
- 3 cloves of garlic
- 3 large red chillies
- 1 1/2 teaspoons of grated fresh ginger
- 1 bunch of shallots, chopped
- Chopped coriander

Method

1. Clean crab and break each crab in to 4 pieces.
2. Prepare the sauce first by mixing 1/4 cup of tomato sauce, 1/4 cup of sweet chilli sauce, teaspoons of water and 1 teaspoon of brown sugar together to create a runny sauce and move sauce to one side.
3. Put oil in a frying pan or wok and heat until hot.
4. Add crab and cook until shells are red in colour (approx. 8 minutes).
5. Add 3 cloves of garlic, 3 chillies and 1 1/2 teaspoons of grated ginger and cook until fragrant.
6. Add sauce and mix until sauce thickens (approx. 2 minutes).
7. Add chopped shallots and cook for 2 minutes and remove from heat. Add the coriander and serve.



I grew up in Worimi country in beautiful Port Stephens during the 70's and 80's. My family were always fishing and camping. It was much easier back then to get a good feed of seafood. Oysters from the rocks, Pippis from the beach, Squid from the weed beds and plenty of species of fish and crabs.

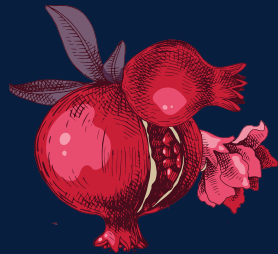
When camping we only took basic supplies. We made Damper and Johnny cakes. Mostly we caught and gathered our food from the bay, rivers and beaches.

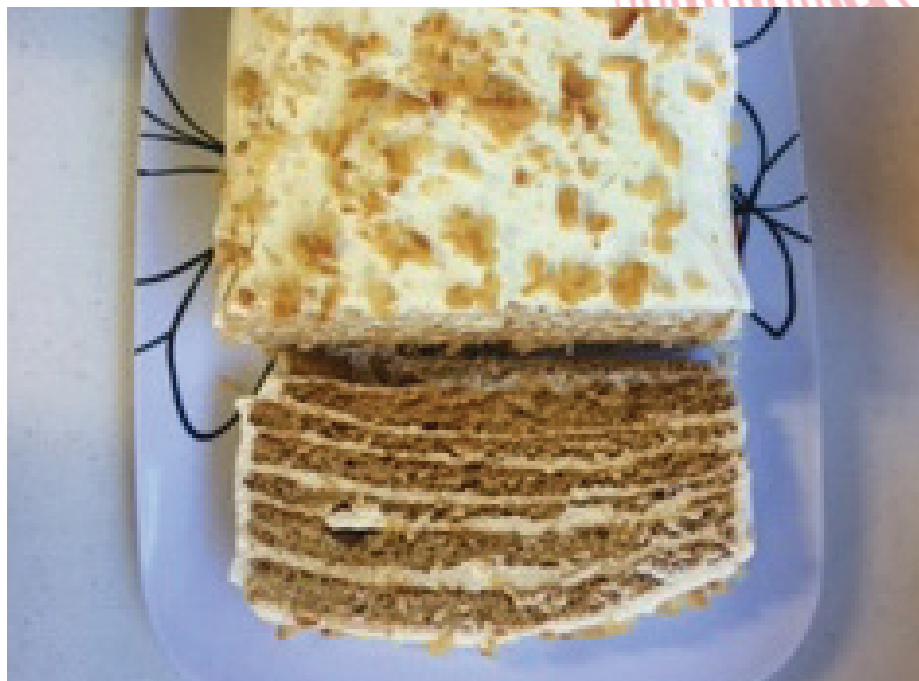
I still go fishing and camping at every opportunity I get. Taking minimum supplies and gathering from the land.

By Mr Darren Woodhouse, Community Liaison Officer, Aboriginal Student Support



Sweets and Treats





Modern Latvian Honey Cake

Ingredients

Cake

- 3 eggs
- 2 cups of plain flour
- 2 level tsps of baking soda
- 1 cup of honey
- Pinch of salt
- Baking paper (cut into 8 equal sized rectangles - approx 260mm x 170mm)

Filling

- 900ml sour cream
- ½ cup sugar

Method

1. Preheat oven to 220 degrees.
2. Sift flour, salt and baking soda into a bowl.
3. Add honey and the lightly beaten eggs and stir until mixed thoroughly.
4. Place 1 or 2 of the baking paper rectangles on a biscuit tray.
5. Spread a thin layer of the mixture onto the baking paper.
6. Bake for 3 minutes (the top should turn a golden brown).
7. Put the cooked rectangles aside and make 7 or 8 in total.

Filling

1. Whip the sour cream and sugar together.
2. Trim rectangles to neaten edges (retain pieces to decorate cake).
3. Assemble the cake with filling between each cake layer and over the outside of the final cake.
4. Decorate with cake crumbs or leave plain.
5. Refrigerate for 12 hours before serving.



I tried this cake for the first time about 6 years ago when a visitor, from Latvia, made it for my dad. My dad has since passed away so this cake reminds me of him. It's very yummy and popular - we often have it at Staff Morning Tea!

By Ms Balodis, EALD Teacher





Nanna's Peanut Crisp Biscuits

Cooking time 10 -15 minutes

Serves 25 - 30 biscuits

Ingredients

- 4 ozs (approx. 115g) butter or substitute, softened
- 1 cup brown sugar
- 1 egg
- ¾ cup self raising flour
- ¼ cup plain flour
- Pinch salt
- 1 cup rolled oats
- ½ cup chopped peanuts (or alternate tree nut)
- 1 cup cornflakes

Method

1. Cream butter and sugar using an electric mixer. Add the egg and beat until combined. Stir in the dry ingredients.
2. Roll heaped teaspoons of mixture into balls and place on a tray lined with baking paper. Make sure you leave room between each biscuit to allow for spreading. Lightly flatten each biscuit with a fork until about 1 cm thick.
3. Bake in a moderate oven for 10 to 15 minutes or until pale brown.
4. Transfer to a wire rack to cool.

My grandparents lived on an orchard in western NSW. We used to visit them most school holidays when I was a kid. My Nanna loved baking and she always had her biscuit tins filled with home-baked treats in preparation for our visit – monte carlos, ginger nuts, jam drops and my childhood favourites, peanut crisps. She'd put on the kettle and we'd all sit in her kitchen and eat biscuits and freshly picked fruit while catching up on all the news since our last visit.

I still have and use her biscuit and slice trays all these years later and think of her fondly when I'm baking.

By Ms Thomas, Community Liaison Officer



Nana's Easy Chocolate Cake

Ingredients

- 125g butter
- 1 cup castor sugar
- 1 cup selfraising flour
- 2 tbsp cocoa
- 2 eggs
- ½ teaspoon vanilla
- ½ cup milk

Method

1. Melt butter until soft – (not liquid).
2. Place in a bowl with all other ingredients.
3. Beat for 3 minutes.
4. Bake in moderate oven for 30 minutes.



My 95 year old grandmother still makes this chocolate cake for her 14 great grandchildren. It is a favourite amongst them all and there are never any slices left for the adults!

By Ms Macdonald, Principal





Mum's Apple Pie

Ingredients

- ¼ lb butter
- 2 eggs
- 3 tbsp custard powder
- ¾ cup castor sugar
- 1 ½ tsp vanilla
- 3 tbsp milk
- 3 cups self raising flour
- Pinch salt
- 2 tins of S.P.C Apple

Method

1. Place all above ingredients (except the apple) into a mix master bowl and use the pastry hook to beat until all ingredients are blended into a ball. Divide the mixture into two halves – one for the base of the pie and one for the top.
2. Roll your base pastry ball into a circle about 2cm thick. Gently press it into a 30cm pie dish, allowing excess to overhang. Place apple onto pastry base.
3. Roll out your second pastry ball and place it over the top of the apple.
4. Cut excess pastry from edges with a sharp knife. Crimp edges of pastry together to seal them.
5. I brush the top of the pie with milk and a sprinkle of sugar before baking
6. Bake pie for 30 to 45 minutes at 180 degrees.

By Mr Tarrant, English, Drama & Circus Teacher





Banana and Chocolate Loaf

Cooking time 1 hour & 15 minutes

Ingredients

- 2 cups of plain flour
- 1/2 cup desiccated coconut
- 2 tsps of baking powder
- 120gm unsalted butter (softened)
- 1 cup caster sugar
- 4 ripe bananas
- 2 eggs lightly beaten
- 1 tsp of vanilla extract
- 1 cup of chocolate chips

Method

1. Sift flour and baking powder in bowl.
2. In a separate bowl mix together the sugar, butter, bananas, eggs and vanilla.
3. Add the dry ingredients to the wet mixture and mix to combine. Be careful not to over mix.
4. Add chocolate buttons (you have permission to take ONE only!).
5. Pour the batter into a lined loaf tin and bake for 1 hour & 15 mins until golden on the top. Test with a skewer to ensure it is cooked through.
6. Leave in the tin to cool for 10 mins.

Here is a sweet loaf recipe I love to make because it's very versatile and super simple to make. You can change the fruit or chocolate ingredients to suit your preferences.

By Ms Tickner, EALD Teacher





Candy Cane Crush

Ingredients

- 450gm dark chocolate
- 2 drops peppermint essence
- 2 x 290gm block of white chocolate
- 1 cup rice bubbles
- ¾ cup shredded coconut
- 6 candy canes, crushed
- 2 tbsp silver cachous

Method

1. Line a 20x30cm lamington pan with baking paper, extending the paper above the edges.
2. Melt the dark chocolate (on the stove or in the microwave) until smooth.
3. Stir in the peppermint essence. Spread the chocolate mixture over the base of the pan. Freeze for 10 minutes.
4. Repeat with the first block of white chocolate.
5. Stir in coconut and rice bubbles. Spread over the dark chocolate. Freeze for 10 minutes.
6. Melt the second block of white chocolate.
7. Spread over the slice and sprinkle with candy canes and cachous. Freeze until set.
8. Break into shards to serve.



There is no real story behind this recipe. I came across this recipe, tried it and everybody loved it. It is simple and easy to make. I take it everywhere, all year round, even though it is a Christmas recipe.

By Ms Grieve, Careers Advisor





Healthy Chocolate Brownie

Cooking time 20 minutes

Ingredients

- 400g black beans, drained and rinsed
- 2 tbsp cocoa powder
- ½ cup quick oats
- ¼ tsp salt
- ½ cup pure maple syrup or honey
- ¼ cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- ½ tsp baking powder
- ½ cup dark chocolate chips

Method

1. Preheat oven to 175 degrees. Line and grease a baking tin.
2. Combine all ingredients in a food processor and blend until smooth.
3. Spoon mixture into a baking tin and smooth out.
4. Bake in over for 20 minutes.
5. Remove from oven and allow to cool for 10 minutes before slicing.



I love cooking this as a dessert when my kids visit for our 'Weekly Family Tea'. All my family are committed to eating healthily – my daughter has been vegetarian since she was 8, my eldest son has been vegan for 3 years and my youngest son became a vegetarian a few months ago. This recipe ticks all the dietary requirement boxes and supports everyone's healthy choices. It's also really delicious!

By Ms O'Loughlin, Home Economics Assistant





Chocolate Salami

Ingredients

- 1 packet of malt biscuits
- 1/3 cup of your favourite nuts, roasted. (I use almonds but you can omit if you have a nut allergy)
- 2 eggs
- 150g melted butter
- 200g dark chocolate – 70% dark
- 100g white sugar
- Icing sugar/cocoa powder to serve

Method

1. Crumble the biscuits coarsely. You can place in a bag and bash with a wooden spoon, don't over crush though, it's good to have a mixture of different size pieces.
2. Cut up the almonds roughly.
3. Melt the chocolate either in the microwave on a

low heat (stir often) or on a double boiler.

4. In a bowl mix the butter until it becomes pale and creamy, then add the sugar. Continue to mix. Then add the eggs and mix until you get a nice smooth cream.
5. Next add the chocolate, mix until it becomes lovely and smooth.
Now combine the chocolate mixture with the biscuits and nuts. Mix well.
6. Place the mixture on a sheet of baking paper. Try to give it a long sausage shape by shaping with your hands. Once you have the right shape, roll it in the baking paper. Twist the ends to seal.
Now roll foil paper around it, so it's nice and firm. Place in the fridge for at least four hours. Once hardened you can remove from the paper and roll it in some icing sugar or a combination of icing sugar and cocoa powder.
7. Serve cut into slices, just like a real salami.



For 12 months in 2011 and 2012, our family had the pleasure of hosting Roberta, an Italian exchange student. She brought to our family a whole new way of seeing the wider world (as well as a stack of delicious new recipes!). Here's a favourite we made together a few times for birthdays and celebrations.

By Ms Carpenter, Science Assistant





Bretzeln (Pretzels)

Ingredients

- 1 packet of instant yeast (about 2 tsp)
- 1 cup warm water
- 4 cups of plain flour
- Pinch of salt
- 1 tbsp brown sugar
- ½ cup of baking soda
- Saucepan 1/3 filled with water (for boiling)
- Sea salt for garnishing

Method

1. Mix the yeast in warm water and let it sit for about 1 minute.
2. In a large bowl combine flour, salt, sugar and add the yeast mixture, stir with a wooden spoon.
3. Turn the dough onto a floured surface and knead for 3-5 minutes. Return the dough to the bowl, cover the bowl with cling wrap and let the dough sit for 30 minutes.
4. Preheat the oven to 180 degrees and begin to bring the saucepan of water to boil.
5. Remove the dough from the bowl and knead together with your hands (if it is too sticky add more flour, if it is too dry to hold together then add some more water).
6. Divide the dough into portions that are about 1/3 cup. Roll out each portion with your hands into about a 10 cm rope.
7. Twist the ends and fold the dough over itself to form a pretzel shape.
8. Add baking soda to boiled water and, using a ladle, dunk each pretzel dough into the water. Leave it in the water for approximately 1 minute. The dough will float to the surface when it's ready.
9. Place dunked pretzels onto a baking tray lined with baking paper and then sprinkle them with salt.
10. Bake them for approximately 20 minutes (or until golden brown).



Pretzels are a favourite in the German classroom. During the Oktoberfest season students have a go at making them in class. The smell of the warm bread fills the corridors of our school and takes me back to my days of living in Germany and walking to the bakery for fresh pretzels after school. Pretzels are eaten any time of day and are often enjoyed as a side dish with mustard and a good German beer.

By Miss Taylor, Languages Other Than English (LOTE) Teacher





Gaga's Shortbread

Cooking time: approximately 50 minutes

Ingredients

- 11 oz (approx. 310g) plain flour
- 4 oz (approx. 115g) rice flour
- 8 oz (approx. 275g) butter
- 4 oz (approx. 115g) castor sugar

Method

1. Grease & line a 11x8 inch slice tin.
1. Cream butter until light and fluffy.
2. Beat in castor sugar gradually.
3. Sieve the flours together and fold into the creamy mixture.
4. Knead slightly and press into an 11 x 8 inch slice tin.
5. Fork the top of the mixture lightly and sprinkle with castor sugar.
6. Bake in a slow to moderate oven until light golden in colour (about 50 minutes).
7. Mark portions with a knife and allow to cool in tin.
8. When the shortbread is cold, store in an airtight container or jar.



Our great grandmother was born in Scotland in 1916 and moved to Australia in 1949.

She was affectionately known within our family as "Gaga", and every Christmas, she made her famous shortbread.

Since her passing in 2013, at age 97, our family continues the tradition of baking her shortbread and sharing it during Christmas celebrations.

Dexter Yr 8 and Alice Yr 7





Apam Balik (Southeast Asian Fluffy Pancake)

Serves 12

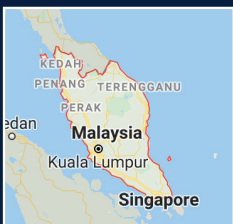
Cooking time 1-2 minutes per pancake

Ingredients

- 200ml milk
- 60ml oil
- 2 eggs
- 160g wheat flour
- 3 tsp baking powder
- ½ tsp salt
- 25g unsalted butter
- 2 tbsp creamed corn
- 45g sugar
- 3 tbsp peanuts

Method

1. Mix milk, oil and eggs together. Sift flour, baking powder and salt into the wet mixture. Stir until the ingredients are evenly combined with no lumps.
2. Melt just a bit of unsalted butter in a pan over medium heat and spread it evenly over the pan's surface.
3. Pour in a thin layer of batter and spread over the pan's surface.
4. Cover the pan and allow the mixture to cook for 30-60 seconds, or until small bubbles appear.
5. Add a generous amount of butter, cream corn, crushed peanuts and sugar onto the pancake.
6. Fold the pancake into half once the bottom surface is browned.
7. Remove from pan, cut pancake into wedges. Best eaten when warm.



My family loves to eat this as a dessert after dinner.

We sometimes serve it when guests are over.

These pancakes remind us of our hometown back in our country.

Yr 8 student





Non-alcoholic Punch

Serves 10

Preparation time 10 minutes

Ingredients

- 1 tin of pineapple and apricot
- 1 tin of pineapple and orange
- ½ litre ginger ale
- ½ litre of lemonade
- Fruit of your choice
- Small tin of fruit salad
- Ice

Method

1. Pour the ginger ale and lemonade into a glass jug or bowl.
2. Add all the tinned fruit and stir to combine.
3. Add slices of a fruit of your choice, like strawberries or oranges.
4. Add some ice and enjoy!

My grandma makes this every Christmas for the family to enjoy. My cousin and I usually help her. It's non-alcoholic so the kids can enjoy it too. It's usually hot at that time so we serve it nice and cold. You can purchase all the ingredients from a supermarket.

By Chelsea, Yr 8



[illegible]

"Food is at the heart of any home regardless of our backgrounds."

Waratah Campus Proudly Supports Harmony Day March 2020

Hakmat and Muhammad celebrating
Harmony Day 2019

