

Welcome

This book is a celebration of cultural heritage through food, stories, and shared traditions. We extend our heartfelt thanks to all contributors who have generously shared their cherished family recipes, allowing us to experience a taste of their cultures.

At Northern Bay College's Goldsworthy Campus, we are proud to have one of the most vibrant, culturally rich student bodies in Victoria. With over 50 languages spoken and nearly a quarter of our students fluent in multiple languages, our diverse backgrounds bring invaluable perspectives into our classrooms, preparing us for an interconnected world.

Harmony Day is a time to honour and celebrate this diversity. Each year, Goldsworthy Campus comes together to share languages, beliefs, and traditions through performances, food stalls, and this very recipe book.

Ms. Erin Prendergast Principal





About This Project

This recipe book is a special collection of family recipes, stories, and reflections shared by students and staff from Northern Bay College's Goldsworthy Campus, offering a snippet of the many cultures that make our school so vibrant.

Featuring dishes from Afghanistan, Burma, Thailand, Congo, England, Italy, Fiji, Vietnam, the Philippines, Pakistan, Karen, Poland, Sri Lanka, and Australia, this collection highlights the diverse backgrounds within our community.

Through these recipes, we celebrate heritage, tradition, and the way food brings us together.

Brandon Dellow Education Support









Aushak





35 minutes



30 minutes

Ingredients

For the Dumplings:

- I pack dumpling wrappers (or homemade dough)
- 2 cups leeks or spring onions, finely chopped
- 1 tbsp oil
- ½ tsp salt
- ½ tsp black pepper

For the Tomato Sauce:

- 1 tbsp oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp tomato paste
- ½ tsp cumin
- ½ tsp paprika
- ½ tsp salt
- ½ cup water

For the Yogurt Sauce:

- 1 cup plain yogurt
- 1 clove garlic, minced
- ½ tsp salt

Procedure

- 1. Sauté leeks with oil, salt, and pepper until soft. Let cool.
- 2.Place 1 tsp filling in each dumpling wrapper, fold, and seal the edges with water.
- 3. Heat oil, sauté onion and garlic, then add tomato paste, spices, and water. Simmer for 10 minutes.
- 4. Mix yogurt, garlic, and salt in a bowl.
- 5.Boil water and cook dumplings for 3-5 minutes until they float.
- 6.Spread yogurt sauce on a plate, place dumplings on top, and garnish with dried mint and chili flakes.



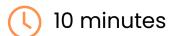
Freshta Haidari

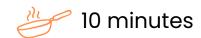
"Aushak is a time consuming meal to prepare. But it is worth the wait. It is usually served on holidays or at special gatherings."



Bamboo Shoot Stir-Fry







Ingredients

- 2 cups bamboo shoots (sliced)
- 1 cup mushrooms (sliced)
- 1 cup green vegetables (spinach, bok choy, or kale)
- 3 cloves garlic (minced)
- 1 red chili (sliced)
- 2 tbsp oil
- 1 tbsp fish sauce or soy sauce
- ½ tsp sugar
- Salt to taste

Procedure

- 1.Boil bamboo shoots for 5 min, then drain. Wash and chop greens.
- 2.Sauté Aromatics Heat oil, fry garlic and chili until fragrant.
- 3.Stir-Fry: Add bamboo shoots and mushrooms, stir-fry for 3 min.
- 4.Stir in vegetables, fish/soy sauce, and sugar. Cook for 2-3 min.
- 5. Serve hot.

"Bamboo shoots are a Asian-food staple that can be used in stir-fries to add crunch."



Banh Mi





10 minutes



10 minutes

Ingredients

- 2-4 baguettes
- 200g pork, chicken, or brawn (cooked)
- 2 boiled eggs, sliced
- 1 carrot, julienned
- 2 green onions, chopped
- 1 chili, sliced
- 2 tbsp pate
- 2 tbsp mayo
- Fresh coriander/cilantro

For the Sauce

- 2 tomatoes, blended
- 2 cloves garlic, minced
- 1 shallot, minced
- 2 scallions, chopped
- 1 tbsp each: oyster sauce, soy sauce, sweet chili sauce

- ½ tsp five-spice powder, ¼ tsp black pepper
- ½ cup water
- 1 tbsp tapioca starch (diluted in 1 tbsp water)
- 2 tbsp chopped cilantro

Procedure

- 1.Make the Sauce: Sauté garlic, shallot, and scallions for 2 minutes. Add blended tomatoes and simmer for 5 minutes. Stir in oyster sauce, soy sauce, sweet chili sauce, five-spice powder, pepper, and water. Simmer for 5 minutes, then add tapioca starch mixture and cook until thickened. Stir in cilantro and set aside.
- 2. Slice baguettes down the middle. Spread pate and mayo, then add meat, eggs, carrot, green onions, and chili.



Hunter Palmer

"Banh Mi combines crispy bread with savoury meats, fresh herbs, and tangy vegetables. It is a very popular street food."



Burmese Fish Noodle Soup



4-6



15 minutes



30 minutes

Ingredients

- Soup:
- Water
- 1-2 stalks lemongrass
- I onion, chopped
- 2 cloves garlic, minced
- 2 whole fish (catfish or tilapia)
- 1 tsp salt
- 1 tsp chicken powder
- 1 tbsp galingale (finger root)
- ½ tsp turmeric
- 1 tbsp oil
- 1 tbsp fish sauce

Noodles:

- Water
- 1 pack rice noodles

Toppings:

- · Chopped long beans, shredded cabbage, cilantro
- Crispy fried onions, fried yellow beans
- Boiled eggs, halved
- Lime wedges, chili flakes, garlic turmeric oil

Procedure

- 1. Make the Soup. Boil water, then add fish, lemongrass, onion, garlic, and spices. Simmer for 30 minutes.
- 2.Boil rice noodles until soft, then drain.
- 3. Prepare Toppings Chop vegetables and herbs, halve boiled eggs.
- 4.Add noodles to a bowl, pour over hot soup, top with vegetables, eggs, and garnishes. Serve hot, mix well.



Ah Dah Say Paw

"My mum likes to cook this dish. It was a traditional recipe from our culture. She cooked it when we lived in the Karen Refugee Camp"



Chicken Adobo







Ingredients

- 1 kg boneless, skinless chicken thighs
- 4 cloves garlic, minced
- 1 small onion, sliced
- ½ cup light soy sauce
- ¼ cup white vinegar
- ½ cup water
- 1 tsp whole peppercorns or cracked pepper
- 2 tbsp brown sugar (or white sugar/Sprite)
- 2 bay leaves
- 1 green onion, chopped
- 1 chili, sliced
- ½ cup pineapple chunks

Procedure

- 1.In a pan, sauté garlic, onion, and ginger until fragrant.
- 2.Add chicken, sear until lightly browned.
- 3. Pour in soy sauce, vinegar, and water, then simmer for 20 minutes.
- 4.Add pepper, bay leaves, and sugar, stirring occasionally.
- 5.Continue cooking until the sauce reduces and forms a thick glaze.
- 6.Garnish with green onions and chili, then serve with rice.



Veronica Villanueva

"Chicken Adobo is the national dish of the Philippines. You can swap the chicken with pork or beef. It is best served with rice."



Chicken Biryani





20 minutes



50 minutes

Ingredients Chicken:

- 4 tbsp vegetable oil
- 4 small potatoes, halved
- 2 onions, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 2 tomatoes, chopped
- 1 tsp salt, 1 tsp cumin, ½ tsp chili powder, ½ tsp black pepper, ½ tsp turmeric
- 2 tbsp yogurt
- 2 tbsp mint leaves, chopped
- ½ tsp ground cardamom, 1 cinnamon stick
- 1.5 kg boneless chicken, cut into chunks

Rice

- 500g basmati rice, rinsed
- 2½ tbsp oil
- 1 onion, diced
- 5 cardamom pods, 3 cloves, 1 cinnamon stick, ½ tsp ground ginger, pinch of saffron
- 4 cups chicken stock
- 1½ tsp salt

Procedure

- 1. Fry potatoes in 2 tbsp oil until golden, then set aside.
- 2. Sauté onions, garlic, and ginger in remaining oil. Add tomatoes, spices, and yogurt, cooking until soft.
- 3.Stir in chicken, cover, and simmer for 40 minutes until
- 4.In a separate pan, fry onion for rice, then add spices and rinsed rice.
- 5. Pour in hot chicken stock and salt, stir, and bring to a boil.
- 6.Add chicken and potatoes, cover, and steam on low for 20 minutes.
- 7. Fluff the rice and serve hot.



Mohammad Husseini

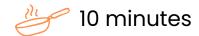
"Biryani is my favourite meal. All the different spices mixed with the chicken makes it taste so good and reminds me of Afghanistan"



Egg Fried Rice







Ingredients

- 2 cups cooked rice (preferably day-old)
- 2 eggs, beaten
- 1 small onion, finely chopped
- 1 small carrot, finely diced
- ½ cup frozen peas
- 2 tbsp soy sauce
- 1 tbsp oil
- ½ tsp salt
- ½ tsp black pepper
- 1 spring onion, chopped (for garnish)

Procedure

- 1.Heat 1 tbsp oil in a pan over medium heat. Add onion and carrot, cooking until softened.
- 2. Push the vegetables to one side of the pan and pour in the beaten eggs, scrambling them until just set.
- 3.Add cooked rice and peas, stirring everything together.
- 4. Pour in soy sauce, salt, and black pepper, mixing well until evenly coated.
- 5.Cook for another 2 minutes, stirring occasionally.
- 6.Serve warm, garnished with chopped spring onions.



Gay Nay Soe Pwar

"My mum likes to cook this and I like to eat it. It is very simple and easy to make, and it is cheap to buy the ingredients."



Fijian Coconut Fish





10 minutes



15 minutes

Ingredients

- 1 stalk lemongrass, finely chopped
- 1 red chili, finely chopped (optional)
- ½ red onion, thinly sliced
- 4 ripe tomatoes, chopped (or 1 can crushed tomatoes)
- 1 can coconut milk
- 2-3 tbsp lemon juice
- 2 tbsp fish sauce
- 1 tsp sugar
- ¼ cup basil leaves, roughly chopped
- 600g white fish fillets (e.g. terakihi, gurnard, snapper)
- Salt and pepper, to taste

Procedure

- 1.Heat a large pan over medium heat. Add ¼ cup coconut milk, lemongrass, and chili, cooking for 2-3 minutes until the liquid evaporates and the lemongrass softens.
- 2.Stir in remaining coconut milk, onion, tomatoes, lemon juice, fish sauce, sugar, and basil. Simmer for 5 minutes.
- 3.Pat fish fillets dry, season with salt and pepper, then place them into the sauce. Simmer for 4 minutes, flip, and cook for another I minute until just cooked through.
- 4. Serve fish with coconut sauce. For additionals, steam spinach, or add rice, garnishing with fresh basil leaves.



BJ Stewart-Stokes

"My family likes to cook this meal to remind them of the tastes of Fiji."



Kabuli Pulao



4-6



15 minutes



Ingredients

- 2 cups basmati rice
- 500g lamb (cubed)
- 1 onion (sliced)
- 2 carrots (julienned)
- ½ cup raisins
- 3 tbsp oil
- 1 tsp cumin
- ½ tsp cardamom
- ½ tsp cinnamon
- Salt & pepper to taste
- 3 cups water or broth

Procedure

- 1.Cook Lamb Brown onion in oil, add lamb, and cook until tender. Set aside.
- 2.Prepare Rice Rinse and soak rice for 20 min.
- 3. Make Topping Sauté carrots, raisins, and spices in oil.
- 4. Time to assemble. Layer rice, lamb, and carrot mixture in a pot. Add water/broth.
- 5. Cover and cook (steam) on low flame until rice is fluffy.
- 6. Serve hot with yogurt or salad



Rezai Rehman

"This is mine and my mum's favourite food. When she cooks, she adds Saffron to the rice. There are many varieties of Kabuli across the Middle Fast."



Jajecznica





10 minutes



5 minutes

Ingredients

- ½ onion
- 2 small mushrooms
- ½ sweet chilli or red capsicum
- 2 tomatoes
- 2 eggs
- 2tbl spoon olive oil
- a handful of cut-up fresh herbs (chives, basil, dill)
- salt and pepper to taste

Procedure

- 1. Dice all vegetables but keep separately.
- 2.Fry onion until transparent, add sweet chilly/capsicum and mushrooms in olive oil until soft on medium-low. Add tomatoes and cook for further 5 min. Add salt and pepper.
- 3.Add lightly beaten eggs, turn down to low. Stir constantly until just cooked and take off the heat.
- 4. Add fresh herbs.
- 5. Serve alongside a buttered slice of rustic sourdough bread.



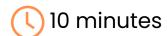
Ms. Magda

"Jajecznica is Polish for scrambled eggs. I like this version with vegetables and herbs, but traditionally you can also add meat like pork or a sausage. It is a tasty, filling Breakfast."



Makayabu







20 minutes

Ingredients

- 500g salted fish, chooped into small sizeable pieces (makayabu/cod)
- 1 onion (sliced)
- 2 tomatoes (chopped)
- 1 bell pepper (sliced)
- 2 cloves garlic (minced)
- 2 tbsp palm or vegetable oil
- 1 tsp paprika
- ½ tsp black pepper
- 1 cup spinach or cassava leaves
- 1 cup water

Procedure

- 1.Desalt fish by soaking in water for a few hours, then rinse and drain.
- 2. Sauté Veggies Fry onions, garlic, tomatoes, and bell pepper in oil.
- 3.Add fish, spices, and water. Simmer for 15 min.
- 4.Add Greens: Stir in spinach/cassava leaves and cook for another 10 min.
- 5. Serve hot with rice, fufu, or plantains!

"Makayabu is a traditional African food prepared with salted fish, vegetables, and traditional spices. The dish is known for its un-resistible taste. It is popular in West African countries."



Mantu





25 minutes



20 minutes

Ingredients

For the Dumplings:

- 1 pack dumpling wrappers (or homemade dough)
- 250g ground beef or lamb
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- ½ tsp cumin, ½ tsp salt
- ½ tsp black pepper
- 1 tbsp oil

For the Tomato Sauce:

- 1 tbsp oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp tomato paste
- ½ tsp cumin, ½ tsp paprika
- ½ tsp salt, ½ cup water

For the Yogurt Sauce:

- 1 cup plain yogurt
- 1 clove garlic, minced
- ½ tsp salt

Procedure

- 1. Sauté leeks with oil, salt, and pepper until soft. Let cool.
- 2.Place 1 tsp filling in each dumpling wrapper, fold, and seal the edges with water.
- 3. Heat oil, sauté onion and garlic, then add tomato paste, spices, and water. Simmer for 10 minutes.
- 4. Mix yogurt, garlic, and salt in a bowl.
- 5. Arrange dumplings in a steamer and steam for 10 minutes or until fully cooked.
- 6. Spread yogurt sauce on a plate, place dumplings on top, spoon over tomato sauce, and garnish with dried mint and chili flakes.



Arezo Hamidi

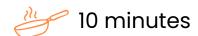
"There are many debates about whether Ashak or Mantu is better. I think Mantu is better because the meat is tasty."



Pad See Ew







Ingredients

- 200g flat rice noodles
- 200g chicken, beef, or tofu (sliced)
- 2 cups Chinese broccoli (or bok choy)
- 2 cloves garlic (minced)
- 2 tbsp oil
- 1 egg (optional)

Sauce

- 2 tbsp dark soy sauce
- 1 tbsp light soy sauce
- 1 tsp sugar
- ½ tsp white pepper

Procedure

- 1. Soak or cook noodles as per package instructions.
- 2.Heat oil, fry garlic, then add meat/tofu until cooked.
- 3.Add Chinese broccoli, then push aside and scramble the egg.
- 4. Stir in noodles, tossing until coated.
- 5. Serve hot with chili flakes or lime.

"This is a popular street food in Thailand, and a popular takeout dish from Thai restaurants. When you cook this dish it can get smokey in the pot. It needs to be cooked on a high temperature"



Pan Rolls



Ingredients For the Pancakes:

- 600 g plain flour
- 12 g cooking salt
- 960 ml full-cream milk
- 8 eggs
- Vegetable oil (optional)

For the Potato Filling

- 2 kg desiree potatoes, diced
- 200 g ghee
- 40 g moru chillies, crushed
- 30 g brown mustard seeds
- 20 g fennel seeds
- 10 g curry leaves
- 20 g turmeric powder
- 8 g cinnamon powder
- Salt flakes and white pepper

For Crumbing and Frying

- 100 g plain flour
- 5 eggs



1 hour



40 minutes

For Crumbing and Frying (continued)

- 100 ml full-cream milk
- 450 g panko breadcrumbs
- · Vegetable oil for deep-frying
- Salt flakes

Procedure

- 1. Prepare the Filling. Boil potatoes in salted water for 12–14 minutes until tender but firm. Drain well.
- 2.Melt ghee in a saucepan, add chillies, mustard, and fennel seeds. Cook until mustard seeds pop.
- 3. Add curry leaves, then stir in potatoes, turmeric, cinnamon, salt, and white pepper. Cook for 5 minutes, lightly mashing some pieces.
- 4. Make Pancakes Whisk flour, salt, milk, eggs, and water into a smooth batter. Let rest for 30 minutes.
- 5.Heat a non-stick pan and cook thin pancakes (45 ml batter per pancake) for 1–2 minutes until just set. Stack cooked-side down.
- 6. Place filling on a pancake, fold in sides, and roll tightly.
- 7.Crumb and Fry: Coat in flour, dip in egg wash, roll in breadcrumbs. Deep-fry at 170°C for 5–6 minutes until golden. Drain and season.



Mr. A

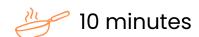
"A common variation of this recipe is to have a beef filling, using ground beef, onions, garlics, ginger, chilli, curry poweder and tomato paste"



Potato Bulani







Ingrediants

- 2 cups all-purpose flour
- ½ tsp salt
- ¾ cup water
- 1 tbsp oil
- 2 boiled potatoes (mashed)
- ½ cup chopped green onions
- ½ tsp salt
- ½ tsp black pepper
- ½ tsp cumin

Procedure

- 1.Make Dough Mix flour, salt, water, and oil into a soft dough. Rest for 15 min.
- 2.Prepare Filling Combine mashed potatoes, green onions, salt, pepper, and cumin.
- 3.Assemble Roll out small dough circles, add filling, fold, and seal edges.
- 4.Cook Pan-fry on medium heat with oil until golden brown on both sides.
- 5. Serve hot with yogurt or chutney!



Farzana Mohammad Aref

"You can add cilantro, more green onions and chilli for another version of bulani"



Scones





10 minutes



15 minutes

Ingredients

- 2 cups self-raising flour
- ¼ tsp salt
- ¼ cup butter (cold, cubed)
- ¾ cup milk
- 1 tbsp sugar (optional)

Procedure

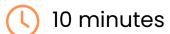
- 1.Preheat oven to 200°C (400°F). Line a baking tray.
- 2.Make Dough Rub butter into flour until crumbly. Add milk and mix into a soft dough.
- 3.Shape Lightly knead, roll out to 2cm thick, and cut into rounds.
- 4.Bake Place on tray, brush with milk, and bake for 12-15 min until golden.
- 5. Serve warm with butter, jam, or cream!

"Scones are a great recipe to know. You can easily add ingrediants to make them a savoury like cheese and herbs, or a sweet like dates, or just simply add jam and cream."



Sombe







Ingredients

- 2-3 cups frozen cassava leaves, thawed
- 3-4 tbsp palm oil
- 1 onion, chopped
- 3-4 cloves garlic, minced
- 1 celery stick chopped
- ½ red pepper, ½ green pepper
- 2 spring onions, chopped
- 4 tbsp peanut powder
- 1-2 bouillon cubes
- 1-2 hot peppers
- Salt to taste
- 1-2 cups water or broth
- 450-680g beef, cubed

Procedure

- 1.In a large pot, bring water to a boil and cook cassava leaves for 30-35 minutes until softened.
- 2. While leaves are cooking, blend bell peppers, garlic, celery and leaves into a paste.
- 3.In a separate pot, boil beef for 15 minutes, then set aside.
- 4.Add palm oil, onion, spring onions, blended mixture, beef, and seasonings to the cassava leaves. Simmer for 20-30 minutes, stirring occasionally.
- 5.Stir in peanut powder, reduce heat, and cook for 15 minutes, stirring frequently to prevent burning.
- 6. Serve hot with rice or fufu.



Pascaline Bunguke

"Most people make this food for a ceremony and it is the most popular meal in Congo."





Gulab Jamun





15 minutes



20 minutes

Ingredients

- For Jamun:
- 1 cup milk powder
- ¼ cup all-purpose flour
- ¼ tsp baking soda
- 2 tbsp ghee (melted)
- ¼ cup milk (warm, as needed)
- For Sugar Syrup:
- 1 cup sugar
- 1 cup water
- ½ tsp cardamom powder
- 1 tsp rose water

Procedure

- 1.Dough Mix milk powder, flour, baking soda, and ghee. Add warm milk gradually to form a soft dough. Rest for 10 min.
- 2.Sugar Syrup Boil sugar and water for 5 min. Add cardamom and rose water.
- 3.Roll dough into small balls and deep-fry on low heat until golden brown.
- 4.Drop fried jamuns into warm syrup. Let soak for at least 1 hour before serving.
- 5. Enjoy warm or chilled!



Fawad Rashidi

"Gulab Jamun means Rose Berry. It is eaten in many countries near the Indian subcontinent. There are variations of the recipe from Malay, South Africa, Canada and UK"



Italian Maizena





5 minutes



10 minutes

Ingredients

- 5 tbsp cornflour
- 5 tbsp cocoa powder
- 5 tsp sugar
- 60ml full cream milk (for mixing)
- 500ml full cream milk (for cooking)

Procedure

- 1.In a bowl, mix cornflour, cocoa powder, and sugar. Gradually add 60ml cold milk, stirring until smooth and batter-like.
- 2.In a medium pot, heat 500ml milk over medium heat until it starts to bubble.
- 3. Slowly pour the chocolate mixture into the boiling milk, leaving it undisturbed for 30 seconds.
- 4. Stir gently at first, then more vigorously as the mixture thickens into a pudding consistency.
- 5.Once smooth, remove from heat and serve warm. For a finishing touch, add a splash of cold milk on top and dust with extra cocoa powder.



Tyler Collins

"This is one of our family recipes passed down from my great grandma to my grandpa, then to my mum, and then to me."



Jalebi





15 minutes



20 minutes

Ingredients

- 1 cup all-purpose flour
- 2 tbsp cornstarch
- ½ tsp baking powder
- 1 cup water
- 1 tbsp yogurt
- ½ tsp saffron or turmeric (for color)
- Oil (for frying)

Syrup

- 1 cup sugar
- ½ cup water
- ½ tsp cardamom powder
- 1 tsp lemon juice

Procedure

- 1.In a bowl, mix flour, cornstarch, baking powder, water, yogurt, and saffron/turmeric until smooth. Let rest for 10 minutes.
- 2.In a pan, heat sugar, water, cardamom, and lemon juice, stirring until the syrup thickens slightly. Remove from heat and set aside.
- 3.Heat oil in a pan over medium heat. Pour the batter into a piping bag or squeeze bottle and pipe spiral shapes directly into the hot oil. Fry until golden and crispy.
- 4. Dip the hot jalebi into the warm syrup for a few seconds, ensuring they are well coated, then remove.
- 5. Serve warm. Pairs perfect with tea!



Ali Agha Walizada

"This is a popular dessert from the Middle East, especially during Ramadan to break our fast. It is both sweet and crispy."



Mandazi





1 hr 20 minutes



10 minutes

Ingredients

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 tsp baking powder
- 1/2 tsp yeast
- 1/4 tsp salt
- ¼ cup Milk powder
- 1 teaspoon of lemon or lime zest or vanilla extract
- 1/2 cup regular milk
- legg
- 1/4 cup water
- 2 tbsp melted butter
- 2 tbsp of vegetable oil

Procedure

- 1.Mix yeast, 1 tsp sugar, and warm water, let sit for 6-10 minutes.
- 2.In a bowl, mix flour, sugar, baking powder, powdered milk, zest, and salt. Add heated oil and rub in.
- 3.Add egg, milk, butter, and yeast mixture. Knead for 5-7 minutes until smooth. Cover and let rest 1 hour.
- 4.Roll dough to ¼-inch thickness and cut into preferred shapes.
- 5.Heat oil over medium-high heat. Fry pieces in batches until golden brown (about 2-3 minutes per side).
- 6.Place on paper towels to remove excess oil. Enjoy warm!



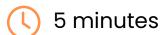
Kapinga Ntumba

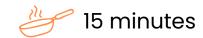
"These West African donits taste different to Australian donuts. These are less sweet and much more fluffy."



Mrs. Riley's Super Quick Flapjacks







Ingredients

- 225g oats
- 115g golden syrup
- 115g sugar
- 85g margarine or butter

Procedure

- 1. Preheat oven to 200°C and grease a baking tray.
- 2.Melt butter/margarine in a saucepan over low heat, stirring to prevent burning.
- 3.Add sugar and syrup, stirring until fully melted.
- 4. Gradually mix in oats, ensuring they are fully coated.
- 5. Spread mixture evenly into the baking tray and bake for 15 minutes, until golden brown.
- 6.Let cool slightly, then slice into 12 bars. Transfer to a cooling rack and allow to cool completely.
- 7. Store in an airtight container for up to 4 days.



Mr. Riley

"This is my mum's recipe. She would make them just about every Saturday afternoon, along with a selection of other cakes, scones and buns! Although I'm sure they would last four days in an airtight container, I don't remember that ever being put to the test!"



Pandan Layer Cake





15 minutes



45 minutes

Ingredients

- 5-6 pandan leaves
- 1 cup tapioca starch
- ½ cup tapioca flakes
- ½ cup rice flour
- ¾ cup white sugar
- ¼ tsp salt
- 1 can (400ml) coconut milk

Procedure

- 1.In a bowl, mix tapioca starch, tapioca flakes, rice flour, sugar, and salt. Gradually whisk in coconut milk until smooth.
- 2.Strain the mixture, then divide it into two bowls.
- 3.Blend pandan leaves with a little water, strain the juice, and add it to one bowl.
- 4. Heat water in a steaming pot and place a baking tray inside.
- 5. Pour a thin layer of one mixture into the tray, steam for 5 minutes, then add the next layer, alternating colors. Repeat until all layers are used.
- 6. Once done, let it cool. Serve warm or chilled.



Son Lar Ler Wah

"It is an enjoyable treat often shared amongst people during celebrations and festivals. It's very common to eat in my culture."



Pavlova





15 minutes



1 hour

Ingredients

- · 4 egg whites
- 1 cup caster sugar
- 1 tsp white vinegar
- 1 tsp vanilla extract
- 2 tsp cornstarch
- 300ml thickened cream
- 1 tbsp icing sugar
- Fresh fruits (strawberries, kiwi, passionfruit)

Procedure

- 1.Preheat oven to 150°C (300°F). Line a baking tray with parchment paper.
- 2. Whisk egg whites until soft peaks form. Gradually add sugar, beating until stiff and glossy.
- 3. Fold in vinegar, vanilla, and cornstarch.
- 4. Shape into a circle on the tray and bake for 1 hour. Turn off oven and let cool inside.
- 5. Whip cream with icing sugar and spread over cooled pavlova.
- 6. Top with fresh fruits and serve.



Brandon

"This is one of my favourite deserts to eat, especially at Christmas time. If I'm feeling extra fancy, i break up Peppermint Crisp chocolate and sprinkle it over the fruit"

Food Trivia

Which staple food is eaten with most meals in many African countries?

- A) Rice
- B) Bread
- C) Maize (Corn)
- D) Potatoes

2. What is a common reason why food is shared in many cultures?

- A) To celebrate togetherness and hospitality
- B) To save money on ingredients
- C) To make meals last longer
- D) Because food must be eaten quickly before spoiling

3. In many Middle Eastern and South Asian cultures, food is traditionally eaten using what?

- A) Fork and knife
- B) Hands
- C) Chopsticks
- D) Spoons only

4. What ingredient is commonly used in both Karen/Karenni and Thai cuisine to add spice and flavor?

- A) Cumin
- B) Ginger
- C) Chili
- D) Garlic

5. Which of the following foods is considered a symbol of good luck in many cultures during celebrations?

- A) Noodles
- B) Lettuce
- C) Cheese
- D) Ice cream

6. What is a common reason why food traditions differ across cultures?

- A) Climate and local ingredients
- B) The number of people in the country
- C) The type of plates people use
- D) The amount of salt available



Cooking Tips & Techniques

- Taste as you cook!
- Use fresh ingredients. It enhances flavours and authenticity.
- Let meat rest, it keeps it juicy and tender.
- Control heat levels. Medium heat for even cooking, high heat for searing.
- Balance flavours. Sweet, salty, sour, spicy, and umami create depth.
- Too salty? Add a potato or a squeeze of lemon juice to absorb excess salt.
- Too spicy? Add yogurt, coconut milk, or sugar to balance heat.
- Crispier fried food? Use cornstarch or rice flour in the coating.
- Fluffier rice? Rinse rice before cooking and let it steam after turning off heat.
- Evenly cooked meat? Let it sit at room temperature for 15 min before cooking.

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